

BELLINGHAM
12-14-97
SHORT COURSE YARDS
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD
S = SPLIT TIME
U = UNOFFICAL TIME (1 WATCH)

WOMEN 19-24

50 YD. FREE
HEATHER GERHARD 22 PNA 30.28
100 YD. FREE
HEATHER GERHARD 22 PNA 1:08.59
200 YD. FREE
LYNN MORIN 21 PNA 2:08.33
500 YD. FREE
LYNN MORIN 21 PNA 5:48.31
200 YD. BACK
LYNN MORIN 21 PNA 2:25.02
50 YD. BRST
HEATHER GERHARD 22 PNA 40.79
50 YD. FLY
LYNN MORIN 21 PNA 30.38
100 YD. I.M.
HEATHER GERHARD 22 PNA 1:18.87
200 YD. I.M.
LYNN MORIN 21 PNA 2:27.97

WOMEN 25-29

50 YD. FREE
KARIN GARDNER 29 PNA 27.42
100 YD. FREE
KARIN GARDNER 29 PNA 1:00.17
TAMMI KEELER 29 PNA 1:06.49
200 YD. FREE
KARIN GARDNER 29 PNA 2:12.41
TAMMI KEELER 29 PNA 2:20.88
500 YD. FREE
KARIN GARDNER 29 PNA 6:06.21
TAMMI KEELER 29 PNA 6:16.00
100 YD. I.M.
KARIN GARDNER 29 PNA 1:11.94
200 YD. I.M.
TAMMI KEELER 29 PNA 2:48.51

WOMEN 30-34

50 YD. FREE
KERRY CARNAHAN 31 PNA 28.77
STEFANI REEL 33 PNA 29.19
LISA PERRY 32 PNA 30.81
100 YD. FREE
KERRY CARNAHAN 31 PNA 1:06.22
LISA PERRY 32 PNA 1:08.63
50 YD. BACK
STEFANI REEL 33 PNA 34.10
100 YD. BACK
KERRY CARNAHAN 31 PNA 1:13.95
ADRIENNE REARDON 30 PNA 1:22.41
50 YD. FLY
KERRY CARNAHAN 31 PNA 31.85
STEFANI REEL 33 PNA 33.59
ADRIENNE REARDON 30 PNA 35.64
100 YD. I.M.
KERRY CARNAHAN 31 PNA 1:13.45
STEFANI REEL 33 PNA 1:15.49
LISA PERRY 32 PNA 1:18.63
ADRIENNE REARDON 30 PNA 1:20.54

WOMEN 35-39

50 YD. FREE
CAROLYN MATTHEWS 35 PNA 28.12
NINA CUNNINGHAM 36 PNA 32.13
100 YD. FREE
CAROLYN MATTHEWS 35 PNA 1:02.73

CAROL MCCAIG 35 PNA 1:07.58
200 YD. FREE
KELLY MOLASKI 39 PNA 2:33.77
500 YD. FREE
KELLY MOLASKI 39 PNA 6:45.89
50 YD. BACK
CAROLYN MATTHEWS 35 PNA 32.38
100 YD. BACK
CAROLYN MATTHEWS 35 PNA 1:12.09
CAROL MCCAIG 35 PNA 1:21.51
50 YD. BRST
CAROL MCCAIG 35 PNA 37.41
NINA CUNNINGHAM 36 PNA 37.75
100 YD. BRST
NINA CUNNINGHAM 36 PNA 1:21.20
100 YD. I.M.
CAROL MCCAIG 35 PNA 1:14.87
NINA CUNNINGHAM 36 PNA 1:19.81
KELLY MOLASKI 39 PNA 1:20.72

WOMEN 40-44

50 YD. FREE
CORAL BERNIER 42 PNA 32.64
500 YD. FREE
CORAL BERNIER 42 PNA 7:01.17
50 YD. FLY
CORAL BERNIER 42 PNA 34.66
100 YD. I.M.
CORAL BERNIER 42 PNA 1:20.21
200 YD. I.M.
CORAL BERNIER 42 PNA 2:58.67

WOMEN 45-49

50 YD. FREE
SANDY MCNEEL 45 PNA 36.63
JANIE LAYMAN 48 PNA 39.01
DEMPSEY DYBDAHL 48 PNA 40.16
50 YD. BACK
KATHY CASEY 48 PNA 35.59
JANIE LAYMAN 48 PNA 47.04
SANDY MCNEEL 45 PNA 51.27
100 YD. BACK
KATHY CASEY 48 PNA 1:18.23
200 YD. BACK
KATHY CASEY 48 PNA 2:47.02
50 YD. BRST
KATHY CASEY 48 PNA 38.68
DEMPSEY DYBDAHL 48 PNA 42.72
JANIE LAYMAN 48 PNA 56.41
200 YD. BRST
KATHY CASEY 48 PNA 3:10.21
50 YD. FLY
DEMPSEY DYBDAHL 48 PNA 43.05
SANDY MCNEEL 45 PNA 52.13
JANIE LAYMAN 48 PNA 55.34
200 YD. FLY
LINDA MARIZ 49 PNA 3:23.96
100 YD. I.M.
DEMPSEY DYBDAHL 48 PNA 1:31.56

WOMEN 50-54

50 YD. FREE
J.VALLANDIGHAM 51 PNA 38.27
JEANNE ENSIGN 51 PNA 41.09
100 YD. FREE
J.VALLANDIGHAM 51 PNA 1:26.08
JEANNE ENSIGN 51 PNA 1:29.70
200 YD. FREE
SALLY DILLON 51 UNAT 2:26.27
SUZANNE DILLS 52 PNA 2:30.29
JEANNE ENSIGN 51 PNA 3:06.88
500 YD. FREE
SALLY DILLON 51 UNAT 6:29.06
JEANNE ENSIGN 51 PNA 8:01.81
J.VALLANDIGHAM 51 PNA 8:36.88
200 YD. BACK
SUZANNE DILLS 52 PNA 2:55.40

50 YD. BRST
J.VALLANDIGHAM 51 PNA 46.35
100 YD. BRST
SALLY DILLON 51 UNAT 1:26.17
200 YD. BRST
SALLY DILLON 51 UNAT 3:07.79
J.VALLANDIGHAM 51 PNA 3:53.23

WOMEN 55-59

50 YD. BACK
PINKY WALKER 55 PNA 38.24
CHAYA AMIAD 59 PNA 54.91
100 YD. BACK
PINKY WALKER 55 PNA 1:25.65
CHAYA AMIAD 59 PNA 1:57.13
200 YD. BACK
PINKY WALKER 55 PNA 3:06.38 P
CHAYA AMIAD 59 PNA 4:08.74
50 YD. FLY
PINKY WALKER 55 PNA 39.95
CHAYA AMIAD 59 PNA 1:04.71
200 YD. I.M.
CHAYA AMIAD 59 PNA 4:30.71

WOMEN 65-69

100 YD. BACK
JANET KAVADAS 66 PNA 2:01.61
50 YD. BRST
JANET KAVADAS 66 PNA 58.24
100 YD. FLY
JANET KAVADAS 66 PNA 2:34.02
100 YD. I.M.
JANET KAVADAS 66 PNA 2:05.70

WOMEN 75-79

50 YD. FREE
MAXINE CARLSON 77 PNA 57.96
50 YD. BACK
MAXINE CARLSON 77 PNA 1:01.38
200 YD. BACK
MAXINE CARLSON 77 PNA 4:36.68
100 YD. I.M.
MAXINE CARLSON 77 PNA 2:31.43

M E N 19-24

50 YD. FREE
JIM WATTS 21 PNA 25.18
DAVE AUSTIN 23 PNA 25.59
100 YD. FREE
JIM WATTS 21 PNA 56.15
DAVE AUSTIN 23 PNA 1:04.52
200 YD. FREE
JEREMY GERKING 24 PNA 2:02.62
JIM WATTS 21 PNA 2:04.08
500 YD. FREE
JEREMY GERKING 24 PNA 5:34.19
JIM WATTS 21 PNA 5:45.35
100 YD. BACK
STEVE RUTHERFORD 23 PNA 1:05.24
200 YD. BACK
JEREMY GERKING 24 PNA 2:22.52
50 YD. BRST
STEVE RUTHERFORD 23 PNA 30.83
DAVE AUSTIN 23 PNA 32.77
100 YD. BRST
STEVE RUTHERFORD 23 PNA 1:08.37
DAVE AUSTIN 23 PNA 1:14.05
200 YD. BRST
STEVE RUTHERFORD 23 PNA 2:31.81
200 YD. I.M.
JEREMY GERKING 24 PNA 2:23.29
STEVE RUTHERFORD 23 PNA 2:24.06

M E N 25-29

50 YD. FREE

MIKE GRIMM	29 PNA	27.82
KERRY NESS	28 PNA	29.95
100 YD. FREE		
MIKE GRIMM	29 PNA	1:00.64
KERRY NESS	28 PNA	1:08.63
200 YD. FREE		
DAN FROST	29 PNA	1:58.90
500 YD. FREE		
SAM ANDERSON	29 PNA	5:36.35
100 YD. BACK		
DAN FROST	29 PNA	1:01.95
50 YD. BRST		
TODD DOHERTY	26 PNA	28.94
KERRY NESS	28 PNA	36.95
100 YD. BRST		
TODD DOHERTY	26 PNA	1:04.45
DAN FROST	29 PNA	1:08.15
200 YD. BRST		
MIKE GRIMM	29 PNA	2:47.08
50 YD. FLY		
SAM ANDERSON	29 PNA	27.46
MIKE GRIMM	29 PNA	31.77
100 YD. FLY		
SAM ANDERSON	29 PNA	1:01.31
100 YD. I.M.		
TODD DOHERTY	26 PNA	57.76
DAN FROST	29 PNA	1:00.98
MIKE GRIMM	29 PNA	1:11.26
KERRY NESS	28 PNA	1:16.17
200 YD. I.M.		
TODD DOHERTY	26 PNA	2:08.26
DAN FROST	29 PNA	2:27.15

M E N 30-34

50 YD. FREE		
ERIC BORNFLETH	32 PNA	23.89
ANDY LOVAN	31 PNA	24.17
PATRICK GIBBS	32 PNA	25.46
CJ THRASHER	34 PNA	27.61
100 YD. FREE		
BOB FISH	34 PNA	52.76
ERIC BORNFLETH	32 PNA	52.99
PATRICK GIBBS	32 PNA	55.52
CJ THRASHER	34 PNA	1:04.13
WILL KELLOGG	32 PNA	1:04.19
200 YD. FREE		
WILL KELLOGG	32 PNA	2:24.23
CJ THRASHER	34 PNA	2:28.90
100 YD. BACK		
BOB FISH	34 PNA	1:00.18
50 YD. BRST		
ANDY LOVAN	31 PNA	29.79
100 YD. BRST		
ANDY LOVAN	31 PNA	1:04.69
100 YD. FLY		
ERIC BORNFLETH	32 PNA	1:00.74
100 YD. I.M.		
BOB FISH	34 PNA	1:00.49
PATRICK GIBBS	32 PNA	1:05.44
200 YD. I.M.		
ANDY LOVAN	31 PNA	2:09.50

M E N 35-39

50 YD. FREE		
JIM BYFIELD	39 PNA	26.69
PAUL SENUTY	35 PNA	27.16
ERIC DYBDAHL	37 PNA	27.85
HILTON GOODES	39 CAN	30.37
100 YD. FREE		
DAVE KAYARIAN	37 PNA	1:01.74
MIKE JONES	37 PNA	1:03.50
PAUL SENUTY	35 PNA	1:04.54
HILTON GOODES	39 CAN	1:07.95
200 YD. FREE		
HILTON GOODES	39 CAN	2:33.22
500 YD. FREE		
ERIC DYBDAHL	37 PNA	6:06.45
50 YD. BACK		

ERIC DYBDAHL	37 PNA	32.80
50 YD. BRST		
PAUL SENUTY	35 PNA	33.38
JIM BYFIELD	39 PNA	34.74
ERIC DYBDAHL	37 PNA	42.20
100 YD. BRST		
MIKE JONES	37 PNA	1:14.84
PAUL SENUTY	35 PNA	1:17.17
JIM BYFIELD	39 PNA	1:18.00
50 YD. FLY		
ERIC DYBDAHL	37 PNA	30.19
DAVE KAYARIAN	37 PNA	32.56
JIM BYFIELD	39 PNA	32.91
100 YD. FLY		
MIKE JONES	37 PNA	1:03.21
DAVE KAYARIAN	37 PNA	1:14.28
100 YD. I.M.		
JIM BYFIELD	39 PNA	1:10.69
MIKE JONES	37 PNA	1:11.50
PAUL SENUTY	35 PNA	1:12.71
DAVE KAYARIAN	37 PNA	1:12.90
HILTON GOODES	39 CAN	1:20.35

M E N 40-44

50 YD. FREE		
JIM SEABERG	43 PNA	25.63
J.SCHAEFFER	41 PNA	26.62
HUGH MOORE	43 PNA	27.01
KIRK KAAS-LENT	44 PNA	29.77
100 YD. FREE		
JIM SEABERG	43 PNA	58.05
J.SCHAEFFER	41 PNA	1:00.34
200 YD. FREE		
MARK HEINRICH	40 PNA	1:58.57
JIM SEABERG	43 PNA	2:08.62
DAVID SCHIRMER	41 PNA	2:11.29
CHIP WATERBURY	42 PNA	3:48.99
500 YD. FREE		
MARK HEINRICH	40 PNA	5:24.70
DAVID SCHIRMER	41 PNA	5:57.66
50 YD. BACK		
MARK HEINRICH	40 PNA	30.25
HUGH MOORE	43 PNA	32.49
200 YD. BACK		
MARK HEINRICH	40 PNA	2:12.58
50 YD. BRST		
J.SCHAEFFER	41 PNA	34.97
HUGH MOORE	43 PNA	35.79
100 YD. BRST		
J.SCHAEFFER	41 PNA	1:16.82
50 YD. FLY		
HUGH MOORE	43 PNA	28.27
JIM WILLIAMS	41 PNA	28.66
DAVID SCHIRMER	41 PNA	29.52
100 YD. FLY		
JIM WILLIAMS	41 PNA	1:04.29
200 YD. FLY		
JIM WILLIAMS	41 PNA	2:30.56
100 YD. I.M.		
HUGH MOORE	43 PNA	1:09.12
200 YD. I.M.		
JIM WILLIAMS	41 PNA	2:26.65
400 YD. I.M.		
JIM WILLIAMS	41 PNA	5:08.65

M E N 45-49

50 YD. FREE		
MARC FAIRBANKS	46 PNA	25.54
DAVE GOLDMAN	45 PNA	28.02
GALEN ATWOOD	47 PNA	28.15
100 YD. FREE		
MARC FAIRBANKS	46 PNA	56.23
ROBERT MARKS	45 PNA	58.61
GALEN ATWOOD	47 PNA	1:07.91
200 YD. FREE		
MARC FAIRBANKS	46 PNA	2:05.58
500 YD. FREE		
IAN THOMPSON	48 PNA	5:42.16

MARC FAIRBANKS	46 PNA	6:11.16
50 YD. FLY		
MARC FAIRBANKS	46 PNA	29.28
DAVE GOLDMAN	45 PNA	29.81
200 YD. I.M.		
ROBERT MARKS	45 PNA	2:32.96

M E N 50-54

50 YD. FREE		
GERRY PLUNKETT	51 PNA	34.38
RICHARD TOYNE	51 CAN	35.18
IVAN OAKES	54 PNA	42.71
100 YD. FREE		
JIM MCCLEERY	51 PNA	59.37
GERRY PLUNKETT	51 PNA	1:18.76
RICHARD TOYNE	51 CAN	1:21.52
IVAN OAKES	54 PNA	1:37.53
200 YD. FREE		
JIM MCCLEERY	51 PNA	2:07.35
GORDON GRAY	52 PNA	2:32.87
RICHARD TOYNE	51 CAN	3:00.41
500 YD. FREE		
JIM MCCLEERY	51 PNA	5:40.78 P
GERRY PLUNKETT	51 PNA	8:11.14
50 YD. BACK		
PAUL MONOHON	52 PNA	32.27
100 YD. BACK		
PAUL MONOHON	52 PNA	1:10.90
200 YD. BACK		
GORDON GRAY	52 PNA	2:52.44
50 YD. BRST		
STEVE PETERSON	51 PNA	33.34
IVAN OAKES	54 PNA	48.37
100 YD. BRST		
STEVE PETERSON	51 PNA	1:13.24
GORDON GRAY	52 PNA	1:35.08
IVAN OAKES	54 PNA	1:45.50
200 YD. BRST		
STEVE PETERSON	51 PNA	2:42.41
50 YD. FLY		
PAUL MONOHON	52 PNA	28.23
100 YD. FLY		
PAUL MONOHON	52 PNA	1:01.25
100 YD. I.M.		
STEVE PETERSON	51 PNA	1:10.31
GERRY PLUNKETT	51 PNA	1:33.85
RICHARD TOYNE	51 CAN	1:40.70
200 YD. I.M.		
STEVE PETERSON	51 PNA	2:34.87
400 YD. I.M.		
GORDON GRAY	52 PNA	6:14.36

M E N 55-59

50 YD. FREE		
JIM GRAHAM	55 DURA	27.62
LARRY NORDELL	56 PNA	27.63
100 YD. FREE		
LARRY NORDELL	56 PNA	1:00.51
JIM GRAHAM	55 DURA	1:01.23
50 YD. BRST		
WALT REID	57 PNA	35.16
JIM GRAHAM	55 DURA	37.23
100 YD. BRST		
WALT REID	57 PNA	1:19.96
200 YD. BRST		
WALT REID	57 PNA	3:06.78
50 YD. FLY		
LARRY NORDELL	56 PNA	29.33
100 YD. FLY		
LARRY NORDELL	56 PNA	1:09.46

M E N 60-64

100 YD. BACK		
TOM FOLEY	63 PNA	1:47.25
100 YD. BRST		
TOM FOLEY	63 PNA	1:49.20
100 YD. I.M.		

TOM FOLEY 63 PNA 1:42.43

M E N 65-69

50 YD. FREE
BOB DORSE 66 PNA 29.39
100 YD. FREE
BOB DORSE 66 PNA 1:09.69
100 YD. I.M.
BOB DORSE 66 PNA 1:23.77

M E N 70-74

50 YD. FREE
DENIS CROCKETT 73 CAN 40.26
100 YD. FREE
DENIS CROCKETT 73 CAN 1:38.40
200 YD. FREE
DENIS CROCKETT 73 CAN 3:47.90
50 YD. BACK
DENIS CROCKETT 73 CAN 1:01.65
100 YD. I.M.
DENIS CROCKETT 73 CAN 2:23.72

M E N 75-79

50 YD. BRST
JAMES WORREL 75 PNA 46.81
100 YD. BRST
JAMES WORREL 75 PNA 1:44.06
100 YD. I.M.
JAMES WORREL 75 PNA 1:44.57

RELAYS-MIXED 200 YD. FREE

19 +
STEVE RUTHERFORD 23 PNA 1:42.22
DAVE AUSTIN 23
JIM WATTS 21
JEREMY GERKING 24

SAM ANDERSON 29 PNA 1:50.25
LYNN MORIN 21
KELLY MOLASKI 39
STEVE RUTHERFORD 23

CAROLYN MATTHEWS 35 PNA 1:58.18
KELLY MOLASKI 39
LISA PERRY 32
LYNN MORIN 21

25 +
SAM ANDERSON 29 PNA 1:43.86
MARK AARSTOL 36
DAVE KAYARIAN 37
BOB FISH 34

ANDY LOVAN 31 PRO 1:50.72
MIKE GRIMM 29
CAROL MCCAIG 35
KERRY CARNAHAN 31

35 +
LARRY NORDELL 56 PNA 1:46.83
IAN THOMPSON 48
JIM WILLIAMS 41
MARC FAIRBANKS 46

RELAYS-MIXED 200 YD. MEDLEY

25 +
ANDY LOVAN 31 PRO 2:08.77
KERRY CARNAHAN 31
CAROL MCCAIG 35
MIKE GRIMM 29