

BELLINGHAM

02-20-00

SHORT COURSE YARDS

P = P.N.A. RECORD

Z = NORTHWEST ZONE RECORD

N = NATIONAL RECORD

W = WORLD RECORD

S = SPLIT TIME

U = UNOFFICIAL TIME (1 WATCH)

WOMEN 19-24

200 YD. FREE		
KATHY OVES	22 PNA	2:07.98
500 YD. FREE		
AURORA TALLACKSEN	23 PNA	5:41.15
50 YD. BACK		
SARAH KRAMER	23 PNA	33.83
100 YD. BACK		
SARAH KRAMER	23 PNA	1:14.41
100 YD. BRST		
KATHY OVES	22 PNA	1:13.21
200 YD. BRST		
AURORA TALLACKSEN	23 PNA	2:52.16
50 YD. FLY		
SARAH KRAMER	23 PNA	31.19
100 YD. FLY		
AURORA TALLACKSEN	23 PNA	1:06.20
SARAH KRAMER	23 PNA	1:10.06
200 YD. FLY		
AURORA TALLACKSEN	23 PNA	2:25.30
100 YD. I.M.		
KATHY OVES	22 PNA	1:08.42
200 YD. I.M.		
KATHY OVES	22 PNA	2:22.86

WOMEN 25-29

50 YD. FREE		
ERIN MILLER	26 PNA	27.72
500 YD. FREE		
ILA BARLEAN	26 PNA	6:12.76
50 YD. BRST		
JENNIFER NEWTON	28 PNA	33.82
LINDA HEGERBER	29 PNA	34.13
100 YD. BRST		
LINDA HEGERBER	29 PNA	1:12.73
JENNIFER NEWTON	28 PNA	1:14.75
200 YD. BRST		
LINDA HEGERBER	29 PNA	2:36.73
50 YD. FLY		
ERIN MILLER	26 PNA	30.13
400 YD. I.M.		
LINDA HEGERBER	29 PNA	5:02.64

WOMEN 30-34

50 YD. FREE		
KARIN GARDNER	31 PNA	27.36
LESLIE MCCULLOUGH	30 PNA	29.10
KATHY MOORE	32 PNA	32.87
JEANETTE OPIELA	33 PNA	34.51
100 YD. FREE		
KAREN LEAHY	31 PNA	1:00.72
KARIN GARDNER	31 PNA	1:01.41
LESLIE MCCULLOUGH	30 PNA	1:03.66
CATHY HERRING	33 PNA	1:08.20
200 YD. FREE		
KAREN LEAHY	31 PNA	2:11.05
500 YD. FREE		
KAREN LEAHY	31 PNA	5:49.31
KARIN GARDNER	31 PNA	6:06.44
50 YD. BACK		
LESLIE MCCULLOUGH	30 PNA	33.82
KATHY MOORE	32 PNA	40.15
100 YD. BACK		
LESLIE MCCULLOUGH	30 PNA	1:13.11
100 YD. BRST		
CATHY HERRING	33 PNA	1:21.44
50 YD. FLY		

CHRISTY TAYLOR	31 PNA	29.18
100 YD. FLY		
CHRISTY TAYLOR	31 PNA	1:06.16
200 YD. FLY		
CHRISTY TAYLOR	31 PNA	2:39.18
100 YD. I.M.		
KARIN GARDNER	31 PNA	1:12.39
LESLIE MCCULLOUGH	30 PNA	1:13.70
CATHY HERRING	33 PNA	1:14.68
200 YD. I.M.		
CATHY HERRING	33 PNA	2:42.70

WOMEN 35-39

50 YD. FREE		
CAROLYN MATHEWS	37 PNA	27.56
LISA DAHL	38 PNA	29.70
JANET JAEGER	38 PNA	32.01
MARCIA SMITH	39 PNA	32.63
JANE ANDERSON	37 PNA	33.77
100 YD. FREE		
CYNTHIA HIRST	37 PNA	1:10.74
LISA DAHL	38 PNA	1:12.00
JANET JAEGER	38 PNA	1:13.31
MARCIA SMITH	39 PNA	1:15.11
CAROLINE PRATHER	37 PNA	1:18.43
200 YD. FREE		
CAROLINE PRATHER	37 PNA	3:02.02
50 YD. BACK		
LISA DAHL	38 PNA	33.69
SUZIE NESS	37 PNA	37.91
JANE ANDERSON	37 PNA	42.46
MARCIA SMITH	39 PNA	49.05
100 YD. BACK		
CYNTHIA HIRST	37 PNA	1:20.37
SUZIE NESS	37 PNA	1:23.23
200 YD. BACK		
CAROLYN MATHEWS	37 PNA	2:29.21
CYNTHIA HIRST	37 PNA	2:52.14
SUZIE NESS	37 PNA	3:01.31
50 YD. BRST		
JAMIE WHITNEY	35 PNA	40.47
JANE ANDERSON	37 PNA	44.95
MARCIA SMITH	39 PNA	45.53
100 YD. BRST		
JAMIE WHITNEY	35 PNA	1:25.55
200 YD. BRST		
JAMIE WHITNEY	35 PNA	3:02.06
50 YD. FLY		
JAMIE WHITNEY	35 PNA	35.84
JANET JAEGER	38 PNA	37.60
100 YD. FLY		
CAROLYN MATHEWS	37 PNA	1:10.03
CYNTHIA HIRST	37 PNA	1:25.28
100 YD. I.M.		
CAROLYN MATHEWS	37 PNA	1:10.57
CYNTHIA HIRST	37 PNA	1:20.14
JAMIE WHITNEY	35 PNA	1:21.06
SUZIE NESS	37 PNA	1:21.53
CAROLINE PRATHER	37 PNA	1:30.12
JANE ANDERSON	37 PNA	1:31.65
200 YD. I.M.		
MARCIA SMITH	39 PNA	3:11.56

WOMEN 40-44

50 YD. FREE		
BETH BEYER	40 PNA	32.52
TERI REXROAT	41 PNA	34.03
MAIA HAYKIN	40 PNA	41.34
100 YD. FREE		
MAGGIE KINSELLA	42 PNA	1:02.28
TERI REXROAT	41 PNA	1:18.62
MAIA HAYKIN	40 PNA	1:32.96
200 YD. FREE		
MAGGIE KINSELLA	42 PNA	2:14.23
500 YD. FREE		
MAGGIE KINSELLA	42 PNA	5:52.67
50 YD. BACK		
BETH BEYER	40 PNA	40.14

MAIA HAYKIN	40 PNA	51.45
50 YD. BRST		
BETH BEYER	40 PNA	44.50
TERI REXROAT	41 PNA	45.31
100 YD. BRST		
TERI REXROAT	41 PNA	1:39.57
200 YD. BRST		
MAIA HAYKIN	40 PNA	3:46.26
50 YD. FLY		
MAGGIE KINSELLA	42 PNA	33.30
BETH BEYER	40 PNA	40.95
100 YD. I.M.		
BETH BEYER	40 PNA	1:24.34
TERI REXROAT	41 PNA	1:35.35
MAIA HAYKIN	40 PNA	1:49.15

WOMEN 45-49

50 YD. FREE		
DEBBIE GLASSMAN	46 PNA	27.89
100 YD. FREE		
DEBBIE GLASSMAN	46 PNA	1:02.73
50 YD. BACK		
CHRIS OHANA	47 PNA	41.49
100 YD. BACK		
CHRIS OHANA	47 PNA	1:32.27
50 YD. BRST		
CHRIS OHANA	47 PNA	46.25
100 YD. BRST		
CHRIS OHANA	47 PNA	1:39.87
50 YD. FLY		
DEBBIE GLASSMAN	46 PNA	29.90
200 YD. FLY		
DEBBIE GLASSMAN	46 PNA	2:36.31 Z

WOMEN 50-54

50 YD. FREE		
DEMPSEY DYBDAHL	51 PNA	35.07
JETT VALLANDIGHAM	53 PNA	42.16
100 YD. FREE		
JETT VALLANDIGHAM	53 PNA	1:39.69
50 YD. BACK		
DEMPSEY DYBDAHL	51 PNA	43.45
50 YD. BRST		
KATHRINE CASEY	51 PNA	39.65
DEMPSEY DYBDAHL	51 PNA	42.07
JETT VALLANDIGHAM	53 PNA	45.84
100 YD. BRST		
KATHRINE CASEY	51 PNA	1:27.37
JETT VALLANDIGHAM	53 PNA	1:52.42
200 YD. BRST		
KATHRINE CASEY	51 PNA	3:05.69
50 YD. FLY		
KATHRINE CASEY	51 PNA	34.84
DEMPSEY DYBDAHL	51 PNA	39.78
100 YD. I.M.		
KATHRINE CASEY	51 PNA	1:16.53

MEN 25-29

50 YD. FREE		
JEFF STRAND	29 PNA	23.41
DAVID AUSTIN	25 PNA	25.08
100 YD. FREE		
JEFF STRAND	29 PNA	51.58
DAVID AUSTIN	25 PNA	58.48
200 YD. FREE		
DAVID AUSTIN	25 PNA	2:14.95
100 YD. I.M.		
JEFF STRAND	29 PNA	1:03.60
DAVID AUSTIN	25 PNA	1:07.75

MEN 30-34

50 YD. FREE		
TROY HUSBAND	30 PNA	25.40
MARC COTTREL	32 PNA	25.84
KERRY NESS	30 PNA	29.83
100 YD. FREE		

TROY HUSBAND	30 PNA	56.40
MARC COTTREL	32 PNA	57.90
BRIAN HERRING	34 PNA	1:03.51
200 YD. FREE		
STEVE GEORGES	34 PNA	2:21.18
500 YD. FREE		
BRIAN HERRING	34 PNA	6:11.34
STEVE GEORGES	34 PNA	6:20.68
50 YD. BACK		
TROY HUSBAND	30 PNA	31.56
BRIAN HERRING	34 PNA	36.62
100 YD. BACK		
TROY HUSBAND	30 PNA	1:05.06
50 YD. BRST		
MARC COTTREL	32 PNA	32.82
KERRY NESS	30 PNA	37.74
100 YD. BRST		
GARRICK SNIDER	33 NMM	1:15.95
KERRY NESS	30 PNA	1:27.55
50 YD. FLY		
GARRICK SNIDER	33 NMM	28.94
BRIAN HERRING	34 PNA	31.72
100 YD. FLY		
GARRICK SNIDER	33 NMM	1:05.31
100 YD. I.M.		
TROY HUSBAND	30 PNA	1:06.27
KERRY NESS	30 PNA	1:18.99
200 YD. I.M.		
GARRICK SNIDER	33 NMM	2:24.77

M E N 35-39

50 YD. FREE		
MATTHEW LIND	35 PNA	25.35
PAUL SENUTY	37 PNA	30.34
BRAD PALMER	39 PNA	30.51
100 YD. FREE		
PAUL SENUTY	37 PNA	1:15.06
200 YD. FREE		
ERIC DYBDAHL	39 PNA	2:08.83
DOUG REDFIELD	36 PNA	2:14.95
500 YD. FREE		
ERIC DYBDAHL	39 PNA	5:59.80
JIM LASERSOHN	35 PNA	6:02.17
DOUG REDFIELD	36 PNA	6:11.31
50 YD. BACK		
MATTHEW LIND	35 PNA	29.99
100 YD. BACK		
MATTHEW LIND	35 PNA	1:05.55
200 YD. BACK		
ERIC DYBDAHL	39 PNA	2:28.32
50 YD. BRST		
MICHAEL YOUNG	37 PNA	31.38
BOB FISH	36 PNA	32.40
MARK NEWPORT	36 PNA	36.75
100 YD. BRST		
MICHAEL YOUNG	37 PNA	1:08.18
BOB FISH	36 PNA	1:10.21
JIM LASERSOHN	35 PNA	1:14.88
MARK NEWPORT	36 PNA	1:19.33
200 YD. BRST		
MICHAEL YOUNG	37 PNA	2:30.68
JIM LASERSOHN	35 PNA	2:43.39
MARK NEWPORT	36 PNA	2:48.91
50 YD. FLY		
JIM LASERSOHN	35 PNA	29.09
BRAD PALMER	39 PNA	35.27
100 YD. FLY		
JIM LASERSOHN	35 PNA	1:06.20
200 YD. FLY		
ERIC DYBDAHL	39 PNA	2:35.19
100 YD. I.M.		
BOB FISH	36 PNA	1:00.85
MATTHEW LIND	35 PNA	1:05.64
200 YD. I.M.		
MATTHEW LIND	35 PNA	2:21.55
ERIC DYBDAHL	39 PNA	2:38.83
400 YD. I.M.		
BOB FISH	36 PNA	4:47.24

M E N 40-44

50 YD. FREE		
STEVEN WADE	41 PNA	32.17
100 YD. FREE		
STEVEN WADE	41 PNA	1:13.22
200 YD. FREE		
STEVEN WADE	41 PNA	2:47.09
500 YD. FREE		
STEVEN WADE	41 PNA	7:35.90
50 YD. BACK		
PAUL IKEDA	40 PNA	37.40
50 YD. BRST		
TIM GILLAM	44 PNA	33.02
100 YD. BRST		
TIM GILLAM	44 PNA	1:12.56
PAUL IKEDA	40 PNA	1:20.02
200 YD. I.M.		
PAUL IKEDA	40 PNA	2:45.81

M E N 45-49

50 YD. FREE		
RON RICHARDS	49 ORE	25.80
MARC FAIRBANKS	48 PNA	26.86
100 YD. FREE		
MARC FAIRBANKS	48 PNA	57.25
RON RICHARDS	49 ORE	58.84
200 YD. FREE		
MARC FAIRBANKS	48 PNA	2:11.73
500 YD. FREE		
MARC FAIRBANKS	48 PNA	6:15.15
50 YD. FLY		
MARC FAIRBANKS	48 PNA	29.81

M E N 50-54

50 YD. FREE		
ROY KROPP	53 NEM	27.76
100 YD. FREE		
ROY KROPP	53 NEM	1:04.30
200 YD. FREE		
MICHAEL MCCOLLY	54 PNA	2:13.53
50 YD. BACK		
THOMAS WALKER	52 PNA	42.42
200 YD. BACK		
MICHAEL MCCOLLY	54 PNA	2:34.37
50 YD. BRST		
STEVEN PETERSON	53 PNA	33.36
THOMAS WALKER	52 PNA	43.94
100 YD. BRST		
STEVEN PETERSON	53 PNA	1:15.09
ROY KROPP	53 NEM	1:20.34
THOMAS WALKER	52 PNA	1:33.62
200 YD. BRST		
STEVEN PETERSON	53 PNA	2:43.96
100 YD. I.M.		
STEVEN PETERSON	53 PNA	1:09.69
THOMAS WALKER	52 PNA	1:29.40
200 YD. I.M.		
STEVEN PETERSON	53 PNA	2:34.99
THOMAS WALKER	52 PNA	3:13.53
400 YD. I.M.		
MICHAEL MCCOLLY	54 PNA	5:35.15

M E N 55-59

50 YD. FREE		
ELLIOTT KEPHART	57 PNA	35.75
100 YD. FREE		
ELLIOTT KEPHART	57 PNA	1:22.02
IVAN OAKES	56 PNA	1:38.50
500 YD. FREE		
IVAN OAKES	56 PNA	9:40.16
50 YD. BACK		
WALT REID	59 PNA	36.15
ELLIOTT KEPHART	57 PNA	46.20
50 YD. BRST		
WALT REID	59 PNA	36.34
IVAN OAKES	56 PNA	46.28

100 YD. BRST		
WALT REID	59 PNA	1:22.24
IVAN OAKES	56 PNA	1:47.21
200 YD. BRST		
IVAN OAKES	56 PNA	3:44.72
50 YD. FLY		
ELLIOTT KEPHART	57 PNA	42.66
100 YD. I.M.		
ELLIOTT KEPHART	57 PNA	1:39.07

M E N 60-64

50 YD. FREE		
HAROLD TAUSCHER	62 PNA	33.15
100 YD. FREE		
HAROLD TAUSCHER	62 PNA	1:22.27
200 YD. FREE		
PAUL OLMSTEAD	60 PNA	2:51.64
500 YD. FREE		
PAUL OLMSTEAD	60 PNA	7:51.98
50 YD. BRST		
HAROLD TAUSCHER	62 PNA	38.47
100 YD. BRST		
HAROLD TAUSCHER	62 PNA	1:29.21
100 YD. I.M.		
HAROLD TAUSCHER	62 PNA	1:26.18

M E N 65-69

50 YD. FREE		
BOB DORSEY	68 PNA	30.98
50 YD. BACK		
BOB DORSEY	68 PNA	43.84
DON REHFELDT	65 PNA	48.24
100 YD. BACK		
TOM FOLEY	65 PNA	1:48.49
200 YD. BACK		
TOM FOLEY	65 PNA	3:43.32
50 YD. BRST		
BOB DORSEY	68 PNA	43.22
DON REHFELDT	65 PNA	44.00
100 YD. BRST		
DON REHFELDT	65 PNA	1:34.80
200 YD. BRST		
TOM FOLEY	65 PNA	4:05.10
50 YD. FLY		
BOB DORSEY	68 PNA	44.43
100 YD. I.M.		
BOB DORSEY	68 PNA	1:27.88
DON REHFELDT	65 PNA	1:35.35
200 YD. I.M.		
DON REHFELDT	65 PNA	3:35.12
TOM FOLEY	65 PNA	3:49.75

M E N 75-79

50 YD. BACK		
JAMES WORREL	77 PNA	51.37
200 YD. BACK		
JAMES WORREL	77 PNA	3:52.53
50 YD. BRST		
JAMES WORREL	77 PNA	47.60
100 YD. I.M.		
JAMES WORREL	77 PNA	1:45.08
200 YD. I.M.		
JAMES WORREL	77 PNA	3:56.47

M E N 85-89

50 YD. FREE		
GENE CROSSETT	86 PNA	42.91
100 YD. FREE		
GENE CROSSETT	86 PNA	1:44.52
200 YD. FREE		
GENE CROSSETT	86 PNA	3:56.43
500 YD. FREE		
GENE CROSSETT	86 PNA	10:37.42

RELAYS-WOMEN 200 YD. FREE

25 +
CATHY HERRING 33 PNA 1:59.20
BETH BEYER 40
MAGGIE KINSELLA 42
CAROLYN MATHEWS 37

RELAYS-WOMEN 200 YD. MEDLEY

19 +
LESLIE MCCULLOUGH 30 PNA 2:09.76
LINDA HEGBER 29
SARAH KRAMER 23
CATHY HERRING 33

35 +
CHRIS OHANA 47 PNA 2:57.10
TERI REXROAT 41
MAIA HAYKIN 40
BETH BEYER 40

RELAYS-M E N 200 YD. FREE

25 +
MARK NEWPORT 36 PNA 1:49.20
STEVE GEORGES 34
BRIAN HERRING 34
DAVID AUSTIN 25

35 +
MARC FAIRBANKS 48 PNA 1:48.13
PAUL SENUTY 37
DOUG REDFIELD 36
BOB FISH 36

RELAYS-M E N 200 YD. MEDLEY

35 +
BOB FISH 36 PNA 2:02.21
MARK NEWPORT 36
MARC FAIRBANKS 48
DOUG REDFIELD 36

MATTHEW LIND 35 PNA 2:09.18
JIM LASERSOHN 35
PAUL IKEDA 40
BRAD PALMER 39

RELAYS-MIXED 200 YD. FREE

25 +
TIM GILLAM 44 PNA 1:48.74
ERIN MILLER 26
CHRISTY TAYLOR 31
MARC COTTREL 32

CAROLINE PRATHER 37 PNA 2:07.26
STEVEN WADE 41
KARIN GARDNER 31
KERRY NESS 30

TERI REXROAT 41 PNA 2:22.57
IVAN OAKES 56
JEANETTE OPIELA 33
PAUL SENUTY 37

35 +
PAUL OLMSTEAD 60 PNA 2:27.87
MAIA HAYKIN 40
CHRIS OHANA 47
HAROLD TAUSCHER 62

RELAYS-MIXED 200 YD. MEDLEY

19 +
LISA DAHL 38 PNA 2:00.57

JENNIFER NEWTON 28
JEFF STRAND 29
KATHY OVES 22

ERIC DYBDAHL 39 PNA 2:12.43
DEMPSEY DYBDAHL 51
AURORA TALLACKSEN 23
KAREN LEAHY 31

25 +
ERIN MILLER 26 PNA 2:00.69
TIM GILLAM 44
CHRISTY TAYLOR 31
MARC COTTREL 32

BOB FISH 36 PNA 2:00.96
LINDA HEGBER 29
MARC FAIRBANKS 48
CAROLYN MATHEWS 37

LESLIE MCCULLOUGH 30 PNA 2:06.32
CATHY HERRING 33
BRIAN HERRING 34
DAVID AUSTIN 25

CAROLINE PRATHER 37 PNA 2:28.04
KARIN GARDNER 31
KERRY NESS 30
TROY HUSBAND 30