

BELLINGHAM				KATHERINE BOYD	30	PNA	1:20.70	100	YD. BACK			
12-15-96				KAREN KOWALCHYK	33	PNA	1:23.72		BARB GUNDRED	45	PNA	1:09.84 Z
SHORT COURSE YARDS				100	YD. BRST				200	YD. BACK		
P = P.N.A. RECORD				KAREN KOWALCHYK	33	PNA	1:21.19		BARB GUNDRED	45	PNA	2:29.38 Z
Z = NORTHWEST ZONE RECORD				50	YD. FLY				KATHRINE CASEY	48	PNA	2:45.00
N = NATIONAL RECORD				BARB THRASHER	31	PNA	28.74		50	YD. BRST		
W = WORLD RECORD				KATHERINE BOYD	30	PNA	36.22		KATHRINE CASEY	48	PNA	39.10
S = SPLIT TIME				100	YD. FLY				100	YD. BRST		
U = UNOFFICAL TIME (1 WATCH)				BARB THRASHER	31	PNA	1:06.57		KATHRINE CASEY	48	PNA	1:25.80
-----				200	YD. FLY				200	YD. BRST		
WOMEN 18-24				BARB THRASHER	31	PNA	2:33.50		KATHRINE CASEY	48	PNA	3:09.25
-----				100	YD. I.M.				50	YD. FLY		
50	YD. FREE			KAREN KOWALCHYK	33	PNA	1:15.54		LINDA MARIZ	48	PNA	35.48
JENNIFER STEVENS	22	PNA	35.75	KATHERINE BOYD	30	PNA	1:19.28		FRANCEAN BROWN	47	PNA	52.50
100	YD. FREE			-----					100	YD. FLY		
AUDRA RESCHKE	23	PNA	1:00.80	WOMEN 35-39					LINDA MARIZ	48	PNA	1:26.69
JENNIFER STEVENS	22	PNA	1:16.68	-----					100	YD. I.M.		
200	YD. FREE			50	YD. FREE				KATHRINE CASEY	48	PNA	1:20.25
JENNIFER STEVENS	22	PNA	2:50.32	HOPE DEAN	37	PNA	34.50		400	YD. I.M.		
100	YD. BACK			JENNIFER LEONG	37	CAN	38.16		LINDA MARIZ	48	PNA	6:36.03
AUDRA RESCHKE	23	PNA	1:10.21	100	YD. FREE				-----			
100	YD. I.M.			YVONNE DYMERSKI	35	PNA	1:04.70		WOMEN 50-54			
AUDRA RESCHKE	23	PNA	1:10.68	J.DE LOTBINIERE	37	CAN	1:16.89		-----			
-----				JENNIFER LEONG	37	CAN	1:24.84		100	YD. FREE		
WOMEN 25-29				200	YD. FREE				PINKY WALKER	54	PNA	1:12.90
-----				HOPE DEAN	37	PNA	2:45.03		50	YD. BACK		
50	YD. FREE			JENNIFER LEONG	37	CAN	3:04.47		PINKY WALKER	54	PNA	38.28
KARIN GARDENER	28	PNA	27.21	500	YD. FREE				100	YD. BACK		
E.HENDERSON	25	PNA	28.38	YVONNE DYMERSKI	35	PNA	6:31.53		PINKY WALKER	54	PNA	1:24.69
HEIDI LASHER	25	PNA	28.94	KELLY MOLASKI	38	PNA	6:52.50		100	YD. FLY		
LINDA HEGERBERG	26	PNA	28.97	HOPE DEAN	37	PNA	7:14.57		PINKY WALKER	54	PNA	1:28.66
ANN LEMKE	27	PNA	29.50	50	YD. BACK				-----			
KATE BANTA	27	PNA	32.85	J.DE LOTBINIERE	37	CAN	42.37		WOMEN 60-64			
100	YD. FREE			50	YD. BRST				-----			
KARIN GARDENER	28	PNA	1:00.13	J.DE LOTBINIERE	37	CAN	41.28		200	YD. FREE		
E.HENDERSON	25	PNA	1:01.00	HOPE DEAN	37	PNA	43.35		CAROLYN LEWIS	63	CAN	2:57.03
HEIDI LASHER	25	PNA	1:02.97	200	YD. BRST				500	YD. FREE		
ANN LEMKE	27	PNA	1:05.49	J.DE LOTBINIERE	37	CAN	3:17.91		CAROLYN LEWIS	63	CAN	7:44.31
TAMMY KEELER	28	PNA	1:06.66	50	YD. FLY				50	YD. FLY		
KATE BANTA	27	PNA	1:16.31	YVONNE DYMERSKI	35	PNA	31.25		CAROLYN LEWIS	63	CAN	47.25
200	YD. FREE			100	YD. FLY				CAROLYN BALDWIN	62	PNA	58.97
KAREN LEAHY	28	PNA	2:11.61	YVONNE DYMERSKI	35	PNA	1:12.84		100	YD. FLY		
HEIDI LASHER	25	PNA	2:17.16	100	YD. I.M.				CAROLYN BALDWIN	62	PNA	2:05.91
TAMMY KEELER	28	PNA	2:22.15	KELLY MOLASKI	38	PNA	1:21.00		100	YD. I.M.		
500	YD. FREE			-----					CAROLYN BALDWIN	62	PNA	2:00.93
KAREN LEAHY	28	PNA	5:49.00	WOMEN 40-44					200	YD. I.M.		
TAMMY KEELER	28	PNA	6:12.15	-----					CAROLYN BALDWIN	62	PNA	4:09.41
ANN LEMKE	27	PNA	6:28.99	50	YD. FREE				-----			
100	YD. BACK			CORAL BERNIER	41	PNA	32.03		WOMEN 65-69			
HEIDI LASHER	25	PNA	1:14.43	RENEE COE	40	CAN	32.41		-----			
200	YD. BACK			BETH PATERSON	43	CAN	32.84		200	YD. FREE		
KAREN LEAHY	28	PNA	2:32.25	100	YD. FREE				JOAN PARNELL	68	CAN	3:00.65
50	YD. BRST			J.SANTILLANO	43	PNA	1:12.00		50	YD. BACK		
LINDA HEGERBERG	26	PNA	34.35	RENEE COE	40	CAN	1:14.31		JOAN PARNELL	68	CAN	41.63
ANN LEMKE	27	PNA	37.54	200	YD. FREE				JANET KAVADAS	65	PNA	58.09
KARIN GARDENER	28	PNA	39.03	J.SANTILLANO	43	PNA	2:29.12		100	YD. BACK		
100	YD. BRST			BETH PATERSON	43	CAN	2:58.00		JOAN PARNELL	68	CAN	1:30.74
LINDA HEGERBERG	26	PNA	1:14.63	500	YD. FREE				50	YD. BRST		
200	YD. BRST			J.SANTILLANO	43	PNA	6:33.78		JOAN PARNELL	68	CAN	45.97
LINDA HEGERBERG	26	PNA	2:41.85	CORAL BERNIER	41	PNA	6:52.22		JANET KAVADAS	65	PNA	56.72
100	YD. FLY			BETH PATERSON	43	CAN	8:26.56		100	YD. BRST		
E.HENDERSON	25	PNA	1:12.64	50	YD. BACK				JOAN PARNELL	68	CAN	1:50.72
100	YD. I.M.			RENEE COE	40	CAN	41.28		JANET KAVADAS	65	PNA	2:06.31
LINDA HEGERBERG	26	PNA	1:07.91	50	YD. BRST				200	YD. I.M.		
E.HENDERSON	25	PNA	1:11.31	RENEE COE	40	CAN	39.87		JANET KAVADAS	65	PNA	4:20.19
KARIN GARDENER	28	PNA	1:12.84	50	YD. FLY				-----			
ANN LEMKE	27	PNA	1:14.92	CORAL BERNIER	41	PNA	33.91		M E N 18-24			
KATE BANTA	27	PNA	1:28.19	100	YD. I.M.				-----			
200	YD. I.M.			CORAL BERNIER	41	PNA	1:19.08		50	YD. FREE		
E.HENDERSON	25	PNA	2:36.10	RENEE COE	40	CAN	1:25.95		JEREMY GERKING	23	PNA	25.00
-----				200	YD. I.M.				50	YD. BACK		
WOMEN 30-34				CORAL BERNIER	41	PNA	2:57.62		JEREMY GERKING	23	PNA	30.72
-----				-----					50	YD. FLY		
100	YD. FREE			WOMEN 45-49					JEREMY GERKING	23	PNA	28.64
KAREN KOWALCHYK	33	PNA	1:03.59	-----					-----			
500	YD. FREE			50	YD. FREE				M E N 25-29			
KAREN KOWALCHYK	33	PNA	6:22.95	FRANCEAN BROWN	47	PNA	40.03		-----			
KATHERINE BOYD	30	PNA	6:40.71	50	YD. BACK				50	YD. FREE		
100	YD. BACK			FRANCEAN BROWN	47	PNA	50.12		MICHAEL HENDERSON	29	PNA	24.78

JAY LEMKE	29	PNA	26.09	50	YD. FLY			MARC FAIRBANKS	45	PNA	1:04.43	
KERRY NESS	27	PNA	28.83		BERNIE KINGSLEY	37	PNA	26.97	100	YD. I.M.		
100 YD. FREE					JIM BYFIELD	38	PNA	30.82	MARC FAIRBANKS	45	PNA	1:08.85
SAN ANDERSON	28	PNA	54.47	100	YD. FLY			200	YD. I.M.			
KERRY NESS	27	PNA	1:05.03		BERNIE KINGSLEY	37	PNA	58.93	IAN THOMPSON	47	PNA	2:29.12
200 YD. FREE					TAI ARAKI	37	CAN	1:04.84	-----			
JAY LEMKE	29	PNA	2:13.63		MATTHEW SMITH	39	PNA	1:12.37	M E N 50-54			
MATTHEW JARMIN	25	PNA	2:38.47		DAVE KAYARIAN	36	PNA	1:14.08	-----			
500 YD. FREE					200	YD. FLY			50	YD. FREE		
SAN ANDERSON	28	PNA	5:31.38		DAVE KAYARIAN	36	PNA	2:59.08	GEORGE IDDON	50	CAN	33.10
MATTHEW JARMIN	25	PNA	7:04.60		100	YD. I.M.			IVAN OAKES	53	PNA	41.85
50 YD. BACK					BERNIE KINGSLEY	37	PNA	1:01.47	100	YD. FREE		
DAN FROST	28	PNA	27.66		DAVID COLLEDGE	36	CAN	1:05.63	STEVEN PETERSON	50	PNA	1:01.56
50 YD. BRST					-----				GEORGE IDDON	50	CAN	1:19.43
KERRY NESS	27	PNA	36.38		M E N 40-44				IVAN OAKES	53	PNA	1:40.84
100 YD. BRST					-----				200	YD. FREE		
JAY LEMKE	29	PNA	1:13.40		50	YD. FREE			GORDON GRAY	51	PNA	2:34.63
200 YD. BRST					DAVE SCHMALZ	42	PNA	25.06	200	YD. BACK		
DAN FROST	28	PNA	2:32.99		DAVID GOLDMAN	44	PNA	28.25	GORDON GRAY	51	PNA	2:58.34
50 YD. FLY					PETER GAINS	42	CAN	35.19	50	YD. BRST		
DAN FROST	28	PNA	28.56		500	YD. FREE			STEVEN PETERSON	50	PNA	33.52
MICHAEL HENDERSON	29	PNA	29.72		STEVEN LAY	43	PNA	6:20.03	GEORGE IDDON	50	CAN	40.10
100 YD. FLY					50	YD. BACK			IVAN OAKES	53	PNA	48.38
SAN ANDERSON	28	PNA	1:00.50		BRAD DALZELL	40	CAN	33.97	100	YD. BRST		
100 YD. I.M.					100	YD. BACK			STEVEN PETERSON	50	PNA	1:13.15 P
DAN FROST	28	PNA	1:01.48		DON ROBERTS	40	CAN	1:29.19	GORDON GRAY	51	PNA	1:35.63
MICHAEL HENDERSON	29	PNA	1:08.12		200	YD. BACK			50	YD. FLY		
KERRY NESS	27	PNA	1:12.84		DAVE SCHMALZ	42	PNA	2:33.10	PAUL MONOHON	51	PNA	27.40
200 YD. I.M.					50	YD. BRST			DAN STEELE	52	PNA	32.22
DAN FROST	28	PNA	2:17.03		JIM WILLIAMS	40	PNA	32.13	100	YD. FLY		
JAY LEMKE	29	PNA	2:28.25		JAMES LOUNSBURY	42	PNA	32.40	PAUL MONOHON	51	PNA	1:01.78
-----					GREG HARRISON	44	PNA	32.58	JIM MCCLEERY	50	PNA	1:04.06
M E N 30-34					100	YD. BRST			200	YD. FLY		
-----					JIM WILLIAMS	40	PNA	1:09.44	NICK LECLERCQ	50	PNA	2:11.07 N
100	YD. FREE				GREG HARRISON	44	PNA	1:09.87	PAUL MONOHON	51	PNA	2:39.22
DAVID NUNN	33	PNA	1:10.15		JAMES LOUNSBURY	42	PNA	1:11.90	100	YD. I.M.		
200	YD. FREE				200	YD. BRST			STEVEN PETERSON	50	PNA	1:09.68
DAVID NUNN	33	PNA	2:39.97		GREG HARRISON	44	PNA	2:27.38	DAN STEELE	52	PNA	1:14.60
500	YD. FREE				JIM WILLIAMS	40	PNA	2:33.56	GEORGE IDDON	50	CAN	1:24.36
DAVID NUNN	33	PNA	7:16.39		JAMES LOUNSBURY	42	PNA	2:46.65	200	YD. I.M.		
100	YD. BACK				STEVEN LAY	43	PNA	2:56.01	JIM MCCLEERY	50	PNA	2:26.28
DAVID NUNN	33	PNA	1:37.94		50	YD. FLY			STEVEN PETERSON	50	PNA	2:35.28
50	YD. BRST				DAVE SCHMALZ	42	PNA	28.22	400	YD. I.M.		
ANDY LOVAN	30	PRO	29.21		BRAD DALZELL	40	CAN	28.89	NICK LECLERCQ	50	PNA	4:44.10 Z
100	YD. BRST				DAVID GOLDMAN	44	PNA	29.59	GORDON GRAY	51	PNA	6:12.82
ANDY LOVAN	30	PRO	1:04.65		STEVEN LAY	43	PNA	31.41	-----			
200	YD. BRST				DON ROBERTS	40	CAN	31.91	M E N 55-59			
ANDY LOVAN	30	PRO	2:22.34		100	YD. FLY			-----			
DAVID NUNN	33	PNA	3:49.84		BRAD DALZELL	40	CAN	1:05.91	50	YD. FREE		
-----					STEVEN LAY	43	PNA	1:17.59	STEVEN THRASHER	55	PNA	26.29
M E N 35-39					100	YD. I.M.			JIM MILLAR	57	CAN	31.78
-----					DAVE SCHMALZ	42	PNA	1:07.47	100	YD. FREE		
50	YD. FREE				DON ROBERTS	40	CAN	1:19.42	STEVEN THRASHER	55	PNA	58.68
BERNIE KINGSLEY	37	PNA	24.51		200	YD. I.M.			JIM MILLAR	57	CAN	1:14.69
TAI ARAKI	37	CAN	25.28		JIM WILLIAMS	40	PNA	2:24.17	50	YD. BACK		
DAVID COLLEDGE	36	CAN	26.18		GREG HARRISON	44	PNA	2:27.53	STEVEN THRASHER	55	PNA	29.60 Z
JIM BYFIELD	38	PNA	26.25		JAMES LOUNSBURY	42	PNA	2:31.87	JIM MILLAR	57	CAN	42.03
MARK AARSTOL	35	PNA	27.94		-----				100	YD. BACK		
100	YD. FREE				M E N 45-49				STEVEN THRASHER	55	PNA	1:04.15 Z
STEVE WARMEHOVEN	35	PNA	51.09		-----				100	YD. FLY		
TAI ARAKI	37	CAN	56.19		50	YD. FREE			STEVEN THRASHER	55	PNA	1:07.07 P
DAVID COLLEDGE	36	CAN	58.35		MARC FAIRBANKS	45	PNA	26.47	-----			
MARK AARSTOL	35	PNA	1:00.60		100	YD. FREE			M E N 60-64			
DAVE KAYARIAN	36	PNA	1:01.19		MARC FAIRBANKS	45	PNA	56.32	-----			
200	YD. FREE				BILL CHAMBERS	45	CAN	1:10.87	50	YD. FREE		
STEVE WARMEHOVEN	35	PNA	1:56.41		200	YD. FREE			PETER BELL	61	CAN	31.18
CURT TROUPE	39	PNA	2:06.22		BILL CHAMBERS	45	CAN	2:40.39	AL LEWIS	62	CAN	33.07
MARK AARSTOL	35	PNA	2:14.95		500	YD. FREE			GENNADY PLOSHKIN	60	CAN	33.57
500	YD. FREE				IAN THOMPSON	47	PNA	5:45.80	100	YD. FREE		
MATTHEW SMITH	39	PNA	5:43.28		200	YD. BACK			AL LEWIS	62	CAN	1:19.72
CURT TROUPE	39	PNA	5:46.90		IAN THOMPSON	47	PNA	2:38.02	200	YD. FREE		
JIM BYFIELD	38	PNA	6:09.34		100	YD. BRST			FRED LOCKE	64	PNA	3:44.75
50	YD. BRST				BILL CHAMBERS	45	CAN	1:19.75	500	YD. FREE		
DAVID COLLEDGE	36	CAN	32.65		200	YD. BRST			FRED LOCKE	64	PNA	10:04.47
JIM BYFIELD	38	PNA	34.70		IAN THOMPSON	47	PNA	2:37.94	200	YD. BACK		
CURT TROUPE	39	PNA	36.43		BILL CHAMBERS	45	CAN	2:58.78	TOM FOLEY	62	PNA	3:35.09
100	YD. BRST				50	YD. FLY			50	YD. BRST		
DAVID COLLEDGE	36	CAN	1:12.97		MARC FAIRBANKS	45	PNA	29.09	PETER BELL	61	CAN	34.89
MATTHEW SMITH	39	PNA	1:19.50		100	YD. FLY			GENNADY PLOSHKIN	60	CAN	37.68

AL LEWIS 62 CAN 39.56  
 100 YD. BRST  
 PETER BELL 61 CAN 1:18.29  
 GENNADY PLOSHKIN 60 CAN 1:29.37  
 AL LEWIS 62 CAN 1:33.91  
 200 YD. BRST  
 PETER BELL 61 CAN 2:53.13  
 50 YD. FLY  
 TOM FOLEY 62 PNA 45.28  
 100 YD. FLY  
 TOM FOLEY 62 PNA 1:51.24  
 100 YD. I.M.  
 PETER BELL 61 CAN 1:20.87  
 TOM FOLEY 62 PNA 1:37.50

M E N 65-69

50 YD. FREE  
 BOB DORSE 65 PNA 29.67  
 100 YD. FREE  
 BOB DORSE 65 PNA 1:08.69  
 HARVEY PROSSER 68 PNA 1:12.94  
 200 YD. FREE  
 HARVEY PROSSER 68 PNA 2:43.24  
 500 YD. FREE  
 HARVEY PROSSER 68 PNA 7:24.25  
 50 YD. BRST  
 BOB DORSE 65 PNA 42.10  
 100 YD. I.M.  
 BOB DORSE 65 PNA 1:24.91

M E N 70-74

50 YD. FREE  
 DOUG MACLENNAN 72 CAN 37.54  
 DENIS CROCKETT 72 CAN 39.50  
 100 YD. FREE  
 ROY INGHAM 71 PNA 1:25.18  
 JAMES WORRELL 74 PNA 1:27.37  
 DENIS CROCKETT 72 CAN 1:33.97  
 200 YD. FREE  
 ROY INGHAM 71 PNA 3:20.22  
 DOUG MACLENNAN 72 CAN 3:30.29  
 DENIS CROCKETT 72 CAN 3:46.11  
 100 YD. BACK  
 JAMES WORRELL 74 PNA 1:45.18  
 ROY INGHAM 71 PNA 1:51.31  
 200 YD. BACK  
 DOUG MACLENNAN 72 CAN 3:49.80  
 50 YD. BRST  
 JAMES WORRELL 74 PNA 45.32  
 100 YD. I.M.  
 ROY INGHAM 71 PNA 1:40.78  
 JAMES WORRELL 74 PNA 1:40.78  
 DENIS CROCKETT 72 CAN 2:14.08

RELAYS-MIXED 200 YD. MEDLEY

18 +  
 JEREMY GERKING 23 PNA 1:58.69  
 BARB THRASHER 31  
 LINDA HEGERBERG 26  
 STEVE WARMENHOVEN 35  
 BARB GUNDRED 45 PNA 2:04.25  
 MARC FAIRBANKS 45  
 IAN THOMPSON 47  
 AUDRA RESCHKE 23  
 25 +  
 KERRY NESS 27 PNA 2:10.54  
 KATHERINE BOYD 30  
 ANN LEMKE 27  
 JIM BYFIELD 38  
 JIM MCCLEERY 50 PNA 2:10.56  
 KARIN GARDENER 28  
 PAUL MONOHON 51  
 PINKY WALKER 54

RELAYS-WOMEN 200 YD. MEDLEY  
 18 +  
 AUDRA RESCHKE 23 PNA 2:06.42  
 LINDA HEGERBERG 26  
 BARB THRASHER 31  
 E.HENDERSON 25  
 25 +  
 HEIDI LASHER 25 PNA 2:22.26  
 KAREN KOWALCHYK 33  
 TAMMY KEELER 28  
 J.SANTILLANO 43

RELAYS-M E N 200 YD. MEDLEY

18 +  
 JEREMY GERKING 23 PNA 1:53.47  
 JIM WILLIAMS 40  
 SAN ANDERSON 28  
 STEVE WARMENHOVEN 35  
 35 +  
 DAVE SCHMALZ 42 PNA 2:04.90  
 IAN THOMPSON 47  
 MARC FAIRBANKS 45  
 DAVID GOLDMAN 44

DON ROBERTS 40 CAN 2:16.73  
 TAI ARAKI 37  
 BRAD DALZELL 40  
 AL LEWIS 62  
 GEORGE IDDON 50 CAN 2:22.62  
 GENNADY PLOSHKIN 60  
 DAVID COLLEDGE 36  
 JIM MILLAR 57

RELAYS-MIXED 200 YD. FREE

18 +  
 BARB THRASHER 31 PNA 1:47.87  
 AUDRA RESCHKE 23  
 DAVE KAYARIAN 36  
 JEREMY GERKING 23  
 25 +  
 KATHERINE BOYD 30 PNA 1:52.88  
 JAY LEMKE 29  
 ANN LEMKE 27  
 JIM BYFIELD 38

HOPE DEAN 37 PNA 2:01.97  
 KATE BANTA 27  
 JIM MCCLEERY 50  
 DAN FROST 28

35 +  
 DAVID COLLEDGE 36 CAN 2:08.90  
 JENNIFER LEONG 37  
 JIM MILLAR 57  
 JOAN PARNELL 68

CAROLYN LEWIS 63 CAN 2:15.54  
 BETH PATERSON 43  
 AL LEWIS 62  
 PETER GAINS 42

J.DE LOTBINIERE 37 CAN 2:09.85  
 GENNADY PLOSHKIN 60  
 RENEE COE 40  
 GEORGE IDDON 50

RELAYS-M E N 200 YD. FREE

18 +  
 SAN ANDERSON 28 PNA 1:41.12  
 MARK AARSTOL 35  
 JEREMY GERKING 23  
 STEVE WARMENHOVEN 35

25 +  
 KERRY NESS 27 PNA 1:51.66  
 MATTHEW JARMIN 25  
 JAY LEMKE 29  
 JIM BYFIELD 38

35 +  
 JIM WILLIAMS 40 PNA 1:47.09  
 DAVID GOLDMAN 44  
 MARC FAIRBANKS 45  
 DAVE SCHMALZ 42

DON ROBERTS 40 CAN 1:51.82  
 BILL CHAMBERS 45  
 BRAD DALZELL 40  
 TAI ARAKI 37

45 +  
 GEORGE IDDON 50 CAN 2:15.47  
 GENNADY PLOSHKIN 60  
 DENIS CROCKETT 72  
 PETER BELL 61

RELAYS-WOMEN 200 YD. FREE

18 +  
 E.HENDERSON 25 PNA 1:49.47  
 AUDRA RESCHKE 23  
 LINDA HEGERBERG 26  
 BARB THRASHER 31