

P.N.A. SHORT COURSE
C. KITSAP/OLYMPIC H.S.
SEPT 15, 1984

P = P.N.A. RECORD
R = REGION RECORD
N = NATIONAL RECORD

WOMEN 20-24		
50 YD. FREE		
DEBORAH PIERSON	24	32.42
50 YD. BACK		
DEBORAH PIERSON	24	36.22
50 YD. BREAST		
DEBORAH PIERSON	24	43.89
50 YD. FLY		
DEBORAH PIERSON	24	37.25
100 YD. I. M.		
DEBORAH PIERSON	24	1:20.08
WOMEN 25-29		
50 YD. FREE		
LYNN HUETHER	28	28.85
CHERIE CHARVET	26	29.93
MAUREEN SWIGART	29	34.09
MARLENE HOLMES	28	41.71
50 YD. BACK		
CHERIE CHARVET	26	37.63
MAUREEN SWIGART	29	44.46
MARLENE HOLMES	28	1:00.49
50 YD. BREAST		
CHERIE CHARVET	26	40.62
KIKO KIMURA	28	40.88
50 YD. FLY		
LYNN HUETHER	28	31.30
CHERIE CHARVET	26	35.15
MAUREEN SWIGART	29	37.76
MARLENE HOLMES	28	58.76
100 YD. I. M.		
LYNN HUETHER	28	1:12.63
KIKO KIMURA	28	1:13.12
CHERIE CHARVET	26	1:20.08
MAUREEN SWIGART	29	1:30.76
WOMEN 30-34		
50 YD. FREE		
MARILYN GRINDRØD	32	31.45
JAN SHAW	33	32.48
CORINNE THOMPSON	32	36.09
50 YD. BACK		
JAN SHAW	33	35.62
MARILYN GRINDRØD	32	38.26
CORINNE THOMPSON	32	40.80
50 YD. BREAST		
JAN SHAW	33	39.42
MARILYN GRINDRØD	32	41.77
CORINNE THOMPSON	32	44.17

50 YD. FLY		
JAN SHAW	33	35.19
MARILYN GRINDRØD	32	39.00
100 YD. I. M.		
JAN SHAW	33	1:18.56
MARILYN GRINDRØD	32	1:23.18
WOMEN 35-39		
50 YD. FREE		
KATHY CRANDELL	35	28.61
COOKIE JUSTESEN	37	29.86
KAETCHIE FACEMYER	37	32.11
50 YD. BACK		
KATHY CRANDELL	35	35.00
KAETCHIE FACEMYER	37	37.02
COOKIE JUSTESEN	37	38.03
50 YD. BREAST		
KATHY CRANDELL	35	35.74
KAETCHIE FACEMYER	37	39.10
COOKIE JUSTESEN	37	40.65
50 YD. FLY		
KATHY CRANDELL	35	32.61
COOKIE JUSTESEN	37	34.93
KAETCHIE FACEMYER	37	37.23
100 YD. I. M.		
KATHY CRANDELL	35	1:11.80
COOKIE JUSTESEN	37	1:15.76
KAETCHIE FACEMYER	37	1:21.05
WOMEN 45-49		
50 YD. FREE		
ANN GINDRØZ	46	33.99
SUSAN DEARBØRN	47	34.28
MARIETTA JAMES	45	41.72
CAROL ANNING	46	44.41
50 YD. BACK		
ANN GINDRØZ	46	43.63
SUSAN DEARBØRN	47	45.28
MARIETTA JAMES	45	56.84
CAROL ANNING	46	58.95
50 YD. BREAST		
ANN GINDRØZ	46	45.78
SUSAN DEARBØRN	47	46.92
CAROL ANNING	46	56.89
50 YD. FLY		
ANN GINDRØZ	46	41.09
SUSAN DEARBØRN	47	44.51
100 YD. I. M.		
ANN GINDRØZ	46	1:32.06
SUSAN DEARBØRN	47	1:32.09
WOMEN 50-54		
50 YD. FREE		
CYNTHIA RØSIK	51	41.12
50 YD. BACK		
CYNTHIA RØSIK	51	1:00.55
50 YD. BREAST		

CYNTHIA RØSIK	51	48.94
50 YD. FLY		
CYNTHIA RØSIK	51	56.38
WOMEN 60-64		
50 YD. FREE		
MURIEL FLYNN	61	37.76
MAXINE CARLSON	64	49.71
50 YD. BACK		
MURIEL FLYNN	61	50.09
MAXINE CARLSON	64	53.93
50 YD. BREAST		
MURIEL FLYNN	61	47.13
50 YD. FLY		
MURIEL FLYNN	61	49.51R
100 YD. I. M.		
MURIEL FLYNN	61	1:39.11
WOMEN 65-69		
50 YD. FREE		
LEE HOLM	69	54.74
50 YD. BACK		
LEE HOLM	69	1:03.19
WOMEN 70-74		
50 YD. FREE		
DAWN MUSSELMAN	71	38.30
50 YD. BACK		
DAWN MUSSELMAN	71	46.26
50 YD. BREAST		
DAWN MUSSELMAN	71	56.10
100 YD. I. M.		
DAWN MUSSELMAN	71	1:47.94
MEN 20-24		
50 YD. FREE		
J. CHOW	24	28.39
50 YD. BACK		
MICHAEL DE LUKE	23	29.57
J. CHOW	24	38.65
50 YD. BREAST		
MICHAEL DE LUKE	23	31.02
J. CHOW	24	35.78
50 YD. FLY		
MICHAEL DE LUKE	23	27.69
J. CHOW	24	31.64
100 YD. I. M.		
MICHAEL DE LUKE	23	1:01.87
J. CHOW	24	1:13.22
MEN 25-29		
50 YD. FREE		
JAY PALMER	28	26.19
50 YD. BACK		
JAY PALMER	28	31.15

50 YD. BREAST		
JAY PALMER	28	34.62
50 YD. FLY		
JAY PALMER	28	29.52
100 YD. I. M.		
JAY PALMER	28	1:05.02

MEN 30-34

50 YD. FREE		
LEIF JOHNSON	32	24.89
MICHEL HOOGSTEDE	31	25.82
50 YD. BACK		
MICHEL HOOGSTEDE	31	29.89
LEIF JOHNSON	32	30.90
50 YD. BREAST		
LEIF JOHNSON	32	33.88
MICHEL HOOGSTEDE	31	34.84
50 YD. FLY		
LEIF JOHNSON	32	27.70
MICHEL HOOGSTEDE	31	28.23
100 YD. I. M.		
MICHEL HOOGSTEDE	31	1:05.13
LEIF JOHNSON	32	1:06.35

MEN 35-39

50 YD. FREE		
LARRY WRIGHT	35	24.79
MIKE MARSHALL	39	25.12
GORDON GRAY	39	27.87
50 YD. BACK		
LARRY WRIGHT	35	30.62
GORDON GRAY	39	37.50
50 YD. BREAST		
LARRY WRIGHT	35	32.37
50 YD. FLY		
LARRY WRIGHT	35	26.52
GORDON GRAY	39	33.32
100 YD. I. M.		
LARRY WRIGHT	35	1:03.40

MEN 40-44

50 YD. FREE		
ROBERT WATKINS	42	28.04
WALT REID	44	28.17
RICHARD PRINE	40	29.17
IAN BANNERMAN	42	36.96
50 YD. BACK		
WALT REID	44	33.20
RICHARD PRINE	40	36.19
ROBERT WATKINS	42	39.90
IAN BANNERMAN	42	44.72
50 YD. BREAST		
WALT REID	44	32.48
ROBERT WATKINS	42	38.37
IAN BANNERMAN	42	43.23
50 YD. FLY		
ROBERT WATKINS	42	29.25

WALT REID	44	33.13
100 YD. I. M.		
WALT REID	44	1:08.68
ROBERT WATKINS	42	1:13.87

MEN 50-54

50 YD. FREE		
TOM FOLEY	50	35.90
50 YD. BACK		
TOM FOLEY	50	42.67
50 YD. BREAST		
TOM FOLEY	50	43.72
50 YD. FLY		
TOM FOLEY	50	38.71
100 YD. I. M.		
TOM FOLEY	50	1:26.98

MEN 55-59

50 YD. FREE		
JOHN KORUGA	58	34.09
50 YD. BACK		
JOHN KORUGA	58	46.47
50 YD. BREAST		
JOHN KORUGA	58	51.29
50 YD. FLY		
JOHN KORUGA	58	42.84
100 YD. I. M.		
JOHN KORUGA	58	1:32.19

MEN 70-74

50 YD. FREE		
ALLEN SACHS	71	33.82
CARTER MORGAN	74	37.11
50 YD. BACK		
CARTER MORGAN	74	38.33R
ALLEN SACHS	71	41.47
KARL FREDERICK	70	46.18
50 YD. BREAST		
KARL FREDERICK	70	43.13

RESULTS OF THE PENTATHLON

WOMEN 20-24		
DEBORAH PIERSON	24	229.86
WOMEN 25-29		
CHERIE CHARVET	26	223.41
WOMEN 30-34		
JAN SHAW	33	221.27
MARILYN GINDROD	32	233.66
WOMEN 35-39		

KATHY CRANDELL	35	203.76
COOKIE JUSTESEN	37	219.23
KAETCHIE FACEMYER	37	226.51

WOMEN 45-49		
ANN GINDROD	46	256.55
SUSAN DEARBORN	47	263.08

WOMEN 60-64		
MURIEL FLYNN	61	283.60

MEN 20-24		
J. CHOW	24	207.68

MEN 25-29		
JAY PALMER	28	186.50

MEN 30-34		
LEIF JOHNSON	32	183.72
MICHEL HOOGSTEDE	31	183.91

MEN 35-39		
LARRY WRIGHT	35	177.70

MEN 40-44		
WALT REID	44	195.66
ROBERT WATKINS	42	209.43

MEN 50-54		
TOM FOLEY	50	247.98

MEN 55-59		
JOHN KORUGA	56	266.88

****OVERALL CHAMPIONS****

WOMEN -- KATHY CRANDELL

MEN -- LARRY WRIGHT