

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

PNA Championships - Highline College Pool

June 5, 1976

* = PNA Record

WOMEN 25-29		100 YD BACK		100 YD BACK	
<u>50 YD FREE</u>		Karen Kohler	1:29.6	Patricia Dotson	1:38.0
Signe Otheim	31.0	Emily Blahous	1:36.5	<u>200 YD BACK</u>	
Susan Chalk	36.0	<u>200 YD BACK</u>		Patricia Dotson	3:31.4
<u>100 YD FREE</u>		Karen Kohler	3:11.2*	<u>50 YD BREAST</u>	
Signe Otheim	1:11.6	<u>50 YD BREAST</u>		Jan Twight	
Susan Chalk	1:19.3	MaryLou Haugland	39.4	<u>100 YD BREAST</u>	
<u>500 YD FREE</u>		<u>100 YD BREAST</u>		Jan Twight	1:45.5
Signe Otheim	7:44.7	MaryLou Haugland	1:27.0	<u>50 YD FLY</u>	
<u>50 YD BACK</u>		Jan Miller	1:31.2	Jean Rumney	51.7
Susan Chalk	40.9	<u>200 YD BREAST</u>		<u>100 YD FLY</u>	
<u>50 YD FLY</u>		MaryLou Haugland	3:11.0	Patricia Dotson	1:32.4*
Signe Otheim	33.4	Jan Miller	3:19.1	<u>100 YD I.M.</u>	
<u>WOMEN 30-34</u>		Susan Dearborn	3:49.8	Patricia Dotson	1:30.5
<u>50 YD FREE</u>		<u>50 YD FLY</u>		Jean Rumney	1:48.4
Peggy Smothers	30.2	Susan Dearborn	44.5	<u>200 YD I.M.</u>	
Carolyn Behse	32.2	<u>100 YD FLY</u>		Jan Twight	3:54.6
Janet Russell	33.8	Jean Abrams	1:29.1	<u>WOMEN 50-54</u>	
Sue Henderson	35.8	<u>100 YD I.M.</u>		<u>50 YD BREAST</u>	
<u>100 YD FREE</u>		Karen Kohler	1:38.6	Audrey Gilbert	45.4*
Janet Russell	1:15.5	<u>200 YD I.M.</u>		<u>100 YD BREAST</u>	
Sue Henderson	1:20.8	MaryLou Haugland	3:06.0	Audrey Gilbert	1:44.3*
Mary Lee McElroy	1:27.8	<u>400 YD I.M.</u>		<u>200 YD BREAST</u>	
<u>200 YD FREE</u>		Jan Miller	6:49.3*	Audrey Gilbert	3:52.4*
Janet Russell	2:51.1	<u>WOMEN 40-44</u>		<u>100 YD I.M.</u>	
Sue Henderson	3:11.2	<u>50 YD FREE</u>		Audrey Gilbert	1:45.9
Mary Lee McElroy	3:38.0	Juanita Correa	28.0	<u>WOMEN 55-59</u>	
<u>500 YD FREE</u>		Shirley Lehman	35.2	<u>50 YD FREE</u>	
Sue Henderson	9:03.8	<u>500 YD FREE</u>		Maxine Carlson	47.3
Aileen Engel	12:49.3	Joy Ross	7:58.3	<u>50 YD BACK</u>	
<u>50 BACK</u>		<u>50 YD BACK</u>		Maxine Carlson	53.4
Peggy Smothers	39.2	Juanita Correa	36.3*	<u>50 YD BREAST</u>	
Carolyn Behse	46.8	<u>100 YD BACK</u>		Maxine Carlson	52.7
<u>100 YD BACK</u>		Juanita Correa	1:18.5*	<u>WOMEN 60-64</u>	
Sue Dills	1:18.8*	Norma McKinney	1:31.8	<u>50 YD FREE</u>	
<u>50 YD BREAST</u>		<u>200 YD BACK</u>		Dawn Musselman	36.3
Carolyn Behse	38.5	Juanita Correa	2:48.5*	<u>100 YD FREE</u>	
<u>50 YD FLY</u>		Norma McKinney	3:16.9	Dawn Musselman	7:19.5/
Sue Dills	34.0	<u>50 YD BREAST</u>		<u>50 YD BACK</u>	
Carolyn Behse	40.7	Juanita Correa	41.6*	Dawn Musselman	43.1
Janet Russell	43.6	Shirley Lehman	46.0	<u>100 YD BACK</u>	
Mary Lee McElroy	44.0	<u>100 YD BREAST</u>		Dawn Musselman	1:34.0
<u>100 YD FLY</u>		Joy Ross	1:32.1*	<u>50 YD BREAST</u>	
Peggy Smothers	1:23.2*	<u>200 YD BREAST</u>		Dawn Musselman	54.4*
<u>100 YD I.M.</u>		Joy Ross	3:28.9*	<u>MEN 20-24</u>	
Sue Dills	1:15.7*	<u>50 YD FLY</u>		<u>50 YD FREE</u>	
Carolyn Behse	1:30.5	Shirley Lehman	42.1	John Highberg	22.3*
<u>200 YD I.M.</u>		<u>100 YD FLY</u>		Kim McCoy	24.7
Sue Dills	2:43.0	Norma McKinney	1:47.6	<u>100 YD FREE</u>	
<u>WOMEN 35-39</u>		<u>100 YD I.M.</u>		Dick Green	52.8
<u>50 YD FREE</u>		Shirley Lehman	1:33.1	Kim McCoy	55.2
Emily Blahous	36.2	<u>200 YD I.M.</u>		David Rivers	58.3
Eunice Nammacher	43.5	Joy Ross	3:21.7	Eric Beam	1:05.4
<u>100 YD FREE</u>		Norma McKinney	3:22.7	<u>500 YD FREE</u>	
Jean Abrams	1:17.9	<u>400 YD I.M.</u>		David Rivers	7:30.4
Jan Miller	1:17.9	Joy Ross	7:03.5*	<u>50 YD BACK</u>	
Emily Blahous	1:21.1	Norma McKinney	7:14.9	Dick Green	28.7
Susan Dearborn	1:26.0	<u>WOMEN 45-49</u>		<u>100 YD BACK</u>	
Eunice Nammacher	1:41.6	<u>50 YD FREE</u>		Dick Green	1:01.4
<u>200 YD FREE</u>		Lois Keller	39.0	<u>200 YD BACK</u>	
Jean Abrams	2:46.7	Jean Rumney	41.8	Dick Green	2:28.5
Emily Blahous	3:03.9	Jan Twight	45.2	<u>50 YD BREAST</u>	
Karen Kohler	3:07.2	<u>100 YD FREE</u>		John Highberg	28.8
<u>500 YD FREE</u>		Lois Keller	1:27.7	<u>100 YD BREAST</u>	
MaryLou Haugland	7:37.8	<u>200 YD FREE</u>		John Highberg	1:33.2*
Susan Dearborn	9:12.1	Patricia Dotson	2:53.7	<u>50 YD FLY</u>	
<u>50 YD BACK</u>		Lois Keller	3:19.8	John Highberg	25.2*
Karen Kohler	41.2	<u>50 YD BACK</u>		Kim McCoy	27.7
Emily Blahous	45.6	Lois Keller	47.8	David Rivers	30.6
Eunice Nammacher	1:01.0			Eric Beam	34.9

MEN 20-24 cont'd.		200 YD I.M.	100 YD FREE
100 YD FLY		Bob Jacobs 2:33.9	William McAndrew 57.8*
Kim McCoy 1:05.9		100 YD I.M.	W. Andrychowicz 1:08.5
David Rivers 1:14.8		Dennis Donovan 5:19.9	John Koruga 1:11.8
100 YD I.M.		MEN 35-39	Paul Fisher 1:16.8
John Highberg 57.7*		50 YD FREE	John Ofstad 1:18.9
200 YD I.M.		Bob Thompson 25.2	Warren Lindblad 1:20.5
David Rivers 2:59.0		Jim Sloan 30.9	200 YD FREE
400 YD I.M.		Terry Hanna 31.2	Bob Miller 2:15.6
Eric Beam 5:25.6*		100 YD FREE	William McAndrew 2:20.3
MEN 25-29		Bob Thompson 56.5	Walt Andrychowicz 2:44.0
50 YD FREE		Terry Hanna 1:11.5	John Ofstad 2:57.6
Mike Kubicek 24.8		200 YD BACK	500 YD FREE
Chris Cox 25.0		Chas. Schaumberg 2:43.7	William McAndrew 6:40.5
Richard Leander 26.7		50 YD BREAST	Tom Taylor 7:27.8
Russ Hall 28.6		Jim Sloan 44.8	John Ofstad 7:54.6
100 YD FREE		200 YD BREAST	50 YD BACK
Mike Kubicek 56.0		Terry Hanna 3:55.5	Pat Hill 36.5
Richard Leander 1:03.1		50 YD FLY	John Koruga 40.5
Russ Hall 1:03.5		Bob Thompson 29.4	Patrick McCabe 51.6
500 YD FREE		100 YD FLY	100 YD BACK
Bill Holiday 6:26.2		Chas. Schaumberg 1:15.6	Bob Miller 1:07.0
50 YD BREAST		200 YD FLY	Tom Taylor 1:26.1
Jack Mosby 33.3		Chas. Schaumberg 2:56.8*	Patrick McCabe 1:48.4
Richard Leander 34.1		100 YD I.M.	200 YD BACK
James Johnston 34.5		Mel McElroy 1:13.8	Bob Miller 2:26.9
100 YD BREAST		200 YD I.M.	Tom Taylor 3:07.1
Mike Kubicek 1:12.7		Mel McElroy 2:32.5	50 YD BREAST
James Johnston 1:13.1		400 YD I.M.	Warren Lindblad 42.3
Richard Leander 1:18.3		Mel McElroy 5:25.5*	Paul Fisher 53.1
100 YD I.M.		Chas. Schaumberg 5:47.4	John Ofstad 43.3
Jack Mosby 1:08.5		MEN 40-44	100 YD BREAST
Richard Leander 1:10.0		50 YD FREE	Warren Lindblad 1:41.8
Russ Hall 1:14.9		Bob Wilder TIE 29.0	50 YD FLY
200 YD I.M.		Kirk Adams TIE 29.0	William McAndrew 28.9*
Russ Hall 2:41.5		100 YD FREE	Paul Fisher 34.9
MEN 30-34		Ron Taylor 1:01.6	100 YD FLY
50 YD FREE		Kirk Adams 1:06.0	William McAndrew 1:07.4*
Paul Murphy 23.0*		200 YD FREE	200 YD I.M.
Bob Jacobs 27.3		Kirk Adams 2:33.2	Paul Fisher 3:07.2
Eugene Young 31.8		John Allen 3:05.0	400 YD I.M.
100 YD FREE		500 YD FREE	Bob Miller 5:41.5*
Paul Murphy 52.4*		John Allen 8:23.0	Paul Fisher 6:46.3
Bill Schubach 55.4		100 YD BACK	MEN 50-54
Eugene Young 1:13.2		Tom Foley 1:35.4	100 YD FREE
200 YD FREE		200 YD BACK	Charles McIntyre 1:11.3*
Bill Schubach 2:16.3		John Allen 3:08.0	200 YD FREE
Eugene Young 2:48.3		Tom Foley 3:23.9	Charles McIntyre 2:44.6*
500 YD FREE		100 YD BREAST	50 YD BACK
Eugene Young 7:36.0		Ron Taylor 1:13.1	Charles McIntyre 39.3
100 YD BACK		200 YD BREAST	Anton Holm 52.0
Bill Schubach 1:05.6		John Allen 3:43.2	100 YD BACK
200 YD BACK		50 YD FLY	Charles McIntyre 1:26.5*
Bill Schubach 2:23.6		Bob Wilder 31.3	100 YD BREAST
Bob Jacobs 2:30.8		100 YD FLY	Anton Holm 1:48.5
Dennis Donovan 2:32.8		Ron Taylor 1:11.5	MEN 55-59
50 YD BREAST		Tom Foley 1:44.1	50 YD FREE
Jack Miller 33.6		100 YD I.M.	Robert Miller 34.4
100 YD BREAST		Ron Taylor 1:11.6	100 YD FREE
Jack Miller 1:16.2		Bob Wilder 1:15.9	Robert Miller 1:32.2
200 YD BREAST		200 YD I.M.	MEN 60-64
Jack Miller 2:53.5		Tom Foley 7:28.4	50 YD FREE
50 YD FLY		MEN 45-49	John Downey 37.5
John Okerman 31.2		50 YD FREE	100 YD FREE
Robert Crawley 41.0		Walt Andrychowicz 29.7	John Downey 1:23.4
100 YD FLY		John Koruga 30.3	200 YD FREE
John Okerman 1:16.0		John Ofstad 35.0	John Downey 3:05.5
200 YD FLY		Warren Lindblad 35.1	500 YD FREE
Bob Jacobs 2:33.5		Patrick McCabe 39.6	John Downey 8:43.4
Robert Crawley 3:56.4			50 YD BACK
100 YD I.M.			Fred Wiggin 38.9
Bill Schubach 1:02.3			100 YD BACK
Paul Murphy 1:03.7			Fred Wiggin 1:26.3
John Okerman 1:24.7			

MEN 60-64 cont'd.

200 YD BACK
 Fred Wiggin 3:07.0
50 YD BREAST
 Karl Frederick 38.8
100 YD BREAST
 Karl Frederick 3:11.4
50 YD FLY
 Karl Frederick 36.6
200 YD I.M.
 John Downey 3:05.5*

MEN 65-69

50 YD FREE
 Francis Jowett 34.6
100 YD FREE
 Francis Jowett 1:23.8
50 YD BREAST
 Francis Jowett 45.3
100 YD BREAST
 Francis Jowett 1:44.1*
100 YD I.M.
 Francis Jowett 1:38.8

RELAYSWOMEN

200 YD FREE RELAY
25 & UP
 Samena Swim Team 2:42.7
 S. Henderson, J.L. McElroy,
 E. Nammacher, L. Okerman
45 & UP
 Red Shield Tigers 2:40.2*
 D. Musselman, M. Carlson
 J. Rumney, L. Keller
200 YD MEDLEY RELAY
45 & UP
 Red Shield Tigers 3:10.3
 D. Musselman, M. Carlson,
 L. Keller, J. Rumney

MEN

200 YD FREE RELAY
25 & UP
 (1) Highline Swim Club 1:44.6
 R. Hall, J. Johnston,
 P. Murphy, C. Cox
 (2) Samena Swim Team 1:57.8
 B. Crawley, J. Okerman,
 B. Schubach, M. McElroy
35 & UP
 Lake Union Elks 2:06.3
 R. Jeffries, R. Miller,
 J. Koruga, K. Adams
200 YD MEDLEY RELAY
25 & UP
 (1) Highline Swim Club 2:02.5
 C. Cox, P. Murphy,
 J. Johnston, R. Hall
 (2) Samena Swim Team 2:20.4
 B. Schubach, L. Johnson,
 M. McElroy, B. Crawley

MIXED

200 YD MEDLEY RELAY
25 & UP
 (1) Samena Swim Team "A" 2:22.2
 S. Henderson, M.L. McElroy,
 B. Schubach, M. McElroy
 (2) Samena Swim Team "B" 2:22.4
 E. Nammacher, L. Okerman,
 B. Crawley, J. Okerman
200 YD MEDLEY RELAY
25 & UP
 (1) Samena Swim Team "A" 2:49.7 TIE
 B. Schubach, M. McElroy
 S. Henderson, M.L. McElroy

(From SWIMMING WORLD, Vol. 17. No. 5/May 1976)
MASTERS CORNER By Capt. Ransom J. Arthur

The World Masters Championships will not be held in 1976. Our last hopes for a venue disappeared and we will have to wait until 1977. Actually, this is probably just as well because we need a good deal of lead time in order to assure the success of our first meet.

Meets at the local level have now, in some instances, become as large as the National Championships of a few years ago. There may be several hundred entries necessitating a large number of heats and insuring an 8-10 hour meet. Under these conditions it is understandable that the format of swimming everyone, regardless of age or sex, in heats the composition of which are determined purely by entered time is the most functional way to proceed. Nevertheless, I do feel that, while there is no escape really from doing it that way, it does detract from the enjoyment of the meet. Events simple become time trials and the competitive pleasure of swimming right next to someone in your own age group who is a real rival is absent. People in the same age group are scattered often over three or four or five different heats and never really meet each other head to head because there are no finals later in the day.

During my years of coaching, I had many swimmers who were enamored of swimming without reference to anyone else and who enjoyed time trials more than direct competition. On the other hand there were many of us who could only really swim hard when battling an actual and palpable rival. I would like to urge that all districts have at least one short course and one long course meet per year in the National Championship format of having people who are competing for the same medals swimming in adjacent lanes in the same heat. I think that would help to sharpen up competition and add to the excitement of the meet. As it is now, there is a lack of this kind of competitive keenness unless, often fortuitously, two rivals are side by side.

I must say that I have been very grateful to swimming during these last two years and, in particular, over the last year. My duties and responsibilities have increased enormously and I have been under very heavy stress. During this whole period a daily swim has been figuratively life-saving and very possibly literally so as well. I have given me a change to unwind a bit and to refresh myself for the never-ending tasks ahead. I have been ruthless in obtaining time each day to somehow fit the swim into the schedule and it is always a welcome activity. I have found, however, that I have been unable to physically handle hard workouts. Every time I have tried I have gotten exhausted and very sore. Thus, alas, I have had to completely give up timed workouts of the type which I did over so many years. I regret the loss. However, the swim is no less important for not being maximally stressful.

(continued - Over)

(1) Samena Swim Team "B" 2:49.7
 J. Okerman, L. Okerman
 E. Nammacher, B. Crawley