

WOMEN 25-29

<u>50 Yd. Free</u>	
Debbie Wilson 25	33.28
Adele Lowery 28	34.17
Annette Jones 25	38.92
<u>100 Yd. Free</u>	
Annette Jones 25	1:23.36
<u>50 Yd. Back</u>	
Gail Singh 27 *	32.19
Annette Jones 25	47.55
<u>200 Yd. Back</u>	
Gail Singh 27 *	2:31.09
<u>50 Yd. Breast</u>	
Gail Singh 27	34.67
Adele Lowery 28	41.20
<u>100 Yd. Breast</u>	
Gail Singh 27	1:19.09
Adele Lowery 28	1:31.71
<u>200 Yd. Breast</u>	
Gail Singh 27	2:45.36
Adele Lowery 28	3:26.77
<u>50 Yd. Fly</u>	
Debbie Wilson 25	35.91
Annette Jones 25	45.72
<u>100 Yd. I.M.</u>	
Debbie Wilson 25	1:24.87

WOMEN 30-34

<u>50 Yd. Free</u>	
Jeanette Rosnau 33	35.42
Margaret Davis 31	40.58
<u>100 Yd. Free</u>	
Jeanette Rosnau 33	1:22.92
Margaret Davis 31	1:33.28
<u>100 Yd. Back</u>	
Cookie Justesen 32	1:25.39
<u>100 Yd. Breast</u>	
Cookie Justesen 32	1:29.00
Jeanette Rosnau 33	1:34.10
<u>200 Yd. Breast</u>	
Cookie Justesen 32	3:11.89
Jeanette Rosnau 33	3:45.20
<u>100 Yd. I. M.</u>	
Cookie Justesen 32	1:21.91
<u>200 Yd. I. M.</u>	

WOMEN 35-39

<u>50 Yd. Free</u>	
Pinky Walker 31	32.51

100 Yd. Free

Joy Rogers 38	1:12.38
Gretchen Anderson	1:13.37
Pinky Walker 31	1:17.28
<u>50 Yd. Back</u>	
Joy Rogers 38	35.80
Pinky Walker 31	37.70
<u>100 Yd. Back</u>	
Joy Rogers 38	1:18.91
Gretchen Anderson	1:30.07
<u>200 Yd. Back</u>	
Sue Dills 35	2:58.22
<u>100 Yd. Breast</u>	
Sue Dills 35	1:27.07
Gretchen Anderson	1:34.83
<u>50 Yd. Fly</u>	
Joy Rogers 38	38.37
<u>100 Yd. I. M.</u>	
Pinky Walker 31	1:31.08
<u>200 Yd. I. M.</u>	
Sue Dills 35	2:47.01
Joy Rogers 38	3:05.80

WOMEN 40-44

<u>50 Yd. Free</u>	
Chaya Amiad 42	39.79
Margie Leskajan 41	46.81
<u>100 Yd. Free</u>	
Juanita Correa 44	1:02.77
<u>200 Yd. Free</u>	
Juanita Correa 44	2:17.19
Margie Leskajan 41	3:58.55
<u>500 Yd. Free</u>	
Chaya Amiad 42	8:55.20
Margie Leskajan 41	D.Q.
<u>50 Yd. Back</u>	
Chaya Amiad 42	40.61
Margie Leskajan 41	59.42
<u>50 Yd. Breast</u>	
Chaya Amiad 42	43.62
<u>50 Yd. Fly</u>	
Chaya Amiad 42	40.81

WOMEN 45-49

<u>50 Yd. Breast</u>	
Jan Twight 49	47.53
Cynthia Rosik 47	49.71
<u>100 Yd. Breast</u>	
Jan Twight 49	1:46.19
Cynthia Rosik 47	1:52.70

100 Yd. Fly

Jan Twight 49	2:02.48
<u>100 Yd. I. M.</u>	
Cynthia Rosik 47	1:59.23
<u>200 Yd. I. M.</u>	
Jan Twight 49	3:46.17

WOMEN 50-54

<u>50 Yd. Free</u>	
Norma Larson 54	54.78
<u>50 Yd. Back</u>	
Norma Larson 54	1:07.93

WOMEN 60-64

<u>50 Yd. Free</u>	
Dorothy Glidden 60	35.57 **
Maxine Carlson 60	46.42
<u>100 Yd. Free</u>	
Dorothy Glidden 60	1:22.62 **
Maxine Carlson 60	1:38.91
<u>200 Yd. Free</u>	
Dorothy Glidden 60	3:06.97 **
<u>500 Yd. Free</u>	
Dorothy Glidden 60	8:20.77
<u>50 Yd. Back</u>	
Maxine Carlson 60	52.84
<u>100 Yd. Breast</u>	
Maxine Carlson 60	1:58.56

WOMEN 65-69

<u>50 Yd. Free</u>	
Dawn Musselman 67	35.04
Lee Holm 65	53.80
<u>100 Yd. Free</u>	
Lee Holm 65	1:59.77
<u>200 Yd. Free</u>	
Dawn Musselman 67	3:03.80
Lee Holm 65	4:22.80
<u>50 Yd. Back</u>	
Lee Holm 65	1:01.70
<u>50 Yd. Breast</u>	
Dawn Musselman 67 *	52.84
<u>50 Yd. Fly</u>	
Dawn Musselman 67 *	52.22
<u>100 Yd. I. M.</u>	
Dawn Musselman 67 *	1:37.34

** * NOT PNA

MEN 25-2950 Yd. Free

Morre Rude 26	24.42	Duane Crawford 34	26.11	Richard Durringer 39	1:21.01
Rick Ingraham 26	25.14	R. Kelsey Williams 31	29.03	<u>50 Yd. Breast</u>	
<u>100 Yd. Free</u>		Tom Olsen 30	38.35	Walt Reid 39	34.00
Morre Rude 26	53.19	<u>100 Yd. Free</u>		<u>100 Yd. Breast</u>	
Rick Ingraham 26	55.12	William Thias 31	54.36	Walt Reid 39	1:17.26
Michael Evans 25	55.78	Rick Wertman 30	58.14	<u>50 Yd. Fly</u>	
<u>200 Yd. Free</u>		Duane Crawford 34	59.47	Jim Miles 35	32.31
Morre Rude 26	2:02.94	Russ Hall 33	1:02.91		
Gary Hafer 29	2:10.36	Tom Olsen 30	1:32.53	<u>MEN 40-44</u>	
<u>500 Yd. Free</u>		<u>200 Yd. Free</u>		<u>50 Yd. Free</u>	
Morre Rude 26	6:10.04	William Thias 31	2:04.37	Emory Bundy 43	25.91
<u>100 Yd. Back</u>		<u>50 Yd. Back</u>		Don Ruckman 43	27.42
Gary Hafer 29	1:02.39	Tim Hill 30	30.88	George Roberts 42	29.03
Michael Evans 25	1:11.47	Rick Wertman 30	30.91	<u>100 Yd. Free</u>	
Rick Ingraham 26	1:12.77	<u>100 Yd. Back</u>		Emory Bundy 43	58.16
<u>200 Yd. Back</u>		Tim Hill 30	1:11.36	Don Ruckman 43	59.55
Gary Hafer 29	2:17.58	<u>200 Yd. Back</u>		George Roberts 42	1:07.56
<u>50 Yd. Breast</u>		Tim Hill 30	2:41.47	<u>200 Yd. Free</u>	
Dan Anderson 27	29.86	<u>50 Yd. Breast</u>		Emory Bundy 43	2:15.53
<u>100 Yd. Breast</u>		R. Kelsey Williams 31	31.25	Don Ruckman 43	2:15.88
Dan Anderson 27	1:09.45	<u>100 Yd. Breast</u>		Aldo Farinna 44	3:38.91
<u>200 Yd. Breast</u>		Russ Hall 33	1:22.00	<u>500 Yd. Free</u>	
Dan Anderson 27	2:26.19	<u>200 Yd. Breast</u>		Emory Bundy 43	6:26.93
<u>50 Yd. Fly</u>		Russ Hall 33	2:57.39	Aldo Farinna 44	9:35.14
Gary Hafer 29	26.59	<u>50 Yd. Fly</u>		<u>50 Yd. Back</u>	
Phil Pierson 25	27.84	Rick Wertman 30	28.20	George Roberts 42	46.08
Rick Ingraham 26	28.98	Duane Crawford 34	30.03	<u>50 Yd. Breast</u>	
Jon Davison 27	29.06	<u>100 Yd. I. M.</u>		Richard Dessett 44	39.02
<u>100 Yd. Fly</u>		Rick Wertman 30	1:09.47	<u>100 Yd. Breast</u>	
Jon Davison 27	1:03.05	Duane Crawford 34	1:09.97	Richard Dessett 44	1:27.45
Phil Pierson 25	1:04.01	Tim Hill 30	1:10.31	<u>200 Yd. Breast</u>	
Michael Evans 25	1:06.36	Russ Hall 33	1:13.14	Richard Dessett 44	3:16.44
<u>200 Yd. Fly</u>		<u>200 Yd. I. M.</u>		<u>100 Yd. I. M.</u>	
Jon Davison 27	2:38.04	Tim Hill 30	2:35.09	Don Ruckman 43	1:11.98
<u>100 Yd. I. M.</u>					
		<u>MEN 35-39</u>		<u>MEN 45-49</u>	
Morre Rude 26	1:01.40	<u>50 Yd. Free</u>		<u>50 Yd. Free</u>	
Dan Anderson 27	1:04.89	Jim Miles 35	25.00	Jim Davies 45	27.07
Michael Evans 25	1:05.26	James Johnson 38	25.53	Jim Sherrod 49	27.91
Rick Ingraham 26	1:08.88	<u>100 Yd. Free</u>		Horst Munkel 40	59.58
<u>200 Yd. I. M.</u>		Jim Miles 35	55.95	<u>100 Yd. Free</u>	
Gary Hafer 29	2:16.84	Richard Durringer 39	1:06.47	Jim Davies 45	1:02.32
Jon Davison 27	2:24.15	<u>500 Yd. Free</u>		<u>200 Yd. Free</u>	
Michael Evans 25	2:24.45	Richard Durringer 39	7:17.45	Jim Sherrod 49	2:37.27
		<u>50 Yd. Back</u>		<u>500 Yd. Free</u>	
		Jim Miles 35	31.36	Jim Davies 45	0:30.00
		Walt Reid 39	34.77	<u>50 Yd. Back</u>	
		<u>100 Yd. Back</u>		Tom Foley 45	41.97
		Walt Reid 39	1:20.83	Jim Sherrod 49	43.23

100 Yd. Back

Tom Foley 45 1:31.88
50 Yd. Breast

Tom Foley 45 40.91
 Jim Sherrod 49 43.15
 Horst Munkel 46 45.03
100 Yd. Breast

Tom Foley 45 1:31.59
 Horst Munkel 46 1:46.41
50 Yd. Fly

Tom Foley 45 36.56
 Jim Sherrod 49 36.92

100 Yd. I. M.
 Jim Davies 45 1:14.31
200 Yd. I. M.

Jim Davies 45 2:40.95

MEN 55-59

50 Yd. Free
 James Worrel 57 33.22
 David Stone 55 35.20
100 Yd. Free

** John Richards 58 1:08.15
 James Worrel 57 1:18.22
 David Stone 55 1:18.25
200 Yd. Free

David Stone 55 2:59.22
500 Yd. Free

David Stone 55 8:03.00
50 Yd. Breast

James Worrel 57 41.58
100 Yd. Breast

** John Richards 58 1:22.30
 James Worrel 57 1:29.40
200 Yd. Breast

** John Richards 58 5:05.45
100 Yd. I. M.

James Worrel 57 1:29.04

MEN 60-64

100 Yd. Back
 Fred Wiggins 64 1:25.08
200 Yd. Back

Fred Wiggins 64 3:04.81
100 Yd. Fly

Fred Wiggins 64 1:38.91
100 Yd. I. M.

Fred Wiggins 64 1:27.80
200 Yd. I. M.

Fred Wiggins 64 3:13.39

MEN 65-69

50 Yd. Free
 Gene Crossett 66 32.20
 Karl Frederick 66 35.47
 John Downey 65 30.00
 George Eldridge 67 48.61
100 Yd. Free

Gene Crossett 66 1:17.00
 John Downey 65 1:21.61
 George Eldridge 67 1:46.89
200 Yd. Free

Gene Crossett 66 2:59.39
 John Downey 65 3:02.12
 George Eldridge 67 3:56.59
200 Yd. Free

Gene Crossett 66* 8:00.97
 John Downey 65 8:31.70
 George Eldridge 67 10:49.89
50 Yd. Back

Gene Crossett 66 40.02
50 Yd. Breast
 Karl Frederick 66 40.22
 George Eldridge 67 1:08.84
100 Yd. Breast

Karl Frederick 66 1:31.58
50 Yd. Fly
 Karl Frederick 66 38.84

MEN 70-74

50 Yd. Free
 Jim Penfield 72 35.17
50 Yd. Back

Jim Penfield 72 43.89
100 Yd. Back
 Jim Penfield 72 * 1:45.97
50 Yd. Breast

Jim Penfield 72 43.53
100 Yd. Breast
 Jim Penfield 72 * 1:42.95

MEN 75-79

50 Yd. Free
 John Robinson 76 40.09
100 Yd. Free
 John Robinson 76 1:37.13

RELAYS

MEN - 200 Yd. Free
 25+
 W. Reid, T. Olsen
 K. Frederick, G. Hafer
 2:05.01

MEN - 200 Yd. Medley
 25+

F. Dessett, J. Sherrod
 A. Farinha, R. Ingraham
 2:40.33

MIXED - 200 Yd. Free
 25+

M. Rude, R. Ingraham
 A. Lowery, J. Freeman
 2:01.64
 J. Roshau, M. Leskajan
 F. Dessett, A. Farinha
 2:46.15

45+

D. Musselman, D. Stone
 N. Larson, J. Sherrod
 2:30.95

WOMEN 20-24

50 Yd. Free
 Jill Diddy 22 29.40
 Janet Freeman 24 37.45
 Marlene Holmes 24 38.25
100 Yd. Free

Jill Diddy 22 1:06.62
 Cindy Brauhn 20 1:07.75
 Rebecca Bundy 21 1:08.92
 Marlene Holmes 24 1:31.04
200 Yd. Free

Rebecca Bundy 21 2:25.40
500 Yd. Free
 Rebecca Bundy 21 6:48.72
 Cindy Brauhn 20 6:58.01
50 Yd. Back

Jill Diddy 22 37.84
 Marlene Holmes 24 55.51
 Janet Freeman 24 58.22
100 Yd. Back

Cindy Brauhn 20 1:18.75
50 Yd. Breast
 Janet Freeman 24 52.45
100 Yd. Breast

Corrie Ewers 20 1:21.25
200 Yd. Breast
 Corrie Ewers 20 2:58.22
50 Yd. Fly

Rebecca Bundy 21 32.15
 Jill Diddy 22 35.75
 Marlene Holmes 24 52.78
100 Yd. Fly

Rebecca Bundy 21 1:16.19

** = NOT PNA

100 Yd. I. M.

Corrie Ewers 20 1:17.29
 Jill Diddy 22 1:22.55

200 Yd. I. M.

Corrie Ewers 20 2:44.59

MEN 20-24100 Yd. Free

Bill Wilson 21 1:00.34

500 Yd. Free

Bill Wilson 21 6:26.09

200 Yd. I. M.

Bill Wilson 21 2:46.49

RELAYSWOMEN - 200 Yd. Free

20+

N. Larson, J. Freeman
 M. Leskajan, C. Rosik
 2:56.33

WOMEN - 200 Yd. Medley

20+

. Larson
 A. Lowery, J. Freeman
 3:21.92

MEN - 200 Yd. Medley

20+

G. Roberts, B. Wilson
 G. Unruh R. Durringer
 2:28.06

MIXED - 200 Yd. Free

20+

C. Brauhn, G. Roberts
 J. Diddy, B. Wilson
 1:58.55
 W. Reid, M. Davis
 T. Olsen, M. Holmes
 2:24.51

PARENT-CHILD COMBINATIONS-

Seen at recent Meets: At PNA Championships Florence Miller and sons Bill and Tony competed. Tony also swam with mom at Regionals. At Enumclaw, Emory Bundy and his daughter Rebecca both competed.

TRI-A-QUART

On Sunday, August 17, 1980, Triton Swim Team of Sumner will be hosting its first annual TRI-A-QUART mini-Triathlon. This event is designed to challenge you--to test your aerobic capacity in a mini-Triathlon, combining the aerobic activities of swimming, cycling, and running into one continuous activity.

During the event each contestant will swim 1000 yards, cycle 29.7 miles, and run 6.2 miles in succession (these distances were set because each is approximately one-fourth of the corresponding event distances in the relatively new Triathlon, formerly known as 'Iron Man'). Upon completion of the last segment, each contestant will receive a final time, which will include all three consecutive race segments as well as the time needed between events to prepare for the next phase. The final time is a total running time for all three events.

The sponsors of TRI-A-QUART 1980 share a strong belief in the health benefits a regular aerobic training program offers, and have established TRI-A-QUART 1980 to further promote aerobic sports. Emphasis on this event is primarily participation and completion--not competition. It will enable athletes the opportunity to test their aerobic capacity in sports specialties other than their own, besides testing their overall skill level in each of these three sports.

TRI-A-QUART 1980 is open to any person who has amateur status in all three race segments and who is at least 15 years of age on or before August 17, 1980. TRI-A-QUART will be limited to the first 120 entries completed and received before July 22, 1980. No late entries will be accepted. There is a \$12.50 entry fee, which entitles the athlete to compete and receive a T-shirt and certificate of completion. Events will be at 8:00 a.m. at the Sumner Pool on August 17, 1980. For further information and registration applications, please phone Gordon Unruh, 845-5569, or Lynda Floemquist 845-3612. Entry deadline--July 22, 1980.

RUNNERS WHO SWIM-Todd Gay, master swimmer for Ft. Steilacoom, place 8th with a time of 42:35 in the Super Men's 30 division in the Sound to Narrows Race on Sat, June 14. Jim Taylor, another Ft. Steilacoom swimmer, came in with a time of 53:43.