

LYNNWOOD
 10-15-89
 SHORT COURSE YARDS
 P = P.N.A. RECORD
 R = REGIONAL RECORD
 N = NATIONAL RECORD
 W = WORLD RECORD
 U = UNOFFICIAL TIME (1 WATCH)

WOMEN 25-29

100 YD. FREE
 SHARON LYDA-RENZ 27 PNA 1:21.91
 100 YD. BACK
 SHARON LYDA-RENZ 27 PNA 1:44.29
 100 YD. BRST
 SHARON LYDA-RENZ 27 PNA 1:45.34
 50 YD. FLY
 SHARON LYDA-RENZ 27 PNA 43.29
 100 YD. I.M.
 SHARON LYDA-RENZ 27 PNA 1:31.86

WOMEN 30-34

50 YD. FREE
 KERRI HUNT 33 PNA 30.53
 100 YD. FREE
 LISA FARIN 31 PNA 1:10.61
 200 YD. FREE
 KERRI HUNT 33 PNA 2:31.50
 LISA FARIN 31 PNA 2:35.74
 500 YD. FREE
 LISA FARIN 31 PNA 6:40.92
 200 YD. BACK
 LISA FARIN 31 PNA 2:55.62
 50 YD. FLY
 KERRI HUNT 33 PNA 36.09
 100 YD. I.M.
 KERRI HUNT 33 PNA 1:20.74

WOMEN 45-49

50 YD. FREE
 JOY ROGERS 47 PNA 33.97
 100 YD. FREE
 JOY ROGERS 47 PNA 1:17.84
 50 YD. BACK
 JOY ROGERS 47 PNA 40.50
 100 YD. BACK
 JOY ROGERS 47 PNA 1:32.28
 50 YD. FLY
 JOY ROGERS 47 PNA 41.45
 100 YD. I.M.
 JOY ROGERS 47 PNA 1:31.98

WOMEN 50-54

50 YD. FREE
 SUSAN DEARBORN 53 PNA 35.15
 CAROL ANN GINDROZ 51 PNA 38.11

100 YD. FREE
 SUSAN DEARBORN 53 PNA 1:19.51
 CAROL ANN GINDROZ 51 PNA 1:20.49
 200 YD. FREE
 CAROL ANN GINDROZ 51 PNA 3:06.49
 500 YD. FREE
 CAROL ANN GINDROZ 51 PNA 8:09.48
 100 YD. BRST
 SUSAN DEARBORN 53 PNA 1:43.69
 200 YD. I.M.
 CAROL ANN GINDROZ 51 PNA 3:25.78

WOMEN 55-59

100 YD. FREE
 JOY ROSS 56 PNA 1:27.84
 200 YD. FREE
 JOY ROSS 56 PNA 3:06.00
 500 YD. FREE
 JOY ROSS 56 PNA 7:59.00
 50 YD. BRST
 JANET KAVADAS 58 PNA 54.85
 100 YD. BRST
 JANET KAVADAS 58 PNA 1:57.38
 100 YD. FLY
 JANET KAVADAS 58 PNA 2:06.36
 100 YD. I.M.
 JOY ROSS 56 PNA 1:42.30
 JANET KAVADAS 58 PNA 1:53.27
 200 YD. I.M.
 JOY ROSS 56 PNA 3:25.54
 JANET KAVADAS 58 PNA 3:57.94

WOMEN 70-74

50 YD. FREE
 PAT MATTHIESEN 73 PMS 53.92
 50 YD. BACK
 PAT MATTHIESEN 73 PMS 59.60
 50 YD. BRST
 PAT MATTHIESEN 73 PMS 1:00.64
 50 YD. FLY
 PAT MATTHIESEN 73 PMS 1:02.07
 100 YD. I.M.
 PAT MATTHIESEN 73 PMS 2:11.17

MEN 19-24

100 YD. BRST
 JOHN CROWLEY 23 PNA 1:12.73
 200 YD. BRST
 JOHN CROWLEY 23 PNA 2:37.87
 200 YD. FLY
 JOHN CROWLEY 23 PNA 2:36.35
 200 YD. I.M.
 JOHN CROWLEY 23 PNA 2:30.20

MEN 25-29

50 YD. FREE

STEVE SCHMIDT 27 PNA 23.57
 RICK NICHOLS 25 PNA 24.72
 MARCIO FAJARDO 28 PNA 27.77
 100 YD. FREE
 STEVE SCHMIDT 27 PNA 51.93
 MARCIO FAJARDO 28 PNA 1:01.34
 200 YD. FREE
 STEVE SCHMIDT 27 PNA 1:56.14
 LARRY DEGROEN 27 PNA 2:07.91
 500 YD. FREE
 STEVE SCHMIDT 27 PNA 5:15.68
 MARCIO FAJARDO 28 PNA 6:32.79

50 YD. BACK
 RICK NICHOLS 25 PNA 32.01
 MARCIO FAJARDO 28 PNA 36.29
 100 YD. BACK
 RICK NICHOLS 25 PNA 1:08.44
 200 YD. BACK
 LARRY DEGROEN 27 PNA 2:25.18
 200 YD. BRST
 LARRY DEGROEN 27 PNA 2:37.34
 50 YD. FLY
 RICK NICHOLS 25 PNA 27.40
 MARCIO FAJARDO 28 PNA 32.13
 200 YD. FLY
 STEVE SCHMIDT 27 PNA 2:06.88
 200 YD. I.M.
 RICK NICHOLS 25 PNA 2:34.19

MEN 30-34

50 YD. FREE
 ROBERT WALLACE 30 PNA 27.13
 100 YD. FREE
 STEVE FREEBORN 34 PNA 53.26
 JONATHAN IVES 31 PNA 1:01.34
 WILLIAM RAYNOLDS 32 PNA 1:03.39
 200 YD. FREE
 ANDY MCKIM 33 PNA 2:30.17
 500 YD. FREE
 GEORGE UNRUH 31 PNA 5:56.31
 ANDY MCKIM 33 PNA 6:34.87
 100 YD. BACK
 STEVE FREEBORN 34 PNA 1:05.52
 GEORGE UNRUH 31 PNA 1:09.67
 50 YD. BRST
 MIKE CROCKETT 30 PNA 31.30
 WILLIAM RAYNOLDS 32 PNA 33.27
 JONATHAN IVES 31 PNA 37.58
 100 YD. BRST
 MIKE CROCKETT 30 PNA 1:08.95
 GEORGE UNRUH 31 PNA 1:13.06
 WILLIAM RAYNOLDS 32 PNA 1:14.27
 MARK SHIMADA 31 PNA 1:16.25
 50 YD. FLY
 STEVE FREEBORN 34 PNA 25.49
 JONATHAN IVES 31 PNA 31.28
 100 YD. FLY
 STEVE FREEBORN 34 PNA 58.63
 GEORGE UNRUH 31 PNA 1:07.37

MARK SHIMADA 31 PNA 1:08.16
 100 YD. I.M.
 STEVE FREEBORN 34 PNA 1:01.41
 MIKE CROCKETT 30 PNA 1:03.91
 MARK SHIMADA 31 PNA 1:08.01
 JONATHAN IVES 31 PNA 1:11.38
 WILLIAM RAYNOLDS 32 PNA 1:12.08
 200 YD. I.M.
 GEORGE UNRUH 31 PNA 2:21.29

M E N 35-39

50 YD. FREE
 BOB BUSK 35 PNA 25.15
 JEFF GROSS 38 PNA 26.70
 MIKE KRATTLI 39 PNA 27.88
 SCOTT LEWIS 39 PNA 28.46
 DON LAHTI 38 PNA 31.81
 BRUCE LOMAK 38 PNA 35.70
 100 YD. FREE
 BOB BUSK 35 PNA 56.66
 JEFF GROSS 38 PNA 59.17
 CHUCK LARRABEE 36 PNA 1:02.29
 DON LAHTI 38 PNA 1:09.62
 BRUCE LOMAX 38 PNA 1:25.35
 200 YD. FREE
 JEFF GROSS 38 PNA 2:12.99
 BOBBY GALLEGOS 39 PNA 2:30.93
 DON LAHTI 38 PNA 2:35.41
 BRUCE LOMAX 38 PNA 3:11.62
 500 YD. FREE
 JEFF GROSS 38 PNA 5:48.97
 DON LAHTI 38 PNA 6:45.58
 50 YD. BACK
 MIKE KRATTLI 39 PNA 31.89
 BRUCE LOMAX 38 PNA 54.81
 100 YD. BACK
 CHUCK LARRABEE 36 PNA 1:15.38
 BOBBY GALLEGOS 39 PNA 1:39.47
 100 YD. BRST
 BOBBY GALLEGOS 39 PNA 1:27.53
 50 YD. FLY
 BOB BUSK 35 PNA 31.41
 SCOTT LEWIS 39 PNA 38.28
 100 YD. I.M.
 BOB BUSK 35 PNA 1:08.82
 MIKE KRATTLI 39 PNA 1:13.33
 DON LAHTI 38 PNA 1:23.02
 BRUCE LOMAX 38 PNA 1:54.38
 200 YD. I.M.
 DON LAHTI 38 PNA 2:54.84
 BOBBY GALLEGOS 39 PNA 2:59.73

M E N 40-44

100 YD. FREE
 STEVE PETERSON 43 PNA 1:01.46
 DARRYL SWENSON 43 PNA 1:03.76
 200 YD. FREE
 STEVE PETERSON 43 PNA 2:20.86

DARRYL SWENSON 43 PNA 2:31.30
 500 YD. FREE
 DARRYL SWENSON 43 PNA 6:40.02
 50 YD. BACK
 MIKE MCCOLLY 43 PNA 30.47
 DARRYL SWENSON 43 PNA 39.91
 100 YD. BACK
 MIKE MCCOLLY 43 PNA 1:07.27
 DARRYL SWENSON 43 PNA 1:29.02
 200 YD. BACK
 MIKE MCCOLLY 43 PNA 2:24.45
 100 YD. BRST
 STEVE PETERSON 43 PNA 1:12.19
 100 YD. FLY
 FRED LEATHERMAN 42 PNA 59.40
 200 YD. FLY
 FRED LEATHERMAN 42 PNA 2:26.91
 100 YD. I.M.
 STEVE PETERSON 43 PNA 1:10.06
 200 YD. I.M.
 FRED LEATHERMAN 42 PNA 2:20.50
 STEVE PETERSON 43 PNA 2:36.68

M E N 45-49

500 YD. FREE
 ROBERT SMITH 46 OREG 6:23.08
 50 YD. BACK
 ROBERT SMITH 46 OREG 27.09
 100 YD. BACK
 ROBERT SMITH 46 OREG 1:01.70

M E N 50-54

50 YD. FREE
 JACK LYNCH 54 PNA 44.02
 100 YD. FREE
 CHUCK ROTH 50 PNA 1:20.35
 JACK LYNCH 54 PNA 1:43.60
 200 YD. FREE
 JACK LYNCH 54 PNA 3:59.71
 500 YD. FREE
 BERT PETERSEN 50 OREG 6:31.70
 JACK LYNCH 54 PNA 10:25.63
 50 YD. BRST
 BERT PETERSEN 50 OREG 35.44
 CHUCK ROTH 50 PNA 40.13
 100 YD. BRST
 CHUCK ROTH 50 PNA 1:27.12
 FRANK NEWQUIST 51 PNA 1:35.63
 200 YD. BRST
 FRANK NEWQUIST 51 PNA 3:27.69
 50 YD. FLY
 BERT PETERSEN 50 OREG 27.20
 CHUCK ROTH 50 PNA 42.15
 200 YD. FLY
 FRANK NEWQUIST 51 PNA 3:09.96
 100 YD. I.M.
 CHUCK ROTH 50 PNA 1:26.52
 200 YD. I.M.

FRANK NEWQUIST 51 PNA 2:59.51

M E N 55-59

50 YD. FREE
 BOB DORSE 57 PNA 27.73
 TOM FOLEY 55 PNA 37.74
 100 YD. FREE
 BOB DORSE 57 PNA 1:02.86
 50 YD. BACK
 TOM FOLEY 55 PNA 45.48
 100 YD. BACK
 TOM TAYLOR 58 PNA 1:33.02
 200 YD. BACK
 TOM TAYLOR 58 PNA 3:12.96
 50 YD. BRST
 BOB DORSE 57 PNA 37.34
 TOM FOLEY 55 PNA 45.64
 50 YD. FLY
 TOM FOLEY 55 PNA 40.25
 100 YD. FLY
 TOM TAYLOR 58 PNA 1:37.04
 100 YD. I.M.
 BOB DORSE 57 PNA 1:14.89
 TOM TAYLOR 58 PNA 1:21.58
 200 YD. I.M.
 TOM TAYLOR 58 PNA 2:59.02

M E N 75-79

50 YD. FREE
 GENE CROSSENT 75 PNA 36.14
 EVERETT CASSELL 76 PNA 42.54
 100 YD. FREE
 GENE CROSSENT 75 PNA 1:25.95
 EVERETT CASSELL 76 PNA 1:47.75
 200 YD. FREE
 GENE CROSSENT 75 PNA 3:13.76
 500 YD. FREE
 GENE CROSSENT 75 PNA 8:19.56
 50 YD. BACK
 EVERETT CASSELL 76 PNA 1:24.87
 50 YD. BRST
 EVERETT CASSELL 76 PNA 58.02
 100 YD. I.M.
 EVERETT CASSELL 76 PNA 2:26.70

RELAYS-MIXED 200 YD. MEDLEY

45 +
 JOY ROGERS 47 PNA 3:19.88
 EVERETT CASSELL 76
 JANET KAVADAS 58
 GENE CROSSENT 75

RELAYS-M E N 200 YD. MEDLEY

25 +
 RICK NICHOLS 25 PNA 1:59.93

MARK SHIMADA 31
STEVE SCHMIDT 27
ANDY MCKIM 30

MIKE KRATTLI 39 PNA 2:01.46
BOB BUSK 35
GEORGE UNRUH 31
ROBERT WALLACE 30

RELAYS-MIXED 200 YD. FREE

45 +

EVERETT CASSELL 76 PNA 2:42.85
JANET KAVADAS 58
JOY ROGERS 47
GENE CROSSENT 77

RELAYS-M E N 200 YD. FREE

19 +

RICK NICHOLS 25 PNA 1:46.74
JOHN CROWLEY 23
MARCIO FAJARDO 31
STEVE SCHMIDT 27