

N KITSAP			100 YD. FREE		JENISE DOTY	49 PNA	38.98	
10-20-96			JERRI FREIMUTH	31 PNA	1:00.79	500 YD. FREE		
SHORT COURSE YARDS			KAREN KOWALCHYK	32 PNA	1:02.15	JENISE DOTY	49 PNA	9:06.46
P = P.N.A. RECORD			500 YD. FREE			1000 YD. FREE		
Z = NORTHWEST ZONE RECORD			JERRI FREIMUTH	31 PNA	5:47.31	JENISE DOTY	49 PNA	18:31.33
N = NATIONAL RECORD			1650 YD. FREE			50 YD. BACK		
W = WORLD RECORD			JERRI FREIMUTH	31 PNA	19:53.28	KATHRINE CASEY	48 PNA	36.09
S = SPLIT TIME			JACKIE KIMPTON	34 PNA	21:20.17	JENISE DOTY	49 PNA	50.15
U = UNOFFICAL TIME (1 WATCH)			KAREN KOWALCHYK	32 PNA	22:35.28	100 YD. BACK		
-----			50 YD. BACK			KATHRINE CASEY	48 PNA	1:20.30
WOMEN 18-24			KAREN KOWALCHYK	32 PNA	37.02	200 YD. BACK		
-----			100 YD. BACK			JENISE DOTY	49 PNA	4:04.39
200 YD. FREE			JERRI FREIMUTH	31 PNA	1:14.10	50 YD. BRST		
KAREENA KING	22 PNA	3:02.86	50 YD. BRST			KATHRINE CASEY	48 PNA	38.07
500 YD. FREE			KAREN KOWALCHYK	32 PNA	37.09	200 YD. I.M.		
KAREENA KING	22 PNA	8:07.26	100 YD. BRST			KATHRINE CASEY	48 PNA	2:51.13
1000 YD. FREE			JERRI FREIMUTH	31 PNA	1:19.36	400 YD. I.M.		
KAREENA KING	22 PNA	16:24.43	200 YD. BRST			KATHRINE CASEY	48 PNA	6:03.82
50 YD. BRST			JERRI FREIMUTH	31 PNA	2:48.28	-----		
SHANNON CLARK	24 PNA	37.15	50 YD. FLY			WOMEN 50-54		
100 YD. BRST			KAREN KOWALCHYK	32 PNA	34.54	-----		
SHANNON CLARK	24 PNA	1:22.44	100 YD. I.M.			50 YD. FREE		
50 YD. FLY			KAREN KOWALCHYK	32 PNA	1:15.13	J. VALLANDIGHAM	50 PNA	37.19
SHANNON CLARK	24 PNA	31.15	-----			100 YD. FREE		
100 YD. I.M.			WOMEN 35-39			J. VALLANDIGHAM	50 PNA	1:27.23
SHANNON CLARK	24 PNA	1:13.20	-----			1000 YD. FREE		
200 YD. I.M.			100 YD. FREE			J. VALLANDIGHAM	50 PNA	20:27.77
KAREENA KING	22 PNA	3:31.22	KATIE BUCKNER	39 PNA	1:09.80	50 YD. BRST		
-----			200 YD. FREE			J. VALLANDIGHAM	50 PNA	45.34
WOMEN 25-29			KATIE BUCKNER	39 PNA	2:42.99	100 YD. BRST		
-----			500 YD. FREE			J. VALLANDIGHAM	50 PNA	1:41.48
50 YD. FREE			KATIE BUCKNER	39 PNA	7:05.91	200 YD. BRST		
CAROL JENDREZAK	26 PRO	26.87	1650 YD. FREE			J. VALLANDIGHAM	50 PNA	3:48.28
KAREN LEAHY	27 PNA	27.92	KATIE BUCKNER	39 PNA	24:28.93	-----		
SHELLEY BIRNIE	27 PNA	28.03	100 YD. I.M.			WOMEN 55-59		
KATHY MOORE	29 PNA	32.49	KATIE BUCKNER	39 PNA	1:25.66	-----		
100 YD. FREE			-----			50 YD. FREE		
SHELLEY BIRNIE	27 PNA	1:00.13	WOMEN 40-44			ANN MARTIN	58 PNA	38.39
KAREN LEAHY	27 PNA	1:00.92	-----			100 YD. FREE		
SHERRY VAN SANT	25 PNA	1:02.29	100 YD. FREE			ANN MARTIN	58 PNA	1:25.80
CAROL JENDREZAK	26 PRO	1:02.90	MARIANNE MASON	41 PNA	1:04.26	200 YD. FREE		
INGELA THOMSEN	28 PNA	1:04.80	200 YD. FREE			ANN MARTIN	58 PNA	3:09.59
200 YD. FREE			MARIANNE MASON	41 PNA	2:23.34	100 YD. I.M.		
TRISHA SCHWERZLER	29 PNA	2:12.07	J. SANTILLANO	43 PNA	2:31.01	ANN MARTIN	58 PNA	1:42.59
SHERRY VAN SANT	25 PNA	2:13.07	500 YD. FREE			-----		
INGELA THOMSEN	28 PNA	2:23.42	J. SANTILLANO	43 PNA	6:36.82	WOMEN 60-64		
500 YD. FREE			CORAL BERNIER	41 PNA	6:44.72	-----		
KAREN LEAHY	27 PNA	5:53.14	1000 YD. FREE			50 YD. FREE		
SHERRY VAN SANT	25 PNA	6:06.06	J. SANTILLANO	43 PNA	13:15.97	CAROLYN BALDWIN	62 PNA	49.96
1000 YD. FREE			CORAL BERNIER	41 PNA	13:50.14	100 YD. FREE		
AMY BARIBEAU	26 PNA	13:33.36	1650 YD. FREE			CAROLYN BALDWIN	62 PNA	1:46.74
1650 YD. FREE			LINDA SULLIVAN	40 PNA	24:45.79	50 YD. BACK		
KAREN LEAHY	27 PNA	20:27.59	100 YD. BACK			CAROLYN BALDWIN	62 PNA	1:05.72
50 YD. BACK			MARIANNE MASON	41 PNA	1:20.37	50 YD. BRST		
KATHY MOORE	29 PNA	40.54	50 YD. BRST			CAROLYN BALDWIN	62 PNA	55.05
100 YD. BACK			LINDA SULLIVAN	40 PNA	40.02	100 YD. I.M.		
INGELA THOMSEN	28 PNA	1:13.39	LANI DOELY	40 PNA	40.15	CAROLYN BALDWIN	62 PNA	1:58.39
200 YD. BACK			CORAL BERNIER	41 PNA	43.22	-----		
INGELA THOMSEN	28 PNA	2:34.32	100 YD. BRST			WOMEN 65-69		
50 YD. BRST			LINDA SULLIVAN	40 PNA	1:24.22	-----		
KATHY MOORE	29 PNA	45.23	LANI DOELY	40 PNA	1:32.94	100 YD. FREE		
100 YD. BRST			200 YD. BRST			JANET KAVADAS	65 PNA	1:54.66
CAROL JENDREZAK	26 PRO	1:26.92	LINDA SULLIVAN	40 PNA	3:05.60	200 YD. BACK		
50 YD. FLY			LANI DOELY	40 PNA	3:14.06	JANET KAVADAS	65 PNA	4:32.60
SHELLEY BIRNIE	27 PNA	31.40	50 YD. FLY			50 YD. BRST		
100 YD. FLY			CORAL BERNIER	41 PNA	34.67	JANET KAVADAS	65 PNA	56.83
TRISHA SCHWERZLER	29 PNA	1:07.07	100 YD. FLY			50 YD. FLY		
INGELA THOMSEN	28 PNA	1:12.42	CORAL BERNIER	41 PNA	1:23.14	JANET KAVADAS	65 PNA	1:08.86
SHELLEY BIRNIE	27 PNA	1:13.73	100 YD. I.M.			-----		
200 YD. FLY			MARIANNE MASON	41 PNA	1:18.95	WOMEN 70-74		
TRISHA SCHWERZLER	29 PNA	2:33.53	CORAL BERNIER	41 PNA	1:22.65	-----		
100 YD. I.M.			LANI DOELY	40 PNA	1:29.66	50 YD. FREE		
CAROL JENDREZAK	26 PRO	1:14.75	200 YD. I.M.			NANCY LAWRENCE	73 SQM	58.73
200 YD. I.M.			LANI DOELY	40 PNA	3:23.62	100 YD. FREE		
TRISHA SCHWERZLER	29 PNA	2:34.13	-----			MURIEL FLYNN	73 PNA	1:34.41
SHERRY VAN SANT	25 PNA	2:34.55	WOMEN 45-49			NANCY LAWRENCE	73 SQM	2:11.69
-----			-----			200 YD. FREE		
WOMEN 30-34			50 YD. FREE			NANCY LAWRENCE	73 SQM	4:34.64
-----			KATHRINE CASEY	48 PNA	29.40	500 YD. FREE		

NANCY LAWRENCE	73	SQM	11:52.21	CHARLES HENSHALL	38	PNA	26.36	200 YD. FREE			
100 YD. BACK				DAVID ARNOLD	36	PNA	27.88	MICHAEL MC KINLAY	53	PNA	2:19.79
MURIEL FLYNN	73	PNA	2:01.32	100 YD. FREE				500 YD. FREE			
100 YD. BRST				CHARLES HENSHALL	38	PNA	58.97	STEVE PETERSON	50	PNA	6:24.29
MURIEL FLYNN	73	PNA	1:54.58	DAVID ARNOLD	36	PNA	1:04.27	GORDON GRAY	51	PNA	6:43.51
100 YD. I.M.				50 YD. BRST				1000 YD. FREE			
MURIEL FLYNN	73	PNA	1:56.12	JIM WILLIAMS	39	PNA	31.05	GORDON GRAY	51	PNA	14:06.85
NANCY LAWRENCE	73	SQM	2:32.65	100 YD. BRST				1650 YD. FREE			

M E N 25-29											

50 YD. FREE				JIM WILLIAMS	39	PNA	1:08.89	JIM MC CLEERY	50	PNA	20:13.52
SEAN CLARK	25	NEM	22.65	KARL HALLESY	35	PNA	1:19.78	50 YD. BACK			
MARC BECK	27	PRO	23.27	200 YD. BRST				MICHAEL MC KINLAY	53	PNA	30.92
C B GLASS	28	PNA	24.91	JIM WILLIAMS	39	PNA	2:31.91	100 YD. BACK			
100 YD. FREE				50 YD. FLY				MICHAEL MC KINLAY	53	PNA	1:09.13
SEAN CLARK	25	NEM	50.04	CHARLES HENSHALL	38	PNA	30.09	200 YD. BACK			
DAN FROST	28	PNA	54.93	DAVID ARNOLD	36	PNA	30.73	MICHAEL MC KINLAY	53	PNA	2:30.43
C B GLASS	28	PNA	55.35	100 YD. I.M.				GORDON GRAY	51	PNA	2:54.07
200 YD. FREE				JIM WILLIAMS	39	PNA	1:06.36	50 YD. BRST			
ERIK STROM	29	PNA	1:53.63	KARL HALLESY	35	PNA	1:15.84	STEVE PETERSON	50	PNA	34.13
500 YD. FREE				M E N 40-44				100 YD. BRST			
ERIK STROM	29	PNA	5:11.12	-----				STEVE PETERSON	50	PNA	1:14.00 P
DAN FROST	28	PNA	5:41.93	50 YD. FREE				STEVE PETERSON	50	PNA	2:42.10 P
1650 YD. FREE				TIM TYNAN	41	PNA	25.38	100 YD. I.M.			
DAN FROST	28	PNA	20:10.16	STEVE DELEHOY	43	PNA	26.23	MICHAEL MC KINLAY	53	PNA	1:12.57
100 YD. BACK				STEVEN LAY	43	PNA	27.98	200 YD. I.M.			
DAN FROST	28	PNA	1:03.20	MARK WATLING	44	PNA	30.91	STEVE PETERSON	50	PNA	2:35.13
50 YD. BRST				MIKE SAUNDERS	44	PNA	32.24	GORDON GRAY	51	PNA	2:56.56
MARC BECK	27	PRO	29.72	100 YD. FREE				400 YD. I.M.			
100 YD. BRST				TIM TYNAN	41	PNA	55.86	JIM MC CLEERY	50	PNA	5:09.94
MARC BECK	27	PRO	1:07.34	STEVE DELEHOY	43	PNA	59.55	-----			
DAN FROST	28	PNA	1:11.85	STEVEN LAY	43	PNA	1:02.24	M E N 55-59			
100 YD. FLY				500 YD. FREE				-----			
DAN FROST	28	PNA	1:04.17	MARK SUTTON	42	PNA	5:39.64	100 YD. FREE			
200 YD. FLY				MARK WATLING	44	PNA	8:33.92	STEVE THRASHER	55	PNA	59.19
ERIK STROM	29	PNA	2:09.55	1650 YD. FREE				200 YD. FREE			
100 YD. I.M.				STEVEN LAY	43	PNA	21:55.90	STEVE THRASHER	55	PNA	2:10.50 Z
SEAN CLARK	25	NEM	56.92	50 YD. BACK				500 YD. FREE			
MARC BECK	27	PRO	1:01.20	TIM TYNAN	41	PNA	29.33	STEVE THRASHER	55	PNA	5:56.44 Z
C B GLASS	28	PNA	1:04.46	STEVE DELEHOY	43	PNA	33.58	50 YD. BACK			
200 YD. I.M.				50 YD. BRST				WALT REID	56	PNA	34.64
ERIK STROM	29	PNA	2:10.03	GREGORY HARRISON	44	PNA	32.90	200 YD. BACK			
400 YD. I.M.				MARK WATLING	44	PNA	35.17	STEVE THRASHER	55	PNA	2:22.60 Z
DAN FROST	28	PNA	5:00.72	MIKE SAUNDERS	44	PNA	41.95	50 YD. BRST			

M E N 30-34											

50 YD. FREE				100 YD. BRST				WALT REID	56	PNA	35.77
MARK AARSTOL	34	PNA	28.25	MARK WATLING	44	PNA	1:19.28	100 YD. I.M.			
100 YD. FREE				200 YD. BRST				WALT REID	56	PNA	1:17.53
KEVIN PRIGGER	33	PNA	54.95	GREGORY HARRISON	44	PNA	2:29.59	200 YD. I.M.			
MARK AARSTOL	34	PNA	1:02.05	50 YD. FLY				STEVE THRASHER	55	PNA	2:26.14 Z
SCOTT BIRD	31	PNA	1:04.69	STEVE DELEHOY	43	PNA	29.78	-----			
DAVID NUNN	33	PNA	1:11.53	STEVEN LAY	43	PNA	30.84	M E N 60-64			
200 YD. FREE				MIKE SAUNDERS	44	PNA	42.77	-----			
MARK AARSTOL	34	PNA	2:17.53	100 YD. I.M.				50 YD. FREE			
DAVID NUNN	33	PNA	2:42.85	STEVE DELEHOY	43	PNA	1:10.12	DAVID ADDLEMAN	61	PNA	28.98
500 YD. FREE				STEVEN LAY	43	PNA	1:11.07	BOB DORSE	64	PNA	29.84
DAVID NUNN	33	PNA	7:41.90	MIKE SAUNDERS	44	PNA	1:32.26	100 YD. FREE			
1650 YD. FREE				200 YD. I.M.				DAVID ADDLEMAN	61	PNA	1:05.69
KEVIN PRIGGER	33	PNA	20:38.34	MIKE SAUNDERS	44	PNA	3:20.13	BOB DORSE	64	PNA	1:09.96
50 YD. BRST				400 YD. I.M.				50 YD. BACK			
ANDY LOVAN	30	PRO	29.74	MIKE SAUNDERS	44	PNA	7:16.24	DAVID ADDLEMAN	61	PNA	38.11
100 YD. BRST				M E N 45-49				100 YD. BACK			
ANDY LOVAN	30	PRO	1:05.16	-----				TOM FOLEY	62	PNA	1:45.30
200 YD. BRST				50 YD. FREE				100 YD. BRST			
ANDY LOVAN	30	PRO	2:24.61	MARK WILSON	46	PNA	28.66	TOM FOLEY	62	PNA	1:41.46
DAVID NUNN	33	PNA	3:58.14	PATRICK SULLIVAN	49	PNA	30.81	100 YD. FLY			
200 YD. FLY				100 YD. FREE				TOM FOLEY	62	PNA	1:51.56
KEVIN PRIGGER	33	PNA	2:24.88	MARK WILSON	46	PNA	1:03.25	100 YD. I.M.			
200 YD. I.M.				PATRICK SULLIVAN	49	PNA	1:18.88	DAVID ADDLEMAN	61	PNA	1:17.26
KEVIN PRIGGER	33	PNA	2:21.74	50 YD. BRST				BOB DORSE	64	PNA	1:25.04
400 YD. I.M.				PATRICK SULLIVAN	49	PNA	37.60	-----			
KEVIN PRIGGER	33	PNA	4:58.81	100 YD. BRST				M E N 70-74			

M E N 35-39											

50 YD. FREE				PATRICK SULLIVAN	49	PNA	1:31.80	50 YD. FREE			
				50 YD. FLY				RUSSELL KNUDSEN	74	PNA	49.09
				MARK WILSON	46	PNA	31.18	200 YD. BACK			
				100 YD. I.M.				JIM WORREL	74	PNA	3:47.10
				MARK WILSON	46	PNA	1:17.91	50 YD. BRST			
				M E N 50-54				RUSSELL KNUDSEN	74	PNA	1:01.36
				-----				100 YD. BRST			
								JIM WORREL	74	PNA	1:40.63

RUSSELL KNUDSEN	74 PNA	2:24.55
200 YD. BRST		
JIM WORREL	74 PNA	3:42.66
100 YD. I.M.		
JIM WORREL	74 PNA	1:39.13
RUSSELL KNUDSEN	74 PNA	2:26.83
200 YD. I.M.		
JIM WORREL	74 PNA	3:41.94

M E N 75-79

500 YD. FREE		
HAL YOUNG	75 PNA	9:38.51
1000 YD. FREE		
HAL YOUNG	75 PNA	20:10.37
50 YD. BACK		
HAL YOUNG	75 PNA	53.97
100 YD. BACK		
HAL YOUNG	75 PNA	2:06.75
50 YD. BRST		
HAL YOUNG	75 PNA	53.02

M E N 80-84

50 YD. FREE		
GENE CROSSETT	82 PNA	40.07
100 YD. FREE		
GENE CROSSETT	82 PNA	1:30.56
200 YD. FREE		
GENE CROSSETT	82 PNA	3:26.83
500 YD. FREE		
GENE CROSSETT	82 PNA	9:29.74

M E N 85-89

50 YD. FREE		
JIM PENFIELD	88 PNA	49.24
50 YD. BACK		
JIM PENFIELD	88 PNA	58.51
100 YD. BACK		
JIM PENFIELD	88 PNA	2:08.58
50 YD. BRST		
JIM PENFIELD	88 PNA	1:00.07

RELAYS-M E N 200 YD. MEDLEY

25 +		
TIM TYNAN	41 PNA	1:56.61
SCOTT BIRD	31	
ERIK STROM	29	
MARK SUTTON	42	

RELAYS-M E N 800 YD. FREE

55 +		
STEVE THRASHER	55 PNA	10:36.59 P
BOB DORSE	64	
DAVID ADDLEMAN	61	
WALT REID	56	

RELAYS-MIXED 200 YD. FREE

25 +		
C B GLASS	28 PNA	2:09.18
GENE CROSSETT	82	
LANI DOELY	40	
SHELLEY BIRNIE	27	