

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS, A.A.U.
Northshore Swim Meet November 6 & 7, 1976

*PNA Record

WOMEN 20-24		100 Breast	50 Breast
50 Free		Deanna Petre 1:39.6	Karen Bryce :42.9
Sandi McKinney :31.2		50 Fly	Sylvia Powell :45.7
L. Keitges-Adelman :31.2		Sue Dills :33.8	Susan Dearborn :48.3
JoEllen Scott :35.8		Wendy Milner :35.4	Denna Wilson :51.5
Jayne Gilbert :38.6		100 I.M.	Rose DeLong :54.5
100 Free		Wendy Milner 1:21.1	100 Breast
Nancy Holmes 1:04.4		200 I.M.	Karen Bryce 1:39.6
Sandi McKinney 1:11.7		Sue Dills 2:45.5	Joy Ross 1:39.6
JoEllen Scott 1:27.5		35-39	Sylvia Powell 1:41.7
500 Free		50 Free	Denna Wilson 1:51.4
JoEllen Scott 9:00.1		Sara Lakin :34.7	Rose DeLong 2:03.8
50 Back		Emily Blahous :35.6	200 Breast
Jayne Gilbert :38.5		Judy Harrison :36.2	Joy Ross 3:28.8*
JoEllen Scott :49.0		Sue Henderson :37.3	Susan Dearborn 3:52.6
50 Breast		100 Free	50 Fly
Judy Smith :39.2		Emily Blahous 1:15.0	Juanita Correa :35.8*
L. Keitges-Adelman :39.6		Sara Lakin 1:18.7	Shirley Lehman :44.5
Nancy Holmes :40.3		Sue Henderson 1:21.4	Susan Dearborn :47.4
Jayne Gilbert :40.6		200 Free	100 Fly
100 Breast		Jean Abrams 2:48.8	Juanita Correa 1:19.5*
L. Keitges-Adelman 1:28.0		Emily Blahous 2:50.5	100 I.M.
Judy Smith 1:28.8		Sue Henderson 3:12.3	Karen Bryce 1:32.7
Cindy Ladd 1:29.1		50 Back	Denna Wilson 1:41.3
50 Fly		Karen Kohler :42.5	200 I.M.
Nancy Holmes :32.3		Judy Harrison :43.3	Juanita Correa 2:51.4*
Sandi McKinney :36.8		100 Back	Denna Wilson 3:42.8
Jayne Gilbert :41.2		Karen Kohler 1:29.9	400 I.M.
100 I.M.		Emily Blahous 1:31.4	Joy Ross 7:02.5*
Cindy Ladd 1:18.4		200 Back	45-49
Sandi McKinney 1:21.0		Karen Kohler 3:17.6	50 Free
L. Keitges-Adelman 1:23.6		50 Breast	Rozie Latta :45.1
200 I.M.		MaryLou Haugland :38.3	100 Free
Nancy Holmes 2:36.2*		Judy Harrison :40.6	Pat Dotson 1:16.6*
Sandi McKinney 3:05.8		Karen Kohler :45.2	200 Free
25-29		100 Breast	Pat Dotson 2:50.4*
1650 Free		MaryLou Haugland 1:25.3*	Janet Twilight 3:41.0
Linda Sadowski 25:42.7		Karen Kohler 1:38.6	50 Back
50 Back		200 Breast	Rozie Latta :56.0
Sharon Howson :51.1		MaryLou Haugland 3:06.6*	50 Breast
100 Back		50 Fly	Janet Twilight :47.4
Patty Cushman 1:20.9		Jean Abrams :34.9	200 Breast
200 Back		Sara Lakin :42.4	Janet Twilight 3:53.7
Patty Cushman 2:56.7		100 I.M.	50 Fly
100 I.M.		MaryLou Haugland 1:22.8	Pat Dotson :38.9
Patty Cushman 1:27.5		Jean Abrams 1:25.0	400 IM
30-34		Emily Blahous 1:29.1	Janet Twilight 8:27.8*
50 Free		Sara Lakin 1:32.6	55-59
Sue Dills :30.0		200 I.M.	200 Free
Wendy Milner :30.2		MaryLou Haugland 2:59.2*	Maxine Carlson 3:50.4*
Janet Russell :34.0		40-44	1650 Free
100 Free		50 Free	Maxine Carlson 34:20.2*
Sue Dills 1:05.0		Karen Bryce :34.3	50 Breast
Wendy Milner 1:08.9		Shirley Lehman :35.2	Maxine Carlson :52.3
Janet Russell 1:15.0		Pat Virden :37.5	100 I.M.
Diana Kennerud 1:19.7		Denna Wilson :42.1	Maxine Carlson 1:53.9
200 Free		Rose DeLong :43.1	60-64
Wendy Milner 2:40.0		100 Free	50 Free
Janet Russell 2:50.2		Juanita Correa 1:03.4	Dawn Musselman :35.9
Diana Kennerud 3:03.0		Shirley Lehman 1:21.4	Lee Holm :49.1
1650 Free		Marjorie Dolle 1:33.7	100 Free
Birdie Knispel 35:02.8		Rose DeLong 1:34.0	Dawn Musselman 1:21.6
50 Back		200 Free	200 Free
Diana Kennerud :41.0		Shirley Lehman 3:08.8	Dawn Musselman 3:16.8*
Deanna Petre :43.8		Marjorie Dolle 3:21.5	Lee Holm 3:56.2
100 Back		500 Free	500 Free
Deanna Petre 1:37.4		Joy Ross 7:57.5	Lee Holm 10:19.5
50 Breast		1650 Free	50 Back
Deanna Petre :46.1		Joy Ross 26:54.4*	Dawn Musselman :44.5
Diana Kennerud :46.2		50 Back	100 Back
		Patricia Virden :45.9	Dawn Musselman 1:38.4
			Pat Matthiesen 1:48.1

WOMEN
60-64

200 Back	
Lee Holm	4:13.6
100 Breast	
Pat Matthiesen	1:50.9
100 Fly	
Pat Matthiesen	1:54.4
100 I.M.	
Pat Matthiesen	1:50.6

MEN
20-24

50 Free	
David Schulz	:24.5
Greg Thompson	:24.6
100 Free	
David Schulz	:54.3
200 Free	
David Schulz	2:07.2
Eric Beam	2:21.4
1650 Free	
Eric Beam	22:17.6
50 Breast	
Jim Williams	:30.0
Greg Thompson	:33.1
100 Breast	
Jim Williams	1:05.7
Greg Thompson	1:14.5
200 Breast	
Jim Williams	2:31.6*
50 Fly	
David Schulz	:27.3
100 I.M.	
David Schulz	1:04.8
200 I.M.	
Jim Williams	2:22.1
#500 Free	
Eric Beam	5:54.0
400 I.M.	
Eric Beam	5:44.5

25-29

50 Free	
Mike Kubicek	:24.0
Edwin Johnson	:24.8
Jerry Gent	:25.6
Richard Leander	:27.0
David Howson	:28.0
Russell Hall	:28.7
100 Free	
Mike Kubicek	:55.1
Edwin Johnson	:57.3
John Steiner	1:01.3
Chris Scott	1:04.1
Jerry Gent	1:04.5
200 Free	
John Steiner	2:21.9
1650 Free	
John Steiner	22:33.8
50 Back	
David Howson	:31.8
Mike Kubicek	:33.8
Russell Hall	:35.5
200 Back	
Chris Scott	2:59.1
50 Breast	
Chris Scott	:31.5
Richard Leander	:33.5
Russell Hall	:40.1
100 Breast	
Mike Kubicek	1:11.9
Chris Scott	1:15.1
Richard Leander	1:15.4

MEN

200 Breast	
Richard Leander	2:48.5
50 Fly	
Edwin Johnson	:29.3
David Howson	:31.1
Russell Hall	:32.9
100 I.M.	
Edwin Johnson	1:07.1
Jerry Gent	1:08.6
Richard Leander	1:09.6
200 I.M.	
Mike Kubicek	2:29.6
30-34	
50 Free	
James Miles	:24.5
Dennis Donovan	:25.0
Terry Miller	:30.3
T. F. Coakley	:31.2
Eugene Young	:32.1
100 Free	
T. F. Coakley	1:07.5
Eugene Young	1:10.8
Terry Miller	1:13.3
200 Free	
Eugene Young	2:42.4
500 Free	
Steve Engel	5:53.9
Eugene Young	7:29.3
1650 Free	
Eugene Young	26:32.5
50 Back	
James Miles	:31.3
Eugene Young	:44.4
100 Back	
Steve Engel	1:12.3
50 Breast	
James Miles	:32.3
Paul Marcotte	:34.1
Steve Engel	:34.3
T. F. Coakley	:36.4
100 Breast	
Paul Marcotte	1:18.1
T. F. Coakley	1:23.0
200 Breast	
T. F. Coakley	3:09.6
50 Fly	
Dennis Donovan	:27.8
James Miles	:28.5
Steve Engel	:28.9
Terry Miller	:39.1
100 Fly	
Dennis Donovan	1:05.1
100 I.M.	
Steve Engel	1:06.7
Terry Miller	1:23.3
200 I.M.	
Dennis Donovan	2:29.7
Terry Miller	3:04.0
35-39	
50 Free	
Emilio de Cardenas	:26.9
Ray Jeffries	:30.9
100 Free	
Emilio de Cardenas	1:03.6
Ray Jeffries	1:11.8
500 Free	
Terry Botham	6:56.5
Terry Hanna	8:00.0
1650 Free	
Charles Ehler	25:00.5
Terry Hanna	27:13.3

50 Back

Emilio de Cardenas	:37.6
50 Breast	
Thomas Long	:34.0*
100 Breast	
Thomas Long	1:14.8*
Terry Hanna	1:29.8
200 Breast	
Thomas Long	2:42.6*
Terry Hanna	3:20.6
40-44	
50 Free	
James King	:28.6
Kirk Adams	:28.8
David Smith	:36.2
100 Free	
James King	1:05.1
David Smith	1:28.2
200 Free	
Kirk Adams	2:34.0
James King	2:42.6
500 Free	
John C. Allen	8:00.3
David Smith	10:02.7
1650 Free	
John C. Allen	27:38.9
50 Back	
David Smith	:46..
100 Back	
Tom Foley	1:35.0
200 Back	
Tom Foley	3:20.9
100 Fly	
Tom Foley	1:49.4
200 I.M.	
Tom Foley	3:28.4
400 I.M.	
Tom Foley	7:23.4
45-49	
50 Free	
Robert Dorse	:26.8*
Neville Johnson	:33.5
Robert Blumenthal	:33.9
John Ofstad	:34.1
100 Free	
Paul Fisher	1:13.2
John Ofstad	1:15.2
Robert Blumenthal	1:18.0
200 Free	
Tom Taylor	2:32.7
John Ofstad	2:51.0
500 Free	
John Ofstad	7:28.
Robert Dorse	8:02..
1650 Free	
John Ofstad	25:54.8
50 Back	
Robert Dorse	:36.3
100 Back	
Tom Taylor	1:31.4
50 Breast	
Tom Taylor	:35.3*
Paul Fisher	:37.3
Robert Dorse	:37.3
Neville Johnson	:41.1
100 Breast	
Neville Johnson	1:36..
200 Breast	
Neville Johnson	4:00..
50 Fly	
Robert Dorse	:34.0
Paul Fisher	:35.4

MEN	
<u>45-49</u>	
100 I.M.	
Tom Taylor	1:20.2
200 I.M.	
Paul Fisher	3:08.9
<u>50-54</u>	
50 Free	
John Koruga	:30.5*
John Staub	:31.4
100 Free	
John Koruga	1:13.4
John Staub	1:14.0
200 Free	
John Staub	3:00.1
500 Free	
John Staub	8:54.0
1650 Free	
James Hershey	25:37.9*
50 Back	
John Koruga	:40.8
<u>55-59</u>	
50 Free	
Robert C. Miller	:33.4
100 Free	
Larry Straker	1:14.5
Robert C. Miller	1:28.3
200 Free	
Larry Straker	3:03.6
1650 Free	
Larry Straker	30:42.9
<u>60-64</u>	
50 Free	
Karl Frederick	:32.4
0 Free	
Gene Caddey	27:47.5*
Fred Wiggin	28:32.5
John Downey	30:20.1
50 Back	
Fred Wiggin	:39.3
100 Back	
Fred Wiggin	1:26.3
200 Back	
Fred Wiggin	3:05.3
50 Breast	
Karl Frederick	:38.6
200 Breast	
Gene Caddey	3:38.2
50 Fly	
Karl Frederick	:37.8
100 I.M.	
Karl Frederick	1:26.8
<u>65-69</u>	
50 Back	
Robert Hunter	1:00.0
100 Back	
Robert Hunter	2:09.3
200 Back	
Robert Hunter	4:41.3
50 Breast	
Robert Hunter	1:15.5
<u>MEN 60-64</u>	
100 Free	
Gene Caddey	1:12.9
200 Free	
Gene Caddey	3:05.2
500 Free	
Gene Caddey	8:07.0

RELAYS	
<u>WOMEN</u>	
200 Free Relay	
20 & Up	
1-Seattle Tennis Club	2:08.0
S. Heffernan, N. Roedel, M. McIntyre, K. Lyndly	
25 & Up	
1-Newport Hills	2:16.5
J. Lakin, K. Kohler S. Dills, E. Blahous	
2-B.E.S.T.	2:39.4
P. Dotson, S. Olson J. Miller, J. Russell	
35 & Up	
1-Newport Hills	2:23.5
P. Virden, M. Dolle, J. Correa, M. Haugland	
2-Red Shield	2:32.5
S. Lehman, J. Abrams, D. Wilson, R. DeLong	
45 & Up	
1-Red Shield	2:56.3
D. Musselman, L. Holm, M. Carlson, R. Latta	
200 Medley Relay	
20 & Up	
1-Seattle Tennis	2:21.0
S. Heffernan, N. Roedel, M. McIntyre, K. Lyndly	
35 & Up	
1-Newport Hills	2:39.2
J. Lakin, K. Kohler E. Blahous, M. Haugland	
2-Red Shield	2:53.7
D. Wilson, S. Lehman J. Abrams, R. DeLong	
45 & Up	
1-Red Shield	3:27.0
L. Holm, M. Carlson R. Latta, D. Musselman	
<u>MEN</u>	
200 Free Relay	
20 & Up	
1-Newport Hills	1:48.3
D. Schulz, C. Scott, J. King, J. Staub	
25 & Up	
1-Skagit Valley Y	1:45.0
E. Johnson, D. Howson E. deCardenas, R. Leander	
35 & Up	
1-The Other Team	2:07.5
R. Jeffries, R. Miller J. Koruga, K. Adams	
200 Medley Relay	
20 & Up	
1-Newport Hills	2:12.4
D. Schulz, C. Scott T. Coakley, J. King	
25 & Up	
1-Skagit Valley Y	2:04.9
D. Howson, R. Leander E. Johnson, E. deCardenas	

MIXED RELAYS

200 Free Relay	
20 & Up	
1-Seattle Tennis	1:56.6
C. Mills, M. McIntyre S. Heffernan, T. Tare	
2-Skagit Valley Y	2:21.1
R. Leander, D. Smith S. Howson, J. Gilbert	
35 & Up	
1-Newport Hills	2:19.2
J. Staub, J. King M. Dolle, P. Virden	
200 Medley Relay	
20 & Up	
1-Skagit Valley Y	2:09.7
J. Gilbert, L. Keitges-Adelman E. Johnson, D. Howson	
2-Seattle Tennis	2:11.4
M. McIntyre, C. Mills S. Heffernan, T. Tarte	
35 & Up	
1-Newport Hills	2:55.4
P. Virden, J. King M. Dolle, J. Staub	

TEAM SCORES

1- Newport	425 Pts.
2- Red Shield	335 Pts.
3- Skagit Valley Y	200 Pts.
4- Highline	113 Pts.
5- Other Team	103 Pts.
6- Downtown Y	96 Pts.
7- Totem Lake	90 Pts.
8- Seattle Tennis	68 Pts.
9- BEST	63 Pts.
10- S S C	33 Pts.
11- M A C	28 Pts.
12- MtLake Terrace	27 Pts.
13- S M M	26 Pts.
14- S.S.C.D.	21 Pts.
15- Elliott Bay. Stokers	11 Pts.
16- S S T	7 Pts.

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