

ORCA
 07-01-00
 SHORT COURSE YARDS
 P = P.N.A. RECORD
 Z = NORTHWEST ZONE RECORD
 N = NATIONAL RECORD
 W = WORLD RECORD
 S = SPLIT TIME
 U = UNOFFICAL TIME (1 WATCH)

WOMEN 19-24		
50 YD. FREE		
KELLY CRANDELL	19 FTS	28.14
100 YD. FREE		
KELLY CRANDELL	19 FTS	1:02.74
200 YD. FREE		
KELLY CRANDELL	19 FTS	2:18.85
50 YD. BACK		
KELLY CRANDELL	19 FTS	38.60
100 YD. I.M.		
KELLY CRANDELL	19 FTS	1:15.19
WOMEN 25-29		
50 YD. FREE		
CINDY SPRENGER	27 TACY	27.95
100 YD. FREE		
CINDY SPRENGER	27 TACY	1:03.22
100 YD. I.M.		
CINDY SPRENGER	27 TACY	1:17.47
WOMEN 30-34		
50 YD. FREE		
REBECCA UCHIO	34 ORCA	35.99
200 YD. FREE		
KAREN LEAHY	31 FWM	2:12.19
100 YD. BACK		
KAREN LEAHY	31 FWM	1:09.65
200 YD. BACK		
KAREN LEAHY	31 FWM	2:31.01
50 YD. BRST		
KAREN LEAHY	31 FWM	37.09
50 YD. FLY		
BRITT PENNISTON	31 UNAT	34.31
100 YD. FLY		
BRITT PENNISTON	31 UNAT	1:21.53
WOMEN 35-39		
50 YD. FREE		
JANE ANDERSON	38 GLAD	32.08
200 YD. FREE		
JAMIE WHITNEY	35 BAM	2:41.91
50 YD. BRST		
KRIS SPEIR	36 TACY	38.42
JANE ANDERSON	38 GLAD	43.63
100 YD. BRST		
JAMIE WHITNEY	35 BAM	1:25.23
200 YD. BRST		
JAMIE WHITNEY	35 BAM	3:04.26
50 YD. FLY		
KRIS SPEIR	36 TACY	31.68
JANE ANDERSON	38 GLAD	38.93
100 YD. FLY		
JAMIE WHITNEY	35 BAM	1:25.66
100 YD. I.M.		
KRIS SPEIR	36 TACY	1:13.73
JANE ANDERSON	38 GLAD	1:26.42
200 YD. I.M.		
KRIS SPEIR	36 TACY	2:51.13
WOMEN 40-44		
50 YD. FREE		
TRACEY SPENSER	40 UNAT	29.52
SANDY LAURENCE	43 GCM	31.58
200 YD. FREE		
BARBY CAHILL	44 BAM	2:34.45

50 YD. BACK		
TRACEY SPENSER	40 UNAT	34.13
100 YD. BACK		
BARBY CAHILL	44 BAM	1:10.88
TRACEY SPENSER	40 UNAT	1:15.71
200 YD. BACK		
BARBY CAHILL	44 BAM	2:36.20
50 YD. BRST		
BARBY CAHILL	44 BAM	40.76
200 YD. I.M.		
BARBY CAHILL	44 BAM	2:47.13
WOMEN 45-49		
50 YD. FREE		
CINDY MARTIN	48 GLAD	44.39
WOMEN 50-54		
50 YD. FREE		
SUSAN AMOTT	52 GCM	34.27
ARNI LITT	54 GLAD	39.63
100 YD. FREE		
SUSAN AMOTT	52 GCM	1:20.88
ARNI LITT	54 GLAD	1:29.99
50 YD. BACK		
KATHRINE CASEY	51 FTS	36.02
100 YD. BACK		
KATHRINE CASEY	51 FTS	1:16.95 P
200 YD. BACK		
KATHRINE CASEY	51 FTS	2:46.81
100 YD. BRST		
ARNI LITT	54 GLAD	1:46.09
50 YD. FLY		
ARNI LITT	54 GLAD	46.16
100 YD. I.M.		
SUSAN AMOTT	52 GCM	1:35.88
ARNI LITT	54 GLAD	1:41.97
200 YD. I.M.		
KATHRINE CASEY	51 FTS	2:55.72
WOMEN 80-84		
100 YD. BACK		
MAXINE CARLSON	80 TIG	2:14.05
200 YD. BACK		
MAXINE CARLSON	80 TIG	4:43.13
100 YD. I.M.		
MAXINE CARLSON	80 TIG	2:33.70
M E N 25-29		
50 YD. FREE		
ERIC PLUM	26 UNAT	24.52
STEPHEN LAPAZ	25 TSUN	25.70
LUIS SANTANA	29 ORCA	29.30
100 YD. FREE		
STEPHEN LAPAZ	25 TSUN	57.81
LUIS SANTANA	29 ORCA	1:09.24
50 YD. BRST		
ROBIN SHERWOOD	28 UNAT	29.82
AARON SEEMER	26 ORCA	35.27
100 YD. BRST		
ROBIN SHERWOOD	28 UNAT	1:06.59
JOE DENTON	28 ORCA	1:10.11
AARON SEEMER	26 ORCA	1:18.95
200 YD. BRST		
ROBIN SHERWOOD	28 UNAT	2:26.98
50 YD. FLY		
STEPHEN LAPAZ	25 TSUN	29.56
SEAN SIKORSKI	27 EBSC	36.22
100 YD. I.M.		
STEPHEN LAPAZ	25 TSUN	1:07.64
AARON SEEMER	26 ORCA	1:14.17
200 YD. I.M.		
AARON SEEMER	26 ORCA	2:46.67
M E N 30-34		
50 YD. FREE		

JEFF STRAND	30 UNAT	23.77
JOHN STOVER	30 TSUN	27.07
RAYMOND REITSMA	34 EBSC	27.35
GARY GRISWOLD	32 EVAN	27.73
ANDREW MACBRIDE	32 WAC	28.38
100 YD. FREE		
JOHN STOVER	30 TSUN	1:02.31
200 YD. FREE		
PATRICK MCKNIGHT	33 UNAT	2:04.01
JOHN STOVER	30 TSUN	2:21.27
50 YD. BACK		
JON PAUOLE	30 GAC	26.07
ANDREW MACBRIDE	32 WAC	33.17
JOHN STOVER	30 TSUN	35.49
100 YD. BACK		
TIM WELCH	30 ORCA	1:09.70
ANDREW MACBRIDE	32 WAC	1:15.16
200 YD. BACK		
PATRICK MCKNIGHT	33 UNAT	2:28.63
JOHN STOVER	30 TSUN	2:57.02
50 YD. BRST		
JEFF STRAND	30 UNAT	31.17
RAYMOND REITSMA	34 EBSC	35.99
GARY GRISWOLD	32 EVAN	37.24
100 YD. BRST		
TOM SCHUTTE	30 GLAD	1:07.62
GARY GRISWOLD	32 EVAN	1:19.81
200 YD. BRST		
TOM SCHUTTE	30 GLAD	2:30.24
50 YD. FLY		
JON PAUOLE	30 GAC	23.82
JEFF STRAND	30 UNAT	26.24
RAYMOND REITSMA	34 EBSC	29.08
GARY GRISWOLD	32 EVAN	32.13
100 YD. FLY		
TIM WELCH	30 ORCA	1:05.59
200 YD. FLY		
TIM WELCH	30 ORCA	2:39.34
100 YD. I.M.		
GARY GRISWOLD	32 EVAN	1:15.71
200 YD. I.M.		
TOM SCHUTTE	30 GLAD	2:19.14
M E N 35-39		
50 YD. FREE		
CJ THRASHER	37 FWM	26.05
JEFF GUSTAVSON	38 TSUN	26.35
NICK SMITH	38 ORCA	29.03
GREGORY HEAD	39 EBSC	29.29
100 YD. FREE		
MATT LIND	36 ORCA	56.72
JEFF GUSTAVSON	38 TSUN	58.51
CJ THRASHER	37 FWM	59.74
JIM LASERSOHN	35 ORCA	1:01.75
MCDUGALL-GOULET	35 EBSC	1:05.94
200 YD. FREE		
JIM LASERSOHN	35 ORCA	2:11.26
JEFF GUSTAVSON	38 TSUN	2:12.64
CJ THRASHER	37 FWM	2:16.68
ERIC TWEIT	37 ORCA	2:19.89
50 YD. BACK		
TOM KEMPLE	38 EBSC	29.59
MATT LIND	36 ORCA	30.02
MARKUS BOEDTKER	35 SACM	30.31
LEO ESPINOSA	39 ORCA	31.29
JEFF GUSTAVSON	38 TSUN	33.37
100 YD. BACK		
MATT LIND	36 ORCA	1:02.56
LEO ESPINOSA	39 ORCA	1:05.28
MARKUS BOEDTKER	35 SACM	1:05.66
200 YD. BACK		
MATT LIND	36 ORCA	2:17.63
50 YD. BRST		
CJ THRASHER	37 FWM	32.21
SCOTT REUSS	38 SACM	33.56
JIM LASERSOHN	35 ORCA	34.15
GREGORY HEAD	39 EBSC	36.64
100 YD. BRST		
LEO ESPINOSA	39 ORCA	1:10.17

TOM KEMPLE	38 EBSC	1:12.80
SCOTT REUSS	38 SACM	1:13.68
CJ THRASHER	37 FWM	1:15.29
200 YD. BRST		
ANDREW BRENNAN	39 SACM	2:25.22
GREGORY HEAD	39 EBSC	2:46.51
50 YD. FLY		
TOM KEMPLE	38 EBSC	26.24
SCOTT REUSS	38 SACM	27.60
LEO ESPINOSA	39 ORCA	28.35
MCDUGALL-GOULET	35 EBSC	33.12
100 YD. FLY		
TOM KEMPLE	38 EBSC	57.34
ANDREW BRENNAN	39 SACM	1:02.63
100 YD. I.M.		
TOM KEMPLE	38 EBSC	1:01.06
LEO ESPINOSA	39 ORCA	1:02.15
MARKUS BOEDTKER	35 SACM	1:02.52
JEFF GUSTAVSON	38 TSUN	1:12.91
NICK SMITH	38 ORCA	1:17.87
MCDUGALL-GOULET	35 EBSC	1:19.68
200 YD. I.M.		
ANDREW BRENNAN	39 SACM	2:12.31
MARKUS BOEDTKER	35 SACM	2:21.81

M E N 40-44

50 YD. FREE		
SCOTT LORENZEN	41 WAAC	25.87
TODD KOWALSKI	41 BAM	26.79
TOM MITCHELL	41 ORCA	27.63
GUNNAR FORSMAN	42 BAM	30.45
100 YD. FREE		
SCOTT LORENZEN	41 WAAC	57.34
ERIC DYBDAHL	40 FWM	57.63
TODD KOWALSKI	41 BAM	58.71
GUNNAR FORSMAN	42 BAM	1:07.22
PAUL IKEDA	41 ORCA	1:09.63
200 YD. FREE		
TODD KOWALSKI	41 BAM	2:09.72
50 YD. BRST		
PAUL IKEDA	41 ORCA	36.48
ERIC DYBDAHL	40 FWM	39.59
100 YD. BRST		
GUNNAR FORSMAN	42 BAM	1:21.11
200 YD. BRST		
GUNNAR FORSMAN	42 BAM	2:58.70
50 YD. FLY		
TOM MITCHELL	41 ORCA	30.61
PAUL IKEDA	41 ORCA	33.60
100 YD. FLY		
RALPH DOORE	43 TSUN	1:27.81
200 YD. FLY		
PAUL IKEDA	41 ORCA	3:04.17
100 YD. I.M.		
SCOTT LORENZEN	41 WAAC	1:07.89
TOM MITCHELL	41 ORCA	1:09.46
TODD KOWALSKI	41 BAM	1:12.42
RALPH DOORE	43 TSUN	1:27.33
200 YD. I.M.		
SCOTT LORENZEN	41 WAAC	2:32.70
TOM MITCHELL	41 ORCA	2:38.39
RALPH DOORE	43 TSUN	3:12.11

M E N 45-49

50 YD. FREE		
RICK PETERSON	48 ORCA	24.37
GILLES BEAUDIN	45 EBSC	26.95
TED HACKETT	45 UNAT	27.18
JIM STEPHENS	45 FWM	28.70
CHIP WATERBURY	45 ORCA	34.72
ANTONIO SKARIC	48 DCAC	35.88
100 YD. FREE		
RICK PETERSON	48 ORCA	54.59
TED HACKETT	45 UNAT	1:00.12
JIM STEPHENS	45 FWM	1:08.22
CHIP WATERBURY	45 ORCA	1:17.95
ANTONIO SKARIC	48 DCAC	1:24.55
200 YD. FREE		

JIM STEPHENS	45 FWM	2:32.61
50 YD. BACK		
JIM STEPHENS	45 FWM	40.90
50 YD. BRST		
DANA COX	48 ORCA	31.50
RICK PETERSON	48 ORCA	32.27
GILLES BEAUDIN	45 EBSC	33.02
AL RUBECK	46 UNAT	43.85
CHIP WATERBURY	45 ORCA	45.08
100 YD. BRST		
GILLES BEAUDIN	45 EBSC	1:11.31
DANA COX	48 ORCA	1:12.44
IAN MATTHEWS	45 EBSC	1:27.27
AL RUBECK	46 UNAT	1:40.70
50 YD. FLY		
TED HACKETT	45 UNAT	28.99
GILLES BEAUDIN	45 EBSC	29.67
DANA COX	48 ORCA	30.34
100 YD. FLY		
IAN MATTHEWS	45 EBSC	1:28.02
100 YD. I.M.		
RICK PETERSON	48 ORCA	1:05.84
GILLES BEAUDIN	45 EBSC	1:06.48
TED HACKETT	45 UNAT	1:08.96
CHIP WATERBURY	45 ORCA	1:30.96
200 YD. I.M.		
RICK PETERSON	48 ORCA	2:31.98

M E N 50-54

50 YD. FREE		
STEVEN PETERSON	53 OOPS	29.21
100 YD. FREE		
M.MONTGOMERY	54 SACM	1:00.72
STEVEN PETERSON	53 OOPS	1:03.60
JEFF RUDA	52 TSUN	1:15.82
200 YD. FREE		
M.MONTGOMERY	54 SACM	2:09.90
50 YD. BRST		
STEVEN PETERSON	53 OOPS	33.65
THOMAS WALKER	53 UNAT	42.91
100 YD. BRST		
STEVEN PETERSON	53 OOPS	1:14.81
THOMAS WALKER	53 UNAT	1:34.81
200 YD. BRST		
THOMAS WALKER	53 UNAT	3:26.06
100 YD. FLY		
JEFF RUDA	52 TSUN	1:29.73
100 YD. I.M.		
STEVEN PETERSON	53 OOPS	1:10.13
JEFF RUDA	52 TSUN	1:27.42
200 YD. I.M.		
JEFF RUDA	52 TSUN	3:05.11
THOMAS WALKER	53 UNAT	3:18.69

M E N 55-59

50 YD. FREE		
MIKE AHERN	55 DSST	24.16
100 YD. FREE		
MIKE AHERN	55 DSST	53.95
50 YD. FLY		
MIKE AHERN	55 DSST	27.03
100 YD. I.M.		
MIKE AHERN	55 DSST	1:02.12

M E N 65-69

50 YD. FREE		
HERB LARSON	69 UNAT	51.61
JOE MICHEL	66 YNAU	53.97
100 YD. FREE		
DON REHFELDT	66 GLAD	1:26.16
JOE MICHEL	66 YNAU	2:03.01
HERB LARSON	69 UNAT	2:15.59
100 YD. BACK		
TOM FOLEY	66 UNAT	1:45.48
HERB LARSON	69 UNAT	2:43.10
200 YD. BACK		
TOM FOLEY	66 UNAT	3:47.42

50 YD. BRST		
HERB LARSON	69 UNAT	1:08.07
100 YD. BRST		
JOE MICHEL	66 YNAU	2:20.06
50 YD. FLY		
DON REHFELDT	66 GLAD	48.63
100 YD. FLY		
DON REHFELDT	66 GLAD	1:54.27
TOM FOLEY	66 UNAT	2:09.45
100 YD. I.M.		
DON REHFELDT	66 GLAD	1:37.14
TOM FOLEY	66 UNAT	1:44.20

M E N 85-89

50 YD. FREE		
GENE CROSSETT	86 GLAD	44.82
100 YD. FREE		
GENE CROSSETT	86 GLAD	1:43.59
200 YD. FREE		
GENE CROSSETT	86 GLAD	3:49.19

RELAYS-WOMEN 200 YD. FREE

25 +		
CINDY SPRENGER	27 PNA	2:13.77
SANDY LAURENCE	43	
ARNI LITT	54	
SUSAN AMOTT	52	

RELAYS-M E N 200 YD. FREE

25 +		
RAYMOND REITSMA	34 EBSC	1:47.47
MCDUGALL-GOULET	35	
GREGORY HEAD	39	
TOM KEMPLE	38	

JOE DENTON	28 ORCA	1:51.54
NICK SMITH	38	
AARON SEEMER	26	
TOM MITCHELL	41	

LUIS SANTANA	29 ORCA	2:00.77
CHIP WATERBURY	45	
PAUL IKEDA	41	
TIM WELCH	30	

35 +		
RICK PETERSON	48 ORCA	1:41.90
DANA COX	48	
JIM LASERSON	35	
LEO ESPINOSA	39	

MARKUS BOEDTKER	35 SACM	1:46.73
ANDREW BRENNAN	39	
SCOTT REUSS	38	
M.MONTGOMERY	54	

TED HACKETT	45 PNA	1:59.10
RICHARD AVELLINO	35	
BILL FARRAR	47	
SCOTT FARRAR	46	

RELAYS-M E N 200 YD. MEDLEY

25 +		
AARON SEEMER	26 ORCA	2:10.04
PAUL IKEDA	41	
TOM MITCHELL	41	
JOE DENTON	28	

35 +		
MARKUS BOEDTKER	35 SACM	1:55.46
ANDREW BRENNAN	39	
SCOTT REUSS	38	
M.MONTGOMERY	54	

NICK SMITH	38	ORCA	2:05.51
DANA COX	48		
JIM LASERSOHN	35		
RICK PETERSON	48		

SCOTT FARRAR	46	PNA	2:28.24
RICHARD AVELLINO	35		
TED HACKETT	45		
BILL FARRAR	47		

RELAYS-MIXED 200 YD. FREE

35	+		
GUNNAR FORSMAN	42	BAM	1:58.52
BARBY CAHILL	44		
TODD KOWALSKI	41		
JAMIE WHITNEY	35		

RELAYS-MIXED 200 YD. MEDLEY

35	+		
BARBY CAHILL	44	BAM	2:15.47
JAMIE WHITNEY	35		
TODD KOWALSKI	41		
GUNNAR FORSMAN	42		