

OREGON

02-05-94

SHORT COURSE YARDS

P = P.N.A. RECORD

Z = NORTHWEST ZONE RECORD

N = NATIONAL RECORD

W = WORLD RECORD

U = UNOFFICIAL TIME (1 WATCH)

WOMEN 45-49

50 YD. FREE		
KATHRINE CASEY	45 PNA	29.08
50 YD. BACK		
KATHRINE CASEY	45 PNA	35.99
50 YD. BRST		
KATHRINE CASEY	45 PNA	35.95 P
50 YD. FLY		
KATHRINE CASEY	45 PNA	33.87
100 YD. I.M.		
KATHRINE CASEY	45 PNA	1:11.86 P

WOMEN 55-59

50 YD. FREE		
ANN GINDROZ	55 PNA	36.75
50 YD. BACK		
ANN GINDROZ	55 PNA	45.53
50 YD. BRST		
ANN GINDROZ	55 PNA	48.91
50 YD. FLY		
ANN GINDROZ	55 PNA	46.46
100 YD. I.M.		
ANN GINDROZ	55 PNA	1:38.74

M E N 40-44

50 YD. FREE		
GARY HAFER	42 PNA	23.98
50 YD. BACK		
GARY HAFER	42 PNA	27.18
50 YD. BRST		
GARY HAFER	42 PNA	33.35
50 YD. FLY		
GARY HAFER	42 PNA	27.18
100 YD. I.M.		
GARY HAFER	42 PNA	1:01.38

M E N 50-54

50 YD. FREE		
WALT REID	53 PNA	30.38
50 YD. BACK		
WALT REID	53 PNA	34.24
50 YD. BRST		
WALT REID	53 PNA	34.45
50 YD. FLY		
WALT REID	53 PNA	33.39
100 YD. I.M.		
WALT REID	53 PNA	1:13.96

PENTATHLON

25 YARD

02/05/94 PG 1

U=DQ (+10 SECS)

1-12 = RANK in last years TOP 10

*=FROM OUTSIDE OREGON

+ =PENDING OREGON RECORD

Software by R.Smith

50 FLY 50BACK 50BRST 50FREE 100 IM TOTAL

19-24 WOMEN

	DEBORAH E HEIM	24	PRID	:30.23	:33.19	:34.99	:27.67	1:07.64	193.72
W	JODI SHAW	22	THB	:30.75	:32.65	:34.78	:27.86	1:08.05	194.09
	ANGELA SCHUERMAN	21	MHM	:35.67	:35.23	:39.07	:29.77	1:16.06	215.80
W	KATHLEEN EUGSTER	22	MJCC	:37.27	:40.26	:39.15	:30.63	1:18.53	225.84
	JEANNA BENNETT	19	MHM						999.98

25-29 WOMEN

	SHANNON M HERINGER	25	NCSC	:27.10+ 3	:29.56+	:33.07+	:25.44	1:02.81+ 8	177.98
	LINDA FINLEY	29	NCSC	:28.86	:30.93	:34.59	:26.33	1:04.73	185.44
	LEANN AHLBRECHT	27	RVM	:32.28	:33.54	:41.96	:28.45	1:13.59	209.82
	KATHY E ISAACS	26	PRID	:34.04	:36.61	:37.57	:29.81	1:13.25	211.28
	TAKA HIRAYAMA	26		:32.89	:39.16	:38.45	:32.54	1:15.30	218.34
	JENNIFER HARDIN	25		:32.59	:39.10	:49.19U	:31.37	1:15.79	228.04
	LAURIE J KILBOURN	27	MJCC	:35.96	:40.21	:42.84	:32.74	1:21.68	233.43
	SANDRA L HYDE	25	LCM	:33.98		:42.92	:29.02	1:16.82	999.97
	LISA K DAVIS	29	THB						999.98
	CATHY LAW	26							999.98
	MARG L GLISSMEYER	28							999.98

30-34 WOMEN

	SUE W KNIGHT	30		:31.19	:34.19	:38.19	:26.79	1:09.33	199.69
	NANCY C SMITH	34	MM	:31.94	:40.26	:37.11	:28.31	1:13.05	210.67
	BETH ANNE BEADLING	32	MHM	:38.81	:40.57	:43.47	:31.47	1:24.61	238.93
W	JANICE B GAINES	34	PKRS	:48.21	:45.90	:43.25	:32.34	1:30.79	260.49
	ERIN P FASSIO	33	THB	:45.93	:47.40	:51.07	:36.15	1:36.37	276.92
	JILL BLACK	31	SHNC						999.98

35-39 WOMEN

	MARY JACKSON	37	FISH	:30.27 12	:32.33+	:35.07 12	:26.93+	1:07.61 9	192.21
	VICKI L GORDON	37	WHOM	:31.94 12	:35.17	:38.02	:28.70	1:11.91	205.74
	LINDA P COENEN	35	GPY	:32.54	:36.83	:39.25	:29.74	1:15.62	213.98
	SUSAN A ALBRIGHT	38	THB	:37.42	:41.11	:50.91	:31.46	1:21.40	242.30
	GAYLE D MILLER	37	MHM	:36.83	:44.12	:44.81	:32.60	1:32.03	250.39
W	NENICE M ANDREWS	39		:41.08	:41.44	:48.88	:33.70	1:32.61	257.71
W	MISSY FARGHER	37	MHM	:43.61	:47.54	:46.58	:34.71	1:34.44	266.88
	CHARLENE LAMB	36	PPM						999.98

40-44 WOMEN

	SUZANNE C COOPER	44	PPM	:30.68	:34.10 12	:38.00	:29.37	1:13.18	205.33
	JEANNE TEISHER	42	THB	:33.36	:35.18	:41.65	:28.55	1:15.98	214.70
	SUZANNE L RAGUE	43	THB	:35.73	:38.11	:43.31	:32.18	1:20.90	230.23
W	KATHY CHANEY	40		:33.64	:46.11U	:44.06	:30.27	1:22.35	236.43
	AL LIEN	40	CHUB	:37.46	:44.90	:48.82U	:33.57	1:23.20	247.95
	JUDY E BEASTON	43	THB	:51.55U	:49.31	:45.82	:33.31	1:29.98	269.77
	TERI HENDRYX	40	MACO						999.98

45-49 WOMEN

	GINGER L PIERSON	47	THB	:31.91 9	:34.74+ 5	:35.70+ 2	:29.91	1:11.54+ 4	203.80
	KATHRINE CASEY	45	*PNA	:33.87	:35.99 11	:35.95 3	:29.08	1:11.86 4	206.75
	SANDI ROUSSEAU	46	THB	:32.09 9	:39.23	:40.24	:29.84	1:18.02	219.42
	CONNIE SIGGINS	47		:37.66	:42.38	:44.14	:34.22	1:29.39	247.79
	MARY E WATERS	47	MACO	1:48.62	2:14.00	1:41.75	1:24.72	4:19.11	688.20

50-54 WOMEN

	NANCY J BROOKS	51	*RINC	:39.93	:39.24	:37.93 5	:30.58 7	1:23.48	231.16
	PEGGY S WHITER	50	COMA	:41.96	:43.32	:47.45	:33.42	1:31.16	257.31
	PAMELA HIMSTREET	50	THB						999.98

55-59 WOMEN

	ANN GINDROZ	55	*PNA	:46.46	:45.53	:48.91	:36.75	1:38.74	276.39
	CAROL A DICKINSON	59	THB	1:05.16	:48.54	:55.92	:45.02	2:00.37	335.01

60-64 WOMEN

	LAVELLE M STOINOFF	61	MACO	:42.26 10	:39.08 3	:43.79 5	:32.02+ 4	1:22.88+ 2	240.03
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PENTATHLON

25 YARD

02/05/94 PG 2

U=DQ (+10 SECS)

1-12 = RANK in last years TOP 10

*=FROM OUTSIDE OREGON

+ =PENDING OREGON RECORD

Software by R.Smith

50 FLY 50BACK 50BRST 50FREE 100 IM TOTAL

5-69 WOMEN

PETEY MH. SMITH	69	NEWP	:46.96 11	:47.33	:57.30	:34.54 4	1:40.98 11	287.11
KATHLEEN A HUGHES	66	THB	:54.95	1:07.01	1:01.99	:48.80	2:11.47	364.22

70-74 WOMEN

W LOIS ALLAN	70	THB	1:21.57	:57.77+	:58.43	:49.67	2:12.63	380.07
JUDY M MELCHER	73	THB	1:17.88	1:07.70	1:07.28	1:01.57	2:29.36	423.79

75-79 WOMEN

HELENA W HOFFMAN	78	THB	1:23.15	1:19.46	1:15.46+	:59.22	2:40.21	457.50
EVELYN MCKEON	79	GPY	1:50.05	1:05.99	1:21.77	:53.45	2:43.05	474.31
BARB T HAVERCAMP	77	UN	2:25.31	1:46.50	2:07.06	1:23.35	3:52.89	695.11

19-24 MEN

ANTON LENEIS	24	THB	:26.27	:31.30	:29.67	:23.91	1:00.26	171.41
MIKE J DOLAN	24		:29.06	:29.98	:31.36	:24.49	1:01.78	176.67
KAZUHIRO YAMASHITA	21		:25.56	:32.54	:34.63	:23.86	1:03.23	179.82

25-29 MEN

PHILLIP T KING	27	MHM	:25.06	:26.88	:28.76	:23.02	:56.66	160.38
ROGER C MCGUIRE	28	FISH	:26.11	:29.78	:30.15	:24.14	:59.22	169.40
RICHARD YATVIN	26	MJCC	:26.32	:29.09	:31.63	:23.90	:59.70	170.64
W COLIN MACLAREN	25	STSC	:25.82	:30.24	:35.10	:24.42	1:03.76	179.34
ERIC TOOLEY	26	PPM	:30.33	:36.25	:35.77	:26.63	1:10.11	199.09
RICHARD H HOBBS	28	RVM	:32.75	:36.37	:35.71	:27.24	1:11.99	204.06
TIMOTHY P WAUD	26	PPM						999.98

30-34 MEN

STEPHEN F HARGER	34	PPM	:27.35	:29.10	:30.50	:23.35	1:00.08	170.38
W MICHAEL H DREW	32		:28.40	:29.57	:33.38	:24.40	1:02.47	178.22
DAVID M COBB	34	PPM	:29.00	:30.91	:31.86	:25.97	1:04.84	182.58
TYLER R COLE	33	PPM	:29.73	:33.86	:36.14	:26.41	1:09.31	195.45
MURALI M KRISHNA	34	THB	:42.29	:48.58	:42.99	:36.69	1:33.00	263.55

35-39 MEN

CURT R LACOUNT	35	MPM	:24.58+10	:26.13 7	:31.54	:23.26	:56.46+ 6	161.97
PETER METZGER	38	PPM	:26.46 12	:27.20 12	:31.85	:24.36	1:00.44	170.31
JOHN F ZELL	37	PPM	:27.89	:29.06	:33.58	:25.57	1:02.34	178.44
RONALD E COBB	37	MJCC	:28.43	:29.30	:33.26	:24.79	1:04.58	180.36
MARK B WREN	35	PPM	:27.32	:31.79	:33.23	:24.43	1:03.77	180.54
EDWARD R MANN	36	PPM	:28.17	:31.67	:32.37	:25.23	1:04.45	181.89
KELLY THORNTON	36	THB	:27.96	:29.58	:34.18	:25.30	1:05.63	182.65
W MICHAEL K BUSCH	36		:29.21	:29.99	:35.97	:25.89	1:08.49	189.55
W ED RAMSEY	37		:28.99	:31.27	:36.58	:26.06	1:06.95	189.85
MITCHELL GOLDSTEIN	35	MJCC	:29.67	:33.95	:32.85	:27.58	1:07.82	191.87
THOMAS CHUN	37	PAC	:30.49	:35.22	:34.21	:26.99	1:08.31	195.22
MARK M WILLIAMS	37	PACG	:40.62U	:30.32	:35.76	:26.55	1:06.84	200.09
W JOE FASSIO	36		:33.34	:47.93U	:33.30	:28.08	1:08.98	211.63
DAVID O BURLESON	36	MACO						999.98
MICHAEL A PAHOLSKY	38	MJCC						999.98
JOHN GLISSMEYER	35							999.98

40-44 MEN

TOM K COFFEY	43	FISH	:26.66	:29.31	:32.52	:23.72	1:00.69	172.90
GARY HAFER	42	*PNA	:27.18	:27.18 6	:33.35	:23.98	1:01.38	173.07
MICHAEL J TENNANT	40	OREG	:28.04	:30.53	:33.60	:23.75	1:05.49	181.41
DAN F PERZ	41	PPM	:28.22	:30.25	:32.51	:26.58	1:04.13	181.67
ADRIAN L KALIL	40	PPM	:29.58	:31.46	:34.18	:25.02	1:05.45	185.69
PETER C JENSEN	44	THB	:29.95	:33.31	:34.96	:26.40	1:08.03	192.65
DANIEL P JOHNSON	40	THB	:30.76	:33.87	:32.91	:27.58	1:07.56	192.68
GARY N BECKLEY	42	PPM	:29.16	:33.68	:35.46	:26.51	1:08.38	193.19
TIM MCDANIEL	43	MM	:30.51	:37.94	:36.10	:26.94	1:16.11	207.60
JIM TEISHER	44	THB	:31.05	:33.26	:36.51	:27.03	1:20.62U	208.47

PENTATHLON

U=DQ (+10 SECS)

1-12 = RANK in last years TOP 10

25 YARD *FROM OUTSIDE OREGON

02/05/94 PG 3

+PENDING OREGON RECORD

Software by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
5-49 MEN								
	JON D STOUT	47 PPM	:28.87	:28.90	:33.37	:24.98 12	1:03.05	179.17
	DOUG C PRENTICE	45 FISH	:27.86	:31.18	:33.39	:24.69 12	1:04.82	181.94
	JED P CRONIN	45 THB	:27.67	:31.54	:36.71	:25.01 12	1:07.11	188.04
	STEPHEN H WARNER	45 NCSC	:27.08	:29.86	:35.87	:35.29U	1:04.49	192.59
	DAVE STEELE	49 PPM	:29.40	:36.96	:36.43	:27.45	1:12.01	202.25
	BOB TIMM	47 MJCC	:30.96	:32.98	:45.33U	:26.72	1:10.11	206.10
	VLADIMIR F DROBNY	47 THB	:36.37	:52.91U	:37.50	:33.67	1:22.38	242.83
	KEITH A FINZER	49 PPM						999.98
50-54 MEN								
	ROBERT S SMITH	50 FISH	:25.74+ 1	:26.44+ 2	:30.69+ 2	:23.16+ 2	1:00.65+ 3	166.68
	KARL VONTAGEN	50 MACO	:27.78 11	:31.67	:33.98	:24.64 9	1:06.49	184.56
	RONALD K NAKATA	54 MHM	:28.89	:34.49	:34.58	:26.47	1:08.73	193.16
	WALT E REID	53 *PNA	:33.39	:34.24	:34.45	:30.38	1:13.96	206.42
55-59 MEN								
	BERT L PETERSEN	55 PKRS	:27.11+ 2	:36.83	:44.50U	:26.72+	1:07.64+ 5	202.80
	GEORGE D THAYER	57 COMA	:35.20	:33.56	:36.42	:27.57	1:14.09	206.84
	JON D SCHIELTZ	55	:46.06	:57.29	:50.49	:38.06	1:45.29	297.19
60-64 MEN								
	MILTON R MARKS	63 MHM	:35.84	:46.53U	:35.29 8	:28.99	1:17.21	223.86
	ERIC GP. GUEST	64 MHM						999.98
65-69 MEN								
	FRED ECKHARDT	67 PPM	:45.23	:50.06	:47.04	:42.46	1:43.73	288.52
70-74 MEN								
	ANDREW W HOLDEN	74 THB	:34.05 5	:37.52 8	:43.47	:29.81 9	1:22.00 7	226.85
	ROBERT A MORRISON	72 VMS	:42.70	:44.98	:41.76 11	:39.56	1:38.20	267.20
	KHOSROW SHADBEH	72 MPM	:54.73	:55.01	:49.81	:45.87	1:48.18	313.60
	EARL WALTER	72 THB						999.98
	GILBERT N YOUNG	71 MHM						999.98
75-79 MEN								
	MEL W ANDERSON	76 PPM	1:17.57	:58.35	1:14.99	:44.83	2:24.88	400.62
	FORBES J MACK	75 THB						999.98

PENTATHLON ----- 121 ENTRIES -----

TIPS from the OLD COACH

by Bert Petersen, OMS Coaches Committee Chairman

"C" is for Crawl.

What a strange name for the fastest stroke! Here are some ideas for you to try:

1. Throw out your kick board - Kick on your side, switching back and forth, to involve your hips better.
2. When you breathe, you naturally roll. Make sure you roll on the other side as well. Actually, think "shoulder rotation" rather than roll.
3. Bi-lateral breathing is a great stroke-straightener. Do it in practice, either every third stroke or maybe left - right by lengths. In a short race, only breathe on demand.