

PORT ANGELES

10-14-90

SHORT COURSE YARDS

P = P.N.A. RECORD

R = REGIONAL RECORD

N = NATIONAL RECORD

W = WORLD RECORD

U = UNOFFICIAL TIME (1 WATCH)

WOMEN 19-24

50 YD. FREE			
T. WITTENBERG	23 PNA		27.99
100 YD. BACK			
T. WITTENBERG	23 PNA		1:13.63
50 YD. BRST			
MARILEA MARK VELA	23 PNA		39.22
100 YD. BRST			
MARILEA MARK VELA	23 PNA		1:24.26
100 YD. I.M.			
T. WITTENBERG	23 PNA		1:17.20
200 YD. I.M.			
T. WITTENBERG	23 PNA		2:49.34

WOMEN 25-29

50 YD. FREE			
LEE ANN MCNERNEY	26 ORE		37.32
100 YD. FREE			
LEE ANN MCNERNEY	26 ORE		1:16.40
200 YD. FREE			
LEE ANN MCNERNEY	26 ORE		2:42.72
500 YD. FREE			
LEE ANN MCNERNEY	26 ORE		7:01.49
50 YD. BACK			
LEE ANN MCNERNEY	26 ORE		42.82
200 YD. BACK			
KAREN JOST	29 PNA		2:39.10
100 YD. FLY			
KAREN JOST	29 PNA		1:15.66
200 YD. I.M.			
KAREN JOST	29 PNA		2:45.08

WOMEN 30-34

50 YD. FREE			
LYNN DEE WATKINS	34 PNA		30.05
LESA OPPELT	32 PNA		32.18
50 YD. BACK			
LAURIE NICKERSON	30 PNA		35.64
LYNN DEE WATKINS	34 PNA		37.72
100 YD. BACK			
LAURIE NICKERSON	30 PNA		1:17.03
200 YD. BACK			
LAURIE NICKERSON	30 PNA		2:44.80
50 YD. FLY			
LYNN DEE WATKINS	34 PNA		33.29
LESA OPPELT	32 PNA		36.37
100 YD. I.M.			
LYNN DEE WATKINS	34 PNA		1:15.97

LAURIE NICKERSON	30 PNA		1:17.26
LESA OPPELT	32 PNA		1:20.18

WOMEN 35-39

50 YD. FREE			
NINA SCHMEDDING	35 PNA		34.54
100 YD. FREE			
NINA SCHMEDDING	35 PNA		1:14.94
JANE MOORE	39 PNA		1:16.33
K SOUTHARD-DEAN	37 SQM		1:33.67
200 YD. FREE			
YVONNE YOKOTA	37 SQM		2:23.22
JANE MOORE	39 PNA		2:49.92
500 YD. FREE			
YVONNE YOKOTA	37 SQM		6:26.05
JANE MOORE	39 PNA		7:31.37
K SOUTHARD-DEAN	37 SQM		9:48.56
50 YD. BACK			
NINA SCHMEDDING	35 PNA		39.00
100 YD. BACK			
NINA SCHMEDDING	35 PNA		1:28.49
JANE MOORE	39 PNA		1:38.78
100 YD. BRST			
JANE MOORE	39 PNA		1:41.62
100 YD. I.M.			
NINA SCHMEDDING	35 PNA		1:26.04

WOMEN 40-44

50 YD. FREE			
KATHRINE CASEY	42 PNA		29.30
50 YD. BRST			
GINGER PIERSON	44 ORE		36.64
100 YD. BRST			
GINGER PIERSON	44 ORE		1:19.28
KATHRINE CASEY	42 PNA		1:20.94
200 YD. BRST			
GINGER PIERSON	44 ORE		2:51.42
100 YD. FLY			
KATHRINE CASEY	42 PNA		1:25.11
200 YD. FLY			
GINGER PIERSON	44 ORE		2:55.50
KATHRINE CASEY	42 PNA		3:15.15
200 YD. I.M.			
GINGER PIERSON	44 ORE		2:42.90
KATHRINE CASEY	42 PNA		2:46.88

WOMEN 45-49

50 YD. FREE			
SALLY PARRY	46 SQM		32.47
FRANCESCA DRUM	49 SDSM		35.19
100 YD. FREE			
SALLY PARRY	46 SQM		1:14.88
500 YD. FREE			
SALLY PARRY	46 SQM		7:46.83
50 YD. BRST			
FRANCESCA DRUM	49 SDSM		42.70
100 YD. BRST			

FRANCESCA DRUM	49 SDSM		1:33.74
200 YD. BRST			
FRANCESCA DRUM	49 SDSM		3:19.17

WOMEN 50-54

50 YD. FREE			
ANN GINDROZ	52 PNA		36.98
100 YD. FREE			
ANN GINDROZ	52 PNA		1:24.45
200 YD. FREE			
ANN GINDROZ	52 PNA		3:03.46
50 YD. FLY			
ANN GINDROZ	52 PNA		50.89

WOMEN 55-59

50 YD. FREE			
MARILYN SNARSKI	55 PNA		44.51
PAT NELLIS	56 SQM		58.62
100 YD. FREE			
MARILYN SNARSKI	55 PNA		1:32.31
PAT NELLIS	56 SQM		2:13.97
200 YD. FREE			
MARILYN SNARSKI	55 PNA		3:40.02
500 YD. FREE			
MARILYN SNARSKI	55 PNA		9:19.25
50 YD. BRST			
CYNTHIA ROSIK	57 PNA		51.57
100 YD. BRST			
CYNTHIA ROSIK	57 PNA		1:55.04
200 YD. BRST			
CYNTHIA ROSIK	57 PNA		4:13.87
100 YD. I.M.			
CYNTHIA ROSIK	57 PNA		1:54.86

WOMEN 60-64

200 YD. FREE			
PAT DOTSON	63 PNA		2:57.68
50 YD. FLY			
PAT DOTSON	63 PNA		40.95
100 YD. FLY			
PAT DOTSON	63 PNA		1:34.09
200 YD. I.M.			
PAT DOTSON	63 PNA		3:22.73

WOMEN 65-69

100 YD. FREE			
MURIEL FLYNN	67 PNA		1:30.31
200 YD. FREE			
NANCY LAWRENCE	67 SQM		4:12.59
500 YD. FREE			
NANCY LAWRENCE	67 SQM		11:09.10
50 YD. BRST			
MURIEL FLYNN	67 PNA		49.95
NANCY LAWRENCE	67 SQM		1:06.84
100 YD. BRST			
MURIEL FLYNN	67 PNA		1:50.08

100 YD. I.M.
 NANCY LAWRENCE 67 SQM 2:19.12
 200 YD. I.M.
 NANCY LAWRENCE 67 SQM 4:50.27

M E N 19-24

50 YD. FREE
 ROBERT BRUNS 23 PNA 23.24
 100 YD. FREE
 ROBERT BRUNS 23 PNA 53.34
 50 YD. BACK
 TODD GERMAN 24 PNA 31.83
 100 YD. BACK
 ROBERT BRUNS 23 PNA 1:11.04
 50 YD. BRST
 TODD GERMAN 24 PNA 32.34
 100 YD. BRST
 ROBERT BRUNS 23 PNA 1:07.76
 TODD GERMAN 24 PNA 1:10.99
 50 YD. FLY
 TODD GERMAN 24 PNA 29.54
 100 YD. FLY
 ROBERT BRUNS 23 PNA 1:03.88
 100 YD. I.M.
 TODD GERMAN 24 PNA 1:06.10

M E N 25-29

50 YD. FREE
 JUSTIN GILLEN 25 PNA 26.17
 100 YD. FREE
 JUSTIN GILLEN 25 PNA 57.36
 500 YD. FREE
 PAUL SHERMAN 27 PNA 5:36.89
 50 YD. FLY
 PAUL SHERMAN 27 PNA 27.92
 JUSTIN GILLEN 25 PNA 28.42
 100 YD. FLY
 STEVE VELA 29 PNA 54.43
 PAUL SHERMAN 27 PNA 1:00.10
 JUSTIN GILLEN 25 PNA 1:06.01
 200 YD. FLY
 STEVE VELA 29 PNA 1:59.70
 PAUL SHERMAN 27 PNA 2:15.67
 100 YD. I.M.
 STEVE VELA 29 PNA 1:00.14
 200 YD. I.M.
 STEVE VELA 29 PNA 2:03.80

M E N 35-39

50 YD. FREE
 JAMES STRETCH 38 PNA 27.50
 BRUCE LOMAX 39 PNA 36.09
 100 YD. FREE
 STEVE FREEBORN 35 PNA 56.75
 HUGH MOORE 36 PNA 57.93
 JAMES STRETCH 38 PNA 58.99
 MARK FISCHER 38 PNA 1:16.77

BRUCE LOMAX 39 PNA 1:24.78
 200 YD. FREE
 BOB SPENCER 38 PNA 2:08.06
 JAMES STRETCH 38 PNA 2:20.07
 MARK FISCHER 38 PNA 2:53.20
 500 YD. FREE
 HUGH MOORE 36 PNA 5:53.12
 MARK FISCHER 38 PNA 8:09.36
 50 YD. BACK
 BOB SPENCER 38 PNA 30.03
 BRUCE LOMAX 39 PNA 55.56
 100 YD. BACK
 HUGH MOORE 36 PNA 1:12.42
 BRUCE LOMAX 39 PNA 2:02.05
 50 YD. BRST
 TONY SAMPLE 39 PNA 36.38
 100 YD. BRST
 HUGH MOORE 36 PNA 1:15.67
 TONY SAMPLE 39 PNA 1:19.82
 50 YD. FLY
 STEVE FREEBORN 35 PNA 26.72
 BOB SPENCER 38 PNA 27.19
 100 YD. FLY
 HUGH MOORE 36 PNA 1:02.62
 STEVE FREEBORN 35 PNA 1:02.99
 100 YD. I.M.
 STEVE FREEBORN 35 PNA 1:04.16
 BOB SPENCER 38 PNA 1:04.42
 BRUCE LOMAX 39 PNA 1:55.43
 200 YD. I.M.
 STEVE FREEBORN 35 PNA 2:21.90

M E N 40-44

50 YD. FREE
 PETE NORTHRUP 43 PNA 27.51
 BOBBY GALLEGOS 40 PNA 28.70
 ED PHILLIPS 43 SQM 31.00
 FOREST BROOKS 43 PNA 44.77
 100 YD. FREE
 FRANK WARNER 41 PNA 54.71
 PETE NORTHRUP 43 PNA 1:02.20
 STEVE PETERSON 44 PNA 1:02.38
 DAVID STERN 40 PNA 1:03.64
 BOBBY GALLEGOS 40 PNA 1:05.77
 ED PHILLIPS 43 SQM 1:09.54
 FOREST BROOKS 43 PNA 1:44.81
 200 YD. FREE
 FRANK WARNER 41 PNA 2:07.80
 500 YD. FREE
 ED PHILLIPS 43 SQM 7:04.52
 50 YD. BACK
 FRANK WARNER 41 PNA 29.07
 DAVID STERN 40 PNA 32.91
 CHRIS GOLIAN 40 PNA 33.20
 FOREST BROOKS 43 PNA 1:08.76
 100 YD. BACK
 FRANK WARNER 41 PNA 1:04.95
 DAVID STERN 40 PNA 1:09.36
 200 YD. BACK

FRANK WARNER 41 PNA 2:19.98
 50 YD. BRST
 STEVE PETERSON 44 PNA 33.79
 FOREST BROOKS 43 PNA 1:20.09
 100 YD. BRST
 STEVE PETERSON 44 PNA 1:13.40
 50 YD. FLY
 CHRIS GOLIAN 40 PNA 31.90
 100 YD. I.M.
 STEVE PETERSON 44 PNA 1:10.00
 CHRIS GOLIAN 40 PNA 1:10.88
 DAVID STERN 40 PNA 1:14.72
 FOREST BROOKS 43 PNA 2:35.77
 200 YD. I.M.
 STEVE PETERSON 44 PNA 2:35.96
 DAVID STERN 40 PNA 2:43.41
 BOBBY GALLEGOS 40 PNA 2:57.42

M E N 45-49

50 YD. FREE
 NICK PARRY 46 SQM 33.06
 RICHARD GOLDEN 49 PNA 33.79
 100 YD. FREE
 RICHARD GOLDEN 49 PNA 1:16.68
 NICK PARRY 46 SQM 1:17.97
 200 YD. FREE
 RICHARD GOLDEN 49 PNA 2:56.54
 500 YD. FREE
 ROBERT WATKINS 48 PNA 7:04.72
 50 YD. BACK
 ROBERT WATKINS 48 PNA 42.07
 100 YD. BACK
 ROBERT WATKINS 48 PNA 1:37.08
 100 YD. BRST
 ROBERT WATKINS 48 PNA 1:26.48
 100 YD. I.M.
 ROBERT WATKINS 48 PNA 1:15.73
 200 YD. I.M.
 ROBERT WATKINS 48 PNA 2:54.33

M E N 50-54

50 YD. FREE
 FRANK NEWQUIST 52 PNA 30.25
 50 YD. BACK
 WALT REID 50 PNA 34.11
 FRANK NEWQUIST 52 PNA 42.11
 50 YD. BRST
 WALT REID 50 PNA 34.62
 FRANK NEWQUIST 52 PNA 40.96
 100 YD. BRST
 WALT REID 50 PNA 1:17.33
 50 YD. FLY
 FRANK NEWQUIST 52 PNA 33.33
 100 YD. I.M.
 FRANK NEWQUIST 52 PNA 1:20.85

M E N 55-59

50 YD. FREE
 DAVID DRUM 55 SDSM 27.52
 CAL LANGFORD 59 SQM 32.50
 DAN NELLIS 59 SQM 34.14
 TOM FOLEY 56 PNA 36.83

100 YD. FREE
 DAVID DRUM 55 SDSM 1:01.48
 CAL LANGFORD 59 SQM 1:18.01
 DAN NELLIS 59 SQM 1:18.29

200 YD. FREE
 DAVID DRUM 55 SDSM 2:30.17
 DAN NELLIS 59 SQM 3:07.43

50 YD. BRST
 TOM FOLEY 56 PNA 45.67

50 YD. FLY
 DAVID DRUM 55 SDSM 29.37
 TOM FOLEY 56 PNA 41.51

100 YD. FLY
 TOM FOLEY 56 PNA 1:38.94

M E N 60-64

50 YD. FREE
 BENNIE DOTSON 62 PNA 35.27

100 YD. FREE
 BENNIE DOTSON 62 PNA 1:19.69

50 YD. BRST
 RUSSELL HAWKES 60 SQM 39.26
 BENNIE DOTSON 62 PNA 42.41

100 YD. BRST
 RUSSELL HAWKES 60 SQM 1:32.17

200 YD. BRST
 RUSSELL HAWKES 60 SQM 3:17.28

50 YD. FLY
 WATSON LAWRENCE 63 SQM 1:03.26

100 YD. FLY
 WATSON LAWRENCE 63 SQM 2:35.44

200 YD. FLY
 WATSON LAWRENCE 63 SQM 5:54.42

100 YD. I.M.
 BENNIE DOTSON 62 PNA 1:41.05

M E N 70-74

50 YD. FREE
 ROBERT LITTLEJOHN 71 SQM 43.42

100 YD. FREE
 ROBERT LITTLEJOHN 71 SQM 1:42.11

200 YD. FREE
 ROBERT LITTLEJOHN 71 SQM 3:55.16

500 YD. FREE
 ROBERT LITTLEJOHN 71 SQM 10:53.63

200 YD. BRST
 GERALD HUESTIS 70 ORE 3:31.76

M E N 80-84

50 YD. FREE
 JIM PENFIELD 82 PNA 39.88

50 YD. BACK

JIM PENFIELD 82 PNA 53.40

50 YD. BRST
 JIM PENFIELD 82 PNA 51.87

50 YD. FLY
 JIM PENFIELD 82 PNA 52.81

100 YD. I.M.
 JIM PENFIELD 82 PNA 1:54.92

RELAYS-WOMEN 200 YD. FREE

45 +

CYNTHIA ROSIK 57 PNA 2:39.58

MURIEL FLYNN 67

MARILYN SNARSKI 55

ANN GINDROZ 52

RELAYS-M E N 200 YD. FREE

35 +

ED PHILLIPS 43 SQM 2:11.72

NICK PARRY 46

DAN NELLIS 59

CAL LANGFORD 59

RELAYS-M E N 200 YD. MEDLEY

35 +

ROBERT WATKINS 48 PNA 2:07.03

TONY SAMPLE 39

BOB SPENCER 38

CHRIS GOLIAN 40

ED PHILLIPS 43 SQM 3:01.29

RUSSELL HAWKES 60

WATSON LAWRENCE 63

NICK PARRY 46

RELAYS-MIXED 200 YD. FREE

35 +

YVONNE YOKOTA 37 SQM 2:06.10

ED PHILLIPS 43

SALLY PARRY 46

NICK PARRY 46

55 +

WATSON LAWRENCE 63 SQM 3:23.75

NANCY LAWRENCE 67

PAT NELLIS 56

ROBERT LITTLEJOHN 71

RELAYS-MIXED 200 YD. MEDLEY

25 +

LAURIE NICKERSON 30 PNA 2:22.65

FRANK NEWQUIST 52

HUGH MOORE 36
 JANE MOORE 38

35 +

YVONNE YOKOTA 37 SQM 2:26.44

RUSSELL HAWKES 60

ED PHILLIPS 43

SALLY PARRY 46