

POULSBO
 11-18-89
 SHORT COURSE YARDS
 P = P.N.A. RECORD
 R = REGIONAL RECORD
 N = NATIONAL RECORD
 W = WORLD RECORD
 U = UNOFFICAL TIME (1 WATCH)

 WOMEN 25-29

50 YD. FREE
 ALLISON BEEZER 27 PNA 30.66
 C.SCIGLIBAGLIO 29 PNA 31.77
 CHERYL ELINSKY 27 PNA 34.07
 100 YD. FREE
 MARY HAMILTON 26 PNA 1:05.58
 200 YD. FREE
 MARY HAMILTON 26 PNA 2:22.65
 JACKIE KIMPTON 27 PNA 2:30.00
 500 YD. FREE
 KAREN JOST 28 PNA 6:12.19
 JACKIE KIMPTON 27 PNA 6:32.24
 CHERYL ELINSKY 27 PNA 7:09.69
 1650 YD. FREE
 JACKIE KIMPTON 27 PNA 23:47.65
 DONNA LANDREVILLE 27 PNA 24:05.79
 100 YD. BACK
 SUSAN KULSA 27 PNA 1:15.46
 200 YD. BACK
 KAREN JOST 28 PNA 2:38.07
 SUSAN KULSA 27 PNA 2:39.32
 JACKIE KIMPTON 27 PNA 2:59.26
 50 YD. BRST
 SUZIE NESS 27 PNA 40.30
 C.SCIGLIBAGLIO 29 PNA 44.90
 ALYSOUN BOND 28 PNA 49.75
 100 YD. BRST
 SUZIE NESS 27 PNA 1:27.38 U
 50 YD. FLY
 SUZIE NESS 27 PNA 33.02
 SUSAN KULSA 27 PNA 34.05
 ALLISON BEEZER 27 PNA 34.65
 CHERYL ELINSKY 27 PNA 38.86
 100 YD. FLY
 SUZIE NESS 27 PNA 1:13.92
 100 YD. I.M.
 SUZIE NESS 27 PNA 1:15.65
 MARY HAMILTON 26 PNA 1:18.04
 CHERYL ELINSKY 27 PNA 1:25.45
 ALYSOUN BOND 28 PNA 1:38.34
 200 YD. I.M.
 CHERYL ELINSKY 27 PNA 3:09.43
 400 YD. I.M.
 KAREN JOST 28 PNA 5:26.05

 WOMEN 30-34

50 YD. FREE
 PAM PURVIS 30 PNA 30.80

PEG LOVELLFORD 34 PNA 33.69
 100 YD. FREE
 DEBORAH LADD 30 PNA 1:00.38
 PAM PURVIS 30 PNA 1:08.44
 200 YD. FREE
 PAM PURVIS 30 PNA 2:28.08
 REGAN HAINES 33 PNA 2:42.19
 500 YD. FREE
 PAM PURVIS 30 PNA 6:48.27
 REGAN HAINES 33 PNA 7:15.24
 TERRI ANNE WARD 33 PNA 7:33.84
 PEG LOVELLFORD 34 PNA 7:56.16
 50 YD. BACK
 RUTH CONRAD 32 PNA 38.04
 REGAN HAINES 33 PNA 44.53
 50 YD. BRST
 RUTH CONRAD 32 PNA 37.91
 100 YD. BRST
 RUTH CONRAD 32 PNA 1:25.48
 TERRI ANNE WARD 33 PNA 1:34.14
 200 YD. BRST
 TERRI ANNE WARD 33 PNA 3:22.75
 50 YD. FLY
 DEBORAH LADD 30 PNA 29.94
 RUTH CONRAD 32 PNA 33.09
 PEG LOVELLFORD 34 PNA 37.87
 100 YD. FLY
 DEBORAH LADD 30 PNA 1:07.86
 REGAN HAINES 33 PNA 1:38.18
 100 YD. I.M.
 DEBORAH LADD 30 PNA 1:09.84
 REGAN HAINES 33 PNA 1:28.52
 TERRI ANNE WARD 33 PNA 1:28.83
 PEG LOVELLFORD 34 PNA 1:33.45

 WOMEN 35-39

50 YD. FREE
 MARILYN GRINDROD 37 PNA 29.76
 BEVERLY SORTLAND 36 PNA 45.54
 500 YD. FREE
 JANE MOORE 39 PNA 7:29.77
 50 YD. BACK
 MARILYN GRINDROD 37 PNA 37.13
 BEVERLY SORTLAND 36 PNA 54.10
 100 YD. BACK
 MARILYN GRINDROD 37 PNA 1:22.88
 BEVERLY SORTLAND 36 PNA 1:56.61
 50 YD. BRST
 MARILYN GRINDROD 37 PNA 39.15
 100 YD. FLY
 JANE MOORE 39 PNA 1:49.93
 100 YD. I.M.
 MARILYN GRINDROD 37 PNA 1:20.00
 JANE MOORE 39 PNA 1:30.67
 200 YD. I.M.
 JANE MOORE 39 PNA 3:21.23
 400 YD. I.M.
 JANE MOORE 39 PNA 7:03.60

 WOMEN 40-44

50 YD. FREE
 JANE SWANSON 40 PNA 32.63
 MARY WATERS 43 MACO 1:06.45
 100 YD. FREE
 JANE SWANSON 40 PNA 1:13.54
 200 YD. FREE
 ROBERTA MOORE 42 PNA 2:52.70
 500 YD. FREE
 KATE SUTHERLAND 41 PNA 7:41.65
 ROBERTA MOORE 42 PNA 7:51.47
 MARY WATERS 43 MACO 14:50.55
 1650 YD. FREE
 KATHRINE CASEY 41 PNA 21:58.20
 50 YD. BACK
 ROBERTA MOORE 42 PNA 45.35
 50 YD. BRST
 MAGI HARRIS 43 PNA 42.42
 MARY WATERS 43 MACO 1:23.21
 100 YD. BRST
 MAGI HARRIS 43 PNA 1:31.66
 ROBERTA MOORE 42 PNA 1:35.78
 200 YD. BRST
 MAGI HARRIS 43 PNA 3:11.10
 50 YD. FLY
 JANE SWANSON 40 PNA 38.76
 KATE SUTHERLAND 41 PNA 41.88
 100 YD. I.M.
 JANE SWANSON 40 PNA 1:23.68
 MAGI HARRIS 43 PNA 1:28.72
 ROBERTA MOORE 42 PNA 1:32.57
 400 YD. I.M.
 KATE SUTHERLAND 41 PNA 6:49.88

 WOMEN 45-49

100 YD. FREE
 FRANCESCA DRUM 48 SDSM 1:19.67
 50 YD. BRST
 FRANCESCA DRUM 48 SDSM 43.26
 100 YD. BRST
 FRANCESCA DRUM 48 SDSM 1:32.37 U
 200 YD. BRST
 FRANCESCA DRUM 48 SDSM 3:17.57

 WOMEN 50-54

50 YD. FREE
 ANN GINDROZ 51 PNA 36.53
 CAROL ANNING 51 PNA 46.88
 100 YD. FREE
 CAROL ANNING 51 PNA 1:31.00
 200 YD. FREE
 CAROL ANNING 51 PNA 3:19.73
 500 YD. FREE
 ANN GINDROZ 51 PNA 8:16.97
 50 YD. BACK
 ANN GINDROZ 51 PNA 47.70 U
 50 YD. BRST

ANN GINDROZ 51 PNA 47.17
 CAROL ANNING 51 PNA 57.69
 50 YD. FLY
 ANN GINDROZ 51 PNA 46.52
 100 YD. I.M.
 CAROL ANNING 51 PNA 1:58.99 U

WOMEN 55-59

100 YD. FREE
 JOY ROSS 56 PNA 1:29.06
 200 YD. FREE
 JOY ROSS 56 PNA 3:05.34
 MARIANNE VAN DIJK 56 OREG 4:21.96
 500 YD. FREE
 CYNTHIA ROSIK 56 PNA 7:48.19 U
 JOY ROSS 56 PNA 7:57.17
 50 YD. BACK
 MARIANNE VAN DIJK 56 OREG 52.92 U
 100 YD. BACK
 MARIANNE VAN DIJK 56 OREG 1:59.83
 200 YD. BACK
 JOY ROSS 56 PNA 3:30.96
 MARIANNE VAN DIJK 56 OREG 4:10.26
 50 YD. BRST
 CYNTHIA ROSIK 56 PNA 51.29
 50 YD. FLY
 CYNTHIA ROSIK 56 PNA 55.93
 100 YD. I.M.
 JOY ROSS 56 PNA 1:42.93

WOMEN 65-69

50 YD. FREE
 MURIEL FLYNN 66 PNA 38.91
 MAXINE CARLSON 69 PNA 49.89
 100 YD. FREE
 MAXINE CARLSON 69 PNA 1:53.34
 200 YD. FREE
 MARION CHADWICK 68 PNA 4:11.01
 500 YD. FREE
 MARION CHADWICK 68 PNA 10:35.08
 1650 YD. FREE
 MARION CHADWICK 68 PNA 35:44.65
 50 YD. BACK
 JULIA MORRISH 66 PNA 52.54
 100 YD. BACK
 MAXINE CARLSON 69 PNA 2:00.30
 JULIA MORRISH 66 PNA 2:03.60
 MARION CHADWICK 68 PNA 2:38.56
 200 YD. BACK
 JULIA MORRISH 66 PNA 4:20.97
 50 YD. BRST
 MURIEL FLYNN 66 PNA 50.18
 50 YD. FLY
 MARION CHADWICK 68 PNA 1:28.89
 100 YD. I.M.
 MURIEL FLYNN 66 PNA 1:44.18
 MAXINE CARLSON 69 PNA 2:11.34

WOMEN 75-79

50 YD. FREE
 MARY MCMAHON 76 PNA 54.52
 MARION MUELLER 77 PNA 1:05.85
 100 YD. FREE
 MARY MCMAHON 76 PNA 2:02.11
 LEE HOLM 75 PNA 2:10.14
 MARION MUELLER 77 PNA 2:23.30
 200 YD. FREE
 MARY MCMAHON 76 PNA 4:14.77 R
 LEE HOLM 75 PNA 4:22.84
 MARION MUELLER 77 PNA 5:07.21
 500 YD. FREE
 MARY MCMAHON 76 PNA 10:53.11 U
 LEE HOLM 75 PNA 11:26.63
 50 YD. BACK
 MARY MCMAHON 76 PNA 1:11.38
 100 YD. BACK
 LEE HOLM 75 PNA 2:22.29
 200 YD. BACK
 LEE HOLM 75 PNA 5:12.53

M E N 19-24

500 YD. FREE
 JOHN CROWLEY 23 PNA 5:56.65
 100 YD. BRST
 JOHN CROWLEY 23 PNA 1:15.01
 200 YD. BRST
 JOHN CROWLEY 23 PNA 2:34.77
 100 YD. FLY
 JOHN CROWLEY 23 PNA 1:10.49
 400 YD. I.M.
 JOHN CROWLEY 23 PNA 5:10.74 U

M E N 25-29

50 YD. FREE
 RICK NICHOLS 25 PNA 24.06
 MICHAEL JACOBS 25 PNA 25.41
 BRUCE MIXAN 25 PNA 26.43
 MARCIO FAJARDO 28 PNA 27.22
 ROBERT POSCH 27 PNA 29.50
 100 YD. FREE
 RICK NICHOLS 25 PNA 54.33
 LARRY DEGROEN 28 PNA 56.67
 MICHAEL JACOBS 25 PNA 57.11 U
 MIKE JONES 29 PNA 57.26
 MARCIO FAJARDO 28 PNA 59.92
 200 YD. FREE
 GEOFFREY ANDERSON 29 PNA 1:57.59
 TOM SHERRY 28 PNA 2:00.08
 BOB RANKIN 29 PNA 2:04.32
 MICHAEL JACOBS 25 PNA 2:05.25
 MIKE JONES 29 PNA 2:07.88
 500 YD. FREE
 STEVE SCHMIDT 27 PNA 5:02.61
 GEOFFREY ANDERSON 29 PNA 5:20.07
 BOB RANKIN 29 PNA 5:35.26

PAUL SHERMAN 26 PNA 5:37.55
 MIKE JONES 29 PNA 5:45.81
 MARCIO FAJARDO 28 PNA 6:21.45

1650 YD. FREE
 GEOFFREY ANDERSON 29 PNA 19:18.60
 BOB RANKIN 29 PNA 19:28.30

50 YD. BACK
 ROBERT POSCH 27 PNA 34.47
 100 YD. BACK
 RICK NICHOLS 25 PNA 1:06.41
 BRUCE MIXAN 25 PNA 1:09.40
 ROBERT POSCH 27 PNA 1:10.37

200 YD. BACK
 LARRY DEGROEN 28 PNA 2:22.05
 ROBERT POSCH 27 PNA 2:36.69

50 YD. BRST
 ROBERT POSCH 27 PNA 37.00

200 YD. BRST
 LARRY DEGROEN 28 PNA 2:33.55

50 YD. FLY
 RICK NICHOLS 25 PNA 26.84
 PAUL SHERMAN 26 PNA 28.01
 MARCIO FAJARDO 28 PNA 31.71

100 YD. FLY
 STEVE SCHMIDT 27 PNA 55.32
 PAUL SHERMAN 26 PNA 1:00.93

200 YD. FLY
 STEVE SCHMIDT 27 PNA 2:04.20

100 YD. I.M.
 TOM SHERRY 28 PNA 59.63
 GEOFFREY ANDERSON 29 PNA 1:00.74
 PAUL SHERMAN 26 PNA 1:03.82
 BRUCE MIXAN 25 PNA 1:08.92

200 YD. I.M.
 PAUL SHERMAN 26 PNA 2:19.74
 RICK NICHOLS 25 PNA 2:32.70
 MARCIO FAJARDO 28 PNA 2:42.64

400 YD. I.M.
 STEVE SCHMIDT 27 PNA 4:29.45
 GEOFFREY ANDERSON 29 PNA 4:50.03
 LARRY DEGROEN 28 PNA 4:55.29

M E N 30-34

50 YD. FREE
 GREG MILLER 32 PNA 28.66
 PAUL PLEVICH 33 PNA 28.91
 JOHN HORMAN 32 PNA 29.40

100 YD. FREE
 ALLEN HATCHEL 31 PNA 56.77
 MARK SHIMADA 31 PNA 57.23
 GREG MILLER 32 PNA 1:04.15

200 YD. FREE
 STEVE SCHUFREIDER 33 PNA 1:57.17
 GREG MILLER 32 PNA 2:22.66 U

500 YD. FREE
 STEVE SCHUFREIDER 33 PNA 5:20.10
 CLIFTON WARD 33 PNA 5:45.98
 GEORGE UNRUH 31 PNA 5:53.95
 1650 YD. FREE

CLIFTON WARD	33 PNA	20:57.45
100 YD. BACK		
JOHN ZELL	32 OREG	1:02.04
ALLEN HATCHEL	31 PNA	1:05.38
MIKE CROCKETT	30 PNA	1:13.40
JONATHAN IVES	31 PNA	1:13.70
200 YD. BACK		
JOHN ZELL	32 OREG	2:17.19
GEORGE UNRUH	31 PNA	2:27.36
50 YD. BRST		
STEVE SCHUFREIDER	33 PNA	31.47
WILLIAM RAYNOLDS	33 PNA	32.11
PAUL PLEVICH	33 PNA	36.95
JOHN HORMAN	32 PNA	37.73
100 YD. BRST		
STEVE SCHUFREIDER	33 PNA	1:09.54
WILLIAM RAYNOLDS	33 PNA	1:13.11
JONATHAN IVES	31 PNA	1:16.61
200 YD. BRST		
GEORGE UNRUH	31 PNA	2:35.61
MARK SHIMADA	31 PNA	2:49.28
50 YD. FLY		
ALLEN HATCHEL	31 PNA	27.35
PAUL PLEVICH	33 PNA	32.69
JOHN HORMAN	32 PNA	33.22
100 YD. FLY		
ALLEN HATCHEL	31 PNA	1:02.61
MARK SHIMADA	31 PNA	1:05.71
JONATHAN IVES	31 PNA	1:07.09
MIKE CROCKETT	30 PNA	1:08.56
100 YD. I.M.		
CLIFTON WARD	33 PNA	1:02.37
MIKE CROCKETT	30 PNA	1:05.06
WILLIAM RAYNOLDS	33 PNA	1:10.24
GREG MILLER	32 PNA	1:13.50
200 YD. I.M.		
CLIFTON WARD	33 PNA	2:19.25
400 YD. I.M.		
CLIFTON WARD	33 PNA	4:57.70 U
GEORGE UNRUH	31 PNA	5:03.76
JONATHAN IVES	31 PNA	5:29.20

M E N 35-39

50 YD. FREE		
RICHARD PETERSON	38 PNA	23.50
DAVID SCHMALZ	35 PNA	24.05
BOB BUSK	35 PNA	25.24
DAVID WILSON	38 PNA	32.82
ROCKY PHOENIX	35 PNA	32.83
BRUCE LOMAX	38 PNA	35.94
100 YD. FREE		
RICHARD PETERSON	38 PNA	52.96
DAVID SCHMALZ	35 PNA	55.10
ROCKY PHOENIX	35 PNA	1:19.69
BRUCE LOMAX	38 PNA	1:26.21
200 YD. FREE		
DAVID WILSON	38 PNA	2:53.64
ROCKY PHOENIX	35 PNA	2:53.73
BRUCE LOMAX	38 PNA	3:07.26

500 YD. FREE		
HUGH MOORE	35 PNA	5:53.05
JEFF WNUK	35 PNA	6:11.32
BOBBY GALLEGOS	39 PNA	6:45.58
ROCKY PHOENIX	35 PNA	8:09.39
1650 YD. FREE		
WAYNE METHNER	36 PNA	21:43.24
JEFF WNUK	35 PNA	21:51.95 U
BOBBY GALLEGOS	39 PNA	23:22.85
RONALD HIMSCHOOT	39 PNA	24:28.27 U
50 YD. BACK		
DAVID STERN	39 PNA	32.43
ROCKY PHOENIX	35 PNA	48.47
BRUCE LOMAX	38 PNA	54.24
100 YD. BACK		
DAVID SCHMALZ	35 PNA	1:09.86
DAVID STERN	39 PNA	1:10.43
MIKE KRATTLI	39 PNA	1:11.32
200 YD. BACK		
BOBBY GALLEGOS	39 PNA	3:25.41
50 YD. BRST		
DAVID WILSON	38 PNA	37.14
100 YD. BRST		
BOB BUSK	35 PNA	1:13.43
DAVID WILSON	38 PNA	1:26.42
200 YD. BRST		
WAYNE METHNER	36 PNA	2:31.72
50 YD. FLY		
DAVID SCHMALZ	35 PNA	27.50
BOBBY GALLEGOS	39 PNA	31.52
100 YD. FLY		
HUGH MOORE	35 PNA	1:01.84
200 YD. FLY		
WAYNE METHNER	36 PNA	2:23.83
100 YD. I.M.		
RICHARD PETERSON	38 PNA	1:02.53
HUGH MOORE	35 PNA	1:04.84
BRUCE LOMAX	38 PNA	1:53.15
200 YD. I.M.		
HUGH MOORE	35 PNA	2:26.25 U
400 YD. I.M.		
HUGH MOORE	35 PNA	5:02.87
WAYNE METHNER	36 PNA	5:14.86
BOBBY GALLEGOS	39 PNA	6:19.00
HAROLD JOHANSON	39 PNA	6:25.57

M E N 40-44

50 YD. FREE		
JOEL ANDREWS	40 PNA	28.11
RICH FOLSOM	44 PNA	31.35
100 YD. FREE		
FRANK WARNER	40 PNA	53.91
STEVE PETERSON	43 PNA	1:01.23
RICH FOLSOM	44 PNA	1:08.84
200 YD. FREE		
FRANK WARNER	40 PNA	1:58.61
STEVE BARRETT	42 OREG	2:03.60
500 YD. FREE		
FRED LEATHERMAN	42 PNA	5:38.56

STEVE BARRETT	42 OREG	5:42.17
BRIAN LANGLAIS	44 PNA	6:28.31
1650 YD. FREE		
FRANK WARNER	40 PNA	19:21.32
STEVE BARRETT	42 OREG	20:36.01
STEVE PETERSON	43 PNA	21:51.61
50 YD. BACK		
FRANK WARNER	40 PNA	28.99
JOEL ANDREWS	40 PNA	34.31
100 YD. BACK		
BRIAN LANGLAIS	44 PNA	1:15.56
200 YD. BACK		
FRANK WARNER	40 PNA	2:17.33
BRIAN LANGLAIS	44 PNA	2:48.63
50 YD. BRST		
STEVE PETERSON	43 PNA	31.90
RICK STAFFORD	42 PNA	32.53
RICH FOLSOM	44 PNA	40.72
100 YD. BRST		
RICK STAFFORD	42 PNA	1:12.04
STEVE PETERSON	43 PNA	1:13.19
200 YD. BRST		
RICK STAFFORD	42 PNA	2:35.08
STEVE PETERSON	43 PNA	2:39.48
BRIAN LANGLAIS	44 PNA	3:24.09
50 YD. FLY		
FRED LEATHERMAN	42 PNA	27.34
STEVE BARRETT	42 OREG	30.72
JOEL ANDREWS	40 PNA	31.29
100 YD. FLY		
FRED LEATHERMAN	42 PNA	1:00.56
100 YD. I.M.		
JOEL ANDREWS	40 PNA	1:10.83
400 YD. I.M.		
FRED LEATHERMAN	42 PNA	5:07.24

M E N 45-49

50 YD. FREE		
BOB GRIFFITH	47 PNA	30.17
100 YD. FREE		
BOB GRIFFITH	47 PNA	1:09.62
200 YD. FREE		
ERIC HUTCHINSON	47 PNA	2:14.16
500 YD. FREE		
ERIC HUTCHINSON	47 PNA	6:08.91
50 YD. BRST		
BOB GRIFFITH	47 PNA	43.47
50 YD. FLY		
BOB GRIFFITH	47 PNA	35.78
100 YD. I.M.		
ERIC HUTCHINSON	47 PNA	1:10.14
BOB GRIFFITH	47 PNA	1:24.15
200 YD. I.M.		
ERIC HUTCHINSON	47 PNA	2:35.95
400 YD. I.M.		
WALT REID	49 PNA	5:56.97

M E N 50-54

50 YD. FREE
 JACK LYNCH 54 PNA 42.72
 ROLLIE ROBERTS 54 PNA 43.56
 100 YD. FREE
 DAVE DRUM 54 SDSM 1:02.19
 ROLLIE ROBERTS 54 PNA 1:38.34
 JACK LYNCH 54 PNA 1:52.09
 200 YD. FREE
 DAVE DRUM 54 SDSM 2:21.79
 ROLLIE ROBERTS 54 PNA 3:19.15
 JACK LYNCH 54 PNA 3:52.24
 500 YD. FREE
 ROLLIE ROBERTS 54 PNA 8:45.34
 JACK LYNCH 54 PNA 10:14.38
 50 YD. BACK
 JACK LYNCH 54 PNA 55.80
 100 YD. BRST
 MARVIN WOOD 54 PNA 1:26.05
 50 YD. FLY
 DAVE DRUM 54 SDSM 30.71
 100 YD. I.M.
 MARVIN WOOD 54 PNA 1:21.78
 ROLLIE ROBERTS 54 PNA 1:59.55

M E N 55-59

50 YD. FREE
 BOB DORSE 58 PNA 27.27
 LEO VAN DIJK 56 OREG 30.64
 BARRY LAWRENCE 57 PNA 31.15
 100 YD. FREE
 BOB DORSE 58 PNA 1:02.48
 BARRY LAWRENCE 57 PNA 1:10.01
 TOM FOLEY 55 PNA 1:26.97
 200 YD. FREE
 LEO VAN DIJK 56 OREG 2:35.71
 500 YD. FREE
 BARRY LAWRENCE 57 PNA 8:21.09
 50 YD. BACK
 LEO VAN DIJK 56 OREG 41.87
 100 YD. BACK
 TOM FOLEY 55 PNA 1:37.51
 50 YD. FLY
 BOB DORSE 58 PNA 34.09
 100 YD. FLY
 TOM FOLEY 55 PNA 1:38.07
 100 YD. I.M.
 LEO VAN DIJK 56 OREG 1:23.75
 TOM FOLEY 55 PNA 1:30.39

M E N 65-69

50 YD. FREE
 RUSSELL KNUDSEN 67 PNA 44.26
 50 YD. BRST
 RUSSELL KNUDSEN 67 PNA 48.99
 100 YD. BRST
 RUSSELL KNUDSEN 67 PNA 1:58.68
 100 YD. I.M.
 RUSSELL KNUDSEN 67 PNA 1:55.25

M E N 80-84

50 YD. FREE
 JIM PENFIELD 81 PNA 38.04
 200 YD. FREE
 JIM PENFIELD 81 PNA 3:44.33
 100 YD. I.M.
 JIM PENFIELD 81 PNA 1:48.16

RELAYS-WOMEN 200 YD. FREE

25 +
 KATE SUTHERLAND 41 PNA 2:02.48
 SUSAN KULSA 27
 DONNA LANDREVILLE 27
 DEBORAH LADD 30

PAM PURVIS 30 PNA 2:08.20
 REGAN HAINES 33
 CHERYL ELINSKY 27
 SUZIE NESS 27

45 +
 ANN GINDROZ 51 PNA 2:40.15
 CYNTHIA ROSIK 56
 CAROL ANNING 51
 MURIEL FLYNN 66

RELAYS-WOMEN 200 YD. MEDLEY

25 +
 JACKIE KIMPTON 27 PNA 2:26.10
 C. SCIGLIBAGLIO 29
 SUZIE NESS 27
 PAM PURVIS 30

REGAN HAINES 33 PNA 2:41.06
 ALYSOUN BOND 28
 ALLISON BEEZER 27
 CHERYL ELINSKY 27

RELAYS-M E N 200 YD. FREE

19 +
 MARK SHIMADA 31 PNA 1:45.62
 JOHN CROWLEY 23
 ALLEN HATCHEL 31
 PAUL SHERMAN 26

25 +
 RICHARD PETERSON 38 PNA 1:34.71
 STEVE SCHUFREIDER 33
 RICK NICHOLS 25
 STEVE SCHMIDT 27
 WAYNE METHNER 36 PNA 1:42.16
 JONATHAN IVES 31

LARRY DEGROEN 28
 GEOFFREY ANDERSON 29

JOEL ANDREWS 40 PNA 1:54.27
 JOHN HORMAN 32
 MARCIO FAJARDO 28
 BRUCE MIXAN 25

35 +
 MIKE OLEARY 37 PNA 2:10.18
 RICH FOLSOM 44
 BOB GRIFFITH 47
 ROLLIE ROBERTS 54

RELAYS-M E N 200 YD. MEDLEY

19 +
 ALLEN HATCHEL 31 PNA 1:50.83
 JOHN CROWLEY 23
 STEVE SCHMIDT 27
 PAUL SHERMAN 26

25 +
 RICK NICHOLS 25 PNA 1:51.58
 STEVE SCHUFREIDER 33
 MARK SHIMADA 31
 RICHARD PETERSON 38

35 +
 RUSSELL KNUDSEN 67 PNA 2:26.97
 RICK STAFFORD 42
 DAVID STERN 39
 BARRY LAWRENCE 57

BOB GRIFFITH 47 PNA 2:33.93
 RICH FOLSOM 44
 WAYNE METHNER 36
 ROLLIE ROBERTS 54

RELAYS-MIXED 200 YD. FREE

25 +
 MIKE CROCKETT 30 PNA 1:55.68
 RUTH CONRAD 32
 KAREN JOST 28
 BRIAN LANGLAIS 44

MIKE KRATTLI 39 PNA 1:58.94
 PEG LOVELLFORD 34
 TERRI ANNE WARD 33
 BOB BUSK 35

DAVID STERN 39 PNA 1:59.29
 JANE SWANSON 40
 JACKIE KIMPTON 27
 RICK STAFFORD 42

RELAYS-MIXED 200 YD. MEDLEY

25 +

MARILYN GRINDROD	37 PNA	2:12.52
STEVE PETERSON	43	
CLIFTON WARD	33	
ROBERTA MOORE	42	

GEORGE UNRUH	31 PNA	2:15.51
TERRI ANNE WARD	33	
BOB BUSK	35	
PEG LOVELLFORD	34	

35 +

MARVIN WOOD	54 PNA	2:48.18 U
MAGI HARRIS	43	
JOY ROSS	56	
JACK LYNCH	54	