

PNA MASTERS SWIM MEET
 RED SHIELD, SEATTLE, WA.
 OCTOBER 11, 1975

* PNA RECORD

WOMEN 20-24

50 Yd. Free
 Nancy Holmes :30.0
 Mary Lou Smith :30.4

100 Yd. Free
 Nancy Holmes 1:07.3
 Mary Lou Smith 1:10.4

200 Yd. Free
 Lori Lakshas 2:24.9

500 Yd. Free
 Nancy Holmes 6:57.7*

50 Yd. Back
 Mary Lou Smith :37.0

50 Yd. Breast
 Mary Lou Smith :41.6

50 Yd. Fly
 Vikki Davis :32.2
 Nancy Holmes :35.3

100 Yd. Fly
 Vikki Davis 1:14.4

100 Yd. I.M.
 Nancy Holmes 1:16.7
 Lori Lakshas 1:17.4

200 Yd. I.M.
 Vikki Davis 2:45.4

WOMEN 25-29

50 Yd. Free
 Jan Castle :33.5
 Carolyn Moore :34.3

100 Yd. Free
 Bobbie Shuford 1:10.3
 Carolyn Moore 1:17.6

200 Yd. Free
 Bobbie Shuford 2:29.1
 Becky Shuford 2:43.0
 Carolyn Moore 2:53.6

500 Yd. Free
 Bobbie Shuford 6:47.9

100 Yd. Back
 Becky Shuford 1:28.1

50 Yd. Breast
 Jan Castle :46.7

100 Yd. Fly
 Carolyn Moore 1:32.9

100 Yd. I.M.
 Becky Shuford 1:24.4
 Jan Castle 1:28.5

WOMEN 30-34

50 Yd. Free
 Peggy Smothers :29.6
 Sue Henderson :35.3

100 Yd. Free
 Peggy Smothers 1:05.6
 Sue Henderson 1:21.0
 Mary McElroy 1:31.1

500 Yd. Free
 Sue Henderson 9:45.8
 Mary McElroy 9:47.1

50 Yd. Back
 Sue Henderson :47.5

100 Yd. Back
 Marilyn Oaks 1:47.8

200 Yd. Back
 Marilyn Oaks 3:47.6

50 Yd. Breast
 Carol Miller :46.4
 Mary McElroy :55.5

100 Yd. Breast
 Carol Miller 1:45.1
 Marilyn Oaks 2:14.7

WOMEN 35-39

50 Yd. Free
 Jill Lakin :35.5
 Emily Blahous :37.0
 Karen Kohler :37.4

100 Yd. Free
 Jill Lakin 1:21.8
 Karen Kohler 1:22.2

200 Yd. Free
 Jean Abrams 3:01.8
 Emily Blahous 3:14.1

500 Yd. Free
 Jean Abrams 7:51.0
 Susan Dearborn 9:39.3

50 Yd. Back
 Yvonne Brehan :51.5

100 Yd. Back
 Yvonne Brehan 1:56.5

50 Yd. Breast
 Susan Dearborn :48.6

100 Yd. Breast
 Karen Kohler 1:45.2

200 Yd. Breast
 Susan Dearborn 4:02.1

50 Yd. Fly
 Jean Abrams :37.4
 Susan Dearborn :47.2

100 Yd. I.M.
 Karen Kohler 1:33.2
 Susan Dearborn 1:41.5

WOMEN 40-44

50 Yd. Free
 Shirley Lehman :33.9*
 Janet Twilight :46.2

100 Yd. Free
 Shirley Lehman 1:21.4
 Jean Snyder 1:34.8
 Denna Wilson 1:41.8

200 Yd. Free
 Janet Sims 3:19.9
 Jean Snyder 3:23.5

50 Yd. Back
 Norma McKinney :42.7

100 Yd. Back
 Norma McKinney 1:33.1

200 Yd. Back
 Norma McKinney 3:15.9

50 Yd. Breast
 Janet Twilight :48.7
 Denna Wilson :51.0

WOMEN 40-44 CONT.

<u>100 Yd. Breast</u>	
Denna Wilson	1:54.1
<u>200 Yd. Breast</u>	
Janet Sims	3:57.6
<u>50 Yd. Fly</u>	
Shirley Lehman	:44.6
Janet Twilight	:51.1
<u>100 Yd. I.M.</u>	
Shirley Lehman	1:35.2

WOMEN 45-49

<u>50 Yd. Free</u>	
Mary Monsen	:40.0
Lois Keller	:41.4
Jean Rumney	:42.5
<u>100 Yd. Free</u>	
Pat Dotson	1:21.0
Mary Monsen	1:31.6
Lois Keller	1:32.6

<u>200 Yd. Free</u>	
Lois Keller	3:34.7
Jean Rumney	3:44.4

<u>500 Yd. Free</u>	
Pat Dotson	7:51.1*

<u>100 Yd. Breast</u>	
Pat Dotson	1:41.5*

<u>200 Yd. Breast</u>	
Pat Dotson	3:43.0*

WOMEN 55-59

<u>50 Yd. Free</u>	
Helen Eldred	:59.0

<u>50 Yd. Back</u>	
Maxine Carlson	:50.9

<u>100 Yd. Back</u>	
Helen Eldred	2:20.4

<u>50 Yd. Breast</u>	
Maxine Carlson	:50.9

MEN 20-24

<u>50 Yd. Free</u>	
Kim McCoy	:25.3
Brian Olds	:29.2

<u>100 Yd. Free</u>	
Kim McCoy	:56.0

<u>200 Yd. Free</u>	
Kim McCoy	2:16.4
John Steiner	2:22.6
Wally Hampton	4:15.0

<u>500 Yd. Free</u>	
John Steiner	6:47.0
Wally Hampton	11:42.6

<u>50 Yd. Fly</u>	
Kim McCoy	:27.0
Brian Olds	:33.3

<u>100 Yd. Fly</u>	
Kim McCoy	1:11.9

MEN 25-29

<u>500 Yd. Free</u>	
Bill Holiday	6:20.9
Russ Hall	7:03.0

<u>50 Yd. Breast</u>	
Bill Holiday	:35.7

<u>200 Yd. I.M.</u>	
Russ Hall	3:55.2

MEN 30-34

<u>50 Yd. Free</u>	
Jim Miles	:24.6
Bob Jacobs	:26.5

<u>200 Yd. Free</u>	
Bob Jacobs	2:18.6

<u>50 Yd. Breast</u>	
Jack Miller	:32.7

<u>100 Yd. Breast</u>	
Jack Miller	1:17.4

<u>200 Yd. Breast</u>	
Jack Miller	2:57.0

<u>50 Yd. Fly</u>	
Ed Bruce	:26.6
Jack Miller	:30.8
John Okerman	:31.4

* PNA RECORD

<u>100 Yd. Fly</u>	
John Okerman	1:16.4

<u>200 Yd. I.M.</u>	
Ed Bruce	2:41.6
John Okerman	3:00.5

<u>400 Yd. I.M.</u>	
Bob Jacobs	5:30.6
Jack Miller	5:58.9

MEN 35-39

<u>50 Yd. Free</u>	
Ray Jeffries	:30.4

<u>100 Yd. Fly</u>	
Me1 McElroy	:56.7

<u>200 Yd. Free</u>	
Me1 McElroy	2:08.2*

<u>500 Yd. Free</u>	
Me1 McElroy	5:54.3*

<u>50 Yd. Back</u>	
Glenn Aldrich	:34.4
Leroy Williams	:55.5

<u>100 Yd. Back</u>	
Glenn Aldrich	1:17.8

<u>200 Yd. Back</u>	
Glenn Aldrich	3:08.6

<u>50 Yd. Breast</u>	
Ed Tusnadi	:39.2

<u>100 Yd. Breast</u>	
Ed Tusnadi	1:27.2

<u>50 Yd. Fly</u>	
Leroy Williams	:46.2

<u>100 Yd. I.M.</u>	
Glenn Aldrich	1:37.6

<u>400 Yd. I.M.</u>	
Me1 McElroy	5:42.7*

MEN 40-44

<u>200 Yd. Free</u>	
John Ofstad	3:03.0
Bill Rule	3:34.5

MEN 40-44 CONT.

* PNA RECORD

500 Yd. Free
 D. B. Roberts 7:57.0
 John Ofstad 8:12.1
 Bill Rule 10:19.2

100 Yd. Back
 D. B. Roberts 1:15.8
 Tom Foley 1:36.1

200 Yd. Back
 D. B. Roberts 2:57.0
 Tom Foley 3:22.6

100 Yd. Fly
 Tom Foley 1:53.8

100 Yd. I.M.
 Tom Foley 1:40.9

200 Yd. I.M.
 Tom Foley 3:35.9

MEN 45-49

50 Yd. Free
 Jim Burton :36.0
 Donn Wells :44.4

100 Yd. Free
 Jim Burton 1:33.5
 Donn Wells 1:48.0

50 Yd. Back
 Jim Burton :54.6

100 Yd. Back
 Donn Wells 2:24.0

50 Yd. Breast
 Donn Wells :56.9

100 Yd. Breast
 Donn Wells 2:25.7

MEN 50-54

200 Yd. Free
 Charles McIntyre 2:51.4*

500 Yd. Free
 Charles McIntyre 7:49.4

50 Yd. Back
 Charles McIntyre :38.4*

100 Yd. Back
 Charles McIntyre 1:26.6*

200 Yd. Back
 Charles McIntyre 3:18.7*

MEN 60-64

50 Yd. Free
 Eugene Caddey :32.0

100 Yd. Free
 Eugene Caddey 1:15.7*
 Art Erickson 1:21.9

200 Yd. Free
 Eugene Caddey 3:00.3

500 Yd. Free
 Eugene Caddey 8:28.0

100 Yd. Back
 Art Erickson 2:00.7

50 Yd. Fly
 Art Erickson :54.2

200 Yd. I.M.
 Art Erickson 4:26.7

MEN 65-69

50 Yd. Free
 Ed Underhill :41.4

50 Yd. Back
 Ed Underhill 1:00.3*

50 Yd. Breast
 Ed Underhill :50.0*

RELAYS

WOMEN

200 Yd. Free Relay
20 & UP
 Red Shield Tigers 2:03.0
 (Moore, Lakshas, Smothers, Castle)

35 & UP
 Newport Hills 2:32.0
 (Blahaus, Sims, Kohler, Lakin)

Red Shield Tigers 2:32.8
 (Wilson, Abrams, Snyder, Lehman)

45 & UP
 Red Shield Tigers 3:48.7
 (Carlson, Monsen, Rumney, Keller)

200 Yd. Medley Relay
20 & UP
 Red Shield Tigers 2:37.1
 (Moore, Smothers, Lakshas, Castle)

35 & UP
 Red Shield Tigers 2:51.1
 (McKinney, Lehman, Abrams, Brehan)

Newport Hills 3:07.2
 (Sims, Lakin, Kohler, Blahaus)

45 & UP
 Red Shield Tigers 3:09.1
 (Keller, Carlson, Monsen, Rumney)

200 Yd. Mixed Relay
 Freestyle

25 & UP
 Samena Swim Club 2:55.6
 (Okerman, Henderson, McElroy, Tusnadi)

MEN

200 Yd. Free Relay
20 & UP
 DOWNTOWN "Y" 1:44.3*
 (Holiday, McCoy, Miles, Steiner)

35 & UP
 Lake Union Elks 2:06.7
 (Adams, Miller, Koruga, Jeffries)

200 Yd. Medley Relay
Exhibition 2:56.1
 (Wells, Roberts, Ofstad, Foley)