

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS AAU  
SWIM MEET RESULTS - Shoreline Pool

~~DEL~~ January 18 & 19, 1976

\*-PNA RECORD

WOMEN		100 Free	50- 54
20-24		Emily Blahous	100 Free
50 Free		1:17.5	Lois Keller 1:31.4
Jayne Gilbert	:29.8	200 Free	Lois Keller
L. Keitges-Adelman	:31.6	Mary Lou Haugland	3:29.3
Cathy Visser	:36.2	50 Back	Lois Keller
Marsha Woodruff	:39.6	Karen Kohler	:48.7
100 Free		1:27.0	Lois Keller
MaryLou Smith	1:05.7	Emily Blahous	1:51.6*
Cathy Visser	1:23.7	200 Back	55 - 59
200 Free		Karen Kohler	100 Free
Nancy Holmes	2:27.4	50 Breast	Maxine Carlson 1:44.3*
Mary Lou Smith	2:34.5	Karen Kohler	500 Free
50 Back		100 Breast	Maxine Carlson 10:26.4
Jayne Gilbert	:33.4*	Emily Blahous	100 Back
100 Back		200 Breast	Maxine Carlson 1:52.4
Mary Lou Smith	1:19.4	Mary Lou Haugland	50 Back
200 Back		50 Fly	Maxine Carlson :53.7
Nancy Holmes	2:50.2	Mary Lou Haugland	100 Breast
50 Breast		100 I.M.	Maxine Carlson 1:57.3
L. Keitges-Adelman	:38.7	Mary Jane Harader	60 - 64
Shannon Baker	:41.4	200 I.M.	50 Free
100 Breast		Karen Kohler	Dawn Musselman :34.5
L. Keitges-Adelman	1:27.4	40- 44	100 Free
Shannon Baker	1:33.1	50 Free	Dawn Musselman 1:20.2
200 Breast		Juanita Correa	50 Back
Shannon Baker	3:27.2	Shirley Lehman	Dawn Musselman :43.2
50 Fly		Rose DeLong	100 Back
Nancy Holmes	:33.4	100 Free	Dawn Musselman 1:36.4
100 I.M.		Juanita Correa	50 Breast
Mary Lou Smith	1:15.6	Shirley Lehman	Dawn Musselman :54.9
L. Keitges-Adelman	1:22.8	Susan Dearborn	
25 - 29		Rose DeLong	
50 Free		500 Free	MEN
Karen Price	:46.9	Juanita Correa	20 - 24
500 Free		50 Back	50 Free
Linda Sadowski	6:55.5	Shirley Lehman	John Highberg :23.2
1650 Free		50 Breast	Brian Holm :23.3
Linda Sadowski	24:26.5	Rose DeLong	Andy Seretan :28.5
100 Breast		100 Breast	200 Free
Linda Sadowski	1:31.9	Juanita Correa	Eric Beam 2:18.2
200 Breast		Susan Dearborn	500 Free
Linda Sadowski	3:19.9	Rose DeLong	Eric Beam 6:04.8
200 I.M.		200 Breast	1650 Free
Linda Sadowski	3:07.5	Susan Dearborn	Eric Beam 22:04.8
30 - 34		50 Fly	50 Back
50 Free		Shirley Lehman	Brian Holm :29.7
Wendy Milner	:30.4	100 I.M.	Andy Seretan :34.9
100 Free		Shirley Lehman	100 Back
Wendy Milner	1:10.7	400 I.M.	Andy Seretan 1:14.1
200 Free		Juanita Correa	Eric Beam 1:20.7
Wendy Milner	2:38.2	45 - 49	200 Back
500 Free		50 Free	Andy Seretan 2:35.4
Birdie Knispel	10:54.7	Pat Dotson	50 Breast
1650 Free		Jean Rumney	John Highberg :29.0
Birdie Knispel	36:20.9	Janet Twilight	Jim Williams :29.8
100 Back		Rosi Latta	Mike Kennewick :32.8
Deanna Petre	1:37.5	500 Free	100 Breast
50 Breast		Janet Twilight	Jim Williams 1:06.7
Deanna Petre	:45.3	100 Breast	100 Fly
Birdie Knispel	:51.9	Janet Twilight	Don Williams 1:00.96
100 Breast		50 Fly	100 I.M.
Deanna Petre	1:38.6	Jean Rumney	Jim Williams 1:02.5
Birdie Knispel	1:51.6	Rosi Latta	Andy Seretan 1:20.5
50 Fly		100 I.M.	400 I.M.
Wendy Milner	:35.6	Pat Dotson	Eric Beam 5:40.5
100 I.M.		Janet Twilight	25 - 29
Wendy Milner	1:21.7	Jean Rumney	50 Free
35 - 39		Rosi Latta	Thomas Cooper :24.1
50 Free		400 I.M.	Ed Johnson :25.0
Emily Blahous	:35.7	Janet Twilight	Ken Visser :25.4
Mary Jane Harader	:35.9		Jerry Gent :25.7
			John Steiner :27.7
			Wally Hampton :59.6

<u>MEN</u>		200 I.M.	200 Free
<u>25 - 29</u>		Steve Barber	Steve Anson 2:51.4
<u>100 Free</u>		400 I.M.	John Ofstad 3:01.3
Ken Visser	:55.4	Steve Engel	500 Free
Ed Johnson	:56.9	35 - 39	John Ofstad 7:54.2
Jerry Gent	1:00.7	50 Free	1650 Free
John Steiner	1:01.0	Emilio deCardenas	John Ofstad 27:23.2
Wally Hampton	1:53.3	Ray Jeffries	50 Back
<u>200 Free</u>		Jerry Miller	Steve Anson :45.6
Ken Visser	2:08.6	100 Free	100 Back
Roy Herschleb	2:15.3	Bob Thompson	Steve Anson 1:33.0
John Steiner	2:20.9	Tom Long	50 Breast
Jerry Ruthrauff	2:31.5	Ray Jeffries	Winslow Whitman :47.3
Jerry Gent	2:37.3	200 Free	200 Breast
Wally Hampton	4:52.8	Robert Crawley	Tom Taylor 3:07.0*
<u>500 Free</u>		Ray Jeffries	50 - 54
Ken Visser	6:27.5	500 Free	50 Free
Roy Herschleb	6:37.2	Terry Botham	John Staub :30.9
Bob Apter	8:36.8	Terry Hanna	100 Free
<u>1650 Free</u>		Robert Crawley	John Staub 1:10.5*
John Steiner	22:33.9	1650 Free	200 Free
50 Back		Bob Thompson	John Staub 2:54.2
Steve Price	:32.1	Charles Ehlert	500 Free
Ed Johnson	:33.5	Robert Crawley	John Steiner 9:38.1
<u>100 Back</u>		Terry Hanna	1650 Free
Steve Price	1:09.0	50 Back	James Hershey 25:12.6*
<u>50 Breast</u>		Emilio deCardenas	50 Back
Ed Johnson	:34.9	50 Breast	Anton Holm :53.4
Jerry Ruthrauff	:37.5	Armin Arndt	100 Breast
<u>100 Breast</u>		Tom Long	Anton Holm 1:48.5
Ed Johnson	1:17.5	Terry Hanna	55 - 59
Bob Apter	1:24.6	200 Breast	50 Free
<u>200 Breast</u>		Armin Arndt	Robert Miller :32.9
Bob Apter	3:02.1	Tom Long	50 Back
<u>50 Fly</u>		Terry Hanna	Larry Straker :38.1
Thomas Cooper	:26.6	50 Fly	60 - 64
Jerry Ruthrauff	:29.7	Robert Crawley	50 Free
<u>100 Fly</u>		100 I.M.	Bob Musselman :42.7
Jerry Ruthrauff	1:11.8	Armin Arndt	200 Free
<u>100 I.M.</u>		Armin Arndt	John Downey 3:09.3
Thomas Cooper	1:02.6	40 - 44	500 Free
Jerry Gent	1:10.0	50 Free	John Downey 8:46.7
Jerry Ruthrauff	1:13.0	Jim King	1650 Free
Wally Hampton	2:37.9	Kirk Adams	John Downey 30:10.9
<u>30 - 34</u>		100 Free	50 Back
<u>50 Free</u>		Robert Gotshall	Bob Musselman 1:00.5
Harry Lewis	:28.1	200 Free	50 Breast
<u>100 Free</u>		Kirk Adams	Karl Frederick :37.7*
Harry Lewis	1:00.1	Jim King	Bob Musselman :53.3
<u>200 Free</u>		Robert Gotshall	50 Fly
Steve Engel	2:08.4	500 Free	Karl Frederick :36.4*
Harry Lewis	2:13.8	George Krusz	100 Fly
<u>500 Free</u>		1650 Free	Gene Caddey 1:29.2*
Steve Engel	5:45.1	John Allen	100 I.M.
<u>1650 Free</u>		George Krusz	Karl Frederick 1:22.6
Eugene Young	27:20.8	100 Back	200 I.M.
<u>50 Breast</u>		Tom Foley	Gene Caddey 3:04.0*
Jack Miller	:32.4	200 Back	400 I.M.
Jack Mosby	:33.4	Tom Foley	Gene Caddey 6:41.0
Steve Barber	:34.8	200 Breast	65 - 69
<u>100 Breast</u>		Tom Foley	50 Free
Jack Miller	1:16.5	100 I.M.	F. W. Jowett :33.0
<u>200 Breast</u>		Tom Foley	200 Free
Steve Engel	2:38.9	200 I.M.	Art Erickson 2:57.0*
Jack Miller	2:53.5	Tom Foley	50 Back
<u>50 Fly</u>		45 - 49	F. W. Jowett :46.6*
Steve Barber	:28.2	50 Free	100 Back
Steve Engel	:28.3	Steve Anson	Bob Hunter 2:07.0
Jack Miller	:31.4	John Ofstad	200 Back
<u>100 Fly</u>		100 Free	Bob Hunter 4:35.1
Steve Barber	1:09.1	Tom Taylor	50 Breast
<u>100 I.M.</u>		Steve Anson	F. W. Jowett :44.1
Jack Mosby	1:08.8	John Ofstad	Art Erickson 1:02.4
Steve Barber	1:09.0	100 Breast	100 Breast
Harry Lewis	1:13.2	Bob Hunter	3:01.5

MEN  
65 - 69  
50 Fly  
 F. W. Jowett :41.0\*  
 Art Erickson :47.5  
100 I.M.  
 F. W. Jowett 1:33.5\*

R E L A Y S

WOMEN  
200 Free  
20 & Up Elliott Bay Stokers 2:01.2\*  
 M. Smith, C. Main,  
 M. Kirby, N. Holmes  
25 & UP Newport Hills 2:26.1  
 D. Petre, K. Kohler  
 E. Blahous, M. Haugland  
45 & UP Red Shield Tigers 2:45.0  
 J. Rumney, L. Keller,  
 D. Musselman, M. Carlson  
200 Medley Relay  
45 & UP Red Shield Tigers 3:15.9  
 D. Musselman, M. Carlson  
 J. Rumney, L. Keller

MIXED (COED)  
200 Free  
20 & UP Red Shield Tigers 1:50.2  
 C. Ladd, A. Seretan,  
 E. Springer, G. Ladd  
 (2) Elliott Bay Stokers 1:50.9  
 M. Smith, J. Sandoz,  
 N. Holmes, J. Gent  
 (3) Skagit Valley Y  
Chinooks 2:01.2  
 E. Johnson, L. Keitges-Adelman,  
 M. Woodruff, D. Leander  
 (4) (Bellingham Y)  
Claus Meats Inc. 2:09.2  
 K. Price, S. Price,  
 C. Visser, K. Visser  
25 & UP Newport Hills 2:19.9  
 J. Stubbs, E. Blahous,  
 J. King, D. Petre  
35 & UP The Other Team 2:12.9  
 M. Harader, S. Dearborn,  
 K. Adams, R. Jeffries  
 (2) Red Shield Tigers 2:24.3  
 R. DeLong, J. Miller,  
 J. Ofstad, S. Lehman  
55 & UP Red Shield Tigers 3:45.2  
 D. Musselman, M. Carlson,  
 R. Musselman, A. Erickson  
200 Medley Relay  
20 & UP  
 (1) Skagit Valley Y Chinooks 2:13.7  
 J. Gilbert, L. Keitges-Adelman, TIE  
TIE D. Leander, E. deCardenas  
 (1) Red Shield Tigers 2:13.7  
 G. Ladd, C. Ladd,  
 E. Springer, A. Seretan  
 (3) Downtown Y 2:17.1  
 L. Sadowski, S. Baker,  
 M. Kennewick, J. Mosby  
25 & UP Newport Hills 2:37.4  
 J. Stubbs, D. Petre,  
 J. Correa, J. King  
35 & UP The Other Team 2:41.0\*  
 L. Straker, S. Dearborn  
 M. Harader, K. Adams  
 (2) Red Shield Tigers 3:03.2  
 T. Foley, R. DeLong,  
 R. Latta, J. Miller

MEN  
200 Free Relay  
20 & UP Claus Meats Inc. 1:41.9\*  
 R. Hershey, D. Williams  
 J. Ruthrauff, K. Visser  
25 & UP Skagit Valley Y Chinooks  
 E. Johnson, D. Leander 1:49.4  
 E. deCardenas, B. Apter  
35 & UP The Other Team 2:01.4  
 L. Straker, R. Miller  
 R. Jeffries, K. Adams  
 (2) Red Shield Tigers 2:18.2  
 A. Erickson, J. Ofstad  
 T. Foley, J. Miller  
200 Medley Relay  
20 & UP Claus Meats Inc. 1:53.8\*  
 J. Williams, S. Price,  
 D. Williams, K. Visser  
 (2) Red Shield Tigers 2:25.9  
 T. Foley, G. Ladd,  
 A. Seretan, J. Ofstad  
25 & UP Skagit Valley Y Chinooks  
 D. Leander, B. Apter 2:11.5  
 E. deCardenas, E. Johnson

NOTE: Bellingham Y has officially changed their team name to Claus Meats Inc. effective 12/19

-----  
 PNA membership now stands at 155 with many new faces appearing at the meets - which lends an air of mystery to the outcome. Hope that we will keep growing and that the membership will actively participate whenever possible. AAU forms received todate have been submitted to the AAU registrar and we are awaiting the processing. Hope that they will come back for distribution at the Jan. 30th meet. If they are not received I guess we will just all have to write in those famous words "applied for" and if you have not yet returned your form, now is the time as the 1976 cards have expired.

HOPE YOU ALL HAD A MERRY CHRISTMAS AND WILL ENJOY A PROMISING, FRUITFUL AND HEALTHY YEAR in THE NEW ONE "1977"

Watch for soon to arrive SWIM A THON Information on the February event to be held at Helene Madison Pool. The Heart Association intends to give US Masters some publicity to assist in obtaining pledges for laps. Check your local neighborhood news for articles.  
 \* \* \* \* \*