

P.N.A. MASTERS SWIM MEET  
 Shoreline Pool, Seattle, WA  
 January 27, 1980

\* PNA Record

WOMEN 25-29

<u>50 Yd. Free</u>	
Susan Elliot 29	:39.53
<u>100 Yd. Free</u>	
Susan Elliot 29	1:31.92
<u>200 Yd. Free</u>	
Pam Glynn 25	3:58.41
<u>500 Yd. Free</u>	
Pam Glynn 25	10:16.09
<u>50 Yd. Back</u>	
Liz Neils 27	:40.85
Sonja Stenberg 29	:53.40
<u>100 Yd. Back</u>	
Karen Unruh 29	1:15.50
Liz Neils 27	1:25.53
<u>200 Yd. Back</u>	
Karen Unruh 29*	2:44.62
Liz Neils 27	3:03.24
Sonja Stenberg 29	4:14.59
<u>50 Yd. Breast</u>	
Mary Beth Phelan 28	:34.13
Liz Neils 27	:44.73
<u>100 Yd. Breast</u>	
Mary Beth Phelan 28	1:14.83
Liz Neils 27	1:41.42
<u>200 Yd. Breast</u>	
Mary Beth Phelan 28	2:45.93
Sonja Stenberg 29	3:52.60
<u>100 Yd. I. M.</u>	
Karen Unruh 29	1:17.21

WOMEN 30-34

<u>50 Yd. Free</u>	
Donna Burkhart 33	:29.37
Louise Feasel	:31.26
Katherine Crandell 31	:32.09
Dianna Campbell 30	:32.49
<u>100 Yd. Free</u>	
Donna Burkhart 33	1:04.88
Carol Murray 34	1:15.28
Jeanette Rosham 33	1:21.98
<u>200 Yd. Free</u>	
Arlene Justesen 32*	2:20.08
Carol Murray 34	2:47.89
Dianna Campbell 30	2:48.53
Evelyn Williams 30	2:50.50
<u>500 Yd. Free</u>	
Katherine Crandell 31	6:57.88
Arlene Justesen 32	6:65.94
Maureen Williams	8:15.38
<u>50 Yd. Back</u>	
Louise Feasel	:33.10
Donna Burkhart 33	:35.27
Bonnie Gunkel 32	:45.71
Lynda Bloomquist 33	:46.31

100 Yd. Back

Louise Feasel *	1:11.87
Donna Burkhart 33	1:16.68
Evelyn Williams 30	1:22.55
Arlene Justesen 32	1:22.91
Lynda Bloomquist 33	1:42.50
<u>200 Yd. Back</u>	
Louise Feasel *	2:43.94
Evelyn Williams 30	3:11.61
Lynda Bloomquist 33	3:26.27
<u>50 Yd. Breast</u>	
Katherine Crandell 31	:38.74
Arlene Justesen 32	:41.24
Evelyn Williams 30	:42.08
Bonnie Gunkel 32	:44.85
<u>100 Yd. Breast</u>	
Katherine Crandell 31	1:23.91
Jeanette Rosham 33	1:39.32
<u>200 Yd. Breast</u>	
Katherine Crandell 31	3:04.38
Carol Murray 34	3:31.98
Jeanette Rosham 33	3:45.51
<u>50 Yd. Fly</u>	
Janie Sapien 30	:34.96
Dianna Campbell 30	:40.66
<u>100 Yd. I. M.</u>	
Louise Feasel	1:22.00
Arlene Justesen 32	1:23.01
Evelyn Williams 30	1:24.93
Carol Murray 34	1:25.46
Lynda Bloomquist 33	1:40.43
<u>200 Yd. I. M.</u>	
Lynda Bloomquist 33	3:28.01

WOMEN 40-44

<u>50 Yd. Free</u>	
Sue Dearborn 42	:35.00
Florence Miller	:36.17
Carol Craig 42	:41.08
Margie Leskajon 41	:45.81
<u>100 Yd. Free</u>	
Sue Dearborn 42	1:17.66
Florence Miller	1:23.28
<u>200 Yd. Free</u>	
Sue Dearborn 42	2:53.99
Florence Miller	2:56.77
<u>500 Yd. Free</u>	
Chaya Amiad 41	8:52.69
<u>50 Yd. Back</u>	
Florence Miller	:47.40
Margie Leskajon	:55.62
<u>100 Yd. Back</u>	
Chaya Amiad 41	1:35.66
Marietta James 40	1:48.52
<u>200 Yd. Back</u>	
Marietta James 40	3:56.83

50 Yd. Breast

Sue Dearborn 42	:47.10
Chaya Amiad 41	:47.12
<u>100 Yd. Breast</u>	
Chaya Amiad 41	1:42.92
Sue Dearborn 42	1:44.94
<u>100 Yd. Fly</u>	
Chaya Amiad 41	1:43.21
<u>WOMEN 45-49</u>	
<u>50 Yd. Free</u>	
Nadine Whitehall 45*	:32.34
<u>200 Yd. Free</u>	
Marty Dabrock 45	2:57.84
<u>500 Yd. Free</u>	
Nadine Whitehall 45*	7:30.00
Janet Twight 48	8:40.25
<u>50 Yd. Back</u>	
Nadine Whitehall 45	:42.90
Janet Twight 45	:51.36
<u>100 Yd. Back</u>	
Marty Dabrock 45	1:38.80
<u>50 Yd. Breast</u>	
Nadine Whitehall 45*	:43.90
<u>50 Yd. Fly</u>	
Nadine Whitehall 45*	:34.15
<u>100 Yd. I. M.</u>	
Marty Dabrock 45	1:34.08
<u>200 Yd. I. M.</u>	
Janet Twight 48	3:42.44
<u>400 Yd. I. M.</u>	
Janet Twight 48	7:45.53
<u>WOMEN 50-54</u>	
<u>50 Yd. Free</u>	
Maryan Burke 34	:55.30
Laurel Reid 53	:55.82
Marnetta Stratford 54	1:12.05
<u>50 Yd. Back</u>	
Laurel Reid 53	1:02.31
Marnetta Stratford	1:14.54
<u>100 Yd. Back</u>	
Marnetta Stratford	2:46.93
<u>200 Yd. Back</u>	
Maryan Burke 54	4:13.20
Marnetta Stratford	5:52.70
<u>50 Yd. Breast</u>	
Marnetta Stratford	1:53.01
<u>100 Yd. I. M.</u>	
Maryan Burke 54	1st Pl. No Time by Timers
<u>WOMEN 55-59</u>	
<u>50 Yd. Free</u>	
Muriel Flynn 56 *	:40.27
<u>50 Yd. Back</u>	
Muriel Flynn 56	:52.57

<u>50 Yd. Breast</u>		<u>50 Yd. Breast</u>		<u>200 Yd. Breast</u>	
Muriel Flynn 56	:51.12	Steve Randle 25	:33.12	Steve Harrell 32	2:57.04
<u>100 Yd. Breast</u>		Gary Hafer 28	:33.26	<u>50 Yd. Fly</u>	
Muriel Flynn 56	1:54.08	Mark Jaeger 26	:33.33	Pete Klein 31	:27.09
WOMEN 60-64		Dick Hagen 29	:37.25	Allen Fitz 30	:29.92
<u>50 Yd. Free</u>		Rick Ingraham 25	:37.84	Robert Cunningham 32	:31.81
Maxine Carlson 60	:45.93	<u>100 Yd. Breast</u>		Steve Harrell 32	:35.76
<u>100 Yd. Free</u>		Monte Kintner 25	1:06.98	<u>100 Yd. Fly</u>	
Catherine Bye 61	1:57.43	Mark Jaeger 26	1:16.07	Dan Rueff 32	1:03.99
<u>200 Yd. Free</u>		Jerry Ruthrauff 29	1:19.28	<u>100 Yd. I. M.</u>	
Catherine Bye 61	4:19.45	<u>200 Yd. Breast</u>		Steve Harrell 32	1:18.04
<u>50 Yd. Back</u>		Jerry Ruthrauff 29	2:54.35	<u>200 Yd. I. M.</u>	
Maxine Carlson 60	:51.22	<u>50 Yd. Fly</u>		Dan Rueff 32	2:26.58
<u>100 Yd. Breast</u>		Gary Hafer 28	:25.75	Robert Cunningham 32	2:40.88
Maxine Carlson 60	1:55.35	Don Williams 26	:27.37	<u>400 Yd. I. M.</u>	
WOMEN 65-69		Steve Randle 25	:27.40	Dan Rueff 32	5:29.68
<u>50 Yd. Free</u>		Gordon Unruh 27	:27.75	MEN 35-39	
Marion Mueller 67	:56.22	Jerry Ruthrauff 29	:31.40	<u>50 Yd. Free</u>	
<u>200 Yd. Free</u>		<u>100 Yd. Fly</u>		Jim Miles 35	:24.85
Marion Mueller 67	4:35.79	Don Williams 26	1:02.23	Bob Spiger 39	:32.90
<u>50 Yd. Back</u>		Morre Rude 25	1:03.72	<u>100 Yd. Free</u>	
Marion Mueller 67	:51.98	<u>200 Yd. Fly</u>		Bob Spiger 39	1:15.51
<u>100 Yd. Back</u>		Gordon Unruh 27	2:34.80	<u>200 Yd. Free</u>	
Marion Mueller 67	2:03.23	<u>100 Yd. I. M.</u>		Jim Miles 35	2:17.93
<u>200 Yd. Back</u>		Gary Hafer 28	:59.82	Harry Lewis 37	2:26.42
Marion Mueller 67	4:17.12	Steve Randle 25	1:04.19	Bob Spiger 39	2:49.62
MEN 25-29		Gordon Unruh 27	1:06.40	<u>500 Yd. Free</u>	
<u>50 Yd. Free</u>		Rick Ingraham 25	1:07.21	Alan Harrison 36	6:11.58
Steve Randle 25	:24.37	Terry Ludwig 29	1:08.69	Harry Lewis 37	6:21.77
Rick Ingraham 25	:24.70	Jerry Ruthrauff 29	1:16.45	John Countryman 36	8:00.26
Dick Hagen 29	:25.38	<u>200 Yd. I. M.</u>		<u>100 Yd. Back</u>	
Terry Ludwig 29	:25.59	Gary Hafer 28	2:12.11	Robert Remington 35	1:23.25
<u>100 Yd. Free</u>		Steve Randle 25	2:26.56	<u>50 Yd. Breast</u>	
Morre Rude 25	:52.77	<u>400 Yd. I. M.</u>		Jim Miles 35	:32.76
Terry Ludwig 29	:55.51	Eric Beam 27	5:37.80	Alan Harrison 36	:33.28
Pete Carder 28	:57.26	MEN 30-34		<u>100 Yd. Breast</u>	
Rick Ingraham 25	:58.03	<u>50 Yd. Free</u>		Alan Harrison 36	1:12.32
Dick Hagen 29	:59.60	Allen Fitz 30	:25.22	John Countryman 36	1:29.59
Eric Beam 27	1:09.99	Dale Kirkpatrick 33	:27.04	<u>200 Yd. Breast</u>	
<u>200 Yd. Free</u>		Gary Johnson 31	:29.56	Alan Harrison 36	2:45.11
Morre Rude 25	2:01.05	<u>100 Yd. Free</u>		John Countryman 36	3:10.17
Pete Carder 28	2:07.09	Pete Klein 31	:53.89	<u>50 Yd. Fly</u>	
Rick Ingraham 25	2:07.73	Allen Fitz 30	:59.85	Walt Ingram 37	:28.19
<u>500 Yd. Free</u>		Dale Kirkpatrick 33	1:01.22	Jim Miles 35	:29.52
Morre Rude 25	3:37.85#	Tim Wright 32	1:07.34	Robert Remington 35	:36.10
Pete Carder 28	6:10.13	<u>500 Yd. Free</u>		Bob Spiger 39	:42.33
Mark Jaeger 26	6:10.87	Tim Wright 32	7:16.47	<u>100 Yd. Fly</u>	
<u>50 Yd. Back</u>		Allen Fitz 30	7:18.46	Walt Ingram 37	1:02.79
Mark Roehig 29	:33.30	<u>100 Yd. Back</u>		Harry Lewis 37	1:18.67
<u>100 Yd. Back</u>		Dan Rueff 32	1:13.51	<u>200 Yd. Fly</u>	
Gary Hafer 28	1:00.79	Robert Cunningham 32	1:19.10	Harry Lewis 37	3:01.63
Mike Koenig	1:04.93	<u>200 Yd. Back</u>		<u>100 Yd. I. M.</u>	
Mark Roehig 29	1:14.81	Dan Rueff 32	2:38.28	Jim Miles 35	1:05.03
<u>200 Yd. Back</u>		Robert Cunningham 32	2:57.64	Robert Remington 35	1:17.13
Mike Koenig 28	2:30.34	<u>50 Yd. Breast</u>		<u>200 Yd. I. M.</u>	
		Steve Harrell 32	:35.99	Robert Remington 35	2:49.01
		Gary Johnson 31	:38.90		

# Cannot be verified as a record - only one timer..

<u>400 Yd. I. M.</u>		<u>MEN 50-54</u>		<u>500 Yd. Free</u>	
Harry Lewis 37	5:49.34	<u>50 Yd. Free</u>		Bill Odman 60	6:59.01
Robert Remington 35	6:14.05	John Koruga 53	:30.61	<u>50 Yd. Back</u>	
<u>MEN 40-44</u>		Steve Anson 51	:35.01	Fred Wiggin 64	:39.37
<u>50 Yd. Free</u>		James Mason 54	:39.33	<u>100 Yd. Back</u>	
Don Ruckman 43	:27.25	<u>100 Yd. Free</u>		Fred Wiggin 64	1:26.55
Jim Dukelow 40	:28.96	John Koruga 53	1:09.33	<u>200 Yd. Back</u>	
Dale White 43	:30.58	James Mason 54	1:38.08	Fred Wiggin 64	3:06.27
George Roberts 41	:31.21	<u>200 Yd. Free</u>		<u>50 Yd. Fly</u>	
<u>100 Yd. Free</u>		Steve Anson 51	3:03.71	Bill Odman 60	:35.90
Don Ruckman 43	1:02.78	James Mason 54	4:04.22	<u>200 Yd. I. M.</u>	
Dale White 43	1:06.79	<u>500 Yd. Free</u>		Fred Wiggin 64	3:12.86
Jim Dukelow 40	1:08.13	Steve Anson 51	8:35.13	<u>MEN 65-69</u>	
George Roberts 41	1:14.00	Winslow Whitman 50	9:48.85	<u>50 Yd. Free</u>	
<u>200 Yd. Free</u>		<u>50 Yd. Back</u>		Gene Crossett 66	:32.79
Dale White 43	2:32.04	Bill Castner 52	:38.05	Karl Frederick 65	:33.77
<u>500 Yd. Free</u>		<u>100 Yd. Back</u>		George Eldridge 67	:48.90
Dale White 43	7:00.69	Bill Castner 52	1:28.89	<u>100 Yd. Free</u>	
<u>50 Yd. Back</u>		<u>50 Yd. Breast</u>		Gene Crossett 66	1:19.79
Jim Dukelow 40	:35.70	Winslow Whitman 50	:42.12	George Eldridge 67	1:52.20
Don Ruckman 43	:36.97	Steve Anson 51	:44.69	<u>200 Yd. Free</u>	
<u>50 Yd. Fly</u>		<u>100 Yd. Breast</u>		Gene Crossett 66	3:04.77
Jim Dukelow 40	:31.44	Winslow Whitman 50	1:38.35	George Eldridge 67	4:06.99
Don Ruckman 43	:33.37	James Mason 54	1:59.60	<u>500 Yd. Free</u>	
<u>100 Yd. I. M.</u>		<u>50 Yd. Fly</u>		Gene Crossett 66	8:25.87
Don Ruckman 43	1:13.08	John Koruga 53	:39.11	George Eldridge 67	11:03.94
<u>MEN 45-49</u>		Bill Castner 52	:42.25	<u>50 Yd. Back</u>	
<u>50 Yd. Free</u>		<u>100 Yd. I. M.</u>		Eugene Caddey 66	:42.03
Robert Dorse 48	:26.29	John Koruga 53	1:26.03	<u>200 Yd. Back</u>	
Jim Sherrod 49	:27.55	James Mason 54	2:01.65	Gene Caddey 66	3:37.17
Joseph Opferman 45	:36.33	<u>MEN 55-59</u>		<u>50 Yd. Breast</u>	
<u>100 Yd. Free</u>		<u>50 Yd. Free</u>		Karl Frederick 65*	:39.91
Robert Dorse 48	1:00.64	James Worrel 57	:31.99	George Eldridge 67	1:08.00
Jim Sherrod 49	1:02.19	David Stone 55	:33.84	<u>100 Yd. Breast</u>	
Joseph Opferman 45	1:27.43	<u>100 Yd. Free</u>		Karl Frederick 65	1:31.11
<u>500 Yd. Free</u>		David Stone 55	1:17.30	<u>50 Yd. Fly</u>	
Tom Taylor 49	:48.91	James Worrel 57	1:18.33	Karl Frederick 65	:38.35
<u>50 Yd. Back</u>		<u>200 Yd. Free</u>		<u>200 Yd. Fly</u>	
Jim Sherrod 49	:42.90	David Stone 55	2:55.98	Gene Caddey 66	3:35.71
Tom Foley 45	:43.59	Aubrey Dodd 57	3:21.39	<u>100 Yd. I. M.</u>	
<u>100 Yd. Back</u>		<u>100 Yd. Back</u>		Karl Frederick 65	1:27.07
Tom Foley 45	1:33.48	Aubrey Dodd 57	1:44.55	<u>400 Yd. I. M.</u>	
<u>100 Yd. Breast</u>		<u>50 Yd. Breast</u>		Gene Caddey 66	7:11.41
Tom Taylor 49	1:20.60	James Worrel 57	:40.78	<u>MEN 75-79</u>	
<u>200 Yd. Breast</u>		<u>100 Yd. Breast</u>		<u>50 Yd. Free</u>	
Tom Taylor 49	2:57.07	James Worrel 57	1:30.26	John Robinson 76	:41.36
<u>50 Yd. Fly</u>		Aubrey Dodd 57	1:54.07	<u>100 Yd. Free</u>	
Jim Sherrod 49	:36.88	<u>100 Yd. I. M.</u>		John Robinson	1:40.72
Tom Foley 45	:40.48	James Worrel 57	1:31.38	<u>RELAYS - WOMEN 200 Yd. Free</u>	
<u>100 Yd. I. M.</u>		Aubrey Dodd 57	1:42.59	<u>25+</u>	
Tom Foley 45	1:27.92	<u>MEN 60-64</u>		PNA-L M. Dabrock	2:32.35
<u>400 Yd. I. M.</u>		<u>50 Yd. Free</u>		S. Balugot	
Tom Foley 45	6:47.70	Bill Odman 60	:29.78	M. James	
		<u>100 Yd. Free</u>		F. Miller	
		Bill Odman 60	1:07.78	PNA-P J. Rashau	2:59.02
				M. Flynn	
				M. Leskajan	
				L. Reid	

<u>RELAYS - WOMEN, 200 Yd. Medley</u>		<u>200 Yd. Free</u>	<u>100 Yd. I. M.</u>
<u>25+</u>		Pam Alley 21	Rick Lipscomb 20
PNA "E" M. Flynn	3:25.39	<u>500 Yd. Free</u>	Ed Ramsey 23
M. Leskajan		Kiko Kimura	Steve Roberts 21
J. Roshan		<u>50 Yd. Back</u>	
L. Reid		Kristi Barnson 22	
PNA "L" M. James	2:41.01	Marlene Holmes 24	<u>RELAYS - WOMEN, 200 Free</u>
M. Phelan		<u>50 Yd. Breast</u>	<u>20+</u>
M. Dabrock		Lori Williamson 20	TST Linda, Karen
F. Miller		<u>50 Yd. Fly</u>	Lori, Dianne
<u>RELAYS - MEN, 200 Yd. Free</u>		Kristi Barnson 22	<u>RELAYS - WOMEN, 200 Medley</u>
<u>25+</u>		Marlene Holmes 24	<u>20+</u>
PNA "L" G. Hafer	1:39.13	<u>100 Yd. I. M.</u>	TST Linda, Karen
P. Carder		Pam Alley 21	Dianne, Lori
T. Ludwig		Kristi Barnson 22	<u>RELAYS - MEN, 200 Free</u>
A. Fitz		Lori Williamson 20	<u>20+</u>
PNA "C" D. Rueff	1:47.52	<u>200 Yd. I. M.</u>	PNA "M" W. Ingram
A. Harrison		Lori Williamson 20	D. Williams
R. Cunningham		<u>MEN 20-24</u>	M. Treat
J. Miles		<u>50 Yd. Free</u>	R. Lipscomb
PNA "D" S. Harrell	1:57.10	Rick Lipscomb 20	TST Bill, Mark
P. Krug		James Shelton 24	George, Gordon
D. Kirkpatrick		Ed Ramsey 23	PNA "F" M. Koenig
B. Spiger		Steve Roberts 21	D. Sawhill
<u>RELAYS - MEN, 200 Yd. Medley</u>		Bill Wilson 20	S. Roberts
<u>25+</u>		<u>100 Yd. Free</u>	W. Whitman
PNA "L" G. Hafer	2:02.39	Rick Lipscomb 20	<u>RELAYS - MEN, 200 Medley</u>
T. Ludwig		Steve Roberts 21	<u>20+</u>
A. Fitz		Paul Krug 23	PNA "M" M. Treat
P. Carder		<u>200 Yd. Free</u>	J. Williams
PNA "D" D. Kirkpatrick	2:27.42	Ed Ramsey 23	R. Lipscomb
S. Harrell		Paul Krug 23	W. Ingram
P. Krug		<u>500 Yd. Free</u>	TST Bill, Mark
B. Spiger		Bill Wilson 20	Gordon, George
<u>RELAYS - MIXED, 200 Yd. Free</u>		Paul Krug 23	PNA "E" J. Sherrod
<u>25+</u>		<u>50 Yd. Back</u>	S. Randle
PNA "L" M. Dabrock		Rick Lipscomb 20	R. Ingraham
K. Crandell		Matt Treat 22	M. Rude
A. Fitz		<u>100 Yd. Back</u>	<u>RELAYS - MIXED, 200 Free</u>
T. Ludwig		Matt Treat 22	<u>20+</u>
<u>35+</u>		<u>50 Yd. Breast</u>	TST Lori, Bill
PNA "E" M. Flynn	2:40.18	James Shelton 24	Karen, Mark
L. Reid		Jim Williams 23	PNA "E" R. Ingraham
J. Sherrod		Mark Souza 22	J. Roshan
D. Stone		Steve Roberts 21	M. Leskajan
		Ed Ramsey 23	S. Randle
<u>WOMEN 20-24</u>		<u>100 Yd. Breast</u>	Relays cannot be listed in
<u>50 Yd. Free</u>		Jim Williams 23	the results if the Event Entry
Kristi Barnson	:29.53	James Shelton 24	Card is not clearly made out
Pam Alley 21	:30.20	Steve Roberts 21	with: <u>First &amp; last name</u> of
Lori Williamson 20	:31.98	<u>200 Yd. Breast</u>	swimmer - age and the relay
Marlene Holmes 24	:37.97	Jim Williams 23	age group and team name.
<u>100 Yd. Free</u>		James Shelton 24	
Marlene Holmes 24	1:35.53	<u>50 Yd. Fly</u>	
Pam Alley 21	1:06.68	Rick Lipscomb 20	
		James Shelton 24	
		Ed Ramsey 23	