

S.KITSAP

03-11-90

SHORT COURSE YARDS

P = P.N.A. RECORD

R = REGIONAL RECORD

N = NATIONAL RECORD

W = WORLD RECORD

U = UNOFFICAL TIME (1 WATCH)

WOMEN 19-24

100 YD. BACK

SHARON WILSON 23 PNA 1:06.14

200 YD. BACK

SHARON WILSON 23 PNA 2:33.31

50 YD. FLY

SHARON WILSON 23 PNA 29.69

100 YD. I.M.

SHARON WILSON 23 PNA 1:06.78
-----WOMEN 25-29

50 YD. FREE

MARY HAMILTON 26 PNA 29.77

ANNE WARING 29 PNA 34.16

100 YD. FREE

MARY HAMILTON 26 PNA 1:03.88

200 YD. FREE

ROXANNE CARLTON 25 PNA 2:06.57

MARY HAMILTON 26 PNA 2:19.32

SHARON LYDA-RENZ 27 PNA 2:48.77

500 YD. FREE

ROXANNE CARLTON 25 PNA 5:37.86

SHARON LYDA-RENZ 27 PNA 8:00.05

100 YD. BACK

SHARON LYDA-RENZ 27 PNA 1:38.75

100 YD. BRST

ANNE WARING 29 PNA 1:29.66

50 YD. FLY

ANNE WARING 29 PNA 37.90

100 YD. FLY

ROXANNE CARLTON 25 PNA 1:04.59

SHARON LYDA-RENZ 27 PNA 1:36.84

100 YD. I.M.

MARY HAMILTON 26 PNA 1:15.15

ANNE WARING 29 PNA 1:27.53

SHARON LYDA-RENZ 27 PNA 1:28.07

200 YD. I.M.

ROXANNE CARLTON 25 PNA 2:23.19
-----WOMEN 30-34

50 YD. FREE

KAREN WOLF 33 HSKY 33.11

DEBORAH ADDLEMAN 34 PNA 33.29

JANE LEVY 34 PNA 35.92

100 YD. FREE

KATHLEEN KRESGE 31 PNA 1:07.38

LYNN DEE WATKINS 33 PNA 1:08.74

200 YD. FREE

LYNN DEE WATKINS 33 PNA 2:26.66

KAREN WOLF 33 HSKY 2:33.00

500 YD. FREE

KATHLEEN KRESGE 31 PNA 6:56.28

50 YD. BACK

DEBBIE BENNETT 31 PNA 33.52

DEBORAH ADDLEMAN 34 PNA 41.26

JANE LEVY 34 PNA 44.00

100 YD. BACK

DEBBIE BENNETT 31 PNA 1:11.81

KATHLEEN KRESGE 31 PNA 1:29.48

200 YD. BACK

KIKO KIMURA 34 HSKY 2:46.62

200 YD. BRST

KIKO KIMURA 34 HSKY 3:02.06

50 YD. FLY

KAREN WOLF 33 HSKY 39.00

100 YD. FLY

LYNN DEE WATKINS 33 PNA 1:14.64

KAREN WOLF 33 HSKY 1:25.32

200 YD. FLY

KIKO KIMURA 34 HSKY 2:51.24

100 YD. I.M.

DEBBIE BENNETT 31 PNA 1:12.99

LYNN DEE WATKINS 33 PNA 1:17.90

KATHLEEN KRESGE 31 PNA 1:23.44

200 YD. I.M.

KIKO KIMURA 34 HSKY 2:38.61

DEBBIE BENNETT 31 PNA 2:38.87

LYNN DEE WATKINS 33 PNA 2:52.80

KATHLEEN KRESGE 31 PNA 2:59.95
-----WOMEN 35-39

50 YD. FREE

JULIE GALLICHOTTE 35 PNA 30.39

JANE MOORE 39 PNA 34.54

BEVERLY SORTLAND 36 PNA 44.75

100 YD. FREE

JULIE GALLICHOTTE 35 PNA 1:12.04

500 YD. FREE

JANE MOORE 39 PNA 7:35.57

50 YD. BACK

JANE MOORE 39 PNA 43.63

BEVERLY SORTLAND 36 PNA 53.47

100 YD. BACK

BEVERLY SORTLAND 36 PNA 1:57.49

50 YD. BRST

JANE MOORE 39 PNA 47.40

100 YD. BRST

BEVERLY SORTLAND 36 PNA 2:10.86
-----WOMEN 40-44

50 YD. FREE

JANE SWANSON 41 PNA 33.52

LINDA HARMON 43 PNA 35.53

500 YD. FREE

TERRI HIGHLAND 43 PNA 7:08.62

50 YD. BACK

CATHERINE BROOKS 41 DAM 38.07

TERRI HIGHLAND 43 PNA 39.12

100 YD. BACK

CATHERINE BROOKS 41 DAM 1:21.22

200 YD. BACK

CATHERINE BROOKS 41 DAM 2:50.76

DIANE TIMMONS 40 PNA 2:53.10

50 YD. BRST

JANE SWANSON 41 PNA 42.28

LINDA HARMON 43 PNA 44.07

100 YD. BRST

JANE SWANSON 41 PNA 1:32.08

50 YD. FLY

DIANE TIMMONS 40 PNA 32.79

TERRI HIGHLAND 43 PNA 36.81

JANE SWANSON 41 PNA 37.82

200 YD. FLY

TERRI HIGHLAND 43 PNA 3:01.88

DIANE TIMMONS 40 PNA 3:02.97

100 YD. I.M.

TERRI HIGHLAND 43 PNA 1:20.93

JANE SWANSON 41 PNA 1:24.40

LINDA HARMON 43 PNA 1:33.73

200 YD. I.M.

CATHERINE BROOKS 41 DAM 2:52.10
-----WOMEN 45-49

50 YD. FREE

DINA FRIEDMAN 45 PNA 38.32

NANCY BAGEANT 45 PNA 39.19

100 YD. FREE

DINA FRIEDMAN 45 PNA 1:27.79

NANCY BAGEANT 45 PNA 1:30.89

50 YD. FLY

DINA FRIEDMAN 45 PNA 44.32

100 YD. I.M.

DINA FRIEDMAN 45 PNA 1:42.09
-----WOMEN 55-59

50 YD. BACK

JANET KAVADAS 58 PNA 54.09

CYNTHIA ROSIK 57 PNA 1:04.01

50 YD. BRST

JANET KAVADAS 58 PNA 54.80

100 YD. BRST

JANET KAVADAS 58 PNA 1:58.16

200 YD. BRST

CYNTHIA ROSIK 57 PNA 4:08.30

100 YD. FLY

JANET KAVADAS 58 PNA 2:03.63

CYNTHIA ROSIK 57 PNA 2:09.50

100 YD. I.M.

JANET KAVADAS 58 PNA 1:54.28
-----WOMEN 60-64

50 YD. FREE

LIZ CAMPBELL 62 PNA 47.13

100 YD. FREE
LIZ CAMPBELL 62 PNA 1:47.51
100 YD. BACK
LIZ CAMPBELL 62 PNA 2:14.43

WOMEN 65-69

50 YD. FREE
JULIA MORRISH 66 PNA 45.02
500 YD. FREE
MURIEL FLYNN 67 PNA 8:38.42
MARION CHADWICK 68 PNA 10:19.25
50 YD. BACK
JULIA MORRISH 66 PNA 50.70
100 YD. BACK
JULIA MORRISH 66 PNA 1:54.16
50 YD. BRST
MARION CHADWICK 68 PNA 1:17.16
200 YD. BRST
MURIEL FLYNN 67 PNA 3:49.59
50 YD. FLY
MARION CHADWICK 68 PNA 1:35.90
100 YD. I.M.
MARION CHADWICK 68 PNA 2:31.91
200 YD. I.M.
MARION CHADWICK 68 PNA 5:39.92

WOMEN 70-74

50 YD. FREE
MAXINE CARLSON 70 PNA 50.60
200 YD. FREE
MAXINE CARLSON 70 PNA 3:55.79
50 YD. BACK
MAXINE CARLSON 70 PNA 57.79
100 YD. I.M.
MAXINE CARLSON 70 PNA 2:10.34

WOMEN 75-79

100 YD. FREE
LEE HOLM 75 PNA 2:10.12
200 YD. FREE
LEE HOLM 75 PNA 4:32.04
500 YD. FREE
LEE HOLM 75 PNA 11:29.34
100 YD. BACK
LEE HOLM 75 PNA 2:25.70
200 YD. BACK
LEE HOLM 75 PNA 5:07.68

M E N 25-29

50 YD. FREE
DAVID WRIGHT 25 PNA 24.78
MICHAEL JACOBS 25 PNA 26.55
100 YD. FREE
MICHAEL JACOBS 25 PNA 58.32
200 YD. FREE
TOM SHERMAN 26 PNA 2:02.16

MICHAEL JACOBS 25 PNA 2:06.67
100 YD. BACK
STEVE SCHMIDT 27 PNA 1:03.26
200 YD. BACK
STEVE SCHMIDT 27 PNA 2:16.49
50 YD. BRST
TOM SHERMAN 26 PNA 31.42
100 YD. BRST
STEVE SCHMIDT 27 PNA 1:09.14
TOM SHERMAN 26 PNA 1:09.37
50 YD. FLY
DAVID WRIGHT 25 PNA 26.06
100 YD. I.M.
STEVE SCHMIDT 27 PNA 58.75
DAVID WRIGHT 25 PNA 59.88
TOM SHERMAN 26 PNA 1:01.80
200 YD. I.M.
TOM SHERMAN 26 PNA 2:17.99

M E N 30-34

50 YD. FREE
MARK APPLEBY 31 PNA 23.35
CURTIS TROUPE 33 PNA 25.03
PAUL PLEVICH 34 PNA 29.01
GREG MILLER 33 PNA 29.83
100 YD. FREE
MARK APPLEBY 31 PNA 53.18
STEPHEN FREEBORN 34 PNA 53.26
GREG MILLER 33 PNA 1:05.98
200 YD. FREE
MARK APPLEBY 31 PNA 1:58.92
CURTIS TROUPE 33 PNA 2:02.97
STEVEN SIMS 33 PNA 2:14.95
500 YD. FREE
CURTIS TROUPE 33 PNA 5:48.01
STEVEN SIMS 33 PNA 6:06.56
GREG MILLER 33 PNA 6:42.58
100 YD. BACK
JOHN ZELL 33 OREG 1:02.54
STEVEN SIMS 33 PNA 1:21.62
200 YD. BACK
JOHN ZELL 33 OREG 2:18.82
50 YD. BRST
MARK APPLEBY 31 PNA 30.51
CURTIS TROUPE 33 PNA 35.42
GREG MILLER 33 PNA 37.30
50 YD. FLY
STEPHEN FREEBORN 34 PNA 25.80
PAUL PLEVICH 34 PNA 31.89
100 YD. FLY
STEPHEN FREEBORN 34 PNA 58.06
100 YD. I.M.
STEPHEN FREEBORN 34 PNA 1:01.50
MARK APPLEBY 31 PNA 1:03.79
GREG MILLER 33 PNA 1:13.62
PAUL PLEVICH 34 PNA 1:14.87
200 YD. I.M.
STEPHEN FREEBORN 34 PNA 2:19.26

M E N 35-39

50 YD. FREE
SCOTT LEWIS 39 PNA 28.71
ROCKY PHOENIX 35 PNA 31.33
BRUCE LOMAX 38 PNA 35.13
100 YD. FREE
SCOTT LEWIS 39 PNA 1:07.14
ROCKY PHOENIX 35 PNA 1:14.57
BRUCE LOMAX 38 PNA 1:23.63
200 YD. FREE
MICHAEL MARRONE 36 PNA 2:03.95
ROCKY PHOENIX 35 PNA 2:44.95
500 YD. FREE
MICHAEL MARRONE 36 PNA 5:24.86
HUGH MOORE 35 PNA 5:42.82
GREGORY HARRISON 38 PNA 6:20.30
50 YD. BACK
DAVID STERN 39 PNA 31.54
ROCKY PHOENIX 35 PNA 49.78
BRUCE LOMAX 38 PNA 57.43
100 YD. BACK
DAVID STERN 39 PNA 1:10.63
MICHAEL EVANS 35 PNA 1:12.29
BRUCE LOMAX 38 PNA 1:54.60
50 YD. BRST
MICHAEL EVANS 35 PNA 34.21
100 YD. BRST
GREGORY HARRISON 38 PNA 1:05.55
200 YD. BRST
GREGORY HARRISON 38 PNA 2:20.55
50 YD. FLY
HUGH MOORE 35 PNA 28.08
MICHAEL EVANS 35 PNA 29.62
SCOTT LEWIS 39 PNA 36.35
100 YD. FLY
HUGH MOORE 35 PNA 1:01.90
MICHAEL MARRONE 36 PNA 1:09.52
200 YD. FLY
HUGH MOORE 35 PNA 2:17.10
100 YD. I.M.
MICHAEL EVANS 35 PNA 1:06.50
MICHAEL MARRONE 36 PNA 1:09.69
DAVID STERN 39 PNA 1:10.99
BRUCE LOMAX 38 PNA 1:52.31
200 YD. I.M.
GREGORY HARRISON 38 PNA 2:17.80
MICHAEL EVANS 35 PNA 2:25.44
MICHAEL MARRONE 36 PNA 2:29.07

M E N 40-44

50 YD. FREE
FOREST BROOKS 42 PNA 46.53
100 YD. FREE
STEVE PETERSON 43 PNA 1:00.16
200 YD. FREE
FRANK WARNER 41 PNA 1:59.29
500 YD. FREE
FRANK WARNER 41 PNA 5:19.76 P

GORDON GRAY 44 PNA 6:44.36
FOREST BROOKS 42 PNA 10:18.22

50 YD. BACK
CLIFF ANDERSON 41 PNA 34.10

100 YD. BACK
CLIFF ANDERSON 41 PNA 1:12.13
STEVE PETERSON 43 PNA 1:17.92
FOREST BROOKS 42 PNA 2:27.65

200 YD. BACK
CLIFF ANDERSON 41 PNA 2:34.13
GORDON GRAY 44 PNA 2:52.83

100 YD. BRST
STEVE PETERSON 43 PNA 1:12.38

100 YD. FLY
STEVE PETERSON 43 PNA 1:12.04

100 YD. I.M.
STEVE PETERSON 43 PNA 1:06.89

M E N 45-49

50 YD. FREE
JAMES MILES 45 PNA 26.65

100 YD. FREE
MICHAEL MC KINLAY 46 PNA 1:00.00
JAMES MILES 45 PNA 1:00.81

ROBERT WATKINS 48 PNA 1:03.05

200 YD. FREE
JAMES MILES 45 PNA 2:18.06
ROBERT WATKINS 48 PNA 2:23.48

500 YD. FREE
ROBERT WATKINS 48 PNA 6:23.70
JAMES MILES 45 PNA 6:26.94

50 YD. BACK
MICHAEL MC KINLAY 46 PNA 30.80

100 YD. BACK
MICHAEL MC KINLAY 46 PNA 1:05.83

200 YD. BACK
MICHAEL MC KINLAY 46 PNA 2:27.32

50 YD. FLY
MICHAEL MC KINLAY 46 PNA 30.72

100 YD. I.M.
JAMES MILES 45 PNA 1:10.12
ROBERT WATKINS 48 PNA 1:18.15

200 YD. I.M.
ROBERT WATKINS 48 PNA 2:50.41

M E N 50-54

50 YD. FREE
MILES YANICK 54 PNA 33.13

100 YD. FREE
MILES YANICK 54 PNA 1:17.45

500 YD. FREE
FRANK NEWQUIST 52 PNA 6:44.77

50 YD. FLY
FRANK NEWQUIST 52 PNA 32.58

200 YD. FLY
FRANK NEWQUIST 52 PNA 3:01.30

100 YD. I.M.
FRANK NEWQUIST 52 PNA 1:19.24

M E N 55-59

50 YD. FREE
BOB DORSE 58 PNA 28.04

DAVID ADDLEMAN 55 PNA 28.04
BARRY LAWRENCE 57 PNA 31.14

100 YD. FREE
BOB DORSE 58 PNA 1:04.04

JIM DAVIES 55 PNA 1:04.58
BARRY LAWRENCE 57 PNA 1:09.67

200 YD. FREE
TOM FOLEY 55 PNA 3:09.66

500 YD. FREE
BARRY LAWRENCE 57 PNA 7:51.87

50 YD. BACK
DAVID ADDLEMAN 55 PNA 35.08 P

200 YD. BACK
TOM FOLEY 55 PNA 3:25.37

50 YD. FLY
DAVID ADDLEMAN 55 PNA 31.44 P

JIM DAVIES 55 PNA 31.72
BOB DORSE 58 PNA 34.64

100 YD. FLY
JIM DAVIES 55 PNA 1:15.40 P

200 YD. FLY
TOM FOLEY 55 PNA 3:50.96

100 YD. I.M.
DAVID ADDLEMAN 55 PNA 1:14.69

JIM DAVIES 55 PNA 1:19.00

200 YD. I.M.
JIM DAVIES 55 PNA 2:55.59
BOB DORSE 58 PNA 3:02.20

M E N 60-64

50 YD. FREE
WILLIAM HUMPHRIES 62 PNA 40.15

200 YD. FREE
WILLIAM HUMPHRIES 62 PNA 3:54.02

50 YD. BACK
WILLIAM HUMPHRIES 62 PNA 50.42

M E N 65-69

50 YD. FREE
HAROLD YOUNG 68 PNA 37.10

RUSSELL KNUDSEN 67 PNA 45.46

100 YD. FREE
HAROLD YOUNG 68 PNA 1:26.72

200 YD. FREE
HAROLD YOUNG 68 PNA 3:12.61

500 YD. FREE
HAROLD YOUNG 68 PNA 8:41.63

50 YD. BRST
RUSSELL KNUDSEN 67 PNA 48.57

HAROLD YOUNG 68 PNA 50.84

100 YD. I.M.
RUSSELL KNUDSEN 67 67 1:58.66

M E N 70-74

50 YD. FLY
ANDREW HOLDEN 70 PNA 33.63 R

100 YD. FLY
ANDREW HOLDEN 70 PNA 1:22.64 R

200 YD. FLY
ANDREW HOLDEN 70 PNA 3:09.52 R

M E N 80-84

50 YD. BRST
JIM PENFIELD 81 PNA 49.72

200 YD. BRST
JIM PENFIELD 81 PNA 4:45.83

200 YD. I.M.
JIM PENFIELD 81 PNA 4:33.46