

PNA SHORT COURSE YARDS 2009-2010

INDIVIDUAL ALL AMERICANS:

100 Free	Megan Jendrick	26	PNA	49.70
50 Breast	Megan Jendrick	26	PNA	27.14
100 Breast	Megan Jendrick	26	PNA	59.58
200 Breast	Megan Jendrick	26	PNA	2:09.05
100 I.M.	Megan Jendrick	26	PNA	54.43
200 I.M.	Megan Jendrick	26	PNA	1:59.69
50 Fly	Lisa Dahl	49	PNA	26.36
50 Free	Charlotte Davis	60	PNA	27.36
100 Free	Charlotte Davis	60	PNA	59.41
50 Fly	Charlotte Davis	60	PNA	29.86
100 I.M.	Charlotte Davis	60	PNA	1:08.64
200 I.M.	Charlotte Davis	60	PNA	2:31.84
400 I.M.	Charlotte Davis	60	PNA	5:27.07
100 Free	Suzanne Dills	65	PNA	1:09.77
200 Free	Suzanne Dills	65	PNA	2:24.66
500 Free	Suzanne Dills	65	PNA	6:29.37
200 Back	Suzanne Dills	65	PNA	2:50.17
100 Fly	Suzanne Dills	65	PNA	1:25.29
100 I.M.	Suzanne Dills	65	PNA	1:19.27
200 I.M.	Suzanne Dills	65	PNA	2:52.51
400 I.M.	Suzanne Dills	65	PNA	6:01.14
50 Breast	Evelyn Hoffman	91	PNA	1:44.47
100 I.M.	Evelyn Hoffman	91	PNA	4:11.40
200 Free	Alan Bell	60	PNA	1:56.73
200 Back	Alan Bell	60	PNA	2:16.70
100 Fly	Alan Bell	60	PNA	58.83
200 Fly	Alan Bell	60	PNA	2:13.10
200 Breast	Dick Peterson	70	PNA	2:59.77
200 Free	Bob Miller	80	PNA	2:51.61
50 Back	Bob Miller	80	PNA	39.87
100 Back	Bob Miller	80	PNA	1:25.74

RELAY ALL AMERICANS:

Mixed 55+ SCY (2010)

200 Free PNA 1:42.86 Alan Bell (60), Charlotte M Davis (60),
Debbie Glassman (56), Donald Graham (55)

NATIONAL RECORDS:

100 Free	Megan Jendrick	26	PNA	49.70	2010
50 Breast	Megan Jendrick	26	PNA	27.14	2010
100 Breast	Megan Jendrick	26	PNA	59.58	2010
200 Breast	Megan Jendrick	26	PNA	2:09.05	2010
100 I.M.	Megan Jendrick	26	PNA	54.43	2010
200 I.M.	Megan Jendrick	26	PNA	1:59.69	2010
50 Free	Charlotte Davis	60	PNA	27.36	2010
100 Free	Charlotte Davis	60	PNA	59.41	2010
50 Fly	Charlotte Davis	60	PNA	29.86	2010

100 I.M.	Charlotte Davis	60	PNA	1:08.64	2010
200 I.M.	Charlotte Davis	60	PNA	2:31.84	2010
400 I.M.	Charlotte Davis	60	PNA	5:27.07	2010
200 Free	Suzanne Dills	65	PNA	2:24.66	2010
200 Back	Suzanne Dills	65	PNA	2:50.17	2010
200 I.M.	Suzanne Dills	65	PNA	2:52.51	2010
400 I.M.	Suzanne Dills	65	PNA	6:01.14	2010

NATIONAL RELAY RECORDS:

Mixed 55+ SCY (2010)

200 Free PNA 1:42.86 Alan Bell (60), Charlotte M Davis (60),
Debbie A Glassman (56), Donald Graham (55)

PNA LONG COURSE METERS 2010

INDIVIDUAL ALL AMERICANS:

200 Free	Megan Jendrick	26	PNA	2:04.56
50 Breast	Megan Jendrick	26	PNA	31.60
100 Breast	Megan Jendrick	26	PNA	1:10.56
50 Fly	Megan Jendrick	26	PNA	28.29
50 Free	Sheri Hart	39	PNA	27.43
50 Back	Sheri Hart	39	PNA	30.17
100 Back	Sheri Hart	39	PNA	1:04.99
200 Free	Kimberly Jeter	38	PNA	2:14.91
400 Free	Kimberly Jeter	38	PNA	4:50.49
50 Free	Lisa Dahl	49	PNA	28.81
50 Free	Charlotte Davis	60	PNA	30.73
100 Free	Charlotte Davis	60	PNA	1:07.33
50 Fly	Charlotte Davis	60	PNA	33.55
100 Fly	Charlotte Davis	60	PNA	1:22.08
200 I.M.	Charlotte Davis	60	PNA	2:52.67
400 I.M.	Charlotte Davis	60	PNA	6:08.99
400 Free	Suzanne Dills	65	PNA	6:12.64
400 I.M.	Lyle Nalli	50	PNA	5:25.67
1500 Free	Scott Lautman	58	PNA	19:46.96
200 Fly	Scott Lautman	58	PNA	2:31.74
200 Breast	Rick Colella	59	PNA	2:46.93
200 I.M.	Rick Colella	59	PNA	2:29.86
50 Fly	Donald Graham	56	PNA	28.59
100 Fly	Alan Bell	60	PNA	1:10.28
200 Fly	Alan Bell	60	PNA	2:48.09
400 Free	Michael McColly	65	PNA	5:23.74

RELAY ALL AMERICANS:

NATIONAL RECORDS:

50 Breast	Megan Jendrick	26	PNA	31.60	2010
100 Breast	Megan Jendrick	26	PNA	1:10.56	2010
50 Back	Sheri Hart	39	PNA	30.17	2010
100 Back	Sheri Hart	39	PNA	1:04.99	2010
50 Free	Charlotte Davis	60	PNA	30.73	2010
100 Free	Charlotte Davis	60	PNA	1:07.33	2010
50 Fly	Charlotte Davis	60	PNA	33.55	2010
200 I.M.	Charlotte Davis	60	PNA	2:52.67	2010
400 I.M.	Charlotte Davis	60	PNA	6:08.99	2010
200 Breast	Rick Colella	55-59		2:38.66	2008
200 Breast	Rick Colella	59	PNA	2:46.93	2010

NATIONAL RECORDS RELAYS:

Women 200-239 LCM (2006)					
200 Free	PNA	1:57.21	Lisa Dahl, Debbie A Glassman Charlotte Davis, Mary Lippold		
Women 240-279 LCM (2008)					
200 Free	PNA	2:13.33	Sally A Dillon (62), Sarah Welch (61), Suzanne Dills (63), Debbie A Glassman (55)		

WORLD RECORDS:

50 Breast	Megan Jendrick	26	PNA	31.60	2010
100 Breast	Megan Jendrick	26	PNA	1:10.56	2010
50 Back	Sheri Hart	39	PNA	30.17	2010
100 Back	Sheri Hart	39	PNA	1:04.99	2010
200 I.M.	Charlotte Davis	60	PNA	2:52.67	2010
400 I.M.	Charlotte Davis	60	PNA	6:08.99	2010
200 Breast	Rick Colella	55-59		2:38.66	2008

WORLD RECORDS RELAYS:

Women 200-239 LCM (2006)					
200 Free	PNA	1:57.21	Lisa Dahl, Debbie A Glassman Charlotte Davis, Mary Lippold		

PNA SHORT COURSE METERS 2010**INDIVIDUAL ALL AMERICANS:**

50 Breast	Megan Jendrick	26	PNA	31.87
200 Breast	Melissa Chamberlin	29	PNA	2:42.69
50 Free	Lisa Dahl	49	PNA	28.08
50 Free	Charlotte Davis	60	PNA	30.01
100 Free	Charlotte Davis	60	PNA	1:06.58
50 Fly	Charlotte Davis	60	PNA	33.30
100 I.M.	Charlotte Davis	60	PNA	1:17.48
200 I.M.	Charlotte Davis	60	PNA	2:48.33

400 I.M.	Charlotte Davis	60	PNA	5:57.70
1500 Free	Suzanne Dills	65	PNA	22:59.28
200 Back	Suzanne Dills	65	PNA	3:19.73
50 Fly	Suzanne Dills	65	PNA	41.84
400 I.M.	David Kays	43	PNA	5:00.64
50 Fly	Donald Graham	56	PNA	28.36
200 Fly	Alan Bell	60	PNA	2:40.80
200 I.M.	Michael McColly	65	PNA	2:48.14
400 I.M.	Michael McColly	65	PNA	5:59.98
1500 Free	Harvey Prosser	82	PNA	30:19.54

RELAY ALL AMERICANS:

NATIONAL RECORDS:

50 Breast	Megan Jendrick	26	PNA	31.87	2010
50 Free	Charlotte Davis	60	PNA	30.01	2010
100 Free	Charlotte Davis	60	PNA	1:06.58	2010
50 Fly	Charlotte Davis	60	PNA	33.30	2010
100 I.M.	Charlotte Davis	60	PNA	1:17.48	2010
200 I.M.	Charlotte Davis	60	PNA	2:48.33	2010
400 I.M.	Charlotte Davis	60	PNA	5:57.70	2010
Jim Penfield	90-94	50 Breast		1:07.22	1998
		100 Breast		2:45.20	1998

WORLD RECORDS:

50 Breast	Megan Jendrick	26	PNA	31.87	2010
50 Free	Charlotte Davis	60	PNA	30.01	2010
100 Free	Charlotte Davis	60	PNA	1:06.58	2010
50 Fly	Charlotte Davis	60	PNA	33.30	2010
100 I.M.	Charlotte Davis	60	PNA	1:17.48	2010
200 I.M.	Charlotte Davis	60	PNA	2:48.33	2010
400 I.M.	Charlotte Davis	60	PNA	5:57.70	2010