

**PNA SHORT COURSE YARDS 2010-2011**

**INDIVIDUAL SCY ALL AMERICANS:**

1	200 Breast	Melissa Chamberlin	30	PNA	Pacific Northwest	2:25.83
1	50 Back	Sheri L Hart	39	PNA	Pacific Northwest	27.60
1	100 Back	Sheri L Hart	39	PNA	Pacific Northwest	57.34
1	100 IM	Sheri L Hart	39	PNA	Pacific Northwest	58.88
1	50 Free	Sheri L Hart	40	PNA	Pacific Northwest	23.92
1	100 Free	Sheri L Hart	40	PNA	Pacific Northwest	51.86
1	50 Back	Sheri L Hart	40	PNA	Pacific Northwest	26.12
1	100 Back	Sheri L Hart	40	PNA	Pacific Northwest	56.03
1	100 IM	Sheri L Hart	40	PNA	Pacific Northwest	58.38
1	50 Free	Lisa A Dahl	50	PNA	Pacific Northwest	25.39
1	50 Fly	Lisa A Dahl	50	PNA	Pacific Northwest	27.62
1	200 Free	Charlotte M Davis	61	PNA	Pacific Northwest	2:13.65
1	500 Free	Charlotte M Davis	61	PNA	Pacific Northwest	5:57.32
1	100 Fly	Charlotte M Davis	61	PNA	Pacific Northwest	1:06.86
1	400 IM	Charlotte M Davis	61	PNA	Pacific Northwest	5:20.51
1	1000 Free	Suzanne L Dills	65	PNA	Pacific Northwest	13:33.36
1	1650 Free	Suzanne L Dills	66	PNA	Pacific Northwest	22:32.74
1	50 Breast	Evelyn R Hoffman	92	PNA	Pacific Northwest	2:13.98
1	100 IM	Evelyn R Hoffman	92	PNA	Pacific Northwest	4:45.10
1	1650 Free	David E Kays	43	PNA	Pacific Northwest	17:14.19
1	100 Back	John H Keppeler	43	PNA	Pacific Northwest	54.04
1	500 Free	Michael McColly	65	PNA	Pacific Northwest	5:51.87
1	1000 Free	Michael McColly	65	PNA	Pacific Northwest	12:03.73
1	1650 Free	James T McCleery	65	PNA	Pacific Northwest	19:58.60
1	400 IM	Michael McColly	65	PNA	Pacific Northwest	5:21.16

**RELAY SCY ALL AMERICANS:**

Women 35+

1	200 Free	PNA	1:40.10	Sheri L Hart (40), Haleigh A Werner (42), Mary C Armstrong (43), Lisa A Dahl (49)
1	200 Medley	PNA	1:51.95	Sheri L Hart (40), Haleigh A Werner (42), Lisa A Dahl (49), Kimberly S Jeter (39)

Mixed 55+

1	200 Medley	PNA	1:53.26	Donald Graham (56), Rick Colella (59), Charlotte M Davis (61), Mary B Lippold (55)
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**NATIONAL SCY RECORDS:**

1	50 Back	Sheri L Hart	40	PNA	Pacific Northwest	26.12
1	100 Back	Sheri L Hart	40	PNA	Pacific Northwest	56.03
1	200 Free	Charlotte M Davis	61	PNA	Pacific Northwest	2:13.65
1	500 Free	Charlotte M Davis	61	PNA	Pacific Northwest	5:57.32
1	100 Fly	Charlotte M Davis	61	PNA	Pacific Northwest	1:06.86
1	400 IM	Charlotte M Davis	61	PNA	Pacific Northwest	5:20.51

**NATIONAL SCY RELAY RECORDS:**

Mixed 55+

1 200 Medley PNA 1:53.26 Donald Graham (56), Rick Colella (59),  
Charlotte M Davis (61), Mary B Lippold (55)

**PNA LONG COURSE METERS 2011**

**INDIVIDUAL LCM ALL AMERICANS:**

1	100 Free	Sheri L Hart	40	PNA	Pacific Northwest	59.96
1	100 Back	Sheri L Hart	40	PNA	Pacific Northwest	1:05.41
1	50 Fly	Sheri L Hart	40	PNA	Pacific Northwest	29.66
1	50 Free	Lisa A Dahl	50	PNA	Pacific Northwest	28.86
1	50 Fly	Lisa A Dahl	50	PNA	Pacific Northwest	30.81

**PNA SHORT COURSE METERS 2011**

**INDIVIDUAL SCM ALL AMERICANS:**

1	50 Breast	Megan Jendrick	27	PNA	Pacific Northwest	32.33
1	100 Breast	Megan Jendrick	27	PNA	Pacific Northwest	1:10.39
1	200 Breast	Megan Jendrick	27	PNA	Pacific Northwest	2:30.75
1	100 IM	Megan Jendrick	27	PNA	Pacific Northwest	1:03.41
1	50 Fly	Donald Graham	57	PNA	Pacific Northwest	28.44
1	100 Fly	Donald Graham	57	PNA	Pacific Northwest	1:04.88
1	100 Breast	Rick Colella	60	PNA	Pacific Northwest	1:11.77
1	200 Breast	Rick Colella	60	PNA	Pacific Northwest	2:37.61
1	100 IM	Rick Colella	60	PNA	Pacific Northwest	1:06.29
1	400 IM	Rick Colella	60	PNA	Pacific Northwest	5:04.54
1	400 Free	James T McCleery	65	PNA	Pacific Northwest	5:01.81
1	800 Free	James T McCleery	65	PNA	Pacific Northwest	10:30.68
1	1500 Free	James T McCleery	65	PNA	Pacific Northwest	19:47.48
1	400 IM	Michael McColly	66	PNA	Pacific Northwest	6:03.67

**NATIONAL SCM RECORDS:**

1	100 Breast	Megan Jendrick	27	PNA	Pacific Northwest	1:10.39
1	200 Breast	Megan Jendrick	27	PNA	Pacific Northwest	2:30.75
1	100 IM	Megan Jendrick	27	PNA	Pacific Northwest	1:03.41
1	100 Breast	Rick Colella	60	PNA	Pacific Northwest	1:11.77
1	200 Breast	Rick Colella	60	PNA	Pacific Northwest	2:37.61
1	100 IM	Rick Colella	60	PNA	Pacific Northwest	1:06.29
1	400 IM	Rick Colella	60	PNA	Pacific Northwest	5:04.54

**WORLD SCM RECORDS:**

1	100 IM	Megan Jendrick	27	PNA	Pacific Northwest	1:03.41
1	100 Breast	Rick Colella	60	PNA	Pacific Northwest	1:11.77
1	200 Breast	Rick Colella	60	PNA	Pacific Northwest	2:37.61
1	100 IM	Rick Colella	60	PNA	Pacific Northwest	1:06.29
1	400 IM	Rick Colella	60	PNA	Pacific Northwest	5:04.54