

1995 FINA WORLD Top 10 LCM for Pacific Northwest LMSC

Women 25-29

Place	Event	Name	Age	Club	LMSC	Time
3	50 Free	Lisa Gomez	26	PNA	Pacific Northwest	28.23
4	50 Fly	Yuriko Poehlman	26	PNA	Pacific Northwest	30.21

Women 30-34

Place	Event	Name	Age	Club	LMSC	Time
10	50 Breast	Cathy Walters	34	PNA	Pacific Northwest	38.05

Women 40-44

Place	Event	Name	Age	Club	LMSC	Time
6	50 Free	Debbie Glassman	41	PNA	Pacific Northwest	30.25
10	400 Free	Barb Gundred	43	PNA	Pacific Northwest	5:25.99
7	200 Back	Barb Gundred	43	PNA	Pacific Northwest	2:53.01
3	50 Fly	Camille Thompson	40	PRO	Pacific Northwest	32.15
7	50 Fly	Debbie Glassman	41	PNA	Pacific Northwest	32.80
2	100 Fly	Camille Thompson	40	PRO	Pacific Northwest	1:10.88
7	100 Fly	Debbie Glassman	41	PNA	Pacific Northwest	1:17.03
3	200 Fly	Camille Thompson	40	PRO	Pacific Northwest	2:43.16
7	200 Fly	Debbie Glassman	41	PNA	Pacific Northwest	3:04.40
3	200 IM	Camille Thompson	40	PRO	Pacific Northwest	2:42.41
2	400 IM	Camille Thompson	40	PRO	Pacific Northwest	5:44.96

Women 45-49

Place	Event	Name	Age	Club	LMSC	Time
8	400 Free	Sally Dillon	48	PNA	Pacific Northwest	5:46.52
9	800 Free	Sally Dillon	48	PNA	Pacific Northwest	11:55.05
2	1500 Free	Sally Dillon	48	PNA	Pacific Northwest	22:32.13
4	1500 Free	Kathrine Casey	46	PNA	Pacific Northwest	23:00.15
10	1500 Free	Mel Lebsack	46	PNA	Pacific Northwest	24:25.91

Men 40-44

Place	Event	Name	Age	Club	LMSC	Time
10	100 Free	Alan Cardwell	42	PNA	Pacific Northwest	58.68
4	200 Free	Alan Cardwell	42	PNA	Pacific Northwest	2:05.86
5	400 Free	Alan Cardwell	42	PNA	Pacific Northwest	4:30.33
3	800 Free	Alan Cardwell	42	PNA	Pacific Northwest	9:17.93
9	50 Breast	Rick Colella	43	PNA	Pacific Northwest	33.72
3	100 Breast	Greg Harrison	42	PNA	Pacific Northwest	1:14.47
4	100 Breast	Rick Colella	43	PNA	Pacific Northwest	1:14.89
3	200 Breast	Greg Harrison	43	PNA	Pacific Northwest	2:38.82
7	100 Fly	Alan Cardwell	42	PNA	Pacific Northwest	1:04.32
5	200 Fly	Alan Cardwell	42	PNA	Pacific Northwest	2:28.09
8	200 IM	Rick Colella	43	PNA	Pacific Northwest	2:26.97

Men 45-49

Place	Event	Name	Age	Club	LMSC	Time
5	400 Free	Alan Bell	45	PNA	Pacific Northwest	4:48.90
5	200 Back	Alan Bell	45	PNA	Pacific Northwest	2:34.68
10	200 Back	David Tempest	45	PNA	Pacific Northwest	2:40.34
8	100 Fly	Alan Bell	45	PNA	Pacific Northwest	1:06.51
1	200 Fly	Alan Bell	45	PNA	Pacific Northwest	2:29.76

## Men 50-54

Place	Event	Name	Age	Club	LMSC	Time
10	400 Free	Steve Thrasher	53	PNA	Pacific Northwest	5:06.28
7	1500 Free	Stephen Thrasher	53	PNA	Pacific Northwest	20:41.29
3	50 Back	Steve Thrasher	53	PNA	Pacific Northwest	32.61
1	100 Back	Steve Thrasher	53	PNA	Pacific Northwest	1:10.69
1	200 Back	Stephen Thrasher	53	PNA	Pacific Northwest	2:35.91
7	200 IM	Steve Thrasher	53	PNA	Pacific Northwest	2:44.91

## Men 60-64

Place	Event	Name	Age	Club	LMSC	Time
8	1500 Free	Thomas Taylor	64	PNA	Pacific Northwest	24:09.39
3	50 Breast	Nick Templeman	64	UNAT	Pacific Northwest	36.55
8	100 Breast	Nick Templeman	64	UNAT	Pacific Northwest	1:25.85
8	200 Breast	Nick Templeman	64	UNAT	Pacific Northwest	3:17.29

## Men 80-84

Place	Event	Name	Age	Club	LMSC	Time
7	400 Free	Gene Crossett	81	PNA	Pacific Northwest	8:25.37

## Men 85-89

Place	Event	Name	Age	Club	LMSC	Time
9	50 Free	Jim Penfield	87	PNA	Pacific Northwest	49.69
4	50 Back	Jim Penfield	87	PNA	Pacific Northwest	1:02.68
2	100 Back	Jim Penfield	87	PNA	Pacific Northwest	2:17.72
4	50 Breast	Jim Penfield	87	PNA	Pacific Northwest	1:02.86
1	50 Fly	Jim Penfield	87	PNA	Pacific Northwest	1:04.63
3	200 IM	Jim Penfield	87	PNA	Pacific Northwest	6:03.79

## Women 160-199 200 Medley # 3

PNA USA 2:29.08

KAREN OLIVER  
 KATHRINE CASEY  
 DEBBIE GLASSMAN  
 JANE MOORE

## Men 200-239 200 Medley # 9

PNA USA 2:14.33

STEPHEN THRASHER  
 WALTER REID  
 HUGH MOORE  
 DAVID ADDELMAN