

2004 FINA WORLD Top 10 LCM for Pacific Northwest LMSC

Women 40-44

Place	Event	Name	Age	Club	LMSC	Time
2	50 Free	Lisa Dahl	43	PNA	Pacific Northwest	27.92
8	50 Back	Lisa A Dahl	43	PNA	Pacific Northwest	33.69
8	50 Fly	Lisa A Dahl	43	PNA	Pacific Northwest	30.93

Women 50-54

Place	Event	Name	Age	Club	LMSC	Time
9	50 Free	Debbie Glassman	51	PNA	Pacific Northwest	30.61
6	100 Free	Debbie Glassman	51	PNA	Pacific Northwest	1:08.23
5	50 Fly	Debbie Glassman	51	PNA	Pacific Northwest	33.73
4	100 Fly	Debbie Glassman	51	PNA	Pacific Northwest	1:17.33
3	200 Fly	Debbie Glassman	51	PNA	Pacific Northwest	2:57.02

Women 55-59

Place	Event	Name	Age	Club	LMSC	Time
9	1500 Free	Kathrine Casey	56	PNA	Pacific Northwest	24:11.80

Women 80-84

Place	Event	Name	Age	Club	LMSC	Time
9	50 Breast	Muriel Flynn	81	PNA	Pacific Northwest	1:05.61
6	100 Breast	Muriel Flynn	81	PNA	Pacific Northwest	2:25.38
2	200 Breast	Muriel Flynn	81	PNA	Pacific Northwest	5:12.54

Men 35-39

Place	Event	Name	Age	Club	LMSC	Time
9	50 Fly	Amon Emeka	36	UNAT	Pacific Northwest	26.66

Men 50-54

Place	Event	Name	Age	Club	LMSC	Time
3	400 Free	Scott Lautman	52	PNA	Pacific Northwest	4:39.51
4	1500 Free	Scott Lautman	52	PNA	Pacific Northwest	18:57.14
10	1500 Free	Bill Penn	53	PNA	Pacific Northwest	19:22.75
4	50 Back	Donald Graham	50	PNA	Pacific Northwest	31.26
5	50 Fly	Donald Graham	50	PNA	Pacific Northwest	28.05
8	50 Fly	Scott Lautman	52	PNA	Pacific Northwest	28.48
4	100 Fly	Scott Lautman	52	PNA	Pacific Northwest	1:02.04
7	100 Fly	Donald Graham	50	PNA	Pacific Northwest	1:04.54
1	200 Fly	Scott Lautman	52	PNA	Pacific Northwest	2:21.40

Men 90-94

Place	Event	Name	Age	Club	LMSC	Time
6	200 Free	Gene Crossett	91	PNA	Pacific Northwest	5:16.28
2	800 Free	Gene Crossett	91	PNA	Pacific Northwest	24:19.62

2004 USMS Top 10 LCM Relays for Pacific Northwest LMSC

Women 200-239 LCM (2004)

Place	Event	Club	LMSC	Time	Swimmers
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1	200 Free	PNA	Pacific Northwest	2:11.30	Lisa A Dahl
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(43), Sarah Welch (57), Kathrine J Casey (56), Debbie A Glassman (51)