

2004 USMS Top Ten LCM for Pacific Northwest LMSC

Women 18-24

Place	Event	Name	Age	Club	LMSC	Time
9	400 IM	Kelly Crandell	24	PNA	Pacific Northwest	6:35.61

Women 30-34

Place	Event	Name	Age	Club	LMSC	Time
8	800 Free	Rondamarie Smith	34	PNA	Pacific Northwest	11:03.55
10	100 Back	Rondamarie Smith	34	PNA	Pacific Northwest	1:19.05
9	50 Breast	Rondamarie Smith	34	PNA	Pacific Northwest	40.11
4	100 Breast	Rondamarie Smith	34	PNA	Pacific Northwest	1:25.00
10	50 Fly	Rondamarie Smith	34	PNA	Pacific Northwest	32.68
5	200 IM	Rondamarie Smith	34	PNA	Pacific Northwest	2:44.84
6	400 IM	Rondamarie Smith	34	PNA	Pacific Northwest	5:49.84

Women 35-39

Place	Event	Name	Age	Club	LMSC	Time
10	50 Free	Tara Simsak	35	PNA	Pacific Northwest	29.84
4	800 Free	Allison Moore	35	PNA	Pacific Northwest	10:42.16
4	50 Fly	Tara Simsak	35	PNA	Pacific Northwest	30.97

Women 40-44

Place	Event	Name	Age	Club	LMSC	Time
1	50 Free	Lisa Dahl	43	PNA	Pacific Northwest	27.92
4	50 Back	Lisa A Dahl	43	PNA	Pacific Northwest	33.69
4	50 Fly	Lisa A Dahl	43	PNA	Pacific Northwest	30.93

Women 50-54

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

Women 55-59

Place	Event	Name	Age	Club	LMSC	Time
6	800 Free	Sally Dillon	58	PNA	Pacific Northwest	12:50.09
4	1500 Free	Kathrine Casey	56	PNA	Pacific Northwest	24:11.80
6	100 Back	Kathrine Casey	56	PNA	Pacific Northwest	1:35.05
6	200 Back	Kathrine Casey	56	PNA	Pacific Northwest	3:23.73
7	100 Breast	Sally Dillon	58	PNA	Pacific Northwest	1:42.99
10	50 Fly	Sarah Welch	57	PNA	Pacific Northwest	41.36
4	200 Fly	Kathrine Casey	56	PNA	Pacific Northwest	3:43.00
9	200 IM	Kathrine Casey	56	PNA	Pacific Northwest	3:25.49
6	400 IM	Kathrine Casey	56	PNA	Pacific Northwest	7:10.94
10	400 IM	Sarah Welch	57	PNA	Pacific Northwest	7:25.91

Women 75-79

Place	Event	Name	Age	Club	LMSC	Time
4	50 Back	Bernice Phillips	77	PNA	Pacific Northwest	1:00.82
10	100 Back	Bernice Phillips	77	PNA	Pacific Northwest	2:24.89

Women 80-84

Place	Event	Name	Age	Club	LMSC	Time
-------	-------	------	-----	------	------	------

10	100 Free	Muriel Flynn	81	PNA	Pacific Northwest	2:12.02
6	800 Free	Marion Chadwick	83	PNA	Pacific Northwest	28:11.46
9	200 Back	Marion Chadwick	83	PNA	Pacific Northwest	7:09.84
1	50 Breast	Muriel Flynn	81	PNA	Pacific Northwest	1:05.61
1	100 Breast	Muriel Flynn	81	PNA	Pacific Northwest	2:25.38
5	100 Breast	Marion Chadwick	83	PNA	Pacific Northwest	5:11.73
1	200 Breast	Muriel Flynn	81	PNA	Pacific Northwest	5:12.54

Men 25-29

Place	Event	Name	Age	Club	LMSC	Time
9	200 Back	Timothy Grimes	25	PNA	Pacific Northwest	2:41.31
8	100 Fly	Timothy Grimes	25	PNA	Pacific Northwest	1:06.39
4	200 Fly	Timothy Grimes	25	PNA	Pacific Northwest	2:37.50

Men 35-39

Place	Event	Name	Age	Club	LMSC	Time
6	50 Free	Amon Emeka	36	UNAT	Pacific Northwest	25.65
5	100 Free	Amon Emeka	36	UNAT	Pacific Northwest	57.13
5	50 Back	Amon Emeka	36	UNAT	Pacific Northwest	29.96
7	100 Back	Amon Emeka	36	UNAT	Pacific Northwest	1:07.00
9	50 Breast	Amon Emeka	36	UNAT	Pacific Northwest	33.92
3	50 Fly	Amon Emeka	36	UNAT	Pacific Northwest	26.66
8	100 Fly	Amon Emeka	36	UNAT	Pacific Northwest	1:02.21
4	200 IM	Amon Emeka	36	UNAT	Pacific Northwest	2:24.14

Men 40-44

Place	Event	Name	Age	Club	LMSC	Time
10	200 Breast	Dan Smith	42	PNA	Pacific Northwest	2:57.39
9	400 IM	Paul Glezen	43	PNA	Pacific Northwest	5:38.77

Men 45-49

Place	Event	Name	Age	Club	LMSC	Time
10	200 Fly	Dan Robinson	47	PNA	Pacific Northwest	2:35.56

Men 50-54

Place	Event	Name	Age	Club	LMSC	Time
7	50 Free	Donald Graham	50	PNA	Pacific Northwest	26.89
2	400 Free	Scott Lautman	52	PNA	Pacific Northwest	4:39.51
2	1500 Free	Scott Lautman	52	PNA	Pacific Northwest	18:57.14
6	1500 Free	Bill Penn	53	PNA	Pacific Northwest	19:22.75
3	50 Back	Donald Graham	50	PNA	Pacific Northwest	31.26
9	100 Back	Donald Graham	50	PNA	Pacific Northwest	1:11.00
10	200 Back	Donald Graham	50	PNA	Pacific Northwest	2:40.35
4	50 Fly	Donald Graham	50	PNA	Pacific Northwest	28.05
6	50 Fly	Scott Lautman	52	PNA	Pacific Northwest	28.48
3	100 Fly	Scott Lautman	52	PNA	Pacific Northwest	1:02.04
6	100 Fly	Donald Graham	50	PNA	Pacific Northwest	1:04.54
1	200 Fly	Scott Lautman	52	PNA	Pacific Northwest	2:21.40
7	200 IM	Donald Graham	50	PNA	Pacific Northwest	2:35.21

Men 55-59

Place	Event	Name	Age	Club	LMSC	Time
7	1500 Free	Steven Peterson	58	PNA	Pacific Northwest	22:27.60
10	100 Breast	Steven Peterson	58	PNA	Pacific Northwest	1:24.59
8	200 Breast	Steven Peterson	58	PNA	Pacific Northwest	3:04.93

Men 60-64

Place	Event	Name	Age	Club	LMSC	Time
6	50 Free	Robert Pilger	61	PNA	Pacific Northwest	29.55
9	50 Back	Walt Reid	64	PNA	Pacific Northwest	40.04
9	100 Back	Walt Reid	64	PNA	Pacific Northwest	1:30.05

Men 90-94

Place	Event	Name	Age	Club	LMSC	Time
3	200 Free	Gene Crossett	91	PNA	Pacific Northwest	5:16.28
1	800 Free	Gene Crossett	91	PNA	Pacific Northwest	24:19.62

Women 200-239 LCM (2004)

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

Mixed 160-199 LCM (2004)

Place	Event	Club	Time	Swimmers
8	200 Free	PNA	1:56.51	Donald Graham (50), Lisa A Dahl (43) Kathrine Casey(56),James Littlefield (44)