

## 2004 USMS Top Ten SCM for Pacific Northwest LMSC

### Women 18-24

Place	Event	Name	Age	Club	LMSC	Time
7	800 Free	Kelly Crandell	24	PNA	Pacific Northwest	11:56.77
6	1500 Free	Kelly Crandell	24	PNA	Pacific Northwest	22:30.95
6	400 IM	Kelly Crandell	24	PNA	Pacific Northwest	6:24.84

### Women 25-29

Place	Event	Name	Age	Club	LMSC	Time
7	100 Free	Jennifer Evans	26	PNA	Pacific Northwest	1:04.46
6	50 Back	Jennifer Evans	26	PNA	Pacific Northwest	34.60
6	100 Back	Jennifer Evans	26	PNA	Pacific Northwest	1:13.25
2	50 Breast	Brooke Penaluna	26	PNA	Pacific Northwest	37.80

### Women 30-34

Place	Event	Name	Age	Club	LMSC	Time
7	1500 Free	Megan Bussart	34	PNA	Pacific Northwest	21:07.92
3	200 Back	Linda Hegeberg	34	PNA	Pacific Northwest	2:46.31
9	200 Back	Jennifer Mesler	34	PNA	Pacific Northwest	2:54.22
6	50 Breast	Linda Hegeberg	34	PNA	Pacific Northwest	38.79
3	100 Breast	Linda Hegeberg	34	PNA	Pacific Northwest	1:22.29
2	200 Breast	Linda Hegeberg	34	PNA	Pacific Northwest	2:53.93
6	200 Fly	Linda Hegeberg	34	PNA	Pacific Northwest	2:50.81
5	200 IM	Linda Hegeberg	34	PNA	Pacific Northwest	2:42.47
8	400 IM	Linda Hegeberg	34	PNA	Pacific Northwest	5:42.76

### Women 35-39

Place	Event	Name	Age	Club	LMSC	Time
8	50 Free	Tara Simsak	35	PNA	Pacific Northwest	29.75
7	100 Free	Tara Simsak	35	PNA	Pacific Northwest	1:04.33
9	800 Free	Allison Moore	35	PNA	Pacific Northwest	10:30.49
4	50 Back	Tara Simsak	35	PNA	Pacific Northwest	34.13
3	100 Back	Tara Simsak	35	PNA	Pacific Northwest	1:14.04
2	50 Fly	Tara Simsak	35	PNA	Pacific Northwest	31.11
3	100 Fly	Tara Simsak	35	PNA	Pacific Northwest	1:10.19
3	100 IM	Tara Simsak	35	PNA	Pacific Northwest	1:14.56
7	200 IM	Tara Simsak	35	PNA	Pacific Northwest	2:45.79

### Women 40-44

Place	Event	Name	Age	Club	LMSC	Time
7	50 Free	Lisa Dahl	43	PNA	Pacific Northwest	29.10
6	400 Free	Erin Burgman	42	PNA	Pacific Northwest	5:10.73
6	1500 Free	Erin Burgman	42	PNA	Pacific Northwest	20:39.64
9	1500 Free	Penny Bates	43	PNA	Pacific Northwest	21:03.32
10	50 Back	Lisa Dahl	43	PNA	Pacific Northwest	35.89
8	100 Back	Erin Burgman	42	PNA	Pacific Northwest	1:19.06
9	200 Breast	Penny Bates	43	PNA	Pacific Northwest	3:09.15
5	50 Fly	Lisa Dahl	43	PNA	Pacific Northwest	32.25
8	400 IM	Penny Bates	43	PNA	Pacific Northwest	6:04.41

### Women 45-49

Place	Event	Name	Age	Club	LMSC	Time
10	50 Breast	Judy Hawksworth	45	PNA	Pacific Northwest	41.38
9	100 Breast	Judy Hawksworth	45	PNA	Pacific Northwest	1:30.49
9	100 Fly	Judy Hawksworth	45	PNA	Pacific Northwest	1:25.58

Women 50-54

Place	Event	Name	Age	Club	LMSC	Time
10	50 Free	Debbie Glassman	51	PNA	Pacific Northwest	31.85
9	100 Free	Debbie Glassman	51	PNA	Pacific Northwest	1:09.96
3	200 Fly	Debbie Glassman	51	PNA	Pacific Northwest	2:58.76

Women 55-59

Place	Event	Name	Age	Club	LMSC	Time
8	800 Free	Kathrine Casey	56	PNA	Pacific Northwest	13:01.41
4	1500 Free	Kathrine Casey	56	PNA	Pacific Northwest	24:07.74
6	50 Back	Kathrine Casey	56	PNA	Pacific Northwest	42.72
3	100 Back	Kathrine Casey	56	PNA	Pacific Northwest	1:29.42
6	200 Back	Kathrine Casey	56	PNA	Pacific Northwest	3:20.23
8	50 Breast	Kathrine Casey	56	PNA	Pacific Northwest	47.21

Women 65-69

Place	Event	Name	Age	Club	LMSC	Time
9	400 IM	Chaya Amiad	66	PNA	Pacific Northwest	11:50.19

Women 70-74

Place	Event	Name	Age	Club	LMSC	Time
6	200 Back	Janet Kavadas	73	PNA	Pacific Northwest	4:56.95
8	50 Breast	Gail Gladwell	73	PNA	Pacific Northwest	1:03.89
10	50 Breast	Margaret Winnie	71	PNA	Pacific Northwest	1:05.91
7	100 Breast	Karen Bryce	71	PNA	Pacific Northwest	2:36.64
9	100 Breast	Janet Kavadas	73	PNA	Pacific Northwest	2:39.90
8	200 IM	Janet Kavadas	73	PNA	Pacific Northwest	5:31.89

Women 75-79

Place	Event	Name	Age	Club	LMSC	Time
7	1500 Free	Bernice Phillips	77	PNA	Pacific Northwest	43:01.75
5	50 Back	Bernice Phillips	77	PNA	Pacific Northwest	57.84
5	100 Back	Bernice Phillips	77	PNA	Pacific Northwest	2:05.84
5	200 Back	Bernice Phillips	77	PNA	Pacific Northwest	4:40.37

Women 80-84

Place	Event	Name	Age	Club	LMSC	Time
10	200 Free	Marion Chadwick	83	PNA	Pacific Northwest	5:58.67
8	400 Free	Marion Chadwick	83	PNA	Pacific Northwest	12:51.46
5	800 Free	Marion Chadwick	83	PNA	Pacific Northwest	26:28.66
1	100 Breast	Muriel Flynn	81	PNA	Pacific Northwest	2:20.12
1	200 Breast	Muriel Flynn	81	PNA	Pacific Northwest	5:11.29

Women 85-89

Place	Event	Name	Age	Club	LMSC	Time
9	50 Free	Pat Matthiesen	88	PNA	Pacific Northwest	1:16.03
7	100 Free	Pat Matthiesen	88	PNA	Pacific Northwest	2:59.53
8	50 Back	Pat Matthiesen	88	PNA	Pacific Northwest	1:31.88
5	50 Breast	Pat Matthiesen	88	PNA	Pacific Northwest	1:55.81
3	50 Fly	Pat Matthiesen	88	PNA	Pacific Northwest	1:57.17

Men 30-34

Place	Event	Name	Age	Club	LMSC	Time
4	200 Free	Troy Griffith	33	PNA	Pacific Northwest	2:03.56
9	400 Free	Kirk Nelson	34	PNA	Pacific Northwest	4:37.75

7	50 Back	Todd Doherty	33	PNA	Pacific Northwest	30.49
9	100 Back	Todd Doherty	33	PNA	Pacific Northwest	1:05.53
10	50 Breast	Todd Doherty	33	PNA	Pacific Northwest	32.55
7	200 IM	William Cann	31	PNA	Pacific Northwest	2:23.50

Men 35-39

Place	Event	Name	Age	Club	LMSC	Time
5	50 Free	Amon Emeka	36	UNAT	Pacific Northwest	24.87
6	100 Free	Amon Emeka	36	UNAT	Pacific Northwest	54.51
9	400 Free	Amon Emeka	36	UNAT	Pacific Northwest	4:34.30
4	1500 Free	John Williams	36	PNA	Pacific Northwest	18:48.28
7	50 Back	Amon Emeka	36	UNAT	Pacific Northwest	30.24
6	50 Breast	Kevin Esko	38	PNA	Pacific Northwest	33.18
3	100 Breast	Amon Emeka	36	UNAT	Pacific Northwest	1:11.87
3	50 Fly	Amon Emeka	36	UNAT	Pacific Northwest	26.22
4	100 Fly	Amon Emeka	36	UNAT	Pacific Northwest	58.47
1	100 IM	Amon Emeka	36	UNAT	Pacific Northwest	1:00.35
5	200 IM	Amon Emeka	36	UNAT	Pacific Northwest	2:19.56
9	400 IM	David Kays	37	PNA	Pacific Northwest	5:28.70

Men 40-44

Place	Event	Name	Age	Club	LMSC	Time
8	200 Fly	Paul Glezen	43	PNA	Pacific Northwest	2:37.07
9	200 Fly	Eric Dybdahl	44	PNA	Pacific Northwest	2:38.52

Men 45-49

Place	Event	Name	Age	Club	LMSC	Time
5	1500 Free	Dan Robinson	47	PNA	Pacific Northwest	18:44.76
8	50 Fly	Cameron Green	45	PNA	Pacific Northwest	28.10
2	100 Fly	Cameron Green	45	PNA	Pacific Northwest	1:01.56
4	200 Fly	Dan Robinson	47	PNA	Pacific Northwest	2:28.66
9	400 IM	Dan Robinson	47	PNA	Pacific Northwest	5:26.53

Men 50-54

Place	Event	Name	Age	Club	LMSC	Time
7	50 Free	Donald Graham	50	PNA	Pacific Northwest	26.44
9	100 Free	Donald Graham	50	PNA	Pacific Northwest	58.90
10	400 Free	Bill Penn	53	PNA	Pacific Northwest	4:53.37
4	800 Free	Scott Lautman	52	PNA	Pacific Northwest	9:46.96
6	1500 Free	Bill Penn	53	PNA	Pacific Northwest	18:53.85
3	50 Back	Donald Graham	50	PNA	Pacific Northwest	30.68
4	100 Back	Donald Graham	50	PNA	Pacific Northwest	1:07.79
5	200 Back	Donald Graham	50	PNA	Pacific Northwest	2:32.23
3	200 Breast	Gregory Harrison	52	PNA	Pacific Northwest	2:50.73
4	50 Fly	Donald Graham	50	PNA	Pacific Northwest	27.78
4	100 Fly	Scott Lautman	52	PNA	Pacific Northwest	1:02.70
5	100 Fly	Donald Graham	50	PNA	Pacific Northwest	1:02.79
1	200 Fly	Scott Lautman	52	PNA	Pacific Northwest	2:18.02
7	200 Fly	Donald Graham	50	PNA	Pacific Northwest	2:38.33
2	100 IM	Donald Graham	50	PNA	Pacific Northwest	1:05.05
4	200 IM	Donald Graham	50	PNA	Pacific Northwest	2:29.60
6	400 IM	Donald Graham	50	PNA	Pacific Northwest	5:32.97

Men 55-59

Place	Event	Name	Age	Club	LMSC	Time
7	800 Free	Michael McColly	59	PNA	Pacific Northwest	10:52.26
5	1500 Free	John Gair	57	UNAT	Pacific Northwest	21:06.85
9	1500 Free	Steven Peterson	58	PNA	Pacific Northwest	21:25.97

7	200 Back	Michael McColly	59	PNA	Pacific Northwest	2:53.59
6	200 Breast	Steven Peterson	58	PNA	Pacific Northwest	2:59.05
6	400 IM	Michael McColly	59	PNA	Pacific Northwest	6:05.73

Men 60-64

Place	Event	Name	Age	Club	LMSC	Time
7	50 Back	Gary Chase	64	PNA	Pacific Northwest	35.13
9	100 Back	Walt Reid	64	PNA	Pacific Northwest	1:30.65
4	200 Back	Gary Chase	64	PNA	Pacific Northwest	3:01.60
9	200 Fly	Gary Chase	64	PNA	Pacific Northwest	3:39.74
10	200 IM	Eric Hutchinson	62	PNA	Pacific Northwest	3:09.98
6	400 IM	Gary Chase	64	PNA	Pacific Northwest	6:41.15

Men 65-69

Place	Event	Name	Age	Club	LMSC	Time
9	50 Breast	Thomas Long	67	UNAT	Pacific Northwest	42.68
5	100 Breast	Harold Tauscher	67	PNA	Pacific Northwest	1:38.41
9	200 Breast	Harold Tauscher	67	PNA	Pacific Northwest	3:43.81
9	100 Fly	Harold Tauscher	67	PNA	Pacific Northwest	1:41.03
8	200 IM	Harold Tauscher	67	PNA	Pacific Northwest	3:31.78

Men 70-74

Place	Event	Name	Age	Club	LMSC	Time
10	200 Fly	Tom Foley	70	PNA	Pacific Northwest	5:38.16

Men 75-79

Place	Event	Name	Age	Club	LMSC	Time
3	200 Free	Harvey Prosser	76	PNA	Pacific Northwest	3:16.33
1	1500 Free	Harvey Prosser	76	PNA	Pacific Northwest	26:53.03
7	200 Back	Harvey Prosser	76	PNA	Pacific Northwest	4:10.04
7	200 Breast	Harvey Prosser	76	PNA	Pacific Northwest	4:37.11
3	200 Fly	Harvey Prosser	76	PNA	Pacific Northwest	4:49.31
4	400 IM	Harvey Prosser	76	PNA	Pacific Northwest	8:41.73

Men 80-84

Place	Event	Name	Age	Club	LMSC	Time
9	200 Free	H Young	83	PNA	Pacific Northwest	4:50.12
10	400 Free	H Young	83	PNA	Pacific Northwest	10:25.04

Men 90-94

Place	Event	Name	Age	Club	LMSC	Time
2	50 Free	L Crossett	91	PNA	Pacific Northwest	56.87
2	100 Free	L Crossett	91	PNA	Pacific Northwest	2:12.98
3	200 Free	L Crossett	91	PNA	Pacific Northwest	5:07.21
2	400 Free	L Crossett	91	PNA	Pacific Northwest	10:26.52

Women 120-159 SCM (2004)

Place	Event	Club	Time	Swimmers
3	200 Medley	PNA	2:27.20	Linda Hegeberg (34), Brooke Penaluna (26) Megan Bussart (34), Mary Meyer (30)

Men 200-239 SCM (2004)

Place	Event	Club	Time	Swimmers
8	200 Medley	PNA	2:28.71	Brian Russell (47), Eric Hutchinson (62)

James Jacobson (49), R Voegtlen (55)

Mixed 160-199 SCM (2004)

Place	Event	Club	Time	Swimmers
9	200 Free	PNA	2:26.22	Erin Burgman (42), Charles Norman (38) Michael Turcott (41), Rebecca Logsdon (50)
10	200 Free	PNA	2:26.74	Bob Schlemmer (45), Louise Pietrafesa (54) Ellen Cullom (34), James Littlefield (44)
6	200 Medley	PNA	2:22.65	Tara Simsak (35), Dennis Sawyer (60) Brian Russell (47), Jamie Whitney (40)