

2006 USMS Top Ten LCM for Pacific Northwest LMSC

Women 18-24

Place	Event	Name	Age	Club	LMSC	Time
1	200 Free	Marion Gallagher	23	PNA	Pacific Northwest	2:26.30
6	100 Back	Brittany Kunze	23	PNA	Pacific Northwest	1:20.17
8	50 Breast	Brittany Kunze	23	PNA	Pacific Northwest	40.27
6	100 Breast	Marion Gallagher	23	PNA	Pacific Northwest	1:24.51
5	50 Fly	Marion Gallagher	23	PNA	Pacific Northwest	32.30
8	200 IM	Brittany Kunze	23	PNA	Pacific Northwest	2:46.56

Women 25-29

Place	Event	Name	Age	Club	LMSC	Time
8	50 Breast	Kelly Lotts	29	PNA	Pacific Northwest	38.01
9	100 Breast	Kelly Lotts	29	PNA	Pacific Northwest	1:24.14

Women 45-49

Place	Event	Name	Age	Club	LMSC	Time
2	50 Free	Lisa Dahl	45	PNA	Pacific Northwest	27.81
2	50 Back	Lisa Dahl	45	PNA	Pacific Northwest	34.21
8	50 Back	Zena Courtney	47	PNA	Pacific Northwest	35.12
5	100 Back	Zena Courtney	47	PNA	Pacific Northwest	1:15.58
5	200 Back	Zena Courtney	47	PNA	Pacific Northwest	2:42.68
9	50 Breast	Lisa Dahl	45	PNA	Pacific Northwest	40.40
1	50 Fly	Lisa Dahl	45	PNA	Pacific Northwest	30.55
9	200 IM	Zena Courtney	47	PNA	Pacific Northwest	2:49.89
6	400 IM	Zena Courtney	47	PNA	Pacific Northwest	6:02.03

Women 50-54

Place	Event	Name	Age	Club	LMSC	Time
4	50 Free	Mary Lippold	50	PNA	Pacific Northwest	30.02
7	50 Free	Jo Moore	51	PNA	Pacific Northwest	30.85
10	50 Free	Debbie Glassman	53	PNA	Pacific Northwest	31.44
3	100 Free	Mary Lippold	50	PNA	Pacific Northwest	1:06.39
7	100 Free	Jo Moore	51	PNA	Pacific Northwest	1:08.37
10	100 Free	Debbie Glassman	53	PNA	Pacific Northwest	1:09.53
4	200 Free	Mary Lippold	50	PNA	Pacific Northwest	2:26.14
9	200 Free	Jo Moore	51	PNA	Pacific Northwest	2:32.54
5	400 Free	Jo Moore	51	PNA	Pacific Northwest	5:15.42
6	400 Free	Mary Lippold	50	PNA	Pacific Northwest	5:18.85
3	800 Free	Mary Lippold	50	PNA	Pacific Northwest	10:39.81
5	800 Free	Jo Moore	51	PNA	Pacific Northwest	10:50.25
3	100 Fly	Mary Lippold	50	PNA	Pacific Northwest	1:14.80
10	100 Fly	Debbie Glassman	53	PNA	Pacific Northwest	1:22.67
2	200 Fly	Debbie Glassman	53	PNA	Pacific Northwest	3:03.13

Women 55-59

Place	Event	Name	Age	Club	LMSC	Time
3	50 Free	Charlotte Davis	56	PNA	Pacific Northwest	30.56
2	100 Free	Charlotte Davis	56	PNA	Pacific Northwest	1:07.15
5	200 Free	Barb Gundred	55	PNA	Pacific Northwest	2:40.69
5	400 Free	Barb Gundred	55	PNA	Pacific Northwest	5:28.73
4	800 Free	Barb Gundred	55	PNA	Pacific Northwest	11:16.23
5	50 Back	Barb Gundred	55	PNA	Pacific Northwest	38.34
10	50 Back	Charlotte Davis	56	PNA	Pacific Northwest	40.14
2	100 Back	Barb Gundred	55	PNA	Pacific Northwest	1:22.30
1	200 Back	Barb Gundred	55	PNA	Pacific Northwest	2:55.34
2	50 Fly	Charlotte Davis	56	PNA	Pacific Northwest	33.26

6	100	Fly	Charlotte Davis	56	PNA	Pacific Northwest	1:24.72
3	200	Fly	Rita Belserene	55	PNA	Pacific Northwest	3:39.35
9	200	Fly	Kathrine Casey	58	PNA	Pacific Northwest	3:52.21
1	200	IM	Charlotte Davis	56	PNA	Pacific Northwest	2:53.15
9	200	IM	Rita Belserene	55	PNA	Pacific Northwest	3:23.86
1	400	IM	Charlotte Davis	56	PNA	Pacific Northwest	6:07.72
9	400	IM	Sarah Welch	59	PNA	Pacific Northwest	7:22.07

Women 60-64

Place	Event	Name	Age	Club	LMSC	Time
7	50 Free	Sally Dillon	60	PNA	Pacific Northwest	36.12
3	100 Free	Sally Dillon	60	PNA	Pacific Northwest	1:18.22
5	200 Free	Sally Dillon	60	PNA	Pacific Northwest	2:54.99
4	400 Free	Sally Dillon	60	PNA	Pacific Northwest	6:12.73
4	800 Free	Sally Dillon	60	PNA	Pacific Northwest	12:51.38
6	100 Breast	Arni Litt	60	PNA	Pacific Northwest	1:46.41
5	200 Breast	Arni Litt	60	PNA	Pacific Northwest	3:48.52

Women 75-79

Place	Event	Name	Age	Club	LMSC	Time
4	50 Back	Bernice Phillips	79	PNA	Pacific Northwest	56.47
8	100 Back	Bernice Phillips	79	PNA	Pacific Northwest	2:13.38
5	200 Back	Janet Kavadas	75	PNA	Pacific Northwest	4:53.03

Women 85-89

Place	Event	Name	Age	Club	LMSC	Time
8	50 Free	Marion Chadwick	85	PNA	Pacific Northwest	1:16.47
6	100 Free	Marion Chadwick	85	PNA	Pacific Northwest	2:45.73
5	200 Free	Marion Chadwick	85	PNA	Pacific Northwest	6:20.21
6	400 Free	Marion Chadwick	85	PNA	Pacific Northwest	14:30.58
6	100 Back	Marion Chadwick	85	PNA	Pacific Northwest	3:38.58
5	200 Back	Marion Chadwick	85	PNA	Pacific Northwest	7:23.40

Men 18-24

Place	Event	Name	Age	Club	LMSC	Time
8	400 Free	Adam Negrete	18	PNA	Pacific Northwest	6:47.43
3	800 Free	Adam Negrete	18	PNA	Pacific Northwest	14:00.38
5	200 Breast	Adam Negrete	18	PNA	Pacific Northwest	3:45.14

Men 35-39

Place	Event	Name	Age	Club	LMSC	Time
7	800 Free	Kirk Nelson	36	PNA	Pacific Northwest	9:24.10
10	50 Breast	Todd Doherty	35	PNA	Pacific Northwest	33.05
7	200 Breast	Todd Doherty	35	PNA	Pacific Northwest	2:45.97
7	200 IM	Todd Doherty	35	PNA	Pacific Northwest	2:25.98

Men 45-49

Place	Event	Name	Age	Club	LMSC	Time
7	50 Breast	Jon Baca	46	PNA	Pacific Northwest	33.28
7	200 Fly	Dan Robinson	49	PNA	Pacific Northwest	2:37.74

Men 50-54

Place	Event	Name	Age	Club	LMSC	Time
6	50 Back	Donald Graham	52	PNA	Pacific Northwest	31.52
10	50 Fly	Donald Graham	52	PNA	Pacific Northwest	28.73
6	100 Fly	Scott Lautman	54	PNA	Pacific Northwest	1:04.86

10	100 Fly	Donald Graham	52	PNA	Pacific Northwest	1:06.64
1	200 Fly	Scott Lautman	54	PNA	Pacific Northwest	2:23.19
3	400 IM	Scott Lautman	54	PNA	Pacific Northwest	5:28.83

Men 55-59

Place	Event	Name	Age	Club	LMSC	Time
6	50 Free	Ronald Jacobs	55	PNA	Pacific Northwest	27.82
7	100 Free	Ronald Jacobs	55	PNA	Pacific Northwest	1:02.66
5	200 Free	Ronald Jacobs	55	PNA	Pacific Northwest	2:18.64
10	100 Back	Ronald Jacobs	55	PNA	Pacific Northwest	1:15.31

Men 60-64

Place	Event	Name	Age	Club	LMSC	Time
2	400 Free	James McCleery	60	PNA	Pacific Northwest	5:08.80
4	400 Free	Michael McColly	61	PNA	Pacific Northwest	5:11.83
2	800 Free	James McCleery	60	PNA	Pacific Northwest	10:16.84
5	800 Free	Michael McColly	61	PNA	Pacific Northwest	10:56.75
6	200 Back	Michael McColly	61	PNA	Pacific Northwest	2:52.08
10	50 Breast	Steven Peterson	60	PNA	Pacific Northwest	38.50
6	100 Breast	Steven Peterson	60	PNA	Pacific Northwest	1:25.46
3	200 Breast	Steven Peterson	60	PNA	Pacific Northwest	3:05.69
9	200 IM	Michael McColly	61	PNA	Pacific Northwest	2:54.33
3	400 IM	Michael McColly	61	PNA	Pacific Northwest	6:10.23

Men 65-69

Place	Event	Name	Age	Club	LMSC	Time
8	50 Back	Walt Reid	66	PNA	Pacific Northwest	40.80
6	200 Back	Michael Nordby	65	PNA	Pacific Northwest	3:15.92
7	50 Breast	Walt Reid	66	PNA	Pacific Northwest	41.43
9	200 Breast	Michael Nordby	65	PNA	Pacific Northwest	3:34.25
6	200 IM	Michael Nordby	65	PNA	Pacific Northwest	3:14.87
5	400 IM	Michael Nordby	65	PNA	Pacific Northwest	7:00.97

Men 75-79

Place	Event	Name	Age	Club	LMSC	Time
10	100 Free	Bob Miller	77	PNA	Pacific Northwest	1:27.42
3	200 Free	Bob Miller	77	PNA	Pacific Northwest	2:59.52
5	200 Free	Thomas Taylor	75	PNA	Pacific Northwest	3:04.77
9	200 Free	Harvey Prosser	78	PNA	Pacific Northwest	3:20.18
2	400 Free	Bob Miller	77	PNA	Pacific Northwest	6:17.76
3	400 Free	Thomas Taylor	75	PNA	Pacific Northwest	6:22.96
7	400 Free	Harvey Prosser	78	PNA	Pacific Northwest	6:52.25
2	800 Free	Bob Miller	77	PNA	Pacific Northwest	12:56.97
4	800 Free	Thomas Taylor	75	PNA	Pacific Northwest	13:03.06
7	800 Free	Harvey Prosser	78	PNA	Pacific Northwest	13:46.31
1	100 Back	Bob Miller	77	PNA	Pacific Northwest	1:34.32
1	200 Back	Bob Miller	77	PNA	Pacific Northwest	3:17.54
5	200 Back	Thomas Taylor	75	PNA	Pacific Northwest	3:56.48
6	50 Breast	Thomas Taylor	75	PNA	Pacific Northwest	45.82
6	100 Breast	Thomas Taylor	75	PNA	Pacific Northwest	1:46.24
4	200 Breast	Thomas Taylor	75	PNA	Pacific Northwest	3:58.26

Women 200-239 LCM (2006)

Place	Event	Club	Time	Swimmers
1	200 Free	PNA	1:57.21	Lisa Dahl (45), Debbie Glassman (53) Charlotte Davis (56), Mary Lippold (50)

4 200 Medley PNA 2:21.10 Charlotte Davis (56), Lisa Dahl (45)
Debbie Glassman (53), Mary Lippold (50)

Women 240-279 LCM (2006)

Place	Event	Club	Time	Swimmers
====	====	====	====	====
7	200 Free	PNA	2:34.29	Carolyn Behse (63), Arni Litt (60) Sarah Welch (59), Sally Dillon (60)
4	200 Medley	PNA	3:04.30	Carolyn Behse (63), Kathrine Casey (58) Sarah Welch (59), Sally Dillon (60)

Women 280-319 LCM (2006)

Place	Event	Club	Time	Swimmers
====	====	====	====	====
5	200 Free	PNA	3:58.69	Bernice Phillips (79), Karen Bryce (73) Gail Gladwell (75), Janet Kavadas (75)

Men 120-159 LCM (2006)

Place	Event	Club	Time	Swimmers
====	====	====	====	====
9	400 Free	PNA	4:34.77	Phil Brennan (41), Kenneth Miller (39) Matt Lind (42), Nick Klem (28)

Men 200-239 LCM (2006)

Place	Event	Club	Time	Swimmers
====	====	====	====	====
6	200 Free	PNA	1:46.88	Donald Graham (52), Jon Baca (46) Scott Lautman (54), Ronald Jacobs (55)
6	200 Medley	PNA	2:00.45	Donald Graham (52), Jon Baca (46) Scott Lautman (54), Ronald Jacobs (55)

Mixed 200-239 LCM (2006)

Place	Event	Club	Time	Swimmers
====	====	====	====	====
5	200 Free	PNA	1:50.44	Lisa Dahl (45), Mary Lippold (50) Donald Graham (52), Ronald Jacobs (55)
4	200 Medley	PNA	2:07.75	Zena Courtney (47), Jon Baca (46) Scott Lautman (54), Charlotte Davis (56)

Mixed 240-279 LCM (2006)

Place	Event	Club	Time	Swimmers
====	====	====	====	====
8	200 Medley	PNA	2:38.96	Kathrine Casey (58), Steven Peterson (60) Sarah Welch (59), Michael Nordby (65)