

2007 USMS Top Ten LCM for Pacific Northwest LMSC

Women 45-49

Place	Event	Name	Age	Club	LMSC	Time
3	50 Free	Lisa Dahl	46	PNA	Pacific Northwest	28.45
8	50 Back	Lisa Dahl	46	PNA	Pacific Northwest	34.83
5	50 Breast	Lisa Dahl	46	PNA	Pacific Northwest	38.93
3	50 Fly	Lisa Dahl	46	PNA	Pacific Northwest	30.41

Women 50-54

Place	Event	Name	Age	Club	LMSC	Time
6	50 Free	Debbie A Glassman	54	PNA	Pacific Northwest	31.16
5	100 Fly	Debbie A Glassman	54	PNA	Pacific Northwest	1:22.48
6	200 Fly	Debbie A Glassman	54	PNA	Pacific Northwest	3:10.35

Women 60-64

Place	Event	Name	Age	Club	LMSC	Time
2	50 Free	Sarah Welch	60	PNA	Pacific Northwest	35.45
10	100 Free	Sarah Welch	60	PNA	Pacific Northwest	1:25.82
4	200 Free	Sarah Welch	60	PNA	Pacific Northwest	3:03.03
3	50 Fly	Sarah Welch	60	PNA	Pacific Northwest	40.30
2	100 Fly	Sarah Welch	60	PNA	Pacific Northwest	1:32.64
3	200 Fly	Sarah Welch	60	PNA	Pacific Northwest	3:40.64
3	200 IM	Sarah Welch	60	PNA	Pacific Northwest	3:22.55
3	400 IM	Sarah Welch	60	PNA	Pacific Northwest	7:22.75

Men 35-39

Place	Event	Name	Age	Club	LMSC	Time
5	400 Free	Kirk Nelson	37	PNA	Pacific Northwest	4:35.99
4	1500 Free	Kirk Nelson	37	PNA	Pacific Northwest	18:02.43
9	200 IM	Kirk Nelson	37	PNA	Pacific Northwest	2:28.55

Men 50-54

Place	Event	Name	Age	Club	LMSC	Time
4	50 Fly	Donald Graham	53	PNA	Pacific Northwest	27.98
6	100 Fly	Donald Graham	53	PNA	Pacific Northwest	1:06.29
10	200 Fly	Dan L Robinson	50	PNA	Pacific Northwest	2:42.62

Men 55-59

Place	Event	Name	Age	Club	LMSC	Time
2	100 Fly	Scott M Lautman	55	PNA	Pacific Northwest	1:05.34
1	200 Fly	Scott M Lautman	55	PNA	Pacific Northwest	2:33.77

Men 65-69

Place	Event	Name	Age	Club	LMSC	Time
9	100 Back	Michael C Nordby	66	PNA	Pacific Northwest	1:31.30
6	200 Back	Michael C Nordby	66	PNA	Pacific Northwest	3:17.29
6	50 Breast	Roy Davis	65	PNA	Pacific Northwest	40.78
5	100 Breast	Roy Davis	65	PNA	Pacific Northwest	1:30.74
5	200 Breast	Roy Davis	65	PNA	Pacific Northwest	3:19.31
3	200 Fly	Michael C Nordby	66	PNA	Pacific Northwest	3:56.27
7	200 IM	Michael C Nordby	66	PNA	Pacific Northwest	3:16.53
4	400 IM	Michael C Nordby	66	PNA	Pacific Northwest	7:02.76

Men 75-79

Place	Event	Name	Age	Club	LMSC	Time
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3	400 Free	Thomas T Taylor	76	PNA	Pacific Northwest	6:30.78
2	1500 Free	Thomas T Taylor	76	PNA	Pacific Northwest	25:11.74
3	200 Back	Thomas T Taylor	76	PNA	Pacific Northwest	3:52.53
5	100 Breast	Thomas T Taylor	76	PNA	Pacific Northwest	1:45.51
5	200 Breast	Thomas T Taylor	76	PNA	Pacific Northwest	3:58.05

Women 200-239 LCM (2007)

Place	Event	Club	Time	Swimmers
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7	200 Medley	PNA	2:36.57	Kathrine J Casey (59), Lisa A Dahl (46) Sarah Welch (60), Debbie A Glassman (54)

Mixed 200-239 LCM (2007)

Place	Event	Club	Time	Swimmers
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6	200 Free	PNA	2:00.65	Scott Lautman (55), Debbie A Glassman (54) Dan L Robinson (50), Lisa A Dahl (46)