

2009 USMS Top Ten LCM for Pacific Northwest LMSC

Women 30-34

Place	Event	Name	Age	Club	LMSC	Time
10	50 Free	Colleen Philipps	33	PNA	Pacific Northwest	28.99
8	100 Free	Colleen Philipps	33	PNA	Pacific Northwest	1:03.56
6	200 Free	Colleen Philipps	33	PNA	Pacific Northwest	2:18.85

Women 35-39

Place	Event	Name	Age	Club	LMSC	Time
1	50 Free	Megan D Oesting	36	PNA	Pacific Northwest	27.18
1	100 Free	Megan D Oesting	36	PNA	Pacific Northwest	59.26

Women 45-49

Place	Event	Name	Age	Club	LMSC	Time
1	50 Free	Lisa A Dahl	48	PNA	Pacific Northwest	27.77
4	100 Free	Lisa A Dahl	48	PNA	Pacific Northwest	1:03.77
7	50 Back	Lisa A Dahl	48	PNA	Pacific Northwest	35.42
7	50 Breast	Lisa A Dahl	48	PNA	Pacific Northwest	38.54
2	50 Fly	Lisa A Dahl	48	PNA	Pacific Northwest	29.57

Women 55-59

Place	Event	Name	Age	Club	LMSC	Time
9	50 Free	Debbie A Glassman	56	PNA	Pacific Northwest	31.93
10	100 Free	Debbie A Glassman	56	PNA	Pacific Northwest	1:12.55
9	50 Fly	Debbie A Glassman	56	PNA	Pacific Northwest	35.75
7	100 Fly	Debbie A Glassman	56	PNA	Pacific Northwest	1:25.61

Women 60-64

Place	Event	Name	Age	Club	LMSC	Time
6	100 Free	Sarah Welch	62	PNA	Pacific Northwest	1:20.52
10	1500 Free	Kathrine J Casey	61	PNA	Pacific Northwest	27:01.33
10	50 Back	Kathrine J Casey	61	PNA	Pacific Northwest	47.33
9	100 Back	Kathrine J Casey	61	PNA	Pacific Northwest	1:44.89
6	50 Fly	Sarah Welch	62	PNA	Pacific Northwest	39.29
2	100 Fly	Sarah Welch	62	PNA	Pacific Northwest	1:32.12
2	200 Fly	Sarah Welch	62	PNA	Pacific Northwest	3:39.05
7	200 IM	Sarah Welch	62	PNA	Pacific Northwest	3:22.54
4	400 IM	Sarah Welch	62	PNA	Pacific Northwest	7:15.73
9	400 IM	Kathrine J Casey	61	PNA	Pacific Northwest	8:14.82

Women 75-79

Place	Event	Name	Age	Club	LMSC	Time
8	1500 Free	Barbara Allen	76	PNA	Pacific Northwest	41:44.26
5	100 Back	Barbara Allen	76	PNA	Pacific Northwest	2:13.50
5	200 Back	Barbara Allen	76	PNA	Pacific Northwest	4:52.32

Men 35-39

Place	Event	Name	Age	Club	LMSC	Time
8	200 Free	Kirk Nelson	39	PNA	Pacific Northwest	2:05.72
1	800 Free	Kirk Nelson	39	PNA	Pacific Northwest	9:13.97
6	200 Fly	Doug Jelen	36	PNA	Pacific Northwest	2:25.76
9	200 IM	Kirk Nelson	39	PNA	Pacific Northwest	2:26.34
10	400 IM	Doug Jelen	36	PNA	Pacific Northwest	5:29.95

Men 40-44

Place	Event	Name	Age	Club	LMSC	Time
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8	100 Breast	Tom Schutte	40	PNA	Pacific Northwest	1:13.68
7	200 Breast	Tom Schutte	40	PNA	Pacific Northwest	2:45.54

Men 55-59

Place	Event	Name	Age	Club	LMSC	Time
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9	400 Free	Alan Bell	59	PNA	Pacific Northwest	4:49.85
7	800 Free	Alan Bell	59	PNA	Pacific Northwest	10:03.20
5	1500 Free	Alan Bell	59	PNA	Pacific Northwest	19:03.16
7	1500 Free	William Penn	58	PNA	Pacific Northwest	19:30.42

Men 60-64

Place	Event	Name	Age	Club	LMSC	Time
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8	200 Back	Michael McColly	64	PNA	Pacific Northwest	2:59.47
6	100 Breast	Steven Peterson	63	PNA	Pacific Northwest	1:25.68
7	400 IM	Michael McColly	64	PNA	Pacific Northwest	6:31.69

2009 USMS Top Ten LCM Relays for Pacific Northwest LMSC

Women 200-239 LCM (2009)

Place	Event	Club	Time	Swimmers
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1	200 Free	PNA	1:59.88	Lisa A Dahl (48), Megan D Oesting (36), Debbie A Glassman (56), Sarah Welch (62)
1	400 Free	PNA	4:34.90	Lisa A Dahl (48), Sarah Welch (62), Debbie Glassman (56), Megan Oesting (36)