

2009 USMS Top Ten SCM for Pacific Northwest LMSC

Women 18-24

Place	Event	Name	Age	Club	LMSC	Time
9	50 Back	Shona D Pierce	24	PNA	Pacific Northwest	33.96
9	50 Breast	Danielle Trevino	22	PNA	Pacific Northwest	38.30
10	50 Breast	Shona D Pierce	24	PNA	Pacific Northwest	38.47
2	200 Breast	Danielle Trevino	22	PNA	Pacific Northwest	2:52.02
7	100 Fly	Danielle Trevino	22	PNA	Pacific Northwest	1:11.15
6	200 IM	Danielle Trevino	22	PNA	Pacific Northwest	2:36.11

Women 25-29

Place	Event	Name	Age	Club	LMSC	Time
6	400 Free	Melissa Chamberlin	28	PNA	Pacific Northwest	4:44.31
7	400 Free	Margaret Esch	25	PNA	Pacific Northwest	4:48.89
1	100 Breast	Melissa Chamberlin	28	PNA	Pacific Northwest	1:17.37
7	100 Breast	Margaret Esch	25	PNA	Pacific Northwest	1:21.51
1	200 Breast	Melissa Chamberlin	28	PNA	Pacific Northwest	2:42.12
4	200 Fly	Melissa Chamberlin	28	PNA	Pacific Northwest	2:40.25
5	200 IM	Margaret Esch	25	PNA	Pacific Northwest	2:38.00
1	400 IM	Melissa Chamberlin	28	PNA	Pacific Northwest	5:21.25
8	400 IM	Jane Carley	27	PNA	Pacific Northwest	5:56.92

Women 30-34

Place	Event	Name	Age	Club	LMSC	Time
9	200 Free	Cary Greegor	30	PNA	Pacific Northwest	2:22.89
2	50 Breast	Cary Greegor	30	PNA	Pacific Northwest	35.32

Women 35-39

Place	Event	Name	Age	Club	LMSC	Time
2	100 Free	Kimberly S Jeter	37	PNA	Pacific Northwest	1:01.56
7	200 Free	Kimberly S Jeter	37	PNA	Pacific Northwest	2:19.73
2	400 Free	Kimberly S Jeter	37	PNA	Pacific Northwest	4:44.46
5	100 Fly	Kimberly S Jeter	37	PNA	Pacific Northwest	1:14.50

Women 45-49

Place	Event	Name	Age	Club	LMSC	Time
2	50 Free	Lisa A Dahl	48	PNA	Pacific Northwest	27.97
2	100 Free	Lisa Dahl	48	PNA	Pacific Northwest	1:03.31
5	50 Fly	Lisa Dahl	48	PNA	Pacific Northwest	30.91
7	100 IM	Lisa Dahl	48	PNA	Pacific Northwest	1:13.38

Women 50-54

Place	Event	Name	Age	Club	LMSC	Time
10	200 Free	Zena H Courtney	50	PNA	Pacific Northwest	2:28.89
6	50 Back	Zena H Courtney	50	PNA	Pacific Northwest	36.03
8	100 Back	Zena H Courtney	50	PNA	Pacific Northwest	1:17.54
4	200 Back	Zena H Courtney	50	PNA	Pacific Northwest	2:43.77

Women 60-64

Place	Event	Name	Age	Club	LMSC	Time
4	50 Free	Sarah Welch	62	PNA	Pacific Northwest	34.62
7	200 Free	Stella M Preissler	60	PNA	Pacific Northwest	3:01.64
6	400 Free	Stella M Preissler	60	PNA	Pacific Northwest	6:18.16
8	200 Back	Stella M Preissler	60	PNA	Pacific Northwest	3:30.58

9	100 Breast	Sarah Welch	62	PNA	Pacific Northwest	1:47.41
4	50 Fly	Sarah Welch	62	PNA	Pacific Northwest	39.20
4	100 Fly	Sarah Welch	62	PNA	Pacific Northwest	1:31.09
3	200 Fly	Sarah Welch	62	PNA	Pacific Northwest	3:29.91
5	100 IM	Sarah Welch	62	PNA	Pacific Northwest	1:31.94
2	200 IM	Sarah Welch	62	PNA	Pacific Northwest	3:17.96
2	400 IM	Sarah Welch	62	PNA	Pacific Northwest	7:04.90

Women 65-69

Place	Event	Name	Age	Club	LMSC	Time
4	100 Free	Pinky M Walker	67	PNA	Pacific Northwest	1:26.18
3	50 Back	Pinky M Walker	67	PNA	Pacific Northwest	45.80
4	100 Back	Pinky M Walker	67	PNA	Pacific Northwest	1:41.00

Women 75-79

Place	Event	Name	Age	Club	LMSC	Time
10	400 Free	Janet D Kavadas	78	PNA	Pacific Northwest	10:26.37
9	100 Back	Janet D Kavadas	78	PNA	Pacific Northwest	2:33.28
7	200 Back	Janet D Kavadas	78	PNA	Pacific Northwest	5:29.77
7	100 Breast	Janet D Kavadas	78	PNA	Pacific Northwest	3:05.18

Women 80-84

Place	Event	Name	Age	Club	LMSC	Time
8	50 Breast	Ilse E Walters	81	UNAT	Pacific Northwest	1:26.92
7	100 Breast	Ilse E Walters	81	UNAT	Pacific Northwest	3:33.86
7	200 Breast	Ilse E Walters	81	UNAT	Pacific Northwest	7:17.94

Men 18-24

Place	Event	Name	Age	Club	LMSC	Time
8	400 Free	Jason Hunter	23	PNA	Pacific Northwest	4:51.47

Men 35-39

Place	Event	Name	Age	Club	LMSC	Time
3	400 Free	Kirk E Nelson	39	PNA	Pacific Northwest	4:21.25
8	200 Back	Kirk E Nelson	39	PNA	Pacific Northwest	2:26.31
3	200 Fly	Doug Jelen	36	PNA	Pacific Northwest	2:24.35
8	200 IM	Kirk E Nelson	39	PNA	Pacific Northwest	2:21.36
10	400 IM	Doug Jelen	36	PNA	Pacific Northwest	5:18.90

Men 40-44

Place	Event	Name	Age	Club	LMSC	Time
9	400 Free	John M Williams	41	PNA	Pacific Northwest	4:39.59
7	200 IM	David E Kays	42	PNA	Pacific Northwest	2:21.31
4	400 IM	David E Kays	42	PNA	Pacific Northwest	5:00.54

Men 45-49

Place	Event	Name	Age	Club	LMSC	Time
8	200 Free	Lyle A Nalli	49	PNA	Pacific Northwest	2:06.78
5	400 Free	Lyle A Nalli	49	PNA	Pacific Northwest	4:30.77
6	800 Free	Lyle A Nalli	49	PNA	Pacific Northwest	9:25.12
3	1500 Free	Lyle A Nalli	49	PNA	Pacific Northwest	18:01.65
9	100 Back	Carl Haynie	49	PNA	Pacific Northwest	1:08.34
4	200 Back	Lyle A Nalli	49	PNA	Pacific Northwest	2:23.33

Men 50-54

Place	Event	Name	Age	Club	LMSC	Time
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9	50 Free	Mike McGoorty	51	PNA	Pacific Northwest	25.65
4	50 Back	Mike McGoorty	51	PNA	Pacific Northwest	30.64

Men 55-59

Place	Event	Name	Age	Club	LMSC	Time
6	400 Free	William J Penn	58	PNA	Pacific Northwest	4:43.16
5	800 Free	William J Penn	58	PNA	Pacific Northwest	9:42.73
2	1500 Free	William J Penn	58	PNA	Pacific Northwest	18:14.38
7	50 Back	Donald Graham	55	PNA	Pacific Northwest	31.64
6	100 Back	Donald Graham	55	PNA	Pacific Northwest	1:08.69
2	50 Fly	Donald Graham	55	PNA	Pacific Northwest	27.76
10	100 Fly	Scott M Lautman	57	PNA	Pacific Northwest	1:07.88
5	200 Fly	Scott M Lautman	57	PNA	Pacific Northwest	2:33.55
8	100 IM	Donald Graham	55	PNA	Pacific Northwest	1:08.88
10	200 IM	Donald Graham	55	PNA	Pacific Northwest	2:33.45

Men 60-64

Place	Event	Name	Age	Club	LMSC	Time
9	200 Free	James T McCleery	63	PNA	Pacific Northwest	2:22.97
1	400 Free	James T McCleery	63	PNA	Pacific Northwest	4:48.76
4	800 Free	James T McCleery	63	PNA	Pacific Northwest	10:19.86
2	1500 Free	James T McCleery	63	PNA	Pacific Northwest	19:12.92
6	200 Back	Michael McColly	64	PNA	Pacific Northwest	2:50.47
6	400 IM	Michael McColly	64	PNA	Pacific Northwest	6:10.59

Men 75-79

Place	Event	Name	Age	Club	LMSC	Time
10	200 Breast	Don L Rehfeldt	75	PNA	Pacific Northwest	4:18.14

Men 80-84

Place	Event	Name	Age	Club	LMSC	Time
3	400 Free	Harvey W Prosser	81	PNA	Pacific Northwest	7:44.93
2	1500 Free	Harvey W Prosser	81	PNA	Pacific Northwest	30:43.22

Men 100-119 SCM (2009)

Place	Event	Club	Time	Swimmers
4	200 Free	PNA	1:49.42	Jay Nygaard (30), Richard Kocher (30), Kalen Carney(30),Christopher Blacker (29)

Mixed 72-99 SCM (2009)

Place	Event	Club	Time	Swimmers
2	200 Free	PNA	2:00.28	Benjamin Whitefield(19),Angela Dowdle (20), Shona D Pierce (24), Mark A Fanning (24)
6	200 Medley	PNA	2:25.61	Mark A Fanning (24), Shona D Pierce (24), Angela Dowdle (20),Benjamin Whitefield (19)

Mixed 100-119 SCM (2009)

Place	Event	Club	Time	Swimmers
6	200 Medley	PNA	2:13.58	Melissa Chamberlin(28),Robert Hartman (32), Luke Ruggeri (26), Inna Levin (23)

Mixed 120-159 SCM (2009)

Place	Event	Club	Time	Swimmers
9	200 Free	PNA	1:58.20	Gabe Bush (32), Madison Shellgren (25), Zena H Courtney (50), John M Williams (41)

Mixed 160-199 SCM (2009)

Place	Event	Club	Time	Swimmers
6	200 Medley	PNA	2:16.46	Zena H Courtney (50), Nellis Y Kim (39), John M Williams (41), Gabe Bush (32)