

PNA SHORT COURSE YARDS 2007-2008

INDIVIDUAL ALL AMERICANS:

1650 Free	Jacquelyn Foley	26	PNA	18:40.17
1650 Free	Kirk E Nelson	37	PNA	17:16.07
200 Fly	Scott M Lautman	55	PNA	2:06.09
400 IM	Rick P Colella	56	PNA	4:30.18

RELAY ALL AMERICANS:

NATIONAL RECORDS:

Muriel Flynn	80-84	100 Breast	2:01.00	2003
		200 Breast	4:23.47	2003
James McCleery	60-64	1650 Free	18:49.29	2007
Rick Colella	65-69	400 I.M.	4:30.18	2008

NATIONAL RELAY RECORDS:

Women 200 Free	55+		2:01.59	2007
		Jean Blackburn	Sarah Welch	
		Sally Dillon	Charlotte Davis	
Women 200 Medley	55+		2:15.54	2007
		Suzanne Dills	Sally Dillon	
		Charlotte Davis	Sarah Welch	

PNA LONG COURSE METERS 2008

INDIVIDUAL ALL AMERICANS:

200 Free	Colleen Philipps	32	PNA	2:14.96
50 Free	Lisa Dahl	47	PNA	27.87
100 Fly	Sarah Welch	61	PNA	1:26.62
200 Fly	Sarah Welch	61	PNA	3:29.21
50 Fly	Jason Goltz	30	PNA	26.34
100 Breast	Rick P Colella	57	PNA	1:14.30
200 Breast	Rick P Colella	57	PNA	2:38.66
200 IM	Rick P Colella	57	PNA	2:24.12

RELAY ALL AMERICANS:

Women 240-279 LCM (2008)
200 Free PNA 2:13.33 Sally A Dillon (62), Sarah Welch (61),
Suzanne Dills (63), Debbie A Glassman (55)

NATIONAL RECORDS:

Rick Colella	50-54	200 Breast	2:39.08	2001
		400 I.M.	5:05.82	2001
Scott Lautman	50-54	200 Fly	2:21.40	2004
Rick Colella	55-59	200 Breast	2:38.66	2008
		200 I.M.	2:24.12	2008

NATIONAL RECORDS RELAYS:

Women 200-239 LCM (2006)
200 Free PNA 1:57.21 Lisa Dahl, Debbie A Glassman
Charlotte Davis, Mary Lippold

Women 240-279 LCM (2008)
200 Free PNA 2:13.33 Sally A Dillon (62), Sarah Welch (61),
Suzanne Dills (63), Debbie A Glassman (55)

WORLD RECORDS:

Rick Colella	55-59	200 Breast	2:38.66	2008
		200 I.M.	2:24.12	2008

WORLD RECORDS RELAYS:

Women 200-239 LCM (2006)
200 Free PNA 1:57.21 Lisa Dahl, Debbie A Glassman

Charlotte Davis, Mary Lippold

Women 240-279 LCM (2008)

200 Free PNA

2:13.33

Sally A Dillon (62), Sarah Welch (61),
Suzanne Dills (63), Debbie A Glassman (55)

PNA SHORT COURSE METERS 2008

INDIVIDUAL ALL AMERICANS:

100 Free	Colleen Philipps	32	PNA	Pacific Northwest	1:01.04
100 Fly	Sarah Welch	61	PNA	Pacific Northwest	1:28.55
200 Fly	Sarah Welch	61	PNA	Pacific Northwest	3:18.64
100 IM	Sarah Welch	61	PNA	Pacific Northwest	1:29.86
200 IM	Sarah Welch	61	PNA	Pacific Northwest	3:14.17
400 IM	Sarah Welch	61	PNA	Pacific Northwest	6:51.79
200 Fly	Scott Lautman	56	PNA	Pacific Northwest	2:25.95
800 Free	Harvey Prosser	80	PNA	Pacific Northwest	14:39.58

RELAY ALL AMERICANS:

NATIONAL RECORDS:

Sarah Welch	60-64	100	Fly	1:28.55	2008
James McCleery	60-64	800	Free	9:58.99	2006
		1500	Free	18:50.59	2007
Nick Leclercq	60-64	400	I.M	5:25.65	2006
Jim Penfield	90-94	50	Breast	1:07.22	1998
		100	Breast	2:45.20	1998

WORLD RECORDS:

James McCleery	60-64	1500	Free	18:50.59	2007
Nick Leclercq	60-64	400	I.M.	5:25.65	2006