

**PNA SHORT COURSE YARDS 2008-2009**

**INDIVIDUAL ALL AMERICANS:**

100 Breast	Mary Armstrong	41	PNA	1:10.52
50 Back	Evelyn Hoffman	90	PNA	1:19.26
50 Breast	Evelyn Hoffman	90	PNA	1:37.08
200 Fly	Scott M Lautman	56	PNA	2:10.60

**RELAY ALL AMERICANS:**

**NATIONAL RECORDS:**

Muriel Flynn	80-84	100 Breast	2:01.00	2003
James McCleery	60-64	1650 Free	18:49.29	2007

**NATIONAL RELAY RECORDS:**

**PNA LONG COURSE METERS 2009**

**INDIVIDUAL ALL AMERICANS:**

50 Free	Megan D Oesting	36	PNA	27.18
100 Free	Megan D Oesting	36	PNA	59.26
50 Free	Lisa A Dahl	48	PNA	27.77
800 Free	Kirk Nelson	39	PNA	9:13.97

**RELAY ALL AMERICANS:**

Women 200-239 LCM (2009)  
200 Free PNA 1:59.88 Lisa A Dahl (48), Megan D Oesting (36),  
Debbie A Glassman (56), Sarah Welch (62)

Women 200-239 LCM (2009)  
400 Free PNA 4:34.90 Lisa A Dahl (48), Sarah Welch (62),  
Debbie Glassman (56), Megan Oesting (36)

**NATIONAL RECORDS:**

Rick Colella	50-54	200 Breast	2:39.08	2001
Rick Colella	55-59	200 Breast	2:38.66	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
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**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 2009

INDIVIDUAL ALL AMERICANS:

100 Breast	Melissa Chamberlin	28	PNA	1:17.37
400 IM	Melissa Chamberlin	28	PNA	5:21.25
400 Free	James T McCleery	63	PNA	4:48.76

RELAY ALL AMERICANS:

NATIONAL RECORDS:

James McCleery	60-64	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