

NATIONALS - SPLITS

05-10-09

SHORT COURSE YARDS

P = P.N.A. RECORD

Z = NORTHWEST ZONE RECORD

N = NATIONAL RECORD

W = WORLD RECORD

WOMEN 18-24

50 YD. FREE			
MADÉLINE BANASHAK	18 PNA	28.54	
MARISSA WENNER	20 PNA	29.09	
ANGELA DOWDLE	20 PNA	29.12	
MARY-JANE MAN	22 PNA	30.83	
100 YD. FREE			
ANGELA DOWDLE	20 PNA	1:01.92	
MADÉLINE BANASHAK	18 PNA	1:04.85	
MARY-JANE MAN	22 PNA	1:07.77	
200 YD. FREE			
ANGELA DOWDLE	20 PNA	2:16.75	
MADÉLINE BANASHAK	18 PNA	2:20.38	
500 YD. FREE			
MADÉLINE BANASHAK	18 PNA	6:09.97	
1000 YD. FREE			
MADÉLINE BANASHAK	18 PNA	12:30.37	
50 YD. BACK			
SHONA PIERCE	24 PNA	29.90	
50 YD. BRST			
SHONA PIERCE	24 PNA	34.37	
SARA DE SITTER	20 PNA	37.33	
50 YD. FLY			
ANGELA DOWDLE	20 PNA	33.85	
MARY-JANE MAN	22 PNA	33.98	
SARA DE SITTER	20 PNA	37.13	

WOMEN 30-34

50 YD. FREE			
TAMARA COULTER	32 PNA	26.48	
ROBIN LESH	31 PNA	35.13	
100 YD. FREE			
ROBIN LESH	31 PNA	1:14.44	
200 YD. FREE			
ROBIN LESH	31 PNA	2:37.08	

WOMEN 35-39

50 YD. FREE			
SHANNON SINGER	39 PNA	36.68	
100 YD. FREE			
SHANNON SINGER	39 PNA	1:18.34	
200 YD. FREE			
SHANNON SINGER	39 PNA	2:45.58	
500 YD. FREE			
SHANNON SINGER	39 PNA	7:16.10	

WOMEN 45-49

50 YD. FREE			
LISA DAHL	48 PNA	24.83	
50 YD. BACK			
LISA DAHL	48 PNA	30.05 P	

WOMEN 50-54

50 YD. FREE			
TONYA BERG	50 PNA	32.28	
50 YD. BRST			
TONYA BERG	50 PNA	37.84	
ZAPPONE PEGGY	50 PNA	40.29	
100 YD. BRST			
TONYA BERG	50 PNA	1:21.57	

WOMEN 55-59

50 YD. FREE			
DEBBIE GLASSMAN	55 PNA	27.92	
CHARLOTTE DAVIS	59 PNA	29.98	
JEAN BLACKBURN	57 PNA	36.18	
50 YD. FLY			
CHARLOTTE DAVIS	59 PNA	32.93	
DEBBIE GLASSMAN	55 PNA	33.21	
100 YD. FLY			

CHARLOTTE DAVIS	59 PNA	1:14.09	
DEBBIE GLASSMAN	55 PNA	1:16.57	

WOMEN 60-64

50 YD. FREE			
SARAH WELCH	62 PNA	31.45	
SALLY DILLON	62 PNA	33.92	
SUZANNE DILLS	64 PNA	35.76	
KATHRINE CASEY	60 PNA	37.30	
100 YD. FREE			
SALLY DILLON	62 PNA	1:11.49	
SUZANNE DILLS	64 PNA	1:14.27	
KATHRINE CASEY	60 PNA	1:25.56	
200 YD. FREE			
SALLY DILLON	62 PNA	2:38.69	
SUZANNE DILLS	64 PNA	2:38.76	
KATHRINE CASEY	60 PNA	2:56.00	
500 YD. FREE			
SALLY DILLON	62 PNA	6:48.44	
SUZANNE DILLS	64 PNA	6:55.26	
1000 YD. FREE			
SUZANNE DILLS	64 PNA	13:50.51	
SALLY DILLON	62 PNA	13:56.28	
50 YD. BACK			
SUZANNE DILLS	64 PNA	39.70	
50 YD. BRST			
SALLY DILLON	62 PNA	42.62	
MARSHA HANSEN	62 PNA	49.11	
50 YD. FLY			
SUZANNE DILLS	64 PNA	38.33	
KATHRINE CASEY	60 PNA	51.51	
SARAH WELCH	62 PNA	2:15.73	
100 YD. FLY			
SARAH WELCH	62 PNA	1:24.99	
SUZANNE DILLS	64 PNA	1:34.07	
KATHRINE CASEY	60 PNA	1:51.74	

WOMEN 75-79

50 YD. FREE			
KAREN BRYCE	75 PNA	56.67	

M E N 18-24

50 YD. FREE			
BRIAN GOLDMAN	23 PNA	21.75	
B. WHITEFIELD	19 PNA	24.64	
RYAN DEWEY	20 PNA	26.20	
ANDREW SAGE	19 PNA	27.24	
100 YD. FREE			
BRIAN GOLDMAN	23 PNA	56.90	
ANDREW SAGE	19 PNA	1:01.94	
200 YD. FREE			
BRIAN GOLDMAN	23 PNA	1:57.37	
ANDREW SAGE	19 PNA	2:14.51	
50 YD. BACK			
MARK FANNING	23 PNA	27.87	
50 YD. BRST			
PAUL WANZEK	19 PNA	37.39	

M E N 35-39

50 YD. FREE			
KIRK NELSON	38 PNA	25.07	
DAN MARTIN	37 PNA	25.14	
100 YD. FREE			
KIRK NELSON	38 PNA	54.32	
DAN MARTIN	37 PNA	1:01.51	
200 YD. FREE			
KIRK NELSON	38 PNA	1:55.27	
DAN MARTIN	37 PNA	2:03.06	
500 YD. FREE			
KIRK NELSON	38 PNA	5:08.51	
DAN MARTIN	37 PNA	5:27.43	
1000 YD. FREE			
KIRK NELSON	38 PNA	10:24.85	
50 YD. BACK			
TOM SCHUTTE	39 PNA	28.22	
50 YD. BRST			
TOM SCHUTTE	39 PNA	29.16	
KERRY NESS	39 PNA	37.28	
100 YD. BRST			
TOM SCHUTTE	39 PNA	1:06.39	

KERRY NESS	39 PNA	1:23.31	
50 YD. FLY			
TOM SCHUTTE	39 PNA	26.35	
KIRK NELSON	38 PNA	27.71	
100 YD. FLY			
KIRK NELSON	38 PNA	58.83	

M E N 40-44

50 YD. FREE			
MAX HANSON	41 PNA	24.14	
DAVID KAYS	41 PNA	25.79	
VLADIMIR SCHMIDT	41 PNA	26.87	
100 YD. FREE			
DAVID KAYS	41 PNA	53.11	
MAX HANSON	41 PNA	55.27	
200 YD. FREE			
DAVID KAYS	41 PNA	1:54.38	
MAX HANSON	41 PNA	2:03.35	
500 YD. FREE			
DAVID KAYS	41 PNA	4:58.76	
1000 YD. FREE			
DAVID KAYS	41 PNA	10:13.11	
50 YD. BACK			
RICHARD SEIBERT	44 PNA	28.72	
MAX HANSON	41 PNA	30.66	
50 YD. BRST			
MICHAEL GARCEAU	43 PNA	43.71	
50 YD. FLY			
RICHARD SEIBERT	44 PNA	28.07	
DAVID KAYS	41 PNA	28.10	
MAX HANSON	41 PNA	28.47	
VLADIMIR SCHMIDT	41 PNA	29.52	
MICHAEL GARCEAU	43 PNA	41.27	
100 YD. FLY			
DAVID KAYS	41 PNA	1:01.13	
MAX HANSON	41 PNA	1:03.58	
MICHAEL GARCEAU	43 PNA	1:30.90	

M E N 45-49

50 YD. FREE			
PETE COLBECK	47 PNA	25.26	
LYLE NALLI	49 PNA	26.42	
ERIC VALLEY	47 PNA	27.43	
100 YD. FREE			
PETE COLBECK	47 PNA	1:00.02	
ERIC VALLEY	47 PNA	1:00.17	
LYLE NALLI	49 PNA	1:02.22	
200 YD. FREE			
PETE COLBECK	47 PNA	1:59.37	
LYLE NALLI	49 PNA	2:01.63	
ERIC VALLEY	47 PNA	2:03.47	
500 YD. FREE			
PETE COLBECK	47 PNA	5:13.99	
ERIC VALLEY	47 PNA	5:21.64	
LYLE NALLI	49 PNA	5:27.20	
1000 YD. FREE			
LYLE NALLI	49 PNA	11:00.66	
50 YD. FLY			
PETE COLBECK	47 PNA	27.41	
ERIC VALLEY	47 PNA	28.28	
LYLE NALLI	49 PNA	29.18	
100 YD. FLY			
LYLE NALLI	49 PNA	1:01.51	
ERIC VALLEY	47 PNA	1:03.65	

M E N 55-59

50 YD. FREE			
RONALD JACOBS	57 PNA	25.51	
ALAN BELL	59 PNA	28.59	
JOHN DEWIT	56 PNA	30.17	
WILLIAM PENN	57 PNA	30.72	
100 YD. FREE			
ALAN BELL	59 PNA	1:01.47	
JOHN DEWIT	56 PNA	1:03.72	
WILLIAM PENN	57 PNA	1:04.44	
200 YD. FREE			
ALAN BELL	59 PNA	2:06.61	
WILLIAM PENN	57 PNA	2:13.27	
JOHN DEWIT	56 PNA	2:22.61	
500 YD. FREE			
ALAN BELL	59 PNA	5:29.62	

WILLIAM PENN	57 PNA	5:50.92
1000 YD. FREE		
ALAN BELL	59 PNA	11:12.49
WILLIAM PENN	57 PNA	11:44.52
50 YD. BACK		
RONALD JACOBS	57 PNA	30.94
BILL REEDER	56 PNA	36.82
50 YD. BRST		
BILL REEDER	56 PNA	37.64
50 YD. FLY		
SCOTT LAUTMAN	56 PNA	27.07
ALAN BELL	59 PNA	32.17
WILLIAM PENN	57 PNA	32.72
BILL REEDER	56 PNA	33.10
100 YD. FLY		
SCOTT LAUTMAN	56 PNA	1:01.61
ALAN BELL	59 PNA	1:08.62
WILLIAM PENN	57 PNA	1:26.79

M E N 60-64

50 YD. FREE		
LARRY WRIGHT	60 PNA	27.58
DAN KIRKLAND	60 PNA	28.35
STEVEN PETERSON	62 PNA	30.92
100 YD. FREE		
DAN KIRKLAND	60 PNA	1:03.45
200 YD. FREE		
DAN KIRKLAND	60 PNA	2:12.23
50 YD. BRST		
STEVEN PETERSON	62 PNA	34.60
100 YD. BRST		
STEVEN PETERSON	62 PNA	1:18.35
50 YD. FLY		
LARRY WRIGHT	60 PNA	29.46
STEVEN PETERSON	62 PNA	36.32

M E N 65-69

50 YD. BRST		
DENNIS SAWYER	65 PNA	38.28
100 YD. BRST		
DENNIS SAWYER	65 PNA	1:29.15
50 YD. FLY		
MICHAEL NORDBY	67 PNA	38.17
100 YD. FLY		
MICHAEL NORDBY	67 PNA	1:34.95

M E N 70-74

50 YD. BRST		
DOMINIQUE TRUONG	70 PNA	45.78