

2008 USMS Top 10 LCM for Pacific Northwest LMSC

Women 30-34

| Place | Event    | Name               | Age | Club | LMSC              | Time    |
|-------|----------|--------------------|-----|------|-------------------|---------|
| 2     | 200 Free | Colleen M Philipps | 32  | PNA  | Pacific Northwest | 2:14.96 |

Women 45-49

| Place | Event     | Name            | Age | Club | LMSC              | Time    |
|-------|-----------|-----------------|-----|------|-------------------|---------|
| 1     | 50 Free   | Lisa Dahl       | 47  | PNA  | Pacific Northwest | 27.87   |
| 6     | 50 Back   | Lisa A Dahl     | 47  | PNA  | Pacific Northwest | 34.59   |
| 7     | 100 Back  | Zena H Courtney | 49  | PNA  | Pacific Northwest | 1:16.14 |
| 10    | 200 Back  | Zena H Courtney | 49  | PNA  | Pacific Northwest | 2:46.77 |
| 4     | 50 Breast | Lisa A Dahl     | 47  | PNA  | Pacific Northwest | 37.21   |
| 4     | 50 Fly    | Lisa A Dahl     | 47  | PNA  | Pacific Northwest | 30.08   |

Women 55-59

| Place | Event    | Name              | Age | Club | LMSC              | Time    |
|-------|----------|-------------------|-----|------|-------------------|---------|
| 5     | 50 Free  | Debbie A Glassman | 55  | PNA  | Pacific Northwest | 30.94   |
| 9     | 100 Free | Debbie A Glassman | 55  | PNA  | Pacific Northwest | 1:11.92 |

Women 60-64

| Place | Event     | Name             | Age | Club | LMSC              | Time     |
|-------|-----------|------------------|-----|------|-------------------|----------|
| 9     | 400 Free  | Suzanne L Dills  | 63  | PNA  | Pacific Northwest | 6:01.60  |
| 7     | 800 Free  | Suzanne L Dills  | 63  | PNA  | Pacific Northwest | 12:25.86 |
| 9     | 1500 Free | Kathrine J Casey | 60  | PNA  | Pacific Northwest | 25:38.95 |
| 6     | 50 Fly    | Sarah Welch      | 61  | PNA  | Pacific Northwest | 36.84    |
| 3     | 100 Fly   | Sarah Welch      | 61  | PNA  | Pacific Northwest | 1:26.62  |
| 1     | 200 Fly   | Sarah Welch      | 61  | PNA  | Pacific Northwest | 3:29.21  |
| 5     | 200 IM    | Sarah Welch      | 61  | PNA  | Pacific Northwest | 3:14.93  |
| 7     | 200 IM    | Suzanne L Dills  | 63  | PNA  | Pacific Northwest | 3:16.73  |
| 8     | 400 IM    | Sarah Welch      | 61  | PNA  | Pacific Northwest | 7:09.23  |

Men 30-34

| Place | Event   | Name        | Age | Club | LMSC              | Time    |
|-------|---------|-------------|-----|------|-------------------|---------|
| 10    | 100 Fly | Jason Goltz | 30  | PNA  | Pacific Northwest | 59.24   |
| 10    | 200 Fly | Jason Goltz | 30  | PNA  | Pacific Northwest | 2:18.52 |
| 9     | 200 IM  | Jason Goltz | 30  | PNA  | Pacific Northwest | 2:18.35 |
| 5     | 400 IM  | Jason Goltz | 30  | PNA  | Pacific Northwest | 5:00.68 |

Men 35-39

| Place | Event     | Name          | Age | Club | LMSC              | Time     |
|-------|-----------|---------------|-----|------|-------------------|----------|
| 5     | 1500 Free | Kirk E Nelson | 38  | PNA  | Pacific Northwest | 17:51.74 |

Men 55-59

| Place | Event      | Name            | Age | Club | LMSC              | Time    |
|-------|------------|-----------------|-----|------|-------------------|---------|
| 2     | 100 Breast | Rick P Colella  | 57  | PNA  | Pacific Northwest | 1:14.30 |
| 1     | 200 Breast | Rick P Colella  | 57  | PNA  | Pacific Northwest | 2:38.66 |
| 5     | 50 Fly     | Scott M Lautman | 56  | PNA  | Pacific Northwest | 29.08   |
| 1     | 100 Fly    | Scott M Lautman | 56  | PNA  | Pacific Northwest | 1:03.95 |
| 1     | 200 Fly    | Scott M Lautman | 56  | PNA  | Pacific Northwest | 2:26.37 |
| 1     | 200 IM     | Rick P Colella  | 57  | PNA  | Pacific Northwest | 2:24.12 |

Men 60-64

| Place | Event      | Name              | Age | Club | LMSC              | Time    |
|-------|------------|-------------------|-----|------|-------------------|---------|
| 10    | 200 Breast | Steven B Peterson | 62  | PNA  | Pacific Northwest | 3:06.67 |

Men 65-69

| Place | Event      | Name      | Age | Club | LMSC              | Time    |
|-------|------------|-----------|-----|------|-------------------|---------|
| 10    | 200 Breast | Roy Davis | 66  | PNA  | Pacific Northwest | 3:18.00 |

Men 200-239 LCM (2008)

| Place | Event    | Club | LMSC              | Time    | Swimmers   |
|-------|----------|------|-------------------|---------|--|
| 9     | 200 Free | PNA  | Pacific Northwest | 1:52.33 | Rick P<br>Colella (57), Robert T Pilger (65), Richard J Seibert (44), Scott M Lautman (56) |