

2009 USMS Top 10 LCM for Pacific Northwest LMSC

Women 35-39

Place	Event	Name	Age	Club	LMSC	Time
1	50 Free	Megan D Oesting	36	PNA	Pacific Northwest	27.18
1	100 Free	Megan D Oesting	36	PNA	Pacific Northwest	59.26

Women 45-49

Place	Event	Name	Age	Club	LMSC	Time
1	50 Free	Lisa Dahl	48	PNA	Pacific Northwest	27.85
8	100 Free	Lisa A Dahl	48	PNA	Pacific Northwest	1:03.77
2	50 Fly	Lisa A Dahl	48	PNA	Pacific Northwest	29.57

Women 60-64

Place	Event	Name	Age	Club	LMSC	Time
4	100 Fly	Sarah Welch	62	PNA	Pacific Northwest	1:32.12
6	200 Fly	Sarah Welch	62	PNA	Pacific Northwest	3:39.05

Men 35-39

Place	Event	Name	Age	Club	LMSC	Time
7	800 Free	Kirk Nelson	39	PNA	Pacific Northwest	9:13.97

Men 55-59

Place	Event	Name	Age	Club	LMSC	Time
6	1500 Free	Alan Bell	59	PNA	Pacific Northwest	19:03.16
8	1500 Free	William Penn	58	PNA	Pacific Northwest	19:30.42

Women 200-239 LCM (2009)

Place	Event	Club	LMSC	Time	Swimmers
1	200 Free	PNA	Pacific Northwest	1:59.88	Lisa A Dahl

(48), Megan D Oesting (36), Debbie A Glassman (56), Sarah Welch (62)