

Indoor Rowing

500m

Men 65-69

1	Rick Willis	01:42.2	Sequim, WA
2	Steven Cahill	01:50.1	Port Angeles, WA

Men 70-74

1	Don Berger	01:55.8	Sequim, WA
2	Larry Nelson	02:06.3	Kingston, WA
3	Jerry Harwood	02:10.5	Oxnard, CA

Men 75-79

1	Jim Maynard	01:51.8	Port Angeles, WA
2	Ruggles Larson	02:40.3	Tacoma, WA

Men 85-89

1	Don Alward	03:24.5	Port Angeles, WA
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Women 55-59

1	Deana Volker	02:05.0	Port Angeles, WA
2	Fumi Shirasago-Cahill	02:14.0	Port Angeles, WA

Women 60-64

1	Jerie Louie	02:31.2	Port Angeles, WA
2	Bobbie Rivera	03:02.1	Port Angeles, WA

Women 65-69

1	Karen Nawrocki	02:30.8	Port Angeles, WA
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Women 75-79

1	Nancy Joyce	03:00.4	Port Angeles, WA
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1000m

Men 65-69

1	Rick Willis	03:39.9	Sequim, WA
2	Steven Cahill	03:59.1	Port Angeles, WA

Men 70-74

1	Don Berger	04:12.5	Sequim, WA
2	Jerry Harwood	05:34.2	Oxnard, CA

Men 75-79

1	Jim Maynard	04:15.7	Port Angeles, WA
2	Ruggles Larson	05:34.1	Tacoma, WA

Men 85-89

1	Don Alward	07:08.3	Port Angeles, WA
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Women 55-59

1	Deana Volker	04:19.1	Port Angeles, WA
2	Fumi Shirasago-Cahill	04:38.2	Port Angeles, WA

Women 60-64

1	Jana Filli	04:34.9	Port Townsend, WA
2	Bobbie Rivera	06:46.0	Port Angeles, WA

Women 65-69

1	Ann Weinmann	04:27.3	Port Townsend, WA
2	Karen Nawrocki	05:34.7	Port Angeles, WA

Women 70-74

1	Mari Friend	04:16.6	Port Townsend, WA
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Women 75-79

1	Connie Voigt	04:41.2	Port Townsend, WA
2	Nancy Joyce	05:50.1	Port Angeles, WA

2000m

Men 65-69

1	Rick Willis	07:39.6	Sequim, WA
2	Steven Cahill	08:16.9	Port Angeles, WA

Men 70-74

1	Richard Kaye	08:21.0	Sequim, WA
2	Don Berger	08:23.8	Sequim, WA
3	Jerry Harwood	11:50.3	Oxnard, CA

Men 75-79

1	Jim Maynard	08:48.9	Port Angeles, WA
2	Ruggles Larson	11:07.4	Tacoma, WA

Men 80-84

1	Joseph Paulsen	11:54.4	Port Angeles, WA
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Men 85-89

1	Don Alward	14:55.7	Port Angeles, WA
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Women 60-64

1	Jana Filli	09:23.8	Port Townsend, WA
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Women 65-69

1	Ann Weinmann	09:11.6	Port Townsend, WA
2	Karen Nawrocki	12:09.8	Port Angeles, WA

Women 70-74

1	Mari Friend	08:51.2	Port Townsend, WA
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Women 75-79

1	Connie Voigt	09:38.2	Port Townsend, WA
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Women 90-94

1	Florence Marceau	16:24.7	Port Angeles, WA
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2000m 4-Person Relay

- 1 Ann Weinman (2:08 split)
Connie Voigt (2:10 split) 08:37.4 Port Townsend
Jana Filli (2:17 split)
Mari Friend (1:57 split)