

NW Zone SCM Records -- as of 12/18/2019

RELAY - 200 Meter FREE - WOMEN

| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|---|---|---|--|--|---|--|---|
| 2:01.87 11/24/19 | 2:00.43 11/20/16 | 1:58.32 11/18/17 | 1:58.02 11/20/05 | 1:59.88 11/20/16 | 2:13.64 10/16/11 | 2:27.71 11/18/17 | 4:06.95 11/09/19 |
| Joanna Wu Grace Ralstin Madeline Ralstin Chelsea Chan BWAQ | Allison Cox Chelsea Chan Sarah Bailey Amanda Clark PSM | Katie Kaestner Chelsea Chan Zena Courtney Shelley Reimer PSM | Lauren Thies Sharon Foley Robin Parisi Laura Tyrrell OREG | Lisa Dahl Shannon McIntyre Linda Chapman Amy Moorhead PSM | Joy Ward K. Andrus-Hughes Barbara Frid Ellen Ferguson OREG | Janet Gettling Joy Ward Sandi Rousseau Margaret Toppel OREG | Charlotte Sanddal Patricia Hastings Suzette Harkin Peggy Stringer BSMT |

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| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|---|---|---|--|--|---|---|---|
| 5:11.09 02/01/87 | 5:21.70 02/06/94 | 4:35.90 12/13/09 | 4:22.56 11/20/16 | 4:21.32 11/22/15 | 5:25.53 11/20/16 | 9:19.61 10/31/93 | 9:01.99 11/09/19 |
| Louise Walls Kimberly Dolen Susan Hancock Sharon Schneider IEM | Tracie Harang Cindy Clutter Bridget Bero Janet Poorman IEM | Serena Johnson Anne Molenda Kealey Sitler Kathleen Thayer OREG | Allison Cox Lianna Badran Shannon McIntyre Amy Moorhead PSM | Charlotte Davis Zena Courtney Lianna Doherty Amy Moorhead PSM | Shelley Reimer Sarah Welch Linda Chapman Charlotte Davis PSM | Maxine Carlson Pat Matthiesen Marion Mueller Janet Kavadas PNA | Charlotte Sanddal Patricia Hastings Suzette Harkin Peggy Stringer BSMT |

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|---|--|--|---|--|--|---------|---|
| 15:17.51 10/13/96 | 11:35.29 02/11/90 | 10:48.37 11/22/15 | 10:20.98 11/20/16 | 12:11.34 04/16/00 | 12:23.67 11/22/15 | | 20:18.06 11/09/19 |
| Tanya Matthews Jennifer Thompson Esther Gutierrez Akiko Shimizu UTAH | Sharon Schneider Lynne Slaughter Susan Kirkland Vicki Marsh IEM | Amanda Winans Leah Ogier Stephanie Hiebert Erika Norris PSM | Allison Cox Shelley Reimer Wendy Polidori Kathy Pelham PSM | Pam Himstreet Peggy Whiter Cathy Imwalle Laura Schob OREG | Andrea Hunt Kate Carruthers Elizabeth Kassen Sheila Moore PSM | | Charlotte Sanddal Patricia Hastings Suzette Harkin Peggy Stringer BSMT |

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|---|---|--|--|--|--|--|---|
| 2:16.42 11/24/19 | 2:20.91 02/20/05 | 2:10.62 11/24/19 | 2:15.62 10/16/11 | 2:14.67 11/20/16 | 2:26.87 11/22/15 | 2:44.72 11/18/17 | 4:25.53 11/09/19 |
| Joanna Wu Madeline Ralstin Grace Ralstin Chelsea Chan BWAQ | Jennifer Evans Noel Geary Jen Mesler Krys Postma PNA | Reva Zacharias Morena Calvo Allison Cox Colleen Wahlstrom PSM | Ann Goodman Marcy Shindel Lauren Thies Jill Asch OREG | Lisa Dahl Shannon McIntyre Charlotte Davis Amy Moorhead PSM | Zena Courtney Kate Carruthers Lisa Dahl Charlotte Davis PSM | Joy Ward Janet Gettling Sandi Rousseau Margaret Toppel OREG | Charlotte Sanddal Suzette Harkin Peggy Stringer Patricia Hastings BSMT |

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|--|--|---|---|--|---|--|---------|
| 5:36.18 11/14/93 | 5:07.53 03/05/11 | 4:55.09 11/20/16 | 5:02.11 11/22/15 | 4:52.08 05/16/10 | 5:12.09 11/10/18 | 6:32.56 03/05/17 | |
| Susan Gambrel Cherese Eder Monica Weaver Nancy Kyle IEM | Diana MacManus Sara Nelson Lana Lawrence Noelle Adams HMS | Allison Cox Chelsea Chan Amanda Clark Amy Moorhead PSM | Zena Courtney Julie Voss Lianna Doherty Amy Moorhead PSM | Valerie Jenkins Colette Crabbe Arlene Delmage K. Andrus-Hughes OREG | K. Andrus-Hughes Colette Crabbe Laura Worden Arlene Delmage OREG | Joy Ward Ginger Pierson Janet Gettling Mary Anne Royle OREG | |

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|---|--|---|--|--|---|---|--|
| 1:52.82 01/25/15 Jordan Reid Austin Clark Jonathan Wrigley Josh Pehrson PSM | 1:40.89 10/20/12 Mark Urquhart Chris Conroy Cejih Yung Chris Chapman PNA | 1:40.64 06/24/94 Craig Mallery Tom Seifts Rick Peterson Kameron Wells PNA | 1:41.76 04/28/13 Justin Slade David Ashmore Wes Edwards Brad Bachulis OREG | 1:44.87 11/20/16 Rick Cardoso Carl Haynie Dave Hannula Mats Nygren PSM | 1:49.73 11/24/19 Rick Colella Carl Haynie Brad Hering Daniel Phillips PSM | 2:10.44 11/24/19 Steven Peterson Robert Pilger William Hayes John Baker PSM | 2:35.71 12/05/99 Earl Walter Gerald Huestis Andrew Holden Allan DeLay OREG |

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|-------|--|--|--|--|--|--|--|
| | 3:56.39 11/22/15 Eric Williamson Isaac C-Sandoval Jakub Kotynia Chris Conroy PSM | 3:46.23 06/24/94 Paul Sherman Kameron Wells Tom Seifts Craig Mallery PNA | 3:53.98 08/23/03 Paul Sherman Rick Peterson Tom Seifts Craig Mallery PNA | 3:56.31 11/19/16 Mike Self Mark Frost Brent Washburne Scot Sullivan OREG | 4:02.66 11/20/16 Donald Graham Daniel Phillips Dave Hannula Rick Colella PSM | 5:07.29 11/22/15 Jim Gross Robert Pilger Dick Peterson Steven Peterson PSM | 7:11.61 10/16/11 Milton Marks Willard Lamb Rupert Fixott Robert Smith OREG |

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|---|--|--|---|---|---|---|---------|
| 10:01.91 02/12/89 Joe Kinney John Cyr Don Gibbs Ryan Cooper IEM | 8:23.60 10/20/12 Cejih Yung Chris Chapman Bruce Deakyne Chris Conroy PNA | 8:55.93 10/13/96 Dennis Tesch Brian Ward Doug Fadel Kyle Treadway UTAH | 8:30.69 12/10/16 Matthew Marceau Matt Miller Hardy Lussier Scot Sullivan OREG | 8:50.25 12/13/09 Patrick Allender David Hathaway Stephen Kevan Brent Washburne OREG | 9:29.56 12/07/03 Steve Johnson David Radcliff Bob Bruce Tom Landis OREG | 11:30.76 11/06/11 Robert Smith Willard Lamb Tom Landis Kermit Yensen OREG | |

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|--|--|---|---|---|--|--|--|
| 2:00.40 01/20/90 Frank Warner Greg Harrison Steve Freeborn Steve Schmidt PNA | 1:55.62 06/24/94 Robert Welcher Kameron Wells Paul Sherman Craig Mallery PNA | 1:52.31 11/22/15 Trevor Gray Jakub Kotynia Brandon Vaughan Isaac C-Sandoval PSM | 1:56.89 04/15/12 Brent Washburne Joaquin Romera Benjamin Weston Eric Wan OREG | 1:57.50 11/18/17 Carl Haynie Rick Colella Brad Hering Mats Nygren PSM | 1:57.52 11/20/16 Carl Haynie Rick Colella Donald Graham Dave Hannula PSM | 2:31.92 11/24/19 Stephen Fogg John Baker Steven Peterson William Hayes PSM | 3:00.90 12/05/99 Earl Walter Gerald Huestis Andrew Holden Allan DeLay OREG |

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|--|--|--|---|--|--|---|---------|
| 4:53.20 11/22/15 Michael Scott Eric Williamson Brandon Vaughan Collin Matson PSM | 4:14.71 06/24/94 Robert Welcher Kameron Wells Paul Sherman Craig Mallery PNA | 4:05.69 11/22/15 Trevor Gray Jakub Kotynia Todd Doherty Rick Cardoso PSM | 4:12.45 12/07/03 John Keppeler John Hudson Patrick Allender Mike Tennant OREG | 4:22.24 11/18/17 Carl Haynie Daniel Phillips Brad Jones Rick Colella PSM | 4:23.96 11/20/16 Carl Haynie Rick Colella Donald Graham Dave Hannula PSM | 6:25.20 01/20/91 Earl Walter Robert Morrison Andrew Holden Forbes Mack OREG | |

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|---|--|---|---|---|---|---|--|
| 1:57.10 02/18/07 Mark Fanning Shona Pierce Erin Jacobson Shingo Ito PNA | 1:50.56 11/24/19 Chris Conroy Craig Olynyk Morena Calvo Reva Zacharias PSM | 1:48.93 10/16/11 Lauren Thies Eric Wan Jill Asch Benjamin Weston OREG | 1:50.61 11/20/05 Lauren Thies Robin Parisi Douglas Otto Troy Drawz OREG | 1:50.70 11/20/16 Lisa Dahl Daniel Phillips Amy Moorhead Mats Nygren PSM | 1:52.98 11/22/15 Donald Graham Lisa Dahl Charlotte Davis Rick Colella PSM | 2:17.10 11/24/19 Rick Colella Steven Peterson Charlotte Davis Sarah Welch PSM | 2:35.65 03/10/19 Willard Lamb David Radcliff Janet Gettling Margaret Toppel OREG |

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| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|--|---|---|--|---|--|---|--|
| 4:28.14 12/15/91 Justin Farabee David Parson Pamela Stalter Tammi Keeler PNA | 4:18.43 05/16/10 Alec Schramek Sandra Ludwig Amy Kasenga Benjamin Weston OREG | 3:56.89 12/02/18 Scot Sullivan Matt Miller Jessica Stacy Hailey Bambusch OREG | 4:06.37 11/20/16 Todd Doherty Max Hanson Shannon McIntyre Amy Moorhead PSM | 4:14.54 11/18/17 Zena Courtney Shelley Reimer Daniel Phillips Mats Nygren PSM | 4:16.39 11/20/16 Rick Colella Charlotte Davis Dave Hannula Lisa Dahl PSM | 5:05.69 12/13/09 K. Andrus-Hughes David Radcliff Barbara Frid Willard Lamb OREG | 6:00.74 11/11/17 Willard Lamb Joy Ward David Radcliff Margaret Toppel OREG |

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| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|--|--|---|---|---|--|--|---------|
| 10:23.53 02/04/88 Ken Wagon Jane Giese Greg Giese Renee Crampton IEM | 9:03.67 11/15/98 Matthew Roth Bill Zolna Lisa Hjerpe Shauna Simpson OREG | 9:36.37 11/22/15 Doug Jelen Stephanie Hiebert Allison Cox Kirk Nelson PSM | 8:55.87 11/20/16 Rick Colella Amanda Clark Shelley Reimer Mats Nygren PSM | 9:28.95 11/10/18 James Adams Colette Crabbe Arlene Delmage Matt Miller OREG | 10:11.29 11/18/17 Rick Colella Sarah Welch Zena Courtney Mats Nygren PSM | 11:43.44 11/06/11 Tom Landis Barbara Frid Willard Lamb K. Andrus-Hughes OREG | |

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|---|---|--|--|---|---|--|--|
| 2:11.31 04/15/12 Karissa DeRousseau Tess Krimmer Adam Oldenkamp Zach Sipiora DUCK | 2:03.50 11/24/19 Reva Zacharias Kevin Hays Ian Keane Kathy Pelham PSM | 2:00.92 12/10/11 Amy Ward Tamas Bessenyei Logan Madson Kristine Senkier OREG | 2:04.33 11/19/06 Zena Courtney Jon Baca Lisa Dahl Bob Fish PNA | 2:01.94 11/18/06 K. Andrus-Hughes Allen Stark Arlene Delmage Wes Edwards OREG | 2:07.54 11/22/15 Donald Graham Rick Colella Lisa Dahl Charlotte Davis PSM | 2:42.58 03/05/17 Joy Ward Scot Sullivan Colette Crabbe Willard Lamb OREG | 2:57.97 03/10/19 Willard Lamb Janet Gettling Margaret Toppel David Radcliff OREG |

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| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|---|--|---|---|---|--|--|---|
| 5:11.06 03/05/11 Diana MacManus Jonathan Siegler Brady Hooper Lana Lawrence HMS | 4:43.25 11/22/15 Allison Cox Jakub Kotynia Matthew Liedtke Julia Iyall PSM | 4:30.63 11/18/18 Kristine Cox Jakub Kotynia Erik Petersen Allison Cox PSM | 4:22.74 09/09/07 K. Andrus-Hughes Chip Polito Arlene Delmage Curtis Taylor OREG | 4:32.16 11/06/11 Valerie Jenkins Allen Stark Dennis Baker K. Andrus-Hughes OREG | 4:43.20 12/13/09 K. Andrus-Hughes Allen Stark Colette Crabbe David Radcliff OREG | 6:07.06 12/14/19 Joy Ward Bob Bruce Cliff Stephens Janet Gettling OREG | 6:59.56 11/11/17 Willard Lamb Janet Gettling Joy Ward David Radcliff OREG |