

NW Zone LCM Records -- as of 10/13/2021

MEN 18-24

0:24.72	08/17/08	PNA	Brian Goldman	50	M.	Free
0:54.50	08/23/92	MAC	Greg Cooper	100	M.	Free
2:06.28	08/21/16	UC36	Matthew Gates	200	M.	Free
4:34.70	08/14/76	PNA	Rick Colella	400	M.	Free
9:33.08	08/25/19	OREG	Evan Edwards	800	M.	Free
17:33.20	08/14/76	PNA	Rick Colella	1500	M.	Free
0:29.02	08/11/19	OREG	Matthew McComish	50	M.	Back
1:02.56	08/27/95	OREG	Gary DeFrang	100	M.	Back
2:16.59	08/11/19	OREG	Matthew McComish	200	M.	Back
0:30.94	07/15/95	UTAH	Dmitri Malinovski	50	M.	Breast
1:07.87	06/03/95	UTAH	Dmitri Malinovski	100	M.	Breast
2:37.60	08/14/76	PNA	Rick Colella	200	M.	Breast
0:27.06	08/23/92	MAC	Greg Cooper	50	M.	Fly
0:58.57	08/11/19	OREG	Matthew McComish	100	M.	Fly
2:19.31	08/21/16	UC36	Matthew Gates	200	M.	Fly
2:19.90	08/11/19	OREG	Matthew McComish	200	M.	I. M.
5:03.70	08/14/76	PNA	Rick Colella	400	M.	I. M.

WOMEN 18-24

							OREG	08/11/13	0:27.45
							SAWS	08/11/19	0:59.55
							PNA	06/24/07	2:19.19
							PSM	08/21/16	4:57.46
							PNA	08/10/03	10:19.14
							PSM	08/21/16	19:24.39
							OREG	08/23/92	0:33.30
							OREG	08/23/92	1:13.61
							PSM	08/17/14	2:24.53
							PNA	07/07/12	0:35.54
							PNA	07/07/12	1:16.86
							PNA	06/24/07	2:50.35
							PSM	08/17/14	0:29.27
							'SM/SAW:	08/17/14	1:04.10
							SAWS	08/11/19	2:21.30
							PSM	08/17/14	2:24.97
							PNA	08/17/08	5:38.30

MEN 25-29

0:24.49	08/17/08	OREG	Michael Burton	50	M.	Free
0:52.08	08/23/92	MAC	John Keppeler	100	M.	Free
1:52.17	08/23/92	MAC	John Keppeler	200	M.	Free
4:19.82	08/23/92	MAC	Alex Stiles	400	M.	Free
8:36.83	08/23/92	SAW	Jeff Erwin	800	M.	Free
17:14.33	08/26/82	OREG	Alan Cardwell	1500	M.	Free
0:28.30	08/27/95	MAC	John Keppeler	50	M.	Back
0:58.24	08/23/92	MAC	John Keppeler	100	M.	Back
2:07.57	08/23/92	MAC	John Keppeler	200	M.	Back
0:30.20	08/17/08	OREG	Michael Burton	50	M.	Breast
1:08.52	07/07/12	PNA	Cejih Yung	100	M.	Breast
2:28.17	08/11/13	PSM	Cejih Yung	200	M.	Breast
0:25.48	08/23/92	MAC	Dirk Marshall	50	M.	Fly
0:56.46	08/11/13	PSM	Chris Chapman	100	M.	Fly
2:10.79	08/25/96	MAC	Bill Zolna	200	M.	Fly
2:14.32	08/22/96	MAC	Bill Zolna	200	M.	I. M.
4:49.49	08/25/96	MAC	Bill Zolna	400	M.	I. M.

WOMEN 25-29

							UTAH	01/01/91	0:26.68
							UTAH	01/01/91	0:58.23
							PNA	07/11/10	2:04.56
							OREG	08/19/01	4:46.98
							OREG	08/24/14	10:17.89
							OREG	08/19/01	18:29.45
							IEA	08/25/82	0:32.87
							PNA	08/19/01	1:12.50
							MAC	08/27/95	2:31.59
							PNA	07/11/10	0:31.60
							PNA	07/11/10	1:10.56
							KM	08/11/19	2:45.22
							PNA	07/11/10	0:28.29
							PSM	08/11/13	1:06.29
							PNA	08/19/01	2:25.60
							PSM	08/11/13	2:26.92
							OREG	08/19/01	5:28.42

MEN 30-34

0:24.94	08/23/99	AKMS	Michael Sorensen	50	M.	Free
0:53.95	08/06/11	OREG	Benjamin Weston	100	M.	Free
2:00.39	07/31/94	MAC	Jeff Stiling	200	M.	Free
4:16.22	07/31/94	MAC	Jeff Stiling	400	M.	Free
9:15.86	08/15/98	OREG	Doug Stewart	800	M.	Free
16:38.49	08/27/95	SAW	Jeff Erwin	1500	M.	Free
0:29.04	08/24/86	PNA	Dave Hannula	50	M.	Back
1:03.51	08/30/99	MM	Tyler Jourdonnais	100	M.	Back
2:19.28	08/17/08	OREG	Chip Polito	200	M.	Back
0:31.15	08/11/19	PSM	Chris Conroy	50	M.	Breast
1:09.44	08/24/86	OREG	Roy Clark	100	M.	Breast
2:36.07	08/24/86	OREG	Roy Clark	200	M.	Breast
0:25.77	08/23/99	AKMS	Michael Sorensen	50	M.	Fly
0:57.45	08/23/99	AKMS	Michael Sorensen	100	M.	Fly
2:11.71	08/15/02	MAC	Bill Zolna	200	M.	Fly
2:17.19	08/15/02	MAC	Bill Zolna	200	M.	I. M.
4:52.38	08/15/02	MAC	Bill Zolna	400	M.	I. M.

WOMEN 30-34

							PSM	07/21/16	0:27.43
							PSM	08/21/16	0:59.10
							PSM	07/21/16	2:08.41
							OREG	08/01/93	4:44.36
							OREG	08/01/93	9:51.10
							BOZE	05/22/16	18:55.90
							PNA	08/23/92	0:32.83
							PNA	07/26/92	1:09.07
							PNA	08/23/92	2:26.99
							OREG	08/21/16	0:35.98
							OREG	08/21/16	1:21.32
							OREG	08/21/16	2:51.38
							OREG	08/23/92	0:30.76
								07/21/16	1:07.74
							HSKY	07/31/88	2:36.08
							PSM	07/07/16	2:31.68
							PNA	07/04/92	5:29.60

MEN 35-39

0:24.96	01/01/01	MM	Tyler Jourdonnais	50	M.	Free
0:54.18	01/01/01	MM	Tyler Jourdonnais	100	M.	Free
1:58.84	08/27/95	MAC	Jeff Stiling	200	M.	Free
4:17.26	08/27/95	MAC	Jeff Stiling	400	M.	Free
8:54.26	08/27/95	MAC	Jeff Stiling	800	M.	Free
17:31.53	08/19/01	OREG	Doug Stewart	1500	M.	Free
0:28.60	08/17/14		M. McIntyre / T. Gray	50	M.	Back
1:00.93	08/17/14	PSM	Trever Gray	100	M.	Back
2:14.81	08/23/92	PNA	Mark List	200	M.	Back
0:31.40	08/19/01	OREG	John Hudson	50	M.	Breast
1:10.61	07/08/06	OREG	Greg Latta	100	M.	Breast
2:34.61	08/05/90	PNA	Greg Harrison	200	M.	Breast
0:25.62	01/01/00	MM	Tyler Jourdonnais	50	M.	Fly
0:56.39	01/01/00	MM	Tyler Jourdonnais	100	M.	Fly
2:09.36	07/30/00	OREG	Dennis Baker	200	M.	Fly
2:15.53	08/10/98	OREG	James Sorensen	200	M.	I. M.
4:50.27	08/27/95	MAC	Jeff Stiling	400	M.	I. M.

WOMEN 35-39

							PNA	08/10/09	0:27.18
							PNA	08/10/09	0:59.26
							OREG	08/17/08	2:14.04
							OREG	08/21/16	4:45.23
							OREG	08/21/16	9:53.17
							OREG	08/17/08	18:41.21
							PNA	08/08/10	0:30.17
							PNA	08/08/10	1:04.99
							OREG	08/17/08	2:31.06
							OREG	08/21/16	0:35.74
							OREG	08/21/16	1:19.45
							OREG	08/17/08	2:53.71
							OREG	08/17/08	0:30.79
							HSKY	08/23/92	1:08.69
							OREG	06/03/06	2:41.40
							OREG	08/17/08	2:34.53
							OREG	08/17/08	5:29.12

MEN 40-44

0:24.69	08/21/16	PSM	Trever Gray	50	M.	Free
0:54.47	08/27/95	AKMS	Rick Abbott	100	M.	Free
2:03.09	01/01/04	OREG	Dennis Baker	200	M.	Free
4:11.55	05/01/04	OREG	Dennis Baker	400	M.	Free
9:17.93	08/27/95	UNAT	Alan Cardwell	800	M.	Free
16:39.60	08/17/08	SAWS	Jeff Erwin	1500	M.	Free
0:27.98	08/21/16	PSM	Trever Gray	50	M.	Back
1:00.67	08/21/16	PSM	Trever Gray	100	M.	Back
2:16.24	08/21/16	PSM	Trever Gray	200	M.	Back
0:30.41	08/17/08	OREG	James Corbeau	50	M.	Breast
1:08.92	08/17/08	OREG	James Corbeau	100	M.	Breast
2:31.75	08/21/16	OREG	John Rasmussen	200	M.	Breast
0:26.50	08/17/08	AKMS	Michael Sorensen	50	M.	Fly
0:57.97	01/01/04	OREG	Dennis Baker	100	M.	Fly
2:05.55	07/10/04	OREG	Dennis Baker	200	M.	Fly
2:21.24	08/06/11	SAWS	John Rubocki	200	M.	I. M.
4:49.42	08/14/05	OREG	Dennis Baker	400	M.	I. M.

WOMEN 40-44

Lisa Dahl	PNA	08/15/04	0:27.92
Shannon Wallace	OREG	08/21/16	1:03.51
Susanne Simpson	INW	03/29/02	2:12.75
Susanne Simpson	INW	06/03/04	4:39.93
Susanne Simpson	INW	06/03/04	9:41.90
Susanne Simpson	INW	05/23/04	19:30.86
Valerie Jenkins	OREG	08/10/06	0:32.41
Ellen Reynolds	SAWS	08/17/08	1:10.22
Ellen Reynolds	SAWS	08/17/08	2:30.17
Jayna Tomac	OREG	08/10/14	0:35.92
Jayna Tomac	OREG	08/10/14	1:19.62
Jayna Tomac	OREG	08/10/14	2:54.65
Sonja Skinner	OREG	04/10/16	0:30.60
Susanne Simpson	INW	03/27/02	1:06.91
Susanne Simpson	INW	03/30/02	2:29.37
Ellen Reynolds	SAWS	08/17/08	2:34.16
Ellen Reynolds	SAWS	08/17/08	5:32.10

MEN 45-49

0:25.57	03/30/02	INW	Larry Krauser	50	M.	Free
0:56.41	08/21/16	OREG	Mike Self	100	M.	Free
1:59.34	07/11/09	OREG	Dennis Baker	200	M.	Free
4:09.20	07/19/08	OREG	Dennis Baker	400	M.	Free
8:51.98	08/10/10	SAWS	Jeff Erwin	800	M.	Free
16:38.81	08/10/09	SAWS	Jeff Erwin	1500	M.	Free
0:28.76	08/21/16	OREG	Mike Self	50	M.	Back
1:03.39	08/21/16	OREG	Mike Self	100	M.	Back
2:21.98	04/10/16	OREG	Mike Self	200	M.	Back
0:30.98	08/10/09	OREG	James Corbeau	50	M.	Breast
1:09.08	08/10/09	OREG	James Corbeau	100	M.	Breast
2:37.89	07/12/03	OREG	Patrick Allender	200	M.	Breast
0:27.66	08/17/08	OREG	Doug Christensen	50	M.	Fly
1:00.65	08/10/06	OREG	Dennis Baker	100	M.	Fly
2:04.07	07/19/08	OREG	Dennis Baker	200	M.	Fly
2:16.12	08/10/06	OREG	Dennis Baker	200	M.	I. M.
4:50.73	08/10/06	OREG	Dennis Baker	400	M.	I. M.

WOMEN 45-49

Lisa Dahl	PNA	08/10/06	0:27.81
Ellen Reynolds	SAWS	06/05/13	1:02.28
Susanne Simpson	INW	07/27/05	2:14.84
Susanne Simpson	INW	08/10/06	4:44.30
Susanne Simpson	INW	07/27/05	9:48.77
Arlene Delmage	OREG	06/14/08	20:06.82
V. Jenkins / E. Reynolds	REG/SAW	08/17/08	0:31.71
Ellen Reynolds	SAWS	05/20/11	1:08.33
Ellen Reynolds	SAWS	06/05/13	2:29.68
Lisa Dahl	PNA	08/17/08	0:37.21
Jayna Tomac	OREG	07/01/17	1:22.42
Colette Crabbe	OREG	08/19/01	2:57.24
Lisa Dahl	PNA	08/10/09	0:29.57
Arlene Delmage	OREG	08/17/08	1:06.42
Susanne Simpson	INW	07/27/05	2:32.07
Ellen Reynolds	SAWS	07/07/12	2:32.58
Ellen Reynolds	SAWS	06/05/13	5:23.69

MEN 50-54

0:25.60	08/10/06	AKMS	Rick Abbott	50	M.	Free
0:57.37	08/10/03	INW	Larry Krauser	100	M.	Free
2:05.73	08/21/16	PSM	Mats Nygren	200	M.	Free
4:30.78	08/06/17	PSM	Mats Nygren	400	M.	Free
9:26.63	08/06/17	PSM	Mats Nygren	800	M.	Free
18:15.68	08/14/05	INW	Larry Krauser	1500	M.	Free
0:30.82	08/10/06	AKMS	Rick Abbott	50	M.	Back
1:07.09	08/10/06	AKMS	Rick Abbott	100	M.	Back
2:31.13	06/10/07	OREG	Wes Edwards	200	M.	Back
0:31.93	08/21/16	PSM	Daniel Phillips	50	M.	Breast
1:12.22	07/11/09	OREG	Patrick Allender	100	M.	Breast
2:39.08	08/19/01	PNA	Rick Colella	200	M.	Breast
0:27.50	08/10/06	AKMS	Rick Abbott	50	M.	Fly
1:02.04	06/03/04	PNA	Scott Lautman	100	M.	Fly
2:13.80	07/10/11	OREG	Dennis Baker	200	M.	Fly
2:21.77	08/11/13	OREG	Dennis Baker	200	M.	I. M.
5:02.51	08/11/13	OREG	Dennis Baker	400	M.	I. M.

WOMEN 50-54

Lisa Dahl	PNA	07/07/12	0:28.58
Ellen Reynolds	SAWS	07/07/18	1:04.01
Ellen Reynolds	SAWS	08/05/16	2:15.83
Ellen Reynolds	SAWS	07/08/17	4:50.23
Shannon McIntyre	PSM	08/09/15	10:05.05
Ellen Reynolds	SAWS	07/07/18	19:00.31
Ellen Reynolds	SAWS	08/03/14	0:32.50
Ellen Reynolds	SAWS	08/03/14	1:09.28
Ellen Reynolds	SAWS	08/03/14	2:26.64
Lisa Dahl	PNA	07/07/12	0:38.27
Ellen Reynolds	SAWS	08/05/16	1:25.64
Ellen Reynolds	SAWS	08/05/16	2:54.00
Lisa Dahl	PNA	07/07/12	0:30.34
Robin Parisi	OREG	01/01/04	1:12.24
Arlene Delmage	OREG	08/21/16	2:44.45
Ellen Reynolds	SAWS	08/05/16	2:31.02
Ellen Reynolds	SAWS	08/03/14	5:20.68

MEN 55-59

0:25.31	08/17/08	OREG	Mike Tennant	50	M.	Free
0:58.18	08/17/08	OREG	Mike Tennant	100	M.	Free
2:10.62	08/17/08	INW	Larry Krauser	200	M.	Free
4:34.77	08/11/19	SAWS	Jeff Erwin	400	M.	Free
9:22.66	08/11/19	SAWS	Jeff Erwin	800	M.	Free
19:03.16	07/11/09	PNA	Alan Bell	1500	M.	Free
0:30.79	08/17/08	UTAH	Alistair Cockburn	50	M.	Back
1:08.20	08/17/08	OREG	Wes Edwards	100	M.	Back
2:29.67	08/17/08	OREG	Wes Edwards	200	M.	Back
0:33.84	08/11/19	PSM	Daniel Phillips	50	M.	Breast
1:14.30	08/17/08	PNA	Rick Colella	100	M.	Breast
2:38.66	08/17/08	PNA	Rick Colella	200	M.	Breast
0:28.22	07/07/12	PNA	Donald Graham	50	M.	Fly
1:03.95	08/17/08	PNA	Scott Lautman	100	M.	Fly
2:26.37	06/14/08	PNA	Scott Lautman	200	M.	Fly
2:24.12	08/17/08	PNA	Rick Colella	200	M.	I. M.
5:26.57	08/11/19	SAWS	Jeff Erwin	400	M.	I. M.

WOMEN 55-59

Karen Andrus-Hughes	OREG	07/07/12	0:30.27
Ellen Reynolds	SAWS	08/11/19	1:03.11
Ellen Reynolds	SAWS	08/11/19	2:16.28
Ellen Reynolds	SAWS	08/11/19	4:46.49
Ellen Reynolds	SAWS	08/11/19	9:57.40
Ellen Reynolds	SAWS	08/11/19	18:36.30
Ellen Reynolds	SAWS	08/11/19	0:34.46
Ellen Reynolds	SAWS	08/11/19	1:11.06
Ellen Reynolds	SAWS	05/17/19	2:31.79
Colette Crabbe	OREG	08/11/13	0:38.55
Lo Knapp	UTAH	08/10/09	1:25.19
Ellen Reynolds	SAWS	05/17/19	2:59.27
Arlene Delmage	OREG	08/06/17	0:32.38
Colette Crabbe	OREG	07/07/12	1:14.73
Arlene Delmage	OREG	08/06/17	2:49.31
Ellen Reynolds	SAWS	07/06/19	2:31.51
Ellen Reynolds	SAWS	05/17/19	5:21.35

NW Zone LCM Records -- as of 10/13/2021**MEN 60-64****WOMEN 60-64**

10/13/2021

800 M. Free
1500 M. Free
50 M. Back
100 M. Back
200 M. Back
50 M. Breast
100 M. Breast
200 M. Breast
50 M. Fly
100 M. Fly
200 M. Fly
200 M. I. M.
400 M. I. M.

MEN 105-109
no records

WOMEN 105-109

50 M. Free no records
100 M. Free
200 M. Free
400 M. Free
800 M. Free
1500 M. Free
50 M. Back
100 M. Back
200 M. Back
50 M. Breast
100 M. Breast
200 M. Breast
50 M. Fly
100 M. Fly
200 M. Fly
200 M. I. M.
400 M. I. M.

MEN 110-114
no records

WOMEN 110-114

50 M. Free no records
100 M. Free
200 M. Free
400 M. Free
800 M. Free
1500 M. Free
50 M. Back
100 M. Back
200 M. Back
50 M. Breast
100 M. Breast
200 M. Breast
50 M. Fly
100 M. Fly
200 M. Fly
200 M. I. M.
400 M. I. M.

MEN 115-119
no records

WOMEN 115-119

50 M. Free no records
100 M. Free
200 M. Free
400 M. Free
800 M. Free
1500 M. Free
50 M. Back
100 M. Back
200 M. Back
50 M. Breast
100 M. Breast
200 M. Breast
50 M. Fly
100 M. Fly
200 M. Fly
200 M. I. M.
400 M. I. M.