

NW Zone SCM Records -- as of 3/17/2022

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 Joanna Wu Grace Ralstin Madeline Ralstin Chelsea Chan BWAQ	2:00.43 11/20/16 Allison Cox Chelsea Chan Sarah Bailey Amanda Clark PSM	1:58.32 11/18/17 Katie Kaestner Chelsea Chan Zena Courtney Shelley Reimer PSM	1:58.02 11/20/05 Lauren Thies Sharon Foley Robin Parisi Laura Tyrrell OREG	1:59.88 11/20/16 Lisa Dahl Shannon McIntyre Linda Chapman Amy Moorhead PSM	2:13.64 10/16/11 Joy Ward K. Andrus-Hughes Barbara Frid Ellen Ferguson OREG	2:25.32 03/13/22 Joy Ward Janet Gettling K. Andrus-Hughes Colette Crabbe OREG	4:06.95 11/09/19 Charlotte Sanddal Patricia Hastings Suzette Harkin Peggy Stringer BSMT

RELAY - 400 Meter FREE - WOMEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
5:11.09 02/01/87 Louise Walls Kimberly Dolen Susan Hancock Sharon Schneider IEM	5:21.70 02/06/94 Tracie Harang Cindy Clutter Bridget Bero Janet Poorman IEM	4:35.90 12/13/09 Serena Johnson Anne Molenda Kealey Sittler Kathleen Thayer OREG	4:22.56 11/20/16 Allison Cox Lianna Badran Shannon McIntyre Amy Moorhead PSM	4:21.32 11/22/15 Charlotte Davis Zena Courtney Lianna Doherty Amy Moorhead PSM	5:25.53 11/20/16 Shelley Reimer Sarah Welch Linda Chapman Charlotte Davis PSM	9:19.61 10/31/93 Maxine Carlson Pat Matthiesen Marion Mueller Janet Kavadas PNA	9:01.99 11/09/19 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
15:17.51 10/13/96 Tanya Matthews Jennifer Thompson Esther Gutierrez Akiko Shimizu UTAH	11:35.29 02/11/90 Sharon Schneider Lynne Slaughter Susan Kirkland Vicki Marsh IEM	10:48.37 11/22/15 Amanda Winans Leah Ogier Stephanie Hiebert Erika Norris PSM	10:20.98 11/20/16 Allison Cox Shelley Reimer Wendy Polidori Kathy Pelham PSM	12:11.34 04/16/00 Pam Himstreet Peggy White Cathy Imwalle Laura Schob OREG	12:23.67 11/22/15 Andrea Hunt Kate Carruthers Elizabeth Kassen Sheila Moore PSM		20:18.06 11/09/19 Charlotte Sanddal Patricia Hastings Suzette Harkin Peggy Stringer BSMT

RELAY - 200 Meter MEDLEY - WOMEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
2:16.42 11/24/19 Joanna Wu Madeline Ralstin Grace Ralstin Chelsea Chan BWAQ	2:20.91 02/20/05 Jennifer Evans Noel Geary Jen Mesler Krys Postma PNA	2:10.62 11/24/19 Reva Zacharias Morena Calvo Allison Cox Colleen Wahlstrom PSM	2:15.62 10/16/11 Ann Goodman Marci Shindel Lauren Thies Jill Asch OREG	2:14.67 11/20/16 Lisa Dahl Shannon McIntyre Charlotte Davis Amy Moorhead PSM	2:18.74 03/13/22 Valerie Jenkins Colette Crabbe Arlene Delmage K. Andrus-Hughes OREG	2:44.72 11/18/17 Joy Ward Janet Gettling Sandi Rousseau Margaret Toppel OREG	4:25.53 11/09/19 Charlotte Sanddal Suzette Harkin Peggy Stringer Patricia Hastings BSMT

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
5:36.18 11/14/93 Susan Gambrel Cherese Eder Monica Weaver Nancy Kyle IEM	5:07.53 03/05/11 Diana MacManus Sara Nelson Lana Lawrence Noelle Adams HMS	4:55.09 11/20/16 Allison Cox Chelsea Chan Amanda Clark Amy Moorhead PSM	5:02.11 11/22/15 Zena Courtney Julie Voss Lianna Doherty Amy Moorhead PSM	4:52.08 05/16/10 Valerie Jenkins Colette Crabbe Arlene Delmage K. Andrus-Hughes OREG	5:10.93 03/13/22 Valerie Jenkins Colette Crabbe Arlene Delmage K. Andrus-Hughes OREG	6:32.56 03/05/17 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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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	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 Scott 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

RELAY - 800 Meter FREE - MEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
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 Craig 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 Jensen OREG	

RELAY - 200 Meter MEDLEY - MEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
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

RELAY - 400 Meter MEDLEY - MEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
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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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
1:57.10 02/18/07	1:50.56 11/24/19	1:48.93 10/16/11	1:50.61 11/20/05	1:50.70 11/20/16	1:52.98 11/22/15	2:17.10 11/24/19	2:35.65 03/10/19

Mark Fanning Shona Pierce Erin Jacobson Singo Ito PNA	Chris Conroy Craig Olynyk Morena Calvo Reva Zacharias PSM	Lauren Thies Eric Wan Jill Asch Benjamin Weston OREG	Lauren Thies Robin Parisi Douglas Otto Troy Drawz OREG	Lisa Dahl Daniel Phillips Amy Moorhead Mats Nygren PSM	Donald Graham Lisa Dahl Charlotte Davis Rick Colella PSM	Rick Colella Steven Peterson Charlotte Davis Sarah Welch PSM	Willard Lamb David Radcliff Janet Gettling Margaret Toppel OREG
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RELAY - 400 Meter FREE - MIXED

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 Wagnon 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	14:48.98 12/11/21 Willard Lamb Joy Ward Janet Gettling Bob Bruce OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
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

RELAY - 400 Meter MEDLEY - MIXED

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