

## NW Zone LCM Records -- as of 6/15/2022

### MEN 18-24

0:24.72	08/17/08	PNA	Brian Goldman	50	M.	Free	Meghan Zimmer	OREG	08/11/13	0:27.45
0:54.50	08/23/92	MAC	Greg Cooper	100	M.	Free	Abbey Erwin	SAWS	08/11/19	0:59.55
2:06.28	08/21/16	UC36	Matthew Gates	200	M.	Free	Marion Gallagher	PNA	06/24/07	2:19.19
4:34.70	08/14/76	PNA	Rick Colella	400	M.	Free	Sydney Anderson	PSM	08/21/16	4:57.46
9:33.08	08/25/19	OREG	Evan Edwards	800	M.	Free	Mary Lassiter	PNA	08/10/03	10:19.14
17:33.20	08/14/76	PNA	Rick Colella	1500	M.	Free	Sydney Anderson	PSM	08/21/16	19:24.39
0:29.02	08/11/19	OREG	Matthew McComish	50	M.	Back	Shannon Heringer	OREG	08/23/92	0:33.30
1:02.56	08/27/95	OREG	Gary DeFrang	100	M.	Back	Shannon Heringer	OREG	08/23/92	1:13.61
2:16.59	08/11/19	OREG	Matthew McComish	200	M.	Back	Jordan King	PSM	08/17/14	2:24.53
0:30.94	07/15/95	UTAH	Dmitri Malinovski	50	M.	Breast	Paloma Dinkel	PNA	07/07/12	0:35.54
1:07.87	06/03/95	UTAH	Dmitri Malinovski	100	M.	Breast	Paloma Dinkel	PNA	07/07/12	1:16.86
2:37.60	08/14/76	PNA	Rick Colella	200	M.	Breast	Marion Gallagher	PNA	06/24/07	2:50.35
0:27.06	08/23/92	MAC	Greg Cooper	50	M.	Fly	Jordan King	PSM	08/17/14	0:29.27
0:58.57	08/11/19	OREG	Matthew McComish	100	M.	Fly	J. King / A. Erwin	SM/SAWS	08/17/14	1:04.10
2:19.31	08/21/16	UC36	Matthew Gates	200	M.	Fly	Abbey Erwin	SAWS	08/11/19	2:21.30
2:19.90	08/11/19	OREG	Matthew McComish	200	M.	I. M.	Jordan King	PSM	08/17/14	2:24.97
5:03.70	08/14/76	PNA	Rick Colella	400	M.	I. M.	Danielle Trevino	PNA	08/17/08	5:38.30

### WOMEN 18-24

### MEN 25-29

0:24.49	08/17/08	OREG	Michael Burton	50	M.	Free	Sara Shand	UTAH	01/01/91	0:26.68
0:52.08	08/23/92	MAC	John Keppeler	100	M.	Free	Sara Shand	UTAH	01/01/91	0:58.23
1:52.17	08/23/92	MAC	John Keppeler	200	M.	Free	Megan Jendrick	PNA	07/11/10	2:04.56
4:19.82	08/23/92	MAC	Alex Stiles	400	M.	Free	Sara Quan	OREG	08/19/01	4:46.98
8:36.83	08/23/92	SAW	Jeff Erwin	800	M.	Free	Christine Somera	OREG	08/24/14	10:17.89
17:14.33	08/26/82	OREG	Alan Cardwell	1500	M.	Free	Sara Quan	OREG	08/19/01	18:29.45
0:28.30	08/27/95	MAC	John Keppeler	50	M.	Back	Lori Clark	IEA	08/25/82	0:32.87
0:58.24	08/23/92	MAC	John Keppeler	100	M.	Back	Taunya Roberts	PNA	08/19/01	1:12.50
2:07.57	08/23/92	MAC	John Keppeler	200	M.	Back	Michelle Donahue	MAC	08/27/95	2:31.59
0:30.20	08/17/08	OREG	Michael Burton	50	M.	Breast	Megan Jendrick	PNA	07/11/10	0:31.60
1:08.52	07/07/12	PNA	Cejih Yung	100	M.	Breast	Megan Jendrick	PNA	07/11/10	1:10.56
2:28.17	08/11/13	PSM	Cejih Yung	200	M.	Breast	Anna Sharpe	KM	08/11/19	2:45.22
0:25.48	08/23/92	MAC	Dirk Marshall	50	M.	Fly	Megan Jendrick	PNA	07/11/10	0:28.29
0:56.46	08/11/13	PSM	Chris Chapman	100	M.	Fly	Paloma Dinkel	PSM	08/11/13	1:06.29
2:10.79	08/25/96	MAC	Bill Zolna	200	M.	Fly	Maureen Phillips	PNA	08/19/01	2:25.60
2:14.32	08/22/96	MAC	Bill Zolna	200	M.	I. M.	Paloma Dinkel	PSM	08/11/13	2:26.92
4:49.49	08/25/96	MAC	Bill Zolna	400	M.	I. M.	Sara Quan	OREG	08/19/01	5:28.42

### WOMEN 25-29

### MEN 30-34

0:24.94	08/23/99	AKMS	Michael Sorensen	50	M.	Free	Erica Cenci	PSM	07/21/16	0:27.43
0:53.95	08/06/11	OREG	Benjamin Weston	100	M.	Free	Erica Cenci	PSM	08/21/16	0:59.10
2:00.39	07/31/94	MAC	Jeff Stiling	200	M.	Free	Erica Cenci	PSM	07/21/16	2:08.41
4:16.22	07/31/94	MAC	Jeff Stiling	400	M.	Free	Leissa Mills	OREG	08/01/93	4:44.36
9:15.86	08/15/98	OREG	Doug Stewart	800	M.	Free	Leissa Mills	OREG	08/01/93	9:51.10
16:38.49	08/27/95	SAW	Jeff Erwin	1500	M.	Free	Haley Chura	BOZE	05/22/16	18:55.90
0:29.04	08/24/86	PNA	Dave Hannula	50	M.	Back	Zena Herrmann	PNA	08/23/92	0:32.83
1:03.51	08/30/99	MM	Tyler Jourdonnais	100	M.	Back	Zena Herrmann	PNA	07/26/92	1:09.07
2:19.28	08/17/08	OREG	Chip Polito	200	M.	Back	Zena Herrmann	PNA	08/23/92	2:26.99
0:31.15	08/11/19	PSM	Chris Conroy	50	M.	Breast	Caitlyn Shortt-Low	OREG	08/21/16	0:35.98
1:09.44	08/24/86	OREG	Roy Clark	100	M.	Breast	Abby Blank	OREG	08/21/16	1:21.32
2:36.07	08/24/86	OREG	Roy Clark	200	M.	Breast	Abby Blank	OREG	08/21/16	2:51.38
0:25.77	08/23/99	AKMS	Michael Sorensen	50	M.	Fly	Gracie Goddard	OREG	08/23/92	0:30.76
0:57.45	08/23/99	AKMS	Michael Sorensen	100	M.	Fly	T. Bennett / Erica Cenci	OREG	07/21/16	1:07.74
2:11.71	08/15/02	MAC	Bill Zolna	200	M.	Fly	Tammy Bennett	HSKY	07/31/88	2:36.08
2:17.19	08/15/02	MAC	Bill Zolna	200	M.	I. M.	Erica Cenci	PSM	07/07/16	2:31.68
4:52.38	08/15/02	MAC	Bill Zolna	400	M.	I. M.	Zena Herrmann	PNA	07/04/92	5:29.60

### WOMEN 30-34

### MEN 35-39

0:24.96	01/01/01	MM	Tyler Jourdonnais	50	M.	Free	Megan Oesting	PNA	08/10/09	0:27.18
0:54.18	01/01/01	MM	Tyler Jourdonnais	100	M.	Free	Megan Oesting	PNA	08/10/09	0:59.26
1:58.84	08/27/95	MAC	Jeff Stiling	200	M.	Free	Kristine Senkier	OREG	08/17/08	2:14.04
4:17.26	08/27/95	MAC	Jeff Stiling	400	M.	Free	Emily Melina	OREG	08/21/16	4:45.23
8:54.26	08/27/95	MAC	Jeff Stiling	800	M.	Free	Emily Melina	OREG	08/21/16	9:53.17
17:31.53	08/19/01	OREG	Doug Stewart	1500	M.	Free	Sara Nelson	OREG	08/17/08	18:41.21
0:28.60	08/17/14		M. McIntyre / T. Gray	50	M.	Back	Sheri Hart	PNA	08/08/10	0:30.17
1:00.93	08/17/14	PSM	Trever Gray	100	M.	Back	Sheri Hart	PNA	08/08/10	1:04.99
2:14.81	08/23/92	PNA	Mark List	200	M.	Back	Kristine Senkier	OREG	08/17/08	2:31.06
0:31.40	08/19/01	OREG	John Hudson	50	M.	Breast	Brianna Showell	OREG	08/21/16	0:35.74
1:10.61	07/08/06	OREG	Greg Latta	100	M.	Breast	Brianna Showell	OREG	08/21/16	1:19.45
2:34.61	08/05/90	PNA	Greg Harrison	200	M.	Breast	Sara Nelson	OREG	08/17/08	2:53.71
0:25.62	01/01/00	MM	Tyler Jourdonnais	50	M.	Fly	Nikki Weeks	OREG	08/17/08	0:30.79
0:56.39	01/01/00	MM	Tyler Jourdonnais	100	M.	Fly	Tammy Bennett	HSKY	08/23/92	1:08.69
2:09.36	07/30/00	OREG	Dennis Baker	200	M.	Fly	Shauna Simpson	OREG	06/03/06	2:41.40
2:15.53	08/10/98	OREG	James Sorensen	200	M.	I. M.	Sara Nelson	OREG	08/17/08	2:34.53
4:50.27	08/27/95	MAC	Jeff Stiling	400	M.	I. M.	Sara Nelson	OREG	08/17/08	5:29.12

### WOMEN 35-39

**NW Zone LCM Records -- as of 6/15/2022**

**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
0:30.01	05/14/22	OREG	Mike Self	50	M. Back
1:05.97	05/14/22	OREG	Mike Self	100	M. Back
2:27.24	05/14/22	OREG	Mike Self	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 6/15/2022

### MEN 60-64

0:27.21	07/15/17	PSM	Donald Graham
0:59.04	08/17/14	PSM	Rick Colella
2:14.52	08/11/13	HMS	Larry Krauser
4:58.19	10/10/21	FLOW	Mark Johnston
10:13.78	08/11/13	HMS	Larry Krauser
19:28.84	08/11/13	HMS	Larry Krauser
0:31.71	08/17/14	PSM	Donald Graham
1:10.95	02/02/20	PSM	Carl Haynie
2:36.53	02/02/20	PSM	Carl Haynie
0:33.51	08/11/19	OREG	Gary Patterson
1:13.38	08/11/13	PSM	Rick Colella
2:40.46	08/17/14	PSM	Rick Colella
0:28.14	08/17/14	PSM	Donald Graham
1:04.43	08/06/17	MM	Patrick Murtagh
2:35.33	07/07/12	BWAQ	Scott Lautman
2:21.99	08/17/14	PSM	Rick Colella
5:08.20	08/17/14	PSM	Rick Colella

### WOMEN 60-64

50	M.	Free	Charlotte Davis	PNA	07/07/12	0:30.11
100	M.	Free	Charlotte Davis	PNA	08/06/10	1:07.33
200	M.	Free	Colette Crabbe	OREG	08/27/17	2:35.71
400	M.	Free	Colette Crabbe	OREG	07/06/19	5:29.19
800	M.	Free	Colette Crabbe	OREG	07/22/18	11:16.10
1500	M.	Free	Colette Crabbe	OREG	04/10/16	21:25.18
50	M.	Back	Karen Andrus-Hughes	OREG	08/06/17	0:35.14
100	M.	Back	Karen Andrus-Hughes	OREG	08/06/17	1:17.53
200	M.	Back	Karen Andrus-Hughes	OREG	08/06/17	2:56.82
50	M.	Breast	Colette Crabbe	OREG	08/11/19	0:39.91
100	M.	Breast	Colette Crabbe	OREG	08/11/19	1:28.61
200	M.	Breast	Colette Crabbe	OREG	07/22/18	3:13.31
50	M.	Fly	Charlotte Davis	PNA	07/07/12	0:32.57
100	M.	Fly	Arlene Delmage	OREG	06/12/22	1:17.02
200	M.	Fly	Arlene Delmage	OREG	06/12/22	2:53.20
200	M.	I. M.	Colette Crabbe	OREG	08/11/19	2:49.85
400	M.	I. M.	Colette Crabbe	OREG	06/05/16	5:56.40

### MEN 65-69

0:27.65	08/17/08	OREG	Robert Smith
1:00.86	08/11/19	PSM	Rick Colella
2:09.39	08/06/17	PSM	Rick Colella
4:37.70	08/06/17	PSM	Rick Colella
10:25.94	06/10/07	OREG	Tom Landis
20:00.97	04/04/08	OREG	Tom Landis
0:33.87	08/17/08	OREG	Robert Smith
1:17.05	07/06/19	OREG	Wes Edwards
2:48.99	08/23/15	PSM	Dan Kirkland
0:33.30	08/21/16	PSM	Rick Colella
1:14.77	08/06/17	PSM	Rick Colella
2:41.54	08/21/16	PSM	Rick Colella
0:30.15	08/11/19	PSM	Rick Colella
1:05.83	08/06/17	PSM	Rick Colella
2:35.36	08/06/17	PSM	Rick Colella
2:25.22	08/21/16	PSM	Rick Colella
5:13.36	08/06/17	PSM	Rick Colella

### WOMEN 65-69

50	M.	Free	Charlotte Davis	PSM	08/21/16	0:30.85
100	M.	Free	Charlotte Davis	PSM	08/21/16	1:07.88
200	M.	Free	Charlotte Davis	PSM	08/09/15	2:35.36
400	M.	Free	Charlotte Davis	PSM	01/31/15	5:27.79
800	M.	Free	Lo Knapp	UTAH	08/11/19	11:21.32
1500	M.	Free	Lavelle Stoinoff	MAC	07/26/98	23:42.01
50	M.	Back	Wendy McNamara	BSMT	10/10/21	0:36.89
100	M.	Back	Wendy McNamara	BSMT	10/10/21	1:22.09
200	M.	Back	Wendy McNamara	BSMT	10/10/21	3:04.69
50	M.	Breast	Charlotte Davis	PSM	08/04/18	0:42.08
100	M.	Breast	Lo Knapp	UTAH	08/11/19	1:32.24
200	M.	Breast	Lo Knapp	UTAH	08/11/19	3:19.16
50	M.	Fly	Charlotte Davis	PSM	08/21/16	0:33.66
100	M.	Fly	Charlotte Davis	PSM	01/31/15	1:20.09
200	M.	Fly	Janet Gettling	OREG	07/11/14	3:45.13
200	M.	I. M.	Charlotte Davis	PSM	08/21/16	2:54.74
400	M.	I. M.	Charlotte Davis	PSM	08/21/16	6:28.60

### MEN 70-74

0:30.26	06/19/04	OREG	David Radcliff
1:06.47	07/27/05	OREG	David Radcliff
2:24.22	07/31/18	PSM	Dan Kirkland
5:03.56	08/04/18	PSM	Dan Kirkland
10:37.71	07/28/18	PSM	Dan Kirkland
20:26.12	07/22/18	PSM	Dan Kirkland
0:36.67	08/01/18	PSM	Dan Kirkland
1:19.30	08/25/19	OREG	Dan Kirkland
2:47.91	07/30/18	PSM	Dan Kirkland
0:36.68	08/21/16	SAWS	Robert Strand
1:23.63	08/21/16	SAWS	Robert Strand
3:06.10	08/11/19	OREG	Allen Stark
0:32.36	04/04/08	OREG	Bert Petersen
1:25.51	06/21/18	UTAH	Fred Baird
3:39.04	08/20/90	PNA	Andrew Holden
2:54.06	08/21/16	SAWS	Robert Strand
6:24.76	07/07/12	OREG	Tom Landis

### WOMEN 70-74

50	M.	Free	Margaret Toppel	OREG	07/22/18	0:32.89
100	M.	Free	Margaret Toppel	OREG	08/25/19	1:18.61
200	M.	Free	Lavelle Stoinoff	MAC	07/12/03	2:57.28
400	M.	Free	Lavelle Stoinoff	MAC	06/28/03	6:11.92
800	M.	Free	Lavelle Stoinoff	MAC	08/12/04	12:35.14
1500	M.	Free	Lavelle Stoinoff	MAC	07/12/03	24:24.13
50	M.	Back	Margaret Toppel	OREG	08/25/19	0:39.76
100	M.	Back	Margaret Toppel	OREG	08/25/19	1:31.96
200	M.	Back	Joy Ward	OREG	07/07/12	3:18.02
50	M.	Breast	Ginger Pierson	OREG	08/21/16	0:46.18
100	M.	Breast	Janet Gettling	OREG	08/11/19	1:46.08
200	M.	Breast	Ginger Pierson	OREG	08/27/17	3:52.09
50	M.	Fly	Margaret Toppel	OREG	07/22/18	0:37.36
100	M.	Fly	Janet Gettling	OREG	08/11/19	1:47.60
200	M.	Fly	Janet Gettling	OREG	08/11/19	4:00.76
200	M.	I. M.	Joy Ward	OREG	08/26/12	3:38.29
400	M.	I. M.	Joy Ward	OREG	08/26/12	7:43.94

### MEN 75-79

0:30.28	07/11/09	OREG	David Radcliff
1:06.63	07/11/09	OREG	David Radcliff
2:25.66	06/06/09	OREG	David Radcliff
5:17.77	03/07/09	OREG	David Radcliff
11:07.90	07/11/09	OREG	David Radcliff
21:03.06	07/11/09	OREG	David Radcliff
0:41.04	08/23/15	OREG	Chris Hiatt
1:28.02	04/10/16	OREG	Chris Hiatt
3:14.60	08/23/15	OREG	Chris Hiatt
0:42.75	10/10/21	PSM	Steven Peterson
1:35.63	10/10/21	PSM	Steven Peterson
3:27.50	10/10/21	PSM	Steven Peterson
0:37.87	07/06/19	PSM	Robert Pilger
1:40.74	08/27/95	OREG	Andrew Holden
4:01.71	08/27/95	OREG	Gerald Huestis
3:21.88	10/10/21	PSM	Steven Peterson
7:20.83	10/10/21	PSM	Steven Peterson

### WOMEN 75-79

50	M.	Free	Ella Ackley	UC31	08/01/18	0:41.03
100	M.	Free	Lavelle Stoinoff	OREG	07/12/08	1:36.87
200	M.	Free	Mirjana Prather	OREG	03/03/19	3:25.48
400	M.	Free	Lavelle Stoinoff	OREG	07/12/08	7:30.75
800	M.	Free	Lynne Lund	UTAH	08/11/19	14:54.86
1500	M.	Free	Sue Calnek-Morris	OREG	07/22/18	28:36.12
50	M.	Back	Joy Ward	OREG	08/06/17	0:47.50
100	M.	Back	Joy Ward	OREG	08/06/17	1:43.60
200	M.	Back	Joy Ward	OREG	08/06/17	3:46.69
50	M.	Breast	Mirjana Prather	OREG	02/15/20	0:53.41
100	M.	Breast	Mirjana Prather	OREG	02/15/20	1:55.71
200	M.	Breast	Muriel Flynn	PNA	08/15/98	4:57.73
50	M.	Fly	Mirjana Prather	OREG	02/15/20	0:49.73
100	M.	Fly	Joy Ward	OREG	08/06/17	2:00.46
200	M.	Fly	Joy Ward	OREG	08/25/19	5:25.80
200	M.	I. M.	Joy Ward	OREG	07/06/19	4:04.11
400	M.	I. M.	Joy Ward	OREG	08/25/19	8:45.22



**NW Zone LCM Records -- as of 6/15/2022**

**MEN 100-104**

0:58.53 05/14/22 OREG Willard Lamb  
 2:30.77 05/14/22 OREG Willard Lamb  
 5:20.16 05/14/22 OREG Willard Lamb  
 11:08.65 05/14/22 OREG Willard Lamb  
 22:19.25 05/14/22 OREG Willard Lamb  
  
 2:47.35 05/14/22 OREG Willard Lamb  
 5:27.69 05/14/22 OREG Willard Lamb

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.

**WOMEN 100-104**

**MEN 105-109**

no records

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.

**WOMEN 105-109**

**MEN 110-114**

no records

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.

**WOMEN 110-114**

**MEN 115-119**

no records

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.

**WOMEN 115-119**