

NW Zone LCM Records -- as of 8/08/2022

RELAY - 200 Meter FREE - WOMEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
1:59.98 08/23/92 Zena Herrmann Dona Williams Yuriko Sato Debbie Falsgraf PNA	1:52.47 08/23/92 Shannon Heringer Gracie Goddard Leissa Mills Linda Finley OREG	1:52.53 08/21/16 Jill Asch Hailey Bambusch Maki Moore Sonja Skinner OREG	1:58.72 08/10/06 Valerie Jenkins Kerri Roussain Donna Buck K. Andrus-Hughes OREG	1:57.21 08/10/06 Lisa Dahl Debbie Glassman Charlotte Davis Mary Lippold PNA	2:05.62 08/21/16 Lisa Dahl Mary Lippold Linda Chapman Charlotte Davis PSM	2:23.58 08/25/19 Janet Gettling Joy Ward Margaret Toppel K. Andrus-Hughes OREG	4:30.57 08/21/16 Charlotte Sanddal Flora Wong Patricia Hastings Peggy Stringer MM

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	4:31.49 07/10/11 Christine Somera Aubree Gustafson Emily Melina Heather Blair OREG	4:47.16 08/08/10 Kealey Sittler Maresa Jackson Melinda Walters Serena Johnson SWMS	5:23.89 07/07/07 Kathy Marsh Susan Shaw Michelle Jacobs Ami Dansby OREG	4:34.90 08/10/09 Lisa Dahl Sarah Welch Debbie Glassman Megan Oesting PNA	5:12.55 07/10/11 Janet Gettling Colette Crabbe K. Andrus-Hughes Joy Ward OREG		

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	10:41.55 07/08/01 Anicia Criscione Julie Himstreet Lisa Gorsline Mellissa Bell OREG	11:11.69 06/06/09 Anne Molenda Kealey Sittler M. Jacobs-Brown Kathleen Thayer OREG	11:11.41 07/08/06 Kerri Roussain Nancy Vincent Kathy Marsh Susan Shaw OREG	11:45.91 08/23/15 Colette Crabbe Christina Fox Jeanna Summers Bonnie Edwards OREG	12:46.86 08/25/19 Lori Lamoureux Christina Fox Mary Anne Royle Jeanna Summers OREG		22:14.28 07/20/02 Elfie Stevenin Eva Muller Margaret Wells Pauline Stangel OREG

RELAY - 200 Meter MEDLEY - WOMEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
2:18.05 08/23/92 Zena Herrmann Debbie Falsgraf Tammi Keeler Maria Buske PNA	2:07.53 08/21/16 Lily Donohue Brianna Showell Jessica Stacy Hailey Bambusch OREG	2:09.74 08/21/16 Valerie Jenkins Abby Blank Sonja Skinner Maki Moore OREG	2:07.91 08/17/08 Valerie Jenkins Jayna Tomac D. Stuntzner-Gibson Ellen Ferguson OREG	2:10.98 08/17/08 K. Andrus-Hughes Becky Oblatz Arlene Delmage Robin Parisi OREG	2:22.45 08/11/19 Valerie Jenkins Colette Crabbe Arlene Delmage Janet Gettling OREG	2:41.43 08/25/19 K. Andrus-Hughes Janet Gettling Margaret Toppel Joy Ward OREG	5:29.76 08/21/16 Patricia Hastings Charlotte Sanddal Peggy Stringer Flora Wong MM

RELAY - 400 Meter MEDLEY - WOMEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	6:40.96 06/08/08 Megan Barret Allyson Land Ashley Raygor Kristine Antilla PNA	5:32.17 06/03/01 Tori Eisenbeis Sara Quan Julie Himstreet Kristin Brooks OREG	5:06.15 07/10/11 Valerie Jenkins Heather Blair Arlene Delmage Jill Asch OREG	5:09.45 08/25/13 Valerie Jenkins Jill Asch Arlene Delmage K. Andrus-Hughes OREG	5:33.65 07/10/11 Joy Ward Ginger Pierson Colette Crabbe K. Andrus-Hughes OREG	6:31.16 08/27/17 Joy Ward Ginger Pierson Janet Gettling Margaret Toppel OREG	12:53.50 07/20/02 Elfie Stevenin Eva Muller Margaret Wells Pauline Stangel OREG

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1:45.99 08/17/08 Brock Johns Kris Asleson Kennison Tracy Kevin Pearson OREG	1:40.54 08/27/95 Dan Jorgensen John Keppeler Jeff Stiling Scott Sinai MACO	1:40.07 08/24/86 Dave Hannula Chris Hall Dick Hannula Daniel Hannula PNA	1:40.95 08/21/16 Trevor Gray Mats Nygren Todd Doherty Chris Conroy PSM	1:45.75 08/21/16 Kurt Grote Steve Mann Eric Wan Mike Self OREG	1:45.90 08/17/08 Mike Tennant Tom Landis Robert Smith Wes Edwards OREG	2:04.45 08/17/08 David Radcliff George Thayer Bert Petersen Karl Von Tagen OREG	2:24.56 08/21/16 Jose Ferraz Willard Lamb Frank Philipps David Radcliff OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	4:05.70 04/04/08 Kevin Pearson Kevin Cleary Nathan Boal Brock Johns OREG	3:56.41 07/04/92 Rick Peterson S. Schufreider Steve Schmidt Craig Mallery PNA	4:00.11 07/11/10 Brent Washburne Eric Wan David Hathaway Benjamin Weston OREG	4:16.39 08/08/10 Brent Washburne Doug Brockbank Douglas Otto Eric Wan OREG	4:13.13 08/25/13 Steve Mann Doug Brockbank Wes Edwards Mike Tennant OREG	5:41.34 08/01/93 Earl Walter Floyd Elliott Gilbert Young Andrew Holden OREG	

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	9:57.56 08/25/13 Nick Wood Kevin Cleary Michael McGrath Jonathan Matthews OREG	8:55.99 06/03/01 Patrick Allender Steve George Greg Latta Doug Stewart OREG	8:50.50 08/27/17 Eilhard Lussier Matt Miller Scot Sullivan Matthew Marceau OREG	9:58.88 06/06/09 Mike Dowd Brent Washburne Mike Peyton David Hathaway OREG	9:41.00 07/12/03 Tom Landis David Radcliff Bob Bruce Steve Johnson OREG	10:28.53 08/25/13 Tom Landis David Radcliff Bob Bruce Steve Johnson OREG	

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2:04.65 08/23/92 John Underbrink Andrew Lovan Steve Schmidt John Pottle PNA	1:50.32 08/23/92 John Keppeler Greg Cooper Dirk Marshall Alex Stiles MACO	1:54.52 08/11/13 Doug Jelen Cejih Yung Chris Chapman Chris Conroy PSM	1:53.92 08/15/98 Curt LaCount David Holland James Sorensen Scott Findorff OREG	1:58.59 08/06/17 Mats Nygren Rick Colella Todd Doherty Maoz Alsberg PSM	2:00.89 08/21/16 Donald Graham Rick Colella Daniel Phillips Dave Hannula PSM	2:22.58 08/11/19 Wes Edwards Allen Stark Doug Brockbank Ronald Nakata OREG	2:52.05 08/21/16 Willard Lamb Ronald Nakata Mike Dirksen David Radcliff OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	4:42.79 04/04/08 Kevin Pearson Joaquin Romera Kevin Cleary Nathan Boal OREG	4:30.39 07/04/92 J. Bornheimer Rick Peterson Steve Schmidt Craig Mallery PNA	4:38.11 06/06/09 Curt LaCount Timothy Waud Kevin Cleary Eric Wan OREG	4:46.25 08/26/12 Brent Washburne Patrick Allender David Hathaway Jim Ivelich OREG	4:55.69 06/14/08 Robert Smith Allen Stark Tom Landis Mike Tennant OREG	5:58.21 08/25/19 Wes Edwards Richard Howell Brent Washburne Willard Lamb OREG	10:34.72 08/08/10 Robert Smith Milton Marks Andrew Holden Willard Lamb OREG

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1:49.92	1:48.54	1:45.78	1:46.69	1:50.44	1:54.67	2:21.55	2:35.97
08/23/92	07/07/12	08/21/16	08/21/16	08/10/06	08/21/16	08/17/08	08/21/16
Shannon Heringer	Paloma Dinkel	Hailey Bambusch	Amy Moorhead	Lisa Dahl	Donald Graham	Joy Ward	Rebecca Kay
Linda Finley	Cejih Yung	Kris Asleson	Shannon McIntyre	Mary Lippold	Rick Colella	Barbara Frid	Willard Lamb
Andrew Potter	Colleen Healy	Maki Moore	Chris Conroy	Donald Graham	Charlotte Davis	Willard Lamb	Barbara Frid
Thomas Kahl	Todd Doherty	Kurt Grote	Trever Gray	Ronald Jacobs	Lisa Dahl	Tom Landis	David Radcliff
OREG	PNA	OREG	PSM	PNA	PSM	OREG	OREG

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	4:42.20	4:21.37	4:13.97	4:13.62	4:44.50	5:16.94	6:07.33
	08/25/19	08/08/10	07/11/09	06/03/06	07/10/11	07/22/18	08/27/17
	Paige Boles	Brent Washburne	Eric Wan	K. Andrus-Hughes	David Radcliff	K. Andrus-Hughes	Willard Lamb
	Matthew Boles	Christine Somera	MJ Caswell	Steve Mann	Joy Ward	Robert Smith	Joy Ward
	Emma Boles	Megan Lassen	Briana Willia	Arlene Delmage	Arlene Delmage	David Radcliff	Janet Gettling
	Nathan Cage	Eric Wan	Brent Washburne	Mike Tennant	Eric Wan	Colette Crabbe	David Radcliff
	OREG	OREG	OREG	OREG	OREG	OREG	OREG

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		9:21.26	9:02.03	9:33.45	10:05.34	12:26.57	14:25.49
		08/27/17	07/11/09	07/08/06	08/25/19	08/25/13	05/14/22
		Matthew Marceau	Dennis Baker	Arlene Delmage	Dan Kirkland	Valerie Jenkins	Willard Lamb
		Matt Miller	Valerie Jenkins	K. Andrus-Hughes	David Hathaway	Willard Lamb	Joy Ward
		Sonja Skinner	Christine Somera	Bob Bruce	K. Andrus-Hughes	Joy Ward	Colette Crabbe
		Emily Melina	David Hathaway	Mike Tennant	Francie Haffner	Tom Landis	Dan Kirkland
		OREG	OREG	OREG	OREG	OREG	OREG

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2:04.57	1:56.96	1:59.03	2:00.86	2:01.98	2:08.11	2:31.64	3:05.67
08/23/92	08/17/14	08/11/13	08/17/08	08/21/16	08/21/16	08/01/18	08/25/19
Mark List	Trever Grey	Chris Chapman	Valerie Jenkins	Valerie Jenkins	Lisa Dahl	Dan Kirkland	Joy Ward
Daniel Balderson	Chris Conroy	Cejih Yung	Timothy Waud	Kurt Grote	Rick Colella	Steven Peterson	Ronald Nakata
Yuriko Sato	Jordan King	Paloma Dinkel	Arlene Delmage	Gabe Duus	Donald Graham	Sarah Welch	Margaret Toppel
Debbie Falsgraf	Paloma Dinkel	Charlotte Davis	Eric Wan	K. Andrus-Hughes	Charlotte Davis	Charlotte Davis	Willard Lamb
PNA	PSM	PSM	OREG	OREG	PSM	PSM	OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	4:59.67	4:49.81	4:32.30	4:41.46	4:58.85	6:03.51	7:17.49
	08/25/13	08/26/12	06/14/08	06/14/08	07/10/11	06/14/08	08/27/17
	Serena Johnson	Valerie Jenkins	Valerie Jenkins	K. Andrus-Hughes	K. Andrus-Hughes	Joy Ward	Willard Lamb
	Nick Wood	Jennifer Faith	Jayna Tomac	Patrick Allender	Allen Stark	Ginger Pierson	Ginger Pierson
	Jessica Stacy	Kevin Cleary	Dennis Baker	Arlene Delmage	Arlene Delmage	Tom Landis	Joy Ward
	Michael McGrath	Eric Wan	Keith Peters	Mike Tennant	David Radcliff	Willard Lamb	David Radcliff
	OREG	OREG	OREG	OREG	OREG	OREG	OREG