

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

MEN 18-24					WOMEN 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
MEN 25-29					WOMEN 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
MEN 30-34					WOMEN 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
MEN 35-39					WOMEN 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

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

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 8/08/2022

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

50	M.	Free	Charlotte Davis
100	M.	Free	Charlotte Davis
200	M.	Free	Colette Crabbe
400	M.	Free	Colette Crabbe
800	M.	Free	Colette Crabbe
1500	M.	Free	Colette Crabbe
50	M.	Back	Karen Andrus-Hughes
100	M.	Back	Karen Andrus-Hughes
200	M.	Back	Karen Andrus-Hughes
50	M.	Breast	Colette Crabbe
100	M.	Breast	Colette Crabbe
200	M.	Breast	Colette Crabbe
50	M.	Fly	Charlotte Davis
100	M.	Fly	Arlene Delmage
200	M.	Fly	Arlene Delmage
200	M.	I. M.	Colette Crabbe
400	M.	I. M.	Colette Crabbe

WOMEN 60-64

PNA	07/07/12	0:30.11
PNA	08/06/10	1:07.33
OREG	08/27/17	2:35.71
OREG	07/06/19	5:29.19
OREG	07/22/18	11:16.10
OREG	04/10/16	21:25.18
OREG	08/06/17	0:35.14
OREG	08/06/17	1:17.53
OREG	08/06/17	2:56.82
OREG	08/11/19	0:39.91
OREG	08/11/19	1:28.61
OREG	07/22/18	3:13.31
PNA	07/07/12	0:32.57
OREG	06/12/22	1:17.02
OREG	06/12/22	2:53.20
OREG	08/11/19	2:49.85
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

50	M.	Free	Charlotte Davis
100	M.	Free	Charlotte Davis
200	M.	Free	Charlotte Davis
400	M.	Free	Charlotte Davis
800	M.	Free	Lo Knapp
1500	M.	Free	Lavelle Stoinoff
50	M.	Back	Wendy McNamara
100	M.	Back	Wendy McNamara
200	M.	Back	Wendy McNamara
50	M.	Breast	Charlotte Davis
100	M.	Breast	Lo Knapp
200	M.	Breast	Lo Knapp
50	M.	Fly	Charlotte Davis
100	M.	Fly	Charlotte Davis
200	M.	Fly	Janet Gettling
200	M.	I. M.	Charlotte Davis
400	M.	I. M.	Charlotte Davis

WOMEN 65-69

PSM	08/21/16	0:30.85
PSM	08/21/16	1:07.88
PSM	08/09/15	2:35.36
PSM	01/31/15	5:27.79
UTAH	08/11/19	11:21.32
MAC	07/26/98	23:42.01
BSMT	10/10/21	0:36.89
BSMT	10/10/21	1:22.09
BSMT	10/10/21	3:04.69
PSM	08/04/18	0:42.08
UTAH	08/11/19	1:32.24
UTAH	08/11/19	3:19.16
PSM	08/21/16	0:33.66
PSM	01/31/15	1:20.09
OREG	07/11/14	3:45.13
PSM	08/21/16	2:54.74
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

50	M.	Free	Margaret Toppel
100	M.	Free	Margaret Toppel
200	M.	Free	Lavelle Stoinoff
400	M.	Free	Lavelle Stoinoff
800	M.	Free	Lavelle Stoinoff
1500	M.	Free	Lavelle Stoinoff
50	M.	Back	Margaret Toppel
100	M.	Back	Margaret Toppel
200	M.	Back	Joy Ward
50	M.	Breast	Ginger Pierson
100	M.	Breast	Janet Gettling
200	M.	Breast	Ginger Pierson
50	M.	Fly	Margaret Toppel
100	M.	Fly	Janet Gettling
200	M.	Fly	Janet Gettling
200	M.	I. M.	Joy Ward
400	M.	I. M.	Joy Ward

WOMEN 70-74

OREG	07/22/18	0:32.89
OREG	08/25/19	1:18.61
MAC	07/12/03	2:57.28
MAC	06/28/03	6:11.92
MAC	08/12/04	12:35.14
MAC	07/12/03	24:24.13
OREG	08/25/19	0:39.76
OREG	08/25/19	1:31.96
OREG	07/07/12	3:18.02
OREG	08/21/16	0:46.18
OREG	08/11/19	1:46.08
OREG	08/27/17	3:52.09
OREG	07/22/18	0:37.36
OREG	08/11/19	1:47.60
OREG	08/11/19	4:00.76
OREG	08/26/12	3:38.29
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

50	M.	Free	Ella Ackley
100	M.	Free	Lavelle Stoinoff
200	M.	Free	Mirjana Prather
400	M.	Free	Lavelle Stoinoff
800	M.	Free	Lynne Lund
1500	M.	Free	Sue Calnek-Morris
50	M.	Back	Joy Ward
100	M.	Back	Joy Ward
200	M.	Back	Joy Ward
50	M.	Breast	Mirjana Prather
100	M.	Breast	Mirjana Prather
200	M.	Breast	Ginger Pierson
50	M.	Fly	Mirjana Prather
100	M.	Fly	Joy Ward
200	M.	Fly	Joy Ward
200	M.	I. M.	Joy Ward
400	M.	I. M.	Joy Ward

WOMEN 75-79

UC31	08/01/18	0:41.03
OREG	07/12/08	1:36.87
OREG	03/03/19	3:25.48
OREG	07/12/08	7:30.75
UTAH	08/11/19	14:54.86
OREG	07/22/18	28:36.12
OREG	08/06/17	0:47.50
OREG	08/06/17	1:43.60
OREG	08/06/17	3:46.69
OREG	02/15/20	0:53.41
OREG	02/15/20	1:55.71
OREG	07/10/22	4:36.58
OREG	02/15/20	0:49.73
OREG	08/06/17	2:00.46
OREG	08/25/19	5:25.80
OREG	07/06/19	4:04.11
OREG	08/25/19	8:45.22

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

MEN 80-84

0:33.27	08/24/14	OREG	David Radcliff	50	M.	Free	Joy Ward	OREG	06/12/22	0:43.94
1:11.82	08/24/14	OREG	David Radcliff	100	M.	Free	Joy Ward	OREG	05/14/22	1:50.07
2:40.22	08/24/14	OREG	David Radcliff	200	M.	Free	Patricia Hastings	MM	08/21/16	4:19.67
5:45.21	08/23/15	OREG	David Radcliff	400	M.	Free	Jerri Kawabata	OREG	04/10/16	8:57.77
11:49.29	08/24/14	OREG	David Radcliff	800	M.	Free	Jerri Kawabata	OREG	08/23/15	18:14.06
22:16.90	05/31/14	OREG	David Radcliff	1500	M.	Free	Jerri Kawabata	OREG	04/10/16	34:40.26
0:46.25	06/28/03	OREG	Andrew Holden	50	M.	Back	Joy Ward	OREG	06/12/22	0:49.01
1:45.64	06/12/99	OREG	Andrew Holden	100	M.	Back	Joy Ward	OREG	06/12/22	1:48.86
4:04.79	06/14/87	OREG	Herb Eisenschmidt	200	M.	Back	Joy Ward	OREG	06/12/22	3:51.50
0:46.64	07/10/11	OREG	Milton Marks	50	M.	Breast	Muriel Flynn	PNA	07/25/04	1:05.61
1:50.93	08/08/10	OREG	Milton Marks	100	M.	Breast	Muriel Flynn	PNA	07/25/04	2:25.38
4:10.14	08/11/19	OREG	Ronald Nakata	200	M.	Breast	Muriel Flynn	PNA	07/25/04	5:12.54
0:41.89	07/11/99	OREG	Andrew Holden	50	M.	Fly	Joy Ward	OREG	05/14/22	0:56.50
1:47.88	06/12/99	OREG	Andrew Holden	100	M.	Fly	Joy Ward	OREG	05/14/22	2:31.70
4:57.38	08/09/03	OREG	Andrew Holden	200	M.	Fly	Helena Hoffman	OREG	06/22/96	8:20.07
3:53.76	08/25/19	OREG	Ronald Nakata	200	M.	I. M.	Joy Ward	OREG	06/12/22	4:12.60
8:42.98	04/10/16	OREG	Dick Slawson	400	M.	I. M.	Joy Ward	OREG	07/31/22	9:38.03

WOMEN 80-84

0:37.21	07/10/04	OREG	Andrew Holden	50	M.	Free	Molly Hayes	BOZE	05/20/17	0:56.66
1:26.78	07/07/07	OREG	Willard Lamb	100	M.	Free	Molly Hayes	BOZE	05/20/17	2:26.84
3:12.86	07/06/19	OREG	David Radcliff	200	M.	Free	Eva Muller	OREG	07/11/99	5:10.71
7:06.36	07/12/08	OREG	Willard Lamb	400	M.	Free	Eva Muller	OREG	07/11/99	10:53.38
13:56.29	07/19/19	OREG	David Radcliff	800	M.	Free	Martha Keller	OREG	06/08/86	29:14.16
26:18.37	07/19/19	OREG	David Radcliff	1500	M.	Free	Molly Hayes	BOZE	05/20/17	45:30.50
0:49.14	06/19/04	OREG	Andrew Holden	50	M.	Back	Molly Hayes	BOZE	05/20/17	1:16.59
1:49.24	06/14/08	OREG	Willard Lamb	100	M.	Back	Eva Muller	OREG	07/12/98	2:37.63
4:04.33	06/14/08	OREG	Willard Lamb	200	M.	Back	Eva Muller	OREG	07/24/99	5:38.43
0:59.39	06/04/05	OREG	Andrew Holden	50	M.	Breast	Pauline Stangel	OREG	06/03/06	1:24.72
2:23.06	06/16/93	PNA	Jim Penfield	100	M.	Breast	Pauline Stangel	OREG	06/03/06	3:16.51
5:37.67	08/22/93	PNA	Jim Penfield	200	M.	Breast	Pauline Stangel	OREG	06/10/07	6:58.82
0:46.48	06/19/04	OREG	Andrew Holden	50	M.	Fly	Patience Miller	OREG	06/22/96	2:11.56
2:02.53	06/19/04	OREG	Andrew Holden	100	M.	Fly	Elfie Stevenin	OREG	07/07/07	6:10.34
4:47.63	07/10/04	OREG	Andrew Holden	200	M.	Fly	Elfie Stevenin	OREG	07/07/07	12:59.26
4:15.59	07/10/04	OREG	Andrew Holden	200	M.	I. M.	Eva Muller	OREG	07/24/99	6:26.81
			open	400	M.	I. M.	Eva Muller	OREG	07/08/01	14:57.79

MEN 85-89

0:37.21	07/10/04	OREG	Andrew Holden	50	M.	Free	Molly Hayes	BOZE	05/20/17	0:56.66
1:26.78	07/07/07	OREG	Willard Lamb	100	M.	Free	Molly Hayes	BOZE	05/20/17	2:26.84
3:12.86	07/06/19	OREG	David Radcliff	200	M.	Free	Eva Muller	OREG	07/11/99	5:10.71
7:06.36	07/12/08	OREG	Willard Lamb	400	M.	Free	Eva Muller	OREG	07/11/99	10:53.38
13:56.29	07/19/19	OREG	David Radcliff	800	M.	Free	Martha Keller	OREG	06/08/86	29:14.16
26:18.37	07/19/19	OREG	David Radcliff	1500	M.	Free	Molly Hayes	BOZE	05/20/17	45:30.50
0:49.14	06/19/04	OREG	Andrew Holden	50	M.	Back	Molly Hayes	BOZE	05/20/17	1:16.59
1:49.24	06/14/08	OREG	Willard Lamb	100	M.	Back	Eva Muller	OREG	07/12/98	2:37.63
4:04.33	06/14/08	OREG	Willard Lamb	200	M.	Back	Eva Muller	OREG	07/24/99	5:38.43
0:59.39	06/04/05	OREG	Andrew Holden	50	M.	Breast	Pauline Stangel	OREG	06/03/06	1:24.72
2:23.06	06/16/93	PNA	Jim Penfield	100	M.	Breast	Pauline Stangel	OREG	06/03/06	3:16.51
5:37.67	08/22/93	PNA	Jim Penfield	200	M.	Breast	Pauline Stangel	OREG	06/10/07	6:58.82
0:46.48	06/19/04	OREG	Andrew Holden	50	M.	Fly	Patience Miller	OREG	06/22/96	2:11.56
2:02.53	06/19/04	OREG	Andrew Holden	100	M.	Fly	Elfie Stevenin	OREG	07/07/07	6:10.34
4:47.63	07/10/04	OREG	Andrew Holden	200	M.	Fly	Elfie Stevenin	OREG	07/07/07	12:59.26
4:15.59	07/10/04	OREG	Andrew Holden	200	M.	I. M.	Eva Muller	OREG	07/24/99	6:26.81
			open	400	M.	I. M.	Eva Muller	OREG	07/08/01	14:57.79

WOMEN 85-89

0:43.50	06/06/15	OREG	Willard Lamb	50	M.	Free	Virginia Phipps	OREG	08/21/16	1:25.97
1:41.87	05/31/14	OREG	Willard Lamb	100	M.	Free	Virginia Phipps	OREG	08/21/16	3:05.93
3:41.77	08/11/13	OREG	Willard Lamb	200	M.	Free	Eva Muller	OREG	07/20/02	5:36.74
8:01.57	08/24/14	OREG	Willard Lamb	400	M.	Free	Charlotte Sanddal	MM	08/21/16	16:01.90
16:28.37	08/11/13	OREG	Willard Lamb	800	M.	Free				
31:12.82	05/31/14	OREG	Willard Lamb	1500	M.	Free				
0:54.96	08/25/13	OREG	Willard Lamb	50	M.	Back	Eva Muller	OREG	07/12/03	1:17.68
1:59.92	05/31/14	OREG	Willard Lamb	100	M.	Back	Eva Muller	OREG	07/20/02	2:58.31
4:20.06	05/31/14	OREG	Willard Lamb	200	M.	Back	Eva Muller	OREG	07/12/03	6:28.70
1:09.80	07/26/98	PNA	Jim Penfield	50	M.	Breast	Charlotte Sanddal	MM	08/21/16	1:56.48
3:30.38	07/10/11	OREG	Rupert Fixott	100	M.	Breast	Eva Muller	OREG	07/12/03	3:49.99
				200	M.	Breast	Eva Muller	OREG	07/20/02	8:30.18
1:05.95	06/06/09	OREG	Andrew Holden	50	M.	Fly	Charlotte Sanddal	MM	06/08/13	1:29.40
				100	M.	Fly				
				200	M.	Fly				
7:02.80	07/26/98	PNA	Jim Penfield	200	M.	I. M.	Charlotte Sanddal	MM	08/03/14	8:11.91
				400	M.	I. M.				

MEN 90-94

0:43.50	06/06/15	OREG	Willard Lamb	50	M.	Free	Virginia Phipps	OREG	08/21/16	1:25.97
1:41.87	05/31/14	OREG	Willard Lamb	100	M.	Free	Virginia Phipps	OREG	08/21/16	3:05.93
3:41.77	08/11/13	OREG	Willard Lamb	200	M.	Free	Eva Muller	OREG	07/20/02	5:36.74
8:01.57	08/24/14	OREG	Willard Lamb	400	M.	Free	Charlotte Sanddal	MM	08/21/16	16:01.90
16:28.37	08/11/13	OREG	Willard Lamb	800	M.	Free				
31:12.82	05/31/14	OREG	Willard Lamb	1500	M.	Free				
0:54.96	08/25/13	OREG	Willard Lamb	50	M.	Back	Eva Muller	OREG	07/12/03	1:17.68
1:59.92	05/31/14	OREG	Willard Lamb	100	M.	Back	Eva Muller	OREG	07/20/02	2:58.31
4:20.06	05/31/14	OREG	Willard Lamb	200	M.	Back	Eva Muller	OREG	07/12/03	6:28.70
1:09.80	07/26/98	PNA	Jim Penfield	50	M.	Breast	Charlotte Sanddal	MM	08/21/16	1:56.48
3:30.38	07/10/11	OREG	Rupert Fixott	100	M.	Breast	Eva Muller	OREG	07/12/03	3:49.99
				200	M.	Breast	Eva Muller	OREG	07/20/02	8:30.18
1:05.95	06/06/09	OREG	Andrew Holden	50	M.	Fly	Charlotte Sanddal	MM	06/08/13	1:29.40
				100	M.	Fly				
				200	M.	Fly				
7:02.80	07/26/98	PNA	Jim Penfield	200	M.	I. M.	Charlotte Sanddal	MM	08/03/14	8:11.91
				400	M.	I. M.				

WOMEN 90-94

0:45.71	08/06/17	OREG	Willard Lamb	50	M.	Free	Charlotte Sanddal	MM	08/06/17	1:20.84
1:47.59	08/27/17	OREG	Willard Lamb	100	M.	Free	Charlotte Sanddal	MM	08/06/17	3:43.58
4:04.60	08/27/17	OREG	Willard Lamb	200	M.	Free	Charlotte Sanddal	MM	08/06/17	7:28.35
8:43.18	08/27/17	OREG	Willard Lamb	400	M.	Free	Charlotte Sanddal	MM	08/06/17	15:41.63
17:42.57	08/27/17	OREG	Willard Lamb	800	M.	Free	Charlotte Sanddal	MM	08/06/17	31:35.73
33:39.77	08/27/17	OREG	Willard Lamb	1500	M.	Free				
0:58.63	08/06/17	OREG	Willard Lamb	50	M.	Back	Charlotte Sanddal	MM	08/06/17	1:44.11
2:11.19	08/06/17	OREG	Willard Lamb	100	M.	Back	Charlotte Sanddal	MM	08/06/17	3:30.52
4:34.73	07/30/18	OREG	Willard Lamb	200	M.	Back	Charlotte Sanddal	MM	08/06/17	7:09.94
				50	M.	Breast	Charlotte Sanddal	MM	08/06/17	2:16.08
				100	M.	Breast	Charlotte Sanddal	MM	08/06/17	4:37.87
				200	M.	Breast	Charlotte Sanddal	MM	08/06/17	9:18.96
				50	M.	Fly	Charlotte Sanddal	MM	04/21/17	1:55.97
				100	M.	Fly	Charlotte Sanddal	MM	04/21/17	6:18.62
				200	M.	Fly				
				200	M.	I. M.	Charlotte Sanddal	MM	04/21/17	8:46.90
				400	M.	I. M.				

MEN 95-99

0:45.71	08/06/17	OREG	Willard Lamb	50	M.	Free	Charlotte Sanddal	MM	08/06/17	1:20.84
1:47.59	08/27/17	OREG	Willard Lamb	100	M.	Free	Charlotte Sanddal	MM	08/06/17	3:43.58
4:04.60	08/27/17	OREG	Willard Lamb	200	M.	Free	Charlotte Sanddal	MM	08/06/17	7:28.35
8:43.18	08/27/17	OREG	Willard Lamb	400	M.	Free	Charlotte Sanddal	MM	08/06/17	15:41.63
17:42.57	08/27/17	OREG	Willard Lamb	800	M.	Free	Charlotte Sanddal	MM	08/06/17	31:35.73
33:39.77	08/27/17	OREG	Willard Lamb	1500	M.	Free				
0:58.63	08/06/17	OREG	Willard Lamb	50	M.	Back	Charlotte Sanddal	MM	08/06/17	1:44.11
2:11.19	08/06/17	OREG	Willard Lamb	100	M.	Back	Charlotte Sanddal	MM	08/06/17	3:30.52
4:34.73	07/30/18	OREG	Willard Lamb	200	M.	Back	Charlotte Sanddal	MM	08/06/17	7:09.94
				50	M.	Breast	Charlotte Sanddal	MM	08/06/17	2:16.08
				100	M.	Breast	Charlotte Sanddal	MM	08/06/17	4:37.87
				200	M.	Breast	Charlotte Sanddal	MM	08/06/17	9:18.96
				50	M.	Fly	Charlotte Sanddal	MM	04/21/17	1:55.97
				100	M.	Fly	Charlotte Sanddal	MM	04/21/17	6:18.62
				200	M.	Fly				
				200	M.	I. M.	Charlotte Sanddal	MM	04/21/17	8:46.90
				400	M.	I. M.				

WOMEN 95-99

0:45.71	08/06/17	OREG	Willard Lamb	50	M.	Free	Charlotte Sanddal	MM	08/06/17	1:20.84
1:47.59	08/27/17	OREG	Willard Lamb	100	M.	Free	Charlotte Sanddal	MM	08/06/17	3:43.5

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

MEN 100-104

0:57.42 08/07/22 OREG Willard Lamb
 2:15.99 08/07/22 OREG Willard Lamb
 5:18.86 08/07/22 OREG Willard Lamb
 10:55.25 08/07/22 OREG Willard Lamb
 22:15.67 08/07/22 OREG Willard Lamb
 42:27.06 08/07/22 OREG Willard Lamb
 1:09.17 08/07/22 OREG Willard Lamb
 2:29.17 08/07/22 OREG Willard Lamb
 5:12.53 08/07/22 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