

NW Zone SCM Records -- as of 11/18/2022

MEN 18-24

0:24.31	01/25/15	PSM	Jordan Reid	50	M.	Free	Katie Kaestner	PSM	11/18/17	0:26.85
0:54.98	10/19/85	PNA	Steve Schmidt	100	M.	Free	Katie Kaestner	PSM	02/04/18	1:01.76
2:02.93	12/14/02	AK	Pieter Dehart	200	M.	Free	Amanda Clark	PSM	11/20/16	2:11.73
4:22.25	10/20/12	PNA	Bruce Deakayne	400	M.	Free	Karissa DeRousseau	OREG	04/15/12	4:51.51
9:02.89	10/20/12	PNA	Bruce Deakayne	800	M.	Free	Amanda Clark	PSM	11/20/16	9:28.88
17:14.21	10/20/12	PNA	Bruce Deakayne	1500	M.	Free	Teri Campbell	IEM	02/08/98	19:23.66
0:27.71	12/11/21	OREG	Matthew McComish	50	M.	Back	Reva Zacharias	PSM	11/24/19	0:32.60
1:00.96	12/07/13	OREG	Connor Brenda	100	M.	Back	Katie Kaestner	PSM	02/04/18	1:11.70
2:22.51	12/15/96	OREG	Matt Boles	200	M.	Back	Lana Lawrence	HMS	03/03/12	2:33.89
0:30.90	09/24/06	PNA	Kyle Ciminski	50	M.	Breast	Jesse Kaba	OREG	11/18/17	0:34.01
1:09.08	02/19/06	PNA	Kyle Ciminski	100	M.	Breast	Jesse Kaba	OREG	11/18/17	1:13.97
2:37.37	11/19/06	PNA	Kyle Ciminski	200	M.	Breast	Katie Kaestner	PSM	11/18/17	2:44.57
0:26.20	11/19/06	PNA	Kyle Ciminski	50	M.	Fly	Langford / Kaestner	AK-PSM	11/18/17	0:29.98
0:58.97	02/19/06	PNA	Kyle Ciminski	100	M.	Fly	Natascha Mangan	OREG	10/21/12	1:06.16
2:30.82	02/04/18	PSM	Nicholas Pederson	200	M.	Fly	Natascha Mangan	OREG	10/21/12	2:25.35
1:01.27	02/19/06	PNA	Kyle Ciminski	100	M.	I. M.	Caitlyn Shortt	OREG	05/18/08	1:08.29
2:19.50	12/14/02	AK	Pieter Dehart	200	M.	I. M.	Natascha Mangan	OREG	10/21/12	2:32.08
5:04.23	11/19/06	PNA	Richard Jordan	400	M.	I. M.	Katie Kaestner	PSM	11/18/17	5:20.10

WOMEN 18-24

MEN 25-29

0:23.89	10/20/12	PNA	Chris Chapman	50	M.	Free	Joanna Wu	BWAQ	11/24/19	0:26.88
0:52.77	02/17/08	PNA	Troy Davidson	100	M.	Free	Lauren Thies	OREG	11/20/05	0:58.35
2:01.93	05/16/98	PNA	Tom O'Brien	200	M.	Free	Lauren Thies	OREG	11/20/05	2:06.98
4:20.69	10/20/12	PNA	Cejih Yung	400	M.	Free	Leissa Mills	OREG	03/04/90	4:39.24
9:13.75	11/13/16	KM	Nick Blank	800	M.	Free	Ellen Ferguson	OREG	01/20/91	9:47.28
17:40.41	11/13/10	UTAH	Wesley Johnson	1500	M.	Free	Lisa O'Brien	PNA	05/16/88	18:47.44
0:27.44	12/10/11	OREG	Logan Madson	50	M.	Back	Diana MacManus	HMS	03/03/12	0:28.92
0:59.97	11/13/16	KM	Nick Blank	100	M.	Back	Diana MacManus	HMS	03/03/12	1:03.70
2:11.24	11/13/16	KM	Nick Blank	200	M.	Back	Jacquelyn Foley	PNA	02/17/08	2:32.34
0:29.00	11/18/17	PSM	Jakub Kotynia	50	M.	Breast	Megan Jendrick	PNA	11/21/10	0:31.87
1:04.20	11/18/17	PSM	Jakub Kotynia	100	M.	Breast	Megan Jendrick	PNA	04/15/12	1:10.04
2:20.81	11/22/15	PSM	Jakub Kotynia	200	M.	Breast	Megan Jendrick	PNA	04/15/12	2:29.80
0:25.25	10/21/12	PNA	Chris Chapman	50	M.	Fly	Diana MacManus	HMS	03/03/12	0:28.38
0:56.68	10/21/12	PNA	Chris Chapman	100	M.	Fly	Jessica Stacy	OREG	12/02/18	1:04.64
2:10.91	05/16/98	PNA	Tom O'Brien	200	M.	Fly	Lisa O'Brien	PNA	05/16/88	2:37.48
0:59.79	12/10/11	OREG	Logan Madson	100	M.	I. M.	Megan Jendrick	PNA	01/23/11	1:03.41
2:14.35	11/13/16	KM	Nick Blank	200	M.	I. M.	Courtney Monsees	KM	11/13/16	2:27.77
4:51.27	11/15/98	OREG	Bill Zolna	400	M.	I. M.	Melissa Chamberlin	PNA	11/22/09	5:21.25

WOMEN 25-29

MEN 30-34

0:24.14	04/15/12	OREG	Benjamin Weston	50	M.	Free	Lauren Thies	OREG	10/16/11	0:27.42
0:52.90	04/15/12	OREG	Benjamin Weston	100	M.	Free	Lauren Thies	OREG	12/05/10	0:58.55
2:02.90	06/24/94	PNA	Craig Mallery	200	M.	Free	Lauren Thies	OREG	12/05/10	2:06.39
4:20.34	10/13/96	UTAH	Dennis Tesch	400	M.	Free	Lauren Thies	OREG	12/05/10	4:31.63
8:55.82	10/13/96	UTAH	Dennis Tesch	800	M.	Free	Sara Quan Nelson	OREG	12/14/02	9:45.42
16:51.79	10/13/96	UTAH	Dennis Tesch	1500	M.	Free	Allison Cox	PSM	11/20/16	18:53.81
0:27.55	11/12/22	OREG	Nicolas Morrell	50	M.	Back	Katie Paglini	AK	12/14/13	0:31.70
1:00.35	11/12/22	OREG	Nicolas Morrell	100	M.	Back	Svetlana Karpeeva	PSM	11/18/17	1:06.78
2:18.74	12/15/96	OREG	Phillip King	200	M.	Back	Ilsa Feierabend	OREG	11/12/22	2:29.14
0:29.28	11/18/18	PSM	Jakub Kotynia	50	M.	Breast	Leslie McCullough	PNA	09/16/00	0:34.13
1:04.88	11/18/18	PSM	Jakub Kotynia	100	M.	Breast	Svetlana Karpeeva	PSM	11/18/17	1:14.72
2:30.75	12/08/19	PSM	Cejih Yung	200	M.	Breast	Linda Hegeberg	PNA	10/08/00	2:50.59
0:25.99	12/01/99	AK	Michael Sorenson	50	M.	Fly	Lauren Thies	OREG	12/05/10	0:29.23
0:56.55	12/01/99	AK	Michael Sorenson	100	M.	Fly	Lauren Thies	OREG	12/05/10	1:04.31
2:16.84	12/09/00	OREG	Bill Zolna	200	M.	Fly	Tammy Bennett	HSKY	05/16/88	2:31.16
1:00.91	04/15/12	OREG	Benjamin Weston	100	M.	I. M.	Svetlana Karpeeva	PSM	11/18/17	1:06.88
2:16.18	04/15/12	OREG	Benjamin Weston	200	M.	I. M.	Lauren Thies	OREG	12/05/10	2:22.68
4:59.60	12/05/98	OREG	Doug Stewart	400	M.	I. M.	Linda Hegeberg	PNA	10/08/00	5:33.54

WOMEN 30-34

MEN 35-39

0:24.87	12/02/04	PNA	Amon Emeka	50	M.	Free	Amy Ward	OREG	09/04/11	0:27.50
0:53.62	12/07/03	OREG	John Keppeler	100	M.	Free	Amy Ward	OREG	09/04/11	1:00.69
1:58.99	12/07/03	OREG	John Keppeler	200	M.	Free	Amy Ward	OREG	09/04/11	2:12.79
4:16.69	12/09/00	OREG	Dennis Baker	400	M.	Free	Allison Cox	PSM	11/24/19	4:43.76
9:03.99	12/05/99	OREG	Doug Stewart	800	M.	Free	Alexis Higlett	OREG	12/08/19	9:49.21
17:42.82	01/30/22	PSM	Eddie Switaj	1500	M.	Free	Alexis Higlett	OREG	12/08/19	18:40.02
0:27.92	12/07/03	OREG	John Keppeler	50	M.	Back	Susan Wetstone	PSM	12/02/12	0:31.76
0:58.01	11/22/15	PSM	Trever Gray	100	M.	Back	Sara Shepherd	OREG	11/10/18	1:08.48
2:08.57	12/07/03	OREG	John Keppeler	200	M.	Back	Susan Wetstone	PSM	11/30/12	2:31.10
0:31.60	02/22/20	STRG	Peter Marchesini	50	M.	Breast	Jayna Tomac	OREG	12/09/07	0:36.50
1:09.30	12/14/02	OREG	John Hudson	100	M.	Breast	Jayna Tomac	OREG	12/09/07	1:20.39
2:28.35	10/15/89	PNA	Greg Harrison	200	M.	Breast	Linda Hegeberg	PNA	11/19/06	2:53.71
0:26.22	12/02/04	PNA	Amon Emeka	50	M.	Fly	Amy Ward	OREG	09/04/11	0:30.98
0:58.47	12/02/04	PNA	Amon Emeka	100	M.	Fly	Sonja Skinner	OREG	03/08/15	1:09.56
2:08.86	12/09/00	OREG	Dennis Baker	200	M.	Fly	Shauna Simpson	OREG	02/19/06	2:37.72
0:59.21	11/22/15	PSM	Trever Gray	100	M.	I. M.	Susan Wetstone	PSM	12/02/12	1:10.09
2:16.41	01/01/94	PNA	David Santos	200	M.	I. M.	Susan Wetstone	PSM	11/30/12	2:31.46
4:57.03	01/01/94	PNA	David Santos	400	M.	I. M.	RondaMarie Smith	PNA	11/19/06	5:33.13

WOMEN 35-39

NW Zone SCM Records -- as of 11/18/2022

MEN 40-44

0:24.45	12/09/95	AK	Rick Abbott
0:53.25	12/09/95	AK	Rick Abbott
2:01.62	02/17/08	PNA	David Kays
4:20.27	02/17/08	PNA	David Kays
8:46.71	11/13/04	OREG	Dennis Baker
17:24.23	12/04/11	PNA	David Kays
0:28.51	04/15/12	OREG	Mike Self
1:02.23	04/15/12	OREG	Mike Self
2:16.51	04/15/12	OREG	Mike Self
0:30.37	04/15/12	OREG	Brad Bachulis
1:06.09	11/11/17	OREG	Kurt Grote
2:23.61	11/11/17	OREG	Kurt Grote
0:26.35	12/09/95	AK	Rick Abbott
1:01.19	04/28/13	OREG	Can Ergenekan
2:06.48	11/20/05	OREG	Dennis Baker
1:00.16	02/17/08	HMS	Roy Berg
2:12.16	02/17/08	HMS	Roy Berg
4:44.38	11/20/05	OREG	Dennis Baker

50	M.	Free	Amy Moorhead
100	M.	Free	Amy Moorhead
200	M.	Free	Mimi Cook
400	M.	Free	Haleigh Werner
800	M.	Free	Susanne Simpson
1500	M.	Free	Sara Nelson
50	M.	Back	Sheri Hart
100	M.	Back	Sheri Hart
200	M.	Back	Sara Shepherd
50	M.	Breast	Kristine Cox
100	M.	Breast	Kristine Cox
200	M.	Breast	Haleigh Werner
50	M.	Fly	Lisa Dahl
100	M.	Fly	Sonja Skinner
200	M.	Fly	Lianna Badran
100	M.	I. M.	Lisa Dahl
200	M.	I. M.	Sara Shepherd
400	M.	I. M.	Lianna Badran

WOMEN 40-44

PSM	11/22/15	0:27.17
PSM	11/22/15	1:01.51
AK	12/10/05	2:19.80
PNA	10/20/12	4:49.06
IEM	11/24/01	9:56.22
OREG	12/10/16	19:02.10
PNA	01/23/11	0:30.60
PNA	01/23/11	1:05.81
OREG	03/17/22	2:28.89
PSM	11/24/19	0:37.99
PSM	11/24/19	1:22.02
PNA	10/20/12	2:55.59
PNA	12/04/05	0:30.27
OREG	11/24/19	1:09.27
PSM	11/20/16	2:37.55
PNA	12/04/05	1:11.23
OREG	03/17/22	2:35.97
PSM	11/20/16	5:34.08

MEN 45-49

0:25.04	12/08/19	OREG	Kurt Grote
0:54.45	04/15/12	OREG	Michael Baele
2:01.87	11/18/18	OREG	Kurt Grote
4:19.71	11/18/18	OREG	Kurt Grote
9:07.63	10/08/00	PNA	Steve Sussex
17:41.22	12/05/15	UC36	David Kays
0:28.47	03/10/19	OREG	Mike Self
1:01.70	11/19/16	OREG	Mike Self
2:15.91	12/08/19	OREG	Kurt Grote
0:30.65	11/10/18	OREG	Kurt Grote
1:05.93	11/10/18	OREG	Kurt Grote
2:21.39	12/08/19	OREG	Kurt Grote
0:26.72	04/15/12	OREG	Michael Baele
0:58.35	11/18/06	OREG	Dennis Baker
2:06.40	11/18/06	OREG	Dennis Baker
1:01.34	11/10/18	OREG	Kurt Grote
2:10.47	12/08/19	OREG	Kurt Grote
4:49.84	11/18/18	OREG	Kurt Grote

50	M.	Free	Amy Moorhead
100	M.	Free	Amy Moorhead
200	M.	Free	Arlene Delmage
400	M.	Free	Sara Nelson
800	M.	Free	Susanne Simpson
1500	M.	Free	Christine McClafferty
50	M.	Back	Ellen Reynolds
100	M.	Back	Ellen Reynolds
200	M.	Back	Ellen Reynolds
50	M.	Breast	Lisa Dahl
100	M.	Breast	Colette Crabbe
200	M.	Breast	Colette Crabbe
50	M.	Fly	Lisa Dahl
100	M.	Fly	Susanne Simpson
200	M.	Fly	Susanne Simpson
100	M.	I. M.	Amy Moorhead
200	M.	I. M.	Ellen Reynolds
400	M.	I. M.	Ellen Reynolds

WOMEN 45-49

PSM	11/20/16	0:27.16
PSM	11/20/16	1:01.74
OREG	12/05/10	2:19.30
OREG	07/07/17	4:57.06
IWM	02/20/05	9:42.24
OREG	11/06/22	19:45.02
SRM	11/13/10	0:31.66
SRM	11/01/09	1:07.21
SRM	11/01/09	2:27.50
PNA	12/05/08	0:37.14
OREG	11/20/05	1:20.84
OREG	12/14/02	2:54.05
PNA	11/19/06	0:30.18
IWM	02/20/05	1:07.99
IWM	02/20/05	2:29.32
PSM	11/20/16	1:11.96
SRM	11/01/09	2:31.57
SRM	11/13/10	5:24.44

MEN 50-54

0:24.93	10/20/12	PNA	Ned Stack
0:55.10	05/19/03	IWM	Larry Krauser
2:02.39	11/18/17	PSM	Mats Nygren
4:24.23	11/18/17	PSM	Mats Nygren
9:15.06	11/20/16	PSM	Mats Nygren
16:53.04	12/04/16	SAWS	Jeff Erwin
0:29.04	12/07/08	OREG	Phillip Djang
1:03.43	12/07/08	OREG	Phillip Djang
2:20.25	12/07/08	OREG	Phillip Djang
0:31.71	11/22/15	PSM	Daniel Phillips
1:09.66	12/05/15	PSM	Daniel Phillips
2:33.97	12/07/14	PSM	Daniel Phillips
0:27.04	12/10/06	PNA	Donald Graham
1:01.03	04/15/12	OREG	Dennis Baker
2:12.41	11/06/11	OREG	Dennis Baker
1:04.83	12/07/14	PSM	Daniel Phillips
2:20.84	12/07/14	PSM	Daniel Phillips
4:55.39	04/15/12	OREG	Dennis Baker

50	M.	Free	Jill Marie Asch
100	M.	Free	Ellen Reynolds
200	M.	Free	Ellen Reynolds
400	M.	Free	Ellen Reynolds
800	M.	Free	Ellen Reynolds
1500	M.	Free	Mary Sweat
50	M.	Back	Karen Andrus-Hughes
100	M.	Back	Ellen Reynolds
200	M.	Back	Ellen Reynolds
50	M.	Breast	Mary Armstrong
100	M.	Breast	Kim Crouch
200	M.	Breast	Ellen Reynolds
50	M.	Fly	Lisa Dahl
100	M.	Fly	Arlene Delmage
200	M.	Fly	Arlene Delmage
100	M.	I. M.	Ellen Reynolds
200	M.	I. M.	Ellen Reynolds
400	M.	I. M.	Ellen Reynolds

WOMEN 50-54

OREG	04/22/16	0:28.51
SAWS	09/28/14	1:01.41
SAWS	12/04/16	2:11.63
SAWS	12/04/16	4:40.46
SAWS	12/12/14	9:35.39
OREG	12/10/11	19:37.45
OREG	12/07/08	0:32.13
SAWS	03/08/14	1:05.89
SAWS	03/08/14	2:22.37
PSM	11/24/19	0:36.31
PSM	12/05/15	1:22.33
SAWS	12/04/16	2:50.36
PNA	03/05/11	0:31.08
OREG	04/22/16	1:11.83
OREG	04/22/16	2:41.51
SAWS	11/18/18	1:08.79
SAWS	11/18/18	2:27.39
SAWS	09/28/14	5:10.96

MEN 55-59

0:25.38	12/13/09	OREG	Mike Tennant
0:57.19	12/12/10	AK	Rick Abbott
2:09.27	12/05/10	HMS	Larry Krauser
4:36.79	02/17/08	HMS	Larry Krauser
9:42.73	12/04/09	PNA	William Penn
18:14.38	12/04/09	PNA	William Penn
0:30.35	12/05/99	OREG	Robert Smith
1:06.05	02/17/08	OREG	Wes Edwards
2:26.54	11/20/16	PSM	Carl Haynie
0:32.83	02/04/18	PSM	Daniel Phillips
1:12.89	04/29/12	HMS	Michael Hamm
2:40.84	04/29/12	HMS	Michael Hamm
0:27.76	12/13/09	PNA	Donald Graham
1:04.43	12/02/12	PSM	Donald Graham
2:25.95	02/17/08	PNA	Scott Lautman
1:06.59	03/05/11	HMS	David Barnes
2:27.34	04/28/13	OREG	Patrick Allender
5:20.13	11/24/19	PSM	Daniel Phillips

50	M.	Free	Karen Andrus-Hughes
100	M.	Free	Karen Andrus-Hughes
200	M.	Free	Ellen Reynolds
400	M.	Free	Holly Vaughn-Edmonds
800	M.	Free	Mary Sweat
1500	M.	Free	Mary Sweat
50	M.	Back	Karen Andrus-Hughes
100	M.	Back	Ellen Reynolds
200	M.	Back	Ellen Reynolds
50	M.	Breast	Colette Crabbe
100	M.	Breast	Colette Crabbe
200	M.	Breast	Colette Crabbe
50	M.	Fly	Arlene Delmage
100	M.	Fly	Arlene Delmage
200	M.	Fly	Arlene Delmage
100	M.	I. M.	Ellen Reynolds
200	M.	I. M.	Ellen Reynolds
400	M.	I. M.	Ellen Reynolds

WOMEN 55-59

OREG	04/15/12	0:29.32
OREG	04/15/12	1:05.09
SAWS	12/08/19	2:12.03
OREG	03/10/19	5:01.21
OREG	04/15/12	10:36.34
OREG	04/28/13	20:06.45
OREG	04/15/12	0:33.56
SAWS	12/08/19	1:07.17
SAWS	12/08/19	2:25.27
OREG	05/15/11	0:39.12
OREG	12/10/11	1:25.94
OREG	03/08/15	3:06.61
OREG	03/05/17	0:32.78
OREG	11/18/17	1:12.97
OREG	11/18/17	2:42.59
SAWS	11/24/19	1:10.05
SAWS	11/24/19	2:27.78
SAWS	11/24/19	5:15.72

NW Zone SCM Records -- as of 11/18/2022

MEN 60-64					WOMEN 60-64				
0:26.20	12/07/03	OREG	Robert Smith	50	M. Free	Karen Andrus-Hughes	OREG	11/18/17	0:29.88
0:58.97	03/09/13	HMS	Larry Krauser	100	M. Free	Karen Andrus-Hughes	OREG	11/18/17	1:06.16
2:01.65	11/22/15	PSM	Rick Colella	200	M. Free	Colette Crabbe	OREG	12/04/16	2:29.23
4:44.55	02/22/20	FLOW	Mark Johnston	400	M. Free	Holly Vaughn-Edmonds	OREG	11/12/22	5:07.33
9:49.73	08/16/13	HMS	Larry Krauser	800	M. Free	Colette Crabbe	OREG	11/19/16	10:56.23
18:50.59	02/18/07	PNA	James McCleery	1500	M. Free	Colette Crabbe	OREG	12/04/16	20:39.25
0:31.04	12/05/15	PSM	Donald Graham	50	M. Back	Karen Andrus-Hughes	OREG	11/18/17	0:33.75
1:06.99	04/28/13	OREG	Wes Edwards	100	M. Back	Karen Andrus-Hughes	OREG	11/10/18	1:13.53
2:28.90	03/10/13	OREG	Wes Edwards	200	M. Back	Karen Andrus-Hughes	OREG	11/11/17	2:46.26
0:31.51	11/22/15	PSM	Rick Colella	50	M. Breast	Colette Crabbe	OREG	12/04/16	0:38.87
1:09.92	11/22/15	PSM	Rick Colella	100	M. Breast	Colette Crabbe	OREG	12/04/16	1:24.39
2:37.61	11/13/11	PNA	Rick Colella	200	M. Breast	Lo Knapp	UTAH	12/04/16	3:04.70
0:27.53	10/25/14	PSM	Donald Graham	50	M. Fly	Charlotte Davis	PNA	12/04/11	0:32.93
1:04.27	11/22/15	PSM	Donald Graham	100	M. Fly	Colette Crabbe	OREG	12/01/17	1:14.21
2:23.29	11/22/15	PSM	Rick Colella	200	M. Fly	Arlene Delmage	OREG	03/13/22	2:52.60
1:04.23	03/21/15	PSM	Rick Colella	100	M. I. M.	Colette Crabbe	OREG	12/01/17	1:16.22
2:19.26	03/21/15	PSM	Rick Colella	200	M. I. M.	Colette Crabbe	OREG	12/01/17	2:43.04
5:04.54	11/13/11	PNA	Rick Colella	400	M. I. M.	Colette Crabbe	OREG	12/01/17	5:50.34
MEN 65-69					WOMEN 65-69				
0:27.37	11/18/17	PSM	Rick Colella	50	M. Free	Charlotte Davis	PSM	11/22/15	0:30.79
0:58.19	11/20/16	PSM	Rick Colella	100	M. Free	Charlotte Davis	PSM	11/22/15	1:06.90
2:07.56	11/20/16	PSM	Rick Colella	200	M. Free	Charlotte Davis	PSM	02/15/15	2:29.35
4:27.91	11/18/17	PSM	Rick Colella	400	M. Free	Charlotte Davis	PSM	10/09/15	5:23.19
9:26.94	11/24/19	PSM	Rick Colella	800	M. Free	Charlotte Davis	PSM	10/09/15	11:09.87
19:32.78	02/18/07	OREG	Tom Landis	1500	M. Free	Suzanne Dills	PNA	12/05/10	22:59.28
0:32.76	11/02/08	OREG	Robert Smith	50	M. Back	Wendy McNamara	BSMT	02/22/20	0:37.30
1:13.11	12/07/08	OREG	Robert Smith	100	M. Back	Karen Andrus-Hughes	OREG	11/12/22	1:21.43
2:39.00	03/07/15	UC36	Dan Kirkland	200	M. Back	Wendy McNamara	BSMT	10/30/22	3:08.27
0:32.50	11/20/16	PSM	Rick Colella	50	M. Breast	Colette Crabbe	OREG	11/12/22	0:41.55
1:11.82	11/24/19	PSM	Rick Colella	100	M. Breast	Colette Crabbe	OREG	11/12/22	1:28.94
2:36.85	11/18/17	PSM	Rick Colella	200	M. Breast	Colette Crabbe	OREG	03/13/22	3:14.08
0:29.46	05/24/19	PSM	Donald Graham	50	M. Fly	Charlotte Davis	PSM	11/20/16	0:33.56
1:05.84	11/24/19	PSM	Rick Colella	100	M. Fly	Charlotte Davis	PSM	10/09/15	1:18.80
2:25.35	11/18/17	PSM	Rick Colella	200	M. Fly	Sarah Welch	PSM	08/13/13	3:34.38
1:05.43	11/20/16	PSM	Rick Colella	100	M. I. M.	Charlotte Davis	PSM	02/15/15	1:19.10
2:20.35	11/18/18	PSM	Rick Colella	200	M. I. M.	Colette Crabbe	OREG	03/13/22	2:52.76
5:03.34	11/18/17	PSM	Rick Colella	400	M. I. M.	Colette Crabbe	OREG	11/12/22	6:10.58
MEN 70-74					WOMEN 70-74				
0:29.77	11/13/04	OREG	David Radcliff	50	M. Free	Margaret Toppel	OREG	11/18/18	0:33.60
1:05.09	02/22/20	LCSC	Carl Waterer	100	M. Free	Margaret Toppel	OREG	03/10/19	1:16.81
2:19.63	11/18/18	PSM	Dan Kirkland	200	M. Free	Barbara Frid	OREG	04/28/13	3:03.59
4:46.78	01/30/22	PSM	Rick Colella	400	M. Free	Sue Calnek-Morris	OREG	03/08/15	6:41.55
9:36.64	01/30/22	PSM	Rick Colella	800	M. Free	Sue Calnek-Morris	OREG	04/28/13	14:07.81
18:29.71	01/30/22	PSM	Rick Colella	1500	M. Free	Sue Calnek-Morris	OREG	04/28/13	25:58.09
0:35.36	11/18/18	PSM	Dan Kirkland	50	M. Back	Margaret Toppel	OREG	03/10/19	0:39.77
1:15.34	11/18/18	PSM	Dan Kirkland	100	M. Back	Joy Ward	OREG	04/15/12	1:29.64
2:41.22	11/10/18	PSM	Dan Kirkland	200	M. Back	Joy Ward	OREG	04/01/12	3:12.67
0:35.97	03/06/16	SAWS	Robert Strand	50	M. Breast	Janet Gettling	OREG	03/11/18	0:44.35
1:20.76	03/06/16	SAWS	Robert Strand	100	M. Breast	Janet Gettling	OREG	02/04/18	1:40.09
2:55.87	03/06/16	SAWS	Robert Strand	200	M. Breast	Janet Gettling	OREG	02/04/18	3:43.76
0:31.55	02/17/08	OREG	Bert Petersen	50	M. Fly	Margaret Toppel	OREG	11/18/18	0:36.88
1:18.29	10/10/18	UTAH	Fred Baird	100	M. Fly	Janet Gettling	OREG	03/11/18	1:40.68
3:20.93	12/07/13	OREG	Tom Landis	200	M. Fly	Joy Ward	OREG	03/10/13	3:53.70
1:18.97	02/22/20	SAWS	Jim Clemmons	100	M. I. M.	Margaret Toppel	OREG	11/18/18	1:25.89
2:52.42	02/22/20	SAWS	Jim Clemmons	200	M. I. M.	Joy Ward	OREG	04/15/12	3:28.17
6:08.30	02/22/20	SAWS	Jim Clemmons	400	M. I. M.	Joy Ward	OREG	03/10/13	7:35.12
MEN 75-79					WOMEN 75-79				
0:30.15	04/18/09	OREG	David Radcliff	50	M. Free	Joy Ward	OREG	11/18/17	0:40.07
1:05.13	04/18/09	OREG	David Radcliff	100	M. Free	Joy Ward	OREG	11/24/19	1:36.53
2:27.53	04/18/09	OREG	David Radcliff	200	M. Free	Sue Calnek-Morris	OREG	11/10/18	3:37.83
5:15.10	04/18/09	OREG	David Radcliff	400	M. Free	Sue Calnek-Morris	OREG	11/10/18	7:20.25
10:59.10	04/18/09	OREG	David Radcliff	800	M. Free	Jerri Kawabata	OREG	11/06/11	16:48.46
20:39.50	04/18/09	OREG	David Radcliff	1500	M. Free	Jerri Kawabata	OREG	11/06/11	32:04.10
0:40.55	10/10/18	OREG	Robert Smith	50	M. Back	Joy Ward	OREG	11/18/17	0:46.50
1:36.27	05/22/95	OREG	Gerald Huestis	100	M. Back	Joy Ward	OREG	11/24/19	1:41.19
3:34.59	05/22/95	OREG	Gerald Huestis	200	M. Back	Joy Ward	OREG	11/24/19	3:37.43
0:44.05	11/20/05	OREG	Milton Marks	50	M. Breast	Ginger Pierson	OREG	03/13/22	0:54.67
1:37.87	11/24/19	PSM	Dennis Sawyer	100	M. Breast	Ginger Pierson	OREG	03/13/22	2:00.92
3:37.09	01/19/14	PSM	Dick Peterson	200	M. Breast	Mirjana Prather	OREG	11/24/19	4:00.91
0:38.05	11/14/09	OREG	David Radcliff	50	M. Fly	Joy Ward	OREG	03/11/18	0:50.72
1:45.13	12/05/98	OREG	Andrew Holden	100	M. Fly	Joy Ward	OREG	11/18/17	1:53.31
4:49.31	09/25/04	PNA	Harvey Prosser	200	M. Fly	Joy Ward	OREG	12/09/17	4:51.64
1:24.71	12/13/09	OREG	David Radcliff	100	M. I. M.	Joy Ward	OREG	11/18/17	1:47.88
3:32.70	05/22/95	OREG	Gerald Huestis	200	M. I. M.	Joy Ward	OREG	03/11/18	3:54.63
7:45.08	05/22/95	OREG	Gerald Huestis	400	M. I. M.	Joy Ward	OREG	03/11/18	8:29.64

NW Zone SCM Records -- as of 11/18/2022

MEN 80-84

0:33.26	11/22/15	OREG	David Radcliff
1:11.26	09/28/14	OREG	David Radcliff
2:38.25	09/28/14	OREG	David Radcliff
5:39.27	03/09/14	OREG	David Radcliff
11:35.71	11/15/14	OREG	David Radcliff
21:59.53	09/28/14	OREG	David Radcliff
0:48.93	12/15/02	OREG	Andrew Holden
1:45.40	02/04/18	PSM	Dick Peterson
3:47.19	11/18/17	PSM	Dick Peterson
0:48.30	03/10/19	OREG	Ronald Nakata
1:46.70	11/18/17	PSM	Dick Peterson
3:44.28	11/18/17	PSM	Dick Peterson
0:41.87	12/05/99	OREG	Andrew Holden
2:01.64	11/08/03	OREG	Andrew Holden
4:52.32	12/09/17	OREG	Barry Fasbender
1:35.96	03/10/19	OREG	Ronald Nakata
3:42.78	11/18/17	PSM	Dick Peterson
7:59.78	11/18/17	PSM	Dick Peterson

50	M.	Free	Joy Ward
100	M.	Free	Jane Nichols
200	M.	Free	Jane Nichols
400	M.	Free	Jane Nichols
800	M.	Free	Jerri Kawabata
1500	M.	Free	Madonna Buder
50	M.	Back	Joy Ward
100	M.	Back	Joy Ward
200	M.	Back	Joy Ward
50	M.	Breast	Muriel Flynn
100	M.	Breast	Muriel Flynn
200	M.	Breast	Muriel Flynn
50	M.	Fly	Joy Ward
100	M.	Fly	Joy Ward
200	M.	Fly	Helena Hoffman
100	M.	I. M.	Joy Ward
200	M.	I. M.	Joy Ward
400	M.	I. M.	Joy Ward

WOMEN 80-84

OREG	03/13/22	0:42.85
OREG	11/12/22	1:42.11
OREG	11/12/22	3:56.26
OREG	11/12/22	8:18.65
OREG	09/28/14	18:25.50
UNAT	03/05/11	37:37.84
OREG	03/13/22	0:49.23
OREG	11/12/22	1:46.73
OREG	03/13/22	3:44.82
PNA	02/16/03	1:02.54
PNA	02/16/03	2:19.21
PNA	02/16/03	5:02.96
OREG	03/13/22	0:56.05
OREG	03/13/22	2:16.93
OREG	12/15/96	8:44.16
OREG	03/13/22	1:52.33
OREG	03/13/22	4:08.28
OREG	03/13/22	8:52.23

MEN 85-89

0:36.51	12/09/07	OREG	Willard Lamb
1:23.54	03/10/19	OREG	David Radcliff
3:05.26	03/10/19	OREG	David Radcliff
6:32.33	01/13/19	OREG	David Radcliff
13:20.46	01/13/19	OREG	David Radcliff
25:22.07	01/13/19	OREG	David Radcliff
0:48.08	05/18/08	OREG	Willard Lamb
1:47.93	12/13/09	OREG	Willard Lamb
3:55.12	05/18/08	OREG	Willard Lamb
0:58.39	10/31/93	PNA	Jim Penfield
2:24.19	10/31/93	PNA	Jim Penfield
6:01.03	01/21/96	PNA	Jim Penfield
0:47.89	09/11/04	OREG	Andrew Holden
2:01.65	11/13/04	OREG	Andrew Holden
			open
1:48.23	11/13/04	OREG	Andrew Holden
4:19.20	11/13/04	OREG	Andrew Holden
9:36.09	11/13/04	OREG	Andrew Holden

50	M.	Free	Pauline Stangel
100	M.	Free	Pauline Stangel
200	M.	Free	Pauline Stangel
400	M.	Free	Flora Wong
800	M.	Free	Elfie Stevenin
1500	M.	Free	open
50	M.	Back	Flora Wong
100	M.	Back	Flora Wong
200	M.	Back	Flora Wong
50	M.	Breast	Pauline Stangel
100	M.	Breast	Livia Walker
200	M.	Breast	Charlotte Sanddal
50	M.	Fly	Charlotte Sanddal
100	M.	Fly	Elfie Stevenin
200	M.	Fly	open
100	M.	I. M.	Charlotte Sanddal
200	M.	I. M.	Charlotte Sanddal
400	M.	I. M.	Elfie Stevenin

WOMEN 85-89

OREG	12/15/06	1:03.75
OREG	11/18/06	2:28.38
OREG	11/18/06	5:26.73
MM	10/11/13	10:32.19
OREG	12/03/06	34:37.06
MM	10/07/16	1:13.38
MM	10/07/16	2:48.46
MM	10/07/16	6:13.79
OREG	11/18/06	1:22.35
PNA	02/17/08	3:53.32
MM	10/12/07	6:20.38
MM	11/14/09	1:23.04
OREG	09/09/07	5:19.48
MM	03/05/11	3:21.57
MM	03/05/11	7:00.74
OREG	01/13/08	23:20.13

MEN 90-94

0:42.69	03/10/13	OREG	Willard Lamb
1:39.27	03/09/14	OREG	Willard Lamb
3:46.17	11/15/14	OREG	Willard Lamb
7:44.83	09/28/14	OREG	Willard Lamb
16:04.18	09/28/14	OREG	Willard Lamb
30:41.82	09/28/14	OREG	Willard Lamb
0:56.39	03/10/13	OREG	Willard Lamb
1:59.76	04/28/13	OREG	Willard Lamb
4:17.86	03/09/14	OREG	Willard Lamb
1:07.22	11/15/98	PNA	Jim Penfield
2:45.20	11/15/98	PNA	Jim Penfield
			open
1:29.42	09/26/98	PNA	Jim Penfield
			open
			open
4:27.94	11/29/03	IEM	Clarence Hamilton
			open
			open

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

WOMEN 90-94

MM	03/06/15	1:17.30
MM	10/07/15	2:50.96
MM	10/10/12	6:08.48
MM	10/10/12	12:16.00
MM	11/13/16	33:01.00
MM	03/06/15	53:29.69
MM	03/08/14	1:36.66
MM	10/10/12	3:16.92
MM	03/03/12	6:49.86
MM	03/07/14	2:01.11
MM	10/10/12	4:00.02
MM	10/10/12	7:56.76
MM	10/10/12	1:21.95
MM	11/13/16	5:02.23
MM	10/10/12	3:23.98
MM	03/03/12	7:16.26

MEN 95-99

0:45.47	11/18/17	OREG	Willard Lamb
1:47.23	03/05/17	OREG	Willard Lamb
3:56.49	11/18/17	OREG	Willard Lamb
8:13.42	03/05/17	OREG	Willard Lamb
16:56.22	11/18/17	OREG	Willard Lamb
31:56.67	11/18/17	OREG	Willard Lamb
0:55.60	11/18/17	OREG	Willard Lamb
2:04.72	11/11/17	OREG	Willard Lamb
4:24.83	11/18/17	OREG	Willard Lamb
			open
			open
			open
2:39.39	12/09/17	OREG	Willard Lamb
			open
			open

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

WOMEN 95-99

BSMT	11/09/19	1:35.67
BSMT	10/10/18	3:28.31
BSMT	10/12/17	7:02.49
BSMT	10/12/17	14:13.97
BSMT	10/12/17	31:08.38
BSMT	05/21/18	0:02.37
BSMT	10/10/18	1:46.66
BSMT	10/12/17	3:23.90
BSMT	10/12/17	7:24.95
BSMT	10/10/18	2:05.63
BSMT	10/12/17	4:19.18
BSMT	10/12/17	9:06.36
BSMT	10/10/18	2:21.86
BSMT	10/12/17	3:48.24
BSMT	10/10/18	9:32.59

NW Zone SCM Records -- as of 11/18/2022

MEN 100-104				WOMEN 100-104				
0:57.81	03/13/22	Willard Lamb	50 M. Free					
2:13.96	03/13/22	Willard Lamb	100 M. Free	Charlotte Sanddal	BSMT	10/05/22	4:00.48	
4:50.84	03/13/22	Willard Lamb	200 M. Free	Charlotte Sanddal	BSMT	10/05/22	8:40.55	
10:05.73	01/30/22	Willard Lamb	400 M. Free	Charlotte Sanddal	BSMT	10/05/22	18:09.17	
20:23.87	01/30/22	Willard Lamb	800 M. Free	Charlotte Sanddal	BSMT	10/05/22	38:20.13	
38:32.90	01/30/22	Willard Lamb	1500 M. Free					
1:07.11	03/13/22	Willard Lamb	50 M. Back					
2:24.84	03/13/22	Willard Lamb	100 M. Back	Charlotte Sanddal	BSMT	10/05/22	3:54.19	
5:09.10	03/13/22	Willard Lamb	200 M. Back	Charlotte Sanddal	BSMT	10/05/22	8:19.28	
1:51.66	03/13/22	Willard Lamb	50 M. Breast					
			100 M. Breast	Charlotte Sanddal	BSMT	10/05/22	6:02.24	
			200 M. Breast	Charlotte Sanddal	BSMT	10/05/22	12:48.34	
			50 M. Fly					
			100 M. Fly					
			200 M. Fly					
			100 M. I. M.	Charlotte Sanddal	BSMT	10/05/22	5:01.09	
			200 M. I. M.					
			400 M. I. M.					

MEN 105-109		WOMEN 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	
	100 M. I. M.	
	200 M. I. M.	
	400 M. I. M.	

MEN 110-114		WOMEN 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	
	100 M. I. M.	
	200 M. I. M.	
	400 M. I. M.	

MEN 115-119		WOMEN 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	
	100 M. I. M.	
	200 M. I. M.	
	400 M. I. M.	