

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/SAW:	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		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					WOMEN 40-44				
0:24.69	08/21/16	PSM	Trever Gray	50	M. Free	Lisa Dahl	PNA	08/15/04	0:27.92
0:54.47	08/27/95	AKMS	Rick Abbott	100	M. Free	Shannon Wallace	OREG	08/21/16	1:03.51
2:03.09	01/01/04	OREG	Dennis Baker	200	M. Free	Susanne Simpson	INW	03/29/02	2:12.75
4:11.55	05/01/04	OREG	Dennis Baker	400	M. Free	Susanne Simpson	INW	06/03/04	4:39.93
9:17.93	08/27/95	UNAT	Alan Cardwell	800	M. Free	Susanne Simpson	INW	06/03/04	9:41.90
16:39.60	08/17/08	SAWS	Jeff Erwin	1500	M. Free	Susanne Simpson	INW	05/23/04	19:30.86
0:27.98	08/21/16	PSM	Trever Gray	50	M. Back	Valerie Jenkins	OREG	08/10/06	0:32.41
1:00.67	08/21/16	PSM	Trever Gray	100	M. Back	Ellen Reynolds	SAWS	08/17/08	1:10.22
2:16.24	08/21/16	PSM	Trever Gray	200	M. Back	Ellen Reynolds	SAWS	08/17/08	2:30.17
0:30.41	08/17/08	OREG	James Corbeau	50	M. Breast	Jayna Tomac	OREG	08/10/14	0:35.92
1:08.92	08/17/08	OREG	James Corbeau	100	M. Breast	Jayna Tomac	OREG	08/10/14	1:19.62
2:31.75	08/21/16	OREG	John Rasmussen	200	M. Breast	Jayna Tomac	OREG	08/10/14	2:54.65
0:26.50	08/17/08	AKMS	Michael Sorensen	50	M. Fly	Sonja Skinner	OREG	04/10/16	0:30.60
0:57.97	01/01/04	OREG	Dennis Baker	100	M. Fly	Susanne Simpson	INW	03/27/02	1:06.91
2:05.55	07/10/04	OREG	Dennis Baker	200	M. Fly	Susanne Simpson	INW	03/30/02	2:29.37
2:21.24	08/06/11	SAWS	John Rubocki	200	M. I. M.	Ellen Reynolds	SAWS	08/17/08	2:34.16
4:49.42	08/14/05	OREG	Dennis Baker	400	M. I. M.	Ellen Reynolds	SAWS	08/17/08	5:32.10

MEN 45-49					WOMEN 45-49				
0:25.57	03/30/02	INW	Larry Krauser	50	M. Free	Lisa Dahl	PNA	08/10/06	0:27.81
0:56.41	08/21/16	OREG	Mike Self	100	M. Free	Ellen Reynolds	SAWS	06/05/13	1:02.28
1:59.34	07/11/09	OREG	Dennis Baker	200	M. Free	Susanne Simpson	INW	07/27/05	2:14.84
4:09.20	07/19/08	OREG	Dennis Baker	400	M. Free	Susanne Simpson	INW	08/10/06	4:44.30
8:51.98	08/10/10	SAWS	Jeff Erwin	800	M. Free	Susanne Simpson	INW	07/27/05	9:48.77
16:38.81	08/10/09	SAWS	Jeff Erwin	1500	M. Free	Arlene Delmage	OREG	06/14/08	20:06.82
0:28.76	08/21/16	OREG	Mike Self	50	M. Back	V. Jenkins / E. Reynolds	REG/SAW	08/17/08	0:31.71
1:03.39	08/21/16	OREG	Mike Self	100	M. Back	Ellen Reynolds	SAWS	05/20/11	1:08.33
2:21.98	04/10/16	OREG	Mike Self	200	M. Back	Ellen Reynolds	SAWS	06/05/13	2:29.68
0:30.98	08/10/09	OREG	James Corbeau	50	M. Breast	Lisa Dahl	PNA	08/17/08	0:37.21
1:09.08	08/10/09	OREG	James Corbeau	100	M. Breast	Jayna Tomac	OREG	07/01/17	1:22.42
2:37.89	07/12/03	OREG	Patrick Allender	200	M. Breast	Colette Crabbe	OREG	08/19/01	2:57.24
0:27.66	08/17/08	OREG	Doug Christensen	50	M. Fly	Lisa Dahl	PNA	08/10/09	0:29.57
1:00.65	08/10/06	OREG	Dennis Baker	100	M. Fly	Arlene Delmage	OREG	08/17/08	1:06.42
2:04.07	07/19/08	OREG	Dennis Baker	200	M. Fly	Susanne Simpson	INW	07/27/05	2:32.07
2:16.12	08/10/06	OREG	Dennis Baker	200	M. I. M.	Ellen Reynolds	SAWS	07/07/12	2:32.58
4:50.73	08/10/06	OREG	Dennis Baker	400	M. I. M.	Ellen Reynolds	SAWS	06/05/13	5:23.69

MEN 50-54					WOMEN 50-54				
0:25.60	08/10/06	AKMS	Rick Abbott	50	M. Free	Lisa Dahl	PNA	07/07/12	0:28.58
0:57.37	08/10/03	INW	Larry Krauser	100	M. Free	Ellen Reynolds	SAWS	07/07/18	1:04.01
2:05.73	08/21/16	PSM	Mats Nygren	200	M. Free	Ellen Reynolds	SAWS	08/05/16	2:15.83
4:30.78	08/06/17	PSM	Mats Nygren	400	M. Free	Ellen Reynolds	SAWS	07/08/17	4:50.23
9:26.63	08/06/17	PSM	Mats Nygren	800	M. Free	Shannon McIntyre	PSM	08/09/15	10:05.05
18:15.68	08/14/05	INW	Larry Krauser	1500	M. Free	Ellen Reynolds	SAWS	07/07/18	19:00.31
0:30.01	05/14/22	OREG	Mike Self	50	M. Back	Ellen Reynolds	SAWS	08/03/14	0:32.50
1:05.97	05/14/22	OREG	Mike Self	100	M. Back	Ellen Reynolds	SAWS	08/03/14	1:09.28
2:27.24	05/14/22	OREG	Mike Self	200	M. Back	Ellen Reynolds	SAWS	08/03/14	2:26.64
0:31.93	08/21/16	PSM	Daniel Phillips	50	M. Breast	Lisa Dahl	PNA	07/07/12	0:38.27
1:12.22	07/11/09	OREG	Patrick Allender	100	M. Breast	Ellen Reynolds	SAWS	08/05/16	1:25.64
2:39.08	08/19/01	PNA	Rick Colella	200	M. Breast	Ellen Reynolds	SAWS	08/05/16	2:54.00
0:27.50	08/10/06	AKMS	Rick Abbott	50	M. Fly	Lisa Dahl	PNA	07/07/12	0:30.34
1:02.04	06/03/04	PNA	Scott Lautman	100	M. Fly	Robin Parisi	OREG	01/01/04	1:12.24
2:13.80	07/10/11	OREG	Dennis Baker	200	M. Fly	Arlene Delmage	OREG	08/21/16	2:44.45
2:21.77	08/11/13	OREG	Dennis Baker	200	M. I. M.	Ellen Reynolds	SAWS	08/05/16	2:31.02
5:02.51	08/11/13	OREG	Dennis Baker	400	M. I. M.	Ellen Reynolds	SAWS	08/03/14	5:20.68

MEN 55-59					WOMEN 55-59				
0:25.31	08/17/08	OREG	Mike Tennant	50	M. Free	Karen Andrus-Hughes	OREG	07/07/12	0:30.27
0:58.18	08/17/08	OREG	Mike Tennant	100	M. Free	Ellen Reynolds	SAWS	08/11/19	1:03.11
2:10.62	08/17/08	INW	Larry Krauser	200	M. Free	Ellen Reynolds	SAWS	08/11/19	2:16.28
4:34.77	08/11/19	SAWS	Jeff Erwin	400	M. Free	Ellen Reynolds	SAWS	08/11/19	4:46.49
9:22.66	08/11/19	SAWS	Jeff Erwin	800	M. Free	Ellen Reynolds	SAWS	08/11/19	9:57.40
19:03.16	07/11/09	PNA	Alan Bell	1500	M. Free	Ellen Reynolds	SAWS	08/11/19	18:36.30
0:30.79	08/17/08	UTAH	Alistair Cockburn	50	M. Back	Ellen Reynolds	SAWS	08/11/19	0:34.46
1:08.20	08/17/08	OREG	Wes Edwards	100	M. Back	Ellen Reynolds	SAWS	08/11/19	1:11.06
2:29.67	08/17/08	OREG	Wes Edwards	200	M. Back	Ellen Reynolds	SAWS	05/17/19	2:31.79
0:33.84	08/11/19	PSM	Daniel Phillips	50	M. Breast	Colette Crabbe	OREG	08/11/13	0:38.55
1:14.30	08/17/08	PNA	Rick Colella	100	M. Breast	Lo Knapp	UTAH	08/10/09	1:25.19
2:38.66	08/17/08	PNA	Rick Colella	200	M. Breast	Ellen Reynolds	SAWS	05/17/19	2:59.27
0:28.22	07/07/12	PNA	Donald Graham	50	M. Fly	Arlene Delmage	OREG	08/06/17	0:32.38
1:03.95	08/17/08	PNA	Scott Lautman	100	M. Fly	Colette Crabbe	OREG	07/07/12	1:14.73
2:26.37	06/14/08	PNA	Scott Lautman	200	M. Fly	Arlene Delmage	OREG	08/06/17	2:49.31
2:24.12	08/17/08	PNA	Rick Colella	200	M. I. M.	Ellen Reynolds	SAWS	07/06/19	2:31.51
5:26.57	08/11/19	SAWS	Jeff Erwin	400	M. I. M.	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

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	Ginger Pierson	OREG	07/10/22	4:36.58
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 8/08/2022

MEN 80-84						WOMEN 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						
MEN 85-89						WOMEN 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 open	200	M. I. M.	Eva Muller	OREG	07/24/99	6:26.81						
				400	M. I. M.	Eva Muller	OREG	07/08/01	14:57.79						
MEN 90-94						WOMEN 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.										
MEN 95-99						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	3:43.58						
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.										

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

MEN 100-104

0:57.42	08/07/22	OREG	Willard Lamb	50	M.	Free	no records
2:15.99	08/07/22	OREG	Willard Lamb	100	M.	Free	
5:18.86	08/07/22	OREG	Willard Lamb	200	M.	Free	
10:55.25	08/07/22	OREG	Willard Lamb	400	M.	Free	
22:15.67	08/07/22	OREG	Willard Lamb	800	M.	Free	
42:27.06	08/07/22	OREG	Willard Lamb	1500	M.	Free	
1:09.17	08/07/22	OREG	Willard Lamb	50	M.	Back	
2:29.17	08/07/22	OREG	Willard Lamb	100	M.	Back	
5:12.53	08/07/22	OREG	Willard Lamb	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