

**NW Zone SCM Records -- as of 5/30/2023**

**RELAY - 200 Meter FREE - WOMEN**

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
2:01.87 11/24/19 Joanna Wu Grace Ralstin Madeline Ralstin Chelsea Chan <b>BWAQ</b>	2:00.43 11/20/16 Allison Cox Chelsea Chan Sarah Bailey Amanda Clark <b>PSM</b>	1:51.23 12/10/22 Alexis Higlett Jessica Stacy Ilsa Feierabend Madelyn Veith <b>OREG</b>	1:58.02 11/20/05 Lauren Thies Sharon Foley Robin Parisi Laura Tyrrell <b>OREG</b>	1:59.88 11/20/16 Lisa Dahl Shannon McIntyre Linda Chapman Amy Moorhead <b>PSM</b>	2:13.64 10/16/11 Joy Ward K. Andrus-Hughes Barbara Frid Ellen Ferguson <b>OREG</b>	2:25.32 03/13/22 Joy Ward Janet Gettling K. Andrus-Hughes Colette Crabbe <b>OREG</b>	4:06.95 11/09/19 Charlotte Sanddal Patricia Hastings Suzette Harkin Peggy Stringer <b>BSMT</b>

**RELAY - 400 Meter FREE - WOMEN**

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
5:11.09 02/01/87 Louise Walls Kimberly Dolen Susan Hancock Sharon Schneider <b>IEM</b>	5:21.70 02/06/94 Tracie Harang Cindy Clutter Bridget Bero Janet Poorman <b>IEM</b>	4:08.59 11/12/22 Alexis Higlett Jessica Stacy Ilsa Feierabend Madelyn Veith <b>OREG</b>	4:22.56 11/20/16 Allison Cox Lianna Badran Shannon McIntyre Amy Moorhead <b>PSM</b>	4:21.32 11/22/15 Charlotte Davis Zena Courtney Lianna Doherty Amy Moorhead <b>PSM</b>	4:39.52 03/12/23 Francie Haffner K. Andrus-Hughes Arlene Delmage Valerie Jenkins <b>OREG</b>	9:19.61 10/31/93 Maxine Carlson Pat Matthiesen Marion Mueller Janet Kavadas <b>PNA</b>	9:01.99 11/09/19 Charlotte Sanddal Patricia Hastings Suzette Harkin Peggy Stringer <b>BSMT</b>

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15:17.51 10/13/96 Tanya Matthews Jennifer Thompson Esther Gutierrez Akiko Shimizu <b>UTAH</b>	11:35.29 02/11/90 Sharon Schneider Lynne Slaughter Susan Kirkland Vicki Marsh <b>IEM</b>	9:07.22 12/10/22 Jessica Stacy Alexis Higlett Ilsa Feierabend Madelyn Veith <b>OREG</b>	10:20.98 11/20/16 Allison Cox Shelley Reimer Wendy Polidori Kathy Pelham <b>PSM</b>	12:11.34 04/16/00 Pam Himstreet Peggy Whiter Cathy Imwalle Laura Schob <b>OREG</b>	12:23.67 11/22/15 Andrea Hunt Kate Carruthers Elizabeth Kassen Sheila Moore <b>PSM</b>		20:18.06 11/09/19 Charlotte Sanddal Patricia Hastings Suzette Harkin Peggy Stringer <b>BSMT</b>

**RELAY - 200 Meter MEDLEY - WOMEN**

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
2:16.42 11/24/19 Joanna Wu Madeline Ralstin Grace Ralstin Chelsea Chan <b>BWAQ</b>	2:20.91 02/20/05 Jennifer Evans Noel Geary Jen Mesler Krys Postma <b>PNA</b>	2:07.89 11/12/22 Ilsa Feierabend Jessica Stacy Madelyn Veith Alexis Higlett <b>OREG</b>	2:15.62 10/16/11 Ann Goodman Marci Shindel Lauren Thies Jill Asch <b>OREG</b>	2:14.67 11/20/16 Lisa Dahl Shannon McIntyre Charlotte Davis Amy Moorhead <b>PSM</b>	2:18.74 03/13/22 Valerie Jenkins Colette Crabbe Arlene Delmage K. Andrus-Hughes <b>OREG</b>	2:44.72 11/18/17 Joy Ward Janet Gettling Sandi Rousseau Margaret Toppel <b>OREG</b>	4:25.53 11/09/19 Charlotte Sanddal Suzette Harkin Peggy Stringer Patricia Hastings <b>BSMT</b>

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5:36.18 11/14/93 Susan Gambrel Cherese Eder Monica Weaver Nancy Kyle <b>IEM</b>	5:07.53 03/05/11 Diana MacManus Sara Nelson Lana Lawrence Noelle Adams <b>HMS</b>	4:55.09 11/20/16 Allison Cox Chelsea Chan Amanda Clark Amy Moorhead <b>PSM</b>	5:02.11 11/22/15 Zena Courtney Julie Voss Lianna Doherty Amy Moorhead <b>PSM</b>	4:52.08 05/16/10 Valerie Jenkins Colette Crabbe Arlene Delmage K. Andrus-Hughes <b>OREG</b>	5:07.72 03/12/23 Valerie Jenkins Colette Crabbe Arlene Delmage Francie Haffner <b>OREG</b>	6:32.56 03/05/17 Joy Ward Ginger Pierson Janet Gettling Mary Anne Royle <b>OREG</b>	

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1:52.56 02/02/20 Nate Jo Connor DeMarco Avery Madril Nathan Bock PSM	1:40.89 10/20/12 Mark Urquhart Chris Conroy Cejih Yung Chris Chapman PNA	1:40.64 06/24/94 Craig Mallery Tom Seifts Rick Peterson Kameron Wells PNA	1:41.76 04/28/13 Justin Slade David Ashmore Wes Edwards Brad Bachulis OREG	1:44.87 11/20/16 Rick Cardoso Carl Haynie Dave Hannula Mats Nygren PSM	1:49.73 11/24/19 Rick Colella Carl Haynie Brad Hering Daniel Phillips PSM	2:10.44 11/24/19 Steven Peterson Robert Pilger William Hayes John Baker PSM	2:35.71 12/05/99 Earl Walter Gerald Huestis Andrew Holden Allan DeLay OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	3:56.39 11/22/15 Eric Williamson Isaac C-Sandoval Jakub Kotynia Chris Conroy PSM	3:46.23 06/24/94 Paul Sherman Kameron Wells Tom Seifts Craig Mallery PNA	3:53.98 08/23/03 Paul Sherman Rick Peterson Tom Seifts Craig Mallery PNA	3:56.31 11/19/16 Mike Self Mark Frost Brent Washburne Scot Sullivan OREG	4:02.66 11/20/16 Donald Graham Daniel Phillips Dave Hannula Rick Colella PSM	5:07.29 11/22/15 Jim Gross Robert Pilger Dick Peterson Steven Peterson PSM	7:11.61 10/16/11 Milton Marks Willard Lamb Rupert Fixott Robert Smith OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
9:48.37 03/05/11 Eric Williamson Brian Eifert Matthew Peterson Baden Sprinkle HMS	8:23.60 10/20/12 Cejih Yung Chris Chapman Bruce Deakyne Chris Conroy PNA	8:55.93 10/13/96 Dennis Tesch Brian Ward Doug Fadel Kyle Treadway UTAH	8:30.69 12/10/16 Matthew Marceau Matt Miller Hardy Lussier Scot Sullivan OREG	8:50.25 12/13/09 Patrick Allender David Hathaway Stephen Kevan Brent Washburne OREG	9:29.56 12/07/03 Steve Johnson David Radcliff Bob Bruce Tom Landis OREG	11:30.76 11/06/11 Robert Smith Willard Lamb Tom Landis Kermit Yensen OREG	

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
2:00.40 01/20/90 Frank Warner Greg Harrison Steve Freeborn Steve Schmidt PNA	1:55.62 06/24/94 Robert Welcher Kameron Wells Paul Sherman Craig Mallery PNA	1:52.31 11/22/15 Trevor Gray Jakub Kotynia Brandon Vaughan Isaac C-Sandoval PSM	1:56.89 04/15/12 Brent Washburne Joaquin Romera Benjamin Weston Eric Wan OREG	1:57.50 11/18/17 Carl Haynie Rick Colella Brad Hering Mats Nygren PSM	1:57.52 11/20/16 Carl Haynie Rick Colella Donald Graham Dave Hannula PSM	2:31.92 11/24/19 Stephen Fogg John Baker Steven Peterson William Hayes PSM	3:00.90 12/05/99 Earl Walter Gerald Huestis Andrew Holden Allan DeLay OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
4:53.20 11/22/15 Michael Scott Eric Williamson Brandon Vaughan Collin Matson PSM	4:14.71 06/24/94 Robert Welcher Kameron Wells Paul Sherman Craig Mallery PNA	4:05.69 11/22/15 Trevor Gray Jakub Kotynia Todd Doherty Rick Cardoso PSM	4:12.45 12/07/03 John Keppeler John Hudson Patrick Allender Mike Tennant OREG	4:22.24 11/18/17 Carl Haynie Daniel Phillips Brad Jones Rick Colella PSM	4:23.96 11/20/16 Carl Haynie Rick Colella Donald Graham Dave Hannula PSM	6:25.20 01/20/91 Earl Walter Robert Morrison Andrew Holden Forbes Mack OREG	

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**RELAY - 200 Meter FREE - MIXED**

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
1:56.31 02/04/17 Jason Hunter Katie Kaestner Trevor Johnson Erica Anderson <b>PSM</b>	1:50.56 11/24/19 Chris Conroy Craig Olynyk Morena Calvo Reva Zacharias <b>PSM</b>	1:48.93 10/16/11 Lauren Thies Eric Wan Jill Asch Benjamin Weston <b>OREG</b>	1:50.61 11/20/05 Lauren Thies Robin Parisi Douglas Otto Troy Drawz <b>OREG</b>	1:50.70 11/20/16 Lisa Dahl Daniel Phillips Amy Moorhead Mats Nygren <b>PSM</b>	1:52.98 11/22/15 Donald Graham Lisa Dahl Charlotte Davis Rick Colella <b>PSM</b>	2:17.10 11/24/19 Rick Colella Steven Peterson Charlotte Davis Sarah Welch <b>PSM</b>	2:35.65 03/10/19 Willard Lamb David Radcliff Janet Gettling Margaret Toppel <b>OREG</b>

**RELAY - 400 Meter FREE - MIXED**

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
4:28.14 12/15/91 Justin Farabee David Parson Pamela Stalter Tammi Keeler <b>PNA</b>	4:18.43 05/16/10 Alec Schramek Sandra Ludwig Amy Kasenga Benjamin Weston <b>OREG</b>	3:56.89 12/02/18 Scot Sullivan Matt Miller Jessica Stacy Hailey Bambusch <b>OREG</b>	4:06.37 11/20/16 Todd Doherty Max Hanson Shannon McIntyre Amy Moorhead <b>PSM</b>	4:14.54 11/18/17 Zena Courtney Shelley Reimer Daniel Phillips Mats Nygren <b>PSM</b>	4:16.39 11/20/16 Rick Colella Charlotte Davis Dave Hannula Lisa Dahl <b>PSM</b>	5:05.69 12/13/09 K. Andrus-Hughes David Radcliff Barbara Frid Willard Lamb <b>OREG</b>	6:00.74 11/11/17 Willard Lamb Joy Ward David Radcliff Margaret Toppel <b>OREG</b>

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
10:23.53 02/04/88 Ken Wagon Jane Giese Greg Giese Renee Crampton <b>IEM</b>	9:03.67 11/15/98 Matthew Roth Bill Zolna Lisa Hjerpe Shauna Simpson <b>OREG</b>	9:36.37 11/22/15 Doug Jelen Stephanie Hiebert Allison Cox Kirk Nelson <b>PSM</b>	8:55.87 11/20/16 Rick Colella Amanda Clark Shelley Reimer Mats Nygren <b>PSM</b>	9:28.95 11/10/18 James Adams Colette Crabbe Arlene Delmage Matt Miller <b>OREG</b>	10:11.29 11/18/17 Rick Colella Sarah Welch Zena Courtney Mats Nygren <b>PSM</b>	11:43.44 11/06/11 Tom Landis Barbara Frid Willard Lamb K. Andrus-Hughes <b>OREG</b>	14:48.98 12/11/21 Willard Lamb Joy Ward Janet Gettling Bob Bruce <b>OREG</b>

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
2:11.31 04/15/12 Karissa DeRousseau Tess Krimmer Adam Oldenkamp Zach Sipiara <b>DUCK</b>	2:03.50 11/24/19 Reva Zacharias Kevin Hays Ian Keane Kathy Pelham <b>PSM</b>	2:00.92 12/10/11 Amy Ward Tamas Bessenyei Logan Madson Kristine Senkier <b>OREG</b>	2:04.33 11/19/06 Zena Courtney Jon Baca Lisa Dahl Bob Fish <b>PNA</b>	2:01.94 11/18/06 K. Andrus-Hughes Allen Stark Arlene Delmage Wes Edwards <b>OREG</b>	2:07.54 11/22/15 Donald Graham Rick Colella Lisa Dahl Charlotte Davis <b>PSM</b>	2:42.58 03/05/17 Joy Ward Scot Sullivan Colette Crabbe Willard Lamb <b>OREG</b>	2:57.97 03/10/19 Willard Lamb Janet Gettling Margaret Toppel David Radcliff <b>OREG</b>

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
5:11.06 03/05/11 Diana MacManus Jonathan Siegler Brady Hooper Lana Lawrence <b>HMS</b>	4:43.25 11/22/15 Allison Cox Jakub Kotynia Matthew Liedtke Julia Iyall <b>PSM</b>	4:30.63 11/18/18 Kristine Cox Jakub Kotynia Erik Petersen Allison Cox <b>PSM</b>	4:22.74 09/09/07 K. Andrus-Hughes Chip Polito Arlene Delmage Curtis Taylor <b>OREG</b>	4:32.16 11/06/11 Valerie Jenkins Allen Stark Dennis Baker K. Andrus-Hughes <b>OREG</b>	4:43.20 12/13/09 K. Andrus-Hughes Allen Stark Colette Crabbe David Radcliff <b>OREG</b>	6:07.06 12/14/19 Joy Ward Bob Bruce Cliff Stephens Janet Gettling <b>OREG</b>	6:59.56 11/11/17 Willard Lamb Janet Gettling Joy Ward David Radcliff <b>OREG</b>