

NW Zone LCM Records -- as of 8/08/2023

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 |

RELAY - 400 Meter FREE - WOMEN

| 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 | 9:17.45 08/05/23 Jane Nichols Kirby Richards Jan Callow Catherine Cummings 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 |

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| 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 |

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|-------|---|---|--|---|---|--|---|
| | 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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|-------|--|---|---|--|--|---|---------|
| | 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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| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|-------|--|---|---|--|---|--|---------|
| | 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 | 9:33.70 07/07/16 David McCarty Daniel Phillips Carl Haynie Kirk Nelson PSM | 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 | 4:36.87 07/07/16 Carl Haynie Daniel Phillips Brad Jones Kirk Nelson PSM | 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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| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|---|--|--|---|---|---|---|--|
| 1:49.92 08/23/92 Shannon Heringer Linda Finley Andrew Potter Thomas Kahl OREG | 1:48.54 07/07/12 Paloma Dinkel Cejih Yung Colleen Healy Todd Doherty PNA | 1:45.78 08/21/16 Hailey Bambusch Kris Asleson Maki Moore Kurt Grote OREG | 1:46.69 08/21/16 Amy Moorhead Shannon McIntyre Chris Conroy Trevor Gray PSM | 1:50.44 08/10/06 Lisa Dahl Mary Lippold Donald Graham Ronald Jacobs PNA | 1:54.67 08/21/16 Donald Graham Rick Colella Charlotte Davis Lisa Dahl PSM | 2:21.55 08/17/08 Joy Ward Barbara Frid Willard Lamb Tom Landis OREG | 2:35.97 08/21/16 Rebecca Kay Willard Lamb Barbara Frid David Radcliff OREG |

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

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| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|-------|---------|--|--|--|---|---|--|
| | | 9:21.26 08/27/17 Matthew Marceau Matt Miller Sonja Skinner Emily Melina OREG | 9:02.03 07/11/09 Dennis Baker Valerie Jenkins Christine Somera David Hathaway OREG | 9:33.45 07/08/06 Arlene Delmage K. Andrus-Hughes Bob Bruce Mike Tennant OREG | 10:05.34 08/25/19 Dan Kirkland David Hathaway K. Andrus-Hughes Francie Haffner OREG | 12:26.57 08/25/13 Valerie Jenkins Willard Lamb Joy Ward Tom Landis OREG | 14:25.49 05/14/22 Willard Lamb Joy Ward Colette Crabbe Dan Kirkland OREG |

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

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