

NW Zone SCM Records -- as of 3/10/2025

RELAY - 200 Meter FREE - WOMEN

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

RELAY - 400 Meter FREE - WOMEN

| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|------------------|-------------------|-----------------|------------------|-----------------|------------------|----------------|-------------------|
| 5:11.09 | 5:13.14 | 4:08.59 | 4:22.56 | 4:21.32 | 4:39.52 | 6:36.44 | 9:01.99 |
| 02/01/87 | 02/22/25 | 11/12/22 | 11/20/16 | 11/22/15 | 03/12/23 | 12/09/23 | 11/09/19 |
| Louise Walls | Carolyn Sievers | Alexis Higlett | Allison Cox | Charlotte Davis | Francie Haffner | Janet Gettling | Charlotte Sanddal |
| Kimberly Dolen | Elena Sievers | Jessica Stacy | Lianna Badran | Zena Courtney | K. Andrus-Hughes | Joy Ward | Patricia Hastings |
| Susan Hancock | Daryn Maughan | Ilsa Feierabend | Shannon McIntyre | Lianna Doherty | Arlene Delmage | Heather Wiley | Suzette Harkin |
| Sharon Schneider | Anika Thomas-Toth | Madelyn Veith | Amy Moorhead | Amy Moorhead | Valerie Jenkins | Susan White | Peggy Stringer |
| IEM | INAM | OREG | PSM | PSM | OREG | OREG | BSMT |

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| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|-------------------|-----------------|-----------------|----------------|---------------|------------------|---------|-------------------|
| 15:17.51 | 11:14.51 | 9:07.22 | 10:20.98 | 12:11.34 | 12:23.67 | | 20:18.06 |
| 10/13/96 | 02/25/24 | 12/10/22 | 11/20/16 | 04/16/00 | 11/22/15 | | 11/09/19 |
| Tanya Matthews | Elena Sievers | Jessica Stacy | Allison Cox | Pam Himstreet | Andrea Hunt | | Charlotte Sanddal |
| Jennifer Thompson | Carolyn Sievers | Alexis Higlett | Shelley Reimer | Peggy Whiter | Kate Carruthers | | Patricia Hastings |
| Esther Gutierrez | Kailynn Dillon | Ilsa Feierabend | Wendy Polidori | Cathy Imwalle | Elizabeth Kassen | | Suzette Harkin |
| Akiko Shimizu | Emily Anderson | Madelyn Veith | Kathy Pelham | Laura Schob | Sheila Moore | | Peggy Stringer |
| UTAH | INAM | OREG | PSM | OREG | PSM | | BSMT |

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

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

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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 | 2:06.51 11/19/23 William Hayes Greg Walsh John Holzbach Rick Colella PSM | 2:35.71 12/05/99 Earl Walter Gerald Huestis Andrew Holden Allan DeLay OREG |

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|-------|--|--|--|--|--|--|--|
| | 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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|---|--|--|---|---|---|---|---------|
| 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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|--|--|---|---|---|--|--|--|
| 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 | 2:28.02 11/19/23 William Hayes Greg Walsh Rick Colella John Holzbach PSM | 3:00.90 12/05/99 Earl Walter Gerald Huestis Andrew Holden Allan DeLay OREG |

RELAY - 400 Meter MEDLEY - MEN

| 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 | 1:50.56 | 1:48.93 | 1:50.61 | 1:50.70 | 1:52.98 | 2:17.10 | 2:35.65 |
| 02/04/17 | 11/24/19 | 10/16/11 | 11/20/05 | 11/20/16 | 11/22/15 | 11/24/19 | 03/10/19 |
| Jason Hunter | Chris Conroy | Lauren Thies | Lauren Thies | Lisa Dahl | Donald Graham | Rick Colella | Willard Lamb |
| Katie Kaestner | Craig Olynyk | Eric Wan | Robin Parisi | Daniel Phillips | Lisa Dahl | Steven Peterson | David Radcliff |
| Trevor Johnson | Morena Calvo | Jill Asch | Douglas Otto | Amy Moorhead | Charlotte Davis | Charlotte Davis | Janet Gettling |
| Erica Anderson | Reva Zacharias | Benjamin Weston | Troy Drawz | Mats Nygren | Rick Colella | Sarah Welch | Margaret Toppel |
| PSM | PSM | OREG | OREG | PSM | PSM | PSM | OREG |

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

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

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

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| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|--------------------|-----------------|---------------|------------------|------------------|------------------|----------------|----------------|
| 4:56.21 | 4:43.25 | 4:30.63 | 4:22.74 | 4:32.16 | 4:43.20 | 6:07.06 | 6:59.56 |
| 11/19/23 | 11/22/15 | 11/18/18 | 09/09/07 | 11/06/11 | 12/13/09 | 12/14/19 | 11/11/17 |
| Elijah Rinehart | Allison Cox | Kristine Cox | K. Andrus-Hughes | Valerie Jenkins | K. Andrus-Hughes | Joy Ward | Willard Lamb |
| Carly Kahler | Jakub Kotynia | Jakub Kotynia | Chip Polito | Allen Stark | Allen Stark | Bob Bruce | Janet Gettling |
| Nate Harris | Matthew Liedtke | Erik Petersen | Arlene Delmage | Dennis Baker | Colette Crabbe | Cliff Stephens | Joy Ward |
| Elle Seidensticker | Julia Iyall | Allison Cox | Curtis Taylor | K. Andrus-Hughes | David Radcliff | Janet Gettling | David Radcliff |
| CWUSC | PSM | PSM | OREG | OREG | OREG | OREG | OREG |