

NW Zone LCM Records -- as of 7/25/2025

MEN 18-24

0:24.72	08/17/08	PNA	Brian Goldman
0:54.50	08/23/92	MAC	Greg Cooper
2:06.28	08/21/16	UC36	Matthew Gates
4:34.70	08/14/76	PNA	Rick Colella
9:33.08	08/25/19	OREG	Evan Edwards
17:33.20	08/14/76	PNA	Rick Colella
0:29.02	08/11/19	OREG	Matthew McComish
1:02.56	08/27/95	OREG	Gary DeFrang
2:16.59	08/11/19	OREG	Matthew McComish
0:30.94	07/15/95	UTAH	Dmitri Malinovski
1:07.87	06/03/95	UTAH	Dmitri Malinovski
2:37.60	08/14/76	PNA	Rick Colella
0:27.06	08/23/92	MAC	Greg Cooper
0:58.57	08/11/19	OREG	Matthew McComish
2:19.31	08/21/16	UC36	Matthew Gates
2:19.90	08/11/19	OREG	Matthew McComish
5:03.70	08/14/76	PNA	Rick Colella

50	M.	Free	Meghan Zimmer
100	M.	Free	Abbey Erwin
200	M.	Free	Marion Gallagher
400	M.	Free	Sydney Anderson
800	M.	Free	Mary Lassiter
1500	M.	Free	Sydney Anderson
50	M.	Back	Shannon Heringer
100	M.	Back	Shannon Heringer
200	M.	Back	Jordan King
50	M.	Breast	Paloma Dinkel
100	M.	Breast	Paloma Dinkel
200	M.	Breast	Camille McClafferty
50	M.	Fly	Jordan King
100	M.	Fly	J. King / A. Erwin
200	M.	Fly	Abbey Erwin
200	M.	I. M.	Jordan King
400	M.	I. M.	Danielle Trevino

WOMEN 18-24

OREG	08/11/13	0:27.45
SAWS	08/11/19	0:59.55
PNA	06/24/07	2:19.19
PSM	08/21/16	4:57.46
PNA	08/10/03	10:19.14
PSM	08/21/16	19:24.39
OREG	08/23/92	0:33.30
OREG	08/23/92	1:13.61
PSM	08/17/14	2:24.53
PNA	07/07/12	0:35.54
PNA	07/07/12	1:16.86
OREG	07/07/24	2:50.10
PSM	08/17/14	0:29.27
'SM/SAW:	08/17/14	1:04.10
SAWS	08/11/19	2:21.30
PSM	08/17/14	2:24.97
PNA	08/17/08	5:38.30

MEN 25-29

0:23.92	07/06/08	PNA	Troy Davidson
0:52.08	08/23/92	MAC	John Keppeler
1:52.17	08/23/92	MAC	John Keppeler
4:19.82	08/23/92	MAC	Alex Stiles
8:36.83	08/23/92	SAW	Jeff Erwin
17:14.33	08/26/82	OREG	Alan Cardwell
0:28.11	08/21/16	KM	Nick Blank
0:58.24	08/23/92	MAC	John Keppeler
2:07.57	08/23/92	MAC	John Keppeler
0:30.20	08/17/08	OREG	Michael Burton
1:08.52	07/07/12	PNA	Cejih Yung
2:28.17	08/11/13	PSM	Cejih Yung
0:25.48	08/23/92	MAC	Dirk Marshall
0:56.46	08/11/13	PSM	Chris Chapman
2:10.79	08/25/96	MAC	Bill Zolna
2:14.32	08/22/96	MAC	Bill Zolna
4:49.49	08/25/96	MAC	Bill Zolna

50	M.	Free	Sara Shand
100	M.	Free	Sara Shand
200	M.	Free	Megan Jendrick
400	M.	Free	Sara Quan
800	M.	Free	Christine Somera
1500	M.	Free	Sara Quan
50	M.	Back	Lori Clark
100	M.	Back	Diana MacManus
200	M.	Back	Michelle Donahue
50	M.	Breast	Megan Jendrick
100	M.	Breast	Megan Jendrick
200	M.	Breast	Anna Sharpe
50	M.	Fly	Megan Jendrick
100	M.	Fly	Paloma Dinkel
200	M.	Fly	Maureen Phillips
200	M.	I. M.	Paloma Dinkel
400	M.	I. M.	Anne Wideman

WOMEN 25-29

UTAH	01/01/91	0:26.68
UTAH	01/01/91	0:58.23
PNA	07/11/10	2:04.56
OREG	08/19/01	4:46.98
OREG	08/24/14	10:17.89
OREG	08/19/01	18:29.45
IEA	08/25/82	0:32.87
HMS	06/10/12	1:06.91
MAC	08/27/95	2:31.59
PNA	07/11/10	0:31.60
PNA	07/02/12	1:09.81
KM	08/11/19	2:45.22
PNA	07/11/10	0:28.29
PSM	08/11/13	1:06.29
PNA	08/19/01	2:25.60
PSM	08/11/13	2:26.92
SAWS	08/25/24	5:23.36

MEN 30-34

0:24.94	08/23/99	AKMS	Michael Sorensen
0:53.95	08/06/11	OREG	Benjamin Weston
2:00.39	07/31/94	MAC	Jeff Stiling
4:16.22	07/31/94	MAC	Jeff Stiling
9:15.86	08/15/98	OREG	Doug Stewart
16:38.49	08/27/95	SAW	Jeff Erwin
0:29.04	08/24/86	PNA	Dave Hannula
1:03.51	08/30/99	MM	Tyler Jourdonnais
2:19.28	08/17/08	OREG	Chip Polito
0:31.15	08/11/19	PSM	Chris Conroy
1:09.44	08/24/86	OREG	Roy Clark
2:31.88	07/30/00	AKMS	Jens Beck
0:25.77	08/23/99	AKMS	Michael Sorensen
0:57.45	08/23/99	AKMS	Michael Sorensen
2:11.71	08/15/02	MAC	Bill Zolna
2:17.19	08/15/02	MAC	Bill Zolna
4:52.38	08/15/02	MAC	Bill Zolna

50	M.	Free	Erica Cenci
100	M.	Free	Erica Cenci
200	M.	Free	Erica Cenci
400	M.	Free	Leissa Mills
800	M.	Free	Leissa Mills
1500	M.	Free	Haley Chura
50	M.	Back	Zena Herrmann
100	M.	Back	Zena Herrmann
200	M.	Back	Zena Herrmann
50	M.	Breast	Caitlyn Shortt-Low
100	M.	Breast	Abby Blank
200	M.	Breast	Abby Blank
50	M.	Fly	Erica Dagg
100	M.	Fly	Tammy Bennett
200	M.	Fly	Tammy Bennett
200	M.	I. M.	Erica Cenci
400	M.	I. M.	Zena Herrmann

WOMEN 30-34

PSM	07/21/16	0:27.43
PSM	08/21/16	0:59.10
PSM	07/21/16	2:08.41
OREG	08/01/93	4:44.36
OREG	08/01/93	9:51.10
BOZE	05/22/16	18:55.90
PNA	08/23/92	0:32.83
PNA	07/26/92	1:09.07
PNA	08/23/92	2:26.99
OREG	08/21/16	0:35.98
OREG	08/21/16	1:21.32
OREG	08/21/16	2:51.38
PSM	07/01/23	0:30.44
HSKY	08/11/90	1:06.60
HSKY	07/31/90	2:33.10
PSM	07/07/16	2:31.68
PNA	07/04/92	5:29.60

MEN 35-39

0:24.96	01/01/01	MM	Tyler Jourdonnais
0:54.18	01/01/01	MM	Tyler Jourdonnais
1:58.84	08/27/95	MAC	Jeff Stiling
4:17.26	08/27/95	MAC	Jeff Stiling
8:54.26	08/27/95	MAC	Jeff Stiling
17:31.53	08/19/01	OREG	Doug Stewart
0:28.60	08/17/14		M. McIntyre / T. Gray
1:00.93	08/17/14	PSM	Trever Gray
2:14.81	08/23/92	PNA	Mark List
0:31.40	08/19/01	OREG	John Hudson
1:10.61	07/08/06	OREG	Greg Latta
2:34.61	08/05/90	PNA	Greg Harrison
0:25.62	01/01/00	MM	Tyler Jourdonnais
0:56.39	01/01/00	MM	Tyler Jourdonnais
2:09.36	07/30/00	OREG	Dennis Baker
2:15.53	08/10/98	OREG	James Sorensen
4:50.27	08/27/95	MAC	Jeff Stiling

50	M.	Free	Megan Oesting
100	M.	Free	Megan Oesting
200	M.	Free	Kristine Senkier
400	M.	Free	Emily Melina
800	M.	Free	Emily Melina
1500	M.	Free	Sara Nelson
50	M.	Back	Sheri Hart
100	M.	Back	Sheri Hart
200	M.	Back	Kristine Senkier
50	M.	Breast	Brianna Showell
100	M.	Breast	Brianna Showell
200	M.	Breast	Sara Nelson
50	M.	Fly	Nikki Weeks
100	M.	Fly	Tammy Bennett
200	M.	Fly	Shauna Simpson
200	M.	I. M.	Sara Nelson
400	M.	I. M.	Sara Nelson

WOMEN 35-39

PNA	08/10/09	0:27.18
PNA	08/10/09	0:59.26
OREG	08/17/08	2:14.04
OREG	08/21/16	4:45.23
OREG	08/21/16	9:53.17
OREG	08/17/08	18:41.21
PNA	08/08/10	0:30.17
PNA	08/08/10	1:04.99
OREG	08/17/08	2:31.06
OREG	08/21/16	0:35.74
OREG	08/21/16	1:19.45
OREG	08/17/08	2:53.71
OREG	08/17/08	0:30.79
HSKY	08/23/92	1:08.69
OREG	06/03/06	2:41.40
OREG	08/17/08	2:34.53
OREG	08/17/08	5:29.12

NW Zone LCM Records -- as of 7/25/2025

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	
2:18.92	08/23/92	PNA	Rick Colella	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				
0:25.15	08/03/00	AKMS	Rick Abbott	50 M. Free	Tatiana Lemos de Lima	PSM	07/07/24	0:27.48	
0:56.03	08/03/00	AKMS	Rick Abbott	100 M. Free	Tatiana Lemos de Lima	PSM	07/07/24	1:00.97	
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	
2:32.03	07/11/24	OREG	John Rasmussen	200 M. Breast	Colette Crabbe	OREG	08/19/01	2:57.24	
0:26.97	08/03/00	AKMS	Rick Abbott	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				
0:24.88	04/22/08	AKMS	Rick Abbott	50 M. Free	Lisa Dahl	PNA	07/07/12	0:28.58	
0:55.13	04/22/08	AKMS	Rick Abbott	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	
1:05.02	04/24/08	AKMS	Rick Abbott	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	
0:26.83	04/20/08	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	Christine McClafferty	OREG	08/13/23	1:07.95	
2:13.80	07/10/11	OREG	Dennis Baker	200 M. Fly	Christine McClafferty	OREG	08/13/23	2:35.19	
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 7/25/2025

MEN 60-64

0:26.53	08/14/17	AKMS	Rick Abbott
0:59.04	08/17/14	PSM	Rick Colella
2:14.52	08/11/13	HMS	Larry Krauser
4:50.39	08/02/23	SAWS	John Sfingi
10:04.52	08/02/23	SAWS	John Sfingi
19:24.11	08/02/23	SAWS	John Sfingi
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	08/25/24	1:17.01
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
10:24.51	07/11/25	OREG	David Hathaway
20:00.97	04/04/08	OREG	Tom Landis
0:33.87	08/17/08	OREG	Robert Smith
1:13.82	01/25/25	PSM	Carl Haynie
2:46.55	01/25/25	PSM	Carl Haynie
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	Colette Crabbe	OREG	07/07/24	22:35.06
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	Colette Crabbe	OREG	08/25/24	0:41.45
100	M.	Breast	Colette Crabbe	OREG	08/25/24	1:32.13
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	Colette Crabbe	OREG	07/07/24	3:15.76
200	M.	I. M.	Charlotte Davis	PSM	08/21/16	2:54.74
400	M.	I. M.	Colette Crabbe	OREG	08/25/24	6:22.91

MEN 70-74

0:29.90	06/01/25	OREG	Cliff Stephens
1:06.47	07/27/05	OREG	David Radcliff
2:24.22	07/31/18	PSM	Dan Kirkland
4:57.84	07/01/23	PSM	Rick Colella
10:12.57	07/01/23	PSM	Rick Colella
20:26.12	07/22/18	PSM	Dan Kirkland
0:35.24	06/01/25	OREG	Cliff Stephens
1:16.64	06/22/25	OREG	Cliff Stephens
2:45.98	06/22/25	OREG	Cliff Stephens
0:34.69	07/01/23	PSM	Rick Colella
1:17.80	07/01/23	PSM	Rick Colella
2:48.97	07/01/23	PSM	Rick Colella
0:32.06	06/22/25	OREG	Cliff Stephens
1:17.42	05/18/25	OREG	Cliff Stephens
3:13.89	06/22/25	OREG	Cliff Stephens
2:35.97	07/01/23	PSM	Rick Colella
6:16.78	08/25/24	AKMS	Scott Collier

WOMEN 70-74

50	M.	Free	Margaret Toppel	OREG	07/22/18	0:32.89
100	M.	Free	Charlotte Davis	PSM	07/01/23	1:12.38
200	M.	Free	Wendy McNamara	BSMT	08/25/24	2:57.03
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	Wendy McNamara	BSMT	08/25/24	1:25.19
200	M.	Back	Wendy McNamara	BSMT	08/25/24	3:10.48
50	M.	Breast	Charlotte Davis	PSM	07/01/23	0:44.76
100	M.	Breast	Charlotte Davis	PSM	07/01/23	1:41.94
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
11:01.70	08/13/23	OREG	Dan Kirkland
21:02.80	08/13/23	OREG	Dan Kirkland
0:38.51	08/25/24	OREG	Dan Kirkland
1:22.42	08/13/23	OREG	Dan Kirkland
2:54.45	08/25/24	OREG	Dan Kirkland
0:39.07	08/25/24	OREG	Allen Stark
1:29.76	08/25/24	OREG	Allen Stark
3:23.80	08/25/24	OREG	Allen Stark
0:37.87	07/06/19	PSM	Robert Pilger
1:40.74	08/27/95	OREG	Andrew Holden
3:59.04	08/02/23	PSM	Stephen Fogg
3:17.97	06/10/23	OREG	Bob Bruce
7:20.24	08/05/23	OREG	Bob Bruce

WOMEN 75-79

50	M.	Free	Janet Gettling	OREG	07/23/23	0:38.02
100	M.	Free	Janet Gettling	OREG	05/28/23	1:28.97
200	M.	Free	Mirjana Prather	OREG	03/03/19	3:25.48
400	M.	Free	Janet Gettling	OREG	06/10/23	7:04.55
800	M.	Free	Janet Gettling	OREG	07/01/23	14:51.34
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	Janet Gettling	OREG	07/01/23	0:48.77
100	M.	Breast	Janet Gettling	OREG	07/01/23	1:54.96
200	M.	Breast	Janet Gettling	OREG	08/05/23	4:13.12
50	M.	Fly	Janet Gettling	OREG	05/28/23	0:45.62
100	M.	Fly	Janet Gettling	OREG	06/10/23	1:53.27
200	M.	Fly	Janet Gettling	OREG	05/28/23	4:08.00
200	M.	I. M.	Janet Gettling	OREG	07/01/23	3:51.71
400	M.	I. M.	Janet Gettling	OREG	07/23/23	8:21.31

NW Zone LCM Records -- as of 7/25/2025

MEN 80-84					WOMEN 80-84				
0:32.35	07/01/23	PSM	Robert Pilger	50 M. Free	Joy Ward	OREG	05/28/23	0:43.44	
1:11.82	08/24/14	OREG	David Radcliff	100 M. Free	Joy Ward	OREG	06/10/23	1:44.36	
2:40.22	08/24/14	OREG	David Radcliff	200 M. Free	Mirjana Prather	OREG	02/17/24	3:38.69	
5:45.21	08/23/15	OREG	David Radcliff	400 M. Free	Mirjana Prather	OREG	02/22/25	7:55.29	
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	07/01/23	0:48.63	
1:45.64	06/12/99	OREG	Andrew Holden	100 M. Back	Joy Ward	OREG	07/01/23	1:46.16	
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	Mirjana Prather	OREG	02/17/24	0:56.66	
1:50.93	08/08/10	OREG	Milton Marks	100 M. Breast	Mirjana Prather	OREG	02/17/24	2:01.66	
4:09.35	11/03/19	PSM	Dick Peterson	200 M. Breast	Muriel Flynn	PNA	07/25/04	5:12.54	
0:38.65	07/01/23	PSM	Robert Pilger	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	05/28/23	2:18.37	
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	05/28/23	4:05.75	
8:42.98	04/10/16	OREG	Dick Slawson	400 M. I. M.	Joy Ward	OREG	07/01/23	9:12.87	
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	
0:47.30	05/18/25	OREG	Chris Hiatt	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	
3:48.78	05/18/25	OREG	Chris Hiatt	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	
2:13.61	07/01/23	PSM	Dick Peterson	100 M. Breast	Pauline Stangel	OREG	06/03/06	3:16.51	
4:44.89	07/01/23	PSM	Dick Peterson	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	200 M. I. M.	Eva Muller	OREG	07/24/99	6:26.81	
			open	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 7/25/2025

MEN 100-104

0:57.42 08/07/22 OREG Willard Lamb
 2:15.99 08/07/22 OREG Willard Lamb
 5:18.86 08/07/22 OREG Willard Lamb
 10:55.25 08/07/22 OREG Willard Lamb
 22:15.67 08/07/22 OREG Willard Lamb
 42:27.06 08/07/22 OREG Willard Lamb
 1:09.17 08/07/22 OREG Willard Lamb
 2:29.17 08/07/22 OREG Willard Lamb
 5:12.53 08/07/22 OREG Willard Lamb

WOMEN 100-104

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.

MEN 105-109

no records

WOMEN 105-109

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.

MEN 110-114

no records

WOMEN 110-114

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.

MEN 115-119

no records

WOMEN 115-119

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.