

# NW Zone LCM Records -- as of 8/12/2025

## MEN 18-24

|          |          |      |                   |
|----------|----------|------|-------------------|
| 0:23.45  | 08/10/25 | UC36 | Nicholas Imig     |
| 0:52.26  | 08/10/25 | UC36 | Nicholas Imig     |
| 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      |
| 0:28.33  | 08/10/25 | PSM  | Flynn Bayne       |
| 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 |
| 2:37.51  | 08/10/25 | PSM  | Ian Franklin      |
| 0:26.43  | 08/10/25 | UC37 | Micah Rysavy      |
| 0:58.57  | 08/11/19 | OREG | Matthew McComish  |
| 2:19.31  | 08/21/16 | UC36 | Matthew Gates     |
| 2:17.88  | 08/10/25 | BWAQ | Samuel Draeger    |
| 5:03.70  | 08/14/76 | PNA  | Rick Colella      |

|      |    |        |
|------|----|--------|
| 50   | M. | Free   |
| 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.  |

|                     |
|---------------------|
| Meghan Zimmer       |
| Abbey Erwin         |
| Marion Gallagher    |
| Sydney Anderson     |
| Alexis Anderson     |
| Sydney Anderson     |
| Shannon Heringer    |
| Jewel Springer      |
| Jordan King         |
| Paloma Dinkel       |
| Paloma Dinkel       |
| Camille McClafferty |
| Jordan King         |
| J. King / A. Erwin  |
| Abbey Erwin         |
| Jordan King         |
| 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  |
| PSM      | 08/10/25 | 10:18.91 |
| PSM      | 08/21/16 | 19:24.39 |
| OREG     | 08/23/92 | 0:33.30  |
| OREG     | 08/10/25 | 1:12.83  |
| 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  |
| PSM/SAWS | 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 |
| 0:29.79  | 08/10/25 | PSM  | Jonathan Cook |
| 1:04.93  | 08/10/25 | PSM  | Jonathan Cook |
| 2:28.17  | 08/11/13 | PSM  | Cejih Yung    |
| 0:25.40  | 08/10/25 | PSM  | Matthew Cole  |
| 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   |
| 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.  |

|                  |
|------------------|
| Sara Shand       |
| Sara Shand       |
| Megan Jendrick   |
| Sara Quan        |
| Christine Somera |
| Sara Quan        |
| Lori Clark       |
| Diana MacManus   |
| Alicia Diaz      |
| Megan Jendrick   |
| Megan Jendrick   |
| Anna Sharpe      |
| Megan Jendrick   |
| Paloma Dinkel    |
| Maureen Phillips |
| Paloma Dinkel    |
| 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  |
| PSM  | 08/10/25 | 2:29.24  |
| 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

|          |          |      |                   |
|----------|----------|------|-------------------|
| 0:24.60  | 08/10/25 | PSM  | Karl Mering       |
| 0:53.76  | 08/10/25 | PSM  | Karl Mering       |
| 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        |
| 0:28.69  | 08/10/25 | OREG | Nicolas Morrell   |
| 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      |
| 1:06.46  | 08/10/25 | UC36 | Liam Sosinsky     |
| 2:30.12  | 08/10/25 | UC36 | Liam Sosinsky     |
| 0:25.77  | 08/23/99 | AKMS | Michael Sorensen  |
| 0:56.70  | 08/10/25 | PSM  | Karl Mering       |
| 2:09.40  | 08/10/25 | PSM  | Karl Mering       |
| 2:17.19  | 08/15/02 | MAC  | Bill Zolna        |
| 4:52.38  | 08/15/02 | MAC  | Bill Zolna        |

|      |    |        |
|------|----|--------|
| 50   | M. | Free   |
| 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.  |

|                    |
|--------------------|
| Erica Cenci        |
| Erica Cenci        |
| Erica Cenci        |
| Leissa Mills       |
| Leissa Mills       |
| Haley Chura        |
| Hannah Weiss       |
| Hannah Weiss       |
| Zena Herrmann      |
| Caitlyn Shortt-Low |
| Abby Blank         |
| Abby Blank         |
| Erica Dagg         |
| Hannah Weiss       |
| Tammy Bennett      |
| Erica Cenci        |
| 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 |
| PSM  | 08/10/25 | 0:30.33  |
| PSM  | 08/10/25 | 1:06.34  |
| 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  |
| PSM  | 08/10/25 | 1:04.45  |
| 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   |
| 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.  |

|                  |
|------------------|
| Megan Oesting    |
| Megan Oesting    |
| Kristine Senkier |
| Emily Melina     |
| Emily Melina     |
| Sara Nelson      |
| Sheri Hart       |
| Sheri Hart       |
| Kristine Senkier |
| Brianna Showell  |
| Brianna Showell  |
| Sara Nelson      |
| Nikki Weeks      |
| Tammy Bennett    |
| Shauna Simpson   |
| Sara Nelson      |
| 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 8/12/2025

| 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  | Denise Lindberg | PSM  | 08/10/25 | 0:35.68  |  |
| 1:08.92   | 08/17/08 | OREG | James Corbeau    | 100 M. Breast | Denise Lindberg | PSM  | 08/10/25 | 1:19.12  |  |
| 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     | 08/10/25 | 0:59.65  |  |
| 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  |  |
| 0:30.60   | 08/10/25 | OREG | Blake Holden   | 50 M. Breast  | Lisa Dahl                | PNA     | 08/17/08 | 0:37.21  |  |
| 1:08.56   | 08/10/25 | OREG | Blake Holden   | 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  |  |
| 2:24.06   | 08/10/25 | PSM  | Diego de Acosta  | 200 M. Back   | Ellen Reynolds        | SAWS | 08/03/14 | 2:26.64  |  |
| 0:30.96   | 08/10/25 | OREG | Kurt Grote       | 50 M. Breast  | Lisa Dahl             | PNA  | 07/07/12 | 0:38.27  |  |
| 1:12.22   | 07/11/09 | OREG | Patrick Allender | 100 M. Breast | Christine McClafferty | OREG | 08/10/25 | 1:25.07  |  |
| 2:37.53   | 08/10/25 | OREG | Keith Hill       | 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 | 07/24/25 | 1:07.79  |  |
| 2:13.80   | 07/10/11 | OREG | Dennis Baker     | 200 M. Fly    | Christine McClafferty | OREG | 08/13/23 | 2:35.19  |  |
| 2:17.36   | 08/10/25 | OREG | Kurt Grote       | 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  |  |
| 0:58.10   | 08/10/25 | OREG | Daniel Jorgensen | 100 M. Free   | Ellen Reynolds      | SAWS | 08/11/19 | 1:03.11  |  |
| 2:08.11   | 08/10/25 | OREG | Daniel Jorgensen | 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 |  |
| 0:30.06   | 08/10/25 | OREG | Mike Self        | 50 M. Back    | Ellen Reynolds      | SAWS | 08/11/19 | 0:34.46  |  |
| 1:05.17   | 08/10/25 | OREG | Mike Self        | 100 M. Back   | Ellen Reynolds      | SAWS | 08/11/19 | 1:11.06  |  |
| 2:23.81   | 08/10/25 | OREG | Mike Self        | 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 8/12/2025

## MEN 60-64

|          |          |      |                 |
|----------|----------|------|-----------------|
| 0:26.49  | 08/10/25 | OREG | Jerome Frentsos |
| 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     |
| 0:30.99  | 08/10/25 | OREG | Jerome Frentsos |
| 1:06.55  | 08/10/25 | OREG | Jerome Frentsos |
| 2:25.61  | 08/10/25 | OREG | Jerome Frentsos |
| 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

|                     |      |          |          |
|---------------------|------|----------|----------|
| Charlotte Davis     | PNA  | 07/07/12 | 0:30.11  |
| Charlotte Davis     | PNA  | 08/06/10 | 1:07.33  |
| Colette Crabbe      | OREG | 08/27/17 | 2:35.71  |
| Colette Crabbe      | OREG | 07/06/19 | 5:29.19  |
| Colette Crabbe      | OREG | 07/22/18 | 11:16.10 |
| Colette Crabbe      | OREG | 04/10/16 | 21:25.18 |
| Karen Andrus-Hughes | OREG | 08/06/17 | 0:35.14  |
| Karen Andrus-Hughes | OREG | 08/06/17 | 1:17.53  |
| Karen Andrus-Hughes | OREG | 08/06/17 | 2:56.82  |
| Colette Crabbe      | OREG | 08/11/19 | 0:39.91  |
| Colette Crabbe      | OREG | 08/11/19 | 1:28.61  |
| Colette Crabbe      | OREG | 07/22/18 | 3:13.31  |
| Charlotte Davis     | PNA  | 07/07/12 | 0:32.57  |
| Arlene Delmage      | OREG | 08/10/25 | 1:16.79  |
| Arlene Delmage      | OREG | 06/12/22 | 2:53.20  |
| Colette Crabbe      | OREG | 08/11/19 | 2:49.85  |
| 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    |
| 2:45.96  | 08/10/25 | OREG | David Hathaway |
| 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

|                 |      |          |          |
|-----------------|------|----------|----------|
| Charlotte Davis | PSM  | 08/21/16 | 0:30.85  |
| Charlotte Davis | PSM  | 08/21/16 | 1:07.88  |
| Zena Courtney   | BWAQ | 08/10/25 | 2:34.15  |
| Charlotte Davis | PSM  | 01/31/15 | 5:27.79  |
| Lo Knapp        | UTAH | 08/11/19 | 11:21.32 |
| Zena Courtney   | BWAQ | 08/10/25 | 21:33.50 |
| Wendy McNamara  | BSMT | 10/10/21 | 0:36.89  |
| Wendy McNamara  | BSMT | 10/10/21 | 1:22.09  |
| Zena Courtney   | BWAQ | 08/10/25 | 2:59.19  |
| Colette Crabbe  | OREG | 08/25/24 | 0:41.45  |
| Colette Crabbe  | OREG | 08/25/24 | 1:32.13  |
| Lo Knapp        | UTAH | 08/11/19 | 3:19.16  |
| Charlotte Davis | PSM  | 08/21/16 | 0:33.66  |
| Charlotte Davis | PSM  | 01/31/15 | 1:20.09  |
| Colette Crabbe  | OREG | 07/07/24 | 3:15.76  |
| Charlotte Davis | PSM  | 08/21/16 | 2:54.74  |
| Colette Crabbe  | OREG | 08/25/24 | 6:22.91  |

## MEN 70-74

|          |          |      |                |
|----------|----------|------|----------------|
| 0:28.87  | 08/10/25 | PSM  | Rick Colella   |
| 1:02.80  | 08/10/25 | PSM  | Rick Colella   |
| 2:16.51  | 08/10/25 | PSM  | Rick Colella   |
| 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   |
| 0:31.27  | 08/10/25 | PSM  | Rick Colella   |
| 1:10.06  | 08/10/25 | PSM  | Rick Colella   |
| 3:13.89  | 06/22/25 | OREG | Cliff Stephens |
| 2:35.97  | 07/01/23 | PSM  | Rick Colella   |
| 5:38.72  | 08/10/25 | PSM  | Rick Colella   |

## WOMEN 70-74

|                  |      |          |          |
|------------------|------|----------|----------|
| Margaret Toppel  | OREG | 07/22/18 | 0:32.89  |
| Charlotte Davis  | PSM  | 07/01/23 | 1:12.38  |
| Wendy McNamara   | BSMT | 08/25/24 | 2:57.03  |
| Lavelle Stoinoff | MAC  | 06/28/03 | 6:11.92  |
| Lavelle Stoinoff | MAC  | 08/12/04 | 12:35.14 |
| Lavelle Stoinoff | MAC  | 07/12/03 | 24:24.13 |
| Wendy McNamara   | BSMT | 08/10/25 | 0:39.23  |
| Wendy McNamara   | BSMT | 08/25/24 | 1:25.19  |
| Wendy McNamara   | BSMT | 08/25/24 | 3:10.48  |
| Charlotte Davis  | PSM  | 07/01/23 | 0:44.76  |
| Charlotte Davis  | PSM  | 07/01/23 | 1:41.94  |
| Ginger Pierson   | OREG | 08/27/17 | 3:52.09  |
| Margaret Toppel  | OREG | 07/22/18 | 0:37.36  |
| Janet Gettling   | OREG | 08/11/19 | 1:47.60  |
| Janet Gettling   | OREG | 08/11/19 | 4:00.76  |
| Joy Ward         | OREG | 08/26/12 | 3:38.29  |
| 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    |
| 0:37.59  | 08/10/25 | OREG | Larry Wright   |
| 1:40.74  | 08/27/95 | OREG | Andrew Holden  |
| 3:59.04  | 08/02/23 | PSM  | Stephen Fogg   |
| 3:10.22  | 08/10/25 | SAWS | Jim Clemmons   |
| 6:47.77  | 08/10/25 | SAWS | Jim Clemmons   |

## WOMEN 75-79

|                   |      |          |          |
|-------------------|------|----------|----------|
| Charlotte Davis   | PSM  | 08/10/25 | 0:32.96  |
| Charlotte Davis   | PSM  | 08/10/25 | 1:13.13  |
| Charlotte Davis   | PSM  | 08/10/25 | 2:47.46  |
| Charlotte Davis   | PSM  | 08/10/25 | 5:53.72  |
| Janet Gettling    | OREG | 07/01/23 | 14:51.34 |
| Sue Calnek-Morris | OREG | 07/22/18 | 28:36.12 |
| Joy Ward          | OREG | 08/06/17 | 0:47.50  |
| Joy Ward          | OREG | 08/06/17 | 1:43.60  |
| Joy Ward          | OREG | 08/06/17 | 3:46.69  |
| Charlotte Davis   | PSM  | 08/10/25 | 0:46.54  |
| Janet Gettling    | OREG | 07/01/23 | 1:54.96  |
| Janet Gettling    | OREG | 08/05/23 | 4:13.12  |
| Charlotte Davis   | PSM  | 08/10/25 | 0:36.47  |
| Janet Gettling    | OREG | 06/10/23 | 1:53.27  |
| Janet Gettling    | OREG | 05/28/23 | 4:08.00  |
| Charlotte Davis   | PSM  | 08/10/25 | 3:14.64  |
| Janet Gettling    | OREG | 07/23/23 | 8:21.31  |

# NW Zone LCM Records -- as of 8/12/2025

## MEN 80-84

|          |          |      |                 |
|----------|----------|------|-----------------|
| 0:32.35  | 07/01/23 | PSM  | Robert Pilger   |
| 1:11.82  | 08/24/14 | OREG | David Radcliff  |
| 2:40.22  | 08/24/14 | OREG | David Radcliff  |
| 5:45.21  | 08/23/15 | OREG | David Radcliff  |
| 11:49.29 | 08/24/14 | OREG | David Radcliff  |
| 22:16.90 | 05/31/14 | OREG | David Radcliff  |
| 0:44.60  | 08/10/25 | PSM  | Michael McColly |
| 1:37.59  | 08/10/25 | PSM  | Michael McColly |
| 3:25.95  | 08/10/25 | PSM  | Michael McColly |
| 0:46.64  | 07/10/11 | OREG | Milton Marks    |
| 1:50.93  | 08/08/10 | OREG | Milton Marks    |
| 4:09.35  | 11/03/19 | PSM  | Dick Peterson   |
| 0:38.65  | 07/01/23 | PSM  | Robert Pilger   |
| 1:47.88  | 06/12/99 | OREG | Andrew Holden   |
| 4:57.38  | 08/09/03 | OREG | Andrew Holden   |
| 3:53.76  | 08/25/19 | OREG | Ronald Nakata   |
| 8:42.98  | 04/10/16 | OREG | Dick Slawson    |

|      |    |        |                 |
|------|----|--------|-----------------|
| 50   | M. | Free   | Joy Ward        |
| 100  | M. | Free   | Joy Ward        |
| 200  | M. | Free   | Mirjana Prather |
| 400  | M. | Free   | Mirjana Prather |
| 800  | M. | Free   | Jerri Kawabata  |
| 1500 | M. | Free   | Jerri Kawabata  |
| 50   | M. | Back   | Joy Ward        |
| 100  | M. | Back   | Joy Ward        |
| 200  | M. | Back   | Joy Ward        |
| 50   | M. | Breast | Mirjana Prather |
| 100  | M. | Breast | Mirjana Prather |
| 200  | M. | Breast | Muriel Flynn    |
| 50   | M. | Fly    | Joy Ward        |
| 100  | M. | Fly    | Joy Ward        |
| 200  | M. | Fly    | Helena Hoffman  |
| 200  | M. | I. M.  | Joy Ward        |
| 400  | M. | I. M.  | Joy Ward        |

## WOMEN 80-84

|      |          |          |
|------|----------|----------|
| OREG | 05/28/23 | 0:43.44  |
| OREG | 06/10/23 | 1:44.36  |
| OREG | 02/17/24 | 3:38.69  |
| OREG | 02/22/25 | 7:55.29  |
| OREG | 08/23/15 | 18:14.06 |
| OREG | 04/10/16 | 34:40.26 |
| OREG | 07/01/23 | 0:48.63  |
| OREG | 07/01/23 | 1:46.16  |
| OREG | 06/12/22 | 3:51.50  |
| OREG | 02/17/24 | 0:56.66  |
| OREG | 02/17/24 | 2:01.66  |
| PNA  | 07/25/04 | 5:12.54  |
| OREG | 05/14/22 | 0:56.50  |
| OREG | 05/28/23 | 2:18.37  |
| OREG | 06/22/96 | 8:20.07  |
| OREG | 05/28/23 | 4:05.75  |
| OREG | 07/01/23 | 9:12.87  |

## MEN 85-89

|          |          |      |                |
|----------|----------|------|----------------|
| 0:37.21  | 07/10/04 | OREG | Andrew Holden  |
| 1:26.78  | 07/07/07 | OREG | Willard Lamb   |
| 3:12.86  | 07/06/19 | OREG | David Radcliff |
| 7:06.36  | 07/12/08 | OREG | Willard Lamb   |
| 13:56.29 | 07/19/19 | OREG | David Radcliff |
| 26:18.37 | 07/19/19 | OREG | David Radcliff |
| 0:44.99  | 08/10/25 | OREG | Chris Hiatt    |
| 1:39.55  | 08/10/25 | OREG | Chris Hiatt    |
| 3:43.62  | 08/10/25 | OREG | Chris Hiatt    |
| 0:55.50  | 08/10/25 | PSM  | Ronald Jones   |
| 2:13.61  | 07/01/23 | PSM  | Dick Peterson  |
| 4:44.89  | 07/01/23 | PSM  | Dick Peterson  |
| 0:46.48  | 06/19/04 | OREG | Andrew Holden  |
| 2:02.53  | 06/19/04 | OREG | Andrew Holden  |
| 4:47.63  | 07/10/04 | OREG | Andrew Holden  |
| 4:15.59  | 07/10/04 | OREG | Andrew Holden  |
|          |          |      | open           |

|      |    |        |                 |
|------|----|--------|-----------------|
| 50   | M. | Free   | Molly Hayes     |
| 100  | M. | Free   | Molly Hayes     |
| 200  | M. | Free   | Eva Muller      |
| 400  | M. | Free   | Eva Muller      |
| 800  | M. | Free   | Martha Keller   |
| 1500 | M. | Free   | Molly Hayes     |
| 50   | M. | Back   | Molly Hayes     |
| 100  | M. | Back   | Eva Muller      |
| 200  | M. | Back   | Eva Muller      |
| 50   | M. | Breast | Pauline Stangel |
| 100  | M. | Breast | Pauline Stangel |
| 200  | M. | Breast | Pauline Stangel |
| 50   | M. | Fly    | Patience Miller |
| 100  | M. | Fly    | Elfie Stevenin  |
| 200  | M. | Fly    | Elfie Stevenin  |
| 200  | M. | I. M.  | Eva Muller      |
| 400  | M. | I. M.  | Eva Muller      |

## WOMEN 85-89

|      |          |          |
|------|----------|----------|
| BOZE | 05/20/17 | 0:56.66  |
| BOZE | 05/20/17 | 2:26.84  |
| OREG | 07/11/99 | 5:10.71  |
| OREG | 07/11/99 | 10:53.38 |
| OREG | 06/08/86 | 29:14.16 |
| BOZE | 05/20/17 | 45:30.50 |
| BOZE | 05/20/17 | 1:16.59  |
| OREG | 07/12/98 | 2:37.63  |
| OREG | 07/24/99 | 5:38.43  |
| OREG | 06/03/06 | 1:24.72  |
| OREG | 06/03/06 | 3:16.51  |
| OREG | 06/10/07 | 6:58.82  |
| OREG | 06/22/96 | 2:11.56  |
| OREG | 07/07/07 | 6:10.34  |
| OREG | 07/07/07 | 12:59.26 |
| OREG | 07/24/99 | 6:26.81  |
| OREG | 07/08/01 | 14:57.79 |

## MEN 90-94

|          |          |      |               |
|----------|----------|------|---------------|
| 0:43.50  | 06/06/15 | OREG | Willard Lamb  |
| 1:41.87  | 05/31/14 | OREG | Willard Lamb  |
| 3:41.77  | 08/11/13 | OREG | Willard Lamb  |
| 8:01.57  | 08/24/14 | OREG | Willard Lamb  |
| 16:28.37 | 08/11/13 | OREG | Willard Lamb  |
| 31:12.82 | 05/31/14 | OREG | Willard Lamb  |
| 0:54.96  | 08/25/13 | OREG | Willard Lamb  |
| 1:59.92  | 05/31/14 | OREG | Willard Lamb  |
| 4:20.06  | 05/31/14 | OREG | Willard Lamb  |
| 1:09.80  | 07/26/98 | PNA  | Jim Penfield  |
| 3:30.38  | 07/10/11 | OREG | Rupert Fixott |
|          |          |      |               |
| 1:05.95  | 06/06/09 | OREG | Andrew Holden |
|          |          |      |               |
|          |          |      |               |
|          |          |      |               |
| 7:02.80  | 07/26/98 | PNA  | Jim Penfield  |

|      |    |        |                   |
|------|----|--------|-------------------|
| 50   | M. | Free   | Virginia Phipps   |
| 100  | M. | Free   | Virginia Phipps   |
| 200  | M. | Free   | Eva Muller        |
| 400  | M. | Free   | Charlotte Sanddal |
| 800  | M. | Free   |                   |
| 1500 | M. | Free   |                   |
| 50   | M. | Back   | Eva Muller        |
| 100  | M. | Back   | Eva Muller        |
| 200  | M. | Back   | Eva Muller        |
| 50   | M. | Breast | Charlotte Sanddal |
| 100  | M. | Breast | Eva Muller        |
| 200  | M. | Breast | Eva Muller        |
| 50   | M. | Fly    | Charlotte Sanddal |
| 100  | M. | Fly    |                   |
| 200  | M. | Fly    |                   |
| 200  | M. | I. M.  | Charlotte Sanddal |
| 400  | M. | I. M.  |                   |

## WOMEN 90-94

|      |          |          |
|------|----------|----------|
| OREG | 08/21/16 | 1:25.97  |
| OREG | 08/21/16 | 3:05.93  |
| OREG | 07/20/02 | 5:36.74  |
| MM   | 08/21/16 | 16:01.90 |
|      |          |          |
| OREG | 07/12/03 | 1:17.68  |
| OREG | 07/20/02 | 2:58.31  |
| OREG | 07/12/03 | 6:28.70  |
| MM   | 08/21/16 | 1:56.48  |
| OREG | 07/12/03 | 3:49.99  |
| OREG | 07/20/02 | 8:30.18  |
| MM   | 06/08/13 | 1:29.40  |
|      |          |          |
|      |          |          |
| MM   | 08/03/14 | 8:11.91  |

## MEN 95-99

|          |          |      |              |
|----------|----------|------|--------------|
| 0:45.71  | 08/06/17 | OREG | Willard Lamb |
| 1:47.59  | 08/27/17 | OREG | Willard Lamb |
| 4:04.60  | 08/27/17 | OREG | Willard Lamb |
| 8:43.18  | 08/27/17 | OREG | Willard Lamb |
| 17:42.57 | 08/27/17 | OREG | Willard Lamb |
| 33:39.77 | 08/27/17 | OREG | Willard Lamb |
| 0:58.63  | 08/06/17 | OREG | Willard Lamb |
| 2:11.19  | 08/06/17 | OREG | Willard Lamb |
| 4:34.73  | 07/30/18 | OREG | Willard Lamb |

|      |    |        |                   |
|------|----|--------|-------------------|
| 50   | M. | Free   | Charlotte Sanddal |
| 100  | M. | Free   | Charlotte Sanddal |
| 200  | M. | Free   | Charlotte Sanddal |
| 400  | M. | Free   | Charlotte Sanddal |
| 800  | M. | Free   | Charlotte Sanddal |
| 1500 | M. | Free   |                   |
| 50   | M. | Back   | Charlotte Sanddal |
| 100  | M. | Back   | Charlotte Sanddal |
| 200  | M. | Back   | Charlotte Sanddal |
| 50   | M. | Breast | Charlotte Sanddal |
| 100  | M. | Breast | Charlotte Sanddal |
| 200  | M. | Breast | Charlotte Sanddal |
| 50   | M. | Fly    | Charlotte Sanddal |
| 100  | M. | Fly    | Charlotte Sanddal |
| 200  | M. | Fly    |                   |
| 200  | M. | I. M.  | Charlotte Sanddal |
| 400  | M. | I. M.  |                   |

## WOMEN 95-99

|    |          |          |
|----|----------|----------|
| MM | 08/06/17 | 1:20.84  |
| MM | 08/06/17 | 3:43.58  |
| MM | 08/06/17 | 7:28.35  |
| MM | 08/06/17 | 15:41.63 |
| MM | 08/06/17 | 31:35.73 |
|    |          |          |
| MM | 08/06/17 | 1:44.11  |
| MM | 08/06/17 | 3:30.52  |
| MM | 08/06/17 | 7:09.94  |
| MM | 08/06/17 | 2:16.08  |
| MM | 08/06/17 | 4:37.87  |
| MM | 08/06/17 | 9:18.96  |
| MM | 04/21/17 | 1:55.97  |
| MM | 04/21/17 | 6:18.62  |
|    |          |          |
| MM | 04/21/17 | 8:46.90  |

# NW Zone LCM Records -- as of 8/12/2025

## **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.