

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

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	2:23.11 08/10/25 K. Andrus-Hughes Candace Chatt Nancy Vincent Janet Gettling 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 Sitler Maresa Jackson Melinda Walters Serena Johnson SWMS	5:07.90 06/22/25 Carolyn Petersen Sarah Applegate Sarah Machado Juana Santana VS	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	6:52.12 05/17/25 Janet Gettling Traci Goodwin Susan White Jeanna Summers OREG	

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	10:41.55 07/08/01 Anicia Criscione Julie Himstreet Lisa Gorsline Mellissa Bell OREG	11:11.69 06/06/09 Anne Molenda Kealey Sitler 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

RELAY - 200 Meter MEDLEY - WOMEN

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 Obletz 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

RELAY - 400 Meter MEDLEY - WOMEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	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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1:45.92 08/10/25 Mason Self Matthew McComish Evan Edwards Samuel Heroux 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	2:03.52 08/10/25 Paul Frentsos Mike Tennant Steve Mann Doug Brockbank OREG	2:24.56 08/21/16 Jose Ferraz Willard Lamb Frank Philipps David Radcliff OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	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	1:50.12 08/10/25 Caleb Linggi Ian Franklin Karl Mering Matthew Cole PSM	1:54.52 08/11/13 Doug Jelen Ceji Yung Chris Chapman Chris Conroy PSM	1:53.92 08/15/98 Curt LaCount David Holland James Sorensen Scott Findorff OREG	1:54.84 08/10/25 Mike Self Blake Holden Keith Hill Kurt Grote OREG	2:00.89 08/21/16 Donald Graham Rick Colella Daniel Phillips Dave Hannula PSM	2:16.83 08/10/25 Dan Kirkland Richard Howell Paul Frentsos Steve Mann OREG	2:52.05 08/21/16 Willard Lamb Ronald Nakata Mike Dirksen David Radcliff OREG

RELAY - 400 Meter MEDLEY - MEN

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	1:46.81 08/10/25 Chase Mesford Addison Schroeder Caitlin DeNise Mason Self OREG	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	2:11.16 08/25/24 Doug Christensen Colette Crabbe Dan Kirkland Janet Gettling OREG	2:35.97 08/21/16 Rebecca Kay Willard Lamb Barbara Frid David Radcliff OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	4:42.20 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 Gettling 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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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
1:58.24 08/10/25 Mason Self Everett Plocek Jewel Springer Addison Schroeder OREG	1:56.96 08/17/14 Trevor Grey Chris Conroy Jordan King Paloma Dinkel PSM	1:59.03 08/11/13 Chris Chapman Ceji Yung Paloma Dinkel Charlotte Davis PSM	1:59.55 08/10/25 Caitlin DeNise Blake Holden Sonja Skinner Chase Mesford 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	2:29.19 08/25/24 Brent Washburne Allen Stark Colette Crabbe Janet Gettling OREG	3:01.58 08/10/25 Joy Ward Allen Stark Janet Gettling Chris Hiatt OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	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