

NW Zone SCM Records -- as of 1/26/2026

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

RELAY - 200 Meter MEDLEY - WOMEN

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

RELAY - 400 Meter MEDLEY - WOMEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
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	03/05/17	
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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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	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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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
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	

RELAY - 200 Meter MEDLEY - MEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
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	2:16.03 01/25/26 Cliff Stephens Richard Howell Brent Washburne Trond Williams OREG	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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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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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
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