

NW Zone SCM Records -- as of 3/09/2026

RELAY - 200 Meter FREE - WOMEN

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

RELAY - 400 Meter FREE - WOMEN

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
5:01.59 02/21/26 Carolyn Sievers Samantha Warren Elena Sievers Kathryn Lewis INAM	5:13.14 02/22/25 Carolyn Sievers Elena Sievers Daryn Maughan Anika Thomas-Toth INAM	4:08.59 11/12/22 Alexis Higlett Jessica Stacy Ilsa Feierabend Madelyn Veith OREG	4:22.56 11/20/16 Allison Cox Lianna Badran Shannon McIntyre Amy Moorhead PSM	4:21.32 11/22/15 Charlotte Davis Zena Courtney Lianna Doherty Amy Moorhead PSM	4:39.52 03/12/23 Francie Haffner K. Andrus-Hughes Arlene Delmage Valerie Jenkins OREG	6:36.44 12/09/23 Janet Gettling Joy Ward Heather Wiley Susan White OREG	9:01.99 11/09/19 Charlotte Sanddal Patricia Hastings Suzette Harkin Peggy Stringer BSMT

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
15:17.51 10/13/96 Tanya Matthews Jennifer Thompson Esther Gutierrez Akiko Shimizu UTAH	11:14.51 02/25/24 Elena Sievers Carolyn Sievers Kailynn Dillon Emily Anderson INAM	9:07.22 12/10/22 Jessica Stacy Alexis Higlett Ilsa Feierabend Madelyn Veith OREG	10:20.98 11/20/16 Allison Cox Shelley Reimer Wendy Polidori Kathy Pelham PSM	12:11.34 04/16/00 Pam Himstreet Peggy Whiter Cathy Imwalle Laura Schob OREG	12:23.67 11/22/15 Andrea Hunt Kate Carruthers Elizabeth Kassen Sheila Moore PSM		20:18.06 11/09/19 Charlotte Sanddal Patricia Hastings Suzette Harkin Peggy Stringer 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 11/24/19 Joanna Wu Madeline Ralstin Grace Ralstin Chelsea Chan BWAQ	2:20.91 02/20/05 Jennifer Evans Noel Geary Jen Mesler Krys Postma PNA	2:07.89 11/12/22 Ilsa Feierabend Jessica Stacy Madelyn Veith Alexis Higlett OREG	2:15.62 10/16/11 Ann Goodman Marci Shindel Lauren Thies Jill Asch OREG	2:14.67 11/20/16 Lisa Dahl Shannon McIntyre Charlotte Davis Amy Moorhead PSM	2:18.74 03/13/22 Valerie Jenkins Colette Crabbe Arlene Delmage K. Andrus-Hughes OREG	2:44.72 11/18/17 Joy Ward Janet Gettling Sandi Rousseau Margaret Toppel OREG	4:25.53 11/09/19 Charlotte Sanddal Suzette Harkin Peggy Stringer Patricia Hastings BSMT

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
5:36.18 11/14/93 Susan Gambrel Cherese Eder Monica Weaver Nancy Kyle IEM	5:07.53 03/05/11 Diana MacManus Sara Nelson Lana Lawrence Noelle Adams HMS	4:55.09 11/20/16 Allison Cox Chelsea Chan Amanda Clark Amy Moorhead PSM	5:02.11 11/22/15 Zena Courtney Julie Voss Lianna Doherty Amy Moorhead PSM	4:52.08 05/16/10 Valerie Jenkins Colette Crabbe Arlene Delmage K. Andrus-Hughes OREG	5:07.72 03/12/23 Valerie Jenkins Colette Crabbe Arlene Delmage Francie Haffner OREG	6:32.56 03/05/17 Joy Ward Ginger Pierson Janet Gettling Mary Anne Royle 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	3:45.19 02/21/26 Ryan Driscoll Adam Arzner Trent Shino Daniel Roy SCM	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 Deakynne 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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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	1:50.96 02/21/26 Ryan Driscoll Daniel Roy Trent Shino Adam Arzner SCM	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

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

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
4:28.14 12/15/91 Justin Farabee David Parson Pamela Stalter Tammi Keeler PNA	4:18.43 05/16/10 Alec Schramek Sandra Ludwig Amy Kasenga Benjamin Weston OREG	3:56.89 12/02/18 Scot Sullivan Matt Miller Jessica Stacy Hailey Bambusch OREG	4:06.37 11/20/16 Todd Doherty Max Hanson Shannon McIntyre Amy Moorhead PSM	4:14.54 11/18/17 Zena Courtney Shelley Reimer Daniel Phillips Mats Nygren PSM	4:16.39 11/20/16 Rick Colella Charlotte Davis Dave Hannula Lisa Dahl PSM	5:05.69 12/13/09 K. Andrus-Hughes David Radcliff Barbara Frid Willard Lamb OREG	6:00.74 11/11/17 Willard Lamb Joy Ward David Radcliff Margaret Toppel OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
10:23.53 02/04/88 Ken Wagnon Jane Giese Greg Giese Renee Crampton IEM	9:03.67 11/15/98 Matthew Roth Bill Zolna Lisa Hjerpe Shauna Simpson OREG	9:36.37 11/22/15 Doug Jelen Stephanie Hiebert Allison Cox Kirk Nelson PSM	8:55.87 11/20/16 Rick Colella Amanda Clark Shelley Reimer Mats Nygren PSM	9:28.95 11/10/18 James Adams Colette Crabbe Arlene Delmage Matt Miller OREG	10:11.29 11/18/17 Rick Colella Sarah Welch Zena Courtney Mats Nygren PSM	11:43.44 11/06/11 Tom Landis Barbara Frid Willard Lamb K. Andrus-Hughes OREG	14:48.98 12/11/21 Willard Lamb Joy Ward Janet Gettling Bob Bruce OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
2:11.08 02/21/26 Byron Rossmiller Carolyn Sievers Jordan Paulsberg Kathryn Lewis INAM	2:03.50 11/24/19 Reva Zacharias Kevin Hays Ian Keane Kathy Pelham PSM	2:00.92 12/10/11 Amy Ward Tamas Bessenyei Logan Madson Kristine Senkier OREG	2:04.33 11/19/06 Zena Courtney Jon Baca Lisa Dahl Bob Fish PNA	2:01.94 11/18/06 K. Andrus-Hughes Allen Stark Arlene Delmage Wes Edwards OREG	2:07.54 11/22/15 Donald Graham Rick Colella Lisa Dahl Charlotte Davis PSM	2:42.58 03/05/17 Joy Ward Scot Sullivan Colette Crabbe Willard Lamb OREG	2:57.97 03/10/19 Willard Lamb Janet Gettling Margaret Toppel David Radcliff OREG

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