

NW Zone LCM Records -- as of 5/18/2026

MEN 18-24										WOMEN 18-24									
0:23.33	08/10/25	UC56	Ezra Billings	50	M.	Free	Meghan Zimmer	OREG	08/11/13	0:27.45									
0:52.26	08/10/25	UC36	Nicholas Imig	100	M.	Free	Abbey Erwin	SAWS	08/11/19	0:59.55									
2:06.28	08/21/16	UC36	Matthew Gates	200	M.	Free	Marion Gallagher	PNA	06/24/07	2:19.19									
4:34.70	08/14/76	PNA	Rick Colella	400	M.	Free	Sydney Anderson	PSM	08/21/16	4:57.46									
9:33.08	08/25/19	OREG	Evan Edwards	800	M.	Free	Alexis Anderson	PSM	08/10/25	10:18.91									
17:33.20	08/14/76	PNA	Rick Colella	1500	M.	Free	Sydney Anderson	PSM	08/21/16	19:24.39									
0:28.33	08/10/25	PSM	Flynn Bayne	50	M.	Back	Shannon Heringer	OREG	08/23/92	0:33.30									
1:02.56	08/27/95	OREG	Gary DeFrang	100	M.	Back	Aubrey Cheng	UC56	08/10/25	1:09.93									
2:16.59	08/11/19	OREG	Matthew McComish	200	M.	Back	Jordan King	PSM	08/17/14	2:24.53									
0:30.94	07/15/95	UTAH	Dmitri Malinovski	50	M.	Breast	Paloma Dinkel	PNA	07/07/12	0:35.54									
1:07.87	06/03/95	UTAH	Dmitri Malinovski	100	M.	Breast	Paloma Dinkel	PNA	07/07/12	1:16.86									
2:37.51	08/10/25	PSM	Ian Franklin	200	M.	Breast	Camille McClafferty	OREG	07/07/24	2:50.10									
0:25.18	08/10/25	PASC	Almaz Faskhutdinov	50	M.	Fly	Jordan King	PSM	08/17/14	0:29.27									
0:58.57	08/11/19	OREG	Matthew McComish	100	M.	Fly	J. King / A. Erwin	PSM/SAWS	08/17/14	1:04.10									
2:19.31	08/21/16	UC36	Matthew Gates	200	M.	Fly	Abbey Erwin	SAWS	08/11/19	2:21.30									
2:17.88	08/10/25	BWAQ	Samuel Draeger	200	M.	I. M.	Jordan King	PSM	08/17/14	2:24.97									
5:03.70	08/14/76	PNA	Rick Colella	400	M.	I. M.	Danielle Trevino	PNA	08/17/08	5:38.30									
MEN 25-29										WOMEN 25-29									
0:23.92	07/06/08	PNA	Troy Davidson	50	M.	Free	Sara Shand	UTAH	01/01/91	0:26.68									
0:52.08	08/23/92	MAC	John Keppeler	100	M.	Free	Sara Shand	UTAH	01/01/91	0:58.23									
1:52.17	08/23/92	MAC	John Keppeler	200	M.	Free	Megan Jendrick	PNA	07/11/10	2:04.56									
4:19.82	08/23/92	MAC	Alex Stiles	400	M.	Free	Sara Quan	OREG	08/19/01	4:46.98									
8:36.83	08/23/92	SAW	Jeff Erwin	800	M.	Free	Christine Somera	OREG	08/24/14	10:17.89									
17:14.33	08/26/82	OREG	Alan Cardwell	1500	M.	Free	Sara Quan	OREG	08/19/01	18:29.45									
0:28.11	08/21/16	KM	Nick Blank	50	M.	Back	Lori Clark	IEA	08/25/82	0:32.87									
0:58.24	08/23/92	MAC	John Keppeler	100	M.	Back	Diana MacManus	HMS	06/10/12	1:06.91									
2:07.57	08/23/92	MAC	John Keppeler	200	M.	Back	Alicia Diaz	PSM	08/10/25	2:29.24									
0:29.79	08/10/25	PSM	Jonathan Cook	50	M.	Breast	Megan Jendrick	PNA	07/11/10	0:31.60									
1:04.93	08/10/25	PSM	Jonathan Cook	100	M.	Breast	Megan Jendrick	PNA	07/02/12	1:09.81									
2:28.17	08/11/13	PSM	Cejih Yung	200	M.	Breast	Anna Sharpe	KM	08/11/19	2:45.22									
0:25.40	08/10/25	PSM	Matthew Cole	50	M.	Fly	Megan Jendrick	PNA	07/11/10	0:28.29									
0:56.46	08/11/13	PSM	Chris Chapman	100	M.	Fly	Paloma Dinkel	PSM	08/11/13	1:06.29									
2:10.79	08/25/96	MAC	Bill Zolna	200	M.	Fly	Maureen Phillips	PNA	08/19/01	2:25.60									
2:14.32	08/22/96	MAC	Bill Zolna	200	M.	I. M.	Paloma Dinkel	PSM	08/11/13	2:26.92									
4:49.49	08/25/96	MAC	Bill Zolna	400	M.	I. M.	Anne Wideman	SAWS	08/25/24	5:23.36									
MEN 30-34										WOMEN 30-34									
0:24.60	08/10/25	PSM	Karl Mering	50	M.	Free	Erica Cenci	PSM	07/21/16	0:27.43									
0:53.76	08/10/25	PSM	Karl Mering	100	M.	Free	Erica Cenci	PSM	08/21/16	0:59.10									
2:00.39	07/31/94	MAC	Jeff Stiling	200	M.	Free	Erica Cenci	PSM	07/21/16	2:08.41									
4:16.22	07/31/94	MAC	Jeff Stiling	400	M.	Free	Leissa Mills	OREG	08/01/93	4:44.36									
9:15.86	08/15/98	OREG	Doug Stewart	800	M.	Free	Leissa Mills	OREG	08/01/93	9:51.10									
16:38.49	08/27/95	SAW	Jeff Erwin	1500	M.	Free	Haley Chura	BOZE	05/22/16	18:55.90									
0:28.69	08/10/25	OREG	Nicolas Morrell	50	M.	Back	Hannah Weiss	PSM	08/10/25	0:30.33									
1:03.51	08/30/99	MM	Tyler Jourdonnais	100	M.	Back	Hannah Weiss	PSM	08/10/25	1:06.34									
2:19.28	08/17/08	OREG	Chip Polito	200	M.	Back	Zena Herrmann	PNA	08/23/92	2:26.99									
0:31.15	08/11/19	PSM	Chris Conroy	50	M.	Breast	Caitlyn Shortt-Low	OREG	08/21/16	0:35.98									
1:06.46	08/10/25	UC36	Liam Sosinsky	100	M.	Breast	Abby Blank	OREG	08/21/16	1:21.32									
2:30.12	08/10/25	UC36	Liam Sosinsky	200	M.	Breast	Abby Blank	OREG	08/21/16	2:51.38									
0:25.77	08/23/99	AKMS	Michael Sorensen	50	M.	Fly	Erica Dagg	PSM	07/01/23	0:30.44									
0:56.70	08/10/25	PSM	Karl Mering	100	M.	Fly	Hannah Weiss	PSM	08/10/25	1:04.45									
2:09.40	08/10/25	PSM	Karl Mering	200	M.	Fly	Tammy Bennett	HSKY	07/31/90	2:33.10									
2:17.19	08/15/02	MAC	Bill Zolna	200	M.	I. M.	Erica Cenci	PSM	07/07/16	2:31.68									
4:52.38	08/15/02	MAC	Bill Zolna	400	M.	I. M.	Zena Herrmann	PNA	07/04/92	5:29.60									
MEN 35-39										WOMEN 35-39									
0:24.96	01/01/01	MM	Tyler Jourdonnais	50	M.	Free	Megan Oesting	PNA	08/10/09	0:27.18									
0:54.18	01/01/01	MM	Tyler Jourdonnais	100	M.	Free	Megan Oesting	PNA	08/10/09	0:59.26									
1:58.84	08/27/95	MAC	Jeff Stiling	200	M.	Free	Kristine Senkier	OREG	08/17/08	2:14.04									
4:17.26	08/27/95	MAC	Jeff Stiling	400	M.	Free	Emily Melina	OREG	08/21/16	4:45.23									
8:54.26	08/27/95	MAC	Jeff Stiling	800	M.	Free	Emily Melina	OREG	08/21/16	9:53.17									
17:31.53	08/19/01	OREG	Doug Stewart	1500	M.	Free	Sara Nelson	OREG	08/17/08	18:41.21									
0:28.60	08/17/14		M. McIntyre / T. Gray	50	M.	Back	Sheri Hart	PNA	08/08/10	0:30.17									
1:00.93	08/17/14	PSM	Trever Gray	100	M.	Back	Sheri Hart	PNA	08/08/10	1:04.99									
2:14.81	08/23/92	PNA	Mark List	200	M.	Back	Kristine Senkier	OREG	08/17/08	2:31.06									
0:31.40	08/19/01	OREG	John Hudson	50	M.	Breast	Brianna Showell	OREG	08/21/16	0:35.74									
1:10.61	07/08/06	OREG	Greg Latta	100	M.	Breast	Brianna Showell	OREG	08/21/16	1:19.45									
2:34.61	08/05/90	PNA	Greg Harrison	200	M.	Breast	Sara Nelson	OREG	08/17/08	2:53.71									
0:25.62	01/01/00	MM	Tyler Jourdonnais	50	M.	Fly	Nikki Weeks	OREG	08/17/08	0:30.79									
0:56.39	01/01/00	MM	Tyler Jourdonnais	100	M.	Fly	Tammy Bennett	HSKY	08/23/92	1:08.69									
2:09.36	07/30/00	OREG	Dennis Baker	200	M.	Fly	Shauna Simpson	OREG	06/03/06	2:41.40									
2:15.53	08/10/98	OREG	James Sorensen	200	M.	I. M.	Sara Nelson	OREG	08/17/08	2:34.53									
4:50.27	08/27/95	MAC	Jeff Stiling	400	M.	I. M.	Sara Nelson	OREG	08/17/08	5:29.12									

NW Zone LCM Records -- as of 5/18/2026

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	Ellen Reynolds	SAWS	08/11/23	0:29.85
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	08/11/23	0:33.70
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	Ellen Reynolds	SAWS	08/11/23	0:31.01
1:03.95	08/17/08	PNA	Scott Lautman	100	M. Fly	Ellen Reynolds	SAWS	08/11/23	1:12.09
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 5/18/2026

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

50	M.	Free	Charlotte Davis
100	M.	Free	Charlotte Davis
200	M.	Free	Colette Crabbe
400	M.	Free	Colette Crabbe
800	M.	Free	Colette Crabbe
1500	M.	Free	Colette Crabbe
50	M.	Back	Karen Andrus-Hughes
100	M.	Back	Karen Andrus-Hughes
200	M.	Back	Karen Andrus-Hughes
50	M.	Breast	Colette Crabbe
100	M.	Breast	Colette Crabbe
200	M.	Breast	Colette Crabbe
50	M.	Fly	Charlotte Davis
100	M.	Fly	Arlene Delmage
200	M.	Fly	Arlene Delmage
200	M.	I. M.	Colette Crabbe
400	M.	I. M.	Colette Crabbe

WOMEN 60-64

PNA	07/07/12	0:30.11
PNA	08/06/10	1:07.33
OREG	08/27/17	2:35.71
OREG	07/06/19	5:29.19
OREG	07/22/18	11:16.10
OREG	04/10/16	21:25.18
OREG	08/06/17	0:35.14
OREG	08/06/17	1:17.53
OREG	08/06/17	2:56.82
OREG	08/11/19	0:39.91
OREG	08/11/19	1:28.61
OREG	07/22/18	3:13.31
PNA	07/07/12	0:32.57
OREG	08/10/25	1:16.79
OREG	06/12/22	2:53.20
OREG	08/11/19	2:49.85
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

50	M.	Free	Charlotte Davis
100	M.	Free	Charlotte Davis
200	M.	Free	Zena Courtney
400	M.	Free	Charlotte Davis
800	M.	Free	Lo Knapp
1500	M.	Free	Zena Courtney
50	M.	Back	Wendy McNamara
100	M.	Back	Wendy McNamara
200	M.	Back	Zena Courtney
50	M.	Breast	Colette Crabbe
100	M.	Breast	Colette Crabbe
200	M.	Breast	Lo Knapp
50	M.	Fly	Charlotte Davis
100	M.	Fly	Charlotte Davis
200	M.	Fly	Colette Crabbe
200	M.	I. M.	Charlotte Davis
400	M.	I. M.	Colette Crabbe

WOMEN 65-69

PSM	08/21/16	0:30.85
PSM	08/21/16	1:07.88
BWAQ	08/10/25	2:34.15
PSM	01/31/15	5:27.79
UTAH	08/11/19	11:21.32
BWAQ	08/10/25	21:33.50
BSMT	10/10/21	0:36.89
BSMT	10/10/21	1:22.09
BWAQ	08/10/25	2:59.19
OREG	08/25/24	0:41.45
OREG	08/25/24	1:32.13
UTAH	08/11/19	3:19.16
PSM	08/21/16	0:33.66
PSM	01/31/15	1:20.09
OREG	07/07/24	3:15.76
PSM	08/21/16	2:54.74
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
0:34.80	05/16/26	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

50	M.	Free	Margaret Toppel
100	M.	Free	Charlotte Davis
200	M.	Free	Wendy McNamara
400	M.	Free	Lavelle Stoinoff
800	M.	Free	Lavelle Stoinoff
1500	M.	Free	Lavelle Stoinoff
50	M.	Back	Wendy McNamara
100	M.	Back	Wendy McNamara
200	M.	Back	Wendy McNamara
50	M.	Breast	Charlotte Davis
100	M.	Breast	Charlotte Davis
200	M.	Breast	Ginger Pierson
50	M.	Fly	Margaret Toppel
100	M.	Fly	Janet Gettling
200	M.	Fly	Janet Gettling
200	M.	I. M.	Joy Ward
400	M.	I. M.	Joy Ward

WOMEN 70-74

OREG	07/22/18	0:32.89
PSM	07/01/23	1:12.38
BSMT	08/25/24	2:57.03
MAC	06/28/03	6:11.92
MAC	08/12/04	12:35.14
MAC	07/12/03	24:24.13
BSMT	08/10/25	0:39.23
BSMT	08/25/24	1:25.19
BSMT	08/25/24	3:10.48
PSM	07/01/23	0:44.76
PSM	07/01/23	1:41.94
OREG	08/27/17	3:52.09
OREG	07/22/18	0:37.36
OREG	08/11/19	1:47.60
OREG	08/11/19	4:00.76
OREG	08/26/12	3:38.29
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

50	M.	Free	Charlotte Davis
100	M.	Free	Charlotte Davis
200	M.	Free	Charlotte Davis
400	M.	Free	Charlotte Davis
800	M.	Free	Janet Gettling
1500	M.	Free	Sue Calnek-Morris
50	M.	Back	Joy Ward
100	M.	Back	Joy Ward
200	M.	Back	Joy Ward
50	M.	Breast	Charlotte Davis
100	M.	Breast	Charlotte Davis
200	M.	Breast	Janet Gettling
50	M.	Fly	Charlotte Davis
100	M.	Fly	Janet Gettling
200	M.	Fly	Janet Gettling
200	M.	I. M.	Charlotte Davis
400	M.	I. M.	Janet Gettling

WOMEN 75-79

PSM	08/10/25	0:32.96
PSM	08/10/25	1:13.13
PSM	08/10/25	2:47.46
PSM	08/10/25	5:53.72
OREG	07/01/23	14:51.34
OREG	07/22/18	28:36.12
OREG	08/06/17	0:47.50
OREG	08/06/17	1:43.60
OREG	08/06/17	3:46.69
PSM	08/10/25	0:46.54
PSM	05/17/25	1:43.63
OREG	08/05/23	4:13.12
PSM	08/10/25	0:36.47
OREG	06/10/23	1:53.27
OREG	05/28/23	4:08.00
PSM	08/10/25	3:14.64
OREG	07/23/23	8:21.31

NW Zone LCM Records -- as of 5/18/2026

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	Carolyn Magee
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
VS	08/10/25	7:37.03
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
6:42.69	07/19/19	OREG	David Radcliff
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 5/18/2026

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

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.

WOMEN 100-104

MEN 105-109

no records

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.

WOMEN 105-109

MEN 110-114

no records

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.

WOMEN 110-114

MEN 115-119

no records

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.

WOMEN 115-119