

NW Zone SCM Records -- as of 6/26/2026

MEN 18-24					WOMEN 18-24					
0:24.31	01/25/15	PSM	Jordan Reid	50	M.	Free	Katie Kaestner	PSM	11/18/17	0:26.85
0:54.98	10/19/85	PNA	Steve Schmidt	100	M.	Free	Katie Kaestner	PSM	02/04/18	1:01.76
2:02.93	12/14/02	AK	Pieter Dehart	200	M.	Free	Amanda Clark	PSM	11/20/16	2:11.73
4:22.25	10/20/12	PNA	Bruce Deakyne	400	M.	Free	Karissa DeRousseau	OREG	04/15/12	4:51.51
9:02.89	10/20/12	PNA	Bruce Deakyne	800	M.	Free	Amanda Clark	PSM	11/20/16	9:28.88
17:14.21	10/20/12	PNA	Bruce Deakyne	1500	M.	Free	Teri Campbell	IEM	02/08/98	19:23.66
0:27.71	12/11/21	OREG	Matthew McComish	50	M.	Back	Reva Zacharias	PSM	11/24/19	0:32.60
1:00.96	12/07/13	OREG	Connor Brenda	100	M.	Back	Katie Kaestner	PSM	02/04/18	1:11.70
2:22.51	12/15/96	OREG	Matt Boles	200	M.	Back	Riley Taylor	KM	02/21/26	2:31.97
0:29.27	08/23/25	PSM	Christian Louie	50	M.	Breast	Jesse Kaba	OREG	11/18/17	0:34.01
1:04.88	08/23/25	PSM	Christian Louie	100	M.	Breast	Jesse Kaba	OREG	11/18/17	1:13.97
2:37.37	11/19/06	PNA	Kyle Ciminski	200	M.	Breast	Katie Kaestner	PSM	11/18/17	2:44.57
0:26.20	11/19/06	PNA	Kyle Ciminski	50	M.	Fly	Langford / Kaestner	AK-PSM	11/18/17	0:29.98
0:58.97	02/19/06	PNA	Kyle Ciminski	100	M.	Fly	Natascha Mangan	OREG	10/21/12	1:06.16
2:30.82	02/04/18	PSM	Nicholas Pederson	200	M.	Fly	Natascha Mangan	OREG	10/21/12	2:25.35
0:59.53	08/23/25	PSM	Christian Louie	100	M.	I. M.	Caitlyn Shortt	OREG	05/18/08	1:08.29
2:19.50	12/14/02	AK	Pieter Dehart	200	M.	I. M.	Natascha Mangan	OREG	10/21/12	2:32.08
4:56.96	11/19/23	CWUSC	Nate Harris	400	M.	I. M.	Katie Kaestner	PSM	11/18/17	5:20.10
MEN 25-29					WOMEN 25-29					
0:23.86	02/21/26	KM	Carl Eisen	50	M.	Free	Joanna Wu	BWAQ	11/24/19	0:26.88
0:52.77	02/17/08	PNA	Troy Davidson	100	M.	Free	Lauren Thies	OREG	11/20/05	0:58.35
2:01.69	11/19/23	PSM	Brian Woodbury	200	M.	Free	Courtney Monsees	KM	12/17/16	2:06.39
4:20.69	10/20/12	PNA	Cejih Yung	400	M.	Free	Leissa Mills	OREG	03/04/90	4:39.24
9:13.75	11/13/16	KM	Nick Blank	800	M.	Free	Ellen Ferguson	OREG	01/20/91	9:47.28
17:33.98	02/05/23	OREG	Evan Edwards	1500	M.	Free	Lisa O'Brien	PNA	05/16/88	18:47.44
0:27.44	12/10/11	OREG	Logan Madson	50	M.	Back	Diana MacManus	HMS	03/03/12	0:28.92
0:59.48	11/19/23	PSM	Brian Woodbury	100	M.	Back	Diana MacManus	HMS	03/03/12	1:03.70
2:11.24	11/13/16	KM	Nick Blank	200	M.	Back	Jacquelyn Foley	PNA	02/17/08	2:32.34
0:28.55	02/21/26	SCM	Daniel Roy	50	M.	Breast	Megan Jendrick	PNA	11/21/10	0:31.87
1:01.46	02/21/26	SCM	Daniel Roy	100	M.	Breast	Megan Jendrick	PNA	04/15/12	1:10.04
2:14.12	02/21/26	SCM	Daniel Roy	200	M.	Breast	Megan Jendrick	PNA	04/15/12	2:29.80
0:25.25	10/21/12	PNA	Chris Chapman	50	M.	Fly	Diana MacManus	HMS	03/03/12	0:28.38
0:56.68	10/21/12	PNA	Chris Chapman	100	M.	Fly	Jessica Stacy	OREG	12/02/18	1:04.64
2:10.91	05/16/98	PNA	Tom O'Brien	200	M.	Fly	Lisa O'Brien	PNA	05/16/88	2:37.48
0:57.34	02/11/24	PSM	Daniel Chang	100	M.	I. M.	Megan Jendrick	PNA	01/23/11	1:03.41
2:14.35	11/13/16	KM	Nick Blank	200	M.	I. M.	Courtney Monsees	KM	11/13/16	2:27.77
4:40.18	02/11/24	PSM	Daniel Chang	400	M.	I. M.	Melissa Chamberlin	PNA	11/22/09	5:21.25
MEN 30-34					WOMEN 30-34					
0:24.14	04/15/12	OREG	Benjamin Weston	50	M.	Free	Madelyn Veith	OREG	04/19/26	0:26.57
0:52.90	04/15/12	OREG	Benjamin Weston	100	M.	Free	Lauren Thies	OREG	12/05/10	0:58.55
1:58.16	03/02/25	UC36	Karl Mering	200	M.	Free	Lauren Thies	OREG	12/05/10	2:06.39
4:20.34	10/13/96	UTAH	Dennis Tesch	400	M.	Free	Lauren Thies	OREG	12/05/10	4:31.63
8:55.82	10/13/96	UTAH	Dennis Tesch	800	M.	Free	Sara Quan Nelson	OREG	12/14/02	9:45.42
16:51.79	10/13/96	UTAH	Dennis Tesch	1500	M.	Free	Ilsa Feierabend	OREG	12/08/24	18:52.86
0:27.55	11/12/22	OREG	Nicolas Morrell	50	M.	Back	Katie Paglini	AK	12/14/13	0:31.70
1:00.35	11/12/22	OREG	Nicolas Morrell	100	M.	Back	Svetlana Karpeeva	PSM	11/18/17	1:06.78
2:16.92	03/12/23	OREG	Nicolas Morrell	200	M.	Back	Ilsa Feierabend	OREG	12/08/24	2:26.32
0:29.28	11/18/18	PSM	Jakub Kotynia	50	M.	Breast	Leslie McCullough	PNA	09/16/00	0:34.13
1:04.88	11/18/18	PSM	Jakub Kotynia	100	M.	Breast	Svetlana Karpeeva	PSM	11/18/17	1:14.72
2:30.75	12/08/19	PSM	Cejih Yung	200	M.	Breast	Linda Hegeberg	PNA	10/08/00	2:50.59
0:25.99	12/01/99	AK	Michael Sorenson	50	M.	Fly	Lauren Thies	OREG	12/05/10	0:29.23
0:56.55	12/01/99	AK	Michael Sorenson	100	M.	Fly	Lauren Thies	OREG	12/05/10	1:04.31
2:16.84	12/09/00	OREG	Bill Zolna	200	M.	Fly	Tammy Bennett	HSKY	05/16/88	2:31.16
1:00.91	04/15/12	OREG	Benjamin Weston	100	M.	I. M.	Svetlana Karpeeva	PSM	11/18/17	1:06.88
2:16.18	04/15/12	OREG	Benjamin Weston	200	M.	I. M.	Lauren Thies	OREG	12/05/10	2:22.68
4:59.60	12/05/98	OREG	Doug Stewart	400	M.	I. M.	Linda Hegeberg	PNA	10/08/00	5:33.54
MEN 35-39					WOMEN 35-39					
0:24.87	12/02/04	PNA	Amon Emeka	50	M.	Free	Amy Ward	OREG	09/04/11	0:27.50
0:53.62	12/07/03	OREG	John Keppeler	100	M.	Free	Amy Ward	OREG	09/04/11	1:00.69
1:58.99	12/07/03	OREG	John Keppeler	200	M.	Free	Amy Ward	OREG	09/04/11	2:12.79
4:16.69	12/09/00	OREG	Dennis Baker	400	M.	Free	Allison Cox	PSM	11/24/19	4:43.76
9:03.99	12/05/99	OREG	Doug Stewart	800	M.	Free	Lex Higlett	OREG	12/08/19	9:49.21
17:28.69	02/05/23	PSM	Eddie Switaj	1500	M.	Free	Lex Higlett	OREG	12/08/19	18:40.02
0:27.92	12/07/03	OREG	John Keppeler	50	M.	Back	Susan Wetstone	PSM	12/02/12	0:31.76
0:58.01	11/22/15	PSM	Trever Gray	100	M.	Back	Sara Shepherd	OREG	11/10/18	1:08.48
2:08.57	12/07/03	OREG	John Keppeler	200	M.	Back	Susan Wetstone	PSM	11/30/12	2:31.10
0:31.60	02/22/20	STRG	Peter Marchesini	50	M.	Breast	Jayna Tomac	OREG	12/09/07	0:36.50
1:09.30	12/14/02	OREG	John Hudson	100	M.	Breast	Jayna Tomac	OREG	12/09/07	1:20.39
2:28.35	10/15/89	PNA	Greg Harrison	200	M.	Breast	Linda Hegeberg	PNA	11/19/06	2:53.71
0:26.22	12/02/04	PNA	Amon Emeka	50	M.	Fly	Caitlin Denise	OREG	04/19/26	0:29.81
0:58.47	12/02/04	PNA	Amon Emeka	100	M.	Fly	Caitlin Denise	OREG	04/19/26	1:05.74
2:08.86	12/09/00	OREG	Dennis Baker	200	M.	Fly	Shauna Simpson	OREG	02/19/06	2:37.72
0:59.21	11/22/15	PSM	Trever Gray	100	M.	I. M.	Svetlana Karpeeva	PSM	11/19/23	1:08.30
2:16.41	01/01/94	PNA	David Santos	200	M.	I. M.	Svetlana Karpeeva	PSM	11/19/23	2:29.55
4:57.03	01/01/94	PNA	David Santos	400	M.	I. M.	Hannah Loughlin	PSM	11/19/23	5:31.95

NW Zone SCM Records -- as of 6/26/2026

MEN 40-44

0:24.45	12/09/95	AK	Rick Abbott
0:53.25	12/09/95	AK	Rick Abbott
2:01.62	02/17/08	PNA	David Kays
4:20.27	02/17/08	PNA	David Kays
8:46.71	11/13/04	OREG	Dennis Baker
17:24.23	12/04/11	PNA	David Kays
0:28.51	04/15/12	OREG	Mike Self
1:02.23	04/15/12	OREG	Mike Self
2:16.51	04/15/12	OREG	Mike Self
0:30.37	04/15/12	OREG	Brad Bachulis
1:06.09	11/11/17	OREG	Kurt Grote
2:23.61	11/11/17	OREG	Kurt Grote
0:26.35	12/09/95	AK	Rick Abbott
1:00.86	02/21/26	SCM	Trent Shino
2:06.48	11/20/05	OREG	Dennis Baker
1:00.16	02/17/08	HMS	Roy Berg
2:12.16	02/17/08	HMS	Roy Berg
4:44.38	11/20/05	OREG	Dennis Baker

WOMEN 40-44

50	M.	Free	Amy Moorhead	PSM	11/22/15	0:27.17
100	M.	Free	Leslie Kragt	OREG	03/10/24	1:01.26
200	M.	Free	Leslie Kragt	OREG	03/10/24	2:16.08
400	M.	Free	Haleigh Werner	PNA	10/20/12	4:49.06
800	M.	Free	Lex Higlett	OREG	12/01/23	9:54.80
1500	M.	Free	Lex Higlett	OREG	12/01/23	18:59.93
50	M.	Back	Sheri Hart	PNA	01/23/11	0:30.60
100	M.	Back	Sheri Hart	PNA	01/23/11	1:05.81
200	M.	Back	Sara Shepherd	OREG	03/12/23	2:25.04
50	M.	Breast	Leslie Kragt	OREG	04/19/26	0:34.91
100	M.	Breast	Leslie Kragt	OREG	04/19/26	1:14.72
200	M.	Breast	Leslie Kragt	OREG	04/19/26	2:52.07
50	M.	Fly	Lisa Dahl	PNA	12/04/05	0:30.27
100	M.	Fly	Sonja Skinner	OREG	11/24/19	1:09.27
200	M.	Fly	Courtney Chase	KM	02/22/25	2:36.28
100	M.	I. M.	Sara Shepherd	OREG	12/09/23	1:09.34
200	M.	I. M.	Sara Shepherd	OREG	03/12/23	2:30.35
400	M.	I. M.	Lianna Badran	PSM	11/20/16	5:34.08

MEN 45-49

0:25.04	12/08/19	OREG	Kurt Grote
0:54.45	04/15/12	OREG	Michael Baele
2:01.87	11/18/18	OREG	Kurt Grote
4:19.71	11/18/18	OREG	Kurt Grote
9:07.63	10/08/00	PNA	Steve Sussex
17:41.22	12/05/15	UC36	David Kays
0:28.47	03/10/19	OREG	Mike Self
1:01.70	11/19/16	OREG	Mike Self
2:15.91	12/08/19	OREG	Kurt Grote
0:30.65	11/10/18	OREG	Kurt Grote
1:05.93	11/10/18	OREG	Kurt Grote
2:21.39	12/08/19	OREG	Kurt Grote
0:26.72	04/15/12	OREG	Michael Baele
0:58.35	11/18/06	OREG	Dennis Baker
2:06.40	11/18/06	OREG	Dennis Baker
1:01.34	11/10/18	OREG	Kurt Grote
2:10.47	12/08/19	OREG	Kurt Grote
4:49.84	11/18/18	OREG	Kurt Grote

WOMEN 45-49

50	M.	Free	Amy Moorhead	PSM	11/20/16	0:27.16
100	M.	Free	Amy Moorhead	PSM	11/20/16	1:01.74
200	M.	Free	Ellen Reynolds	SAWS	11/30/12	2:10.32
400	M.	Free	Ellen Reynolds	SAWS	10/14/11	4:42.57
800	M.	Free	Susanne Simpson	IWM	02/20/05	9:42.24
1500	M.	Free	Christine McClafferty	OREG	11/06/22	19:45.02
50	M.	Back	Ellen Reynolds	SAWS	10/14/11	0:31.15
100	M.	Back	Ellen Reynolds	SAWS	11/30/12	1:05.51
200	M.	Back	Ellen Reynolds	SAWS	11/30/12	2:22.00
50	M.	Breast	Sonja Skinner	OREG	11/19/23	0:37.02
100	M.	Breast	Colette Crabbe	OREG	11/20/05	1:20.84
200	M.	Breast	Colette Crabbe	OREG	12/14/02	2:54.05
50	M.	Fly	Lisa Dahl	PNA	11/19/06	0:30.18
100	M.	Fly	Susanne Simpson	IWM	02/20/05	1:07.99
200	M.	Fly	Susanne Simpson	IWM	02/20/05	2:29.32
100	M.	I. M.	Amy Moorhead	PSM	11/20/16	1:11.96
200	M.	I. M.	Ellen Reynolds	SAWS	11/30/12	2:26.26
400	M.	I. M.	Ellen Reynolds	SAWS	10/14/11	5:17.29

MEN 50-54

0:24.87	04/19/26	OREG	Kurt Grote
0:54.73	04/19/26	OREG	Kurt Grote
2:01.71	12/08/24	OREG	Kurt Grote
4:20.89	12/08/24	OREG	Kurt Grote
9:15.06	11/20/16	PSM	Mats Nygren
16:53.04	12/04/16	SAWS	Jeff Erwin
0:29.04	12/07/08	OREG	Phillip Djang
1:03.43	12/07/08	OREG	Phillip Djang
2:15.98	04/17/26	PSM	Diego A de Acosta
0:30.75	12/08/24	OREG	Kurt Grote
1:05.83	04/19/26	OREG	John Rasmussen
2:27.84	12/08/24	OREG	Kurt Grote
0:27.04	12/10/06	PNA	Donald Graham
1:01.03	04/15/12	OREG	Dennis Baker
2:12.41	11/06/11	OREG	Dennis Baker
1:01.65	04/19/26	OREG	Kurt Grote
2:12.03	04/19/26	OREG	Kurt Grote
4:47.36	01/25/26	OREG	Kurt Grote

WOMEN 50-54

50	M.	Free	Jill Marie Asch	OREG	04/22/16	0:28.51
100	M.	Free	Ellen Reynolds	SAWS	09/28/14	1:01.41
200	M.	Free	Ellen Reynolds	SAWS	12/04/16	2:11.63
400	M.	Free	Ellen Reynolds	SAWS	12/04/16	4:40.46
800	M.	Free	Ellen Reynolds	SAWS	12/12/14	9:35.39
1500	M.	Free	Christine McClafferty	OREG	02/04/24	19:36.98
50	M.	Back	Karen Andrus-Hughes	OREG	12/07/08	0:32.13
100	M.	Back	Ellen Reynolds	SAWS	03/08/14	1:05.89
200	M.	Back	Ellen Reynolds	SAWS	03/08/14	2:22.37
50	M.	Breast	Mary Armstrong	PSM	11/24/19	0:36.31
100	M.	Breast	Sonja Skinner	OREG	03/08/26	1:21.81
200	M.	Breast	Ellen Reynolds	SAWS	12/04/16	2:50.36
50	M.	Fly	Christine McClafferty	OREG	11/19/23	0:30.38
100	M.	Fly	Christine McClafferty	OREG	01/17/26	1:06.95
200	M.	Fly	Christine McClafferty	OREG	12/07/25	2:30.97
100	M.	I. M.	Ellen Reynolds	SAWS	11/18/18	1:08.79
200	M.	I. M.	Ellen Reynolds	SAWS	11/18/18	2:27.39
400	M.	I. M.	Ellen Reynolds	SAWS	09/28/14	5:10.96

MEN 55-59

0:25.38	12/13/09	OREG	Mike Tennant
0:57.19	12/12/10	AK	Rick Abbott
2:07.92	03/12/23	OREG	Daniel Jorgensen
4:33.64	03/12/23	OREG	Daniel Jorgensen
9:26.32	02/05/23	OREG	Daniel Jorgensen
18:14.38	12/04/09	PNA	William Penn
0:29.54	04/19/26	OREG	Mike Self
1:03.65	03/08/25	OREG	Mike Self
2:18.94	03/08/25	OREG	Mike Self
0:32.83	02/04/18	PSM	Daniel Phillips
1:12.89	04/29/12	HMS	Michael Hamm
2:40.84	04/29/12	HMS	Michael Hamm
0:27.76	12/13/09	PNA	Donald Graham
1:04.43	12/02/12	PSM	Donald Graham
2:25.95	02/17/08	PNA	Scott Lautman
1:06.32	11/19/23	OREG	Scot Sullivan
2:27.34	04/28/13	OREG	Patrick Allender
5:20.13	11/24/19	PSM	Daniel Phillips

WOMEN 55-59

50	M.	Free	Karen Andrus-Hughes	OREG	04/15/12	0:29.32
100	M.	Free	Karen Andrus-Hughes	OREG	04/15/12	1:05.09
200	M.	Free	Ellen Reynolds	SAWS	12/08/19	2:12.03
400	M.	Free	Holly Vaughn-Edmonds	OREG	03/10/19	5:01.21
800	M.	Free	Mary Sweat	OREG	04/15/12	10:36.34
1500	M.	Free	Mary Sweat	OREG	04/28/13	20:06.45
50	M.	Back	Karen Andrus-Hughes	OREG	04/15/12	0:33.56
100	M.	Back	Ellen Reynolds	SAWS	12/08/19	1:07.17
200	M.	Back	Ellen Reynolds	SAWS	12/08/19	2:25.27
50	M.	Breast	Kim Crouch	PSM	11/19/16	0:37.54
100	M.	Breast	Kim Crouch	PSM	11/19/16	1:23.25
200	M.	Breast	Kim Crouch	PSM	11/19/16	3:01.40
50	M.	Fly	Arlene Delmage	OREG	03/05/17	0:32.78
100	M.	Fly	Arlene Delmage	OREG	11/18/17	1:12.97
200	M.	Fly	Arlene Delmage	OREG	11/18/17	2:42.59
100	M.	I. M.	Ellen Reynolds	SAWS	11/24/19	1:10.05
200	M.	I. M.	Ellen Reynolds	SAWS	11/24/19	2:27.78
400	M.	I. M.	Ellen Reynolds	SAWS	11/24/19	5:15.72

NW Zone SCM Records -- as of 6/26/2026

MEN 60-64					WOMEN 60-64				
0:26.20	12/07/03	OREG	Robert Smith	50 M. Free	Karen Andrus-Hughes	OREG	11/18/17	0:29.88	
0:58.82	04/19/26	OREG	Scot Sullivan	100 M. Free	Karen Andrus-Hughes	OREG	11/18/17	1:06.16	
2:01.65	11/22/15	PSM	Rick Colella	200 M. Free	Valerie Jenkins	OREG	05/28/23	2:26.96	
4:44.55	02/22/20	FLOW	Mark Johnston	400 M. Free	Holly Vaughn-Edmonds	OREG	11/12/22	5:07.33	
9:49.73	08/16/13	HMS	Larry Krauser	800 M. Free	Colette Crabbe	OREG	11/19/16	10:56.23	
18:50.59	02/18/07	PNA	James McCleery	1500 M. Free	Colette Crabbe	OREG	12/04/16	20:39.25	
0:31.04	12/05/15	PSM	Donald Graham	50 M. Back	Karen Andrus-Hughes	OREG	11/18/17	0:33.75	
1:06.99	04/28/13	OREG	Wes Edwards	100 M. Back	Karen Andrus-Hughes	OREG	11/10/18	1:13.53	
2:28.76	01/25/26	PSM	Ed Wardian	200 M. Back	Karen Andrus-Hughes	OREG	11/11/17	2:46.26	
0:31.51	11/22/15	PSM	Rick Colella	50 M. Breast	Colette Crabbe	OREG	12/04/16	0:38.87	
1:09.92	11/22/15	PSM	Rick Colella	100 M. Breast	Colette Crabbe	OREG	12/04/16	1:24.39	
2:37.61	11/13/11	PNA	Rick Colella	200 M. Breast	Lo Knapp	UTAH	12/04/16	3:04.70	
0:27.53	10/25/14	PSM	Donald Graham	50 M. Fly	Charlotte Davis	PNA	12/04/11	0:32.93	
1:04.27	11/22/15	PSM	Donald Graham	100 M. Fly	Colette Crabbe	OREG	12/01/17	1:14.21	
2:23.29	11/22/15	PSM	Rick Colella	200 M. Fly	Arlene Delmage	OREG	03/13/22	2:52.60	
1:04.23	03/21/15	PSM	Rick Colella	100 M. I. M.	Colette Crabbe	OREG	12/01/17	1:16.22	
2:19.96	03/21/15	PSM	Rick Colella	200 M. I. M.	Colette Crabbe	OREG	12/01/17	2:43.04	
5:04.54	11/13/11	PNA	Rick Colella	400 M. I. M.	Colette Crabbe	OREG	12/01/17	5:50.34	

MEN 65-69					WOMEN 65-69				
0:27.37	11/18/17	PSM	Rick Colella	50 M. Free	Charlotte Davis	PSM	11/22/15	0:30.79	
0:58.19	11/20/16	PSM	Rick Colella	100 M. Free	Charlotte Davis	PSM	11/22/15	1:06.90	
2:07.56	11/20/16	PSM	Rick Colella	200 M. Free	Charlotte Davis	PSM	02/15/15	2:29.35	
4:27.91	11/18/17	PSM	Rick Colella	400 M. Free	Charlotte Davis	PSM	10/09/15	5:23.19	
9:26.94	11/24/19	PSM	Rick Colella	800 M. Free	Charlotte Davis	PSM	10/09/15	11:09.87	
19:19.65	01/21/18	SCM	Larry Krauser	1500 M. Free	Colette Crabbe	OREG	02/05/23	21:24.47	
0:32.76	11/02/08	OREG	Robert Smith	50 M. Back	Karen Andrus-Hughes	OREG	03/10/24	0:36.85	
1:10.84	01/31/25	PSM	Carl Haynie	100 M. Back	Karen Andrus-Hughes	OREG	03/12/23	1:19.11	
2:37.33	01/31/25	PSM	Carl Haynie	200 M. Back	Karen Andrus-Hughes	OREG	03/12/23	2:55.98	
0:32.50	11/20/16	PSM	Rick Colella	50 M. Breast	Colette Crabbe	OREG	08/23/25	0:40.82	
1:11.82	11/24/19	PSM	Rick Colella	100 M. Breast	Colette Crabbe	OREG	11/12/22	1:28.94	
2:36.85	11/18/17	PSM	Rick Colella	200 M. Breast	Colette Crabbe	OREG	03/13/22	3:14.08	
0:29.46	05/24/19	PSM	Donald Graham	50 M. Fly	Charlotte Davis	PSM	11/20/16	0:33.56	
1:05.84	11/24/19	PSM	Rick Colella	100 M. Fly	Charlotte Davis	PSM	10/09/15	1:18.80	
2:25.35	11/18/17	PSM	Rick Colella	200 M. Fly	Colette Crabbe	OREG	11/19/23	3:08.06	
1:05.43	11/20/16	PSM	Rick Colella	100 M. I. M.	Charlotte Davis	PSM	02/15/15	1:19.10	
2:20.35	11/18/18	PSM	Rick Colella	200 M. I. M.	Colette Crabbe	OREG	03/13/22	2:52.76	
5:03.34	11/18/17	PSM	Rick Colella	400 M. I. M.	Colette Crabbe	OREG	11/12/22	6:10.58	

MEN 70-74					WOMEN 70-74				
0:29.17	02/22/25	SCM	Larry Krauser	50 M. Free	Colette Crabbe	OREG	04/19/26	0:33.20	
1:05.09	02/22/20	LCSC	Carl Waterer	100 M. Free	Colette Crabbe	OREG	03/08/26	1:12.35	
2:10.97	12/04/21	PSM	Rick Colella	200 M. Free	Colette Crabbe	OREG	04/19/26	2:42.16	
4:46.78	01/30/22	PSM	Rick Colella	400 M. Free	Colette Crabbe	OREG	04/19/26	5:33.82	
9:36.64	01/30/22	PSM	Rick Colella	800 M. Free	Colette Crabbe	OREG	02/01/26	11:45.89	
18:29.71	01/30/22	PSM	Rick Colella	1500 M. Free	Colette Crabbe	OREG	02/01/26	22:02.35	
0:33.39	04/19/26	OREG	Cliff Stephens	50 M. Back	Colette Crabbe	OREG	03/08/26	0:39.53	
1:12.68	04/19/26	OREG	Cliff Stephens	100 M. Back	Colette Crabbe	OREG	04/19/26	1:24.41	
2:40.79	10/08/25	OREG	Cliff Stephens	200 M. Back	Colette Crabbe	OREG	03/08/26	3:04.54	
0:33.54	12/04/21	PSM	Rick Colella	50 M. Breast	Colette Crabbe	OREG	03/08/26	0:42.29	
1:13.04	12/04/21	PSM	Rick Colella	100 M. Breast	Colette Crabbe	OREG	04/19/26	1:31.76	
2:45.56	11/19/23	PSM	Rick Colella	200 M. Breast	Janet Gettling	OREG	02/04/18	3:43.76	
0:30.30	11/19/23	PSM	Rick Colella	50 M. Fly	Colette Crabbe	OREG	04/19/26	0:35.42	
1:08.30	11/19/23	PSM	Rick Colella	100 M. Fly	Colette Crabbe	OREG	04/19/26	1:20.51	
3:08.13	03/08/25	OREG	Cliff Stephens	200 M. Fly	Joy Ward	OREG	03/10/13	3:53.70	
1:06.98	12/04/21	PSM	Rick Colella	100 M. I. M.	Colette Crabbe	OREG	03/08/26	1:20.09	
2:27.07	12/04/21	PSM	Rick Colella	200 M. I. M.	Colette Crabbe	OREG	04/19/26	2:56.07	
6:04.53	01/25/26	OREG	Cliff Stephens	400 M. I. M.	Colette Crabbe	OREG	03/08/26	6:20.32	

MEN 75-79					WOMEN 75-79				
0:30.15	04/18/09	OREG	David Radcliff	50 M. Free	Charlotte Davis	PSM	11/01/25	0:33.21	
1:05.13	04/18/09	OREG	David Radcliff	100 M. Free	Charlotte Davis	PSM	03/08/25	1:11.92	
2:23.04	02/01/26	PSM	Rick Colella	200 M. Free	Charlotte Davis	PSM	03/08/25	2:42.38	
4:51.10	02/01/26	PSM	Rick Colella	400 M. Free	Janet Gettling	OREG	02/05/23	7:02.15	
9:52.08	02/01/26	PSM	Rick Colella	800 M. Free	Janet Gettling	OREG	02/05/23	14:10.72	
19:18.29	02/01/26	PSM	Rick Colella	1500 M. Free	Janet Gettling	OREG	02/05/23	26:36.25	
0:37.67	03/10/24	OREG	Dan Kirkland	50 M. Back	Joy Ward	OREG	11/18/17	0:46.50	
1:19.05	11/19/23	OREG	Dan Kirkland	100 M. Back	Joy Ward	OREG	11/24/19	1:41.19	
2:46.03	11/19/23	OREG	Dan Kirkland	200 M. Back	Joy Ward	OREG	11/24/19	3:37.43	
0:37.78	04/19/24	OREG	Allen Stark	50 M. Breast	Janet Gettling	OREG	11/19/23	0:48.09	
1:26.35	04/19/24	OREG	Allen Stark	100 M. Breast	Janet Gettling	OREG	03/12/23	1:52.88	
3:16.16	04/19/24	OREG	Allen Stark	200 M. Breast	Mirjana Prather	OREG	11/24/19	4:00.91	
0:36.79	08/23/25	OREG	Larry Wright	50 M. Fly	Charlotte Davis	PSM	11/01/25	0:36.97	
1:34.49	03/02/25	PSM	Alan Bell	100 M. Fly	Janet Gettling	OREG	11/19/23	1:49.77	
3:32.33	12/09/23	OREG	Bob Bruce	200 M. Fly	Janet Gettling	OREG	03/12/23	4:01.71	
1:22.22	11/19/23	OREG	Dan Kirkland	100 M. I. M.	Janet Gettling	OREG	03/12/23	1:42.25	
3:17.46	03/12/23	OREG	Bob Bruce	200 M. I. M.	Charlotte Davis	PSM	11/01/25	3:19.74	
6:29.51	11/19/23	OREG	Dan Kirkland	400 M. I. M.	Janet Gettling	OREG	03/12/23	8:03.16	

NW Zone SCM Records -- as of 6/26/2026

MEN 80-84

0:33.26	11/22/15	OREG	David Radcliff	50	M.	Free	Joy Ward
1:11.26	09/28/14	OREG	David Radcliff	100	M.	Free	Joy Ward
2:38.25	09/28/14	OREG	David Radcliff	200	M.	Free	Jane Nichols
5:39.27	03/09/14	OREG	David Radcliff	400	M.	Free	Jane Nichols
11:35.71	11/15/14	OREG	David Radcliff	800	M.	Free	Jerri Kawabata
21:59.53	09/28/14	OREG	David Radcliff	1500	M.	Free	Madonna Buder
0:47.27	04/19/26	OREG	Jon Stout	50	M.	Back	Joy Ward
1:45.40	02/04/18	PSM	Dick Peterson	100	M.	Back	Joy Ward
3:21.34	03/08/25	PSM	Michael McColly	200	M.	Back	Joy Ward
0:48.30	03/10/19	OREG	Ronald Nakata	50	M.	Breast	Joy Ward
1:45.39	03/08/26	PSM	Steven Peterson	100	M.	Breast	Joy Ward
3:40.58	02/19/17	PSM	Dick Peterson	200	M.	Breast	Joy Ward
0:38.99	11/19/23	PSM	Robert Pilger	50	M.	Fly	Joy Ward
1:59.89	03/08/26	PSM	Steven Peterson	100	M.	Fly	Joy Ward
4:52.32	12/09/17	OREG	Barry Fasbender	200	M.	Fly	Joy Ward
1:32.77	11/19/23	PSM	Robert Pilger	100	M.	I. M.	Joy Ward
3:35.10	03/08/26	PSM	Steven Peterson	200	M.	I. M.	Joy Ward
7:55.02	03/08/26	PSM	Steven Peterson	400	M.	I. M.	Joy Ward

WOMEN 80-84

0:42.85	03/13/22	OREG					
1:40.17	11/19/23	OREG					
3:54.77	03/12/23	OREG					
8:18.65	11/12/22	OREG					
18:25.50	09/28/14	OREG					
37:37.84	03/05/11	UNAT					
0:48.66	04/19/26	OREG					
1:46.73	11/12/22	OREG					
3:44.82	03/13/22	OREG					
0:59.93	12/10/22	OREG					
2:11.43	11/19/23	OREG					
4:53.72	03/08/25	OREG					
0:52.55	12/10/22	OREG					
2:14.88	03/12/23	OREG					
6:08.51	11/19/23	OREG					
1:52.33	03/13/22	OREG					
4:08.28	03/13/22	OREG					
8:52.23	03/13/22	OREG					

MEN 85-89

0:36.51	12/09/07	OREG	Willard Lamb	50	M.	Free	Pauline Stangel
1:23.54	03/10/19	OREG	David Radcliff	100	M.	Free	Jane Nichols
3:05.26	03/10/19	OREG	David Radcliff	200	M.	Free	Pauline Stangel
6:32.33	01/13/19	OREG	David Radcliff	400	M.	Free	Flora Wong
13:20.46	01/13/19	OREG	David Radcliff	800	M.	Free	Elfie Stevenin
25:22.07	01/13/19	OREG	David Radcliff	1500	M.	Free	open
0:48.08	05/18/08	OREG	Willard Lamb	50	M.	Back	Lorna Henry
1:47.93	12/13/09	OREG	Willard Lamb	100	M.	Back	Lorna Henry
3:55.12	05/18/08	OREG	Willard Lamb	200	M.	Back	Flora Wong
0:58.39	10/31/93	PNA	Jim Penfield	50	M.	Breast	Pauline Stangel
2:13.88	11/19/23	PSM	Dick Peterson	100	M.	Breast	Livia Walker
6:01.03	01/21/96	PNA	Jim Penfield	200	M.	Breast	Charlotte Sanddal
0:47.89	09/11/04	OREG	Andrew Holden	50	M.	Fly	Charlotte Sanddal
2:01.65	11/13/04	OREG	Andrew Holden	100	M.	Fly	Elfie Stevenin
			open	200	M.	Fly	open
1:48.23	11/13/04	OREG	Andrew Holden	100	M.	I. M.	Charlotte Sanddal
4:19.20	11/13/04	OREG	Andrew Holden	200	M.	I. M.	Charlotte Sanddal
9:36.09	11/13/04	OREG	Andrew Holden	400	M.	I. M.	Elfie Stevenin

WOMEN 85-89

1:03.75	12/15/06	OREG					
2:00.97	04/19/26	OREG					
5:26.73	11/18/06	OREG					
10:32.19	10/11/13	MM					
34:37.06	12/03/06	OREG					
0:58.31	02/22/25	KM					
2:01.63	02/22/25	KM					
6:13.79	10/07/16	MM					
1:22.35	11/18/06	OREG					
3:53.32	02/17/08	PNA					
6:20.38	10/12/07	MM					
1:23.04	11/14/09	MM					
5:19.48	09/09/07	OREG					
3:21.57	03/05/11	MM					
7:00.74	03/05/11	MM					
23:20.13	01/13/08	OREG					

MEN 90-94

0:42.69	03/10/13	OREG	Willard Lamb	50	M.	Free	Patricia Hastings
1:39.27	03/09/14	OREG	Willard Lamb	100	M.	Free	Patricia Hastings
3:46.17	11/15/14	OREG	Willard Lamb	200	M.	Free	Patricia Hastings
7:44.83	09/28/14	OREG	Willard Lamb	400	M.	Free	Patricia Hastings
16:04.18	09/28/14	OREG	Willard Lamb	800	M.	Free	Patricia Hastings
30:41.82	09/28/14	OREG	Willard Lamb	1500	M.	Free	Patricia Hastings
0:56.39	03/10/13	OREG	Willard Lamb	50	M.	Back	Patricia Hastings
1:59.76	04/28/13	OREG	Willard Lamb	100	M.	Back	Charlotte Sanddal
4:17.86	03/09/14	OREG	Willard Lamb	200	M.	Back	Charlotte Sanddal
1:07.22	11/15/98	PNA	Jim Penfield	50	M.	Breast	Patricia Hastings
2:45.20	11/15/98	PNA	Jim Penfield	100	M.	Breast	Charlotte Sanddal
			open	200	M.	Breast	Charlotte Sanddal
1:29.42	09/26/98	PNA	Jim Penfield	50	M.	Fly	Charlotte Sanddal
			open	100	M.	Fly	Charlotte Sanddal
			open	200	M.	Fly	Charlotte Sanddal
4:27.94	11/29/03	IEM	Clarence Hamilton	100	M.	I. M.	Charlotte Sanddal
			open	200	M.	I. M.	Charlotte Sanddal
			open	400	M.	I. M.	open

WOMEN 90-94

1:05.13	02/22/25	BSMT					
2:36.76	02/22/25	BSMT					
5:19.56	02/22/25	BSMT					
11:27.87	02/22/25	BSMT					
23:44.81	02/22/25	BSMT					
45:18.23	02/22/25	BSMT					
1:17.84	02/22/25	BSMT					
3:16.92	10/10/12	MM					
6:49.86	03/03/12	MM					
1:39.87	02/22/25	BSMT					
4:00.02	10/10/12	MM					
7:56.76	10/10/12	MM					
1:21.95	10/10/12	MM					
5:02.23	11/13/16	MM					
3:23.98	10/10/12	MM					
7:16.26	03/03/12	MM					

MEN 95-99

0:45.47	11/18/17	OREG	Willard Lamb	50	M.	Free	Charlotte Sanddal
1:47.23	03/05/17	OREG	Willard Lamb	100	M.	Free	Charlotte Sanddal
3:56.49	11/18/17	OREG	Willard Lamb	200	M.	Free	Charlotte Sanddal
8:13.42	03/05/17	OREG	Willard Lamb	400	M.	Free	Charlotte Sanddal
16:56.22	11/18/17	OREG	Willard Lamb	800	M.	Free	Charlotte Sanddal
31:56.67	11/18/17	OREG	Willard Lamb	1500	M.	Free	Charlotte Sanddal
0:55.60	11/18/17	OREG	Willard Lamb	50	M.	Back	Charlotte Sanddal
2:04.72	11/11/17	OREG	Willard Lamb	100	M.	Back	Charlotte Sanddal
4:24.83	11/18/17	OREG	Willard Lamb	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	Charlotte Sanddal	
2:39.39	12/09/17	OREG	Willard Lamb	100	M.	I. M.	Charlotte Sanddal
			200	M.	I. M.	Charlotte Sanddal	
			400	M.	I. M.	Charlotte Sanddal	

WOMEN 95-99

1:35.67	11/09/19	BSMT					
3:28.31	10/10/18	BSMT					
7:02.49	10/12/17	BSMT					
14:13.97	10/12/17	BSMT					
31:08.38	10/12/17	BSMT					
0:02:37	05/21/18	BSMT					
1:46.66	10/10/18	BSMT					
3:23.90	10/12/17	BSMT					
7:24.95	10/12/17	BSMT					
2:05.63	10/10/18	BSMT					
4:19.18	10/12/17	BSMT					
9:06.36	10/12/17	BSMT					
2:21.86	10/10/18	BSMT					
3:48.24	10/12/17	BSMT					
9:32.59	10/10/18	BSMT					

NW Zone SCM Records -- as of 6/26/2026

MEN 100-104

0:57.81 03/13/22 OREG Willard Lamb
 2:13.96 03/13/22 OREG Willard Lamb
 4:50.84 03/13/22 OREG Willard Lamb
 10:05.73 01/30/22 OREG Willard Lamb
 20:23.87 01/30/22 OREG Willard Lamb
 38:32.90 01/30/22 OREG Willard Lamb
 1:07.11 03/13/22 OREG Willard Lamb
 2:24.84 03/13/22 OREG Willard Lamb
 5:09.10 03/13/22 OREG Willard Lamb
 1:52.04 03/13/22 OREG Willard Lamb

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
 100 M. I. M.
 200 M. I. M.
 400 M. I. M.

WOMEN 100-104

Charlotte Sanddal BSMT 10/05/22 4:00.48
 Charlotte Sanddal BSMT 10/05/22 8:40.55
 Charlotte Sanddal BSMT 10/05/22 18:09.17
 Charlotte Sanddal BSMT 10/05/22 38:20.13
 Charlotte Sanddal BSMT 10/05/22 3:54.19
 Charlotte Sanddal BSMT 10/05/22 8:19.28
 Charlotte Sanddal BSMT 10/05/22 6:02.24
 Charlotte Sanddal BSMT 10/05/22 12:48.34
 Charlotte Sanddal BSMT 10/05/22 5:01.09

MEN 105-109

no records

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
 100 M. I. M.
 200 M. I. M.
 400 M. I. M.

WOMEN 105-109

no records

MEN 110-114

no records

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
 100 M. I. M.
 200 M. I. M.
 400 M. I. M.

WOMEN 110-114

no records

MEN 115-119

no records

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
 100 M. I. M.
 200 M. I. M.
 400 M. I. M.

WOMEN 115-119

no records