

NW Zone SCM Records -- as of 9/01/2026

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	12:02.81 08/29/26 Colette Crabbe Janet Gettling Nancy Vincent Joanie Krehbiel OREG	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	2:13.29 04/19/26 Colleen Furgeson Briana Balsbough Emma Vu Batya Beard OREG	2:06.26 04/19/26 Ilsa Feierabend Madelyn Veith Paige Peterson Alyson Wilson OREG	2:06.15 04/19/26 Caitlin Denise Leslie Kragt C. McClafferty Kathy Chung 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 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	

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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	1:48.90	1:44.53	1:49.25	1:50.70	1:52.98	2:17.10	2:35.65
02/04/17	04/19/26	04/19/26	04/19/26	11/20/16	11/22/15	11/24/19	03/10/19
Jason Hunter	Kerry Ollivierre	Austin Beckwith	Jacob Von Weller	Lisa Dahl	Donald Graham	Rick Colella	Willard Lamb
Katie Kaestner	Colleen Furgeson	Kurt Grote	Kathy Chung	Daniel Phillips	Lisa Dahl	Steven Peterson	David Radcliff
Trevor Johnson	Emma Vu	Madelyn Veith	Caitlin Denise	Amy Moorhead	Charlotte Davis	Charlotte Davis	Janet Gettling
Erica Anderson	Aries Valenzuela	Paige Peterson	Jonathan Wildi	Mats Nygren	Rick Colella	Sarah Welch	Margaret Toppel
PSM	OREG	OREG	OREG	PSM	PSM	PSM	OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
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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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 Wagnon	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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2:11.08	2:03.40	2:00.92	2:00.54	2:01.94	2:07.54	2:39.15	2:57.97
02/21/26	04/19/26	12/10/11	04/19/26	11/18/06	11/22/15	04/19/26	03/10/19
Byron Rossmiller	Aries Valenzuela	Amy Ward	Jacob Von Weller	K. Andrus-Hughes	Donald Graham	David Marlin	Willard Lamb
Carolyn Sievers	Emma Vu	Tamas Bessenyei	Eric Bean	Allen Stark	Rick Colella	Daniel Warnshuis	Janet Gettling
Jordan Paulsberg	Kerry Ollivierre	Logan Madson	Caitlin Denise	Arlene Delmage	Lisa Dahl	K. Andrus-Hughes	Margaret Toppel
Kathryn Lewis	Colleen Furgeson	Kristine Senkier	Leslie Kragt	Wes Edwards	Charlotte Davis	Susan Haufler	David Radcliff
INAM	OREG	OREG	OREG	OREG	PSM	OREG	OREG

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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