

NW Zone LCM Records -- as of 06/18/2008

MEN 18-24

0:25.47	08/01/99	PNA	Chris Fantz	50	M.	Free	Shannon Heringer
0:54.50	08/23/92	MAC	Greg Cooper	100	M.	Free	Marion Gallagher
2:09.88	08/01/99	PNA	Chris Cushman	200	M.	Free	Marion Gallagher
4:34.70	08/14/76	PNA	Rick Colella	400	M.	Free	Mary Lassiter
9:36.54	07/30/00	MAC	Andy Lachman	800	M.	Free	Mary Lassiter
17:33.20	08/14/76	PNA	Rick Colella	1500	M.	Free	Mary Lassiter
0:30.45	08/27/95	MAC	Scott Sinai	50	M.	Back	Shannon Heringer
1:02.56	08/27/95	ORE	Gary DeFrang	100	M.	Back	Shannon Heringer
2:21.80	08/27/95	ORE	Gary DeFrang	200	M.	Back	Michelle Donahue
0:30.94	07/15/95	UTAH	Dmitri Malinovski	50	M.	Breast	Mary Carr
1:07.87	06/03/95	UTAH	Dmitri Malinovski	100	M.	Breast	Marion Gallagher
2:37.60	08/14/76	PNA	Rick Colella	200	M.	Breast	Marion Gallagher
0:27.06	08/23/92	MAC	Greg Cooper	50	M.	Fly	Shannon Heringer
1:00.20	08/01/99	PNA	Chris Fantz	100	M.	Fly	Shannon Heringer
2:20.35	08/27/95	UTAH	Chris Horne	200	M.	Fly	Denise Stuntzner
2:25.08	07/31/94	PNA	Todd Doherty	200	M.	I. M.	Michelle Donahue
5:03.70	08/14/76	PNA	Rick Colella	400	M.	I. M.	Deborah Heim

WOMEN 18-24

08/23/92	ORE	0:28.76
06/24/07	PNA	1:01.47
06/24/07	PNA	2:19.19
07/27/02	PNA	5:02.71
08/10/03	PNA	10:19.14
08/10/03	PNA	19:59.62
08/23/92	ORE	0:33.30
08/23/92	ORE	1:13.61
08/23/92	MAC	2:26.62
08/27/95	PNA	0:38.17
06/24/07	PNA	1:20.57
06/24/07	PNA	2:50.35
08/23/92	ORE	0:30.40
08/23/92	ORE	1:08.88
06/08/86	ORE	2:45.04
08/23/92	MAC	2:29.90
07/26/92	ORE	5:52.09

MEN 25-29

0:24.69	06/29/97	ORE	Robert Kabacy	50	M.	Free	Sara Shand
0:52.08	08/23/92	MAC	John Keppeler	100	M.	Free	Sara Shand
1:52.17	08/23/92	MAC	John Keppeler	200	M.	Free	Taunya Roberts
4:19.82	08/23/92	MAC	Alex Stiles	400	M.	Free	Sara Quan
8:36.83	08/23/92	SAW	Jeff Erwin	800	M.	Free	Lisa Hjerpe
17:14.33	08/26/82	ORE	Alan Cardwell	1500	M.	Free	Sara Quan
0:28.30	08/27/95	MAC	John Keppeler	50	M.	Back	Lori Clark
0:58.24	08/23/92	MAC	John Keppeler	100	M.	Back	Taunya Roberts
2:07.57	08/23/92	MAC	John Keppeler	200	M.	Back	Michelle Donahue
0:31.06	06/14/08	ORE	Michael Burton	50	M.	Breast	Mia Costello
1:10.00	08/24/86	PNA	Robert Crawford	100	M.	Breast	Jean Dillon
2:38.45	07/04/92	PNA	Justin Farrabee	200	M.	Breast	Jean Dillon
0:25.48	08/23/92	MAC	Dirk Marshall	50	M.	Fly	Robin O'Leary
0:56.90	08/23/92	MAC	John Keppeler	100	M.	Fly	Lynn Bell
2:10.79	08/25/96	MAC	Bill Zolna	200	M.	Fly	Maureen Phillips
2:14.32	08/22/96	MAC	Bill Zolna	200	M.	I. M.	Maureen Phillips
4:49.49	08/25/96	MAC	Bill Zolna	400	M.	I. M.	Sara Quan

WOMEN 25-29

01/01/91	UTAH	0:26.68
01/01/91	UTAH	0:58.23
08/19/01	PNA	2:17.89
08/19/01	ORE	4:46.98
07/12/98	ORE	10:26.32
08/19/01	ORE	18:29.45
08/25/82	IEA	0:32.87
08/19/01	PNA	1:12.50
08/27/95	MAC	2:31.59
08/27/95	AKMS	0:36.85
08/19/01	PNA	1:19.70
08/19/01	PNA	2:50.89
08/24/86	PNA	0:29.11
08/28/77	PNA	1:09.50
08/19/01	PNA	2:25.60
08/19/01	PNA	2:30.40
08/19/01	ORE	5:28.42

MEN 30-34

0:24.94	08/23/99	AKMS	Michael Sorensen	50	M.	Free	Gracie Goddard
0:54.88	08/23/99	AKMS	Michael Sorensen	100	M.	Free	Leissa Mills
2:00.39	07/31/94	MAC	Jeff Stiling	200	M.	Free	Leissa Mills
4:16.22	07/31/94	MAC	Jeff Stiling	400	M.	Free	Leissa Mills
9:15.86	08/15/98	ORE	Doug Stewart	800	M.	Free	Leissa Mills
16:38.49	08/27/95	SAW	Jeff Erwin	1500	M.	Free	Catherine Chay
0:29.04	08/24/86	PNA	Dave Hannula	50	M.	Back	Zena Herrmann
1:03.51	08/30/99	MM	Tyler Jourdonnais	100	M.	Back	Zena Herrmann
2:22.34	08/15/98	ORE	Darren Dutto	200	M.	Back	Zena Herrmann
0:31.25	08/24/86	ORE	Roy Clark	50	M.	Breast	Linda Hegeberg
1:09.44	08/24/86	ORE	Roy Clark	100	M.	Breast	Mary Beth Phelan
2:36.07	08/24/86	ORE	Roy Clark	200	M.	Breast	Linda Hegeberg
0:25.77	08/23/99	AKMS	Michael Sorensen	50	M.	Fly	Gracie Goddard
0:57.45	08/23/99	AKMS	Michael Sorensen	100	M.	Fly	Tammy Bennett
2:11.71	08/15/02	MAC	Bill Zolna	200	M.	Fly	Tammy Bennett
2:17.19	08/15/02	MAC	Bill Zolna	200	M.	I. M.	Zena Herrmann
4:52.38	08/15/02	MAC	Bill Zolna	400	M.	I. M.	Zena Herrmann

WOMEN 30-34

08/11/91	ORE	0:28.02
08/05/90	ORE	1:00.59
08/05/90	ORE	2:11.02
08/01/93	ORE	4:44.36
08/01/93	ORE	9:51.10
08/24/86	IEA	19:18.71
08/23/92	PNA	0:32.83
07/26/92	PNA	1:09.07
08/23/92	PNA	2:26.99
04/29/00	PNA	0:37.83
08/26/82	PNA	1:22.70
08/19/01	PNA	2:56.72
08/23/92	ORE	0:30.76
08/11/91	HSKY	1:07.74
07/31/88	HSKY	2:36.08
08/23/92	PNA	2:31.81
07/04/92	PNA	5:29.60

MEN 35-39

0:24.98	08/10/98	ORE	James Sorensen	50	M.	Free	Gracie Goddard
0:54.18	01/01/00	MM	Tyler Jourdonnais	100	M.	Free	Gracie Goddard
1:58.84	08/27/95	MAC	Jeff Stiling	200	M.	Free	Gracie Goddard
4:17.26	08/27/95	MAC	Jeff Stiling	400	M.	Free	Holly Edmonds
8:54.26	08/27/95	MAC	Jeff Stiling	800	M.	Free	Holly Edmonds
17:31.53	08/19/01	ORE	Doug Stewart	1500	M.	Free	Robyn Masters
0:28.60	08/23/92	UNAT	Mike McIntyre	50	M.	Back	Carolyn Matthews
1:01.88	08/23/92	PNA	Mark List	100	M.	Back	Carolyn Matthews
2:14.81	08/23/92	PNA	Mark List	200	M.	Back	Robyn Masters
0:31.40	08/19/01	ORE	John Hudson	50	M.	Breast	Ginger Pierson
1:10.61	07/08/06	ORE	Greg Latta	100	M.	Breast	Jayna Tomac
2:34.61	08/05/90	PNA	Greg Harrison	200	M.	Breast	Ronda Marie Smith
0:25.62	01/01/00	MM	Tyler Jourdonnais	50	M.	Fly	Gracie Goddard
0:56.39	01/01/00	MM	Tyler Jourdonnais	100	M.	Fly	Tammy Bennett
2:09.36	07/30/00	ORE	Dennis Baker	200	M.	Fly	Shauna Simpson
2:15.53	08/10/98	ORE	James Sorensen	200	M.	I. M.	Ronda Marie Smith
4:50.27	08/27/95	MAC	Jeff Stiling	400	M.	I. M.	Robyn Masters

WOMEN 35-39

01/01/95	ORE	0:27.98
08/27/95	ORE	1:01.45
08/27/95	ORE	2:16.72
08/15/98	ORE	4:51.70
08/15/98	ORE	9:56.66
01/01/98	UTAH	18:52.00
08/19/01	PNA	0:34.15
08/19/01	PNA	1:12.38
01/01/98	UTAH	2:35.56
08/27/83	ORE	0:37.04
04/04/08	ORE	1:22.30
06/04/05	PNA	2:59.08
08/27/95	ORE	0:30.82
08/23/92	HSKY	1:08.69
06/03/06	ORE	2:41.40
06/04/05	PNA	2:41.69
01/01/98	UTAH	5:36.85

NW Zone LCM Records -- as of 06/18/2008

MEN 40-44

0:24.93	08/27/95	AKMS	Rick Abbott	50	M.	Free	Lisa Dahl
0:54.47	08/27/95	AKMS	Rick Abbott	100	M.	Free	Arlene Delmage
2:03.09	01/01/04	ORE	Dennis Baker	200	M.	Free	Susanne Simpson

WOMEN 40-44

08/15/04	PNA	0:27.92
07/08/06	ORE	1:03.89
03/29/02	INW	6:19.08

4:11.55	05/01/04	ORE	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
18:25.53	07/09/05	ORE	Doug Stewart	1500	M.	Free	Susanne Simpson	INW	05/23/04	19:30.86
0:30.01	08/27/95	AKMS	Rick Abbott	50	M.	Back	Valerie Jenkins	ORE	08/10/06	0:32.41
1:05.76	08/10/98	MAC	David Burleson	100	M.	Back	Ellen Reynolds	SAW	08/12/04	1:12.34
2:24.88	08/15/98	MAC	David Burleson	200	M.	Back	Zena Courtney	PNA	08/01/99	2:34.18
0:31.10	01/01/98	UTAH	Mori Paulsen	50	M.	Breast	Ginger Pierson	ORE	07/16/86	0:38.37
1:10.53	08/23/92	PNA	Rick Colella	100	M.	Breast	Ginger Pierson	ORE	08/24/86	1:24.95
2:32.17	08/23/92	PNA	Rick Colella	200	M.	Breast	Colette Crabbe	ORE	01/01/98	3:05.13
0:27.83	08/10/98	ORE	Scott Findorff	50	M.	Fly	Lisa Dahl	PNA	07/25/04	0:30.92
0:57.97	01/01/04	ORE	Dennis Baker	100	M.	Fly	Susanne Simpson	INW	03/27/02	1:06.91
2:05.55	07/10/04	ORE	Dennis Baker	200	M.	Fly	Susanne Simpson	INW	03/30/02	2:29.37
2:22.38	01/01/04	ORE	Dennis Baker	200	M.	I. M.	Camille Thompson	PRO	08/27/95	2:42.41
4:49.42	08/14/05	ORE	Dennis Baker	400	M.	I. M.	Camille Thompson	PRO	08/27/95	5:44.96

MEN 45-49

0:25.57	03/30/02	INW	Larry Krauser	50	M.	Free	Lisa Dahl	PNA	08/10/06	0:27.81
0:57.15	03/30/02	INW	Larry Krauser	100	M.	Free	Robin Parisi	MAC	08/19/02	1:03.10
2:03.32	04/04/08	ORE	Dennis Baker	200	M.	Free	Susanne Simpson	INW	07/27/05	2:14.84
4:15.16	08/10/06	ORE	Dennis Baker	400	M.	Free	Susanne Simpson	INW	08/10/06	4:44.30
9:30.02	07/30/00	PNA	Steve Sussex	800	M.	Free	Susanne Simpson	INW	07/27/05	9:48.77
17:34.64	04/04/08	ORE	Dennis Baker	1500	M.	Free	Arlene Delmage	ORE	06/14/08	20:06.82
0:30.70	07/30/00	ORE	Peter Metzger	50	M.	Back	Valerie Jenkins	ORE	04/04/08	0:32.72
1:07.32	08/19/01	ORE	Peter Metzger	100	M.	Back	Valerie Jenkins	ORE	06/14/08	1:13.59
2:26.88	04/04/08	ORE	Lincoln Djang	200	M.	Back	Lynn DeGeorge	AKMS	08/10/06	2:39.67
0:33.28	08/27/95	ORE	Allen Stark / Jon Baca	50	M.	Breast	Colette Crabbe	ORE	08/19/01	0:38.81
1:12.66	07/12/03	ORE	Pat Allender	100	M.	Breast	Colette Crabbe	ORE	07/20/02	1:22.85
2:37.89	07/12/03	ORE	Pat Allender	200	M.	Breast	Colette Crabbe	ORE	08/19/01	2:57.24
0:28.01	04/04/08	ORE	Dennis Baker	50	M.	Fly	Robin Parisi	MAC	08/19/02	0:30.40
1:00.65	08/10/06	ORE	Dennis Baker	100	M.	Fly	Susanne Simpson	INW	07/27/05	1:08.56
2:06.94	08/10/06	ORE	Dennis Baker	200	M.	Fly	Susanne Simpson	INW	07/27/05	2:32.07
2:16.12	08/10/06	ORE	Dennis Baker	200	M.	I. M.	Colette Crabbe	ORE	08/17/03	2:35.74
4:50.73	08/10/06	ORE	Dennis Baker	400	M.	I. M.	Colette Crabbe	ORE	07/20/02	5:37.68

WOMEN 45-49

0:25.60	08/10/06	AKMS	Rick Abbott	50	M.	Free	Karen Andrus-Hughes	ORE	08/10/07	0:29.48
0:57.37	08/10/03	INW	Larry Krauser	100	M.	Free	Karen Andrus-Hughes	ORE	08/10/07	1:04.81
2:06.21	08/10/03	INW	Larry Krauser	200	M.	Free	Mary Lippold	PNA	08/10/06	2:26.14
4:34.87	07/27/05	INW	Larry Krauser	400	M.	Free	Barb Gundred	PNA	03/26/01	5:12.40
9:34.00	07/27/05	INW	Larry Krauser	800	M.	Free	Mary Lippold	PNA	08/10/06	10:39.81
18:15.68	08/14/05	INW	Larry Krauser	1500	M.	Free	Mary Sweat	ORE	04/04/08	20:45.90
0:30.82	08/10/06	AKMS	Rick Abbott	50	M.	Back	Karen Andrus-Hughes	ORE	08/10/07	0:33.26
1:07.09	08/10/06	AKMS	Rick Abbott	100	M.	Back	Karen Andrus-Hughes	ORE	08/10/07	1:14.61
2:31.13	06/10/07	ORE	Wes Edwards	200	M.	Back	Barb Gundred	PNA	03/27/02	2:47.52
0:33.09	08/19/01	PNA	Rick Colella	50	M.	Breast	Ginger Pierson	MAC	05/20/96	0:40.00
1:12.50	08/19/01	PNA	Rick Colella	100	M.	Breast	Lo Knapp	UTAH	08/10/06	1:27.79
2:39.08	08/19/01	PNA	Rick Colella	200	M.	Breast	Lo Knapp	UTAH	08/10/06	3:08.69
0:27.50	08/10/06	AKMS	Rick Abbott	50	M.	Fly	Colette Crabbe	ORE	07/07/07	0:33.59
1:02.04	06/03/04	PNA	Scott Lautman	100	M.	Fly	Robin Parisi	ORE	01/01/04	1:12.24
2:21.40	07/25/04	PNA	Scott Lautman	200	M.	Fly	Debbie Glassman	PNA	08/12/04	2:57.02
2:23.45	08/19/01	PNA	Rick Colella	200	M.	I. M.	Robin Parisi	MAC	01/01/04	2:44.30
5:05.82	08/19/01	PNA	Rick Colella	400	M.	I. M.	Colette Crabbe	ORE	07/07/07	5:59.83

MEN 50-54

0:25.60	08/10/06	AKMS	Rick Abbott	50	M.	Free	Karen Andrus-Hughes	ORE	08/10/07	0:29.48
0:57.37	08/10/03	INW	Larry Krauser	100	M.	Free	Karen Andrus-Hughes	ORE	08/10/07	1:04.81
2:06.21	08/10/03	INW	Larry Krauser	200	M.	Free	Mary Lippold	PNA	08/10/06	2:26.14
4:34.87	07/27/05	INW	Larry Krauser	400	M.	Free	Barb Gundred	PNA	03/26/01	5:12.40
9:34.00	07/27/05	INW	Larry Krauser	800	M.	Free	Mary Lippold	PNA	08/10/06	10:39.81
18:15.68	08/14/05	INW	Larry Krauser	1500	M.	Free	Mary Sweat	ORE	04/04/08	20:45.90
0:30.82	08/10/06	AKMS	Rick Abbott	50	M.	Back	Karen Andrus-Hughes	ORE	08/10/07	0:33.26
1:07.09	08/10/06	AKMS	Rick Abbott	100	M.	Back	Karen Andrus-Hughes	ORE	08/10/07	1:14.61
2:31.13	06/10/07	ORE	Wes Edwards	200	M.	Back	Barb Gundred	PNA	03/27/02	2:47.52
0:33.09	08/19/01	PNA	Rick Colella	50	M.	Breast	Ginger Pierson	MAC	05/20/96	0:40.00
1:12.50	08/19/01	PNA	Rick Colella	100	M.	Breast	Lo Knapp	UTAH	08/10/06	1:27.79
2:39.08	08/19/01	PNA	Rick Colella	200	M.	Breast	Lo Knapp	UTAH	08/10/06	3:08.69
0:27.50	08/10/06	AKMS	Rick Abbott	50	M.	Fly	Colette Crabbe	ORE	07/07/07	0:33.59
1:02.04	06/03/04	PNA	Scott Lautman	100	M.	Fly	Robin Parisi	ORE	01/01/04	1:12.24
2:21.40	07/25/04	PNA	Scott Lautman	200	M.	Fly	Debbie Glassman	PNA	08/12/04	2:57.02
2:23.45	08/19/01	PNA	Rick Colella	200	M.	I. M.	Robin Parisi	MAC	01/01/04	2:44.30
5:05.82	08/19/01	PNA	Rick Colella	400	M.	I. M.	Colette Crabbe	ORE	07/07/07	5:59.83

WOMEN 50-54

0:25.92	04/04/08	ORE	Mike Tennant	50	M.	Free	Colny Tucker	AKMS	08/10/06	0:30.43
0:58.78	04/24/08	INW	Larry Krauser	100	M.	Free	Charlotte Davis	PNA	08/10/06	1:07.15
2:11.01	04/24/08	INW	Larry Krauser	200	M.	Free	Barb Gundred	PNA	08/10/06	2:40.69
4:41.46	04/24/08	INW	Larry Krauser	400	M.	Free	Barb Gundred	PNA	08/10/06	5:28.73
9:46.83	04/24/08	INW	Larry Krauser	800	M.	Free	Barb Gundred	PNA	08/10/06	11:16.23
19:40.64	07/12/03	ORE	Steve Johnson	1500	M.	Free	Lavelle Stoinoff	MAC	08/14/88	22:18.91
0:31.52	07/26/98	ORE	Robert Smith	50	M.	Back	Barb Gundred	PNA	08/10/06	0:38.34
1:10.24	04/04/08	ORE	Wes Edwards	100	M.	Back	Barb Gundred	PNA	08/10/06	1:22.30
2:32.92	04/04/08	ORE	Wes Edwards	200	M.	Back	Barb Gundred	PNA	08/10/06	2:55.34
0:34.66	06/04/05	ORE	Allen Stark	50	M.	Breast	Ginger Pierson	MAC	08/12/04	0:40.57
1:17.08	08/10/06	ORE	Allen Stark	100	M.	Breast	Catherine Imwalle	ORE	08/10/06	1:31.32
2:52.11	08/10/06	ORE	Allen Stark	200	M.	Breast	Catherine Imwalle	ORE	08/10/06	3:19.68
0:29.53	08/10/06	UTAH	Fred Baird	50	M.	Fly	Charlotte Davis	PNA	08/10/06	0:33.26
1:05.34	08/13/07	PNA	Scott Lautman	100	M.	Fly	Charlotte Davis	PNA	08/10/06	1:24.72
2:26.37	06/14/08	PNA	Scott Lautman	200	M.	Fly	Ginger Pierson	MAC	08/19/01	3:16.09
2:42.26	04/25/08	ORE	Mike Tennant	200	M.	I. M.	Charlotte Davis	PNA	08/10/06	2:53.15
5:59.24	04/04/08	ORE	Mike Tennant	400	M.	I. M.	Charlotte Davis	PNA	08/10/06	6:07.72

MEN 55-59

0:25.92	04/04/08	ORE	Mike Tennant	50	M.	Free	Colny Tucker	AKMS	08/10/06	0:30.43
0:58.78	04/24/08	INW	Larry Krauser	100	M.	Free	Charlotte Davis	PNA	08/10/06	1:07.15
2:11.01	04/24/08	INW	Larry Krauser	200	M.	Free	Barb Gundred	PNA	08/10/06	2:40.69
4:41.46	04/24/08	INW	Larry Krauser	400	M.	Free	Barb Gundred	PNA	08/10/06	5:28.73
9:46.83	04/24/08	INW	Larry Krauser	800	M.	Free	Barb Gundred	PNA	08/10/06	11:16.23
19:40.64	07/12/03	ORE	Steve Johnson	1500	M.	Free	Lavelle Stoinoff	MAC	08/14/88	22:18.91
0:31.52	07/26/98	ORE	Robert Smith	50	M.	Back	Barb Gundred	PNA	08/10/06	0:38.34
1:10.24	04/04/08	ORE	Wes Edwards	100	M.	Back	Barb Gundred	PNA	08/10/06	1:22.30
2:32.92	04/04/08	ORE	Wes Edwards	200	M.	Back	Barb Gundred	PNA	08/10/06	2:55.34
0:34.66	06/04/05	ORE	Allen Stark	50	M.	Breast	Ginger Pierson	MAC	08/12/04	0:40.57
1:17.08	08/10/06	ORE	Allen Stark	100	M.	Breast	Catherine Imwalle	ORE	08/10/06	1:31.32
2:52.11	08/10/06	ORE	Allen Stark	200	M.	Breast	Catherine Imwalle	ORE	08/10/06	3:19.68
0:29.53	08/10/06	UTAH	Fred Baird	50	M.	Fly	Charlotte Davis	PNA	08/10/06	0:33.26
1:05.34	08/13/07	PNA	Scott Lautman	100	M.	Fly	Charlotte Davis	PNA	08/10/06	1:24.72
2:26.37	06/14/08	PNA	Scott Lautman	200	M.	Fly	Ginger Pierson	MAC	08/19/01	3:16.09
2:42.26	04/25/08	ORE	Mike Tennant	200	M.	I. M.	Charlotte Davis	PNA	08/10/06	2:53.15
5:59.24	04/04/08	ORE	Mike Tennant	400	M.	I. M.	Charlotte Davis	PNA	08/10/06	6:07.72

WOMEN 55-59

0:27.62	07/12/03	ORE	Robert Smith	50	M.	Free	Joy Ward	ORE	08/15/02	0:33.69
1:03.39	03/24/02	ORE	Tom Landis	100	M.	Free	Lavelle Stoinoff	MAC	06/13/93	1:16.97
2:17.43	03/24/02	ORE	Tom Landis	200	M.	Free	Lavelle Stoinoff	MAC	07/11/93	2:43.83
4:58.33	04/25/08	ORE	Steve Johnson	400	M.	Free	Lavelle Stoinoff	MAC	07/11/93	5:47.52
10:15.35	04/25/08	ORE	Steve Johnson	800	M.	Free	Suzanne Dills	INW	08/10/06	11:54.21
20:26.33	07/09/05	ORE	Tom Landis	1500	M.	Free	Lavelle Stoinoff	MAC	05/28/95	22:50.81
0:33.01	07/12/03	ORE	Robert Smith	50	M.	Back	Joy Ward	ORE	06/03/06	0:41.49
1:16.21	08/19/01	UNAT	Gary Chase	100	M.	Back	Joy Ward	ORE	08/14/05	1:31.20
2:50.56	08/19/01	UNAT	Gary Chase	200	M.	Back	Lavelle Stoinoff	MAC	05/29/94	6:19.88

NW Zone LCM Records -- as of 06/18/2008

MEN 60-64

0:27.62	07/12/03	ORE	Robert Smith	50	M.	Free	Joy Ward	ORE	08/15/02	0:33.69
1:03.39	03/24/02	ORE	Tom Landis	100	M.	Free	Lavelle Stoinoff	MAC	06/13/93	1:16.97
2:17.43	03/24/02	ORE	Tom Landis	200	M.	Free	Lavelle Stoinoff	MAC	07/11/93	2:43.83
4:58.33	04/25/08	ORE	Steve Johnson	400	M.	Free	Lavelle Stoinoff	MAC	07/11/93	5:47.52
10:15.35	04/25/08	ORE	Steve Johnson	800	M.	Free	Suzanne Dills	INW	08/10/06	11:54.21
20:26.33										

0:36.55	08/27/95	UNAT	Nick Templeman	50	M.	Breast	Ginger Pierson	ORE	08/10/06	0:42.56
1:23.90	07/05/92	PNA	Aulis Kahkonen	100	M.	Breast	Ginger Pierson	ORE	03/15/08	1:35.04
3:05.69	08/10/06	PNA	Steven Peterson	200	M.	Breast	Ginger Pierson	ORE	04/04/08	3:30.14
0:30.05	08/10/98	ORE	Bert Petersen	50	M.	Fly	Joy Ward	ORE	08/15/02	0:35.62
1:12.34	08/19/01	ORE	Bert Petersen	100	M.	Fly	Sarah Welch	PNA	08/13/07	1:32.64
3:08.26	06/28/03	ORE	Tom Landis	200	M.	Fly	Ginger Pierson	ORE	08/10/06	3:33.79
2:53.59	07/12/03	ORE	Tom Landis	200	M.	I. M.	Suzanne Dills	INW	08/10/06	3:15.30
6:10.23	08/10/06	PNA	Michael McColly	400	M.	I. M.	Suzanne Dills	INW	08/10/06	7:06.92

MEN 65-69

0:29.80	07/07/07	ORE	Tom Landis	50	M.	Free	Joy Ward	ORE	08/10/07	0:35.62
1:02.76	07/07/07	ORE	Tom Landis	100	M.	Free	Lavelle Stoinoff	MAC	07/12/98	1:20.10
2:18.54	03/10/07	ORE	Tom Landis	200	M.	Free	Lavelle Stoinoff	MAC	08/23/98	2:54.02
5:00.26	03/10/07	ORE	Tom Landis	400	M.	Free	Lavelle Stoinoff	MAC	08/23/98	5:54.90
10:25.94	06/10/07	ORE	Tom Landis	800	M.	Free	Lavelle Stoinoff	MAC	08/23/98	12:23.32
20:00.97	04/04/08	ORE	Tom Landis	1500	M.	Free	Lavelle Stoinoff	MAC	07/26/98	23:42.01
0:36.23	06/14/08	ORE	Robert Smith	50	M.	Back	Joy Ward	ORE	08/10/07	0:43.22
1:20.57	06/14/08	ORE	Robert Smith	100	M.	Back	Joy Ward	ORE	08/10/07	1:33.60
3:08.93	08/09/03	ORE	Brent Lake	200	M.	Back	Lavelle Stoinoff	MAC	08/23/98	3:16.02
0:40.65	08/01/99	ORE	Richard Weick	50	M.	Breast	Barbara Frid	ORE	07/07/07	0:47.73
1:30.74	06/23/07	PNA	Roy Davis	100	M.	Breast	Susanne Schumann	MAC	08/19/02	1:45.58
3:19.31	06/23/07	PNA	Roy Davis	200	M.	Breast	Susanne Schumann	MAC	08/19/02	3:48.40
0:31.41	07/12/03	ORE	Bert Petersen	50	M.	Fly	Joy Ward	ORE	06/10/07	0:38.47
1:18.11	07/07/07	ORE	Tom Landis	100	M.	Fly	Joy Ward	ORE	08/10/07	1:40.82
3:41.69	08/27/95	ORE	Don Van Rossen	200	M.	Fly	Peggie Hodge	ORE	07/09/05	4:27.77
2:48.63	06/10/07	ORE	Tom Landis	200	M.	I. M.	Joy Ward	ORE	06/14/08	3:39.13
6:03.31	06/10/07	ORE	Tom Landis	400	M.	I. M.	Petey Smith	ORE	07/05/92	8:41.32

WOMEN 65-69

0:38.73	08/28/94	ORE	Petey Smith	50	M.	Free	Petey Smith	ORE	08/28/94	0:38.73
1:23.09	07/12/03	MAC	Lavelle Stoinoff	100	M.	Free	Lavelle Stoinoff	MAC	07/12/03	1:23.09
2:57.28	07/12/03	MAC	Lavelle Stoinoff	200	M.	Free	Lavelle Stoinoff	MAC	07/12/03	2:57.28
6:11.92	06/28/03	MAC	Lavelle Stoinoff	400	M.	Free	Lavelle Stoinoff	MAC	06/28/03	6:11.92
12:35.14	08/12/04	MAC	Lavelle Stoinoff	800	M.	Free	Lavelle Stoinoff	MAC	08/12/04	12:35.14
24:24.13	07/12/03	MAC	Lavelle Stoinoff	1500	M.	Free	Lavelle Stoinoff	MAC	07/12/03	24:24.13
0:46.21	08/01/99	MM	Barbara Jackson	50	M.	Back	Barbara Jackson	MM	08/01/99	0:46.21
1:40.88	07/12/03	MAC	Lavelle Stoinoff	100	M.	Back	Lavelle Stoinoff	MAC	07/12/03	1:40.88
3:29.72	08/12/04	MAC	Lavelle Stoinoff	200	M.	Back	Lavelle Stoinoff	MAC	08/12/04	3:29.72
0:54.09	08/19/01	ORE	Joyce Bahler	50	M.	Breast	Joyce Bahler	ORE	08/19/01	0:54.09
2:03.92	01/01/96	ORE	Louise Hepner	100	M.	Breast	Louise Hepner	ORE	01/01/96	2:03.92
4:26.89	08/19/01	ORE	Joyce Bahler	200	M.	Breast	Joyce Bahler	ORE	08/19/01	4:26.89
1:00.36	07/30/00	MM	Barbara Jackson	50	M.	Fly	Barbara Jackson	MM	07/30/00	1:00.36
2:29.95	07/27/97	ORE	Margaret Wells	100	M.	Fly	Margaret Wells	ORE	07/27/97	2:29.95
5:38.47	08/15/98	ORE	Margaret Wells	200	M.	Fly	Margaret Wells	ORE	08/15/98	5:38.47
4:19.14	08/19/01	ORE	Joyce Bahler	200	M.	I. M.	Joyce Bahler	ORE	08/19/01	4:19.14
10:31.36	08/15/98	ORE	Margaret Wells	400	M.	I. M.	Margaret Wells	ORE	08/15/98	10:31.36

MEN 70-74

0:30.26	06/19/04	ORE	David Radcliff	50	M.	Free	Petey Smith	ORE	08/28/94	0:38.73
1:06.47	07/27/05	ORE	David Radcliff	100	M.	Free	Lavelle Stoinoff	MAC	07/12/03	1:23.09
2:27.27	08/10/06	ORE	David Radcliff	200	M.	Free	Lavelle Stoinoff	MAC	07/12/03	2:57.28
5:17.20	04/25/08	ORE	David Radcliff	400	M.	Free	Lavelle Stoinoff	MAC	06/28/03	6:11.92
10:49.02	08/10/06	ORE	David Radcliff	800	M.	Free	Lavelle Stoinoff	MAC	08/12/04	12:35.14
21:34.04	04/04/08	ORE	David Radcliff	1500	M.	Free	Lavelle Stoinoff	MAC	07/12/03	24:24.13
0:39.97	08/23/99	UTAH	Horace Knowlton	50	M.	Back	Barbara Jackson	MM	08/01/99	0:46.21
1:28.13	07/27/97	ORE	Floyd Elliott	100	M.	Back	Lavelle Stoinoff	MAC	07/12/03	1:40.88
3:16.58	07/27/97	ORE	Floyd Elliott	200	M.	Back	Lavelle Stoinoff	MAC	08/12/04	3:29.72
0:43.12	06/24/01	PNA	Thomas Taylor	50	M.	Breast	Joyce Bahler	ORE	08/19/01	0:54.09
1:37.90	08/19/01	PNA	Thomas Taylor	100	M.	Breast	Louise Hepner	ORE	01/01/96	2:03.92
3:40.72	06/24/01	PNA	Thomas Taylor	200	M.	Breast	Joyce Bahler	ORE	08/19/01	4:26.89
0:32.36	04/04/08	ORE	Bert Petersen	50	M.	Fly	Barbara Jackson	MM	07/30/00	1:00.36
1:32.85	08/20/90	PNA	Andrew Holden	100	M.	Fly	Margaret Wells	ORE	07/27/97	2:29.95
3:39.04	08/20/90	PNA	Andrew Holden	200	M.	Fly	Margaret Wells	ORE	08/15/98	5:38.47
3:23.76	06/03/04	ORE	Richard Weick	200	M.	I. M.	Joyce Bahler	ORE	08/19/01	4:19.14
7:43.76	07/28/91	ORE	Gerald Huestis	400	M.	I. M.	Margaret Wells	ORE	08/15/98	10:31.36

WOMEN 70-74

0:44.49	06/14/08	ORE	Lavelle Stoinoff	50	M.	Free	Lavelle Stoinoff	ORE	06/14/08	0:44.49
1:57.39	07/13/97	ORE	Pauline Stangel	100	M.	Free	Pauline Stangel	ORE	07/13/97	1:57.39
4:33.74	08/11/91	ORE	Evelyn McKeon	200	M.	Free	Evelyn McKeon	ORE	08/11/91	4:33.74
8:42.80	08/15/98	PNA	Muriel Flynn	400	M.	Free	Muriel Flynn	PNA	08/15/98	8:42.80
19:54.08	08/23/92	PNA	Pat Matthiesen	800	M.	Free	Pat Matthiesen	PNA	08/23/92	19:54.08
39:29.44	07/26/92	PNA	Pat Matthiesen	1500	M.	Free	Pat Matthiesen	PNA	07/26/92	39:29.44
0:51.51	06/25/06	MM	Barbara Jackson	50	M.	Back	Barbara Jackson	MM	06/25/06	0:51.51
1:53.91	06/25/06	MM	Barbara Jackson	100	M.	Back	Barbara Jackson	MM	06/25/06	1:53.91
4:53.03	08/10/06	PNA	Janet Kavadas	200	M.	Back	Janet Kavadas	PNA	08/10/06	4:53.03
1:00.02	08/15/98	PNA	Muriel Flynn	50	M.	Breast	Muriel Flynn	PNA	08/15/98	1:00.02
2:16.15	08/15/98	PNA	Muriel Flynn	100	M.	Breast	Muriel Flynn	PNA	08/15/98	2:16.15
4:57.73	08/15/98	PNA	Muriel Flynn	200	M.	Breast	Muriel Flynn	PNA	08/15/98	4:57.73
1:09.46	06/02/02	ORE	Margaret Wells	50	M.	Fly	Margaret Wells	ORE	06/02/02	1:09.46
2:41.91	08/19/01	ORE	Margaret Wells	100	M.	Fly	Margaret Wells	ORE	08/19/01	2:41.91
6:19.66	07/13/02	ORE	Margaret Wells	200	M.	Fly	Margaret Wells	ORE	07/13/02	6:19.66
4:52.55	08/15/98	PNA	Muriel Flynn	200	M.	I. M.	Muriel Flynn	PNA	08/15/98	4:52.55
11:30.30	07/13/02	ORE	Margaret Wells	400	M.	I. M.	Margaret Wells	ORE	07/13/02	11:30.30

MEN 75-79

0:34.07	06/04/94	ORE	Andrew Holden	50	M.	Free	Lavelle Stoinoff	ORE	06/14/08	0:44.49
1:19.50	07/16/95	ORE	Andrew Holden	100	M.	Free	Pauline Stangel	ORE	07/13/97	1:57.39
2:59.52	08/10/06	PNA	Bob Miller	200	M.	Free	Evelyn McKeon	ORE	08/11/91	4:33.74
6:17.76	08/10/06	PNA	Bob Miller	400	M.	Free	Muriel Flynn	PNA	08/15/98	8:42.80
12:56.97	08/10/06	PNA	Bob Miller	800	M.	Free	Pat Matthiesen	PNA	08/23/92	19:54.08
27:49.63	08/18/97	ORE	Gilbert Young	1500	M.	Free	Pat Matthiesen	PNA	07/26/92	39:29.44
0:41.39	08/19/01	ORE	Floyd Elliott	50	M.	Back	Barbara Jackson	MM	06/25/06	0:51.51
1:32.44	08/19/01	ORE	Floyd Elliott	100	M.	Back	Barbara Jackson	MM	06/25/06	1:53.91
3:17.54	08/10/06	PNA	Bob Miller	200	M.	Back	Janet Kavadas	PNA	08/10/06	4:53.03
0:45.67	07/09/05	ORE	Milton Marks	50	M.	Breast	Muriel Flynn	PNA	08/15/98	1:00.02
1:45.51	08/13/07	PNA	Thomas Taylor	100	M.	Breast	Muriel Flynn	PNA	08/15/98	2:16.15
3:57.09	07/09/05	ORE	Milton Marks	200	M.	Breast	Muriel Flynn	PNA	08/15/98	4:57.73
0:39.02	08/27/95	ORE	Andrew Holden	50	M.	Fly	Margaret Wells	ORE	06/02/02	1:09.46
1:40.74	08/27/95	ORE	Andrew Holden	100	M.	Fly	Margaret Wells	ORE	08/19/01	2:41.91
4:01.71	08/27/95	ORE	Gerald Huestis	200	M.	Fly	Margaret Wells	ORE	07/13/02	6:19.66
3:30.92	08/14/05	UTAH	Bud Knowlton	200	M.	I. M.	Muriel Flynn	PNA	08/15/98	4:52.55
8:00.26	08/14/05	UTAH	Bud Knowlton	400	M.	I. M.	Margaret Wells	ORE	07/13/02	11:30.30

WOMEN 75-79

0:35.96	06/12/99	ORE	Andrew Holden	50	M.	Free	Pauline Stangel	ORE	06/02/02	0:59.03
1:21.12	07/11/99	ORE	Andrew Holden	100	M.	Free	Muriel Flynn	PNA	07/25/04	2:12.02
3:22.67	07/13/02	ORE	Gilbert Young	200	M.	Free	Pauline Stangel	ORE	07/12/03	4:50.52
7:19.56	07/27/02	ORE	Gilbert Young	400	M.	Free	Pauline Stangel	ORE	06/02/02	10:03.88
15:17.98	06/02/02	ORE	Gilbert Young	800	M.	Free	Pauline Stangel	ORE	06/02/02	23:44.82
29:27.87	08/19/02	ORE	Gilbert Young	1500	M.	Free	Martha Keller	ORE	07/25/81	43:12.82
0:46.25	06/28/03	ORE	Andrew Holden	50	M.	Back	Norma Bernardi	ORE	07/30/00	1:03.87
1:45.64	06/12/99	ORE	Andrew Holden	100	M.	Back	Norma Bernardi	ORE	10/12/02	2:08.49
4:04.79	06/14/87	ORE	Herb Eisenschmidt	200	M.	Back	Norma Bernardi	ORE	10/08/02	5:17.94
0:52.19	07/31/88	PNA	Jim Penfield	50	M.	Breast	Muriel Flynn	PNA	07/25/04	1:05.61
2:02.08	07/30/00	ORE	Gerald Huestis	100	M.	Breast	Muriel Flynn	PNA	07/25/04	2:25.38
4:37.41	07/30/00	ORE	Gerald Huestis	200	M.	Breast	Muriel Flynn	PNA	07/25/04	5:12.54
0:41.89	07/11/99	ORE	Andrew Holden	50	M.	Fly	Eva Muller	ORE	07/09/95	1:42.25
1:47.88	06/12/99	ORE	Andrew Holden	100	M.	Fly	Eva Muller	ORE	07/09/95	3:54.38
4:57.38	08/09/03	ORE	Andrew Holden	200	M.	Fly	Helena Hoffman	ORE	06/22/96	6:19.08

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MEN 80-84

0:35.96	06/12/99	ORE	Andrew Holden	50	M.	Free	Pauline Stangel	ORE	06/02/02	0:59.03
1:21.12	07/11/99	ORE	Andrew Holden	100	M.	Free	Muriel Flynn	PNA	07/25/04	2:12.02
3:22.67	07/13/02	ORE	Gilbert Young	200	M.	Free	Pauline Stangel	ORE	07/12/03	4:50.52
7:19.56	07/27/02	ORE	Gilbert Young	400	M.	Free	Pauline Stangel	ORE	06/02/02	10:03.88
15:17.98	06/02/02	ORE	Gilbert Young	800	M.	Free	Pauline Stangel	ORE	06/02/02	23:44

4:22.70	06/14/87	ORE	Herb Eisenschmidt	200	M.	I. M.	Eva Muller	ORE	07/14/96	6:01.70
13:16.38	07/31/94	IEM	Clarence Hamilton	400	M.	I. M.	Helena Hoffman	ORE	06/22/96	15:03.50

MEN 85-89

0:37.21	07/10/04	ORE	Andrew Holden
1:26.78	07/07/07	ORE	Willard Lamb
3:18.61	04/04/08	ORE	Willard Lamb
7:10.12	04/04/08	ORE	Willard Lamb
14:36.90	04/04/08	ORE	Willard Lamb
28:35.24	04/04/08	ORE	Willard Lamb
0:49.14	06/19/04	ORE	Andrew Holden
1:49.24	06/14/08	ORE	Willard Lamb
4:04.33	06/14/08	ORE	Willard Lamb
0:59.39	06/04/05	ORE	Andrew Holden
2:23.06	06/16/93	PNA	Jim Penfield
5:37.67	08/22/93	PNA	Jim Penfield
0:46.48	06/19/04	ORE	Andrew Holden
2:02.53	06/19/04	ORE	Andrew Holden
4:47.63	07/10/04	ORE	Andrew Holden
4:15.59	07/10/04	ORE	Andrew Holden
			open

WOMEN 85-89

50	M.	Free	Patience Miller	ORE	07/14/96	1:04.39
100	M.	Free	Patience Miller	ORE	07/14/96	2:30.78
200	M.	Free	Eva Muller	ORE	07/11/99	5:10.71
400	M.	Free	Eva Muller	ORE	07/11/99	10:53.38
800	M.	Free	Martha Keller	ORE	06/08/86	29:14.16
1500	M.	Free	Martha Keller	ORE	08/24/86	57:03.68
50	M.	Back	Eva Muller	ORE	07/08/01	1:24.68
100	M.	Back	Eva Muller	ORE	07/12/98	2:37.63
200	M.	Back	Eva Muller	ORE	07/24/99	5:38.43
50	M.	Breast	Pauline Stangel	ORE	06/03/06	1:24.72
100	M.	Breast	Pauline Stangel	ORE	06/03/06	3:16.51
200	M.	Breast	Pauline Stangel	ORE	06/10/07	6:58.82
50	M.	Fly	Patience Miller	ORE	06/22/96	2:11.56
100	M.	Fly	Elfie Stevenin	ORE	07/07/07	6:10.34
200	M.	Fly	Elfie Stevenin	ORE	07/07/07	12:59.26
200	M.	I. M.	Eva Muller	ORE	07/24/99	6:26.81
400	M.	I. M.	Eva Muller	ORE	07/08/01	14:57.79

MEN 90-94

0:57.87	08/10/03	PNA	Gene Crossett
2:14.06	04/28/84	ORE	Collister Wheeler
5:06.92	08/10/03	PNA	Gene Crossett
11:14.94	08/10/03	PNA	Gene Crossett
24:19.62	07/25/04	PNA	Gene Crossett
1:03.20	07/26/98	PNA	Jim Penfield
2:30.11	07/26/98	PNA	Jim Penfield
1:09.80	07/26/98	PNA	Jim Penfield
1:26.07	07/26/98	PNA	Jim Penfield
7:02.80	07/26/98	PNA	Jim Penfield

WOMEN 90-94

50	M.	Free	Hilda Buel	ORE	07/08/06	2:18.62
100	M.	Free				
200	M.	Free	Eva Muller	ORE	07/20/02	5:36.74
400	M.	Free				
800	M.	Free				
1500	M.	Free				
50	M.	Back	Eva Muller	ORE	07/12/03	1:17.68
100	M.	Back	Eva Muller	ORE	07/20/02	2:58.31
200	M.	Back	Eva Muller	ORE	07/12/03	6:28.70
50	M.	Breast	Hilda Buel	ORE	06/04/05	2:58.60
100	M.	Breast	Eva Muller	ORE	07/12/03	3:49.99
200	M.	Breast	Eva Muller	ORE	07/20/02	8:30.18
50	M.	Fly	Hilda Buel	ORE	06/03/06	4:42.00
100	M.	Fly				
200	M.	Fly				
200	M.	I. M.	Hilda Buel	ORE	01/01/04	12:03.55
400	M.	I. M.				

MEN 95-99

1:06.06	07/09/88	ORE	Collister Wheeler
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WOMEN 95-99

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.	

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MEN 100-104

2:22.05	07/11/93		Edwin Thomas
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WOMEN 100-104

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.	

MEN 105-109

			no records
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WOMEN 105-109

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.

MEN 110-114

no records

WOMEN 110-114

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.

MEN 115-119

no records

WOMEN 115-119

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.