

NW Zone LCM Records -- as of 08/10/2009

MEN 18-24						WOMEN 18-24			
0:24.72	08/17/08	PNA	Brian Goldman	50	M. Free	Shannon Heringer	ORE	08/23/92	0:28.76
0:54.50	08/23/92	MAC	Greg Cooper	100	M. Free	Marion Gallagher	PNA	06/24/07	1:01.47
2:09.88	08/01/99	PNA	Chris Cushman	200	M. Free	Marion Gallagher	PNA	06/24/07	2:19.19
4:34.70	08/14/76	PNA	Rick Colella	400	M. Free	Mary Lassiter	PNA	07/27/02	5:02.71
9:36.54	07/30/00	MAC	Andy Lachman	800	M. Free	Mary Lassiter	PNA	08/10/03	10:19.14
17:33.20	08/14/76	PNA	Rick Colella	1500	M. Free	Mary Lassiter	PNA	08/10/03	19:59.62
0:30.45	08/27/95	MAC	Scott Sinai	50	M. Back	Shannon Heringer	ORE	08/23/92	0:33.30
1:02.56	08/27/95	ORE	Gary DeFrang	100	M. Back	Shannon Heringer	ORE	08/23/92	1:13.61
2:21.80	08/27/95	ORE	Gary DeFrang	200	M. Back	Michelle Donahue	MAC	08/23/92	2:26.62
0:30.94	07/15/95	UTAH	Dmitri Malinovski	50	M. Breast	Mary Carr	PNA	08/27/95	0:38.17
1:07.87	06/03/95	UTAH	Dmitri Malinovski	100	M. Breast	Marion Gallagher	PNA	06/24/07	1:20.57
2:37.60	08/14/76	PNA	Rick Colella	200	M. Breast	Marion Gallagher	PNA	06/24/07	2:50.35
0:27.06	08/23/92	MAC	Greg Cooper	50	M. Fly	Shannon Heringer	ORE	08/23/92	0:30.40
1:00.20	08/01/99	PNA	Chris Fantz	100	M. Fly	Shannon Heringer	ORE	08/23/92	1:08.88
2:20.35	08/27/95	UTAH	Chris Horne	200	M. Fly	Denise Stuntzner	ORE	06/08/86	2:45.04
2:25.08	07/31/94	PNA	Todd Doherty	200	M. I. M.	Michelle Donahue	MAC	08/23/92	2:29.90
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			
0:24.49	08/17/08	ORE	Michael Burton	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	Taunya Roberts	PNA	08/19/01	2:17.89
4:19.82	08/23/92	MAC	Alex Stiles	400	M. Free	Sara Quan	ORE	08/19/01	4:46.98
8:36.83	08/23/92	SAW	Jeff Erwin	800	M. Free	Lisa Hjerpe	ORE	07/12/98	10:26.32
17:14.33	08/26/82	ORE	Alan Cardwell	1500	M. Free	Sara Quan	ORE	08/19/01	18:29.45
0:28.30	08/27/95	MAC	John Keppeler	50	M. Back	Lori Clark	IEA	08/25/82	0:32.87
0:58.24	08/23/92	MAC	John Keppeler	100	M. Back	Taunya Roberts	PNA	08/19/01	1:12.50
2:07.57	08/23/92	MAC	John Keppeler	200	M. Back	Michelle Donahue	MAC	08/27/95	2:31.59
0:30.20	08/17/08	ORE	Michael Burton	50	M. Breast	Brianna Showell	ORE	08/17/08	0:36.37
1:10.00	08/24/86	PNA	Robert Crawford	100	M. Breast	Brianna Showell	ORE	08/17/08	1:19.45
2:38.45	07/04/92	PNA	Justin Farrabee	200	M. Breast	Jean Dillon	PNA	08/19/01	2:50.89
0:25.48	08/23/92	MAC	Dirk Marshall	50	M. Fly	Robin O'Leary	PNA	08/24/86	0:29.11
0:56.90	08/23/92	MAC	John Keppeler	100	M. Fly	Lynn Bell	PNA	08/28/77	1:09.50
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.	Maureen Phillips	PNA	08/19/01	2:30.40
4:49.49	08/25/96	MAC	Bill Zolna	400	M. I. M.	Sara Quan	ORE	08/19/01	5:28.42

MEN 30-34						WOMEN 30-34			
0:24.94	08/23/99	AKMS	Michael Sorensen	50	M. Free	Gracie Goddard	ORE	08/11/91	0:28.02
0:54.88	08/23/99	AKMS	Michael Sorensen	100	M. Free	Leissa Mills	ORE	08/05/90	1:00.59
2:00.39	07/31/94	MAC	Jeff Stiling	200	M. Free	Leissa Mills	ORE	08/05/90	2:11.02
4:16.22	07/31/94	MAC	Jeff Stiling	400	M. Free	Leissa Mills	ORE	08/01/93	4:44.36
9:15.86	08/15/98	ORE	Doug Stewart	800	M. Free	Leissa Mills	ORE	08/01/93	9:51.10
16:38.49	08/27/95	SAW	Jeff Erwin	1500	M. Free	Kristi Lee	SAWS	08/17/08	19:16.73
0:29.04	08/24/86	PNA	Dave Hannula	50	M. Back	Zena Herrmann	PNA	08/23/92	0:32.83
1:03.51	08/30/99	MM	Tyler Jourdonnais	100	M. Back	Zena Herrmann	PNA	07/26/92	1:09.07
2:19.28	08/17/08	ORE	Chip Polito	200	M. Back	Zena Herrmann	PNA	08/23/92	2:26.99
0:31.25	08/24/86	ORE	Roy Clark	50	M. Breast	Lauren Thies	ORE	06/06/09	0:37.80
1:09.44	08/24/86	ORE	Roy Clark	100	M. Breast	Mary Beth Phelan	PNA	08/26/82	1:22.70
2:36.07	08/24/86	ORE	Roy Clark	200	M. Breast	Linda Hegeberg	PNA	08/19/01	2:56.72
0:25.77	08/23/99	AKMS	Michael Sorensen	50	M. Fly	Gracie Goddard	ORE	08/23/92	0:30.76
0:57.45	08/23/99	AKMS	Michael Sorensen	100	M. Fly	Tammy Bennett	HSKY	08/11/91	1:07.74
2:11.71	08/15/02	MAC	Bill Zolna	200	M. Fly	Tammy Bennett	HSKY	07/31/88	2:36.08
2:17.19	08/15/02	MAC	Bill Zolna	200	M. I. M.	Zena Herrmann	PNA	08/23/92	2:31.81
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			
0:24.98	08/10/98	ORE	James Sorensen	50	M. Free	Megan Oesting	PNA	08/10/09	0:27.18
0:54.18	01/01/00	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	ORE	08/17/08	2:14.04
4:17.26	08/27/95	MAC	Jeff Stiling	400	M. Free	Kristine Senkier	ORE	08/17/08	4:45.50
8:54.26	08/27/95	MAC	Jeff Stiling	800	M. Free	Holly Edmonds	ORE	08/15/98	9:56.66
17:31.53	08/19/01	ORE	Doug Stewart	1500	M. Free	Sara Nelson	ORE	08/17/08	18:41.21
0:28.60	08/23/92	UNAT	Mike McIntyre	50	M. Back	Kristine Senkier	ORE	08/17/08	0:32.85
1:01.88	08/23/92	PNA	Mark List	100	M. Back	Kristine Senkier	ORE	08/17/08	1:09.99
2:14.81	08/23/92	PNA	Mark List	200	M. Back	Kristine Senkier	ORE	08/17/08	2:31.06
0:31.40	08/19/01	ORE	John Hudson	50	M. Breast	Jayna Tomac	ORE	08/17/08	0:36.71
1:10.61	07/08/06	ORE	Greg Latta	100	M. Breast	Jayna Tomac	ORE	08/17/08	1:21.63
2:34.61	08/05/90	PNA	Greg Harrison	200	M. Breast	Sara Nelson	ORE	08/17/08	2:53.71
0:25.62	01/01/00	MM	Tyler Jourdonnais	50	M. Fly	Nikki Weeks	ORE	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	ORE	Dennis Baker	200	M. Fly	Shauna Simpson	ORE	06/03/06	2:41.40
2:15.53	08/10/98	ORE	James Sorensen	200	M. I. M.	Sara Nelson	ORE	08/17/08	2:34.53
4:50.27	08/27/95	MAC	Jeff Stiling	400	M. I. M.	Sara Nelson	ORE	08/17/08	5:29.12

NW Zone LCM Records -- as of 08/10/2009

MEN 40-44						WOMEN 40-44			
0:24.93	08/27/95	AKMS	Rick Abbott	50	M. Free	Lisa Dahl	PNA	08/15/04	0:27.92
0:54.47	08/27/95	AKMS	Rick Abbott	100	M. Free	Arlene Delmage	ORE	07/08/06	0:58.89

2:03.09	01/01/04	ORE	Dennis Baker	200	M.	Free	Susanne Simpson	INW	03/29/02	2:12.75
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
16:39.60	08/17/08	SAWS	Jeff Erwin	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	SAWS	08/17/08	1:10.22
2:24.88	08/15/98	MAC	David Burleson	200	M.	Back	Ellen Reynolds	SAWS	08/17/08	2:30.17
0:30.41	08/17/08	ORE	James Corbeau	50	M.	Breast	Shannon Corbeau	ORE	08/10/09	0:38.29
1:08.92	08/17/08	ORE	James Corbeau	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
0:26.50	08/17/08	AKMS	Michael Sorensen	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.	Ellen Reynolds	SAWS	08/17/08	2:34.16
4:49.42	08/14/05	ORE	Dennis Baker	400	M.	I. M.	Ellen Reynolds	SAWS	08/17/08	5:32.10

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
1:59.34	07/11/09	ORE	Dennis Baker	200	M.	Free	Susanne Simpson	INW	07/27/05	2:14.84
4:09.20	07/19/08	ORE	Dennis Baker	400	M.	Free	Susanne Simpson	INW	08/10/06	4:44.30
9:29.43	08/17/08	ORE	Doug Asbury	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	ORE	06/14/08	20:06.82
0:30.70	07/30/00	ORE	Peter Metzger	50	M.	Back	Valerie Jenkins	ORE	08/17/08	0:31.71
1:07.32	08/19/01	ORE	Peter Metzger	100	M.	Back	Valerie Jenkins	ORE	08/17/08	1:12.90
2:26.88	04/04/08	ORE	Lincoln Djang	200	M.	Back	Lynn DeGeorge	AKMS	08/10/06	2:39.67
0:30.98	08/10/09	ORE	James Corbeau	50	M.	Breast	Lisa Dahl	PNA	08/17/08	0:37.21
1:09.08	08/10/09	ORE	James Corbeau	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
0:27.66	08/17/08	ORE	Doug Christensen	50	M.	Fly	Lisa Dahl	PNA	08/10/09	0:29.57
1:00.65	08/10/06	ORE	Dennis Baker	100	M.	Fly	Arlene Delmage	ORE	08/17/08	1:06.42
2:04.07	07/19/08	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	08/17/08	1:13.55
2:31.13	06/10/07	ORE	Wes Edwards	200	M.	Back	Karen Andrus-Hughes	ORE	07/11/09	2:45.51
0:33.06	08/17/08	ORE	Pat Allender	50	M.	Breast	Ginger Pierson	MAC	05/20/96	0:40.00
1:12.22	07/11/09	ORE	Pat Allender	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	Deidra Cherzan	ORE	08/17/08	0:33.48
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	08/17/08	1:13.55
2:31.13	06/10/07	ORE	Wes Edwards	200	M.	Back	Karen Andrus-Hughes	ORE	07/11/09	2:45.51
0:33.06	08/17/08	ORE	Pat Allender	50	M.	Breast	Ginger Pierson	MAC	05/20/96	0:40.00
1:12.22	07/11/09	ORE	Pat Allender	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	Deidra Cherzan	ORE	08/17/08	0:33.48
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

0:25.31	08/17/08	ORE	Mike Tennant	50	M.	Free	Colny Tucker	AKMS	08/10/06	0:30.43
0:58.18	08/17/08	ORE	Mike Tennant	100	M.	Free	Charlotte Davis	PNA	08/10/06	1:07.15
2:10.62	08/17/08	INW	Larry Krauser	200	M.	Free	Lo Knapp	UTAH	08/10/09	2:26.28
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
19:03.16	07/11/09	PNA	Alan Bell	1500	M.	Free	Lavelle Stoinoff	MAC	08/14/88	22:18.91
0:30.79	08/17/08	UTAH	Alistair Cockburn	50	M.	Back	Barb Gundred	PNA	08/10/06	0:38.34
1:08.20	08/17/08	ORE	Wes Edwards	100	M.	Back	Barb Gundred	PNA	08/10/06	1:22.30
2:29.67	08/17/08	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	Lo Knapp	UTAH	08/10/09	0:39.37
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	Lo Knapp	UTAH	08/10/09	3:04.32
0:29.08	08/17/08	PNA	Scott Lautman	50	M.	Fly	Charlotte Davis	PNA	08/10/06	0:33.26
1:03.95	08/17/08	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
2:24.12	08/17/08	PNA	Rick Colella	200	M.	I. M.	Lo Knapp	UTAH	08/10/09	2:46.91
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

0:25.31	08/17/08	ORE	Mike Tennant	50	M.	Free	Colny Tucker	AKMS	08/10/06	0:30.43
0:58.18	08/17/08	ORE	Mike Tennant	100	M.	Free	Charlotte Davis	PNA	08/10/06	1:07.15
2:10.62	08/17/08	INW	Larry Krauser	200	M.	Free	Lo Knapp	UTAH	08/10/09	2:26.28
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
19:03.16	07/11/09	PNA	Alan Bell	1500	M.	Free	Lavelle Stoinoff	MAC	08/14/88	22:18.91
0:30.79	08/17/08	UTAH	Alistair Cockburn	50	M.	Back	Barb Gundred	PNA	08/10/06	0:38.34
1:08.20	08/17/08	ORE	Wes Edwards	100	M.	Back	Barb Gundred	PNA	08/10/06	1:22.30
2:29.67	08/17/08	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	Lo Knapp	UTAH	08/10/09	0:39.37
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	Lo Knapp	UTAH	08/10/09	3:04.32
0:29.08	08/17/08	PNA	Scott Lautman	50	M.	Fly	Charlotte Davis	PNA	08/10/06	0:33.26
1:03.95	08/17/08	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
2:24.12	08/17/08	PNA	Rick Colella	200	M.	I. M.	Lo Knapp	UTAH	08/10/09	2:46.91
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
1:02.02	08/17/08	UTAH	Richard Kittel	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
19:53.86	08/17/08	ORE	Steve Johnson	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

NW Zone LCM Records -- as of 08/10/2009

MEN 60-64

0:27.62	07/12/03	ORE	Robert Smith	50	M.	Free	Joy Ward	ORE	06/03/06	0:41.49
1:02.02	08/17/08	UTAH	Richard Kittel	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
19:53.86	08/17/08	ORE	Steve Johnson	1500	M.	Free	Lavelle Stoinoff	MAC	05/28/95	

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	3:12.84
0:35.37	08/10/09	ORE	Allen Stark	50	M.	Breast	Ginger Pierson	ORE	08/17/08	0:42.11
1:16.83	08/10/09	ORE	Allen Stark	100	M.	Breast	Ginger Pierson	ORE	08/17/08	1:32.69
2:52.54	08/10/09	ORE	Allen Stark	200	M.	Breast	Ginger Pierson	ORE	08/17/08	3:28.05
0:30.05	08/10/98	ORE	Bert Petersen	50	M.	Fly	Joy Ward	ORE	08/15/02	0:35.62
1:09.70	08/17/08	UTAH	Fred Baird	100	M.	Fly	Sarah Welch	PNA	08/17/08	1:26.62
2:58.82	06/06/09	ORE	Allen Stark	200	M.	Fly	Sarah Welch	PNA	08/17/08	3:29.21
2:53.59	07/12/03	ORE	Tom Landis	200	M.	I. M.	Sarah Welch	PNA	08/17/08	3:14.93
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

0:27.65	08/17/08	ORE	Robert Smith	50	M.	Free	Joy Ward	ORE	08/10/07	0:35.62
1:02.62	08/17/08	ORE	Tom Landis	100	M.	Free	Lavelle Stoinoff	MAC	07/12/98	1:20.10
2:18.53	08/17/08	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
0:33.87	08/17/08	ORE	Robert Smith	50	M.	Back	Joy Ward	ORE	08/10/07	0:43.22
1:17.50	08/17/08	ORE	Robert Smith	100	M.	Back	Joy Ward	ORE	08/10/07	1:33.60
2:55.69	07/12/08	ORE	Robert Smith	200	M.	Back	Lavelle Stoinoff	MAC	08/23/98	3:16.02
0:37.75	08/17/08	ORE	Robert Smith	50	M.	Breast	Barbara Frid	ORE	08/17/08	0:46.87
1:30.74	06/23/07	PNA	Roy Davis	100	M.	Breast	Susanne Schumann	MAC	08/19/02	1:45.58
3:18.00	08/17/08	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
3:12.79	07/12/08	ORE	Tom Landis	200	M.	Fly	Joy Ward	ORE	07/12/08	3:51.77
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.	Joy Ward	ORE	07/12/08	7:41.14

WOMEN 65-69

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
2:26.20	08/17/08	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
21:07.50	08/17/08	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
0:43.02	07/11/09	ORE	Ronald Nakata	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

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
2:26.20	08/17/08	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
21:07.50	08/17/08	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
0:43.02	07/11/09	ORE	Ronald Nakata	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

0:30.28	07/11/09	ORE	David Radcliff	50	M.	Free	Lavelle Stoinoff	ORE	06/14/08	0:44.49
1:06.63	07/11/09	ORE	David Radcliff	100	M.	Free	Lavelle Stoinoff	ORE	07/12/08	1:36.87
2:25.66	06/06/09	ORE	David Radcliff	200	M.	Free	Evelyn McKeon	ORE	08/11/91	4:33.74
5:17.77	03/07/09	ORE	David Radcliff	400	M.	Free	Lavelle Stoinoff	ORE	07/12/08	7:30.75
11:07.90	07/11/09	ORE	David Radcliff	800	M.	Free	Pat Matthiesen	PNA	08/23/92	19:54.08
21:03.06	07/11/09	ORE	David Radcliff	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	Barbara Allen	PNA	07/11/09	4:52.32
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

MEN 75-79

0:30.28	07/11/09	ORE	David Radcliff	50	M.	Free	Lavelle Stoinoff	ORE	06/14/08	0:44.49
1:06.63	07/11/09	ORE	David Radcliff	100	M.	Free	Lavelle Stoinoff	ORE	07/12/08	1:36.87
2:25.66	06/06/09	ORE	David Radcliff	200	M.	Free	Evelyn McKeon	ORE	08/11/91	4:33.74
5:17.77	03/07/09	ORE	David Radcliff	400	M.	Free	Lavelle Stoinoff	ORE	07/12/08	7:30.75
11:07.90	07/11/09	ORE	David Radcliff	800	M.	Free	Pat Matthiesen	PNA	08/23/92	19:54.08
21:03.06	07/11/09	ORE	David Radcliff	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	Barbara Allen	PNA	07/11/09	4:52.32
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

NW Zone LCM Records -- as of 08/10/2009

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	23:44.82
29:27.87	08/19/02	ORE	Gilbert Young	1500	M.	Free	Martha Keller	ORE	07/25/81	43:12.82
0:46.25	0									

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	8:20.07
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	50	M.	Free	Patience Miller	ORE	07/14/96	1:04.39
1:26.78	07/07/07	ORE	Willard Lamb	100	M.	Free	Patience Miller	ORE	07/14/96	2:30.78
3:16.95	08/17/08	ORE	Willard Lamb	200	M.	Free	Eva Muller	ORE	07/11/99	5:10.71
7:06.36	07/12/08	ORE	Willard Lamb	400	M.	Free	Eva Muller	ORE	07/11/99	10:53.38
14:36.90	04/04/08	ORE	Willard Lamb	800	M.	Free	Martha Keller	ORE	06/08/86	29:14.16
28:35.24	04/04/08	ORE	Willard Lamb	1500	M.	Free	Martha Keller	ORE	08/24/86	57:03.68
0:49.14	06/19/04	ORE	Andrew Holden	50	M.	Back	Eva Muller	ORE	07/08/01	1:24.68
1:49.24	06/14/08	ORE	Willard Lamb	100	M.	Back	Eva Muller	ORE	07/12/98	2:37.63
4:04.33	06/14/08	ORE	Willard Lamb	200	M.	Back	Eva Muller	ORE	07/24/99	5:38.43
0:59.39	06/04/05	ORE	Andrew Holden	50	M.	Breast	Pauline Stangel	ORE	06/03/06	1:24.72
2:23.06	06/16/93	PNA	Jim Penfield	100	M.	Breast	Pauline Stangel	ORE	06/03/06	3:16.51
5:37.67	08/22/93	PNA	Jim Penfield	200	M.	Breast	Pauline Stangel	ORE	06/10/07	6:58.82
0:46.48	06/19/04	ORE	Andrew Holden	50	M.	Fly	Patience Miller	ORE	06/22/96	2:11.56
2:02.53	06/19/04	ORE	Andrew Holden	100	M.	Fly	Elfie Stevenin	ORE	07/07/07	6:10.34
4:47.63	07/10/04	ORE	Andrew Holden	200	M.	Fly	Elfie Stevenin	ORE	07/07/07	12:59.26
4:15.59	07/10/04	ORE	Andrew Holden	200	M.	I. M.	Eva Muller	ORE	07/24/99	6:26.81
			open	400	M.	I. M.	Eva Muller	ORE	07/08/01	14:57.79

WOMEN 85-89

0:49.45	06/06/09	ORE	Andrew Holden	50	M.	Free	Hilda Buel	ORE	07/08/06	2:18.62
2:14.06	04/28/84	ORE	Collister Wheeler	100	M.	Free				
5:06.92	08/10/03	PNA	Gene Crossett	200	M.	Free	Eva Muller	ORE	07/20/02	5:36.74
11:14.94	08/10/03	PNA	Gene Crossett	400	M.	Free				
24:19.62	07/25/04	PNA	Gene Crossett	800	M.	Free				
				1500	M.	Free				
1:03.20	07/26/98	PNA	Jim Penfield	50	M.	Back	Eva Muller	ORE	07/12/03	1:17.68
2:30.11	07/26/98	PNA	Jim Penfield	100	M.	Back	Eva Muller	ORE	07/20/02	2:58.31
				200	M.	Back	Eva Muller	ORE	07/12/03	6:28.70
1:09.80	07/26/98	PNA	Jim Penfield	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
1:05.95	06/06/09	ORE	Andrew Holden	50	M.	Fly	Hilda Buel	ORE	06/03/06	4:42.00
				100	M.	Fly				
				200	M.	Fly				
7:02.80	07/26/98	PNA	Jim Penfield	200	M.	I. M.	Hilda Buel	ORE	01/01/04	12:03.55
				400	M.	I. M.				

MEN 90-94

0:49.45	06/06/09	ORE	Andrew Holden	50	M.	Free	Hilda Buel	ORE	07/08/06	2:18.62
2:14.06	04/28/84	ORE	Collister Wheeler	100	M.	Free				
5:06.92	08/10/03	PNA	Gene Crossett	200	M.	Free	Eva Muller	ORE	07/20/02	5:36.74
11:14.94	08/10/03	PNA	Gene Crossett	400	M.	Free				
24:19.62	07/25/04	PNA	Gene Crossett	800	M.	Free				
				1500	M.	Free				
1:03.20	07/26/98	PNA	Jim Penfield	50	M.	Back	Eva Muller	ORE	07/12/03	1:17.68
2:30.11	07/26/98	PNA	Jim Penfield	100	M.	Back	Eva Muller	ORE	07/20/02	2:58.31
				200	M.	Back	Eva Muller	ORE	07/12/03	6:28.70
1:09.80	07/26/98	PNA	Jim Penfield	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
1:05.95	06/06/09	ORE	Andrew Holden	50	M.	Fly	Hilda Buel	ORE	06/03/06	4:42.00
				100	M.	Fly				
				200	M.	Fly				
7:02.80	07/26/98	PNA	Jim Penfield	200	M.	I. M.	Hilda Buel	ORE	01/01/04	12:03.55
				400	M.	I. M.				

WOMEN 90-94

0:49.45	06/06/09	ORE	Andrew Holden	50	M.	Free	Hilda Buel	ORE	07/08/06	2:18.62
2:14.06	04/28/84	ORE	Collister Wheeler	100	M.	Free				
5:06.92	08/10/03	PNA	Gene Crossett	200	M.	Free	Eva Muller	ORE	07/20/02	5:36.74
11:14.94	08/10/03	PNA	Gene Crossett	400	M.	Free				
24:19.62	07/25/04	PNA	Gene Crossett	800	M.	Free				
				1500	M.	Free				
1:03.20	07/26/98	PNA	Jim Penfield	50	M.	Back	Eva Muller	ORE	07/12/03	1:17.68
2:30.11	07/26/98	PNA	Jim Penfield	100	M.	Back	Eva Muller	ORE	07/20/02	2:58.31
				200	M.	Back	Eva Muller	ORE	07/12/03	6:28.70
1:09.80	07/26/98	PNA	Jim Penfield	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
1:05.95	06/06/09	ORE	Andrew Holden	50	M.	Fly	Hilda Buel	ORE	06/03/06	4:42.00
				100	M.	Fly				
				200	M.	Fly				
7:02.80	07/26/98	PNA	Jim Penfield	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	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 95-99

1:06.06	07/09/88	ORE	Collister Wheeler	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.				

NW Zone LCM Records -- as of 08/10/2009

MEN 100-104

2:22.05	07/11/93		Edwin Thomas	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

2:22.05	07/11/93		Edwin Thomas	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

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

WOMEN 115-119

no records