

NW Zone LCM Records -- as of 08/18/2011

MEN 18-24

0:24.72	08/17/08	PNA	Brian Goldman	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.	Danielle Trevino

WOMEN 18-24

ORE	08/23/92	0:28.76
PNA	06/24/07	1:01.47
PNA	06/24/07	2:19.19
PNA	07/27/02	5:02.71
PNA	08/10/03	10:19.14
PNA	08/10/03	19:59.62
ORE	08/23/92	0:33.30
ORE	08/23/92	1:13.61
MAC	08/23/92	2:26.62
PNA	08/27/95	0:38.17
PNA	06/24/07	1:20.57
PNA	06/24/07	2:50.35
ORE	08/23/92	0:30.40
ORE	08/23/92	1:08.88
ORE	06/08/86	2:45.04
MAC	08/23/92	2:29.90
PNA	08/17/08	5:38.30

MEN 25-29

0:24.49	08/17/08	ORE	Michael Burton	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	Megan Jendrick
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
0:30.20	08/17/08	ORE	Michael Burton	50	M.	Breast	Megan Jendrick
1:10.00	08/24/86	PNA	Robert Crawford	100	M.	Breast	Megan Jendrick
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	Megan Jendrick
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

UTAH	01/01/91	0:26.68
UTAH	01/01/91	0:58.23
PNA	07/11/10	2:04.56
ORE	08/19/01	4:46.98
ORE	07/12/98	10:26.32
ORE	08/19/01	18:29.45
IEA	08/25/82	0:32.87
PNA	08/19/01	1:12.50
MAC	08/27/95	2:31.59
PNA	07/11/10	0:31.60
PNA	07/11/10	1:10.56
PNA	08/19/01	2:50.89
PNA	07/11/10	0:28.29
PNA	08/28/77	1:09.50
PNA	08/19/01	2:25.60
PNA	08/19/01	2:30.40
ORE	08/19/01	5:28.42

MEN 30-34

0:24.94	08/23/99	AKMS	Michael Sorensen	50	M.	Free	Gracie Goddard
0:53.95	08/06/11	ORE	Benjamin Weston	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	Kristi Lee
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
2:19.28	08/17/08	ORE	Chip Polito	200	M.	Back	Zena Herrmann
0:31.25	08/24/86	ORE	Roy Clark	50	M.	Breast	Lauren Thies
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

ORE	08/11/91	0:28.02
ORE	08/05/90	1:00.59
ORE	08/05/90	2:11.02
ORE	08/01/93	4:44.36
ORE	08/01/93	9:51.10
SAWS	08/17/08	19:16.73
PNA	08/23/92	0:32.83
PNA	07/26/92	1:09.07
PNA	08/23/92	2:26.99
ORE	06/06/09	0:37.80
PNA	08/26/82	1:22.70
PNA	08/19/01	2:56.72
ORE	08/23/92	0:30.76
HSKY	08/11/91	1:07.74
HSKY	07/31/88	2:36.08
PNA	08/23/92	2:31.81
PNA	07/04/92	5:29.60

MEN 35-39

0:24.98	08/10/98	ORE	James Sorensen	50	M.	Free	Megan Oesting
0:54.18	01/01/00	MM	Tyler Jourdonnais	100	M.	Free	Megan Oesting
1:58.84	08/27/95	MAC	Jeff Stiling	200	M.	Free	Kristine Senkier
4:17.26	08/27/95	MAC	Jeff Stiling	400	M.	Free	Kristine Senkier
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	Sara Nelson
0:28.60	08/23/92	UNAT	Mike McIntyre	50	M.	Back	Sheri Hart
1:01.88	08/23/92	PNA	Mark List	100	M.	Back	Sheri Hart
2:14.81	08/23/92	PNA	Mark List	200	M.	Back	Kristine Senkier
0:31.40	08/19/01	ORE	John Hudson	50	M.	Breast	Jayna Tomac
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	Sara Nelson
0:25.62	01/01/00	MM	Tyler Jourdonnais	50	M.	Fly	Nikki Weeks
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	Sauna Simpson
2:15.53	08/10/98	ORE	James Sorensen	200	M.	I. M.	Sara Nelson
4:50.27	08/27/95	MAC	Jeff Stiling	400	M.	I. M.	Sara Nelson

WOMEN 35-39

PNA	08/10/09	0:27.18
PNA	08/10/09	0:59.26
ORE	08/17/08	2:14.04
ORE	08/17/08	4:45.50
ORE	08/15/98	9:56.66
ORE	08/17/08	18:41.21
PNA	08/08/10	0:30.17
PNA	08/08/10	1:04.99
ORE	08/17/08	2:31.06
ORE	08/17/08	0:36.71
ORE	08/17/08	1:21.63
ORE	08/17/08	2:53.71
ORE	08/17/08	0:30.79
HSKY	08/23/92	1:08.69
ORE	06/03/06	2:41.40
ORE	08/17/08	2:34.53
ORE	08/17/08	5:29.12

NW Zone LCM Records -- as of 08/18/2011

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

PNA	08/15/04	0:27.92
ORE	07/08/06	1:03.89
INW	03/29/02	8:22:15

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	08/08/10	0:37.78
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
2:21.24	08/06/11	SAWS	John Rubocki	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
8:51.98	08/10/10	SAWS	Jeff Erwin	800	M.	Free	Susanne Simpson	INW	07/27/05	9:48.77
16:38.81	08/10/09	SAWS	Jeff Erwin	1500	M.	Free	Arlene Delmage	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	Ellen Reynolds	SAWS	08/08/10	1:08.55
2:26.88	04/04/08	ORE	Lincoln Djang	200	M.	Back	Ellen Reynolds	SAWS	08/08/10	2:30.41
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	Lisa Dahl	PNA	03/12/11	0:28.86
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
9:28.34	07/10/11	ORE	Dennis Baker	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	Colette Crabbe	ORE	08/06/10	3:08.16
0:27.50	08/10/06	AKMS	Rick Abbott	50	M.	Fly	Lisa Dahl	PNA	03/12/11	0:30.81
1:02.04	06/03/04	PNA	Scott Lautman	100	M.	Fly	Robin Parisi	ORE	01/01/04	1:12.24
2:13.80	07/10/11	ORE	Dennis Baker	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	Lisa Dahl	PNA	03/12/11	0:28.86
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
9:28.34	07/10/11	ORE	Dennis Baker	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	Colette Crabbe	ORE	08/06/10	3:08.16
0:27.50	08/10/06	AKMS	Rick Abbott	50	M.	Fly	Lisa Dahl	PNA	03/12/11	0:30.81
1:02.04	06/03/04	PNA	Scott Lautman	100	M.	Fly	Robin Parisi	ORE	01/01/04	1:12.24
2:13.80	07/10/11	ORE	Dennis Baker	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	Colette Crabbe	ORE	07/10/11	22:02.52
0:30.79	08/17/08	UTAH	Alistair Cockburn	50	M.	Back	Colette Crabbe	ORE	07/10/11	0:38.23
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
0:28.59	08/12/10	PNA	Donald Graham	50	M.	Fly	Charlotte Davis	PNA	08/10/06	0:33.26
1:03.95	08/17/08	PNA	Scott Lautman	100	M.	Fly	Colette Crabbe	ORE	07/10/11	1:16.60
2:26.37	06/14/08	PNA	Scott Lautman	200	M.	Fly	Colette Crabbe	ORE	08/06/11	2:56.32
2:24.12	08/17/08	PNA	Rick Colella	200	M.	I. M.	Lo Knapp	UTAH	08/10/09	2:46.91
5:53.59	08/12/11	PNA	Donald Graham	400	M.	I. M.	Colette Crabbe	ORE	08/06/11	5:55.53

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	Colette Crabbe	ORE	07/10/11	22:02.52
0:30.79	08/17/08	UTAH	Alistair Cockburn	50	M.	Back	Colette Crabbe	ORE	07/10/11	0:38.23
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
0:28.59	08/12/10	PNA	Donald Graham	50	M.	Fly	Charlotte Davis	PNA	08/10/06	0:33.26
1:03.95	08/17/08	PNA	Scott Lautman	100	M.	Fly	Colette Crabbe	ORE	07/10/11	1:16.60
2:26.37	06/14/08	PNA	Scott Lautman	200	M.	Fly	Colette Crabbe	ORE	08/06/11	2:56.32
2:24.12	08/17/08	PNA	Rick Colella	200	M.	I. M.	Lo Knapp	UTAH	08/10/09	2:46.91
5:53.59	08/12/11	PNA	Donald Graham	400	M.	I. M.	Colette Crabbe	ORE	08/06/11	5:55.53

WOMEN 55-59

0:27.62	07/12/03	ORE	Robert Smith	50	M.	Free	Charlotte Davis	PNA	08/06/10	0:30.73
1:02.02	08/17/08	UTAH	Richard Kittel	100	M.	Free	Charlotte Davis	PNA	08/06/10	1:07.33
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	PNA	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
1:16.21	08/19/01	UNAT	Gary Chase	100	M.	Back	Joy Ward	ORE	08/14/05	1:31.20
2:42.63	07/11/10	PNA	Alan Bell	200	M.	Back	Lavelle Stoinoff	MAC	05/29/94	3:12.81

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MEN 60-64

0:27.62	07/12/03	ORE	Robert Smith	50	M.	Free	Charlotte Davis	PNA	08/06/10	0:30.73
1:02.02	08/17/08	UTAH	Richard Kittel	100	M.	Free	Charlotte Davis	PNA	08/06/10	1:07.33
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	PNA	08/10/06	11:54.21
19:53.86	08/1									

0:35.10	08/06/11	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
2:50.44	08/06/11	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	Charlotte Davis	PNA	08/06/10	0:33.55
1:09.70	08/17/08	UTAH	Fred Baird	100	M.	Fly	Sarah Welch	PNA	08/17/08	1:26.62
2:48.09	07/11/10	PNA	Alan Bell	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.	Charlotte Davis	PNA	08/06/10	2:52.67
6:10.23	08/10/06	PNA	Michael McColly	400	M.	I. M.	Charlotte Davis	PNA	08/06/10	6:08.99

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	07/10/11	0:42.72
1:17.50	08/17/08	ORE	Robert Smith	100	M.	Back	Joy Ward	ORE	07/10/11	1:32.05
2:52.34	08/06/10	PNA	Michael McColly	200	M.	Back	Lavelle Stoinoff	MAC	08/23/98	3:16.02
0:37.75	08/17/08	ORE	Robert Smith	50	M.	Breast	Ginger Pierson	ORE	08/14/11	0:43.94
1:30.74	06/23/07	PNA	Roy Davis	100	M.	Breast	Ginger Pierson	ORE	08/14/11	1:39.83
3:18.00	08/17/08	PNA	Roy Davis	200	M.	Breast	Ginger Pierson	ORE	08/14/11	3:41.76
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.	Suzanne Dills	PNA	07/11/10	3:35.29
6:03.31	06/10/07	ORE	Tom Landis	400	M.	I. M.	Suzanne Dills	PNA	07/11/10	7:25.84

WOMEN 65-69

0:35.62	08/10/07	ORE	Joy Ward	50	M.	Free	Joy Ward	ORE	08/10/07	0:35.62
1:20.10	07/12/98	MAC	Lavelle Stoinoff	100	M.	Free	Lavelle Stoinoff	MAC	07/12/98	1:20.10
2:54.02	08/23/98	MAC	Lavelle Stoinoff	200	M.	Free	Lavelle Stoinoff	MAC	08/23/98	2:54.02
5:54.90	08/23/98	MAC	Lavelle Stoinoff	400	M.	Free	Lavelle Stoinoff	MAC	08/23/98	5:54.90
12:23.32	08/23/98	MAC	Lavelle Stoinoff	800	M.	Free	Lavelle Stoinoff	MAC	08/23/98	12:23.32
23:42.01	07/26/98	MAC	Lavelle Stoinoff	1500	M.	Free	Lavelle Stoinoff	MAC	07/26/98	23:42.01
0:42.72	07/10/11	ORE	Joy Ward	50	M.	Back	Joy Ward	ORE	07/10/11	0:42.72
1:32.05	07/10/11	ORE	Joy Ward	100	M.	Back	Joy Ward	ORE	07/10/11	1:32.05
3:16.02	08/23/98	MAC	Lavelle Stoinoff	200	M.	Back	Lavelle Stoinoff	MAC	08/23/98	3:16.02
0:43.94	08/14/11	ORE	Ginger Pierson	50	M.	Breast	Ginger Pierson	ORE	08/14/11	0:43.94
1:39.83	08/14/11	ORE	Ginger Pierson	100	M.	Breast	Ginger Pierson	ORE	08/14/11	1:39.83
3:41.76	08/14/11	ORE	Ginger Pierson	200	M.	Breast	Ginger Pierson	ORE	08/14/11	3:41.76
0:38.47	06/10/07	ORE	Joy Ward	50	M.	Fly	Joy Ward	ORE	06/10/07	0:38.47
1:40.82	08/10/07	ORE	Joy Ward	100	M.	Fly	Joy Ward	ORE	08/10/07	1:40.82
3:51.77	07/12/08	ORE	Joy Ward	200	M.	Fly	Joy Ward	ORE	07/12/08	3:51.77
3:35.29	07/11/10	PNA	Suzanne Dills	200	M.	I. M.	Suzanne Dills	PNA	07/11/10	3:35.29
7:25.84	07/11/10	PNA	Suzanne Dills	400	M.	I. M.	Suzanne Dills	PNA	07/11/10	7:25.84

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
0:39.65	08/08/10	ORE	Chris Hiatt	50	M.	Back	Barbara Jackson	MM	08/01/99	0:46.21
1:25.21	08/08/10	ORE	Chris Hiatt	100	M.	Back	Lavelle Stoinoff	MAC	07/12/03	1:40.88
3:07.54	06/12/11	ORE	Chris Hiatt	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

0:38.73	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 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	Geraldine Kawabata	ORE	07/10/11	3:57.88
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	Geraldine Kawabata	ORE	07/10/11	17:19.91
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

0:44.49	06/14/08	ORE	Lavelle Stoinoff	50	M.	Free	Lavelle Stoinoff	ORE	06/14/08	0:44.49
1:36.87	07/12/08	ORE	Lavelle Stoinoff	100	M.	Free	Lavelle Stoinoff	ORE	07/12/08	1:36.87
3:57.88	07/10/11	ORE	Geraldine Kawabata	200	M.	Free	Geraldine Kawabata	ORE	07/10/11	3:57.88
7:30.75	07/12/08	ORE	Lavelle Stoinoff	400	M.	Free	Lavelle Stoinoff	ORE	07/12/08	7:30.75
17:19.91	07/10/11	ORE	Geraldine Kawabata	800	M.	Free	Geraldine Kawabata	ORE	07/10/11	17:19.91
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
4:52.32	07/11/09	PNA	Barbara Allen	200	M.	Back	Barbara Allen	PNA	07/11/09	4:52.32
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

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MEN 80-84

0:35.96	06/12/99	ORE	Andrew Holden	50	M.	Free	Gloria Tolaro	PNA	07/10/11	0:52.72
1:21.12	07/11/99	ORE	Andrew Holden	100	M.	Free	Gloria Tolaro	PNA	07/10/11	2:07.98
3:22.67	07/13/02	ORE	Gilbert Young	200	M.	Free	Pauline Stangel	ORE	07/12/03	4:50.52
7:19										

4:09.94	07/10/11	ORE	Milton Marks	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
1:26.78	07/07/07	ORE	Willard Lamb	100	M.	Free	Patience Miller
3:16.95	08/17/08	ORE	Willard Lamb	200	M.	Free	Eva Muller
7:06.36	07/12/08	ORE	Willard Lamb	400	M.	Free	Eva Muller
14:36.90	04/04/08	ORE	Willard Lamb	800	M.	Free	Martha Keller
28:35.24	04/04/08	ORE	Willard Lamb	1500	M.	Free	Martha Keller
0:49.14	06/19/04	ORE	Andrew Holden	50	M.	Back	Eva Muller
1:49.24	06/14/08	ORE	Willard Lamb	100	M.	Back	Eva Muller
4:04.33	06/14/08	ORE	Willard Lamb	200	M.	Back	Eva Muller
0:59.39	06/04/05	ORE	Andrew Holden	50	M.	Breast	Pauline Stangel
2:23.06	06/16/93	PNA	Jim Penfield	100	M.	Breast	Pauline Stangel
5:37.67	08/22/93	PNA	Jim Penfield	200	M.	Breast	Pauline Stangel
0:46.48	06/19/04	ORE	Andrew Holden	50	M.	Fly	Patience Miller
2:02.53	06/19/04	ORE	Andrew Holden	100	M.	Fly	Elfie Stevenin
4:47.63	07/10/04	ORE	Andrew Holden	200	M.	Fly	Elfie Stevenin
4:15.59	07/10/04	ORE	Andrew Holden	200	M.	I. M.	Eva Muller
			open	400	M.	I. M.	Eva Muller

WOMEN 85-89

ORE	07/14/96	1:04.39
ORE	07/14/96	2:30.78
ORE	07/11/99	5:10.71
ORE	07/11/99	10:53.38
ORE	06/08/86	29:14.16
ORE	08/24/86	57:03.68
ORE	07/08/01	1:24.68
ORE	07/12/98	2:37.63
ORE	07/24/99	5:38.43
ORE	06/03/06	1:24.72
ORE	06/03/06	3:16.51
ORE	06/10/07	6:58.82
ORE	06/22/96	2:11.56
ORE	07/07/07	6:10.34
ORE	07/07/07	12:59.26
ORE	07/24/99	6:26.81
ORE	07/08/01	14:57.79

MEN 90-94

0:49.45	06/06/09	ORE	Andrew Holden	50	M.	Free	Hilda Buel
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
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
2:30.11	07/26/98	PNA	Jim Penfield	100	M.	Back	Eva Muller
				200	M.	Back	Eva Muller
1:09.80	07/26/98	PNA	Jim Penfield	50	M.	Breast	Hilda Buel
3:30.38	07/10/11	ORE	Rupert Fixott	100	M.	Breast	Eva Muller
				200	M.	Breast	Eva Muller
1:05.95	06/06/09	ORE	Andrew Holden	50	M.	Fly	Hilda Buel
				100	M.	Fly	
				200	M.	Fly	
7:02.80	07/26/98	PNA	Jim Penfield	200	M.	I. M.	Hilda Buel
				400	M.	I. M.	

WOMEN 90-94

ORE	07/08/06	2:18.62
ORE	07/20/02	5:36.74
ORE	07/12/03	1:17.68
ORE	07/20/02	2:58.31
ORE	07/12/03	6:28.70
ORE	06/04/05	2:58.60
ORE	07/12/03	3:49.99
ORE	07/20/02	8:30.18
ORE	06/03/06	4:42.00
ORE	01/01/04	12:03.55

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

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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

MEN 105-109

no records	50	M.	Free	no records
	100	M.	Free	

WOMEN 105-109

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.