

**NW Zone LCM Records -- as of 07/18/2007**

**RELAY - 200 Meter FREE - WOMEN**

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
1:59.98 08/23/92 Zena Herrmann Dona Williams Yuriko Sato Debbie Falsgraf PNA	1:52.47 08/23/92 Shannon Heringer Gracie Goddard Leissa Mills Linda Finley OREG	2:01.21 08/23/92 Lisa Davis Pamela Austin Toni Hecksel Patricia McKay OREG	1:58.72 08/10/06 Valerie Jenkins Kerri Roussain Donna Buck K. Andrus-Hughes OREG	1:57.21 08/10/06 Lisa Dahl Debbie Glassman Charlotte Davis Mary Lippold PNA	2:17.52 08/10/06 Barbara Frid Joy Ward Janet Gettling Cathy Imwalle OREG	3:04.01 08/15/98 Louise Hepner Margaret Wells Pauline Stangel Susanne Schumann OREG	

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
		5:23.45 07/04/92 Anita Jones Sally Dobbin Gail Bruner Jennifer Ogle PNA	4:51.25 06/03/01 Tori Eisenbeis Kristin Brooks Julie Himstreet Sara Quan OREG	5:14.69 07/13/02 Janet Gettling Barbara Frid Sandi Rousseau K. Andrus-Hughes OREG	5:22.05 06/03/01 Cathy Imwalle Pam Himstreet Joy Ward Barbara Harris OREG		

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	10:41.55 07/08/01 Anicia Criscione Julie Himstreet Lisa Gorsline Mellissa Bell OREG	13:25.47 07/26/98 Julie Bruno Jane Moore Linda Sullivan Kareena King PNA	11:11.41 07/08/06 Kerri Roussain Nancy Vincent Kathy Marsh Susan Shaw OREG	12:37.74 07/08/01 Janet Gettling Sandi Rousseau Jackie Quattro Suzanne Rague OREG	17:47.77 08/14/88 Marion Chadwick Carol Anning Marion Mueller Cynthia Rosik PNA		22:14.28 07/20/02 Elfie Stevenin Eva Muller Margaret Wells Pauline Stangel OREG

**RELAY - 200 Meter MEDLEY - WOMEN**

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
2:18.05 08/23/92 Zena Herrmann Debbie Falsgraf Tammi Keeler Maria Buske PNA	2:14.57 08/23/92 Shannon Heringer Linda Finley Toni Hecksel Gracie Goddard OREG	2:15.26 08/19/01 A. Peters-Johnson Jean Dillon Karin Heusted Anne Bernhard PNA	2:14.67 08/19/01 Zena Courtney Tonya Berg Debbie Glassman Jo Moore PNA	2:20.94 08/10/06 Lynn DeGeorge Paula Smith Colny Tucker Ruth Carter AKMS	2:35.88 08/10/06 Barbara Frid Cathy Imwalle Joy Ward Janet Gettling OREG	3:57.53 08/23/92 Marion Mueller Maryan Burke Betty Kercheval Muriel Flynn PNA	

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
		5:46.04 07/26/98 Tracy Larson Gigi Baker Cynthia Hirst Sharon Filipowski PNA	5:32.17 06/03/01 Tori Eisenbeis Sara Quan Julie Himstreet Kristin Brooks OREG	6:15.87 07/13/02 Barbara Frid Chris Clum Sandi Rousseau Janet Gettling OREG	6:17.79 06/03/01 Joy Ward Pam Himstreet Cathy Imwalle Barbara Harris OREG		12:53.50 07/20/02 Elfie Stevenin Eva Muller Margaret Wells Pauline Stangel OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	1:40.54 08/27/95	1:40.07 08/24/86	1:41.13 08/15/98	1:46.88 08/10/06	1:55.17 08/19/01	2:15.55 08/10/06	2:30.08 07/07/07
	Dan Jorgensen John Keppeler Jeff Stiling Scott Sinai <b>MACO</b>	Dave Hannula Chris Hall Dick Hannula Daniel Hannula <b>PNA</b>	Scott Findorff Curt LaCount James Sorensen David Holland <b>OREG</b>	Donald Graham Jon Baca Scott Lautman Ronald Jacobs <b>PNA</b>	David Radcliff Bert Petersen Tom Landis Robert Smith <b>OREG</b>	George Thayer Brent Lake Bill King David Radcliff <b>OREG</b>	Milton Marks Gilbert Young Willard Lamb David Radcliff <b>OREG</b>

**RELAY - 400 Meter FREE - MEN**

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	4:21.55 07/04/92	3:56.41 07/04/92	4:10.97 07/07/07	4:25.09 06/03/01	4:34.47 07/08/01	5:41.34 08/01/93	
	Robert Welcher Paul Sherman J. Bornheimer Jeff Olliffe <b>PNA</b>	Rick Peterson S. Schufreider Steve Schmidt Craig Mallery <b>PNA</b>	David Hathaway Chris Gaarder Gano Butcher Chip Polito <b>OREG</b>	Mike Tennant Tom Landis Bob Bruce Rhil Reget <b>OREG</b>	Robert Smith Bert Petersen David Radcliff Dennis Seacat <b>OREG</b>	Earl Walter Floyd Elliott Gilbert Young Andrew Holden <b>OREG</b>	

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	10:26.51 08/01/99	9:01.70 06/02/02	8:55.99 06/03/01	10:31.82 06/10/07	9:41.00 07/12/03	12:49.88 07/26/92	
	Jeff Kaelon Eric Askerman Ario Murphy Steven Jenkins <b>OREG</b>	Doug Stewart Nathan Boal Pat Allender Steve George <b>OREG</b>	Pat Allender Steve George Greg Latta Doug Stewart <b>OREG</b>	Mike Stephenson Reggie Sherwood Bill Sumerfield Mike Pendleton <b>OREG</b>	Tom Landis David Radcliff Bob Bruce Steve Johnson <b>OREG</b>	Gerald Huestis Gilbert Young Earl Walter Andrew Holden <b>OREG</b>	

**RELAY - 200 Meter MEDLEY - MEN**

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
2:04.65 08/23/92	1:50.32 08/23/92	1:54.80 08/24/86	1:53.92 08/15/98	1:59.49 08/10/06	2:06.28 08/19/01	2:34.57 08/23/92	3:05.43 07/11/99
John Underbrink Andrew Lovan Steve Schmidt John Pottle <b>PNA</b>	John Keppeler Greg Cooper Dirk Marshall Alex Stiles <b>MACO</b>	Dave Hannula Mike Stipek Dick Hannula Daniel Hannula <b>PNA</b>	Curt LaCount David Holland James Sorensen Scott Findorff <b>OREG</b>	Wes Edwards Pat Allender Stephen Kevan Mike Tennant <b>OREG</b>	Robert Smith Allen Stark Bert Petersen David Radcliff <b>OREG</b>	Floyd Elliott Bob Morrison Andrew Holden Gerald Huestis <b>OREG</b>	Earl Walter Gerald Huestis Andrew Holden Allan DeLay <b>OREG</b>

**RELAY - 400 Meter MEDLEY - MEN**

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	4:59.58 07/04/92	4:30.39 07/04/92	4:45.70 06/28/03	5:01.24 07/26/92	4:58.50 07/08/01	6:39.43 08/01/93	
	Robert Welcher Paul Ideka Paul Sherman Richard Been <b>PNA</b>	J. Bornheimer Rick Peterson Steve Schmidt Craig Mallery <b>PNA</b>	Doug Stewart Greg Latta Pat Allender Stephen Albright <b>OREG</b>	Robert Smith Richard Boyd Bert Petersen Tom Fanning <b>OREG</b>	Robert Smith Allen Stark Bert Petersen David Radcliff <b>OREG</b>	Floyd Elliott Earl Walter Andrew Holden Gilbert Young <b>OREG</b>	

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<b>72-99</b>	<b>100-119</b>	<b>120-159</b>	<b>160-199</b>	<b>200-239</b>	<b>240-279</b>	<b>280-319</b>	<b>320-359</b>
1:49.92 08/23/92 Shannon Heringer Linda Finley Andrew Potter Thomas Kahl <b>OREG</b>	1:51.18 08/27/95 John Keppeler Kathleen Boyd Dan Jorgensen Michelle Donahue <b>MACO</b>	1:48.54 08/23/92 Michael Reinhard Gracie Goddard Leissa Mills Andy Schrag <b>OREG</b>	1:51.44 08/19/01 Dennis Baker Pat Allender Toni Hecksel K. Andrus-Hughes <b>OREG</b>	1:50.44 08/10/06 Lisa Dahl Mary Lippold Donald Graham Ronald Jacobs <b>PNA</b>	2:05.91 08/10/06 Barbara Frid Janet Gettling Bob Bruce Robert Smith <b>OREG</b>	2:31.29 08/23/92 Gerald Huestis Andrew Holden Petey Smith Pauline Stangel <b>OREG</b>	3:24.68 07/12/03 Eva Muller Gilbert Young Pauline Stangel Andrew Holden <b>OREG</b>

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<b>72-99</b>	<b>100-119</b>	<b>120-159</b>	<b>160-199</b>	<b>200-239</b>	<b>240-279</b>	<b>280-319</b>	<b>320-359</b>
		4:35.78 07/13/02 Douglas Otto Shauna Simpson Sarah Hoagland Tomas Oliva <b>MACO</b>	4:24.44 07/08/06 Douglas Kabel Nancy Vincent Kevin Morgan Kerri Roussain <b>OREG</b>	4:13.62 06/03/06 K. Andrus-Hughes Steve Mann Arlene Delmage Mike Tennant <b>OREG</b>	4:54.95 07/12/03 Joy Ward Tom Landis Barbara Frid Robert Smith <b>OREG</b>		

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<b>72-99</b>	<b>100-119</b>	<b>120-159</b>	<b>160-199</b>	<b>200-239</b>	<b>240-279</b>	<b>280-319</b>	<b>320-359</b>
		9:40.54 07/12/03 Eric Askerman Alison Moore K. Andrus-Hughes Brian August <b>OREG</b>	11:47.39 07/08/06 Jon Fairhurst Susan Shaw Ami Dansby Bert Petersen <b>OREG</b>	9:33.45 07/08/06 Arlene Delmage K. Andrus-Hughes Bob Bruce Mike Tennant <b>OREG</b>	10:24.83 06/03/01 Tom Landis Cathy Imwalle Barbara Harris Bob Bruce <b>OREG</b>		

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<b>72-99</b>	<b>100-119</b>	<b>120-159</b>	<b>160-199</b>	<b>200-239</b>	<b>240-279</b>	<b>280-319</b>	<b>320-359</b>
2:04.57 08/23/92 Mark List Daniel Balderson Yuriko Sato Debbie Falsgraf <b>PNA</b>	2:07.33 08/24/86 David Marlin Andy Schrag Susan Braun Nancy Smith <b>OREG</b>	2:02.84 08/24/86 Dave Hannula Greg Harrison Robin O'Leary Meg Lloyd <b>PNA</b>	2:03.59 08/10/06 Valerie Jenkins Stephen Williams Doug Christensen Donna Buck <b>OREG</b>	2:03.69 08/10/06 K. Andrus-Hughes Allen Stark Arlene Delmage Mike Tennant <b>OREG</b>	2:22.84 08/10/06 Robert Smith Cathy Imwalle Joy Ward Bob Bruce <b>OREG</b>	2:57.24 08/23/92 Gerald Huestis Pauline Stangel Andrew Holden Petey Smith <b>OREG</b>	3:57.06 06/28/03 Margaret Wells Pauline Stangel Andrew Holden Gilbert Young <b>OREG</b>

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<b>72-99</b>	<b>100-119</b>	<b>120-159</b>	<b>160-199</b>	<b>200-239</b>	<b>240-279</b>	<b>280-319</b>	<b>320-359</b>
		5:58.94 07/11/99 Joy Ward Eric Askerman Jeff Kaelon Erin Holland <b>OREG</b>	5:07.63 07/08/06 Wes Edwards Nancy Vincent Kevin Morgan Kerri Roussain <b>OREG</b>	4:44.90 06/03/06 K. Andrus-Hughes Allen Stark Arlene Delmage Mike Tennant <b>OREG</b>	5:47.47 07/08/06 Joy Ward Allen Stark Robert Smith Janet Gettling <b>OREG</b>		