

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

**RELAY - 200 Meter FREE - WOMEN**

| 72-99  | 100-119   | 120-159  | 160-199  | 200-239   | 240-279   | 280-319   | 320-359 |
|--|---|--|--|---|---|---|---------|
| 1:59.98<br>08/23/92<br>Zena Herrmann<br>Dona Williams<br>Yuriko Sato<br>Debbie Falsgraf<br>PNA | 1:52.47<br>08/23/92<br>Shannon Heringer<br>Gracie Goddard<br>Leissa Mills<br>Linda Finley<br>OREG | 2:01.21<br>08/23/92<br>Lisa Davis<br>Pamela Austin<br>Toni Hecksel<br>Patricia McKay<br>OREG | 1:58.72<br>08/10/06<br>Valerie Jenkins<br>Kerri Roussain<br>Donna Buck<br>K. Andrus-Hughes<br>OREG | 1:57.21<br>08/10/06<br>Lisa Dahl<br>Debbie Glassman<br>Charlotte Davis<br>Mary Lippold<br>PNA | 2:13.33<br>08/17/08<br>Sally Dillon<br>Sarah Welch<br>Suzanne Dills<br>Debbie Glassman<br>PNA | 3:04.01<br>08/15/98<br>Louise Hepner<br>Margaret Wells<br>Pauline Stangel<br>Susanne Schumann<br>OREG |         |

**RELAY - 400 Meter FREE - WOMEN**

| 72-99 | 100-119  | 120-159   | 160-199   | 200-239  | 240-279   | 280-319 | 320-359 |
|-------|--|---|---|--|---|---------|---------|
|       | 5:29.82<br>06/08/08<br>Megan Barret<br>Allyson Land<br>Kris Speir<br>Allison Boomer<br>PNA | 5:23.45<br>07/04/92<br>Anita Jones<br>Sally Dobbin<br>Gail Bruner<br>Jennifer Ogle<br>PNA | 4:51.25<br>06/03/01<br>Tori Eisenbeis<br>Kristin Brooks<br>Julie Himstreet<br>Sara Quan<br>OREG | 4:34.90<br>08/10/09<br>Lisa Dahl<br>Sarah Welch<br>Debbie Glassman<br>Megan Oesting<br>PNA | 5:22.05<br>06/03/01<br>Cathy Imwalle<br>Pam Himstreet<br>Joy Ward<br>Barbara Harris<br>OREG |         |         |

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| 72-99 | 100-119   | 120-159  | 160-199  | 200-239   | 240-279  | 280-319 | 320-359   |
|-------|---|--|--|---|--|---------|---|
|       | 10:41.55<br>07/08/01<br>Anicia Criscione<br>Julie Himstreet<br>Lisa Gorsline<br>Mellissa Bell<br>OREG | 11:11.69<br>06/06/09<br>Anne Molenda<br>Kealey Sittler<br>M. Jacobs-Brown<br>Kathleen Thayer<br>OREG | 11:11.41<br>07/08/06<br>Kerri Roussain<br>Nancy Vincent<br>Kathy Marsh<br>Susan Shaw<br>OREG | 12:37.74<br>07/08/01<br>Janet Gettling<br>Sandi Rousseau<br>Jackie Quattro<br>Suzanne Rague<br>OREG | 13:11.74<br>07/11/09<br>Janet Gettling<br>Joy Ward<br>Nancy Milner<br>Jeanna Summers<br>OREG |         | 22:14.28<br>07/20/02<br>Elfie Stevenin<br>Eva Muller<br>Margaret Wells<br>Pauline Stangel<br>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<br>08/23/92<br>Zena Herrmann<br>Debbie Falsgraf<br>Tammi Keeler<br>Maria Buske<br>PNA | 2:14.57<br>08/23/92<br>Shannon Heringer<br>Linda Finley<br>Toni Hecksel<br>Gracie Goddard<br>OREG | 2:15.26<br>08/19/01<br>A. Peters-Johnson<br>Jean Dillon<br>Karin Heusted<br>Anne Bernhard<br>PNA | 2:07.91<br>08/17/08<br>Valerie Jenkins<br>Jayna Tomac<br>D. Stuntzner-Gibson<br>Ellen Ferguson<br>OREG | 2:10.98<br>08/17/08<br>K. Andrus-Hughes<br>Becky Obletz<br>Arlene Delmage<br>Robin Parisi<br>OREG | 2:35.88<br>08/10/06<br>Barbara Frid<br>Cathy Imwalle<br>Joy Ward<br>Janet Gettling<br>OREG | 3:57.53<br>08/23/92<br>Marion Mueller<br>Maryan Burke<br>Betty Kercheval<br>Muriel Flynn<br>PNA |         |

**RELAY - 400 Meter MEDLEY - WOMEN**

| 72-99 | 100-119   | 120-159  | 160-199   | 200-239   | 240-279   | 280-319 | 320-359   |
|-------|---|--|---|---|---|---------|---|
|       | 6:40.96<br>06/08/08<br>Megan Barret<br>Allyson Land<br>Ashley Raygor<br>Kristine Antilla<br>PNA | 5:46.04<br>07/26/98<br>Tracy Larson<br>Gigi Baker<br>Cynthia Hirst<br>Sharon Filipowski<br>PNA | 5:32.17<br>06/03/01<br>Tori Eisenbeis<br>Sara Quan<br>Julie Himstreet<br>Kristin Brooks<br>OREG | 6:15.87<br>07/13/02<br>Barbara Frid<br>Chris Clum<br>Sandi Rousseau<br>Janet Gettling<br>OREG | 6:17.79<br>06/03/01<br>Joy Ward<br>Pam Himstreet<br>Cathy Imwalle<br>Barbara Harris<br>OREG |         | 12:53.50<br>07/20/02<br>Elfie Stevenin<br>Eva Muller<br>Margaret Wells<br>Pauline Stangel<br>OREG |

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**RELAY - 200 Meter FREE - MEN**

| 72-99 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 |
|-------|---------|---------|---------|---------|---------|---------|---------|
|       |         |         |         |         |         |         |         |

|  |   |   |   |  |   |  |   |
|--|---|---|---|--|---|--|---|
| 1:45.99<br>08/17/08<br>Brock Johns<br>Kris Asleson<br>Kennison Tracy<br>Kevin Pearson<br><b>OREG</b> | 1:40.54<br>08/27/95<br>Dan Jorgensen<br>John Keppeler<br>Jeff Stiling<br>Scott Sinai<br><b>MACO</b> | 1:40.07<br>08/24/86<br>Dave Hannula<br>Chris Hall<br>Dick Hannula<br>Daniel Hannula<br><b>PNA</b> | 1:41.13<br>08/15/98<br>Scott Findorff<br>Curt LaCount<br>James Sorensen<br>David Holland<br><b>OREG</b> | 1:46.88<br>08/10/06<br>Donald Graham<br>Jon Baca<br>Scott Lautman<br>Ronald Jacobs<br><b>PNA</b> | 1:45.90<br>08/17/08<br>Mike Tennant<br>Tom Landis<br>Robert Smith<br>Wes Edwards<br><b>OREG</b> | 2:04.45<br>08/17/08<br>David Radcliff<br>George Thayer<br>Bert Petersen<br>Karl Von Tagen<br><b>OREG</b> | 2:30.08<br>07/07/07<br>Milton Marks<br>Gilbert Young<br>Willard Lamb<br>David Radcliff<br><b>OREG</b> |
|--|---|---|---|--|---|--|---|

**RELAY - 400 Meter FREE - MEN**

|              |   |  |  |   |   |  |                |
|--------------|---|--|--|---|---|--|----------------|
| <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> |
|              | 4:05.70<br>04/04/08<br>Kevin Pearson<br>Kevin Cleary<br>Nathan Boal<br>Brock Johns<br><b>OREG</b> | 3:56.41<br>07/04/92<br>Rick Peterson<br>S. Schufreider<br>Steve Schmidt<br>Craig Mallery<br><b>PNA</b> | 4:10.97<br>07/07/07<br>David Hathaway<br>Chris Gaarder<br>Gano Butcher<br>Chip Polito<br><b>OREG</b> | 4:25.09<br>06/03/01<br>Mike Tennant<br>Tom Landis<br>Bob Bruce<br>Rhil Reget<br><b>OREG</b> | 4:16.64<br>06/14/08<br>Tom Landis<br>Wes Edwards<br>Robert Smith<br>Mike Tennant<br><b>OREG</b> | 5:41.34<br>08/01/93<br>Earl Walter<br>Floyd Elliott<br>Gilbert Young<br>Andrew Holden<br><b>OREG</b> |                |

**RELAY - 800 Meter FREE - MEN**

|              |  |   |  |   |  |  |                |
|--------------|--|---|--|---|--|--|----------------|
| <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> |
|              | 10:26.51<br>08/01/99<br>Jeff Kaelon<br>Eric Askerman<br>Arlo Murphy<br>Steven Jenkins<br><b>OREG</b> | 9:01.70<br>06/02/02<br>Doug Stewart<br>Nathan Boal<br>Pat Allender<br>Steve George<br><b>OREG</b> | 8:55.99<br>06/03/01<br>Pat Allender<br>Steve George<br>Greg Latta<br>Doug Stewart<br><b>OREG</b> | 9:58.88<br>06/06/09<br>Mike Dowd<br>Brent Washburne<br>Mike Peyton<br>David Hathaway<br><b>OREG</b> | 9:41.00<br>07/12/03<br>Tom Landis<br>David Radcliff<br>Bob Bruce<br>Steve Johnson<br><b>OREG</b> | 11:33.94<br>07/12/08<br>Tom Landis<br>Brent Lake<br>George Thayer<br>David Radcliff<br><b>OREG</b> |                |

**RELAY - 200 Meter MEDLEY - MEN**

|  |  |  |   |  |   |  |   |
|--|--|--|---|--|---|--|---|
| <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>  |
| 2:04.65<br>08/23/92<br>John Underbrink<br>Andrew Lovan<br>Steve Schmidt<br>John Pottle<br><b>PNA</b> | 1:50.32<br>08/23/92<br>John Keppeler<br>Greg Cooper<br>Dirk Marshall<br>Alex Stiles<br><b>MACO</b> | 1:54.80<br>08/24/86<br>Dave Hannula<br>Mike Stipek<br>Dick Hannula<br>Daniel Hannula<br><b>PNA</b> | 1:53.92<br>08/15/98<br>Curt LaCount<br>David Holland<br>James Sorensen<br>Scott Findorff<br><b>OREG</b> | 1:59.49<br>08/10/06<br>Wes Edwards<br>Pat Allender<br>Stephen Kevan<br>Mike Tennant<br><b>OREG</b> | 2:04.44<br>07/11/09<br>Wes Edwards<br>Allen Stark<br>Bert Petersen<br>Mike Tennant<br><b>OREG</b> | 2:24.84<br>08/17/08<br>George Thayer<br>Karl Von Tagen<br>Bert Petersen<br>David Radcliff<br><b>OREG</b> | 3:05.43<br>07/11/99<br>Earl Walter<br>Gerald Huestis<br>Andrew Holden<br>Allan DeLay<br><b>OREG</b> |

**RELAY - 400 Meter MEDLEY - MEN**

|              |  |   |  |  |   |  |                |
|--------------|--|---|--|--|---|--|----------------|
| <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> |
|              | 4:42.79<br>04/04/08<br>Kevin Pearson<br>Joaquin Romera<br>Kevin Cleary<br>Nathan Boal<br><b>OREG</b> | 4:30.39<br>07/04/92<br>J. Bornheimer<br>Rick Peterson<br>Steve Schmidt<br>Craig Mallery<br><b>PNA</b> | 4:38.11<br>06/06/09<br>Curt LaCount<br>Timothy Waud<br>Kevin Cleary<br>Eric Wan<br><b>OREG</b> | 5:01.24<br>07/26/92<br>Robert Smith<br>Richard Boyd<br>Bert Petersen<br>Tom Fanning<br><b>OREG</b> | 4:55.69<br>06/14/08<br>Robert Smith<br>Allen Stark<br>Tom Landis<br>Mike Tennant<br><b>OREG</b> | 6:39.43<br>08/01/93<br>Floyd Elliott<br>Earl Walter<br>Andrew Holden<br>Gilbert Young<br><b>OREG</b> |                |

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

**RELAY - 200 Meter FREE - MIXED**

|   |   |   |   |  |   |   |  |
|---|---|---|---|--|---|---|--|
| <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<br>08/23/92<br>Shannon Heringer<br>Linda Finley | 1:49.73<br>08/17/08<br>Michael Burton<br>Jennifer Alden | 1:48.54<br>08/23/92<br>Michael Reinhard<br>Gracie Goddard | 1:48.64<br>08/17/08<br>Troy Drawz<br>Arlene Delmage | 1:50.44<br>08/10/06<br>Lisa Dahl<br>Mary Lippold | 2:05.17<br>08/17/08<br>Robert Smith<br>Janet Gettling | 2:21.55<br>08/17/08<br>Joy Ward<br>Barbara Frid | 3:24.68<br>07/12/03<br>Eva Muller<br>Gilbert Young |

|   |  |  |  |  |  |   |   |
|---|--|--|--|--|--|---|---|
| Andrew Potter<br>Thomas Kahl<br><b>OREG</b> | Aubree Gustafson<br>Kevin Sivertson<br><b>OREG</b> | Leissa Mills<br>Andy Schrag<br><b>OREG</b> | Valerie Jenkins<br>Eric Wan<br><b>OREG</b> | Donald Graham<br>Ronald Jacobs<br><b>PNA</b> | Sandi Rousseau<br>Bob Bruce<br><b>OREG</b> | Willard Lamb<br>Tom Landis<br><b>OREG</b> | Pauline Stangel<br>Andrew Holden<br><b>OREG</b> |
|---|--|--|--|--|--|---|---|

**RELAY - 400 Meter FREE - MIXED**

| 72-99 | 100-119 | 120-159  | 160-199  | 200-239  | 240-279  | 280-319  | 320-359 |
|-------|---------|--|--|--|--|--|---------|
|       |         | 4:23.21<br>06/06/09<br>Briana Willia<br>Evelyn Pryor<br>Brent Washburne<br>Eric Wan<br><b>OREG</b> | 4:13.97<br>07/11/09<br>Eric Wan<br>MJ Caswell<br>Briana Willia<br>Brent Washburne<br><b>OREG</b> | 4:13.62<br>06/03/06<br>K. Andrus-Hughes<br>Steve Mann<br>Arlene Delmage<br>Mike Tennant<br><b>OREG</b> | 4:54.95<br>07/12/03<br>Joy Ward<br>Tom Landis<br>Barbara Frid<br>Robert Smith<br><b>OREG</b> | 5:24.15<br>07/12/08<br>Willard Lamb<br>Joy Ward<br>Barbara Frid<br>Tom Landis<br><b>OREG</b> |         |

**RELAY - 800 Meter FREE - MIXED**

| 72-99 | 100-119 | 120-159   | 160-199   | 200-239   | 240-279   | 280-319 | 320-359 |
|-------|---------|---|---|---|---|---------|---------|
|       |         | 9:40.54<br>07/12/03<br>Eric Askerman<br>Alison Moore<br>K. Andrus-Hughes<br>Brian August<br><b>OREG</b> | 9:02.03<br>07/11/09<br>Dennis Baker<br>Valerie Jenkins<br>Christine Somera<br>David Hathaway<br><b>OREG</b> | 9:33.45<br>07/08/06<br>Arlene Delmage<br>K. Andrus-Hughes<br>Bob Bruce<br>Mike Tennant<br><b>OREG</b> | 10:32.71<br>07/11/09<br>David Radcliff<br>Sandi Rousseau<br>Colette Crabbe<br>Pat Allender<br><b>OREG</b> |         |         |

**RELAY - 200 Meter MEDLEY - MIXED**

| 72-99  | 100-119   | 120-159  | 160-199   | 200-239   | 240-279  | 280-319  | 320-359   |
|--|---|--|---|---|--|--|---|
| 2:04.57<br>08/23/92<br>Mark List<br>Daniel Balderson<br>Yuriko Sato<br>Debbie Falsgraf<br><b>PNA</b> | 2:07.33<br>08/24/86<br>David Marlin<br>Andy Schrag<br>Susan Braun<br>Nancy Smith<br><b>OREG</b> | 2:02.84<br>08/24/86<br>Dave Hannula<br>Greg Harrison<br>Robin O'Leary<br>Meg Lloyd<br><b>PNA</b> | 2:00.86<br>08/17/08<br>Valerie Jenkins<br>Timothy Waud<br>Arlene Delmage<br>Eric Wan<br><b>OREG</b> | 2:03.69<br>08/10/06<br>K. Andrus-Hughes<br>Allen Stark<br>Arlene Delmage<br>Mike Tennant<br><b>OREG</b> | 2:22.84<br>08/10/06<br>Robert Smith<br>Cathy Imwalle<br>Joy Ward<br>Bob Bruce<br><b>OREG</b> | 2:34.68<br>08/17/08<br>Joy Ward<br>Ginger Pierson<br>Tom Landis<br>Willard Lamb<br><b>OREG</b> | 3:57.06<br>06/28/03<br>Margaret Wells<br>Pauline Stangel<br>Andrew Holden<br>Gilbert Young<br><b>OREG</b> |

**RELAY - 400 Meter MEDLEY - MIXED**

| 72-99 | 100-119  | 120-159  | 160-199  | 200-239  | 240-279   | 280-319  | 320-359 |
|-------|--|--|--|--|---|--|---------|
|       | 5:19.02<br>04/04/08<br>Evelyn Pryor<br>Erin Popelka<br>Nathan Boal<br>Kevin Pearson<br><b>OREG</b> | 5:58.94<br>07/11/99<br>Joy Ward<br>Eric Askerman<br>Jeff Kaelon<br>Erin Holland<br><b>OREG</b> | 4:32.30<br>06/14/08<br>Valerie Jenkins<br>Jayna Tomac<br>Dennis Baker<br>Keith Peters<br><b>OREG</b> | 4:41.46<br>06/14/08<br>K. Andrus-Hughes<br>Pat Allender<br>Arlene Delmage<br>Mike Tennant<br><b>OREG</b> | 5:47.47<br>07/08/06<br>Joy Ward<br>Allen Stark<br>Robert Smith<br>Janet Gettling<br><b>OREG</b> | 6:03.51<br>06/14/08<br>Joy Ward<br>Ginger Pierson<br>Tom Landis<br>Willard Lamb<br><b>OREG</b> |         |