

NW Zone LCM Records -- as of 07/22/2010

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	2:13.33 08/17/08 Sally Dillon Sarah Welch Suzanne Dills Debbie Glassman PNA	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
	5:29.82 06/08/08 Megan Barret Allyson Land Kris Speir Allison Boomer PNA	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	4:34.90 08/10/09 Lisa Dahl Sarah Welch Debbie Glassman Megan Oesting PNA	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	11:11.69 06/06/09 Anne Molenda Kealey Sittler M. Jacobs-Brown Kathleen Thayer OREG	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	13:11.74 07/11/09 Janet Gettling Joy Ward Nancy Milner Jeanna Summers OREG		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	2:07.91 08/17/08 Valerie Jenkins Jayna Tomac D. Stuntzner-Gibson Ellen Ferguson OREG	2:10.98 08/17/08 K. Andrus-Hughes Becky Obletz Arlene Delmage Robin Parisi OREG	2:35.88 08/10/06 Barbara Frid Cathy Imwalle Joy Ward Janet Gettling OREG	3:57.53 08/23/92 Marion Mueller Maryann 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
	6:40.96 06/08/08 Megan Barret Allyson Land Ashley Raygor Kristine Antilla PNA	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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1:45.99 08/17/08 Brock Johns Kris Asleson Kennison Tracy Kevin Pearson OREG	1:40.54 08/27/95 Dan Jorgensen John Keppeler Jeff Stiling Scott Sinai MACO	1:40.07 08/24/86 Dave Hannula Chris Hall Dick Hannula Daniel Hannula PNA	1:41.13 08/15/98 Scott Findorff Curt LaCount James Sorensen David Holland OREG	1:46.88 08/10/06 Donald Graham Jon Baca Scott Lautman Ronald Jacobs PNA	1:45.90 08/17/08 Mike Tennant Tom Landis Robert Smith Wes Edwards OREG	2:04.45 08/17/08 David Radcliff George Thayer Bert Petersen Karl Von Tagen OREG	2:30.08 07/07/07 Milton Marks Gilbert Young Willard Lamb David Radcliff OREG

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	4:05.70 04/04/08 Kevin Pearson Kevin Cleary Nathan Boal Brock Johns OREG	3:56.41 07/04/92 Rick Peterson S. Schufreider Steve Schmidt Craig Mallery PNA	4:00.11 07/11/10 Brent Washburne Eric Wan David Hathaway Benjamin Weston OREG	4:25.09 06/03/01 Mike Tennant Tom Landis Bob Bruce Rhil Reget OREG	4:16.64 06/14/08 Tom Landis Wes Edwards Robert Smith Mike Tennant OREG	5:41.34 08/01/93 Earl Walter Floyd Elliott Gilbert Young Andrew Holden OREG	

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

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

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	4:42.79 04/04/08 Kevin Pearson Joaquin Romera Kevin Cleary Nathan Boal OREG	4:30.39 07/04/92 J. Bornheimer Rick Peterson Steve Schmidt Craig Mallery PNA	4:38.11 06/06/09 Curt LaCount Timothy Waud Kevin Cleary Eric Wan OREG	5:01.24 07/26/92 Robert Smith Richard Boyd Bert Petersen Tom Fanning OREG	4:55.69 06/14/08 Robert Smith Allen Stark Tom Landis Mike Tennant OREG	6:39.43 08/01/93 Floyd Elliott Earl Walter Andrew Holden Gilbert Young OREG	

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72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
1:49.92 08/23/92 Shannon Heringer Linda Finley Andrew Potter Thomas Kahl OREG	1:49.73 08/17/08 Michael Burton Jennifer Alden Aubree Gustafson Kevin Sivertson OREG	1:48.54 08/23/92 Michael Reinhard Gracie Goddard Leissa Mills Andy Schrag OREG	1:48.64 08/17/08 Troy Drawz Arlene Delmage Valerie Jenkins Eric Wan OREG	1:50.44 08/10/06 Lisa Dahl Mary Lippold Donald Graham Ronald Jacobs PNA	2:05.17 08/17/08 Robert Smith Janet Gettling Sandi Rousseau Bob Bruce OREG	2:21.55 08/17/08 Joy Ward Barbara Frid Willard Lamb Tom Landis OREG	3:24.68 07/12/03 Eva Muller Gilbert Young Pauline Stangel Andrew Holden OREG

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

RELAY - 800 Meter FREE - MIXED

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

RELAY - 200 Meter MEDLEY - MIXED

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

RELAY - 400 Meter MEDLEY - MIXED

72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
	5:19.02 04/04/08 Evelyn Pryor Erin Popelka Nathan Boal Kevin Pearson OREG	5:58.94 07/11/99 Joy Ward Eric Askerman Jeff Kaelon Erin Holland OREG	4:32.30 06/14/08 Valerie Jenkins Jayna Tomac Dennis Baker Keith Peters OREG	4:41.46 06/14/08 K. Andrus-Hughes Pat Allender Arlene Delmage Mike Tennant OREG	5:03.74 06/05/10 K. Andrus-Hughes Allen Stark Colette Crabbe David Radcliff OREG	6:03.51 06/14/08 Joy Ward Ginger Pierson Tom Landis Willard Lamb OREG	