

## NW Zone LCM Records -- as of 10/17/2017

| MEN 18-24 |          |      |                   | WOMEN 18-24 |           |                  |     |          |          |
|-----------|----------|------|-------------------|-------------|-----------|------------------|-----|----------|----------|
| 0:24.72   | 08/17/08 | PNA  | Brian Goldman     | 50          | M. Free   | Meghan Zimmer    | ORE | 08/11/13 | 0:27.45  |
| 0:54.50   | 08/23/92 | MAC  | Greg Cooper       | 100         | M. Free   | Meghan Zimmer    | ORE | 08/11/13 | 0:59.89  |
| 2:06.28   | 08/21/16 | UC36 | Matthew Gates     | 200         | M. Free   | Marion Gallagher | PNA | 06/24/07 | 2:19.19  |
| 4:34.70   | 08/14/76 | PNA  | Rick Colella      | 400         | M. Free   | Sydney Anderson  | PSM | 08/21/16 | 4:57.46  |
| 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   | Sydney Anderson  | PSM | 08/21/16 | 19:24.39 |
| 0:29.59   | 08/25/13 | ORE  | Terry Rolfe       | 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   | Jordan King      | PSM | 08/17/14 | 2:24.53  |
| 0:30.94   | 07/15/95 | UTAH | Dmitri Malinovski | 50          | M. Breast | Paloma Dinkel    | PNA | 07/07/12 | 0:35.54  |
| 1:07.87   | 06/03/95 | UTAH | Dmitri Malinovski | 100         | M. Breast | Paloma Dinkel    | PNA | 07/07/12 | 1:16.86  |
| 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    | Jordan King      | PSM | 08/17/14 | 0:29.27  |
| 1:00.20   | 08/01/99 | PNA  | Chris Fantz       | 100         | M. Fly    | Jordan King      | PSM | 08/17/14 | 1:04.10  |
| 2:19.31   | 08/21/16 | UC36 | Matthew Gates     | 200         | M. Fly    | Jordan King      | PSM | 08/17/14 | 2:21.41  |
| 2:21.68   | 08/26/12 | ORE  | Terry Rolfe       | 200         | M. I. M.  | Jordan King      | PSM | 08/17/14 | 2:24.97  |
| 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   | Megan Jendrick   | PNA  | 07/11/10 | 2:04.56  |
| 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   | Christine Somera | ORE  | 08/24/14 | 10:17.89 |
| 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 | Megan Jendrick   | PNA  | 07/11/10 | 0:31.60  |
| 1:08.52   | 07/07/12 | PNA | Cejih Yung     | 100         | M. Breast | Megan Jendrick   | PNA  | 07/11/10 | 1:10.56  |
| 2:28.17   | 08/11/13 | PSM | Cejih Yung     | 200         | M. Breast | Jean Dillon      | PNA  | 08/19/01 | 2:50.89  |
| 0:25.48   | 08/23/92 | MAC | Dirk Marshall  | 50          | M. Fly    | Megan Jendrick   | PNA  | 07/11/10 | 0:28.29  |
| 0:56.46   | 08/11/13 | PSM | Chris Chapman  | 100         | M. Fly    | Paloma Dinkel    | PSM  | 08/11/13 | 1:06.29  |
| 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.  | Paloma Dinkel    | PSM  | 08/11/13 | 2:26.92  |
| 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   | Erica Cenci              | PSM  | 07/21/16 | 0:27.43  |
| 0:53.95   | 08/06/11 | ORE  | Benjamin Weston   | 100         | M. Free   | Erica Cenci              | PSM  | 08/21/16 | 0:59.10  |
| 2:00.39   | 07/31/94 | MAC  | Jeff Stiling      | 200         | M. Free   | Erica Cenci              | PSM  | 07/21/16 | 2:08.41  |
| 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   | Haley Chura              | BOZE | 05/22/16 | 18:55.90 |
| 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 | Caitlyn Shortt-Low       | ORE  | 08/21/16 | 0:35.98  |
| 1:09.44   | 08/24/86 | ORE  | Roy Clark         | 100         | M. Breast | Abby Blank               | ORE  | 08/21/16 | 1:21.32  |
| 2:36.07   | 08/24/86 | ORE  | Roy Clark         | 200         | M. Breast | Abby Blank               | ORE  | 08/21/16 | 2:51.38  |
| 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    | T. Bennett / Erica Cenci |      | 07/21/16 | 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.  | Erica Cenci              | PSM  | 07/07/16 | 2:31.68  |
| 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 |           |                  |      |          |          |
|-----------|----------|-----|-----------------------|-------------|-----------|------------------|------|----------|----------|
| 0:24.96   | 01/01/01 | MM  | Tyler Jourdonnais     | 50          | M. Free   | Megan Oesting    | PNA  | 08/10/09 | 0:27.18  |
| 0:54.18   | 01/01/01 | 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   | Emily Melina     | ORE  | 08/21/16 | 4:45.23  |
| 8:54.26   | 08/27/95 | MAC | Jeff Stiling          | 800         | M. Free   | Emily Melina     | ORE  | 08/21/16 | 9:53.17  |
| 17:31.53  | 08/19/01 | ORE | Doug Stewart          | 1500        | M. Free   | Sara Nelson      | ORE  | 08/17/08 | 18:41.21 |
| 0:28.60   | 08/17/14 |     | M. McIntyre / T. Gray | 50          | M. Back   | Sheri Hart       | PNA  | 08/08/10 | 0:30.17  |
| 1:00.93   | 08/17/14 | PSM | Trever Gray           | 100         | M. Back   | Sheri Hart       | PNA  | 08/08/10 | 1:04.99  |
| 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 | Brianna Showell  | ORE  | 08/21/16 | 0:35.74  |
| 1:10.61   | 07/08/06 | ORE | Greg Latta            | 100         | M. Breast | Brianna Showell  | ORE  | 08/21/16 | 1:19.45  |
| 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 10/17/2017

| MEN 40-44 |          |      |                  |      | WOMEN 40-44 |                 |      |          |          |
|-----------|----------|------|------------------|------|-------------|-----------------|------|----------|----------|
| 0:24.69   | 08/21/16 | PSM  | Trever Gray      | 50   | M. Free     | Lisa Dahl       | PNA  | 08/15/04 | 0:27.92  |
| 0:54.47   | 08/27/95 | AKMS | Rick Abbott      | 100  | M. Free     | Shannon Wallace | ORE  | 08/21/16 | 1:03.51  |
| 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 |
| 0:27.98   | 08/21/16 | PSM  | Trever Gray      | 50   | M. Back     | Valerie Jenkins | ORE  | 08/10/06 | 0:32.41  |
| 1:00.67   | 08/21/16 | PSM  | Trever Gray      | 100  | M. Back     | Ellen Reynolds  | SAWS | 08/17/08 | 1:10.22  |
| 2:16.24   | 08/21/16 | PSM  | Trever Gray      | 200  | M. Back     | Ellen Reynolds  | SAWS | 08/17/08 | 2:30.17  |
| 0:30.41   | 08/17/08 | ORE  | James Corbeau    | 50   | M. Breast   | Jayna Tomac     | ORE  | 08/10/14 | 0:35.92  |
| 1:08.92   | 08/17/08 | ORE  | James Corbeau    | 100  | M. Breast   | Jayna Tomac     | ORE  | 08/10/14 | 1:19.62  |
| 2:31.75   | 08/21/16 | ORE  | John Rasmussen   | 200  | M. Breast   | Jayna Tomac     | ORE  | 08/10/14 | 2:54.65  |
| 0:26.50   | 08/17/08 | AKMS | Michael Sorensen | 50   | M. Fly      | Sonja Skinner   | ORE  | 04/10/16 | 0:30.60  |
| 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 |          |      |                  |      | WOMEN 45-49 |                 |      |          |          |
|-----------|----------|------|------------------|------|-------------|-----------------|------|----------|----------|
| 0:25.57   | 03/30/02 | INW  | Larry Krauser    | 50   | M. Free     | Lisa Dahl       | PNA  | 08/10/06 | 0:27.81  |
| 0:56.41   | 08/21/16 | ORE  | Mike Self        | 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 |
| 0:28.76   | 08/21/16 | ORE  | Mike Self        | 50   | M. Back     | Valerie Jenkins | ORE  | 08/17/08 | 0:31.71  |
| 1:03.39   | 08/21/16 | ORE  | Mike Self        | 100  | M. Back     | Ellen Reynolds  | SAWS | 08/08/10 | 1:08.55  |
| 2:21.98   | 04/10/16 | ORE  | Mike Self        | 200  | M. Back     | Ellen Reynolds  | SAWS | 07/07/12 | 2:29.82  |
| 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   | Jayna Tomac     | ORE  | 07/01/17 | 1:22.42  |
| 2:37.89   | 07/12/03 | ORE  | Patrick 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.    | Ellen Reynolds  | SAWS | 07/07/12 | 2:32.58  |
| 4:50.73   | 08/10/06 | ORE  | Dennis Baker     | 400  | M. I. M.    | Ellen Reynolds  | SAWS | 07/07/12 | 5:32.20  |

| MEN 50-54 |          |      |                  |      | WOMEN 50-54 |                     |     |          |          |
|-----------|----------|------|------------------|------|-------------|---------------------|-----|----------|----------|
| 0:25.60   | 08/10/06 | AKMS | Rick Abbott      | 50   | M. Free     | Lisa Dahl           | PNA | 07/07/12 | 0:28.58  |
| 0:57.37   | 08/10/03 | INW  | Larry Krauser    | 100  | M. Free     | Karen Andrus-Hughes | ORE | 08/10/07 | 1:04.81  |
| 2:05.73   | 08/21/16 | PSM  | Mats Nygren      | 200  | M. Free     | Shannon McIntyre    | PSM | 08/09/15 | 2:25.15  |
| 4:30.78   | 08/06/17 | PSM  | Mats Nygren      | 400  | M. Free     | Shannon McIntyre    | PSM | 08/21/16 | 4:58.10  |
| 9:26.63   | 08/06/17 | PSM  | Mats Nygren      | 800  | M. Free     | Shannon McIntyre    | PSM | 08/09/15 | 10:05.05 |
| 18:15.68  | 08/14/05 | INW  | Larry Krauser    | 1500 | M. Free     | Shannon McIntyre    | PSM | 08/06/17 | 20:13.81 |
| 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  |
| 0:31.93   | 08/21/16 | PSM  | Daniel Phillips  | 50   | M. Breast   | Lisa Dahl           | PNA | 07/07/12 | 0:38.27  |
| 1:12.22   | 07/11/09 | ORE  | Patrick Allender | 100  | M. Breast   | Shannon McIntyre    | PSM | 08/09/15 | 1:25.78  |
| 2:39.08   | 08/19/01 | PNA  | Rick Colella     | 200  | M. Breast   | Shannon McIntyre    | PSM | 08/09/15 | 3:02.84  |
| 0:27.50   | 08/10/06 | AKMS | Rick Abbott      | 50   | M. Fly      | Lisa Dahl           | PNA | 07/07/12 | 0:30.34  |
| 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      | Arlene Delmage      | ORE | 08/21/16 | 2:44.45  |
| 2:21.77   | 08/11/13 | ORE  | Dennis Baker     | 200  | M. I. M.    | Shannon McIntyre    | PSM | 08/21/16 | 2:40.44  |
| 5:02.51   | 08/11/13 | ORE  | Dennis Baker     | 400  | M. I. M.    | Shannon McIntyre    | PSM | 08/21/16 | 5:41.27  |

| MEN 55-59 |          |      |                   |      | WOMEN 55-59 |                     |      |          |          |
|-----------|----------|------|-------------------|------|-------------|---------------------|------|----------|----------|
| 0:25.31   | 08/17/08 | ORE  | Mike Tennant      | 50   | M. Free     | Karen Andrus-Hughes | ORE  | 07/07/12 | 0:30.27  |
| 0:58.18   | 08/17/08 | ORE  | Mike Tennant      | 100  | M. Free     | Karen Andrus-Hughes | ORE  | 07/07/12 | 1:06.17  |
| 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     | Mary Sweat          | ORE  | 04/10/16 | 5:25.87  |
| 9:46.83   | 04/24/08 | INW  | Larry Krauser     | 800  | M. Free     | Kris Denney         | ORE  | 08/21/16 | 10:55.65 |
| 19:03.16  | 07/11/09 | PNA  | Alan Bell         | 1500 | M. Free     | Mary Sweat          | ORE  | 08/21/15 | 20:37.27 |
| 0:30.79   | 08/17/08 | UTAH | Alistair Cockburn | 50   | M. Back     | Karen Andrus-Hughes | ORE  | 07/07/12 | 0:35.02  |
| 1:08.20   | 08/17/08 | ORE  | Wes Edwards       | 100  | M. Back     | Karen Andrus-Hughes | ORE  | 07/07/12 | 1:17.52  |
| 2:29.67   | 08/17/08 | ORE  | Wes Edwards       | 200  | M. Back     | Zena Courtney       | BWAQ | 08/24/14 | 2:49.57  |
| 0:34.33   | 08/21/16 | PSM  | Robert Jackson    | 50   | M. Breast   | Colette Crabbe      | ORE  | 08/11/13 | 0:38.55  |
| 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  |
| 0:28.22   | 07/07/12 | PNA  | Donald Graham     | 50   | M. Fly      | Arlene Delmage      | ORE  | 08/06/17 | 0:32.38  |
| 1:03.95   | 08/17/08 | PNA  | Scott Lautman     | 100  | M. Fly      | Colette Crabbe      | ORE  | 07/07/12 | 1:14.73  |
| 2:26.37   | 06/14/08 | PNA  | Scott Lautman     | 200  | M. Fly      | Arlene Delmage      | ORE  | 08/06/17 | 2:49.31  |
| 2:24.12   | 08/17/08 | PNA  | Rick Colella      | 200  | M. I. M.    | Colette Crabbe      | ORE  | 08/11/13 | 2:45.39  |
| 5:41.42   | 05/31/14 | ORE  | Patrick Allender  | 400  | M. I. M.    | Colette Crabbe      | ORE  | 08/11/13 | 5:53.27  |

## NW Zone LCM Records -- as of 10/17/2017

| MEN 60-64 |          |      |                 |      | WOMEN 60-64 |                     |     |          |          |
|-----------|----------|------|-----------------|------|-------------|---------------------|-----|----------|----------|
| 0:27.21   | 07/15/17 | PSM  | Donald Graham   | 50   | M. Free     | Charlotte Davis     | PNA | 07/07/12 | 0:30.11  |
| 0:59.04   | 08/17/14 | PSM  | Rick Colella    | 100  | M. Free     | Charlotte Davis     | PNA | 08/06/10 | 1:07.33  |
| 2:14.52   | 08/11/13 | HMS  | Larry Krauser   | 200  | M. Free     | Colette Crabbe      | ORE | 08/27/17 | 2:35.71  |
| 4:58.33   | 04/25/08 | ORE  | Steve Johnson   | 400  | M. Free     | Colette Crabbe      | ORE | 04/10/16 | 5:34.57  |
| 10:13.78  | 08/11/13 | HMS  | Larry Krauser   | 800  | M. Free     | Colette Crabbe      | ORE | 04/10/16 | 11:19.33 |
| 19:28.84  | 08/11/13 | HMS  | Larry Krauser   | 1500 | M. Free     | Colette Crabbe      | ORE | 04/10/16 | 21:25.18 |
| 0:31.71   | 08/17/14 | PSM  | Donald Graham   | 50   | M. Back     | Karen Andrus-Hughes | ORE | 08/06/17 | 0:35.14  |
| 1:11.02   | 08/05/14 | PSM  | Donald Graham   | 100  | M. Back     | Karen Andrus-Hughes | ORE | 08/06/17 | 1:17.53  |
| 2:36.95   | 04/14/13 | ORE  | Wes Edwards     | 200  | M. Back     | Karen Andrus-Hughes | ORE | 08/06/17 | 2:56.82  |
| 0:33.71   | 08/17/14 | PSM  | Rick Colella    | 50   | M. Breast   | Colette Crabbe      | ORE | 08/27/17 | 0:40.65  |
| 1:13.38   | 08/11/13 | PSM  | Rick Colella    | 100  | M. Breast   | Colette Crabbe      | ORE | 08/27/17 | 1:30.29  |
| 2:40.46   | 08/17/14 | PSM  | Rick Colella    | 200  | M. Breast   | Colette Crabbe      | ORE | 04/10/16 | 3:19.71  |
| 0:28.14   | 08/17/14 | PSM  | Donald Graham   | 50   | M. Fly      | Charlotte Davis     | PNA | 07/07/12 | 0:32.57  |
| 1:04.43   | 08/06/17 | MM   | Patrick Murtagh | 100  | M. Fly      | Colette Crabbe      | ORE | 04/10/16 | 1:18.81  |
| 2:35.33   | 07/07/12 | BWAQ | Scott Lautman   | 200  | M. Fly      | Sarah Welch         | PNA | 08/17/08 | 3:29.21  |
| 2:21.99   | 08/17/14 | PSM  | Rick Colella    | 200  | M. I. M.    | Charlotte Davis     | PNA | 08/06/10 | 2:52.67  |
| 5:08.20   | 08/17/14 | PSM  | Rick Colella    | 400  | M. I. M.    | Colette Crabbe      | ORE | 06/05/16 | 5:56.40  |

| MEN 65-69 |          |      |              |      | WOMEN 65-69 |                  |     |          |          |
|-----------|----------|------|--------------|------|-------------|------------------|-----|----------|----------|
| 0:27.65   | 08/17/08 | ORE  | Robert Smith | 50   | M. Free     | Charlotte Davis  | PSM | 08/21/16 | 0:30.85  |
| 1:02.62   | 08/17/08 | ORE  | Tom Landis   | 100  | M. Free     | Charlotte Davis  | PSM | 08/21/16 | 1:07.88  |
| 2:09.39   | 08/06/17 | PSM  | Rick Colella | 200  | M. Free     | Charlotte Davis  | PSM | 08/09/15 | 2:35.36  |
| 4:37.70   | 08/06/17 | PSM  | Rick Colella | 400  | M. Free     | Charlotte Davis  | PSM | 01/31/15 | 5:27.79  |
| 10:25.94  | 06/10/07 | ORE  | Tom Landis   | 800  | M. Free     | Charlotte Davis  | PSM | 08/09/15 | 11:31.53 |
| 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     | Margaret Toppel  | ORE | 08/27/17 | 0:41.46  |
| 1:17.50   | 08/17/08 | ORE  | Robert Smith | 100  | M. Back     | Margaret Toppel  | ORE | 08/27/17 | 1:28.07  |
| 2:48.99   | 08/23/15 | PSM  | Dan Kirkland | 200  | M. Back     | Lavelle Stoinoff | MAC | 08/23/98 | 3:16.02  |
| 0:33.30   | 08/21/16 | PSM  | Rick Colella | 50   | M. Breast   | Ginger Pierson   | ORE | 08/14/11 | 0:43.94  |
| 1:14.77   | 08/06/17 | PSM  | Rick Colella | 100  | M. Breast   | Charlotte Davis  | PSM | 01/28/17 | 1:36.27  |
| 2:41.54   | 08/21/16 | PSM  | Rick Colella | 200  | M. Breast   | Ginger Pierson   | ORE | 08/14/11 | 3:41.76  |
| 0:30.67   | 08/11/13 | UTAH | Fred Baird   | 50   | M. Fly      | Charlotte Davis  | PSM | 08/21/16 | 0:33.66  |
| 1:05.83   | 08/06/17 | PSM  | Rick Colella | 100  | M. Fly      | Charlotte Davis  | PSM | 01/31/15 | 1:20.09  |
| 2:35.36   | 08/06/17 | PSM  | Rick Colella | 200  | M. Fly      | Janet Gettling   | ORE | 07/11/14 | 3:45.13  |
| 2:25.22   | 08/21/16 | PSM  | Rick Colella | 200  | M. I. M.    | Charlotte Davis  | PSM | 08/21/16 | 2:54.74  |
| 5:13.36   | 08/06/17 | PSM  | Rick Colella | 400  | M. I. M.    | Charlotte Davis  | PSM | 08/21/16 | 6:28.60  |

| MEN 70-74 |          |      |                 |      | WOMEN 70-74 |                  |     |          |          |
|-----------|----------|------|-----------------|------|-------------|------------------|-----|----------|----------|
| 0:30.26   | 06/19/04 | ORE  | David Radcliff  | 50   | M. Free     | Rebecca Kay      | ORE | 08/21/16 | 0:33.95  |
| 1:06.47   | 07/27/05 | ORE  | David Radcliff  | 100  | M. Free     | Barbara Frid     | ORE | 07/07/12 | 1:22.95  |
| 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 |
| 0:38.59   | 05/31/14 | ORE  | Robert Smith    | 50   | M. Back     | Joy Ward         | ORE | 07/07/12 | 0:42.08  |
| 1:25.21   | 08/08/10 | ORE  | Chris Hiatt     | 100  | M. Back     | Joy Ward         | ORE | 07/07/12 | 1:32.68  |
| 3:07.48   | 08/21/16 | PSM  | Michael McColly | 200  | M. Back     | Joy Ward         | ORE | 07/07/12 | 3:18.02  |
| 0:36.68   | 08/21/16 | SAWS | Robert Strand   | 50   | M. Breast   | Ginger Pierson   | ORE | 08/21/16 | 0:46.18  |
| 1:23.63   | 08/21/16 | SAWS | Robert Strand   | 100  | M. Breast   | Ginger Pierson   | ORE | 03/29/16 | 1:47.45  |
| 3:07.26   | 08/21/16 | SAWS | Robert Strand   | 200  | M. Breast   | Ginger Pierson   | ORE | 08/27/17 | 3:52.09  |
| 0:32.36   | 04/04/08 | ORE  | Bert Petersen   | 50   | M. Fly      | Barbara Frid     | ORE | 07/07/12 | 0:40.81  |
| 1:25.80   | 05/12/12 | ORE  | Tom Landis      | 100  | M. Fly      | Joy Ward         | ORE | 08/26/12 | 1:49.13  |
| 3:39.04   | 08/20/90 | PNA  | Andrew Holden   | 200  | M. Fly      | Joy Ward         | ORE | 08/25/13 | 4:17.24  |
| 2:54.06   | 08/21/16 | SAWS | Robert Strand   | 200  | M. I. M.    | Joy Ward         | ORE | 08/26/12 | 3:38.29  |
| 6:24.76   | 07/07/12 | ORE  | Tom Landis      | 400  | M. I. M.    | Joy Ward         | ORE | 08/26/12 | 7:43.94  |

| MEN 75-79 |          |      |                |      | WOMEN 75-79 |                  |     |          |          |
|-----------|----------|------|----------------|------|-------------|------------------|-----|----------|----------|
| 0:30.28   | 07/11/09 | ORE  | David Radcliff | 50   | M. Free     | Joy Ward         | ORE | 08/27/17 | 0:43.02  |
| 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     | Jane Nichols     | ORE | 08/21/16 | 3:47.94  |
| 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     | Jerri Kawabata   | ORE | 07/10/11 | 17:19.91 |
| 21:03.06  | 07/11/09 | ORE  | David Radcliff | 1500 | M. Free     | Jerri Kawabata   | ORE | 08/25/13 | 33:50.63 |
| 0:41.04   | 08/23/15 | ORE  | Chris Hiatt    | 50   | M. Back     | Joy Ward         | ORE | 08/06/17 | 0:47.50  |
| 1:28.02   | 04/10/16 | ORE  | Chris Hiatt    | 100  | M. Back     | Joy Ward         | ORE | 08/06/17 | 1:43.60  |
| 3:14.60   | 08/23/15 | ORE  | Chris Hiatt    | 200  | M. Back     | Joy Ward         | ORE | 08/06/17 | 3:46.69  |
| 0:44.32   | 08/21/16 | ORE  | Ronald Nakata  | 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  |
| 3:50.19   | 08/21/16 | PSM  | Dick Peterson  | 200  | M. Breast   | Muriel Flynn     | PNA | 08/15/98 | 4:57.73  |
| 0:39.02   | 08/27/95 | ORE  | Andrew Holden  | 50   | M. Fly      | Joy Ward         | ORE | 08/06/17 | 0:50.82  |
| 1:40.74   | 08/27/95 | ORE  | Andrew Holden  | 100  | M. Fly      | Joy Ward         | ORE | 08/06/17 | 2:00.46  |
| 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.    | Joy Ward         | ORE | 08/27/17 | 4:05.44  |
| 8:00.26   | 08/14/05 | UTAH | Bud Knowlton   | 400  | M. I. M.    | Margaret Wells   | ORE | 07/13/02 | 11:30.30 |

## NW Zone LCM Records -- as of 10/17/2017

| MEN 80-84 |          |     |                   |      | WOMEN 80-84 |                   |      |          |          |
|-----------|----------|-----|-------------------|------|-------------|-------------------|------|----------|----------|
| 0:33.27   | 08/24/14 | ORE | David Radcliff    | 50   | M. Free     | Patricia Hastings | MM   | 08/21/16 | 0:45.04  |
| 1:11.82   | 08/24/14 | ORE | David Radcliff    | 100  | M. Free     | Patricia Hastings | MM   | 08/21/16 | 1:54.14  |
| 2:40.22   | 08/24/14 | ORE | David Radcliff    | 200  | M. Free     | Patricia Hastings | MM   | 08/21/16 | 4:19.67  |
| 5:45.21   | 08/23/15 | ORE | David Radcliff    | 400  | M. Free     | Jerri Kawabata    | ORE  | 04/10/16 | 8:57.77  |
| 11:49.29  | 08/24/14 | ORE | David Radcliff    | 800  | M. Free     | Jerri Kawabata    | ORE  | 08/23/15 | 18:14.06 |
| 22:16.90  | 05/31/14 | ORE | David Radcliff    | 1500 | M. Free     | Jerri Kawabata    | ORE  | 04/10/16 | 34:40.26 |
| 0:46.25   | 06/28/03 | ORE | Andrew Holden     | 50   | M. Back     | Gloria Tolaro     | PNA  | 07/10/11 | 0:59.38  |
| 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  |
| 0:46.64   | 07/10/11 | ORE | Milton Marks      | 50   | M. Breast   | Muriel Flynn      | PNA  | 07/25/04 | 1:05.61  |
| 1:50.93   | 08/08/10 | ORE | Milton Marks      | 100  | M. Breast   | Muriel Flynn      | PNA  | 07/25/04 | 2:25.38  |
| 4:15.75   | 08/08/10 | ORE | Milton Marks      | 200  | M. Breast   | Muriel Flynn      | PNA  | 07/25/04 | 5:12.54  |
| 0:41.89   | 07/11/99 | ORE | Andrew Holden     | 50   | M. Fly      | Jerri Kawabata    | ORE  | 08/23/15 | 1:19.40  |
| 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  |
| 3:56.09   | 04/10/16 | ORE | Dick Slawson      | 200  | M. I. M.    | Eva Muller        | ORE  | 07/14/96 | 6:01.70  |
| 8:42.98   | 04/10/16 | ORE | Dick Slawson      | 400  | M. I. M.    | Helena Hoffman    | ORE  | 06/22/96 | 15:03.50 |
| MEN 85-89 |          |     |                   |      | WOMEN 85-89 |                   |      |          |          |
| 0:37.21   | 07/10/04 | ORE | Andrew Holden     | 50   | M. Free     | Molly Hayes       | BOZE | 05/20/17 | 0:56.66  |
| 1:26.78   | 07/07/07 | ORE | Willard Lamb      | 100  | M. Free     | Molly Hayes       | BOZE | 05/20/17 | 2:26.84  |
| 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     | Molly Hayes       | BOZE | 05/20/17 | 45:30.50 |
| 0:49.14   | 06/19/04 | ORE | Andrew Holden     | 50   | M. Back     | Molly Hayes       | BOZE | 05/20/17 | 1:16.59  |
| 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 |
| MEN 90-94 |          |     |                   |      | WOMEN 90-94 |                   |      |          |          |
| 0:43.50   | 06/06/15 | ORE | Willard Lamb      | 50   | M. Free     | Virginia Phipps   | ORE  | 08/21/16 | 1:25.97  |
| 1:41.87   | 05/31/14 | ORE | Willard Lamb      | 100  | M. Free     | Virginia Phipps   | ORE  | 08/21/16 | 3:05.93  |
| 3:41.77   | 08/11/13 | ORE | Willard Lamb      | 200  | M. Free     | Eva Muller        | ORE  | 07/20/02 | 5:36.74  |
| 8:01.57   | 08/24/14 | ORE | Willard Lamb      | 400  | M. Free     | Charlotte Sanddal | MM   | 08/21/16 | 16:01.90 |
| 16:28.37  | 08/11/13 | ORE | Willard Lamb      | 800  | M. Free     |                   |      |          |          |
| 31:12.82  | 05/31/14 | ORE | Willard Lamb      | 1500 | M. Free     |                   |      |          |          |
| 0:54.96   | 08/25/13 | ORE | Willard Lamb      | 50   | M. Back     | Eva Muller        | ORE  | 07/12/03 | 1:17.68  |
| 1:59.92   | 05/31/14 | ORE | Willard Lamb      | 100  | M. Back     | Eva Muller        | ORE  | 07/20/02 | 2:58.31  |
| 4:20.06   | 05/31/14 | ORE | Willard Lamb      | 200  | M. Back     | Eva Muller        | ORE  | 07/12/03 | 6:28.70  |
| 1:09.80   | 07/26/98 | PNA | Jim Penfield      | 50   | M. Breast   | Charlotte Sanddal | MM   | 08/21/16 | 1:56.48  |
| 3:30.38   | 07/10/11 | ORE | Rupert Fixott     | 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      | Charlotte Sanddal | MM   | 06/08/13 | 1:29.40  |
|           |          |     |                   | 100  | M. Fly      |                   |      |          |          |
|           |          |     |                   | 200  | M. Fly      |                   |      |          |          |
| 7:02.80   | 07/26/98 | PNA | Jim Penfield      | 200  | M. I. M.    | Charlotte Sanddal | MM   | 08/03/14 | 8:11.91  |
|           |          |     |                   | 400  | M. I. M.    |                   |      |          |          |
| MEN 95-99 |          |     |                   |      | WOMEN 95-99 |                   |      |          |          |
| 0:45.71   | 08/06/17 | ORE | Willard Lamb      | 50   | M. Free     | Charlotte Sanddal | MM   | 08/06/17 | 1:20.84  |
| 1:47.59   | 08/27/17 | ORE | Willard Lamb      | 100  | M. Free     | Charlotte Sanddal | MM   | 08/06/17 | 3:43.58  |
| 4:04.60   | 08/27/17 | ORE | Willard Lamb      | 200  | M. Free     | Charlotte Sanddal | MM   | 08/06/17 | 7:28.35  |
| 8:43.18   | 08/27/17 | ORE | Willard Lamb      | 400  | M. Free     | Charlotte Sanddal | MM   | 08/06/17 | 15:41.63 |
| 17:42.57  | 08/27/17 | ORE | Willard Lamb      | 800  | M. Free     | Charlotte Sanddal | MM   | 08/06/17 | 31:35.73 |
| 33:39.77  | 08/27/17 | ORE | Willard Lamb      | 1500 | M. Free     |                   |      |          |          |
| 0:58.63   | 08/06/17 | ORE | Willard Lamb      | 50   | M. Back     | Charlotte Sanddal | MM   | 08/06/17 | 1:44.11  |
| 2:11.19   | 08/06/17 | ORE | Willard Lamb      | 100  | M. Back     | Charlotte Sanddal | MM   | 08/06/17 | 3:30.52  |
| 4:37.71   | 08/06/17 | ORE | Willard Lamb      | 200  | M. Back     | Charlotte Sanddal | MM   | 08/06/17 | 7:09.94  |
|           |          |     |                   | 50   | M. Breast   | Charlotte Sanddal | MM   | 08/06/17 | 2:16.08  |
|           |          |     |                   | 100  | M. Breast   | Charlotte Sanddal | MM   | 08/06/17 | 4:37.87  |
|           |          |     |                   | 200  | M. Breast   | Charlotte Sanddal | MM   | 08/06/17 | 9:18.96  |
|           |          |     |                   | 50   | M. Fly      | Charlotte Sanddal | MM   | 04/21/17 | 1:55.97  |
|           |          |     |                   | 100  | M. Fly      | Charlotte Sanddal | MM   | 04/21/17 | 6:18.62  |
|           |          |     |                   | 200  | M. Fly      |                   |      |          |          |
|           |          |     |                   | 200  | M. I. M.    | Charlotte Sanddal | MM   | 04/21/17 | 8:46.90  |
|           |          |     |                   | 400  | M. I. M.    |                   |      |          |          |

**NW Zone LCM Records -- as of 10/17/2017**

**MEN 100-104**  
 2:22.05 07/11/93 ORE 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  
 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**

**MEN 110-114**  
 no records

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 110-114**

**MEN 115-119**  
 no records

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 115-119**