

INLAND NW LCM Records -- as of 8/9/23

MEN 18-24

0:26.74	06/08/08	HMS	Baden Sprinkle	50	M.	Free	Zoe Baumann
1:00.55	06/08/08	HMS	Baden Sprinkle	100	M.	Free	Zoe Baumann
2:19.09	06/01/85	WVM	Mike Yacinich	200	M.	Free	Cherese Eder
5:01.26	06/15/19	UC35	Christopher Yaw	400	M.	Free	Anna Sharpe
13:29.16	07/13/86	FAF	Richard Miller	800	M.	Free	Alice Hom
26:45.84	07/27/84	SPO	Bill Close	1500	M.	Free	Becky Bennett
0:41.03	07/13/86	TCM	Steve Fordham	50	M.	Back	Elizabeth Hess
1:11.99	06/08/08	HMS	Baden Sprinkle	100	M.	Back	Elizabeth Hess
			None	200	M.	Back	Anna Sharpe
0:35.27	06/01/85	WVM	Mike Yacinich	50	M.	Breast	Anna Sharpe
1:19.69	06/01/85	WVM	Mike Yacinich	100	M.	Breast	Anna Sharpe
2:56.87	06/01/85	WVM	Mike Yacinich	200	M.	Breast	Anna Sharpe
0:29.19	07/10/82	CHE	Bernie Kingsly	50	M.	Fly	Zoe Baumann
1:08.39	07/10/82	CHE	Bernie Kingsly	100	M.	Fly	Lana Lawrence
			none	200	M.	Fly	Becky Bennett
2:39.82	06/19/16	STRG	Gregory Luntzel	200	M.	I. M.	Cherese Eder
			none	400	M.	I. M.	Anna Sharpe

WOMEN 18-24

SPO	07/10/82	0:30.98
SPO	07/10/82	1:08.02
SPO	07/25/92	2:29.14
SWAT	08/12/12	5:25.44
TCM	07/13/86	11:55.59
YAK		23:02.16
MCM	07/12/09	0:34.83
MCM	07/12/09	1:20.11
KM	08/21/16	2:48.05
KM	08/19/16	0:36.81
KM	08/18/16	1:19.44
KM	08/21/16	2:52.44
SPO	07/10/82	0:37.02
LCM	06/09/12	1:26.83
YAK		3:40.22
SPO	07/25/92	2:50.00
KM	08/18/16	5:52.84

MEN 25-29

0:25.69	07/31/94	SCM	Roy Berg	50	M.	Free	Lori Clark
0:57.37	07/31/94	SCM	Roy Berg	100	M.	Free	Kim Veenstra
2:03.49	08/18/16	KM	Nick Blank	200	M.	Free	Catherine Chay
4:59.15	07/31/94	IEM	David Nichols	400	M.	Free	Catherine Chay
9:02.84	08/19/16	KM	Nick Blank	800	M.	Free	Jennifer Tanner
26:20.81	07/12/85	SPO	Bill Close	1500	M.	Free	Catherine Chay
0:28.11	08/21/16	KM	Nick Blank	50	M.	Back	Lori Clark
1:01.46	08/20/16	KM	Nick Blank	100	M.	Back	Diana MacManus
2:14.27	08/21/16	KM	Nick Blank	200	M.	Back	Lori Clark
0:34.83	07/31/94	SCM	Roy Berg	50	M.	Breast	Anna Sharpe
1:25.13		SPO	Chris Anderson	100	M.	Breast	Anna Sharpe
			none	200	M.	Breast	Anna Sharpe
0:27.42	07/31/94	SCM	Roy Berg	50	M.	Fly	Lori Clark
1:02.15	07/31/94	SCM	Roy Berg	100	M.	Fly	Carol Corsberg
			none	200	M.	Fly	Catherine Chay
2:14.90	08/19/16	KM	Nick Blank	200	M.	I. M.	Lori Clark
7:20.01	07/13/85	SPO	Robert Dellwo	400	M.	I. M.	Anna Sharpe

WOMEN 25-29

ELL	07/10/82	0:29.09
TCM	08/21/86	1:08.82
UCM	04/28/84	2:26.55
UCM	04/28/84	5:05.68
TCM	07/13/86	14:03.02
UCM	04/28/84	19:58.09
ELL	08/25/82	0:32.87
LCM	06/16/12	1:06.91
ELL	08/25/82	2:51.52
UC35	10/10/21	0:34.98
KM	08/10/19	1:15.95
KM	08/11/19	2:45.22
ELL	08/25/82	0:31.16
MON	08/03/86	1:15.80
UCM	08/25/82	2:49.21
ELL	08/25/82	2:46.72
UC35	10/08/21	5:37.10

MEN 30-34

0:27.10	08/02/86	IEY	John Kafentzis	50	M.	Free	Lori Clark
1:00.10	06/05/11	WVM	James Adams	100	M.	Free	Robbie Chandler
2:12.80	06/12/11	WVM	James Adams	200	M.	Free	Catherine Chay
4:47.68	07/10/11	WVM	James Adams	400	M.	Free	Catherine Chay
9:58.05	06/05/11	WVM	James Adams	800	M.	Free	Catherine Chay
18:52.60	06/05/11	WVM	James Adams	1500	M.	Free	Catherine Chay
0:34.32	08/08/10	WVM	James Adams	50	M.	Back	Lori Clark
1:11.21	08/27/95	IEM	Michael Dowhy	100	M.	Back	Lori Clark
2:37.84	05/15/11	WVM	James Adams	200	M.	Back	Lori Clark
0:36.30		SPO	Armin Arndt	50	M.	Breast	Robbie Chandler
1:21.40		SPO	Armin Arndt	100	M.	Breast	Robbie Chandler
2:58.19	06/05/10	WVM	James Adams	200	M.	Breast	Robbie Chandler
0:28.87	06/05/11	WVM	James Adams	50	M.	Fly	Lori Clark
1:04.48	06/05/10	WVM	James Adams	100	M.	Fly	Shelly Ruspakka
2:26.62	06/05/11	WVM	James Adams	200	M.	Fly	Catherine Chay
2:30.04	08/27/95	IEM	Michael Dowhy	200	M.	I. M.	Lori Clark
5:23.61	05/15/11	WVM	James Adams	400	M.	I. M.	Catherine Chay

WOMEN 30-34

ELL	08/21/86	0:28.84
ELL	08/25/82	1:14.01
UCM	08/22/86	2:24.73
UCM	08/21/86	4:59.99
UCM	08/03/86	10:29.03
UCM	08/24/86	19:18.71
ELL	08/22/86	0:33.01
ELL	08/23/86	1:13.26
ELL	08/21/86	2:50.64
ELL	08/25/82	0:41.46
ELL	08/25/82	1:32.82
ELL	08/25/82	3:24.36
ELL	08/22/86	0:30.90
MCM	08/18/16	1:20.64
UCM	08/02/86	2:57.70
ELL	08/22/86	2:41.24
UCM	08/23/86	5:47.88

MEN 35-39

0:26.46	06/24/18	SCM	Trent Shino	50	M.	Free	Jandy Doak
0:59.50	06/09/12	WVM	James Adams	100	M.	Free	Jandy Doak
2:14.64	06/03/12	WVM	James Adams	200	M.	Free	Elin Zander
4:42.46	07/28/13	WVM	James Adams	400	M.	Free	Margaret Hair
9:56.43	06/03/12	WVM	James Adams	800	M.	Free	Elin Zander
19:04.64	08/25/13	WVM	James Adams	1500	M.	Free	Cindy Clutter
0:34.00	06/09/12	WVM	James Adams	50	M.	Back	Linda Walker
1:14.59	06/09/12	WVM	James Adams	100	M.	Back	Heather DeWitt
2:44.50	06/03/12	WVM	James Adams	200	M.	Back	Margaret Hair
0:34.47	08/21/86	MON	Steve Holloway	50	M.	Breast	Margaret Hair
1:13.36	06/24/18	SCM	Trent Shino	100	M.	Breast	Elin Zander
3:01.52	06/03/12	WVM	James Adams	200	M.	Breast	Elin Zander
0:29.45	06/03/12	WVM	James Adams	50	M.	Fly	Heather DeWitt
1:04.91	06/22/19	SCM	Trent Shino	100	M.	Fly	Heather DeWitt
2:24.68	07/28/13	WVM	James Adams	200	M.	Fly	Carolyn Kent
2:33.78	06/03/12	WVM	James Adams	200	M.	I. M.	Heather DeWitt
5:23.77	06/03/12	WVM	James Adams	400	M.	I. M.	Heather DeWitt

WOMEN 35-39

SPO	08/25/82	0:31.96
SPO	08/25/82	1:12.84
IEY	07/25/92	2:44.18
CSF	06/30/92	5:50.63
IEY	07/25/92	11:56.02
CSF	07/16/95	24:37.30
WVM	05/27/05	0:57.40
IEY	08/03/86	1:29.91
CSF	07/25/95	3:31.15
CSF	06/30/92	0:44.55
IEY	07/25/92	1:36.89
IEY	07/26/92	3:29.28
IEY	08/23/86	0:34.60
IEY	08/26/86	1:20.84
CDA	08/25/82	3:18.94
IEY	08/22/86	3:01.86
IEY	08/23/86	6:31.77

INLAND NW LCM Records -- as of 8/9/23

MEN 40-44

0:28.09	07/27/05	SCM	Murray Allen	50	M.	Free	Tammy Fisher
1:02.59	07/27/05	SCM	Murray Allen	100	M.	Free	Susanne Simpson
2:24.91	06/16/17	KM	James Adams	200	M.	Free	Susanne Simpson
5:20.49	06/24/18	STRG	Brian Ruark	400	M.	Free	Susanne Simpson
10:37.85	06/16/17	KM	James Adams	800	M.	Free	Susanne Simpson
22:56.90	07/12/85	SPO	Don Wallace	1500	M.	Free	Susanne Simpson
0:34.65	08/27/95	IEM	Joe Terhaar	50	M.	Back	Paige Buehler
1:30.17	04/28/84	SPO	Don Wallace	100	M.	Back	Shelly Ruspakka
2:46.99	08/27/95	IEM	Joe Terhaar	200	M.	Back	Elin Zander
0:33.97	08/04/96	IEM	Jay Walters	50	M.	Breast	Elin Zander
1:16.57	08/04/96	IEM	Jay Walters	100	M.	Breast	Elin Zander
2:52.79	08/25/82	SPO	Armin Amdt	200	M.	Breast	Elin Zander
0:31.11	07/27/05	SCM	Murray Allen	50	M.	Fly	Susanne Simpson
1:16.11	07/27/05	SCM	Murray Allen	100	M.	Fly	Susanne Simpson
3:21.26	08/27/95	IEM	Joe Terhaar	200	M.	Fly	Susanne Simpson
2:45.01	06/16/17	KM	James Adams	200	M.	I. M.	Elin Zander
6:09.13	08/25/82	SPO	Armin Amdt	400	M.	I. M.	Elin Zander

WOMEN 40-44

TCAS	08/05/23						:31.49
SCM	06/13/04						1:05.07
SCM	03/30/02						2:12.75
SCM	06/13/04						4:39.93
SCM	06/13/04						9:41.90
SCM	05/23/04						19:30.86
MCM	06/09/12						0:42.71
MCM	05/22/22						1:32.54
IEY	07/16/95						3:25.32
IEY	07/16/95						0:43.11
IEY	07/31/94						1:32.83
IEY	08/27/95						3:20.21
SCM	06/13/04						0:31.59
SCM	03/30/02						1:06.91
SCM	03/30/02						2:29.37
IEY	08/04/96						3:13.07
IEY	08/27/95						6:38.56

MEN 45-49

0:25.57	03/30/02	SCM	Larry Krauser	50	M.	Free	Susanne Simpson
0:57.15	03/30/02	SCM	Larry Krauser	100	M.	Free	Susanne Simpson
2:05.87	03/30/02	SCM	Larry Krauser	200	M.	Free	Susanne Simpson
4:33.88	03/30/02	SCM	Larry Krauser	400	M.	Free	Susanne Simpson
9:42.17	03/30/02	SCM	Larry Krauser	800	M.	Free	Susanne Simpson
18:41.01	08/19/01	SCM	Larry Krauser	1500	M.	Free	Cynthia Clutter
0:33.36	06/09/12	TCAS	Wes Bratton	50	M.	Back	Paige Buehler
1:17.60	06/09/12	TCAS	Wes Bratton	100	M.	Back	Paige Buehler
2:46.90	06/09/12	TCAS	Wes Bratton	200	M.	Back	Carolyn Kent
0:36.35	08/22/86	WAM	Armin Amdt	50	M.	Breast	Margaret Hair
1:19.88	08/21/86	WAM	Armin Amdt	100	M.	Breast	Cynthia Clutter
3:01.39	06/16/12	SWAT	Harm-Jan Steenhuis	200	M.	Breast	Margaret Hair
0:35.24	07/12/86	SCM	Jim Dukelow	50	M.	Fly	Susanne Simpson
1:12.39	08/19/01	SCM	Larry Krauser	100	M.	Fly	Susanne Simpson
4:12.59	08/02/86	TCM	Jim Dukelow	200	M.	Fly	Susanne Simpson
2:48.31	06/09/12	TCAS	Wes Bratton	200	M.	I. M.	Margaret Hair
6:09.70	05/22/22	MCM	Richard Edge	400	M.	I. M.	Carolyn Kent

WOMEN 45-49

SCM	07/27/05						0:29.62
SCM	07/27/05						1:06.03
SCM	07/27/05						2:14.84
SCM	08/17/06						4:44.30
SCM	07/27/05						9:48.77
LCM	08/17/08						24:06.04
MCM	08/18/16						0:39.83
MCM	06/19/16						1:29.84
CSF	06/30/92						3:14.28
LCM	03/30/02						0:46.20
LCM	08/17/08						1:44.65
LCM	03/30/02						3:43.36
SCM	07/27/05						0:32.51
SCM	07/27/05						1:08.56
SCM	07/27/05						2:32.07
LCM	03/30/02						3:10.70
CSF	07/02/92						6:32.03

MEN 50-54

0:25.79	08/10/03	SCM	Larry Krauser	50	M.	Free	Barbara Thrasher
0:57.37	08/10/03	SCM	Larry Krauser	100	M.	Free	Margaret Hair
2:06.21	08/10/03	SCM	Larry Krauser	200	M.	Free	Barbara Thrasher
4:34.87	07/27/05	SCM	Larry Krauser	400	M.	Free	Nancy Rose
9:34.00	07/27/05	SCM	Larry Krauser	800	M.	Free	Nancy Rose
18:15.68	08/15/05	SCM	Larry Krauser	1500	M.	Free	Nancy Rose
0:32.99	08/15/05	SCM	Larry Krauser	50	M.	Back	Margaret Hair
1:14.54	05/24/10	LCM	Michael Hamm	100	M.	Back	Paige Buehler
2:39.38	08/15/05	SCM	Larry Krauser	200	M.	Back	Paige Buehler
0:34.38	05/24/10	LCM	Michael Hamm	50	M.	Breast	Margaret Hair
1:23.47	08/22/86	IEY	David Daboll	100	M.	Breast	Margaret Hair
2:49.52	05/24/10	LCM	Michael Hamm	200	M.	Breast	Margaret Hair
0:29.37	08/15/05	SCM	Larry Krauser	50	M.	Fly	Margaret Hair
1:18.79	05/23/04	SCM	Larry Krauser	100	M.	Fly	Margaret Hair
2:51.94	05/23/04	SCM	Larry Krauser	200	M.	Fly	Margaret Hair
2:37.43	05/24/10	LCM	Michael Hamm	200	M.	I. M.	Margaret Hair
5:42.34	08/15/05	SCM	Larry Krauser	400	M.	I. M.	Margaret Hair

WOMEN 50-54

UC35	07/08/18						0:31.97
LCM	07/27/05						1:15.10
UC35	07/08/18						2:37.74
WWM	07/26/15						5:38.09
WWM	07/26/15						11:28.43
WWM	07/26/15						21:47.70
LCM	07/08/06						0:44.83
MCM	07/08/18						1:34.23
MCM	07/07/18						3:19.07
LCM	07/27/05						0:43.35
LCM	08/17/06						1:36.59
LCM	07/08/06						3:44.95
LCM	08/17/06						0:35.75
LCM	07/27/05						1:31.67
LCM	07/08/06						3:37.02
LCM	08/17/06						3:06.89
LCM	07/27/05						6:53.56

MEN 55-59

0:26.35	04/25/08	SCM	Larry Krauser	50	M.	Free	Margaret Hair
0:58.78	04/25/08	SCM	Larry Krauser	100	M.	Free	Nancy Rose
2:10.62	08/17/08	SCM	Larry Krauser	200	M.	Free	Nancy Rose
4:41.46	04/25/08	SCM	Larry Krauser	400	M.	Free	Nancy Rose
9:46.83	04/25/08	SCM	Larry Krauser	800	M.	Free	Nancy Rose
19:12.17	08/17/08	SCM	Larry Krauser	1500	M.	Free	Nancy Rose
0:36.19	06/18/17	MCM	Brian Johnson	50	M.	Back	Margaret Hair
1:16.22	08/20/16	KM	Michael Hamm	100	M.	Back	Nancy Rose
2:43.68	08/07/10	SCM	Larry Krauser	200	M.	Back	Nancy Rose
0:34.88	08/19/16	KM	Michael Hamm	50	M.	Breast	Margaret Hair
1:17.36	08/18/16	KM	Michael Hamm	100	M.	Breast	Nancy Rose
2:55.64	08/21/16	KM	Michael Hamm	200	M.	Breast	Nancy Rose
0:33.49	06/17/17	MCM	Brian Johnson	50	M.	Fly	Margaret Hair
1:26.88	06/23/19	MCM	Brian Johnson	100	M.	Fly	Nancy Rose
4:22.43	08/21/86	TCM	Jack Griffin	200	M.	Fly	Margaret Hair
2:41.41	08/19/16	KM	Michael Hamm	200	M.	I. M.	Nancy Rose
6:31.62	08/23/92	CSF	David Daboll	400	M.	I. M.	Nancy Rose

WOMEN 55-59

LCM	05/24/10						0:35.38
WWM	06/23/18						1:18.44
WWM	06/24/18						2:52.62
WWM	06/23/18						5:50.74
UC35	06/15/19						12:09.69
WWM	06/23/18						23:28.09
LCNM	08/24/14						0:49.50
WWM	06/24/18						1:33.20
WWM	06/23/18						3:22.48
LCM	08/08/10						0:47.73
WWM	06/23/18						1:45.03
WWM	06/24/18						3:50.34
LCM	05/24/10						0:41.38
WWM	06/24/18						1:26.68
LCM	08/08/10						3:54.25
UC35	06/15/19						3:17.01
UC35	06/16/19						7:00.37

INLAND NW LCM Records -- as of 8/9/23

MEN 60-64

0:27.41	08/10/13	SCM	Larry Krauser	50	M.	Free	Margaret Hair
1:01.24	08/11/13	SCM	Larry Krauser	100	M.	Free	Margaret Hair
2:14.52	08/08/13	SCM	Larry Krauser	200	M.	Free	Suzanne Dills
5:00.52	08/08/15	SCM	Larry Krauser	400	M.	Free	Margaret Hair
10:13.78	08/09/13	SCM	Larry Krauser	800	M.	Free	Suzanne Dills
19:28.84	08/07/13	SCM	Larry Krauser	1500	M.	Free	Margaret Hair
0:34.32	05/16/15	MCM	Wes Edwards	50	M.	Back	Margaret Hair
1:15.26	06/06/15	MCM	Wes Edwards	100	M.	Back	Suzanne Dills
2:48.75	08/07/15	SCM	Larry Krauser	200	M.	Back	Margaret Hair
0:35.96	08/06/17	KM	Michael Hamm	50	M.	Breast	Margaret Hair
1:19.93	08/05/17	KM	Michael Hamm	100	M.	Breast	Zhou Chuanzhu
2:59.70	08/04/17	KM	Michael Hamm	200	M.	Breast	Zhou Chuanzhu
0:39.90	07/10/82	SPO	Bill Odman	50	M.	Fly	Margaret Hair
1:31.32	05/22/22	MCM	Brian Johnson	100	M.	Fly	Margaret Hair
			none	200	M.	Fly	Margaret Hair
2:42.40	08/06/17	KM	Michael Hamm	200	M.	I. M.	Suzanne Dills
6:12.20	08/18/16	SCM	Larry Krauser	400	M.	I. M.	Suzanne Dills

WOMEN 60-64

LCN	08/20/16	0:35.70
LCNM	05/17/15	1:23.29
SCM	08/17/06	2:46.63
LCNM	05/19/19	6:35.40
SCM	08/17/06	11:54.21
LCN	08/17/16	25:53.86
LCNM	07/06/19	0:47.19
SCM	08/17/06	1:34.86
LCNM	08/25/19	3:55.51
LCNM	08/25/19	0:49.30
TCAS	05/22/22	1:42.07
TCAS	05/22/22	3:40.70
LCNM	07/06/19	0:43.41
LCNM	08/02/18	1:43.99
LCNM	08/03/18	4:04.59
SCM	08/17/06	3:15.30
SCM	08/17/06	7:06.92

MEN 65-69

0:28.23	07/29/18	SCM	Larry Krauser	50	M.	Free	Margaret Hair
1:03.22	07/30/18	SCM	Larry Krauser	100	M.	Free	Margaret Hair
2:20.44	07/31/18	SCM	Larry Krauser	200	M.	Free	Margaret Hair
5:04.05	08/04/18	SCM	Larry Krauser	400	M.	Free	Margaret Hair
10:32.42	07/28/18	SCM	Larry Krauser	800	M.	Free	Margaret Hair
27:48.64	07/10/82	SPO	Roland Portman	1500	M.	Free	Margaret Hair
0:46.94	07/26/92	SPO	Wilford Dolphin	50	M.	Back	Margaret Hair
1:42.75	07/26/92	SPO	Wilford Dolphin	100	M.	Back	Margaret Hair
2:59.76	08/13/19	SCM	Larry Krauser	200	M.	Back	Margaret Hair
0:41.10	08/17/08	WVM	Wayne Brown	50	M.	Breast	Margaret Hair
1:37.78	08/17/08	WVM	Wayne Brown	100	M.	Breast	Margaret Hair
3:46.63	08/17/08	WVM	Wayne Brown	200	M.	Breast	Margaret Hair
0:39.01	08/04/22	KM	Dan Sheahan	50	M.	Fly	Margaret Hair
2:35.63	08/04/96	UNA	John Milton	100	M.	Fly	Margaret Hair
5:41.42	08/04/96	UNA	John Milton	200	M.	Fly	Margaret Hair
4:08.15	07/25/92	SPO	Wilford Dolphin	200	M.	I. M.	Margaret Hair
10:05.89	08/04/96	UNA	John Milton	400	M.	I. M.	Margaret Hair

WOMEN 65-69

LCNM	06/27/21	0:37.09
LCNM	05/22/22	1:23.62
LCNM	05/22/22	3:08.07
LCNM	06/27/21	6:32.71
LCNM	05/22/22	13:54.25
LCNM	05/23/21	25:52.00
LCNM	08/05/23	:49.35
LCNM	06/27/21	1:44.82
LCNM	05/23/21	3:57.22
LCNM	07/01/23	0:50.35
LCNM	06/27/21	1:48.54
LCNM	05/23/21	3:57.02
LCNM	07/01/23	0:49.06
LCNM	05/22/22	1:56.40
LCNM	07/01/23	4:25.40
LCNM	05/21/21	3:35.20
LCNM	07/01/23	8:08.44

MEN 70-74

0:37.06	07/14/85	SPO	Roland Portman	50	M.	Free	Victoria Dickinson
1:26.40	07/29/84	SPO	Roland Portman	100	M.	Free	Jean Rudolph
3:04.26	08/17/08	HMS	Earl Ellis	200	M.	Free	none
6:39.81	08/17/08	HMS	Earl Ellis	400	M.	Free	none
13:19.65	08/17/08	HMS	Earl Ellis	800	M.	Free	Jett Vallandigham
			none	1500	M.	Free	none
0:47.40	08/04/96	IEM	Wilford Dolphin	50	M.	Back	Victoria Dickinson
1:45.98	08/04/96	IEM	Wilford Dolphin	100	M.	Back	Victoria Dickinson
3:54.77	08/04/96	IEM	Wilford Dolphin	200	M.	Back	none
0:53.67	08/22/86	CAC	C.J. Hamilton	50	M.	Breast	Gloria Waggoner
2:01.15	08/21/86	CAC	C.J. Hamilton	100	M.	Breast	Gloria Waggoner
4:22.25	08/04/96	IEM	Wilford Dolphin	200	M.	Breast	Gloria Waggoner
			none	50	M.	Fly	Victoria Dickinson
			none	100	M.	Fly	Gloria Waggoner
			none	200	M.	Fly	Carolyn Magee
4:17.98	08/04/96	IEM	Wilford Dolphin	200	M.	I. M.	Gloria Waggoner
			none	400	M.	I. M.	Gloria Waggoner

WOMEN 70-74

KM	08/20/16	0:35.21
MMS	07/26/92	2:07.73
MCM	08/08/19	19:53.99
KM	08/18/16	0:45.49
KM	08/20/16	1:40.48
KM	08/06/17	0:48.67
KM	08/05/17	1:49.56
KM	08/04/17	4:16.66
KM	08/21/16	0:48.81
KM	08/06/17	1:55.19
WENM	08/20/16	4:37.40
KM	08/06/17	3:46.33
KM	08/03/17	8:14.04

MEN 75-79

0:37.30	08/27/95	UNA	Bill Odman	50	M.	Free	Jett Vallandigham
1:26.27	08/27/95	UNA	Bill Odman	100	M.	Free	Jett Vallandigham
3:30.37	08/17/08	WVM	Jack Bevier	200	M.	Free	Jett Vallandigham
7:44.49	08/07/08	WVM	Jack Bevier	400	M.	Free	Jett Vallandigham
			none	800	M.	Free	Jett Vallandigham
30:09.64	08/17/08	WVM	Jack Bevier	1500	M.	Free	none
			none	50	M.	Back	none
			none	100	M.	Back	none
			none	200	M.	Back	none
			none	50	M.	Breast	Jett Vallandigham
			none	100	M.	Breast	Jett Vallandigham
			none	200	M.	Breast	Jett Vallandigham
			none	50	M.	Fly	none
			none	100	M.	Fly	none
			none	200	M.	Fly	none
			none	200	M.	I. M.	none
			none	400	M.	I. M.	none

WOMEN 75-79

MCM	08/05/23	1:11.19
MCM	07/01/23	2:47.03
MCM	07/01/23	6:01.26
MCM	07/01/23	12:13.36
MCM	08/05/23	23:54.46
MCM	08/05/23	1:30.97
MCM	08/05/23	3:19.41
MCM	08/05/23	7:06.73

INLAND NW LCM Records -- as of 8/9/23

MEN 80-84

			none	50	M.	Free	none
1:39.25	08/21/16	WENM	Jack Bevier	100	M.	Free	none
3:41.80	08/18/16	WENM	Jack Bevier	200	M.	Free	none
7:54.76	08/20/16	WENM	Jack Bevier	400	M.	Free	none
16:33.60	08/19/16	WENM	Jack Bevier	800	M.	Free	none
			none	1500	M.	Free	none
			none	50	M.	Back	none
			none	100	M.	Back	none
			none	200	M.	Back	none
			none	50	M.	Breast	none
2:27.80	07/31/94	IEM	C.J. Hamilton	100	M.	Breast	none
5:25.81	07/31/94	IEM	C.J. Hamilton	200	M.	Breast	none
			none	50	M.	Fly	none
3:15.34	07/31/94	IEM	C.J. Hamilton	100	M.	Fly	none
6:50.65	07/31/94	IEM	C.J. Hamilton	200	M.	Fly	none
			none	200	M.	I. M.	none
13:16.38	07/31/94	IEM	C.J. Hamilton	400	M.	I. M.	none

WOMEN 80-84

MEN 85-89

none	50	M.	Free	none
none	100	M.	Free	none
none	200	M.	Free	none
none	400	M.	Free	none
none	800	M.	Free	none
none	1500	M.	Free	none
none	50	M.	Back	none
none	100	M.	Back	none
none	200	M.	Back	none
none	50	M.	Breast	none
none	100	M.	Breast	none
none	200	M.	Breast	none
none	50	M.	Fly	none
none	100	M.	Fly	none
none	200	M.	Fly	none
none	200	M.	I. M.	none
none	400	M.	I. M.	none

WOMEN 85-89

MEN 90-94

none	50	M.	Free	none
none	100	M.	Free	none
none	200	M.	Free	none
none	400	M.	Free	none
none	800	M.	Free	none
none	1500	M.	Free	none
none	50	M.	Back	none
none	100	M.	Back	none
none	200	M.	Back	none
none	50	M.	Breast	none
none	100	M.	Breast	none
none	200	M.	Breast	none
none	50	M.	Fly	none
none	100	M.	Fly	none
none	200	M.	Fly	none
none	200	M.	I. M.	none
none	400	M.	I. M.	none

WOMEN 90-94

MEN 95-99

none	50	M.	Free	none
none	100	M.	Free	none
none	200	M.	Free	none
none	400	M.	Free	none
none	800	M.	Free	none
none	1500	M.	Free	none
none	50	M.	Back	none
none	100	M.	Back	none
none	200	M.	Back	none
none	50	M.	Breast	none
none	100	M.	Breast	none
none	200	M.	Breast	none
none	50	M.	Fly	none
none	100	M.	Fly	none
none	200	M.	Fly	none
none	200	M.	I. M.	none
none	400	M.	I. M.	none

WOMEN 95-99

INLAND NW LCM Records -- as of 8/9/23

MEN 100-104

none	50	M.	Free	none
none	100	M.	Free	none
none	200	M.	Free	none
none	400	M.	Free	none
none	800	M.	Free	none
none	1500	M.	Free	none
none	50	M.	Back	none
none	100	M.	Back	none
none	200	M.	Back	none
none	50	M.	Breast	none
none	100	M.	Breast	none
none	200	M.	Breast	none
none	50	M.	Fly	none
none	100	M.	Fly	none
none	200	M.	Fly	none
none	200	M.	I. M.	none
none	400	M.	I. M.	none

WOMEN 100-104