

**INLAND NW LCM Records -- as of 10/1/24**

**MEN 18-24**

:25.84	07/06/24	UC35	Nolan Jenks	50	M. Free	Zoe Baumann
:59.54	07/07/24	UC35	Nolan Jenks	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 Horn
26:45.84	07/27/84	SPO	Bill Close	1500	M. Free	Becky Bennett
:32.93	07/07/24	UC35	Ethan Felicetti	50	M. Back	Elizabeth Hess
1:11.99	06/08/08	HMS	Baden Sprinkle	100	M. Back	Elizabeth Hess
2:48.36	06/22/24	VS	Benjamin Grigsby	200	M. Back	Anna Sharpe
:33.16	07/07/24	UC35	Nolan Jenks	50	M. Breast	Anna Sharpe
1:17.68	07/06/24	UC35	Nolan Jenks	100	M. Breast	Anna Sharpe
2:56.87	06/01/85	WVM	Mike Yacinich	200	M. Breast	Anna Sharpe
:29.15	07/06/24	UC35	Nolan Jenks	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	Carolyn Petersen
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
VS	06/21/24	1:10.99
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	Juana Santana
0:59.50	06/09/12	WVM	James Adams	100	M. Free	Juana Santana
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	Juana Santana
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	Juana Santana
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**

VS	06/23/24	0:31.76
VS	06/21/24	1:09.86
IEY	07/25/92	2:44.18
VS	06/22/24	5:34.58
IEY	07/25/92	11:56.02
CSF	07/16/95	24:37.30
WWM	05/27/05	0:57.40
VS	06/23/24	1:20.53
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 10/1/24**

**MEN 40-44**

0:28.09	07/27/05	SCM	Murray Allen
1:02.59	07/27/05	SCM	Murray Allen
2:24.91	06/16/17	KM	James Adams
5:20.49	06/24/18	STRG	Brian Ruark
10:37.85	06/16/17	KM	James Adams
22:56.90	07/12/85	SPO	Don Wallace
0:34.65	08/27/95	IEM	Joe Terhaar
1:30.17	04/28/84	SPO	Don Wallace
2:46.99	08/27/95	IEM	Joe Terhaar
0:33.97	08/04/96	IEM	Jay Walters
1:16.57	08/04/96	IEM	Jay Walters
2:52.79	08/25/82	SPO	Armin Arndt
0:31.11	07/27/05	SCM	Murray Allen
1:16.11	07/27/05	SCM	Murray Allen
3:21.26	08/27/95	IEM	Joe Terhaar
2:45.01	06/16/17	KM	James Adams
6:09.13	08/25/82	SPO	Armin Arndt

**MEN 45-49**

0:25.57	03/30/02	SCM	Larry Krauser
0:57.15	03/30/02	SCM	Larry Krauser
2:05.87	03/30/02	SCM	Larry Krauser
4:33.88	03/30/02	SCM	Larry Krauser
9:42.17	03/30/02	SCM	Larry Krauser
18:41.01	08/19/01	SCM	Larry Krauser
0:33.36	06/09/12	TCAS	Wes Bratton
1:17.60	06/09/12	TCAS	Wes Bratton
2:46.90	06/09/12	TCAS	Wes Bratton
0:36.35	08/22/86	WAM	Armin Arndt
1:19.88	08/21/86	WAM	Armin Arndt
3:01.39	06/16/12	SWAT	Harm-Jan Steenhuis
0:35.24	07/12/86	SCM	Jim Dukelow
1:12.39	08/19/01	SCM	Larry Krauser
4:12.59	08/02/86	TCM	Jim Dukelow
2:48.31	06/09/12	TCAS	Wes Bratton
6:09.70	05/22/22	MCM	Richard Edge

**MEN 50-54**

0:25.79	08/10/03	SCM	Larry Krauser
0:57.37	08/10/03	SCM	Larry Krauser
2:06.21	08/10/03	SCM	Larry Krauser
4:34.87	07/27/05	SCM	Larry Krauser
9:34.00	07/27/05	SCM	Larry Krauser
18:15.68	08/15/05	SCM	Larry Krauser
0:32.99	08/15/05	SCM	Larry Krauser
1:14.54	05/24/10	LCM	Michael Hamm
2:39.38	08/15/05	SCM	Larry Krauser
0:34.38	05/24/10	LCM	Michael Hamm
1:23.47	08/22/86	IEY	David Daboll
2:49.52	05/24/10	LCM	Michael Hamm
0:29.37	08/15/05	SCM	Larry Krauser
1:18.79	05/23/04	SCM	Larry Krauser
2:51.94	05/23/04	SCM	Larry Krauser
2:37.43	05/24/10	LCM	Michael Hamm
5:42.34	08/15/05	SCM	Larry Krauser

**MEN 55-59**

0:26.35	04/25/08	SCM	Larry Krauser
0:58.78	04/25/08	SCM	Larry Krauser
2:10.62	08/17/08	SCM	Larry Krauser
4:41.46	04/25/08	SCM	Larry Krauser
9:46.83	04/25/08	SCM	Larry Krauser
19:12.17	08/17/08	SCM	Larry Krauser
0:36.19	06/18/17	MCM	Brian Johnson
1:16.22	08/20/16	KM	Michael Hamm
2:43.68	08/07/10	SCM	Larry Krauser
0:34.88	08/19/16	KM	Michael Hamm
1:17.36	08/18/16	KM	Michael Hamm
2:55.64	08/21/16	KM	Michael Hamm
0:33.49	06/17/17	MCM	Brian Johnson
1:26.88	06/23/19	MCM	Brian Johnson
4:22.43	08/21/86	TCM	Jack Griffin
2:41.41	08/19/16	KM	Michael Hamm
6:31.62	08/23/92	CSF	David Daboll

**WOMEN 40-44**

50	M.	Free	Tammy Fisher	TCAS	08/05/23	:31.49
100	M.	Free	Susanne Simpson	SCM	06/13/04	1:05.07
200	M.	Free	Susanne Simpson	SCM	03/30/02	2:12.75
400	M.	Free	Susanne Simpson	SCM	06/13/04	4:39.93
800	M.	Free	Susanne Simpson	SCM	06/13/04	9:41.90
1500	M.	Free	Susanne Simpson	SCM	05/23/04	19:30.86
50	M.	Back	Paige Buehler	MCM	06/09/12	0:42.71
100	M.	Back	Shelly Ruspakka	MCM	05/22/22	1:32.54
200	M.	Back	Elin Zander	IEY	07/16/95	3:25.32
50	M.	Breast	Elin Zander	IEY	07/16/95	0:43.11
100	M.	Breast	Elin Zander	IEY	07/31/94	1:32.83
200	M.	Breast	Elin Zander	IEY	08/27/95	3:20.21
50	M.	Fly	Susanne Simpson	SCM	06/13/04	0:31.59
100	M.	Fly	Susanne Simpson	SCM	03/30/02	1:06.91
200	M.	Fly	Susanne Simpson	SCM	03/30/02	2:29.37
200	M.	I. M.	Elin Zander	IEY	08/04/96	3:13.07
400	M.	I. M.	Elin Zander	IEY	08/27/95	6:38.56

**WOMEN 45-49**

50	M.	Free	Susanne Simpson	SCM	07/27/05	0:29.62
100	M.	Free	Susanne Simpson	SCM	07/27/05	1:06.03
200	M.	Free	Susanne Simpson	SCM	07/27/05	2:14.84
400	M.	Free	Susanne Simpson	SCM	08/17/06	4:44.30
800	M.	Free	Susanne Simpson	SCM	07/27/05	9:48.77
1500	M.	Free	Cynthia Clutter	LCM	08/17/08	24:06.04
50	M.	Back	Paige Buehler	MCM	08/18/16	0:39.83
100	M.	Back	Paige Buehler	MCM	06/19/16	1:29.84
200	M.	Back	Carolyn Kent	CSF	06/30/92	3:14.28
50	M.	Breast	Margaret Hair	LCM	03/30/02	0:46.20
100	M.	Breast	Cynthia Clutter	LCM	08/17/08	1:44.65
200	M.	Breast	Margaret Hair	LCM	03/30/02	3:43.36
50	M.	Fly	Susanne Simpson	SCM	07/27/05	0:32.51
100	M.	Fly	Susanne Simpson	SCM	07/27/05	1:08.56
200	M.	Fly	Susanne Simpson	SCM	07/27/05	2:32.07
200	M.	I. M.	Margaret Hair	LCM	03/30/02	3:10.70
400	M.	I. M.	Carolyn Kent	CSF	07/02/92	6:32.03

**WOMEN 50-54**

50	M.	Free	Barbara Thrasher	UC35	07/08/18	0:31.97
100	M.	Free	Margaret Hair	LCM	07/27/05	1:15.10
200	M.	Free	Barbara Thrasher	UC35	07/08/18	2:37.74
400	M.	Free	Nancy Rose	WWM	07/26/15	5:38.09
800	M.	Free	Nancy Rose	WWM	07/26/15	11:28.43
1500	M.	Free	Nancy Rose	WWM	07/26/15	21:47.70
50	M.	Back	Margaret Hair	LCM	07/08/06	0:44.83
100	M.	Back	Paige Buehler	MCM	07/08/18	1:34.23
200	M.	Back	Paige Buehler	MCM	07/07/18	3:19.07
50	M.	Breast	Margaret Hair	LCM	07/27/05	0:43.35
100	M.	Breast	Margaret Hair	LCM	08/17/06	1:36.59
200	M.	Breast	Margaret Hair	LCM	07/08/06	3:44.95
50	M.	Fly	Margaret Hair	LCM	08/17/06	0:35.75
100	M.	Fly	Margaret Hair	LCM	07/27/05	1:31.67
200	M.	Fly	Margaret Hair	LCM	07/08/06	3:37.02
200	M.	I. M.	Margaret Hair	LCM	08/17/06	3:06.89
400	M.	I. M.	Margaret Hair	LCM	07/27/05	6:53.56

**WOMEN 55-59**

50	M.	Free	Margaret Hair	LCM	05/24/10	0:35.38
100	M.	Free	Nancy Rose	WWM	06/23/18	1:18.44
200	M.	Free	Nancy Rose	WWM	06/24/18	2:52.62
400	M.	Free	Nancy Rose	WWM	06/23/18	5:50.74
800	M.	Free	Nancy Rose	UC35	06/15/19	12:09.69
1500	M.	Free	Nancy Rose	WWM	06/23/18	23:28.09
50	M.	Back	Margaret Hair	LCNM	08/24/14	0:49.50
100	M.	Back	Nancy Rose	WWM	06/24/18	1:33.20
200	M.	Back	Nancy Rose	WWM	06/23/18	3:22.48
50	M.	Breast	Margaret Hair	LCM	08/08/10	0:47.73
100	M.	Breast	Nancy Rose	WWM	06/23/18	1:45.03
200	M.	Breast	Nancy Rose	WWM	06/24/18	3:50.34
50	M.	Fly	Margaret Hair	LCM	05/24/10	0:41.38
100	M.	Fly	Nancy Rose	WWM	06/24/18	1:26.68
200	M.	Fly	Margaret Hair	LCM	08/08/10	3:54.25
200	M.	I. M.	Nancy Rose	UC35	06/15/19	3:17.01
400	M.	I. M.	Nancy Rose	UC35	06/16/19	7:00.37



**INLAND NW LCM Records -- as of 10/1/24**

**MEN 80-84**

			none
1:39.25	08/21/16	WENM	Jack Bevier
3:41.80	08/18/16	WENM	Jack Bevier
7:54.76	08/20/16	WENM	Jack Bevier
16:33.60	08/19/16	WENM	Jack Bevier
			none
			none
			none
			none
			none
2:27.80	07/31/94	IEM	C.J. Hamilton
5:25.81	07/31/94	IEM	C.J. Hamilton
			none
3:15.34	07/31/94	IEM	C.J. Hamilton
6:50.65	07/31/94	IEM	C.J. Hamilton
			none
13:16.38	07/31/94	IEM	C.J. Hamilton

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

**WOMEN 80-84**

**MEN 85-89**

none  
none  
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none  
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none

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

**WOMEN 85-89**

**MEN 90-94**

none  
none  
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none

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

**WOMEN 90-94**

**MEN 95-99**

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

**WOMEN 95-99**

INLAND NW LCM Records -- as of 10/1/24

**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**