

INLAND NW SCM Records -- as of 3/1/25

MEN 18-24

0:24.45	11/13/16	CWST	Josh MacLurg
0:55.47	/ /	FAF	Craig Kitchens
2:04.71	02/25/24	CWUSC	Nate Harris
4:29.50	11/13/94	FAF	Sam Chesnut
9:28.14	11/12/94	FAF	Sam Chesnut
18:48.90	02/05/95	FAF	Sam Chesnut
0:28.37	10/26/86	TCM	Brian Wilkerson
1:05.10	11/18/23	CWUSC	Nate Harris
2:24.28	11/16/86	TCM	Brian Wilkerson
:32.14	02/25/24	KM	Zackary Castaneda
1:11.94	11/18/23	CWUSC	Nate Harris
2:42.42	11/13/94	FAF	Sam Chesnut
0:27.70	01/19/86	SPO	Garvin Morlan
1:01.07	11/18/23	CWUSC	Nate Harris
2:34.55	10/26/86	TCM	Brian Wilkerson
1:02.37	11/13/16	CWST	Josh MacLurg
2:20.29	02/25/24	CWUSC	Nate Harris
4:56.96	11/18/23	CWUSC	Nate Harris

WOMEN 18-24

50	M.	Free	Jane Giese	SPO	02/14/88	0:29.35
100	M.	Free	Jane Giese	SPO	02/14/98	1:04.46
200	M.	Free	Judith Coyle	WSU	11/26/00	2:25.70
400	M.	Free	Kristi Lee	WSU	12/06/98	5:06.11
800	M.	Free	Jennifer Reasoner	TCM	02/15/85	10:34.40
1500	M.	Free	Teri Campbell	SMT	02/08/98	19:23.70
50	M.	Back	Maggie Caetano	CWST	11/10/12	0:33.27
100	M.	Back	Lana Lawrence	LCM	03/03/12	1:11.79
200	M.	Back	Lana Lawrence	LCM	03/03/12	2:33.89
50	M.	Breast	Samantha Hammerly	MCM	03/03/12	0:36.05
100	M.	Breast	Samantha Hammerly	MCM	03/03/12	1:19.62
200	M.	Breast	Anna Sharpe	KM	03/05/16	2:52.02
50	M.	Fly	Hailey Murphy	TCAS	03/08/14	0:31.81
100	M.	Fly	Rachel Peterson	MCM	11/13/16	1:12.78
200	M.	Fly	Samantha Hammerly	MCM	03/03/12	2:37.92
100	M.	I. M.	Rachel Peterson	MCM	11/13/16	1:13.85
200	M.	I. M.	Samantha Hammerly	MCM	03/03/12	2:36.32
400	M.	I. M.	Samantha Hammerly	MCM	03/03/12	5:34.03

MEN 25-29

0:25.81	11/16/86	NNS	Brian McGuire
0:56.36	03/05/16	KM	Nick Blank
2:03.65	11/13/16	KM	Nick Blank
4:22.39	11/13/16	KM	Nick Blank
9:13.75	11/13/16	KM	Nick Blank
17:39.04	03/05/16	KM	Nick Blank
0:28.67	01/07/96	LCM	Richard Swoboda
0:59.97	11/13/16	KM	Nick Blank
2:11.24	11/13/16	KM	Nick Blank
0:33.57	02/22/20	KM	Adam Mayer
1:13.05	03/05/16	KM	Nick Blank
2:46.83	10/25/87	IEY	Eric Ridgway
0:27.76	11/03/85	TCM	Scott Crowder
1:01.08	01/21/96	LCM	Richard Swoboda
2:23.42	11/13/94	SCM	Roy Berg
1:01.62	11/13/16	KM	Nick Blank
2:14.35	11/13/16	KM	Nick Blank
4:55.02	01/21/96	LCM	Richard Swoboda

WOMEN 25-29

50	M.	Free	Courtney Monsees	KM	11/13/16	0:27.43
100	M.	Free	Courtney Monsees	KM	03/05/16	1:00.52
200	M.	Free	Courtney Monsees	KM	12/17/16	2:06.39
400	M.	Free	Jane Giese	SPO	02/12/89	5:04.64
800	M.	Free	Ann Stafford	SWA	11/20/88	11:56.40
1500	M.	Free	Catherine Chay	UCM	11/04/83	20:06.60
50	M.	Back	Diana MacManus	LCM	03/03/12	0:28.92
100	M.	Back	Diana MacManus	LCM	03/03/12	1:03.70
200	M.	Back	Diana MacManus	LCM	03/05/11	2:39.10
50	M.	Breast	Anna Sharpe	KM	11/24/19	0:35.56
100	M.	Breast	Anna Sharpe	KM	11/24/19	1:16.29
200	M.	Breast	Tracy Wright	MMS	11/19/89	3:03.83
50	M.	Fly	Diana MacManus	LCM	03/03/12	0:28.38
100	M.	Fly	Vicki Marsh	IEY	02/11/90	1:11.45
200	M.	Fly	Catherine Chay	UCM	11/04/83	2:56.71
100	M.	I. M.	Courtney Monsees	KM	12/17/16	1:06.06
200	M.	I. M.	Courtney Monsees	KM	11/13/16	2:27.77
400	M.	I. M.	Anna Sharpe	KM	11/24/19	5:32.00

MEN 30-34

0:24.99	02/08/98	FAF	Patrick Wrynn
0:56.36	02/07/93	IEY	Don Moravec
2:04.61	11/13/16	SCM	Trent Shino
4:24.38	03/05/16	SCM	Trent Shino
9:26.12	11/13/11	WVM	James Adams
17:51.26	11/13/11	WVM	James Adams
:28.51	02/25/24	KM	Adam Mayer
1:02.64	05/04/97	LCM	Richard Swoboda
2:29.60	03/05/11	WVM	James Adams
0:31.75	11/13/16	SCM	Trent Shino
1:08.65	03/05/16	SCM	Trent Shino
2:33.16	11/13/16	SCM	Trent Shino
0:27.33	10/25/87	CWM	Michael Johnson
1:03.29	12/10/11	WVM	James Adams
2:20.40	12/10/11	WVM	James Adams
1:02.10	03/05/16	SCM	Trent Shino
2:17.37	11/13/16	SCM	Trent Shino
5:00.21	11/13/16	SCM	Trent Shino

WOMEN 30-34

50	M.	Free	Emily Anderson	INAM	02/25/24	0:30.38
100	M.	Free	Catherine Chay	IEY	11/16/86	1:07.15
200	M.	Free	Catherine Chay	IEY	11/16/86	2:22.34
400	M.	Free	Catherine Chay	IEY	11/16/86	4:57.11
800	M.	Free	Catherine Chay	IEY	11/15/86	10:05.30
1500	M.	Free	Catherine Chay	IEY	11/02/85	19:17.10
50	M.	Back	Vicki Marsh	IEY	11/14/93	0:35.27
100	M.	Back	Jane Rockwell	SWA	05/04/97	1:16.18
200	M.	Back	Jane Rockwell	SWA	05/04/97	2:42.57
50	M.	Breast	Christine Dustin	MCM	03/05/11	0:37.91
100	M.	Breast	Christine Dustin	MCM	03/05/11	1:24.62
200	M.	Breast	Christine Dustin	MCM	03/05/11	3:06.49
50	M.	Fly	Emily Anderson	INAM	02/25/24	0:32.92
100	M.	Fly	Catherine Chay	SNA	11/03/85	1:17.34
200	M.	Fly	Catherine Chay	SNA	01/19/86	2:56.04
100	M.	I. M.	Lori Clark	ELL	10/13/85	1:16.25
200	M.	I. M.	Jane Rockwell	SWA	02/08/98	2:45.83
400	M.	I. M.	Jane Rockwell	SWA	05/04/97	5:49.09

MEN 35-39

0:25.27	02/26/23	INAM	Peter Marchesini
0:56.63	02/06/94	CSF	David Barnes
2:05.79	05/20/12	WVM	James Adams
4:25.17	05/20/12	WVM	James Adams
9:36.00	03/03/12	WVM	James Adams
18:19.46	03/09/13	WVM	James Adams
0:30.26	11/14/93	CSF	David Barnes
1:01.83	03/08/14	UC35	Ryan Crosby
2:33.30	03/07/15	WENM	James Adams
0:31.60	02/22/20	STRG	Peter Marchesini
1:10.60	02/22/20	SCM	Trent Shino
2:35.21	02/25/23	SCM	Adam Arzner
0:27.62	11/14/93	CSF	David Barnes
1:02.11	11/14/93	CSF	David Barnes
2:18.84	10/21/12	WVM	James Adams
1:05.45	02/06/94	CSF	David Barnes
2:20.70	11/14/93	CSF	David Barnes
5:05.33	05/20/12	WVM	James Adams

WOMEN 35-39

50	M.	Free	Susanne Simpson	UNA	12/07/97	0:30.14
100	M.	Free	Amelia Guinn	SCM	02/25/23	1:07.62
200	M.	Free	Sara Nelson	LCM	03/05/11	2:26.27
400	M.	Free	Sara Nelson	LCM	03/05/11	5:18.65
800	M.	Free	Sara Nelson	LCM	03/05/11	10:39.21
1500	M.	Free	Sara Nelson	LCM	03/05/11	19:46.84
50	M.	Back	Vicki Marsh	IEY	11/24/01	0:36.16
100	M.	Back	Carrie Slover	WAM	02/13/88	1:23.05
200	M.	Back	Carrie Slover	WAM	02/13/88	2:55.86
50	M.	Breast	Amelia Guinn	SCM	02/25/23	0:39.30
100	M.	Breast	Alex McEnany	LCM	03/09/13	1:29.80
200	M.	Breast	Alex McEnany	KM	03/07/15	3:12.08
50	M.	Fly	Susanne Simpson	UNA	12/07/97	0:33.30
100	M.	Fly	Susanne Simpson	UNA	12/07/97	1:14.24
200	M.	Fly	Heather Henager	IEY	05/16/88	2:59.75
100	M.	I. M.	Wendy Dunn	SWA	11/24/01	1:21.53
200	M.	I. M.	Sara Nelson	LCM	03/05/11	2:44.15
400	M.	I. M.	Elin Zander	IEY	02/06/94	6:17.30

INLAND NW SCM Records -- as of 3/1/25

MEN 40-44

0:25.59	02/25/24	SCM	Trent Shino	50	M.	Free	Susanne Simpson
0:56.41	02/25/24	SCM	Trent Shino	100	M.	Free	Tammy Fisher
2:07.53	02/25/24	SCM	Trent Shino	200	M.	Free	Courtney Chase
4:24.51	02/22/25	SCM	Ryan Driscoll	400	M.	Free	Susanne Simpson
9:59.49	01/21/18	KM	James Adams	800	M.	Free	Susanne Simpson
18:49.28	01/21/18	KM	James Adams	1500	M.	Free	Courtney Chase
0:30.94	12/08/96	LCM	David Barnes	50	M.	Back	Vicki Marsh
1:06.98	12/08/96	LCM	David Barnes	100	M.	Back	Aleesha Kobernik
2:31.15	02/25/24	SCM	Trent Shino	200	M.	Back	Shelly Ruspakka
0:31.62	02/17/08	LCM	Roy Berg	50	M.	Breast	Margaret Hair
1:09.90	02/22/25	SCM	Trent Shino	100	M.	Breast	Margaret Hair
2:33.32	02/25/23	SCM	Trent Shino	200	M.	Breast	Elin Zander
0:27.69	02/25/23	SCM	Trent Shino	50	M.	Fly	Susanne Simpson
1:01.70	02/25/23	SCM	Trent Shino	100	M.	Fly	Courtney Chase
2:25.00	04/10/22	SCM	Trent Shino	200	M.	Fly	Courtney Chase
1:00.16	02/17/08	LCM	Roy Berg	100	M.	I. M.	Margaret Hair
2:12.16	02/17/08	LCM	Roy Berg	200	M.	I. M.	Margaret Hair
5:04.55	01/07/96	LCM	David Barnes	400	M.	I. M.	Courtney Chase

WOMEN 40-44

SCM	11/24/01	0:29.64
TCAS	02/25/24	1:07.10
KM	02/22/25	2:33.00
SCM	11/26/00	4:51.28
SCM	11/24/01	9:56.22
KM	02/25/24	19:26.88
IEY	11/29/03	0:36.07
WENM	11/24/19	1:21.46
MCM	04/09/22	3:08.34
CSF	05/22/95	0:39.85
LCM	01/07/96	1:30.04
IEY	05/21/95	3:13.43
SCM	11/24/01	0:31.85
KM	02/22/25	1:10.94
KM	02/22/25	2:36.28
CSF	05/22/95	1:18.58
CSF	05/20/95	2:52.23
KM	02/22/25	5:41.07

MEN 45-49

0:25.90	11/30/02	SCM	Larry Krauser	50	M.	Free	Paige Buehler
0:57.62	10/15/00	SCM	Larry Krauser	100	M.	Free	Margaret Hair
2:09.32	10/14/00	SCM	Larry Krauser	200	M.	Free	Paige Buehler
4:39.73	10/15/00	SCM	Larry Krauser	400	M.	Free	Elin Zander
9:44.09	11/30/02	SCM	Larry Krauser	800	M.	Free	Susanne Simpson
21:16.71	02/25/24	KM	Michael Schwegel	1500	M.	Free	Carolyn Kent
0:33.84	02/25/24	KM	Michael Schwegel	50	M.	Back	Paige Buehler
1:10.70	02/25/24	KM	Michael Schwegel	100	M.	Back	Paige Buehler
2:39.30	02/22/25	VS	James Adams	200	M.	Back	Paige Buehler
0:35.71	01/19/86	IEY	David Daboll	50	M.	Breast	Margaret Hair
1:18.87	01/27/85	CDA	David Daboll	100	M.	Breast	Elin Zander
2:57.99	02/01/87	WAM	Armin Arndt	200	M.	Breast	Elin Zander
0:29.47	11/11/17	FMA	Buzz Vickery	50	M.	Fly	Carolyn Kent
1:13.39	03/05/16	TCAS	Pat Lee	100	M.	Fly	Susanne Simpson
2:50.65	11/30/02	SCM	Larry Krauser	200	M.	Fly	Susanne Simpson
1:10.65	11/11/17	FMA	Buzz Vickery	100	M.	I. M.	Margaret Hair
2:34.77	03/05/11	LCM	Rich Swoboda	200	M.	I. M.	Carolyn Kent
5:38.81	03/05/11	LCM	Rich Swoboda	400	M.	I. M.	Carolyn Kent

WOMEN 45-49

MCM	03/08/14	0:33.99
LCM	11/24/01	1:16.57
MCM	11/13/16	2:47.18
IEY	11/26/00	5:46.09
SCM	02/20/05	9:42.24
CSF	02/09/92	23:16.10
MCM	03/09/13	0:40.68
MCM	03/05/16	1:25.33
MCM	03/05/16	3:08.68
LCM	11/24/01	0:45.18
IEY	11/26/00	1:34.66
IEY	12/05/99	3:23.41
CSF	02/09/92	0:36.77
SCM	02/20/05	1:07.99
SCM	02/20/05	2:29.32
LCM	11/24/01	1:25.97
CSF	11/11/90	3:10.51
CSF	10/20/91	6:34.77

MEN 50-54

0:25.00	05/19/03	SCM	Larry Krauser	50	M.	Free	Margaret Hair
0:55.10	05/19/03	SCM	Larry Krauser	100	M.	Free	Margaret Hair
2:03.10	11/09/03	SCM	Larry Krauser	200	M.	Free	Tobi Bisson
4:26.37	05/19/03	SCM	Larry Krauser	400	M.	Free	Tobi Bisson
9:24.76	05/19/03	SCM	Larry Krauser	800	M.	Free	Margaret Hair
17:48.70	05/19/03	SCM	Larry Krauser	1500	M.	Free	Margaret Hair
0:32.85	11/29/03	SCM	Larry Krauser	50	M.	Back	Margaret Hair
1:09.32	11/09/03	SCM	Larry Krauser	100	M.	Back	Lauren Torok
2:31.09	11/09/03	SCM	Larry Krauser	200	M.	Back	Margaret Hair
0:33.90	03/05/11	LCM	Michael Hamm	50	M.	Breast	Margaret Hair
1:16.55	03/05/11	LCM	Michael Hamm	100	M.	Breast	Margaret Hair
2:51.33	11/13/10	LCM	Michael Hamm	200	M.	Breast	Margaret Hair
0:29.43	11/29/03	SCM	Larry Krauser	50	M.	Fly	Margaret Hair
1:08.99	02/22/25	KM	Marek Janout	100	M.	Fly	Margaret Hair
2:41.07	11/09/03	SCM	Larry Krauser	200	M.	Fly	Margaret Hair
1:06.80	11/09/03	SCM	Larry Krauser	100	M.	I. M.	Margaret Hair
2:30.88	11/09/03	SCM	Larry Krauser	200	M.	I. M.	Margaret Hair
4:55.50	11/22/09	3RMS	Lincoln Djang	400	M.	I. M.	Margaret Hair

WOMEN 50-54

LCM	02/17/08	0:33.05
LCM	02/17/08	1:15.92
FMA	11/11/17	2:51.69
TCAS	02/22/20	5:58.40
LCM	11/19/06	12:19.80
LCM	11/19/06	23:04.45
LCM	11/19/06	0:41.43
MCM	03/05/16	1:29.79
LCM	11/19/06	3:18.92
LCM	02/18/07	0:43.07
LCM	11/19/06	1:38.39
LCM	11/19/06	3:25.29
LCM	02/17/08	0:38.49
LCM	02/17/08	1:32.43
LCM	02/18/07	3:20.97
LCM	02/17/08	1:23.64
LCM	11/19/06	3:01.64
LCM	11/26/05	6:44.87

MEN 55-59

0:26.27	12/05/10	SCM	Larry Krauser	50	M.	Free	Paige Buehler
0:58.68	12/05/10	SCM	Larry Krauser	100	M.	Free	Margaret Hair
2:09.27	12/05/10	SCM	Larry Krauser	200	M.	Free	Margaret Hair
4:36.79	02/17/08	SCM	Larry Krauser	400	M.	Free	Margaret Hair
9:42.94	12/05/10	SCM	Larry Krauser	800	M.	Free	Suzanne Dills
18:30.71	12/05/10	SCM	Larry Krauser	1500	M.	Free	Paige Buehler
0:31.74	03/03/12	LCM	Dave Barnes	50	M.	Back	Paige Buehler
1:12.13	04/10/22	TCAS	Wes Bratton	100	M.	Back	Paige Buehler
2:29.34	03/05/11	LCM	David Barnes	200	M.	Back	Paige Buehler
0:33.39	05/20/12	LCM	Michael Hamm	50	M.	Breast	Margaret Hair
1:12.89	05/20/12	LCM	Michael Hamm	100	M.	Breast	Judy Allen
2:40.84	05/20/12	LCM	Michael Hamm	200	M.	Breast	Margaret Hair
0:29.39	03/05/11	LCM	David Barnes	50	M.	Fly	Margaret Hair
1:05.55	03/05/11	LCM	David Barnes	100	M.	Fly	Margaret Hair
3:16.27	11/10/12	LCM	Michael Hamm	200	M.	Fly	Margaret Hair
1:06.59	03/05/11	LCM	David Barnes	100	M.	I. M.	Margaret Hair
2:34.94	03/09/13	LCM	Michael Hamm	200	M.	I. M.	Margaret Hair
5:46.66	11/13/10	SCM	Larry Krauser	400	M.	I. M.	Margaret Hair

WOMEN 55-59

MCM	02/26/23	0:36.01
LCM	05/20/12	1:16.42
LCM	11/13/10	2:57.16
LCM	05/16/10	6:08.56
SCM	11/24/01	12:05.80
MCM	02/25/24	24:40.14
MCM	02/22/25	0:43.59
MCM	02/26/23	1:35.07
MCM	02/25/24	3:27.32
LCM	03/05/11	0:45.32
INAM	02/25/24	1:41.13
LCM	03/05/11	3:33.63
LCM	05/20/12	0:37.80
LCM	05/20/12	1:31.73
LCM	05/20/12	3:31.92
LCM	05/20/12	1:26.14
LCM	05/16/10	3:14.97
LCM	05/20/12	6:51.81

INLAND NW SCM Records -- as of 3/1/25

MEN 60-64

0:26.70	08/16/13	SCM	Larry Krauser
0:58.97	03/09/13	SCM	Larry Krauser
2:07.96	03/09/13	SCM	Larry Krauser
4:45.97	08/15/13	SCM	Larry Krauser
9:49.73	08/16/13	SCM	Larry Krauser
19:24.07	03/09/13	SCM	Larry Krauser
0:32.58	02/22/20	SCM	Robert Heath
1:11.91	03/08/15	MCM	Wes Edwards
2:41.96	03/08/15	MCM	Wes Edwards
0:36.52	05/04/97	LCM	Dave Daboll
1:22.03	05/04/97	LCM	Dave Daboll
2:58.15	02/22/20	KM	Michael Hamm
0:30.37	02/22/20	SCM	Robert Heath
1:15.27	02/25/24	LCNM	Brad Belmondo
3:05.57	03/08/14	SCM	Larry Krauser
1:11.36	08/16/13	SCM	Larry Krauser
2:49.74	03/08/14	SCM	Larry Krauser
6:10.56	03/08/14	SCM	Larry Krauser

MEN 65-69

0:27.16	02/25/23	SCM	Robert Heath
1:03.83	02/22/20	SCM	Larry Krauser
2:25.48	02/22/20	SCM	Larry Krauser
5:10.25	02/22/20	SCM	Larry Krauser
10:20.61	01/21/18	SCM	Larry Krauser
19:19.65	01/21/18	SCM	Larry Krauser
0:33.15	11/18/23	SCM	Robert Heath
1:14.06	11/18/23	SCM	Robert Heath
3:03.14	03/08/14	LCM	Mike Earin
0:36.94	04/09/22	KM	Michael Hamm
1:20.97	04/10/22	KM	Michael Hamm
2:59.02	04/09/22	KM	Michael Hamm
0:30.73	11/18/23	SCM	Robert Heath
1:15.25	02/25/23	SCM	Robert Heath
5:52.59	05/20/95	CSF	John Milton
1:14.82	02/25/24	SCM	Robert Heath
3:08.49	03/08/14	SCM	Galen Denio
7:09.12	11/13/16	HMS	Galen Denio

MEN 70-74

:29.17	02/22/25	SCM	Larry Krauser
1:06.04	02/22/25	SCM	Larry Krauser
2:32.84	02/22/25	SCM	Larry Krauser
5:25.98	02/22/25	SCM	Larry Krauser
12:47.71	04/10/22	KM	Howard Burns
23:38.20	04/09/22	KM	Howard Burns
0:39.32	02/02/97	UNA	Duane Draves
1:27.17	02/02/97	UNA	Duane Draves
3:09.64	12/07/97	UNA	Duane Draves
0:42.15	02/25/23	KM	Howard Burns
1:37.89	02/26/23	KM	Howard Burns
3:40.42	04/09/22	KM	Howard Burns
0:38.46	12/08/96	UNA	Duane Draves
3:06.66	02/08/98	FAF	William Bresko
7:42.50	02/07/93	IEY	Jay Beeler
1:24.53	02/08/98	UNA	Duane Draves
3:14.36	12/07/97	UNA	Duane Draves
7:08.00	12/07/97	UNA	Duane Draves

MEN 75-79

0:38.03	11/13/94	SCM	Bill Odman
1:27.71	11/13/94	SCM	Bill Odman
3:17.25	11/13/94	SCM	Bill Odman
7:18.58	11/21/10	WVM	Jack Bevier
18:41.30	12/06/98	SWA	Imre Schmidt
28:50.47	03/05/11	WVM	Jack Bevier
0:47.47	02/22/25	KM	Mike Earin
1:45.19	02/22/25	KM	Mike Earin
6:25.18	11/29/03	UNA	William Bresko
0:47.55	02/25/24	INAM	Galen Denio
1:41.85	02/25/24	INAM	Galen Denio
3:36.16	02/25/24	INAM	Galen Denio
0:49.96	11/13/10	WVM	Jack Bevier
2:16.86	11/21/10	WVM	Jack Bevier
5:37.48	03/05/11	WVM	Jack Bevier
1:39.69	02/25/24	INAM	Galen Denio
3:35.63	02/25/24	INAM	Galen Denio
7:46.83	02/25/24	INAM	Galen Denio

WOMEN 60-64

50	M.	Free	Margaret Hair	LCN	11/22/15	0:35.80
100	M.	Free	Margaret Hair	LCNM	10/10/15	1:23.56
200	M.	Free	Suzanne Dills	SCM	02/20/05	2:44.11
400	M.	Free	Margaret Hair	LCNM	03/07/15	6:25.96
800	M.	Free	Suzanne Dills	SCM	02/20/05	11:53.88
1500	M.	Free	Margaret Hair	LCN	03/05/16	26:18.12
50	M.	Back	Margaret Hair	LCNM	03/07/15	0:43.87
100	M.	Back	Margaret Hair	LCNM	03/07/15	1:40.41
200	M.	Back	Margaret Hair	LCNM	03/07/15	3:38.90
50	M.	Breast	Zhou Chuanzhu	TCAS	02/25/23	0:45.60
100	M.	Breast	Zhou Chuanzhu	TCAS	02/26/23	1:39.08
200	M.	Breast	Zhou Chuanzhu	TCAS	02/25/23	3:35.08
50	M.	Fly	Margaret Hair	LCN	11/21/15	0:41.59
100	M.	Fly	Margaret Hair	LCN	11/21/15	1:41.30
200	M.	Fly	Margaret Hair	LCNM	03/07/15	4:06.99
100	M.	I. M.	Suzanne Dills	SCM	02/20/05	1:28.59
200	M.	I. M.	Margaret Hair	LCN	11/22/15	3:22.56
400	M.	I. M.	Suzanne Dills	SCM	02/20/05	6:50.30

WOMEN 65-69

50	M.	Free	Margaret Hair	LCNM	02/26/23	0:37.63
100	M.	Free	Margaret Hair	LCNM	02/25/23	1:25.01
200	M.	Free	Margaret Hair	LCNM	11/12/22	3:01.09
400	M.	Free	Charlene O'Brien	KM	02/25/24	5:36.70
800	M.	Free	Margaret Hair	LCNM	04/10/22	13:12.58
1500	M.	Free	Margaret Hair	LCNM	04/09/22	26:20.43
50	M.	Back	Margaret Hair	LCNM	04/10/22	0:47.77
100	M.	Back	Charlene O'Brien	KM	02/25/24	1:28.89
200	M.	Back	Charlene O'Brien	KM	02/25/24	3:11.71
50	M.	Breast	Zhou Chuanzhu	TCAS	02/22/25	0:47.67
100	M.	Breast	Zhou Chuanzhu	TCAS	10/26/24	1:44.74
200	M.	Breast	Margaret Hair	LCNM	02/22/20	3:48.18
50	M.	Fly	Charlene O'Brien	KM	02/25/24	0:36.96
100	M.	Fly	Margaret Hair	LCNM	02/23/20	1:43.73
200	M.	Fly	Margaret Hair	LCNM	02/22/20	3:51.80
100	M.	I. M.	Margaret Hair	LCNM	02/22/20	1:34.81
200	M.	I. M.	Margaret Hair	LCNM	04/09/22	3:37.47
400	M.	I. M.	Margaret Hair	LCNM	02/22/20	7:22.60

WOMEN 70-74

50	M.	Free	Victoria Dickinson	KM	11/13/16	0:35.85
100	M.	Free	Margaret Hair	LCNM	02/22/25	1:25.24
200	M.	Free	Margaret Hair	LCNM	02/22/25	3:14.85
400	M.	Free	Pamela Baker	INAM	02/22/25	7:32.87
800	M.	Free	Madonna Buder	UNAT	12/11/04	16:58.00
1500	M.	Free	Dexter Yeats	KM	03/05/16	34:56.45
50	M.	Back	Victoria Dickinson	KM	03/07/15	0:44.14
100	M.	Back	Carrie Franchi	SCM	02/25/24	1:36.14
200	M.	Back	Carrie Franchi	SCM	02/25/24	3:30.06
50	M.	Breast	Victoria Dickinson	KM	11/13/16	0:48.92
100	M.	Breast	Margaret Hair	LCNM	02/22/25	1:53.45
200	M.	Breast	Jett Vallandigham	MCM	11/13/16	5:26.37
50	M.	Fly	Victoria Dickinson	KM	03/07/15	0:44.07
100	M.	Fly	Heather Carling-Smith	SCM	02/25/24	1:58.26
200	M.	Fly	None	/ /	/ /	0:00.00
100	M.	I. M.	Victoria Dickinson	KM	03/07/15	1:35.59
200	M.	I. M.	Pamela Baker	INAM	02/22/25	3:52.11
400	M.	I. M.	Pamela Baker	INAM	02/23/25	8:36.33

WOMEN 75-79

50	M.	Free	Gloria Waggoner	KM	04/10/22	0:37.75
100	M.	Free	Gloria Waggoner	KM	04/09/22	1:31.13
200	M.	Free	Peony Munger	WVM	03/05/11	4:23.59
400	M.	Free	None	/ /	/ /	0:00.00
800	M.	Free	Madonna Buder	UNAT	11/26/05	18:22.60
1500	M.	Free	None	/ /	/ /	0:00.00
50	M.	Back	Lorna Henry	KM	11/13/16	0:50.00
100	M.	Back	Lorna Henry	KM	03/07/15	1:47.70
200	M.	Back	Lorna Henry	KM	11/13/16	3:46.09
50	M.	Breast	Gloria Waggoner	KM	04/09/22	0:49.34
100	M.	Breast	Gloria Waggoner	KM	04/10/22	1:57.03
200	M.	Breast	Peony Munger	WVM	11/13/10	6:12.10
50	M.	Fly	Gloria Waggoner	KM	04/10/22	0:53.32
100	M.	Fly	Peony Munger	WVM	11/13/10	3:28.90
200	M.	Fly	Peony Munger	WVM	11/13/10	6:54.15
100	M.	I. M.	Gloria Waggoner	KM	04/10/22	1:42.53
200	M.	I. M.	Gloria Waggoner	KM	04/09/22	3:55.64
400	M.	I. M.	Peony Munger	WVM	03/05/11	11:49.37

INLAND NW SCM Records -- as of 3/1/25

MEN 100-104				WOMEN 100-104			
0:00.00	//	none	50 M. Free none	//		0:00.00	
0:00.00	//	none	100 M. Free none	//		0:00.00	
0:00.00	//	none	200 M. Free none	//		0:00.00	
0:00.00	//	none	400 M. Free none	//		0:00.00	
0:00.00	//	none	800 M. Free none	//		0:00.00	
0:00.00	//	none	1500 M. Free none	//		0:00.00	
0:00.00	//	none	50 M. Back none	//		0:00.00	
0:00.00	//	none	100 M. Back none	//		0:00.00	
0:00.00	//	none	200 M. Back none	//		0:00.00	
0:00.00	//	none	50 M. Breast none	//		0:00.00	
0:00.00	//	none	100 M. Breast none	//		0:00.00	
0:00.00	//	none	200 M. Breast none	//		0:00.00	
0:00.00	//	none	50 M. Fly none	//		0:00.00	
0:00.00	//	none	100 M. Fly none	//		0:00.00	
0:00.00	//	none	200 M. Fly none	//		0:00.00	
0:00.00	//	None	100 M. I. M. None	//		0:00.00	
0:00.00	//	none	200 M. I. M. none	//		0:00.00	
0:00.00	//	none	400 M. I. M. none	//		0:00.00	