

MEN 18-24				WOMEN 18-24					
			50	M.	Free	Taylor Tyynismaa	30.36	Association	Apr-12
			100	M.	Free				
			200	M.	Free				
			400	M.	Free				
			800	M.	Free				
			1500	M.	Free	Taylor Tyynismaa	23:24.19	Association	Apr-12
			50	M.	Back	Kelsey Shortt-Harder	34.03	HR Meet	May-08
			100	M.	Back	Kelsey Shortt-Harder	1:13.93	HR Meet	May-08
			200	M.	Back				
			50	M.	Breast	Taylor Tyynismaa	40.36	Association	Apr-12
			100	M.	Breast	Caitlyn Shortt	1:16.03	HR Meet	May-08
			200	M.	Breast	Taylor Tyynismaa	3:09.02	Association	Apr-12
			50	M.	Fly	Caitlyn Shortt	30.28	HR Meet	May-08
			100	M.	Fly				
			200	M.	Fly				
			100	M.	I. M.	Caitlyn Shortt	1:08.29	HR Meet	May-08
			200	M.	I. M.	Sydney Stelzer	3:25.47	Association	Apr-12
			400	M.	I. M.				
MEN 25-29				WOMEN 25-29					
			50	M.	Free	Sandy Ludwig	30.73	HR Meet	May-10
			100	M.	Free	Sandy Ludwig	1:07.45	HR Meet	May-10
			200	M.	Free	Emmelie Alexander	2:30.80	Bend Pentath	Nov-09
			400	M.	Free	Kellie Dunn	5:31.11	Association	Apr-12
			800	M.	Free	Emmelie Alexander	10:33.87	HR Meet	May-10
			1500	M.	Free	Kellie Dunn	22:18.42	Association	Apr-12
			50	M.	Back	Grace Smay	38.04	HR Meet	May-10
			100	M.	Back	Jessica Hudec	1:35.73	Association	Apr-12
			200	M.	Back	Jessica Hudec	3:31.01	Association	Apr-12
			50	M.	Breast	Emmelie Alexander	38.81	HR Meet	May-10
			100	M.	Breast	Emmelie Alexander	1:26.17	HR Meet	May-10
			200	M.	Breast	Emmelie Alexander	3:07.40	HR Meet	May-10
			50	M.	Fly	Emmelie Alexander	35.55	Bend Pentath	Nov-09
			100	M.	Fly	Jessica Hudec	1:44.61	Bend Pentath	Dec-12
			200	M.	Fly	Jessica Hudec	4:01.63	Association	Apr-12
			100	M.	I. M.	Emmelie Alexander	1:19.36	Bend Pentath	Nov-09
			200	M.	I. M.	Emmelie Alexander	2:50.96	HR Meet	May-10
			400	M.	I. M.	Jessica Hudec	7:34.64	Association	Apr-12

MEN 30-34						WOMEN 30-34				
May-10	HR Meet	30.47	Brian McGeeney	50	M.	Free	Nikki Weeks	28.79	Pentathlon	Sep-05
May-10	HR Meet	1:16.61	Brian McGeeney	100	M.	Free	Nikki Weeks	1:03.32	NW Zones	Nov-05
May-10	HR Meet	2:20.27	Chris Donnermeyer	200	M.	Free	Laila Goldring	2:40.63	MAC	Dec-06
May-10	HR Meet	5:04.87	Chris Donnermeyer	400	M.	Free				
May-10	HR Meet	10:32.40	Chris Donnermeyer	800	M.	Free	Jessica Hudec	13:18.54	HR Meet	Nov-17
				1500	M.	Free				
				50	M.	Back	Nikki Weeks	36.54	Pentath	Sep-06
				100	M.	Back	Laila Goldring	1:26.95	MAC	Dec-06
				200	M.	Back	Jessica Hudec	3:25.90	Association	Apr-14
				50	M.	Breast	Nikki Weeks	37.73	NW Zones	Nov-05
				100	M.	Breast	Amy Kasenga	1:26.88	HR Meet	May-08
				200	M.	Breast	Laila Goldring	3:22.36	MAC	Dec-07
May-10	HR Meet	33.70	Brian McGeeney	50	M.	Fly	Nikki Weeks	31.56	Pentathlon	Sep-06
May-10	HR Meet	1:11.20	Chris Donnermeyer	100	M.	Fly				
				200	M.	Fly				
				100	M.	I. M.	Nikki Weeks	1:13.78	NW Zones	Nov-05
				200	M.	I. M.	Laila Goldring	2:58.88	MAC	Dec-06
				400	M.	I. M.	Jessica Hudec	7:01.91	HR Meet	Nov-17
MEN 35-39						WOMEN 35-39				
Apr-13	Association	27.40	Keith Ebbert	50	M.	Free	Nikki Weeks	28.56	Pentathlon	Sep-07
Nov-15	HR Meet	1:05.16	Chris Donnermeyer	100	M.	Free	Amy Kasenga	1:10.08	HR Meet	May-10
Nov-14	HR Meet	2:27.16	Chris Donnermeyer	200	M.	Free	Julianna Mears	3:55.58	HR Meet	May-08
May-10	HR Meet	6:01.91	Scott Hamilton	400	M.	Free	Amy Kasenga	5:25.95	HR Meet	May-10
Apr-12	Association	10:02.29	Chris Donnermeyer	800	M.	Free	Amy Kasenga	11:16.42	HR Meet	May-11
Apr-12	Association	19:02.08	Chris Donnermeyer	1500	M.	Free	Amy Kasenga	21:16.18	Association	Apr-12
Apr-13	Association	30.27	Keith Ebbert	50	M.	Back	Nikki Weeks	34.86	Pentathlon	Sep-07
Apr-13	Association	1:09.24	Keith Ebbert	100	M.	Back	Lisa Sandoval	1:25.82	Bend Pentath	Dec-11
				200	M.	Back	Lisa Sandoval	3:09.99	HR Meet	May-11
Apr-13	Association	34.43	Keith Ebbert	50	M.	Breast	Nikki Weeks	37.03	Pentathlon	Sep-07
Apr-13	Association	1:17.64	Keith Ebbert	100	M.	Breast	Amy Kasenga	1:28.56	HR Meet	May-10
				200	M.	Breast	Lisa Sandoval	3:24.90	HR Meet	May-11
Apr-13	Association	28.74	Keith Ebbert	50	M.	Fly	Nikki Weeks	31.07	Pentathlon	Sep-07
Apr-12	Association	1:07.92	Chris Donnermeyer	100	M.	Fly	Lisa Sandoval	1:30.70	Bend Pentath	Dec-11
Apr-12	Association	2:32.61	Chris Donnermeyer	200	M.	Fly				
Apr-13	Association	1:07.02	Keith Ebbert	100	M.	I. M.	Nikki Weeks	1:11.93	Pentathlon	Sep-07
Apr-12	Association	2:36.87	Chris Donnermeyer	200	M.	I. M.	Lisa Sandoval	3:08.39	Bend Pentath	Dec-11
				400	M.	I. M.	Lisa Sandoval	6:39.42	HR Meet	May-11

		MEN 40-44				WOMEN 40-44					
May-08	HR Meet	35.62	Rutger Engberson	50	M.	Free	Marcie Wily	31.22	HR Meet	Nov-14	
Nov-16	HR Meet	1:05.87	Chris Donnermeyer	100	M.	Free	Kathleen Collins	1:05.13	Association	Apr-12	
				200	M.	Free	Kathleen Collins	2:24.43	Association	Apr-12	
Nov-18	HR Meet	5:16.67	Chris Donnermeyer	400	M.	Free	Kris Kendall	6:16.82	HR Meet	May-10	
Nov-16	HR Meet	10:54.60	Chris Donnermeyer	800	M.	Free	Rachel Tsu	12:17.81	Association	Apr-12	
				1500	M.	Free	Cassie Nobbs	25:34.41	Association	Apr-12	
				50	M.	Back	Kathleen Collins	33.02	Association	Apr-12	
Nov-18	HR Meet	1:20.42	Chris Donnermeyer	100	M.	Back	Kathleen Collins	1:11.50	Association	Apr-12	
				200	M.	Back	Kathleen Collins	2:33.96	Association	Apr-12	
May-08	HR Meet	40.17	Rutger Engberson	50	M.	Breast	Jen Hart	41.18	HR Meet	May-10	
May-08	HR Meet	1:29.03	Rutger Engberson	100	M.	Breast	Jen Hart	1:30.84	HR Meet	May-10	
May-08	HR Meet	3:09.08	Rutger Engberson	200	M.	Breast	Lisa Sandoval	3:18.02	Association	Apr-12	
				50	M.	Fly	Kathleen Collins	33.89	Association	Apr-12	
Nov-16	HR Meet	1:11.96	Chris Donnermeyer	100	M.	Fly	Marcie Wily	1:18.82	HR Meet	Nov-14	
				200	M.	Fly					
Dec-08	MAC	1:57.14	Michael Brinster	100	M.	I. M.	Kathleen Collins	1:14.48	Association	Apr-12	
Nov-16	HR Meet	2:46.03	Chris Donnermeyer	200	M.	I. M.	Lisa Sandoval	3:09.77	Association	Apr-12	
				400	M.	I. M.					
		MEN 45-49				WOMEN 45-49					
Nov-14	HR Meet	27.17	Mark Frost	50	M.	Free	Nikki Weeks	30.05	HR Meet	Nov-17	
Nov-16	HR Meet	59.90	Mark Frost	100	M.	Free	MJ Caswell	1:08.67	Oregon City	Jan-08	
Apr-12	Association	2:11.13	Mark Frost	200	M.	Free	MJ Caswell	2:31.91	Oregon City	Jan-08	
Apr-13	Association	4:47.04	Mark Frost	400	M.	Free	Terri Tyynismaa	5:19.89	NW Zones	Nov-08	
Nov-14	HR Meet	9:48.93	Mark Frost	800	M.	Free	Terri Tyynismaa	11:14.05	NW Zones	Nov-08	
Apr-12	Association	19:35.62	Mark Frost	1500	M.	Free	Terri Tyynismaa	21:10.93	NW Zones	Nov-08	
Nov-16	HR Meet	37.12	Mark Frost	50	M.	Back	Ann Goodman	37.60	HR Meet	May-08	
Nov-10	Pentathlon	1:17.88	Osh McNulty	100	M.	Back	Ann Goodman	1:20.39	Tempe	Nov-07	
Nov-16	HR Meet	2:57.12	Mark Frost	200	M.	Back	Ann Goodman	2:54.47	NW Zones	Nov-08	
Dec-08	MAC	35.48	Bill Sumerfield	50	M.	Breast	MJ Caswell	42.00	HR Meet	May-08	
Nov-08	NW Zones	1:18.26	Bill Sumerfield	100	M.	Breast	MJ Caswell	1:27.47	NW Zones	Nov-08	
Apr-12	Association	2:58.62	Mark Frost	200	M.	Breast	MJ Caswell	3:10.54	MAC	Dec-08	
Mar-22	Oregon City	31.75	Will Clark	50	M.	Fly	MJ Caswell	32.85	NW Zones	Nov-08	
Mar-22	Oregon City	1:11.14	Will Clark	100	M.	Fly	MJ Caswell	1:12.67	HR Meet	May-08	
				200	M.	Fly					
Nov-10	Pentathlon	1:13.72	Osh McNulty	100	M.	I. M.	MJ Caswell	1:17.27	MAC	Dec-08	
May-10	HR Meet	2:43.41	Osh McNulty	200	M.	I. M.	MJ Caswell	2:49.55	MAC	Dec-08	
Nov-16	HR Meet	5:49.75	Mark Frost	400	M.	I. M.	MJ Caswell	6:06.49	NW Zones	Nov-08	

		MEN 50-54				WOMEN 50-54					
Nov-17	NW Zones	27.53	Mark Frost	50	M.	Free	MJ Caswell	31.47	Victoria	Mar-12	
Nov-17	NW Zones	1:01.09	Mark Frost	100	M.	Free	MJ Caswell	1:09.53	Victoria	Mar-12	
Dec-08	MAC	2:13.04	Doug Goodman	200	M.	Free	Terri Tynnismaa	2:33.87	Association	Apr-12	
Dec-08	MAC	4:45.96	Doug Goodman	400	M.	Free	Terri Tynnismaa	5:18.95	Association	Apr-12	
Nov-08	NW Zones	10:01.23	Doug Goodman	800	M.	Free	Terri Tynnismaa	11:05.35	Association	Apr-12	
Nov-17	NW Zones	19:46.75	Mark Frost	1500	M.	Free	Terri Tynnismaa	21:05.32	Association	Apr-12	
Apr-12	Association	35.59	Osh McNulty	50	M.	Back	Ann Goodman	36.50	NW Zones	Nov-11	
Dec-12	Bend Pentath	1:15.79	Osh McNulty	100	M.	Back	Ann Goodman	1:17.86	Bend Pentath	Dec-11	
				200	M.	Back	Ann Goodman	2:49.57	Association	Apr-12	
May-11	HR Meet	36.30	Bill Sumerfield	50	M.	Breast	Toni Hecksel	42.97	Hood River	Nov-17	
Apr-12	Association	1:21.92	Bill Sumerfield	100	M.	Breast	MJ Caswell	1:29.92	Victoria	Mar-12	
Apr-13	Association	3:05.45	Bill Sumerfield	200	M.	Breast	MJ Caswell	3:14.32	Association	Apr-12	
Apr-12	Association	31.40	Osh McNulty	50	M.	Fly	MJ Caswell	33.16	Association	Apr-12	
				100	M.	Fly	MJ Caswell	1:16.84	Association	Apr-12	
				200	M.	Fly	Terri Tynnismaa	3:15.68	Association	Apr-12	
Dec-12	Bend Pentath	1:12.56	Osh McNulty	100	M.	I. M.	MJ Caswell	1:20.11	Victoria	Mar-12	
Apr-13	Bend Pentath	2:38.06	Osh McNulty	200	M.	I. M.	MJ Caswell	2:51.45	Association	Apr-12	
Apr-12	Association	5:48.35	Osh McNulty	400	M.	I. M.	MJ Caswell	6:04.71	Association	Apr-12	
		MEN 55-59				WOMEN 55-59					
Nov-14	HR Meet	30.94	Keith Stelzer	50	M.	Free	Sue Harrington	34.51	Association	Apr-12	
May-08	HR Meet	1:02.61	Mike Pendleton	100	M.	Free	Sue Harrington	1:19.23	Association	Apr-12	
May-08	HR Meet	2:15.48	Mike Pendleton	200	M.	Free	Sue Harrington	2:55.57	Association	Apr-12	
May-08	HR Meet	4:50.38	Mike Pendleton	400	M.	Free	Sue Harrington	6:17.14	Association	Apr-13	
Apr-12	Association	12:40.56	Doug Goodman	800	M.	Free	Sue Harrington	13:04.09	Hood River	Nov-14	
Nov-08	NW Zones	20:35.43	Michael Stephenson	1500	M.	Free	Jane Gray	27:39.37	Bend Pentath	Nov-09	
May-10	HR Meet	37.80	Michael Stephenson	50	M.	Back	Ann Goodman	42.33	Hood River	Nov-18	
May-10	HR Meet	1:22.23	Michael Stephenson	100	M.	Back	Ann Goodman	1:32.61	Hood River	Nov-18	
May-10	HR Meet	2:55.08	Michael Stephenson	200	M.	Back	Ann Goodman	3:19.64	Hood River	Nov-18	
Dec-06	MAC	42.43	Reggie Sherwood	50	M.	Breast	Sue Harrington	45.95	Association	Apr-13	
Feb-08	Bellevue	1:31.48	Reggie Sherwood	100	M.	Breast	Sue Harrington	1:40.65	Association	Apr-12	
Feb-08	Bellevue	3:20.55	Reggie Sherwood	200	M.	Breast	Sue Harrington	3:41.36	Association	Apr-13	
May-08	HR Meet	31.07	Mike Pendleton	50	M.	Fly	Sandi Rousseau	38.25	Free Pentath	May-02	
				100	M.	Fly	Sandi Rousseau	1:33.11	Free Pentath	May-02	
				200	M.	Fly					
May-08	HR Meet	1:15.47	Mike Pendleton	100	M.	I. M.	Sandi Rousseau	1:35.65	Free Pentath	May-02	
Nov-08	NW Zones	2:50.85	Michael Stephenson	200	M.	I. M.	Sue Harrington	3:23.62	Bend Pentath	Dec-12	
				400	M.	I. M.					

		MEN 60-64				WOMEN 60-64				
Dec-02	NW Zones	35.02	Bill Mellow	50	M.	Free	Sandi Rousseau	36.16	MAC	Dec-07
				100	M.	Free	Sandi Rousseau	1:20.90	Bellevue	Feb-07
Dec-02	NW Zones	3:09.81	Bill Mellow	200	M.	Free	Sandi Rousseau	3:07.39	HR Meet	May-08
Apr-12	Association	5:22.46	Michael Stephenson	400	M.	Free	Ann Goodman	6:07.23	Oregon City	Mar-19
Apr-12	Association	11:06.54	Michael Stephenson	800	M.	Free				
Apr-12	Association	21:03.04	Michael Stephenson	1500	M.	Free				
Apr-12	Association	38.42	Michael Stephenson	50	M.	Back	Sandi Rousseau	45.27	Bend Pentath	Nov-09
Apr-12	Association	1:22.87	Michael Stephenson	100	M.	Back	Sandi Rousseau	1:39.98	Oregon City	Jan-08
Nov-04	NW Zones	4:16.36	Bill Mellow	200	M.	Back	Ann Goodman	3:16.84	Oregon City	Mar-19
Dec-02	NW Zones	42.68	Bill Mellow	50	M.	Breast	Sandi Rousseau	55.46	Pentathlon	Nov-10
Dec-02	NW Zones	1:37.36	Bill Mellow	100	M.	Breast				
Dec-02	NW Zones	3:37.12	Bill Mellow	200	M.	Breast				
				50	M.	Fly	Sandi Rousseau	39.31	MAC	Dec-07
				100	M.	Fly	Sandi Rousseau	1:38.57	Oregon City	Jan-08
				200	M.	Fly				
Apr-12	Association	1:23.45	Michael Stephenson	100	M.	I. M.	Sandi Rousseau	1:37.13	Bend Pentath	Nov-09
				200	M.	I. M.	Ann Goodman	3:29.59	Oregon City	Mar-19
				400	M.	I. M.				
		MEN 65-69				WOMEN 65-69				
May-08	HR Meet	39.51	Bill Mellow	50	M.	Free	Sandi Rousseau	37.97	Association	Apr-12
Nov-18	HR Meet	1:11.44	Mike Pendleton	100	M.	Free	Sandi Rousseau	1:24.38	Bend Pentath	Dec-12
Nov-18	HR Meet	2:33.64	Mike Pendleton	200	M.	Free	Sandra Haynie	5:25.11	Association	Apr-12
				400	M.	Free				
May-10	HR Meet	15:14.67	Bill Mellow	800	M.	Free				
Jan-08	Oregon City	29:29.93	Bill Mellow	1500	M.	Free				
May-08	HR Meet	47.78	Bill Mellow	50	M.	Back	Sandi Rousseau	46.26	Association	Apr-12
				100	M.	Back	Sandi Rousseau	1:41.67	Association	Apr-13
				200	M.	Back	Sandi Rousseau	3:44.85	PNW Zones	Oct-12
Apr-12	Association	44.81	Paul Marcotte	50	M.	Breast	Sandi Rousseau	54.47	T-Hills Pentath	Oct-12
Apr-12	Association	1:40.40	Paul Marcotte	100	M.	Breast	Sandi Rousseau	1:59.41	Bend Pentath	Dec-12
Apr-12	Association	3:53.30	Paul Marcotte	200	M.	Breast				
				50	M.	Fly	Sandi Rousseau	40.07	PNW Zones	Oct-12
				100	M.	Fly	Sandi Rousseau	1:49.86	Association	Apr-12
				200	M.	Fly				
				100	M.	I. M.	Sandi Rousseau	1:40.42	Bend Pentath	Dec-12
				200	M.	I. M.	Sandi Rousseau	3:48.02	PNW Zones	Oct-12
				400	M.	I. M.				

		MEN 70-74				WOMEN 70-74					
May-11	HR Meet	39.20	Bill Mellow	50	M.	Free	Sandi Rousseau	39.28	Hood River	Nov-17	
May-11	HR Meet	1:36.65	Bill Mellow	100	M.	Free	Sandi Rousseau	1:32.61	Hood River	Nov-17	
Apr-12	Association	3:41.58	Bill Mellow	200	M.	Free					
Apr-12	Association	7:49.27	Bill Mellow	400	M.	Free					
May-11	HR Meet	16:20.42	Bill Mellow	800	M.	Free					
Apr-12	Association	30:50.46	Bill Mellow	1500	M.	Free					
Apr-12	Association	52.60	Bill Mellow	50	M.	Back	Sandi Rousseau	48.61	Hood River	Nov-17	
Apr-12	Association	2:10.12	Bill Mellow	100	M.	Back	Sandi Rousseau	1:44.70	Hood River	Nov-17	
				200	M.	Back					
May-11	HR Meet	48.72	Bill Mellow	50	M.	Breast					
May-11	HR Meet	1:52.19	Bill Mellow	100	M.	Breast					
Apr-12	Association	4:12.06	Bill Mellow	200	M.	Breast					
Apr-13	Association	1:02.15	Bill Mellow	50	M.	Fly	Sandi Rousseau	43.63	Hood River	Nov-17	
				100	M.	Fly					
				200	M.	Fly					
				100	M.	I. M.					
Apr-13	Association	4:44.94	Bill Mellow	200	M.	I. M.					
				400	M.	I. M.					
		MEN 75-79				WOMEN 75-79					
				50	M.	Free	Sandi Rousseau	43.22	Oregon City	Mar-22	
				100	M.	Free	Jane Nichols	1:40.18	Hood River	Nov-16	
				200	M.	Free	Jane Nichols	3:43.16	Hood River	Nov-17	
				400	M.	Free					
				800	M.	Free					
				1500	M.	Free					
				50	M.	Back	Sandi Rousseau	50.73	Oregon City	Mar-22	
				100	M.	Back	Sandi Rousseau	1:49.75	Oregon City	Mar-22	
				200	M.	Back	Sandi Rousseau	4:00.61	Oregon City	Mar-22	
				50	M.	Breast	Sandi Rousseau	1:00.78	Oregon City	Mar-22	
				100	M.	Breast					
				200	M.	Breast					
				50	M.	Fly	Sandi Rousseau	54.86	Oregon City	Mar-22	
				100	M.	Fly					
				200	M.	Fly					
				100	M.	I. M.					
				200	M.	I. M.					
				400	M.	I. M.					

MEN 80-84				WOMEN 80-84					
			50	M.	Free	Jane Nichols	45.80	Hood River	Nov-22
			100	M.	Free	Jane Nichols	1:42.11	Hood River	Nov-22
			200	M.	Free	Jane Nichols	3:56.26	Hood River	Nov-22
			400	M.	Free	Jane Nichols	8:18.65	Hood River	Nov-22
			800	M.	Free				
			1500	M.	Free				
			50	M.	Back	Jane Nichols	57.37	Hood River	Nov-22
			100	M.	Back				
			200	M.	Back				
			50	M.	Breast				
			100	M.	Breast				
			200	M.	Breast				
			50	M.	Fly				
			100	M.	Fly				
			200	M.	Fly				
			100	M.	I. M.				
			200	M.	I. M.				
			400	M.	I. M.				
MEN 85-89				WOMEN 85-89					
			50	M.	Free				
			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				
			100	M.	I. M.				
			200	M.	I. M.				
			400	M.	I. M.				