

## IES LONG COURSE RECORDS – LCM as of August 31, 2023

8 & UNDER

AUG 9 2002	EMRI MOORE	SAS	34.77	<b>50 Free</b>	34.87	ZACHARY WASHBURN	MRA	JUL 27 2012
AUG 9 2002	EMRI MOORE	SAS	1:17.80	<b>100 Free</b>	1:16.60	ZACHARY WASHBURN	MRA	JUL 27 2012
	DESIREE JOHNSON	CSFC	41.61	<b>50 Back</b>	41.66	JOEY COVEY	SAS	
AUG 9 2002	EMRI MOORE	SAS	49.07	<b>50 Breast</b>	45.94	PAT BRANDENBURG	WWY	
	DESIREE JOHNSON	CSFC	37.28	<b>50 Fly</b>	38.63	ZACHARY WASHBURN	MRA	JUL 27 2012
JUN 21 2002	EMRI MOORE	SAS	3:10.04	<b>200 IM</b>	3:15.30	ZACHARY WASHBURN	MRA	JUL 27 2012
JAN 1 2000	TRI-CITY SWIM TEAM	TCST	2:52.40	<b>200 Free Relay</b>	2:51.84	ATOMIC DOLPHINS	ADY	
	ATOMIC DOLPHINS	ADY	3:20.96	<b>200 Medley Relay</b>	3:12.40	COEUR D'ALENE AREA SWIM TEAM	CAST	JUN 1 1998

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JAN 1 2000	BROOKE SPRAGUE	CSFC	29.90	<b>50 Free</b>	29.67	ZACHARY WASHBURN	MRA	AUG 6 2014
AUG 10 2004	EMRI MOORE	SAS	1:08.15	<b>100 Free</b>	1:04.95	ZACHARY WASHBURN	MRA	AUG 6 2014
AUG 10 2004	EMRI MOORE	SAS	2:25.68	<b>200 Free</b>	2:25.93	CARL JONES	MFVT	AUG 17 1999
JUN 4 2004	EMRI MOORE	SAS	5:04.22	<b>400 Free</b>	5:22.00	ZACHARY WASHBURN	MRA	JUL 25 2014
AUG 1 1993	DESIREE JOHNSON	CSFC	34.97	<b>50 Back</b>	35.79	ZACHARY WASHBURN	MRA	AUG 6 2014
	DESIREE JOHNSON	CSFC	1:17.75	<b>100 Back</b>	1:16.16	SKYLAR STROMAN	MFVT	AUG 17 1999
AUG 10 2016	JENA KISTLER	SWAT	38.90	<b>50 Breast</b>	37.98	JARED HESTON	CAST	AUG 7 2001
	ANGELA GEIGER	TCCC	1:26.03	<b>100 Breast</b>	1:21.16	JARED HESTON	CAST	AUG 7 2001
	DESIREE JOHNSON	CSFC	32.84	<b>50 Fly</b>	32.15	ZACHARY WASHBURN	MRA	AUG 6 2014
	DESIREE JOHNSON	CSFC	1:14.84	<b>100 Fly</b>	1:15.75	ZACHARY WASHBURN	MRA	AUG 6 2014
AUG 10 2004	EMRI MOORE	SAS	2:43.51	<b>200 IM</b>	2:42.53	MASON SHAW	SAS	AUG 6 2002
	EASTMONT SWIM TEAM	EST	2:21.17	<b>200 Free Relay</b>	2:11.69	TRI-CITY SWIM TEAM	TCST	
	WALLA WALLA YMCA	WWY	2:40.83	<b>200 Medley Relay</b>	2:34.24	TRI-CITY SWIM TEAM	TCST	

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AUG 1 1994	BROOKE SPRAGUE	CSFC	27.46	<b>50 Free</b>	26.33	ZACHARY WASHBURN	MRA	AUG 10 2016
AUG 8 2006	NATILEE RUIZ	TCCC	1:00.87	<b>100 Free</b>	57.13	ZACHARY WASHBURN	MRA	AUG 10 2016
AUG 1 1998	JESSICA NEWMAN	TCCC	2:10.54	<b>200 Free</b>	2:07.74	ZACHARY WASHBURN	MRA	AUG 10 2016
AUG 1 1998	JESSICA NEWMAN	TCCC	4:32.17	<b>400 Free</b>	4:38.51	ZACHARY WASHBURN	MRA	AUG 10 2016
MAY 17 2002	ERIN HOLMES	TCCC	9:40.91	<b>800 Free</b>	9:48.12	LUKE JACKSON	TCCC	JUNE 2011
MAY 31 2002	ERIN HOLMES	TCCC	18:27.26	<b>1500 Free</b>	18:54.53	ZACHARY WASHBURN	MRA	JULY 8 2016
AUG 1 1994	BROOKE SPRAGUE	CSFC	32.01	<b>50 Back</b>	30.77	ELI ENGLEDDOW	LCN	AUG 7 2013
JUN 21 2012	TAYLOR MCCOY	GMSC	1:09.07	<b>100 Back</b>	1:06.01	ELI ENGLEDDOW	LCN	AUG 7 2013
JUNE 2002	ERIN HOLMES	TCCC	2:30.15	<b>200 Back</b>	2:22.16	CONNOR ELWYN	VS	AUG 6 2014
AUG 1 1994	BROOKE SPRAGUE	CSFC	36.07	<b>50 Breast</b>	33.60	JARED HESTON	CAST	AUG 5 2003
AUG 8 2018	JENA KISTLER	SWAT	1:18.56	<b>100 Breast</b>	1:15.57	MASON SHAW	CAST	AUG 10 2004
AUG 8 2018	JENA KISTLER	SWAT	2:44.56	<b>200 Breast</b>	2:45.25	ANDREW LAMBERT	SWAT	AUG 5 2015
AUG 8 2006	SARAH FEIL	UNAT	30.38	<b>50 Fly</b>	28.46	ZACHARY WASHBURN	MRA	AUG 10 2016
AUG 6 2014	MAYA CUNNINGHAM	YYST	1:08.45	<b>100 Fly</b>	1:03.82	CONNOR ELWYN	VS	AUG 6 2014
AUG 6 2014	MAYA CUNNINGHAM	YYST	2:32.69	<b>200 Fly</b>	2:22.62	MICHAEL HOCHWALT	SWAT	AUG 8 2018
AUG 8 2018	JENA KISTLER	SWAT	2:29.26	<b>200 IM</b>	2:25.64	ELI ENGLEDDOW	LCN	AUG 7 2013
AUG 2018	JENA KISTLER	SWAT	5:15.44	<b>400 IM</b>	5:06.46	CONNOR ELWYN	VS	AUG 6 2014
	SPOKANE AREA SWIMMING	SAS	2:02.19	<b>200 Free Relay</b>	1:59.17	TRI CITY CHANNEL CATS	TCCC	JUN 2 2017
	SPOKANE AREA SWIMMING	SAS	4:28.39	<b>400 Free Relay</b>	4:27.62	TRI CITY CHANNEL CATS	TCCC	JUL 28 2017
	SPOKANE AREA SWIMMING	SAS	2:18.02	<b>200 Medley Relay</b>	2:17.81	TRI CITY CHANNEL CATS	TCCC	JUL 7 2017
	TRI-CITY CHANNEL CATS	TCCC	5:04.13	<b>400 Medley Relay</b>	4:56.41	TRI CITY CHANNEL CATS		JUL 28 2017

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JUL 15 2008	NATILEE RUIZ	TCCC	26.35	<b>50 Free</b>	24.10	ZACHARY WASHBURN	MRA	JUL 31 2018
AUG 4 2008	NATILEE RUIZ	TCCC	57.42	<b>100 Free</b>	53.18	ZACHARY WASHBURN	MRA	JUL 31 2018
AUG 4 2008	NATILEE RUIZ	TCCC	2:06.58	<b>200 Free</b>	1:58.85	ZACHARY WASHBURN	MRA	JUL 31 2018
AUG 1 2000	JESSICA NEWMAN	TCCC	4:25.00	<b>400 Free</b>	4:16.19	ANDY GELSTON	TCCC	JUL 30 2019
AUG 2015	CLAIRE SCHAEF	TCCC	9:02.96	<b>800 Free</b>	8:46.86	BRYCE KANANOWICZ	CAST	AUG 10 2010
AUG 2015	CLAIRE SCHAEF	TCCC	17:15.39	<b>1500 Free</b>	16:45.80	ANDY GELSTON	TCCC	JUL 30 2019
AUG 4 2008	NATILEE RUIZ	TCCC	1:04.02	<b>100 Back</b>	1:01.19	BRYCE KANANOWICZ	CAST	AUG 10 2010
JUN 19 2014	TAYLOR MCCOY	GMSC	2:17.82	<b>200 Back</b>	2:10.14	BRYCE KANANOWICZ	CAST	AUG 10 2010

13-	AUG 6 2014	SARAH NICHOLLS	CAST	1:13.48	<b>100 Breast</b>	1:06.50	DANIEL ROY	SAS	AUG 6 2014
	AUG 5 2002	CASSIE HAMILTON	TCCC	2:41.38	<b>200 Breast</b>	2:24.18	DANIEL ROY	SAS	AUG 6 2014
	AUG 9 2011	NICOLE ROZIER	CAST	1:03.57	<b>100 Fly</b>	58.86	SKYLER YOUNKIN	TCCC	MAR 17 2016
		LORI VAN LITH	CUDA	2:21.36	<b>200 Fly</b>	2:11.80	LUKE JACKSON	TCCC	JUL 16 2016
	JUL 15 2009	ADDISYN BURSCH	CAST	2:23.38	<b>200 IM</b>	2:15.65	BRYCE KANANOWICZ	CAST	JUL 30 2010
	MAR 19 2002	SUMMER MORGAN	SAS	5:05.04	<b>400 IM</b>	4:42.72	LUKE JACKSON	TCCC	JUL 16 2013
	JUL 1 1997	SPOKANE AREA SWIMMING	SAS	1:56.95	<b>200 Free Relay</b>	1:51.38	TRI CITY CHANNEL CATS	TCCC	MAY 31 2013
	AUG 2 2012	SPOKANE WAVES AQUATIC TEAM	SWAT	4:14.97	<b>400 Free Relay</b>	3:59.82	VELOCITY SWIMMING	VS	JUL 30 2016
	JUL 1 1997	SPOKANE AREA SWIMMING	SAS	2:12.91	<b>200 Medley Relay</b>	2:03.60	TRI-CITY CHANNEL CATS	TCCC	MAY 31 2013
	AUG 2 2012	SPOKANE WAVES AQUATIC TEAM	SWAT	4:48.66	<b>400 Medley Relay</b>	4:25.94	EASTMONT SWIM TEAM	EST	

15-16	AUG 4 2009	NATILEE RUIZ	TCCC	26.74	<b>50 Free</b>	24.09	CHAD ROLFS	CUDA	
	AUG 10 2009	NATILEE RUIZ	TCCC	57.22	<b>100 Free</b>	52.45	WILLIAM MILLER	COUG	AUG 2022
	AUG 9 2010	NATILEE RUIZ	TCCC	2:05.88	<b>200 Free</b>	1:53.03	WILLIAM MILLER	COUG	JUL 2022
	AUG 4 2016	CLAIRE SCHAEF	TCCC	4:23.42	<b>400 Free</b>	4:00.57	MICHAEL HOCHWALT	SWAT	AUG 2022
	AUG 4 2016	CLAIRE SCHAEF	TCCC	8:58.24	<b>800 Free</b>	8:14.19	CARL JONES	TCCC	AUG 9 2005
	AUG 4 2016	CLAIRE SCHAEF	TCCC	17:11.72	<b>1500 Free</b>	15:54.74	CARL JONES	TCCC	AUG 9 2005
	AUG 4 2009	NATILEE RUIZ	TCCC	1:03.09	<b>100 Back</b>	57.25	MICHAEL HOCHWALT	SWAT	AUG 2022
	JUN 25 2012	LISA BRATTON	TCCC	2:13.57	<b>200 Back</b>	2:04.69	JAKE MCCOY	COUG	APR 28 2023
	MAR 17 2016	SARAH NICHOLLS	CAST	1:11.09	<b>100 Breast</b>	1:02.11	DANIEL ROY	SAS	AUG 25 2016
	JUN 14 2019	EMMA SCHANZ	SWAT	2:30.63	<b>200 Breast</b>	2:12.17	DANIEL ROY	SAS	AUG 25 2016
	JUL 14 2015	NICOLE ROZIER	CAST	1:03.12	<b>100 Fly</b>	55.86	CODY ROBERTS	TCCC	MAR 18 2008
		SUSIE ROBISCH	TCCC	2:19.29	<b>200 Fly</b>	2:01.58	MICHAEL HOCHWALT	SWAT	AUG 2022
	JUN 19 2014	EMMA SCHANZ	SWAT	2:18.28	<b>200 IM</b>	2:03.12	MICHAEL HOCHWALT	SWAT	AUG 2022
	AUG 5 2002	SUMMER HALWAS-MORGAN	SAS	4:56.14	<b>400 IM</b>	4:23.88	MICHAEL HOCHWALT	SWAT	JUL 2022

17-19	AUG 2 2011	NATILEE RUIZ	TCCC	26.80	<b>50 Free</b>	23.66	CHAD ROLFS	CUDA	
	JUL 16 2013	NATILEE RUIZ	TCCC	57.01	<b>100 Free</b>	51.55	CHAD ROLFS	CUDA	
	JUN 25 2012	NATILEE RUIZ	TCCC	2:04.80	<b>200 Free</b>	1:52.80	COLEMAN ALLEN	SAS	JUL 11 2011
	JUL 19 2011	EMRI MOORE	SAS	4:24.87	<b>400 Free</b>	4:01.48	CARL JONES	TCCC	MAR 28 2006
	JUL 19 2011	EMRI MOORE	SAS	9:03.80	<b>800 Free</b>	8:16.82	CARL JONES	TCCC	MAR 28 2006
	JUL 19 2011	EMRI MOORE	SAS	17:21.99	<b>1500 Free</b>	15:48.65	CARL JONES	TCCC	MAR 28 2006
	AUG 6 2015	LISA BRATTON	TCCC	1:01.92	<b>100 Back</b>	57.76	MATTHEW COOK	LGSC	AUG 13 2012
	AUG 6 2015	LISA BRATTON	TCCC	2:09.31	<b>200 Back</b>	2:00.18	MICHAEL HOCHWALT	SWAT	AUG 2023
	JUL 18 2019	LAUREN BURCKEL	COUG	1:09.95	<b>100 Breast</b>	1:03.25	RYAN FOOTE	SWAT	AUG 6 2019
	JUL 18 2019	LAUREN BURCKEL	COUG	2:30.80	<b>200 Breast</b>	2:16.32	MICHAEL HOCHWALT	SWAT	AUG 2023
	JUL 15 2008	JENNI DOLE	SAS	1:01.49	<b>100 Fly</b>	54.42	COLEMAN ALLEN	SAS	AUG 2 2011
	AUG 4 2008	JENNI DOLE	SAS	2:15.33	<b>200 Fly</b>	1:58.87	MICHAEL HOCHWALT	SWAT	AUG 2023
	AUG 6 2015	LISA BRATTON	TCCC	2:15.79	<b>200 IM</b>	2:05.45	CJ NUSS	SAS	DEC 4 2003
	AUG 6 2015	LISA BRATTON	TCCC	4:53.36	<b>400 IM</b>	4:24.07	MICHAEL HOCHWALT	SWAT	JUL 22 2023

Senior	AUG 1 2019	CHLOE LARSON	TCCC	26.09	<b>50 Free</b>	23.66	CHAD ROLFS	CUDA	
	JUL 16 2013	NATILEE RUIZ	TCCC	57.01	<b>100 Free</b>	51.55	CHAD ROLFS	CUDA	
	MAR 28 2006	ERIN MCCLEAVE	WSU	2:03.76	<b>200 Free</b>	1:52.80	COLEMAN ALLEN	SASA	JUL 22 2011
	MAR 28 2006	ERIN MCCLEAVE	WSU	4:23.03	<b>400 Free</b>	4:01.09	CARL JONES	TCCC	AUG 9 2005
	AUG 4 2016	CLAIRE SHAEF	TCCC	8:58.24	<b>800 Free</b>	8:14.19	CARL JONES	TCCC	AUG 9 2005
	MAR 28 2006	ERIN MCCLEAVE	WSU	17:02.10	<b>1500 Free</b>	15:48.65	CARL JONES	TCCC	MAR 28 2006
	AUG 6 2015	LISA BRATTON	TCCC	1:01.92	<b>100 Back</b>	57.25	MICHAEL HOCHWALT	SWAT	AUG 2022
	AUG 6 2015	LISA BRATTON	TCCC	2:09.31	<b>200 Back</b>	2:00.18	MICHAEL HOCHWALT	SWAT	AUG 2023
	JUL 18 2019	LAUREN BURCKEL	COUG	1:10.00	<b>100 Breast</b>	1:02.11	DANIEL ROY	SAS	AUG 25 2016
	JUN 19 2014	EMMA SCHANZ	SWAT	2:30.63	<b>200 Breast</b>	2:12.17	DANIEL ROY	SAS	AUG 25 2016
	JUL 15 2008	JENNI DOLE	SAS	1:01.49	<b>100 Fly</b>	54.42	COLEMAN ALLEN	SAS	AUG 2 2011
	AUG 4 2008	JENNI DOLE	SAS	2:15.33	<b>200 Fly</b>	1:58.87	MICHAEL HOCHWALT	SWAT	AUG 2023
	AUG 6 2015	LISA BRATTON	TCCC	2:15.79	<b>200 IM</b>	2:05.45	CJ NUSS	SAS	DEC 4 2003
	AUG 6 2015	LISA BRATTON	TCCC	4:53.36	<b>400 IM</b>	4:24.07	MICHAEL HOCHWALT	SWAT	JUL 22 2023



JUL 15 2014	VANDAL AQUATIC CLUB	VAN	1:47.69	<b>200 Free Relay</b>	1:37.58	SPOKANE WAVES AQUATIC TEAM	SWAT	JUL 2023
JUL 31 2018	SPOKANE WAVES AQUATIC TEAM	SWAT	3:58.61	<b>400 Free Relay</b>	3:37.12	SPOKANE WAVES AQUATIC TEAM	SWAT	AUG 2023
JUL 25 2001	SPOKANE AREA SWIMMING	SAS	8:43.00	<b>800 Free Relay</b>	7:55.58	COEUR D'ALENE AREA SWIM TEAM	CAST	JUL 26 2012
JUL 15 2014	VANDAL AQUATIC CLUB	VAN	2:01.16	<b>200 Medley Relay</b>	1:46.22	SPOKANE WAVES AQUATIC TEAM	SWAT	JUL 2023
JUL 15 2014	VANDAL AQUATIC CLUB	VAN	4:25.58	<b>400 Medley Relay</b>	3:58.72	SPOKANE AREA SWIMMING	SAS	JUL 20 2010