

IES LONG COURSE RECORDS – LCM as of August 31, 2024

8 & UNDER

AUG 9 2002	EMRI MOORE	SAS	34.77	50 Free	34.87	ZACHARY WASHBURN	MRA	JUL 27 2012
AUG 9 2002	EMRI MOORE	SAS	1:17.80	100 Free	1:16.60	ZACHARY WASHBURN	MRA	JUL 27 2012
	DESIREE JOHNSON	CSFC	41.61	50 Back	41.66	JOEY COVEY	SAS	
AUG 9 2002	EMRI MOORE	SAS	49.07	50 Breast	45.94	PAT BRANDENBURG	WWY	
	DESIREE JOHNSON	CSFC	37.28	50 Fly	38.63	ZACHARY WASHBURN	MRA	JUL 27 2012
JUN 21 2002	EMRI MOORE	SAS	3:10.04	200 IM	3:15.30	ZACHARY WASHBURN	MRA	JUL 27 2012
JAN 1 2000	TRI-CITY SWIM TEAM	TCST	2:52.40	200 Free Relay	2:51.84	ATOMIC DOLPHINS	ADY	
	ATOMIC DOLPHINS	ADY	3:20.96	200 Medley Relay	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	50 Free	29.67	ZACHARY WASHBURN	MRA	AUG 6 2014
AUG 10 2004	EMRI MOORE	SAS	1:08.15	100 Free	1:04.95	ZACHARY WASHBURN	MRA	AUG 6 2014
AUG 10 2004	EMRI MOORE	SAS	2:25.68	200 Free	2:25.93	CARL JONES	MFVT	AUG 17 1999
JUN 4 2004	EMRI MOORE	SAS	5:04.22	400 Free	5:22.00	ZACHARY WASHBURN	MRA	JUL 25 2014
AUG 1 1993	DESIREE JOHNSON	CSFC	34.97	50 Back	35.79	ZACHARY WASHBURN	MRA	AUG 6 2014
	DESIREE JOHNSON	CSFC	1:17.75	100 Back	1:16.16	SKYLAR STROMAN	MFVT	AUG 17 1999
AUG 10 2016	JENA KISTLER	SWAT	38.90	50 Breast	37.98	JARED HESTON	CAST	AUG 7 2001
	ANGELA GEIGER	TCCC	1:26.03	100 Breast	1:21.16	JARED HESTON	CAST	AUG 7 2001
	DESIREE JOHNSON	CSFC	32.84	50 Fly	32.15	ZACHARY WASHBURN	MRA	AUG 6 2014
	DESIREE JOHNSON	CSFC	1:14.84	100 Fly	1:15.75	ZACHARY WASHBURN	MRA	AUG 6 2014
AUG 10 2004	EMRI MOORE	SAS	2:43.51	200 IM	2:42.53	MASON SHAW	SAS	AUG 6 2002
	EASTMONT SWIM TEAM	EST	2:21.17	200 Free Relay	2:11.69	TRI-CITY SWIM TEAM	TCST	
	WALLA WALLA YMCA	WWY	2:40.83	200 Medley Relay	2:34.24	TRI-CITY SWIM TEAM	TCST	

11-12

AUG 1 1994	BROOKE SPRAGUE	CSFC	27.46	50 Free	26.33	ZACHARY WASHBURN	MRA	AUG 10 2016
AUG 8 2006	NATILEE RUIZ	TCCC	1:00.87	100 Free	57.13	ZACHARY WASHBURN	MRA	AUG 10 2016
AUG 1 1998	JESSICA NEWMAN	TCCC	2:10.54	200 Free	2:07.74	ZACHARY WASHBURN	MRA	AUG 10 2016
AUG 1 1998	JESSICA NEWMAN	TCCC	4:32.17	400 Free	4:33.83	TRACE BENNETT	CAST	JUN 21 2024
MAY 17 2002	ERIN HOLMES	TCCC	9:40.91	800 Free	9:28.52	TRACE BENNETT	CAST	JUN 23 2024
MAY 31 2002	ERIN HOLMES	TCCC	18:27.26	1500 Free	18:41.83	TRACE BENNETT	CAST	MAY 17 2024
AUG 1 1994	BROOKE SPRAGUE	CSFC	32.01	50 Back	30.77	ELI ENGLEDOW	LCN	AUG 7 2013
JUN 21 2012	TAYLOR MCCOY	GMSC	1:09.07	100 Back	1:06.01	ELI ENGLEDOW	LCN	AUG 7 2013
JUNE 2002	ERIN HOLMES	TCCC	2:30.15	200 Back	2:22.16	CONNOR ELWYN	VS	AUG 6 2014
AUG 1 1994	BROOKE SPRAGUE	CSFC	36.07	50 Breast	33.60	JARED HESTON	CAST	AUG 5 2003
AUG 8 2018	JENA KISTLER	SWAT	1:18.56	100 Breast	1:15.57	MASON SHAW	CAST	AUG 10 2004
AUG 8 2018	JENA KISTLER	SWAT	2:44.56	200 Breast	2:45.25	ANDREW LAMBERT	SWAT	AUG 5 2015
AUG 8 2006	SARAH FEIL	UNAT	30.38	50 Fly	28.46	ZACHARY WASHBURN	MRA	AUG 10 2016
AUG 6 2014	MAYA CUNNINGHAM	YYST	1:08.45	100 Fly	1:03.82	CONNOR ELWYN	VS	AUG 6 2014
AUG 6 2014	MAYA CUNNINGHAM	YYST	2:32.69	200 Fly	2:22.62	MICHAEL HOCHWALT	SWAT	AUG 8 2018
AUG 8 2018	JENA KISTLER	SWAT	2:29.26	200 IM	2:25.64	ELI ENGLEDOW	LCN	AUG 7 2013
AUG 2018	JENA KISTLER	SWAT	5:15.44	400 IM	5:06.46	CONNOR ELWYN	VS	AUG 6 2014
	SPOKANE AREA SWIMMING	SAS	2:02.19	200 Free Relay	1:59.17	TRI CITY CHANNEL CATS	TCCC	JUN 2 2017
	SPOKANE AREA SWIMMING	SAS	4:28.39	400 Free Relay	4:27.62	TRI CITY CHANNEL CATS	TCCC	JUL 28 2017
	SPOKANE AREA SWIMMING	SAS	2:18.02	200 Medley Relay	2:17.81	TRI CITY CHANNEL CATS	TCCC	JUL 7 2017
	TRI-CITY CHANNEL CATS	TCCC	5:04.13	400 Medley Relay	4:56.41	TRI CITY CHANNEL CATS		JUL 28 2017

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

13-	AUG 6 2014	SARAH NICHOLLS	CAST	1:13.48	100 Breast	1:06.50	DANIEL ROY	SAS	AUG 6 2014
	AUG 5 2002	CASSIE HAMILTON	TCCC	2:41.38	200 Breast	2:24.18	DANIEL ROY	SAS	AUG 6 2014
	AUG 9 2011	NICOLE ROZIER	CAST	1:03.57	100 Fly	58.86	SKYLER YOUNKIN	TCCC	MAR 17 2016
		LORI VAN LITH	CUDA	2:21.36	200 Fly	2:11.80	LUKE JACKSON	TCCC	JUL 16 2016
	JUL 15 2009	ADDISYN BURSCH	CAST	2:23.38	200 IM	2:15.65	BRYCE KANANOWICZ	CAST	JUL 30 2010
	MAR 19 2002	SUMMER MORGAN	SAS	5:05.04	400 IM	4:42.72	LUKE JACKSON	TCCC	JUL 16 2013
	JUL 1 1997	SPOKANE AREA SWIMMING	SAS	1:56.95	200 Free Relay	1:51.38	TRI CITY CHANNEL CATS	TCCC	MAY 31 2013
	AUG 2 2012	SPOKANE WAVES AQUATIC TEAM	SWAT	4:14.97	400 Free Relay	3:59.82	VELOCITY SWIMMING	VS	JUL 30 2016
	JUL 1 1997	SPOKANE AREA SWIMMING	SAS	2:12.91	200 Medley Relay	2:03.60	TRI-CITY CHANNEL CATS	TCCC	MAY 31 2013
	AUG 2 2012	SPOKANE WAVES AQUATIC TEAM	SWAT	4:48.66	400 Medley Relay	4:25.94	EASTMONT SWIM TEAM	EST	
15-16	AUG 4 2009	NATILEE RUIZ	TCCC	26.74	50 Free	24.09	CHAD ROLFS	CUDA	
	AUG 10 2009	NATILEE RUIZ	TCCC	57.22	100 Free	52.45	WILLIAM MILLER	COUG	AUG 2022
	AUG 9 2010	NATILEE RUIZ	TCCC	2:05.88	200 Free	1:53.03	WILLIAM MILLER	COUG	JUL 2022
	AUG 4 2016	CLAIRE SCHAEF	TCCC	4:23.42	400 Free	4:00.57	MICHAEL HOCHWALT	SWAT	AUG 2022
	AUG 4 2016	CLAIRE SCHAEF	TCCC	8:58.24	800 Free	8:14.19	CARL JONES	TCCC	AUG 9 2005
	AUG 4 2016	CLAIRE SCHAEF	TCCC	17:11.72	1500 Free	15:54.74	CARL JONES	TCCC	AUG 9 2005
	AUG 4 2009	NATILEE RUIZ	TCCC	1:03.09	100 Back	57.25	MICHAEL HOCHWALT	SWAT	AUG 2022
	JUN 25 2012	LISA BRATTON	TCCC	2:13.57	200 Back	2:04.69	JAKE MCCOY	COUG	APR 28 2023
	MAR 17 2016	SARAH NICHOLLS	CAST	1:11.09	100 Breast	1:02.11	DANIEL ROY	SAS	AUG 25 2016
	JUN 14 2019	EMMA SCHANZ	SWAT	2:30.63	200 Breast	2:12.17	DANIEL ROY	SAS	AUG 25 2016
	JUL 14 2015	NICOLE ROZIER	CAST	1:03.12	100 Fly	55.86	CODY ROBERTS	TCCC	MAR 18 2008
		SUSIE ROBISCH	TCCC	2:19.29	200 Fly	2:01.58	MICHAEL HOCHWALT	SWAT	AUG 2022
	JUN 19 2014	EMMA SCHANZ	SWAT	2:18.28	200 IM	2:03.12	MICHAEL HOCHWALT	SWAT	AUG 2022
	AUG 5 2002	SUMMER HALWAS-MORGAN	SAS	4:56.14	400 IM	4:23.88	MICHAEL HOCHWALT	SWAT	JUL 15 2022
17-19	MAR 17 2024	ISSABELLE PARRISH	MRA	26.78	50 Free	23.66	CHAD ROLFS	CUDA	
	JUL 16 2013	NATILEE RUIZ	TCCC	57.01	100 Free	51.55	CHAD ROLFS	CUDA	
	JUN 25 2012	NATILEE RUIZ	TCCC	2:04.80	200 Free	1:52.80	COLEMAN ALLEN	SAS	JUL 11 2011
	JUL 19 2011	EMRI MOORE	SAS	4:24.87	400 Free	3:55.46	MICHAEL HOCHWALT	SWAT	MAR 16 2024
	JUL 19 2011	EMRI MOORE	SAS	9:03.80	800 Free	8:15.80	MICHAEL HOCHWALT	SWAT	JUL 11 2024
	JUL 19 2011	EMRI MOORE	SAS	17:21.99	1500 Free	15:36.87	MICHAEL HOCHWALT	SWAT	JUL 14 2024
	AUG 6 2015	LISA BRATTON	TCCC	1:01.92	100 Back	56.85	MICHAEL HOCHWALT	SWAT	JUL 14 2023
	AUG 6 2015	LISA BRATTON	TCCC	2:09.31	200 Back	2:00.18	MICHAEL HOCHWALT	SWAT	AUG 2023
	JUL 18 2019	LAUREN BURCKEL	COUG	1:09.95	100 Breast	1:03.25	RYAN FOOTE	SWAT	AUG 6 2019
	JUL 18 2019	LAUREN BURCKEL	COUG	2:30.80	200 Breast	2:16.32	MICHAEL HOCHWALT	SWAT	AUG 2023
	JUL 15 2008	JENNI DOLE	SAS	1:01.49	100 Fly	54.42	COLEMAN ALLEN	SAS	AUG 2 2011
	AUG 4 2008	JENNI DOLE	SAS	2:15.33	200 Fly	1:58.87	MICHAEL HOCHWALT	SWAT	AUG 2023
	AUG 6 2015	LISA BRATTON	TCCC	2:15.79	200 IM	2:00.92	MICHAEL HOCHWALT	SWAT	MAR 17 2024
	AUG 6 2015	LISA BRATTON	TCCC	4:53.36	400 IM	4:19.70	MICHAEL HOCHWALT	SWAT	MAR 19 2024
Senior	AUG 1 2019	CHLOE LARSON	COUG	26.09	50 Free	23.66	CHAD ROLFS	CUDA	
	JUL 16 2013	NATILEE RUIZ	TCCC	57.01	100 Free	51.55	CHAD ROLFS	CUDA	
	MAR 28 2006	ERIN MCCLEAVE	WSU	2:03.76	200 Free	1:52.80	COLEMAN ALLEN	SASA	JUL 22 2011
	MAR 28 2006	ERIN MCCLEAVE	WSU	4:23.03	400 Free	3:55.46	MICHAEL HOCHWALT	SWAT	MAR 16 2024
	AUG 4 2016	CLAIRE SHAEF	TCCC	8:58.24	800 Free	8:14.19	CARL JONES	TCCC	AUG 9 2005
	MAR 28 2006	ERIN MCCLEAVE	WSU	17:02.10	1500 Free	15:36.87	MICHAEL HOCHWALT	SWAT	JUL 14 2024
	AUG 6 2015	LISA BRATTON	TCCC	1:01.92	100 Back	56.85	MICHAEL HOCHWALT	SWAT	JUL 14 2023
	AUG 6 2015	LISA BRATTON	TCCC	2:09.31	200 Back	2:00.18	MICHAEL HOCHWALT	SWAT	AUG 2023
	JUL 18 2019	LAUREN BURCKEL	COUG	1:10.00	100 Breast	1:02.11	DANIEL ROY	SAS	AUG 25 2016
	JUN 19 2014	EMMA SCHANZ	SWAT	2:30.63	200 Breast	2:12.17	DANIEL ROY	SAS	AUG 25 2016
	JUL 15 2008	JENNI DOLE	SAS	1:01.49	100 Fly	54.42	COLEMAN ALLEN	SAS	AUG 2 2011
	AUG 4 2008	JENNI DOLE	SAS	2:15.33	200 Fly	1:58.87	MICHAEL HOCHWALT	SWAT	AUG 2023
	AUG 6 2015	LISA BRATTON	TCCC	2:15.79	200 IM	2:00.92	MICHAEL HOCHWALT	SWAT	MAR 17 2024
	AUG 6 2015	LISA BRATTON	TCCC	4:53.36	400 IM	4:19.70	MICHAEL HOCHWALT	SWAT	JUL 22 2023



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