
RECORDS IES-LC-L
LC Meters-Women

8 & U	50 Free	34.77	9-Aug-02	SAS	EMRI MOORE	
	100 Free	1:17.80	9-Aug-02	SAS	EMRI MOORE	
	50 Back	41.61		CSFC	DESIREE JOHNSON	
	50 Breast	49.07	9-Aug-02	SAS	EMRI MOORE	
	50 Fly	37.28		CSFC	DESIREE JOHNSON	
	200 IM	3:10.04	21-Jun-02	SAS	EMRI MOORE	
	200 Free Relay	2:52.40	1-Jan-00	TCST	TRI-CITY SWIM TEAM	
	200 Medley Relay	3:20.96		ADY	ATOMIC DOLPHINS	
9-10	50 Free	29.90		CSFC	BROOKE SPRAGUE	
	100 Free	1:08.15	10-Aug-04	SAS	EMRI MOORE	
	200 Free	2:25.68	10-Aug-04	SAS	EMRI MOORE	
	400 Free	5:04.22	4-Jun-04	SAS	EMRI MOORE	
	50 Back	34.97	1-Aug-93	CSFC	DESIREE JOHNSON	
	100 Back	1:17.75		CSFC	DESIREE JOHNSON	
	50 Breast	40.10		SAS	JOANN MATTINGLY	
	100 Breast	1:26.03		TCCC	ANGELA GEIGER	
	50 Fly	32.84		CSFC	DESIREE JOHNSON	
	100 Fly	1:14.84		CSFC	DESIREE JOHNSON	
	200 IM	2:43.51	10-Aug-04	SAS	EMRI MOORE	
	200 Free Relay	2:21.17		EST	EASTMONT SWIM TEAM	
	200 Medley Relay	2:40.83		WWY	WALLA WALLA YMCA	
11-12	50 Free	27.46	1-Aug-94	CSFC	BROOKE SPRAGUE	
	100 Free	1:00.87	8-Aug-06	TCCC	NATILEE RUIZ	
	200 Free	2:10.54	1-Aug-98	TCCC	JESSICA NEWMAN	
	400 Free	4:32.17	1-Aug-98	TCCC	JESSICA NEWMAN	
	800 Free	9:40.91	17-May-02	TCCC	ERIN HOLMES	
	1500 Free	18:27.26	31-May-02	TCCC	ERIN HOLMES	
	50 Back	32.01	1-Aug-94	CSFC	BROOKE SPRAGUE	
	100 Back	1:09.29		YAC	BRIANNE KELSON	
	200 Back	2:30.15	21-Jun-02	TCCC	ERIN HOLMES	
	50 Breast	36.07	1-Aug-94	CSFC	BROOKE SPRAGUE	
	100 Breast	1:19.02	8-Aug-06	UNAT	SARAH FEIL	
	200 Breast	2:50.93	28-Jul-06	UNAT	SARAH FEIL	
	50 Fly	30.38	8-Aug-06	UNAT	SARAH FEIL	
	100 Fly	1:08.91	4-Jan-03	SAS	JENNI DOLE	
	200 Fly	2:43.45	4-Jan-03	SAS	JENNI DOLE	
	200 IM	2:30.96	1-Jul-98	TCCC	JESSICA NEWMAN	
	400 IM	5:26.81	17-May-02	TCCC	ERIN HOLMES	
	200 Free Relay	2:02.19		SAS	SPOKANE AREA SWIMMING	
	400 Free Relay	4:28.39		SAS	SPOKANE AREA SWIMMING	
	200 Medley Relay	2:18.02		SAS	SPOKANE AREA SWIMMING	
	400 Medley Relay	5:04.13		TCCC	TRI-CITY CHANNEL CATS	
	13-14	50 Free	26.35	15-Jul-08	TCCC	NATILEE RUIZ
		100 Free	57.42	4-Aug-08	TCCC	NATILEE RUIZ
200 Free		2:06.58	4-Aug-08	TCCC	NATILEE RUIZ	
400 Free		4:25.00	1-Aug-00	TCCC	JESSICA NEWMAN	
800 Free		9:05.05	23-Jun-00	TCCC	JESSICA NEWMAN	

RECORDS IES-LC-L

13-14	1500 Free	17:19.98	28-Mar-00	TCCC	JESSICA NEWMAN
	100 Back	1:04.02	4-Aug-08	TCCC	NATILEE RUIZ
	200 Back	2:19.81	10-Mar-04	TCCC	ERIN HOLMES
	100 Breast	1:16.46	7-Aug-01	TCCC	CASSIE HAMILTON & ADDISYNN BURSCH
	200 Breast	2:41.38	5-Aug-02	TCCC	CASSIE HAMILTON
	100 Fly	1:04.77		CUDA	LORI VAN LITH
	200 Fly	2:21.36		CUDA	LORI VAN LITH
	200 IM	2:23.38	21-Jul-09	CAST	ADDISYNN BURSCH
	400 IM	5:05.04	19-Mar-02	SAS	SUMMER MORGAN
	200 Free Relay	1:56.95	1-Jul-97	SAS	SPOKANE AREA SWIMMING
	400 Free Relay	4:17.49	30-May-08	TCCC	TRI-CITY CHANNEL CATS
	800 Free Relay	9:27.21		TCCC	TRI-CITY CHANNEL CATS
	200 Medley Relay	2:12.91	1-Jul-97	SAS	SPOKANE AREA SWIMMING
	400 Medley Relay	4:50.90		TCCC	TRI-CITY CHANNEL CATS
15-16	50 Free	26.74	4-Aug-09	TCCC	NATILEE RUIZ
	100 Free	57.22	10-Aug-09	TCCC	NATILEE RUIZ
	200 Free	2:07.41	21-Jul-09	SAS	EMRI MOORE
	400 Free	4:26.00	21-Jul-09	SAS	EMRI MOORE
	800 Free	9:03.22	10-Aug-04	TCCC	ERIN HOLMES
	1500 Free	17:33.57	9-Aug-05	TCCC	ERIN HOLMES
	100 Back	1:03.09	4-Aug-09	TCCC	NATILEE RUIZ
	200 Back	2:16.56	10-Aug-09	TCCC	NATILEE RUIZ
	100 Breast	1:14.65	5-Mar-08	SWAC	PAULINA GRALOW
	200 Breast	2:42.89	5-Aug-02	SAS	SUMMER MORGAN
	100 Fly	1:03.43	1-Aug-98	YAC	AMBER FULLER
	200 Fly	2:19.29		TCCC	SUSIE ROBISCH
	200 IM	2:22.30	4-Aug-09	TCCC	NATILEE RUIZ
	400 IM	4:56.14	5-Aug-02	SAS	SUMMER MORGAN
17-19	50 Free	26.98	4-Aug-08	SAS	JENNI DOLE
	100 Free	58.56	4-Aug-08	SAS	JENNI DOLE
	200 Free	2:07.86	5-Aug-02	SAS	RIKKI COVEY
	400 Free	4:28.52	10-Aug-04	SAS	SUMMER MORGAN
	800 Free	9:10.88	5-Aug-02	SAS	RIKKI COVEY
	1500 Free	17:56.99		SAS	BECKY SHELTON
	100 Back	1:05.25	1-Aug-95	WWY	JANEL FRE
	200 Back	2:17.40		SAS	BECKY SHELTON
	100 Breast	1:13.95	4-Aug-08	SWAC	PAULINA GRALOW
	200 Breast	2:42.75	4-Dec-03	WSU	MONIKA POVILONYTE
	100 Fly	1:01.49	15-Jul-08	SAS	JENNI DOLE
	200 Fly	2:15.33	4-Aug-08	SAS	JENNI DOLE
	200 IM	2:23.89	10-Aug-04	SAS	SUMMER MORGAN
	400 IM	4:58.59		SAS	BECKY SHELTON
	50 Free	26.35	15-Jul-08	TCCC	NATILEE RUIZ
	100 Free	57.22	10-Aug-09	TCCC	NATILEE RUIZ
	200 Free	2:03.76	28-Mar-06	WSU	ERIN MCCLEAVE
	400 Free	4:23.03	28-Mar-06	WSU	ERIN MCCLEAVE
	800 Free	9:03.22	10-Aug-04	TCCC	ERIN HOLMES
	1500 Free	17:02.10	28-Mar-06	WSU	ERIN MCCLEAVE
	100 Back	1:03.09	4-Aug-09	TCCC	NATILEE RUIZ

RECORDS IES-LC-L

200 Back	2:16.56	10-Aug-09	TCCC	NATILEE RUIZ
100 Breast	1:11.39	13-Jul-00	WSU	ERIN ELDRIDGE
200 Breast	2:37.12	28-Mar-06	WSU	MONIKA POVILONYTE
100 Fly	1:01.49	15-Jul-08	SAS	JENNI DOLE
200 Fly	2:15.33	4-Aug-08	SAS	JENNI DOLE
200 IM	2:22.30	4-Aug-09	TCCC	NATILEE RUIZ
400 IM	4:56.14	5-Aug-02	SAS	SUMMER MORGAN
200 Free Relay	1:51.97	15-Jul-08	SAS	SPOKANE AREA SWIMMING
400 Free Relay	4:04.32	25-Jul-01	SAS	SPOKANE AREA SWIMMING
800 Free Relay	8:43.00	25-Jul-01	SAS	SPOKANE AREA SWIMMING
200 Medley Relay	2:06.43	10-Jul-07	SAS	SPOKANE AREA SWIMMING
400 Medley Relay	4:26.95	28-Mar-06	WSU	WASHINGTON STATE UNIVERSITY

RECORDS IES-LC-L

LC Meters-Men

8 & U	50 Free	35.06	9-Aug-02	SAS	BARKLEY BURSCH	
	100 Free	1:20.53	12-Jul-02	SAS	BARKLEY BURSCH	
	50 Back	41.66		SAS	JOEY COVEY	
	50 Breast	45.94		WWY	PAT BRANDENBURG	
	50 Fly	41.99	24-Jul-08	CAST	COLE CURTIS	
	200 IM	3:19.55		WWY	PAT BRANDENBURG	
	200 Free Relay	2:51.84		ADY	ATOMIC DOLPHINS	
	200 Medley Relay	3:12.40	1-Jun-98	CAST	COEUR D'ALENE AREA SWIM TEAM	
9-10	50 Free	31.10		SST	STEVE VELA	
	100 Free	1:07.44	5-Jan-02	CAST	JARED HESTON	
	200 Free	2:25.93	17-Aug-99	MFVT	CARL JONES	
	400 Free	5:23.52	4-Jun-04	SAS	BARKLEY BURSCH	
	50 Back	35.83	17-Aug-99	MFVT	SKYLAR STROMAN	
	100 Back	1:16.16	17-Aug-99	MFVT	SKYLAR STROMAN	
	50 Breast	37.98	7-Aug-01	CAST	JARED HESTON	
	100 Breast	1:21.16	7-Aug-01	CAST	JARED HESTON	
	50 Fly	33.65	6-Aug-02	IES	MASON SHAW	
	100 Fly	1:15.83		CDAY	BILLY ROSS	
	200 IM	2:42.53	6-Aug-02	IES	MASON SHAW	
	200 Free Relay	2:11.69		TCST	TRI-CITY SWIM TEAM	
	200 Medley Relay	2:34.24		TCST	TRI-CITY SWIM TEAM	
	11-12	50 Free	27.39	6-Aug-02	IES	MATT HESTON
100 Free		1:00.47	17-Aug-99	TCCC	PATRICK ELERDING	
200 Free		2:12.94		EST	RYAN MOSS	
400 Free		4:39.56		EST	RYAN MOSS	
800 Free		9:58.49	10-Jul-09	CAST	HUDSON BURSCH	
1500 Free		18:55.32	10-Jul-09	CAST	HUDSON BURSCH	
50 Back		30.97		EST	RYAN MOSS	
100 Back		1:08.19	10-Aug-04	CAST	JORDAN JOHNSON	
200 Back		2:33.64	24-Jul-08	CAST	BRYCE KANANOWICZ	
50 Breast		33.60	5-Aug-03	CAST	JARED HESTON	
100 Breast		1:15.57	10-Aug-04	CAST	MASON SHAW	
200 Breast		2:46.20	5-Jan-02	SAS	ALEC PETRIE	
50 Fly		29.47		YYST	ANDY PLATTE	
100 Fly		1:04.18		YYST	ANDY PLATTE	
200 Fly		2:31.30	5-Jan-02	SAS	NICK BLANK	
200 IM		2:29.44		YYST	ANDY PLATTE	
400 IM		5:23.94	15-May-09	CAST	HUDSON BURSCH	
200 Free Relay		2:02.23		YYST	YAKIMA YMCA SWIM TEAM	
400 Free Relay		4:32.08		EST	EASTMONT SWIM TEAM	
200 Medley Relay		2:21.77		EST	EASTMONT SWIM TEAM	
400 Medley Relay		5:19.38		CUDA	BARRACUDA SWIMMING	
13-14		50 Free	25.13	1-Jul-97	SAS	JOE COVEY
		100 Free	55.77	1-Jul-97	SAS	JOE COVEY
		200 Free	2:01.17	4-Aug-09	LGSC	MATTHEW COOK
	400 Free	4:16.69	7-Aug-01	SAS	RYAN VOLSEN	
	800 Free	8:49.01	7-Aug-01	SAS	RYAN VOLSEN	

RECORDS IES-LC-L

13-14	1500 Free	16:48.99	1-Aug-93	EAST	GABE SMITH
	100 Back	1:02.51	7-Aug-01	TCCC	PATRICK ELERDING
	200 Back	2:13.06	4-Aug-09	LGSC	MATTHEW COOK
	100 Breast	1:09.75	7-Aug-01	TCCC	PATRICK ELERDING
	200 Breast	2:31.98	5-Aug-03	SAS	ALEC PETRIE
	100 Fly	59.72	7-Aug-01	SAS	RYAN VOLSEN
	200 Fly	2:14.70		SST	STEVE VELA
	200 IM	2:16.96	7-Aug-01	TCCC	PATRICK ELERDING
	400 IM	4:53.54	6-Jan-01	SAS	CJ NUSS
	200 Free Relay	1:52.70	5-Aug-99	MST	MOSCOW SWIM TEAM
	400 Free Relay	4:10.51		EST	EASTMONT SWIM TEAM
	800 Free Relay	9:30.16		EST	EASTMONT SWIM TEAM
	200 Medley Relay	2:06.98		YYST	YAKIMA YMCA SWIM TEAM
	400 Medley Relay	4:25.94		EST	EASTMONT SWIM TEAM
15-16	50 Free	24.09		CUDA	CHAD ROLFS
	100 Free	53.94		SAS	CHRIS WOOD
	200 Free	1:55.51	9-Aug-05	TCCC	CARL JONES
	400 Free	4:01.09	9-Aug-05	TCCC	CARL JONES
	800 Free	8:14.19	9-Aug-05	TCCC	CARL JONES
	1500 Free	15:54.74	9-Aug-05	TCCC	CARL JONES
	100 Back	59.94		CUDA	CHAD ROLFS
	200 Back	2:10.68		CUDA	CHAD ROLFS
	100 Breast	1:06.56	5-Dec-02	SAS	CJ NUSS
	200 Breast	2:21.91	4-Aug-08	SAS	MASON SHAW
	100 Fly	55.86	18-Mar-08	TCCC	CODY ROBERTS
	200 Fly	2:09.32		CUDA	ZANE DEWITZ
	200 IM	2:07.47	5-Dec-02	SAS	CJ NUSS
	400 IM	4:29.21	4-Aug-08	SAS	MASON SHAW
17-19	50 Free	23.66		CUDA	CHAD ROLFS
	100 Free	51.55		CUDA	CHAD ROLFS
	200 Free	1:53.94		CUDA	CHAD ROLFS
	400 Free	4:01.48	28-Mar-06	TCCC	CARL JONES
	800 Free	8:16.82	28-Mar-06	TCCC	CARL JONES
	1500 Free	15:48.65	28-Mar-06	TCCC	CARL JONES
	100 Back	59.39	5-Mar-08	SAS	NICK BLANK
	200 Back	2:06.75	5-Mar-08	SAS	NICK BLANK
	100 Breast	1:06.27	4-Dec-03	SAS	CJ NUSS
	200 Breast	2:20.13	10-Aug-09	SAS	MASON SHAW
	100 Fly	54.54	4-Aug-09	TCCC	CODY ROBERTS
	200 Fly	2:02.37	1-Aug-98	CUDA	ZANE DEWITZ
	200 IM	2:05.45	4-Dec-03	SAS	CJ NUSS
	400 IM	4:26.35	3-Aug-05	SAS	CJ NUSS
	50 Free	23.66		CUDA	CHAD ROLFS
	100 Free	51.55		CUDA	CHAD ROLFS
	200 Free	1:53.94		CUDA	CHAD ROLFS
	400 Free	4:01.09	9-Aug-05	TCCC	CARL JONES
	800 Free	8:14.19	9-Aug-05	TCCC	CARL JONES
	1500 Free	15:48.65	28-Mar-06	TCCC	CARL JONES
	100 Back	59.39	5-Mar-08	SAS	NICK BLANK

RECORDS IES-LC-L

200 Back	2:06.75	5-Mar-08	SAS	NICK BLANK
100 Breast	1:06.27	4-Dec-03	SAS	CJ NUESS
200 Breast	2:20.13	10-Aug-09	SAS	MASON SHAW
100 Fly	54.54	10-Aug-09	TCCC	CODY ROBERTS
200 Fly	2:02.37	1-Aug-98	CUDA	ZANE DEWITZ
200 IM	2:05.45	4-Dec-03	SAS	CJ NUESS
400 IM	4:26.35	3-Aug-05	SAS	CJ NUESS
200 Free Relay	1:39.04	10-Aug-04	SAS	SPOKANE AREA SWIMMING
400 Free Relay	3:38.18	10-Aug-04	SAS	SPOKANE AREA SWIMMING
800 Free Relay	7:57.15	7-Aug-06	SAS	SPOKANE AREA SWIMMING
200 Medley Relay	1:51.83	20-Jul-98	SAS	SPOKANE AREA SWIMMING
400 Medley Relay	4:03.97		SST	SPOKANE SWIM TEAM