

**RECORDS IES-LC-L**

**LC Meters-Women**

|          |                  |          |                  |                  |                       |              |
|----------|------------------|----------|------------------|------------------|-----------------------|--------------|
| 8 & U    | 50 Free          | 34.77    | <b>9-Aug-02</b>  | SAS              | EMRI MOORE            |              |
|          | 100 Free         | 1:17.80  | <b>9-Aug-02</b>  | SAS              | EMRI MOORE            |              |
|          | 50 Back          | 41.61    |                  | CSFC             | DESIREE JOHNSON       |              |
|          | 50 Breast        | 49.07    | <b>9-Aug-02</b>  | SAS              | EMRI MOORE            |              |
|          | 50 Fly           | 37.28    |                  | CSFC             | DESIREE JOHNSON       |              |
|          | 200 IM           | 3:10.04  | <b>21-Jun-02</b> | SAS              | EMRI MOORE            |              |
|          | 200 Free Relay   | 2:52.40  | <b>1-Jan-00</b>  | TCST             | TRI-CITY SWIM TEAM    |              |
|          | 200 Medley Relay | 3:20.96  |                  | ADY              | ATOMIC DOLPHINS       |              |
| 9-10     | 50 Free          | 29.90    | <b>1-Jan-00</b>  | CSFC             | BROOKE SPRAGUE        |              |
|          | 100 Free         | 1:08.15  | <b>10-Aug-04</b> | SAS              | EMRI MOORE            |              |
|          | 200 Free         | 2:25.68  | <b>10-Aug-04</b> | SAS              | EMRI MOORE            |              |
|          | 400 Free         | 5:04.22  | <b>4-Jun-04</b>  | SAS              | EMRI MOORE            |              |
|          | 50 Back          | 34.97    | <b>1-Aug-93</b>  | CSFC             | DESIREE JOHNSON       |              |
|          | 100 Back         | 1:17.75  |                  | CSFC             | DESIREE JOHNSON       |              |
|          | 50 Breast        | 38.90    | <b>10-Aug-16</b> | SWAT             | JENA KISTLER          |              |
|          | 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  | <b>10-Aug-04</b> | 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    | <b>1-Aug-94</b>  | CSFC             | BROOKE SPRAGUE        |              |
|          | 100 Free         | 1:00.87  | <b>8-Aug-06</b>  | TCCC             | NATILEE RUIZ          |              |
|          | 200 Free         | 2:10.54  | <b>1-Aug-98</b>  | TCCC             | JESSICA NEWMAN        |              |
|          | 400 Free         | 4:32.17  | <b>1-Aug-98</b>  | TCCC             | JESSICA NEWMAN        |              |
|          | 800 Free         | 9:40.91  | <b>17-May-02</b> | TCCC             | ERIN HOLMES           |              |
|          | 1500 Free        | 18:27.26 | <b>31-May-02</b> | TCCC             | ERIN HOLMES           |              |
|          | 50 Back          | 32.01    | <b>1-Aug-94</b>  | CSFC             | BROOKE SPRAGUE        |              |
|          | 100 Back         | 1:09.07  | <b>21-Jun-12</b> | GMSC             | TAYLOR MCCOY          |              |
|          | 200 Back         | 2:30.15  | <b>21-Jun-02</b> | TCCC             | ERIN HOLMES           |              |
|          | 50 Breast        | 36.07    | <b>1-Aug-94</b>  | CSFC             | BROOKE SPRAGUE        |              |
|          | 100 Breast       | 1:18.56  | <b>8-Aug-18</b>  | SWAT             | JENA KISTLER          |              |
|          | 200 Breast       | 2:44.56  | <b>8-Aug-18</b>  | SWAT             | JENA KISTLER          |              |
|          | 50 Fly           | 30.38    | <b>8-Aug-06</b>  | UNAT             | SARAH FEIL            |              |
|          | 100 Fly          | 1:08.46  | <b>6-Aug-14</b>  | YYST             | MAYA CUNNINGHAM       |              |
|          | 200 Fly          | 2:32.69  | <b>6-Aug-14</b>  | YYST             | MAYA CUNNINGHAM       |              |
|          | 200 IM           | 2:29.26  | <b>8-Aug-18</b>  | SWAT             | JENA KISTLER          |              |
|          | 400 IM           | 5:15.44  | <b>8-Aug-18</b>  | SWAT             | JENA KISTLER          |              |
|          | 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            | <b>15-Jul-08</b> | TCCC                  | NATILEE RUIZ |
|          |                  | 100 Free | 57.42            | <b>4-Aug-08</b>  | TCCC                  | NATILEE RUIZ |
| 200 Free |                  | 2:06.58  | <b>4-Aug-08</b>  | TCCC             | NATILEE RUIZ          |              |
| 400 Free |                  | 4:25.00  | <b>1-Aug-00</b>  | TCCC             | JESSICA NEWMAN        |              |
| 800 Free |                  | 9:02.96  | <b>29-Jul-15</b> | TCCC             | CLAIRE SCHAEF         |              |

**RECORDS IES-LC-L**

|       |                  |          |                  |      |                       |
|-------|------------------|----------|------------------|------|-----------------------|
| 13-14 | 1500 Free        | 17:15.39 | <b>29-Jul-15</b> | TCCC | CLAIRE SCHAEF         |
|       | 100 Back         | 1:04.02  | <b>4-Aug-08</b>  | TCCC | NATILEE RUIZ          |
|       | 200 Back         | 2:17.82  | <b>19-Jun-14</b> | GMSC | TAYLOR MCCOY          |
|       | 100 Breast       | 1:13.48  | <b>6-Aug-14</b>  | CAST | SARAH NICHOLLS        |
|       | 200 Breast       | 2:41.38  | <b>5-Aug-02</b>  | TCCC | CASSIE HAMILTON       |
|       | 100 Fly          | 1:03.57  | <b>9-Aug-11</b>  | CAST | NICOLE ROZIER         |
|       | 200 Fly          | 2:21.36  |                  | CUDA | LORI VAN LITH         |
|       | 200 IM           | 2:23.38  | <b>21-Jul-09</b> | CAST | ADDISYNN BURSCH       |
|       | 400 IM           | 5:05.04  | <b>19-Mar-02</b> | SAS  | SUMMER MORGAN         |
|       | 200 Free Relay   | 1:56.95  | <b>1-Jul-97</b>  | SAS  | SPOKANE AREA SWIMMING |
|       | 400 Free Relay   | 4:14.97  | <b>2-Aug-12</b>  | SWAT | SPOKANE WAVES         |
|       | 800 Free Relay   | 9:21.02  | <b>2-Aug-12</b>  | SWAT | SPOKANE WAVES         |
|       | 200 Medley Relay | 2:12.91  | <b>1-Jul-97</b>  | SAS  | SPOKANE AREA SWIMMING |
|       | 400 Medley Relay | 4:48.66  | <b>2-Aug-12</b>  | SWAT | SPOKANE WAVES         |
| 15-16 | 50 Free          | 26.74    | <b>4-Aug-09</b>  | TCCC | NATILEE RUIZ          |
|       | 100 Free         | 57.22    | <b>10-Aug-09</b> | TCCC | NATILEE RUIZ          |
|       | 200 Free         | 2:05.88  | <b>9-Aug-10</b>  | TCCC | NATILEE RUIZ          |
|       | 400 Free         | 4:23.42  | <b>4-Aug-16</b>  | TCCC | CLAIRE SCHAEF         |
|       | 800 Free         | 8:58.24  | <b>4-Aug-16</b>  | TCCC | CLAIRE SCHAEF         |
|       | 1500 Free        | 17:11.72 | <b>4-Aug-16</b>  | TCCC | CLAIRE SCHAEF         |
|       | 100 Back         | 1:03.09  | <b>4-Aug-09</b>  | TCCC | NATILEE RUIZ          |
|       | 200 Back         | 2:13.57  | <b>25-Jun-12</b> | TCCC | LISA BRATTON          |
|       | 100 Breast       | 1:11.09  | <b>17-Mar-16</b> | CAST | SARAH NICHOLLS        |
|       | 200 Breast       | 2:30.63  | <b>19-Jun-14</b> | SWAT | EMMA SCHANZ           |
|       | 100 Fly          | 1:03.12  | <b>15-Jul-14</b> | CAST | NICOLE ROZIER         |
|       | 200 Fly          | 2:19.29  |                  | TCCC | SUSIE ROBISCH         |
|       | 200 IM           | 2:18.28  | <b>19-Jun-14</b> | SWAT | EMMA SCHANZ           |
|       | 400 IM           | 4:56.14  | <b>5-Aug-02</b>  | SAS  | SUMMER MORGAN         |
| 17-19 | 50 Free          | 26.80    | <b>2-Aug-11</b>  | TCCC | NATILEE RUIZ          |
|       | 100 Free         | 57.01    | <b>16-Jul-13</b> | TCCC | NATILEE RUIZ          |
|       | 200 Free         | 2:04.80  | <b>25-Jun-12</b> | TCCC | NATILEE RUIZ          |
|       | 400 Free         | 4:24.87  | <b>19-Jul-11</b> | SAS  | EMRI MOORE            |
|       | 800 Free         | 9:03.80  | <b>19-Jul-11</b> | SAS  | EMRI MOORE            |
|       | 1500 Free        | 17:21.99 | <b>19-Jul-11</b> | SAS  | EMRI MOORE            |
|       | 100 Back         | 1:01.92  | <b>6-Aug-15</b>  | TCCC | LISA BRATTON          |
|       | 200 Back         | 2:09.31  | <b>6-Aug-15</b>  | TCCC | LISA BRATTON          |
|       | 100 Breast       | 1:09.95  | <b>18-Jul-19</b> | COUG | LAUREN BURCKEL        |
|       | 200 Breast       | 2:30.80  | <b>18-Jul-19</b> | COUG | LAUREN BURCKEL        |
|       | 100 Fly          | 1:01.49  | <b>15-Jul-08</b> | SAS  | JENNI DOLE            |
|       | 200 Fly          | 2:15.33  | <b>4-Aug-08</b>  | SAS  | JENNI DOLE            |
|       | 200 IM           | 2:15.79  | <b>6-Aug-15</b>  | TCCC | LISA BRATTON          |
|       | 400 IM           | 4:53.36  | <b>6-Aug-15</b>  | TCCC | LISA BRATTON          |
|       | 50 Free          | 26.09    | <b>1-Aug-19</b>  | COUG | CHLOE LARSON          |
|       | 100 Free         | 57.01    | <b>16-Jul-13</b> | TCCC | NATILEE RUIZ          |
|       | 200 Free         | 2:03.76  | <b>28-Mar-06</b> | WSU  | ERIN MCCLEAVE         |
|       | 400 Free         | 4:23.03  | <b>28-Mar-06</b> | WSU  | ERIN MCCLEAVE         |
|       | 800 Free         | 8:58.24  | <b>4-Aug-16</b>  | TCCC | CLAIRE SCHAEF         |
|       | 1500 Free        | 17:02.10 | <b>28-Mar-06</b> | WSU  | ERIN MCCLEAVE         |
|       | 100 Back         | 1:01.92  | <b>6-Aug-15</b>  | TCCC | LISA BRATTON          |

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**RECORDS IES-LC-L**

|                  |         |                  |      |                            |
|------------------|---------|------------------|------|----------------------------|
| 200 Back         | 2:09.31 | <b>6-Aug-15</b>  | TCCC | LISA BRATTON               |
| 100 Breast       | 1:10.00 | <b>18-Jul-19</b> | COUG | LAUREN BURCKEL             |
| 200 Breast       | 2:30.63 | <b>19-Jun-14</b> | SWAT | EMMA SCHANZ                |
| 100 Fly          | 1:01.49 | <b>15-Jul-08</b> | SAS  | JENNI DOLE                 |
| 200 Fly          | 2:15.33 | <b>4-Aug-08</b>  | SAS  | JENNI DOLE                 |
| 200 IM           | 2:15.79 | <b>6-Aug-15</b>  | TCCC | LISA BRATTON               |
| 400 IM           | 4:53.36 | <b>6-Aug-15</b>  | TCCC | LISA BRATTON               |
| 200 Free Relay   | 1:47.69 | <b>15-Jul-14</b> | VAN  | VANDAL AQUATIC CLUB        |
| 400 Free Relay   | 3:58.61 | <b>31-Jul-18</b> | SWAT | SPOKANE WAVES AQUATIC TEAM |
| 800 Free Relay   | 8:43.00 | <b>25-Jul-01</b> | SAS  | SPOKANE AREA SWIMMING      |
| 200 Medley Relay | 2:01.16 | <b>15-Jul-14</b> | VAN  | VANDAL AQUATIC CLUB        |
| 400 Medley Relay | 4:25.58 | <b>15-Jul-14</b> | VAN  | VANDAL AQUATIC CLUB        |

**RECORDS IES-LC-L**

**LC Meters-Men**

|                  |                  |          |                  |                  |                              |                  |
|------------------|------------------|----------|------------------|------------------|------------------------------|------------------|
| 8 & U            | 50 Free          | 34.87    | <b>27-Jul-12</b> | MRA              | ZACHARY WASHBURN             |                  |
|                  | 100 Free         | 1:16.60  | <b>27-Jul-12</b> | MRA              | ZACHARY WASHBURN             |                  |
|                  | 50 Back          | 41.66    |                  | SAS              | JOEY COVEY                   |                  |
|                  | 50 Breast        | 45.94    |                  | WWY              | PAT BRANDENBURG              |                  |
|                  | 50 Fly           | 38.63    | <b>27-Jul-12</b> | MRA              | ZACHARY WASHBURN             |                  |
|                  | 200 IM           | 3:15.30  | <b>27-Jul-12</b> | MRA              | ZACHARY WASHBURN             |                  |
|                  | 200 Free Relay   | 2:51.84  |                  | ADY              | ATOMIC DOLPHINS              |                  |
|                  | 200 Medley Relay | 3:12.40  | <b>1-Jun-98</b>  | CAST             | COEUR D'ALENE AREA SWIM TEAM |                  |
| 9-10             | 50 Free          | 29.67    | <b>6-Aug-14</b>  | MRA              | ZACHARY WASHBURN             |                  |
|                  | 100 Free         | 1:04.95  | <b>6-Aug-14</b>  | MRA              | ZACHARY WASHBURN             |                  |
|                  | 200 Free         | 2:25.93  | <b>17-Aug-99</b> | MFVT             | CARL JONES                   |                  |
|                  | 400 Free         | 5:22.00  | <b>25-Jul-14</b> | MRA              | ZACHARY WASHBURN             |                  |
|                  | 50 Back          | 35.79    | <b>6-Aug-14</b>  | MRA              | ZACHARY WASHBURN             |                  |
|                  | 100 Back         | 1:16.16  | <b>17-Aug-99</b> | MFVT             | SKYLAR STROMAN               |                  |
|                  | 50 Breast        | 37.98    | <b>7-Aug-01</b>  | CAST             | JARED HESTON                 |                  |
|                  | 100 Breast       | 1:21.16  | <b>7-Aug-01</b>  | CAST             | JARED HESTON                 |                  |
|                  | 50 Fly           | 32.15    | <b>6-Aug-14</b>  | MRA              | ZACHARY WASHBURN             |                  |
|                  | 100 Fly          | 1:15.75  | <b>6-Aug-14</b>  | MRA              | ZACHARY WASHBURN             |                  |
|                  | 200 IM           | 2:42.53  | <b>6-Aug-02</b>  | 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  | 26.33            | <b>10-Aug-16</b> | MRA                          | ZACHARY WASHBURN |
| 100 Free         |                  | 57.13    | <b>10-Aug-16</b> | MRA              | ZACHARY WASHBURN             |                  |
| 200 Free         |                  | 2:07.74  | <b>10-Aug-16</b> | MRA              | ZACHARY WASHBURN             |                  |
| 400 Free         |                  | 4:38.51  | <b>10-Aug-16</b> | MRA              | ZACHARY WASHBURN             |                  |
| 800 Free         |                  | 9:48.12  | <b>3-Jun-11</b>  | TCCC             | LUKE JACKSON                 |                  |
| 1500 Free        |                  | 18:54.53 | <b>8-Jul-16</b>  | MRA              | ZACHARY WASHBURN             |                  |
| 50 Back          |                  | 30.77    | <b>7-Aug-13</b>  | LCN              | ELI ENGLEDOW                 |                  |
| 100 Back         |                  | 1:06.01  | <b>7-Aug-13</b>  | LCN              | ELI ENGLEDOW                 |                  |
| 200 Back         |                  | 2:22.16  | <b>6-Aug-14</b>  | VS               | CONNOR ELWYN                 |                  |
| 50 Breast        |                  | 33.60    | <b>5-Aug-03</b>  | CAST             | JARED HESTON                 |                  |
| 100 Breast       |                  | 1:15.57  | <b>10-Aug-04</b> | CAST             | MASON SHAW                   |                  |
| 200 Breast       |                  | 2:45.25  | <b>5-Aug-15</b>  | SWAT             | ANDREW LAMBERT               |                  |
| 50 Fly           |                  | 28.46    | <b>10-Aug-16</b> | MRA              | ZACHARY WASHBURN             |                  |
| 100 Fly          |                  | 1:03.82  | <b>6-Aug-14</b>  | VS               | CONNOR ELWYN                 |                  |
| 200 Fly          |                  | 2:22.62  | <b>8-Aug-18</b>  | SWAT             | MICHAEL HOCHWALT             |                  |
| 200 IM           |                  | 2:25.64  | <b>7-Aug-13</b>  | LCN              | ELI ENGLEDOW                 |                  |
| 400 IM           |                  | 5:06.46  | <b>6-Aug-14</b>  | VS               | CONNOR ELWYN                 |                  |
| 200 Free Relay   |                  | 1:59.17  | <b>2-Jun-17</b>  | TCCC             | TRI-CITY CHANNEL CATS        |                  |
| 400 Free Relay   |                  | 4:27.62  | <b>28-Jul-17</b> | TCCC             | TRI-CITY CHANNEL CATS        |                  |
| 200 Medley Relay |                  | 2:17.81  | <b>7-Jul-17</b>  | TCCC             | TRI-CITY CHANNEL CATS        |                  |
| 400 Medley Relay |                  | 4:56.41  | <b>28-Jul-17</b> | TCCC             | TRI-CITY CHANNEL CATS        |                  |
| 13-14            |                  | 50 Free  | 24.10            | <b>31-Jul-18</b> | MRA                          | ZACHARY WASHBURN |
|                  |                  | 100 Free | 53.18            | <b>31-Jul-18</b> | MRA                          | ZACHARY WASHBURN |
|                  |                  | 200 Free | 1:58.85          | <b>31-Jul-18</b> | MRA                          | ZACHARY WASHBURN |
|                  |                  | 400 Free | 4:16.19          | <b>30-Jul-19</b> | TCCC                         | ANDY GELSTON     |
|                  |                  | 800 Free | 8:46.86          | <b>10-Aug-10</b> | CAST                         | BRYCE KANANOWICZ |

**RECORDS IES-LC-L**

|       |                  |          |                  |      |                       |
|-------|------------------|----------|------------------|------|-----------------------|
| 13-14 | 1500 Free        | 16:45.80 | <b>30-Jul-19</b> | TCCC | ANDY GELSTON          |
|       | 100 Back         | 1:01.19  | <b>10-Aug-10</b> | CAST | BRYCE KANANOWICZ      |
|       | 200 Back         | 2:10.14  | <b>10-Aug-10</b> | CAST | BRYCE KANANOWICZ      |
|       | 100 Breast       | 1:06.50  | <b>6-Aug-14</b>  | SAS  | DANIEL ROY            |
|       | 200 Breast       | 2:24.18  | <b>6-Aug-14</b>  | SAS  | DANIEL ROY            |
|       | 100 Fly          | 58.86    | <b>17-Mar-16</b> | TCCC | SKYLER YOUNKIN        |
|       | 200 Fly          | 2:11.80  | <b>16-Jul-13</b> | TCCC | LUKE JACKSON          |
|       | 200 IM           | 2:15.65  | <b>30-Jul-10</b> | CAST | BRYCE KANANOWICZ      |
|       | 400 IM           | 4:42.72  | <b>16-Jul-13</b> | TCCC | LUKE JACKSON          |
|       | 200 Free Relay   | 1:51.38  | <b>31-May-13</b> | TCCC | TRI CITY CHANNEL CATS |
|       | 400 Free Relay   | 3:59.82  | <b>30-Jul-16</b> | VS   | VELOCITY SWIMMING     |
|       | 800 Free Relay   | 9:30.16  |                  | EST  | EASTMONT SWIM TEAM    |
|       | 200 Medley Relay | 2:03.60  | <b>31-May-13</b> | TCCC | TRI CITY CHANNEL CATS |
|       | 400 Medley Relay | 4:25.94  |                  | EST  | EASTMONT SWIM TEAM    |
| 15-16 | 50 Free          | 24.09    |                  | CUDA | CHAD ROLFS            |
|       | 100 Free         | 53.10    | <b>1-Aug-19</b>  | MRA  | ZACHARY WASHBURN      |
|       | 200 Free         | 1:55.51  | <b>9-Aug-05</b>  | TCCC | CARL JONES            |
|       | 400 Free         | 4:01.09  | <b>9-Aug-05</b>  | TCCC | CARL JONES            |
|       | 800 Free         | 8:14.19  | <b>9-Aug-05</b>  | TCCC | CARL JONES            |
|       | 1500 Free        | 15:54.74 | <b>9-Aug-05</b>  | TCCC | CARL JONES            |
|       | 100 Back         | 58.31    | <b>6-Aug-19</b>  | COUG | SAM TENHULZEN         |
|       | 200 Back         | 2:05.54  | <b>19-Jul-12</b> | CAST | BRYCE KANANOWICZ      |
|       | 100 Breast       | 1:02.11  | <b>25-Aug-16</b> | SAS  | DANIEL ROY            |
|       | 200 Breast       | 2:12.17  | <b>25-Aug-16</b> | SAS  | DANIEL ROY            |
|       | 100 Fly          | 55.86    | <b>18-Mar-08</b> | TCCC | CODY ROBERTS          |
|       | 200 Fly          | 2:07.94  | <b>4-Aug-16</b>  | TCCC | SKYLER YOUNKIN        |
|       | 200 IM           | 2:07.47  | <b>5-Dec-02</b>  | SAS  | CJ NUESSE             |
|       | 400 IM           | 4:28.43  | <b>25-Aug-16</b> | SAS  | DANIEL ROY            |
| 17-19 | 50 Free          | 23.66    |                  | CUDA | CHAD ROLFS            |
|       | 100 Free         | 51.55    |                  | CUDA | CHAD ROLFS            |
|       | 200 Free         | 1:52.80  | <b>22-Jul-11</b> | SAS  | COLEMAN ALLEN         |
|       | 400 Free         | 4:01.48  | <b>28-Mar-06</b> | TCCC | CARL JONES            |
|       | 800 Free         | 8:16.82  | <b>28-Mar-06</b> | TCCC | CARL JONES            |
|       | 1500 Free        | 15:48.65 | <b>28-Mar-06</b> | TCCC | CARL JONES            |
|       | 100 Back         | 57.76    | <b>13-Aug-12</b> | LGSC | MATTHEW COOK          |
|       | 200 Back         | 2:04.58  | <b>16-Jul-13</b> | CAST | BRYCE KANANOWICZ      |
|       | 100 Breast       | 1:03.49  | <b>6-Aug-19</b>  | SWAT | RYAN FOOTE            |
|       | 200 Breast       | 2:20.13  | <b>10-Aug-09</b> | SAS  | MASON SHAW            |
|       | 100 Fly          | 54.42    | <b>2-Aug-11</b>  | SAS  | COLEMAN ALLEN         |
|       | 200 Fly          | 2:02.37  | <b>1-Aug-98</b>  | CUDA | ZANE DEWITZ           |
|       | 200 IM           | 2:05.45  | <b>4-Dec-03</b>  | SAS  | CJ NUESSE             |
|       | 400 IM           | 4:26.35  | <b>3-Aug-05</b>  | SAS  | CJ NUESSE             |
|       | 50 Free          | 23.66    |                  | CUDA | CHAD ROLFS            |
|       | 100 Free         | 51.55    |                  | CUDA | CHAD ROLFS            |
|       | 200 Free         | 1:52.80  | <b>22-Jul-11</b> | SAS  | COLEMAN ALLEN         |
|       | 400 Free         | 4:01.09  | <b>9-Aug-05</b>  | TCCC | CARL JONES            |
|       | 800 Free         | 8:14.19  | <b>9-Aug-05</b>  | TCCC | CARL JONES            |
|       | 1500 Free        | 15:48.65 | <b>28-Mar-06</b> | TCCC | CARL JONES            |
|       | 100 Back         | 57.76    | <b>13-Aug-12</b> | LGSC | MATTHEW COOK          |

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**RECORDS IES-LC-L**

|                  |         |                  |      |                              |
|------------------|---------|------------------|------|------------------------------|
| 200 Back         | 2:04.58 | <b>16-Jul-13</b> | CAST | BRYCE KANANOWICZ             |
| 100 Breast       | 1:02.11 | <b>25-Aug-16</b> | SAS  | DANIEL ROY                   |
| 200 Breast       | 2:12.17 | <b>25-Aug-16</b> | SAS  | DANIEL ROY                   |
| 100 Fly          | 54.42   | <b>2-Aug-11</b>  | SAS  | COLEMAN ALLEN                |
| 200 Fly          | 2:02.37 | <b>1-Aug-98</b>  | CUDA | ZANE DEWITZ                  |
| 200 IM           | 2:05.45 | <b>4-Dec-03</b>  | SAS  | CJ NUSS                      |
| 400 IM           | 4:26.35 | <b>3-Aug-05</b>  | SAS  | CJ NUSS                      |
| 200 Free Relay   | 1:37.61 | <b>24-Jul-12</b> | CAST | COEUR D'ALENE AREA SWIM TEMA |
| 400 Free Relay   | 3:38.17 | <b>27-Jul-12</b> | CAST | COEUR D'ALENE AREA SWIM TEAM |
| 800 Free Relay   | 7:55.58 | <b>26-Jul-12</b> | CAST | COEUR D'ALENE AREA SWIM TEAM |
| 200 Medley Relay | 1:49.27 | <b>9-Mar-12</b>  | GMSC | GOLD MEDAL SWIM CLUB         |
| 400 Medley Relay | 3:58.72 | <b>20-Jul-10</b> | SAS  | SPOKANE AREA SWIMMING        |