

Cascadia Swimming
CS: Kim Hay 503-655-7939

RECORDS

Yards-Girls

6 & U	25 Free	17.32	15-Jun-13	CS OR	Annemarie Vlaic at 2013 Howard Jones Memorial C Meet Invitationa	
	50 Free	40.18	10-Jan-14	CS OR	Annemarie Vlaic at Shark Chase Open 2014	
	100 Free	1:34.23	10-Jan-14	CS OR	Annemarie Vlaic at Shark Chase Open 2014	
	200 Free	3:32.76	14-Oct-16	CS OR	Olivia Burden at 2016 OR LOSC Fall Open	
	25 Back	21.08	22-Feb-14	CS OR	Annemarie Vlaic at 2014 Oregon Swimming SC 10 & Under Champions	
	50 Back	46.23	10-Jan-14	CS OR	Annemarie Vlaic at Shark Chase Open 2014	
	100 Back	2:02.41	9-Aug-13	CS OR	Annemarie Vlaic at Big Kahuna Open 2013	
	25 Breast	26.03	14-Oct-16	CS OR	Olivia Burden at 2016 OR LOSC Fall Open	
	50 Breast	57.46	12-Nov-16	CS OR	Olivia Burden at 2016 OR SLST Artman Invitational	
	100 Breast	2:25.35	17-Jul-10	CS OR	Gabbi Calvi Midsummer Madness 2010	
	25 Fly	19.13	5-Mar-11	CS OH	Lindsey Ervin 2011 NCSC Eggstravaganza	
	50 Fly	45.13	19-Feb-11	CS OR	Lindsay Ervin 2011 OSI SC 10&U State	
	100 IM	1:55.54	10-Dec-16	CS OR	Olivia Burden at TTSC - 2016 Holiday Invite	
	200 IM	4:10.74	21-Oct-16	CS OR	Olivia Burden at 2016 OR CST Harvest Open	
	8 & U	25 Free	14.37	7-Aug-15	CS OR	Annemarie Vlaic at Big Kahuna Open 2015
		50 Free	32.78	7-Aug-15	CS OR	Annemarie Vlaic at Big Kahuna Open 2015
		100 Free	1:12.23	21-Feb-15	CS OR	Annemarie Vlaic at 2015 Oregon Swimming SC 10 & Under Champions
200 Free		2:54.99	23-Jan-15	CS OR	Annemarie Vlaic at 2015 OR LOSC Clent Richardson Memorial Open	
500 Free		7:29.55	17-Apr-15	CS OR	Annemarie Vlaic at 2015 OR LOSC Dan Perz Memorial Open	
25 Back		18.97	24-Oct-14	CS OR	Annemarie Vlaic at 2014 Harvest Open	
50 Back		40.84	17-Apr-15	CS OR	Annemarie Vlaic at 2015 OR LOSC Dan Perz Memorial Open	
100 Back		1:44.84	12-Aug-11	CS OR	Gabby Calvi at 2011 Big Kahuna	
200 Back		3:45.34	7-Aug-15	CS OR	Lily Fearing at Big Kahuna Open 2015	
25 Breast		20.86	14-Oct-16	CS OR	Emi Uchishiba-Hall at 2016 OR LOSC Fall Open	
50 Breast		47.13	10-Aug-12	CS OR	Gabby Calvi at Big Kahuna Open 2012	
100 Breast		1:45.82	7-Aug-15	CS OR	Annemarie Vlaic at Big Kahuna Open 2015	
200 Breast		5:00.00	1-May-09		Cascadia	
25 Fly		15.87	17-Apr-15	CS OR	Annemarie Vlaic at 2015 OR LOSC Dan Perz Memorial Open	
50 Fly		36.32	21-Feb-15	CS OR	Annemarie Vlaic at 2015 Oregon Swimming SC 10 & Under Champions	
100 Fly		1:23.93	7-Aug-15	CS OR	Annemarie Vlaic at Big Kahuna Open 2015	
200 Fly		5:00.00	1-May-09		Cascadia	
100 IM		1:29.01	23-Jan-15	CS OR	Annemarie Vlaic at 2015 OR LOSC Clent Richardson Memorial Open	
200 IM		3:04.20	7-Aug-15	CS OR	Annemarie Vlaic at Big Kahuna Open 2015	
100 Free Relay		1:10.42	21-Feb-15	CS OR	Cascadia Swimming A. Vlaic, S. Schoenheit, K. Brown, A. Chang	
200 Free Relay		3:51.79	1-May-09	CS OR	Cascadia G. Calvi, A. Smith, N. Salcedo, L. Avar	
100 Medley Relay	1:25.88	21-Feb-15	CS OR	Cascadia Swimming A. Chang, K. Brown, A. Vlaic, S. Schoenheit		
200 Medley Relay	5:00.00	1-May-09	CS	Cascadia		
9-10	50 Free	30.74	15-Aug-14	CS OR	Gabby Calvi at 2014 Scott Poore Memorial Meet	
	100 Free	1:07.15	31-Jan-14	CS OR	Gabby Calvi at 2014 Winter Qualifier	
	200 Free	2:27.15	15-Aug-14	CS OR	Gabby Calvi at 2014 Scott Poore Memorial Meet	
	500 Free	6:51.41	10-Jan-14	CS OR	Gabby Calvi at Shark Chase Open 2014	
	1000 Free	17:36.70	14-Oct-16	CS OR	Kylie Brown at 2016 OR LOSC Fall Open	
	1650 Free	30:00.00	1-May-09	CS OR	Cascadia	
	50 Back	35.32	15-Aug-14	CS OR	Gabby Calvi at 2014 Scott Poore Memorial Meet	
	100 Back	1:16.18	15-Aug-14	CS OR	Gabby Calvi at 2014 Scott Poore Memorial Meet	
	200 Back	5:00.00	1-May-09		Cascadia	
	50 Breast	40.64	3-Feb-12	CS OR	Kylee J. Wimmer at Coast Range Qualifier	

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RECORDS

9-10	100 Breast	1:29.61	15-Aug-14	CS OR	Gabby Calvi at 2014 Scott Poore Memorial Meet	
	200 Breast	3:29.43	9-Aug-13	CS OR	Gabby Calvi at Big Kahuna Open 2013	
	50 Fly	35.38	21-Feb-15	CS OR	Rachel E. Barba at 2015 Oregon Swimming SC 10 & Under Champions	
	100 Fly	1:22.34	8-Mar-14	CS OR	Gabby Calvi at 2014 Season Finale Invitational	
	200 Fly	5:00.00	1-May-09		Cascadia	
	100 IM	1:16.87	2-Aug-14	CS OR	Gabby Calvi at 2014 CAT 10 & Under Pentathlon	
	200 IM	2:49.97	31-Jan-14	CS OR	Gabby Calvi at 2014 Winter Qualifier	
	400 IM	10:00.00	1-May-09		Cascadia	
10 & U	200 Free Relay	2:17.26	20-Feb-10	CS OR	Cascadia Swimming J. Parker, A. Rodgers, T. Parker, F. Naylor	
	200 Medley Relay	2:39.44	20-Feb-10	CS OR	Cascadia Swimming J. Parker, A. Rodgers, F. Naylor, T. Parker	
11-12	50 Free	28.62	16-Apr-10	CS OR	Katie O'Hara at 2010 Lake Oswego Challenge	
	100 Free	1:03.04	26-Feb-15	CS OR	Gabby Calvi at 2015 Oregon Swimming SC 11-14 Championships	
	200 Free	2:17.31	23-Jan-15	CS OR	Gabby Calvi at 2015 OR LOSC Clent Richardson Memorial Open	
	500 Free	6:06.09	17-Apr-15	CS OR	Gabby Calvi at 2015 OR LOSC Dan Perz Memorial Open	
	1000 Free	20:00.00	1-May-09	CS OR	Cascadia	
	1650 Free	22:32.20	21-Jan-11	CS OR	Lisa Douglas 2011 Dan Pez Memorial	
	50 Back	33.84	12-Feb-12	CS OR	Johanna Parker at 2012 MHA Last Chance Invitational	
	100 Back	1:12.71	17-Apr-15	CS OR	Gabby Calvi at 2015 OR LOSC Dan Perz Memorial Open	
	200 Back	2:35.58	23-Jan-15	CS OR	Gabby Calvi at 2015 OR LOSC Clent Richardson Memorial Open	
	50 Breast	36.94	4-Feb-11	CS OR	Lisa Douglas at Coast Range Qualifier	
	100 Breast	1:21.25	21-Jan-11	CS OR	Lisa Douglas at 2011 Dan Perz Memorial Open	
	200 Breast	2:55.05	4-Feb-11	CS OR	Lisa Douglas at Coast Range Qualifier	
	50 Fly	31.32	13-Aug-10	CS OR	Katie O'Hara at 2010 Scott Poore Memorial Meet	
	100 Fly	1:12.36	8-Oct-10	CS OR	Katie O'Hara at 2010 Harvest Open	
	200 Fly	2:47.46	13-Aug-10	CS OR	Katie O'Hara 2010 Scott Poore Memorial	
	100 IM	1:13.44	6-Mar-10	CS OR	Katie O'Hara at NCSC Eggstravaganza 2010	
	200 IM	2:36.19	26-Feb-15	CS OR	Gabby Calvi at 2015 Oregon Swimming SC 11-14 Championships	
	400 IM	5:30.65	17-Apr-15	CS OR	Gabby Calvi at 2015 OR LOSC Dan Perz Memorial Open	
	200 Free Relay	2:15.17	22-Jan-10	CS OR	Cascadia Swimming L. Douglas, K. Taylor, A. Easley, K. O'Hara	
	400 Free Relay	5:00.00	1-May-09	CS	Cascadia	
	200 Medley Relay	2:24.88	7-Jan-11	CS OR	Cascadia Swimming T. Parker, L. Douglas, J. Parker, M. Mysore	
	400 Medley Relay	5:00.00	1-May-09	CS	Cascadia	
	13-14	50 Free	28.46	4-Feb-11	CS OR	Katie O'Hara Coast Range Qualifier
		100 Free	1:02.82	19-May-12	CS OR	Lisa Douglas at 2012 Hood River Spring Sprinter
200 Free		2:17.44	25-Jan-13	CS OR	Lisa Douglas at 2013 TTSC Dueling Pools Invite	
500 Free		6:21.13	14-Oct-11	CS OR	Lisa Douglas at 2011 Harvest Open	
1000 Free		14:31.32	14-Oct-16	CS OR	Alison Keller at 2016 OR LOSC Fall Open	
1650 Free		22:12.04	10-Aug-12	CS OR	Lisa Douglas at Big Kahuna Open 2012	
50 Back		40.21	20-Jan-12	CS OR	Ellen Wilmarth 2013 LOSC Dan Perz Memorial	
100 Back		1:13.74	22-Sep-12	CS OR	Johanna Parker at 2012 MHA SCY Pentathlon Invitational	
200 Back		2:38.40	11-Jan-13	CS OR	Lisa Douglas at 2013 Shark Chase Open	
50 Breast		37.62	10-Aug-12	CS OR	Lisa Douglas Big Kahuna Open	
100 Breast		1:19.88	25-Jan-13	CS OR	Lisa Douglas at 2013 TTSC Dueling Pools Invite	
200 Breast		2:48.50	14-Oct-11	CS OR	Katie O'Hara at 2011 Harvest Open	
50 Fly		40.31	20-Nov-10	CS OR	Lily Wilson 2010 Thanksgiving Open	
100 Fly		1:10.66	21-Jan-11	CS OR	Katie O'Hara at 2011 Dan Perz Memorial Open	
200 Fly		2:48.02	4-Feb-11	CS OR	Katie O'Hara Coast Range Qualifier	
200 IM		2:35.04	25-Jan-13	CS OR	Lisa Douglas at 2013 TTSC Dueling Pools Invite	
400 IM		5:31.82	5-Mar-11	CS OR	Katie O'Hara 2011 NCSC Eggstravaganza	

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13-14	200 Free Relay	2:07.49	20-Jan-12	CS OR	Cascadia	L. Douglas, M. Mysore, L. Wilson, E. Wilmarth
	400 Free Relay	6:00.00	1-May-09	CS	Cascadia	
	800 Free Relay	12:00.00	1-May-09	CS	Cascadia	
	200 Medley Relay	2:28.86	20-Jan-12	CS OR	Cascadia	E, Wilmarth, L. Douglas, M. Mysore, L. Wilson
	400 Medley Relay	6:00.00	1-May-09	CS	Cascadia	
15-18	50 Free	28.82	12-Apr-13	CS OR	Lisa Douglas at 2013 OR LOSC Challenge Open	
	100 Free	1:03.61	12-Apr-13	CS OR	Lisa Douglas at 2013 OR LOSC Challenge Open	
	200 Free	2:21.09	15-Jun-13	CS OR	Lisa Douglas at 2013 Howard Jones Memorial C Meet Invitationa	
	500 Free	6:20.96	12-Apr-13	CS OR	Lisa Douglas at 2013 OR LOSC Challenge Open	
	1000 Free	20:00.00	1-May-09	CS OR	Cascadia	
	1650 Free	25:00.00	1-Jan-14	CS OR	Cascadia	
	100 Back	1:11.32	31-Jan-14	CS OR	Lisa Douglas at 2014 Winter Qualifier	
	200 Back	2:38.40	12-Apr-13	CS OR	Lisa Douglas at 2013 OR LOSC Challenge Open	
	100 Breast	1:20.83	11-May-13	CS OR	Lisa Douglas at 2013 HRST Spring Sprinter Invitational	
	200 Breast	2:59.07	10-Jan-14	CS OR	Lisa Douglas at Shark Chase Open 2014	
	100 Fly	1:20.51	11-May-13	CS OR	Lisa Douglas at 2013 HRST Spring Sprinter Invitational	
	200 Fly	3:11.30	9-Aug-13	CS OR	Lisa Douglas at Big Kahuna Open 2013	
	200 IM	2:38.49	15-Jun-13	CS OR	Lisa Douglas at 2013 Howard Jones Memorial C Meet Invitationa	
	400 IM	5:47.01	9-Aug-13	CS OR	Lisa Douglas at Big Kahuna Open 2013	
	200 Free Relay	4:00.00	1-May-09	CS	Cascadia	
	400 Free Relay	6:00.00	1-May-09	CS	Cascadia	
	800 Free Relay	12:00.00	1-May-09	CS	Cascadia	
	200 Medley Relay	4:00.00	1-May-09	CS	Cascadia	
	400 Medley Relay	8:00.00	1-May-09	CS	Cascadia	
	Open	200 Free Relay	2:05.22	5-Mar-11	CS OR	Cascadia Swimming
400 Free Relay		8:00.00	1-May-09	CS	Cascadia	
800 Free Relay		12:00.00	1-May-09	CS	Cascadia	
200 Medley Relay		2:20.48	5-Mar-11	CS OR	Cascadia Swimming	J. Parker, L. Douglas, K. O'Hara, L. Wilson
400 Medley Relay		8:00.00	1-May-09	CS	Cascadia	

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RECORDS

Yards-Boys

6 & U	25 Free	19.56	17-Apr-15	CS OR	Sylvan Schoenheit at 2015 OR LOSC Dan Perz Memorial Open	
	50 Free	48.61	27-Jun-15	CS OR	Sylvan Schoenheit at Midsummer Madness 2015	
	100 Free	1:52.46	13-Jun-15	CS OR	Sylvan Schoenheit at 2015 Howard Jones Memorial C Meet Invitationa	
	200 Free	5:00.00	1-Jan-14	CS OR	Cascadia	
	25 Back	26.02	10-Dec-16	CS OR	Branden Z. Huang at TTSC - 2016 Holiday Invite	
	50 Back	54.83	10-Dec-16	CS OR	Branden Z. Huang at TTSC - 2016 Holiday Invite	
	100 Back	2:08.72	27-Jun-15	CS OR	Sylvan Schoenheit at Midsummer Madness 2015	
	25 Breast	31.89	27-Jun-15	CS OR	Sylvan Schoenheit at Midsummer Madness 2015	
	50 Breast	1:09.50	10-Dec-16	CS OR	Kyle Liu at TTSC - 2016 Holiday Invite	
	100 Breast	3:00.00	1-Jan-14	CS OR	Cascadia	
	25 Fly	25.84	13-Jun-15	CS OR	Sylvan Schoenheit at 2015 Howard Jones Memorial C Meet Invitationa	
	50 Fly	2:00.00	1-Jan-14	CS OR	Cascadia	
	100 IM	3:32.63	1-Aug-14	CS OR	Sylvan Schoenheit at 2014 Mini Meet #6	
	8 & U	25 Free	15.13	23-Jul-11	CS OR	Mohnish T. Judge at Midsummer Madness 2011
		50 Free	34.29	21-Oct-11	CS OR	Mohnish T. Judge at 2011 WSC Marie DeHoog Memorial Invitational
		100 Free	1:17.23	12-Aug-11	CS OR	Mohnish T. Judge at 2011 Big Kahuna
200 Free		2:58.61	23-Jul-11	CS OR	Mohnish T. Judge at Midsummer Madness 2011	
500 Free		8:35.99	17-Dec-16	CS OR	Sylvan Schoenheit at 2016 35 th Annual Animal & JR Animal Meet	
25 Back		18.49	6-Jan-17	CS OR	Sylvan Schoenheit at 2017 OR CAT Comfort Suites CAT SC Open	
50 Back		41.09	14-Oct-11	CS OR	Mohnish T. Judge at 2011 Harvest Open	
100 Back		1:31.66	12-Aug-11	CS OR	Mohnish T. Judge at 2011 Big Kahuna	
200 Back		5:00.00	1-May-09		Cascadia	
25 Breast		20.66	6-Jan-17	CS OR	Sylvan Schoenheit at 2017 OR CAT Comfort Suites CAT SC Open	
50 Breast		44.81	6-Jan-17	CS OR	Sylvan Schoenheit at 2017 OR CAT Comfort Suites CAT SC Open	
100 Breast		1:53.85	10-Dec-16	CS OR	Aiden Liu at TTSC - 2016 Holiday Invite	
200 Breast		3:50.20	12-Aug-11	CS OR	Tyler Smith at 2011 Big Kahuna	
25 Fly		17.64	12-Aug-11	CS OR	Mohnish T. Judge at 2011 Big Kahuna	
50 Fly		42.75	21-Oct-11	CS OR	Mohnish T. Judge at 2011 WSC Marie DeHoog Memorial Invitational	
100 Fly		1:54.97	12-Aug-11	CS OR	Tyler Smith at 2011 Big Kahuna	
200 Fly		5:00.00	1-May-09		Cascadia	
100 IM		1:29.40	21-Oct-11	CS OR	Mohnish T. Judge at 2011 WSC Marie DeHoog Memorial Invitational	
200 IM		3:30.18	17-Dec-16	CS OR	Max Burden at 2016 35 th Annual Animal & JR Animal Meet	
100 Free Relay		1:11.32	19-Feb-11	CS OR	Cascadia Swimming K. Karyukin, M. Judge, T. Smith, C. Palmer	
200 Free Relay		5:00.00	1-May-09	CS	Cascadia	
100 Medley Relay		1:28.22	19-Feb-11	CS OR	Cascadia Swimming C. Palmer, T. Smith, M. Judge, K. Karyukin	
200 Medley Relay	5:00.00	1-May-09	CS	Cascadia		
9-10	50 Free	31.19	2-May-14	CS OR	Gavin D. Hay at KWSC Mother's Day Invite 2014	
	100 Free	1:12.58	14-Dec-13	CS OR	Gavin D. Hay at HST Winter Invite 2013	
	200 Free	2:41.83	31-Jan-14	CS OR	Gavin D. Hay at 2014 Winter Qualifier	
	500 Free	7:07.30	10-Oct-14	CS OR	Gavin D. Hay at 2014 OR LOSC Fall Open	
	1000 Free	20:00.00	1-May-09	CS OR	Cascadia	
	1650 Free	30:00.00	1-May-09	CS OR	Cascadia	
	50 Back	38.09	3-Feb-12	CS OR	Mohnish T. Judge at Coast Range Qualifier	
	100 Back	1:24.03	3-Feb-12	CS OR	Mohnish T. Judge at Coast Range Qualifier	
	200 Back	5:00.00	1-May-09		Cascadia	
	50 Breast	42.17	22-Feb-14	CS OR	Gavin D. Hay at 2014 Oregon Swimming SC 10 & Under Champions	
	100 Breast	1:33.76	22-Feb-14	CS OR	Gavin D. Hay at 2014 Oregon Swimming SC 10 & Under Champions	

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RECORDS

9-10	200 Breast	5:00.00	1-May-09		Cascadia	
	50 Fly	35.78	22-Feb-14	CS OR	Gavin D. Hay at 2014 Oregon Swimming SC 10 & Under Champions	
	100 Fly	1:27.84	22-Feb-14	CS OR	Gavin D. Hay at 2014 Oregon Swimming SC 10 & Under Champions	
	200 Fly	5:00.00	1-May-09		Cascadia	
	100 IM	1:25.43	10-Jan-14	CS OR	Gavin D. Hay at Shark Chase Open 2014	
	200 IM	3:02.63	10-Jan-14	CS OR	Gavin D. Hay at Shark Chase Open 2014	
	400 IM	10:00.00	1-May-09		Cascadia	
10 & U	200 Free Relay	2:22.81	18-Feb-12	CS OR	Cascadia Swimming	J. Rinehart, M. Judge, K. Karyukin, T. Smith
	200 Medley Relay	2:45.38	20-Jan-12	CS OR	Cascadia Swimming	M. Judge, A. James, T. Smith, K. Karyukin
11-12	50 Free	27.57	14-Oct-16	CS OR	Gray Davies at 2016 OR LOSC Fall Open	
	100 Free	1:02.47	6-Jan-17	CS OR	Gray Davies at 2017 OR CAT Comfort Suites CAT SC Open	
	200 Free	2:23.90	21-Oct-16	CS OR	Gray Davies at 2016 OR CST Harvest Open	
	500 Free	6:42.65	17-Dec-16	CS OR	Gray Davies at 2016 35 th Annual Animal & JR Animal Meet	
	1000 Free	14:42.55	14-Oct-16	CS OR	Gray Davies at 2016 OR LOSC Fall Open	
	1650 Free	30:00.00	1-May-09	CS OR	Cascadia	
	50 Back	33.75	10-Dec-16	CS OR	Nicholas Gabor at TTSC - 2016 Holiday Invite	
	100 Back	1:17.17	6-Jan-17	CS OR	Gray Davies at 2017 OR CAT Comfort Suites CAT SC Open	
	200 Back	2:48.92	14-Oct-16	CS OR	Gray Davies at 2016 OR LOSC Fall Open	
	50 Breast	37.01	10-Dec-16	CS OR	Gray Davies at TTSC - 2016 Holiday Invite	
	100 Breast	1:20.32	6-Jan-17	CS OR	Gray Davies at 2017 OR CAT Comfort Suites CAT SC Open	
	200 Breast	2:56.74	7-Aug-15	CS OR	Gene L. Liu at Big Kahuna Open 2015	
	50 Fly	36.88	7-Aug-15	CS OR	Gene L. Liu at Big Kahuna Open 2015	
	100 Fly	1:18.13	10-Dec-16	CS OR	Gray Davies at TTSC - 2016 Holiday Invite	
	200 Fly	4:00.00	1-Jan-14	CS CA	Cascadia	
	100 IM	1:13.52	10-Dec-16	CS OR	Gray Davies at TTSC - 2016 Holiday Invite	
	200 IM	2:42.53	12-Nov-16	CS OR	Gray Davies at 2016 OR SLST Artman Invitational	
	400 IM	6:05.48	7-Aug-15	CS OR	Gene L. Liu at Big Kahuna Open 2015	
	200 Free Relay	2:13.11	21-Jan-11	CS OR	Cascadia Swimming	K. Nie, D. Millane, D. Lopez, M. Yost
	400 Free Relay	6:00.00	1-May-09	CS	Cascadia	
	200 Medley Relay	3:01.37	6-Jan-12	CS OR	Cascadia Swimming	K. Karyukin, T. Smith, J. Rinehart, N. Jafari
	400 Medley Relay	5:00.00	1-May-09	CS	Cascadia	
13-14	50 Free	27.36	9-Dec-11	CS OR	Harrison A. Groves at 2011 TEAM Winter Open	
	100 Free	1:00.81	20-Jan-12	CS OR	Harrison Groves	LOSC Dan Perz memorial
	200 Free	2:14.97	20-Jan-12	CS OR	Harrison Groves	LOSC Dan Perz Memorial Open
	500 Free	7:44.78	21-Oct-16	CS OR	Christian J. Keller at 2016 OR CST Harvest Open	
	1000 Free	20:00.00	1-May-09	CS OR	Cascadia	
	1650 Free	30:00.00	1-May-09	CS OR	Cascadia	
	100 Back	1:29.14	21-Oct-16	CS OR	Christian J. Keller at 2016 OR CST Harvest Open	
	200 Back	3:11.53	12-Oct-12	CS OR	Vikul Gupta	LOSC Fall Open
	100 Breast	1:28.79	12-Apr-13	CS OR	Vikul Gupta	LOSC Challenge
	200 Breast	2:52.67	9-Dec-11	CS OR	Harrison Groves	TEAM Winter Open
	50 Fly	51.15	5-Mar-11	CS OR	Jake Heil	2011 NCSC Eggstravaganza
	100 Fly	1:20.51	20-Jan-12	CS OR	Harrison A. Groves at 2012 OR LOSC Dan Perz Memorial Open	
	200 Fly	5:00.00	1-May-09	CS OR	Cascadia	
	200 IM	2:42.63	20-Jan-12	CS OR	Harrison Groves	LOSC Dan Perz Memorial
	200 Free Relay	4:00.00	1-May-09	CS	Cascadia	
	400 Free Relay	6:00.00	1-May-09	CS	Cascadia	
	800 Free Relay	12:00.00	1-May-09	CS	Cascadia	
	200 Medley Relay	4:00.00	1-May-09	CS	Cascadia	

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RECORDS

13-14	400 Medley Relay	5:00.00	1-May-09	CS	Cascadia	
15-18	50 Free	23.94	10-Jan-14	CS OR	Logan J. Anspach at Shark Chase Open 2014	
	100 Free	52.36	31-Jan-14	CS OR	Logan J. Anspach at 2014 Winter Qualifier	
	200 Free	2:02.75	31-Jan-14	CS OR	Logan J. Anspach at 2014 Winter Qualifier	
	500 Free	5:55.69	8-Oct-10	CS OR	Nick Parker	2010 Harvest Open
	1000 Free	12:20.89	18-Dec-10	CS OR	Nick Parker	Canby Animal Meet
	1650 Free	25:00.00	1-Jan-14	CS OR	Cascadia	
	100 Back	1:07.67	10-Jan-14	CS OR	Logan J. Anspach at Shark Chase Open 2014	
	200 Back	2:27.44	5-Mar-11	CS OR	Nicholas Parker at NCSC Eggstravaganza 2011	
	100 Breast	1:17.88	5-Mar-11	CS OR	Nicholas Parker at NCSC Eggstravaganza 2011	
	200 Breast	2:45.28	5-Mar-11	CS OR	Nicholas Parker at NCSC Eggstravaganza 2011	
	100 Fly	1:02.28	10-Jan-14	CS OR	Logan J. Anspach at Shark Chase Open 2014	
	200 Fly	2:26.90	18-Dec-10	CS OR	Nicholas Parker at SR Animal Meet 2010 29th	
	200 IM	2:22.74	5-Mar-11	CS OR	Nicholas Parker at NCSC Eggstravaganza 2011	
	400 IM	5:12.26	18-Dec-10	CS OR	Nick Parker	Sr Animal Meet 2010
	200 Free Relay	4:00.00	1-May-09	CS	Cascadia	
	400 Free Relay	8:00.00	1-May-09	CS	Cascadia	
	800 Free Relay	12:00.00	1-May-09	CS	Cascadia	
	200 Medley Relay	4:00.00	1-May-09	CS	Cascadia	
	400 Medley Relay	8:00.00	1-May-09	CS	Cascadia	
Open	200 Free Relay	2:08.60	20-Jan-12	CS OR	Cascadia Swimming	H. Groves, L. Groves, V. Gupta, J. Crawford
	400 Free Relay	6:00.00	1-May-09	CS	Cascadia	
	800 Free Relay	12:00.00	1-May-09	CS	Cascadia	
	200 Medley Relay	2:13.59	20-Jan-12	CS OR	Cascadia Swimming	Q. Hyun, V. Gupta, L. Groves, H. Groves
	400 Medley Relay	8:00.00	1-May-09	CS	Cascadia	

Cascadia Swimming
CS: Kim Hay 503-655-7939

RECORDS

Yards-Mixed

8 & U	100 Free Relay	1:10.65	16-Oct-15	CS	ØR	Cascadia Swimming	J. Livingston, S. Schoenheit, K. Brown, E. Uchishi
	100 Medley Relay	1:27.14	16-Oct-15	CS	ØR	Cascadia Swimming	K. Brown, E. Uchishiba-Hall, J. Livingston, S. Sch
10 & U	200 Free Relay	2:36.01	11-Jan-13	CS	ØR	Cascadia Swimming	G. Calvi, G. Hay, L. Spaccarelli, R. Barba
	200 Medley Relay	3:04.98	11-Jan-13	CS	ØR	Cascadia Swimming	L. Spaccarelli, G. Calvi, G. Hay, E. Bohart
12 & U	200 Free Relay	2:13.63	17-Apr-15	CS	ØR	Cascadia Swimming	G. Calvi, G. Liu, A. Keller, C. Lambson
	200 Medley Relay	2:53.00	16-Oct-15	CS	ØR	Cascadia Swimming	L. Davies, C. Lambson, A. Keller, C. Keller
13 & O	200 Free Relay	5:00.00	1-May-09	CS		Cascadia	
	200 Medley Relay	5:00.00	1-May-09	CS		Cascadia	
Open	200 Free Relay	2:05.33	11-May-13	CS	ØR	Cascadia Swimming	L. Anspach, L. Spaccarelli, L. Douglas, G. Hay
	400 Free Relay	8:00.00	1-May-09	CS	ØR	Cascadia	
	800 Free Relay	12:00.00	1-May-09	CS	ØR	Cascadia	
	200 Medley Relay	2:25.14	8-Oct-10	CS	ØR	Cascadia Swimming	T. Parker, L. Douglas, K. O'Hara, J. Parker
	400 Medley Relay	8:00.00	1-May-09	CS	ØR	Cascadia	