

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

Updated 12/25/21

	Existing Record
	New Record (2021)

Women 72-99	Men 72-99	Mixed 72-99
<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>
UC Irvine Masters	Rose Bowl Masters	Conejo Simi Aquatic Masters
<b>1:57.94 – 2005</b>	<b>1:35.48 – 08/07/2019</b>	<b>1:47.94 - 2009</b>
Ashley DePaul (20)	Wyatt Ubellacker (29)	Wade Federer (20)
Cherise Carper (24)	Samuel Ubellacker (21)	Lauren Hancock (27)
Aleah Amr (22)	Ralph Porazzo (27)	Christopher Ramos (20)
Mai Tajima (20)	David Jiminez (22)	Kara Denby (23)
<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>
Las Vegas Masters	Irvine Novaquatics Masters	Conejo Simi Aquatic Masters
<b>4:19.34 – 07/23/2010</b>	<b>3:54.72 - 2003</b>	<b>3:56.54 - 2009</b>
Shannon Colavito (23)	Jim Kopp (29)	Wade Federer (20)
Christine Smith (20)	Anthony Iacopetti (24)	Lauren Hancock (27)
Megan Kelley (20)	Keith Ryan (19)	Christopher Ramos (20)
Samantha Pearson (19)	Gregory Busse (24)	Kara Denby (23)
<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>
Las Vegas Masters	Golden Road Aquatics	Conejo Simi Aquatic Masters
<b>9:33.71 – 07/23/2010</b>	<b>8:12.62 – 08/05/2016</b>	<b>8:55.39</b>
Megan Kelley (20)	Alexander Aceino (25)	Kara Denby (23)
Christine Smith (20)	Nicholas Korth (25)	Lauren Hancock (27)
Shannon Colavito (23)	Nickolas Popov (26)	Christopher Ramos (20)
Samantha Pearson (19)	Fabrice Wendel (23)	Wade Federer (20)
<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>
UC Irvine Masters	Golden Road Aquatics	Conejo Simi Aquatic Masters
<b>2:12.88 - 2005</b>	<b>1:52.16 – 08/12/2018</b>	<b>2:02.84 - 2009</b>
Carrie Gowan (21)	Ethan Webster (18)	Lauren Hancock (27)
Sara Showalter (24)	Alexander Havton (20)	Kara Denby (23)
Ashley DePaul (20)	Tony Cox (28)	Wade Federer (20)
Aleah Amr (22)	Gregory Havton (20)	Christopher Ramos (20)
<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>
Las Vegas Masters	Mission Viejo Masters	Conejo Simi Aquatic Masters
<b>4:52.87 – 07/23/2010</b>	<b>4:15.33 – 08/10/2018</b>	<b>4:35.26 - 2009</b>
Samantha Pearson (19)	Logan Redondo (24)	Lauren Hancock (27)
Christine Smith (20)	Daniel Peralta (22)	Kara Denby (23)
Megan Kelley (20)	Daniel Fang (19)	Wade Federer (20)
Shannon Colavito (23)	Brandon Kolarov (19)	Nick Glaze (26)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

Updated 12/25/21

	Existing Record
	New Record (2021)

Women 100-119	Men 100-119	Mixed 100-119
<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>
Rose Bowl Masters	Irvine Novaquatics Masters	Irvine Novaquatics Masters
<b>1:55.81 – 08/07/19</b>	<b>1:41.50 - 2007</b>	<b>1:46.87 – 08/07/13</b>
Lauren Fren dreis (30)	Teemu Kettunen (25)	Evan Kraus (27)
Lauren Turner (27)	Oswaldo Quevedo (31)	Courtney Martz (25)
Maria Carlson (24)	Brandon Schindler (31)	Rendy Opdycke (29)
Kendra Wilson (38)	Roberto Delgado (32)	Robert Dmytrow (32)
<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>
Irvine Novaquatics Masters	Irvine Novaquatics Masters	Southern Calif Aquatics
<b>4:27.60 - 2002</b>	<b>3:49.51 - 2007</b>	<b>3:54.81 - 2009</b>
Daneille de Alva (23)	Brandon Schindler (31)	Nathan Janos (29)
Megan Lucas (23)	Steve Stehrenberger (30)	Jacqueline Corcoran (27)
Fiona Petersen (29)	Teemu Kettunen (25)	Ann Yearwood (25)
Gabriele Hickman (29)	Oswaldo Quevedo (31)	Erik Tolmachoff (28)
<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>
UC Irvine Masters	Irvine Novaquatics Masters	Southern Calif Aquatics
<b>9:55.67 - 2001</b>	<b>8:46.75 - 2007</b>	<b>8:39.99 - 2009</b>
Julie Swail (29)	Brandon Schindler (31)	Erik Tolmachoff (28)
Sara Showalter (20)	Oswaldo Quevedo (31)	Nathan Janos (29)
Kristin Larsson (20)	Roberto Delgado (32)	Jacqueline Corcoran (27)
Stacey Gavigan (31)	Teemu Kettunen(25)	Ann Yearwood (25)
<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>
Rose Bowl Masters	Irvine Novaquatics Masters	Rose Bowl Masters
<b>2:11.34 – 08/14/17</b>	<b>1:50.72 – 08/12/11</b>	<b>1:54.22 – 08/07/19</b>
Lauren Turner (27)	Jan Tichy (29)	Karen Younkings (33)
Marissa Clapp (30)	Andrew Seo (23)	Maria Carlson (24)
Julia Stengel (32)	Robert Dmytrow (30)	Wyatt Ubellacker (29)
Lauren Fren dreis (28)	Evan Kraus (25)	Samuel Ubellacker (21)
<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>
Irvine Novaquatics Masters	Irvine Novaquatics Masters	Southern Calif Aquatics
<b>5:19.30 - 2008</b>	<b>4:15.40 - 2007</b>	<b>4:37.24 - 2009</b>
Jenna Natalizio (20)	Brandon Schindler (31)	Nathan Janos (29)
Jenny Perrey (28)	Steve Stehrenberger (30)	Matthew Harrigan (31)
Heather Martinez (32)	Teemu Kettunen (25)	Ann Yearwood (25)
Krystal Deets (32)	Oswaldo Quevedo (31)	Jacqueline Corcoran (27)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

Updated 12/25/21

	Existing Record
	New Record (2021)

Women 120-159	Men 120-159	Mixed 120-159
<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>
Mission Viejo Masters	So California Aquatic Masters	Las Vegas Masters
<b>2:00.09 - 2006</b>	<b>1:34.82 - 2009</b>	<b>1:46.60 – 08/07/13</b>
Ann Worthington (40)	Matthew Cornue (34)	Chris Counts (37)
Tami Engel (43)	Erik Hochstein (41)	Kari Adams (47)
Jennifer Batcheller (38)	Erik Tolmachoff (28)	Maki Moore (28)
Jill Edwards (35)	Christopher Beach (40)	Glenn Counts (36)
<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>
So California Aquatic Masters	Team TYR	So California Aquatic Masters
<b>4:45.53 – 7/25/2010</b>	<b>3:39.60 - 2005</b>	<b>4:12.59 - 2009</b>
Arlette Godges (46)	Rich Saeger (41)	David Schlesinger (34)
Rossella Pescatori (39)	Brad Hibbard (36)	Alexis Binder (30)
Ann Yearwood (26)	Michael Ruffner (40)	Rossella Pescatori (38)
Suzanne Robertson (25)	Dan Wegner (34)	Matthew Harrigan (31)
<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>
So California Aquatic Masters	So California Aquatic Masters	Irvine Novaquatics Masters
<b>10:15.49 - 2009</b>	<b>8:03.21 - 2009</b>	<b>8:47.80 – 08/12/11</b>
Jenny Cook (51)	David Schlesinger (34)	Evan Kraus (25)
Rossella Pescatori (38)	Dan Wegner (38)	Heidi Cough (30)
Alexis Binder (30)	Matthew Harrigan (31)	Cynthia Lewis (36)
Nancy Motherway (33)	Erik Hochstein (41)	Dickie Fernandez (40)
<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>
Santa Barbara Masters	Mission Viejo Masters	Play Hard Swim Hard
<b>2:13.62 – 08/07/19</b>	<b>1:46.11 – 08/07/19</b>	<b>2:00.96 - 2006</b>
Adrienne Binder Brown (34)	Garrett Hubbard (28)	Derek Robinson (37)
Melissa Knell (25)	Mat Prasser (27)	Aaron Bartleson (36)
Jill Jones (27)	Kevin Bartell (34)	Erin McIntyre (25)
Darlene Krohn (38)	Andrew Cox (34)	Nathalie Bartleson (38)
<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>
Las Vegas Masters	Irvine Novaquatics Masters	So California Aquatic Masters
<b>5:19.79 - 2007</b>	<b>4:21.47 - 2007</b>	<b>4:31.62 - 2009</b>
Carolyn Battin (53)	Bernie Zeruhn (36)	David Schlesinger (34)
Lindsey Leeming (23)	Cameron Eckman (41)	Rossella Pescatori (38)
Sara Whitehead (28)	Roberto Delgado (32)	Erik Tolmachoff (28)
Mary Barfield (26)	Dickie Fernandez (36)	Nancy Motherway (33)

## SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

Updated 12/25/21

	Existing Record
	New Record (2021)

Women 160-199	Men 160-199	Mixed 160-199
<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>
Team TYR	Team TYR	Team TYR
<b>1:48.44 - 2006</b>	<b>1:36.28 - 2006</b>	<b>1:42.27 - 2006</b>
Sheri Hart (35)	Matthew Eisenhuth (32)	John Smith (44)
Collette Sappey (42)	John Smith (44)	Rich Saeger (42)
Anna Pettis-Scott (44)	Rich Saeger (42)	Collette Sappey (42)
Susan Von Der Lippe (41)	Paul Smith (47)	Sheri Hart (35)
<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>
Mission Viejo Masters	So California Aquatic Masters	So California Aquatic Masters
<b>4:46.23 - 2009</b>	<b>3:41.49 - 2009</b>	<b>3:58.05 - 2009</b>
T Sorenson (43)	Dan Wegner (38)	Jenny Cook (51)
Kelly Richell (44)	Peter Egan (45)	Erik Hochstein (41)
Mindy Dougherty (57)	Christopher Beach (40)	Matthew Cornue (34)
Robin Smith (54)	Erik Hochstein (41)	Arlette Godges (45)
<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>
Mission Viejo Masters	Team TYR	Mission Viejo Masters
<b>9:36.88 - 2009</b>	<b>8:15.15 - 2006</b>	<b>9:30.78 – 07/03/10</b>
Rebekah Olsen (29)	Rich Saeger (42)	Andy Fujimoto (40)
T Sorenson (43)	Paul Smith (47)	Cynthia Lewis (35)
Ahelee Sue Osborn (51)	Michael Ruffner (41)	Kelly Richell (45)
Kelly Richell (44)	Dan Wegner (35)	James Bergen (42)
<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>
Team TYR	Team TYR	Irvine Novaquatics Masters
<b>2:04.75 - 2006</b>	<b>1:47.72 - 2006</b>	<b>1:56.34 – 08/07/19</b>
Jennifer Stein (43)	Rich Saeger (42)	Jeff Natalizio (37)
Susan Von Der Lippe (41)	Greg Rodenbaugh (44)	Steve West (47)
Betsy Cleary (46)	Paul Smith (47)	Stacey Bennett (49)
Collette Sappey (42)	John Smith (44)	Cindy Bertelink (44)
<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>
Mission Viejo Masters	So California Aquatic Masters	Conejo Valley Masters
<b>5:07.91 - 2009</b>	<b>4:13.61 - 2009</b>	<b>5:01.69 – 08/22/14</b>
Mindy Dougherty (57)	Erik Hochstein (41)	Beata Konopka (45)
Ahelee Sue Osborn (51)	Christopher Beach (40)	Nick Boshoff (46)
Rebekah Olsen (29)	Peter Egan (45)	Doug Koehler (48)
Kelly Richell (44)	Dan Wegner (38)	Becky Cleavenger (51)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

Updated 12/25/21

	Existing Record
	New Record (2021)

Women 200-239	Men 200-239	Mixed 200-239
<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>
Irvine Novaquatics Masters	Conejo Valley Masters	Conejo Valley Masters
<b>1:58.75 – 08/07/19</b>	<b>1:44.81 – 07/17/16</b>	<b>1:49.92 – 08/03/14</b>
Stacey Bennett (49)	Scott Adair (53)	Michael Boosin (48)
Katie Osborne (56)	Michael Boosin (50)	Chris Wall (52)
Terri MacDougall (55)	Chris Wall (54)	Arlette Godges (50)
Cindy Bertelink (44)	Kelly Karren (43)	Lisa Schoenneman (52)
<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>
UCLA Masters	Conejo Valley Masters	Conejo Valley Masters
<b>4:26.53 – 07/06/14</b>	<b>4:03.41 – 07/17/16</b>	<b>4:03.96 – 07/06/14</b>
Erika Stebbins (44)	Michael Boosin (50)	Matthew Biondi (49)
Christie Ciraulo (61)	Scott Adair (53)	Becky Cleavenger (51)
Veronica Hibben (58)	Chris Wall (54)	Lisa Schoenneman (52)
Laurie Dodd (42)	Kelly Karren (43)	Michael Boosin (48)
<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>
Conejo Valley Masters	Ventura County Masters	Conejo Valley Masters
<b>9:34.53 – 07/07/19</b>	<b>9:03.84 - 2006</b>	<b>9:15.06 – 08/10/18</b>
Jill Gellatly (52)	Tom Olson (56)	Becky Cleavenger (55)
Becky Cleavenger (56)	Kevin Lane (50)	Jill Gellatly (51)
Eve Maidenberg (43)	Jim McConica (56)	Kelly Karren (45)
Leslie Daland-James (50)	Mike Shaffer (41)	Doug Koehler (52)
<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>
Conejo Valley Masters	Irvine Novaquatics Masters	Conejo Valley Masters
<b>2:19.75 – 08/07/19</b>	<b>1:56.29 - 2006</b>	<b>2:07.01 – 08/03/14</b>
Beata Konopka (50)	Bernie Zeruhn (35)	Michael Boosin (48)
Jennifer Weiderman (53)	Gerard Von Hoffmann (50)	Chris Wall (52)
Arlette Godges (55)	Paul Carter (49)	Arlette Godges (50)
Becky Cleavenger (56)	Tom Angell (66)	Lisa Schoenneman (52)
<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>
UCLA Masters	Ventura County Masters	So California Aquatic Masters
<b>5:02.61 – 07/07/2013</b>	<b>4:36.02 - 2006</b>	<b>5:11.39 - 2009</b>
Erika Stebbins (43)	Jim McConica (56)	Bruce Thomas (52)
Jenny Cook (55)	John Derr (57)	Karen Melick (52)
Christie Ciraulo (60)	Mike Shaffer (41)	Jenny Cook (51)
Veronica Hibben (57)	Hubie Kerns (57)	James Mc Closkey 45)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

Updated 12/25/21

	Existing Record
	New Record (2021)

Women 240-279	Men 240-279	Mixed 240-279
<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>
<b>UCLA Masters</b>	<b>Irvine Novaquatics Masters</b>	<b>Irvine Novaquatics Masters</b>
<b>2:11.47 – 08/07/19</b>	<b>1:52.11 – 08/07/19</b>	<b>1:59.29 – 08/07/19</b>
Evie Lynch (67)	Jeffrey Stevens (60)	Tim Buckley (64)
Olivia Karlin (55)	Toby Weissert (61)	Katie Osborne (56)
Christie Ciraulo (66)	John Lorenz (63)	Veronica Hibben (63)
Heather Shannon (58)	Jamie Fowler (60)	John Lorenz (63)
<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>
<b>Mission Viejo Masters</b>	<b>Ventura County Masters</b>	<b>Conejo Valley Masters</b>
<b>5:27.21 – 08/03/08</b>	<b>4:07.77 – 08/14/15</b>	<b>4:59.08 – 07/07/19</b>
Gwen Uthus (54)	Hubie Kerns (66)	Robert Rosen (69)
Alison Mitchell (54)	Glenn Gruber (66)	Mark Buckley (66)
Robin Sickles (49)	Michael Blatt (60)	Niki Stokols (62)
Maurine Kornfeld (87)	Mike Shaffer (50)	Jennifer Weiderman (53)
<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>
<b>Mission Viejo Masters</b>	<b>Ventura County Masters</b>	<b>Conejo Valley Masters</b>
<b>12:24.98 – 08/06/15</b>	<b>9:11.24 – 08/14/15</b>	<b>11:02.44 – 07/07/19</b>
Beverly Montrella (69)	Jim McConica (65)	Jennifer Weiderman (53)
Kelly Richell (50)	Glenn Gruber (66)	Niki Stokols (62)
Jeanne McCleave (61)	Michael Blatt (60)	Robert Rosen (69)
Gwen Uthus (61)	Mike Shaffer (50)	Mark Buckley (66)
<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>
<b>Irvine Novaquatics Masters</b>	<b>Irvine Novaquatics Masters</b>	<b>Irvine Novaquatics Masters</b>
<b>2:23.54 – 08/07/19</b>	<b>2:06.11 – 08/07/19</b>	<b>2:09.15 – 08/07/19</b>
Katie Osborne (56)	Jamie Fowler (60)	Jamie Fowler (60)
Teri MacDougall (55)	Henry Vehovec (61)	Henry Vehovec (61)
Veronica Hibben (63)	Toby Weissert (61)	Veronica Hibben (63)
Debbie Bradbury (68)	Jay Tapp (60)	Katie Osborne (56)
<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>
<b>Mission Viejo Masters</b>	<b>Ventura County Masters</b>	<b>Conejo Valley Masters</b>
<b>6:35.37 – 08/07/19</b>	<b>4:40.96 – 08/05/16</b>	<b>5:35.16 – 07/14/17</b>
Beverly Montrella (73)	Jim McConica (66)	Nancy Kirkpatrick-Reno (62)
Jeanne McCleave (65)	Hubie Kerns (67)	Deanna Koehler (48)
Lisa Zawistoski (50)	Mike Shaffer (51)	Mark Buckley (64)
Gwen Uthus (65)	Glenn Gruber (67)	Robert Rosen (67)

## SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

Updated 12/25/21

	Existing Record
	New Record (2021)

Women 280-319	Men 280-319	Mixed 280-319
<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>
<b>Mission Viejo Masters</b>	<b>Golden Road Aquatics</b>	<b>Mission Viejo Masters</b>
<b>2:33.15 – 07/30/21</b>	<b>2:12.99 – 07/14/17</b>	<b>2:25.33 – 08/07/13</b>
Jan Levinrad (74)	Hubie Kerns (68)	John Campbell (66)
Beverly Montrella (75)	Bruce Rollins (68)	Beverly Montrella (67)
Jeanne Mc Cleave (67)	Monte Gast (70)	Mike Freshley (72)
Diana Dolan LaMar (64)	Mike Freshley (76)	Jackie Marr (70)
<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>
<b>Mission Viejo Masters</b>	<b>Long Beach Grunions</b>	<b>Mission Viejo Masters</b>
<b>6:45.97 – 08/07/13</b>	<b>5:36.48 – 07/30/21</b>	<b>5:32.98</b>
Beverly Montrella (67)	Kim Onisko (65)	Beverly Montrella (75)
T Sorenson (47)	Rick Miller (74)	Mark Longworth (70)
Jeanne Little (76)	Stan Smith (74)	Van Cochran (71)
Maurine Kornfeld (92)	Jeffrey Dobra (67)	Diana Dolan LaMar (64)
<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>
<b>Mission Viejo Masters</b>	<b>Long Beach Grunions</b>	<b>Mission Viejo Masters</b>
<b>12:40.22 – 07/11/21</b>	<b>13:10.03 – 07/30/21</b>	<b>12:36.92 – 08/07/13</b>
Beverly Montrella (75)	Kim Onisko (65)	Beverly Montrella (67)
Jan Levinrad (74)	Rick Miller (74)	Jeanne Little (76)
Gwen Uthus (67)	Stan Smith (74)	John Campbell (66)
Diana Dolan LaMar (64)	Jeffrey Dobra (67)	Dick Stewart (73)
<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>
<b>Mission Viejo Masters</b>	<b>Ventura County Masters</b>	<b>Mission Viejo Masters</b>
<b>3:02.83 – 07/30/21</b>	<b>2:15.90 – 08/07/19</b>	<b>2:40.85 – 08/07/13</b>
Beverly Montrella (75)	Steven Heck (70)	Beverly Montrella (67)
Jeanne Mc Cleave (67)	Hubie Kerns (70)	John Millard (70)
Diana Dolan LaMar (64)	Glenn Gruber (70)	Yona Tadir (70)
Jan Levinrad (74)	Bruce Rollins (70)	Jeanne Little (76)
<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>
<b>Mission Viejo Masters</b>	<b>Long Beach Grunions</b>	<b>Mission Viejo Masters</b>
<b>8:08.92 – 02/28/10</b>	<b>6:58.13 – 07/30/21</b>	<b>6:28.93 – 08/07/13</b>
Maurine Kornfeld (89)	Jeffrey Dobra (67)	Beverly Montrella (67)
Beverly Montrella (64)	Stan Smith (74)	John Campbell (66)
Jeanne McCleave (56)	Rick Miller (74)	Dick Stewart (73)
Jeanne Little (73)	Kim Onisko (65)	Jeanne Little (76)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

Updated 12/25/21

	Existing Record
	New Record (2021)

Women 320-359	Men 320-359	Mixed 320-359
<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>	<b>200 LCM Freestyle Relay</b>
	Mission Viejo Masters	Santa Barbara Masters
	<b>3:01.06 – 08/07/13</b>	<b>2:55.56 - 2004</b>
	Ed Farrell (81)	Frank Piemme (79)
	Rudolf Graef (82)	Grace Altus (80)
	Robert Rolph (82)	Ruth Baar (82)
	Frank Piemme (88)	Jurgen Schmidt (81)
<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>	<b>400 LCM Freestyle Relay</b>
	Costa Mesa	Santa Barbara Masters
	<b>6:12.12 – 1998</b>	<b>6:56.05 - 2004</b>
	Bob Chrstians (82)	Frank Piemme (79)
	Louis Giberson (77)	Grace Altus (80)
	Bob Merrick (78)	Ruth Baar (82)
	Woody Bowersock (85)	Jurgen Schmidt (81)
<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>	<b>800 LCM Freestyle Relay</b>
	Costa Mesa	Mission Viejo Masters
	<b>16:30.81 - 1999</b>	<b>16:34.46 – 07/03/11</b>
	Walter Pfeiffer (86)	Maurine Kornfeld (90)
	Louis Giberson (79)	Dick Stewart (71)
	Bob Merrick (79)	Margrit Graef (80)
	Woody Bowersock (86)	Rudolf Graef (80)
<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>	<b>200 LCM Medley Relay</b>
	Mission Viejo Masters	Santa Barbara Masters
	<b>3:28.51 – 08/07/13</b>	<b>3:43.53 - 2004</b>
	Robert Rolph (82)	Ruth Baar (82)
	John Millard (70)	Frank Piemme (79)
	Frank Piemme (88)	Jurgen Schmidt (81)
	Ed Farrell (81)	Grace Altus (80)
<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>	<b>400 LCM Medley Relay</b>
	Costa Mesa	Mission Viejo Masters
	<b>7:34.79 - 1998</b>	<b>8:24.75 – 08/12/11</b>
	Bob Christians (82)	Rudolf Graef
	Bob Merrick (78)	Margrit Graef
	Louis Giberson (77)	Dick Stewart
	Woody Bowerwock (85)	Maurine Kornfeld (90)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

Updated 12/25/21

	Existing Record
	New Record (2021)

Women 360-399	Men 360-399	Mixed 360-399
200 LCM Freestyle Relay	200 LCM Freestyle Relay	200 LCM Freestyle Relay
		Mission Viejo Masters
		<b>3:36.78 – 08/07/13</b>
		Frank Piemme (88)
		Maurine Kornfeld (92)
		Rita Simonton (95)
		Jurgen Schmidt (90)
400 LCM Freestyle Relay	400 LCM Freestyle Relay	400 LCM Freestyle Relay
		Mission Viejo Masters
		<b>8:26.02 – 08/07/13</b>
		Frank Piemme (88)
		Maurine Kornfeld (92)
		Rita Simonton (95)
		Jurgen Schmidt (90)
800 LCM Freestyle Relay	800 LCM Freestyle Relay	800 LCM Freestyle Relay
		Mission Viejo Masters
		<b>18:24.23 – 08/07/13</b>
		Frank Piemme (88)
		Maurine Kornfeld (92)
		Rita Simonton (95)
		Jurgen Schmidt (90)
200 LCM Medley Relay	200 LCM Medley Relay	200 LCM Medley Relay
		Mission Viejo Masters
		<b>4:19.30 – 08/07/13</b>
		Rita Simonton (95)
		Jurgen Schmidt (90)
		Frank Piemme (88)
		Maurine Kornfeld (92)
400 LCM Medley Relay	400 LCM Medley Relay	400 LCM Medley Relay
		Mission Viejo Masters
		<b>10:20.46 – 08/07/13</b>
		Rita Simonton (95)
		Jurgen Schmidt (90)
		Frank Piemme (88)
		Maurine Kornfeld (92)