

CAQ LCM Records						
Female			8U	Male		
Riley Lexvold	08/2010	34.49	50 FR	36.03	07/2011	Tyler Jenson
Riley Lexvold	07/2010	1:17.14	100 FR	1:19.28	06/2015	Duncan Henderson
Riley Lexvold	06/2010	2:47.29	200 FR	2:45.37	07/2015	Duncan Henderson
Angie Bernier	05/2014	6:48.30	400 FR			
			800 FR			
			1500 FR			
Riley Lexvold	07/2010	39.77	50 BK	41.68	07/2010	Tanner Pulice
Riley Lexvold	08/2010	1:29.83	100 BK	1:31.30	07/2010	Tanner Pulice
			200 BK			
Riley Lexvold	07/2010	44.53	50 BR	49.00	05/2023	Sahas Nyalakanti
Riley Lexvold	07/2010	1:35.86	100 BR	1:48.39	07/2015	Duncan Henderson
Dara Procell	07/2009	4:36.35	200 BR	4:51.65	05/2011	Brian Armijo
Riley Lexvold	07/2010	39.19	50 FL	40.89	07/2011	Darien O'Donnell
Riley Lexvold	06/2010	1:30.77	100 FL	1:41.94	07/2011	Darien O'Donnell
			200 FL			
Riley Lexvold	08/2010	3:02.47	200 IM	3:11.35	04/2015	Duncan Henderson
			400 IM			
			200 FR-R			
			400 FR-R			
			800 FR-R			
			200 MED-R			
			400 MED-R			
			Mixed 200 FR-R			
			Mixed 200 MED-R			
Female			10U	Male		
Avery Bower	06/2024	32.18	50 FR	30.00	06/2022	Gabriel Cruz
Avery Bower	06/2024	1:10.47	100 FR	1:05.98	06/2022	Gabriel Cruz
Ally Bernier	08/2013	2:34.77	200 FR	2:27.47	05/2022	Gabriel Cruz
Ally Bernier	06/2013	5:21.36	400 FR	5:24.94	05/2013	Darien O'Donnell
			800 FR			
			1500 FR			
Elena Roth	07/2022	37.70	50 BK	35.04	05/2022	Gabriel Cruz
Avery Bower	06/2024	1:20.72	100 BK	1:15.19	06/2022	Gabriel Cruz
Ally Bernier	05/2013	3:07.23	200 BK	2:46.05	06/2019	Mark Cecco

Adriana Encarnacao	08/2024	42.38	50 BR	39.79	05/2022	Gabriel Cruz
Adriana Encarnacao	08/2024	1:31.19	100 BR	1:27.66	05/2022	Gabriel Cruz
Adriana Encarnacao	06/2024	3:20.33	200 BR	3:24.23	05/2015	Keenan Johnson
Jordan Berg	07/2019	35.81	50 FL	32.15	05/2022	Gabriel Cruz
Ally Bernier	08/2013	1:18.57	100 FL	1:11.48	08/2013	Darien O'Donnell
Angie Bernier	05/2016	3:23.76	200 FL	3:34.54	05/2016	Gabriel Higbie
Ally Bernier	08/2013	2:52.81	200 IM	2:42.32	08/2013	Darien O'Donnell
Ally Bernier	05/2013	6:24.21	400 IM	6:36.24	04/2011	Jack Hoagland
Kaci Jarry Hannah Jenson Rebekah Larsson Brittney Supple	07/2011	2:24.79	200 FR-R	2:07.48	07/2013	Tyler Jenson Trey Robison Darien O'Donnell Brock Zuyderwyk
Angie Bernier Emma Kelley Charlize O'Donnell Maddi Wood	05/2014	6:06.05	400 FR-R	5:18.53	05/2015	Gage Sheldahl Tristan Zuyderwyk Keenan Johnson Matt Pacheco
			800 FR-R			
Caitlin Baca Katherine Elton Ally Bernier Tobi McCraw	07/2013	2:45.68	200 MED-R	2:25.25	07/2013	Brock Zuyderwyk Tyler Jenson Darien O'Donnell Trey Robison
Avery Bower Adriana Encarnacao Skyla McLain Lily Garrett	06/2024	6:03.98	400 MED-R	7:09.20	07/2024	Lucas Villarreal Neven Buser Bryce Mao Tyler Kupczyk
Ada Tripp Duncan Henderson Maddi Wood Orion Henderson	07/2014	2:32.75	Mixed 200 FR-R	2:32.75	07/2014	Ada Tripp Duncan Henderson Maddi Wood Orion Henderson
Kandra Godwin Adriana Encarnacao Sahas Nyalakanti Bryce Mao	07/2024	2:39.15	Mixed 200 MED-R	2:39.15	07/2024	Kandra Godwin Adriana Encarnacao Sahas Nyalakanti Bryce Mao
Female			11-12	Male		
Natalie Jones	07/2013	28.50r	50 FR	26.71	06/2024	Gabriel Cruz
Chrysten Pacheco	08/2013	1:02.65	100 FR	59.30	08/2018	Nolan Arnholt
Ally Bernier	08/2015	2:11.05	200 FR	2:10.05	07/2010	Duncan Lee
Ally Bernier	08/2015	4:35.25	400 FR	4:40.96	08/2018	Nolan Arnholt
Ally Bernier	05/2015	9:41.33	800 FR	9:54.08	05/2018	Nolan Arnholt
Ally Bernier	06/2015	18:25.32	1500 FR	19:27.38	06/2018	Nolan Arnholt
Mattie Lupo	07/2019	33.87	50 BK	30.95	05/2024	Gabriel Cruz
Maddi Wood	08/2016	1:11.32	100 BK	1:04.46	06/2024	Gabriel Cruz
Maddi Wood	08/2016	2:33.59	200 BK	2:24.39	07/2010	Duncan Lee
Ava Jahner	07/2014	37.83	50 BR	32.97	08/2015	Adam Fusti-Molnar
Ava Jahner	05/2014	1:19.77	100 BR	1:11.50	08/2016	Henry Li
Ava Jahner	05/2014	2:50.32	200 BR	2:33.86	08/2015	Adam Fusti-Molnar
Natalie Jones	08/2013	30.33	50 FL	28.84	06/2010	Anthony Kim
Ally Bernier	07/2015	1:07.51	100 FL	1:04.08	07/2010	Duncan Lee
Ally Bernier	06/2015	2:26.40	200 FL	2:25.32	08/2015	Darien O'Donnell
Ally Bernier	06/2015	2:27.75	200 IM	2:24.19	08/2015	Adam Fusti-Molnar
Ally Bernier	08/2015	5:10.40	400 IM	5:08.61	08/2015	Adam Fusti-Molnar
Natalie Jones Hannah Grenemyer Kaci Jarry Chrysten Pacheco	07/2013	1:58.66	200 FR-R	1:55.55	06/2015	Brock Zuyderwyk Trey Robison Adam Fusti-Molnar Darien O'Donnell

Kaci Jarry Hannah Grenemyer Chrysten Pacheco Natalie Jones	07/2013	4:25.26	400 FR-R	4:16.07	07/2015	Adam Fusti-Molnar Trey Robison Brock Zuyderwyk Darien O'Donnell
Lucia Madrid-Schleicher Mack Rivera Victoria Marthaler Cora Quintana	07/2019	10:52.50	800 FR-R	10:19.96	07/2019	Tristan Dons Finn Bettis Mark Cecco Shep Camp
Caitlin Baca Ally Bernier Mackenzie Jarrell Sophia Gossum	07/2015	2:18.17	200 MED-R	2:07.12	07/2015	Trey Robison Adam Fusti-Molnar Darien O'Donnell Brock Zuyderwyk
Caitlin Baca Ally Bernier Mackenzie Jarrell Sophia Gossum	07/2015	5:01.83	400 MED-R	4:40.92	07/2015	Trey Robison Adam Fusti-Molnar Darien O'Donnell Brock Zuyderwyk
Savannah Kimball Emma Montoya Ava Pietryga Maria Anghel	06/2016	2:15.87	Mixed 200 FR-R	2:15.87	06/2016	Savannah Kimball Emma Montoya Ava Pietryga Maria Anghel
Gabriel Cruz Ashmi Penumatsa Brady Coffman Brooke Doty	07/2023	2:18.15	Mixed 200 MED-R	2:18.15	07/2023	Gabriel Cruz Ashmi Penumatsa Brady Coffman Brooke Doty
Female			13-14	Male		
Natalie Jones	07/2015	27.13	50 FR	24.34	07/2015	Max Hawton
Ally Bernier	08/2017	59.06	100 FR	54.01	08/2015	Max Hawton
Ally Bernier	07/2017	2:07.31	200 FR	1:57.54	06/2023	Mark Cecco
Ally Bernier	08/2017	4:22.21	400 FR	4:14.22	06/2023	Mark Cecco
Ally Bernier	08/2017	8:58.54	800 FR	8:48.38	06/2023	Mark Cecco
Ally Bernier	08/2017	17:29.12	1500 FR	17:09.72	08/2019	Nolan Arnholt
Tyler Wickesberg	07/2011	32.23	50 BK	29.67	07/2011	Anthony Kim
Emma Kelley	07/2019	1:07.56	100 BK	1:00.78	07/2012	Anthony Kim
Emma Kelley	07/2019	2:23.74	200 BK	2:08.38	07/2012	Anthony Kim
Ally Bernier	07/2017	36.77	50 BR	31.89	07/2022	Shep Camp
Ally Bernier	07/2016	1:18.05	100 BR	1:08.78	07/2016	Adam Fusti-Molnar
Ally Bernier	05/2017	2:50.30	200 BR	2:26.87	03/2016	Adam Fusti-Molnar
Natalie Jones	07/2014	30.11	50 FL	26.71	07/2017	Darien O'Donnell
Chrysten Pacheco	08/2014	1:04.39	100 FL	57.79	07/2015	Max Hawton
Ally Bernier	07/2016	2:22.55	200 FL	2:10.38	07/2017	Darien O'Donnell
Ally Bernier	05/2016	2:24.19	200 IM	2:13.04	07/2022	Shep Camp
Ally Bernier	07/2017	5:02.11	400 IM	4:46.25	07/2022	Shep Camp
Megan Decker Emma Long Chrysten Pacheco Natalie Jones	06/2015	1:53.87	200 FR-R	1:45.03	07/2017	Darien O'Donnell Brock Zuyderwyk Trey Robison Dylan Nguyen
Ally Bernier Hannah Meek Mackenzie Jarrell Sophia Gossum	07/2017	4:09.85	400 FR-R	3:52.28	07/2016	Joe Cecco Adam Fusti-Molnar Jake Hand Darien O'Donnell
Hannah Meek Sophia Gossum Mackenzie Jarrell Ally Bernier	07/2017	9:01.09	800 FR-R	8:20.82	07/2016	Joe Cecco Jake Hand Darien O'Donnell Adam Fusti-Molnar
Sophia Gossum Ally Bernier Mackenzie Jarrell Lydia Orr	07/2017	2:07.69	200 MED-R	1:56.60	07/2017	Trey Robison Henry Li Darien O'Donnell Brock Zuyderwyk
Sophia Gossum Ally Bernier Mackenzie Jarrell Hannah Meek	07/2017	4:41.29	400 MED-R	4:14.07	07/2016	Jake Hand Adam Fusti-Molnar Darien O'Donnell Joe Cecco

			Mixed 200 FR-R			
Gabriel Cruz Christian Cruz Brooke Doty Harper Mitchell	07/2024	2:04.40	Mixed 200 MED-R	2:04.40	07/2024	Gabriel Cruz Christian Cruz Brooke Doty Harper Mitchell
Female			15-16	Male		
Natalie Jones	07/2016	26.69	50 FR	23.95	07/2017	Keelan Hart
Sarah Lott	07/2014	58.74	100 FR	51.72	07/2017	Keelan Hart
Chrysten Pacheco	07/2016	2:07.06	200 FR	1:52.93	07/2024	Mark Cecco
Ally Bernier	08/2018	4:24.96	400 FR	4:04.34	07/2024	Mark Cecco
Ally Bernier	07/2019	9:01.60	800 FR	8:43.73	03/2024	Mark Cecco
Ally Bernier	07/2019	17:14.99	1500 FR	16:44.59	07/2016	Keelan Hart
Sophia Gossum	07/2019	32.80	50 BK	27.43r	07/2017	Max Hawton
Tyler Wickesberg	07/2013	1:06.75	100 BK	57.95	07/2013	Anthony Kim
Emma Kelley	07/2021	2:22.42	200 BK	2:04.54	07/2013	Anthony Kim
Raylee Hunt	07/2023	33.67	50 BR	30.96	07/2022	Cole Bettis
Raylee Hunt	07/2023	1:12.89	100 BR	1:06.06	07/2024	Shep Camp
Mack Rivera	03/2024	2:39.06	200 BR	2:23.79	08/2018	Jake Hand
Natalie Jones	07/2017	29.88	50 FL	25.69	07/2017	Max Hawton
Chrysten Pacheco	03/2016	1:04.60	100 FL	54.93	07/2014	Anthony Kim
Chrysten Pacheco	03/2016	2:24.19	200 FL	2:09.03	07/2018	Darien O'Donnell
Ally Bernier	08/2018	2:24.87	200 IM	2:08.00	07/2022	Cole Bettis
Ally Bernier	07/2019	5:02.78	400 IM	4:35.39	07/2018	Jake Hand
Sophia Gossum Hannah Meek Mackenzie Jarrell Ally Bernier	07/2019	1:53.37	200 FR-R	1:41.15	07/2018	Brock Zuyderwyk Jake Hand Joe Cecco Darien O'Donnell
Sophia Gossum Hannah Meek Mackenzie Jarrell Ally Bernier	07/2019	4:04.34	400 FR-R	3:32.95	07/2017	Max Hawton Joe Cecco Jack Hoagland Keelan Hart
Natalie Jones Raeleigh Stansbery Shaelyn Carmody Hannah Grenemyer	03/2016	9:09.99	800 FR-R	7:51.39	07/2017	Keelan Hart Joe Cecco Jake Hand Jack Hoagland
Tyler Wickesberg Kelsey Robison Mikelle Gidlow Sarah Lott	06/2014	2:08.34	200 MED-R	1:51.94	03/2024	Tristan Dons Shep Camp Soren Carlson Ryan Meek
Madison Gordley Raeleigh Stansbery Natasha Kinney Madison Supple	08/2014	4:42.54	400 MED-R	3:58.54	07/2017	Jack Hoagland Jake Hand Max Hawton Keelan Hart
			Mixed 200 FR-R			
Nolan Arnholt Mack Rivera Jack Yu Sienna Nordquist	07/2022	2:02.02	Mixed 200 MED-R	2:02.02	07/2022	Nolan Arnholt Mack Rivera Jack Yu Sienna Nordquist
Female			17-18	Male		
Sarah Lott	06/2016	27.27	50 FR	23.73r	07/2024	Nolan Arnholt
Sarah Lott	03/2016	56.78	100 FR	51.14	08/2018	Max Hawton
Sarah Lott	03/2016	2:03.97r	200 FR	1:52.04	05/2024	Nolan Arnholt
Ally Bernier	07/2021	4:29.82	400 FR	4:00.64	07/2024	Nolan Arnholt
Ally Bernier	07/2021	9:17.29	800 FR	8:26.84	07/2024	Nolan Arnholt

Ally Bernier	07/2021	17:22.38	1500 FR	16:22.32	03/2024	Nolan Arnholt
Katherine Meek	07/2023	31.82r	50 BK	27.44r	03/2024	Nolan Arnholt
Sarah Lott	03/2016	1:04.50	100 BK	57.15	07/2015	Anthony Kim
Emma Kelley	07/2022	2:22.10	200 BK	2:03.09	08/2015	Anthony Kim
Mack Rivera	07/2024	33.19	50 BR	30.21	07/2024	Cole Bettis
Mack Rivera	07/2024	1:12.14	100 BR	1:05.79	07/2019	Jake Hand
Raylee Hunt	07/2024	2:35.89	200 BR	2:20.51	07/2019	Jake Hand
Maya Van Atta	07/2024	29.52	50 FL	25.78	07/2024	Nolan Arnholt
Natalie Jones	05/2018	1:05.19	100 FL	55.34	07/2015	Anthony Kim
Michelle Howell	07/2010	2:24.53	200 FL	2:07.43	07/2022	Ethan Manske
Raylee Hunt	08/2024	2:25.21	200 IM	2:04.07	07/2019	Jack Hoagland
Ally Bernier	07/2021	5:08.94	400 IM	4:30.20	07/2019	Jake Hand
Lexi Davis Selena Mufti Natalie Cavellier Miriam Swisher	06/2012	2:00.45	200 FR-R			
			400 FR-R	3:38.99	07/2016	Ian Conley Ian Kingsolver Kevin Benavidez Maurice Moffett
			800 FR-R			
			200 MED-R	1:53.91	05/2015	Anthony Kim Ian Kingsolver Will Geck Hank Gullick
Katherine Meek Raylee Hunt Maya Van Atta Sienna Nordquist	03/2024	4:27.69	400 MED-R	3:58.54	03/2016	Anthony Kim Ian Kingsolver Kevin Benavidez Hank Gullick
			Mixed 200 FR-R			
Cole Bettis Raylee Hunt Jack Yu Sienna Nordquist	07/2024	1:59.42	Mixed 200 MED-R	1:59.42	07/2024	Cole Bettis Raylee Hunt Jack Yu Sienna Nordquist
Female			Open	Male		
Natalie Jones	07/2016	26.69	50 FR	23.73r	07/2024	Nolan Arnholt
Sarah Lott	03/2016	56.78	100 FR	51.14	08/2018	Max Hawton
Sarah Lott	03/2016	2:03.97r	200 FR	1:52.04	05/2024	Nolan Arnholt
Ally Bernier	08/2017	4:22.21	400 FR	3:54.95	11/2019	Jack Hoagland
Ally Bernier	08/2017	8:58.54	800 FR	8:26.84	07/2024	Nolan Arnholt
Ally Bernier	07/2019	17:14.99	1500 FR	16:22.32	03/2024	Nolan Arnholt
Katherine Meek	07/2023	31.82r	50 BK	27.30r	06/2017	Anthony Kim
Sarah Lott	03/2016	1:04.50	100 BK	57.15	07/2015	Anthony Kim
Emma Kelley	07/2022	2:22.10	200 BK	2:03.09	08/2015	Anthony Kim
Mack Rivera	07/2024	33.19	50 BR	30.21	07/2024	Cole Bettis
Mack Rivera	07/2024	1:12.14	100 BR	1:04.32	07/2013	David Brooks
Raylee Hunt	07/2024	2:35.89	200 BR	2:20.51	07/2019	Jake Hand
Maya Van Atta	07/2024	29.52	50 FL	25.39	07/2024	Krishna Clarke
Chrysten Pacheco	08/2014	1:04.39	100 FL	54.93	07/2014	Anthony Kim
Ally Bernier	07/2016	2:22.55	200 FL	2:03.49	06/2024	Ethan Manske
Ally Bernier	05/2016	2:24.19	200 IM	2:04.07	07/2019	Jack Hoagland

Ally Bernier	07/2017	5:02.11	400 IM	4:23.12	11/2019	Jack Hoagland
Natalie Jones Megan Decker Chrysten Pacheco Sarah Lott	03/2016	1:49.69	200 FR-R	1:36.27	03/2016	Anthony Kim Max Hawton Ian Kingsolver Hank Gullick
Sarah Lott Megan Decker Natalie Jones Chrysten Pacheco	03/2016	3:54.95	400 FR-R	3:29.66	07/2019	Jack Hoagland Darien O'Donnell Jake Hand Keelan Hart
Sarah Lott Madison Gordley Megan Decker Chrysten Pacheco	03/2016	8:36.95	800 FR-R	7:43.00	07/2024	Nolan Arnholt Cole Bettis Krishna Clarke Mark Cecco
Reese Hinnerichs Mack Rivera Maya Van Atta Ruby Sallah	07/2024	2:03.12	200 MED-R	1:47.38	03/2016	Anthony Kim Ian Kingsolver Max Hawton Hank Gullick
Emma Kelley Raylee Hunt Maya Van Atta Annabella Marthaler	07/2022	4:32.45	400 MED-R	3:54.00	08/2018	Max Hawton Jack Hoagland Darien O'Donnell Keelan Hart
Cole Bettis Maya Van Atta Annabella Marthaler Nolan Arnholt	04/2022	1:49.92	Mixed 200 FR-R	1:49.92	04/2022	Cole Bettis Maya Van Atta Annabella Marthaler Nolan Arnholt
Nolan Arnholt Mack Rivera Krishna Clarke Maya Van Atta	07/2024	1:54.18	Mixed 200 MED-R	1:54.18	07/2024	Nolan Arnholt Mack Rivera Krishna Clarke Maya Van Atta

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