

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

As of 12/31/23

	Existing Record
	New Record (2023)

## 200 LCM Freestyle Relay

Women 72-99	Men 72-99	Mixed 72-99
<b>UC Irvine Masters</b>	<b>Rose Bowl Masters</b>	<b>Conejo Simi Aquatic Masters</b>
<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)
Women 100-119	Men 100-119	Mixed 100-119
<b>Rose Bowl Masters</b>	<b>Irvine Novaquatics Masters</b>	<b>Irvine Novaquatics Masters</b>
<b>1:55.81 – 08/07/19</b>	<b>1:41.50 - 2007</b>	<b>1:46.87 – 08/07/13</b>
Lauren Frendreis (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)
Women 120-159	Men 120-159	Mixed 120-159
<b>Mission Viejo Masters</b>	<b>So California Aquatic Masters</b>	<b>Rose Bowl Masters</b>
<b>2:00.09 - 2006</b>	<b>1:34.82 - 2009</b>	<b>1:44.18 – 08/05/23</b>
Ann Worthington (40)	Matthew Cornue (34)	<b>Ralph Porazzo (31)</b>
Tami Engel (43)	Erik Hochstein (41)	<b>Natalie Tedjasukmana (28)</b>
Jennifer Batcheller (38)	Erik Tolmachoff (28)	<b>Michelle Rodrigue (31)</b>
Jill Edwards (35)	Christopher Beach (40)	<b>Miguel Ortiz-Canavate Ozeki (32)</b>
Women 160-199	Men 160-199	Mixed 160-199
<b>Team TYR</b>	<b>Team TYR</b>	<b>Team TYR</b>
<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)
Women 200-239	Men 200-239	Mixed 200-239
<b>Irvine Novaquatics Masters</b>	<b>Conejo Valley Masters</b>	<b>Conejo Valley Masters</b>
<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)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

As of 12/31/23

	Existing Record
	New Record (2023)

## 200 LCM Freestyle Relay

Women 240-279	Men 240-279	Mixed 240-279
<b>Conejo Valley Masters</b>	<b>Rose Bowl Masters</b>	<b>Irvine Novaquatics Masters</b>
<b>2:07.82 – 08/11/23</b>	<b>1:49.66 – 08/05/23</b>	<b>1:59.29 – 08/07/19</b>
Becky Cleavenger (60)	Thomas Taylor (64)	Tim Buckley (64)
Shelly Marshall (67)	Stephen DeCosse (65)	Katie Osborne (56)
Helen Cox (66)	Dan Stephenson (66)	Veronica Hibben (63)
Jennifer Weiderman (57)	Nils K Plett (57)	John Lorenz (63)
Women 280-319	Men 280-319	Mixed 280-319
<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>2:25.30 – 08/12/22</b>
Jan Levinrad (74)	Hubie Kerns (68)	Steven Wigely ( 73)
Beverly Montrella (75)	Bruce Rollins (68)	Van Cochran (72)
Jeanne Mc Cleave (67)	Monte Gast (70)	Beverly Montrella (76)
Diana Dolan LaMar (64)	Mike Freshley (76)	Jan Levinrad (75)
Women 320-359	Men 320-359	Mixed 320-359
	<b>Mission Viejo Masters</b>	<b>Santa Barbara Masters</b>
	<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)
Women 360-399	Men 360-399	Mixed 360-399
		<b>Mission Viejo Masters</b>
		<b>3:36.78 – 08/07/13</b>
		Frank Piemme (88)
		Maurine Kornfeld (92)
		Rita Simonton (95)
		Jurgen Schmidt (90)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

As of 12/31/23



## 400 LCM Freestyle Relay

Women 72-99	Men 72-99	Mixed 72-99
<b>Las Vegas Masters</b>	<b>Irvine Novaquatics Masters</b>	<b>Conejo Simi Aquatic Masters</b>
<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)
Women 100-119	Men 100-119	Mixed 100-119
<b>Irvine Novaquatics Masters</b>	<b>Irvine Novaquatics Masters</b>	<b>Southern Calif Aquatics</b>
<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)
Women 120-159	Men 120-159	Mixed 120-159
<b>So California Aquatic Masters</b>	<b>Team TYR</b>	<b>So California Aquatic Masters</b>
<b>4:45.53 – 07/25/10</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)
Women 160-199	Men 160-199	Mixed 160-199
<b>Mission Viejo Masters</b>	<b>So California Aquatic Masters</b>	<b>So California Aquatic Masters</b>
<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)
Women 200-239	Men 200-239	Mixed 200-239
<b>UCLA Masters</b>	<b>Conejo Valley Masters</b>	<b>Conejo Valley Masters</b>
<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)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

As of 12/31/23

	Existing Record
	New Record (2023)

## 400 LCM Freestyle Relay

Women 240-279	Men 240-279	Mixed 240-279
<b>Conejo Valley Masters</b>	Ventura County Masters	Conejo Valley Masters
<b>4:53.65 – 08/11/23</b>	<b>4:07.77 – 08/14/15</b>	<b>4:59.08 – 07/07/19</b>
Becky Cleavenger (60)	Hubie Kerns (66)	Robert Rosen (69)
Shelly Marshall (67)	Glenn Gruber (66)	Mark Buckley (66)
Helen Cox (66)	Michael Blatt (60)	Niki Stokols (62)
Jennifer Weiderman (57)	Mike Shaffer (50)	Jennifer Weiderman (53)
Women 280-319	Men 280-319	Mixed 280-319
Mission Viejo Masters	Mission Viejo Masters	Mission Viejo Masters
<b>6:02.37 – 07/10/22</b>	<b>5:33.88 – 07/10/22</b>	<b>5:32.98 – 07/30/21</b>
Gwen Uthus (68)	Van Cochran (72)	Beverly Montrella (75)
Jan Levinrad (75)	John Campbell (75)	Mark Longworth (70)
Beverly Montrella (76)	Mark Longworth (71)	Van Cochran (71)
Diana Dolan Lamar (65)	Robert Mitchell (64)	Diana Dolan LaMar (64)
Women 320-359	Men 320-359	Mixed 320-359
	Costa Mesa	Santa Barbara Masters
	<b>6:12.12 - 1998</b>	<b>6:56.05 - 2004</b>
	Bob Christians (82)	Frank Piemme (79)
	Louis Giberson (77)	Grace Altus (80)
	Bob Merrick (78)	Ruth Baar (82)
	Woody Bowersock (85)	Jurgen Schmidt (81)
Women 360-399	Men 360-399	Mixed 360-399
		Mission Viejo Masters
		<b>8:26.02 – 08/07/13</b>
		Frank Piemme (88)
		Maurine Kornfeld (92)
		Rita Simonton (95)
		Jurgen Schmidt (90)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

As of 12/31/23



## k800 LCM Freestyle Relay

Women 72-99	Men 72-99	Mixed 72-99
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)
Women 100-119	Men 100-119	Mixed 100-119
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)
Women 120-159	Men 120-159	Mixed 120-159
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)
Women 160-199	Men 160-199	Mixed 160-199
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)
Women 200-239	Men 200-239	Mixed 200-239
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)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

As of 12/31/23

	Existing Record
	New Record (2023)

## 800 LCM Freestyle Relay

Women 240-279	Men 240-279	Mixed 240-279
<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)
Women 280-319	Men 280-319	Mixed 280-319
Mission Viejo Masters	<b>Mission Viejo Masters</b>	Mission Viejo Masters
<b>12:40.22 – 07/11/21</b>	<b>12:54.43</b>	<b>12:22.99 – 07/10/22</b>
Beverly Montrella (75)	Norman Walton (65)	Beverly Montrella (76)
Jan Levinrad (74)	Mark Longworth (72)	Gwen Uthus (68)
Gwen Uthus (67)	Van Cochran (73)	Robert Mitchell (64)
Diana Dolan LaMar (64)	Ian Stuart (76)	Van Cochran (72)
Women 320-359	Men 320-359	Mixed 320-359
	<b>Costa Mesa</b>	<b>Mission Viejo Masters</b>
	<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)
Women 360-399	Men 360-399	Mixed 360-399
		<b>Mission Viejo Masters</b>
		<b>18:24.23 – 08/07/13</b>
		Frank Piemme (88)
		Maurine Kornfeld (92)
		Rita Simonton (95)
		Jurgen Schmidt (90)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

As of 12/31/23

	Existing Record
	New Record (2023)

## 200 LCM Medley Relay

Women 72-99	Men 72-99	Mixed 72-99
UC Irvine Masters	Golden Road Aquatics	Conejo Simi Aquatic Masters
<b>2:12.88 - 2005</b>	<b>1:52.15 – 08/12/18</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)
Women 100-119	Men 100-119	Mixed 100-119
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 Frendreis (28)	Evan Kraus (25)	Samuel Ubellacker (21)
Women 120-159	Men 120-159	Mixed 120-159
Santa Barbara Masters	Mission Viejo Masters	<b>Rose Bowl Masters</b>
<b>2:13.62 – 08/07/19</b>	<b>1:46.11 – 08/07/19</b>	<b>1:55.89 – 08/05/23</b>
Adrienne Binder Brown (34)	Garrett Hubbard (28)	<b>Ralph Porrazzo (31)</b>
Melissa Knell (25)	Mat Prasser (27)	<b>Michelle Rodrigue (31)</b>
Jill Jones (27)	Kevin Bartell (34)	<b>Miguel Ortiz-Canavate Ozeki (32)</b>
Darlene Krohn (38)	Andrew Cox (34)	<b>Natalie Tedjasukmana (28)</b>
Women 160-199	Men 160-199	Mixed 160-199
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)
Women 200-239	Men 200-239	Mixed 200-239
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)

# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

As of 12/31/23

	Existing Record
	New Record (2023)

## 200 LCM Medley Relay

Women 240-279	Men 240-279	Mixed 240-279
<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)
Women 280-319	Men 280-319	Mixed 280-319
<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)
Women 320-359	Men 320-359	Mixed 320-359
	<b>Mission Viejo Masters</b>	<b>Santa Barbara Masters</b>
	<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)
Women 360-399	Men 360-399	Mixed 360-399
		<b>Mission Viejo Masters</b>
		<b>4:19.30 – 08/07/13</b>
		Rita Simonton (95)
		Jurgen Schmidt (90)
		Frank Piemme (88)
		Maurine Kornfeld (92)



# SOUTHERN PACIFIC MASTERS RECORDS – LONG COURSE METERS

As of 12/31/23



## 400 LCM Medley Relay

Women 72-99	Men 72-99	Mixed 72-99
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)
Women 100-119	Men 100-119	Mixed 100-119
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)
Women 120-159	Men 120-159	Mixed 120-159
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)
Women 160-199	Men 160-199	Mixed 160-199
Conejo Valley Masters	So California Aquatic Masters	Conejo Valley Masters
<b>5:01.69 – 08/22/14</b>	<b>4:13.61 - 2009</b>	<b>4:23.46 – 08/22/14</b>
Beata Konopka (45)	Erik Hochstein (41)	Jennifer Weiderman (48)
Nick Boshoff (46)	Christopher Beach (40)	Doug Koehler (48)
Doug Koehler (48)	Peter Egan (45)	Deanna Koehler (45)
Becky Cleavenger (51)	Dan Wegner (38)	Michael Boosin (48)
Women 200-239	Men 200-239	Mixed 200-239
UCLA Masters	Ventura County Masters	So California Aquatic Masters
<b>5:02.61 – 07/07/13</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

As of 12/31/23

	Existing Record
	New Record (2023)

## 400 LCM Medley Relay

Women 240-279	Men 240-279	Mixed 240-279
<b>Conejo Valley Masters</b>	<b>Ventura County Masters</b>	<b>Conejo Valley Masters</b>
<b>5:41.59 – 08/11/23</b>	<b>4:40.96 – 08/05/16</b>	<b>5:35.16 – 07/14/17</b>
Helen Cox (66)	Jim McConica (66)	Nancy Kirkpatrick-Reno (62)
Jennifer Weiderman (57)	Hubie Kerns (67)	Deanna Koehler (48)
Shelly Marshall (67)	Mike Shaffer (51)	Mark Buckley (64)
Becky Cleavenger (60)	Glenn Gruber (67)	Robert Rosen (67)
Women 280-319	Men 280-319	Mixed 280-319
<b>Mission Viejo Masters</b>	<b>Long Beach Grunions</b>	<b>Mission Viejo Masters</b>
<b>7:17.89 – 07/10/22</b>	<b>6:58.13 – 07/30/21</b>	<b>6:28.93 – 08/07/13</b>
Beverly Montrella (76)	Jeffrey Dobra (67)	Beverly Montrella (67)
Jeanne Mc Cleave (68)	Stan Smith (74)	John Campbell (66)
Diana Dolan LaMar (65)	Rick Miller (74)	Dick Stewart (73)
Jan Levinrad (75)	Kim Onisko (65)	Jeanne Little (76)
Women 320-359	Men 320-359	Mixed 320-359
	<b>Costa Mesa</b>	<b>Mission Viejo Masters</b>
	<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 Bowersock (85)	Maurine Kornfeld (90)
Women 360-399	Men 360-399	Mixed 360-399
		<b>Mission Viejo Masters</b>
		<b>10:20.46 – 08/07/13</b>
		Rita Simonton (95)
		Jurgen Schmidt (90)
		Frank Piemme (88)
		Maurine Kornfeld (92)