

26 Sep 2026

2026 Southeast Zone LCM Top 10 Relays**World record****USMS record****Southeast Zone record****Women****200 LCM Free Relay****120-159**

2:08.27	COLM	Moyer, Amanda	40	Luke, Chelsea	37	Alisangco, Marcie	48	Bayer, Cassidy	27
2:22.02	PALM	Wilson, Jamie	60	Heatley, Stephanie	36	Hellenbrand, Heidi	24	Graham, Sofia	27

160-199

1:50.87	NCMS	Alons, Kylee	27	Braun, Erika	54	Stump, Karen	48	Ruiz, Kimberly	35
2:04.71	PBM	Vincent, Tiffany	41	Anderson, Lauren	53	Delaney, Julia	24	LeClair, Dale	57
2:37.15	GSMS	Stayman, Hayley	34	Lehmann, Christiana	30	Blomquist, Amanda	40	Forgrave, Kristina	56
2:41.91	SFTL	Cannilla, Cara	30	Wright, Cassandra	28	Bennett, Sarah	63	Gatto, Caroline	66

200-239

2:11.15	SHARK	Varlas, Melissa	53	Hayden, Alison	55	Einsidler, Karen	70	King, Ashley	46
2:29.75	SHARK	Good, Tricia	55	Coley, Cheryl	54	Downey, Elizabeth	47	Hughes, Suzette	51
3:02.64	ARP	Ingold, Barbara	67	Krugman, Elaine	64	Harrison, Ellen	65	Coe, Genevieve	34

240-279

2:32.10	SFTL	Dussliere, Julie	54	Larson, Linda	71	Stutz, Kathleen	44	Falcigno, Pamela	71
---------	------	------------------	----	---------------	----	-----------------	----	------------------	----

280-319

2:23.56	SHARK	Gray, Jami	68	Nevid, Nancy	71	Carson, June	78	Early, Marilyn	69
2:52.50	SFTL	Attin Neville, Debra	67	Henley, Cynthia	68	Martin, Michelle	77	Herasymenko, Yaryna	53
3:15.34	SFTL	Larson, Linda	71	Webb, Linda	81	Falcigno, Pamela	71	Lyman, Carolyn	76

200 LCM Medley Relay**120-159**

2:21.93	COLM	Moyer, Amanda	40	Bayer, Cassidy	27	Alisangco, Marcie	48	Luke, Chelsea	37
2:36.10	NCMS	Devine, Marissa	29	Miller, Emma	30	Charnovich, Megan	31	Thomas, Ann	29

160-199

1:58.58	NCMS	Alons, Kylee	27	Ruiz, Kimberly	35	Stump, Karen	48	Braun, Erika	54
2:36.11	PALM	Heatley, Stephanie	36	Wilson, Jamie	60	Sizelove, Erin	48	Hellenbrand, Heidi	24
2:58.18	GSMS	Blomquist, Amanda	40	Lehmann, Christiana	30	Stayman, Hayley	34	Forgrave, Kristina	56

240-279

2:38.34	SHARK	Einsidler, Karen	70	Good, Tricia	55	Hayden, Alison	55	Gray, Jami	68
2:51.78	SFTL	Larson, Linda	71	Dussliere, Julie	54	Stutz, Kathleen	44	Falcigno, Pamela	71
3:43.59	SFTL	Bennett, Sarah	63	Henley, Cynthia	68	Martin, Michelle	77	Gatto, Caroline	66

280-319

3:27.52	SHARK	Early, Marilyn	69	Mitchell, Carol	77	Nevid, Nancy	71	Carson, June	78
---------	-------	----------------	----	-----------------	----	--------------	----	--------------	----

400 LCM Free Relay**120-159**

5:12.67	NCMS	Johnson, Emma-Claire	22	Johnson, Erin	51	Holzer, Emma	35	Gilliland, Virginia	26
---------	------	----------------------	----	---------------	----	--------------	----	---------------------	----

160-199

4:05.73	NCMS	Alons, Kylee	27	Braun, Erika	54	Stump, Karen	48	Ruiz, Kimberly	35
5:38.95	SPM	Albee, Laura	57	Gibson, Stephanie	43	Swoch, Sarah	41	Bergstrom, Hannah	39

200-239

4:57.39	SPM	Westerman, Karen	59	Kupan, Cheryl	62	Texel, Paula	56	Chubb, Courtney	57
---------	-----	------------------	----	---------------	----	--------------	----	-----------------	----

240-279

5:37.89	SFTL	Dussliere, Julie	54	Larson, Linda	71	Stutz, Kathleen	44	Falcigno, Pamela	71
5:58.35	SHARK	Nevid, Nancy	71	Watts, Sue	72	Downey, Elizabeth	47	Nakhla, Alessandra	27

280-319

5:33.00	SHARK	Uustal, Diann	80	Einsidler, Karen	70	Gray, Jami	68	Early, Marilyn	69
---------	-------	---------------	----	------------------	----	------------	----	----------------	----

400 Meter Medley Relay**160-200**

4:28.49	NCMS	Alons, Kylee	27	Ruiz, Kimberly	35	Stump, Karen	48	Braun, Erika	54
4:38.07	GAJA	Johnson, Caroline	39	Blackman, Annemieke	49	Holland, Irish	46	Shelnutt, Vesna	41
5:57.94	SPM	Texel, Paula	56	Swoch, Sarah	41	Chubb, Courtney	57	Bergstrom, Hannah	39
6:11.16	SHARK	Dammer, Emily	35	Downey, Elizabeth	47	King, Ashley	46	Rohm, Kim	66

200-239

4:53.61	GAJA	Holland, Irish	46	O'Leary, Britta	42	Shelnutt, Vesna	41	Noyes, Penny	72
---------	------	----------------	----	-----------------	----	-----------------	----	--------------	----

240-279

5:53.71	SHARK	Uustal, Diann	80	Good, Tricia	55	Varlas, Melissa	53	Early, Marilyn	69
6:16.63	SFTL	Larson, Linda	71	Dussliere, Julie	54	Stutz, Kathleen	44	Falcigno, Pamela	71
6:39.63	SHARK	Einsidler, Karen	70	Nevid, Nancy	71	Coley, Cheryl	54	Lachney, Fay	65

800 LCM Free Relay**160-199**

12:23.86	SHARK	King, Ashley	46	Dammer, Emily	35	Downey, Elizabeth	47	Rohm, Kim	66
----------	-------	--------------	----	---------------	----	-------------------	----	-----------	----

200-239

10:56.72	SHARK	King, Ashley	46	Good, Tricia	55	Early, Marilyn	69	Varlas, Melissa	53
----------	-------	--------------	----	--------------	----	----------------	----	-----------------	----

240-279

12:37.12	SFTL	Dussliere, Julie	54	Larson, Linda	71	Stutz, Kathleen	44	Falcigno, Pamela	71
----------	------	------------------	----	---------------	----	-----------------	----	------------------	----

2026 Southeast Zone LCM Top 10 Relays

World record

USMS record

Southeast Zone record

Men

200 LCM Free Relay

100-119

1:49.30	GS	DiBattista, Alec	25	Cignarale, Noah	30	Juengel, Michael	25	Michael, Charles	27
---------	----	------------------	----	-----------------	----	------------------	----	------------------	----

120-159

1:50.78	SFTL	Jackwin, Eric	37	Rodriguez, Daniel	33	Eagles, Robert	38	Marvin, Matthew	27
---------	------	---------------	----	-------------------	----	----------------	----	-----------------	----

1:52.27	ARP	Verin, Alexander	39	Norman, Travis	30	Diehl, Adam	44	Reynolds, Brantley	37
---------	-----	------------------	----	----------------	----	-------------	----	--------------------	----

2:00.43	ART	Camp, Zachary	28	Maxwell, James	37	Pruden, Russell	55	McGregor, Matthew	24
---------	-----	---------------	----	----------------	----	-----------------	----	-------------------	----

160-199

1:55.21	ARP	Diehl, Adam	44	Norman, Travis	30	Merritt, Russ	55	Reynolds, Brantley	37
---------	-----	-------------	----	----------------	----	---------------	----	--------------------	----

2:08.07	PALM	Moffa, Daniel	43	Schalles, Dwayne	61	Wilson, Jason	36	Brown, Richard	32
---------	------	---------------	----	------------------	----	---------------	----	----------------	----

2:38.25	COLM	Sakara, Michael	58	Vitollo, Timothy	44	Rambo, William	64	Hill, Ryan	27
---------	------	-----------------	----	------------------	----	----------------	----	------------	----

200-239

1:52.36	SHARK	Gilliam, Michael	46	Tolstov, Alex	43	Butcher, Rob	54	LaMonica, Mike	66
---------	-------	------------------	----	---------------	----	--------------	----	----------------	----

2:06.21	SPM	Smith, Michael	69	Cheung, Howard	30	Zabel, Michael	66	Chambers, Cameron	36
---------	-----	----------------	----	----------------	----	----------------	----	-------------------	----

2:12.82	SFTL	Armpriester, Ryan	41	Sangerman, Jordan	42	Aimi, Victor	57	Aubrey, Michael	65
---------	------	-------------------	----	-------------------	----	--------------	----	-----------------	----

240-279

2:02.69	COLM	Oliver, George	60	Smith, Bradley	64	Kranker, Kerstan	55	Stiles, Jeremy	49
---------	------	----------------	----	----------------	----	------------------	----	----------------	----

2:06.57	SFTL	Aimi, Victor	57	Correa-Marrero, Pedro	64	Aubrey, Michael	65	Charrette, Dale	69
---------	------	--------------	----	-----------------------	----	-----------------	----	-----------------	----

2:13.24	SHARK	Clissold, Edward	52	Martin, Jack	75	Denault, Charles	63	Matysek, Jim	67
---------	-------	------------------	----	--------------	----	------------------	----	--------------	----

280-319

1:56.86	SFTL	Steynberg, Andre	70	Douglass, Will	67	Parra, Francisco	69	Kerns, Hubie	77
---------	------	------------------	----	----------------	----	------------------	----	--------------	----

2:02.76	PALM	Brzezinski, Jay	79	Parler, David	70	Buck, Billy	65	Spaits, Tom	67
---------	------	-----------------	----	---------------	----	-------------	----	-------------	----

3:36.68	SFTL	Akbar, Clyde	78	Wdowinski, Shimon	69	Parra, Francisco	69	Sonenshein, Roy	69
---------	------	--------------	----	-------------------	----	------------------	----	-----------------	----

320-359

2:49.98	SHARK	Couch, Bob	79	Claridge, Don	81	McIntyre, David	89	Oakes, David	86
---------	-------	------------	----	---------------	----	-----------------	----	--------------	----

200 LCM Medley Relay

100-119

2:02.81	GS	Juengel, Michael	25	Cignarale, Noah	30	Michael, Charles	27	DiBattista, Alec	25
---------	----	------------------	----	-----------------	----	------------------	----	------------------	----

120-159

1:50.74	TMC	Bezugliy, Alexander	41	Rakhimov, Timur	33	Semenov, Nikita	31	Protsenko, Oleksandr	40
---------	-----	---------------------	----	-----------------	----	-----------------	----	----------------------	----

2:12.68	ARP	Diehl, Adam	44	Norman, Travis	30	Verin, Alexander	39	Reynolds, Brantley	37
---------	-----	-------------	----	----------------	----	------------------	----	--------------------	----

2:16.64	SFTL	Jackwin, Eric	37	Armpriester, Ryan	41	Marvin, Matthew	27	Rodriguez, Daniel	33
---------	------	---------------	----	-------------------	----	-----------------	----	-------------------	----

2:23.40	ART	Camp, Zachary	28	Pruden, Russell	55	McGregor, Matthew	24	Barnes, James	39
---------	-----	---------------	----	-----------------	----	-------------------	----	---------------	----

160-199

2:01.91	SFTL	Marvin, Matthew	27	Filion, Guillaume	47	Groters, Jordy	30	Aimi, Victor	57
---------	------	-----------------	----	-------------------	----	----------------	----	--------------	----

2:06.22	ARP	Diehl, Adam	44	Reynolds, Brantley	37	Merritt, Russ	55	Norman, Travis	30
---------	-----	-------------	----	--------------------	----	---------------	----	----------------	----

2:21.82	PALM	Brown, Richard	32	Moffa, Daniel	43	Wilson, Jason	36	Schalles, Dwayne	61
---------	------	----------------	----	---------------	----	---------------	----	------------------	----

200-239

2:05.54	SHARK	Gilliam, Michael	46	Mench, Edward	59	Clissold, Edward	52	Tolstov, Alex	43
---------	-------	------------------	----	---------------	----	------------------	----	---------------	----

2:10.47	PBM	Lotano, Daniel	46	Weig, Leif	59	Sanchez, Art	55	LeClair, David	59
---------	-----	----------------	----	------------	----	--------------	----	----------------	----

2:37.55	COLM	Rambo, William	64	Stiles, Jeremy	49	Oliver, George	60	Hill, Ryan	27
---------	------	----------------	----	----------------	----	----------------	----	------------	----

240-279

2:27.78	SFTL	Gaw, Mike	57	Aubrey, Michael	65	Charrette, Dale	69	Correa-Marrero, Pedro	64
---------	------	-----------	----	-----------------	----	-----------------	----	-----------------------	----

2:31.44	GS	McNichols, James	66	Shake, Joe	68	Kothe, Mark	60	Tarr, William	51
---------	----	------------------	----	------------	----	-------------	----	---------------	----

280-319

2:15.01	SFTL	Steynberg, Andre	70	Kerns, Hubie	77	Parra, Francisco	69	Douglass, Will	67
---------	------	------------------	----	--------------	----	------------------	----	----------------	----

2:44.36	PALM	Brzezinski, Jay	79	Parler, David	70	Buck, Billy	65	Spaits, Tom	67
---------	------	-----------------	----	---------------	----	-------------	----	-------------	----

320-359

2:46.30	SHARK	Oakes, David	86	Walker, Rick	76	Childs, Lee	78	Claridge, Don	81
---------	-------	--------------	----	--------------	----	-------------	----	---------------	----

400 LCM Free Relay

200-239

4:28.42	SPM	Stickle, Christopher	36	Smith, Michael	69	Zabel, Michael	66	Chambers, Cameron	36
---------	-----	----------------------	----	----------------	----	----------------	----	-------------------	----

280-319

4:47.02	SHARK	Walker, Rick	76	Childs, Lee	78	Matysek, Jim	67	LaMonica, Mike	66
---------	-------	--------------	----	-------------	----	--------------	----	----------------	----

400 LCM Medley Relay

240-279

6:56.62	SPM	Nixon, John	71	Salomon, Greg	64	Chambers, Cameron	36	Stephens, Bill	75
---------	-----	-------------	----	---------------	----	-------------------	----	----------------	----

800 LCM Free Relay

240-279

10:39.93	SHARK	LaMonica, Mike	66	Denault, Charles	63	Matysek, Jim	67	Kruse, Brent	48
----------	-------	----------------	----	------------------	----	--------------	----	--------------	----

26 Sep 2026

2026 Southeast Zone LCM Top 10 Relays**World record****USMS record****Southeast Zone record****Mixed****200 LCM Free Relay****100-119**

1:47.65	SFTL	Marvin, Matthew	27	Wright, Cassandra	28	Galluzzo, Natalie	27	Silva Lobo, Mauricio	28
---------	------	-----------------	----	-------------------	----	-------------------	----	----------------------	----

120-159

1:57.06	SMS	Enderle, Wendy	49	Nethers, Jay	45	Waddell, Hannah	22	Crews, Daniel	28
---------	-----	----------------	----	--------------	----	-----------------	----	---------------	----

160-199

1:55.50	PBM	Lotano, Daniel	46	Sanchez, Art	55	Woodruff, Janice	40	Delaney, Julia	24
---------	-----	----------------	----	--------------	----	------------------	----	----------------	----

2:07.22	SMS	Nethers, Jay	45	LeBon, Charles	50	Robinson, Joshua	32	Cloutet, Billy	45
---------	-----	--------------	----	----------------	----	------------------	----	----------------	----

2:01.46	PALM	Wilson, Jamie	60	Heatley, Stephanie	36	Brown, Richard	32	Wilson, Jason	36
---------	------	---------------	----	--------------------	----	----------------	----	---------------	----

2:27.89	PALM	Hellenbrand, Heidi	24	Graham, Sofia	27	Moffa, Daniel	43	Schalles, Dwayne	61
---------	------	--------------------	----	---------------	----	---------------	----	------------------	----

2:28.44	SFTL	Jackwin, Eric	37	Cannilla, Cara	30	Aubrey, Michael	65	Gatto, Caroline	66
---------	------	---------------	----	----------------	----	-----------------	----	-----------------	----

200-239

2:13.39	GSMS	Klein, Tom	56	Boretzky, Shelby	35	Forgrave, Kristina	56	Heller, Kevin	58
---------	------	------------	----	------------------	----	--------------------	----	---------------	----

240-279

2:09.44	PBM	Weig, Leif	59	LeClair, David	59	Neary, Donna	71	LeClair, Dale	57
---------	-----	------------	----	----------------	----	--------------	----	---------------	----

2:15.83	SFTL	Aubrey, Michael	65	Douglass, Will	67	Larson, Linda	71	Falcigno, Pamela	71
---------	------	-----------------	----	----------------	----	---------------	----	------------------	----

280-319

2:14.25	SFTL	Kerns, Hubie	77	Steynberg, Andre	70	Webb, Linda	81	Dussliere, Julie	54
---------	------	--------------	----	------------------	----	-------------	----	------------------	----

2:50.34	SFTL	McCloskey, Cecilia	76	Martin, Michelle	77	Wdowinski, Shimon	69	Mcpherrin, Kevin	79
---------	------	--------------------	----	------------------	----	-------------------	----	------------------	----

3:21.98	SCHH	Nelson, Audrey	79	Smith, Cynthia	73	Richards, Chester	80	Whannel, Gene	72
---------	------	----------------	----	----------------	----	-------------------	----	---------------	----

320-359

2:59.11	GOLD	Cavanaugh, Cav	91	Protzman, Barbara	72	Dively, Michael	88	McDonnell, Peggy	71
---------	------	----------------	----	-------------------	----	-----------------	----	------------------	----

200 LCM Medley Relay**100-119**

2:01.10	SFTL	Wright, Cassandra	28	Galluzzo, Natalie	27	Silva Lobo, Mauricio	28	Marvin, Matthew	27
---------	------	-------------------	----	-------------------	----	----------------------	----	-----------------	----

120-159

2:35.02	SMS	Enderle, Wendy	49	Waddell, Hannah	22	Morrissey, Kayla	38	Nethers, Meagan	41
---------	-----	----------------	----	-----------------	----	------------------	----	-----------------	----

160-199

1:34.79	PBM	Lotano, Daniel	46	Anderson, Lauren	53	Vincent, Tiffany	41	Manrique, Alejandro	45
---------	-----	----------------	----	------------------	----	------------------	----	---------------------	----

2:21.41	PALM	Brown, Richard	32	Wilson, Jamie	60	Sizelove, Erin	48	Wilson, Jason	36
---------	------	----------------	----	---------------	----	----------------	----	---------------	----

2:35.95	SMS	LeBon, Charles	50	Nethers, Jay	45	Randolph, Parker	20	Duggan, Mike	77
---------	-----	----------------	----	--------------	----	------------------	----	--------------	----

2:38.52	TYSM	Scott, Steven	76	Thompson, Christina	42	Scott, Matthew	41	Garcia, Sedona	19
---------	------	---------------	----	---------------------	----	----------------	----	----------------	----

2:38.61	PALM	Heatley, Stephanie	36	Hellenbrand, Heidi	24	Moffa, Daniel	43	Schalles, Dwayne	61
---------	------	--------------------	----	--------------------	----	---------------	----	------------------	----

2:59.45	ARP	Coe, Genevieve	34	Krugman, Elaine	64	Doupe, William	64	Huggins, Tyler	35
---------	-----	----------------	----	-----------------	----	----------------	----	----------------	----

200-239

2:19.59	SHARK	Kruse, Brent	48	Butcher, Rob	54	Varlas, Melissa	53	King, Ashley	46
---------	-------	--------------	----	--------------	----	-----------------	----	--------------	----

2:45.34	GSMS	Klein, Tom	56	Forgrave, Kristina	56	Heller, Kevin	58	Stayman, Hayley	34
---------	------	------------	----	--------------------	----	---------------	----	-----------------	----

240-279

2:31.52	SFTL	Larson, Linda	71	Aubrey, Michael	65	Falcigno, Pamela	71	Parra, Francisco	69
---------	------	---------------	----	-----------------	----	------------------	----	------------------	----

2:38.27	SFTL	Bennett, Sarah	63	Aubrey, Michael	65	Tiozzo, Eduard	53	Attin Neville, Debra	67
---------	------	----------------	----	-----------------	----	----------------	----	----------------------	----

280-319

3:28.68	SFTL	McCloskey, Cecilia	76	Charrette, Dale	69	Martin, Michelle	77	Sonenshein, Roy	69
---------	------	--------------------	----	-----------------	----	------------------	----	-----------------	----

4:30.82	SCHH	Nelson, Audrey	79	Tullie, Ann	81	Richards, Chester	80	Whannel, Gene	72
---------	------	----------------	----	-------------	----	-------------------	----	---------------	----

400 LC Meter Freestyle Relay**160-199**

5:02.04	SPM	Patton, Celeste	42	Swoch, Sarah	41	Zabel, Michael	66	Stickle, Christopher	36
---------	-----	-----------------	----	--------------	----	----------------	----	----------------------	----

5:04.26	SHARK	Rohm, Kim	66	Hattaway, Marshall	28	Dammer, Emily	35	Saylor, Brian	66
---------	-------	-----------	----	--------------------	----	---------------	----	---------------	----

6:10.36	TYSM	Taylor, Sharon	41	Scott, Steven	76	Garcia, Sedona	19	Scott, Matthew	41
---------	------	----------------	----	---------------	----	----------------	----	----------------	----

200-239

4:26.45	SHARK	Gilliam, Michael	46	Butcher, Rob	54	Hayden, Alison	55	King, Ashley	46
---------	-------	------------------	----	--------------	----	----------------	----	--------------	----

4:42.34	SHARK	Kruse, Brent	48	Clissold, Edward	52	Good, Tricia	55	Varlas, Melissa	53
---------	-------	--------------	----	------------------	----	--------------	----	-----------------	----

6:02.30	SPM	Stephens, Bill	75	Chambers, Cameron	36	Gibson, Stephanie	43	Texel, Paula	56
---------	-----	----------------	----	-------------------	----	-------------------	----	--------------	----

320-359

6:47.10	SHARK	Couch, Bob	79	Carson, June	78	Mitchell, Carol	77	Oakes, David	86
---------	-------	------------	----	--------------	----	-----------------	----	--------------	----

400 LCM Medley Relay**120-159**

5:37.59	NCMS	Holzer, Emma	35	Fuchs, Curtis	36	Smiley, Tyler	34	Johnson, Emma-Claire	22
---------	------	--------------	----	---------------	----	---------------	----	----------------------	----

200-239

4:55.37	SHARK	Gilliam, Michael	46	King, Ashley	46	Clissold, Edward	52	Hayden, Alison	55
---------	-------	------------------	----	--------------	----	------------------	----	----------------	----

800 LCM Free Relay**160-199**

9:01.24	NCMS	Kao, Jason	36	Jabusch, Sarah	32	Braun, Erika	54	Dellanoce, Michael	42
---------	------	------------	----	----------------	----	--------------	----	--------------------	----

10:58.69	SPM	Swoch, Sarah	41	Patton, Celeste	42	Chambers, Cameron	36	Zabel, Michael	66
----------	-----	--------------	----	-----------------	----	-------------------	----	----------------	----

200-239

12:42.13	SPM	Kupan, Cheryl	62	Bergstrom, Hannah	39	Salomon, Greg	64	Nixon, John	71
----------	-----	---------------	----	-------------------	----	---------------	----	-------------	----

280-319

11:32.40	SHARK	Walker, Rick	76	Einsidler, Karen	70	Lachney, Fay	65	Couch, Bob	79
----------	-------	--------------	----	------------------	----	--------------	----	------------	----