

# SWIM MEET RESULTS

FEBRUARY FROLIC SWIM MEET

Spokane, WA • February 21, 2004

# SPOKANE

## WOMEN'S EVENTS

### Women 40-44

<b>50 Yard Freestyle</b>			
Robin Sullenberger	43	0:30.79	UNA
<b>200 Yard Freestyle</b>			
Cindy Clutter	44	2:40.51	LCM
<b>500 Yard Freestyle</b>			
Susanne Simpson	43	5:43.42	SCM
Cindy Clutter	44	7:01.81	LCM
<b>1000 Yard Freestyle</b>			
Susanne Simpson	43	11:28.58	SCM
Cindy Clutter	44	14:12.01	LCM
<b>50 Yard Backstroke</b>			
Laura Winslow	44	0:36.52	ARIZ
<b>50 Yard Breaststroke</b>			
Laura Winslow	44	0:37.30	ARIZ
Robin Sullenberger	43	0:38.63	UNA
Cindy Clutter	44	0:42.60	LCM
<b>50 Yard Butterfly</b>			
Susanne Simpson	43	0:28.94	SCM
Robin Sullenberger	43	0:33.57	UNA
<b>100 Yard Butterfly</b>			
Susanne Simpson	43	1:04.09	SCM
<b>200 Yard Butterfly</b>			
Susanne Simpson	43	2:24.22	SCM
Cindy Clutter	44	3:23.51	LCM
<b>100 Yard Individual Medley</b>			
Laura Winslow	44	1:15.34	ARIZ

### Women 45-49

<b>50 Yard Freestyle</b>			
Mary Adams	49	0:36.20	LCM

<b>50 Yard Backstroke</b>			
Mary Adams	49	0:46.96	LCM
<b>50 Yard Breaststroke</b>			
Mary Adams	49	0:45.88	LCM
<b>50 Yard Butterfly</b>			
Mary Adams	49	0:42.98	LCM
<b>200 Yard Butterfly</b>			
Margaret Hair	48	3:13.78	LCM
<b>100 Yard Individual Medley</b>			
Mary Adams	49	1:34.74	LCM

### Women 55-59

<b>50 Yard Freestyle</b>			
Jett Vallandigham	57	0:45.26	UNA
Virginia Lane	57	0:48.00	LSD
<b>100 Yard Freestyle</b>			
Suzanne Dills	58	1:13.68	SCM
Jett Vallandigham	57	1:44.12	UNA
<b>1000 Yard Freestyle</b>			
Suzanne Dills	58	13:47.11I	SCM
Virginia Lane	57	20:41.20	LSD
<b>100 Yard Backstroke</b>			
Suzanne Dills	58	1:26.57I	SCM
<b>200 Yard Backstroke</b>			
Virginia Lane	57	4:39.27	LSD
<b>50 Yard Breaststroke</b>			
Jett Vallandigham	57	0:50.57	UNA
<b>100 Yard Breaststroke</b>			
Suzanne Dills	58	1:39.02	SCM
Jett Vallandigham	57	2:01.91	UNA
<b>200 Yard Breaststroke</b>			
Jett Vallandigham	57	4:24.46	UNA
<b>100 Yard Butterfly</b>			
Suzanne Dills	58	1:34.41	SCM



Eric Ridgway (43, SWA) before swimming one of his events, he was just happy to be at the meet swimming among friends.

<b>100 Yard Individual Medley</b>			
Virginia Lane	57	2:23.40	LSD
<b>200 Yard Individual Medley</b>			
Virginia Lane	57	4:58.26	LSD

### Women 60-64

<b>50 Yard Freestyle</b>			
Iris Murray	60	0:50.77	MCM
<b>100 Yard Freestyle</b>			
Iris Murray	60	1:56.13	MCM
<b>200 Yard Freestyle</b>			
Iris Murray	60	4:20.45	MCM
<b>500 Yard Freestyle</b>			
Iris Murray	60	11:10.62	MCM
<b>1000 Yard Freestyle</b>			
Iris Murray	60	22:25.47	MCM

### Women 65-69

<b>50 Yard Freestyle</b>			
Audrey B. Roberts	67	0:45.54	WKM
<b>100 Yard Freestyle</b>			
Audrey B. Roberts	67	1:48.09	WKM
<b>200 Yard Freestyle</b>			
Audrey B. Roberts	67	3:49.25	WKM

### Women 70-74

<b>50 Yard Freestyle</b>			
Madonna Buder	73	0:50.53	UNA
<b>100 Yard Freestyle</b>			
Madonna Buder	73	1:57.07	UNA
<b>500 Yard Freestyle</b>			
Annette Orton	72	16:12.84	SWA
<b>1000 Yard Freestyle</b>			
Madonna Buder	73	20:50.13	UNA
<b>200 Yard Backstroke</b>			
Annette Orton	72	7:38.03	SWA

<b>50 Yard Breaststroke</b>			
Madonna Buder	73	DQ	UNA
<b>200 Yard Breaststroke</b>			
Madonna Buder	73	5:17.14	UNA
Annette Orton	72	7:27.65	SWA
<b>100 Yard Butterfly</b>			
Annette Orton	72	3:59.03I	SWA
<b>200 Yard Individual Medley</b>			
Annette Orton	72	7:08.57	SWA

### Women 80-84

<b>50 Yard Freestyle</b>			
Jean Rudolph	82	1:05.86	MCM
<b>100 Yard Freestyle</b>			
Jean Rudolph	82	2:24.89	MCM
<b>50 Yard Backstroke</b>			
Jean Rudolph	82	1:17.59	MCM
<b>100 Yard Backstroke</b>			
Jean Rudolph	82	2:33.94I	MCM
<b>50 Yard Breaststroke</b>			
Jean Rudolph	82	1:23.24I	MCM

## MEN'S EVENTS

### Men 40-44

<b>50 Yard Freestyle</b>			
Murray Allen	41	0:25.36	SCM
Christopher Wood	42	0:27.41	SCM
<b>100 Yard Freestyle</b>			
Lincoln Djang	44	0:51.65	MVN
Murray Allen	41	0:57.67	SCM
Christopher Wood	42	1:02.26	SCM
David Hellenthal	43	1:02.58	SCM
Eric Ridgway	43	1:04.08	SWA
Thomas Simpson	43	1:07.67	SCM
Doug Garcia	42	1:09.85	WSU



Cindy Clutter (44, LSC) and Tom Simpson (43, SCM) after swimming the 1000 Freestyle. Simpson finished with a time of 14:01, Clutter finished close behind with a time of 14:12.

**200 Yard Freestyle**

Christopher Wood	42	2:18.66	SCM
David Hellenthal	43	2:18.74	SCM
Doug Garcia	42	2:41.87	WSU

**500 Yard Freestyle**

Eric Ridgway	43	6:47.54	SWA
Doug Garcia	42	7:24.74	WSU

**1000 Yard Freestyle**

Thomas Simpson	43	14:01.50	SCM
----------------	----	----------	-----

**50 Yard Backstroke**

Brian Johnson	42	0:29.28	MCM
---------------	----	---------	-----

**100 Yard Backstroke**

Lincoln Djang	44	0:59.12	MVN
Brian Johnson	42	1:03.97	MCM

**200 Yard Backstroke**

Brian Johnson	42	2:23.70	MCM
---------------	----	---------	-----

**50 Yard Breaststroke**

Christopher Wood	42	0:36.31	SCM
------------------	----	---------	-----

**100 Yard Breaststroke**

Lincoln Djang	44	1:07.70	MVN
Eric Ridgway	43	1:16.46	SWA

**50 Yard Butterfly**

Murray Allen	41	0:29.06	SCM
--------------	----	---------	-----

**100 Yard Butterfly**

Lincoln Djang	44	0:57.74	MVN
---------------	----	---------	-----

**100 Yard Individual Medley**

Brian Johnson	42	1:04.24	MCM
Christopher Wood	42	1:17.92	SCM

**100 Yard Individual Medley**

David Hellenthal	43	1:22.30	SCM
------------------	----	---------	-----

**200 Yard Individual Medley**

Eric Ridgway	43	2:36.55	SWA
David Hellenthal	43	2:56.33	SCM
Doug Garcia	42	3:08.25	WSU

**400 Yard Individual Medley**

Lincoln Djang	44	4:29.55	MVN
Doug Garcia	42	6:28.08	WSU

**Men 45-49****50 Yard Breaststroke**

Bernard Kingsly	45	0:32.30	NSM
-----------------	----	---------	-----

**50 Yard Butterfly**

Bernard Kingsly	45	0:26.78I	NSM
-----------------	----	----------	-----

**100 Yard Butterfly**

Bernard Kingsly	45	1:03.62I	NSM
-----------------	----	----------	-----

**100 Yard Individual Medley**

Bernard Kingsly	45	1:03.81	NSM
-----------------	----	---------	-----

**400 Yard Individual Medley**

Bernard Kingsly	45	5:33.31	NSM
-----------------	----	---------	-----

**Men 50-54****100 Yard Freestyle**

Larry Krauser	50	0:51.66z	SCM
---------------	----	----------	-----

**100 Yard Backstroke**

Larry Krauser	50	1:12.52	SCM
---------------	----	---------	-----

**100 Yard Breaststroke**

Larry Krauser	50	1:15.97	SCM
---------------	----	---------	-----



*The Young and the Restless: Jean Rudolph (82, MCM) the February Frolic Meet senior swimmer, and Brian Johnson (42, MCM) one of the meet's youngest swimmers waiting for their events. Rudolph set two Inland NW Masters—100 Backstroke and the 50 Breaststroke.*

**100 Yard Butterfly**

Larry Krauser	50	1:09.70I	SCM
---------------	----	----------	-----

**400 Yard Individual Medley**

Larry Krauser	50	4:59.90I	SCM
---------------	----	----------	-----

**Men 55-59****500 Yard Freestyle**

Gordon Gray	58	7:13.37	UNA
-------------	----	---------	-----

**50 Yard Backstroke**

Don Caskey	59	0:42.84	WKM
------------	----	---------	-----

**100 Yard Backstroke**

Gordon Gray	58	1:29.88	UNA
Don Caskey	59	DQ	WKM

**200 Yard Backstroke**

Gordon Gray	58	3:06.03	UNA
Don Caskey	59	3:26.42	WKM

**100 Yard Individual Medley**

Don Caskey	59	1:38.22	WKM
------------	----	---------	-----

**200 Yard Individual Medley**

Don Caskey	59	3:45.56	WKM
------------	----	---------	-----

**400 Yard Individual Medley**

Gordon Gray	58	6:42.22	UNA
-------------	----	---------	-----

**Men 75-79****50 Yard Breaststroke**

William Bresko	76	0:54.30	UNA
----------------	----	---------	-----

**50 Yard Butterfly**

William Bresko	76	1:11.29I	UNA
----------------	----	----------	-----

**100 Yard Individual Medley**

William Bresko	76	2:12.16	UNA
----------------	----	---------	-----

**200 Yard Individual Medley**

William Bresko	76	5:07.24	UNA
----------------	----	---------	-----

**400 Yard Individual Medley**

William Bresko	76	12:51.83	UNA
----------------	----	----------	-----

**RELAY EVENTS****Men's 200 Yard Freestyle Relay**

SCM	35+	1:48.10
Murray Allen	41	
Christopher Wood	42	
David Hellenthal	43	
Larry Krauser	50	

**Cumulative Team Points after February Frolic Meet**

Moscow Chinook Masters	380
Lake City Masters	258
West Kootenay	198
Sandpoint West Ath. Club	176
Inland Empire YMCA	100
Spokane Club Masters	96
WSU Masters	96
North Spokane Masters	38
Mission Viejo Natados	30
London Silver Dolphins	26

**Cumulative Individual Points after February Frolic Meet***(top four women)*

Mary Adams (LCM)	100
Jean Rudolph (MCM)	68
Barb Roberts (WKM)	64
Deb Bell (MCM)	60

*(top four men)*

Larry Krauser (SCM)	131
Bill Bresko (UNA)	95
Eric Ridgway (SWAC)	68
C.J. Hamilton (LCM)	55

**Code to the right of time**

U	Unofficial
I	Inland NW Masters Record
Z	Northwest Zone Record
N	National Record
W	World Record
DQ	Disqualification
All records pending verification	

**Team Code**

SWA	Sandpoint West Athletic Club
SMT	Spokane Masters & Tri
LSD	London Silver Dolphins (Canadian)
WKM	West Kootenay Masters (Canadian)
MCM	Moscow Chinook Masters
WSU	Washington State University Masters
NSM	North Spokane Masters
LCM	Lake City Masters
SCM	Spokane Club Masters
UNA	Unattached