

SWIM MEET RESULTS

FEBRUARY FROLIC SWIM MEET

Spokane, WA • February 21, 2004

SPOKANE

WOMEN'S EVENTS

Women 40-44

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

Women 45-49

50 Yard Freestyle			
Mary Adams	49	0:36.20	LCM

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

Women 55-59

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

100 Yard Individual Medley			
Virginia Lane	57	2:23.40	LSD
200 Yard Individual Medley			
Virginia Lane	57	4:58.26	LSD

Women 60-64

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

Women 65-69

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

Women 70-74

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

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

Women 80-84

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

MEN'S EVENTS

Men 40-44

50 Yard Freestyle			
Murray Allen	41	0:25.36	SCM
Christopher Wood	42	0:27.41	SCM
100 Yard Freestyle			
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
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50 Yard Backstroke

Brian Johnson	42	0:29.28	MCM
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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
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50 Yard Breaststroke

Christopher Wood	42	0:36.31	SCM
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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
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100 Yard Butterfly

Lincoln Djang	44	0:57.74	MVN
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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
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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
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50 Yard Butterfly

Bernard Kingsly	45	0:26.78I	NSM
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100 Yard Butterfly

Bernard Kingsly	45	1:03.62I	NSM
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100 Yard Individual Medley

Bernard Kingsly	45	1:03.81	NSM
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400 Yard Individual Medley

Bernard Kingsly	45	5:33.31	NSM
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Men 50-54**100 Yard Freestyle**

Larry Krauser	50	0:51.66z	SCM
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100 Yard Backstroke

Larry Krauser	50	1:12.52	SCM
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100 Yard Breaststroke

Larry Krauser	50	1:15.97	SCM
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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
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400 Yard Individual Medley

Larry Krauser	50	4:59.90I	SCM
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Men 55-59**500 Yard Freestyle**

Gordon Gray	58	7:13.37	UNA
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50 Yard Backstroke

Don Caskey	59	0:42.84	WKM
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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
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200 Yard Individual Medley

Don Caskey	59	3:45.56	WKM
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400 Yard Individual Medley

Gordon Gray	58	6:42.22	UNA
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Men 75-79**50 Yard Breaststroke**

William Bresko	76	0:54.30	UNA
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50 Yard Butterfly

William Bresko	76	1:11.29I	UNA
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100 Yard Individual Medley

William Bresko	76	2:12.16	UNA
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200 Yard Individual Medley

William Bresko	76	5:07.24	UNA
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400 Yard Individual Medley

William Bresko	76	12:51.83	UNA
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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