

# February Frolic Swim Meet RESULTS

February 5, 2005, Spokane, Washington

## WOMEN'S EVENTS

### Women 18-24

<b>100 Yard Freestyle</b>			
Christie Skrip	23	WSU	1:04.18
<b>50 Yard Backstroke</b>			
Christie Skrip	23	WSU	32.87
<b>100 Yard Backstroke</b>			
Christie Skrip	23	WSU	1:09.04
<b>200 Yard Backstroke</b>			
Christie Skrip	23	WSU	(1)2:25.66
<b>100 Yard Individual Medley</b>			
Christie Skrip	23	WSU	1:13.77

### Women 40-44

<b>50 Yard Freestyle</b>			
Suzanne Jones	43	LCM	36.90
<b>100 Yard Freestyle</b>			
Suzanne Jones	43	LCM	1:21.27
<b>200 Yard Freestyle</b>			
Suzanne Jones	43	LCM	3:07.81
<b>1000 Yard Freestyle</b>			
Susanne Simpson	44	SCM	11:40.69
<b>50 Yard Backstroke</b>			
Susanne Simpson	44	SCM	34.36
<b>100 Yard Backstroke</b>			
Susanne Simpson	44	SCM	1:09.73
<b>200 Yard Backstroke</b>			
Susanne Simpson	44	SCM	(1)2:27.14
<b>50 Yard Butterfly</b>			
Suzanne Jones	43	LCM	56.02

### Women 45-49

<b>200 Yard Freestyle</b>			
Cindy Clutter	45	LCM	2:43.25
<b>500 Yard Freestyle</b>			
Cindy Clutter	45	LCM	7:01.95
<b>1000 Yard Freestyle</b>			
Cindy Clutter	45	LCM	14:14.59
June Bergquist	48	LCM	14:21.44
<b>100 Yard Backstroke</b>			
Mary Adams	49	LCM	1:50.75
<b>50 Yard Breaststroke</b>			
Cindy Clutter	45	LCM	42.34
Mary Adams	49	LCM	48.90
<b>100 Yard Butterfly</b>			
Mary Adams	49	LCM	1:56.79
<b>200 Yard Butterfly</b>			
Cindy Clutter	45	LCM	3:21.50
<b>100 Yard Individual Medley</b>			
Mary Adams	49	LCM	1:37.86
<b>200 Yard Individual Medley</b>			
Mary Adams	49	LCM	3:38.85

### Women 50-54

<b>100 Yard Freestyle</b>			
Deborah Bell	52	MCM	1:21.60
<b>1000 Yard Freestyle</b>			
Deborah Bell	52	MCM	16:18.96
<b>100 Yard Butterfly</b>			
Deborah Bell	52	MCM	1:48.80
<b>100 Yard Individual Medley</b>			
Deborah Bell	52	MCM	1:35.54
<b>200 Yard Individual Medley</b>			
Deborah Bell	52	MCM	3:22.31

### Women 55-59

<b>50 Yard Freestyle</b>			
Suzanne Dills	59	SCM	(1)32.87
<b>1000 Yard Freestyle</b>			
Suzanne Dills	59	SCM	14:06.48
<b>50 Yard Breaststroke</b>			
Suzanne Dills	59	SCM	45.49
<b>50 Yard Butterfly</b>			
Suzanne Dills	59	SCM	38.31
<b>100 Yard Individual Medley</b>			
Suzanne Dills	59	SCM	1:26.58

### Women 60-64

<b>200 Yard Freestyle</b>			
Renice Townsend	60	WKM	5:12.01
<b>500 Yard Freestyle</b>			
Helen Holmes	62	WSU	10:42.48
Renice Townsend	60	WKM	14:09.81
<b>1000 Yard Freestyle</b>			
Helen Holmes	62	WSU	21:22.64
Renice Townsend	60	WKM	28:26.04
<b>50 Yard Butterfly</b>			
Renice Townsend	60	WKM	1:38.29
<b>100 Yard Individual Medley</b>			
Renice Townsend	60	WKM	3:15.65

### Women 70-74

<b>50 Yard Freestyle</b>			
Sister Madonna Buder	74	UNA	49.99
<b>100 Yard Freestyle</b>			
Sister Madonna Buder	74	UNA	1:51.66
<b>1000 Yard Freestyle</b>			
Sister Madonna Buder	74	UNA	(1)20:38.55
<b>50 Yard Breaststroke</b>			
Sister Madonna Buder	74	UNA	1:04.45
<b>200 Yard Individual Medley</b>			
Sister Madonna Buder	74	UNA	5:30.73



**The Young and the Restless**—Bill Bresko (77, UNA) and Christie Skrip (23, WSU) were the oldest and youngest at the Spokane Club meet on February 5. Christie, in her first ever Masters meet, broke the Inland NW Masters women's 18-24 200 Yard Backstroke record, going a 2:25.66, congratulations Christie.

## MEN'S EVENTS

### Men 40-44

<b>50 Yard Freestyle</b>			
Murray Allen	42	SCM	25.50
Wes Bratton	40	UNA	25.75
Brian Johnson	43	MCM	26.49
Thomas Simpson	44	SCM	31.35
<b>100 Yard Freestyle</b>			
Eric Doering	43	WSU	55.57
Wes Bratton	40	UNA	56.32
Murray Allen	42	SCM	58.23
Eric Ridgway	44	SWAC	1:02.16
Thomas Simpson	44	SCM	1:08.29
<b>200 Yard Freestyle</b>			
Eric Doering	43	WSU	2:02.04
Thomas Simpson	44	SCM	2:29.52
<b>500 Yard Freestyle</b>			
Thomas Simpson	44	SCM	6:49.31
Doug Garcia	43	WSU	7:29.86
<b>1000 Yard Freestyle</b>			
Thomas Simpson	44	SCM	13:51.68
<b>50 Yard Backstroke</b>			
Brian Johnson	43	MCM	29.19
Wes Bratton	40	UNA	30.11
Doug Garcia	43	WSU	40.49
<b>100 Yard Backstroke</b>			
Wes Bratton	40	UNA	1:05.39

<b>50 Yard Breaststroke</b>			
Brian Johnson	43	MCM	33.75
Doug Garcia	43	WSU	40.74
<b>100 Yard Breaststroke</b>			
Eric Ridgway	44	SWAC	1:15.27
<b>200 Yard Breaststroke</b>			
Eric Ridgway	44	SWAC	2:43.25
Doug Garcia	43	WSU	3:11.26
<b>50 Yard Butterfly</b>			
Eric Doering	43	WSU	27.84
Murray Allen	42	SCM	28.38
Brian Johnson	43	MCM	28.40
<b>200 Yard Butterfly</b>			
Doug Garcia	43	WSU	3:25.38
<b>100 Yard Individual Medley</b>			
Brian Johnson	43	MCM	1:03.63
Eric Doering	43	WSU	1:05.53
Wes Bratton	40	UNA	1:05.73
Eric Ridgway	44	SWAC	1:12.57
<b>200 Yard Individual Medley</b>			
Eric Ridgway	44	SWAC	2:40.54

### Men 45-49

<b>50 Yard Freestyle</b>			
Lincoln Djang	45	MVN	24.10
<b>100 Yard Freestyle</b>			
Lincoln Djang	45	MVN-SP	52.51
Holger Caban	48	SCM	59.10

<b>500 Yard Freestyle</b>			
Holger Caban	48 SCM	6:22.87	
<b>50 Yard Backstroke</b>			
Lincoln Djang	45 MVN-SP	27.74	
<b>50 Yard Breaststroke</b>			
Lincoln Djang	45 MVN-SP	30.34	
Bernie Kingsly	46 NSM	32.06	
<b>100 Yard Breaststroke</b>			
Holger Caban	48 SCM	1:15.34	
<b>200 Yard Breaststroke</b>			
Holger Caban	48 SCM	2:44.90	
<b>50 Yard Butterfly</b>			
Lincoln Djang	45 MVN-SP	26.38	
Bernie Kingsly	46 NSM	27.33	
<b>100 Yard Butterfly</b>			
Bernie Kingsly	46 NSM	1:06.62	
<b>100 Yard Individual Medley</b>			
Bernie Kingsly	46 NSM	1:02.95	
Holger Caban	48 SCM	1:13.06	
<b>400 Yard Individual Medley</b>			
Bernie Kingsly	46 NSM	5:27.31	

### Men 50-54

<b>50 Yard Freestyle</b>			
Larry Krauser	51 SCM	24.07	
Steve Tanner	51 LCM	31.41	
<b>100 Yard Freestyle</b>			
Steve Tanner	51 LCM	1:07.85	
<b>1000 Yard Freestyle</b>			
Larry Krauser	51 SCM	11:40.60	
Bill Triol	50 WKM	13:50.50	
Steve Tanner	51 LCM	14:43.62	
<b>50 Yard Backstroke</b>			
Larry Krauser	51 SCM	34.77	
<b>50 Yard Breaststroke</b>			
Larry Krauser	51 SCM	38.51	
<b>50 Yard Butterfly</b>			
Larry Krauser	51 SCM	30.00	
Steve Tanner	51 LCM	40.54	
<b>100 Yard Butterfly</b>			
Bill Triol	50 WKM	1:16.68	
<b>200 Yard Butterfly</b>			
Bill Triol	50 WKM	3:01.73	
<b>100 Yard Individual Medley</b>			
Steve Tanner	51 LCM	1:19.75	
<b>200 Yard Individual Medley</b>			
Bill Triol	50 WKM	2:51.03	

### Men 55-59

<b>500 Yard Freestyle</b>			
Gordon Gray	59 UNA	7:15.29	
<b>1000 Yard Freestyle</b>			
Gordon Gray	59 UNA	14:54.27	
<b>100 Yard Backstroke</b>			
Gordon Gray	59 UNA	1:29.87	
<b>200 Yard Backstroke</b>			
Gordon Gray	59 UNA	3:07.59	

### Men 60-64

<b>1000 Yard Freestyle</b>			
Donald Caskey	60 WKM	18:37.88	
<b>50 Yard Backstroke</b>			
Donald Caskey	60 WKM	45.57	

# Eat to Swim

BY KELLY DOW, WSU MASTERS

It is well known that a person should not eat just before a swim, but what are the reasons for this? How long is it necessary to wait after you eat to get into the water? And what food choices are best that will allow you to sustain a hard workout?

Depending on the intensity and length of a workout, excellent food choices should be made to get the most out of your time and effort. If you are planning a long lasting endurance workout, a meal rich in complex carbohydrates (such as high fiber foods) would be a wise choice. Compared to high sugar, low fiber, low fat foods, most complex carbohydrates take some time to digest giving an individual a stable flow of energy. Protein can also be used as a source of fuel although it is not a major fuel source during high-intensity workouts.

So what do you do if your workouts are at 5:30 am and it would be unreasonable to wake up an hour or two earlier just to allow your optimal high fiber breakfast to digest? After you eat a meal blood flows to the organs of the intestinal tract to digest and transport nutrients. During a workout there is an increase in blood flow to muscles. A workout immediately after a large meal would cause a conflict between the digestive system and muscles and performance would suffer. Rather than skipping breakfast altogether, an excellent alternative would be an easily digestible meal, one that is less than 200Kcals and low in fiber and fat. This ensures your body will



have enough available energy and not limit performance. Some foods I have found which have done well with me are yogurt, bananas, breakfast shakes, and sports drinks. Although these small meals benefit the body in the short term, any intense workout is sure to use up the energy from 6 oz. of yogurt rather quickly. A solution to this problem is to take sips from a sports drink such as Gatoraid® throughout your workout.

A food diary can also be used to determine which foods do best with your body. By keeping track of what and when you ate, the quantity, and how you felt during your workout, you will be able to see trends that will enable you to modify your diet accordingly.

The key is to do what is best for your body. Experiment with different foods and keep track of your performance. Over time you are sure to see the results you want.

<b>200 Yard Backstroke</b>			
Donald Caskey	60 WKM	3:29.01	
<b>100 Yard Individual Medley</b>			
Donald Caskey	60 WKM	1:46.09	
<b>200 Yard Individual Medley</b>			
Donald Caskey	60 WKM	3:55.10	
<b>100 Yard Freestyle</b>			
Glen Murray	65 MCM	1:31.06	
<b>500 Yard Freestyle</b>			
Glen Murray	65 MCM	8:29.84	
<b>50 Yard Breaststroke</b>			
Glen Murray	65 MCM	(1)44.69	
<b>100 Yard Breaststroke</b>			
Glen Murray	65 MCM	1:39.43	

<b>200 Yard Breaststroke</b>			
Glen Murray	65 MCM	3:36.12	

### Men 75-79

<b>50 Yard Breaststroke</b>			
William Bresko	77 UNA	53.26	
<b>100 Yard Breaststroke</b>			
William Bresko	77 UNA	2:47.26	
<b>50 Yard Butterfly</b>			
William Bresko	77 UNA	1:05.00	
<b>100 Yard Butterfly</b>			
William Bresko	77 UNA	2:50.56	

<b>100 Yard Individual Medley</b>			
William Bresko	77 UNA	2:22.41	

### RELAY EVENTS

<b>Women 35+ 200 Yard Medley Relay</b>			
LCM		2:57.10	
Mary Adams 49	Margaret Hair 49		
Suzanne Jones 43	June Bergquist 48		
<b>Mixed 19+ 200 Yard Freestyle Relay</b>			
WSU		2:21.78	
Helen Holmes 62	Doug Garcia 43		
Christie Skrip 23	Eric Doering 43		