

SWIM MEET RESULTS

INLAND NORTHWEST MASTERS SHORT COURSE YARDS CHAMPIONSHIP SWIM MEET

Pullman, Washington • March 27 & 28, 2004

PULLMAN

Krauser Tops at Championship Meet

The short course yards season ended for Inland NW Masters on March 28 in Pullman, with 52 swimmers participating in the two day short course yards championship meet.

At the Saturday evening awards banquet, Larry Krauser (50, SCM) was announced as high point male swimmer of the year, as well as being awarded most dedicated—Larry over hauled Inland Northwest's constitution and bylaws, in addition to attending all meets and meetings this past year. Larry also serves as Inland NW secretary. Mary Adams (49, LCM) was high point female swimmer. Bill Bresko (76, UNA) was awarded the most inspirational. "Bill keeps coming back to meets and continues to set records, he is an inspiration to many of us," commented Margaret Hair awards chair.

Six Inland NW Masters women's records fell most notably by Sue Dills (58, SCM) who set records in the 200 and 1650 Freestyle (2:32.66 and 23:03.24 respectively) in the 100 Backstroke at 1:26.26 and the 100 Breaststroke at 1:37.95. In the same age group Carolyn Magee (58, WVM) set records in the 50 Butterfly, :37.59 and the 50 Backstroke, :41.61.

The four men would set four records, including Brian Johnson (42, MCM) in the 50 Backstroke, :28.62, Bernie Kingsly (45, NSM) going 1:00.02 in the 100 Butterfly, Larry Krauser setting a new 50 Freestyle record at :23.10, and Jack Bevier (71, WVM) setting a new 1650 record at 30:26.88.

Point Totals Championship Meet		Point Totals 2003/2004 Season	
Teams		Teams	
Moscow Chinook Masters	451	Moscow Chinook Masters	831
WSU Masters	199	Wenatchee Valley Masters	568
Wenatchee Valley Masters	177	Spokane Club Masters	457
Spokane Club Masters	138	Lake City Masters	353
North Spokane Masters	41	WSU Masters	315
Lake City Masters	35	Sandpoint West Athletic Club	206
Sandpoint West Athletic Club	30	North Spokane Masters	113
		Inland Empire YMCA Masters	100
		Yakima Valley Masters	52
Swimmers		Swimmers	
<i>Top 5 Women & Men</i>			
Suzanne Dills (SCM)	59	<i>Top 5 Women & Men</i>	
Carolyn Magee (WVM)	54	Larry Krauser (SCM)	217
Larry Krauser (SCM)	48	Mary Adams (LCM)	173
Wayne Brown (WVM)	42	Bill Bresko (UNA)	164
Frank Mitchem (MCM)	42	Bernie Kingsly (NSM)	113
Deb Snyder (WSU)	42	Carolyn Magee (WVM)	104
Jack Bevier (WVM)	41	Eric Ridgway (SWAC)	98
Bernard Kingsly (NSM)	41	Suzanne Dills (SCM)	97
Deborah Lyon (WCM)	40	Madonna Buder (UNA)	89
George Spomer (MCM)	40	Deb Bell (MCM)	88
		Brian Johnson (MCM)	80

Women's Events			
Women 19-24			
50 Yard Freestyle			
Sara Lynd	22	MCM	26.48
100 Yard Individual Medley			
Sara Lynd	22	MCM	1:09.08
Women 25-29			
50 Yard Freestyle			
Tara Strand	29	MCM	29.25
100 Yard Freestyle			
Tara Strand	29	MCM	1:03.73
200 Yard Freestyle			
Tara Strand	29	MCM	2:25.41
500 Yard Freestyle			
Shannon Donovan	29	MCM	7:21.72
50 Yard Backstroke			
Ursel Schuette	28	MCM	41.06
50 Yard Butterfly			
Tara Strand	29	MCM	32.86
Women 35-39			
500 Yard Freestyle			
Debbie Snyder	38	WSU	7:30.29
50 Yard Breaststroke			
Debbie Snyder	38	WSU	39.40
100 Yard Breaststroke			
Debbie Snyder	38	WSU	1:26.81
200 Yard Breaststroke			
Debbie Snyder	38	WSU	3:10.35
200 Yard Individual Medley			
Debbie Snyder	38	WSU	3:09.37
400 Yard Individual Medley			
Debbie Snyder	38	WSU	6:37.47
Women 40-44			
50 Yard Freestyle			
Karli Spear	44	UNA	28.92
200 Yard Freestyle			
Susanne Simpson	43	SCM	2:02.05
1650 Yard Freestyle			
Susanne Simpson	43	SCM	18:53.71
50 Yard Breaststroke			
Karli Spear	44	UNA	38.83
100 Yard Breaststroke			
Karli Spear	44	UNA	1:25.93
200 Yard Butterfly			
Susanne Simpson	43	SCM	2:21.96
100 Yard Individual Medley			
Karli Spear	44	UNA	1:16.95
Women 45-49			
500 Yard Freestyle			
Mary Adams	49	LCM	8:11.14
1650 Yard Freestyle			
Catherine Murphy	47	WSU	25:37.62
50 Yard Backstroke			
Mary Adams	49	LCM	47.51
50 Yard Butterfly			
Mary Adams	49	LCM	43.77
100 Yard Butterfly			
Mary Adams	49	LCM	1:46.87
100 Yard Individual Medley			
Catherine Murphy	47	WSU	1:29.71
200 Yard Individual Medley			
Mary Adams	49	LCM	3:30.52
Women 50-54			
50 Yard Freestyle			
Deborah Bell	51	MCM	37.05
Deborah Lyon	52	WVM	38.72
100 Yard Freestyle			
Deborah Lyon	52	WVM	1:35.40
200 Yard Freestyle			
Deborah Bell	51	MCM	2:52.51
1650 Yard Freestyle			
Deborah Bell	51	MCM	26:28.50
50 Yard Backstroke			
Deborah Lyon	52	WVM	55.04
50 Yard Breaststroke			
Deborah Lyon	52	WVM	43.69
100 Yard Breaststroke			
Deborah Lyon	52	WVM	1:38.76
50 Yard Butterfly			
Deborah Lyon	52	WVM	45.57
100 Yard Individual Medley			
Deborah Bell	51	MCM	1:32.29
Women 55-59			
50 Yard Freestyle			
Jett Vallandigham	57	UNA	44.46
100 Yard Freestyle			
Jett Vallandigham	57	UNA	1:43.51
200 Yard Freestyle			
Suzanne Dills	58	SCM	2:32.66 I
Jett Vallandigham	57	UNA	3:52.81
1650 Yard Freestyle			
Suzanne Dills	58	SCM	23:03.34 I
50 Yard Backstroke			
Carolyn Magee	58	WVM	41.61 I
100 Yard Backstroke			
Suzanne Dills	58	SCM	1:26.26 I
50 Yard Breaststroke			
Carolyn Magee	58	WVM	45.32
Jett Vallandigham	57	UNA	51.82
100 Yard Breaststroke			
Suzanne Dills	58	SCM	1:37.95 I



Tom Lamar (43, MCM) after swimming the 100 Freestyle. Tom met his personal goal of breaking 1:00 for the event—congratulations Tom!

Jett Vallandigham	57	UNA	1:57.59
200 Yard Breaststroke			
Jett Vallandigham	57	UNA	4:15.70
50 Yard Butterfly			
Carolyn Magee	58	WVM	37.59 I
100 Yard Butterfly			
Carolyn Magee	58	WVM	1:29.84
200 Yard Butterfly			
Carolyn Magee	58	WVM	3:26.00
100 Yard Individual Medley			
Suzanne Dills	58	SCM	1:23.93 U
400 Yard Individual Medley			
Carolyn Magee	58	WVM	6:49.13

Women 60-64

50 Yard Freestyle			
Iris Murray	60	MCM	49.94
100 Yard Freestyle			
Iris Murray	60	MCM	1:51.02
200 Yard Freestyle			
Iris Murray	60	MCM	4:10.11
500 Yard Freestyle			
Iris Murray	60	MCM	10:49.83
1000 Yard Freestyle			
Helen Holmes	61	WSU	20:44.38
Iris Murray	60	MCM	21:54.42

Time/Results Code

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

Women 70-74

50 Yard Freestyle			
Sister Madonna Buder	73	UNA	50.59
1650 Yard Freestyle			
Sister Madonna Buder	73	UNA	34:34.95
50 Yard Breaststroke			
Sister Madonna Buder	73	UNA	1:04.18
100 Yard Breaststroke			
Sister Madonna Buder	73	UNA	2:19.00
100 Yard Individual Medley			
Sister Madonna Buder	73	UNA	2:27.78

Men's Events

Men 19-24

100 Yard Freestyle			
Ryan Hite	19	WSU	1:15.74
200 Yard Freestyle			
Ryan Hite	19	WSU	3:00.37
500 Yard Freestyle			
Ryan Hite	19	WSU	8:00.29
50 Yard Breaststroke			
Kurt Wolf	23	MCM	33.71
100 Yard Breaststroke			
Kurt Wolf	23	MCM	1:12.37

Men 30-34

500 Yard Freestyle			
Sean Gettmann	31	MCM	6:49.02

Men 35-39

50 Yard Freestyle			
Frank Mitchem	39	MCM	26.82
Troy Vannucci	38	WSU	29.63
200 Yard Freestyle			
Troy Vannucci	38	WSU	2:36.37
500 Yard Freestyle			
Troy Vannucci	38	WSU	7:19.30
Frank Mitchem	39	MCM	5:49.96 U
1650 Yard Freestyle			
Frank Mitchem	39	MCM	19:42.42
Troy Vannucci	38	WSU	DQ
100 Yard Breaststroke			
Frank Mitchem	39	MCM	1:14.93
50 Yard Butterfly			
Frank Mitchem	39	MCM	29.37

100 Yard Butterfly			
Frank Mitchem	39	MCM	1:06.83

Men 40-44

50 Yard Freestyle			
Eric Doering	42	WSU	25.22
Murray Allen	41	SCM	26.11
Thomas Lamar	43	MCM	28.36
Doug Garcia	42	WSU	29.57

100 Yard Freestyle			
Thomas Lamar	43	MCM	59.83
Eric Ridgway	43	SWAC	1:01.53
John Sweeney	43	MCM	1:41.44

200 Yard Freestyle			
Eric Doering	42	WSU	2:00.94
Murray Allen	41	SCM	2:14.43
Thomas Lamar	43	MCM	2:16.36
Eric Ridgway	43	SWAC	2:36.47
Doug Garcia	42	WSU	2:36.51

500 Yard Freestyle			
Thomas Lamar	43	MCM	6:16.30
Eric Ridgway	43	SWAC	6:44.70
John Sweeney	43	MCM	10:25.50 U

1000 Yard Freestyle			
Eric Doering	42	WSU	11:52.35

50 Yard Backstroke			
Brian Johnson	42	MCM	28.62 I

200 Yard Backstroke			
Lincoln Djang	44	MVN	2:03.66
Brian Johnson	42	MCM	2:22.66

50 Yard Breaststroke			
Thomas Lamar	43	MCM	38.84

100 Yard Breaststroke			
Eric Ridgway	43	SWAC	1:15.26
Thomas Lamar	43	MCM	1:23.71

200 Yard Breaststroke			
Lincoln Djang	44	MVN	2:26.82
Eric Ridgway	43	SWAC	2:46.40
Thomas Lamar	43	MCM	3:01.47

200 Yard Butterfly			
Lincoln Djang	44	MVN	2:05.82

100 Yard Individual Medley			
Eric Doering	42	WSU	1:03.26

200 Yard Individual Medley			
Lincoln Djang	44	MVN	2:07.21
Brian Johnson	42	MCM	2:24.40

400 Yard Individual Medley			
Brian Johnson	42	MCM	5:07.75
Eric Ridgway	43	SWAC	5:53.56

Men 45-49

50 Yard Freestyle			
Bernie Sauve	49	PNA	28.31
Steve McGeehan	48	MCM	31.25 U

100 Yard Freestyle			
Bernie Sauve	49	PNA	1:02.50
Steve McGeehan	48	MCM	1:10.88

200 Yard Freestyle			
Steve McGeehan	48	MCM	2:45.39

500 Yard Freestyle			
Mike Berney	47	WSU	6:03.98
Steve McGeehan	48	MCM	8:09.28

50 Yard Breaststroke			
Bernie Kingsly	45	NSM	32.10
Bernie Sauve	49	PNA	34.62

100 Yard Breaststroke			
Bernie Sauve	49	PNA	1:17.08

50 Yard Butterfly			
Bernie Kingsly	45	NSM	26.93
Bernie Sauve	49	PNA	31.91

100 Yard Butterfly			
Bernie Kingsly	45	NSM	1:00.02 I
Mike Berney	47	WSU	1:08.54

200 Yard Butterfly			
Bernie Kingsly	45	NSM	2:35.82

100 Yard Individual Medley			
Bernie Kingsly	45	NSM	1:02.52
Bernie Sauve	49	PNA	1:11.72

Men 50-54

50 Yard Freestyle			
Larry Krauser	50	SCM	23.10 I
Brian Lamb	52	WSU	31.43

100 Yard Freestyle			
Brian Lamb	52	WSU	1:11.33

200 Yard Freestyle			
Brian Lamb	52	WSU	2:42.87

500 Yard Freestyle			
Larry Krauser	50	SCM	5:39.13
Brian Lamb	52	WSU	7:26.53 U

1000 Yard Freestyle			
Larry Krauser	50	SCM	11:17.96
Brian Lamb	52	WSU	15:04.61

50 Yard Backstroke			
Larry Krauser	50	SCM	34.59

50 Yard Breaststroke			
Larry Krauser	50	SCM	34.89

50 Yard Butterfly			
Larry Krauser	50	SCM	30.76

Men 55-59

1000 Yard Freestyle			
Gordon Gray	58	UNA	14:56.01

200 Yard Backstroke			
Gordon Gray	58	UNA	3:07.06

200 Yard Individual Medley			
Gordon Gray	58	UNA	3:18.17

400 Yard Individual Medley			
Gordon Gray	58	UNA	6:51.11

Men 60-64

50 Yard Freestyle			
Wayne Brown	61	WVM	30.20

100 Yard Freestyle			
Wayne Brown	61	WVM	1:05.29

50 Yard Breaststroke			
Wayne Brown	61	WVM	34.63

100 Yard Breaststroke			
Wayne Brown	61	WVM	1:23.40

50 Yard Butterfly			
Wayne Brown	61	WVM	34.16

100 Yard Individual Medley			
Wayne Brown	61	WVM	1:17.32

Men 65-69

50 Yard Freestyle			
Glen Murray	65	MCM	40.58
George Spomer	67	MCM	42.71

100 Yard Freestyle			
George Spomer	67	MCM	1:43.09

200 Yard Freestyle			
George Spomer	67	MCM	3:52.30

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500 Yard Freestyle			
George Spomer	67	MCM	10:12.43
1000 Yard Freestyle			
George Spomer	67	MCM	20:33.94
1650 Yard Freestyle			
Glen Murray	65	MCM	28:11.86
50 Yard Backstroke			
George Spomer	67	MCM	1:02.77
50 Yard Breaststroke			
Glen Murray	65	MCM	45.26

Men 70-74

50 Yard Freestyle			
Jack Bevier	71	WVM	35.16
100 Yard Freestyle			
Jack Bevier	71	WVM	1:21.74
200 Yard Freestyle			
Jack Bevier	71	WVM	3:16.95
500 Yard Freestyle			
Jack Bevier	71	WVM	8:57.83
1650 Yard Freestyle			
Jack Bevier	71	WVM	30:26.88 I

Men 75-79

50 Yard Freestyle			
William Bresko	76	UNA	49.06
100 Yard Backstroke			
William Bresko	76	UNA	2:29.65
50 Yard Breaststroke			
William Bresko	76	UNA	58.33
100 Yard Breaststroke			
William Bresko	76	UNA	2:05.76
100 Yard Individual Medley			
William Bresko	76	UNA	2:04.81 U

Relay Events

Women 19+ 200 Yard Medley Relay		
MCM A	2:43.48	
Sara Lynd 22	Deborah Bell 51	
Tara Strand 29	Iris Murray 60	

Women 25+ 200 Yard Freestyle Relay		
MCM A	2:27.47	
Tara Strand 29	Iris Murray 60	
Ursel Schuette 28	Shannon Donovan 29	

Men 19+ 200 Yard Medley Relay		
MCM A	2:23.24	
Steve McGeehan 48	Kurt Wolf 23	
Frank Mitchem 39	Thomas Lamar 43	
WSU	A DQ	
Eric Doering 42	Doug Garcia 42	
Mike Berney 47	Ryan Hite 19	

Men 25+ 200 Yard Freestyle Relay		
MCM A	2:05.56	U
Thomas Lamar 43	Brian Johnson 42	
Sean Gettmann 31	Frank Mitchem 39	

Mixed 19+ 200 Yard Freestyle Relay		
MCM B	2:13.55	
Iris Murray 60	Kurt Wolf 23	
Thomas Lamar 43	Sara Lynd 22	

Mixed 19+ 200 Yard Medley Relay		
MCM A	2:10.16	
Sara Lynd 22	Kurt Wolf 23	
Frank Mitchem 39	Tara Strand 29	

WSU A	2:34.61	
Debbie Snyder 38	Doug Garcia 42	
Catherine Murphy 47	Ryan Hite 19	

Mixed 25+ 200 Yard Freestyle Relay		
MCM A	2:03.45	U
Tara Strand 29	Steve McGeehan 48	
Frank Mitchem 39	Deborah Bell 51	

Mixed 35+ 200 Yard Freestyle Relay		
WSU A	2:00.79	
Catherine Murphy 47	Troy Vannucci 38	
Debbie Snyder 38	Eric Doering 42	

Mixed 35+ 200 Yard Medley Relay		
MCM A	2:56.91	
Deborah Bell 51	Glen Murray 65	
Thomas Lamar 43	Iris Murray 60	