February Frolic Swim Meet ET RESULTS

February 5, 2005, Spokane, Washington

WOMEN'S EVENTS

Women 18-24

100 Yard Freestyle Christie Skrip	23	UZW	1:04.18
50 Yard Backstroke Christie Skrip	23	U2W	32.87
100 Yard Backstroke Christie Skrip	23	U2W	1:09.04
200 Yard Backstroke Christie Skrip		U2W	(1)2:25.66
100 Yard Individual I Christie Skrip	Ned 23	ley WSU	1:13.77

Women 40-44

50 Yard Freestyle Suzanne Jones	43	LCM	36.90
100 Yard Freestyle Suzanne Jones	43	LCM	1:21.27
200 Yard Freestyle Suzanne Jones	43	LCM	3:07.81
1000 Yard Freestyle Susanne Simpson	44	SCM	11:40.69
50 Yard Backstroke Susanne Simpson	44	SCM	34.36
100 Yard Backstroke Susanne Simpson	44	SCM	1:09.73
200 Yard Backstroke Susanne Simpson	44	SCM	(1)2:27.14
50 Yard Butterfly Suzanne Jones	43	LCM	56.02
Women	4	E-66	2

Women 45-49

Women	4	2 4:	7
200 Yard Freestyle Cindy Clutter	45	LCM	2:43.25
500 Yard Freestyle Cindy Clutter	45	LCM	7:01.95
1000 Yard Freestyle Cindy Clutter June Bergquist	45 48	LCM LCM	14:14.59 14:21.44
100 Yard Backstroke Mary Adams	49	LCM	1:50.75
50 Yard Breaststroke Cindy Clutter Mary Adams	45 49	LCM LCM	42.34 48.90
100 Yard Butterfly Mary Adams	49	LCM	1:56.79
200 Yard Butterfly Cindy Clutter	45	LCM	3:21.50
100 Yard Individual I Mary Adams		ley LCM	1:37.86
200 Yard Individual Mary Adams	Med 49		3:38.85

Women 50-54

100 Yard Freestyle Deborah Bell	52	MCM	1:21.60
1000 Yard Freestyle Deborah Bell	52	MCM	16:18.96
100 Yard Butterfly Deborah Bell	52	MCM	1:48.80
100 Yard Individual Deborah Bell		ley MCM	1:35.54
200 Yard Individual Deborah Bell		lley MCM	3:22.31

Women 55-59

50 Yard Freestyle Suzanne Dills	59	SCM	(1)32.87
1000 Yard Freestyle Suzanne Dills	59	SCM	14:06.48
50 Yard Breaststroke Suzanne Dills	59	SCM	45.49
50 Yard Butterfly Suzanne Dills	59	SCM	38.31
100 Yard Individual I Suzanne Dills		ley SCM	1:26.58

Women 60-64

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

Women 70-74

	•		•
50 Yard Freestyle Sister Madonna Buder	74	UNA	49.99
100 Yard Freestyle Sister Madonna Buder	74	UNA	1:51.66
1000 Yard Freestyle Sister Madonna Buder	74	UNA	(1)20:38.55
50 Yard Breaststroke Sister Madonna Buder		UNA	1:04.45
200 Yard Individual Sister Madonna Buder			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

50 Yard Freestyle			
Murray Allen	42	SCM	25.50
Wes Bratton	40	UNA	25.75
Brian Johnson	43	MCM	26.49
Thomas Simpson	44	SCM	31.35
100 Yard Freestyle			
Eric Doering	43	USW	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
200 Yard Freestyle			
Eric Doering	43	USW	2:02.04
Thomas Simpson	44	SCM	2:29.52
500 Yard Freestyle			
Thomas Simpson	44	SCM	6:49.31
Doug Garcia	43	USW	7:29.86
1000 Yard Freestyle			
Thomas Simpson	44	SCM	13:51.68
50 Yard Backstroke			
Brian Johnson	43	MCM	29.19
Wes Bratton	40	UNA	30.11
Doug Garcia	43	WSU	40.49
100 Yard Backstroke			
Wes Bratton	40	UNA	1:05.39

50 Yard Breaststroke			
oo raru breasisiroke Brian Johnson		MCM	33.75
Doug Garcia		USW	40.74
100 Yard Breaststrok	0		
Eric Ridgway		SWAC	1:15.27
200 Yard Breaststrok	9.		
Eric Ridgway		SWAC	2:43.25
Doug Garcia		WSU	3:11.26
50 Yard Butterfly			
Eric Doering	43	UZW	27.84
Murray Allen		SCM	28.38
Brian Johnson	43	MCM	28.40
200 Yard Butterfly			
Doug Garcia	43	USW	3:25.38
100 Yard Individual I	Med	lev	
Brian Johnson		MCM	1:03.63
Eric Doering	43	USW	1:05.53
Wes Bratton	40	UNA	1:05.73
Eric Ridgway	44	SWAC	1:12.57
200 Yard Individual	Med	llev	
Eric Ridgway		SWAC	2:40.54

Men 45-49

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

500 Yard Freestyle Holger Caban	48	SCW	6:22.87		
50 Yard Backstroke Lincoln Djang	45	MVN-SP	27.74		
50 Yard Breaststroke Lincoln Djang Bernie Kingsly	45 46		30.34 32.06		
100 Yard Breaststrok Holger Caban		SCM	1:15.34		
200 Yard Breaststrol Holger Caban		SCM	2:44.90		
50 Yard Butterfly Lincoln Djang Bernie Kingsly	45 46	MVN-SP NSM	26.38 27.33		
100 Yard Butterfly Bernie Kingsly		MSM	1:06.62		
100 Yard Individual Bernie Kingsly Holger Caban	Med 46 48	ley NSM SCM	1:02.95 1:13.06		
400 Yard Individual Bernie Kingsly	Med		5:27.31		
Men 50-54					

50 Yard Freestyle			
Larry Krauser	51	SCM	24.07
Steve Tanner	51	LCM	31.41
100 Yard Freestyle			
Steve Tanner	51	LCM	1:07.85
1000 Yard Freestyle			
Larry Krauser	51	SCM	11:40.60
Bill Triol		WKM	13:50.50
Steve Tanner	51	LCM	14:43.62
	,,	LCIII	14.47.02
50 Yard Backstroke			27.77
Larry Krauser	51	SCM	34.77
50 Yard Breaststroke			
Larry Krauser	51	SCM	38.51
50 Yard Butterfly			
Larry Krauser	51	SCM	30.00
Steve Tanner	51	LCM	40.54
100 Yard Butterfly			
Bill Triol	50	WKM	1:16.68
200 Yard Butterfly			
Bill Triol	۲N	WKM	3:01.73
		-	3.01.13
100 Yard Individual A			4 40 75
Steve Tanner	51	LCM	1:19.75
200 Yard Individual I	۸ed	ley	
Bill Triol	50	WKM	2:51.03

Men 55-59

500 Yard Freestyle Gordon Gray	59	UNA	7:15.29
1000 Yard Freestyle Gordon Gray	59	UNA	14:54.27
100 Yard Backstroke Gordon Gray	59	UNA	1:29.87
200 Yard Backstroke Gordon Gray	59	UNA	3:07.59
Men 6	0-	64	
1000 Yard Freestyle Donald Caskey	60	WKM	18:37.88
50 Yard Backstroke 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.

200 Yard Backstroke Donald Caskey	e 60 WKM	3:29.01
100 Yard Individual Donald Caskey		1:46.09
200 Yard Individual Donald Caskey	Medley 60 WKM	3:55.10
100 Yard Freestyle Glen Murray	65 MCM	1:31.06
500 Yard Freestyle Glen Murray	65 MCM	8:29.84
50 Yard Breaststrok Glen Murray	65 MCM	(1)44.69
100 Yard Breaststro Glen Murray	ke 65 MCM	1:39.43

200	Yard	Breaststrol	(6		
Glen	Murra	ıy	65	MCM	3:36.1

Men 75-79

50 Yard Breaststroke William Bresko	77	UNA	53.26
100 Yard Breaststrol William Bresko		UNA	2:47.26
50 Yard Butterfly William Bresko	77	UNA	1:05.00
100 Yard Butterfly William Bresko	77	UNA	2:50.56

100 Yard Individual Medley
William Bresko 77 UNA 2:22.41

RELAY EVENTS

Women 35+ 200 Y	ard Medley Relay
LCM	2:57.10
Mary Adams 49	Margaret Hair 49
Suzanne Jones 43	June Bergquist 48
Mixed 19+ 200 Ya	rd Freestyle Relay
UZW	2:21.78
Helen Holmes 62	Doug Garcia 43
Christie Skrip 23	Eric Doering 43