| WOMEN'S EVENTS |  |  |
| :---: | :---: | :---: |
| Women 18-24 |  |  |
| 100 Yard Frees Christie Skrip | 23 WSU | 1:04.18 |
| 50 Yard Backst Christie Skrip | 23 WSU | 32.87 |
| 100 Yard Back Christie Skrip | $23 \text { WSU }$ | 1:09.04 |
| 200 Yard Back Christie Skrip | $23 \text { WSU }$ | (I)2:25.66 |
| 100 Yard Indiv Christie Skrip | Medley 23 WSU | 1:13.77 |
| Women 40-44 |  |  |
| 50 Yard Freesty Suzanne Jones | 43 LCM | 36.90 |
| 100 Yard Frees Suzanne Jones | 43 LCM | 1:21.27 |
| 200 Yard Frees Suzanne Jones | 43 LCM | 3:07.81 |
| 1000 Yard Frees Susanne Simpson | 44 SCM | 11:40.69 |
| 50 Yard Backstr Susanne Simpson | 44 SCM | 34.36 |
| 100 Yard Backst Susanne Simpson | 44 SCM | 1:09.73 |
| 200 Yard Backs Susanne Simpson | $44 \text { SCM }$ | (1)2:27.14 |
| 50 Yard Butterfl Suzanne Jones | $43 \text { LCM }$ | 56.02 |
| Women 45-49 |  |  |
| 200 Yard Freestyle <br> cindy Clutter <br> 45 ICM 2.43 .25 |  |  |
| 500 Yard Freest Cindy Clutter | 45 LCM | 7:01.95 |
| 1000 Yard Free Cindy Clutter June Bergquist | $\begin{aligned} & 45 \mathrm{LCM} \\ & 48 \mathrm{LCM} \end{aligned}$ | $\begin{aligned} & 14: 14.59 \\ & 14: 21.44 \end{aligned}$ |
| 100 Yard Backstroke |  |  |
| 50 Yard Breasts Cindy Clutter Mary Adams | $\begin{aligned} & 45 \text { LCM } \\ & 49 \text { LCM } \end{aligned}$ | 42.34 48.90 |
| 100 Yard Butterfly |  |  |
| 200 Yard Butter Cindy Clutter | 45 LCM | 3:21.50 |
| 100 Yard Individ Mary Adams | Medley 49 ICM | 1:37.86 |
| 200 Yard Indivi Mary Adams | Medley 49 ICM | 3:38.85 |

$\begin{array}{lll}500 \text { Yard Freestyle } & \\ \text { Holger Caban } & 48 \text { SCM 6:22.87 }\end{array}$

| 50 Yard Backstroke |  |  |  |
| :--- | :--- | :--- | :--- |
| Lincoln Djang | 45 | MVN-SP | 27.74 |
| 50 Yard Breaststroke |  |  |  |
| Lincoln Djang | 45 | MVN-SP | 30.34 |

Bernie Kingsly $\quad 46$ NSM $\quad 32.06$

| 100 Yard Breaststroke |  |
| :---: | :---: |
|  |  |


| 200 Yard Breaststroke |  |  |
| :--- | :--- | :--- | :--- |
| Holger Caban | 48 SCM |  |
| 2:44.90 |  |  |


| 50 Yard Butterfly |  |  |
| :--- | :--- | :--- |
| Lincoln Djang | 45 MVN-SP 26.38 |  |

Bernie Kingsly $\quad 46$ NSM 27.33

| 100 Yard Butterfly |  |
| :--- | :--- | :--- |
| Bernie Kingsly | 46 NSM 1:06.62 |


| 100 Yard Individual Medley |  |  |
| :---: | :---: | :---: |
| Bernie Kingsly | 46 NSM | 1:02.95 |
| Holger Caban | 48 SCM | 13.0 |
| 400 Yard Individual Medley |  |  |
| Bernie Kingsly | 46 NSM | $5: 27$ |


| 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 | 50 WKM | 13:50.50 |
| Steve Tanner | 51 LCM | 14:43.62 |
| 50 Yard Backstroke Larry Krauser | 51 SCM | 34.71 |
| 50 Yard Breaststroke |  |  |
| 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 | 50 WKM | 3:01.73 |
| 100 Yard Individual Medley |  |  |
| Steve Tanner | 51 LCM | 1:19.75 |
| 200 Yard Individual Medley |  |  |
| Bill Triol | 50 WKM | 2:51.03 |
| Men | 5-59 |  |

## 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 200 Kcals 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 ${ }^{\circledR}$ 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.

| 500 Yard Freestyle |  |  |
| :--- | :---: | ---: |
| Gordon Gray | 59 UNA | $7: 15.29$ |
| 1000 Yard Freestyle <br> Gordon Gray | 59 UNA | $14: 54.27$ |
| 100 Yard Backstroke <br> Gordon Gray | 59 UNA | $1: 29.87$ |
| 200 Yard Backstroke <br> Gordon Gray | 59 UNA | $3: 07.59$ |
| Men |  |  |



