

## Spring Splash - 3/12/2011

## Results

WOMEN'S RESULTS - 50'S

**#33 Women 25-29 50 Yard Fly**  
1 Vickberg, Kimberly 29 HOPK-MN 32.76

**#6 Women 30-34 50 Yard Fly**  
1 Melsen, Krisie 30 SCYM-MN 30.95

**#33 Women 30-34 50 Yard Fly**  
1 Melsen, Krisie 30 SCYM-MN 30.96

**#28 Women 45-49 50 Yard Back**  
1 Hromada, Sarah 49 MINN-MN 38.99

**#34 Women 45-49 50 Yard Back**  
1 Lake, Stephanie 48 MINN-MN 39.29  
2 Schaefer, Margaret 49 MINN-MN 47.22

**#29 Women 25-29 50 Yard Breast**  
1 Bjorklund, Erika 25 MINN-MN 32.00

**#29 Women 30-34 50 Yard Breast**  
1 Oberg, Heather 32 NORT-MN 39.80

**#9 Women 25-29 50 Yard Free**  
1 Lamour, Cecile 26 MINN-MN 26.98

**#36 Women 25-29 50 Yard Free**  
1 Bjorklund, Erika 25 MINN-MN 26.55  
2 Cota, Rebecca 25 MINN-MN 29.23

**#30 Women 30-34 50 Yard Free**  
1 Melsen, Krisie 30 SCYM-MN 28.69

**#36 Women 30-34 50 Yard Free**  
1 Hilal, Susan 34 HOPK-MN 31.15

**#9 Women 40-44 50 Yard Free**  
1 Radke Gerry, Katrina 40 UNAT-MN 24.64  
2 Melmer, Katie 41 MINN-MN 28.79

**#30 Women 40-44 50 Yard Free**  
1 Radke Gerry, Katrina 40 UNAT-MN 24.94

**#30 Women 45-49 50 Yard Free**  
1 Lake, Stephanie 48 MINN-MN 33.20

**#9 Women 55-59 50 Yard Free**  
1 Swartz, Shannon 59 MINN-MN 43.07

**#30 Women 55-59 50 Yard Free**  
1 Handlos, Jan 57 MINN-MN 40.15  
2 Swartz, Shannon 59 MINN-MN 43.88

**#36 Women 55-59 50 Yard Free**  
1 Swartz, Shannon 59 MINN-MN 42.42

WOMEN'S RESULTS - 100'S

**#17 Women 25-29 100 Yard Fly**  
1 Lamour, Cecile 26 MINN-MN 1:05.47  
30.55 34.92  
2 Vickberg, Kimberly 29 HOPK-MN 1:09.07  
33.27 35.80

**#11 Women 45-49 100 Yard Back**  
1 Hromada, Sarah 49 MINN-MN 1:22.06  
40.03 42.03  
2 Lake, Stephanie 48 MINN-MN 1:25.96  
42.58 43.38  
3 Schaefer, Margaret 49 MINN-MN 1:45.95  
50.17 55.78

**#19 Women 30-34 100 Yard Breast**  
1 Melsen, Krisie 30 SCYM-MN 1:15.91  
35.95 41.33

**#13 Women 25-29 100 Yard Free**  
1 Cota, Rebecca 25 MINN-MN 1:05.41

**#40 Women 25-29 100 Yard Free**  
1 Lamour, Cecile 26 MINN-MN 58.39  
28.04 30.35

**#20 Women 40-44 100 Yard Free**  
1 Radke Gerry, Katrina 40 UNAT-MN 55.70  
26.43 29.27

**#40 Women 40-44 100 Yard Free**  
1 Melmer, Katie 41 MINN-MN 1:01.82  
29.88 31.94

**#13 Women 55-59 100 Yard Free**  
1 Handlos, Jan 57 MINN-MN 1:31.94

**#14 Women 25-29 100 Yard IM**  
1 Bjorklund, Erika 25 MINN-MN 1:05.59  
29.90 35.69

**#21 Women 25-29 100 Yard IM**  
1 Frimerman-Bergquist, 27 HOPK-MN 1:18.57  
35.58 42.99

**#21 Women 30-34 100 Yard IM**  
1 Hilal, Susan 34 HOPK-MN 1:21.60  
37.83 43.77

**#41 Women 30-34 100 Yard IM**  
1 Oberg, Heather 32 NORT-MN 1:15.21  
34.85 40.36

WOMEN'S RESULTS - 200'S

**#1 Women 25-29 200 Yard Fly**  
1 Vickberg, Kimberly 29 HOPK-MN 2:25.65  
33.34 36.87 37.76 37.68

**#42 Women 25-29 200 Yard Fly**  
1 Frimerman-Bergquist, 27 HOPK-MN 2:59.06  
36.25 46.15 50.00 46.66

**#1 Women 50-54 200 Yard Fly**  
1 Hansen, Jane 50 MINN-MN 2:42.37  
35.46 40.68 42.59 43.64

**#2 Women 25-29 200 Yard Back**  
1 Frimerman-Bergquist, 27 HOPK-MN 2:45.50  
37.70 41.64 42.67 43.49

**#23 Women 25-29 200 Yard Back**  
1 Wind, Katie 26 MINN-MN 2:11.86  
31.40 34.47 33.14 32.85

**#23 Women 50-54 200 Yard Back**  
1 Hansen, Jane 50 MINN-MN 2:45.05  
39.48 41.52 42.08 41.97

**#44 Women 30-34 200 Yard Breast**  
1 Melsen, Krisie 30 SCYM-MN 2:43.62  
37.26 40.72 1:25.64

**#4 Women 25-29 200 Yard Free**  
1 Wind, Katie 26 MINN-MN 2:03.93  
29.68 31.83 31.08 31.34  
2 Cota, Rebecca 25 MINN-MN 2:26.19  
33.17 36.27 37.75 39.00

**#4 Women 30-34 200 Yard Free**  
1 Hilal, Susan 34 HOPK-MN 2:38.55  
33.53 38.31 42.24 44.47

**#25 Women 45-49 200 Yard Free**  
1 Schaefer, Margaret 49 MINN-MN 3:05.58  
42.86 47.64 48.33 46.75

**#4 Women 55-59 200 Yard Free**  
1 Handlos, Jan 57 MINN-MN 3:15.45  
43.71 48.20 51.89 51.65

WOMEN'S RESULTS - 500'S

**#16 Women 25-29 500 Yard Free**  
1 Frimerman-Bergquist, 27 HOPK-MN 6:21.89  
34.34 37.70 39.04 38.52  
38.32 38.58 38.06 38.88  
39.21 39.24

**#32 Women 25-29 500 Yard Free**  
1 Frimerman-Bergquist, 27 HOPK-MN 6:14.66  
37.91  
39.04 38.07  
2 Cota, Rebecca 25 MINN-MN 6:50.57  
35.67 39.41 42.09 42.32  
43.29 42.68 42.69 41.71  
41.42 39.29

**#16 Women 30-34 500 Yard Free**  
1 Oberg, Heather 32 NORT-MN 6:17.55  
32.31 35.80 37.44 38.51  
39.20 39.29 39.42 39.53  
38.85 37.20  
2 Hilal, Susan 34 HOPK-MN 7:07.11  
37.29 40.87 42.29 43.18  
43.09 43.44 43.57 44.03  
44.87 44.48

**#16 Women 35-39 500 Yard Free**  
1 Marentette, Kristin 37 HOPK-MN 6:28.28  
33.92 36.82 38.38 39.32  
39.66 39.96 40.18 40.36  
39.86 39.82

**#16 Women 40-44 500 Yard Free**  
1 Lamour, Susan 42 MINN-MN 9:09.52  
45.09 52.32 55.02 58.06  
57.95 57.52 57.41 57.43  
56.64 52.08

**#32 Women 40-44 500 Yard Free**  
1 Melmer, Katie 41 MINN-MN 5:55.12  
31.28 34.19 35.20 35.74  
36.12 36.16 36.15 36.74  
37.29 36.25

## Spring Splash - 3/12/2011

## Results

MEN'S RESULTS - 50'S

<b>#27 Men 25-29 50 Yard Fly</b>			
1 Parish, Patrick	25	NSAC-MN	32.34
<b>#27 Men 35-39 50 Yard Fly</b>			
1 Peter, Seth	37	MEOW-M	28.56
<b>#33 Men 35-39 50 Yard Fly</b>			
1 Quiring, Abe	39	MEOW-M	27.01
<b>#6 Men 50-54 50 Yard Fly</b>			
--- Foyt, Brian	50	MINN-MN	DQ
<b>#6 Men 60-64 50 Yard Fly</b>			
--- Kaplan, Mark	61	MINN-MN	DQ
<b>#34 Men 25-29 50 Yard Back</b>			
1 Bergquist, David	26	HOPK-MN	41.58
<b>#28 Men 40-44 50 Yard Back</b>			
1 Rosell, Robert	40	MINN-MN	30.29
<b>#7 Men 50-54 50 Yard Back</b>			
1 Holthus, Brian	53	MINN-MN	29.84
<b>#28 Men 50-54 50 Yard Back</b>			
1 Lamour, Didier	54	MINN-MN	30.73
<b>#29 Men 25-29 50 Yard Breast</b>			
1 Bergquist, David	26	HOPK-MN	36.33
<b>#29 Men 45-49 50 Yard Breast</b>			
1 Abegg, Michael	45	MINN-MN	44.54
<b>#35 Men 50-54 50 Yard Breast</b>			
1 Siegfried, Todd	52	MINN-MN	34.28
<b>#9 Men 25-29 50 Yard Free</b>			
1 Bergquist, David	26	HOPK-MN	29.68
<b>#36 Men 35-39 50 Yard Free</b>			
1 Grovender, Eric	37	UNAT-MN	24.75
<b>#9 Men 40-44 50 Yard Free</b>			
1 Goodyear, Tim	44	MTKA-MN	30.94
<b>#30 Men 40-44 50 Yard Free</b>			
1 Rosell, Robert	40	MINN-MN	26.31
2 Nieters, Mark	42	SCYM-MN	29.34
<b>#36 Men 45-49 50 Yard Free</b>			
1 Ness, Randall	48	UNAT-MN	28.27
2 Abegg, Michael	45	MINN-MN	34.78
<b>#9 Men 50-54 50 Yard Free</b>			
1 Poitevent, Paul	50	MTKA-MN	28.57
<b>#30 Men 50-54 50 Yard Free</b>			
1 Foyt, Brian	50	MINN-MN	25.77
2 Siegfried, Todd	52	MINN-MN	26.86

MEN'S RESULTS - 100'S

<b>#10 Men 35-39 100 Yard Fly</b>			
1 Peter, Seth	37	MEOW-M	1:06.12
	30.50	35.62	
<b>#37 Men 50-54 100 Yard Fly</b>			
1 Smith, Darrell	54	MINN-MN	1:04.02
	29.57	34.45	
<b>#10 Men 60-64 100 Yard Fly</b>			
1 Novak, Dan	61	MINN-MN	1:48.31
<b>#38 Men 35-39 100 Yard Back</b>			
1 Quiring, Abe	39	MEOW-M	59.81
	29.99	29.82	
2 Rysavy, Jason	37	MINN-MN	1:03.45
	30.61	32.84	
<b>#38 Men 40-44 100 Yard Back</b>			
1 Nieters, Mark	42	SCYM-MN	1:25.95
	41.92	55.15	
<b>#38 Men 45-49 100 Yard Back</b>			
1 Freund, John	48	MINN-MN	1:05.23
	32.47	32.76	
<b>#19 Men 18-24 100 Yard Breast</b>			
1 Milberger, Alex	23	SCYM-MN	1:13.19
	34.54	38.65	
<b>#39 Men 25-29 100 Yard Breast</b>			
1 Oberg, Justin	27	UNAT-MN	1:07.89
	31.81	36.08	
<b>#19 Men 35-39 100 Yard Breast</b>			
1 Thorpe, Reid	35	HOPK-MN	1:03.92
	29.98	33.94	
<b>#19 Men 40-44 100 Yard Breast</b>			
1 Nieters, Mark	42	SCYM-MN	1:22.90
	39.00	43.90	
2 Goodyear, Tim	44	MTKA-MN	1:38.44
	43.79	54.65	
<b>#40 Men 18-24 100 Yard Free</b>			
1 Milberger, Alex	23	SCYM-MN	56.57
	27.12	29.45	
2 Hedgecock, Dan	23	STMA-MN	1:01.73
	30.02	31.71	
<b>#20 Men 25-29 100 Yard Free</b>			
1 Oberg, Justin	27	UNAT-MN	53.73
	25.67	28.06	
2 Parish, Patrick	25	NSAC-MN	1:02.64
	30.79	31.85	
3 Bergquist, David	26	HOPK-MN	1:05.70
	31.34	34.36	
<b>#20 Men 35-39 100 Yard Free</b>			
1 Quiring, Abe	39	MEOW-M	51.11
	24.57	26.54	
2 Rysavy, Jason	37	MINN-MN	54.55
	26.34	28.21	
3 Grovender, Eric	37	UNAT-MN	55.50
	26.66	28.84	
4 Furcht, Eric	38	MEOW-M	57.89
	27.52	30.37	

<b>#40 Men 35-39 100 Yard Free</b>			
1 Thorpe, Reid	35	HOPK-MN	53.17
	25.28	27.89	
<b>#13 Men 40-44 100 Yard Free</b>			
1 Moore, Tom	43	HOPK-MN	1:01.43
	29.77	31.66	
2 Nieters, Mark	42	SCYM-MN	1:03.94
	30.79	33.15	
<b>#20 Men 40-44 100 Yard Free</b>			
1 Moore, Tom	43	HOPK-MN	1:02.66
	29.85	32.81	
<b>#40 Men 40-44 100 Yard Free</b>			
1 Moore, Tom	43	HOPK-MN	1:03.99
	30.53	33.46	
<b>#13 Men 45-49 100 Yard Free</b>			
1 Ness, Randall	48	UNAT-MN	1:01.00
	29.72	31.28	
<b>#13 Men 50-54 100 Yard Free</b>			
1 Smith, Darrell	54	MINN-MN	55.91
	27.04	28.87	
2 Siegfried, Todd	52	MINN-MN	58.33
	27.79	30.54	
<b>#20 Men 50-54 100 Yard Free</b>			
1 Poitevent, Paul	50	MTKA-MN	1:05.83
	30.37	35.46	
<b>#40 Men 50-54 100 Yard Free</b>			
1 Foyt, Brian	50	MINN-MN	59.64
	28.87	30.77	
<b>#13 Men 55-59 100 Yard Free</b>			
1 Sakaguchi, Scott	58	MINN-MN	1:05.39
<b>#14 Men 25-29 100 Yard IM</b>			
1 Oberg, Justin	27	UNAT-MN	59.26
	27.92	31.34	
<b>#41 Men 25-29 100 Yard IM</b>			
1 Bergquist, David	26	HOPK-MN	1:22.60
	37.66	44.94	
<b>#14 Men 35-39 100 Yard IM</b>			
1 Quiring, Abe	39	MEOW-M	58.62
	26.22	32.40	
2 Furcht, Eric	38	MEOW-M	1:03.69
	29.20	34.49	
<b>#41 Men 35-39 100 Yard IM</b>			
1 Peter, Seth	37	MEOW-M	1:08.64
	31.34	37.30	
<b>#41 Men 45-49 100 Yard IM</b>			
1 Ness, Randall	48	UNAT-MN	1:14.96
	36.35	38.61	

## Spring Splash - 3/12/2011

## Results

**MEN'S RESULTS - 200'S**

<b>#1 Men 50-54 200 Yard Fly</b>					
1 Lamour, Didier	54	MINN-MN	2:31.80		
	34.00	37.18	38.55	42.07	
<b>#22 Men 50-54 200 Yard Fly</b>					
1 Smith, Darrell	54	MINN-MN	2:25.91		
	31.87	36.09	37.97	39.98	
<b>#23 Men 45-49 200 Yard Back</b>					
1 Freund, John	48	MINN-MN	2:22.74		
	34.63	35.52	36.57	36.02	
<b>#3 Men 35-39 200 Yard Breast</b>					
1 Thorpe, Reid	35	HOPK-MN	2:20.92		
	31.09	35.33	36.82	37.68	
<b>#4 Men 18-24 200 Yard Free</b>					
1 Milberger, Alex	23	SCYM-MN	2:00.36		
	27.64	29.78	30.96	31.98	
2 Hedgecock, Dan	23	STMA-MN	2:14.03		
	30.69	33.05	34.93	35.36	
<b>#4 Men 25-29 200 Yard Free</b>					
1 Parish, Patrick	25	NSAC-MN	2:28.63		
	30.36	33.88	33.79	50.60	
<b>#4 Men 30-34 200 Yard Free</b>					
1 Steele, Reed	31	UNAT-MN	1:54.15		
	25.90	28.13	30.00	30.12	
<b>#25 Men 30-34 200 Yard Free</b>					
1 Steele, Reed	31	UNAT-MN	1:57.80		
	26.76	29.97	30.64	30.43	
<b>#45 Men 30-34 200 Yard Free</b>					
1 Steele, Reed	31	UNAT-MN	1:58.56		
<b>#4 Men 35-39 200 Yard Free</b>					
1 Grovender, Eric	37	UNAT-MN	2:06.03		
	29.40	31.39	32.26	32.98	
<b>#4 Men 40-44 200 Yard Free</b>					
1 Nieters, Mark	42	SCYM-MN	2:19.36		
	31.68	34.90	35.84	36.94	
<b>#25 Men 45-49 200 Yard Free</b>					
1 Ness, Randall	48	UNAT-MN	2:19.97		
	32.23	36.72	36.88	34.14	
<b>#45 Men 50-54 200 Yard Free</b>					
1 Holthus, Brian	53	MINN-MN	2:12.80		
<b>#4 Men 55-59 200 Yard Free</b>					
1 Sakaguchi, Scott	58	MINN-MN	2:27.18		
	33.52	37.42	37.49	38.75	
<b>#26 Men 18-24 200 Yard IM</b>					
1 Milberger, Alex	23	SCYM-MN	2:22.48		
	29.72	37.72	42.04	33.00	
<b>#46 Men 25-29 200 Yard IM</b>					
1 Parish, Patrick	25	NSAC-MN	2:39.65		
	33.94	45.13	46.47	34.11	
<b>#5 Men 35-39 200 Yard IM</b>					
1 Rysavy, Jason	37	MINN-MN	2:18.09		
	28.60	34.56	42.17	32.76	

<b>#5 Men 40-44 200 Yard IM</b>					
1 Rosell, Robert	40	MINN-MN	2:24.59		
	28.98	36.13	44.97	34.51	
<b>#5 Men 45-49 200 Yard IM</b>					
1 Freund, John	48	MINN-MN	2:21.97		
	30.06	35.55	42.42	33.94	
<b>#46 Men 60-64 200 Yard IM</b>					
1 Novak, Dan	61	MINN-MN	3:39.58		
	51.67	51.85	1:09.12	46.94	

**MEN'S RESULTS - 4/500'S**

<b>#31 Men 60-64 400 Yard IM</b>					
1 Novak, Dan	61	MINN-MN	7:38.42		
	53.11	58.43	55.72	54.83	
	1:08.93	1:06.28	52.09	49.03	
<b>#16 Men 18-24 500 Yard Free</b>					
1 Milberger, Alex	23	SCYM-MN	5:29.61		
	29.49	32.44	33.58	33.78	
	33.87	33.71	33.25	33.28	
	33.14	33.07			
<b>#32 Men 18-24 500 Yard Free</b>					
1 Hedgecock, Dan	23	STMA-MN	5:59.60		
	31.80	34.65	35.30	36.78	
	36.32	36.65	36.92	36.94	
	37.31	36.93			
<b>#16 Men 25-29 500 Yard Free</b>					
1 Parish, Patrick	25	NSAC-MN	6:41.35		
	32.32	1:13.12	37.66	37.71	
	37.95	37.65	38.28	39.06	
	36.21	31.39			
<b>#16 Men 30-34 500 Yard Free</b>					
1 Steele, Reed	31	UNAT-MN	5:15.83		
	27.81	30.46	31.14	31.73	
	32.17	32.32	32.52	32.91	
	32.86	31.91			
<b>#32 Men 30-34 500 Yard Free</b>					
1 Steele, Reed	31	UNAT-MN	5:23.11		
	28.81				
			32.30	32.88	
	1:08.57				
<b>#16 Men 45-49 500 Yard Free</b>					
1 Abegg, Michael	45	MINN-MN	8:34.65		
	41.74	45.20	47.65	51.86	
	53.16	52.57	55.44	55.48	
	56.15	55.40			
<b>#32 Men 50-54 500 Yard Free</b>					
1 Holthus, Brian	53	MINN-MN	6:18.98		
	31.32	34.24	35.32	36.44	
	36.76	35.73	47.24	42.76	
	40.55	38.62			
<b>#32 Men 60-64 500 Yard Free</b>					
1 Kaplan, Mark	61	MINN-MN	8:55.64		
	41.71	50.85	54.61	57.42	
	56.75	55.92	57.25	56.74	
	55.16	49.23			