

Broadstone Fun Masters Meet Results

07/15/2012,

HOT sunny day ! Thank you everyone who swam and volunteered at this meet. Thank you to Matt Swanson for registration and organizing the heats. Thank you to the volunteer timers. Thank you to the Herguth family who swam and timed. Big Thank you to Broadstone Racquet Club for hosting the event, CytoSport and Fleet Feet for donating Raffle Prizes, Broadstone Barracuda Swim Team for the Starting System, Please Spread the word, See you next Summer for more fun!
- Coach Myron Dong Coach@bike4funandhealth.com 916-835-4444

For **OPEN WATER SWIMS** - Please join www.meetup.com/SacSwim

www.Broadstonerc.com , (Photos at:) www.meetup.com/SacSwim , (results also at) www.Bike4FunandHealth.com

Medley Relay, (Back, Breast, Fly, Free)

back	Gene	Dahle	34.68
breast	Lisa	Bartuska	46.78
fly	Ali	Valdrighi	30.16
free	Bob	Foiles	35.33
			02:25.6
back	Don	Fipps	36.99
breast	Bob	Herguth	32.97
fly	Mike	Bendetti	38.47
free	Denese	Steeb	30.42
			02:09.9

50 Free

		Age	Team	Time
Michael	Bendetti	35+	TUTE	25.48
Bob	Herguth	35+	RAMS	25.65
Michael	White	<35	BRCM	26.88
Ali	Valdrighi	<35	UATT	26.88
Myron	Dong	35+	BRCM	27.53
Denise	Steeb	35+	UATT	28.53
Don	Fipps	35+	W.SAC	30.13
Joey	Herguth	12	WAC	35.18
Bob	Foiles	35+	Laguna	35.34
Lisa	Bartuska	35+	UATT	36.88
Josh	Herguth	10	WAC	46.51

50 Breast

Ali	Valdrighi	<35	UATT	30.47
Bob	Herguth	35+	RAMS	37.41
Gene	Dahle	35+	RAMS	37.47
Myron	Dong	35+	BRCM	37.81
John	Valdrighi	35+	UATT	38.38
Michael	Bendetti	35+	TUTE	38.62
Don	Fipps	35+	W.SAC	40.25
Lisa	Bartuska	35+	UATT	43.48
Joey	Herguth	12	WAC	50.94
Josh	Herguth	10	WAC	52.38

50 Back

Bob	Herguth	35+	RAMS	31.28
Denise	Steeb	35+	UATT	33.09
Don	Fipps	35+	W.SAC	35.69
Michael	Bendetti	35+	TUTE	37.03
Bob	Foiles	35+	Laguna	50.09

100 IM (Back, Breast, Fly, Free)

Ali	Valdrighi	<35	UATT	01:08.7
Bob	Herguth	35+	RAMS	01:09.3
Gene	Dahle	35+	RAMS	01:11.0
Michael	White	<35	BRCM	01:11.2
Michael	Bendetti	35+	TUTE	01:12.2
Denise	Steeb	35+	UATT	01:15.0
Don	Fipps	35+	W.SAC	01:18.3
Joey	Herguth	12	WAC	01:36.8
Lisa	Bartuska	35+	UATT	01:38.5

50 Fly

Bob	Herguth	35+	RAMS	26.93
Michael	Bendetti	35+	TUTE	30.75
Ali	Valdrighi	<35	UATT	31.53
Denise	Steeb	35+	UATT	32.53
Lisa	Bartuska	35+	UATT	43.43
Joey	Herguth	12	WAC	46.14

500 Free

Michael	White	<35	BRCM	05:48.4
Bob	Herguth	35+	RAMS	06:17.2
Don	Fipps	35+	W.SAC	07:20.2
Bob	Foiles	35+	Laguna	08:48.1

Gene Dahle 35+ RAMS 02:29.7

Free Relay

Swimmer 1	John	Valdrighi	33.34
Swimmer 2	Bob	Herguth	24.97
Swimmer 3	Ali	Valdrighi	27.37
Swimmer 4	Gene	Dahle	28.65

01:55.1

Swimmer 1	Michael	Bendetti	27.59
Swimmer 2	Don	Phipps	32.36
Swimmer 3	Mike	White	25.75
Swimmer 4	Bob	Foiles	34.63

02:00.5



www.meetup.com/sacswim

Thank you !!!