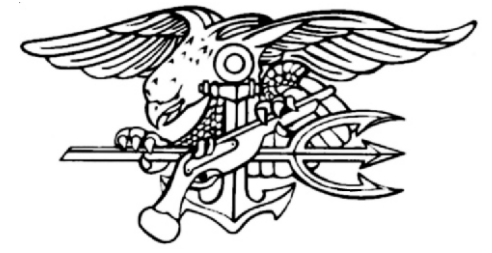




NSW SUPERFROG Triathlon



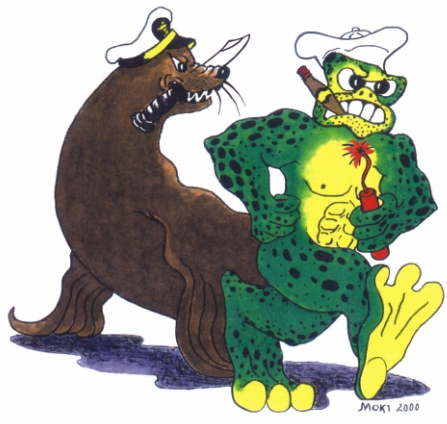
1.2 mile swim
o 1000 yd Swim Laps

56 mile bike
Four 13.7 mi. Bike Laps

13.1 mile run
Five 2.6 mi. Run Laps

COMMODORE'S
TEAM TROPHY

SF / YEAR / LOCATION	OVL MALE	OVL FEMALE	RELAY TEAM	COMMODORE'S TEAM TROPHY
SUPERFROG I 09/22/79 SOUTH BAY	LADDIE SHAW UDT/SEA/PAC 119 4:57:24	NO FEMALE	(NO RELAY TEAMS)	UDT 11 29:17:22
SUPERFROG II 09/27/80 SOUTH BAY	JOHN DUNBAR UDT-SEALPAC 119 4:42:44	DIANE SMITH HORNY TOADS 5:32:20	(NO RELAY TEAMS)	UDT/SEALPAC 119 24:52:48
SUPERFROG III 09/12/81 SOUTH BAY	CHUCK NEUMAN SEAL TEAM 1 (RET) 4:52:48	KATHLEEN McCARTNEY CIVILIAN 5:29:12	(NO RELAY TEAMS)	UDT/SEALPAC 119 27:54:23
SUPERFROG IV 09/04/82 SOUTH BAY	TOM WARREN TUG'S TAVERN 4:38:55	MOLLY BARNUM CORONADO 5:11:30	(NO RELAY TEAMS)	UDT/SEALPAC 119 25:59:09
SUPERFROG V 09/10/83 SOUTH BAY	KAI SERRANO CIVILIAN 4:30:07	MOLLY BARNUM 5:17:00	(NO RELAY TEAMS)	UDT/SEALPAC 119
SUPERFROG VI 09/8/84 SOUTH BAY	KAI SERRANO CIVILIAN 4:30:00	LIZ VITAI CIVILIAN 5:17:00	(NO RELAY TEAMS)	SEAL TEAM 5 25:38:00
SUPERFROG VII 11/09/85 SOUTH BAY	LCDR JOHN NEWCOMB ROYAL AUSTRALIAN NAVY 4:48:00	DARLENE PEARSON CIVILIAN 6:14:59	SEAL TEAM 3 4:54:41	SEAL TEAM 5 22:53:52
SUPERFROG VIII 09/28/86 NAS. NORTH IS.	LT BILL WOODRUFF SDV TEAM 1 3:47:07	NO FEMALE	SDV TEAM 1 3:29:37	SEAL TEAM 5 22:08:54
SUPERFROG IX 09/05/87 NAS. NORTH IS.	ED TYNNISMAA SEAL TEAM VI 4:52:55	MOLLY BARNUM CORONADO 5:24:30	W.WOODRUFF K. PIPES H. GOFORTH 4:27:00	SEAL TEAM 1/3/5 28:08:09
SUPERFROG X 09/04/88 NAS. NORTH IS.	OS1 MARK CURTIS NAVSPECWARCEN 4:29:20	TINA ALBERT CIVILIAN 4:57:22	NAVSPECWARGRU 2 4:15:22	NAVSPECWARCEN 26:58:23
SUPERFROG XI 1989 NAS. NORTH IS.	MARK CURTIS			
SUPERFROG XII 09/15/90 NAS. NORTH IS.	ELI CASH SAN DIEGO 4:29:31	LAURA CURTIS SAN DIEGO 5:09:53	TEAM ALPHA SEAL TEAM 5 4:15:14	SEAL TEAM 5 23:34:56
SUPERFROG XIII 09/21/91 NAS. NORTH IS.	ELI CASH SAN DIEGO 4:37:23	LAURA CURTIS SAN DIEGO 5:02:00	SEAL TEAM 3 4:12:50	SEAL TEAM 3 24:56:18
SUPERFROG XIV 09/26/92 NAS. NORTH IS.	HMC MARK CURTIS SEAL TEAM 1 4:12:06	LAURA CURTIS SAN DIEGO 4:51:50	HOTEL PLT SEAL TEAM 1 4:18:15	SDV TEAM 1 24:20:29
SUPERFROG XV 09/25/93 NAS. NORTH IS.	LTJG DAN O'SHEA SEAL TEAM 3 4:29:59	DR. BARBARA ALVAREZ SAN DIEGO 5:08:25	TEAM DONNELLY SEAL TEAM 3 4:13:59	SEAL TEAM 1 23:53:03



NSW SUPERFROG Triathlon



1.2 mile swim
1000 yd Swim Laps

56 mile bike
Four 13.7 mi. Bike Laps

13.1 mile run
Five 2.6 mi. Run Laps

COMMODORE'S
TEAM TROPHY

SF / YEAR / LOCATION

OVL MALE

OVL FEMALE

RELAY TEAM

SUPERFROG XVI 09/10/94 NAS. NORTH IS.	GEOFF STEFFE SEAL TEAM 3 4:23:12	KELLI MATHEW CORONADO 4:43:03	TEAM FINK HC3 4:03:23	SEAL TEAM 3 25:09:00
SUPERFROG XVII 09/23/95 NAS. NORTH IS.	DT2 DON WHITE D.O., NAVSTA, SD 4:29:30	LTJG STEPHANIE GREEN VQ-1, WHIDBEY IS. 4:52:51	ALMOST OUT TEMECULA 4:13:00	SEAL TEAM 1 24:56:28
SUPERFROG XVIII 09/21/96 NAS. NORTH IS.	TODD MORTON SOLANA BEACH 4:19:26	BETTINA ERNST SWITZERLAND 4:51:55	TEAM URBAN ATHLETE 4:14:39	NAVSPECWARCEN 25:16:32
SUPERFROG XIX 09/13/97 NAS. NORTH IS.	HMC MARK CURTIS SEAL TEAM 1 4:00:39	LAUREN KRAUSE NBC739, SD 4:48:55	LOW, SLOW, & LUCKY 4:11:39	SEAL TEAM 1 22:20:47
SUPERFROG XX 09/23/98 NAS. NORTH IS.	WAYNE BRANDT IMPERIAL BEACH 4:21:35	LT STEPHANIE GREEN 5:06:33	LOVE BORN PLUS 4:26:31	SEAL TEAM 1 25:11:30
SUPERFROG XXI 09/11/99 NAS. NORTH IS.	WAYNE BRANDT IMPERIAL BEACH 4:19:37	LAUREN KRAUSE KN SD 7/39 4:54:06	TEAM NAVY SEAL TEAM 1 4:26:09	SEAL TEAM 1 26:37:53
SUPERFROG XXII 09/09/00 NAS. NORTH IS.	DAVE FERENEC CIVILIAN 4:10:23	PAULA NEWBY-FRASER ENCINITAS, CA 4:32:26	BUD/S CLASS 223 NSWC, NAB, CORONADO 4:33:09	VSW MCM
SUPERFROG XXIII 11/03/01 9/11 YR NAS. NORTH IS.	LTJG KEVIN CHILDR EOD/ MU3 4:29:52	KELLY MONAHAN CORONADO 5:16:03	TEAM 1 A TEAM SEAL TEAM 1 4:28:10	VSW MCM
SUPERFROG XXIV 09/14/02 NAS. NORTH IS.	WAYNE BRANDT IMPERIAL BEACH 4:23:15	PAULA NEWBY-FRASER ENCINITAS, CA 4:51:34	TEAM 5 SEAL TEAM 5 4:26:00	NSCT 1 VSW 25:28:15
SUPERFROG XXV 09/20/03 NAS. NORTH IS.	MIKE DRUDY CIVILIAN 5:01:37	TINA PAULSON CIVILIAN 5:29:13	FOXTROT 1 SEAL TEAM 1 4:56:30	NSCT 1
SUPERFROG XXVI 09/25/04 NAS. NORTH IS.	SGT JON HOOGE NSCT 1 4:21:05	G. STEINBERG-TAIWAN SAN DIEGO 4:56:59	WARCOM DUMPTRUCKS WARCOM 4:29:03	NSCT-1 24:50:46
SUPERFROG XXVII 09/17/95 NAS. NORTH IS.	HM1 MITCH HALL NSWC 4:23:02	ELIZABETH DAUBNER SD TRI CLUB 5:06:15	WARCOM DUMPTRUCKS WARCOM 4:22:16	SEAL TEAM 1
SUPERFROG XXVIII 09/16/06 NAS. NORTH IS.	HMC MITCH HALL NSWC 4:18:30	HEATHER FUHR CIVILIAN 4:31:37	NAVOCEANSPECWAR WARCOM 3:58:46	NSWC
SUPERFROG XXIX 09/22/07 NAS. NORTH IS.	SOC MITCH HALL SEAL TEAM 3 4:24:15	EMILY FINANGER CIVILIAN 4:45:06	OPS SHOP WARCOM 4:15:42	SEAL TEAM 5
SUPERFROG XXX				