



# SWIM-MASTER

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MASTERS SWIMMING - LIFETIME VIGOROUS SWIMMING FOR HEALTH, FUN AND SPORT - by June F. Krauser

June, 1979

The masters Swimming Program was designed as a physical fitness program to encourage people to swim on a regular basis and be concerned about their physical fitness. The objectives of the program include: 1) To encourage and promote physical fitness and health in adult individuals not previously involved in competitive recreational programs; 2) To offer the opportunity for continued conditioning and/or to reinstitute conditioning for former athletes over 25 years-of-age; 3) To encourage individuals, educators, recreational leaders, schools, medical societies, clubs, organizations, and communities to organize and conduct life-long physical, recreational, and competitive masters programs; 4) To enhance fellowship among participants; 5) To stimulate research in the physiology and psychology of adult participation at basic and clinical research levels, and to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems and other preventable debilitating processes. Summing up the reasons for the Masters Swimming Program, we would say first would be the HEALTH - physical fitness aspect; second would be the FUN - social aspect; and third would be the SPORT - competition.

Between 1966-1969 the media and medical world were coming across with the heavy message that ill health and under-exercise are closely linked. Dr. Ransom Arthur of the Navy Medical Neuropsychiatric Research Unit became interested in developing a masters program for swimming after observing the activity of the AAU's Masters Track & Field Program. Dr. Arthur wrote of his interest to John Spannuth, then President of the American Swimming Coaches Association, and the two joined forces in promoting a Masters Swimming Program. The Navy supported Dr. Arthur by providing funds for research into the physical effects of a regular swimming program for adults. A team of eight Navy doctors made extensive tests on the participants in the first National Masters swimming meet held in 1970. Swimming was found to be one of the most healthful forms of exercise and regular exercise results in benefits to the cardiovascular-respiratory systems. The aging process can be slowed down by a daily exercise program and regular exercise lowers the level of serum cholesterol. Swimming on a regular basis can help prevent coronary disease. At the AAU's National Convention in Lake Placid, New York, in October 1971, the Joint Swimming Committee voted to adopt and promote the Masters Swimming Program as an official AAU activity.

Currently, the Masters Swimming Program starts at age 25. Most top swimmers in our country are usually through with competition when they graduate from college. The age groups are broken down into 5-year groupings with 80 & over being the last age group. A beautiful feature of masters swimming is that it has room for all types. It allows long-term competitors to continue a career that may have begun a quarter-century earlier. It encourages one-time competitors to re-enter the sport. And it reserves space for those who've never competed. Surprisingly, prior experience and even continuing experience are not prerequisites for success in this category. Experience apparently isn't all it is cracked up to be because each of these three types - the regulars, the returners and the new-comers - have contributed their record setters. If there is a message in all this, it would be: make the most of experience if you've had it, but experience isn't essential. Apparently it's never too late to atone for sins of over-indulgence and under-exercise.

Those who enter the Masters Swimming Program do so for many different reasons. Weight - too much of it - is a common and obvious force pushing people into some type of exercise program. Many begin for more serious medical reasons than weight such as heart irregularities, asthma, ulcers, and high blood pressure. The therapeutic effects of exercise have at times been dramatic. Some athletes have reached out far beyond physical fitness to capture the deeper pleasures that swimming can give such as spiritual as well as the unique social side. As one airline pilot said, "You just have to admire people who mix Gatorade and beer".

Competition contributes little to health and fitness. In fact, maximum fitness may best be achieved by avoiding racing and the stress that goes with it. But to down-play the role of motivation via competition would be to ignore an obvious and powerful lure of masters swimming. Primarily, it's the feeling of accomplishment. When you swim your fastest time, you feel terribly pleased. Competition is also a personal measuring device for improvement of performance. Records in every age group are improving so fast it's hard to keep up with them. Life is a steady process of slowing down but an individual's times can, of course, improve as he ages, providing conditioning and opportunity improve. And some old swimmers can beat young ones. With masters swimming, a swimmer can now race those in his own age group as he is no longer limited to racing against open competition that gets progressively younger and tougher. They get tougher in his own age group but that's what competition is all about - equals racing on equal terms. Any physically fit swimmer 25 & over should be permitted to compete regardless of his skills or ability. The establishment of records is of secondary importance. Also, masters swimming refuses to exclude so-called professionals so that anyone over 25 may compete regardless of professional status. While opportunity expands, so does participation. It works both ways: meets develop more swimmers, swimmers demand more meets. Such supply and demand works at all levels of the sport. But in masters swimming there's an additional factor at work. Everyone gets older; new blood is continually pumped into the program. If masters swimming accomplished nothing else, it has scored a first in the aging struggle. It has swimmers literally looking forward to their 30th birthdays, and their 35th, and their 40th, etc.

In the beginning, many of the masters swimming races were lonely. There were many winners - but few competitors. But in a few short years, those winners had all the company they could want. Of no group is the old expression, "pride goeth before a fall" truer than of Masters Swimming Champions because it is so easy to drop from first to below third in the course of a year, even while improving one's own time. Masters swimming changes that fast. And it's still changing, expanding and improving at a dizzying rate. And even though you don't win, you may be setting personal records. In the aging process, nature provides some compensations. Psychologically, the older you are the tougher you are. The masters swimming boom has progressed to the point where anyone who wants it can find competition commensurate with his abilities. The master swimmer is limited by family and occupational obligations, but he also has the financial means to explore the swimming world. Age marches steadily upward, adding its inevitable limitations and nowhere is this more obvious than in the records list.

The International Swimming Federation helps to provide tangible evidence of the legitimization of Masters Swimming and it is now recognized as an integral part of aquatics along with the age group and senior programs.

# MASTERS DIVING 1979 INDOOR NATIONALS



SENIOR GRAND MASTERS

## MASTERS DIVING - INDOOR NATIONALS

On Saturday and Sunday, May 26 & 27, 1979, the Masters Diving Indoor National Championships were held at the Gerald Ford Natatorium in Grand Rapids, Michigan. The divers had to contend with gasoline shortages and standby airline reservations but everyone finally arrived and the meet went off in fine shape. Meet Director Jeff Alward deserves kudos for his yoeman efforts in bringing together the top group of Masters Divers for this year's indoor championship meet.

Twenty-five divers (21 men & 4 women) competed in the various age groups from the one meter and three meter boards.

Meet Director Jeff Alward won the 25-29 one meter, Men's Grand Master, and the special Grand Prix event.

The two outstanding woman divers were Jane Manchester Cole, winner of both the one & three meter events in the women's 25-29 age group and the Women's Grand Master championship and Gerta Ross, 73 years young, winner of the one and three meter events in her age group, and the Women's Sr. Grand Masters Championship.

Winner of the Men's Sr. Grand Masters event was Ed Craren of Lincoln, Nebraska.

Meet results and pictures of the National Indoor Masters Diving championships are elsewhere in this issue. The outdoor championships are scheduled for Heritage Park Pools in Irvine, California during August 24-27, 1979.



NATIONAL AAU MASTERS INDOOR DIVING CHAMPIONSHIPS  
Grand Rapids, MI 5/26-27/79

MENS 1 METER

<u>21-24</u>	
Mike O'Brien	426.50
James Warner	409.10
Tom Ponset	376.95
Brett Stockreef	332.95
<u>25-29</u>	
Jeff Alward	487.70
Alan Doering	482.55
Gary Cole	406.00
<u>30-34</u>	
David McKeehan	368.10
Lou Adams	277.55
<u>35-39</u>	
John Case	404.55
<u>40-44</u>	
Fred Fox	285.00
<u>45-49</u>	
Gary Bagley	338.35
Ed Craren	327.35
Jack Harbourne	286.30
<u>55-59</u>	
Robert Amundson	209.55
<u>60-64</u>	
Ted Kersting	251.95
Dal Stauffer	246.40
<u>65-69</u>	
Bill McAlister	241.40
<u>70 &amp; over</u>	
Cecil Bush	134.50

MENS GRAND MASTER

Jeff Alward	485.80
Fred Fox	360.25
<u>MENS SR. GRAND MASTER</u>	
Ed Craren	322.21
Bill McAlister	302.35
Dal Stauffer	295.30
Robert Amundson	232.25

WOMENS 1 METER

<u>25-29</u>	
Jane Manchester Cole	444.90
Jan Lucia	374.90
<u>30-34</u>	
Jan Okopny	308.15
<u>70 &amp; over</u>	
Gerta Ross	130.25

WOMENS 3 METER

<u>25-29</u>	
Jane Manchester Cole	458.50
Jan Lucia	390.65
<u>70 &amp; over</u>	
Gerta Ross	133.20

WOMENS GRAND MASTER

Jane Manchester Cole	463.25
Jan Lucia	457.95

WOMENS SR. GRAND MASTER

Gerta Ross	201.70
<u>GRAND PRIX</u>	

(Special Event-Men & Women)	
Jeff Alward	287.86
Jane Cole	287.10
Alan Doering	278.90
Ted Kersting	261.36
Bill McAlister	256.80
John Case	251.18
Dal Stauffer	248.80
Gary Bagley	239.70
Dave McKeehan	234.53
Gerta Ross	226.70
Jan Lucia	220.68
Mike O'Brien	219.11
Brett Stockreef	200.40

MENS 3 METER

<u>21-24</u>	
James Warner	415.85
Mike O'Brien	409.25
Tom Erley	408.30
Brett Stockreef	323.80
<u>25-29</u>	
Alan Doering	535.10
Jeff Alward	532.45
Gary Cole	435.30
<u>30-34</u>	
David McKeehan	414.15
John Griff	366.40
<u>40-44</u>	
Fred Fox	301.40
<u>45-49</u>	
Gary Bagley	389.40
Ed Craren	333.55
Duncan Erley	304.15

YOUTH VS



EXPERIENCE!

1979 MASTERS ARU  
NATIONAL  
SHORT COURSE SWIMMING  
CHAMPIONSHIPS

WOMEN'S TIMES

25 - 29

Middle, Marcia	25.59
Baier, Patti	25.60
Brown, Barbara	25.92
Skrifvars, Lynn	26.07
Sutton, Mary	26.36
McClements, Lyn	26.42
Morris, Elyn	26.45
Simay, Elaine	26.56
Doman, Debra	26.69
Hogan, Karen	26.71
Morey, Michele	27.23
Fujimoto, Deirdre	27.72
Howell, Pamela	27.91
Troxell, Roberts	27.98
Schleunning, Susy	28.04
Danenhower, Monica	28.42
Casey, Sharon	28.68
Loague, Averil	29.04
Pastel, Mary	29.57
Smith, Joan	29.64
Tamme, Carol	29.86
Durning, Baba	30.27
Hixson, Lisa	30.71
Egasse, Jeanne	31.54
Richardson, Camilla	31.74
Zumbrun, Anne	32.49
Hill, Dara	33.30

30 - 34

Estes, Penny	26.06
Dunbar, Barbara	26.42
Edwards, Bonnie, C.	27.26
Brown, Ann	27.36
Peterson, Sally A.	27.58
Zasaniyan, Chris	27.78
Reiss, Collette	27.87
Tendy, Susan	28.57
Wight, Karen	28.59
Crammer, Michelle	29.26
Crawford, Liz	29.37
Schaffer, Patricia	29.38
Smith, Teresa	29.74
Frank, Marianne	29.79
Lachan, Marie	29.88
Donahue, Margaret	30.00
Duesburg, Deborah	30.08
Chastain, Jayne	31.02
Anderson, Liz	31.19
Newquist, Lana	31.40
Robertson, Susan	31.54
Lynch, Susan	31.61
Bailey, Ellen	31.84
Newcome, Suzanne	31.92
Alexander, Donna	33.85
Zarn, Nancy	35.25
Beatty, Linda	39.12
Fordis, Fran	41.70

35 - 39

Todd, Diana	26.26
Ridout, Nancy	26.83
Peterson, Susan	27.76
Harlow, Marcy	27.93
David, Irene	28.00
Kirkendall, Nancy	28.68
Cavanaugh, Wanda	28.73
Rossiter, Molly	28.74
Riddell, Roberts	28.80
Woodman, Lisa	28.90
Mooney, Eileen	29.43
Robbins, Donna	30.37
Hummer, Sallie	30.82
Rogers, Joy	31.32
Bailey, Rosalind	32.42
Anderson, Gretchen	32.70
McGonigal, Louise	33.14
Sargent, Robyn	33.34
Walker, Sally	33.45
Arrighi, Barbara	33.99
McLeod, Joan	36.50
Paris, Carlene	36.65
Walter, Marjory	38.96
Bindman, Terry	41.15
Cook, Roberta	42.20
Shaw, Julie	42.35
Stephenson, Barbara	1.17.56

40 - 44

Correa, Juanita	27.96
Thornburg, Jane	28.80
Zaremski, Barbara	29.40
Lamont, Janet	30.15
Konig, Angela	31.04
Jenkins, Charlotte	31.09
Collins, Judith	31.72
Gall, Betty	31.84
Munn, Susan	32.13
Hindsdale, Jane	32.43
Boddaert, Evelyn	32.44
Darborn, Susan	33.51
Dawkins, Tanako	34.61
Hewitt, Halle	35.48
Zatman, Mari	35.53
Shuman, Diana	35.65
Anesbury, Judith	35.83
Connolly, Mary	35.91
Carley, Ria	36.86
Cannon, Marcia	38.58
Schroeder, Lynn	39.31
Doupe, Eileen	41.40
Mitchell, Joyce	48.13
Fyfe, Nancy	54.29

45 - 49

Palmer, Helga	30.60
Easun, Kay	30.94
Smith, Jacqueline	30.97
Hann, Dena	31.23
Gatch, Olive	32.90
Berning, Henrietta	33.59
Callison, Bobbie	34.77
Monroe, Bonna	34.81
Campbell, Joan	35.52
Howard, Shirley	37.01
Smith, Joan	41.54
Olschan, Malchia	43.47
Baird, Shirley	45.37

50 - 54

Bennett, Berna	30.00
Bruce, Cynthia	31.53
Turcotte, Bobbi	34.25
Weaver, Mary	35.01
McMillan, Betty	35.33
Wolver, Janet	35.35
Acord, Marilyn	36.10
Dickerson, Ruthanne	36.53
Hann, Louise	36.80
Christiansen, Elayne	39.96
Barabash, Betty	40.18
Stafford, Dena	40.47
Garwood, Elizabeth	41.78
Talbot, Betty	45.79
Dickson, Joan	54.47

60 - 64

Donnelly, Dorothy L.	31.08
Lachasse, Dorothy	32.27
Erickson, Shirley	33.39
Merryman, Jeanne	33.63
McPherson, Jean	36.09
Crowell, Bette	37.33
Abbott, Joyce	39.10
Callaghan, Betty	39.73
Cromie, Marjorie	40.14
Abbott, Doris	40.73
O swald, Eileen	47.33
Scott, Dorothy	51.54

65 - 69

Hummel, Helen	35.97
Osborne, Joan	36.09
Pfeiffer, Annetta	37.76
Johnston, Louise	39.12
Reeves, Mary Jane	45.62
Farrall, Anne	47.14
Pakaluk, Lottie	50.49
Rodenour, Ruth	51.18
Steward, Rose	57.69

70 - 74

Musselman, Dawn	33.89
Jammers, Olga	40.77
Ballard, Celia	43.00
Marsh, Susan	43.60
Johnston, Beatrice	44.14
Mueller, Marion	48.96
SILBER, Fernice	53.43
Squires, Lois	54.95

75 - Up

Miller, Pearl	1.19.64
Deal, Ruth	2.58.40

NS 100 YD FREESTYLE

25 - 29	
25 - 29	
25 - 29	
25 - 29	
25 - 29	

Mullane, Ginger

Richardson, Camilla

Ames, Donna

30 - 34

Johnson, Lucy	57.72
Dunbar, Barbara	57.76
Johnson, Carolyn	58.38
Estes, Penny	58.74
Jones-Kay, Susan	58.74
Brown, Ann	1.00.05
Edwards, Bonnie C.	1.00.51
Peterson, Sally	1.02.15
Tendy, Susan	1.02.43
Christensen, Mary	1.03.38
Menard, Joanne	1.03.93
Reiss, Collette	1.03.97
Walters, Cynthia	1.04.00
Wight, Karen	1.04.58
Schaffer, Patricia	1.04.64
Crandall, Katherine	1.04.73
Crawford, Liz	1.05.43
Bastings, Mary	1.08.26
Doeburg, Deborah	1.08.99
Sanders, Barbara	1.09.21
Donahue, Margaret	1.09.52
Robertson, Susan	1.10.36
Todd, Diana	59.03
Ridout, Nancy	59.34
Harlow, Marcy	1.00.45
Breen, Nancy	1.01.84
David, Irene	1.02.04
Riddell, Roberta	1.02.55
Kirkendall, Nancy	1.03.12
Cavanaugh, Wanda	1.03.77
Rossiter, Molly	1.03.95
MacFarlane, Jackie	1.04.73
Royer, Janet	1.04.88
Woodman, Lisa	1.05.01
Jewell, Carol	1.07.02
Rogers, Joy	1.09.48
Bough, Marny	1.12.69
Burns, Katherine	1.13.19
Anderson, Gretchen	1.13.94
Arrighi, Barbara	1.14.19
Bailey, Rosalind	1.15.53
Walker, Sally	1.17.36
Hekkers, Louise	1.18.33
Stark, Lorna	1.18.34
Horton, Mary	1.18.45
Pudim, Marv	1.20.15
McLeod, Joan	1.23.43
Walter, Marjory	1.29.41
Lopez, Patricia	1.32.45
Bindman, Terry	1.34.54
Cook, Roberta	1.36.81
40 - 44	
Correa, Juanita	1.01.84
Zarembski, Barbara	1.07.03
Lamont, Janet	1.08.02
Konig, Angela	1.08.29
Munn, Susan	1.10.50
Jenkins, Charlotte	1.10.97
McCullagh, Pauline	1.11.16
Werry, Dot	1.12.92
Hindmire, Jane	1.12.28
Boddaert, Evelyn	1.13.37
Gall, Betty	1.14.44
Dakin, Tanako	1.17.38
Dearborn, Susan	1.19.23
Zatman, Mari	1.19.36
Jacobson, Ellen	1.27.58
Rangel, Lesley	1.25.15
Connolly, Mary	1.27.18
Schroeder, Lynn	1.30.66
Cannon, Marcia	1.33.14
Mitchell, Joyce	1.35.68
Fyfe, Nancy	2.03.46
45 - 49	
Biddulph, Lavelle	1.07.30
Palmer, Helga	1.08.90
Easun, Kay	1.10.01
Hann, Dena	1.10.22
Wilson, Barbara	1.10.37
Oliver, Judie	1.12.94
Anderson, Jody	1.14.38
Gatch, Olive	1.18.02
Berning, Henrietta	1.18.37
Monroe, Donna	1.19.07
Howard, Shirley	1.23.90
Smith, Joan	1.31.36
Neumann, Ann	1.39.62
Ditsworth, Elizabeth	1.46.48
50 - 54	
Bennett, Berna	1.09.46
Bruce, Cynthia	1.14.28
Gruender, Edie	1.17.43
Turcotte, Bobbi	1.17.80
Dickerson, Ruthanne	1.20.35
Acord, Marilyn	1.22.30
Weaver, Mary	1.22.62
Kemny, Pat	1.23.31
McMillan, Betty	1.24.75
Pohl, Janet	1.24.60
Grant, Margot	1.25.79
Hann, Louise	1.32.41
Barabash, Betty	1.34.21
Tablot, Betty	1.39.32
Dickson, Joan	1.56.19

55 - 59

Donnelly, Dorothy

Lachasse, Dorothy

McPherson, Jean

Altus, Grace	1.21.77
Merryman, Jeanne	1.24.07
Ott, Emily	1.30.82
Abbott, Joyce	1.30.84
Snyder, Phyllis	1.32.10
Grace, Beryl	1.36.42
Jorgensen, Helen	1.39.62
Scott, Dorothy	4.03.64
Oswald, Eileen	4.08.68
50 - 54	
Brems, Marianne	2.05.79
Johnson, Lucy	2.06.54
Bunbar, Barbara	2.10.03
Johnson, Carolyn	2.10.73
West, Barbara	2.15.63
Edwards, Bonnie	2.17.07
Ecker, Kaiti	2.17.14
Menard, Joanne	2.18.02
Tendy, Susan	2.21.49
Dills, Suzanne	2.25.53
Walters, Cynthia	2.26.64
Christensen, Mary	2.27.45
Bollman, Jean	2.29.47
Crammer, Michelle	2.32.00
Hastings, Mary	2.33.72
Robertson, Susan	2.37.18
Berry, Lynn	2.38.50
Watson, Katherine	2.47.20
Latham, Marie	2.50.80
Fro, Mollie	3.00.11
35 - 39	
Katz, Diane	2.12.02
Ridout, Nancy	2.12.64
Harlow, Marcy	2.13.

## MS 500 YD FREESTYLE

25 - 29

Baier, Patti	5.29.54
Wise, Dot	5.30.62
Skrifvars, Lynn	5.36.99
Olson, Debee	5.45.50
Lee, Susan	5.50.35
Schlesuning, Susy	6.14.34
Baker, Sandy	6.17.95
Bell, Sharon	6.19.20
Casey, Sharon	6.19.54
Tamme, Carol	6.24.16
Litman, Jackie	6.24.17
Cruickshank, Debi	6.26.27
Brummel, Diane	6.27.89
Bratrude, Claudia	6.29.68
Gill, Kathy	6.29.85
Stern, Henrietta	6.30.49
Mason, Jeanne	6.31.65
Egasse, Jeanne	6.32.50
Hempill, Deanna	6.33.84
McNeill, Jan	6.45.88
Rose, Lucy	6.49.26
Saal, Mary	6.53.14
League, Averil	6.58.38
Gorham, Paige	6.58.21
Mullane, Ginger	7.07.31
White, Dorothy	7.22.02

30 - 34

\*inding National Record

55 - 59

Brems, Marianne	5.37.74
Johnson, Lucy	5.44.11
Johnson, Carolyn	5.54.14
Menard, Joanne	6.06.25
Estes, Penny	6.14.40
Ecker, Kaeiti	6.14.63
Schaffer, Susan	6.16.85
Tendy, Susan	6.28.92
Hastings, Mary	6.49.44
Sanders, Barbara	6.52.17
Robertson, Susan	7.10.00
Watson, Katherine	7.16.05
Pohl, Mary Ann	7.31.57
Jones, Beatrice	7.39.65
Pro, Mollie	7.58.99
Irvine, Jane	8.41.02

35 - 39

MS 1650 YD FREESTYLE

25 - 29

Katz, Dr. Dane	5.49.35
Harlow, Marcy	5.59.17
Ridout, Nancy	6.09.52
Keller, Jill	6.10.90
Royer, Janet	6.14.41
Bennett, Betty	6.20.65
MacFarlane, Jackie	6.21.18
Daland, Ingrid	6.25.23
Woodman, Lisa	6.34.75
Jewell, Carol	6.35.11
Hough, Marry	6.43.56
Kirkendall, Nancy	6.46.04
Clark, Mimi	6.55.36
Bailey, Rosalind	7.27.43
Martin, Christine	7.28.89
Horton, Mary	7.31.67
Stark, Lorna	7.32.94
Arrighi, Barbara	7.43.94
Zentgraf, Karen	7.50.67
Sargent, Robyn	8.52.30
Hekkers, Louise	7.52.71
Walker, Sally	7.54.97
Cook, Roberta	8.56.16
Chesloff, Toni	9.08.80

40 - 44

MacPherson, Carol

McCullagh, Pauline

Zremski, Barbara

Collins, Judith

Thornburg, Jane

Munn, Susan

Werry, Dot

Debes, Evelyn

Stine, Ingrid

Dellinger, Marlene

Zatman, Maria

Carley, Rue

Dearborn, Susan

Hewitt, Halle

Hewitt, Eileen

Strawther, Wendy

45 - 49

Stoinoff, Lavelle

Kay Ann

Wilson, Barbara

Palmer, Helga

Anderson, Jody

Easun, Kay

Buchanan, Peggy

Jones, Rita-Al

Bogatko, Lisa

Twight, Janet

Howard, Shirley

Neumann, Anne

50 - 54

Krauser, June

Gruender, Edie

McDeris, Joy

Stafford, Dene

Wolver, Janet

McMillan, Betty

Kemeny, Pat

Garwood, Elizabeth

Barabash, Betty

Dickson, Joan

55 - 59

Osco, Geri	7.29.87
Lechasse, Dorothy	7.54.53
Altus, Grace	8.08.31
Harrison, Kay	8.13.06
McPherson, Jean	8.13.16
Ott, Emily	8.19.19
Golseth, Barbara	8.35.08
Hottinger, Ana-Mary	9.01.40
Jorgensen, Helen	9.20.72
Abbott, Doris	9.46.72
Abbott, Joyce	9.50.29
Grace, Beryl	10.01.16
Scott, Dorothy	10.27.86
Oswald, Eileen	10.43.95

60 - 64

McCullister, Jane	8.01.08
Hummer, Helen	8.10.53
Osborne, Joan	8.11.71
Pfeiffer, Annetta	8.39.11
Duraton, Jean	8.46.43
Reeves, Mary Jane	9.26.28
Knipp, Loraine	10.02.08
Pakaluk, Lottie	10.53.38
Ridenour, Ruth	11.18.42

70 - 74

Cherriman, Vivienne	9.33.75
Shephard, Rita	11.24.18
Bennett, Jerry	12.12.86
Egasse, Helen	14.17.05
Newton, Olive	16.16.52

75 - 79

Mauric, E.

MS 50 YD BUFFERFLY

25 - 29

Baier, Patti	19.03.38
Olson, Debee	19.24.65
Fohl, Darlene	21.32.60
Brummel, Diane	21.46.32
Bell, Sharon	21.56.48
Tamme, Carol	21.57.54
Cruckshank, Debi	22.04.00
Baker, Sandy	22.11.69
Egasse, Jeanne	22.14.81
Bratrude, Claudia	22.20.08
Woodman, Lisa	22.25.36
Menard, Joanne	22.32.26
West, Barbara	22.39.68
Shattuck, Jackie	22.39.68
MacFarlane, Jackie	23.31.08
Walters, Cynthia	23.13.55
Sanders, Barbara	23.20.81
Smith, Teresa	24.09.53
Watson, Katherine	25.00.27
Berry, Lynn	25.13.43
Jones, Beatrice	26.53.02
Fro, Mollie	27.32.25
Hause, Genevieve	28.17.34

30 - 34

Brems, Marianne	19.23.98
Johnson, Carolyn	20.34.68
Ecker, Kaeiti	20.50.56
Menard, Joanne	21.00.77
West, Barbara	21.14.05
Shattuck, Jackie	22.28.58
MacFarlane, Jackie	22.38.64
Walters, Cynthia	23.13.55
Sanders, Barbara	23.20.81
Smith, Teresa	24.09.53
Watson, Katherine	25.00.27
Berry, Lynn	25.13.43
Jones, Beatrice	26.53.02
Fro, Mollie	27.32.25
Hause, Genevieve	28.17.34

35 - 39

Harlow, Marcy	20.37.85
MacFarlane, Jackie	21.38.37
Daland, Ingrid	21.58.07
Royer, Janet	21.55.27
David, Irene	22.13.00
Woodman, Lisa	22.33.31
Jewell, Carol	22.43.51
Kirkendall, Nancy	23.30.15
Horton, Mary	24.24.24
Martin, Christine	24.52.88
Stark, Lorna	25.26.58
Robbins, Donna	26.51.30
Leskovitz, Joan	26.55.28
Zentraf, Karen	27.06.23
Walker, Sally	27.33.74
Howard, Shirley	28.13.73
Neumann, Anne	29.13.73
Chesloff, Toni	30.20.28
Hough, Marry	32.28.89

40 - 44

Krauser, June	7.13.39
Gruender, Edie	7.41.36
McDeris, Joy	7.50.04
Stafford, Dene	8.06.49
Wolver, Janet	8.13.67
McMillan, Betty	8.28.07
Collins, Judith	8.46.15
Munn, Susan	8.46.81
Thornburg, Jane	24.54.12
Dabrock, Marty	26.53.02
Dellinger, Marlene	27.01.45
Doupe, Eileen	28.54.59
Hewitt, Halle	29.45.36
Strawther, Wendy	31.07.96

40 - 44

MacPherson, Carol	21.41.49
Rittenhouse, Susan	23.31.27
Zremski, Barbara	23.38.62
Anderson, Jody	24.46.15
Peterson, Sally Ann	25.35.39
Newquist, Lana	26.35.22
Catrall, Yvonne	27.31.96
Wight, Karen	32.18
Shaffer, Patricia	32.19
Latham, Marie	34.25
Lynch, Susan	34.71
Werbis, Gail	34.31
Dills, Suzanne	31.94
Jones, Beatrice	35.15
Chastain, Jayne	35.70
Anderson, Liz	36.55
Getty, Reda	38.58
Mewcome, Suzanne	38.06
Newquist, Lana	39.30

35 - 39

Peterson, Susan	28.84
Ridout, Nancy	29.55
Todd, Diana	29.73
White, Dorothy	30.25
Breen, Nancy	30.31
David, Irene	30.31

40 - 44

Cavanaugh, Wanda	31.21
Jewell, Carol	31.44
Keller, Jill	31.56
Palmer, Helga	32.26
Rossiter, Molly	33.25
Humbara, Sallie	35.22
Burns, Kathleen	36.55
Martin, Christine	37.52
Hekkers, Louise	39.86
Reiss, Collette	39.86
Dills, Suzanne	41.24
Brown, Ann	41.55
Walter, Marjory	45.48
Paris, Carlene	48.80

30 - 34

Krauser, June	35.21
Gruender, Edie	36.05
Roy, Janet	36.37
Collins, Judith	37.45
MacBeth, Nancy	38.45
Reiss, Adrienne	39.48
Pipes, Adrienne	40.59
Callison, Bobbie	41.25
Geoffrion, Helen	42.40
Debes, Evelyn	43.20
Witter, Janet	44.20
Monroe, Donna	45.90
Neumann, Anne	46.34
Kleist, Dorothy	47.97

40 - 44

Kay, Ann	33.44
Oliver, Judie	33.50

Frank, Marianne	1.09.78
Uustal, Dianne	1.10.38
Smith, Teressa	1.12.42
Crawford, Liz	1.14.25
Catrall, Yvonne	1.15.37
Schaffer, Susan	1.15.96
Berry, Lynn	1.16.02
Crandell, Katherine	1.16.42
Christensen, Mary	1.17.66
Chastain, Jayne	1.17.78
Boillman, Jean	1.18.70
Cramer, Richelle	1.19.28
Jones, Beatrice	1.19.18
Pohl, Mary Ann	1.19.27
Zarn, Nancy	1.20.60
Irvine, Jane	1.49.48

35 - 39

Bennett, Betty	1.09.57
Mooney, Eileen	1.12.28
Peterson, Susan	1.13.89
Keller, Jill	1.15.39
Rossiter, Molly	1.15.43
Vanderbush, Carin	1.16.79
Rogers, Joy	1.18.20
Jenkins, Lin	1.19.04
Mills, Patric	1.19.15
McGonigal, Louise	1.25.18
Childs, Martha	1.25.40
Anderson, Gretchen	1.25.86
Burns, Kathleen	1.26.03
Zentgraf, Karen	1.27.26
Hough, Marny	1.31.65

40 - 44

Correa, Juanita	1.13.69
Konig, Angela	1.16.90
Boddaert, Evelyn	1.17.85
Rittenhouse, Susan	1.19.64
Hoey, Laurie	1.23.16
Collins, Judith	1.23.54
Jenkins, Charlotte	1.24.07
Lamott, Janet	1.26.88
Munn, Susan	1.27.42
Debes, Evelyn	1.28.16
Zatman, Maria A.	1.33.33
Aniad, Chaya	1.33.91
Stine, Ingrid	1.34.14
Ambrey, Judith	1.35.32
Shuman, Diana	1.35.72
McGee, Nancy	1.36.73
Connolly, Mary	1.41.30
Cannon, Marcia	1.46.35
James, Marietta	1.51.36
Schroeder, Lynn	1.55.58
Mitchell, Joyce	2.07.59
Fyfe, Nancy	2.43.12

45 - 49

Campbell, Joan	1.21.34
Baxter, Cindy	1.23.10
Stoinoff, Lavelle	1.23.64
Hann, Deni	1.25.60
Berning, Henrietta	1.28.54
Oliver, Jude	1.29.75
Graef, Margrit	1.30.09
Eason, Kay	1.30.10
Eisele, Sylvia	1.31.53
Monroe, Donna	1.42.29
Howard, Shirley	1.43.04
Baird, Shirley	1.44.69

50 - 54

Bruce, Cynthia	1.22.70
Turcotte, Bobbi	1.23.98
MacClellan, Nancy	1.25.87
Carr, Florence	1.31.13
Meserve, Nancy	1.33.88
Acord, Marilyn	1.35.19
Weaver, Mary	1.39.47
Wolver, Janet	1.40.69
Grant, Margot	1.42.78
Hann, Louise	1.43.41
Garwood, Elizabeth	1.43.89
Stupfel, Gloria	2.16.44

55 - 59

Donnelly, Dorothy	1.27.84
Lechasse, Dorothy	1.29.00
Merryman, Jeanne	1.29.42
Erickson, Shirley	1.34.78
Callaghan, Betty	1.34.78
Allnutt, Sarah	1.37.12
Taft, Zada	1.40.25
Abbott, Joyce	1.49.16
McPherson, Jean	1.49.76
Cromie, Marjorie	1.59.48
Jorgensen, Helen	1.59.02
Wilcox, Marie	2.10.83
Grace, Beryl	DISQ

60 - 64

Pfeiffer, Annetta	1.47.20
Knipp, Loraine, A	1.58.91
Roumasset, Helen	2.00.65
Denst, Dorothy	2.15.91

65 - 69

Musselman, Dawn	1.34.28
Marsh, Susan	1.53.23
Johnston, Beatrice	1.56.85
Muller, Marion	1.59.30
Jaggers, Olga	2.02.80
Silber, Bernice	2.08.46
McConkey, Gratia	2.10.49

Montgomery, Hazel	1.56.35
Sargent, Ethel	2.09.08
Shepard, Rita	2.17.70
Smyth, Helen	2.50.47
Rowan, Lillian	3.07.77
Keil, Margaret	3.08.98
Newton, Olive	3.50.54

75 - 79

Deal, Ruth	4.38.28
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NS 200 YD BACKSTROKE

25 - 29

Miller, Pearl	6.19.71
Deal, Ruth	12.13.73

80 +

Montgomery, Hazel	4.81.64
Shepard, Rita	4.90.55
Belahe, Minnie	4.96.80
Smyth, Helen	5.55.24

80 +

Miller, Pearl	6.19.71
Deal, Ruth	12.13.73

100 YD BREASTSTROKE

25 - 29

Wise, Dot	1.13.00
Phelan, Mary Beth	1.13.20
Schleuning, Susy K.	1.16.49
Pastel, Mary	1.17.01
Walsh, Carol	1.17.03
Partin, Jeannette	1.17.08
Danenhower, Monica	1.19.00
Morey, Michele	1.20.43
Zumbrun, Anne	1.22.97
Hemphill, Deanna	1.24.46
Peterson, Kim	1.25.03
Richardson, Camilla	1.28.53
Rybka, Debra	1.32.83
Hill, Dara	1.33.30
Ames, Donna	1.36.51

30 - 34

Jones-Ray, Susan	1.09.58
Catrall, Yvonne	1.19.31
Gettling, Janet	1.19.84
Uustal, Dianne	1.21.84
Smith, Teressa	1.23.87
Schaffer, Susan	1.25.80
Menard, Joanne	1.26.91
Donahue, Margaret	1.27.91
McNeill, Jan	3.05.42
Walsh, Robin	3.14.14
Wham, Robbin	3.14.54
Wood, Regina	3.26.04
Witner, Nancy	3.41.11

30 - 34

Jones-Ray, Susan	1.25.59
Kammerlein, Susan	1.30.18
Howse, Genevieve	1.32.71
Robertson, Susan	1.33.25
Hewitt, Halle	1.34.41
Bray, Linda	1.35.80
Beatty, Linda	1.36.80
Irvine, Jane	1.36.03

35 - 39

Deland, Ingrid	1.15.72
Sike, Ilona	1.19.48
Todd, Diana	1.19.48
Dewell, Carol	1.21.78
Jenkins, Lin	1.24.78
Hills, Patric	1.25.34
Sargent, Robyn	1.27.02
Childs, Martha	1.27.38
Anderson, Gretchen	1.29.25
Humbarger, Sellie	1.29.83
Burns, Kathleen	1.31.48
Paris, Carlene	1.34.04
Pudim, Mary	1.41.37
Bindman, Terry	1.43.96
Robbins, Donna	DISQ

40 - 44

McGuire, Anne	1.20.54
Hoey, Laurie	1.28.04
Stire, Ingrid	1.28.85
Connolly, Mary	1.31.07
Boddaert, Evelyn	1.31.49
Geoffrion, Helen	1.31.49
McGee, Nancy	1.31.63
Dellinger, Marlene	1.36.33
Pipes, Adrienne	1.36.53
Hewitt, Halle	1.41.61
Shuman, Diana	1.43.28
Amiad, Chaya	1.44.86
Schroeder, Lynn	1.49.65
Jacobson, Ellen	1.50.65

40 - 44

McGuire, Anne	1.20.54
Taylor, Carol	1.26.35
Baxter, Cindy	1.27.55
Smith, Jacqueline	1.29.73
Bogatko, Lisa	1.29.98
Graef, Margrit	1.30.44
Gatch, Olive	1.35.37
Twight, Janet	1.43.03
Smith, Joan	1.56.14
Ditsworth, Elizabeth	1.58.57
Newman, Anne	1.59.13
Kleist, Dorothy	2.16.88

45 - 49

Eisele, Sylvia	1.26.08
Taylor, Carol	1.26.35
Baxter, Cindy	1.27.55
Smith, Jacqueline	1.29.73
Bogatko, Lisa	1.29.98
Graef, Margrit	1.30.44
Gatch, Olive	1.35.37
Twight, Janet	1.43.03
Smith, Joan	1.56.14
Ditsworth, Elizabeth	1.58.57
Newman, Anne	1.59.13
Kleist, Dorothy	2.16.88

50 - 54

Horst, Alicia	1.29.54
McDaris, Joy	1.33.03
Bosch, Thelma	1.37.73
Bruce, Cynthia	1.34.27
Carr, Florence	1.38.27
Peach, Thelma	1.38.53
Wolver, Janet	1.43.78
Hann, Louise	1.47.93
Garwood, Elizabeth	1.49.84
Grant, Margaret	1.50.94
Stafford, Dena	1.55.81

55 - 59

Costello, Charlotte	1.31.74



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Horton, Mary	1.36.24	Hemphill, Deanna	2.41.03	65 - 69		9 ROCKY MT. "B"	2:17.38	32 ROCKY MT.	1:56.48
Walter, Marjory	1.41.75	Bell, Sharon	2.41.75			Bollman, Richardson, Walters, McNeill	2:17.90	Goodman, Lucero, Wullane, May	
Paris, Carlene	1.43.60	Mosse, Joy	2.42.22			10 ARIZONA "B"	2:17.90	33 ROCKY MT.	1:57.20
Bindman, Terry	1.49.03	Brunwell, Diane	2.45.13			Dorning, Tamme, Jenkins, Baskin		Nova, Ranzenberger, Bollman, Alsbaugh	
Shaw, Julie	1.55.01	Smith, Joan	2.51.58			11 SBCS	2:18.01	34 TAH "B"	1:58.80
40 - 44		McNeill, Jan	2.54.14			McCrea, Danenhauer, Humberger, Donahue		Palmer, Alexander, Arrighi, Alexander	
MacPherson, Carol	1.18.33	Richardson, Camilla	2.57.00			12 PNA	2:24.45	35 AUSSI "A"	2:03.03
Rittenhouse, Susan	1.18.36	Lucero, Sharon	2.58.22	70 - 74		Aniad, Crandell, Dills, Dearborn		Connally, McLeod, Campbell, Wyatt	
McClagh, Pauline	1.18.95	Ranzenberger, Lynn	2.58.83			13 ROCKY MT. "C"	2:25.19	36 DAVIS "B"	2:03.18
Konig, Angela	1.15.04	Rose, Lucy	3.00.82			Lucero, Rose, Ranzenberger, Mullaney		Rushton, Irvine, Bailey, Bailey	
McGuire, Anne	1.19.41	White, Dorothy	3.02.02			14 NL	2:33.48	37 ROCKY MT.	2:05.38
Hoey, Laurie	1.20.60	McCrea, Carrie	3.03.11			Cruickshank, Howard, Wilson, Fife		Jones, Jones, House, Tobin	
Boddaert, Evelyn	1.20.85			80 +		15 DAVIS "B"	2:34.54	38 DAVIS "E"	2:11.18
Werry, Dot	1.24.53					Pohl, Pro, Smith, Hastings		Harry Ann, Takamatsu, Pro, Frampton	
Hinsdale, Jane	1.25.25	Braes, Marianne	2.20.88		Ruth Deal	DISQ	35 +		
Pipes, Adrienne	1.25.92	Jones-Ray	2.22.48			1 TAH	2:12.45	1 DC "A"	1:40.81
Stine, Ingrid	1.29.10	Johnson, Lucy	2.25.21			2 GOLD COAST MASTERS	2:12.74	Kirkendall, Todd, Bechtel, Gideon	
Carley, Rue	1.30.99	Gettling, Janet	2.28.55			3 Bruce, McGuire, Petersen, Woodman		2 TAM "A"	1:46.16
Dabrock, Marty	1.31.59	West, Barbara	2.32.72			4 DC	2:18.83	Schub, Hoey, Ridout, Smith	
Zatman, Mari	1.32.77	Frank, Marianne	2.33.33			5 RINCON "A"		3 RINCON "A"	1:46.21
Connolly, Mary	1.38.99	Ulusal, Dianne	2.35.22			6 PNA	2:21.85	Shaw, Macpherson, Cavanaugh, Hinsdale	
Amiad, Chaye	1.36.73	Ecker, Kaiti	2.36.11			7 CT	2:27.95	4 HSC "A"	1:48.98
McGee, Nancy	1.38.87	Edwards, Bonnie, C.	2.37.32			8 SMMH		Earley, Drum, Collins, Vandebush	
Schroeder, Lynn	1.43.50	Peterson, Sally Ann	2.37.44			9 RINCON	2:28.61	5 ROCKY MT.	1:49.90
45 - 49		Brown, Ann	2.38.79			10 Davis	2:33.10	Lieb, Zentgraf, Harlow, Zentraf	
Smith, Jacqueline	1.20.54	Dills, Suzanne	2.39.49			11 Davis	2:36.51	6 CHA "A"	1:51.08
Oliver, Judie	1.22.31	Crawford, Liz	2.42.36			12 ARIZONA	2:46.31	Lamott, Pipes, Gwin, Neuman	
Callison, Robbie	1.22.80	Bollman, Jean	2.44.88			13 RINCON "B"		7 PNA "A"	1:52.15
Baxter, Cindy	1.23.84	Smith, Teresa	2.47.17			14 ROCKY MT.		Corea, Deineel, Adams, Taylor	
Taylor, Carol	1.25.26	Tendy, Susan	2.47.20			15 SHM		8 MVN "A"	1:52.44
Wilson, Barbara	1.26.47	Walters, Cynthia	2.51.28			16 TAH		Thornburg, Pyykkko, Graef, Hill	
Eiselle, Sylvia	1.27.59	Berry, Lynn	2.54.26			17 Davis	3:05.25	9 ETOB "A"	1:57.30
Hann, Dena	1.28.20	Hastings, Mary	2.56.21			18 Davis		Handleman, Nough, McGonagle, Chappelle	
Campbell, Joan	1.28.80	Sanders, Barbara	2.59.83			19 Davis		10 AHSC "A"	1:57.65
Bogatko, Lisa	1.31.06	Lynch, Susan	3.02.22			20 Davis		11 Davis "A"	1:57.82
Gatch, Olive	1.34.11	Mewcome, Suzanne	3.02.47			21 Davis		Schroeder, Gall, Munn, White	
Berning, Henrietta	1.34.37	Watson, Katherine	3.09.08			22 Etob		12 TSC "A"	1:57.83
Twight, Janet	1.42.30	Howe, Genevieve	3.17.88			23 RINCON		Smith, Lopez, Deland, Larson	
Baird, Shirley	1.52.45			35 + 39		24 Davis		13 ARIS "A"	1:58.40
Ditsworth, Elizabeth	1.54.59					25 Davis		Jeakon, Walker, Rafael, Nolan	
Kleist, Dorothy	2.14.95					26 Davis		14 ROCKY MT.	1:59.86
50 - 54						27 Davis		O'Brien, Pudim, Hekkers, Anderson	
Adams, Anne	1.19.05	Peterson, Susan	2.31.00			28 Davis		15 TAH "B"	2:08.48
Bennett, Berna	1.22.71	Katz, Dr. Dane	2.33.95			29 Davis		Cunningham, Jenkins, Hoey, Wolfe	
Bruce, Cynthia	1.23.71	Bennett, Betty	2.34.39			30 Davis		16 Davis "B"	2:09.91
Macbeth, Nancy	1.25.53	Breen, Nancy	2.36.40			31 Davis		Blackman, Hinsdale, Stark, Thompson	
Carr, Florence	1.27.16	Daland, Ingrid	2.38.45			32 Davis		16 RINCON "B"	2:14.17
Roach, Theima	1.32.66	MacFarlane, Jackie	2.39.22			33 Davis		Price, McGee, Christiansen, Reitman	
Weaver, Mary	1.34.28	Dewell, Carol	2.43.23			34 Davis		17 Davis "C"	2:31.57
Meserve, Nancy	1.35.04	Cavanaugh, Wanda	2.47.67			35 Davis		Silse, Raujel, Ogden, McNight	
Wolver, Janet	1.35.21	Royer, Janet	2.48.05			36 Davis		18 Davis "A"	2:08.48
Dickerison, Ruthanne	1.37.45	Jewell, Carol	2.50.05			37 Davis		Campbell, Eisele, Oliver, Easun	
Hann, Louise	1.38.70	Childs, Martha	2.55.58			38 Davis		19 Davis "B"	2:22.71
Barabash, Betty	1.55.73	Jenkins, Lin	2.55.90			39 Davis		Carr, Baxter, Callison, Bennett	
55 - 59		Hough, Marry	3.04.41			40 Davis		20 Davis	2:28.11
Donnelly, Dorothy	1.23.50	Horton, Mary B.	3.23.54			41 Davis		21 Davis	2:32.07
Costello, Charlotte	1.25.10			40 - 44		22 Davis		22 Davis	2:37.73
Lachasse, Dorothy	1.29.99					23 Davis		23 Davis	2:37.73
Harrison, Kay	1.32.39					24 Davis		24 Davis	2:45.39
Crowell, Bette	1.36.25					25 Davis		25 Davis	2:45.39
Allnutt, Sarah	1.40.56					26 Davis		26 Davis	2:45.39
Snyder, Phyllis	1.45.54					27 Davis		27 Davis	2:45.39
Ott, Emily	1.48.07					28 Davis		28 Davis	2:45.39
Hottinger, Ana-Mary	2.00.76					29 Davis		29 Davis	2:45.39
Grace, Beryl	2.06.24					30 Davis		30 Davis	2:45.39
60 - 64				45 - 49		31 Davis		31 Davis	2:45.39
Osborne, Joan	1.35.67					32 Davis		32 Davis	2:45.39
Simonton, Rita	1.39.47	Kay, Ann	2.53.92			33 Davis		33 Davis	2:45.39
Thompson, Viola	1.42.84	Baxter, Cindy	2.59.47			34 Davis		34 Davis	2:45.39
George, Margaret	1.43.52	Callison, Bobbie	3.00.01			35 Davis		35 Davis	2:45.39
Durston, Jean	1.50.15	Wilson, Barbara	3.04.81			36 Davis		36 Davis	2:45.39
Jobson, Louise	1.51.14	Smith, Jacqueline	3.05.46			37 Davis		37 Davis	2:45.39
Anderson, Mildred	1.52.24	Taylor, Carol	3.05.98			38 Davis		38 Davis	2:45.39
Roumasset, Helen	2.00.32	Buchanan, Peggy	3.07.64			39 Davis		39 Davis	2:45.39
Farrell, Anne	2.14.63	Oliver, Judie	3.11.08			40 Davis		40 Davis	2:45.39
Denst, Dorothy	2.19.47	Anderson, Judy	3.14.09			41 Davis		41 Davis	2:45.39
65 - 69		Graef, Margrit	3.15.36			42 Davis		42 Davis	2:45.39
Cherriman, Vivienne	1.57.45	Bogatko, Lisa	3.21.86			43 Davis		43 Davis	2:45.39
Shephard, Rita	2.23.92	Dabrock, Marty	3.22.00			44 Davis		44 Davis	2:45.39
Bailey, Sylvia	2.24.66	Deardorff, Susan	3.22.47			45 Davis		45 Davis	2:45.39
Bennett, Jerry	2.30.31					46 Davis		46 Davis	2:45.39
75-79						47 Davis		47 Davis	2:45.39
Deal, Ruth	6.48.78					48 Davis		48 Davis	2:45.39
NS 200 YD IND. MEDLEY						49 Davis		49 Davis	2:45.39
25 - 29						50 Davis		50 Davis	2:45.39
Wise, Dot	2.20.47	Donnelly, Dorothy	3.06.96			51 Davis		51 Davis	2:45.39
Baier, Patti	2.21.54	Costello, Charlotte	3.13.56			52 Davis		52 Davis	2:45.39
Reuter, Judith	2.22.05	Harrison, Kay	3.25.47			53 Davis		53 Davis	2:45.39
Brown, Barbara	2.22.66	Merryman, Jeanne	3.34.61			54 Davis		54 Davis	2:45.39
Rupert, Christine	2.25.06	Taft, Zada	3.45.06			55 Davis		55 Davis	2:45.39
McClements, Lyn	2.25.10	Golseth, Barbara	3.49.18			56 Davis		56 Davis	2:45.39
Huske, Joy	2.26.46			60 - 64		57 Davis		57 Davis	2:45.39
Doman, Debra	2.27.92					58 Davis		58 Davis	2:45.39
Walsh, Carol	2.32.52					59 Davis		59 Davis	2:45.39
Danenhauer, Monica	2.33.27					60 Davis		60 Davis	2:45.39
Pohl, Darlene	2.34.50					61 Davis		61 Davis	2:45.39
Cruickshank, Delia	2.37.50					62 Davis		62 Davis	2:45.39
Litman, Jackie	2.39.53					63 Davis		63 Davis	2:45.39
Mason, Jeannie	2.40.43					64 Davis		64 Davis	2:45.39

Hassett, Chris	23.26	Chriscensen, Carl	25.09	65 - 69	Clevenger, Robert	1.01.64	55 - 59
Whetley, Tom	23.26	Earley, Bill	25.14	Burger, John	1.02.06	Hall, Edward	57.92
Johnson, Fred	23.36	Toensing, Trent	25.18	Rushton, Michael	1.03.35	McCauley, Herb	57.98
Tanner, David	23.43	Taft, Peter	25.50	Schmidt, George	1.03.43	Sangster, Alejandro	58.94
Topar, Philip	23.54	Elliott, Richard	25.61	Grant, Bill	1.04.09	Areidiacomo, Agostino	58.89
Brunson, Peter	23.65	Leskovits, Ernie	25.69	Richardson, Reg	1.08.16	Schwab, Dore	1.01.41
Lintz, Steve	23.70	Zentgraf, Henry	25.92	Rowan, Dave	1.22.44	Kleist, Warren	1.02.11
Lapides, John	23.72	Magee, Pete	26.50	Corsom, Gordon	32.51	Wallower, Herb	1.02.17
Drulies, William	23.79	Lederer, Rudolph	26.55	Ericson, Tom	36.02	Clark, Johnson	1.02.93
Parker, James	23.92	Becker, Frank	27.13	Johnston, Willard	44.89	Watkins, John	1.04.01
Carlson, Donald	23.97	Barry, Joe	27.27	<b>70 - 74</b>		Powers, Dick	1.05.42
Gimino, Michael	24.01	Samuels, Jack	28.16	Osborne, Lloyd	30.14	VonTagen, Karl	1.05.73
Richards, Mike	24.05	Martin, Keith	28.17	Griffiths, Frank	32.24	Lieb, Bob	1.05.77
Brookbank, Doug	24.12	Raphael, Alan	28.23	Hargrave, Art	32.62	Larson, Lance	1.06.37
Cort, Douglas	24.21	Skramstad, Lloyd	28.47	Mackay, Edward	33.25	Taibi, Fred	1.06.72
Hafer, Gary	24.26	Kenry, George	28.56	Starr, Lee	34.21	Tatt, Ray	1.06.72
Anderson, Donald	24.27	Westwell, Gilbert	28.82	Snee, Ronald	36.36	Odman, Bill	1.06.94
Rawson, Ronald	24.31	Kan, David	29.41	Grisinger, Arnott	37.03	Smith, Richard	1.07.56
Burstein, Larry	24.35	Jennings, Stephen	29.90	Chapin, Leonard	37.25	Dodge, Harry	1.07.89
Yancher, Ross	24.49	Blackman, Milt	30.47	Maxcy, Sam	41.33	Yeomans, James	1.14.04
Kelly, Sean	24.56	Wilson, Donald	30.68	Walther, Ed	46.28	Spear, Reginald	1.14.33
Edgett, Don	24.60	Chase, Walter	32.23	<b>45 - 49</b>		Kibble, Kenneth	1.16.08
Hart, Gary	24.84	<b>50 - 54</b>		<b>75 - 79</b>		Ford, David	1.17.44
Rogers, Hal	24.96	Gideonse, Hendrik	23.65	Ross, Clarence	34.85	Ott, Gareth	1.19.62
McCullough, John	24.98	Rosenthal, Donald	24.61	Decremier, Eric	37.28	Bradford, Robert	1.25.41
Oliver, Matthew	25.00	Rosser, Gaither	24.70	Trask, Bill	42.26	Shaw, Kenneth	1.45.95
Tunnicliif, Brock	25.64	Wolf, Wallace	25.01	<b>80 +</b>		<b>60 - 64</b>	
Wallace, Steve	25.81	Sturtivant, Bradford	25.33	Lane, Tom	43.35	Welch, Jim	58.88
McNeilis, John	26.49	Palmer, Neal	25.73	Rosen, Sauli	45.4b	Siefert, Jerry	1.02.48
Dunbar, David	26.91	Begg, Ronald	25.80	Chackney, Joseph	1.02.41	Clemens, Gus	1.03.11
Buchanan, Michael	29.09	Kent, William	25.99	<b>100 YD FREESTYLE</b>		Rawstrom, Harry	1.04.03
Omari, Gary	31.25	SUNDT, Eric	26.24	Ross, Clarence	34.85	Davidson, Birch	1.05.45
<b>30 - 34</b>		Bennett, Richard	26.67	Decremier, Eric	37.28	Guido, Richard	1.09.86
Barthold, Bill	22.25	King, William	26.79	Trask, Bill	42.26	Johnston, William	1.10.78
Boyer, Robert	22.32	Adams, T.W.	27.21	<b>100 YD FREESTYLE</b>		Cleaveland, Brud	1.12.38
Gray, David	22.79	Kueny, Robert	27.29	Ross, Clarence	34.85	Long, A.G.	1.25.69
Havens, Don	22.97	Kimball, Ken	27.39	Decremier, Eric	37.28	Bartlett, Jean	1.30.40
Krueger, Ken	23.25	Blumenthal, Dave	27.49	Trask, Bill	42.26	<b>65 - 69</b>	
Nealy, Bob	23.27	suckley, iester	27.74	Lane, Tom	43.35	Grant, Bill	1.04.50
Selles, Carl	23.45	Farrell, Edward	28.31	Rosen, Sauli	45.4b	Richardson, Reg	1.05.16
Oliver, Dick	23.58	Schofield, Steven	28.41	Chackney, Joseph	1.02.41	Bowersock, Woodrow	1.05.45
Baker, Jonathan	23.68	Larsen, Urvel	28.51	<b>100 YD FREESTYLE</b>		Wood, Benton	1.09.31
VonDech, Roger	23.70	Gillen, Gordon	28.71	Ross, Clarence	34.85	Schmidt, George	1.10.78
Ennis, Dick	23.74	Smith, Gerald	29.24	Decremier, Eric	37.28	Anderson, Hamilton	1.11.53
Garibaldi, Michael	23.85	Schaner, Edward	29.83	Trask, Bill	42.26	Koppel, Harry	1.17.45
Watson, George	24.25	Milinski, Ronald	30.43	Lane, Tom	43.35	Roberts, Howard	1.25.78
Bastos, John	24.34	Frenzel, Richard	31.34	Rosen, Sauli	45.4b	Jones, Marvin	1.28.17
Galine, Don	24.40	<b>50 - 54</b>		Chackney, Joseph	1.02.41	McKinlay, Michael	1.34.54
Lieberman, Chuck	24.56	<b>50 - 54</b>		Ross, Clarence	34.85	Strickland, Dick	1.38.23
Craig, Leroy	24.73	Heritier, Bob	25.85	Decremier, Eric	37.28	<b>75 - 79</b>	
Cukovich, Michael	24.78	Van Dijk, reter	26.17	Whitley, Robert	51.18	Ross, Clarence	1.18.40
Sutton, Keith	24.81	Campbell, Jack	26.52	Whiteley, Robert	51.19	Earley, Joseph	1.43.22
Morrill, David	24.90	Emes, Jr., Edward	26.54	Nasset, Chris	51.42	<b>70 - 74</b>	
Meacham, Craig	24.90	Johnson, Boyd	26.66	Barnett, Thomas	51.48	Griffiths, Frank	1.10.72
Bales, Jon	25.27	Mann, Skip	26.81	Wintz, Steve	52.28	Osbome, Lloyd	1.11.90
Miller, Curt	25.54	Wolf, Jr. Rube	26.83	Wark, James	52.37	MacKay, Edward	1.20.17
Johnson, John P	25.54	Burns, Marvin	27.10	Brum, Dave	52.54	Staeb, Roland	1.21.06
Palmer, Bill	25.57	Rodder, Jerome	27.25	Whitley, Robert	52.61	Newton, John	1.26.99
Ross, Cary	25.63	Bickey, Sanford	27.80	Hoover, Charles	52.64	Jaggers, Harry	1.33.34
Anderson, Thomas	25.72	Truby, John	28.19	Brundt, George	52.84	Maxcy, Sam	1.33.61
Ransom, Ken	25.77	Kerswill, Ed	28.40	Staeb, Roland	52.98	<b>200 YD FREESTYLE</b>	
Newquist, Richard	25.78	Schmidt, Kurt	30.10	Hoover, Charles	53.19	Ross, Clarence	1.18.40
Fields, David	25.90	Stupfels, Don	28.41	Hoover, Charles	53.42	Earley, Joseph	1.43.22
Dunbar, Donald	26.18	Struckus, Edward	28.50	Hoover, Charles	53.48	<b>25 - 29</b>	
Hayashi, Stephen	26.28	Bland, Richard	28.53	Hoover, Charles	53.51	Griffiths, Frank	1.10.72
Schifani, William	26.51	Hartley, Richard	28.56	Hoover, Charles	53.68	Osbome, Lloyd	1.11.90
Clevenger, Robert	27.11	Gatch, Hayward	29.89	Hoover, Charles	53.82	MacKay, Edward	1.20.17
Reganoid, John	27.36	Koruga, John	30.28	Hoover, Charles	53.84	Staeb, Roland	1.21.06
Reid, Timothy	27.38	Lertzman, Alan	30.84	Hoover, Charles	53.98	Newton, John	1.26.99
Goodman, Larry	27.41	Callahan, Frank	31.65	Hoover, Charles	54.01	Jaggers, Harry	1.33.34
Rose, Robert	27.76	Ronischil, John	32.36	Hoover, Charles	54.13	Maxcy, Sam	1.33.61
Rushton, Michael	27.94	Killeen, John	34.24	<b>200 YD FREESTYLE</b>		<b>50 - 54</b>	
Donahue, Edward	29.64	Scott, Verne	35.34	Hoover, Charles	54.39	Kozlowski, Rick	1.46.18
Rodin, Mikel	30.16	Arthur, Ransom	37.92	Hoover, Charles	54.42	McDonnell, Tim	1.47.83
Lee, Jeff	31.76	<b>55 - 59</b>		Hoover, Charles	54.55	Krumpols, Kurt	1.49.88
Takamatsu, Junta	34.95	McAuley, Herb	25.58	Hoover, Charles	54.68	Hedberg, Steve	1.51.04
<b>35 - 39</b>		Schwab, Dore	26.63	Hoover, Charles	54.81	Bechtel, Charles	1.51.45
Ludwig, Keefe	22.82	Areidiacomo, Agostino	26.63	Hoover, Charles	54.94	Sturtivant, Bradford	1.51.65
Clark, Steve	22.85	Hall, Edward	26.64	Hoover, Charles	55.07	Hoover, Charles	1.52.86
VonTagen, Karl	22.89	Christensen, Carl	26.78	Hoover, Charles	55.20	Hoover, Charles	1.53.96
Garton, Tim	23.23	King, Edward	27.53	Hoover, Charles	55.33	Hoover, Charles	1.54.42
Smith, Robert	23.37	Hoover, Charles	27.61	Hoover, Charles	55.46	Lapides, John	1.54.78
Sagues, Peter	23.46	Cloves, Tom	28.04	Hoover, Charles	55.59	Whitchurch, Randall	1.55.02
Lieb, Bob	23.75	Wiley, Scroggic	28.06	Hoover, Charles	55.72	Parker, James	1.55.14
Cole, Map	23.79	Kleist, Warren	28.07	Hoover, Charles	55.85	Tyrrell, Stephen	1.55.84
McKnight, Jeff	23.94	Serrano, Luis	28.20	Hoover, Charles	55.98	Scott, Dave	1.57.07
Neuman, Carl	23.99	Holden, Andrew	28.39	Hoover, Charles	56.11	Whitling, David	1.57.78
Harlan, William	24.04	Donald, Fred	28.62	Hoover, Charles	56.24	Richards, Mike	1.58.13
Raffaelli, Larry	24.17	rowers, Dick	28.76	Hoover, Charles	56.37	Staeb, Roland	1.58.39
Landis, Thomas	24.20	Wallower, Herb	28.80	Hoover, Charles	56.50	Cort, Douglas	1.58.39
Saitch, Gordon	24.28	Richards, John C.	29.33	Hoover, Charles	56.63	Hoover, Charles	1.58.81
Johnson, Bill	24.38	Odman, Bill	29.85	Hoover, Charles	56.76	Cockburn, Alistair	2.00.90
Hill, Jerry	24.52	Smith, Richard	30.68	Hoover, Charles	56.89	Vogler, Will	2.01.69
Chapelle, Marv	24.74	Yeomans, James	31.75	Hoover, Charles	56.92	Lints, Steve	2.01.98
Herhey, Dave	24.76	Spear, Reginald	32.11	Hoover, Charles	57.05	Bertocci, Loren	2.02.27
Nelson, Frans	24.77	Ford, David	32.14	Hoover, Charles	57.18	Murphy, Duff	2.02.69
Gaughan, Michael	24.83	Talmage, Ed	32.20	Hoover, Charles	57.31	Carlson, Donald	2.02.77
Warmington, Robert	24.84	Baxter, reter	33.71	Hoover, Charles	57.44	Jordon, Michael	2.03.69
Ogden, Walter	25.01	Utt, Gareth	34.04	Hoover, Charles	57.57	Walsh, Robert	2.04.96
Livak, Joe	25.20	Johnson, Fred	34.16	Hoover, Charles	57.70	Tunnicliif, Brock	2.05.43
Concannon, George	25.20	Hoover, Charles	34.37	Hoover, Charles	57.83	Edgett, Don	2.06.55
Lyon, Mark	25.57	Challoner, Fred	34.39	Hoover, Charles	57.96	King, Edward	2.06.67
Clark, William	25.60	Kisable, Kenneth	34.70	Hoover, Charles	58.09	Baier, Rick	2.07.12
Eliot, John	26.15	Bradford, Robert	35.00	Hoover, Charles	58.22	Kelly, Sean	2.07.20
Taylor, Tom	26.19	Valle, Luis	41.82	Hoover, Charles	58.35	Johnson, Boyd	2.07.38
Hale, Arthur	27.37	<b>60 - 64</b>		Hoover, Charles	58.48	Woo, Walter	2.08.47
Walden, Bob	27.57	Welch, Jim	26.64	Hoover, Charles	58.61	McNellis, John	2.09.57
Strickland, Dick	42.32	Siefert, Jerry	27.58	Hoover, Charles	58.74	Lichtner, Alexander	2.15.36
Hamilton, William	48.19	Rawstrom, Harry	27.79	Hoover, Charles	58.87	Zyskind, John	2.15.89
<b>40 - 44</b>		Frederick, Gustavo	28.65	Hoover, Charles	58.90	Stoner, Gregory	2.15.89
Bechtel, Charles	23.93	Foster, Martin	28.69	Hoover, Charles	59.03	Wallace, Steve	2.16.35
Raven, Charles	24.34	Clemens, Gus	28.87	Hoover, Charles	59.16	Borden, Peter	2.29.68
Gay, Philip	24.61	Cleveland, Brud	30.48	Hoover, Charles	59.29	<b>30 - 34</b>	
Bender, John	24.78	Johnston, William	30.72	Hoover, Charles	59.42	Schlicher, Fred	1.47.86
Drum, Dave	24.84	Chamberlain, Roger	31.63	Hoover, Charles	59.55	Gray, David	1.48.26
VanHorn, William	24.93	Krauss, William	31.77	Hoover, Charles	59.68	Barthold, Bill	1.50.29
Robert, Howard	25.03	Long, A.G.	34.96	Hoover, Charles	59.81	Garibaldi, Michael	1.51.63
<b>30 - 34</b>		Bartlett, Jean	40.18	Hoover, Charles	60.00	Spieler, Tod	1.54.33
Bechtel, Charles	23.93	<b>60 - 64</b>		Hoover, Charles	60.29	Shestakov, Alek	1.54.73
Raven, Charles	24.34	<b>60 - 64</b>		Hoover, Charles	60.52	Nealy, Bob	1.54.81
Gay, Philip	24.61	<b>60 - 64</b>		Hoover, Charles	60.75	Havens, Don	1.55.15
Bender, John	24.78	<b>60 - 64</b>		Hoover, Charles	60.88	Von Dech, Roger	1.55.80
Drum, Dave	24.78	<b>60 - 64</b>		Hoover, Charles	61.01	Jester, Mal	1.57.04
VanHorn, William	24.93	<b>60 - 64</b>		Hoover, Charles	61.14	Hoover, Charles	1.57.10



Marcikio, Ronald	25.69	45 - 49	Figueiredo, Paulo	59.03	100 YD BACKSTROKE	55 - 59	
Hills, Randy	25.76		Selles, Carl	59.73	25 - 29	Hall, Edward	1.10.09
MAXUTA, Jim	25.82		Cuckovich, Michael	1.00.35		Woods, John	1.13.56
Hafer, Gary	25.82		Sayre, Charles	1.00.95		Serrano, Luis	1.16.22
Tanner, David	25.89		Ransom, Ken	1.01.12		Richards, Mike	1.16.43
Penn, William	25.98		Rockwood, Mike	1.01.79		Whitchurch, Randall	1.21.14
Cort, Douglas	26.11		Newquist, Richard			Baxter, Steven	1.21.27
Hassett, Chris	26.14		Fields, David	1.02.33		Cooley, Richard	1.22.37
Lapides, John	26.17		Hahn, Chuck	1.03.36		Hafner, Gary	1.22.55
Usterloh, John	26.18		Morrill, David	1.05.13		Barnett, Thomas	1.23.78
Stanbury, Corey	26.28		Frederick, Doug	1.05.86		Burstein, Larry	1.23.79
Abbott, Dana	26.36		Bales, Jon	1.06.24		Nesbit, Donald	1.24.11
Lints, Steve	26.48		Frampton, James	1.07.31		Rawson, Ronald	1.24.18
Barnett, Thomas	26.59		Hayashi, Stephen	1.07.37		Hill, Randy	1.25.11
Boening, Thomas	26.76		Burger, John	1.09.89		Hiroshima, Wayne	1.25.55
Brockbank, Doug	26.84		ding National Record			Walsh, Robert	1.25.55
Rogers, Hal	26.99		35 - 39			Swanson, William	1.26.55
Barnes, Jeffrey	27.06		Garton, Tim	55.98		Yancher, Ross	1.27.17
Vogler, Bill	27.09		Larson, Lance	56.82		Woo, Walter	1.30.27
McCullough, John	27.41		Cartwright, Allan	57.46		Dodge, Harry	1.34.12
Rawson, Ronald	27.73		Clark, Steve	57.54		Ford, David	1.42.37
Coset, Bill	27.77		Landis, Thomas	1.00.65		Concannon, George	1.43.44
Jordan, Michael	27.85		Sagues, Peter	1.00.98		Yeomans, James	1.59.61
Fuerman, Ross	27.99		Smith, Gordon	1.01.08		Valle, Luis	1.59.83
Hiroshima, Wayne	28.04		Jewell, William	1.01.39		Shaw, Kenneth	
Dunbar, David	28.99		Fernandez, Edmundo	1.01.95			
Yancher, Ross	29.37		Roach, Ted	34.64			
Hart, Gary	29.64		Struckus, Edward				
30 - 34			Koruga, John				
Schlischer, Fred	24.19		30 - 38				
Ennis, Dick	25.01		Green, James				
Krueger, Ken	25.30		Gray, Jr., Fleming	46.06			
Katris, Jon	25.36		50 - 54				
Lumsden, reter	25.38		Eanes, Jr., Edward	26.91			
Oliver, Dick	25.51		Haarts, F.H. Ted	29.5			
Betancourt, Gustavo	25.70		Wolf, Jr. Rube	29.93			
Havens, Don	25.77		Campbell, Jack	30.87			
Flanagan, John	25.83		Dickey, Sanford	32.40			
Trombold, Dr. Steve	25.83		Roach, Ted	34.64			
Mills, Jerry	26.16		Struckus, Edward				
Meyring, Dennis	26.20		Roach, Ted				
Cuckovich, Michael	26.26		30 - 44				
Busch, Joseph	26.29		40 - 44				
Selles, Carl	26.34		McAuley, Herb	29.19			
Gemmill, Dave	26.57		Schwab, Dore	31.14			
Saxe, Charles	26.61		Crews, John	31.43			
Abbott, Bill	26.71		Arcidiacano, Agostino	32.46			
Beglinger, James	26.77		Cowan, Robert	32.59			
Newquist, Richard	26.91		Barnes, Ed	34.11			
Sutton, Keith	26.92		Donald, Fred	34.50			
Wyatt, raul	27.01		Holden, Andrew	35.28			
Hahn, Chuck	27.43		Burgan, Jack	35.50			
Craig, Leroy	27.59		Udman, Bill	35.76			
Galine, Don	27.67		owers, Dick	36.31			
Fields, David	27.71		Watters, Alexander	37.56			
Miller, Curt	27.76		Shaw, Kenneth	45.45			
Morrill, David	27.89		50 - 59				
Rockwood, Mike	28.07		Gideone, Hendrik	32.16			
Bales, Jon	28.08		Croome, Cliff	34.31			
Hopper, Robert	28.37		Davidson, Birch	34.79			
Lieberman, Chuck	28.55		Krauss, William	36.81			
Hayashi, Stephen	28.64		Johnston, William	36.92			
Almer, Bill	28.71		Clemens, Gus	37.71			
Anderson, Thomas	29.48		Bartlett, Jean	55.75			
Depass, James	30.39		50 - 74				
Nova, Michael	30.66		Sigrist, Oscar	41.19			
Diehm, John	30.83		Stinson, Bill	41.42			
Burger, John	31.19		Grisinger, Arnott	42.43			
Rose, Robert	32.02		Silbert, Sidney	53.53			
35 - 39			100 YD BUTTERFLY				
Clark, Steve	25.13		50 - 29				
Ludwig, Keefe	25.17		Baxter, Steven	51.00			
Saitch, Robert	25.34		Craig, John	53.61			
Larson, Lance	25.90		Katz, raul	53.63			
Frank, Eldon	26.07		Glass, Dennis	54.68			
Udgen, Walter	26.42		Topar, Philip	54.77			
Smith, Gordon	26.52		Tanner, David	55.55			
McKnight, Jeff	26.64		Hafer, Gary	56.17			
Hill, Jerry	26.68		Levinson, David	56.53			
Cartwright, Allan	26.70		100 YD BUTTERFLY				
Stanley, Rowland	26.88		Baxter, Steven	51.00			
Raffaeli, Larry	27.05		Craig, John	53.61			
Sagues, reter	27.08		Turkin, Mark	56.99			
Smith, Arthur	27.29		Hassett, Chris	57.18			
Neuman, Carl	27.30		Foots, Jr., John	57.82			
Cole, Hal	27.47		Cort, Douglas	57.95			
Liesb, Bob	27.50		Burgan, Jack	58.04			
Livak, Joe	27.96		powers, Dick	58.67			
Moss, Curt	28.20		Boenig, Thomas	58.69			
Shaw, Jim	28.26		Rogers, Hal	59.13			
Lieser, Tom	29.30		Stae, Roland	59.71			
Keenan, William	29.40		Bertocci, Loren	1.00.22			
Wood, Michael	29.70		Brockbank, Doug	1.00.63			
Finaly, Brian	30.45		Abbot, Dana	1.00.71			
Lamun, George	30.75		Vogler, Bill	1.00.72			
Handelman, Neil	32.12		Rawson, Ronald	1.00.77			
40 - 44			Gilmore, Michael	1.01.23			
ryyko, Risto	26.82		Coest, Bill	1.02.03			
Drum, Dave	26.98		Kelly, Sean	1.02.74			
Bender, John	27.11		Pfeiffer, Walt	1.18.98			
Bentel, Charles	27.11		Grant, Bill	1.20.97			
Roberts, Howard	27.41		Caddey, Eugene	1.27.35			
Raven, Charles	27.69		Frederick, Karl	1.29.90			
O'Brien, Dennis	27.81		Bartlett, Jack	1.30.05			
Bahan, James	27.91		Koppel, Harry	1.38.02			
Taft, PETER	28.19		Donovan, Jerry	1.38.34			
Timken, William	28.30		Ferry, Harold	1.43.05			
Elliott, Richard	28.34		Hale, E.	1.51.08			
Leskovitz, Ernie	28.65		70 - 74				
Wolfe, Robert	29.19		75 - 79				
Zurcher, James	29.48		75 - 79				
Christensen, Carl	30.49		75 - 79				
Becker, Frank	30.57		75 - 79				
Lamott, David	30.79		75 - 79				
Gay, ralph	31.23		75 - 79				
Raphael, Alan	31.33		75 - 79				
Silverstein, Leonard	31.57		75 - 79				
Barry, Joe	32.25		75 - 79				
Jennings, Stephen	41.57		75 - 79				
ryyko, Risto	26.82		75 - 79				
Drum, Dave	26.98		75 - 79				
Bender, John	27.11		75 - 79				
Bentel, Charles	27.11		75 - 79				
Roberts, Howard	27.41		75 - 79				
Raven, Charles	27.69		75 - 79				
O'Brien, Dennis	27.81		75 - 79				
Bahan, James	27.91		75 - 79				
Taft, PETER	28.19		75 - 79				
Timken, William	28.30		75 - 79				
Elliott, Richard	28.34		75 - 79				
Leskovitz, Ernie	28.65		75 - 79				
Wolfe, Robert	29.19		75 - 79				
Zurcher, James	29.48		75 - 79				
Christensen, Carl	30.49		75 - 79				
Becker, Frank	30.57		75 - 79				
Lamott, David	30.79		75 - 79				
Gay, ralph	31.23		75 - 79				
Raphael, Alan	31.33		75 - 79				
Silverstein, Leonard	31.57		75 - 79				
Barry, Joe	32.25		75 - 79				
Jennings, Stephen	41.57		75 - 79				
ryyko, Risto	26.82		75 - 79				
Drum, Dave	26.98		75 - 79				
Bender, John	27.11		75 - 79				
Bentel, Charles	27.11		75 - 79				
Roberts, Howard	27.41		75 - 79				
Raven, Charles	27.69		75 - 79				
O'Brien, Dennis	27.81		75 - 79				
Bahan, James	27.91		75 - 79				
Taft, PETER	28.19		75 - 79				
Timken, William	28.30		75 - 79				
Elliott, Richard	28.34		75 - 79				
Leskovitz, Ernie	28.65		75 - 79				
Wolfe, Robert	29.19		75 - 79				
Zurcher, James	29.48		75 - 79				
Christensen, Carl	30.49		75 - 79				
Becker, Frank	30.57		75 - 79				
Lamott, David	30.79		75 - 79				
Gay, ralph	31.23		75 - 79				
Raphael, Alan	31.33		75 - 79				
Silverstein, Leonard	31.57		75 - 79				
Barry, Joe	32.25		75 - 79				
Jennings, Stephen	41.57		75 - 79				
ryyko, Risto	26.82		75 - 79				
Drum, Dave	26.98		75 - 79				
Bender, John	27.11		75 - 79				
Bentel, Charles	27.11		75 - 79				
Roberts, Howard	27.41		75 - 79				
Raven, Charles	27.69		75 - 79				
O'Brien, Dennis	27.81		75 - 79				
Bahan, James	27.91		75 - 79				
Taft, PETER	28.19		75 - 79				
Timken, William	28.30		75 - 79				
Elliott, Richard	28.34		75 - 79				
Leskovitz, Ernie	28.65		75 - 79				
Wolfe, Robert	29.19		75 - 79				
Zurcher, James	29.48		75 - 79				
Christensen, Carl	30.49		75 - 79				
Becker, Frank	30.57		75 - 79				
Lamott, David	30.79		75 - 79				
Gay, ralph	31.23		75 - 79				
Raphael, Alan	31.33		75 - 79				
Silverstein, Leonard	31.57		75 - 79				
Barry, Joe	32.25		75 - 79				
Jennings, Stephen	41.57		75 - 79				
ryyko, Risto	26.82		75 - 79				
Drum, Dave	26.98		75 - 79				
Bender, John	27.11		75 - 79				
Bentel, Charles	27.11		75 - 79				
Roberts, Howard	27.41		75 - 79				
Raven, Charles	27.69		75 - 79				
O'Brien, Dennis	27.81		75 - 79				

40 - 44	Morgan, Bradford	1.12.22	55 - 59	Reitman, Richard	2.41.5b	100 YD IND MEDLEY
Gallagher, Drury	2.29.65	Griffin, William	1.12.42	Crocker, Thomas	2.42.10	<u>25 - 29</u>
Cook, Lewis, Jr.	2.23.81	Walsh, Robert	1.12.42	Lanum, George	2.46.35	Furniss, Steve
Clayson, Barr	2.24.41	Overshaw, Steve	1.12.97	Wood, Michael	2.47.68	Baxter, Steven
Earley, Bill	2.27.69	Durlias, William	1.14.45	Hendelssen, Neil	2.47.70	Stamm, Michael
Price, Kent	2.27.83	Saunders, Geoff	1.15.90	Taylor, Tom	2.48.41	Whitford, Chuck
Jones, Sam	2.30.32	Abbott, Dana	1.16.07	Kilbourne, Charles	2.51.89	Cooley, Richard
May, Don	2.35.45	Baier, Rick	1.16.92	Walden, Bob	2.56.48	Glass, Dennis
Nolan, William	2.36.25	Borden, reter	1.19.88	Clarkson, Denis	3.01.05	Katz, raul
Bohan, James	2.37.86	Gary, Omari	1.24.19	<u>40 - 44</u>		Griffith, James
Lederer, Rudolph	2.41.56	<u>30-34</u>		Nebe, Ernest	1.23.96	Koslowski, Rick
Fasbender, Barry	2.46.44	Ludwig, Thomas	1.04.52	Burgan, Jack	1.25.20	Whitchurch, Randall
Skramstad, Lloyd	2.47.05	Jester, Mal	1.04.70	Frost, Albert, E.	1.27.28	Pearce, Jeff
Horton, Jack	2.47.50	Forshey, Fred	1.05.44	Barnes, Ed	1.27.51	Tyrell, Stephen
Gallagher, Edward	2.48.79	Smith, Arthur	1.05.61	Wallower, Herb	1.29.20	Townsend, Scott
Ball, Robert	2.50.20	Anderson, Thomas	1.07.21	Levine, Marvin	1.30.66	Marckik, Ronald
Brown, Dan	2.26.24	Gemmell, Dave	1.07.82	Ott, Gareth	1.33.35	Hassett, Chris
Bennett, Richard	2.29.33	Brody, Jeffrey	1.07.89	Cunningham, Jack	1.37.02	Whatley, Tom
Knowlton, Horace	2.32.51	Shaw, F	1.08.50	Challoner, Fred	1.42.38	Shilling, John
McConnell, J.	2.33.36	Wyatt, raul	1.08.61	McDermott, Bob	1.45.17	Whitley, Robert
Reynolds, Frank	2.33.99	Rockwood, Mike	<u>1.09.06</u>	Shaw, Kenneth	1.45.95	Cockburn, Alistair
Graef, Rudolf	2.37.96	Harris, Randall	<u>b6 - 64</u>	<u>45 - 49</u>		Anderson, Donald
Beiske, Buddy	2.39.69	Heinrich, Edwin	1.09.86	Lind, Tom	1.23.37	Hafer, Gary
Ridland, John	2.41.58	Meyring, Dennis	1.10.05	Darosa, Aldo	1.23.73	Foots, John
Welch, Arthur	2.48.03	Thomson, Thomas	1.10.67	Davidson, Birch	1.24.27	Frease, Jeff
Clark, Brockway	2.51.63	Steiner, Andes	1.10.71	Cleaveland, Brud	1.25.10	Tyrell, Stephen
Kimball, Ken	2.53.72	Prampton, James	1.12.24	Croome, Cliff	1.26.59	Nesbit, Donald
Miller, Curtis	2.55.40	Nova, Michael	1.12.27	Wheeler, Dar	1.30.20	Miller, Guy
Prenzel, Richard	2.58.66	Alexander, Don	1.12.86	Chamberlain, Roger	1.31.10	Gilmore, Michael
Mucha, Yaro	3.01.49	Hunsaker, Gary	1.13.62	Long, A.G.	1.36.02	Turpin, Mark
Green, James	3.12.59	Flanagan, John	1.15.07	<u>55 - 59</u>		Rawson, Ronald
Thomson, Captane	3.32.49	Mills, Jerry	1.15.07	rfeirfer, Walt	1.24.71	Bleck, John
<u>50 - 54</u>	Alspaugh, Robert	1.17.57	terry, Harold	1.27.36	Bauman, John	
Draves, Duane	2.33.63	Schifani, William	1.18.07	Koppel, Harry	1.28.91	Miller, Curtis
Groh, Alfred	2.36.12	Clevenger, Robert	1.19.49	Frederick, Karl	1.29.69	Nakama, Herbert
Johnson, Boyd	2.41.40	Lee, Jeff	1.24.32	Clark, Rufus	1.30.15	Gruender, Daniel
Wolf, Rube, Jr.	2.46.51	<u>35 - 39</u>		Donovan, Jerry	1.31.72	Mucha, Yaro
Marcus, Jim	2.51.77	Cole, Hap	1.04.67	Seidel, Paul	1.41.73	Richter, Ronald
Stupfel, Don	2.52.55	Stanley, Rowland	1.06.45	Hale, E.	1.44.55	Vaughan, Charles
Silverstein, Lou	2.53.92	Doeburg, Doug	1.07.55	Silber, Bernard	1.49.21	Gray, Jr., Fleming
<u>55 - 59</u>	Fernandes, Edmundo	1.08.61	Sebastian, Edward	2.07.58	Gray, William	
Hall, Edward	2.35.77	Frank, Elton	1.08.63	<u>70 - 74</u>	<u>50 - 54</u>	
Woods, John	2.46.13	Rabinowitch, Steven	1.08.79	Sigrist, Oscar	1.37.84	Haarts, Ted
Edwards, James	2.48.63	Betzer, reter	1.09.35	Guth, Alfred	1.40.23	Cunningham, Robert
Serrano, Luis	2.50.00	Boak, Jr., Thomas	1.09.43	MacKay, Edward	1.46.84	Mathews, Mo
Cowan, Robert	2.52.10	Gwin, Gregory	1.09.71	Walther, Edg	1.52.27	Marcus, Jim
Curtis, Alex	3.01.35	Millard, John	1.09.92	McClintock, W.	2.00.72	Cunningham, George
Miles, Dan	3.02.37	Johnson, Garry	1.10.24	Maxcy, Sam	2.14.78	Larimore, Ogivie
Talmage, Ed	3.06.89	Reitman, Richard	1.11.87	<u>75 - 79</u>		Long, Tom
Boyle, Walt	3.07.79	Finlay, Brian	<u>1.12.51</u>	Kallunki, Al	1.41.97	Langner, Harold
Donald, Fred	3.11.57	Crocker, Thomas	1.14.68	Decremer, Herc	1.53.80	Decremer, Herc
Lee, reter	3.17.07	Taylor, Tom	1.15.08	<u>80 plus</u>	<u>55 - 59</u>	
Bradford, Robert	3.44.50	Kilbourne, Charles	1.15.46	Lane, Tom	2.06.86	Sangster, Alejandro
Concannon, George	3.55.25	Smith, Arthur	1.15.54	Rosen, Saul	2.15.09	Simpson, William
Valle, Luis	4.01.37	Laskett, Carl	1.16.30	Chackney, Joseph	3.00.32	Mathews, Mo
<u>60 - 64</u>	Livak, Joe	1.16.90	<u>200 YD BREASTROKE</u>	<u>25 - 29</u>	<u>50 - 54</u>	
Moran, Edward	2.53.63	Foehr, William	1.17.90	Shilling, John	2.19.27	Sigrist, Oscar
Derosa, Aldo	2.56.29	Walden, Bob	1.18.46	Anderson, Donald	2.22.27	Guth, Alfred
Croome, Cliff	2.59.92	Clarkson, Denis	1.19.45	Glass, Dennis	2.22.55	MacKay, Edward
Guido, Richard	3.10.11	Elliot, John	1.20.91	Makuta, Jim	2.23.61	Levinson, David
Chamberlain, Roger	3.20.34	McKinlay, Michael	1.21.17	Whitney, Robert	2.24.28	MacKie, Ronald
<u>65 - 69</u>	Hale, Arthur	1.24.24	Sherrill, John	2.26.36	Wheeler, Robert	2.26.63
Roman, Dave	3.00.36	<u>40 - 44</u>	Pease, Jeff	2.27.27	Herrick, Robert	2.30.50
Caddey, Eugene	3.17.79	Roberts, Howard	1.06.77	Bertocci, Loren	2.31.84	Kiv, Henry
Wood, Benton	3.21.06	Gallagher, Drury	1.09.36	Morgan, Bradford	2.32.15	<u>3.05.92</u>
Bartlett, Jack	3.37.12	Long, Thomas	1.09.79	Lazar, Leonard	2.32.21	Sangster, Alejandro
Sebastian, Edward	3.42.85	Silverstein, Leonard	1.15.30	Cockburn, Alistair	2.32.24	Simpson, William
Silber, Bernard	4.28.85	Frank, E	1.16.76	Miller, Guy	2.33.52	Mathews, Mo
<u>70 - 74</u>	Tinken, William	1.17.12	Levinson, David	2.34.28	Jordan, Michael	2.34.20
Hargrave	3.08.14	Clayson, Barr	1.17.80	Shaw, F.	2.35.63	Hanneke, Mark
Sigrist, Oscar	3.19.87	Bohan, James	1.19.18	Anderson, Thomas	2.36.93	Woo, Walter
Starr, Lee	3.27.18	Lamott, David	1.19.93	Guth, Alfred	2.37.82	Chamberlain, Roger
Alfred, Guth	3.37.46	Barry, Joe	1.20.60	MacKay, Edward	2.42.00	Rankin, Donald
Jaggers, Harry	3.49.57	Newquist, David	1.21.54	Wheeler, Dar	2.48.08	Hannan, Marvin
Mcpherson, James	3.51.55	Skramstad, Lloyd	1.28.12	Borden, reter	2.56.65	Rankin, Donald
Mcclintock, Winston	3.57.00	Esher, Bill	1.29.19	<u>30 - 34</u>	<u>3.06.79</u>	
<u>75-79</u>	<u>45 - 49</u>	Sanguly, Manuel	1.07.23	Shilling, John	2.19.27	Haarts, Ted
Ross, Clarence	4.05.91	Kueny, Robert	1.11.77	Anderson, Donald	2.22.27	Langner, Harold
Merritt, Inv	4.46.31	Rosenthal, Donald	1.11.84	Glass, Dennis	2.22.55	Decremer, Herc
Earley, Joseph	5.10.79	Taylor, Ron	1.13.34	Makuta, Jim	2.23.61	Levinson, David
<u>80 +</u>	Davis, W.	1.14.69	Shestakov, Alek	2.24.28	Whitney, Robert	2.30.27
Lane, Tom	4.32.70	Berenyi, Nicholas	1.16.36	Gemmell, Dave	2.25.49	Wheeler, Dar
<u>ns 100 YD BREASTSTROKE</u>	Cunningham, William	1.17.75	Levinson, David	2.26.36	Chamberlain, Roger	2.32.74
<u>25-29</u>	Gruender, Daniel	1.18.58	MacKie, Ronald	2.27.28	<u>30 - 34</u>	
Marcikic, Ronald	1.02.50	Fox, Harry	1.18.78	Katis, Jon	2.33.46	<u>nding American Record</u>
Makuta, Jim	1.03.72	Richter, Ronald	1.18.93	Thomason, Thomas	2.35.92	<u>70 - 74</u>
Cooley, Richard	1.04.09	Miller, Curtis	1.19.08	Johnson, Harold	2.36.87	<u>3.06.79</u>
Glass, Dennis	1.04.24	Bauman, John	1.20.54	Harris, Randall	2.37.15	Rankin, Donald
Shilling, John	1.04.30	Mucha, Yaro	1.21.41	Steiner, Andres	2.38.10	Darosa, Aldo
Wolff, Chuck	1.04.37	Schumacher, Bud	1.23.41	Wyatt, raul	2.38.38	Lind, Tom
Anderson, Donald	1.04.58	Vaughan, Charles	1.23.53	Heinrich, Edwin	2.41.92	3.05.92
Whitley, Robert	1.06.40	Schofield, Steven	1.24.62	Frampton, James	2.42.02	Guth, Alfred
reas, Jeff	1.06.45	Haartz, Ted	1.12.20	Alexander, Don	2.42.44	Sigrist, Oscar
Neale, Stephen	1.06.75	Mathews, Mo	1.16.29	McCarty, Tom	2.43.41	Mackay, Edward
Levinson, David	1.07.32	Marcus, Jim	1.18.44	Clevenger, Robert	2.46.12	Walter, Ed
Miller, Guy	1.08.38	Burns, Marvin	1.19.56	Alspaugh, Robert	2.46.40	McClintock, Winston
Zilz, Leonard	1.08.98	Cunningham, Robert	1.19.62	<u>35 - 39</u>		
Hanneke, Mark	1.09.24	Laramore, Ogivie	1.21.32	Levins, Lee	2.21.32 <sup>2</sup>	<u>80 plus</u>
Worden, Mark	1.09.45	Langner, Harold	1.22.03	Cole, Hap	2.27.97	Kallunki, Al
Turrin, Mark	1.10.29	Merritt, Irv	1.23.47	Stanley, Rowland	2.33.89	Langner, Harold
Harrison, James	1.12.01	Wyatt, raul	1.23.47	Gwin, Gregory	2.34.40	Merritt, Irv
Foote, John	1.12.12	Simmers, G.E.	1.24.19	Better, reter	2.35.40	<u>3.06.79</u>
<u>50 - 54</u>	<u>50 - 54</u>	<u>50 - 54</u>		Boak, Thomas	2.36.32	<u>3.06.79</u>
Marcikic, Ronald	1.02.50	Hart, Ted	1.22.20	Fernandes, Edmundo	2.36.61	Chackney, Joseph
Makuta, Jim	1.03.72	Mathews, Mo	1.26.29	Haus, Marvin	2.37.34	4.38.39
Cooley, Richard	1.04.09	Marcus, Jim	1.28.44	McCarty, Tom	2.45.41	<u>35 - 39</u>
Glass, Dennis	1.04.24	Burns, Marvin	1.29.47	Clevenger, Robert	2.46.12	<u>3.06.79</u>
Shilling, John	1.04.30	Cunningham, Robert	1.23.72	Alspaugh, Robert	2.46.40	<u>3.06.79</u>
Wolff, Chuck	1.04.37	Laramore, Ogivie	1.23.72	<u>80 plus</u>		<u>3.06.79</u>
Anderson, Donald	1.04.58	Langner, Harold	1.23.98	Kallunki, Al	3.50.69	<u>3.06.79</u>
Whitley, Robert	1.06.40	Merritt, Irv	1.23.98	Langner, Harold	4.14.81	<u>3.06.79</u>
reas, Jeff	1.06.45	Wyatt, raul	1.23.98	Merritt, Irv	5.08.54	<u>3.06.79</u>
Neale, Stephen	1.06.75	Better, reter	1.23.98	<u>35 - 39</u>		<u>3.06.79</u>
Levinson, David	1.07.32	Boak, Thomas	1.26.71	Chackney, Joseph	6.38.39	<u>3.06.79</u>
Miller, Guy	1.08.38	Fernandes, Edmundo	1.27.70	<u>80 plus</u>		<u>3.06.79</u>
Zilz, Leonard	1.08.98	Haus, Marvin	1.27.70	Kallunki, Al	7.38.39	<u>3.06.79</u>
Hanneke, Mark	1.09.24	Donsburg, K.	1.27.70	Langner, Harold	8.48.54	<u>3.06.79</u>
Worden, Mark	1.09.45	Simmers, G.E.	1.29.12	Merritt, Irv	9.08.54	<u>3.06.79</u>
Turrin, Mark	1.10.29	Finlay, Brian	1.24.19	<u>35 - 39</u>		<u>3.06.79</u>
Harrison, James	1.12.01	<u>35 - 39</u>		Reitman, Richard	10.40.89	<u>3.06.79</u>
Foote, John	1.12.12	Simmers, G.E.	1.24.19	Crocker, Thomas	11.40.89	<u>3.06.79</u>



13 ROCKY MT. 2:05.29  
 Anderson,Weber,Tubin,Zentgraf  
 14 OLY "B" 2:10.08  
 MacKay,Poehr,Rowan,VanHorn  
 15 SHMM 2:10.95  
 Frenzel,Taylor,Thompson,Killeen  
 16 DAVIS 2:13.19  
 Hotton,Schroeder,White,Blackman  
 17 RINCON 2:20.45  
 Bell,Kilbain,Price,Stevenson  
 18 ETOB 2:22.09  
 Kivi,Findley,Roach,Chalmar  
 19 ROCKY MT "C" 2:34.23  
 Strickland,Kenry,Jones,Hay  
 45+  
 1 TSC 2:00.86  
 Wolf,Burns,Wolf,Rosenthal  
 2 DC 2:04.57  
 Willey,Adams,Emes,Gideonse  
 3 ROCKY MT. 2:04.86  
 Truby,Hann,Begg,Williams  
 4 SHMM 2:05.75  
 Stupfel,Cunningham,Brown,Smith  
 5 NB 2:07.90  
 Draves,Larimore,Dicky,Watkins  
 6 RINCON 2:07.97  
 Bennett,Karswill,Grob,Yates  
 7 SDCSM 2:08.28  
 Gillin,Phillips,Clark,Kimball  
 8 MSAC 2:11.50  
 Farrel,Richter,Miller,Bland  
 9 LOSAL 2:19.12  
 Patch,Richards,Ponisch,Rodder  
 55+  
 1 RINCON 2:32.48  
 Dahasus,Ott,Wheeler,Concannon  
 2 SDCSM 2:12.44  
 Holden,Croome,Cowan,Sefer  
 3 LBSC 2:13.56  
 Wetmore,Lind,Merrick,Foster  
 4 ROCKY MT. 2:14.35  
 Talmage,Powers,Klein,Wallower  
 5 ARIZ 2:42.58  
 Starr,Long,Cleaveland,Maxcy  
 6 MAM 3:15.00  
 Jaggers,Hackney,Rowan,Rawstrom  
 7 SHMM NT  
 65+  
 1 SHMM 2:38.46  
 Wood,Koppel,Bartlett,Bruno  
 2 MON 2:39.79  
 Hargrave,Corson,Perry,Trask  
 3 LBSC 2:39.83  
 Monahan,Clark,Guth,Chapin

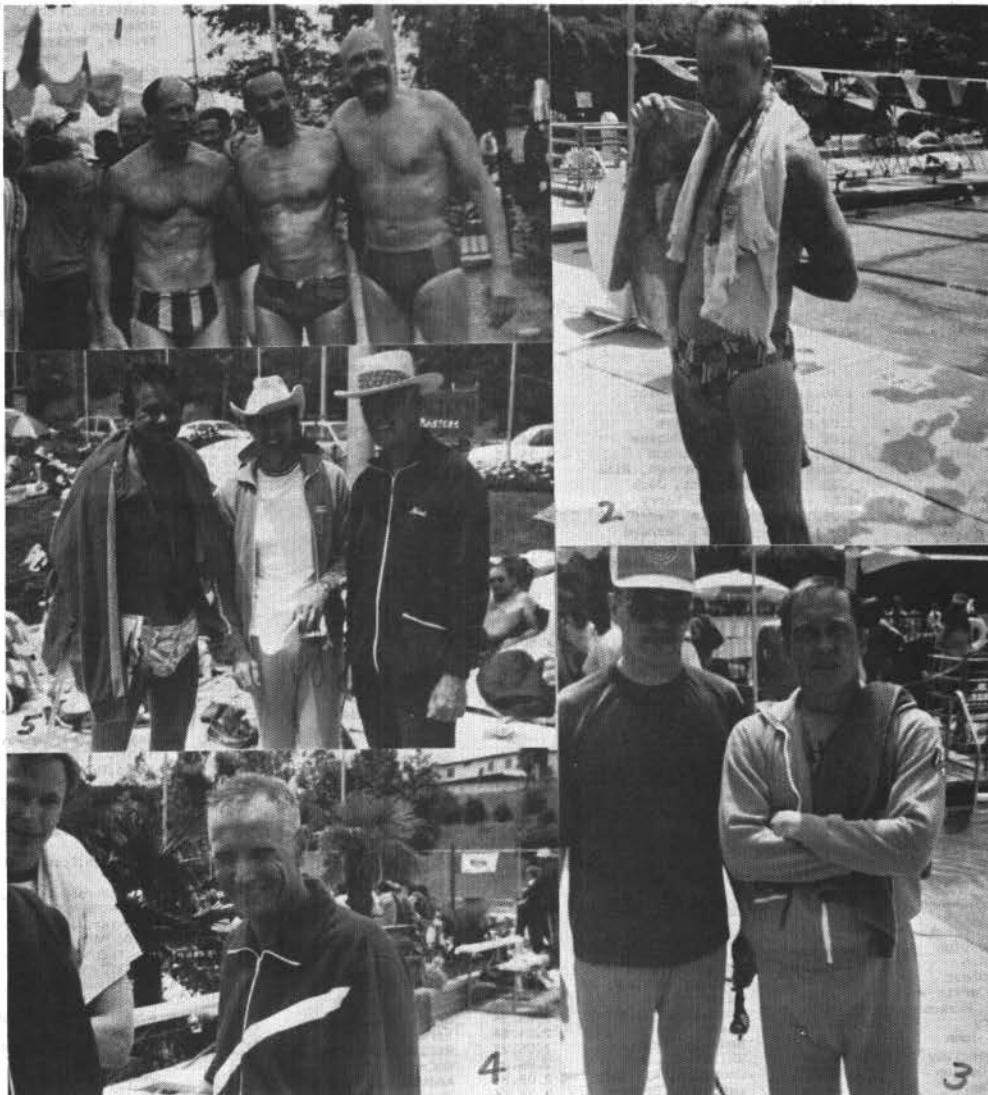
#### TEAM SCORES

**WOMEN**  
 Rinconada Masters 480.5  
 San Mateo Master Marlins 311.5  
 Rocky Mountain Masters 278  
 DC Masters Swim Team 264  
 California Technology 261  
 Humuhumunukunukuapua'a 233  
 Gold Coast Masters 230  
 Santa Barbara Swim Club 223  
 Arizona Masters 211  
 Tamalpais Masters 188.5

**MEN**  
 Trojan Swim Club 407  
 Rinconada Masters 385  
 San Mateo Master Marlins 381  
 Rocky Mountain Masters 328  
 Olympic Club 304  
 San Diego County Swim M. 274.5  
 DC Masters Swim Team 236  
 Long Beach Swim Club Mas. 202.5  
 Humuhumunukunukuapua'a 198  
 Santa Barbara Swim Club 146

**COMBINED**  
 Rinconada Masters 865.5  
 San Mateo Master Marlins 692.5  
 Rocky Mountain Masters 606  
 DC Masters Swim Team 500  
 Trojan Swim Club 435  
 Humuhumunukunukuapua'a 431  
 California Technology 406  
 San Diego County Swim M. 404.5  
 Long Beach Swim Club Mas. 387  
 Santa Barbara Swim Club 369

# Nationals



PICTURES BY ROBERT L. HERITIER OF DETROIT, MI - (1) Just finished the 100 free in 50-54 age group - Ed Emes (DC Masters), Bob Heritier (Michigan Masters) and Peter Van Dijk (Ohio Masters) - (2) Carl Yates of Rinconada, 50-54 age group - (3) Harry Fox (left) and Tim Timken (right) of the OHIO MASTERS - (4) Sandy Gideonse of DC Masters - and (5) L to R: Bill Phillips (50-54 PSA), Bud Knowlton (45-49 Rocky Mt.) and Neal Palmer (45-49 Cal Tech). Bob also writes, "Saw the meet facilities at Dearborn and I was impressed. The facilities are new and first class (clean, modern with nice big locker rooms, etc.). Also, the site itself is very attractive...sits in the middle of a wooded (Pine tree) park."



HUMUHUMUNUKUNUKUAPUA'A OLD MEN AT MISSION VIEJO S.C. NATIONALS. AL KALLUNKI (LEFT) 75-79, TOOK 5 FIRST PLACES (ALL NEW NATIONAL RECORDS) ONE SECOND PLACE. LLOYD OSBORNE (RIGHT) 70-74, TOOK 5 FIRST PLACES (ALL NEW NATIONAL RECORDS) ONE SECOND PLACE.



HUMUHUMUNUKUNUKUAPUA'A SWIMMERS AT THE S.C. NATIONALS MISSION VIEJO. L. TO R. KAY HARRISON, CARIN VANDERBUSH, GRATIA MC CONKEY, JERRY BENNETT, BILL EARLEY, LLOYD OSBORNE, JOAN OSBORNE.

# MASTERS SWIMMING NOTES

DOES MASTERS SWIMMING PROTECT AGAINST FATAL CORONARIES? To answer the question, we need to know how many heart deaths occurred among masters swimmers in a given period of time, as compared with other people the same age. Let us use the figures for 1973, when there were 714,000 coronary fatalities in the over 25 population of 97,000,000. This means that the death rate in this population was 736 per 100,000 people. In other words, in any group of 100 people this age, you would expect 0.736 deaths per year, or 5 to 6 deaths every 8 years. D.C. Masters has had an average membership of over 100 every year for 8 years and there have been no heart attack deaths. If there are 5000 masters swimmers in the country, you would expect 37 heart attack deaths each year among them if they were only average physically. In 8 years we might have expected to hear of over 300 deaths, but the impression is that there have been very, very few. (The protective effect in marathon running is really impressive. Of 40,000 registered marathoners, there have been only 1 or 2 controversial heart deaths ever, while you would expect 20 to 30 yearly in such a large group.).....

DO YOU USE GOOGLES? - Goggles have made it big on the swimming scene. Originally thought of as an impediment, goggles are now being used by most competitive swimmers both in practices and in races. Although I tried goggles a long time ago, they never felt right, and I never used them until a couple of years ago. Swimming with "bare eyes", I frequently had chlorine burn, which became uncomfortable during swimming and would cut short the time I felt like spending in the pool. Bright lights looked like they were ringed with halos, and hours later, my eyes would still be irritated and tearing. When the eyes feel tired, one feels tired all over. The constant production of tears results in frequent nose-blowing because the tears are conducted down into the nasal sinuses. When I found a pair of goggles which worked, it was a revelation in comfort. I found that I felt like staying in the water longer, and blookshot eyes were a thing of the past. My co-workers no longer thought of me as an alcoholic (little did they know). Some people are able to dive in with goggles, but this requires making the straps very tight. I usually do not wear goggles in races unless I start in the water. Incidentally, goggles are excellent to use in the ocean. Goggles fail for a number of reasons:

They get lost. One solution is to buy a pair with white straps and write your name and phone on them with a marking pen. 2) The straps get looser and break. Some stores sell replacement straps, or you can get by with a string of heavy

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rubber bands. 3) The lenses get fogged up due to scratches. Anti-fog compounds are also sold.

4) The rubber seals around the lenses wear out. Surprisingly, these seals last a long time. Usually something else gives before the seals.

5) You get tired of the color of the lenses. I do not know what color to recommend. I use yellow. Pink or red would cut out a lot of light because most light underwater looks blue. (D.C. Masters Publication).....

PARADE - MAY 20, 1979 - Well, Phillip Whitten did it again! That was such a nice article that appeared in Parade Magaizine that Sunday in May. The article appeared on May 20th; on Tues., May 22nd Ted Haartz reported that he had 400 requests for information; on Friday, May 25th, Ted reported that he had received 6000 letters; and on Friday, June 1st Ted reported that 8000 letters had arrived and still counting. Our sincere thanks to Phil for getting such great publicity. Ted has farmed out the requests so that they can all get answered. If any of you get a call from a new masters swimmer, please help him get started.....

SWIM MASTER SUBSCRIBERS - Dear Swimming Friends, Thank you for helping me to receive the highest award a masters swimmer could ever hope to receive, the "Captain Ransom J. Arthur, M.D. Award". The award was a complete surprise to me, and still a mystery as to how I was choosen. Needless to say I do love to swim and I do love to compete but don't most of us? Any swim or any event is a challenge, a joy of effort, and the folks you meet at swimming are the most delightful to be found anywhere. Any success I may have had has been due to the encouragement of my most wonderful husband Ray Taft. He should have won the award because I only follow in his footsteps. Thanking all of you. Swimmingly yours, Zada Taft.

S.C. NATIONAL CHAMPIONSHIP MEET RESULTS - It was a tough fight Ma, but we won! Or, did we? For Questions and Corrections please write to Joyce Smith, 22961 Luciana, Mission Viejo, CA 92691. DO NOT WRITE SWIM-MASTER!! ....

# SWIM-MASTER

June Krauser, Editor  
2308 N.E. 19th Avenue  
Ft. Lauderdale, FL 33305



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## LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

### SWIM CALENDAR

VOL VIII - No 6

JULY-AUGUST 1979

JUL	13-15	LC - Nat Clement, 5632 Granada Dr., #138, Sarasota, FL 33581
	14-15	LC - Jamie Stewart & Fran Woolsey, 4630 Woolridge Rd., Corpus Christie, TX 78413
	15	SPA LC - Margaret George, 159 S. Allen, #106, Pasadena, CA 91106
	21	NATIONAL AAU MASTERS LONG DISTANCE SWIMMING CHAMPIONSHIPS (2 mi) Dale Petranech, 2059 Huntington Ave., #1112, Alexandria, VA 22303
	22	NATIONAL AAU MASTERS MARATHON SWIM (10 mi) Bob Griffith, 1225 Catalina Ave., Seal Beach, CA 90740
	28	SPA LC - Margaret George (above)
	28	LC - Dot Ressegueie, P.O. Box 7, Tar Heel, NC 28392
	29	Coronado - Alicia Horst, 571 Marina Ave., Coronado, CA 92118
AUG	4-5	DC - Ray Chen, 9713 Digging Rd., Gaithersburg, MD 20760
	4-5	Region XII LC - Tacoma, WA
	4-5	LC "Hot'Lanta" - Jeff Archambault, 15 Shellbark, Rd., Decatur, GA 30035
	4	LC - Larry Holley, 870 N.E. 192 St., North Miami Beach, FL 33162
	5	LC - O*H*I*O Masters, P.O. Box 8513, Canton, OH 44711
	11-12	LC - Chris Scott, 2512 P Street, Sacramento, CA 95616 (916) 451-3311
	11-12	SPA Regional Meet - Margaret George (above)
	11-12	LC at Brown U - J.K. Edwards, 2 Thayer St., Providence, RI 02906
	17-18	LC - KY Masters, Lakeside Club, 2010 Trevilian Way, Louisville, KY 40205
	17-18	LC Regional - Dennis West, 8225 Marshall Ct., Arvada, CO 80003
	23-26	NATIONAL LC CHAMPIONSHIPS - c/o National Masters, P.O. Box 406, Dearborn Hts., MI 48127 - Paul Bartashuk (313) 846-3971
	25	Powell Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	26-27	5 km & 12 km Relay - Lake Ontario - Ted Roach, Box 339, Pt. Credit, Ont., L5G 4L9 Canada
SEP	1	Hawaiian 10 Mile Rough Water Relay
	3	Hawaiian 2 Mile Rough Water Swim
	9	NATIONAL AAU LD OPEN WATER CHAMP. (3 mi) Dave Lamott, 2425 Palermo Dr., San Diego, CA 92106
	16	PA SC - Verne Scott, 646 Elmwood Dr., Davis, CA 95616
	30	YMCA - Virginia Hildebrant, 5167 Robinhood Dr., Willoughby, OH 44094
	30	North-South Meet at Atascadero, CA
OCT	6	Walnut Creek Masters SC - Mixed Events - PA AAU
	7	Leatherstocking Open - Jane Johngren, c/o ACC Gym, Cooperstown, NY 13326
	7	West End Y - Virginia Hildebrant (above)
NOV	3	Sacramento Masters - Sacramento Y Pentathlon SC
	18	Pentathlon - Harry Rawstrom, Carpenter Sports Bldg., U of Del., Newark, DE 19711
	18	Aqua-Terra Biathlon - Dan Sullivan, 495 Watchung Ave., Bloomfield, NJ 07003
OCT	14	MASTERS CLINIC - Etobicoke Olympium, Toronto - Eleanor Jarvis or Beth Whittai (416) 742-3872
MAY	16-18	NATIONAL SHORT COURSE CHAMPIONSHIPS - Ft. Lauderdale, FL - SHOF Pool 1980 June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
		MASTERS DIVING - Bill McAlister, 14407 Road 23-1/2, Madera, CA 93637
		AUG 24-27 (Nationals), SEP 8-9, SEP 24, OCT 13

\*Mail 3 copies of meet results to: Enid Uhrich, 25 Lafayette Rd., Newton Lwr Fls., MA 02162\*