



SWIM-MASTER

VOL II - No 6 THE OFFICIAL PUBLICATION OF THE AAU MASTERS SWIMMING COMMITTEE DECEMBER 1973

1974 OFFICIAL RULES MASTERS SWIMMING

A. OBJECTIVES OF MASTERS SWIMMING PROGRAMS:

1. To offer the opportunity to continue conditioning or reinstitute conditioning in those 25 years of age or over who were formerly athletes or swimming enthusiasts.
2. To encourage and promote physical fitness and improvements in health in those older individuals not previously involved in competitive or recreational programs.
3. To offer encouragement to individuals, clubs, organizations, and communities in the organizing and conducting of life-long physical, recreational, and competitive masters programs.
4. To enhance fellowship amongst participants in masters programs.
5. To stimulate interest in masters programs at all levels of involvement — physical educators, clubs, organizations, recreation directors, communities, medical societies, and higher educational institutions.
6. To stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

B. GOALS OF MASTERS SWIMMING PROGRAMS:

1. To outline safe masters programs in swimming for individuals 25 years of age or over, taking cognizance of previous swimming prowess or participation, non-participation, gradual programming, physical condition, and "medical wellness" of proposed participants.
2. To propose proper swim training for older age groups.
3. To consider programs which will provide goals towards which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.
4. To set up proper age and ability groupings in the establishment of masters swimming programs, with well planned balancing of events, and limitation of duration and stresses of competitive programs with relation to these factors.
5. To promote adequate medical examination, and certification of participants for masters programs, and suggest minimal requirements (standardized or otherwise).
6. To seek assistance for research programs in the medical aspects of masters programs, and coordinate, if possible, present research programs in these areas.

C. RULES FOR MASTERS SWIMMING:

1. **Registration** — Masters competition is open to all registered athletes possessing a regular AAU card or a Masters AAU registration card. These cards are available from the AAU District Registration Chairman.
2. **Age Groups:**
 - a. *Group I* — 25-34, 35-44, 45-54, 55 and older for individual events. Relays, 25 and over, 35 and over, and 45 and over.
 - b. *Group II* — 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80 and older for individual events. Relays, 25 and over, 35 and over, and 45 and over.
 - c. National Championship meets shall consist of the age groupings in Group II above.
3. **Eligibility** — The eligibility of a participant for a particular age group will be determined by his age as of the first day of the meet.

4. **Entry Fees** - Entry fees for Masters events shall not be more than \$2.00 per individual event and \$5.00 per relay event.
5. **Swimming Rules** - Articles I, II and III of the AAU Swimming Rules to govern all Masters competitions with the following exceptions:
 - a. Times shall not be subject to the provisions of Article XII, B, 3, a, (3) - as it concerns placement in such race.
 - b. Times may be submitted for Masters records only.
 - c. Breaststroke kick may be used when doing butterfly.
 - d. Age Groups and sexes may be combined so that no swimmer has to swim along and lanes may be filled.
 - e. The forward start may be taken from the starting block, the pool deck or a push from the wall.
 - f. Competitors shall be allowed to swim in only one freestyle relay, one medley relay and one mixed freestyle relay per meet.
 - g. All masters events shall be conducted on a timed final basis.
6. **Times** — The ten best times nationally in each division shall be published annually for the events listed under Section 6 below:
 - a. All times must be made in actual sanctioned AAU competitive meets (Senior events, Masters events, or sanctioned International competition).
 - b. Times are to be forwarded not later than September 15 of each year to the National Masters Chairman and the National Masters Archivist. Times to be submitted for national records are to be sent to the National Masters Archivist within 30 days from date accomplished.
 - c. Each Association is responsible for reporting the top ten times in each event made in its association area only, even though the times were made by swimmers from other Associations.
7. **Events** - The following events may be conducted for each age group:

Short Course (25 yards)
50-100-200-500-1650 yards Freestyle
50*-100-200 yards Backstroke
50*-100-200 yards Breaststroke
50-100-200* yards Butterfly
100-200-400* yards Individual Medley
200 yards Medley Relay
200 yards Freestyle Relay
200 yards Mixed Freestyle Relay
(2 female and 2 male)

- Long Course (50 meters)
 50-100-200-400-1500 meters Freestyle
 50*-100-200 meters Backstroke
 50*-100-200 meters Breaststroke
 50-100-200* meters Butterfly
 200-400* meters Individual Medley
 200 meters Medley Relay
 200 meters Freestyle Relay
 200 meters Mixed Freestyle Relay
 (2 female and 2 male)

NOTE: It is not necessary to conduct all of the above events in meets. However, each age division should include the shorter distances (freestyle, backstroke, breaststroke and butterfly event plus the individual medley and relays.

* These events are not included in the National Championships.

8. National Championship Meets:

a. National AAU Masters Swimming Championships shall be awarded in the following categories:

- (1) Men's & Women's Short Course Swimming Championships
- (2) Men's & Women's Long Course Swimming Championships

b. Starting in 1973, the Short Course meet shall be held between April 1 and May 30.

c. Starting in 1973, the Long Course meet shall be held between July 15 and September 15.

Note: Check National Senior LC dates and National Age Group-Junior Olympic dates for conflict.

d. The following rotation system shall be used when awarding the National Championships:

Year	Zone I (west)	Zone II (central)	Zone III (east)
1973	Short Course	Long Course	
1974	Long Course		Short Course
1975		Short Course	Long Course
1976	Short Course	Long Course	
1977	Long Course		Short course
1978		Short Course	Long Course

e. Competitors may swim in a maximum of 5 individual events in the National meet with a maximum of 3 individual events per day. Competitors shall be allowed to swim in only one freestyle relay, one medley relay and one mixed freestyle relay per meet.

f. Entry fees for National Championship meets shall be \$2.00 for individual events and \$5.00 for relays. The entry fee shall remain the property of the National AAU. A \$10.00 per person surtax per swimmer may be charged (for national championship meets only). Five dollars of the fee shall be used by the meet sponsor to pay meet expenses, and at least \$5.00 shall be used to provide each contestant with a free banquet ticket for the Saturday evening banquet.

g. Three-Day program for championship meets — (Women's events shall precede Men's).

Short Course	1st day	Long Course
1650 yd free		1500m free
200 yd free relay		200m free relay
	2nd day	
100 yd free		100m free
200 yd back		200m back
50 yd fly		50m fly
100 yd breast		100m breast
200 yd free		200m free
200 yd IM		200m IM
200 yd medley relay		200m medley relay
200 yd mixed free relay		200m mixed free relay

3rd day

100 yd back	100m back
50 yd free	50m free
200 yd breast	200m breast
100 yd fly	100m fly
100 yd IM	400m free
500 yd free	

9. All-America Team - An All-America team shall be selected each year. Any individual who has either won a total of four (4) events in the Short Course and/or Long Course National AAU Masters Swimming Championships or placed 1st in four (4) events in the National Ten Best Times List shall automatically qualify for the All-America Masters Swimming Team. At least one man and woman in each age group (Group II Age Groupings) shall be named to the team. The Masters Swimming All-America Selection Sub-Committee shall select a person or persons to an age group with the automatic qualifiers should the circumstances warrant it. Certificates and/or patches shall be awarded to members of the All-America Team.

10. Medical Examination — Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check up immediately prior to Masters competition in order to insure his physical readiness for participation. Medical evaluation forms are available upon request by writing to the National AAU Aquatics Office.

Convention

The annual National convention of the AAU was held on October 8 through October 13 at West Yellowstone, Montana. As Buck Dawson so aptly put it, "our diffusion at Yellowstone was further heightened by our meetings being at little places all over town, even though the town really worked together to make it all possible. Every motel, restaurant, theatre and the town's only nightclub were organized and coordinated to handle the crowd. Our banquets and luncheons were catered from a semi driven in from Sioux Falls, SD: The convention hall is the big railroad depot where the Union Pacific use to feed its excursion trains. The streets were only partially paved. All the rustic disadvantages actually added to the charm of the place, and between meetings there was always that marvelous Yellowstone Park."

It rained on Sunday, snowed on Monday, turned cold on Tuesday, warmed up on Wednesday, was gorgeous on Thursday, overcast on Friday, and delightful on Saturday and Sunday. The Masters Swimming Committee meeting was held at the Community Church on Wednesday evening. A small, but well representative group attended. There were general items of leg-

islation to be acted upon besides our own Masters Swimming Rules. Preceding this report are the rules as they will appear in the 1974 Swimming Rules book. To order the 1974 SWIMMING RULES MANUAL, send your name, address, check for \$1.00 (payable to AAU) to Book Order Department, Amateur Athletic Union, 3400 West 86th Street, Indianapolis, IN 46268. You will note that changes in our rules limit competitors to one freestyle relay, one medley relay and one mixed freestyle relay per meet. Four events have been added to the top ten times listings, both SC and LC, plus the mixed freestyle relay will be held in three age groups as the other relays. The other change will allow a person to automatically make the All-American Team by placing 1st in four events in the National Ten Best Times list.

General swimming rule changes affecting us are: 1) Stroke Rule change - In backstroke, the new rule, paraphrased, will state that on the turn or finish the swimmer's shoulders may not pass the vertical before he/she touches the wall. The old rule used the hips as the point of reference. 2) Relay take-off judges will no longer use the "touch" method of determining when the new swimmer leaves the block. Instead, he "shall station himself alongside the starting swimmer so that he can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as they leave the starting platform and he shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool."

An important legislative change now allows the Masters Swimming Committee to be a separate Standing Sports Supervising Committee of the A.A.U. It gives Masters Swimming autonomy within the AAU structure. We will have our own sub-committees, elect our own chairman, and conduct our own business. We will sanction our meets, register our swimmers, pay the \$1.00 participation fee, all through the Association Registration Chairman.

The Fort Lauderdale Aquatic Club and Fort Lauderdale Recreation Department received the bid for the 1974 SC Nationals to be held at the SHOF pool May 17-18-19. The Rinconada Masters and the Santa Clara Swim Club received the bid for the 1974 LC Nationals to be held at the Santa Clara International pool on Sept. 6-7-8.

The committee meeting in West Yellowstone was obligated to elect a chairman from those present. June Krauser was elected

to serve a one year term as Chairman of the AAU Masters Swimming Committee. The 1974 annual AAU Convention will be held at the Shoreham Hotel on October 13-19 in Washington, DC.

1974 AAU MASTERS SWIMMING COMMITTEE

CHAIRMAN - Mrs. June Krauser, 5340 NE 17 Ave., Ft. Lauderdale, FL 33308

VICE-CHAIRMAN - Judge Robert E. Beach, c/o Judicial Bldg., Rm 402, St. Petersburg, FL 33701

SECRETARY - Hubert 'Bill' Williams, 2791 S. Macon Circle, Denver, CO 80232

SUB-COMMITTEES

GOALS, OBJECTIVES AND MEDICAL ASPECTS - Capt. Ransom J. Arthur, M.D., 4961 Ocean Blvd., San Diego, CA 92109

TABULATIONS - F. H. 'Ted' Haartz, 155 Pantry Rd., Sudbury, MA 01776

RECORDS - H. F. 'Hal' Onusseit, 33 Barrows Rd., Reading, MA 01867

PUBLIC RELATIONS - Buster Crabbe, 11216 N. 74th St., Scottsdale, AZ 85254

RULES - Pete Combes, R.C.S.A., Box 6444, Columbia, SC 29260

ALL-AMERICAN - Burwell 'Bump' Jones, M.D., 1851 Arlington St., Suite 102, Sarasota, FL 33579

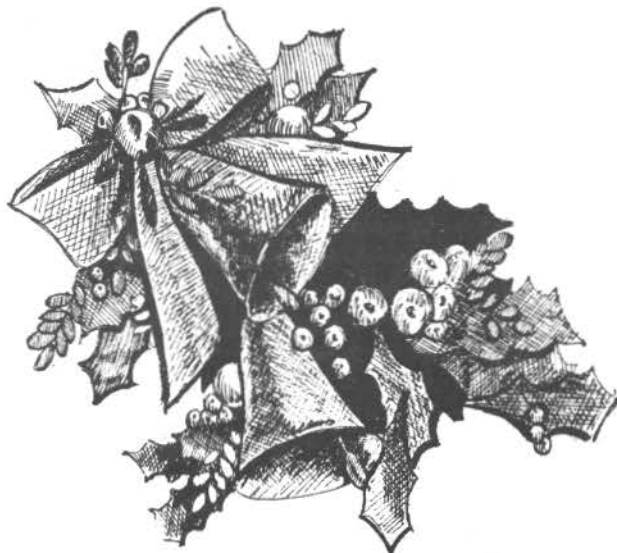
HISTORIAN - Hamilton H. Anderson, 506 Bolivar, Bellaire, TX 77401

NATIONAL CHAMPIONSHIP MEETS - Anne B. Adams, 17432 Osborne St., Northridge, CA 91324

INTERNATIONAL - Richard Rahe, NELC CODE 8000, San Diego, CA 92152

WAYS & MEANS - Watson Lawrence, 30 W. 457 Arbor Lane, West Chicago, IL 60185

PUBLICATION - SWIM-MASTER - Mrs. June Krauser
RANSOM J. ARTHUR AWARD - Judge Robert E. Beach



LETTERS TO THE EDITOR

I am writing this letter in behalf of all of Hawaii's Masters Swimmers. All of us here have been in an uproar since we heard of the planned dates for the Masters Long Course Nationals to be held in Santa Clara next year. We all feel it was very poor planning to schedule it in September, after everyone has taken their summer vacations. One nationals a year during the school months is enough. Need they both be planned this way? Those of us from Hawaii, and I'm sure from all over the mainland too, who had planned on attending the Long Course nationals this year also planned on making the trip part of our summer vacation. It is terribly expensive for all of us to travel to the mainland just for the weekend. Some of us have managed to make it to the indoor nationals (short course) the past two years as they were on the West Coast, but many have always been unable to attend, especially those with families. Summer is always the ideal time as your children are out of school and most families plan their vacations then anyway. (Now that the summer nationals is on the west coast, it gets moved out of the summer.) The Hawaii Masters Swim Club, formerly Waikiki S.C. had about 30 people plus who were planning on attending the nationals this year in August and bringing their families so as to vacation after the nationals and before returning home to work and school. Now this is impossible and unless the dates for the nationals are changed, we will probably have no more than about 5 people representing our club. We feel the planning of this years Long Course Nationals was grossly unfair to those of us from out of state who must pay a good price to attend. We have always thought the nationals was supposed to be "the Championships", but obviously, this year, it won't be as we alone have many national record holders who, if the dates remain as they are, will be unable to attend. We are sure there are others from across the country who feel the same way. At least 1 nationals per year should be in the summer and we strongly recommend that the dates be changed to preferable early, or, if not, mid-August, so as to accommodate the greatest number of swimmers. After all, it is a National Championships and not a California Championships! Please let this be considered an official letter of protest and we sincerely hope you will work with us to get the dates changed back to August.

Thank-you,

Judy H. Rasmussen

Judy H. Rasmussen
Hawaii Masters Swimming
Club Representative 1974

EDITORIAL

First, please read Masters Swimming rules on National Championship Meets (page 2 of this issue). These rules have been in existence for two years.

Last August three clubs were known to be interested in hosting 1974 National Masters Championships - two in Zone III (east) for the SC meet and one in Zone I (west) for the LC meet. All three clubs were sent Applications for bidding plus a cost schedule. The cost of putting on a National Masters Championship is approximately \$3000. All entry fees become the property of the national AAU. Bids for National AAU Championships may only be made by Associations. The Association may designate another sports entity (club) to sponsor the Championship. National Championship bids are usually presented at the annual meeting of the Sports Supervising Committee. Bids may be awarded up to three years in advance.

At the 1973 annual meeting of the National Masters Swimming Committee, only two bids were presented - SC for May 17-19 and LC for Sept. 6-8. There were questions concerning the Sept. 6-8 dates but the representatives from the Pacific Association reported they could not host the meet earlier. As these were the only bids presented, they were accepted by the committee.

Anyone wishing to submit legislation to change our rules as they concern the dates of our National Championships may do so through their Association representative to the National Masters Swimming Committee. Read Amendments to Sport Rules, AAU Code 101.6 on page 15 and send the amendment to Masters Rules Chairman, Pete Combes.

And how many bids will we have for 1975? Zone II (Central) is the host for the SC meet and Zone III (East) will host the LC meet. Anyone interested may write June Krauser for a Bid Application.

Dear Friends,

Oooo, I didn't know that I had so many muscles. I thought, by now, after six months of good hard practices, I'd feel halfway normal, but, since including 25 yd sprints after a 1-1/2 hr workout, I feel as if I were starting all over again. However, it's worth it. Remember how hard it was to catch your breath at first. It seemed that there was something between you and the air that was so desperately needed. Well, if

you think about it, that stuffy feeling should be gone by now, that is if your practice sessions have been consistent. If not, try to, it will pay off in the long run.

How many of you have been working on your racing dives? Well, this is another whole new bag. For me it's like this! Remember how funny the old cannon balls looked when fired. They just made a lot of noise and went plop. Meet the old cannon ball, all effort and no go. I'll keep working on my dives until I get them down pat or at least get off with enough momentum to start stroking.

Workouts are fun if you vary them. Don't get into a rut. Branch out and try a new stroke; who says you can't! Sure you may look like you're having a fit, but look at it this way, you are teaching yourself to use new muscles and increasing your mental determination to succeed.

My workouts include all strokes. I do what I call a 2,000 yd I.M. Then work on my favorite strokes - breast and crawl. This includes kicking and pulling along with straight swimming of the strokes. Breaststroke has always been my favorite stroke and gives me a real sense of freedom. But crawl, I have revamped with stroke to the new method. It has been a long slow haul, and with a little help from a friend, it is coming along and feels more comfortable. Believe me when you catch on you really move. It's great.

I was not much on jogging and really didn't care about it. Now I have changed my mind. You don't have to go all out, but try if you can in a gym or standing in place at home. It's a beautiful way to gain breath control. Remember, always start out a little at a time and build up to what is practical for you. Gear your workout program to your needs. Don't over do and remember you have the rest of your life to finish - so enjoy it. As for me, I like the workouts, the jogging, not smoking, losing 45 lbs., swim meets, pool talk, sharing problems, helping, laughing at myself, having compassion for the young and old trying and the sense of dignity I feel. 'Hang in there!'

Yours truly,

Glenda (Ortlip) Sharp
Via San Francisco to
Cedar Rapids, Iowa

HAVE A MERRY CHRISTMAS

TOP TEN

by TED HAARTZ, Chairman - MASTERS TABULATION

"Top Ten" deserves a few comments again this year which hopefully will improve the quality of the tabulation. First of all, I want to thank Mrs. Enid Uhrich of Burlington, MA who tabulated and typed the LC "Top Ten" and to Mrs. Mary Canida at the A.A.U. National Headquarters who typed the Short Course "Top Ten" for me.

Some of last year's problems and confusions reoccurred this year which I list below in the hope that our subscribers will take note and see that the various meet managers give me all the information I need to do the job well.

First and foremost, please send times you want included in the tabulations directly to me - Ted Haartz, 155 Pantry Rd., Sudbury, MA 01776. There were between 10 and 20 meets run last year for which I received no summaries. I caught up with some but I am fearful that some of our swimmers will not receive the recognition due them because I did not receive the times.

Send in the times on the original entry cards regardless of card size. Meet summaries, with their various formats, are unsatisfactory because many do not include:

- a) Date of the meet
- b) Length of the pool
- c) Sex of competitor - (we have a lot of Pats, Chrises, Sandys, and an assortment of nicknames which defy gender if you don't know the person)
- d) Age: "over 45" encompasses seven age groups for tabulation and "over 60" four. Meets run in 10 year increments must show in which 5-year age group the swimmer belongs.

The A.A.U. entry cards, although not perfect, do provide spaces for all this information and therefore I would like to suggest that every effort be made to provide me with the cards for meets run after January 1, 1974.

And, ah yes, Relays. Please remember that only bona fide members of a bona fide A.A.U. registered club are eligible for inclusion. There are entirely too many undesigned or unofficial relays being submitted. Please mark them as "Exhibition" so that we don't spend our time playing detective. Official relays with no age designation can be considered only as 25 and over.

Incorrect times: Several instances of 10, 30 and 60 second errors were noted. Obviously, the smaller the error, the harder it is

to catch. Swimmers, please question your timers if they tell you that you have swum a time that is appreciably better than ever before.

Please organize cards and/or summaries by the events in each age group (i.e., 50, 100, 200, 500, 1650 free, 50, 100, 200 back etc.) and not every age group for each event, nor events for each contestant.

Send legible material or copies and be sure the entire time shows. We do get meet results with seconds and tenth-seconds chopped off in the copier.

Lastly, let me remind everyone once more that the tabulation is only as good as the information I receive to work with. You swimmers put a lot of time, effort and money into your Masters Program. Please be insistent that your meet managers get the times to me and by the September 15 deadline.

EDITOR'S NOTE: A revised IBM card format is being worked on. When it has been completed, we will reproduce it and each area can have their own cards made up for their meets.

DIVING

On October 27th at Montgomery Jr. College in Rockville, MD the Potomac Valley Amateur Athletic Union sponsored its Second Annual Fall Classic. Included in this meet for the first time was diving, both 1 meter and 3 meter. Mrs. Betty Brey is to be commended for her promotion of the diving events included in this program and hopefully will continue to promote diving in the future DC Masters area meets.

The diving events proved to be most satisfactory for everyone involved. The events moved swiftly, the divers had a good time enjoying their events while the swimmers, timers, and judges got a short break.

The diving skills ranged from former Olympic, National, and Regional champs to novice divers, most of whom hadn't been on a diving board, much less a Dura-flex, in years. Only two divers had coaches; Marie Harbovrne who is coached by her husband, Jack, and Judith Coble who is coached by Larry Miller and Tom Watson.

The diving conditions were tremendous. The facilities included two 1 meter Dura-flex boards and one 3 meter Dura-flex board. The water and the air temperatures were 85°, so all the divers were warm throughout their events. The judges and table were skilled thereby allowing for fast moving diving events. With advantages like these it's no wonder everyone had a great time. Here's hoping more clubs will follow suit!



Fred Stickel

Veteran Roseland Swimmer Competes

At an age when most men have given up exercise completely, Fred Stickel of Roseland is winning medals in swimming meets. Stickel, 57, started swimming at the West Essex YMCA for conditioning last September. Another regular swimmer at the "Y" mentioned to Stickel one day that there were swim meets for men and women 30 and up sponsored by the Amateur Athletic Union and divided into age categories. Stickel, a former swimmer at Princeton University some 30 years ago, was interested and investigated. He entered and won a medal in his age group in his first meet.

At the most recent meet, May 4-5 at Princeton, Stickel strode to the starting block for the 50 yard freestyle to find none other than 65 year old former world champion Buster Crabbe at the adjacent block. "I was ready to turn around and come home," said Stickel. However, he swam the heat, and although Crabbe won the heat, Stickel came in a creditable 4-5 seconds behind the former movie and swimming star. Crabbe, who played the role of Tarzan in dozens of films is now in the swimming pool business, swam a 29.5 for the fifty yard freestyle; Stickel's best time in the fifty was a 31.0. Stickel has also swum a 1:15 hundred yard freestyle and a 3:00 two hundred.

Stickel's physician had given him an o.k. to swim

for conditioning last fall, but when he asked if he could swim competitively, the doctor said "that's a different matter". Stickel had to undergo an extensive battery of tests. Following the examination, Stickel's physician told him there was no reason why he could not enter the competitive events. Stickel swims five days a week at the YMCA to train for his meets, he states that his endurance comes back but not the speed. After talking about training methods with Buster Crabbe at the Princeton meet, Stickel has indicated that he will take up some weight training this summer to improve his strength.

Stickel finds time from his attorney duties to get in enough training time. He was former borough attorney for Roseland for 20 years and had the same responsibility in Cedar Grove for 15 years.

The Masters Swimming Program, as it is called by the AAU, attracts large numbers of older swimmers. Over thirty YMCA's and Swim Clubs were represented at the East Coast Masters Invitational at Princeton. The oldest swimmer Stickel has noted in the Meets has been 73 year old Clarence Ross of Montclair.

Take stock in America.



1973 RECORDS—SHORT COURSE

		25-29 YEARS		WOMEN		
		MEN				
Ken Hamner	4-29-72	21.3	50 FREE	Carol Clay	5-20-73	26.2
Robert Nieman	4-04-73	47.48	100 FREE	Carol Clay	5-19-73	58.8
Robert Nieman	4-04-73	1:44.88	200 FREE	Terri Mejia	5-20-72	2:10.6
Jay Platt	4-01-73	5:04.73	500 FREE	Terri Mejia	5-21-72	5:56.9
Jay Platt	5-04-73	18:03.6	1650 FREE	Terri Mejia	5-19-72	20:50.1
Frank Bates	4-23-72	56.5	100 BACK	Betty Ann Gary	4-29-73	1:09.1
Frank Bates	4-22-72	2:03.5	200 BACK	Betty Ann Gary	5-19-73	2:33.6
Kip Pope	4-07-72	1:00.38	100 BRST	Tammy Murphy	5-05-73	1:10.7
Kip Pope	4-07-72	2:12.52	200 BRST	Jill Slattey	5-09-71	2:36.2
Jim McGrath	5-19-73	23.8	50 FLY	Irene David	5-19-73	29.1
Jim McGrath	5-20-73	53.2	100 FLY	Judy Rasmussen	5-20-73	1:08.0
Frank Bates	4-22-72	55.3	100 IM	Tammy Murphy	5-05-73	1:07.5
Frank Bates	4-23-72	1:59.3	200 IM	Tammy Murphy	5-05-73	2:25.5
		30-34 YEARS		WOMEN		
		MEN				
Don McIntosh	6-02-73	22.7	50 FREE	Nancy Ridout	5-20-73	27.8
Jack Geoghegan	5-05-73	50.1	100 FREE	Nancy Ridout	5-19-73	1:01.5
Tim Garton	5-19-73	1:53.8	200 FREE	Sperry Rademaker	3-31-73	2:21.4
Paul Thompson	5-21-72	5:11.7	500 FREE	Mary Oudegeest	5-21-72	6:27.0
Dennis Brittain	5-18-73	18:27.20	1650 FREE	Carol MacPherson	5-18-73	22:02.20
C. Hunter	5-19-72	57.0	100 BACK	Sperry Rademaker	4-01-73	1:15.1
Thompson Mann	5-20-73	57.0	100 BACK			
Thompson Mann	7-02-73	2:06.4	200 BACK	Sperry Rademaker	3-31-73	2:44.2
Chet Jastremski	4-22-72	1:03.2	100 BRST	Ingrid Daland	11-11-72	1:17.5
Chet Jastremski	5-21-72	2:18.27	200 BRST	Carol MacPherson	5-20-73	3:00.8
Ed Spencer	4-23-72	24.3	50 FLY	Nancy Ridout	5-19-73	30.9
Lance Larson	5-21-72	55.2	100 FLY	Reg Lou Saunders	4-24-71	1:11.1
Lance Larson	4-22-72	58.1	100 IM	Nancy Ridout	5-20-73	1:12.3
Lance Larson	5-20-72	2:05.47	200 IM	Mary Lou Saunders	4-24-71	2:35.0
		35-39 YEARS		WOMEN		
		MEN				
Dave McIntyre	3-31-73	23.6	50 FREE	Pat Bresse	5-20-73	28.2
Dave McIntyre	4-01-73	52.6	100 FREE	Helen Buss	4-21-73	1:03.5
Dave McIntyre	8-19-73	1:59.55	200 FREE	Helen Buss	4-20-73	2:19.1
Burwell Jones	6-09-72	5:25.3	500 FREE	Helen Buss	3-31-73	6:14.0
Burwell Jones	5-19-72	19:40.2	1650 FREE	Helen Buss	4-21-73	21:39.0
Charles Krepp	5-20-73	1:01.7	100 BACK	Lenora Gilchrist	5-20-73	1:11.2
Thomas Macedo	5-19-73	2:18.3	200 BACK	Betsy Jordan	5-19-73	2:39.1
Terry Gathercole	5-20-72	1:10.4	100 BRST	Ivanella Hoe	5-19-73	1:18.1
Terry Gathercole	5-21-72	2:36.93	200 BRST	Ivanella Hoe	5-20-73	2:55.3
Richard Tanabe	5-19-73	25.9	50 FLY	Pat Bresse	4-08-73	31.2
Richard Tanabe	5-20-73	57.95	100 FLY	Helen Buss	3-31-73	1:15.9
Dave McIntyre	3-31-73	1:01.0	100 IM	Ann Supple	3-25-72	1:14.1
			100 IM	Pat Bresse	5-20-73	1:14.1
Burwell Jones	5-20-72	2:17.7	200 IM	Helen Buss	4-01-73	2:46.3
		40-44 YEARS		WOMEN		
		MEN				
Don Rosenthal	5-20-73	24.0	50 FREE	Betty Brey	5-06-72	29.0
Burwell Jones	5-19-73	52.1	100 FREE	Betty Brey	5-06-72	1:07.2
Burwell Jones	5-19-73	1:56.4	200 FREE	Gail Roper	5-19-73	2:28.6
Burwell Jones	5-20-73	5:19.0	500 FREE	Gail Roper	4-08-73	7:01.8
Burwell Jones	5-18-73	18:40.01	1650 FREE	Gail Roper	5-18-73	22:59.60
Burwell Jones	5-20-73	1:01.9	100 BACK	Barbara Reeve	5-20-73	1:17.3
Bob Miller	5-19-73	2:23.1	200 BACK	Barbara Reeve	5-20-72	2:48.0
Burwell Jones	6-03-73	1:11.6	100 BRST	Gail Roper	6-09-73	1:25.3
Bob Kueny	3-10-73	2:40.63	200 BRST	Gail Roper	6-10-73	3:06.5
Burwell Jones	3-31-73	27.0	50 FLY	Betty Brey	5-19-73	31.2
Burwell Jones	6-03-73	1:01.7	100 FLY	Gail Roper	5-20-73	1:17.0
Burwell Jones	3-31-73	1:00.5	100 IM	Gail Roper	5-20-73	1:14.9
Burwell Jones	4-01-73	2:18.2	200 IM	Gail Roper	5-19-73	2:46.7
		45-49 YEARS		WOMEN		
		MEN				
Tod Haartz	5-20-73	25.07	50 FREE	Pat Clinton	4-21-73	30.5
Roy Stickney	6-03-73	56.6	100 FREE	Pat Clinton	5-19-73	1:09.2
Carl Yates	5-19-73	2:05.8	200 FREE	Ann Adams	5-19-73	2:35.4
Carl Yates	6-10-73	5:43.8	500 FREE	June Krauser	5-21-72	7:05.9
Carl Yates	5-18-73	20:21.59	1650 FREE	June Krauser	5-18-73	24:19.64
Paul Hutinger	5-20-73	1:06.4	100 BACK	Pat Clinton	5-20-73	1:22.0
Paul Hutinger	5-19-73	2:24.4	200 BACK	Pat Clinton	3-31-73	3:04.0
Ray Stickney	6-03-73	1:11.9	100 BRST	Ann Adams	5-19-73	1:27.6
Ted Haartz	5-20-73	2:42.3	200 BRST	June Krauser	3-26-72	3:19.5
Hal Onusseit	3-26-72	28.6	50 FLY	Ann Adams	5-19-73	34.1
Hal Onusseit	5-20-73	1:05.5	100 FLY	June Krauser	7-28-73	1:19.2
Roy Stickney	4-20-73	1:04.5	100 IM	Ann Adams	5-20-73	1:17.3
Paul Hutinger	5-19-73	2:26.8	200 IM	Ann Adams	7-21-73	2:57.1
		50-54 YEARS		WOMEN		
		MEN				
Ray Hakomaki	5-20-73	25.11	50 FREE	Dorothy Ressegue	3-31-73	31.9
Ed Hall	8-18-73	57.52	100 FREE	Dorothy Ressegue	3-17-73	1:10.8
Dave Tyler, Jr.	5-08-71	2:12.6	200 FREE	Dorothy Ressegue	3-31-73	2:50.0
John Cross	5-20-73	6:12.3	500 FREE	Jane McCollister	4-08-73	7:54.0
Jim Welch	12-17-72	21:51.5	1650 FREE	Jane McCollister	5-18-73	27:46.72
Paul Herron	5-21-72	1:07.0	100 BACK	Dorothy Donnelly	10-21-72	1:28.1
Paul Herron	5-19-73	2:28.6	200 BACK	Bette Crowell	2-18-73	3:19.5
Jim Counsilman	12-11-71	1:13.6	100 BRST	Minna Hammer	5-19-73	1:35.5
Jim Counsilman	12-12-71	2:45.6	200 BRST	Dorothy Donnelly	3-11-73	3:45.8
Dave Tyler, Jr.	5-08-71	29.6	50 FLY	Dorothy Ressegue	3-31-73	39.5
John Sorman	5-20-73	1:14.3	100 FLY	Bobbi Lawrence	4-20-73	1:43.1
Paul Herron	4-28-73	1:07.7	100 IM	Dorothy Donnelly	1-14-73	1:23.8
Paul Herron	5-19-73	2:33.1	200 IM	Dorothy Ressegue	4-01-73	3:17.0

		55-59 YEARS		WOMEN		
		MEN				
Bill Burrell	5-06-73	25.3	50 FREE	Nancy Clark	5-05-73	36.8
Jim Welch	5-19-73	58.8	100 FREE	Joan Osborne	5-19-73	1:25.9
Jim Welch	5-19-73	2:13.0	200 FREE	Viola Thompson	5-19-73	3:20.6
Jim Welch	5-20-73	6:12.6	500 FREE	Viola Thompson	5-20-73	8:49.9
Jim Welch	5-18-73	21:48.30	1650 FREE	Margaret George	5-18-73	31:52.07
Hal Weatherbe	5-20-73	1:18.2	100 BACK	Margaret George	12-09-72	1:38.5
Hal Weatherbe	5-19-73	2:56.6	200 BACK	Margaret George	4-28-73	3:37.1
Tom Lind	3-10-73	1:17.1	100 BRST	Mildred Anderson	10-21-72	1:44.4
Tom Lind	4-28-73	2:57.7	200 BRST	Mildred Anderson	5-20-73	3:54.2
William Grant	4-01-73	32.2	50 FLY	Viola Thompson	4-28-73	42.9
Walt Pfeiffer	5-20-73	1:17.8	100 FLY	Mildred Anderson	5-20-73	1:55.7
Tom Lind	5-20-73	1:14.0	100 IM	Viola Thompson	5-20-73	1:40.8
Edwin Kent	4-07-73	2:50.0	200 IM	Viola Thompson	4-28-73	3:45.5
		60-64 YEARS		WOMEN		
		MEN				
Lyle Collet	5-20-72	27.4	50 FREE	Maxine Merlino	5-20-73	37.9
Lyle Collet	5-21-72	1:02.9	100 FREE	Maxine Merlino	9-23-72	1:34.9
Lyle Collet	5-20-72	2:30.37	200 FREE	Helen Offenhauser	4-07-73	3:41.3
Lloyd Osborne	5-20-73	7:00.9	500 FREE	Maxine Merlino	5-20-73	9:29.0
Lloyd Osborne	5-18-73	24:51.52	1650 FREE	Helen Offenhauser	3-31-73	33:01.5
Larry Smith	5-20-73	1:11.1	100 BACK	Maxine Merlino	5-20-73	1:31.1
Larry Smith	4-28-73	2:49.9	200 BACK	Maxine Merlino	5-19-73	3:34.2
Frank Meier	2-17-73	1:23.5	100 BRST	Bernice Wayne	6-09-73	2:12.0
Frank Meier	4-21-73	3:12.2	200 BRST	Esther Cornish	-73	5:17.8
Mel Maxwell	5-19-73	34.2	50 FLY	Dorothea Cole	5-19-73	1:29.0
Mel Maxwell	7-21-73	1:26.0	100 FLY			
Reg Richardson	5-20-73	1:14.6	100 IM	Bee Johnston	2-25-73	2:13.4
Reg Richardson	4-28-73	2:59.9	200 IM			
		65-69 YEARS		WOMEN		
		MEN				
Lyle Collet	5-20-73	27.64	50 FREE	Sylvia Bailey	5-20-73	49.0
Lyle Collet	5-19-73	1:03.9	100 FREE	Sylvia Bailey	6-10-73	1:54.0
Lyle Collet	5-19-73	2:33.9	200 FREE	Edna Pearce	3-31-73	3:47.40
Buster Crabbe	5-05-73	7:15.9	500 FREE	Eliz. Mauric	5-20-73	12:00.0
Buster Crabbe	5-04-73	26:26.7	1650 FREE	Evie Somers	3-31-73	38:18.8
Henry Johnson	5-21-72	1:30.2	100 BACK	Sylvia Bailey	5-20-73	2:25.9
Henry Johnson	4-28-73	3:39.0	200 BACK			
Henry Johnson	5-20-72	1:34.0	100 BRST	Eliz. Mauric	4-27-73	2:29.8
Henry Johnson	5-21-72	3:24.8	200 BRST	Eliz. Mauric	4-28-73	5:10.5
Henry Johnson	5-20-72	36.6	50 FLY			
Al Kallunki	5-20-73	1:34.3	100 IM	Sylvia Bailey	6-10-73	2:17.4
Al Kallunki	5-19-73	3:40.8	200 IM			
		70-79 YEARS		WOMEN		
		MEN				
Clarence Ross	2-24-73	34.0	50 FREE			
Bill Trask	5-05-73	1:27.0	100 FREE			
Clarence Ross	5-12-73	2:58.8	200 FREE			
Clarence Ross	5-05-73	8:13.0	500 FREE	Fannie Groch	1-21-73	20:11.8
Clarence Ross	6-17-73	29:04.6	1650 FREE			
Paul Danakin	12-17-72	3:07.6	100 BACK			
Paul Danakin	4-01-73	6:10.44	200 BACK			
Wally Laury	4-29-73	1:54.3	100 BRST			
Wally Laury	4-29-73	4:17.2	200 BRST			
		80 & OVER		WOMEN		
		MEN				
Joseph Ross	5-19-73	2:48.3	100 BRST	Ethel Horsfall	10-8-72	4:53.8
Joseph Ross	5-20-73	7:59.3	200 BRST			
		25 & OVER		WOMEN		
		MEN				
San Fernando	5-20-72	1:29.7	200 F.R.	Waikiki Swim Club	5-18-73	1:53.6
Valley A.C.				Betty Ann Cary, Sue Coolidge, Judy Rasmussen, Ivanella Hoe		
Bob Boyer, Ken Krueger						
Gary Langendoen, Jim McGrath						
San Fernando	5-20-73	1:43.4	200 M.R.	Waikiki Swim Club	5-20-73	2:04.6
Valley A.C.				Betty Ann Cary, Ivanella Hoe, Judy Rasmussen, Sue Coolidge		
Jim McGrath, Paul Jeffers, Gary Langendoen, Bob Boyer						
		35 & OVER		WOMEN		
		MEN				
Masters of Fla.	3-31-73	1:43.8	200 F.R.	San Mateo Marlins	5-18-73	2:05.2

LONG COURSE RECORDS

		MEN 25-29 YEARS		WOMEN	
James Edwards III	8-12-73	25.68	50 FREE	Anne Grans	8-12-73 29.89
Sen Hamner	8-05-72	54.38	100 FREE	Anne Grans	8-11-73 1:06.42
Mike Burton	8-03-72	1:58.22	200 FREE	Anne Grans	8-11-73 2:28.90
Mike Burton	8-04-72	4:05.01	400 FREE	Anne Grans	8-12-73 5:20.66
Mike Burton	9-04-72	15:52.58	1500 FREE	Cease Brown	8-11-72 21:52.87
William Dorney	7-14-73	1:05.0	100 BACK	Betty Ann Cary	9-03-72 1:19.6
Paul Hebert, Jr.	8-11-73	2:28.84	200 BACK	Betty Ann Cary	9-03-72 2:57.3
Don McKenzie	8-02-72	1:06.87	100 BRST	Jill Slattery	1-01-72 1:22.2
Kip Pope	8-05-72	2:33.04	200 BRST	Ingrid Daland	7-16-72 3:14.0
Ken Hamner	8-12-72	27.81	50 FLY	Irene David	7-15-73 33.1
Ken Hamner	8-13-72	1:00.13	100 FLY	Cease Brown	8-13-72 1:18.34
Frank Bates	8-06-72	2:15.55	200 IM	Sue Anderson	7-22-73 2:50.5
		MEN 30-34 YEARS		WOMEN	
Richard Girdler	7-21-73	25.99	50 FREE	Nancy Ridout	8-12-73 31.53
Lance Larson	7-08-72	56.84	100 FREE	Nancy Ridout	8-11-73 1:09.96
Jack Geoghagan	8-11-73	2:10.0	200 FREE	Nancy Ridout	7-14-73 2:40.8
Dennis Brittain	8-12-73	4:41.89	400 FREE	Nancy Ridout	8-12-73 5:43.43
Dennis Brittain	8-10-73	19:33.18	1500 FREE	Janet Smith	8-10-73 24:05.57
Thompson Mann	7-14-73	1:05.0	100 BACK	Gretchen Ghent	8-13-72 1:22.83
Thompson Mann	7-14-73	2:23.9	200 BACK	Sperry Rademaker	6-09-73 3:05.2
Chet Jastrzemski	8-02-72	1:09.30	100 BRST	Ivanella Hoe	3-12-72 1:34.6
Chet Jastrzemski	8-05-72	2:33.51	200 BRST	Carol MacPherson	7-14-73 3:31.2
Jim McGrath	6-15-73	27.3	50 FLY	Nancy Ridout	7-14-73 34.5
Lance Larson	7-07-72	1:01.46	100 FLY	Millie Bergeron	8-31-73 1:22.9
Lance Larson	7-08-72	2:22.14	200 IM	Reg MacPherson	7-14-73 3:05.5
		MEN 35-39 YEARS		WOMEN	
Sandy Gideonse	7-16-72	26.8	50 FREE	Pat Bresse	7-14-73 32.2
Burwell Jones	8-13-72	59.72	100 FREE	Pat Bresse	7-14-73 1:11.9
Burwell Jones	6-24-72	2:14.2	200 FREE	Helen Buss	8-12-72 2:38.35
Burwell Jones	9-03-72	4:53.8	400 FREE	Helen Buss	8-13-72 5:33.27
Burwell Jones	8-11-72	19:39.72	1500 FREE	Helen Buss	8-11-72 21:56.15
David McIntyre	8-12-73	1:09.41	100 BACK	Betsy Jordan	8-12-73 1:21.32
Ray Martin	8-11-72	2:45.13	200 BACK	Betsy Jordan	8-11-73 2:58.97
John Medici	8-11-73	1:21.44	100 BRST	Ivanella Hoe	9-03-72 1:31.5
John Medici	8-12-73	3:03.31	200 BRST	Ivanella Hoe	9-03-72 3:27.5
Richard Tanabe	9-03-72	29.3	50 FLY	Pat Bresse	7-14-73 34.3
David McIntyre	8-12-73	1:07.52	100 FLY	Helen Buss	8-13-72 1:29.50
David McIntyre	8-11-73	2:34.92	200 IM	Betsy Jordan	8-11-73 3:12.51
		MEN 40-44 YEARS		WOMEN	
Burwell Jones	6-09-73	27.1	50 FREE	Betty Brey	8-12-73 32.83
Burwell Jones	7-13-73	59.8	100 FREE	Gail Roper	7-14-73 1:15.3
Burwell Jones	7-13-73	2:13.5	200 FREE	Gail Roper	6-15-73 2:49.5
Burwell Jones	7-13-73	4:45.4	400 FREE	Gail Roper	8-12-73 5:53.42
Burwell Jones	8-10-73	19:11.96	1500 FREE	Gail Roper	8-10-73 23:29.82
Burwell Jones	8-12-73	1:10.67	100 BACK	Barbara Reeve	8-13-72 1:26.59
Hill Clinton	8-11-73	2:52.76	200 BACK	Barbara Reeve	8-12-72 3:08.4
Kon Johnson	7-29-73	1:22.5	100 BRST	Gail Roper	8-11-73 1:36.62
Robert Kueny	8-12-73	3:02.14	200 BRST	Gail Roper	8-12-73 3:30.64
Ron Johnson	7-29-73	28.5	50 FLY	Betty Brey	7-28-73 34.8
Edw. Schelonka	8-13-73	1:14.60	100 FLY	Gail Roper	6-15-73 1:30.0
Bob Mattson	7-21-73	2:45.81	200 IM	Gail Roper	8-11-73 3:06.13
		MEN 45-49 YEARS		WOMEN	
Roy Stickney	7-21-73	28.62	50 FREE	Anne Adams	9-02-73 34.5
Perry Rockwell	8-13-73	1:03.44	100 FREE	Anne Adams	6-15-73 1:17.7
Carl Yates	6-15-73	2:23.9	200 FREE	Mary Ann Meekins	8-12-72 2:57.40
Carl Yates	7-14-73	5:08.3	400 FREE	Mary Ann Meekins	8-12-73 6:10.10
Carl Yates	6-15-73	20:17.0	1500 FREE	Mary Ann Meekins	8-10-73 24:03.32
Paul Butinger	7-15-73	1:16.1	100 BACK	Bobbi Turcotte	8-12-73 1:32.93
Paul Butinger	8-11-73	2:46.24	200 BACK	Anne Adams	8-25-73 3:24.5
Roy Stickney	7-21-73	1:25.02	100 BRST	Anne Adams	8-11-73 1:41.47
Ted Haartz	6-10-73	3:10.9	200 BRST	June Krauser	8-13-72 3:45.67
Perry Rockwell	8-12-72	31.93	50 FLY	Anne Adams	8-11-73 38.93
Hal Onussett	8-13-72	1:15.85	100 FLY	June Krauser	6-29-73 1:32.3
Paul Butinger	6-22-73	2:47.95	200 IM	Anne Adams	8-11-73 3:20.04
		MEN 50-54 YEARS		WOMEN	
Ray Hakomaki	8-12-72	29.12	50 FREE	Dorothy Ressegule	8-12-72 35.53
Jim Welch	6-24-72	1:06.2	100 FREE	Dorothy Ressegule	8-13-72 1:18.67
Jim Welch	8-12-72	2:32.52	200 FREE	Roberta Lawrence	8-11-73 3:17.97
Jim Welch	8-13-72	5:33.71	400 FREE	Jane McColister	8-13-72 6:56.02
Fred Tatoli	6-15-73	22:27.5	1500 FREE	Jeanette Eppley	8-10-73 27:37.31
Paul Herron	6-24-72	1:16.6	100 BACK	Jan Pieretti	8-13-72 1:43.77
Paul Herron	6-11-72	2:53.4	200 BACK	Bette Crowell	7-15-73 3:52.9
Jim Counselman	8-12-72	1:26.60	100 BRST	Minna Hammer	8-11-73 1:52.62
Jim Counselman	8-13-72	3:10.76	200 BRST	Minna Hammer	8-12-73 4:06.40
Ray Taft	8-11-73	35.28	50 FLY	Dorothy Ressegule	7-14-73 69.3
Ray Taft	8-12-73	1:27.07	100 FLY	Zada Taft	8-12-73 2:03.39
Paul Herron	6-25-72	2:55.1	200 IM	Dorothy Ressegule	8-12-72 3:36.05

		MEN 55-59 YEARS		WOMEN	
Jim Welch	9-02-73	30.2	50 FREE	Joan Osborne	8-12-73 39.97
Jim Welch	9-02-73	1:07.2	100 FREE	Joan Osborne	8-11-73 1:33.79
Jim Welch	8-11-73	2:34.28	200 FREE	Rita Simonton	6-15-73 3:29.3
Jim Welch	8-12-73	5:31.31	400 FREE	Rita Simonton	7-15-73 7:27.3
Jim Welch	9-02-73	22:11.8	1500 FREE	Rita Simonton	8-25-73 30:03.5
Tom Lind	6-15-73	1:31.8	100 BACK	Margaret George	6-15-73 1:54.7
Jerry Biefert	6-15-73	3:23.1	200 BACK	Margaret George	6-15-73 4:12.8
Tom Lind	6-15-73	1:29.0	100 BRST	Mildred Anderson	6-26-71 2:02.4
Tom Lind	6-15-73	3:25.7	200 BRST	Mildred Anderson	8-13-72 4:26.07
Bill Grant	8-11-73	36.79	50 FLY	Viola Thompson	6-15-73 51.4
Walt Pfeiffer	7-15-72	1:30.4	100 FLY	Viola Thompson	8-25-73 2:26.3
Walt Pfeiffer	6-25-72	3:17.7	200 IM	Rita Simonton	6-15-73 4:12.0
		MEN 60-64 YEARS		WOMEN	
Lyle Collet	8-26-72	31.2	50 FREE	Bea Johnston	7-14-73 48.5
Lyle Collet	6-24-72	1:10.6	100 FREE	Maxine Merlino	6-15-73 1:42.8
Lyle Collet	6-24-72	2:51.7	200 FREE	Helen Offenhausser	7-22-73 4:20.5
Lloyd Osborne	8-12-73	6:12.79	400 FREE	Maxine Merlino	6-15-73 8:38.8
Lloyd Osborne	8-10-73	25:37.31	1500 FREE	Maxine Merlino	6-15-73 34:32.0
Larry Smith	8-13-72	1:20.74	100 BACK	Maxine Merlino	6-15-73 1:48.5
Larry Smith	8-11-73	3:24.91	200 BACK	Maxine Merlino	6-15-73 4:09.9
Frank Meier	8-11-73	1:38.72	100 BRST	Tilly Weil	6-15-73 2:27.2
Rufus Clark	6-15-73	3:44.5	200 BRST	Bea Johnston	7-14-73 5:51.6
Mel Maxwell	8-25-73	38.6	50 FLY	Dorothea Cole	8-25-73 1:30.1
Alfred Guth	6-15-73	1:56.6	100 FLY		
Reg Richardson	6-15-73	3:37.0	200 IM	Marcella Lamey	8-12-72 5:12.49
		MEN 65-69 YEARS		WOMEN	
John McGuire	6-09-73	36.1	50 FREE	Sylvia Bailey	7-14-73 56.6
Bill Greer	6-27-71	1:29.1	100 FREE	Sylvia Bailey	7-14-73 2:10.5
Bill Greer	6-26-71	3:27.9	200 FREE	Sylvia Bailey	7-14-73 4:54.6
Alfred Guth	8-25-73	7:38.8	400 FREE		
Alfred Guth	8-25-73	30:14.1	1500 FREE	Edna Ferrer	8-10-73 42:47.99
Oscar Sigrist	8-12-73	1:40.98	100 BACK	Sylvia Bailey	7-14-73 2:44.1
Oscar Sigrist	8-11-73	3:58.59	200 BACK		
Winston Kratz	6-15-73	1:47.6	100 BRST	Sylvia Bailey	7-14-73 2:55.9
Alfred Guth	8-25-73	4:04.2	200 BRST		
Alfred Guth	8-25-73	49.9	50 FLY		
Alfred Guth	8-25-73	2:09.0	100 FLY		
Andrew Kallunki	8-11-73	4:02.13	200 IM		
		MEN 70-79 YEARS		WOMEN	
Fred Bradley	7-29-73	36.1	50 FREE		
Clarence Ross	8-11-73	1:25.00	100 FREE	Frances Watkins	8-11-73 2:26.18
Clarence Ross	7-22-73	3:23.9	200 FREE	Frances Watkins	8-11-73 5:13.31
Clarence Ross	7-01-73	7:23.1	400 FREE	Frances Watkins	8-12-73 10:37.15
Clarence Ross	8-10-73	29:35.10	1500 FREE	Frances Watkins	8-10-73 41:33.51
Thomas Cureton	8-12-73	1:54.57	100 BACK	Frances Watkins	8-12-73 3:05.42
Thomas Cureton	8-11-73	4:15.22	200 BACK		
Karl Storz	9-03-72	2:34.4	100 BRST	Pearl Miller	6-26-70 3:10.8
John Anderson	9-02-73	5:06.0	200 BRST		
John Anderson	9-02-73	53.1	50 FLY		
Thomas Cureton	8-11-73	4:29.05	200 IM		
		MEN 25 & OVER		WOMEN	
New York A.C.	8-10-73	1:46.85	200 F.R.	D.C. Masters	8-10-73 2:11.90
Gregory Gush, David Myerberg, Jerry Zwirn, Richard Girdler				Swim Team	
				Betty Brey, Susan Shephard, Dorothy Gates, Nancy Kirkendall	
		MEN 35 & OVER		WOMEN	
San Fernando Valley A.C.	6-11-72	1:58.7	200 M.W.	Waikiki Swim Club	9-03-72 2:26.7
Ken Krueger, Paul Jeffers, Gary Langendoen, Steve Boss				B. Cary, J. Rasmussen, I. Hoe, J. Werner	
		MEN 45 & OVER		WOMEN	
Greater Columbus Swim Club	8-10-73	1:57.19	200 F.R.	Ft. Lauderdale Aquatic Club	8-10-73 2:44.00
Roy Stickney, Keith Crompton, John Medici, Hendrick Gideonse				June Krauser, Mary Ann Meekins, Cynthia Bruce, Dot Murray	
Wilmington Aquatic Club	7-21-73	2:14.05	200 M.R.	San Mateo Marlins	8-25-73 2:47.4
Roger Franks, Bob Mattson, Bill Clinton, Bill Rash				Martha Chapin, Phyllis Scribe, Evelyn Debes, Janice Gray	
		MEN 25 & OVER		WOMEN	
Tosa Swim Club	8-10-73	1:58.75	200 F.R.	Phillips '66'	6-15-73 2:52.0
Bob White, George Mussow, Erv Staub, Perry Rockwell					
New England Masters S.C.	8-12-73	2:17.51	200 M.R.	San Mateo Marlins	7-14-73 3:16.4
Larry Smith, Ted Haartz, Hal Onussett, Charlie Stephanos					
		25 & OVER			
Connecticut Masters Swim Club	8-10-73	1:58.7	200 FREE RELAY (MIXED)		
Sandra Myerson, Christie Simak, Mike Laux, Jack Geoghagan					

These records were compiled by our Records Chairman, HAL ONUSSETT, as of September, 1973. The 1973 Masters Ten Best Times will appear in the next issue of SWIM-MASTER.

Ford Keen On Staying Fit

(News Washington Bureau)

WASHINGTON — Physical fitness buffs will have a national champion if Rep. Gerald R. Ford of Michigan becomes the next Vice President.

Ford, whose muscle tone is described by an aide as outstanding for a man of 60, keeps in trim by swimming, usually twice a day — before breakfast and at night.

Ford's conditioning habits go back a long way — to the early 1930s when the veteran lawmaker from Grand Rapids was a center for the University of Michigan football team.

Swimming is not the only avocation of the new Vice-President designate. He also enjoys tennis, and goes skiing in Colorado with his family. He was an all-city football player at Grand Rapids South High School in 1931 before entering U-M where he won varsity letters in football in 1932, 33 and 34. In his senior year he was voted the team's most valuable player.

Fitness Goal of Swim Masters

By Warren T. Liston

A Member of the Staff

Housewife, secretary, engineer, merchant, fire chief—it makes no difference to amateur swimmers hitting the water for a snappy 50-meter freestyle race.

The Masters swimming program, a division of the Amateur Athletic Union for swimmers 25 years and older, is attracting adult men and women from all occupations. They have one thing in common—a love of swimming.

Some swim primarily for the competition. Others believe physical conditioning comes first.

"Look, I'm down from 200 to 180 pounds in less than a year," said Noel E. Scott, 40, of 7912 Roe, Prairie Village. "I no longer wheeze when I breathe. It seems to clear you all up. It's a great feeling."

Scott is looking forward to the next meet in early December at Columbia, Mo. It will be his first All-Masters meet. Heretofore, Masters events were dovetailed with events for younger persons at regular A.A.U. meets, he said.

All-Masters meets still are few and far between. The swimmers say there are not enough persons enrolled in the 3-year-

old program, especially those 40 years old and up.

Many attribute this to the fact that 20 years or so ago, few high schools in the area had pools and even fewer sponsored swimming teams. The Masters program is especially advanced on both East and West coasts.

The center of Masters activity here is the Kansas City Athletic Club in the Continental Hotel where the Mid-America Swim Team drills regularly under Gerald A. Sprague, coach and director of data systems for the Kansas City, Kansas, Police Department. Sprague has a minimum of five swimmers at night workouts, sometimes more as interest picks up for a good meet.

"Masters swimming serves many purposes, Sprague said, "but most important is the exercise angle."

The A.A.U. requires a physical examination for persons entering sanctioned competition and, needless to say, conditioning is stressed from there on, he said.

Mrs. Vanda Nohinek, an Overland Park mother of seven children ranging in age from 5 to 21 years old, attributes her interest in Masters swimming to children—not only hers but also those she has taught in summer programs at the Shawnee and Merriam municipal pools.

"When I heard about the program I just got to thinking 'why not me, too?'" Mrs. Nohinek said. "After all the children I've coached, I guess I figure I might as well join them."

She specializes in the back stroke but is also aiming for medals in the 100-yard butterfly. She won six medals, including three 1st place golds, in her first meet at the Topeka Swim Club in July.

Ralph E. Smith, a 40-year-old freestyle swimmer from Overland Park, recalled that when he first was asked about the program he retorted: "Masters! What's that?"

Since then Smith, father of

four girls aged 10 to 16, has gone on to make his mark. In the 50-meter freestyle his times have been ranked among the nation's highest for his age group.

Scott, who competes in the same age category, said of Smith: "I've got a number of 2nd place medals. If it weren't for Smith they would be firsts."

John F. Zagar, 3176 Rowland, Kansas City, Kansas, said he practices at the nearby Y.M.C.A. almost daily during his lunch hour, then again week-day evenings at the K.C.A.C.

The 47-year-old Kansas City, Kansas, fire marshal and assistant chief in charge of fire prevention, said his dual desk duties build nervous tension and sometimes leave him with a headache.

"Once I hit that water and start pouring on the steam," Zagar said, "that headache is gone and I can just feel the tension melt away. Zagar was a Kansas state high school champion at Wyandotte High School, specializing in the backstroke.

Under Sprague's tutelage Zagar has branched out to the freestyle, butterfly and breast stroke and is aiming for individual medley recognition, which includes all four strokes.

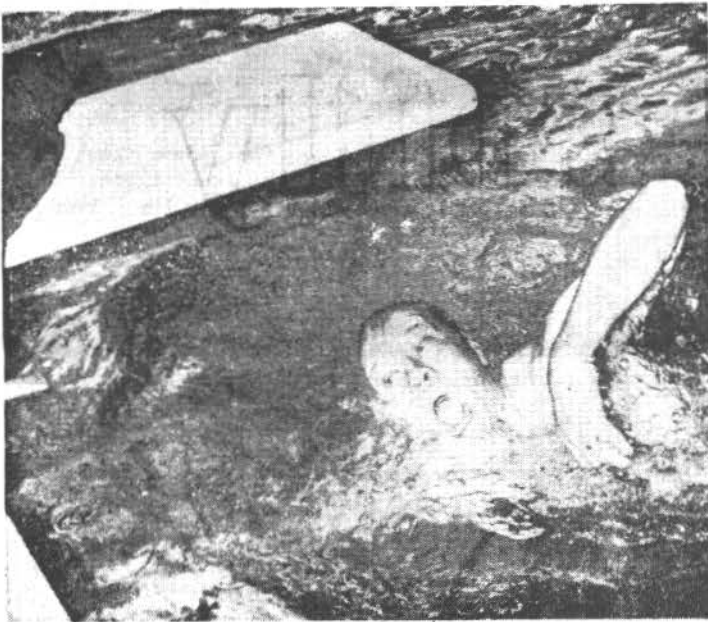
A former physical education major at the University of Omaha, Mrs. Mary Lou Evans, now a 42-year-old Mission Hills housewife, said swimming is the best all-around exercise.

She said swimming conditions one both physically and mental-

ly, acting as a form of release from frustrations. She favors the breaststroke but is also working on the butterfly, backstroke and freestyle.

"Fortunately, mine is a family of individualists and the children and my husband are very understanding," Mrs. Evans said. "They know this is my one special thing and they tolerate it."

REP. GERALD FORD



WORKOUT—Rep. Gerald R. Ford (R-Mich.), nominated for Vice President, takes a morning swim at his Alexandria, Va., home. Temperature was in 40s at time.

By Wirephoto



DC MASTERS Left to Right: Tom Ravscher, Betty Brey, J. B. Bonelli



1st Row Left to Right: David Matson (un), Ted Touetellotte (un), Fred Stevens (un) 2nd Row Left to Right: T. W. Adams (DMC), Judith Coble (York AC), Marie Harbovrne & Jack Harbovrne (Starlit AC)

emil tagliabue



No Real Regrets

Sing no sad songs for Tom Hetzel, whose dreams foundered in the raging waters and buffeting winds of the English Channel but who learned in the process what being a "champion" is all about. "The Channel said 'no', it was just absolutely impossible."

Hetzel returned a couple of days ago from a 45-day sojourn in merry old England where he tied a world record by swimming the distance between England and France for a sixth consecutive time, then fell just short in his quest for a record-setting No. 7.

It was no failure in the accepted sense of the word in the estimation of the former New York City policeman, who wants to lose that reference and become known as a resident of Corpus Christi. To that end, he carried a Texas flag into the waters of the channel when his swims began and registered out of Corpus Christi, whose citizens provided financial support for his record-seeking adventures.

"I was and am more proud of that swim (the one that fell short) than any other," Hetzel said. "I gave 110 per cent and that's all I could do. Accepting the fact I didn't quite make it (he was within a couple of miles of



Tom Hetzel

Dover when a fierce tide and 25-knot winds from the opposite direction proclaimed an end to the bid) was easier than seeing other swimmers and friends try to find the words to express their disappointment for me.

"I learned on that one how to lose . . . but how to lose like a champion . . . that I am not a quitter . . . to recognize how others feel when they lose."

Punching Into Water

Despite coming up short the seventh time around, Hetzel proudly points to the fact he has spent more hours in the Channel — 110 — than any other swimmer in history; that he has made more successful crossings than any other person ever . . . a total of 10, six solos and three relay races, including one round trip.

It seemed, in retrospect, predestined for Hetzel to be balked in attaining his primary goal. The weather has been almost totally uncooperative ("There have been only two really good days all year"); he entered the water from the French coast far from the mental "peak" so vital to any successful athletic venture; and he was fighting the after-effects of a severe head and chest cold which plagued him virtually from the end of his successful sixth swim July 30-31, which kept him from going after No. 7 on a day when the Channel dramatically went almost as flat as Corpus Christi Bay and potentially could have been navigated in record time.

Even the July crossing was no picnic. "It was a marginal day, but we decided to go ahead," Hetzel recalled. "About a half hour after I got in the water, a sudden squall came up and the wind turned and was blowing directly into my face. I didn't really swim that one — I punched my way across. And for several days after that, my forearms were so sore from banging into the water that it hurt even to lift a fork to eat."

The abortive effort was a virtual nightmare. Mentally below par, Hetzel said he had little enthusiasm when he began but decided to try it anyway because of a favorable forecast. For three hours, nature cooperated. Then she turned on her ugliest frown.

The wind picked up and the seas began to really roll, but "on the sixth hour, my frame of mind really began to improve and I was getting with it," Hetzel said. From that point on, things went downhill.

By the eighth hour, he had reached the South Goodwins, a lightship just off the English coast, but the wind was up to 25 knots, blowing directly at him, fighting the tide that was pushing him and a heavy fog rolled in to cut visibility to near zero. From that point to his decision to climb into the boat five hours later, Hetzel said he covered no more than a mile. "I was literally swimming in one place."

A tanker, unable to see in the fog, nearly ran him down and he came within inches of being crushed to death by tons of water against the boat as he tried to climb aboard.

A week later, Hetzel led a six-person relay team in a 10 hour, one minute crossing, third fastest on record. "That enabled me to come home on a good note. I'm going back, you're damn right I am. I'm one of only 137 people to make it out of about 2,000 who've tried and I'm going to add some more to the records I already have."



"The Grandmas' Four" (are not a "Rock Group") they float! Claim the oldest fastest bonafide 200 yard freestyle record in the United States, if not the world. Their ages total 249 years and their time was 3:40.6. Left to right:

- Edna Segal - 66
- Pat Mathiesen - 57
- Edith Goodman - 63
- Bernice Wayne - 63

All are members of San Mateo Marlin Masters.

Photo - J. Keating



Dick Arenella (left), President of the Nassau County Swim Conference, and Margaret Van Dolson (right), Meet Director, are shown with the winners of the first Masters Swim Tournament held on Long Island. The winners are: Jim Forbes (second left), Bethpage; Ken Dawson (center), Oceanside; and Bill Persons, Bethpage.

The meet, held recently at Christopher Morley Park, was sponsored by the Nassau County Department of recreation and Parks and the Nassau County Swim Conference.

MEET RESULTS

Times compiled from the following meets as time and space permitted.

- NIMA MASTERS PENTATHLON
9-16-73 Newport Beach, CA
- MINNESOTA MASTERS
9-22-73 Owatonna, MN
- LEATHERSTOCKING OPEN
10-7-73 Cooperstown, NY
- CALTECH MASTERS INVITATIONAL
10-7/14-73 California
- SEAAU MASTERS INVITATIONAL
10-20/21-73 Oak Ridge, TN
- FT. LAUDERDALE MASTERS SWIM MEET
10-28-73 Ft. Lauderdale, FL

WOMEN 25-29

50 YARD FREESTYLE	
Anne Grams 26	26.4
Beverly Elliott	28.2
Sally Ann Peterson	28.4
Irene David 29	28.66
Margaret Van Dolson 26	29.5
Mo O'Hara 25	30.5
Pam Hule	34.3
Donna Hollenan	34.8
Linda McIndoe	35.5
Val Rogosheke 26	49.01
100 YARD FREESTYLE	
Anne Grams 26	58.7
Sally Ann Peterson 27	1:03.5
Christie Skemak 25	1:04.3
Irene David 29	1:06.80
S. Sietter 25	1:12.6
Nancy Stupka	1:16.6
L. McIndoe 25	1:16.7
D. Berger 29	1:37.5
200 YARD FREESTYLE	
Anne Grams 26	2:10.0
Tammy Murphy 25	2:27.6
Jane Hardy 29	2:43.7
N. Stupka 27	2:55.3
500 YARD FREESTYLE	
N. Stupka 27	8:07.5
50 YARD BACKSTROKE	
Mo O'Hara 25	34.3
Sally Ann Peterson	36.4
Jne Hardy 29	37.0
Beverly Elliott	37.9
N. Stupka 27	39.5
Donna Hollenan	40.5
Pam Hule	42.7
Linda McIndoe	43.1
100 YARD BACKSTROKE	
Mo O'Hara 25	1:18.5
Jane Hardy 29	1:27.6
Dianne Redmond 29	1:24.0
N. Stupka 27	1:27.2
W. Krogsrud 27	1:34.3
D. Berger 29	1:38.6
200 YARD BACKSTROKE	
N. Stupka 27	3:19.0
50 YARD BUTTERFLY	
Tammy Murphy 25	33.8
Christie Skemak 25	35.8
Sally Ann Peterson	36.6
M. Van Dolson 26	38.7
Donna Hollenan	40.1
Beverly Elliott	40.2
Linda McIndoe	41.9
W. Krogsrud 27	44.2
J. A. Owens 27	44.4
Pam Hule	46.1
100 YARD BUTTERFLY	
Tammy Murphy 25	1:18.0
Christie Skemak 25	1:19.9
S. Peterson 27	1:21.7
Anne Grams 26	1:23.2
L. McIndoe 25	1:30.2
Dianne Redmond 29	1:30.2
A. Owens 27	1:36.7
W. Krogsrud 27	1:37.8
B. Trabalka 27	1:40.5
D. Berger 29	2:01.0
200 YARD BUTTERFLY	
B. Trabalka 27	3:30.3
50 YARD FREESTYLE	
Anne Grams 26	28.8
Irene David 29	30.76
Dianne Redmond 29	31.6
Beverly Elliott	32.4
Christie Skemak 25	33.0
Sally Ann Peterson	33.4
Donna Hollenan	36.3
Pam Hule	38.7
Linda McIndoe	43.0
100 YARD FREESTYLE	
Irene David 29	1:16.17
100 YARD INDIVIDUAL MEDLEY	
Tammy Murphy 25	1:10.7
Christie Skemak 25	1:11.4
Sally Ann Peterson	1:14.4
Beverly Elliott	1:17.0
Maureen O'Hara 25	1:17.4
Margaret Van Dolson 26	1:18.8
Jane Hardy 29	1:20.5
Irene David 29	1:23.35
Donna Hollenan	1:23.7
Pam Hule	1:27.5
Linda McIndoe	1:27.5
WOMEN 30-34	
50 YARD FREESTYLE	
Carol Jewell	30.5
L. Franco Ferreira 32	32.3
Kathy Mitchell 31	34.8

B. Gabriel 34	35.5
S. Brown	35.6
Helen Geoffrion	36.1
Carol Anderson 32	36.2
Jane Hardy 29	36.4
Carol O'Hara 31	36.7
M. B. Fell 31	42.0
100 YARD FREESTYLE	
Pat Turner 34	1:09.8
L. Franco Ferreira 32	1:13.2
Sandy Brown 30	1:17.3
M. Childs 33	1:17.5
Cathi Mitchell 31	1:21.7
J. Burns 30	1:22.9
G. Martin 31	1:23.8
Beth Gabriel	1:24.6
Carol O'Hara 31	1:24.6
K. Kummie 32	1:24.7
Joanne Munise 34	1:30.2
200 YARD FREESTYLE	
Pat Turner 34	2:34.1
S. Brown	3:13.6
Joanne Munise 34	3:15.0
500 YARD FREESTYLE	
Sandy Brown 30	9:21.2
50 YARD BACKSTROKE	
Carol Jewell	40.2
L. Franco Ferreira 32	40.5
Sandy Brown 30	40.9
Karen Kock-Weser 31	42.5
Helen Geoffrion	42.9
Kathy Mitchell 31	46.8
Carol Anderson 32	47.7
Carol O'Hara 31	48.5
M. B. Fell 31	50.8
100 YARD BACKSTROKE	
L. Franco Ferreira 32	1:26.6
J. Hanson 32	1:27.0
P. Taylor 32	1:33.4
Karen Kock-Weser 31	1:33.8
Sandy Brown 30	1:39.0
Joanne Munise 34	1:46.7
M. B. Fell 31	1:52.1
200 YARD BACKSTROKE	
L. Franco Ferreira 32	3:13.7
M. B. Fell 31	3:56.2
50 YARD BREASTSTROKE	
B. Gabriel 34	41.1
Jane Hardy 29	42.0
Helen Geoffrion	42.9
N. Clement 34	43.7
Carol Jewell	44.2
S. Brown 30	46.4
Carol Anderson 32	49.6
Joanne Roche 30	59.7
100 YARD BREASTSTROKE	
B. Gabriel	1:30.4
H. Hanson 32	1:31.0
Pat Turner 34	1:33.1
M. Childs 33	1:33.7
Jane Hardy 29	1:36.4
Helen Geoffrion 34	1:37.8
P. Taylor 32	1:44.5
Joanne Munise 34	1:47.7
J. Burns 30	1:31.5
200 YARD BREASTSTROKE	
Beth Gabriel 34	3:16.9
N. Clement 34	3:30.2
50 YARD BUTTERFLY	
Millie Bergeron 33	31.0
Carol Jewell	33.2
Pat Turner 34	35.5
Helen Geoffrion	40.0
B. Gabriel	40.5
N. Clement 34	41.2
Carol O'Hara 34	49.1
100 YARD BUTTERFLY	
Millie Bergeron 33	1:13.93
N. Clement 34	1:37.1
Helen Geoffrion 34	1:38.8
100 YARD INDIVIDUAL MEDLEY	
Millie Bergeron 33	1:18.07
Pat Turner 34	1:21.3
Carol Jewell	1:24.6
L. Franco-Ferreira 32	1:25.7
J. Hanson 32	1:28.5
M. Childs 33	1:29.3
Beth Gabriel 34	1:31.4
N. Clement 34	1:34.3
P. Taylor 32	1:35.7
Helen Geoffrion	1:37.0
200 YARD INDIVIDUAL MEDLEY	
Millie Bergeron 33	2:49.8
N. Clement 34	3:27.1
WOMEN 35-39	
50 YARD FREESTYLE	
Ginny Stephanos 35	30.2
Phyllis Scribe	31.2
Julie Gideonse	31.3
Anne McGuire 39	31.6
Betsy Jordan	31.8
Janice Gray	32.6
Peggy Wenants 36	33.1
Margaret Bunis	35.5
Adrienne Pipes	35.5
Barbara Karl 38	38.5
100 YARD FREESTYLE	
Ginny Stephanos 35	1:08.7
J. Gray 35	1:11.1
J. Gideonse 35	1:12.0
P. Scribe 35	1:14.9
E. Debes 37	1:16.9
Barbara Karl 38	1:28.2
Stella Taylor 36	1:35.5
200 YARD FREESTYLE	
Ginny Stephanos 35	2:34.7
Stella Taylor 36	3:23.9
500 YARD FREESTYLE	
N. Dickens	9:13.8
50 YARD BACKSTROKE	
Betsy Jordan	34.3

Julie Gideonse	36.1
Phyllis Scribe	39.2
Janice Gray	40.9
Margaret Bunis	43.5
Rexene Ashford 42	49.5
J. Wilmore 43	50.0
Barbara Karl 38	53.2
100 YARD BACKSTROKE	
J. Gideonse 35	1:20.4
E. Debes 37	1:28.0
M. Dickens 39	1:49.3
Stella Taylor 36	2:04.3
200 YARD BACKSTROKE	
M. Dickens	3:55.8
50 YARD BREASTSTROKE	
Phyllis Scribe	39.5
Margaret Bunis	42.1
Janice Gray	42.2
Julie Gideonse	43.5
Betsy Jordan	43.6
Adrienne Pipes	50.1
Barbara Karl 38	56.5
Joanne Zwicker 37	57.3
100 YARD BREASTSTROKE	
Anne McGuire 39	1:22.7
P. Scribe 35	1:26.0
J. Gray 35	1:31.0
M. Bunis 37	1:32.4
J. Gideonse 35	1:39.0
E. Debes 37	1:52.2
Stella Taylor 36	1:48.9
50 YARD BUTTERFLY	
Betsy Jordan	34.3
Ginny Stephanos 35	34.7
Anne McGuire 39	35.1
Phyllis Scribe	37.7
Julie Gideonse	38.2
Janice Gray	38.2
Margaret Bunis	40.7
Adrienne Pipes	49.0
100 YARD BUTTERFLY	
J. Gray 35	1:26.7
P. Scribe 35	1:29.6
E. Debes 37	1:32.4
200 YARD BUTTERFLY	
L. Franco Ferreira 32	3:13.7
M. B. Fell 31	3:56.2
50 YARD FREESTYLE	
J. Gray 35	1:20.6
P. Scribe 35	1:20.6
Ginny Stephanos 35	1:20.8
J. Gideonse 35	1:21.0
M. Bunis 37	1:25.6
Adrienne Pipes	1:40.9
M. Dickens 39	1:41.2
Barbara Karl 38	1:53.0
200 YARD INDIVIDUAL MEDLEY	
Anne McGuire 39	2:54.5
Peggy Wenants 36	3:01.0
M. Dickens 39	3:49.3
WOMEN 40-44	
50 YARD FREESTYLE	
Oynthia Bruce 43	31.2
R.A. Jones 40	36.5
Jane Huber 41	37.7
P. Shepard 44	39.0
L. Weir 40	39.3
J. Wilmore 43	40.3
Janet Partridge	40.4
Rexene Ashford 42	45.1
Linda Streitfield 44	54.6
100 YARD FREESTYLE	
L. Palmer 43	1:13.0
Rita-Al Jones 40	1:21.3
Jane Huber 41	1:27.0
Geoffrion	1:27.0
Joy Kenny 41	1:27.3
J. Watt 40	1:33.5
Phyllis Shepard 44	1:36.5
C. Sturtevant 40	1:49.0
Linda Streitfield 44	2:15.3
200 YARD FREESTYLE	
Joy Kenny 41	3:04.5
Jane Huber 41	3:06.5
50 YARD FREESTYLE	
R. A. Jones 40	8:12.7
J. Wilmore 43	9:49.1
50 YARD BACKSTROKE	
Joy Kenny 41	39.0
Jane Huber 41	42.5
Janet Partridge	45.5
J. Wilmore 43	51.8
P. Hutinger 40	1:03.6
Eliz. Brunne 43	1:10.3
100 YARD BACKSTROKE	
Cynthia Bruce 43	1:21.5
Joy Kenny 41	1:27.4
Jane Huber 41	1:34.0
J. Partridge 41	1:36.6
L. Weir 40	1:46.0
J. Wilmore 43	1:49.5
C. Sturtevant 40	1:50.6
J. Watt 40	1:54.0
P. Hutinger 40	2:20.1
200 YARD BACKSTROKE	
J. Wilmore 43	3:46.3
P. Hutinger 40	4:43.0
50 YARD BREASTSTROKE	
R. A. Jones 40	45.5
Rexene Ashford 42	46.0
Janet Partridge	53.0
P. Shepard 44	54.4
100 YARD BREASTSTROKE	
Rita-Al Jones 40	1:39.7
Rexene Ashford 42	1:42.1
200 YARD BREASTSTROKE	
Rita-Al Jones 40	3:44.4
50 YARD BUTTERFLY	
Cynthia Bruce 43	39.4
Janet Partridge	39.9
Rexene Ashford 42	48.0
J. Wilmore 43	50.4
P. Shepard 44	51.6
100 YARD BUTTERFLY	
J. Wilmore 43	2:01.0

100 YARD INDIVIDUAL MEDLEY	
Rita-Al Jones 40	1:30.9
J. Partridge 41	1:36.2
Rexene Ashford 42	1:37.5
J. Wilmore 43	1:54.0
200 YARD INDIVIDUAL MEDLEY	
Rita-Al Jones 40	3:19.7
J. Wilmore 43	3:55.2
WOMEN 45-49	
50 YARD FREESTYLE	
Mary Ann Meekins 47	30.9
Pat Clinton 45	31.5
Anne Adams 45	31.7
June Krauser 47	35.0
Tink Bolster 45	37.5
Betty Talbot	39.3
B. Smith 47	40.4
Lynn Orr	40.5
Sheryl Blaise 45	41.81
L. Schappel 47	42.5
100 YARD FREESTYLE	
Anne Adams 45	1:08.7
Mary Ann Meekins 47	1:11.1
Ruth Lang 45	1:26.9
Betty Talbot 47	1:27.3
L. Kerr 46	1:33.3
Bobbe Smith 49	1:35.8
Leen Schappel 47	1:43.0
Patty Job 49	1:48.0
200 YARD FREESTYLE	
Mary Ann Meekins 47	2:38.3
Ruth Lang 45	3:18.0
B. Smith 49	3:38.1
S. Fussell 47	4:16.8
500 YARD FREESTYLE	
A. Grunat 48	12:05.8
50 YARD BACKSTROKE	
Anne Adams	38.5
Ruth Lang 45	46.0
B. Smith 49	47.9
Lynn Orr	49.6
Tink Bolster 45	49.7
Betty Talbot	51.9
L. Schappel 47	56.1
P. Job 49	57.2
A. Brynestad	1:01.7
S. Fussell 47	1:01.9
100 YARD BACKSTROKE	
Anne Adams 45	1:21.5
June Krauser 47	1:29.5
L. Hinderaker 45	1:37.6
B. Smith 49	1:47.4
Ruth Lang 45	1:47.6
Sheryl Blaise 45	1:48.64
Betty Talbot 47	1:49.2
L. Schappel 47	2:10.4
S. Fussell 47	2:12.5
200 YARD BACKSTROKE	
B. Smith 49	3:54.3
50 YARD BREASTSTROKE	
Anne Adams 45	39.9
Tink Bolster 45	47.0
L. Schappel 47	49.7
A. Brynestad 45	49.9
Betty Talbot	50.8
Lynn Orr	57.7
100 YARD BREASTSTROKE	
June Krauser 47	1:34.0
Tink Bolster 45	1:44.1
A. Brynestad 45	1:51.4
L. Schappel 47	1:54.1
Betty Talbot 47	1:55.0
Vion Kaye 45	2:04.47
M. Farmer 48	2:14.2
200 YARD BREASTSTROKE	
A. Brynestad 45	3:58.0
L. Schappel 47	4:24.0
50 YARD BUTTERFLY	
Anne Adams 45	34.9
June Krauser 47	36.6
Lynn Orr	53.7
Ruth Lang 45	54.3
Betty Talbot 47	56.2
Vion Kaye 45	1:00.13
100 YARD BUTTERFLY	
Anne Adams 45	1:19.8
100 YARD INDIVIDUAL MEDLEY	
Anne Adams 45	1:16.5
Pat Clinton 45	1:21.8
Tink Bolster 45	1:38.4
L. Hinderaker 45	1:39.0
Betty Talbot 47	1:45.7
Lynn Orr	1:53.6
L. Schappel 47	1:58.8
Vion Kaye 45	2:03.59
A. Grunat 48	2:19.0
WOMEN 50-54	
50 YARD FREESTYLE	
Jean Pieretti 53	34.4
C. Pickens 52	37.3
Lena Berg 50	48.0
Josephine Merrill 52	49.2
P. Grutham 52	49.8
Lil Kyte 51	50.2
100 YARD FREESTYLE	
Jean Pieretti 53	1:17.5
Bette Crowell 53	1:24.4
Charlotte Pickens 52	1:25.0
Lena Berg 50	1:48.5
Peg Greetham	1:54.8
200 YARD FREESTYLE	
C. Pickens 52	3:06.0
C. Pickens 52	8:40.7
Lil Kyte 51	10:21.3
50 YARD BACKSTROKE	
Jean Pieretti 53	45.3
C. Pickens 52	47.0
P. Greetham 52	1:04.9
Lil Kyte 51	1:05.2
Enid Uhrich 51	1:16.0

100 YARD BACKSTROKE	
Bette Crowell 53	1:

MEN 25-29		200 YARD BACKSTROKE		MEN 40-44		100 YARD INDIVIDUAL MEDLEY		50 YARD BUTTERFLY	
<u>50 YARD FREESTYLE</u>		J. Heimann 31	2:20.8	<u>50 YARD FREESTYLE</u>		Paul Hutinger 48	1:05.7	B. Grant 59	32.8
Robert Harmony 23.3		Clard Bergman 33	2:25.22	Tom Whiteleather 43	25.6	Duane Draves 47	1:08.4	Jerry Siefert	34.1
Dale Frank 23.4		Joe Biondi 30	2:41.6	Don Malone 43	25.8	Marvin Burns	1:08.9	Clifford Groome	36.0
Gary Langley 26		<u>50 YARD BREASTSTROKE</u>		David Carr 40	26.4	Hal Onusseit	1:09.2	Brud Cleveland	36.3
William Leach 23.9		Joe Biondi 30	33.1	Len Goldstone	26.6	<u>200 YARD INDIVIDUAL MEDLEY</u>		<u>100 YARD BUTTERFLY</u>	
Tim Hill 26		Jim McGrath	33.4	<u>100 YARD FREESTYLE</u>		Paul Hutinger 48	2:32.3	D. Rankin 57	1:29.5
<u>100 YARD FREESTYLE</u>		Jim Loofbourrow	33.6	Burwell Jones 40	55.0	Bob Harris 46	2:50.3	B. Grant 59	1:34.9
Dan Whiteley 28	53.7	Jack Meyer	33.9	Y. Oyakawa 40	55.7	Herb Schoening 46	2:58.23	<u>100 YARD INDIVIDUAL MEDLEY</u>	
Larry Chase 25	56.0	Pat Schlup	34.1	Dan Malone 43	57.6	Hans Hellman 46	3:39.7	Tom Lind 55	1:14.8
Rick Krogerud 26	56.8	<u>100 YARD BREASTSTROKE</u>		David Carr 40	59.9	<u>MEN 50-54</u>		Jerry Siefert	1:15.5
Tim Hill 26	57.0	Joe Biondi 30	1:11.6	<u>200 YARD FREESTYLE</u>		<u>50 YARD FREESTYLE</u>		Bill Grant 59	1:17.6
Dayton Voorhees	57.2	H. Roberts 34	1:13.2	Dan Malone 43	2:07.4	Paul Herron	27.0	Brud Cleveland	1:19.7
<u>200 YARD FREESTYLE</u>		J. Ferrall 31	1:14.0	Y. Oyakawa 40	2:19.5	John Crews 54	27.1	<u>MEN 60-64</u>	
Bob Duenkel 28	2:00.0	Pat Schlup 33	1:14.1	Len Goldstone 44	2:20.0	T. Gloyes 51	27.2	<u>50 YARD FREESTYLE</u>	
Richard Chelekis 27	2:04.4	John Goetz	1:15.06	Dan Schneeman 42	2:23.84	Reed Ringel 50	27.6	Reg Richardson	29.0
Dan Whiteley 28	2:06.5	<u>200 YARD BREASTSTROKE</u>		1650 YARD FREESTYLE		<u>100 YARD FREESTYLE</u>		Mel Maxwell	29.5
J. Green 28	2:06.5	Joe Biondi 30	2:46.3	Dick Dixon 44	27:31.6	Ray Hakomaki 52	57.89	Al Onsgard	32.3
Phil Rogosheske 29	2:07.68	John Goetz	2:48.44	<u>50 YARD BACKSTROKE</u>		John Crews 54	1:00.1	Lawrence Smith	34.2
<u>500 YARD FREESTYLE</u>		J. Heimann 31	3:07.9	Frank Reynolds	32.2	Reed Ringel 50	1:04.3	<u>100 YARD FREESTYLE</u>	
J. Green 28	5:46.6	<u>50 YARD BUTTERFLY</u>		Stan McConnell	32.8	Tom Cloyes 51	1:04.5	E. Onsgard	1:12.7
F. Hoener 25	6:11.6	Jim McGrath	24.2	Jerry Cunningham	36.2	John Crews 54	2:13.9	F. Budman 62	1:31.7
Dan Whiteley 28	6:17.8	Gerry delong 30	25.8	Herb Nakama	36.3	Jim Edwards 50	2:23.7	P. Arellanes 60	1:46.0
<u>1650 YARD FREESTYLE</u>		D. Oldham 34	25.5	<u>100 YARD BACKSTROKE</u>		Warren Kaye 50	2:23.95	John Lechen 64	1:57.2
Phil Rogosheske 29	21:13.4	Tom Jewell	26.2	Y. Oyakawa 40	1:08.4	Reed Ringel	2:24.9	<u>200 YARD FREESTYLE</u>	
<u>50 YARD BACKSTROKE</u>		Jack Meyer	26.8	J. Craigie 44	1:09.7	<u>500 YARD FREESTYLE</u>		Bob Coyle 60	3:30.5
Ron Magin 28	29.0	<u>100 YARD BUTTERFLY</u>		B. Jonsson 44	1:19.0	John Lehner 64	4:50.0	<u>500 YARD FREESTYLE</u>	
Richard Chelekis 27	29.0	Jim McGrath 30	54.9	Elmer Korbai 43	1:19.92	John Crews 54	6:33.9	Bill Grant	7:39.8
Larry Chase	29.3	E. Spencer 31	59.3	<u>100 YARD BACKSTROKE</u>		R. Lagaly 51	7:06.2	D. Stewart 58	7:42.0
Tim Keating 27	29.3	Pat Schlup 33	1:06.2	Y. Oyakawa 40	2:22.9	John Sorman 51	7:25.4	<u>50 YARD BACKSTROKE</u>	
William Leach	29.6	G. Heinrich 33	1:06.3	<u>50 YARD BREASTSTROKE</u>		<u>1650 YARD FREESTYLE</u>		Lawrence Smith 61	33.2
<u>100 YARD BACKSTROKE</u>		M. Kreiger 31	1:11.5	B. Jones 40	32.6	Warren Kaye 50	25:00.4	Reg Richardson	37.2
Ron Magin 28	1:07.4	<u>100 YARD INDIVIDUAL MEDLEY</u>		Jurgen Nebelug	33.3	Tom Hooker 51	27:19.8	Mel Maxwell	41.3
B. Harmony 25	1:07.8	Jim McGrath 30	58.9	Bud Schumacher	35.5	<u>50 YARD BACKSTROKE</u>		Bob Coyle	42.7
Tim Keating 27	1:07.8	Jim Loofbourrow	1:01.9	Alex Gilbert	35.9	Bill Ulrich	34.2	<u>100 YARD BACKSTROKE</u>	
Rick Krogerud 26	1:08.6	Tom Jewell	1:04.6	<u>100 YARD BREASTSTROKE</u>		Jim Edwards	35.2	Lawrence Smith 61	1:17.8
Bob Duenkel 28	1:08.8	G. Heinrich 33	1:04.8	Burwell Jones 40	1:11.5	Robert Cowan	36.9	T. Troughton 60	1:33.2
<u>200 YARD BACKSTROKE</u>		Pat Schlup	1:04.9	Jurgen Nebelung 44	1:14.0	<u>100 YARD BACKSTROKE</u>		Bob Coyle 60	1:33.8
E. Hoener 25	2:38.5	Gerry delong 30	2:17.2	Ross Larson 41	1:18.87	Bill Ulrich 53	1:17.5	E. Onsgard 61	1:48.0
<u>50 YARD BREASTSTROKE</u>		John Bergman 31	2:19.06	H. Nakama 43	1:20.5	Jim Edwards	1:18.5	<u>50 YARD BREASTSTROKE</u>	
Ken Doesburg	30.1	Joe Biondi 30	2:27.8	<u>200 YARD BREASTSTROKE</u>		R. Lagaly 51	1:20.8	Reg Richardson	38.1
Serafin Willarete	30.2	F. Terauds 31	2:28.3	Burwell Jones 40	2:43.5	Louis Flynn 53	1:25.14	Mel Maxwell	41.2
Dan Frank	30.5	J. Heimann 31	2:28.4	Ross Larson 41	3:00.18	<u>200 YARD BACKSTROKE</u>		Al Onsgard	48.8
T. Palmer 29	31.2	<u>MEN 35-39</u>		J. Johnson 40	3:23.4	John Sorman 51	3:02.7	Bob Coyle 60	56.1
J. Grever 29	31.4	<u>50 YARD FREESTYLE</u>		<u>50 YARD BUTTERFLY</u>		D. Lagaly 51	3:07.0	<u>100 YARD BREASTSTROKE</u>	
<u>100 YARD BACKSTROKE</u>		Sandy Gideonse	23.7	Burwell Jones 40	27.6	<u>50 YARD BREASTSTROKE</u>		E. Onsgard 61	1:47.5
Rick Krogerud 26	1:08.2	Gay Rosser 39	24.3	Alex Gilbert	29.0	Paul Herron	35.9	L. McCreary 62	1:48.9
T. Palmer 29	1:08.7	Richard Elliott	24.9	Stan McConnell	29.3	John Crews 54	37.3	Bob Coyle 60	2:09.1
Bob Duenkel 28	1:08.9	Jeff Zwicker 37	25.0	Herb Kern 41	29.6	T. Cloyes	37.7	<u>50 YARD BUTTERFLY</u>	
John Zeigler 27	1:09.3	David Holzhauser 36	26.48	<u>100 YARD BUTTERFLY</u>		Robert Cowan	42.4	Mel Maxwell	33.6
J. Green 28	1:09.3	<u>100 YARD FREESTYLE</u>		Burwell Jones 40	1:02.5	<u>100 YARD BACKSTROKE</u>		Reg Richardson	35.7
<u>200 YARD BREASTSTROKE</u>		Gay Rosser 39	55.4	P. Novotny 43	1:14.6	T. Dowell 51	1:22.5	Al Onsgard	42.5
J. Green 28	2:34.4	F. Robertson 37	56.8	Frank Sausen 41	1:24.91	Tom Cloyes 51	1:25.4	<u>100 YARD BUTTERFLY</u>	
T. Palmer 29	2:36.8	Jeff Zwicker 37	56.9	G. Wassel 40	1:28.0	John Sorman 51	1:25.4	E. Onsgard 61	1:57.8
F. Hoener 25	2:54.2	B. Lauer	59.1	<u>100 YARD INDIVIDUAL MEDLEY</u>		J. Burgan 50	1:26.0	<u>100 YARD INDIVIDUAL MEDLEY</u>	
B. Pamplin 28	3:00.6	David Holzhauser 36	1:00.97	Burwell Jones 40	1:03.7	<u>200 YARD BREASTSTROKE</u>		Reg Richardson	1:16.8
<u>50 YARD BUTTERFLY</u>		<u>200 YARD FREESTYLE</u>		Stan McConnell	1:09.6	John Sorman 51	3:03.7	Mel Maxwell	1:22.6
Richard Chelekis 27	25.4	Gay Rosser 39	2:06.6	J. Craigie 44	1:10.4	John Crews 54	3:10.6	Al Onsgard	1:33.5
Eric Orrell 26	25.6	Jeff Zwicker 37	2:10.5	Alex Gilbert	1:11.3	<u>50 YARD BUTTERFLY</u>		<u>MEN 65-69</u>	
Dan Frank	25.8	B. Robertson 37	2:12.0	<u>100 YARD INDIVIDUAL MEDLEY</u>		John Crews 54	30.7	Vic Zoble 66	33.7
Larry Chase 25	26.2	Ed Hanton	2:28.65	Burwell Jones 40	2:21.9	Ray Hakomaki 52	31.17	Harry Jagers 66	34.5
Wm. Leach	26.3	Ted Tilton 39	2:38.59	Herb Kern 41	2:39.5	Paul Herron	32.1	C. Brown	41.4
<u>100 YARD BUTTERFLY</u>		<u>500 YARD FREESTYLE</u>		Elmer Korbai 43	2:58.53	Bill Ulrich	33.9	<u>100 YARD FREESTYLE</u>	
J. Green 28	1:00.6	B. Robertson 37	6:30.0	<u>MEN 45-49</u>		<u>100 YARD BUTTERFLY</u>		Harry Jagers	1:24.6
Phil Rogosheske 29	1:03.6	B. Lauer 38	6:37.1	<u>50 YARD FREESTYLE</u>		John Sorman 51	1:16.2	Bob Helson	1:24.9
B. Harmony 25	1:04.5	C. Wilmore 38	7:27.5	Perry Rockwell	26.27	J. Burgan 50	1:24.6	C. Brown 67	1:49.7
Rick Krogerud 26	1:07.2	T. Raade 37	7:34.4	Paul Hutinger	26.3	R. Lagaly 51	1:25.9	<u>200 YARD FREESTYLE</u>	
T. Palmer 29	1:07.2	R. Rahn 38	8:06.8	Marvin Burns	26.4	John Crews 54	1:31.6	Harry Jagers 66	3:09.1
<u>100 YARD INDIVIDUAL MEDLEY</u>		<u>50 YARD BACKSTROKE</u>		Ted Haarta	26.4	<u>100 YARD INDIVIDUAL MEDLEY</u>		C. Brown 67	4:33.0
Dan Frank	59.5	Sandy Gideonse	29.9	<u>100 YARD FREESTYLE</u>		Paul Herron	1:10.0	<u>500 YARD FREESTYLE</u>	
Rick Krogerud 26	59.9	Ken Koster	31.3	Perry Rockwell 48	59.13	John Crews 54	1:13.6	<u>1650 YARD FREESTYLE</u>	
Larry Chase 25	1:00.3	Wm. Parks	31.5	Charlie Stephanos 46	59.3	Bill Ulrich 53	1:15.4	C. Brown 67	13:33.9
Wm. Leach	1:00.4	Walt Otto	33.4	Duane Draves 47	59.9	Tom Cloyes 51	1:16.3	<u>200 YARD FREESTYLE</u>	
Robert Harmony	1:02.0	Richard Elliott	35.7	J. Marcus	1:02.5	<u>200 YARD INDIVIDUAL MEDLEY</u>		C. Brown 67	50:14.7
<u>200 YARD INDIVIDUAL MEDLEY</u>		<u>100 YARD BACKSTROKE</u>		<u>200 YARD FREESTYLE</u>		Ray Hakomaki 52	2:44.54	Oscar Sigrist 65	42.0
Bob Duenkel 28	2:14.5	Sandy Gideonse 39	1:06.9	Charlie Stephanos 46	2:07.9	John Sorman 51	2:52.8	C. Brown 67	53.0
Rick Krogerud 26	2:16.5	Jeff Zwicker 37	1:10.7	Morgan Byers	2:24.64	R. Lagaly 51	2:59.6	<u>100 YARD BACKSTROKE</u>	
J. Green 28	2:16.6	B. Sturtevant 39	1:11.2	Bob Harris 46	2:25.8	<u>MEN 55-59</u>		Oscar Sigrist 65	1:31.2
B. Keig 27	2:23.0	Don Anderson 35	1:15.0	B. Marshall 46	2:41.7	<u>50 YARD FREESTYLE</u>		C. Brown 67	2:16.64
John Zeigler 27	2:27.2	Ted Tilton 39	1:19.91	<u>50 YARD FREESTYLE</u>		Jerry Siefert	27.1	<u>200 YARD BACKSTROKE</u>	
<u>MEN 25-29</u>		<u>50 YARD BREASTSTROKE</u>		Paul Hutinger 48	6:21.3	B. Grant 59	28.6	C. Brown 67	5:09.7
<u>50 YARD FREESTYLE</u>		Wm. Parks	33.9	Bob Harris 46	6:44.5	Clifford Groome	30.0	<u>100 YARD INDIVIDUAL MEDLEY</u>	
Jim McGrath	22.9	Walt Otto	34.1	<u>1650 YARD FREESTYLE</u>		Austin Newman 57	30.0	Oscar Sigrist 65	1:30.4
D. Oldham 34	23.0	Richard Elliott	34.8	Morgan Byers	23:53.6	<u>100 YARD FREESTYLE</u>		<u>MEN 70-79</u>	
Tom Jewell	24.1	Sandy Gideonse	36.0	Marvin Burns	31.3	B. Grant 59	1:07.7	<u>100 YARD FREESTYLE</u>	
Jim Loofbourrow	24.4	P. Bresnahan	37.0	Bob Tannehill 4	31.7	Austin Newman 57	1:08.6	G. Mauric 70	1:37.9
F. Terauds 31	25.0	<u>100 YARD BREASTSTROKE</u>		Hal Onusseit	33.9	D. Rankin 57	1:08.3	<u>50 YARD BREASTSTROKE</u>	
Dick Oldham 34	53.1	Don Anderson 35	1:17.4	Charlie Stephanos	34.8	Tom Lind	1:10.3	Joe Hackney 74	58.5
F. Terauds	53.3	K. Martin 36	1:19.1	<u>100 YARD BACKSTROKE</u>		<u>200 YARD FREESTYLE</u>		<u>100 YARD BREASTSTROKE</u>	
John Bergman 31	54.13	B. Syres 39	1:21.3	Duane Draves 47	1:08.6	Austin Newman 57	2:34.8	G. Mauric 70	2:11.3
Gerry delong 30	58.0	T. Raade 37	1:22.0	Paul Hutinger	1:09.1	B. Grant 59	2:44.4	Joe Hackney 74	2:16.4
Jim Harris 30	58.2	R. Rubin 37	1:23.0	Bob Tannehill 45	1:11.2	John Merrill 56	2:45.0	Carl Bergman 72	2:43.67
<u>200 YARD FREESTYLE</u>		<u>200 YARD BREASTSTROKE</u>		Hal Onusseit 49	1:14.4	D. Stewart 58	2:48.3	<u>200 YARD BACKSTROKE</u>	
John Bergman 31	2:00.23	T. Raade 37	3:01.6	<u>200 YARD BACKSTROKE</u>		<u>50 YARD BACKSTROKE</u>		Carl Bergman 72	6:07.44
Gerry delong 30	2:01.8	<u>50 YARD BUTTERFLY</u>		Paul Hutinger 48	2:31.7	Jerry Siefert	35.7	<u>80 & OVER</u>	
F. Terauds	2:05.2	Sandy Gideonse	26.1	Bob Harris 46	2:53.33	John Merrill	36.1	<u>100 YARD FREESTYLE</u>	
Jim Harris 30	2:10.7	Gay Rosser 39	27.8	Morgan Byers	2:53.33	Clifford Groome	37.6	<u>100 YARD INDIVIDUAL MEDLEY</u>	
Dick Oldham 34	2:11.5	Richard Elliott	28.4	<u>50 YARD BREASTSTROKE</u>		B. Grant	37.8	W. Smathe 80	2:40.5
<u>500 YARD FREESTYLE</u>		Wm. Parks	28.5	Marvin Burns	34.6	<u>100 YARD BACKSTROKE</u>		<u>100 YARD BREASTSTROKE</u>	
F. Terauds 31	6:03.6	Walt Otto	28.7	Ted Haarta	34.8	John Merrill 56	1:20.2	Joe Ross 87	3:04.5
Jim Harris 30	6:04.4	B. Sturtevant 39	1:08.4	Jim Forbes	35.1	Tom Lind	1:22.4		
J. Heimann 31	6:23.5	M. Hoffer 38	1:10.9	William Seligmann	40.6	B. Grant 59	1:28.5		
Joe Biondi 30	6:40.2	J. Bunis 38	1:14.4	<u>100 YARD BREASTSTROKE</u>		D. Rankin 57	1:31.4		
<u>50 YARD BACKSTROKE</u>		F. Herr 36	1:24.0	Hal Onusseit 49	1:17.6	<u>50 YARD BREASTSTROKE</</u>			

MASTERS NOTES SWIMMING

HELP! Your help is needed. Too much time is spent on RETYPING meet results. It is suggested that meet managers wishing to have their meet results in Swim-Master send an original, typed in the same sequence as we use, camera ready (30 overall spaces), and they will be reprinted as space permits. The results can be in strips, as long as the strips are numbered. We thank you.

In the Swim Meet Calendar you will note a NEW National Championship - Long Distance. The AAU Long Distance Swimming Committee at West Yellowstone approved a Masters classification with open water swimming of two miles for men and one and one-half miles for women.

Mr. H. Lynn Jamison of Hershey, PA, has been named National AAU Aquatics Administrator and will assume that position at the AAU headquarters in Indianapolis late in November. Harry Hainsworth has held the position on an acting basis since August after John Spannuth resigned in July. Jamison has been involved in all aspects of our aquatic program.

Thomas Hetzel writes, "I have been a member of the Corpus Christi Masters Swim Team for a year now. It has been one of the most rewarding experiences of my life."

Viola Thompson writes, "On looking back - Masters Swimming events have been the "highlights" in my life these past two years."

The Oak Ridge Masters ran a "fantastic" meet on Oct. 20-21. 80 competitors entered the meet and 50 attended the Friday night hospitality which included two films - the Speedo International Swimmer 1972 and the Sunkist film. Lavada Harris was in charge of a Sat. banquet attended by 150 people. Dr. Burwell 'Bump' Jones spoke on the Medical Aspects of Masters Swimming and ended by saying, "the Oak Ridge program is what Masters Swimming is all about". It seems there was quite a program with the banquet emceed by Phyllis Shepard with her 80 year old mother at the piano. The husbands presented, "What it's like being married to a Super Jock" to the tune of "There's Nothing Like a Dame". Then they led singing with a song from each decade of the ages represented in the meet. Then the raffle! A four-man 100 yd raffle relay (teams drawn from a hat, irregardless of age and sex). A hat, four pairs of goggles, two T-shirts and a swim bag found new owners. The next time you see a sign for an Oak Ridge Meet - start packing!

SWIM MEET SCHEDULE

DEC 2	Winter New England Masters SC Meet, Unid Uhrich, 12 Highland Way, Burlington, MA 01803 272-0885
DEC 8	Long Beach City College, Anne Adams, 17432 Osborne St., Northridge, CA 91324
DEC 8	Masters Swimming Meet - University of Iowa, Iowa City, IA Fort B. Parkes, 2611 E. Court St., Iowa City, IA 52240 (319) 353-4859
DEC 9	Fort Lauderdale Masters Swim Meet - June Krauser, 5340 N.E. 17th Ave., Ft. Lauderdale, FL 33308 (305) 961-9700 or (305) 771-8835
JAN 12	Connecticut Masters Meet - Dorothy Donnelly, 401 Shuttle Meadow Ave., New Britain, CT 06052
JAN 13, FEB 10, MAR 31	Lake Erie AAU Masters Meets, Harold Urban, 2247 Walter Rd. West Lake, OH 44145 (216) 777-2610
MAR 22-24	Southern Masters A.A.U. Meet - Judge Robert E. Beach, Judicial Bldg., Room 402, St. Petersburg, FL 33701
MAY 17-19	NATIONAL AAU MASTERS SC SWIMMING CHAMPIONSHIPS - SHOF Pool, Ft. Laud., June Krauser, 5340 N.E. 17th Ave., Ft. Lauderdale, FL 33308
AUG 4-5	NATIONAL AAU MASTERS LONG DISTANCE SWIMMING CHAMPIONSHIPS, Lake Placid, NY - David E. Happel, 201 East 4th St., Vinton, IA 52349
SEP 6-8	NATIONAL AAU MASTERS LC SWIMMING CHAMPIONAHIPS, Santa Clara, CA Bill Baker, 1071 Nottingham Way, Los Altos, CA 94522

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EDITOR: MRS. JUNE KRAUSER
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