



# SWIM-MASTER

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## ADVICE FOR THE SWIMMER'S BODY DR. PAUL HUTINGER

### Hyperventilation

**Q.** What advantage is there to heavy breathing before swimming a race? Does this give extra oxygen to the body so I can use during the race?

**A.** The technique of heavy breathing or voluntary hyperventilation, used by some top sprint swimmers, has been demonstrated to be an advantage in sprint events. Both coach and swimmer should understand the basic concepts of the breathing mechanism and the role of oxygen and carbon dioxide in controlled breathing.

Automatic breathing is controlled by the respiratory center located in the brain stem (upper area of the neck). It is activated when CO<sub>2</sub> (carbon dioxide) reaches a certain level. This occurs about 12 times a minute. The oxygen content within the body is a back-up system. Low levels of oxygen will activate receptors for the body to supply more oxygen; however, the system does not have the rapid feedback potential of CO<sub>2</sub>. The body continually operates various feedback mechanisms to maintain a constancy of the internal environment, or homeostasis.

The red blood cells are normally saturated with oxygen to about a 99 per cent level, as physiologically hyperventilation does little to help with the oxygen supply since the body cannot store oxygen. Hyperventilation does have the effect of reducing the concentration level of CO<sub>2</sub> in the blood, producing a buffering effect and decreasing the desire to breathe.

Research studies, such as the most recent by Dr. Robert Neeves, an exercise physiologist and masters swimming champion, demonstrate an advantage for hyperventilation. Neeves found an improvement in time of 1.12 seconds for the 100 yard freestyle and a reduction of

breathing by 24 per cent. He recommends a 30 second period of hyperventilation prior to swimming an event. This takes some planning and timing however, to be ready for the start of a race.

Personally, I have found hyperventilation is useful in the 100 and 200 yard individual medley events in masters swimming. In the 200 yard IM, the ventilation enabled me to maintain a two stroke breathing pattern for the butterfly without undue stress, then I can start the backstroke without the usual feeling of breathlessness.

How much deep breathing should you do? Besides the 30 second guideline, you can use several other keys. Do not prolong hyperventilation to the point of dizziness, but just to the beginning of feeling light-headed or having tingling feelings in the tips of the fingers, then reduce the frequency of breathing. Hyperventilation can also cause unconsciousness, impair judgement and reaction time, so use it with caution. It does not produce any permanent damage to the body. But if hyperventilation is used with underwater swimming for distance, it can increase the probability of blacking out, which could be fatal!

### Effects of Aging Performance

**Q.** I am a 35-year-old master swimmer and would like to know what kind of performance I can achieve in the 100 and 200 yard freestyle events. I swam :52 and 1:55 in college.

**A.** A major part of the aging phenomenon seems to be related to inactivity over the years. Your swimming performance depends upon at least four major factors, besides age. These include your natural abilities, the amount of training time, your stroke efficiency, and psychological attributes. If you used outdated or inadequate training techniques in college, using newer improved methods will

play an important role in predicting your performance since up-to-date training will produce better performance for you.

If all the above factors are about the same, and only age is considered, your physical work capacity will decline at the rate of one per cent a year, according to data presented by Dr. Ransom Arthur in an article reviewing masters swimming records published in *Medicine and Science in Sports*. In another area, a study of three master track champions aged 72-74 years, who had trained for the past five years was done by Dr. Jack Wilmore, who cited endurance values for the athletes at about 60 per cent of the 20-25 year old level. We do not have longitudinal data on individuals related to the effects of continuous year-round training extended over 30 to 40 years.

An interesting procedure for master swimmers is to work backwards and predict what your present-day time for an event would have given you as a 20-25 year-old. For example, my 1:05 100-yard backstroke as a 51-year-old master swimmer would have given me a :48.7 (figuring a one per cent decline over each of 30 years) however in actuality I was a 1:05 backstroker at the University of Iowa in 1947. After reviewing individual longitudinal data on several other master swimmers, and allowing for improved technique, I feel the decline is more likely to be .5 per cent a year. Firm data in this area will be obtained in the future with the masters track and swimming programs and Cooper's aerobic program in Dallas.

Another predictor for you that may be more practical than the earlier theoretical approach was developed at the Human Performance Laboratory at Western Illinois University. It is applicable to a 25 yard pool and for the 100 yard event. The test consists of timing the swimmer for a 10 yard swim, using the head as it passes the markers for accuracy. The test, which demonstrates maximum velocity that you can generate, can be done with or without breathing. The score (or time) is multiplied by 10.5 to predict the best time that can be achieved for the 100 yard event. If you have a :05.2 for the 10 yards, it computes to a :54.6 predicted time. (For details, see "Hints for Masters," *AW*, July, '75.)

**Per Cent Effort for Training**

**Q.** How fast should I train, and how much rest should I take between repeats?

**A.** Many swimmers use the subjective measurement of how they feel when doing repeat swims. Percentage of maximum effort provides a more objective measure. You can determine the per cent of your effort by taking your best (maximum) time for a distance such as :57 for the 100 yards, and dividing it by your repeat times. Or divide your best time by the percentage of effort to find the time you wish to do.

Forbes Carlile states that his swimmers, primarily distance specialists, frequently train at 90 per cent effort ( or 90 per cent of their best time for a specific distance). In *Swimming Technique*, Summer, 1975, he said that Jenny Turrall recovered from a 90 per cent training 400 meter swim with heart rates of 168 per minute to 60 at 30 seconds and 48 in one minute. Turrall apparently can easily recover from 90 per cent efforts.

A swimmer's ability to train at 90 per cent effort would depend upon fitness level, which can easily be determined by heart rate recovery. Some swimmers will have to rest longer between repeats to maintain a high percentage of effort. In training Shirley Babashoff, Mark Schuberth uses a series of 10 x 100m at 83 per cent effort on 1:15, 5 x 100m at 85 per cent on 1:12, and 5 x 100m at 90 per cent on 1:10. Bob Miller (Totem Lake Swim Team) frequently has his swimmers working at 90 per cent effort on 7000 yard quality days, according to an article about his training techniques.

Individualize your per cent effort and see what you can successfully use in training. Use your heart rate as an indicator of how hard you are working and the recovery rate to know how much rest to take between repeats. Maximum heart rate declines as you get older, so the master swimmer will need to know his or her maximum heart rate, which can be roughly determined from Table 1.

Table 1.  
Maximum heart rate and age

Age	Max. Heart Rate
20 years old	200 to 220
30 years old	190 to 200
40 years old	180 to 190
50 years old	170 to 180
60 years old	160 to 170
70 years old	150 to 160

Determine your own maximum heart rate from swimming some time trials. There is a variation among individuals on maximum heart rate. The recovery rate can give an indication of your fitness level. A drop of 160 to 110 in one minute of rest during a set of 10 x 100 yard repeats demonstrates a good fitness level with 80 per cent effort swims. ●

**Q.** What are the benefits of swimming regularly? I am not interested in competition and do not enjoy racing or participating in masters meets.

**A.** Regular training programs have demonstrated many beneficial effects. A recent research study published in *The Physician and Sportsmedicine* cites the results of a six month aerobic fitness program. The subjects were 58 California male physicians. Twelve smoked, 39 were obese, 33 had undesirable fat levels in blood serum, 16 had hypertension, and 8 had abnormal EKG tests under stress (indicating narrowing of the coronary arteries). The retest after six months of exercise showed a decrease in percent of body fat from 24% to 19%. The resting heart rate went from 82 to 67 beats per minute. Blood pressure dropped from 142/90 to 130/82. Blood fats were reduced by 17% for cholesterol and 30% for triglycerides. Most significant was that seven of the eight with the abnormal cardiograph segment improved and their physical work capacity improved by a factor of eight.

Dr. Herbert de Vries, professor of physiology at the University of Southern California investigated the areas of physiological aging at the Gerontology Research Center. He found that a proper program of exercise increased the functional ability of the heart, lungs, and physical work capacity. The older men in the study achieved percentages of improvement similar to that of young men.

There is also a good indication that exercise has anti-aging effects on the brain, thereby delaying the onset of senility. Dr. de Vries asserts in his book *Vigor Regained*, that a planned exercise program made 70-year-olds function as though they were 30 years younger. The research described was sponsored by the US Administration on Aging and involved over 100 subjects ranging in age from 50 to 87 years.

Apparently there are benefits of a regular training program for children, according to lung volume measurements on subjects in Sweden done by Dr. Per-Olaf Astrand. He states that training during adolescence will eventually increase vital capacity and total lung capacity. After about the age of 30, the vital capacity decreases.

Several recent studies published in *Medicine and Science in Sports* demonstrate that bone density is improved with physical activity in 60- and 70-year-olds. One study showed that the exercise group increased bone density by about 2% while the non-exercise group was losing about 2%. Osteoporosis is a problem affecting many older individuals, especially postmenopausal women.

Since swimming regularly is definitely a program of physical exercise, the benefits cited above may be yours even though you do not care to compete in masters meets. Regular exercise pays off with great benefits for most people.

**Q.** I am a 45-year-old master swimmer and I recently read that for me to improve my performance, I have to increase my yardage. I only have an hour a day to train, averaging about 2500 yards, yet I would like to improve my performance. Can I do it?

**A.** Yes, you may be able to improve performance without increasing your yardage although it will probably mean changing your workout somewhat. Many master swimmers are trying to use training techniques of age group and senior programs, and are successful in increasing yardage to improve performance.

Swimmers, however, should explore alternate methods of training since everyone has different potential and responds individually to various stress training techniques. Successful programs have been developed by individuals. For example, Dr. Roger Bannister ran his world mile track record of under four minutes in 1954 by using a modified training program of less time and yardage. While in medical school, he found that he had limited time, so he used a quality program of straight sets such as 10 x 440 yards as his basic program. Ken Popejoy, a Chicago law student, used a quality program in 1975 to achieve a 3:53 world class mile time.

Older athletes have also achieved outstanding performances with unorthodox programs. John Walker, as a 54-year-old in 1975, trained every other day for six months, with 6-10 months a day at a pace of 7:15 to 7:30, and ran a 2:44 marathon. This would be similar to a 54-year-old swimmer doing two miles per session every other day and doing 2:00 for the 200 freestyle and 19:10 for the 1650 freestyle.

Remember that the swimmer does not need to train for a two to three hour performance as does the marathoner, so a program similar to Bannister's and Popejoy's, modified for swimmers, would be basic training of 10 x 100 yards on two minutes. The energy systems within the body that would be trained enable the swimmer

to achieve good performances in the 100, 200 and 500 yard events, or middle distance events. The very short races, such as the 50 yards and long races such as the 1650 use different energy exchange systems, 95% anaerobic and 95% aerobic, respectively.

Another example from masters track is Jack Pennington, a 54-year-old Australian who ran a 2:13 for the 800 meters and a mile in 4:40 in 1972, with only 15 miles a week training. This would be equal to a swimmer doing about 6,000 yards a week. Pennington had trained on 60 miles a week as a youth in the '50s with a best mile time of 4:35. This points up the fact that master swimmers should investigate alternate methods of training because for some, shorter yardage but

higher quality work will enhance performance.

In the fall of 1975, I used a modified program of 5000 yards a week and posted times in meets for the 100 yard events which were close to my best times. The 100 back time of 1:06.1 is close to my national record time of 1:05.4 while the 100 IM time of 1:05.3 compares favorably to the national record time of 1:04.7 for the 50-54 age group.

A St. Louis master swimmer, Helen Buss, a 39-year-old mother of five, found she could only train every other day this fall, and was amazed in a recent meet when she posted freestyle times of 1:03, 2:19, and 6:18 for the 100, 200, and 500 events. Two of those times equalled her best performances. She was, however,

doing high quality work in her workout.

To find out how to get the most performance from your potential, with the minimum time, include the following concepts: (1) practice at racing speed; (2) use 80 to 85% effort for your basic repeats. Following is an example of training for the 100 and 200 backstroke with best times of 1:05 and 2:24. Warm up with 200 yards of swimming, 100 yards of kicking. You can use progressives for the straight set if you wish more warm up. Basic set of 20 x 50 yards back on 1:00 average time of :36, which is about 85% effort and is racing speed for the 200 back. Cool down with the 200 yard easy swim. This practice session would take 30 minutes. •

### BRIDGING THE SWIMMING GENERATION GAP

Our original intention was to have a New England Masters Pentathlon but the results turned out to have far-reaching benefits to our younger swimmers. Since each Master Swimmer participating in a pentathlon has to swim every event, we realized that we would not have enough heats of swimmers in our 8-lane pool to give us adequate time to rest between each event. We were planning to swim the 50 fly, 50 back, 50 breast, 50 free and 100 IM in that order. We were faced with two choices; either have a non-swimming pause for approximately 1/2 hour between each event or find another group to swim in each interim.

Since some of our members are AAU and recreational team coaches, we asked two groups to join us. In addition, many of our members had swimming offspring who were too young for masters or were members of AAU swim teams and these were also asked to swim along with us. We sanctioned the masters events and made heats of the under 25 groups in between each event. We had 5 heats of Masters and 11 heats of youngsters. Each heat of youngsters were divided into 8 & under, 9,10,11,12,13-14,15-19, 20-24 and also grouped by sex. The under 25 swimmers were only competing within their own clubs but the unofficial atmosphere created a great interest in one another and in the older swimmers.

Because each swimmer always swam in the same lane and the same heat for each event, there was no complicated paper work and all swimmers stayed together as a heat. They had no trouble getting to the blocks quickly and they had more time to socialize and to watch each other. Parents and coaches moved among the youngsters, pointing out

older swimmers with good strokes, turns, or starts. The youngsters cheered for their parents and their coaches and friends and a lot of good-natured ribbing was exchanged.

This occurred in 1975 and all year our youngsters were asking when we would have a repeat of this meet. The 1976 meet was even more successful. As coach of the Woburn Boys Club I can report that every single one of the 53 swimmers from our team did his or her best time ever in at least one stroke! Five of our girls volunteered to time at our next Masters meet because they found so much to learn from watching them. This is certain to become an annual event for all of the teams involved.

## SUBSCRIPTION FORM



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**100 Yard Free**  
Francis Dooley, 47 59.16  
Ham Milroy, 45 1:00.29  
Charles White, 45 1:01.65  
Winthrop Wilson, 49 1:03.25  
Ernie Hulme, 47 1:03.77  
William Christian, 45 1:07.77  
M. T. Ergin, 49 1:15.03  
Robert McWilliams, 47 1:17.15

**200 Yard Free**  
Len Goldstone, 46 2:14.65  
Winthrop Wilson, 49 2:20.49  
Ham Milroy, 45 2:21.97  
Charles White, 45 2:31.30  
Robert McWilliams, 47 2:48.16  
Ernie Hulme, 47 2:55.26

**50 Yard Back**  
Fred Bartlett, 45 35.22  
William Christian, 45 35.24  
Dan Sullivan, 49 35.40  
William Slocum, 46 42.79

**100 Yard Back**  
Fred Bartlett, 45 1:17.06  
Dan Sullivan, 49 1:19.36  
William Christian, 45 1:20.27

**200 Yard Back**  
Fred Bartlett, 45 2:49.18  
Dan Sullivan, 49 2:58.11  
William Christian, 45 3:03.10  
M. T. Ergin, 49 3:30.99

**50 Yard Breast**  
Jurgen Nebelung, 47 33.95  
Milton Marks, 45 35.96  
William Slocum, 46 39.92  
Robert McWilliams, 47 41.4  
Leo Teramette, 49 43.48

**100 Yard Breast**  
Jurgen Nebelung, 47 1:12.91  
Alfred Stein, 47 1:18.73  
Charles White, 45 1:24.12  
Milton Marks, 45 1:25.26  
William Slocum, 46 1:28.18  
M. T. Ergin, 49 1:35.86

Robert McWilliams, 47 1:36.08

**200 Yard Breast**  
Jurgen Nebelung, 47 2:43.69  
Leo Teramette, 49 3:47.62

**50 Yard Fly**  
Len Goldstone, 46 30.16  
Ham Milroy, 45 30.54  
Bill Young, 46 32.53  
Robert McWilliams, 47 40.86

**100 Yard Fly**  
Len Goldstone, 46 1:08.20  
Alfred Stein, 47 1:09.22  
Leo Teramette, 49 1:54.91

**200 Yard Fly**  
Alfred Stein, 47 3:00.64

**100 Yard IM**  
Len Goldstone, 46 1:08.68  
Fred Bartlett, 45 1:15.88  
Milton Marks, 45 1:19.94  
Bill Young, 46 1:21.22

**400 Yard IM**  
Leo Teramette, 49 8:28.34

**MEN 50-54**  
**50 Yard Free**  
Dick Sanborn, 52 27.35  
Jim Forbes, 50 29.55  
Jim Edwards, 53 29.57  
P. Wayne Shadbolt, 51 29.81  
Elliott Schofield, 53 30.12  
William Taylor, 52 34.81

**100 Yard Free**  
Dick Sanborn, 52 1:01.38  
Jim Edwards, 53 1:06.01  
P. Wayne Shadbolt, 51 1:07.05  
Elliott Schofield, 53 1:08.43

**200 Yard Free**  
Jim Edwards, 53 2:26.13  
P. Wayne Shadbolt, 51 2:36.80  
Elliott Schofield, 53 2:41.65

**50 Yard Back**  
Dick Sanborn, 52 32.18  
Bill Rodenbach, 52 34.24  
Jim Forbes, 50 38.24

**100 Yard Back**  
Dick Sanborn, 52 1:11.58  
Bill Rodenbach, 52 1:15.03  
Elliott Schofield, 53 1:32.57

**50 Yard Breast**  
Jim Forbes, 50 33.46  
Henry Lentzsch, 50 36.19  
Bill Rodenbach, 52 39.99

**100 Yard Breast**  
Jim Forbes, 50 1:17.45  
Henry Lentzsch, 50 1:23.16

**200 Yard Breast**  
Chuck McCarthy, 51 3:18.31

**50 Yard Fly**  
Henry Lentzsch, 50 35.06  
Jim Forbes, 50 35.35  
Chuck McCarthy, 51 36.76  
Bill Rodenbach, 52 37.96  
Elliott Schofield, 53 42.20

**100 Yard Fly**  
Chuck McCarthy, 51 1:23.98  
Henry Lentzsch, 50 1:24.64

**100 Yard IM**  
Bill Rodenbach, 52 1:15.83  
Chuck McCarthy, 51 1:27.52

**400 Yard IM**  
Henry Lentzsch, 50 6:23.59

**MEN 55-59**  
**50 Yard Free**  
Cliff Iglay, 57 30.16  
William Varza, 55 35.00

**100 Yard Free**  
Cliff Iglay, 57 1:10.52  
William Varza, 55 1:21.90

**200 Yard Free**  
Cliff Iglay, 57 2:40.74  
Richard Guido, 59 2:44.09

**50 Yard Back**  
Bill Urich, 55 35.79  
John Merrill, 59 36.99  
Dick Guido, 59 37.51  
Cliff Iglay, 57 42.15

**100 Yard Back**  
Bill Urich, 55 1:18.15  
John Merrill, 59 1:20.89  
Dick Guido, 59 1:22.59

**200 Yard Back**  
John Merrill, 59 3:04.80

**50 Yard Breast**  
Edward Cronin, 55 37.33  
Richard Close, 59 45.20

**100 Yard Breast**  
Edward Cronin, 55 1:24.63  
Richard Close, 59 1:46.68

**200 Yard Breast**  
Edward Cronin, 55 3:08.58  
Richard Close, 59 3:59.69

**50 Yard Fly**  
Bill Urich, 55 31.60  
Edward Cronin, 55 32.55  
William Varza, 55 43.91  
Leon Katz, 55 46.57

**100 Yard Fly**  
Jim Pendergrass, 57 1:32.01  
Leon Katz, 55 1:52.92

**200 Yard Fly**  
Leon Katz, 55 4:08.10

**100 Yard IM**  
Bill Urich, 55 1:20.70  
Leon Katz, 55 1:34.55  
William Varza, 55 1:41.71

**200 Yard IM**  
Bill Urich, 55 2:51.62  
Jim Pendergrass, 57 3:01.17  
William Varza, 55 3:51.06

**400 Yard IM**  
Jim Pendergrass, 57 6:35.93  
Leon Katz, 55 8:06.67

**MEN 60-64**  
**50 Yard Free**  
John Sautter, 61 29.25  
Harry Bartlett, 60 30.95  
Fred Stickel, 61 33.40  
Jack Binder, 63 51.24

**100 Yard Free**  
Harry Bartlett, 60 1:09.34  
John Sautter, 61 1:12.73  
Fred Stickel, 61 1:21.48  
Jack Binder, 63 1:53.75

**200 Yard Free**  
Harry Bartlett, 60 2:43.87  
John Sautter, 61 2:55.14  
Jack Binder, 63 4:47.44

**50 Yard Back**  
Larry Smith, 64 33.97  
Stanley Pudell, 60 39.62  
Bob Coyle, 63 41.84  
Fred Stickel, 61 46.57

**100 Yard Back**  
Larry Smith, 64 1:15.13  
Stanley Pudell, 60 1:30.29  
Bob Coyle, 63 1:32.74  
Fred Stickel, 61 1:41.42

**200 Yard Back**  
Larry Smith, 64 2:53.20  
Bob Coyle, 63 3:22.02

**50 Yard Breast**  
Stanley Pudell, 60 39.21  
Bob Coyle, 63 54.36

**100 Yard Breast**  
Stanley Pudell, 60 1:34.28  
Bob Coyle, 63 2:06.88

**200 Yard Breast**  
Stanley Pudell, 60 3:35.39

**MEN 65-69**  
**50 Yard Free**  
Allan Cruickshank, 65 31.65  
Harry Barr, 66 36.80  
George Campbell, 68 36.91  
Bill Warner, 65 37.07  
Thomas Wall, Sr., 68 39.86  
Jim Kiernan, 66 43.05

**100 Yard Free**  
Allan Cruickshank, 65 1:19.09  
Harry Barr, 66 1:24.33  
George Campbell, 68 1:27.88  
Bill Warner, 65 1:35.30  
Jim Kiernan, 66 1:45.47

**200 Yard Free**  
Bill Warner, 65 3:32.34  
George Campbell, 68 3:44.92  
Jim Kiernan, 66 4:01.64

**100 Yard Back**  
Oscar Sigrist, 67 1:37.18

**50 Yard Breast**  
Harry Barr, 66 44.90  
Abe Olanoff, 69 47.96

**100 Yard Breast**  
Abe Olanoff, 69 1:44.03  
Harry Barr, 66 1:45.58

**200 Yard Breast**  
Abe Olanoff, 69 3:47.34  
Harry Barr, 66 4:00.35

**50 Yard Fly**  
Abe Olanoff, 69 54.07

**100 Yard IM**  
Oscar Sigrist, 67 1:29.42  
Abe Olanoff, 69 1:51.22

**200 Yard IM**  
Oscar Sigrist, 67 3:44.18

**MEN 70-74**  
**50 Yard Free**  
G. Harold Langner, 72 37.10  
Henry Francis, 70 43.45  
David Evans, 73 48.03

**100 Yard Free**  
G. Harold Langner, 72 1:22.87  
David Evans, 73 1:48.17  
Henry Francis, 70 1:51.77

**200 Yard Free**  
G. Harold Langner, 72 2:58.29

**50 Yard Back**  
Henry Francis, 70 55.93

**50 Yard Breast**  
David Evans, 73 1:00.87

**100 Yard Breast**  
G. Harold Langner, 72 2:04.56

**50 Yard Fly**  
Henry Francis, 70 58.33  
G. Harold Langner, 72 1:11.59

**100 Yard IM**  
Henry Francis, 70 2:13.81

**MEN 75-79**  
**50 Yard Free**  
Earl Lyon, 75 48.70

**50 Yard Back**  
Earl Lyon, 75 58.17

**100 Yard Back**  
Earl Lyon, 75 2:11.09

**50 Yard Breast**  
Earl Lyon, 75 1:06.43

**100 Yard Breast**  
Earl Lyon, 75 2:39.36

**FREE RELAY**  
**MEN 25+**  
Conn. Masters (Phippen, Laux, Platt, Gitlin) 1:36.78  
New England Masters (Toensing, Butler, Sullivan, Murray) 1:37.11

**MEN 35+**  
Jersey Masters (Sanborn, Robinson, Lentzsch, Stott) 1:57.57

**MEN 45+**  
Conn. Masters "A" (Dooley, White, Milroy, Goldstone) 1:46.43  
New England Masters (Hulme, Edwards, Bartlett, Wilson) 1:51.95  
Conn. Masters "B" (Christian, Schofield, Shadbolt, Rodenbach) 1:57.71  
Metro Masters (Forbes, Young, Cruickshank, McWilliams) 2:04.36  
Metro Masters (Barr, Guido, Katz, Cronin) 2:09.30  
Conn. Masters (Evans, Francis, Lyons, Langner) 2:58.83

**MEDLEY RELAY**  
**MEN 25+**  
Metro Masters (Smith, Kurtin, Amira, Weick) 1:54.2  
Conn. Masters "A" (Platt, Laux, Davis, Kirby) 1:56.8  
Jersey Masters (Flynn, Snow, Thatcher, Likins) 1:58.7  
Conn. Masters "B" (Christian, Fleming, Gitlin, Coplan) 2:03.2  
Metro Masters (Lincoln, Holland, Siebold, Brunstad) 2:07.61

Metro Masters 2:11.89  
(Raisfeld, Forbes, Young, Sheppard)  
New England Masters 2:17.08

**MEN 45+**  
Conn. Masters (Dooley, Goldstone, Nebelung, Rodenbach) 2:03.08  
Jersey Masters (Sanborn, Lentzsch, Stein, Sullivan) 2:06.48  
New England Masters (Smith, Bartlett, Uhrich, Hulme) 2:09.58  
Metro Masters (Guico, Barr, Cronin, Cruickshank) 2:27.30  
Conn. Masters (Sautter, Varza, Merrill, Bartlett) 2:30.97  
Jersey Masters (Coyle, Sigrist, Pendergrass, Stickle) 2:32.55

**MIXED FREE RELAY**  
**25+**  
Conn. Masters "A" (Miller, Slimak, Phippen, Davis) 1:42.69  
Metro Masters "A" (Katz, Murphy, Smith, Weick) 1:53.96  
Conn. Masters "B" (Laux, Olmsted, Platt, Sautter) 1:54.22  
New England Masters (Tendy, McIntyre, Butler, Toensing) 1:59.73  
Metro Masters "B" (Gioia, Metz, Raisford, Amira) 2:10.40  
Jersey Masters (Moeller, Arthur, Robinson, McCoy) 2:03.78  
Conn. Masters "A" (Brunstad, Kearney, Viola, Gilmartin) 2:05.73  
Conn. Masters "B" (Hummel, Parker, Scutt, White) 2:15.48  
45+  
Conn. Masters (Schofield, Shadbolt, Phillips, Pieretti) 2:07.50  
Metro Masters (Costello, Censor, Young, Forbes) 2:21.2  
Jersey Masters (Haywood, Cleary, Pendergrass, Iglay) 2:26.41

**100 YD IM**  
Tom Ertel 28 1:04.87  
Ron Krier 29 1:05.48  
Mike Justus 25 1:10.03  
Robert Becker 26 1:15.71

**MEN 30-34**  
**500 YD FREESTYLE**  
Lew Brumm 33 6:56.74

**50 YD BREASTSTROKE**  
John Goetz 33 1:34.87

**100 YD BREASTSTROKE**  
John Goetz 33 1:15.35

**100 YD BUTTERFLY**  
Lew Brumm 33 1:00.53

**200 YD IM**  
John Goetz 33 2:37.81

**MEN 35-39**  
**100 YD FREESTYLE**  
Allen Grant 35 1:09.58  
**200 YD FREESTYLE**  
Allen Grant 35 2:41.00  
**500 YD FREESTYLE**  
Allen Grant 35 7:17.84  
**50 YD BREASTSTROKE**  
Allen Grant 35 1:41.72

**MEN 40-44**  
**100 YD FREESTYLE**  
J. C. Brenton 41 1:01.57  
**200 YD FREESTYLE**  
J. C. Brenton 41 2:20.20  
**100 YD IM**  
J. C. Brenton 41 1:10.71

**MEN 45-49**  
**100 YD FREESTYLE**  
Paul Girdes 48 1:00.51  
Eric Youngquist 48 1:02.29  
Frank Feld 48 1:23.82  
**200 YD FREESTYLE**  
Bob White 48 2:17.31  
Eric Youngquist 48 2:20.62  
Paul Girdes 48 2:21.59  
**500 YD FREESTYLE**  
John Bauman 45 6:32.35  
Paul Girdes 48 6:35.58  
Eric Youngquist 48 6:43.01  
Robert Kueny 45 6:58.85  
**100 YD BACKSTROKE**  
Frank Feld 48 1:28.84  
**50 YD BREASTSTROKE**  
Robert Kueny 45 1:33.46  
Frank Feld 48 1:42.02  
**100 YD BREASTSTROKE**  
Robert Kueny 45 1:13.09  
John Bauman 45 1:25.16  
Frank Feld 48 1:32.83  
**100 YD BUTTERFLY**  
Robert Kueny 45 1:13.17  
John Bauman 45 1:13.71  
**200 YD BUTTERFLY**  
John Bauman 45 2:56.33  
**200 YD IM**  
Bob White 48 2:35.58  
Robert Kueny 45 2:37.32  
John Bauman 45 2:49.24

**RESULTS**  
**Wauwatosa, Wisconsin**  
April 10, 1976  
**25 Yd Pool Sanction #75-69**

**WOMEN 30-34**  
**100 YD FREESTYLE**  
Jean Staerkel 34 1:35.65  
**200 YD FREESTYLE**  
Jean Staerkel 34 3:42.18  
**50 YD BACKSTROKE**  
Jean Staerkel 34 1:48.54

**WOMEN 35-39**  
**100 YD FREESTYLE**  
Jean Nitkowski 35 1:22.60  
Kay Juechter 39 1:23.72  
**200 YD FREESTYLE**  
Kay Juechter 39 3:16.60  
**500 YD FREESTYLE**  
Kay Juechter 39 8:48.97  
**50 YD BREASTSTROKE**  
Barb Russell 36 1:41.91  
Jean Nitkowski 35 1:42.20  
**100 YD BREASTSTROKE**  
Barb Russell 36 1:32.20  
Jean Nitkowski 35 1:34.15  
**100 YD IM**  
Jean Nitkowski 35 1:36.07

**500 YD FREESTYLE**  
Clif Brown 69 16:58.08  
**50 YD BACKSTROKE**  
Clif Brown 69 1:57.05  
**100 YD BACKSTROKE**  
Clif Brown 69 2:47.52  
**50 YD BREASTSTROKE**  
Clif Brown 69 1:42.06



# Masters Compete At Brophy



**THE OLDEST** competitor at the WIU Masters Swimming Meet being held at Brophy Hall this weekend is 77 year old Frances Watkins, who is pictured here on the left at the start of the 50 yard backstroke. She is swimming next to 75 year old Winifred Hughes.

(Journal Photo)



**MACOMB RESIDENTS** swimming in the sixth annual WIU Masters Swimming meet are pictured above. They are front row, from left, Gil Belles, Joan DePuy, Cathy Prange, Nancy Begley, Patti Hutinger, Charlene Distefano and Paul Hutinger. Back row from left, Jim Hilliard, Chick Flack, Jay Balderson, Joan Domitrz, Jerry Purdum, Mark Tatge, Gregg Jeffers and Brian L'Honmedieu.

(Journal Photo)

By ALAN ICENOGLE

A different kind of competition is going on at WIU's sixth annual Masters Swimming meet being held this weekend at Western Illinois University's Brophy Hall Pool.

As 77 year old Frances Watkins of Chicago, the oldest competitor at the meet says, "I like to improve my time each time I swim, but I don't always do it. I also try to swim in good form," added Miss Hughes after completing the 50 yard backstroke, three seconds slower than her time at the same meet a year ago. "I almost always mess up on a turn," she added.

National age group records are kept, but to most masters swimmers the personal records and the extra bonuses of swimming seem to be more important.

"Its definitely promoted my physical condition," says Miss Watkins, who swims three times weekly at distances of 1,500 meters free style plus some backstroke.

Miss Watkins has been swimming in masters meets since 1973 when she was a mere lass of 74.

"I was swimming at Chicago Circle," remembers Miss Watkins "when they were planning and preparing for a meet there and someone persuaded me to enter—and I'm glad they did."

Miss Watkins swims in two or three of the meets a year.

Over 80 swimmers from Texas, Kansas, Missouri, Iowa, Nebraska, Indiana and Wisconsin as well as Illinois are competing in the masters meet at WIU, which is under the direction of Paul Hutinger, at 51, himself a holder of many age group records.

Miss Watkins highly recommends swimming as recreation. "I think it's probably the best exercise for people to get and stay in good physical condition," says Miss Watkins, who says she was always interested in sports but settled on swimming "Because you don't need a team or partner and you're not dependant on the weather."

"I'm afraid I won't make a very interesting story, but I guess that most people think that by the time you're 77 you should be in a wheel chair," Miss Watkins, who doesn't look a day over 65, adds.

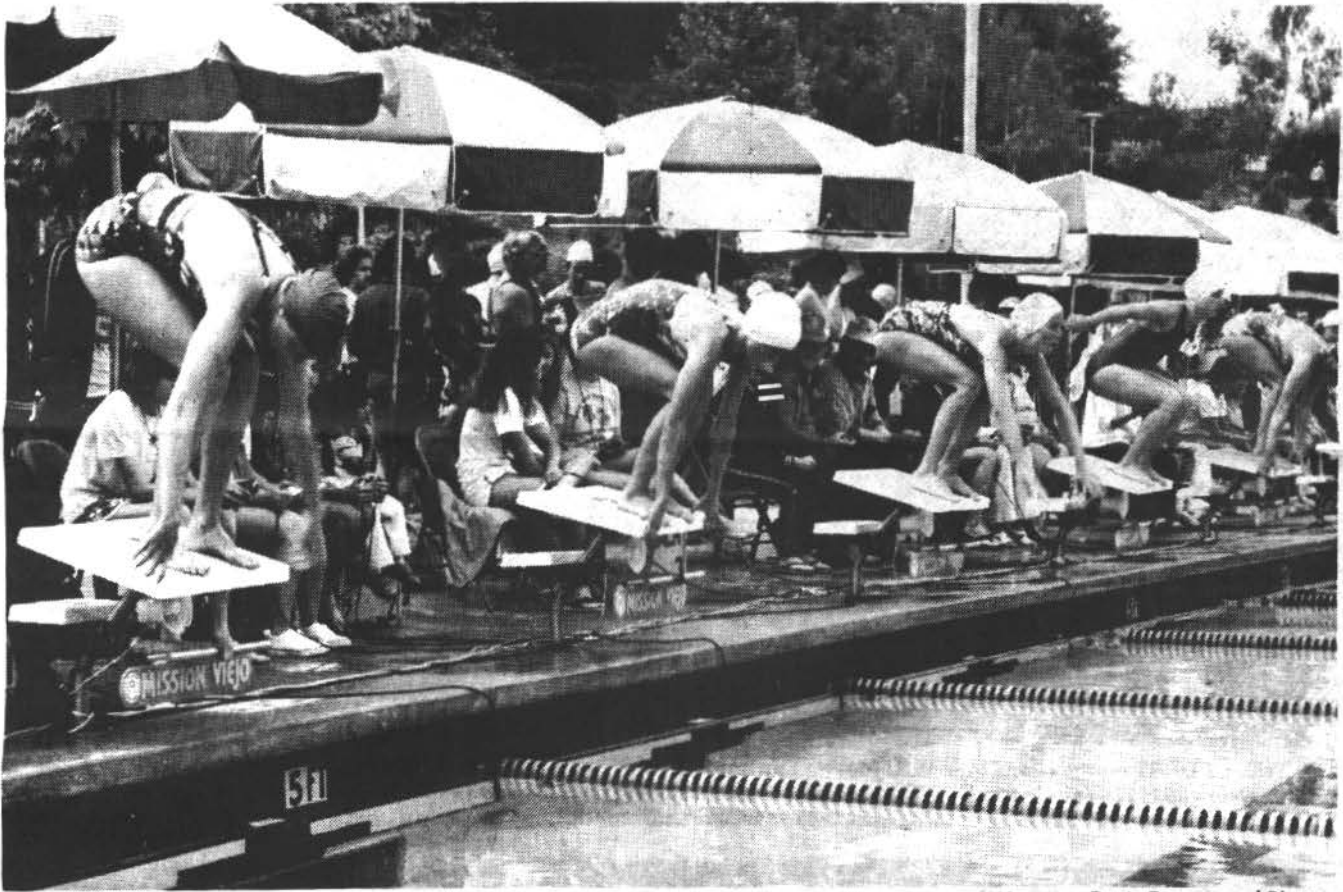
The oldest swimmer at the meet admits that there are days when she just doesn't feel like taking a 1,500 meter dip in the pool, but adds that "I go anyway and I'm always glad I do."

# NATIONAL SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS

8—The Daily Sun-Post

Tuesday, May 18, 1976

San Clemente, CA



Doris Drummond Photos



The three day short course AAU Masters National Championships, held at Mission Viejo Marguerite Recreation Center, May 14, 15, and 16, attracted more than fifty former national and Olympic swimmers, as well as many others. In Masters swimming programs, the contestants compete in five year age group categories, beginning with 25 to 29, and ending with 80 and over. Among formerly well-known swimmers at the event were, from left, Ray Hakomaki, Mary Jane Sears Parks and Burwell Jones. Hakomaki, swimming in the 55 to 59 age group, graduated from the University of Minnesota in 1943, where he represented the University in the NCAA Championships. He is presently the Masters record holder in the 50 and 100 yard freestyle in his age bracket. Mrs. Parks, a 1956 Olympic bronze medalist, defended two events in the Masters. She swims in the 35 to 39 year old group. Jones represented the USA in the 1952 Olympics. In the 40 to 44 age group he holds 27 National Masters records.

# Seattle's Miller Named Pine Crest Swim Coach

By JOHN WOLIN  
Staff Writer

Bob Miller, the man who developed Rick and Lynn Colella, has been named the new head swim coach at Pine Crest school.

Miller, 47, replaces the resigned Rose Mary Dawson, who served in the position since the resignation of U. S. Women's Olympic coach Jack Nelson just over a year ago.

The 1974 American Swim Coaches Association Coach of the Year, Miller comes to Pine Crest from Seattle. He served there as the head swim coach for Juanita High and the Totem Lake Swim Club.

The Colellas came out of Totem Lake, but Miller has also had swimmers in the '56, '60, and '68 Olympics. He was an Olympian himself in the 1956 Games, competing in the Modern Pentathlon which includes horse back riding, epee fencing, pistol shooting, 300-meter swim, and 2 1/2 mile run.

As one of the Pan Am Games swim coaches coaches this past summer, Miller is well aware of the swimming programs already established in the Fort Lauderdale area.

"I realize Jack Nelson has built quite an empire and I think he does a great job," said Miller. "But there are enough good swimmers in this area for two strong teams. Pine Crest is an excellent place for a base to start one."

Miller, who has his Masters degree in physical education from the University of Washington, swam for the Huskies as an undergraduate. He competed in the 1951 NCAA championships.

After college, he helped built four Olympic Swim Schools in the Seattle area. He has operated them for 15 years in conjunction with his two partners.

Former 1500-meter world record holder Steve Kraus is one of the swimmers Miller developed through the club.



Tribune Chronicle, Warren, O., Thur., May 13, 1976

## Gains half distance by swimming

WINDSOR, Canada (AP) — It's 624 miles from here to the Olympic site in Montreal and 74-year-old Boyne "Ben" Wiseman has covered about half the distance — swimming.

However, he's not stroking across Lake Erie and down the Welland canal. The project is part of a recreation center swimming program and the participants do their swimming in the pool.

The program was set up for people who swim during the noon hour, and Wiseman is the oldest of 13 participants. He's also leading.

His philosophy: "Life begins at 70 and I'm only four years older than that."

### AT THE NATIONAL CHAMPIONSHIPS IN MISSION VIEJO, CALIFORNIA

1. Judge Robert E. Beach presents the Capt. Ransom J. Arthur, M.D. Award to Ted Haartz, the 1975 recipient. Ted writes: "I would like to take this opportunity, through the medium of Swim-Master, to thank the Ransom Arthur Award Committee in particular, and all the Masters swimmers in general, for the very high honor bestowed on me at the Short Course Nationals at Mission Viejo. The receipt of this award was a singular honor which I will always cherish. My association with Masters swimming these past 6 years has provided a sense of fulfillment, achievement, enjoyment and general good health. I have never had the good fortune and opportunity to be associated with a more congenial and wonderful group of people. I also wish to take the opportunity to thank Enid Uhrich and Ed Reed for the untold hours they have put into the tabulation of times. Without their help, the total job would have become impossible. Once again, thank you. Sincerely, Ted Haartz"
2. Patric Mills (DC Masters), Jane Katz (Metro Masters of New York) and Cease Brown (Navy).

### AT THE LONG COURSE MEET IN ST. PETERSBURG, FLORIDA

3. From Texas - Joanne May, Graham Johnston and Jamie Stewart
4. From Georgia - Vernon Dasch, Fred Stokes, John Quanrud and Dan Rueff
5. From Tennessee - Judy and James Green

# Carpenters Clown Way To Diving Title

The Miami-based Carpenters clown diving team won its event to highlight yesterday's competition in the AAU Masters Indoor Diving Championships at the Hall of Fame pool.

The Cid Brooks-led Carpenters used a multitude of props to keep the sparse crowd laughing as they scored 228 points.

Wearing British bowlers and continually talking it up with the crowd,

## Masters Diving at Hall of Fame

### MEN

#### Three-Meter

25-29 — 1. Steve Greyvornning, Bayshore, N. Y., 351.95; 30-34 — 1. Nate Holt, Brandon, 406.00; 35-39 — 1. Fred Fox, San Juan, Calif., 386.20; 40-44 — 1. Rich Lawler, Houston, Tex., 309.00; 2. Jerry Anderson, Jupiter, 287.25; 45-49 — 1. Jack Harbourne, Fairfax, Va., 291.35; 2. Ed Cranes, Lincoln, Neb., 279.25; 3. James T. Moore, Fort Lauderdale, 241.00; 50-59 — 1. Brud Cleveland, Santa Monica, Calif., 244.10; 2. John Edwards, Miami, 203.75; 60-69 — 1. Bill McAlister, Madera, Calif., 214.50; 2. Charlie Diehl, Miami, 209.00; 3. Joseph Mone, 159.25; 70-79 — 1. John Sable, Santa Monica, Calif., 113.7.

#### Individual Clown Diving

1. Sid Brooks, Miami, 244.00; 2. William Cunningham, Miami, 226.00; 3. Brud Cleveland, Santa Monica, Calif., 214.00; 4. Nate Holt, Brandon, 210.00; 5. Joseph Mone, Pico Rivers, Calif., 148.00.

#### Team Clown Diving

1. The Carpenters, Miami, 228.00; 2. Johnny and Jimmy, Miami, 204.00.

#### Grand Masters

1. Nate Holt, Brandon, 470.30; 2. Richard Lawler, Houston, 449.90; 3. Jerry Anderson, Jupiter, 435.75.

#### Senior Grand Masters

1. Jack Calhoun, Pompano Beach, 327.15; 2. Jack Harbourne, Fairfax, Va., 287.75; 3. Bill McAlister, Madera, Calif., 280.85; 4. Brud Cleveland, Santa Monica, Calif., 250.10.

### WOMEN

#### One-Meter

25-29 — 1. Lt. Marsha Lutz, USAF, Fairfield, Calif., 347.30; 2. Nancy Holt, Brandon, 328.30; 30-34 — 1. Judith Coble, Harrisburg, Pa., 292.80.

the Johnny (Bowers) and Jimmy (Goodhead) team from Miami scored 204 points for second place.

In the individual clown diving competition, area divers again dominated the action with Brooks winning with 244 points. He was trailed by Miami's Bill Cunningham, 226; Brud Cleveland, Santa Monica, Calif., 214; Nate Holt, Brandon, 210; and Joseph Mone, Pico Rivers, Calif., 168.

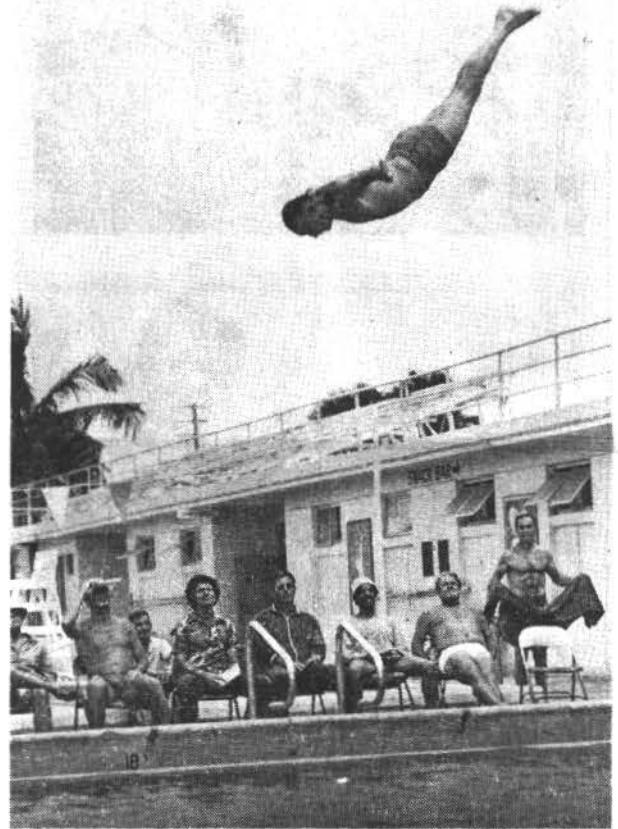
"Both of the clown diving acts were tremendous," said Ted Kellar, the meet director. "It could have easily gone either way. It was very difficult to pick between the two.

"There's really no comparison between the Miami teams and the California divers. The Miami guys, are really show people. They come to perform."

In other events yesterday, Holt had the highest score among the men competing on the three-meter board, winning the 30-34 age group with 406.00 points.

Lt. Marsha Lutz of the USAF at Fairfield, Calif., was the highest woman scorer on the one-meter board, taking the 25-29 age group national title with 347.30 points.

Holt was also the top scorer among the Grand Masters with 470.30 points, and Jack Calhoun of Pompano Beach led the Senior Grand Masters with 327.15.



JOHN COPELAND / Miami Herald Staff

A COURTLY BOW to the judges concludes Joe Mone's dive in the Masters Tournament at Fort Lauderdale's Swimming Hall of Fame pool. Mone, 69, is still active as a comedy diver in Las Vegas. From 1925 to 1928 he was senior diving champion, in 1933 he was in the cast of the Watercade at the World's Fair and, during the 1960's, coached at Sarasota High School.

## Woman Swims to Beat Polio, Wins 5 Gold Medals At Age 82

ALEXANDRIA, Va. — Nellie Brown can make your head swim—if you watch her splash through the Alexandria YMCA pool in one of her daily, non-stop half-mile workouts.

Mrs. Brown, who retired at age 77 after teaching in Roanoke and Alexandria public schools for 42 years, spends five mornings a week at the Y, helping handicapped children learn to swim after she swims a half-mile and takes classes in water ballet. Since she began swimming regularly at age 68, she has logged about 600 miles in workouts.

Now 82, she recently decided to swim competitively, joining the Washington, D.C., Masters Swim Team. She wears thick glasses be-

cause of sight defects and never puts her head under water.

A childhood case of polio left Mrs. Brown with a left arm and leg shorter than their counterparts. When she was 40 and taking summer classes at a Virginia college to renew her teaching certificate, a young physical education instructor taught her to swim. Swimming loosened her muscles and she found she could walk with less difficulty. It wasn't until 1961, when she was 68, that Mrs. Brown started swimming regularly.

She travels extensively and has taken a swim in bodies of water from the Pacific Ocean to the Sea of Galilee. She also is active in her church and frequently gives talks to church groups and older persons about Y swim programs and mission studies. One of her recent talks was titled, "The Last Years of Our Lives are the Best Years of Our lives."



## Masters Diving At Hall Of Fame

# MASTERS SWIMMING NOTES

**SHORT COURSE NATIONAL CHAMPIONSHIPS** - On behalf of the 820 people representing 103 Clubs we wish to thank Guy Barnicoat and all of the people at Mission Viejo for making the meet so enjoyable. Mark Schubert, coach of the Mission Viejo Nadadores, worked hard setting up those beautiful lane lines! Guy writes, "Just a note in retrospect to tell you and the swimmers you represent how much we, 'The Mission Viejo Nadadores', enjoyed having you at our facilities for your 1976 Short Course National Championships. This meet will be a lasting experience that we will not forget. Your people were outstanding in quality swims as well as congeniality. They were an inspiration to our swimmers, both old and young. This was our club's first experience with Masters Swimming and we made some mistakes, but we hope that the plus factors overruled our minus qualities and that you consider the Mission Viejo Nadadores and our Community for future competitive meets. Again, on behalf of the Community, the Mission Viejo Nadadores, I want to express our sincere thanks to you and your swimmers, without whom there would have been no meet!"

**ALL AMERICAN CERTIFICATES** - The certificates and patches were given out at the SC Nationals to those who were there OR were sent to those that I could find addresses for. However, a few remain that I cannot find an address anywhere and if anyone knows the addresses, please send them to me for: Gary Dilly, Yoshi Oyakowa, Bill Wood, Al Kallunki, Susan Peterson and Bee Johnston.....

**LONG COURSE NATIONAL CHAMPIONSHIPS** - Wade Barber and his group in St. Louis are considering using the four day meet format as set out on page 64 of the Swimming Rule Book.

1st Day	2nd Day	3rd Day	4th Day
200 back	200 I.M.	200 Free	1500 Free
50 free	50 Fly	100 Fly	
200 brst	100 Brst	100 Back	
200 F.R.	400 Free	100 Free	
	200 M.R.	200 M.F.R.	

The meet would start Thursday, August 26th.....

**TESTIMONIAL** - Donna Edelbaum writes, "...I'm 42 years old and have participated in Masters for over 2-1/2 years. It is one of the greatest programs I've ever heard of, and it has completely changed my life. I have never been in such good shape. The people in the program are marvelous, and I feel fortunate that I can be a part of an organization that has such leaders as Enid, Bill, Jim Edwards, and the rest.".....

**BROCHURES** - Our SWIM TODAY brochures have gone fast - almost 7,000 have been distributed. One letter received goes like this: "Dear Ms. Krauser; I've just finished reading an article in a small thirty page magazine which appeared with my mail today. The magazine is called Pool 'n Patio, and addressed to Pool Owner. Apparently it is a sample copy. Now normally, this magazine along with the advertisements and other assorted 'junk mail' would be deposited in the waste basket and forgotten. But on the cover of the magazine was a list of the articles it was presenting. The article that caught my eye and thus is prompting this letter was entitled 'A Masterful Way to Shape Up,' written by Burt Lifshiz. The article was a most interesting article to me. In fact, before I was half way through the article, I had to turn the pages quickly to find out if the author gave an address or information regarding further information on where I can get involved. Masters Swimming sounds like a winner to me and should be my cup of tea. I am probably a typical applicant. Age 41, over weight, smoke too much, work at a desk job and trying desperately to conquer all of the above. Being captain of the high school swim team in my youth and enjoying swimming and the spirit of competition is still fresh in my memory. Please send information about the Swimming Masters in my location. Thank you. David G. Strom!....."

**MOMENTS OF GLORY** by MARK COUGHLIN - An epic of four voyages around the sun constitutes the glorious resurrection of youth which has perpetually captivated the souls of many adults in the Metropolitan Washington area, and indeed middle-aged America. Last Sunday, 28 March, our team celebrated an anniversary which began in early May 1972. Three team championships later we are yet hungry for more victories over obesity, cancer, alcoholism, age and the number one killer, Heart Disease. One of the prime generators of drive and training regimen is our venerable coach, Joe Rogers of American University. Truly he is more responsible for our success than any one besides our Prophet, and Founder Ransom J. Arthur, the Father of Masters Swimming. Individually, we all have our own reasons; collectively we enjoy companionship, team spirit and the estasy of performing in the art of competitive swimming, at a level sometimes greater than 95% when we were in our prime. May, with the help of God, this continue indefinitely for all of us as we continue our celestial journey.....

**SENATE JOINT RESOLUTION #19 MASTERS SWIM PROGRAM** - Rosalie Silber Abrams introduced the following resolution to the Senate of Maryland: A Senate Joint Resolution concerning Masters Swim Program FOR the purpose of requesting certain officers of the Commission on Physical Fitness to initiate a Masters Swim program for those age groups prone to heart disease. WHEREAS, The number of Americans afflicted with heart disease has increased steadily over the past thirty years; and WHEREAS, Exercise is an effective means of reducing heart disease because it assists the heart in pumping blood more efficiently throughout the body; and WHEREAS, Swimming is an exercise which has a dramatic effect in reducing the cholesterol level, a major ingredient in heart disease; and WHEREAS, Swimming is the most popular participatory sport and an exercise which people who are prone to contracting heart disease can perform and enjoy; and WHEREAS, Even the peripheral aspects of swimming such as wading, floating, and merely standing in water, have beneficial effects on the heart, and WHEREAS, the State Commission on Physical Fitness has responsibility to initiate programs which protect and improve the physical fitness of the residents of this State; now, therefore, be it RESOLVED BY THE GENERAL ASSEMBLY OF MARYLAND, That the Chairman and Executive Director of the Commission of Physical Fitness be requested to initiate a Masters Swim program which permits the participation of those age groups prone to heart disease; and be it further RESOLVED, That copies of this Resolution be sent to Mr. Harry D. Kaufman, Chairman, Commission on Physical Fitness, 610 N. Howard St., Baltimore, MD 21201.....

**AN INTERVIEW** - Gina Lollobrigida recently interviewed Dr. Henry Kissinger. Q. How can you relax? A. I like to swim. Swimming is the best sport to keep fit the whole time, to get energy. The rest of the time...as you said, I'm working.....

**SYMPATHY** - We wish to express our deepest sympathies to Bill Markert on the recent death of his wife. Bill is Director of Communications for the National Swimming Pool Institute and has attended several of our Championship Meets.....

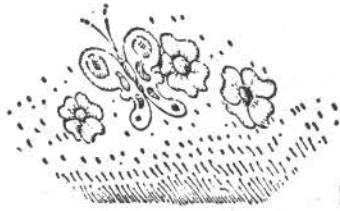
**WHAT MASTERS SWIMMING MEANS TO ME** - Bill Rule, May 1974 - First, Master's swimming means much nicer medals than I usually got when I was a highschool, college freshman, and AAU swimmer. Second, it means friendly competition. Third Master's swimming makes me set and meet specific goals that are essential to get my body to function as well as it can in my fight against cancer. I swam in my first Master's meet in August of 1972, one year after a malignant tumor caused removal of part of my left foot. I entered every meet in the Seattle area in 1972, 73, and 74. My cancer wasn't cured but I developed new strength and endurance. This spring, a malignant tumor formed within my brain, causing seizures and paralysis of my left arm. The tumor was removed but my arm was still paralyzed. On the day I left the hospital I started swimming. My goal was to swim the 200 yd free in the May 11 meet. By accomplishing that goal, I regained most of the function of my left arm. Wm. Rule died on Friday, Dec. 5, 1975 at the age of 44. In spite of the hardships inflicted by cancer his courageous outlook has perhaps enriched the lives of all he touched..

# SWIM-MASTER

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



## FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL V - No 5

## 1976 SWIM CALENDAR

<u>Hawaii Association</u> - Richard Merritt, 4326 Aukai Ave., Honolulu, HI 96816 JUL 11, AUG 1
<u>Ohio Association</u> - Roy Stickney, 235 North Remington Rd., Bexley, OH 43209 JUN 6, JUL 11, AUG 1, AUG 14-15
<u>Oregon Association</u> - Connie Wilson, 10315 SE 82nd, Portland, OR 97266 JUN 6, JUL 18
<u>Pacific Northwest Association</u> - Steve Engel, 2005 So. 308th, Federal Way, WA 98002 JUN 5, JUL 10-11, AUG 13-14
<u>Pacific Association</u> - Dore Schwab, Gray Oaks, Box 772, Ross, CA 94957 JUN 12-13, JUL 10-11, JUL 30 or AUG 1, SEP 11-12, OCT 9-10, DEC 4/5 NOV 20-21
<u>Southern Pacific Association</u> - Don Rankin, 11731 Heathcliff Dr., Santa Ana, CA 92705 JUN 6, JUN 19, JUL 10, JUL 24, AUG 14-15, AUG 29, SEP 18
<u>Southern Pacific Diving Schedule</u> - Brud Cleaveland, 1520 Bay St., Santa Monica, CA JUN 12-13, JUL 11, NOV 7
JUN 5-6 Oakville Inv. - Ken Allen, 132 Cross Ave., Oakville, Ontario, Canada
JUN 12-13 Sr. Olympics (Swimming, Diving and Water Polo) - Judy Bell, Aquatics Div., Los Angeles County Rec. Dept., 155 W. Washington Blvd., Los Angeles, CA
JUN 26 Tar Heel LC - Dick Lortie, 1227 S. Hawthorne, Winston Salem, NC 27103
JUN 27 Oak Park, IL - Howard J. Amey, 25601 Enrico Fermi Ct., Box J, Warrenville, IL
JUL 18 Schaumburg, IL - Irene David, 1808 Epping Pl, Schaumburg, IL 60194
JUL 24 NATIONAL LONG DISTANCE CHAMPIONSHIPS - Clifford S. Brown, N76W22300 Cherry Hill Road, Sussex, WI 53089
JUL 24-25 WBP-LC - Don Short, 408 Lighthouse Dr., North Palm Beach, FL 33408
JUL 30-31 LC - Mush Van Dolson, County of Nassau, Dept. of Rec. and Parks, AUG 1 Eisenhower Park, East Meadow, NY 11554
JUL 31 Duke University - Dot Ressigue, Box 7, Tar Heel, NC 28392
JUL 31-AUG 1 Bi-Centennial - Ray Chen, 9713 Digging Rd., Gaithersburg, MD 20760
AUG 7-8 LC-Atlanta - Fred Stokes, 1654 Cody Circle, Tucker, GA 30084
AUG 14-15 LC-Conn. - Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162
AUG 26-29 NATIONAL LC CHAMPIONSHIPS - Wade Barber, 7314 Whitehaven Dr., St. Louis, MO
SEP 4-6 4(Maui Channel Swim), 5 (LC meet), 6 (Rough Water) Bob Rocheleau, 6229 Kawaihae Pl., Honolulu, HI 96825

ROUGH WATER (OCEAN) SWIMS - CALIFORNIA - JUN 27 Santa Barbara; JUL 3 Huntington Beach; JUL 4 Coronado; JUL 10 Newport Beach; JUL 11 Santa Monica; JUL 18 Imperial Beach; JUL 24 Zuma Beach (Malibu) & Coronado; JUL 25 Coronado Triathlon (bicycle-swim-run), San Francisco, & Seal Beach; AUG 1 Hermosa Beach; AUG 7 Hermosa Beach; AUG 14 Santa Cruz; AUG 15 Laguna Beach; AUG 21 Santa Monica; AUG 22 Long Beach; SEP 4 Maui Channel 6-person relay; SEP 6 Oceanside & Waikiki Beach Honolulu; SEP 12 La Jolla; SEP 18 Sr. Olympics Ocean Aquatics at Zuma Beach; SEP 19 San Diego Swim-Run-Swim. For info, send stamped, self-addressed envelope to Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045.