



# SWIM-MASTER

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## SOME RESULTS OF HIGH ALTITUDE CONDITIONING

by  
Jack Warren

During the past seven years, the Rocky Mountain Masters Swimming program has attained a level of interest and popularity that has exceeded the initial goals anticipated by the developers of the program here in Colorado. Although the majority of our swimmers come from Denver, there are contingents from Boulder, Colorado Springs and from other exotic places like Vail and Durango. The things that distinguish RMM swimmers are their friendliness, enthusiasm and the fact that they train at altitude. It is this latter characteristic that I wish to talk about and share with you.

I believe there is a general understanding regarding high altitude conditioning. That is, for a swimmer who trains at altitude, it can be expected that he will improve his performance on the order of 4 to 7% when swimming at sea level over distances such as the 500 and 1650 yard events. Also, little or no improvement can be expected in the events up to and including 200 yards except in the ability to recover in a shorter period of time.

Putting it another way, for the same amount of effort by the cardiovascular system, a swimmer who trains at altitude can improve his performance at sea level from 4 to 7% in the 500 and 1650.

The exercise physiologists that I have talked with in this area confirm that these are reasonable expectations. Although they are mainly into 'track', they mentioned that the high altitude effect would also apply to distance swimming. Seeking further advice, I mentioned my intention of taking pulse measurements of master swimmers competing in the Denver Open and for comparison, at the Nationals at Mission Viejo. While encouraging me to follow up with this plan, they suggested that more useful data could be obtained from the taking of blood samples and measurements of residual oxygen in lung volume. These data would, of course, have to be collected immediately following a vigorous effort both at an altitude and a sea level location for comparison.

Since I lacked the knowledge and training to undertake the collection of such sophisticated data, not to mention the required instrumentation, I decided to go ahead with my original plan recognizing that although the data would be considered crude, it might still be useful.

Accordingly, pulse data is presented from eight RMM swimmers. These data was collected immediately following completion of their efforts at Denver, Colorado and at Mission Viejo, California. For consistency, the pulse information was measured at the arotid artery with a six second count. The elapsed times are shown to indicate the quality of the effort. Ages and resting pulses are also listed. Where data is omitted, the event was either scratched or pulse measurements were not collected.

As has been mentioned before, this has been a very crude approach to what I believe to be a very interesting facet of Masters conditioning. My basic motivation for pursuing these tests was a suggestion that heavy exercise places less strain on the heart at altitude than at sea level. The logic behind this apparent paradox is this; heavy exercise at sea level is limited by the ability of the heart to pump blood. At altitude, exercise is limited by the ability of the diaphragm and chest muscles to move air in and out of the lungs. This lung function will then limit the amount of exercise before maximum stress is placed on the heart. Further, the amount of exercise that can be performed at altitude is less than at sea level, suggesting less cardiac work.

In order to substantiate this, one would look for noticeable increases in pulse rates for sea level efforts. As the reader can see, there is insufficient evidence to support this theory. Whether or not the few increases suggest that there might be some validity to the theory, I'm not sure. Perhaps the theory would be much more in evidence at a higher altitude than Denver.

An interesting adjunct to my original intention was uncovered when I computed speed. As an example, Bill Williams had an improvement of 82 seconds from altitude to sea level in the 1650. His average speed over this course, altitude to sea level, was 1.34 to 1.44 yards per second.

His additional effort at sea level amounts to 3.6 inches per second. I particularly wish to thank Hank and Karen Zentgraf who helped me collect the pulse data and my colleagues who graciously accepted to participate in this experiment.

ALTITUDE - SEA LEVEL COMPARISONS

<u>SWIMMER</u>	<u>AGE/PULSE*</u>	<u>200 YDS</u>	<u>500 YDS</u>	<u>1650 YDS</u>
JIM GREEN	45/54	2:55.66/160 XXXXXXXXXXXX	7:52.99/160 7:31.40/145	27:18.00/170 26:07.00/170
ED TALMAGE	59/70	2:59.77/XXX 2:56.10/XXX	8:35.76/152 7:41.30/160	28:22.65/140 29:04.37/130
HERB WALLOWER	57/62	2:29.41/150 2:31.20/150	7:28.66/180 7:06.53/180	
WARREN KLEIST	57/48	2:24.61/150 2:21.27/144	6:52.46/140 6:33.92/180	
HANK ZENTGRAF	44/59	2:29.24/182 2:23.00/170	7:38.76/172 7:08.06/185	28:43.73/172 26:22.98/172
BILL WILLIAMS	48/55	2:11.32/156 2:03.84/170	XX XX XX XX 5:34.61/200	20:25.63/168 19:03.00/170
DON MAY	41/60	2:12.74/190 2:12.16/170	6:12.71/190 6:00.37/170	21:58.67/200 21:09.43/190
TERRY ANDERSON	38/55	2:14.53/164 2:13.07/XXX	6:32.03/176 5:54.14/176	22:11.44/158 21:03.87/192

\*RESTING

MASTER SKWIMMING

by Ruth Albert

Master swimmers no longer have to lack training, conditioning and knowledge of their sport. At Skwim Swimming camp in Great Valley, NY, adult swimmers now have the advantage of their younger swimming counterparts.

For the first two weeks in August, I had the pleasure of learning all about competitive swimming with other Master swimmers. Rather than limiting the curriculum to talking and viewing swimming, the emphasis was always on doing water work. No matter what level the swimmer was at, instruction and practice were always geared to the individuals vitality and ability.

In addition to acquiring swimming skill, the participants learned how to be their own coaches. There were daily critical video tapings of each swimmer. The audio portion of these tapes were given to the participants so that progress and suggestions could be followed at home.

The camp ran on a four day cycle, with each

day stressing a different stroke. Five to seven hours a day were spent in the water. The in-water workouts, team practices, and instruction were supplemented with films, video tapes, and talks on swimming strokes and techniques. Conditioning, stretching, and power exercises were used before some of the swimming sessions. In addition, a one hour series of physiological tests were administered to participants so that they could get an idea of their own level of fitness.

The individualization and variety of this program made it most worthwhile to me as a novice Master swimmer. However, I am sure that any Master swimmer at any level would learn a lot at Skwim.

One warning - Skwim is a camp so bunkhouse living, gang showers, limited electricity, and lots of walking must be expected. However, since most of the time is spent swimming in a heated outdoor 50 meter pool, one hardly notices the lack of modern conveniences. Details on next summer's program: John Skehan, Skwim Swimming, Great Valley, NY 14741.

# On your mark, get set, go



When Dennis Watson, a financial analyst for RJR Foods, Inc., steps onto a swimmer's starting block before a race, he feels more than just the exhilaration of competition—he feels at home.

Watson is back into competitive swimming for the first time since college. At Ashland College in Ohio, Watson swam on the varsity swim team for two years.

"I feel more physically fit now than I have in seven years," he said.

Watson now competes locally in swim meets sponsored by the North Carolina Association of the Amateur Athletic Union. He swims in the Masters Program which pits swimmers of the same sex and age range against each other. The age range for Watson's group is 25-29.

### Toughest competitor

"My toughest competitor is a swimmer who is 25. I'm nearly 30; plus, the other swimmer is in construction work which keeps him physically fit."

To keep ahead of the competition, Watson works out five times a week. "I'm pleased with my progress since I started last January," he said. "When I got in the pool last year, I could hardly swim 500 meters without killing myself. Now I regularly do 1,600 to 2,000 meters in one hour and I feel great."

Watson's regular workout is enough to make an average swimmer beg for water wings. He starts out by swimming 200 meters as a swimming exercise "just to get relaxed and warmed up."

Then he usually swims 500 meters of free style and times himself. "I try to stay under seven and one-half minutes."

He varies his practice by swimming four 50-meter breaststroke sprints within 40 seconds, taking a 45-second break between each 50 meters.

### Breaststroke runs

Next, Watson swims either two 200-meter breaststroke runs within two and one-half minutes with a one-minute break or 100 meters of breaststroke within 90 seconds with a 45-second break between runs.

"Now you can see why it's tiring," Watson said with a grin.

"I've really gotten back into the swimming habit," he said. "I've felt so great since I started training again. I've lost 17 pounds since last January—the only problem I have now is buying new suits. My shoulders have increased two inches and my waist has trimmed down a good bit."

Another benefit that Watson has seen from training is in his cardiovascular system. "I've checked my heart rate from the beginning. I've gotten it down to 145 beats per minute from 180 or 190 after finishing 500 meters of freestyle."

### Previous injuries

Watson has to be cautious during workouts because of previous sports injuries. He severed his kneecap and now has a fiberglass kneecap. He also has two pins in his right ankle.

All Watson's training has paid off for him in titles. This year he captured the N.C. State Championship in Masters competition. He has won several first places and is nationally ranked.

In a regional race held in High Point, N.C., in December, both Watson and his wife placed first. Watson took first place in the 50-, 200- and 500-yard freestyle, and his wife Doro, who also swims in the Masters Program, placed first in 50- and 100-yard freestyle and 100-yard breaststroke. Watson placed second in the men's 100-yard breaststroke and third in the 100 individual medley. Mrs. Watson came in second in the 50-yard breaststroke event.

Mrs. Watson has been in the Masters program since April. During that time she has taken nine first places. Her strongest event, she says, is the 50 meter freestyle event. Often Mrs. Watson will enter meets that Dennis is swimming in. They give each other support and encouragement during meets.

His goal is to place in the top 10 at the National Masters competition to be held in May.

"I know it's a lot of pressure to place on myself," he said. "Basically, I'm pleased when I cut my times every time I race. Just as long as my times improve, I'm happy."

### Your Checklist

To get the most out of your swimming, you should swim at least three nonconsecutive days a week. Make sure to warm up slowly before each workout. Your swim should last at least 20 minutes and be sufficiently vigorous so that your heart beat rises to about 80 percent of its maximum attainable rate.

To calculate your maximum attainable heart rate—the highest number of beats per minute of which your heart is capable—simply subtract your age from 220. If you are 50, your MHR will be about 170.

The following are the approximate heart rates you should try to maintain during your workouts:

Age	MHR	Beats per minute during swim
30	190	142-162
40	180	135-153
50	170	128-145
60	160	120-136
70	150	113-128
80	140	105-119
90	130	98-111

PARADE • MAY 20, 1979

## Counsilman: one Channel swim enough

DOVER, ENGLAND [AP]—James "Doc" Counsilman, a 58-year-old swimming coach from Indiana University, became the oldest person ever to swim the English Channel on Friday, despite almost being run over by a Russian ship on the way.

Counsilman completed the grueling 21 mile swim from England to France in 13½ hours. He touched ground on a sandy strip under a cliff near Cap Gris Nez, France, and immediately returned by boat to England.

Weary and aching, he told a reporter on hand to greet him at Folkestone Harbor: "Now I know what it's like to belong to one of the most exclusive clubs in the world—those who've swum the English Channel."

He added: "There was one very scary moment, and that was when we were nearly run down by a Russian freighter."

TOM HETZEL, Counsilman's trainer who followed alongside the swimmer in a pilot boat, said the Russian ship ignored warning blasts from the boat's siren and came within 100 yards of them before changing course.

"We all thought we would have to abandon the boat or at least pull the swimmer out of the water. But at the last minute, the Russian ship steered away from us," said Hetzel, 43, from Corpus Christi, Tex.

Counsilman's wife, Marge, 54, and Ray Scott, chairman of the Channel Swimming Association, also were aboard the pilot boat.

Hetzel said a protest was lodged with the British Coast Guard.

COUNCILMAN WORE a track suit over his bathing suit as he got off the pilot boat and slipped into a "Tonight I am a tired but happy man," he said before departing. "It has been an ambition of mine for many years. I don't plan to do it again. I look upon channel swimming like marriage—once is enough."

His wife echoed the thought. "Well, it was an experience," she said, "but I don't think I want to go on another channel swim."

Before Counsilman set off, Hetzel covered Counsilman with a mixture of petroleum jelly and lanolin to keep out the cold.

Counsilman set out from Shakespeare Beach, Dover, at 6:15 a.m. and touched down in France just after 7:30 p.m. local time.

The Bloomington, Ind., grandfather wore a stars and stripes bathing suit, similar to the trunks worn by American Olympic swimmers he has trained, including Mark Spitz, winner of nine gold medals in 1972.

COUNCILMAN SAID he "started off well but swallowed a lot of sea water and this slowed me down. I also swam into jelly fish, but they didn't bite. Perhaps I was too old for that."

"It's been a great experience. It feels great to be the oldest person in the world to have swum the English Channel, but it was very tiring."

The previous record was held by Scotsman Ned Barnie, who made the crossing in 1951 at age 55.

Counsilman, far from being sick of swimming, said he planned to take a dip first thing Saturday. But this time it will be in Dover's heated indoor municipal pool to get the kinks out of his muscles. He plans to return home Tuesday.



### MASTER SWIMMERS AND DIVERS

Gulf Coast Area outstanding master swimmer and divers Richard Lawler, Georgia McCarthy and Graham Johnson receive trophies.

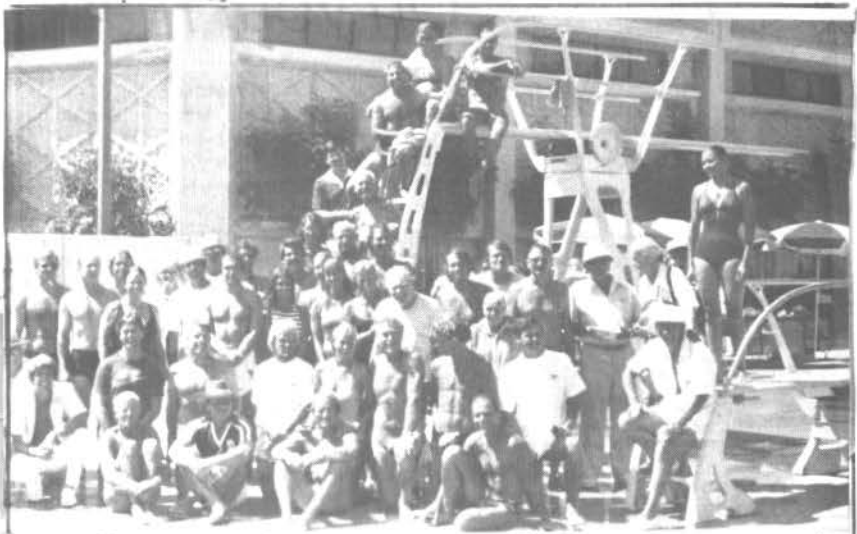
Recently, at the annual awards dinner for outstanding AAU athletes held at the Meyerland Club, many outstanding adult swimmers and divers of the Meyerland area were honored.

Richard Lawler, Georgia McCarthy and Graham Johnson were honored for their aquatic achievements

during the swimming season of AAU competition.

This year, the Gulf area is credited with a total of five Master All-American swimmers who are Dana Curtis, Jim Crane, Graham Johnson, Jo Anne May and George McCarthy, of which a majority are from the Meyerland area.

MASTERS DIVING  
 OUTDOOR NATIONALS  
 IRVINE, CALIF.  
 AUGUST 25-27, 1979

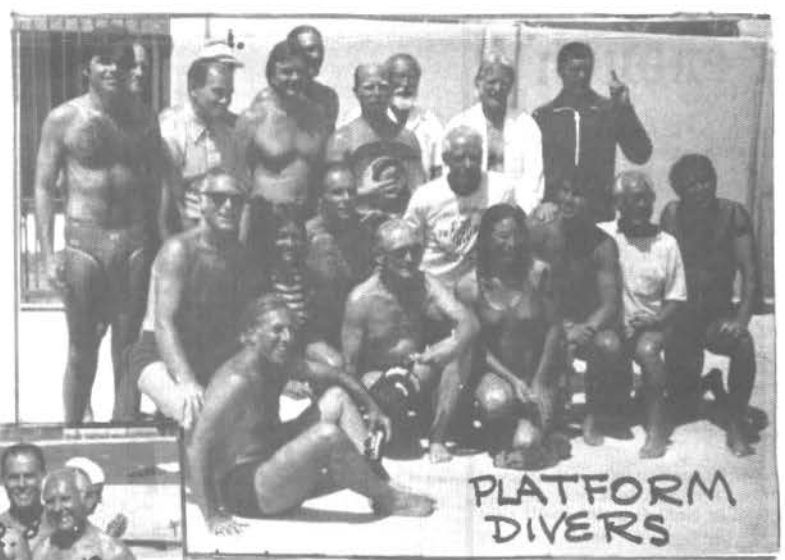


GROUP PICTURE - 55 STRONG!



GRAND MASTERS WOMEN

- 1. Jerrie Adair-Weiss
- 2. Jan Lucia
- 3. Marilyn Taylor



PLATFORM  
 DIVERS



MEN'S SENIOR GRAND MASTERS

- 1. Gary Bagley
- 2. Bill McAllister
- 3. Felix Grossman
- 4. Tom Hairbedian
- 5. Ed Craren
- 6. Ted A Kersting
- 7. Dal Stauffer
- 8. Brud Cleaveland
- 9. Bill Burgess
- 10. John Riley

WOMEN'S SENIOR GRAND MASTERS

- 1. Ida Wilson
- 2. Lillian Felderman



GRAND MASTERS MEN

- 1. John Samuelson
- 2. Rich Wilson
- 3. Gregg Shuff
- 4. David McKeehan
- 5. Karl Kleman

# MASTERS DIVING

by ED CRAREN

NATIONAL AAU MASTERS OUTDOOR  
DIVING CHAMPIONSHIPS  
Irvine, California 8/25-27/79

## MENS 1 METER

21-24	
Mark Peckham	374.61
Brian Ronk	260.40
Mark Dailey	243.09

25-29	
Patrick Eaton	542.64
Doug Simons	441.15
Rich Wilson	436.83
Roland Bell	397.20
Bacil Shirley	335.19
Norman Evans	322.92

30-34	
John Samuelson	399.18
Dale Welk	378.69
Gregg Shuff	377.01
Davis McKeegan	357.12
John Ivey	309.57

35-39	
Karl F. Kleman	345.75
Michael Palmer	292.20
Harry Rodenkirk	215.35

40-45	
Kim H. Pearman	315.20
Kyran McGowan	249.75

45-49	
Gary Bagley	365.45
Felix Grossman	306.55
Ed Craren	299.40
Tom Crosby	274.95
Mack Brown	263.10
Bill Murray	233.75

50-55	
Doug Rucker	233.05
55-59	
Tom Hairabedian	273.60
Peter Baxter	174.80

60-64	
Dal Stauffer	220.00
Brud Cleaveland	218.60
Bill Burgess	213.50
Ted Kersting	207.25
Lyle Felderman	203.00
Don Brand	161.05
Norman Fitzgerald	139.75

65-69	
Bill McAlister	241.90
Harold R. Johnson	161.90

70 & over	
John Riley	141.75
Kenneth Rayner	118.80
Don Davis	113.90
Jolly John Sable	108.00
Jose Mone	104.65

## MENS 3 METER

21-24	
Mark Peckham	367.17
Mark Dailey	280.20

25-29	
Doug Simon	506.10
Patrick Eaton	451.74
Rich Wilson	405.42
Roland Bell	390.37
Bacil Shirley	341.76
Norman Evans	338.76

30-34	
John Samuelson	446.70
David McKeegan	416.91
Greg Shuff	411.69
John Ivey	300.06

35-39	
Karl F. Kleman	395.15
Harry Rodenkirk	315.57

40-45	
Kim Pearman	346.62
Kyran McGowan	255.21

45-49	
Gary Bagley	344.43
Ed Craren	308.91
Tom Crosby	292.17
Mack Brown	290.25
Bill Murray	226.83

50-54	
Doug Rucker	243.00

55-59	
Tom Hairabedian	299.94
Peter Baxter	194.91

60-64	
Lyle Felderman	260.43
Dal Stauffer	255.12
Brud Cleaveland	244.50
Ted Kersting	237.21
Bill Burgess	229.47
Don Brand	201.87
Norman J. Fitzgerald	189.78

65-69	
Bill McAlister	252.21

70 & over	
John Riley	137.88
Kenneth Rayner	134.85
Jose Mone	128.97
William Guerin	116.82
Don Davis	103.38

## MENS GRAND MASTER

John Samuelson	414.24
Rich Wilson	386.88
Gregg Shuff	375.66
David McKeegan	356.04
Karl Kleman	348.69

## MENS SR. GRAND MASTER

Gary Bagley	337.66
Bill McAlister	297.03
Felix Grossman	282.24
Tom Hairabedian	279.30
Ed Craren	276.42
Ted Kersting	270.33
Dal Stauffer	268.65
Brud Cleaveland	256.98
Bill Burgess	249.78
John Riley	243.84

## WOMENS 1 METER

21-24	
Jan Smith	372.18
Carol Pike	340.29

25-29	
Jerrrie Adair-Weiss	438.18
Jan Lucia	356.40
Glory Thomas-Severt	352.86

30-34	
Judy Wade-Bell	333.96
35-39	
Marilyn Taylor	301.41
50-54	
Ida Wilson	253.80

55-59	
Patty Fulton	231.39
Virginia Newman	225.15
70 & over	
Viola Krahan	126.81
Gerta Ross	120.36

## WOMENS 3 METER

21-24	
Jan Smith	375.81
Carol Pike	330.84
25-29	
Jerrrie Adair-Weiss	432.83
Jan Lucia	361.80
Glory Thomas-Severt	312.39

35-39	
Marilyn Taylor	288.10
50-54	
Ida Wilson	260.05

Bigger and better than ever! That describes the 1979 Masters Diving outdoor national championships held at the Heritage Park Pools in Irvine, CA, August 25-27, 1979.

Meet directors Larry Brennan and Lyle Felderman deserve plaudits for conducting an exemplary championship meet.

Fifty-five divers from nine states participated. The diver traveling furthest was Kyran McGowan from Fort Lauderdale, FL.

National Chairman Bill McAlister's scrapbooks and memorabilia of the history of Masters Diving were a highlight of the banquet.

High point award (if we had one) would go to Gary Bagley, 45, who won championships in one meter, three meter, and platform in his age group and also won the Senior Grand Masters championship. Gary uses a maxi-list of options: forward 3-1/2, back 2-1/2, reverse 2-1/2, inward 2-1/2, back 2-1/2 twister, and a forward double twister. Coupled with two wins at the indoor meet, Gary has won six gold medals this year.

The next BIG EVENT for Masters Divers will be on Sunday, November 25, 1979 in Las Vegas, Nevada in conjunction with the AAU national convention. During the day we will have an indoor diving meet at the University of Nevada-Las Vegas. That evening we will hold the Masters Diving convention meeting to discuss prospective rule changes, elect a chairman for 1980-81, and clarify master diving's relationships with the competitive Diving Committee. You are needed - plan to be there!

70 & over	
Gerta Ross	143.15

## WOMENS GRAND MASTER

Jerrrie Adair-Weiss	419.25
Jan Lucia	316.38
Marilyn Taylor	310.25

## WOMENS SR. GRAND MASTER

Ida Wilson	234.90
Lillian Felderman	183.99

## MENS PLATFORM

21-34	
Gregg Shuff	289.30
Pat Eaton	259.30
David McKeegan	165.45

35-49	
Gary Bagley	217.75
Kim Pearman	205.60
Peter Xiques	195.25
Karl Kleman	186.65
Mack Brown	176.40
Bill Murray	136.00

50 & over	
Frank Mcguigan	171.10
Dal Stauffer	165.70
Bill McAlister	161.50
Tom Hairabedian	134.30
John Riley	133.15
Ted Kersting	114.55
Brud Cleaveland	106.25
Bill Burgess	101.25
Peter Baxter	87.85

## WOMENS PLATFORM

21-34	
Jan Smith	203.05
Jan Lucia	150.45

# 1979 NATIONAL AAU LONG COURSE CHAMPIONSHIPS





CHAMPIONSHIPS - DEARBORN, MICHIGAN

- 1 The 'Scene'
- 2 L to R: Edward McKay, Bill Grant, Hamilton Anderson, Bill Loughbrough, James Bruskerwitz and Allen Stark
- 3 'Our Leader' - Ted Haartz
- 3.5 Almost left out - Irene David
- 4 Hawaiian Master Swimmers take 29 firsts including 19 new World Marks - L to R: Lloyd Osborne, Judy Collins, Joan Osborne, Al Kallunki, Jerry Bennett and Jim Welch
- 5 Art Hargrave and Al Kallunki
- 6 Mildred Anderson and Nancy Clark
- 7 The 'much publicized' LOST Old Sternwheeler
- 8 Men's Top Ten Times keeper - Ed Reed, Sr.
- 9 Henry Strothman and Clarence Ross
- 10 Barbara Zaremski and Betty Bennett
- 11 The Pfeiffer's - Annetta, Walt & Delores
- 12 Our leader - Ted Haartz - playing Superman
- 13 Bobbe Turcotte and Frank Havlicek
- 14 Paul Bartashuk, meet manager, presenting award to Dr. Ransom J. Arthur
- 15 Marvin L. Kolon - Michigan AAU President, Jennifer Parks - Michigan AAU Swimming Chairman and Bo Rhudy also of Michigan
- 16 Ms. Vivian Cherriman, an 80 year-old Swimmer from the Isle of Wight (England)
- 17 Terry Boyes of England
- 18 Can anyone identify this gorgeous lady?
- 19 Nancy MacBeth and Anne Adams
- 20 Christine Ruppert
- 21 Cold Floridians - Bill Share and John McGuire
- 22 Good and faithful Meet Referee
- 23 Judy Collins presenting Zada Taft with 2nd place award from Hawaiian Relay MEet
- 24 Our leader - Ted Haartz getting a helping hand during the beer relay

My thanks to the Osbornes (Joan & Lloyd), the Andersons, (Mildred and Ham) and to Bill King for providing some of these photos. Sorry that space does not permit using all of them.

LONG COURSE REGIONALS  
VAN NUYS, CAL 11 AUG. 1979  
WOMEN 25-29

<u>50 METER FREESTYLE</u>	
LYNN SKRIPVARS 28*	29.75
DEBBIE BRADBURY 27	33.23
DEANNA HEMPHILL 26	33.98
ROBIN WHAM 26	34.87
ANN BALASHOV 27	39.10
PAMELA HEAD 27	39.13
<u>100 METER FREESTYLE</u>	
M. ANNE SILVA 25*	1:05.29
LYNN SKRIPVARS 28*	1:05.36
CAROL WALSH 25	1:11.15
DEANNA HEMPHILL 26	1:14.17
ROBIN WHAM 26	1:21.05
ANN BALASHOV 27	1:27.60
LAURA WRIGHT 28*	1:30.25
PAMELA HEAD 27	1:32.24
<u>200 METER FREESTYLE</u>	
LYNN SKRIPVARS 28*	2:24.79
CAROL WALSH 25	2:35.53
DEBRA BLAIR 27	2:35.86
DEANNA HEMPHILL 26	2:40.40
ANN BALASHOV 27	3:15.45
ROBIN WHAM 26	DNF
<u>400 METER FREESTYLE</u>	
DEBRA BLAIR 27	5:27.17
DEANNA HEMPHILL 26	5:49.66
LAURA WRIGHT 28*	7:18.08
<u>50 METER BACKSTROKE</u>	
LYNN SKRIPVARS 28*	34.17
ANN BALASHOV 27	52.37
<u>100 METER BACKSTROKE</u>	
LYNN SKRIPVARS 28*	1:13.37
BARBARA HOUNSELL 28	1:25.00
JOY MOSSE 28	1:27.42
<u>200 METER BACKSTROKE</u>	
LYNN SKRIPVARS 28*	2:37.14
JOY MOSSE 28	3:02.04
DEBRA BLAIR 27	3:03.64
BARBARA HOUNSELL 28	3:04.34
<u>50 METER BREASTSTROKE</u>	
CAROL WALSH 25	40.39
ROBIN WHAM 26	44.86
PAMELA HEAD 27	47.49
<u>100 METER BREASTSTROKE</u>	
CAROL WALSH 25	1:29.36
BARBARA HOUNSELL 28	1:39.31
ROBIN WHAM 26	1:39.45
PAMELA HEAD 27	1:46.55
DEBBIE BRADBURY 27	1:47.07
<u>200 METER BREASTSTROKE</u>	
CAROL WALSH 25	3:08.80
DEBRA BLAIR 27	3:22.77
ROBIN WHAM 26	3:38.50
<u>50 METER BUTTERFLY</u>	
LYNN SKRIPVARS 28*	33.04
CAROL WALSH 25	36.19
DEBBIE BRADBURY 27	36.33
ANN BALASHOV 27	48.96
<u>100 METER BUTTERFLY</u>	
CAROL WALSH 25	1:29.44
<u>200 METER BUTTERFLY</u>	
DEBRA BLAIR 27	3:00.68
JOY MOSSE 28	3:08.81
CAROL WALSH 25	3:10.77
<u>200 METER INDIVIDUAL MEDLEY</u>	
M. ANNE SILVA 25*	2:50.29
CAROL WALSH 25	2:52.84
DEBRA BLAIR 27	2:54.90
BARBARA HOUNSELL 28	3:01.78
DEANNA HEMPHILL 26	3:05.72
<u>400 METER INDIVIDUAL MEDLEY</u>	
DEBRA BLAIR 27	6:23.92
DEANNA HEMPHILL 26	6:37.91
CAROL WALSH 25	DISQ
<u>WOMEN 30-34</u>	
<u>50 METER FREESTYLE</u>	
LUCY JOHNSON 32	31.00
SHERBY MCNEY 31	39.68
LUCILLE ELLERBE 33	44.44
<u>100 METER FREESTYLE</u>	
JOANNE MENARD 31*	1:12.54
LUCILLE ELLERBE 33	1:45.89
<u>200 METER FREESTYLE</u>	
JOANNE MENARD 31*	2:36.11
SHERBY MCNEY 31	3:40.73
<u>400 METER FREESTYLE</u>	
LUCY JOHNSON 32	5:18.65
JOANNE MENARD 31*	5:30.33
<u>1500 METER FREESTYLE</u>	
JOANNE MENARD 31*	21:41.14
<u>100 METER BACKSTROKE</u>	
LUCY JOHNSON 32	1:22.38
<u>50 METER BREASTSTROKE</u>	
SIEGRID DOORGEEST 32	1:01.30
<u>100 METER BREASTSTROKE</u>	
SIEGRID DOORGEEST 32	2:18.92
<u>200 METER BREASTSTROKE</u>	
JOANNE MENARD 31*	3:19.35
SIEGRID DOORGEEST 32	4:51.08

<u>100 METER BUTTERFLY</u>	
LUCY JOHNSON 32	1:15.55
<u>200 METER INDIVIDUAL MEDLEY</u>	
JOANNE MENARD 31*	3:01.81
<u>400 METER INDIVIDUAL MEDLEY</u>	
LUCY JOHNSON 32	6:04.29
<u>WOMEN 35-39</u>	
<u>50 METER FREESTYLE</u>	
DIANA TODD 35*	30.16
JANET E BOYER 38	33.32
CAROL FLOURNOY 36	35.49
HENRIETTA SPENCER 35*	42.03
BARBARA STEPHENSON 37	1:13.70
<u>100 METER FREESTYLE</u>	
DIANA TODD 35*	1:08.96
BECKY RICHTER 35	1:10.42
JANET E BOYER 38	1:12.45
CHRISTINE MARTIN 37	1:32.84
<u>200 METER FREESTYLE</u>	
BECKY RICHTER 35	2:33.80
JANET E BOYER 38	2:38.25
MARYLOU JAQUITH 38*	3:15.73
HENRIETTA SPENCER 35*	3:15.89
CHRISTINE MARTIN 37	3:23.19
<u>400 METER FREESTYLE</u>	
JANET E BOYER 38	5:36.01
CHRISTINE MARTIN 37	7:08.35
<u>1500 METER FREESTYLE</u>	
JANET E BOYER 38	22:39.00
<u>50 METER BACKSTROKE</u>	
MARYLOU JAQUITH 38*	42.54
ILONA SIKE 38	43.54
<u>100 METER BACKSTROKE</u>	
BECKY RICHTER 35	1:26.70
ILONA SIKE 38	1:32.31
MARYLOU JAQUITH 38*	1:33.51
JANET E BOYER 38	1:41.07
CHRISTINE MARTIN 37	1:45.94
BARBARA STEPHENSON 37	3:54.28
<u>200 METER BACKSTROKE</u>	
ILONA SIKE 38	3:15.32
MARYLOU JAQUITH 38*	3:21.20
CHRISTINE MARTIN 37	4:05.68
<u>50 METER BREASTSTROKE</u>	
ILONA SIKE 38	43.59
<u>100 METER BREASTSTROKE</u>	
ILONA SIKE 38	1:33.23
CAROL FLOURNOY 36	1:57.19
<u>200 METER BREASTSTROKE</u>	
ILONA SIKE 38	3:15.04
JANET E BOYER 38	3:26.85
<u>50 METER BUTTERFLY</u>	
BECKY RICHTER 35	33.03
DIANA TODD 35*	34.24
CHRISTINE MARTIN 37	45.73
<u>100 METER BUTTERFLY</u>	
BECKY RICHTER 35	1:13.40
CHRISTINE MARTIN 37	1:48.79
<u>200 METER BUTTERFLY</u>	
BECKY RICHTER 35	2:53.35
CHRISTINE MARTIN 37	4:11.38
<u>200 METER INDIVIDUAL MEDLEY</u>	
JANET E BOYER 38	3:04.65
<u>400 METER INDIVIDUAL MEDLEY</u>	
BECKY RICHTER 35	6:23.76
<u>WOMEN 40-44</u>	
<u>50 METER FREESTYLE</u>	
PATRICIA KLEIN 43	35.33
DORIS GILBERT 42	38.35
M. A. RASHUSSEN 44	42.84
EILEEN J. DOUPE 42	47.70
VI ELLIOTT 41	55.90
<u>100 METER FREESTYLE</u>	
JANICE GRAY 41	1:20.38
M. A. RASHUSSEN 44	1:34.54
<u>200 METER FREESTYLE</u>	
JANICE GRAY 41	2:58.66
PATRICIA KLEIN 43	3:13.47
EVELYN DEBES 43	3:15.76
DORIS GILBERT 42	3:31.54
EILEEN J. DOUPE 42	3:41.13
<u>1500 METER FREESTYLE</u>	
JANICE GRAY 41	24:56.44
EVELYN DEBES 43	26:54.96
DORIS GILBERT 42	30:23.28
EILEEN J. DOUPE 42	30:25.04
<u>50 METER BACKSTROKE</u>	
PATRICIA KLEIN 43	42.82
VI ELLIOTT 41	1:11.83
<u>100 METER BACKSTROKE</u>	
EVELYN DEBES 43	1:46.71
EILEEN J. DOUPE 42	2:32.37
<u>200 METER BACKSTROKE</u>	
PATRICIA KLEIN 43	3:31.84
<u>50 METER BREASTSTROKE</u>	
PATRICIA KLEIN 43	50.46
VI ELLIOTT 41	1:03.98
<u>100 METER BREASTSTROKE</u>	
JANICE GRAY 41	1:45.35
<u>200 METER BREASTSTROKE</u>	
JANICE GRAY 41	3:42.95

<u>50 METER BUTTERFLY</u>	
EVELYN DEBES 43	43.53
M. A. RASHUSSEN 44	51.47
<u>100 METER BUTTERFLY</u>	
M. A. RASHUSSEN 44	1:54.89
HELEN GEOFFRION 40	1:59.15
<u>200 METER BUTTERFLY</u>	
JANICE GRAY 41	3:48.41
EVELYN DEBES 43	4:08.79
M. A. RASHUSSEN 44	4:11.21
<u>200 METER INDIVIDUAL MEDLEY</u>	
JANICE GRAY 41	3:26.02
M. A. RASHUSSEN 44	3:53.25
<u>400 METER INDIVIDUAL MEDLEY</u>	
JANICE GRAY 41	7:08.22
EVELYN DEBES 43	8:07.92
M. A. RASHUSSEN 44	8:20.93
<u>WOMEN 45-49</u>	
<u>50 METER FREESTYLE</u>	
HELGA LINNEA PALMER 49	35.35
JACQUELINE SMITH 48	36.11
ADRIENNE PIPES 45*	37.71
JENNIFER PIKE 49	44.75
SANDI GAGNON 46	45.96
MALCHIA S. OLSHAN 48	46.65
MURIEL GANZER 46	47.92
SHIRLEY BAIRD 48	54.09
<u>100 METER FREESTYLE</u>	
H. LINNEA PALMER 49	1:19.58
JACQUELINE SMITH 48	1:22.80
ADRIENNE PIPES 45*	1:26.97
JENNIFER PIKE 49	1:37.00
SHIRLEY BAIRD 48	1:55.69
MALCHIA S. OLSHAN 48	1:59.55
<u>200 METER FREESTYLE</u>	
H. LINNEA PALMER 49	3:03.17
JENNIFER PIKE 49	3:39.65
JANET PARTRIDGE 47	3:41.68
SHIRLEY BAIRD 48	4:03.26
MALCHIA S. OLSHAN 48	4:30.05
<u>400 METER FREESTYLE</u>	
H. LINNEA PALMER 49	6:22.59
ADRIENNE PIPES 45*	6:53.74
JENNIFER PIKE 49	7:34.33
SHIRLEY BAIRD 48	8:40.02
<u>1500 METER FREESTYLE</u>	
JANET PARTRIDGE 47	29:45.12
JENNIFER PIKE 49	30:49.83
<u>50 METER BACKSTROKE</u>	
MURIEL GANZER 46	47.58
JENNIFER PIKE 49	58.26
SHIRLEY BAIRD 48	1:00.85
SANDI GAGNON 46	1:01.30
MALCHIA S. OLSHAN 48	1:07.37
<u>100 METER BACKSTROKE</u>	
MURIEL GANZER 46	1:50.68
JANET PARTRIDGE 47	1:51.78
SHIRLEY BAIRD 48	2:05.45
<u>200 METER BACKSTROKE</u>	
JACQUELINE SMITH 48	3:40.90
MURIEL GANZER 46	4:03.43
SHIRLEY BAIRD 48	4:20.27
<u>50 METER BREASTSTROKE</u>	
JACQUELINE SMITH 48	45.86
ADRIENNE PIPES 45*	51.09
MURIEL GANZER 46	57.95
SANDI GAGNON 46	1:01.13
MALCHIA S. OLSHAN 48	1:10.44
<u>100 METER BREASTSTROKE</u>	
JACQUELINE SMITH 48	1:46.37
MURIEL GANZER 46	2:07.72
<u>50 METER BUTTERFLY</u>	
JACQUELINE SMITH 48	42.60
ADRIENNE PIPES 45*	43.07
SANDI GAGNON 46	57.93
JENNIFER PIKE 49	1:04.45
MALCHIA S. OLSHAN 48	1:06.96
<u>100 METER BUTTERFLY</u>	
ADRIENNE PIPES 45*	1:43.04
JENNIFER PIKE 49	2:24.93
<u>200 METER BUTTERFLY</u>	
ADRIENNE PIPES 45*	3:50.67
JACQUELINE SMITH 48	4:12.75
JANET PARTRIDGE 47	DISQ
<u>200 METER INDIVIDUAL MEDLEY</u>	
JACQUELINE SMITH 48	3:34.79
ADRIENNE PIPES 45*	3:37.50
JENNIFER PIKE 49	4:30.09
<u>400 METER INDIVIDUAL MEDLEY</u>	
ADRIENNE PIPES 45*	7:49.48
<u>WOMEN 50-54</u>	
<u>50 METER FREESTYLE</u>	
JANET WOLVER 50	40.77
MARILYN ACORD 52	42.11
<u>100 METER FREESTYLE</u>	
ANNE ADAMS 51	1:22.39
JANET WOLVER 50	1:33.65
JOY MCDARIS 54	1:34.78
MARY GOE 54	1:39.68
<u>200 METER FREESTYLE</u>	
JANET WOLVER 50	3:33.54
MARILYN ACORD 52	3:37.81

<u>400 METER FREESTYLE</u>	
ANNE ADAMS 51	6:27.87
JOY MCDARIS 54	7:26.40
<u>50 METER BACKSTROKE</u>	
JOY MCDARIS 54	49.28
JANET WOLVER 50	53.70
MARY GOE 54	54.60
<u>100 METER BACKSTROKE</u>	
MARILYN ACORD 52	1:54.16
<u>200 METER BACKSTROKE</u>	
MARY GOE 54	4:44.97
<u>50 METER BREASTSTROKE</u>	
JANET WOLVER 50	54.20
<u>100 METER BREASTSTROKE</u>	
JANET WOLVER 50	2:01.14
<u>200 METER BREASTSTROKE</u>	
JOY MCDARIS 54	3:53.99
<u>50 METER BUTTERFLY</u>	
JANET WOLVER 50	56.11
<u>WOMEN 55-59</u>	
<u>50 METER FREESTYLE</u>	
GRACE ALTUS 55	43.88
MARJORIE CROONE 57*	46.36
PHYLLIS SNYDER 56	47.56
<u>100 METER FREESTYLE</u>	
SHIRLEY ERICKSON 55	1:30.94
JEAN MCPHERSON 57	1:32.32
DOROTHY LACHASSE 55	1:35.13
GRACE ALTUS 55	1:38.38
PHYLLIS SNYDER 56	1:50.13
<u>200 METER FREESTYLE</u>	
GRACE ALTUS 55	3:33.80
PHYLLIS SNYDER 56	3:49.33
<u>400 METER FREESTYLE</u>	
GRACE ALTUS 55	7:19.89
JEAN MCPHERSON 57	7:37.52
BETTE F. CROWELL 59	7:58.16
<u>1500 METER FREESTYLE</u>	
SHIRLEY ERICKSON 55	27:23.99
<u>50 METER BACKSTROKE</u>	
DOROTHY LACHASSE 55	45.69
SHIRLEY ERICKSON 55	49.20
JEAN MCPHERSON 57	56.34
MARJORIE CROONE 57*	1:01.17
PHYLLIS SNYDER 56	1:01.37
<u>100 METER BACKSTROKE</u>	
SHIRLEY ERICKSON 55	1:47.30
<u>200 METER BACKSTROKE</u>	
DOROTHY LACHASSE 55	3:43.17
BETTE F. CROWELL 59	4:08.55
<u>50 METER BREASTSTROKE</u>	
DOROTHY LACHASSE 55	58.14
PHYLLIS SNYDER 56	58.46
JEAN MCPHERSON 57	59.26
MARJORIE CROONE 57*	1:09.14
<u>100 METER BREASTSTROKE</u>	
PHYLLIS SNYDER 56	1:07.01
SHIRLEY ERICKSON 55	1:58.42
<u>200 METER BREASTSTROKE</u>	
SHIRLEY ERICKSON 55	4:21.25
PHYLLIS SNYDER 56	4:33.57
<u>50 METER BUTTERFLY</u>	
SHIRLEY ERICKSON 55	45.96
MARJORIE CROONE 57*	54.84
GRACE ALTUS 55	55.32
PHYLLIS SNYDER 56	1:03.80
<u>100 METER BUTTERFLY</u>	
SHIRLEY ERICKSON 55	1:58.63
GRACE ALTUS 55	2:14.48
<u>200 METER BUTTERFLY</u>	
SHIRLEY ERICKSON 55	4:16.73
GRACE ALTUS 55	5:02.66
<u>400 METER INDIVIDUAL MEDLEY</u>	
GRACE ALTUS 55	9:28.92
<u>WOMEN 60-64</u>	
<u>50 METER FREESTYLE</u>	
ANNETTA PFEIFFER 61	43.09
RUTH RIDENOUR 64	1:00.19
<u>100 METER FREESTYLE</u>	
ANNETTA PFEIFFER 61	1:43.47
RUTH RIDENOUR 64	2:12.49
<u>200 METER FREESTYLE</u>	
RITA SIMONTON 61	3:39.69
ANNETTA PFEIFFER 61	3:44.46
<u>400 METER FREESTYLE</u>	
ANNETTA PFEIFFER 61	7:57.61
<u>50 METER BACKSTROKE</u>	
ANNETTA PFEIFFER 61	54.12
MARGARET GEORGE 62	54.73
VIOLA THOMPSON 61	57.39
<u>100 METER BACKSTROKE</u>	
ANNETTA PFEIFFER 61	2:00.66
MARGARET GEORGE 62	2:01.70
<u>200 METER BACKSTROKE</u>	
MARGARET GEORGE 62	4:23.28
<u>50 METER BREASTSTROKE</u>	
VIOLA THOMPSON 61	58.91
MARGARET GEORGE 62	1:01.46







# MASTERS NOTES SWIMMING

LONG COURSE NATIONALS - Dearborn Recreation Dolphins did a wonderful job of putting on the meet. The officiating was outstanding and the people were much more cooperative than the weather! The Hyatt Regency was a gorgeous hotel and the nearby shopping center was my downfall. I came home with a zerox copy of all the results but the 1500 meter freestyle. These results were not 100% accurate, could not be reproduced and some were not readable. And so to date I have not received any other copy of the results and will have to wait for a printable copy. It is a shame that results or our Nationals cannot be available within a week of the meet.....

ALFRED GUTH, LONG BEACH MASTERS REPORTS - Masters Swimming tragically lost a champion, a modest and unassuming human being. Dr. George S. Hill was found dead in one hangar of Torrance CA airport, shot in the head execution style. The newsmedia reported that he was an Olympic swimmer. He is listed in the Top Ten for 1978 in all freestyle events, for National and SPA AAU. He was 35 years old and competed for Southern CA clubs. He displayed flawless form in all his races.....

ENID UHRICH AND HER NEW TOY - If you noticed, our Top Ten SC times were done on Enid's new Apple II Computer. She also had her 'new toy' in Dearborn to help with the results of the meet. I found it fascinating and as she works with it there will be many ways that it can help Masters swimming. She will send anyone an up-to-date (but unofficial) printout of the records (SC or LC). The cost will be \$2.00 + a large self addressed stamped envelope.....

MARRIED COUPLES - The St. Petersburg Rec. Dept. team thinks it had the most married couples competing at the Venice meet this summer. They had 8 couples: the Lee Ballards, Earl Coopers, Gene Jennings, John Augustines, Abrasha Brainens, Charles Kohnkens, Peter Betzers and Conways.....

GOOD MORNING AMERICA - Hopefully most of you got to see Nellie Brown on Thursday, August 30th on Good Morning America. Nellie did an excellent job and it was quite nice for Masters Swimming.

A TASTE OF INTERNATIONAL COMPETITION by Jim Bigler - On March 17th, I was lucky enough to be on vacation in England and had included a side trip to participate in the 6th Annual Senior Swim Competition sponsored by the Hurth Swim Club of Cologne, West Germany, in my plans. I had learned of the meet through the national publication, SWIM MASTER, and a few 'phone calls to the local AAU office showed me how relative-

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ly painless it is to secure an AAU Travel Permit. This travel permit is a letter of introduction sent in your behalf to the foreign athletic association and attests to your amateur standing. The West German Consolate advised that no visa was required when staying less than 6 months on a U.S. passport. The entry form and meet description which I received was in German, but most of the important words, such as event titles, were recognizable and with the help of some German speaking friends, we were able to determine that the fine print and rules were very similar to AAU Masters rules. The events were all 50m in a 25m pool in 5 year age groups. The Hurth Swim Club's director, Mr. Gert Fuchs, offered to try and find lodging with one of the club members. We didn't hear before we left on vacation. but we were not disappointed. We were met by Gert and transported to the home of Peter and Terese Fruchtl. Our hosts spoke little English and we spoke little German. We spent a little over 24 hours with our hosts and some of their friends and even without a cidtionary, communication was not a real problem. It turned out there were over 300 entrants and over 750 starts to be run off in 5 hours, in a 6-lane pool. This was accomplished with a level of precision I have never before witnessed. It was deck-seeded and the entrants were called up in groups of 6 during the preceeding heat which gave about 30 seconds to get on the blocks. Starts were fast with little chance of false starting. The meet was closely judged and there were 5 individual and 6 relay disqualifications for stroke, turn and start infractions. The competition was stiff with winning times for the men's 50m free ranging from 25.4 in the 20-24 age group to 32.8 in the 65-69. The meet was followed later in the evening by a rousing dance and party at which awards and presentations were made. Following this were several delightful house parties. We toured Cologne the following day and then returned to London.....

# SWIM-MASTER

June Krauser, Editor  
2308 N.E. 19th Avenue  
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## SWIM CALENDAR

VOL VIII - No 8

OCTOBER 1979

OCT	6	Walnut Creek Masters SC - Mixed Events - PA AAU
	6-7	Navy Jax - Dr. Chris Chappel 7500 Powers ve. #152, Jacksonville, FL 32217
	7	Leatherstocking Open - Jane Johngren, c/o ACC Gym, Cooperstown, NY 13326
	7	West End Y - Virginia Hildebrant, 5167 Robinhood Dr., Willoughby, OH 44094
	12-13	Glastonbury Open - Bob Gerstung, P.O. Box 261, Glastonbury, CT 06033
	14	MASTERS CLINIC - Etobicoke Olympium, Toronto - Eleanor Jarvis or Beth Whittall (416) 742-3872
	21	SC - Alicia Horst, 571 Marina Ave., Coronado, CA 92118
	27-28	Southeastern - Kay Miller 620 Michigan Ave, Oak Ridge, TN 37830

NOV	3	Sacramento Masters - Sacramento Y Pentathlon SC
	3-4	SC - Alan Blank, 5504 Corby, Omaha, NE 68104
	10	Clinic & Mini-Meet - Multnomah A.C., 1849 SW Salmon St., Portland, OR 97207
	10-11	SHOF SC - June Krauser, 2308 NE 19 Ave., Ft. Lauderdale, FL 33305
	17	SC - Leslie Thompson, 1933 Dewey, Bartlesville, OK 74003
	18	Pentathlon - Harry Rawstrom, Carpenter Sports Bldg., U of Del., Newark, DE
	18	Aqua-Terra Biathlon - Dan Sullivan, 495 Watchung Ave., Bloomfield, NJ 07003

DEC	9	SC - Alicia Horst, 571 Marina Ave., Coronado, CA 92118
	12	O*H*I*O Masters - Meet Director, P.O. Box 8513, Canton, OH 44711

JAN	13	O*H*I*O Masters - Pieter Cath, 29749 Harvard Rd., Cleveland, OH 44122
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APR	26-27	O*H*I*O Masters - Meet Director, P.O. Box 8513, Canton, OH 44711
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MAY	16-18	NATIONAL SHORT COURSE CHAMPIONSHIPS - Ft. Lauderdale, FL - SHOF Pool
	1980	June Krauser, 2308 NE 19 Ave., Ft. Lauderdale, FL 33305
		NOTE: The information sheet and entry blank are now available. Any person wishing a copy please send a self addressed stamped envelope.

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

SUNCOAST MASTERS GET REVENGE...NEW JERSEY MASTERS THROW IN GOGGLES - The 3rd annual "Humu" relays are now history and the SUNCOAST MASTERS avenged their 1978 loss by outdistancing the field. The men led the women in accounting for 23 new national records as compared to 14 for the women. The "Humu" Hawaiian Postal Relay has now reached maturity and has established a stable format, entry rules and entry fee base. However, we are always looking for ways to improve and welcome your suggestions throughout the year. We hope you will continue to participate with us in this fun event.....

### OVERALL TEAM STANDING...1979 - HAWAIIAN RELAYS

	WOM	MEN	TOT
1. Suncoast Masters Sarasota	223	179	402
2. San Mateo Marlins	186	143	329
3. SPA Masters	103	212	315
4. HUMUHUMUNUKUNUKUAPUAA	108	140	248
5. St. Petersburg Rec.Dept.	61	86	147
6. Illinois Masters	0	93	93