

# SWIM-MASTER

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## THE CHAMPIONSHIPS

by John Bushman

It finally came true! They combined Dr. Ransom Arthur's dream with the reality of an Amateur Athletic Union sanction and the product was the first National AAU Men's and Women's Masters Swimming Championships since the AAU took over the Masters program the first of this year.

The meet was held at the beautiful College of San Mateo's 25-yard pool overlooking the San Francisco Bay. Compared to the early days of Masters swimming it was like taking an old vaudeville routine and making a Broadway hit out of it.

Len Wallach, Administrative Director of Athletics, Aquatics and Outdoor Recreation for the city of San Mateo, California, did everything he could except warm the weather for the 325 swimmers from 73 teams and 21 states plus Canada.

There were no time standards this year, but swimmers were clocking very fast times, which may eventually force them to be brought into the meet. Masters records fell almost every-time swimmers raced off the blocks, and it wasn't made clear if they were going fast because they were in shape, or just to stay warm.

Younger swimmers like Marty Knight and Ken Hammer posted marks that could place in most senior meets around the country, but people like Bill Loughborough, Reg Richardson, and Lyle Collet in the men's over 60 bracket brought cheers from the swimmers and fans as well.

Former Olympians Lance Larson and Terri Stickles Mejia were there, along with Chet Jastremski, who came with Doc Councilman all the way from Indiana. Ted Haartz, AAU Masters Record Chairman traveled from far away Massachusetts, June Krauser came from Florida, and a group of friendly Hawaiians came from the Islands.

Johnny-on-the-spot Spanuth, the National AAU Aquatic Administrator, was the official

meet director and made sure everything ran as smoothly as Ray Taft's San Mateo crew could possibly handle. Ed Olson, was steady as a rock as meet referee. Surprisingly enough there were very few disqualifications from eagle eyed Eddie, Pacific Association's AAU President, Don Kane, of Synchro fame, proved he could stroke a few fast laps too, and competed very well in his age group.

Aside from the weather and wind, most of the swimmers were talking about the meet and the fact that they were in the Nationals after a 25-year lapse, etc. Anne Adams said it didn't feel like the Nationals because nobody asked for her autograph. Oh well, maybe next year Anne. Bill Dann from Southern California was typical of a lot of swimmers in that he just missed bettering his best college time in placing second in the 25-29 500 yd free.

Walt Pfeiffer of Rosemead looks like he is getting better all the time. Walt won the 55-59 high point with several good swims, including the butterfly in which he uses the dolphin kick. Bob Boyer pulled an upset when he sprinted to win the 50 free in the 25-29 age group over a tough field. Bob's swimmers in Lompoc, California, can be proud of their coach.

Most of the swimmers came away from the meet happy and eager to start working out long course to get ready for the National AAU Masters Outdoor Championships. After seeing the times at the short course meet, swimmers can look forward to a really fast meet this summer. Thank you San Mateo, now on to Bloomington!



.....AND YOU SWIM BUTTERFLY!!!

# Swimmers Shatter Records

The whole swimming scene in the nation as a whole has been tailored for several decades, for the very young. However, all that may be changing. The elderly - and in the pool, that means 25 and older - are making a comeback.

High on a cold and windy hill at the College of San Mateo pool, competitors rewrote the record book when approximately 120 national records were broken, tied, or established in the first National Amateur Athletic Union Masters Swimming Championships held on May 19-20-21, 1972.

This business of records in Masters Swimming is something else again. Out of the 84 individuals competing in the first event - the 1650 yard freestyle - 60 of them bettered their submitted times. In addition, 12 national AAU Masters age group records were set during the five hours of competition.

At least one individual was pleased to see

all of these records shattered. F. H. "Ted" Haartz of Sudbury, Mass., the tabulation chairman for the AAU's masters swimming committee said, "I would imagine that after this meet my job will be a little easier because this matter of constantly changing records ought to be stabilized at least a bit." Haartz, a production manager at a vinyl laminating plant near Boston said he can barely keep pace with both the growth of the masters program and with the numbers of records which fall just about every time some older swimmer dips his webbed tootsies into the chlorine. As Haartz put it before the 1650, "Wow, I wish someone had told us this wasn't an indoor pool. Woo....it's cold out there."

But inspite of the weather the San Mateo Marlins Masters rolled up an overall total and the team title with 555½ points to 367 2/3 points for San Fernando Valley A.C. The Marlins won the Women's team title while the San Fernando Valley A.C. won the Men's team title.

## Short Course Masters Swim Records

WOMEN SC	25--29	30--34	35--39	40--44	45--49	50--54	55--59	60--64	65--69
50 Free	27.2	28.0	29.4	30.8	32.2	32.2	45.5	52.7	1:24.7
100 Free	59.3	1:04.0	1:03.9	1:09.8	1:11.3	1:15.8	1:44.9	1:55.8	
200 Free	2:10.6	2:22.3	2:22.7	2:42.7	2:44.7	2:59.1	3:58.3	4:46.7	
400 Free	5:11.9	5:28.9	5:12.2	5:48.2	5:44.3	7:23.9	10:46.2		
500 Free	5:26.9	6:27.1	6:18.9	7:23.2	7:05.93	8:11.7	10:30.8		
1650 Free	20:50.32	21:01.7	21:56.4	25:46.02	24:25.8	28:19.37	37:04.57	36:18.2	
100 Back	1:11.0	1:15.9	1:20.3	1:18.9	1:29.5	1:34.0	2:11.4	2:04.7	
200 Back	2:36.43	2:46.5	2:55.4	2:48.0	3:39.7	3:26.6			
100 Breast	1:11.9	1:21.0	1:29.2	1:30.0	1:33.12	1:47.5	1:49.6		
200 Breast	2:36.2	3:02.9	3:11.9	3:15.5	3:19.5	3:55.8	3:58.2		
50 Fly	30.20	32.2	32.5	34.16	36.7	45.6	54.4		
100 Fly	1:09.6	1:11.1	1:17.3	1:22.4	1:23.8	1:53.9			
100 I.M.	1:13.5	1:12.6	1:14.1	1:19.8	1:27.4	1:31.6	2:22.8		
200 I.M.	2:34.8	2:35.0	2:51.5	2:58.2	3:02.4	3:42.5	4:46.1		
MEN SC									
50 Free	21.3	22.8	24.3	24.8	25.8	26.15	28.4	27.48	32.1
100 Free	48.6	50.6	53.4	54.4	57.8	59.37	1:02.3	1:02.9	1:20.5
200 Free	1:48.5	1:54.0	2:00.5	2:03.1	2:10.6	2:12.6	2:19.65	2:30.4	3:22.5
400 Free	4:21.3	4:03.9	4:37.6	4:36.6	4:54.2	5:03.1	5:51.2	6:34.6	
500 Free	5:12.2	5:11.75	5:31.6	5:44.4	6:07.1	6:21.5	6:25.6	7:10.2	9:36.7
1650 Free	18:29.0	18:31.7	19:40.2	20:20.35	21:10.4	22:05.04	22:35.7	26:42.0	30:46.7
100 Back	56.5	57.0	1:06.8	1:07.4	1:06.9	1:07.0	1:24.4	1:12.5	1:30.2
200 Back	2:03.5	2:10.06	2:24.75	2:31.2	2:26.2	2:30.7	3:11.7	3:16.3	
100 Breast	1:01.3	1:03.2	1:10.5	1:14.0	1:15.3	1:13.6	1:21.3	1:26.4	1:34.0
200 Breast	2:15.6	2:18.3	2:36.93	2:41.3	2:49.0	2:45.6	3:04.5	3:17.6	3:24.8
50 Fly	24.6	24.3	26.14	27.8	28.6	29.6	32.9	36.5	36.6
100 Fly	53.5	55.2	1:00.1	1:07.5	1:07.3	1:17.1	1:19.2	1:45.0	
100 I.M.	55.3	58.1	1:02.7	1:07.7	1:06.1	1:09.5	1:14.5	1:17.6	
200 I.M.	1:59.3	2:07.8	2:29.0	2:33.0	2:28.9	2:37.3	2:58.0	3:22.9	

# Swimmers in AAU Nationals

1



5



2



6



3



7



4



8



(1) Carol Brown Clay, Terri Stickles Mejia, Cease Brown, Schelly Armstrong (2) Burwell "Bump" Jones, Lance Larson, Alan Waites (Canada) (3) Jim Eubank "checking in" (4) Lyle Collet congratulating Reg Richardson (5) Annetta Pfeiffer, Walt Pfeiffer, Dorothy Swett (6) Bob Beach, Richard Rahe, Ransom Arthur (7) Mary Oudegeest (Holland), Terry Gathercole (Australia) (8) Betty Talbot "sunning"





200 YD BREASTSTROKE

Table listing swimmers and times for 200 YD BREASTSTROKE. Includes names like Robert Kueny, Ted Haartz, Ash Jones, etc.

50 YD BUTTERFLY

Table listing swimmers and times for 50 YD BUTTERFLY. Includes names like Ash Jones, Dan Malone, Stan McConnell, etc.

100 YD BUTTERFLY

Table listing swimmers and times for 100 YD BUTTERFLY. Includes names like Ash Jones, Carl Yates, Dan Malone, etc.

50 YD FREESTYLE

Table listing swimmers and times for 50 YD FREESTYLE. Includes names like Duane L. Draves, Perry J. Rockwell, Jr., Dick Chatterton, etc.

100 YD FREESTYLE

Table listing swimmers and times for 100 YD FREESTYLE. Includes names like Duane Draves, Perry Rockwell, Jr., Jim Marcus, etc.

200 YD FREESTYLE

Table listing swimmers and times for 200 YD FREESTYLE. Includes names like Paul Hutinger, Perry Rockwell, Jr., Jim Marcus, etc.

500 YD FREESTYLE

Table listing swimmers and times for 500 YD FREESTYLE. Includes names like Paul Hutinger, Frank Blair, Luman Sutton, etc.

1650 YD FREESTYLE

Table listing swimmers and times for 1650 YD FREESTYLE. Includes names like Paul Hutinger, Frank Blair, Jim Marcus, etc.

200 YD BACKSTROKE

Table listing swimmers and times for 200 YD BACKSTROKE. Includes names like Duane Draves, Paul Hutinger, Ken Coon, etc.

100 YD BACKSTROKE

Table listing swimmers and times for 100 YD BACKSTROKE. Includes names like Duane Draves, Paul Hutinger, Ken Coon, etc.

50 YD BREASTSTROKE

Table listing swimmers and times for 50 YD BREASTSTROKE. Includes names like Ransom Arthur, Jim Marcus, Jim Forbes, etc.

50 YD BUTTERFLY

Table listing swimmers and times for 50 YD BUTTERFLY. Includes names like Perry Rockwell, Dick Chatterton, Donald Lengel, etc.

100 YD BUTTERFLY

Table listing swimmers and times for 100 YD BUTTERFLY. Includes names like Paul Hutinger, Perry Rockwell, Duane Draves, etc.

200 YD BUTTERFLY

Table listing swimmers and times for 200 YD BUTTERFLY. Includes names like Duane Draves, Paul Hutinger, Jim Marcus, etc.

50 YD FREESTYLE

Table listing swimmers and times for 50 YD FREESTYLE. Includes names like Ray Hakomaki, Martin Foster, Dore Schwab, etc.

100 YD FREESTYLE

Table listing swimmers and times for 100 YD FREESTYLE. Includes names like Ray Hakomaki, Martin Foster, John Bricker, etc.

200 YD FREESTYLE

Table listing swimmers and times for 200 YD FREESTYLE. Includes names like Jim Welch, Warren Kleist, Ray Taft, etc.

500 YD FREESTYLE

Table listing swimmers and times for 500 YD FREESTYLE. Includes names like Jim Welch, Warren Kleist, Ray Taft, etc.

1650 YD FREESTYLE

Table listing swimmers and times for 1650 YD FREESTYLE. Includes names like Paul Hutinger, Dan Miles, Richard Beeler, etc.

200 YD BACKSTROKE

Table listing swimmers and times for 200 YD BACKSTROKE. Includes names like Paul M. Herron, John Bricker, Ray F. Taft, etc.

100 YD BACKSTROKE

Table listing swimmers and times for 100 YD BACKSTROKE. Includes names like Paul M. Herron, John Bricker, Ray F. Taft, etc.

50 YD BREASTSTROKE

Table listing swimmers and times for 50 YD BREASTSTROKE. Includes names like Jim Dubank, John I. McKenzie, Hamilton Anderson, etc.

100 YD FREESTYLE

Table listing swimmers and times for 100 YD FREESTYLE. Includes names like Jim Dubank, Ashby Harper, Hamilton Anderson, etc.

200 YD FREESTYLE

Table listing swimmers and times for 200 YD FREESTYLE. Includes names like Jim Dubank, Ashby Harper, John McKenzie, etc.

500 YD FREESTYLE

Table listing swimmers and times for 500 YD FREESTYLE. Includes names like Jim Dubank, Ashby Harper, John McKenzie, etc.

1650 YD FREESTYLE

Table listing swimmers and times for 1650 YD FREESTYLE. Includes names like Jim Dubank, Ashby Harper, John McKenzie, etc.

200 YD BACKSTROKE

Table listing swimmers and times for 200 YD BACKSTROKE. Includes names like Lyle Collet, Reg Richardson, Louis Nagy, etc.

100 YD BACKSTROKE

Table listing swimmers and times for 100 YD BACKSTROKE. Includes names like Lyle Collet, Reg Richardson, Louis Nagy, etc.

500 YD BACKSTROKE

Table listing swimmers and times for 500 YD BACKSTROKE. Includes names like Lyle Collet, Reg Richardson, Louis Nagy, etc.

1650 YD BACKSTROKE

Table listing swimmers and times for 1650 YD BACKSTROKE. Includes names like Lyle Collet, Reg Richardson, Louis Nagy, etc.

200 YD BREASTSTROKE

Table listing swimmers and times for 200 YD BREASTSTROKE. Includes names like Reg Richardson, Ed McKay, Wm. Loughborough, etc.

100 YD BREASTSTROKE

Table listing swimmers and times for 100 YD BREASTSTROKE. Includes names like Reg Richardson, Ed McKay, Wm. Loughborough, etc.

50 YD BUTTERFLY

Table listing swimmers and times for 50 YD BUTTERFLY. Includes names like Ed McKay, Wm. Loughborough, Hel Maxwell, etc.

Table listing swimmers and times for 100 YD BUTTERFLY and 200 YD INDIVIDUAL MEDLEY. Includes names like Ed McKay, Alfred Guth, Wm. Loughborough, etc.

Table listing swimmers and times for 50 YD FREESTYLE and 200 YD FREESTYLE. Includes names like Henry Johnson, Al Kallunki, etc.

Table listing swimmers and times for 200 YD MEDLEY RELAY and 1650 YD FREESTYLE. Includes names like Alameda Sr. Swimmers, San Mateo Marlins, etc.

Table listing swimmers and times for 200 YD FREESTYLE RELAY and 200 YD FREESTYLE RELAY. Includes names like San Fernando Val., etc.

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Table listing swimmers and times for 200 YD FREESTYLE RELAY and 200 YD FREESTYLE RELAY. Includes names like San Fernando Val., etc.

Table listing swimmers and times for 50-54 age group. Includes names like Paul Hutinger, Duane Draves, Perry Rockwell Jr., etc.

Table listing swimmers and times for 55-59 age group. Includes names like Paul Hutinger, Duane Draves, Perry Rockwell Jr., etc.

Table listing swimmers and times for 60-64 age group. Includes names like Louis Nagy, Reg Richardson, Alfred Guth, etc.

Table listing swimmers and times for 65-69 age group. Includes names like Henry Johnson, Al Kallunki, H. D. Trank, etc.

Table listing swimmers and times for 65-69 age group. Includes names like Henry Johnson, Al Kallunki, H. D. Trank, etc.

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Table listing swimmers and times for 65-69 age group. Includes names like Henry Johnson, Al Kallunki, H. D. Trank, etc.

WOMEN'S TEAM TOTALS

Table listing team totals for women's events. Includes teams like San Mateo Marlins, Fremont Hills C.C., etc.

MEN'S TEAM TOTALS

Table listing team totals for men's events. Includes teams like San Fernando Valley AC, San Mateo Marlins, etc.

COMBINED TEAM TOTALS

Table listing combined team totals for various events. Includes teams like San Mateo Marlins, San Fernando Valley AC, etc.











1650 YD FREESTYLE
Mike Hillman, 37 22:21.9
Dennis Rice, 38 22:48.8
Bob Cunningham, 44 24:25.7
James Allen, 35 24:37.5
Robert Kendall, 40 25:53.6
J. F. Schipper, 36 26:31.1
James Happe 28:19.3
William Gibson 29:40.9
100 YD BACKSTROKE
Mike Hillman, 37 1:08.9
Carl Yates, 44 1:14.9
Robert Kendall, 40 1:17.0
Bob Fleischer, 36 1:24.0
Stuart Waters 1:26.1
J. F. Schipper, 36 1:28.8
Harvey Cain, 41 1:45.0
100 YD BREASTSTROKE
Don Kane, 38 1:14.4
Bob Fleischer, 36 1:18.6
John Stroud, 44 1:19.8
Alex Gilbert, 38 1:20.5
Norm Taylor, 36 1:24.3
Bob Cunningham, 44 1:25.7
Glenn Connolly, 42 1:26.5
Harvey Cain, 41 1:27.0
100 YD BUTTERFLY
Alex Gilbert, 38 1:10.8
Carl Yates, 44 1:11.5
Stuart Waters, 44 1:26.6
Stanley Rudeman 1:29.5
Harvey Cain, 41 1:40.4
200 YD INDIVIDUAL MEDLEY
Mike Hillman, 37 2:34.3
Don Kane, 38 2:37.1
Carl Yates, 44 2:39.7
Alex Gilbert, 38 2:49.7
Bob Cunningham, 44 2:57.3
Norm Taylor, 36 3:00.6
Stuart Waters 3:16.4
Bob Fleischer, 36 3:19.7
THE PLUNGE DIVE
Don Kane 60' 1"
Dennis Rice 57' 5"
Bob Fleischer 50' 9"
John Stroud 47' 3"
Alex Gilbert 43' 2"
Randolph Rosso 41' 1"
J. F. Schipper 40' 0"
45-54
50 YD FREESTYLE
Jore Schwab, 50 27.0
Reno Raganani, 51 27.3
Donald Lengel, 46 28.7
Ray Taft, 52 28.8
Frank Blair, 46 29.2
James Curran, 47 29.8
John Lanthier 31.0
John Keating, 54 32.1
200 YD FREESTYLE
Frank Blair, 46 2:22.6
Reno Raganani, 51 2:23.0
Ray Taft, 52 2:33.8
Dore Schwab, 50 2:36.5
Luman Sutton, 45 2:41.8
George Purlong 2:44.5
John Killeen 3:22.5
Ferdinand Costello 3:24.7
1650 YD FREESTYLE
Frank Blair, 46 24:33.6
Ray Taft, 52 24:25.9
George Purlong 26:28.6
Frank Cogilun 26:45.0
100 YD BACKSTROKE
Ray Taft, 52 1:16.4
John Keating, 54 1:30.2
John Killeen 1:40.4
100 YD BREASTSTROKE
Donald Lengel, 46 1:28.9
Luman Sutton, 45 1:41.3
Ferdinand Costello 1:44.9
50 YD BUTTERFLY
Ray Taft, 52 31.7
Donald Lengel, 46 33.6
Dore Schwab, 50 34.3
Luman Sutton, 45 40.5
Ferdinand Costello 46.3
John Killeen 47.4
100 YD INDIVIDUAL MEDLEY
Ray Taft, 52 1:14.6
Reno Raganani, 51 1:16.2
Jore Schwab, 50 1:17.2
Donald Lengel, 46 1:19.3
John Killeen 1:40.8
THE PLUNGE DIVE
Frank Blair 60' 11"
Ray Taft 60' 8"
Wm. Loughborough 53' 6"
Donald Lengel 51' 7"
Ed Mackay 47' 4"
James Curran 43' 11 1/2"
John Lanthier 38' 11 1/2"
55 & Over
50 YD FREESTYLE
Iyle Collet, 43 27.8
Edward Mackay, 63 30.8
Wm. Loughborough, 61 36.8
50 YD FREESTYLE "B" DIVISION
Joseph Bruno, 59 39.8
John Feldmann 1:30.5
200 YD FREESTYLE
Iyle Collet 2:33.3
Wm. Loughborough, 61 3:10.9
Edward Mackay, 63 3:31.4

1650 YD FREESTYLE
Adolph Mahak, 55 32:59.5
Joseph Bruno, 59 34:34.2
100 YD BACKSTROKE
Wm. Loughborough, 61 1:44.0
100 YD BREASTSTROKE
Wm. Loughborough, 61 1:40.4
Bernard Silver, 60 1:53.9
50 YD BUTTERFLY
Wm. Loughborough, 61 51.4
100 YD INDIVIDUAL MEDLEY
Edward Mackay, 63 1:25.8
Wm. Loughborough, 61 1:41.1
RELAYS
200 YD MEDLEY RELAY 25-34
Olympic Club 1:57.6
San Mateo Marlins "A" 2:02.1
SFFD 2:12.2
Livermore 2:17.8
200 YD FREESTYLE RELAY 25-34
SFFD "A" 1:42.3
Livermore 1:48.1
SFFD 1:54.8
600 YD FREESTYLE RELAY
Olympic Club 3:56.1
SFFD "A" 4:21.5
200 YD MEDLEY RELAY 140+
Olympic Club 1:58.8
SFFD "A" 2:02.3
Livermore 2:04.3
SFFD 2:16.5
SFFD "B" 2:17.1
Marin AC 2:18.0
SFFD "C" 2:18.0
SFFD "D" 2:23.9
200 YD FREESTYLE RELAY 140+
Livermore "A" 1:46.1
SFFD "A" 1:49.3
Olympic Club 1:53.4
SFFD "C" 1:54.3
Marin AC 1:58.4
SFFD "D" 2:02.5
SFFD "B" 2:05.3
Livermore "B" 2:06.4
400 YD FREESTYLE RELAY 140+
Livermore "A" 3:59.2
Olympic Club 4:01.0
SFFD "A" 4:17.6
Marin AC 4:21.7
SFFD "C" 4:37.3
SFFD "B" 4:38.3
Livermore "B" 5:00.6
\*\*\*\*\*
MASSACHUSETTS MASTERS MEET
Medford, MA
May 7 25 Yd Pool
WOMEN
25-29
50 YD FREESTYLE
Mary Buntin, 25 31.5
Pamela Bohlen, 27 33.0
100 YD FREESTYLE
Mary Buntin, 25 1:11.4
200 YD FREESTYLE
Jane Hardy, 27 2:55.4
50 YD BUTTERFLY
Jennifer Parks, 28 7:27.4
50 YD BACKSTROKE
Jennifer Parks, 28 32.1
Jane Hardy, 27 38.8
100 YD BACKSTROKE
Jennifer Parks, 28 1:13.5
Jane Hardy, 27 1:27.0
50 YD BREASTSTROKE
Jane Hardy, 27 44.8
Jean Maine, 28 46.8
Pamela Bohlen, 27 53.5
100 YD BREASTSTROKE
Jane Hardy, 27 1:37.8
50 YD BUTTERFLY
Mary Buntin, 25 36.4
Pamela Bohlen, 27 44.5
100 YD INDIVIDUAL MEDLEY
Jennifer Parks, 28 1:13.6
Mary Buntin, 25 1:20.7
Pamela Bohlen, 27 1:37.0
30-34
50 YD FREESTYLE
Ginny Stephanos, 34 29.9
Gillian Ratcliffe, 33 31.1
Gwenyth Donovan, 31 31.5
Pat Turner, 33 34.8
100 YD FREESTYLE
Ginny Stephanos, 34 1:08.5
Gwenyth Donovan, 31 1:13.4
Gillian Ratcliffe, 33 1:13.7
Patricia Turner, 33 1:17.5
200 YD FREESTYLE
Ginny Stephanos, 34 2:35.7
500 YD FREESTYLE
Ginny Stephanos, 34 7:03.0
Joanne Munise, 33 8:43.4
50 YD BACKSTROKE
Jean Johnson, 33 44.8
Jane Huber, 39 45.5
100 YD BACKSTROKE
Jean Johnson, 33 1:22.4
Jane Huber, 39 1:47.0
50 YD BREASTSTROKE
Patricia Turner, 33 42.9
Ginny Stephanos, 34 45.8

Jane Hanson, 31 50.4
100 YD BREASTSTROKE
Ginny Stephanos, 34 1:44.0
Jane Hanson, 31 1:54.5
50 YD BUTTERFLY
Jean Johnson, 33 33.0
Gillian Ratcliffe, 33 35.8
Gwenyth Donovan, 31 37.4
Patricia Turner, 33 38.2
Joanne Munise, 33 54.5
100 YD INDIVIDUAL MEDLEY
Gillian Ratcliffe, 33 1:21.0
Ginny Stephanos, 34 1:22.7
Jane Johnson, 33 1:26.3
35-39
50 YD FREESTYLE
Evelyn Keating, 39 41.5
Jane Huber, 39 43.0
50 YD BACKSTROKE
Evelyn Keating, 39 44.8
Jane Huber, 39 45.5
100 YD BACKSTROKE
Jane Huber, 39 1:39.0
50 YD BREASTSTROKE
Jane Huber, 39 54.5
50 YD BUTTERFLY
Evelyn Keating, 39 48.6
40-44
50 YD FREESTYLE
Pat Clinton, 44 30.9
Virginia Gauthier, 44 34.3
Diane Wright, 40 36.3
100 YD FREESTYLE
Patricia Clinton, 44 1:12.4
Virginia Gauthier, 44 1:19.6
200 YD FREESTYLE
Patricia Clinton, 44 8:00.5
50 YD BACKSTROKE
Patricia Clinton, 44 40.0
Diane Wright, 40 42.6
Rexene Ashford, 41 54.8
100 YD BACKSTROKE
Patricia Clinton, 44 1:23.6
50 YD BREASTSTROKE
Fat Clinton, 44 43.6
Diane Wright, 40 45.6
Rexene Ashford, 41 48.1
100 YD BREASTSTROKE
Rexene Ashford, 41 1:49.8
50 YD BUTTERFLY
Patricia Clinton, 44 48.6
Diane Wright, 40 42.5
100 YD INDIVIDUAL MEDLEY
Patricia Clinton, 44 1:23.2
45-49
50 YD FREESTYLE
Betty Echentile, 47 40.6
100 YD FREESTYLE
Betty Echentile, 47 1:34.2
200 YD FREESTYLE
Betty Echentile, 47 3:30.4
50 YD BACKSTROKE
Betty Echentile, 47 9:41.1
50 YD BREASTSTROKE
Betty Echentile, 47 51.3
100 YD BREASTSTROKE
Betty Echentile, 47 1:47.8
50-54
50 YD FREESTYLE
Dorothy Donnelly 32.2
Jean Pieretti, 51 32.9
Betty Catinella, 50 38.3
50 YD BUTTERFLY
Dorothy Donnelly 1:15.8
Jean Pieretti, 51 1:17.6
50 YD BACKSTROKE
Dorothy Donnelly 40.8
Jean Pieretti, 51 42.0
Betty Catinella, 50 56.7
100 YD BACKSTROKE
Jean Pieretti, 51 1:35.5
100 YD INDIVIDUAL MEDLEY
Dorothy Donnelly 1:31.6
55-59
50 YD FREESTYLE
Ruth Lechner, 59 49.6
Mary Wentworth, 56 51.0
50 YD BACKSTROKE
Ruth Lechner, 59 56.1
Mary Wentworth, 56 1:04.5
100 YD BACKSTROKE
Mary Wentworth, 56 2:01.5
Ruth Lechner, 59 2:24.5
200 YD FREE RELAY 25-34
WBC (Parks, Johnson, Buntin, Stephanos) 2:06.0
200 YD MEDLEY RELAY 140 & OVER
ACCC (Keating, Ashford, Clinton, Hanson) 2:55.0
MEN
25-29
50 YD FREESTYLE
Robert Corria, 27 24.3
William Murphy, 27 24.8
Joe Yeskevics, 28 27.0
100 YD FREESTYLE
Ed Reed, Jr., 28 55.2
Wm. Murphy, 27 55.5
Richard Lennon, 27 56.5
Joe Yeskevics, 28 1:01.0

200 YD FREESTYLE
Warren French, 28 2:33.3
500 YD FREESTYLE
Ed Reed, Jr., 28 5:40.9
Wm. Murphy, 27 6:19.3
50 YD BACKSTROKE
Warren French, 28 28.6
100 YD BACKSTROKE
Ed Reed, Jr., 28 1:02.7
Warren French, 28 1:07.3
50 YD BREASTSTROKE
Robert Corria, 27 32.2
Richard Lennon, 27 32.4
Don Hegerle, 25 34.1
100 YD BREASTSTROKE
Robert Corria, 27 1:07.4
Ed Reed, Jr., 28 1:08.1
Richard Lennon, 27 1:12.0
Wm. Murphy, 27 26.6
Jay Mogavero, 26 27.6
100 YD INDIVIDUAL MEDLEY
Ed Reed, Jr., 28 1:02.4
Richard Lennon, 27 1:04.6
Joe Yeskevics, 28 1:08.5
Don Hegerle, 25 1:11.3
30-34
50 YD FREESTYLE
Ian McKenzie, 34 25.4
William Bell, 30 28.0
David Voyer 28.7
100 YD FREESTYLE
Alan Johnson, 34 59.5
Roger Nektin, 33 1:00.9
Wm. Bell, 30 1:02.9
David Voyer 1:05.2
50 YD BREASTSTROKE
Allan Johnson, 34 2:17.5
David Voyer 2:31.0
200 YD BREASTSTROKE
Wm. Bell, 30 2:34.2
50 YD BUTTERFLY
Roger Nektin, 33 6:04.3
Alan Johnson, 34 6:11.3
Bob Parker, 34 7:34.5
50 YD BACKSTROKE
Alan Johnson, 34 31.0
Bob Parker, 34 36.8
100 YD BACKSTROKE
Roger Nektin, 33 1:08.2
Alan Johnson, 34 1:09.3
Bob Kent, 31 1:10.5
Bob Parker, 34 1:21.8
100 YD BREASTSTROKE
Roger Nektin, 33 1:14.3
50 YD BUTTERFLY
Bob Kent, 31 26.8
Ian McKenzie, 34 27.5
Bob Parker, 34 33.4
100 YD INDIVIDUAL MEDLEY
Roger Nektin, 33 1:04.0
Bob Kent, 31 1:09.7
Wm. Bell, 30 1:23.7
35-39
50 YD FREESTYLE
David Hawkins, 38 25.1
Mel Siebold, 37 26.6
James Hadley, 39 29.6
Tom Turner, 35 31.8
100 YD FREESTYLE
Mel Siebold, 37 1:00.1
Mel Siebold, 37 2:15.2
500 YD FREESTYLE
James Hadley, 39 6:14.0
50 YD BACKSTROKE
Tom Turner, 35 39.3
50 YD BREASTSTROKE
David Hawkins, 38 34.6
Tom Turner, 35 38.0
50 YD BUTTERFLY
David Hawkins, 38 27.5
Mel Siebold, 37 29.4
100 YD INDIVIDUAL MEDLEY
David Hawkins, 38 1:10.1
40-44
50 YD FREESTYLE
Ted Haerts, 44 25.5
Charlie Stephanos, 44 26.1
100 YD FREESTYLE
Charlie Stephanos, 44 57.4
W. Huffel, 25 1:13.4
200 YD FREESTYLE
Ted Haerts, 44 57.5
Charlie Stephanos, 44 1:19.8
W. Krogsrud, 26 1:46.5
50 YD BACKSTROKE
Charlie Stephanos, 44 2:20.0
100 YD BACKSTROKE
Charlie Stephanos, 44 6:12.0
Ted Haerts, 44 6:39.9
Al Stein, 43 7:00.3
50 YD BREASTSTROKE
Jorgen Nebelung, 43 35.4
Al Stein, 43 35.8
100 YD BREASTSTROKE
Jorgen Nebelung, 43 1:20.0
Al Stein, 43 1:21.1
50 YD BUTTERFLY
Ted Haerts, 44 30.2
Al Stein, 43 32.6
100 YD INDIVIDUAL MEDLEY
Al Stein, 43 1:15.2
Jorgen Nebelung, 43 1:16.9
45-49
50 YD FREESTYLE
Jim Forbes, 45 30.5

Geo. Echentile, 45 34.5
100 YD FREESTYLE
Geo. Echentile, 45 1:24.5
200 YD FREESTYLE
John Gauthier, 48 3:03.0
Geo. Echentile, 45 3:30.0
Hal Onussett, 48 6:23.5
Francis Coffey, 45 8:00.5
John Gauthier, 48 8:12.1
Jim Forbes, 46 8:20.7
100 YD BACKSTROKE
Hal Onussett, 48 1:12.5
50 YD BREASTSTROKE
Jim Forbes, 46 36.5
100 YD BREASTSTROKE
Hal Onussett, 48 1:16.1
50 YD BUTTERFLY
Jim Forbes, 46 1:23.5
Hal Onussett, 48 28.9
Jim Forbes, 46 47.3
100 YD INDIVIDUAL MEDLEY
Geo. Echentile, 45 1:55.1
50-54
50 YD FREESTYLE
David Tyler Jr., 53 27.6
Ed Reed, Sr., 52 29.6
Robert Hinkley, 52 37.8
100 YD FREESTYLE
David Tyler Jr., 53 1:00.4
Ed Reed, Sr., 52 1:05.5
200 YD FREESTYLE
David Tyler Jr., 53 2:26.9
Ed Reed Sr., 52 2:46.2
500 YD FREESTYLE
David Tyler Jr., 53 6:35.2
Ed Reed, Sr., 52 8:31.8
50 YD BACKSTROKE
Bili Uhrich, 51 35.1
Robert Hinkley, 52 38.8
100 YD BACKSTROKE
Bili Uhrich, 51 1:19.3
50 YD BREASTSTROKE
Robert Hinkley, 52 51.4
100 YD BREASTSTROKE
Robert Hinkley, 52 2:02.0
50 YD BUTTERFLY
Bili Uhrich, 51 33.8
Robert Hinkley, 52 45.3
100 YD INDIVIDUAL MEDLEY
Bili Uhrich, 51 1:18.8
55-59
50 YD FREESTYLE
Bill Parmalee, 57 29.6
200 YD FREESTYLE
Bill Parmalee, 57 2:55.5
500 YD FREESTYLE
Bill Parmalee, 57 7:57.4
50 YD BACKSTROKE
Joe DiFilippo, 59 49.2
60-64
50 YD FREESTYLE
John Lechner, 62 46.9
100 YD FREESTYLE
Lawrence Smith, 60 1:14.2
John Lechner, 62 1:58.8
500 YD FREESTYLE
John Lechner, 62 12:56.5
50 YD BACKSTROKE
Lawrence Smith, 60 32.2
100 YD BACKSTROKE
Lawrence Smith, 60 1:12.5
200 YD MEDLEY RELAY 140 +
WBC "A" (French, Reed, Onussett, Haerts) 1:51.3
WBC "B" (Stephanos, Nebelung, Parker, Reed) 2:14.1
\*\*\*\*\*
GREATER PITTSBURGH SC MEET
Pittsburgh, PA
May 19, 1972 25 Yd Pool
WOMEN
25-29
100 YD FREESTYLE
W. Krogsrud, 26 1:12.6
F. Huffel, 25 1:13.4
100 YD BACKSTROKE
P. VanHuffel, 25 1:29.8
W. Krogsrud, 26 1:46.5
50 YD BREASTSTROKE
P. VanHuffel, 25 1:36.8
30-34
100 YD FREESTYLE
S. McGill, 32 1:17.3
100 YD BACKSTROKE
J. Hanson, 31 1:38.9
P. Hodges 1:47.4
100 YD BREASTSTROKE
J. Hanson, 31 1:47.0
35-39
100 YD FREESTYLE
E. Keating, 39 1:30.3
S. Eve, 39 1:33.4
J. Huber, 39 1:35.5
100 YD BACKSTROKE
J. Huber, 39 1:38.6
E. Keating, 39 1:41.9

<b>100 YD BREASTSTROKE</b>		<b>55-59</b>		<b>30-34</b>		<b>40-44</b>		<b>50-54</b>	
S. Eve, 39	1:43.1	<b>100 YD FREESTYLE</b>		<b>100 YD FREESTYLE</b>		<b>100 YD FREESTYLE</b>		<b>100 YD FREESTYLE</b>	
S. Reisdorf	1:58.8	Charlotte Frack, 59	1:50.0	C. Hunter, 30	51.8	A. Stein, 43	1:05.2	J. Crews, 52	1:01.3
J. Huber, 39	Disq.	<b>100 YD BACKSTROKE</b>		J. Medici, 34	59.8	E. Leahy	1:06.4	G. Rea	1:18.0
		Charlotte Frack, 59	2:22.4	P. Campbell	1:01.5	C. Eve	1:10.6	<b>100 YD BACKSTROKE</b>	
<b>40-44</b>		<b>100 YD BREASTSTROKE</b>		B. Crosby	1:02.6	T. Schremmer	1:15.8	J. Crews, 52	1:26.5
<b>100 YD FREESTYLE</b>		Charlotte Frack, 59	2:23.8	D. McGill	1:14.0	B. Norris	1:40.2	M. Smith	1:36.6
P. Clinton, 44	1:10.4	MEN		J. Mason	1:22.2			<b>100 YD BREASTSTROKE</b>	
N. Janiszewski	1:31.0	25-29		<b>100 YD BACKSTROKE</b>				J. Crews, 52	1:24.3
<b>100 YD BACKSTROKE</b>		<b>100 YD FREESTYLE</b>		C. Hunter, 30	57.0	<b>100 YD BACKSTROKE</b>			
P. Clinton, 44	1:24.7	T. Erdos, 25	53.8	B. Crosby	1:23.2	T. Smith, 44	1:09.7		
N. Janiszewski	1:30.5	L. Petrillo, 25	54.0	D. McGill	1:37.0	W. VanPelt	1:11.5	<b>100 YD FREESTYLE</b>	
J. Sullivan	2:23.8	C. Gerg	56.6	<b>100 YD BREASTSTROKE</b>		A. Stein, 43	1:25.2	L. Hammerschmidt, 55	1:10.7
<b>100 YD BREASTSTROKE</b>		J. Vogt	59.4	J. Medici, 34	1:14.5	C. Eve	1:28.3	H. Slevin, 55	1:13.2
P. Clinton, 44	1:37.6	C. Roby	59.5	A. Rose	1:19.3	T. Schremmer	1:39.5	N. Fluke	1:18.4
N. Janiszewski	Disq.	<b>100 YD BACKSTROKE</b>		J. Mason	Disq.	E. Leahy	1:40.3	W. Wagner	1:21.0
		L. Petrillo, 25	1:05.8	C. Hunter	Disq.	<b>100 YD BREASTSTROKE</b>		<b>100 YD BACKSTROKE</b>	
<b>45-49</b>		C. Gerg	1:08.2			A. Stein, 43	1:19.6	H. Slevin, 55	1:28.4
<b>100 YD BACKSTROKE</b>		D. Keller	1:14.5	<b>35-39</b>		T. Schremmer	1:35.4	N. Fluke	1:31.1
M. Gabel, 46	2:28.8	J. Vogt	1:16.0	<b>100 YD FREESTYLE</b>		E. Leahy	1:53.7	<b>100 YD BREASTSTROKE</b>	
M. Piroz,	2:48.1	C. Roby	1:21.2	Frank Munro, 38	1:02.5			Hans Slevin, 55	1:24.1
		<b>100 YD BREASTSTROKE</b>		S. Martin	1:03.2			N. Fluke	1:34.4
		T. Erdos, 25	1:10.5	M. Nash	1:07.6	<b>45-49</b>			
<b>50-54</b>		B. Thompson	1:12.4	K. Eulich	1:08.1	<b>100 YD FREESTYLE</b>			
<b>100 YD FREESTYLE</b>		L. Petrillo	1:14.0	<b>100 YD BACKSTROKE</b>		J. Winokur, 49	1:15.0	<b>65-69</b>	
B. Boase, 50	1:32.2	J. Vogt	1:16.0	F. Huro	1:27.0	W. Piroz	1:28.6	<b>100 YD FREESTYLE</b>	
<b>100 YD BACKSTROKE</b>		C. Gerg	1:18.0	M. Nash	Disq.	S. Swartz	1:35.8	J. McGuire, 68	1:20.5
S. Dietrich, 52	2:45.2	D. Keller	1:24.5	<b>100 YD BREASTSTROKE</b>		S. Schuster, 45	1:33.5	J. Wallace	1:21.1
		G. Gillespie	1:28.7	R. Rubin, 35	1:22.0	W. Piroz	1:52.3	*****	
				M. Nash	1:26.8				

**ATTENTION: Masters Swimmers  
Long Beach, California**

We are pleased to announce that starting April 20th we will have organized workouts for Masters Swimmers at the Belmont Plaza Pool.

The new program, "Masters Competitive Swimming", is being offered through the courtesy of the Belmont Plaza Pool manager, Mr. Lee Bender, who has had the foresight to realize that such a program is greatly needed and should be instituted.

The program will include workouts tailored to the individual's capability plus instruction in competitive strokes, starts, and turns. Also, there will be a group swimming laps for body conditioning. A weight machine is available for those who wish to add this to their training.

This initial 10-week program will be offered every Thursday evening from 7 to 9 PM beginning April 20th and concluding June 22 (except for May 4th when we will meet on the preceding Tuesday). The program will be available to all Masters Swimmers, (25 years and over), for the price of regular admission.

We now have the kind of encouragement and backing the Masters Swimming Program needs and I'm sure that all of us will want to take advantage of this opportunity.

Sandy Lewis, Masters Co-ordinator says, "We were pleased that as a result of our new training program our group immediately quadrupled with more people contacting us every

day. This type of program will enable Masters Swimming to realize its objectives of promoting physical fitness."

# SWIM-MASTER

THE OFFICIAL PUBLICATION OF THE  
AAU MASTERS SWIMMING COMMITTEE

EDITOR: MRS. JUNE KRAUSER  
2750 N.E. 29th Street  
Ft. Lauderdale, FL 33306

ASSOCIATES:

Capt. Ransom J. Arthur, M.D.  
Judge Robert Beach  
Clarence "Buster" Crabbe  
Frederick H. Haartz  
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# Old Swimmers Never Die . . . . .

By DOROTHY MAUK  
Denver Post Sports Writer

"The world retires at age 22. It's really foolish."

Burwell (Bumpy) Jones, a member of the United States Pan American and Olympic swimming teams in 1951 and 1952, respectively, explained with fervor Sunday why he resumed training for competitive swimming after a lapse of 20 years.

"There just aren't many people past the age of 20 who do anything physical. The majority of the people I know my age don't even walk 20 yards," said the 39-year-old Sarasota, Fla., dermatologist.

"They swim gently, play tennis gently, indulge in a little tennis gently, indulge in a little golf and talk about what diet they're on . . . I lost 10 pounds in the first month after I started swimming seriously again. I can now eat like I did in college. This in itself is very pleasant."

As the second annual Intermountain Masters Swimming Championships wound up a three-day run at the Englewood High School pool, Jones also was pleased with the five national-best times he posted in a seven-event performance topping 121 contestants from 12 states. (The 1955 captain of the University of Michigan aquatic team logged national-best times for the other two events at St. Petersburg, Fla., a month ago.)

Sarah Bolster, 43-year-old Princeton, N.J., mother of 14, swam in six events over the weekend, capturing four third places, one second and one fifth. The leader in her division was Mrs. Edith Gruender, Phoenix, Ariz., mother of five, who finished the three-day meet with six victories, two meet records and one national-best time.

Mrs. Bolster, married to a masters track athlete who ran in the Boston Marathon last year, got interested in the 25-and-older swimming program "as a physical fitness thing" when she found out it didn't take very long.

She didn't start swimming, she said, until after she had 11 children because she "couldn't

get out of the house." Now her older children—"who think it's pathetic I can't go faster"—help baby-sit, and her husband took time off from his alumni fund-raising duties at Princeton University to take care of the children, ages 1½ to 18, so she could come to Colorado.

Midway through the meet, however, Mrs. Bolster exclaimed in a fit of nerves: "Swimming's harder than having a baby."

Mrs. Vickie Mynatt, 26, suffered a severe whiplash injury in an automobile accident last fall. Her doctor suggested swimming, so Mrs. Mynatt joined the Red Cross "Fitness for Life" 50-mile Club. She had competed eight years in the AAU age-group program and four years at the University of New Mexico, but hadn't swum seriously in five years.

Watching her establish four new national standards over the weekend were her husband, a physical education teacher, and their 10-month-old son. Mrs. Mynatt, who swims 1¼-1½ miles four times a week, said she hasn't had any back problems since Feb. 1, when she started working out.

One reason Cecilia Brown joined the Navy was to keep on swimming. "I thought there would always be a pool available," explained the 27-year-old line officer at Alameda Air Station, Calif.

Miss Brown, 27, learned to swim as a student at the University of California at Santa Barbara, but never competed until last year. At the 1971 National AAU Masters Short-Course Championships, she won six events. Friday, at Englewood, she set a national record in the long-distance freestyle marathon.

# Buster Crabbe Gives His Advice On Pool Buying

By ANDY LANG  
AP Newsfeatures

What are loosely called backyard swimming pools continue to grow in popularity.

They range from small above-the-ground pools of various types to luxurious in-the-ground installations that often are as much status symbols and eye-catchers as places to swim.

How do you go about buying a pool? I've never bought one, so my knowledge of the subject is limited. I decided to look up an old friend, Buster Crabbe, of swimming and movie fame. Not necessarily because he won an Olympic gold medal way back when. And certainly not because he once portrayed Tarzan in films. But because for the past 16 years, as executive director of Cascade Industries, he has been associated with the sale and installation of home swimming pools.

## SOME ADVICE

As fast with words as he still is in the water, Buster gave this advice to potential pool buyers:

"First, decide what use your pool will be put to. If it's mostly for smaller children and a temporary investment, an above-ground pool will do. But if it's planned for the whole family for full swimming, as well as poolside social living, I advise the permanent investment of an in-ground type.

"Locate the pool in a sunny spot where there's also natural shelter from the wind, or add a windbreak fence or shrubbery. Family pools should be convenient to the

house and easy to keep an eye on from one or more windows. The most common sizes are 16 by 32 or 20 by 40, but allow about 36 square feet per swimmer. Depths should run from 3 feet at the shallow end to 5½ to 9 feet at the deep end.

"In today's modern pool, you can get almost any shape, whether in poured concrete or gunnite, which is sprayed concrete, or in the prefabricated vinyl liner type. The vinyl liner never needs painting and should carry a warranty of at least 10 years.

## THE KEY

"The key to the final product you get in a pool is your builder. Check out how long he has been in business, make sure his product is covered by guarantees and be sure he will service the pool after it is built. And, very important, talk with owners of pools he has built. They will tell you the truth.

"There are certain things to check out with your builder. Find out about taxes, zoning and any local regulations. The site should be free of rock — blasting adds expense — or ground water, since sealing this off costs extra. Be sure the pool has an adequate wide-mouthed skimmer, an efficient filter and automatic chemical feeding. Consider putting in a heater when you build; it costs less to install then and, in most locations, will add two or three months to the swimming season.

"And remember, no matter what your age, swimming is the best and healthiest form of exercise."

## FIT—FOR HALF A CENTURY

AFTER the age of 50, former athletes are no fitter than ordinary people. This is the conclusion of a Danish physician, Dr. Peter Schnohr of a Copenhagen hospital, who has just surveyed the lives and deaths of 297 sports cham-

pions who were born between 1880 and 1910. After the age of 50, the subjects died at the same rate from the same types of diseases as anyone else. Between the ages of 25 and 50, Dr. Schnohr found, the athletes' death rate was 39 percent below the average.

# An Assortment of Athletes

talk  
about  
growth



The growing Masters Swimming Program is being talked about all over the country! From New York to Hawaii; from Florida to California; and from Texas to Canada. Top left; Jim Forbes from New York stands with his award overlooking the San Mateo College Pool. Top right; Buster Crabbe talks about Masters workouts at the Swimming Hall of Fame with Reed Ringel and Ralph Johnsen. Middle row are pictures taken by Helen Geffrion at the Southern California Masters meet in April. Left; Cease Brown and Sue Clavin after Sue just set a new National Record in the 50 yd fly with a 31.6 in JD over Cease. Middle; Anne Adams drinking brew from the silver cup won by the SFVAC. Right; 200 yd Free Relay team (25-34) of Jim McGrath, Glen Davies, Ken Krueger and Steve Boss setting a new National Record of 1:33.8. Bottom row of pictures were taken in San Mateo by Mildred and Ham Anderson. Left; John Spannuth, Ransom Arthur, Mildred and Ham. Middle; June Krauser, Mildred, Jody Anderson. Right; Ham and Sam Jones.

# Time Machine Turns Back

The 1920s revisited the Swimming Hall of Fame in the names of Tarzan, Jane, Flash Gordon, Jungle Jim, Buck Rogers and Captain Gallant.

The Time Machine was turned back two generations with the reunion of Johnny Weissmuller, Buster Crabbe and Eleanor Holm, all former Olympic stars who later made a splash in the movies and on television. They reminisced, taped a television show and discussed the re-designing of the SHOF exhibits. But the major topic of conversation, naturally was.... swimming.

In wondering how much better their times would have been if modern coaching techniques and facilities had been available and new rules had been applicable, Buster Crabbe commented, "I think we could have cut three or four yards off our times by today's methods. Now you're allowed the flip turn, but we had the hand turn. And in the old days you started on the edge of the pool. We didn't have any starting blocks or a diving tower 30 inches up in the air. There are so many other differences today. Even the pools are faster. The engineers have eliminated wakes in the pool - they aren't as choppy now"

## 'OLDEST' SWIMMERS BREAK OLD RECORD

At the San Mateo Marlins Masters Swim Meet held April 28-30, John Keating (54), Reno Rapagnahi (51), Lyle Collet (64) and Ray Taft (52) broke the "Oldest Swimmers" 200 yard Free Relay Record (in number of years) held by the Decatur-DeKalb Y.M.C.A. (Dixie) Alabama of 213 years combined with a time 2:48.0  
----The San Mateo Marlins total age of 221 years did a 1:54.3!



## CALENDAR

JUNE 2	LAKWOOD "200" - Lakewood, CA SPAAAU Swim Committee, P.O. Box 977, No. Hollywood, CA 91603
JUNE 11	City of Santa Ana Masters Meet - Santa Ana, CA SPAAAU Swim Committee, P.O. Box 977, No. Hollywood, CA 91603
JUNE 24-25	3rd Annual Senior World Championship Games - Los Angeles, CA SPAAAU Swim Committee, P.O. Box 977, No. Hollywood, CA 91603
JUNE 24-25	Capitol City Swim Meet - Topeka, KS Dana Killinger, 926 Forest, Topeka, KS 66616
JULY 2	Norwich Elks Masters Swim Meet - Norwich, NY George Echentile, 6 Eric Street, Norwich, NY 13815
*****	
AUGUST 11-13	NATIONAL A.A.U. MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS Bloomington, Indiana - Contact John Spanuth, A.A.U. House, 3400 West 86th Street, Indianapolis, IN 46268
*****	
SEPT 3	Hawaiian Masters Long Course Open Swim Meet - Honolulu, HI Masters Swim, P.O. Box 1314, Honolulu, HI 96807
SEPT 4	Waikiki Roughwater Swim - Honolulu, HI Waikiki Swim, P.O. Box 1314, Honolulu, HI 96807
SEPT 9	Masters "Fun" Meet - Mission Viejo, CA SPAAAU Swim Committee, P.O. Box 977, No. Hollywood, CA 91603

## 23 MASTERS RECORDS FALL AT BLOOMINGTON

by DON GLASS - Indiana Masters Swim Chairman

Twenty-three national short course records fell in the Masters Meet held in Bloomington, Indiana April 22 & 23. Although Doc Counsilman was unable to be in the meet, one of his star proteges who is making a come-back set two records; Dr. Chet Jastremski (31) went 1:03.2 in the 100 breaststroke to break Pat Ryan's year-old 1:09.4. Although Chet's 200 breast was not as good as he wanted, his 2:20.1 still was well under Lance Larson's 2:32.5.

Another come-back was made by the former Big Ten champion from Illinois, Kip Pope (25). He too broke his age group records in the 100 and 200 breast, going 1:01.3 and 2:15.6 respectively. Kip is in law school at Indiana University, and still finds time to do hard, long daily workouts.

Several other records fell by sizeable margins, such as; Bill Livingood's (27) 2:11.9 200 yard backstroke took 6.6 seconds off the old mark; Ted Haartz (43) took 3.4 seconds off the 200 I.M. record (and he thought the timers had missread their watches!); and Larry Good's (37) 2:29.0 200 back was considerably under Mike Milliman's 2:34.4. Paul Hutinger (47) doesn't seem satisfied unless he breaks at least one record in each meet he enters, but he was only able to take records in four of the six events he swam in Bloomington. His 500 free (6:11.9), 200 free (2:10.6), 200 back (2:27.8), and 200 yard IM (2:29.2) were all records. All were his own records except for Duane Draves' 500(6:20.0). We all hope Paul can do better in his next meet!

The women were not without record makers either. Helen Buss (36) was at it again as she set a new standard for the 100 yard fly (1:17.3). Ann Champ's (36) 3:11.9 200 breaststroke was well under the old 35-39 age group 3:40.3. The two backstroke records fell to a newcomer to Masters competition, Dina Zinnes (36) who went 1:20.8 in the 100, and 2:55.4 in the 200; the old records were 1:21.6 and 3:10.6. Shirley Scott (43) set the standard for the 40-44 age group in the 1650 freestyle with a time of 29:05.3.

The Bloomington Gatorade Men's "A" Team relays lowered the standards in both the 25 and over events. Their 200 yard free relay time was 1:35.3; swimming were John Newman, Bill Burrell, John Sink, and Chet Jastremski. The medley relay time was 1:48.2, with John Sink, Kip Pope, Chet Jastremski, and John Newman.

This meet was ample evidence that the masters program is growing like wildfire. This was the third indoor meet held in Bloomington, and the participation was almost tripled from the first meet.

Much attention is given to the national records that fall in the meets, but there is not too much notice of the personal records that are bettered, indeed there would hardly be space for that. But for the majority of the swimmers these meets provide marvelous opportunities for the lowering of personal best times, and that's what the masters program is all about.

## Six Records in Masters Swim Meet

Swimming's "oldsters" shattered six National AAU records at the Masters Swim Meet held at Northwestern University's Patten Pool.

Jeannette Eppley, 50, won the women's 1650 yard freestyle in 29:56.7, breaking the standard of 54:30.7 in her age bracket.

Paul Hutinger, 47, of Western Illinois, set three records; 1:07.3 in the 100 butterfly, 6:07.1 in the 500 freestyle, and 2:27.4 in the 200 backstroke.

Ray Zeason, a 26-year-old law student with the Chicagoland Masters Club, won the 200 IM 2:10.5, and Mike Paesler, 27, University of Chicago, went 19:52.0 for the men's 1650 yd freestyle.

Ryall YMCA won the team title with 165 points. University of Chicago had 161 and Chicagoland Masters had 151.

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# Asthma: Science report Swimming is best exercise

London Times 12-4-71

Asthmatics should be encouraged to take up swimming, according to two Australian specialists in physical education, Dr. K. D. Fitch and Dr. A. R. Morton. They base their recommendations on tests done on volunteers with asthma in the human physical performance laboratory at the University of Western Australia. The effects of running, cycling and swimming were compared in 40 patients from local hospitals and swimming was clearly superior.

The difficulty in breathing in asthma is caused by narrowing of the bronchi, the air passages in the lungs. Almost all asthmatics develop some spasms of the bronchi after exercise, though it is less common for severe attacks of breathlessness to be brought on by exertion. In the Australian study reported in the British Medical Journal the degree of this exercise-induced asthma was measured by a series of laboratory tests immediately before and immediately after the physical activity and then at intervals for an hour. In order that the three forms of exercise should be compared fairly, the physical effort used in each had to be the same. That was achieved by use of a continuous electrical recording of the heart beat during each activity. A constant heart rate was maintained for each subject by speeding or slowing his exercise as necessary. Spasm severe enough to be classified as asthma occurred after 73 per cent of the running tests and 65 per cent of the cycling tests but after only 35 per cent of the swimming tests.

The attacks of asthma brought on by the swimming were mild in comparison with those brought on by other forms of exercise. No full explanation has yet been found for exercise-induced asthma and Dr. Fitch and Dr. Morton offer none for the superiority of swimming in their tests. But their work provides scientific support for the belief held by some doctors that swimming is the most suitable sport for asthmatics. That asthma is no bar to success in competitive swimming is shown by the two Australian Olympic swimming gold medalists who are asthma sufferers.

By Our Medical Correspondent Source; British Medical Journal (vol 4, p 577, Dec4).

# Periodic Physicals Can Save Lives and Money, Prevent Illness

In the April - May, 1972 bulletin from the Northwestern Mutual Life Insurance Company, is an article on how the periodic physical examination is becoming a must for Americans.

It can save your life.

It can prevent illness.

It can save you money.

This is the opinion of many health authorities today who feel this nation must place greater emphasis on preventive medicine.

That's why, according to the Health Insurance Institute, many of the major national health insurance plans now before Congress emphasize the value of preventive care for the public.

Preventive care, according to Healthcare backers, relies on early detection and treatment. The idea is to catch medical problems before they become advanced, sparing the individual from more serious and more costly treatment later on. While "check-ups" are by no means foolproof, they can detect many diseases.

Studies of Strang's (New York's Preventive Medicine Institute-Strang Clinic) examinations indicate that of each 100 examinees, 12 have precancerous conditions and more than 30 have heart, chest, or lung disorders, glaucoma, ulcers, kidney trouble, or diabetes. Six out of 1,000 have cancer.

"It cost nine times more to cure a disease than to prevent it in the first place", says Dr. Daniel J. Miller, president and medical director of Strang Clinic.

The Masters Swimming Program recommends; "Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check up immediately prior to Masters competition in order to insure his physical readiness for participation."



# COMMENTS

Compiled by JOHN SPANNUTH

## WHY ARE YOU INTERESTED IN THE MASTERS SWIMMING PROGRAM?

1. As a continuing source of competition and training.
2. Love of competition.
3. Helps me to set a goal and motivation in swimming.
4. Trying to promote this program.
5. Fun of competition.
6. Stay in physical condition (shape).
7. Health.
8. Recreation.
9. To see old swimming friends.
10. To help my patients (M.D.).
11. Self improvement.
12. Relaxation.
13. I like to swim.
14. Social aspects.
15. Excellent excuse to work out.
16. Involved with an AAU Swim Team.
17. Enjoy competing.
18. To get and keep me trim.
19. Enjoy comparing my times with others.
20. The AAU stands for what the country's lacking - physical fitness.
21. Proud to be associated with the AAU (professional swimmer).
22. Enjoy swimming.
23. To stimulate interest in regular physical exercise.
24. To promote good health.
25. To keep young people swimming.
26. To get parents involved for better understanding of our whole swimming program.
27. Comradship.
28. Have an interest (participating) in geriatrics.
29. Masters Program makes swimming fun.
30. Not an ex-swimmer - I enjoy the chance to compete in a sport.
31. Enjoy working out on a regular, programmed basis.
32. Enjoy the participation.
33. Muscles tighten up.
34. Loss of weight - keeps weight down.
35. Generally feel better and more attractive.
36. A natural extension of the aquatic program.
37. Enjoying skills and endurance.
38. Mutual interest with your children.
39. To compete in a sport I had never competed in during my youth.
40. To travel and meet new people.

41. Can independently exercise at my own time and speed.
42. Little equipment involved (hidden cost).
43. Helps to develop more data on physical fitness.
44. All types of athletics should be included in the Masters.
45. Encourage the cooperation of schools and colleges for older athletes to work out and hold meets.
46. To attempt to start a program in my area and volunteer my services.
47. I was Meet Director for the 1971 National Championships.
48. To help my career in Sports Medicine and Swim Coaching.
49. May encourage building more pools.

## WHAT DO YOU FEEL THE MAJOR BENEFITS OF THE MASTERS SWIMMING PROGRAM ARE?

1. Conditioning.
2. Competitive incentive.
3. Training incentive.
4. Cardio-vascular fitness - conditioning.
5. Social - meeting people with same goals and interests.
6. Motivation.
7. Fun.
8. Fitness.
9. A goal to work toward.
10. Can be shared and enjoyed by couples.
11. Health.
12. Recreation.
13. Promoting swimming as a National sport.
14. Relaxation.
15. Increases quality of life.
16. Increases years of life.
17. Competition.
18. Healthful exercise.
19. To interest old swimmers in swimming again.
20. Regular exercise.
21. Reason for keeping in condition.
22. Psychologically beneficial.
23. Pride of competing.
24. Satisfaction of day by day self discipline.
25. To keep me active physically.
26. Many benefits related to group endeavors.
27. Puts your mind at ease.
28. Incentive to compete.
29. Competition for fun.
30. To make competitive swimming have some deeper meaning than to win or lose.
31. Enjoyment of competitive atmosphere.
32. Nice people with healthy interests.
33. Community co-operation.
34. Better understanding of whole swimming program.

35. Ability to train.
36. Compete with swimmers of the same age.
37. Gives adults the incentive to leave the TV set.
38. Incentive to exercise with vigor.
39. Provides the opportunity for ex-swimmers to continue in a sport they enjoyed.
40. The vitality resulting from a good exercise program.
41. Mental well-being.
42. The fun of being part of a special different group.
43. Swimming gives one a sense of satisfaction.
44. Self-improvement.
45. Organized swimming competition.
46. Wipes out desire for over-indulgence of alcoholic beverages.
47. Improve swimming techniques.
48. "Swim-out" aggravations and frustrations.
49. Masters swimming provides physical fitness without body injury from contact sports.
50. Help motivate people who need a chance to utilize their time and energy.
51. It will help many programs.

# MASTERS SWIMMING NOTES

EDITORIAL: Not only is the Masters Swimming Program growing but so is SWIM-MASTER - both in subscriptions (472) and content (20 pages) So many of our patrons have sent in material and I wish to thank them. It is not always possible to use all of the items submitted but I will try to use as many as possible. Please keep material coming - makes for interesting reading in SWIM-MASTER.

As you know the Master Swim Program has exceeded all expectations in participation since it became a part of A.A.U. on Jan. 1, 1972. In fact, John Spanuth, aquatic director for the A.A.U. predicts that within the next 10 years our program will surpass the age group swimming. To insure this success we all have to work for greater participation. Even though the A.A.U. has given our program good publicity there are still 1000's of ex-swimmers who have not heard of Masters Swimming. One of our Masters swimmers has suggested a way to get a more direct and personal message about our program to potential master swimmers. He suggests that each of us write to our college and obtain the current addresses of our ex-college swim

teammates. When this is done write the following letter (re-word it any way you want):  
Dear-----

I know you must think it strange receiving a letter from me after all these years but remembering what a great swimmer you were in college compelled me to write and tell you about an exciting new swim program I'm in. It's called Masters Swimming and it's now a part of the A.A.U.

Masters Swimming is best described as age group swimming in reverse. It's competitive swimming in five year age groups (25-29; 30-34; etc.) open to everyone 25 or older (coaches & professional athletes included). You won't believe this but since I started working out 6 months ago I've lost 25 lbs, and I'm able to break a minute for the 100yd and getting better all the time. Not only that but I feel great. I eat better, I work harder at my job and mentally I'm more relaxed. And the meets are really fun, not fiercely competitive. I'm really sold on this program and hope you will be too. I'm taking the liberty of including a booklet on Masters Swimming (get from John Spanuth) that I think you will find interesting. (Then write newsy part of letter about wives or husbands, kids, job and old friends.)

Mildred and "Ham" Anderson both swam in 7 events at the Nationals. They found themselves at different pools for the 1650 and as Mildred had Ham's suit with her he had to borrow Sam Jones' suit. When Mildred's swim cap was mislaid on Saturday she had to borrow Lorie Boyer's cap for her first two races. They enjoyed the meet, meeting new and old friends and say the "awards were great".

Fred Thomas of the St. Petersburg Times writes, "Covering the Masters was one of the finest athletic events which I ever covered. I hope to cover it again next year in considerably more detail."

Carney Campion, announcer at the Nationals, chuckled when he announced the lost & found item - black framed bifocal eye glasses - it could only happen at a Masters swim meet.

Anne Adams, Masters Swimming Chairman for the S.P.A.A.U. has a newly designed patch for Masters swimmers selling for \$1.00. These are attractive red, white and blue patches - may be purchased by sending \$1.00 along with a self addressed, stamped envelope to Anne Adams, 17432 Osborne Street, Northridge, CA 91324. I am sure that if you were at the Nationals you already own one of these patches through the superb salesmanship of Anne and Schelly Armstrong.

# SWIM-MASTER

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## FIRST CLASS



### LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

John Allan Sable writes, "So why not diving? Perhaps you have answers in your Swim-Master news. I haven't seen many copies, but please Mr. Editor, put a man on the subject. What a thrill to see an old foggy do a beautiful dive (when most fogies say, 'the dang-fool will break his neck!:')" John Spannuth assures us that there will be legislation presented at the National A.A.U. Convention in Kansas City to include a program for Masters Divers. If you are interested in such a program, please write John and let him know. R. Jackson Smith, FINA diving representative has also mentioned the fact that a committee is being formed to work up a program for this legislation.

Stella Taylor, of Fort Lauderdale, is planning to swim the English Channel in August. We want to wish Stella the best of luck in her marathon swims.

"As to your question about training alone. I would reply as follows: Training alone is difficult but I have done so successfully on occasion in the past. Access to a pace clock is enormously helpful. By setting specific times for your swims and specific rest intervals you can force yourself to go hard without even a coach or teammates present. In

the absence of a pace clock the next best thing is to take a 10 second pulse count after finishing your efforts. If your 10 second count isn't at least in the high 20's or low 30's you haven't been pushing yourself hard enough. I think it is also helpful to write out a plan for each week in advance detailing the swims you are going to do and then adhere to the plan faithfully."

"As to mineral and vitamin supplements I haven't felt the need for additional intake beside that furnished by an ample and well-balanced diet. However, there certainly would be no harm in taking additional vitamins. Fortunately, if one swims hard enough this leaves one free to eat large meals without penalty."

Jim Forbes, representing the Metropolitan AAU at the Nationals, wishes to put in a bid for one of the most improved swimmers at the meet. Competing in the Men's 45-49 age group Jim improved his 50 free from 30.5 to 30.23; his 100 breast from 1:23.6 to 1:20.9; his 200 free from 2:59.4 to 2:49.0; his 100 free from 1:15.0 to 1:11.7; and the 200 breast from 3:25.0 to 3:07.5. Self improvement is one of the things that this program is all about!