



SWIM-MASTER

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THE PLACE FOR RELAXATION IN AAU MASTERS SWIMMING

By JOYCE L. BLOOM

With the inevitable emphasis on the competitive aspects of AAU Masters participation, the swimmer aims to acquire discipline in athletic training for form, speed and endurance. He is also concerned with rigor regarding his habits of diet, sleep and participation in other physical activities.

Part of his consideration should be the conscious use of relaxation techniques. There is a two-fold purpose for this consideration. First, the swimmer must be able to relax without drooping, during the waiting period between events at the meets. Second he should relax to promote total health. A swimmer should be able to conserve his energy so that he may call upon this reserve many hours later in the day, depending upon the schedule of events. He must be able to relax his mind but also to keep alert to appear for his races when announced. He should be mentally alert so that he can follow the results of the races, too.

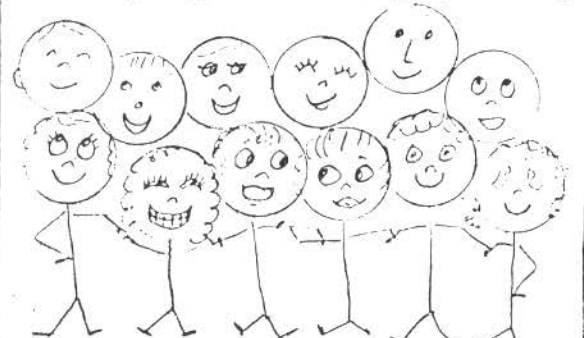
Second, learning to relax will promote better cardio-respiratory fitness, thus making it more likely that he will be a better swimmer. Consciously applied techniques for relaxation increases Body awareness. This increased awareness makes it easier to relax the body, as well as the mind, while under pressure at the meets, where excitement runs high.

Two relaxation techniques are of the utmost importance. One is systematic muscular relaxation and the other is three-part breathing. Systematic relaxation is employed in dance, in rhythmic movement for children and in childbirth exercises. The starting position is lying in a supine position with the eyes closed. The exercise consists of draining the tension from each part of the body. First, the toes of one foot are contracted, then relaxed. The toes of the other foot are contracted, then relaxed. In turn, the ankles, calves, thighs, abdomen, back, shoulders, neck and face are tightened, then released. The whole body is kept still. Only

the specific muscles under consideration contract, then release. Tension in different areas of the body can be located and the mind can learn to allow the muscle to let go of this tension. Then the learning may be carried one step further. With more relaxed movements the swimmer may refine his form and move more efficiently through the water.

Another important relaxation technique is three-part breathing. In hatha yoga this is called a pranayama exercise. It is similar to diaphragmatic breathing which singers and athletes are familiar with. The swimmer sits with an erect, but not rigid, back and closes his nose, breathing in for a count of three seconds. The breath is held for two seconds, then slowly let out through the nostrils for three seconds. Beginners may eliminate the second part, or the breath holding, and simply experience the breath flowing slowly in and out. An important point to keep in mind is that during the inhalation phase the lungs are expanding, therefore the abdomen expands. Likewise, during the exhalation, the lungs expel the air and the abdomen contracts. This is a beautifully calming exercise which promotes better circulation. It can prepare the swimmer's body for activity so that the energy of the body may be utilized efficiently. Chronic states of tension are harmful to the body. The swimmer can easily learn to be "the master" of this tension: so Masters -- swim and relax!

MASTERS SWIMMING IS:



GETTING HIGH ON LIFE
THROUGH HEALTH, FELLOWSHIP
AND FUN!!!

Oak Ridge Swimmers Win Masters Crown

By FRED THOMAS
Of The Times Staff

The Atomic City Aquatic Club of Oak Ridge, Tenn., is blasting off in the swimming world in the older-age group.

Oak Ridge's Masters team upstaged the other teams in the third annual AAU-Masters Swim Meet Sunday at North Shore Pool by winning the team trophy.

Oak Ridge has a team of 70, but brought only 25 to St. Petersburg for the swim meet aimed at swimmers over age 25, and the success of the team can be attributed to their 27-year-old coach, Winnie Krogsrud.

Since moving to Oak Ridge a couple of years ago, Winnie has turned the nuclear reactor town responsible for the Manhattan Project into an old-age swimming mecca. "We have an indoor pool, but we really had to campaign for it," Winnie said. "It's been on the local government's agenda for years, and it took a lot of work to get it passed.

"At first, only the kids were swimming," said Winnie, who is also an ardent swimmer, "but then the parents got interested. We heard about the Masters program and decided to start our own team."

From there it mushroomed just as the national Masters has. "After a year, we only had six or seven people swimming. Now we have 70 on the

team — 70 who swim four times a week."

Winnie feels the flab factor has caused part of the success of the Masters. "Between (ages) 45 and 55, they get worried about how they look and feel. They see that swimmers usually are in pretty good shape. Doc Councilman, the Indiana swimming coach, for instance, started the Masters a couple years ago and lost 50 pounds. He really looks great now."

Winnie provides incentive for her swimmers with Swim and Stay Fit charts, points for swimming regularly plus plenty of verbal reinforcement. "People won't swim if they aren't having fun," she said, "and you have to provide the incentive to keep them working."

Winnie has her team convinced it can win the national Masters meet in Chicago Aug. 10-12, just as she convinced them they could win this meet. She is pulling out all the stops to insure they win, in fact. "Right now, we're thinking about a closed-circuit television so we can show the swimmers what they are doing wrong — that makes a world of difference, believe me."

Projects like this take money but the town of 30,000 seems to be behind such programs. "We raised \$6,400 in a swim-a-thon," she said. "Everybody has really been work-

ing to improve the pool and make it better. And everybody is swimming."

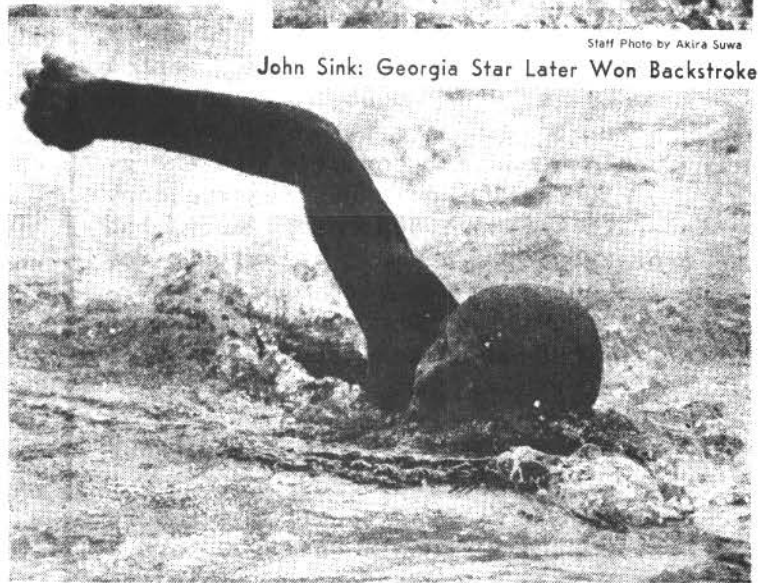
The three-day meet at North Shore Pool was an overwhelming success, said meet director Robert E. Beach, a circuit judge in St. Petersburg. In its third year, the Masters drew more than 150 swimmers from 13 states and Canada. There is speculation now that the national Masters might be held at North Shore in following years, because of the proven success and balmy climate.

John C. Calhoun, a 1952 Olympic diver, displayed his vast skill Sunday with an exhibition off the three-meter board. His final dive was a 1½ gainer with a full twist.



Staff Photo by Akira Suwa

John Sink: Georgia Star Later Won Backstroke



Staff Photo by Tom Bennett

John McGuire, 69, Swims For His Health As Well As Fun

A Lifesaver (His Own) At 69

By FRED THOMAS
Of The Times Staff

Every day for the past three years, John McGuire has flopped into the swimming pool, and churned 500 to 1,500 yards. The daily stint has helped keep him alive.

John is 69 and easily could have been dead three years ago because of heart trouble. His doctor put him on medication and suggested exercise. John took his advice and

started swimming at North Shore Pool, the site of the third annual Masters-AAU Swim Meet, which starts Friday night and ends Sunday. (The Masters is a competitive swim program for those over 25.)

"I honestly feel swimming has helped my physical condition," said McGuire, of St. Petersburg, after winning the 1,650-yard event in 35 minutes, 35.6 seconds, five minutes off the world's record in his age bracket. "I was in really bad shape then, and I haven't felt as good in years."



His Honor The Swimmer, Overruled

Judge Robert E. Beach of St. Petersburg, Florida, is one of the top Masters Swimmers in the United States, but he was on the losing end of one of the most unusual swim relays ever contested. At the third annual AAU Masters meet at St. Petersburg's North Shore Pool March 30-April 1, Judge Beach was a member of an unsuccessful team of judges against a champion unit of lawyers. The judges led for most of the race, but could muster no strength to out-rank the fast-finishing team of lawyers.

Masters Swim Beats Records

Heavy rains, gusty winds and black skies threatened to wash out the final day of the Southern Regional Masters Swimming Championships yesterday at North Shore Pool, but the weather cleared right at meet time and everything turned out bright.

The Atomic City Aquatic Club of Oak Ridge, Tenn., captured the team title with Fort Lauderdale finishing second and the Masters of Florida out of Miami third. The St. Petersburg team headed by Circuit Judge Robert Beach finished fourth.

"It was just fantastic, everything just seemed to fall into place," Beach said this morning. "We had more than 150 swimmers and some of them used this as their national meet because

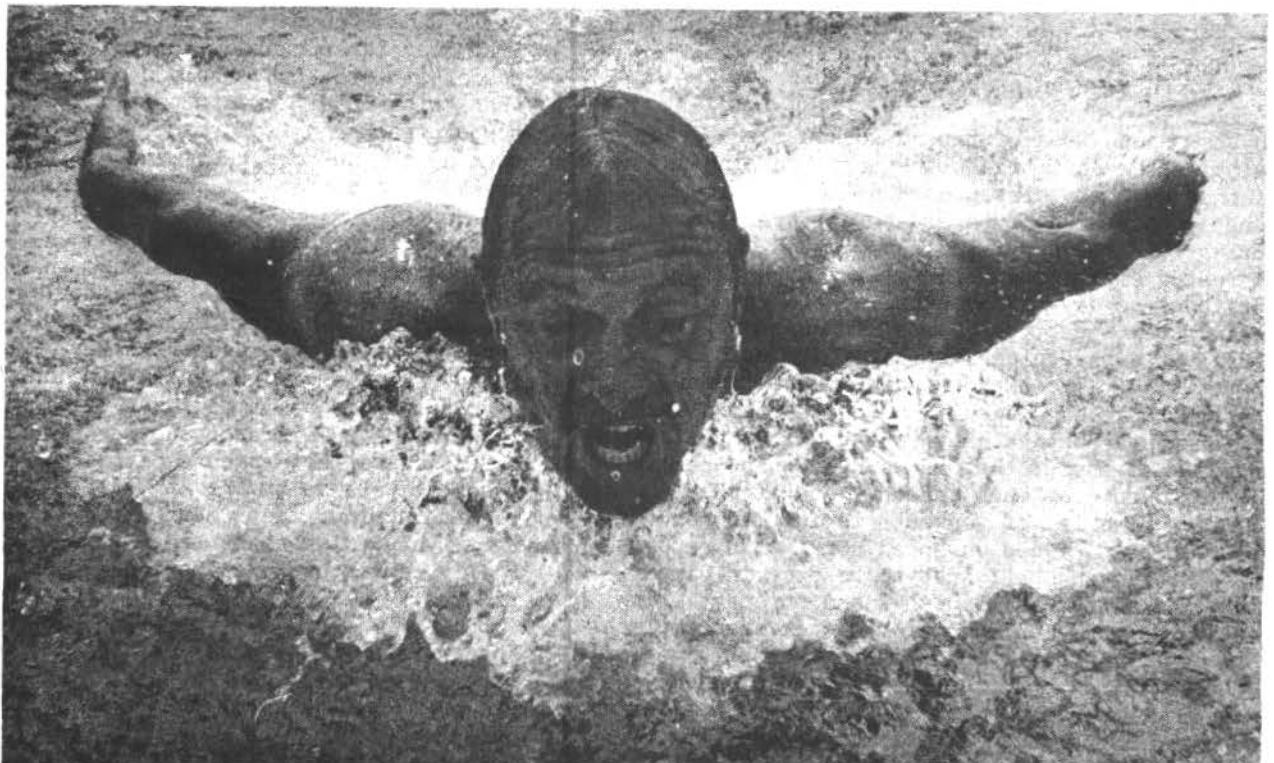
they'll not be able to make the nationals in California next month."

"It's just amazing how fast and how big this meet has grown," Beach said. "We started out three years ago with about 40 swimmers and this time we had teams from California, Canada and Ohio.

"It's relaxing for me to swim . . . I get away from all the paper work and the running of the local team," Beach laughed. He's the head of the St. Petersburg Masters Swim Team which inaugurated the meet.

Thirty-two teams participated in the Third Annual Southern Regional Masters Swimming Championships held in St. Petersburg the last week-end in March. Forty-one National Records were broken and two were established. Oak Ridge Masters won the Team Championship with 772 points while the Ft. Lauderdale Aquatic Club was second with 554. Masters of Florida was third with 410 and host St. Petersburg Rec. Dept. was fourth with 340. Two swimmers from the North Carolina Athletic Club set a total of 9 records (Dave McIntyre and Dorothy Ressigule). Burwell Jones of Sarasota set 8 records all by himself! Six were set by FLAC swimmers.

The Fort Lauderdale Aquatic Club posed for their first team picture taken by Ron Kern. Standing are Stella Taylor, Reed Ringel, Herb Kern, Jay Platt, Bob Nelson, Bob Duenkel, R. Jackson Roach, Gerry DeLong and Eric Orrell. Sitting are Dot Murray, Cynthia Joan Bruce, June Krauser and Anne McGuire.



Strokes To Butterfly First Florida's Gaither Rosser

Staff Photos by Akira Suwa

Specific Training, Taper And Fatigue

By Drs. Christian W. Zauner and Edwin C. Reese,
University of Florida
(Reprinted from Track Technique)

TAPER

Taper is an aspect of training in which the daily work load is gradually decreased until very little is done for two or three days immediately previous to an important competition. This practice is fairly common in swimming, but appears to be rather infrequently employed by track athletes. That it is effective can hardly be disputed since practically all present world swimming records were set by tapered athletes. A nearly complete scientific description of events occurring in the muscle during taper exists. In 1967 a group of Scandinavian researchers^{2,8} showed that the duration of severe exercise was dependent at least in part upon the stores of carbohydrates in the working skeletal muscle (muscle glycogen). These same workers illustrated that dietary variations during training and taper could be applied to facilitate accumulation of glycogen in the muscle just prior to an all-out effort. Their work was later supported by an American group¹⁷. Based on such information, it is recommended that taper be initiated only following a period of severe training of not less than two months duration. Taper should begin three weeks before the competition. In the first of these three weeks, training remains very severe and athletes should be placed on high fat, low carbohydrate diets. This has the effect of partially depleting muscle glycogen stores and can be best accomplished by the simple expedient of removing all desserts, potatoes, and bread from the athlete's diets. Caloric intake should remain high; the source of the calories simply changes. In the relative absence of dietary carbohydrates the body will turn to fats as an energy source.

In the second week of taper, workouts are gradually decreased until on the last training day of that week the distances done in practice are roughly one-third of those at full training. During both the first and second week of taper increased emphasis on short, fast work should be applied from day to day until at the end of the second week, practice covers rather short distances at a pace close to that to be used in competition. The high fat diet must persist through the second week. During the third week of taper, carbohydrates are restored to the diet on a demand basis; that is, athletes are permitted to consume as much carbohydrate as they desire. Severity of workouts is further reduced with emphasis placed on speed work, with repeats at less than one-half that to be done in competition, and on starts, finishes and strategy. The last three training days of the week are complete rest days. Athletes should have the option of either omitting practice entirely or of merely loosening up on these last three days. Rest and increased carbohydrate ingestion are now the important factors.

This combination of work reduction and dietary regulation has the effect of initially depleting muscle glycogen stores and then allowing for a physiological over-shoot-sort of a super storage of muscle glycogen. Biochemical assays of human muscle tissue during these phases of taper show conclusively that this approach will result in increased stores of muscle glycogen and improved quality of performance at the time of competition^{2,8,10,17}.

In spite of the benefits to be reaped from planned taper and dietary regulation, there are drawbacks to the method. If it is different from the athlete's previous preparation, he may be affected psychologically such that a poor performance results, or he may surreptitiously take carbohydrate when he should not at workout on the sly during a rest phase. A good selling job by the coach is required. Also, it is obvious that tapering cannot be done before every competition. One must have a background from which to taper. A common practice, therefore, is to taper for important meets only. Conference championships or national meets are often candidates for tapering. In view of the fact that track and field has evolved into a year-round activity, it is suggested that there be no more than three full tapers in a 12 month period. Still another drawback to tapering with dietary control is that during a low-carbohydrate, hard work period, performance probably will drop off. This is depressing to the athlete and if it occurs it should be explained that the depreciation is due to lack of fuel in the muscle, and that it is an expected outcome. However, the coach should not tell his athletes to expect such a change before it occurs for he may thus encourage complacent, lackluster practice efforts. The described tapering protocol is intended for mature college-aged athletes. A similar taper can be employed for the high school athlete, but should not be used more than twice in a 12 month period. Since high school track and field usually occupies a short season, the authors recommend one taper only to precede the conference or state championships.

If taper is to be effective, runners must work quite hard at all practices save those in the latter stages of taper. This implies "working through" minor meets. No rest should come before the usual dual and triangular meets and a full workout should often be done on the same day as such meets, immediately following the competition. This approach may require some psychological adjustments on the part of the coach as well as by the athlete. The won-lost record in minor meets must be looked upon as relatively unimportant since such competition really represents preparation for championship efforts.

For certain traditional competitions or for purposes of bolstering morale, "mini-tapers" are permissible. This practice consists of an unexpected one or two day rest just prior to the meet, complete with "carbohydrate stuffing".

A Jack Of All Trades In The Swimming World

By MIKE SCHWEBEL
Sports Staff Writer

BOCA RATON — Jack Calhoun is more or less fed up with the lifeguards on Florida's southeast coast, which is rather surprising since he's one of them.

"There are 750 lifeguards on this coast and there's only one person who's in swimming competition. And that one person is me," Calhoun said.

Not only is Calhoun competing at 47, he's also winning.

Calhoun swims in the AAU's Masters swimming program, a rapidly growing program in its third year that allows anyone over 25 to compete in age brackets that go up to 75.

Calhoun is a former Fort Lauderdale High swimmer, diver and football player who graduated in 1943. Diving became his specialty when he went to Ohio State, where he was All-America for four years. Later, in 1952, Calhoun made the Olympic diving team.

"I have this obsession," Calhoun says as he looks out over the ocean from his Boca Raton life guard tower.

"No man has ever won both a diving and swimming championship. That is what I want to do."

Such an ambition at an advanced age isn't uncommon in swimming anymore. The Masters program has done strange things to people.

Dr. Burwell Jones of Sarasota, the Mark Spitz of the 35-40 age group, had a 10x75-foot pool built in his backyard and installed a racing lane and a time clock just so he could practice his laps.

June Fogle Krauser of Fort Lauderdale, who holds several records in the women's 45-50 age group, started a monthly publication called Swim-Master which has become the official publication of the Masters program.

And Calhoun started challenging every young lifeguard that came along to a race.

"Hey Calhoun, you're not so hot," the kid will say.



Staff photo by Ren Kenney

FORMER FORT LAUDERDALE HIGH STAR JACK CALHOUN

... aiming for swimming, diving titles in Masters championships

"All right, let's go swim a mile and a half," Calhoun answers.

"There have only been three out of 60 kids under 26 in the last eight years that could take me from 50 to 1500 meters," Calhoun said.

Unlike most Masters swimmers who have been away from water for a long time (Mrs. Krauser hadn't worked out in 25 years when she began two years ago), Calhoun stayed near the water as a beach lieutenant for the past eight years. But until the Masters program came along, he was having trouble staying motivated.

"I have to get in shape to protect people. I've had 50, 60 rescues in those years but it got so there was no motivation to compete around here. I

got heavy, up to 214. Now I'm 176." Calhoun said.

The lifeguards at Boca compete each week in a points system of running and swimming. Calhoun is always at the top.

"We have workouts here but some people along the coast don't even have workouts. It's atrocious. Why, there are some lifeguards on the south coast that are even non-swimmers," Calhoun claimed.

"It's easy to swim in the ocean. The water holds you up. The pool is tougher, which is probably why the lifeguards skip the competition in the Masters. The West Coast lifeguards are really involved in it, but they're not over here," Calhoun said.

Early last month, Calhoun competed in the St. Peters-

burg Masters meet and swam off with victories in the 50, 100, 200 and 500-yard races. His 27.1 time in the 50 free-style was only one-half second off the year's best time in his age group and the second best turned in this year. His times are in the top five at each distance.

In the nationals scheduled for August in Chicago, Calhoun will attempt to compete in six events — the four distances at which he won in St. Petersburg plus the three and 10-meter diving events.

"I figure it should get easier as I get older," said Calhoun, eyeing the 50-55 age group.

"CONFESSION OF MILDRED ANDERSON"

When I was about ten years old, self taught, I learned survival swimming at our Municipal Carter Lake Pool in Omaha, NE. I will always remember how embarrassed I was, when a life guard, thinking I was in trouble, came beside me in a rowboat to offer help. And I thought I was swimming quite well!

I really didn't learn to swim until I was 14. I learned elementary back stroke in beginning swimming. Next I learned the side stroke. Later the front and back crawl and a very poor breaststroke. I was not able to master the breaststroke, until I swam with coach Hubbard when I was 17. I had not swum in any competition, until I was almost 18.

About 1946, a group of adults, including my young daughter, then ten years, swam an exhibition race at the YWCA. And in 1950 I swam on a relay team with my daughter in a meet in El Paso.

When Ham and I first heard of Masters Swimming, it was very new to us. But we were interested. It was the National SC Meet held in Amarillo for swimmers 25 years and older. John Spannuth sent me an entry application, as I am the coach of the Crystal Pool Swimming team. A strong incentive was the chance to win awards through 8th place.

I had a group of 25 and over women swimming about twice a week and the men swam, when they could find the time. Mr. & Mrs. John Green from the Dad's Club YMCA, organized as a special attraction to their age group meet relays for Men & Women 25 and over.

Our men were beaten by the Astronauts from Clear Lake in the first relay meet. Our women's team had no trouble winning, as the other two teams got cold feet and scratched. Our next relay meet was held by the Houston Swim Club. The younger swimmers were amazed that adults could swim so well and be so competitive. Our adults were thrilled with their medals.

Breaststroke turned out to be my best stroke although I did swim a number of individual medley races in my youth. The Masters Swimming Program has forced me to learn the other strokes better. And I'll tell you a secret, the mile swim is a lot tougher to swim now, than it was when we were 22 years old! I always swam short races. The 100 yards was considered a long race. I would never have believed I would be swimming the distances I now swim in meets. I don't know what the

awards mean to others, but to me they are a great achievement. "Ham", my husband, during our swimming years, always won 5 to 6 medals to my one. I am now able to give him a run, but I will admit his competition is a little tougher. But it won't be long, when those younger swimmers move into my age group.

No one will ever realize, except Ham and I, how important Masters Swimming has been for me. It has given me a sense of achievement, and has been excellent therapy for my back. Because I have arthritis, swimming exercise is most important. But I, as I am sure most, need an incentive. The SC and LC Nationals are spaced right to force me to stay in condition. Without exercise, I could be a cripple. I strongly advise everyone to join and be active in the Masters Program, especially those with any kind of back problem. I have had four back injuries. The first when I was only 16 years old.

Besides therapy, Masters Swimming is FUN, FRIENDS, PHYSICAL FITNESS AND ACHIEVEMENTS.



Mildred Anderson (middle) posing with one of her former swimmers, Mary Spencer (left) and Mary's sister, Martha Chapin (right). They all three competed in the SC Nationals held in Santa Monica, CA.

MEET RESULTS

Times from the following S. C. meets have been compiled to the tenth place time:

CELEBRITY WINTER OPEN

2/17/73 Denver, CO

ENGLEWOOD MASTERS

3/4/73 Denver, CO

LINONIA, ME 5/6/73

MULTNOMAH A.C. INVITATIONAL

3/24/73 Portland, OR

ROME OPTIMIST CHAMPIONSHIPS

3/24-25/73 Rome, NY

MASTERS SWIM MEET

3/25/73 San Fernando Valley, CA

SOUTHERN REGIONAL CHAMPIONSHIPS

3/30-31 & 4/1 St. Petersburg, FL

REGIONAL MASTERS SWIM MEET

3/31 & 4/1 Bloomington, IN

FNA MASTERS SWIMMING

3/31 & 4/1 Auburn, WA

CENTRAL AND SC CHAMPIONSHIPS

3/31 & 4/1 Evanston, IL

NATIONAL AND SC SWIM. CHAMP.

4/4-7/73 Cincinnati, OH

MARTIN MARIETTA MEET

4/7/73 Denver, CO

CORONADO HIGH SCHOOL

4/7/73 Denver, CO

SAN MATEO MARLINS MEET

4/8/73 San Mateo, CA

ASHVILLE YMCA MASTERS "100"

4/14/73 Asheville, NC

TOWN NORTH YMCA MASTERS

4/14-15/73 Dallas, TX

CHARGERS MASTERS MEET

4/21/73 Syracuse, NY

NORTHEAST REGIONAL CHAMP.

4/27-29/73 Medford, MA

SOUTHERN CALIF. MASTERS - USC

4/27-29/73 Los Angeles, CA

WILMINGTON A.C.

4/28-29/73 Wilmington, DE

HAWAII AND SC CHAMPIONSHIPS

4/29/73 Aiea, HI

W. TERABUSH BOYS' CLUB YMCA

5/5-6/73 Little Rock, AR

MICHIGAN MASTERS CHAMP.

5/6/73 Dearborn, MI

WOMEN 25-29

50 YARD FREESTYLE

Carol Clay 26.5

Joy Elliott 28.1

Irene David 28.11

J. Parks 28.4

C. Sliimak 28.5

Linda Burton 28.5

Constance Corson 28.6

Cindy Walters 29.2

Sue Coolidge 29.8

Pat Smith 30.0

Sue Tate 30.4

100 YARD FREESTYLE

C. Sliimak 1:04.7

Joy Elliott 1:04.8

Constance Corson 1:07.5

Cindy Walters 1:07.8

Irene David 1:08.85

Pat Smith 1:10.0

Sally Jo Antonchuk 1:10.0

Becky Perry 1:10.5

M. Buntin 1:11.3

Susan McGarvey 1:11.5

Winnie Krogsrud 1:11.7

200 YARD FREESTYLE

Carol Clay 2:16.4

Constance Corson 2:21.4

Jane Katz 2:29.3

C. Sliimak 2:29.5

Jennifer Parks 2:30.6

Irene David 2:36.3

J. Hardy 2:39.7

C. Walters 2:40.7

Winnie Krogsrud 2:41.2

A. Quick 2:42.13

Susan McGarvey 2:43.0

500 YARD FREESTYLE

Constance Corson 6:43.1

Sally Antonchuk 7:23.5

Joy Elliott 7:24.3

Winnie Krogsrud 7:26.7

Cindy Walters 7:38.2

Irene David 29 7:38.48

Katherine Watson 25 7:38.9

A. Quick 28 7:42.45

E. Jordan 27 7:43.21

M. Locke, 25 7:43.32

1650 YARD FREESTYLE

Constance Corson 23:16.2

Winnie Krogsrud 24:52.8

Katherine Watson 25 26:50.0

Kate Larson 27 28:05.9

Janet Morris 29 28:32.9

C. Giebe 27 31:23.9

Virginia Molby 27 32:10.4

Jane St. Clair 27 36:00.0

Mary Pat Pauly 25 38:20.58

100 YARD BACKSTROKE

H. Cary 27 1:09.1

J. Parks 29 1:09.6

Carol Clay 26 1:13.1

Constance Corson 1:15.8

Gail Parman 1:18.1

Sue Clavin 26 1:21.7

J. Hardy 28 1:23.1

Sally Antonchuk 28 1:23.4

S. Coolidge 26 1:23.4

Sue Sparte 26 1:26.85

R. Trickle 27 1:30.78

200 YARD BACKSTROKE

J. Parks 29 2:40.9

Jane Katz 29 2:49.9

J. Hardy 28 3:01.1

S. Coolidge 26 3:01.9

Sue Clavin 26 3:03.3

Sue Sparte 26 3:12.64

E. Jordan 27 3:16.39

Virginia Molby 27 3:25.2

Winnie Krogsrud 3:26.5

Kate Larson 27 3:35.2

100 YARD BREASTSTROKE

C. Sliimak 25 1:19.0

J. Rasmussen 26 1:20.0

Sally Peterson 26 1:21.0

Pat Hewitt 26 1:22.73

S. Coolidge 26 1:23.1

Peg Haubein 29 1:26.25

Gail Parman 1:30.5

T. Faith 26 1:30.9

Pat Smith 1:30.9

Lynn Cartee 1:31.5

M. Locke 25 1:32.31

200 YARD BREASTSTROKE

C. Sliimak 2:56.0

Judy Rasmussen 26 2:56.9

Pat Hewitt 26 3:06.31

S. Coolidge 26 3:06.7

Jane Murphy 28 3:13.4

Sue Clavin 26 3:14.7

M. Locke 25 3:14.73

Constance Corson 3:14.8

Lynn Cartee 3:22.5

T. Faith 26 3:26.6

50 YARD BUTTERFLY

Carol Clay 26 29.9

Irene David 29 30.0

Linda Burton 25 30.5

Judy Rasmussen 26 31.0

Jane Katz 29 31.6

J. Parks 29 32.1

Sue Clavin 26 32.2

Constance Corson 32.4

Joy Elliott 28 32.9

Alice Zabuasky 28 33.6

100 YARD BUTTERFLY

Judy Rasmussen 26 1:08.0

Irene David 29 1:13.85

Jane Katz 29 1:20.0

A. Quick 28 1:22.91

Alice Zabuasky 28 1:25.2

Ingrid Miskow 28 1:35.4

100 YARD INDIVIDUAL MEDLEY

Judy Rasmussen 26 1:11.9

C. Sliimak 25 1:12.0

H. Cary 27 1:12.2

Linda Burton 25 1:12.3

J. Parks 29 1:12.5

Constance Corson 1:13.6

Joy Elliott 26 1:14.9

Jane Katz 29 1:15.5

Pat Hewitt 26 1:15.53

Peg Haubein 29 1:17.7

S. Coolidge 26 1:18.6

200 YARD INDIVIDUAL MEDLEY

C. Sliimak 25 2:43.2

Constance Corson 2:45.3

Sue Clavin 26 2:50.4

Pat Hewitt 26 2:51.18

J. Parks 2:51.2

Winnie Krogsrud 3:13.7

Ingrid Miskow 28 3:21.3

Sue Sparte 26 3:23.46

Jane St. Clair 27 3:38.99

Jane Tucker 25 3:43.3

WOMEN 30-34

50 YARD FREESTYLE

Sperry Rademaker 28.9

Mary Oudegeest 32 29.2

Joyce Burrell 31 29.4

Lindsay Franco-Ferreira 30.2

L. Shields 32 30.46

Nancy Kirkendall 30 30.46

G. Ratcliff 32 31.9

L. Cole 34 32.3

Sandra Brown 30 32.6

Sherry Wolf 32.7

Vickie Robinson 34 32.7

100 YARD FREESTYLE

Nancy Ridout 31 1:01.6

Sperry Rademaker 1:04.2

Mary Oudegeest 32 1:07.1

Barb Hoellen 30 1:07.45

Joyce Burrell 31 1:08.2

Nancy Kirkendall 30 1:08.35

L. Shields 32 1:09.52

Sherry Wolf 33 1:13.62

Sherrille Gothe 1:14.25

G. Ratcliff 32 1:14.6

200 YARD FREESTYLE

Sperry Rademaker 2:21.4

Joyce Burrell 31 2:34.6

Nancy Kirkendall 30 2:38.13

Jean Wisniewski 32 2:40.93

Nancy Mattson 31 2:44.2

L. Shields 32 2:45.59

Lindsay Franco-Ferreira 2:47.5

Sandra Brown 30 3:00.8

J. Munroe 34 3:01.9

J. Munroe 34 3:09.1

500 YARD FREESTYLE

Carol Macpherson 34 6:33.3

Sperry Rademaker 6:36.0

Janet Smith 7:16.0

Nancy Kirkendall 30 7:19.44

Jean Wisniewski 32 7:27.51

Nancy Mattson 31 8:06.1

Lindsay Franco-Ferreira 8:09.8

L. Cole 34 8:31.6

J. Munroe 34 8:41.0

Jean Abrams 34 8:44.3

1650 YARD FREESTYLE

Jean Wisniewski 32 26:04.9

Anne Hummel 32 29:50.0

J. Munroe 34 29:57.4

Sandy Brown 30 33:04.4

100 YARD BACKSTROKE

Sperry Rademaker 1:15.1

Barb Hoellen 30 1:19.28

L. Shields 32 1:20.49

Millie Bergeron 1:20.6

Linda Ratliff 32 1:23.2

Lindsay Franco-Ferreira 1:24.7

Jane Hanson 32 1:27.5

Sandra Brown 30 1:36.2

A. Heins 1:37.9

Edith Gruender 44	42.87
Mickey Shockley 44	43.7
Rexene Ashford 42	44.0
Rose Hook	45.4
Geraldine Doupal 40	45.4
Jane Huber 40	56.9
100 YARD BUTTERFLY	
Cynthia Joan Bruce	1:33.3
Edith Gruender 44	1:34.33
100 YARD INDIVIDUAL MEDLEY	
Gail Roper 43	1:15.9
Barbara Reeve 43	1:21.3
Cynthia Joan Bruce	1:22.6
Edith Gruender 44	1:28.3
Meg Webster 42	1:29.8
Mary E. Murray 41	1:29.9
V. Enos 40	1:36.1
Mickey Shockley 44	1:36.7
J. Cravener 41	1:37.0
Rexene Ashford	1:41.4
200 YARD INDIVIDUAL MEDLEY	
Barbara Reeve 43	3:01.79
Edith Gruender 44	3:21.82
Joyce Dahler 42	4:17.3
WOMEN 45-49	
50 YARD FREESTYLE	
Pat Clinton 45	30.5
Anne Adams 45	30.6
June Krauser 46	34.2
Robertta Turcotta 45	34.78
V. Buzzell	36.0
Patricia Dotsen 46	36.9
Joan Cattanch 37.3	
R. Lang 45	38.0
Mary Betts 46	38.5
Jetty Talbot 47	40.0
100 YARD FREESTYLE	
Pat Clinton 45	1:09.9
Anne Adams 45	1:10.3
Jerna Bennett 45	1:10.5
Virginia Royden 46	1:25.5
R. Lang 45	1:26.4
Gerl Orosco 45	1:28.9
Patricia Dotsen 46	1:29.0
Mary Betts 46	1:30.5
Mary Casto 46	1:45.6
Sue Lay	1:52.2
200 YARD FREESTYLE	
Pat Clinton 45	2:35.7
Jetty Talbot 47	3:03.3
R. Lang 45	3:11.3
Mary Betts 46	3:33.9
Betty Echentille 48	3:40.8
Mary Casto 46	3:53.0
K. Worley 49	4:43.18
500 YARD FREESTYLE	
June Krauser 46	7:14.0
Anne Adams 45	7:25.9
Pat Clinton 45	7:47.4
Betty Talbot 47	8:09.0
Robertta Turcotta 45	8:31.0
R. Lang 45	9:03.7
Elfrida Rogers	9:03.8
Gerl Orosco 45	9:30.5
Ally Grunet	11:42.6
K. Worley 49	12:49.04
1650 YARD FREESTYLE	
June Krauser 46	24:25.3
Anne Adams 45	24:49.3
Pat Clinton 45	26:11.2
Betty Talbot 47	28:17.4
R. Lang 45	32:01.5
100 YARD BACKSTROKE	
Anne Adams 45	1:22.5
Pat Clinton 45	1:25.0
June Krauser 46	1:29.1
V. Buzzell	1:39.8
Mary Betts 46	1:52.6
Jannie Woodworth 49	1:53.2
Betty Echentille 48	1:56.3
Mrs. Mann	1:56.5
Virginia Royden 46	2:01.6
Mary Witherspoon 46	2:02.7
Ally Gans	3:01.5
200 YARD BACKSTROKE	
Pat Clinton 45	3:04.0
June Krauser 46	3:11.7
Robertta Turcotta 45	3:17.09
R. Lang 45	3:57.3
Mary Betts 46	4:05.1
Mary Witherspoon 46	4:23.8
100 YARD BREASTSTROKE	
Anne Adams 45	1:31.1
Pat Clinton 45	1:35.0
June Krauser 46	1:35.4
Elfrida Rogers 45	1:38.4
Joan Cattanch 1:49.6	
Gerl Orosco 45	1:50.3
Gerl Orosco 47	1:51.7
Bonnie Woodworth 49	1:54.5
Sue Lay	1:56.8
Mary Witherspoon 46	1:57.1
200 YARD BREASTSTROKE	
June Krauser 46	3:25.4
Betty Talbot 47	3:59.4
Sue Lay	4:13.2
Mary Casto 46	4:15.3
J. Cattanch 4:16.3	
Ally Grunet	4:25.9
Mary Witherspoon 46	4:35.5
50 YARD BUTTERFLY	
Anne Adams 45	35.1
Pat Clinton 46	36.3
June Krauser 46	36.4
Berna Bennett 45	40.4
Virginia Royden 46	43.9
R. Lang 45	49.4
Gerl Orosco 45	51.4
Ann Schroeder 47	59.4
Mary Casto 46	1:04.4

100 YARD BUTTERFLY

June Krauser 46	1:25.0
100 YARD INDIVIDUAL MEDLEY	
Pat Clinton 45	1:18.5
Anne Adams 45	1:19.9
June Krauser 46	1:25.0
Berna Bennett 45	1:27.5
Elfrida Rogers 45	1:38.7
Virginia Royden 46	1:42.0
K. Lang 45	1:46.2
Gerl Orosco 45	1:48.6
Ally Grunet	2:19.5
H. Bourgeois 46	2:51.27
200 YARD INDIVIDUAL MEDLEY	
June Krauser 46	3:01.9
Pat Clinton 45	3:08.1
Mary Betts 46	4:02.2
WOMEN 50-54	
50 YARD FREESTYLE	
Dorothy Resseguie 50	31.9
Jean Pieretti 52	32.6
Dot Donnelly 51	33.6
Rita Simonon 54	36.1
Helen Hummer 54	36.35
Roberta Lawrence	37.8
Bette Brownell 53	38.1
Betty Nelson 54	41.06
Jan Smally	43.3
M. Oldfield 50	43.37
100 YARD FREESTYLE	
Dorothy Resseguie 50	1:11.9
J. Pieretti 52	1:15.2
Rita Simonon 54	1:21.2
Jane McCallister 54	1:22.3
Helen Hummer 54	1:23.13
Mary Miller 50	1:26.8
Betty Crowell 53	1:28.9
Louise Jabson 54	1:30.26
Margaret Feeney 51	1:31.2
Betty Nelson 54	1:35.61
200 YARD FREESTYLE	
Dorothy Resseguie	2:50.0
Rita Simonon 54	3:03.8
Jane Miller 50	3:12.9
Jeanette Eppley 53	3:13.04
Helen Hummer 54	3:13.37
A. Hottinger	3:33.4
Nancy Lawrence 50	4:02.98
Carroll Martin 53	4:15.6
500 YARD FREESTYLE	
Jane McCallister 54	7:56.0
Dorothy Resseguie	8:00.0
Rita Simonon 54	8:23.5
Helen Hummer 54	8:48.35
Jeanette Eppley 53	8:48.91
Betty Nelson 54	9:15.23
Lil Kyte	10:25.0
Grace Foley 52	10:41.5
1650 YARD FREESTYLE	
Jeanette Eppley 53	29:32.18
Lil Kyte	36:44.8
100 YARD BACKSTROKE	
Bette Crowell 53	1:38.7
J. Pieretti 52	1:39.5
Roberta Lawrence	1:49.0
Betty Nelson 54	1:49.23
M. Oldfield 50	1:49.89
Nancy Clark 58	1:55.78
Helen Jorgensen 53	1:56.1
Nancy Lawrence 50	1:57.08
Jan Smally	1:57.1
Margaret Feeney 51	1:57.6
200 YARD BACKSTROKE	
Bette Crowell 53	3:37.0
J. Pieretti 52	3:40.3
Helen Hummer 54	3:52.59
Nancy Lawrence 50	4:18.62
Dorothy Katz 50	4:51.9
100 YARD BREASTSTROKE	
Jane McCallister 54	1:43.0
Roberta Lawrence	1:46.4
Lil Kyte	1:49.0
Maxine Carlson 53	1:53.9
M. Oldfield 50	1:59.0
Helen Jorgensen 53	2:06.3
Margaret Feeney 51	2:17.8
Jan Smally	2:40.1
200 YARD BREASTSTROKE	
Roberta Lawrence	3:53.0
Rita Simonon 54	3:55.4
Lil Kyte	3:58.6
Mary Hatchard 50	4:10.33
Maxine Carlson 53	4:16.2
50 YARD BUTTERFLY	
Dorothy Resseguie	39.5
Helen Hummer 54	42.95
Dot Donnelly 51	45.7
Roberta Lawrence	47.3
Jeanette Eppley 53	50.26
M. Oldfield 50	1:00.3
100 YARD INDIVIDUAL MEDLEY	
Dorothy Resseguie	1:25.7
Dot Donnelly 51	1:28.5
J. Pieretti 52	1:37.1
Jeanette Eppley 53	1:39.54
M. Oldfield 50	1:56.75
200 YARD INDIVIDUAL MEDLEY	
Dorothy Resseguie	3:17.0
Roberta Lawrence	3:36.5
Jeanette Eppley 53	3:43.73
WOMEN 55-59	
50 YARD FREESTYLE	
Nancy Clark 58	37.09
Viola Thompson 55	38.9
Ruth Alexander 55	40.3
J. Osborne 56	41.2
Margaret George 56	42.2
Bobbe Lyon	43.0
Janet Miller 55	47.1

Fat Rahe

A. Richmond	52.0
Julia Foley 58	57.2
1:13.8	
100 YARD FREESTYLE	
Nancy Clark 58	1:28.26
Viola Thompson 55	1:30.2
Isabel Moll 56	1:47.6
Janet Miller 55	1:49.5
Bobbe Lyon	1:54.4
Louise Jones 55	1:56.9
Nora Williams 56	2:02.3
200 YARD FREESTYLE	
Margaret George 56	3:28.0
J. Osborne 56	3:40.8
Annetta Pfeiffer 55	3:41.0
Nancy Clark 58	3:52.85
A. Richmond	4:04.2
Bobbe Lyon	4:16.8
Dorothy Bell 57	9:11.3
500 YARD FREESTYLE	
Viola Thompson 55	9:02.8
B. Spears 55	9:27.2
Margaret George 56	9:33.1
Mildred Anderson	10:17.88
Ruth Alexander 55	10:27.1
Bobbe Lyon	12:27.9
1650 YARD FREESTYLE	
Margaret George 56	32:25.1
Mildred Anderson	37:12.1
Barbara Lyon	44:01.0
Barbara Maskell	47:43.0
100 YARD BACKSTROKE	
Margaret George 56	1:39.6
Annetta Pfeiffer 55	1:48.7
Mildred Anderson 58	2:10.43
Dorothy Bell 57	4:31.2
200 YARD BACKSTROKE	
Margaret George 56	3:37.1
Annetta Pfeiffer 55	3:49.6
Mildred Anderson	4:25.7
Janet Miller 55	4:33.3
Bobbe Lyon	5:08.5
Dorothy Bell 57	8:59.2
100 YARD BREASTSTROKE	
Mildred Anderson	1:50.0
Janet Meservy 58	1:58.5
Lancy Clark 58	2:00.12
Bobbe Lyon	2:28.0
200 YARD BREASTSTROKE	
Mildred Anderson	3:56.9
A. Richmond	5:06.0
50 YARD BUTTERFLY	
Viola Thompson 55	42.9
Mildred Anderson 58	52.3
100 YARD BUTTERFLY	
Mildred Anderson 58	2:05.5
100 YARD INDIVIDUAL MEDLEY	1:52.3
Annetta Pfeiffer 55	2:01.6
Janet Meservy 58	2:08.3
200 YARD INDIVIDUAL MEDLEY	
Viola Thompson 55	3:45.9
Mildred Anderson 58	4:01.5
WOMEN 60-64	
50 YARD FREESTYLE	
Ruth Lechner 60	37.3
Helen Offenhausser 60	43.8
Johnnie Belaise 64	48.7
Jane Hill 61	1:08.9
Hazel Bressie 64	1:37.1
100 YARD FREESTYLE	
Irene Van Vorst 60	1:39.4
Helen Offenhausser 60	1:39.9
Bee Johnston 63	1:53.6
Bernice Wayne 62	1:55.9
Bernice Sillier 60	2:28.3
200 YARD FREESTYLE	
Helen Offenhausser 60	3:41.3
Dorothea Cole 63	4:01.8
Ruth Lechner	4:15.1
500 YARD FREESTYLE	
Maxine Merlino 60	9:47.7
Dorothea Cole 63	10:22.4
Jane Hill 61	14:07.9
1650 YARD FREESTYLE	
Helen Offenhausser 60	33:01.5
100 YARD BACKSTROKE	
Johnnie Belaise 64	1:59.4
Bee Johnston 63	2:12.1
Bernice Wayne 62	2:39.7
200 YARD BACKSTROKE	
Maxine Merlino 60	3:38.5
Johnnie Belaise 64	4:28.9
Dorothea Cole 63	4:36.0
100 YARD BREASTSTROKE	
Bernice Wayne 62	2:16.8
Edna Wehner 60	2:18.0
Ruth Lechner	2:25.0
Julia Foley	3:25.0
50 YARD BUTTERFLY	
Dorothea Cole 63	1:37.8
WOMEN 65-69	
50 YARD FREESTYLE	
Eleanor Anderson 68	54.1
Ernie Somers 65	56.0
100 YARD FREESTYLE	
Sylvia Bailey 66	1:58.7
Ernie Somers 65	2:02.5
Elizabeth Mauric 69	2:12.8
200 YARD FREESTYLE	
Edna Pearce 65	3:47.4
Ernie Somers 65	4:19.3
500 YARD FREESTYLE	
Elizabeth Mauric 69	12:10.6
1650 YARD FREESTYLE	
Ernie Somers 65	38:18.8
100 YARD BACKSTROKE	
Sylvia Bailey 66	2:35.2

100 YARD BREASTSTROKE

Sylvia Mauric 69	2:29.8
Elizabeth Bailey 66	2:35.9
Edna Pearce 68	2:54.37
200 YARD BREASTSTROKE	
Elizabeth Mauric 69	5:10.5
MEN 25-29	
50 YARD FREESTYLE	
Bob Coleman 25	22.2
Henry DeWitt 26	22.4
Don Havens 25	23.0
Gary Langendoen 27	23.1
Allen Wachtel 26	23.2
Jim McGrath 29	23.2
Craig Dever 25	23.3
Dave Kerr	23.3
Karl VonTagen 29	23.5
John Scheda 27	23.65
Eric Orrell	23.7
Jay Platt	23.8
Dennis West	23.8
Tom Landgraf 25	23.8
David Myerberg 25	23.9
100 YARD FREESTYLE	
Robert Nieman 26	47.48
Jim Edwards 26	49.8
Henry DeWitt 26	50.4
Jim McGrath 29	50.6
Patrick Yelovich 25	51.7
David Myerberg 25	51.7
Ron Polonaski 29	51.9
Gary Langendoen 27	52.0
Jay Platt	52.4
Allen Wachtel 26	52.8
Daniel Sullivan 26	52.9
Dave Kerr	52.9
200 YARD FREESTYLE	
Robert Nieman 25	1:44.88
Jay Platt	1:52.4
Elam Hitchner 26	1:56.14
Gary Langendoen 27	1:56.2
Jim McGrath 29	1:56.3
Daniel Sullivan 26	1:56.9
Don Schollander 26	1:57.4
Mike O'Conner 25	1:58.2
Eric Orrell	1:58.41
S. Yamamoto 25	1:59.2
500 YARD FREESTYLE	
Jay Platt	5:04.7
Dennis Good 25	5:16.9
Elam Hitchner 26	5:17.69
B. Cerny 25	5:18.97
Bill Damm 26	5:20.5
Gary Langendoen 27	5:22.4
Don Havens 25	5:26.4
Leland Fause 26	5:33.5
George Warren 29	5:40.8
Dave Naffziger	5:53.6
1650 YARD FREESTYLE	
Jay Platt	18:35.4
Mike Burton 25	19:31.8
George Warren 29	19:32.1
D. Gemmill 25	19:59.2
Jeff Cooke	20:07.51
Gerry DeLong	20:25.6
Glyn Davies 28	21:03.8
Ed Reed, Jr. 29	21:03.8
Mike Paessler 26	21:09.9
Bill Bobain 25	21:16.6
100 YARD BACKSTROKE	
N. Shibusaki 26	57.7
K. O'Hara 27	58.8
Robert Smith 29	59.6
R. Burns 25	1:00.3
K. Merten 27	1:00.7
Dennis Good 25	1:01.0
Charles Dugan	1:01.4
Elam Hitchner 26	1:01.46
Paulo Figueiredo 26	1:02.5
Gary Langendoen 27	1:04.3
200 YARD BACKSTROKE	
Elam Hitchner 26	2:13.31
Charles Dugan	2:15.9
Bob Duengel	2:16.2
Robert Smith 29	2:16.7
Figueiredo Paulo 26	2:19.1
Mike O'Conner 25	2:21.2
Robert Burns 25	2:21.7
N. Shibusaki 26	2:23.1
Rick Krogsrud	2:23.4
Ken Merten 27	2:24.4
100 YARD BREASTSTROKE	
Ken Merten 27	1:03.07
Kip Pope 26	1:04.5
Bob Duengel	1:05.6
Dennis West	1:06.5
Dave Kerr	1:06.6
Jay Platt	1:07.1
Serafin Villarete 26	1:07.5
Ted Snow	1:07.6
R. Takabayashi 25	1:08.3
Ron Jones 26	1:08.5
200 YARD BREASTSTROKE	
Bob Coleman 25	2:19.8
Bob Duengel	2:25.3
Ken Merten 27	2:26.58
Ted Snow 26	2:28

200 YARD BACKSTROKE

John Pringle 30 2:24.2
Jeff Longstreth 30 2:27.3
D. Brittain 33 2:27.7
Rich Hann 33 2:28.4
Chuck Ogilby 2:28.5
G. R. Winter 30 2:30.51
Harris McClamrock 30 2:30.8
Neal McDonnell 33 2:32.47
John Sink 2:36.2
C. Teas 34 2:37.57

100 YARD BREASTSTROKE

Steve Rabinovitch 1:05.3
Ron Bohlman 30 1:10.5
Hugh Roddin 31 1:11.8
George Runciman 31 1:12.2
Charles Haury 32 1:13.0
Ernie Alix 34 1:13.7
G.L. Koch 32 1:14.6
Patrick Schlup 32 1:14.8
Scotty Roberts 34 1:15.0
C. Kilbourne 33 1:15.1

200 YARD BREASTSTROKE

Steve Rabinovitch 2:26.4
John Pringle 30 2:27.6
Pat Schlup 32 2:37.7
Jim Ferrell 31 2:42.7
Scotty Roberts 34 2:44.6
Hal Coulston 31 2:45.0
Charles Munz 32 2:46.5
George Runciman 31 2:47.0
Don Glass 33 2:47.3
George Downs 34 2:47.4

50 YARD BUTTERFLY

Ed Spencer 31 25.0
Rick Girdler 30 25.5
Jeff Longstreth 30 25.6
J. Geoghegan 31 25.6
David Corbet 30 25.9
D. Pond 33 26.0
Stanton Booth 31 26.3
Chuck Ogilby 26.3
David Hartin 30 26.3
Larry Raffaelli 30 26.4
Allan Cartwright 31 26.4
Spencer Ryan 32 26.5
Bruce Hunter 33 26.5
George Spear 31 26.5
L. Oshiro 30 26.6
Mike Laux 31 27.0

100 YARD BUTTERFLY

J. Geoghegan 31 57.0
Jeff Longstreth 57.9
D. Pond 33 57.9
George Spear 31 58.2
Dick Stewart 33 58.7
M. Lait 31 59.6
D. Brittain 33 1:00.87
Burt Kanner 33 1:01.3
Jerry Greenberg 1:01.5
L. Oshiro 30 1:02.1
Joel Hoffman 30 1:04.0

100 YARD INDIVIDUAL MEDLEY

Thompson Mann 30 1:00.5
J. Geoghegan 31 1:01.0
Jim Garton 1:01.3
Ron Johnson 30 1:01.6
Chuck Ogilby 1:02.0
Allan Cartwright 31 1:02.1
Steve Rabinovitch 1:02.3
Larry Raffaelli 30 1:02.5
Richard Zwicker 30 1:02.62
Hal Coulston 31 1:02.9

200 YARD INDIVIDUAL MEDLEY

Bill Wood 31 2:13.8
J. Geoghegan 31 2:17.1
Hugh Roddin 31 2:17.3
Dick Stewart 33 2:17.5
John Pringle 30 2:18.0
Hal Coulston 31 2:20.6
R. Nekton 34 2:23.9
Patrick Schlup 32 2:25.7
Mike Laux 31 2:27.8
Steve Rabinovitch 2:29.9

MEN 35-39

50 YARD FREESTYLE
Dave McIntyre 23.6
Sandy Gideonse 39 24.3
D. Hawkins 39 24.8
Wm. Robertson 24.8
R. Tanabe 38 24.9
Gay Rosser 25.0
Jon Buzzard 25.0
Brad Sturtevant 39 25.1
J. Neal 37 25.13
Richard Elliott 37 25.4
Gene Nagel 25.7
R. Severance 36 25.9
Graham McGill 26.0

100 YARD FREESTYLE

Dave McIntyre 52.6
Edward Hinshaw 35 54.0
Gay Rosser 54.4
Brad Sturtevant 39 55.0
Sandy Gideonse 39 55.4
Wm. Robertson 56.0
Roy Martin 35 56.5
Jeff Zwicker 36 56.67
Bill Rash 35 57.13
D. Hawkins 39 57.4

200 YARD FREESTYLE

Brad Sturtevant 39 2:02.7
Gay Rosser 2:07.3
William Robertson 2:10.0
Bill Rash 35 2:10.07
Jeff Zwicker 36 2:10.6
Ray Martin 35 2:11.1
Buddy Belshe 39 2:11.8
Mel Siebold 38 2:13.1

John Medici 35 2:13.47
Gene Nagel 2:14.9

500 YARD FREESTYLE

Brad Sturtevant 39 5:40.0
Edward Hinshaw 35 6:00.9
Buddy Belshe 39 6:01.9
John Medici 35 6:05.44
Gay Rosser 6:06.0
Bill Rash 35 6:12.25
Robert Coykendall 6:17.2
Bob Mack 37 6:22.6
Gene Nagel 6:26.6
Em. Robertson 6:28.4

1650 YARD FREESTYLE

Brad Sturtevant 39 20:37.6
Buddy Belshe 39 21:14.4
Gay Rosser 21:26.4
Bob Coykendall 21:48.5
Ray Martin 35 21:49.8
Gene Nagel 22:13.3
Bob Mack 37 23:06.2
Alex Gilbert 39 23:24.9
Dick Dener 38 23:50.4
Russ Salmon 25:51.7

100 YARD BACKSTROKE

Tom Macedo 35 1:03.4
Charles Krepp 37 1:04.15
Sheldon Monsein 38 1:06.08
Ray Martin 35 1:07.5
J. Harris 37 1:07.8
R. Tanabe 38 1:08.4
Edward Hinshaw 35 1:08.8
Sandy Gideonse 39 1:08.9
Wm. Parks 36 1:09.2
John Risher 1:09.8

200 YARD BACKSTROKE

Charles Krepp 37 2:23.51
Sheldon Monsein 38 2:32.5
Sandy Gideonse 39 2:34.3
Wm. Parks 36 2:34.5
J. Harris 37 2:34.8
W. Murray 35 2:37.2
Stan Krok 39 2:38.2
John Risher 2:40.8
Wm. Murray 35 2:44.0
Ted Reising 37 2:45.61

100 YARD BREASTSTROKE

Paul Reinke 38 1:10.6
John Medici 35 1:12.54
Meredith Smith 38 1:12.97
Bob Patten 1:13.1
K. Tanabe 38 1:14.1
Jerry Little 37 1:15.7
Richard Rabe 1:15.9
Edwin Hinshaw 35 1:16.4
Gene Nagel 1:16.5
John McGinley 35 1:16.95

200 YARD BREASTSTROKE

John Medici 35 2:41.08
Paul Reinke 38 2:45.0
B. Patten 2:45.7
Meredith Smith 38 2:45.88
Richard Rabe 2:51.5
Jerry Little 37 2:52.0
Gene Nagel 2:52.5
Wm. Parks 36 2:54.1
Norm Litwak 39 2:56.2
Bill Malone 35 2:56.5

50 YARD BUTTERFLY

Dave McIntyre 26.0
Jon Buzzard 37 26.5
R. Tanabe 38 26.7
Sandy Gideonse 39 27.3
D. Hawkins 39 27.6
Gay Rosser 27.6
Tom Macedo 35 27.6
Richard Elliott 37 28.1
Ray Martin 35 28.1
Amar C. Lathi 28.5
W. Murray 35 28.6
Charles Krepp 37 28.61
Jeff Zwicker 36 28.86

100 YARD BUTTERFLY

Dave McIntyre 58.9
Sandy Gideonse 39 1:03.7
Gay Rosser 1:04.0
D. Hawkins 39 1:04.7
Ray Martin 35 1:05.5
W. Murray 35 1:08.4
R. Tanabe 38 1:09.9
Jon Harris 37 1:11.9
H. Severance 36 1:13.5
Rick Cheadle 35 1:15.31

100 YARD INDIVIDUAL MEDLEY

Dave McIntyre 1:01.0
D. Hawkins 39 1:05.0
Tom Macedo 35 1:05.7
Ray Martin 35 1:06.1
Sandy Gideonse 39 1:06.3
Wm. Parks 36 1:06.5
Jeff Zwicker 36 1:06.68
Edward Hinshaw 35 1:06.7
Buddy Belshe 39 1:06.8
Charles Krepp 37 1:06.93

200 YARD INDIVIDUAL MEDLEY

Dave McIntyre 2:19.0
John Medici 35 2:27.86
R. Tanabe 38 2:27.9
Ray Martin 35 2:28.0
Buddy Belshe 39 2:30.0
Wm. Parks 36 2:30.6
Richard Elliott 37 2:32.4
Sandy Gideonse 39 2:32.7
D. Hawkins 39 2:33.9
Bill Rash 35 2:34.17

MEN 40-44

50 YARD FREESTYLE
Don Rosenthal 41 24.3
Burwell Jones 24.5

Lawrence Glass 24.7
Dan Malone 24.9
Jerry Zwirn 40 25.1
Ed Breesacher 40 25.3
Herb Kern 25.4
Len Goldstone 43 25.8
P. Cole 42 26.1
Ted Haartz 26.1
Charles Chadwick 40 26.14

100 YARD FREESTYLE

Burwell Jones 53.2
Don Rosenthal 41 54.3
Dan Malone 54.8
Ed. Breesacher 40 57.4
G. Johnston 42 57.58
Raoul Garcia 58.0
P. Cole 42 58.3
Jerry Zwirn 40 58.8
Len Goldstone 43 59.9
Robert Beach 59.9
Wayne Leengran 41 1:00.08

200 YARD FREESTYLE

Burwell Jones 1:59.2
Dan Malone 2:02.7
G. Johnston 42 2:06.09
Don Rosenthal 41 2:06.9
Robert Beach 2:11.0
Jack Craigie 43 2:12.1
Ed Breesacher 40 2:13.4
Bob Miller 43 2:14.1
Raoul Garcia 2:15.1
Bill Williams 2:15.5

500 YARD FREESTYLE

Burwell Jones 5:38.0
Dan Malone 5:53.7
G. Johnston 42 5:54.08
Jack Craigie 43 6:01.7
Bob Mattson 42 6:05.41
Wayne Leengran 41 6:05.77
Dennis Rice 40 6:26.5
A. Welch 40 6:34.0
Robert Beach 6:36.0
Jim Cotton 40 6:44.1

1650 YARD FREESTYLE

Burwell Jones 19:28.6
Robert Beach 21:05.0
Jack Craigie 43 21:15.3
Wayne Leengran 41 21:40.35
Dan Malone 21:57.2
Pedro Garcia 43 22:10.0
Art Welch 22:26.3
J. Daniels 40 23:35.7
Ted Haartz 23:50.3
Bud Schumacher 42 24:08.1

100 YARD BACKSTROKE

W. Clinton 41 1:06.21
Jack Craigie 43 1:07.4
Bob Burnside 41 1:07.9
Stan McConnell 41 1:09.3
Joe Happ 40 1:11.14
G. Johnston 42 1:11.4
Dave Linick 44 1:14.3
Chuck Hines 40 1:14.5
Donald Jones 43 1:17.6
F. Rohlfing 44 1:17.8

200 YARD BACKSTROKE

Jack Craigie 43 2:33.0
Stan McConnell 41 2:35.2
Bob Burnside 41 2:38.2
Ken Kimball 42 2:40.1
Joe Happ 40 2:45.31
Wm. Clinton 44 2:47.02
J. Daniels 40 2:47.6
Ken Dawson 42 2:49.29
A. Welch 40 2:55.6
Robert Beach 2:59.9

100 YARD BREASTSTROKE

Bob Mattson 42 1:12.96
J. Nebelung 44 1:16.3
Herb Kern 1:17.1
Ted Haartz 1:17.1
Clenn Connelly 43 1:17.5
Jim Cotton 40 1:19.38
Nan Overbeke 1:19.38
Mark Coughlin 44 1:20.68
Bud Schumacher 42 1:20.9
Dick Berny 40 1:21.11

200 YARD BREASTSTROKE

Bob Mattson 42 2:41.48
J. Nebelung 44 2:45.8
Ted Haartz 2:50.9
Herb Kern 2:52.6
Jim Cotton 40 2:56.0
Van Overbeke 2:57.7
Jurgen Nebelung 44 2:58.9
Fred Laurie 42 3:00.5
Roger Franks 46 3:01.0
Mark Coughlin 44 3:02.69

50 YARD BUTTERFLY

Burwell Jones 27.0
W. Clinton 41 28.11
Ed Schelonka 28.6
Herb Kern 29.4
Stan McConnell 41 29.5
Dan Malone 29.7
G. Johnston 42 29.81
Loring Holmes 30.0
Al Allen 43 30.32
Al Stein 44 30.7

100 YARD BUTTERFLY

Wm. Clinton 44 1:06.36
Ed Schelonka 1:08.1
Al Stein 44 1:08.2
Chuck Hines 40 1:08.4
Bob Mattson 42 1:09.13
Stan McConnell 41 1:10.5
Dan Malone 1:10.6
Herb Nakama 42 1:13.2
Al Allen 43 1:14.5
Art Welch 40 1:15.0

100 YARD INDIVIDUAL MEDLEY

Burwell Jones 1:00.5
Bob Mattson 42 1:04.96
Bill Clinton 44 1:05.84
C. Johnston 42 1:07.4
Herb Kern 1:07.7
Stan McConnell 41 1:08.5
Ted Haartz 1:09.2
Dan Malone 1:10.6
H. Coleman 40 1:11.0
Chuck Hines 40 1:12.0
Ed Schelonka 1:12.7

200 YARD INDIVIDUAL MEDLEY

Burwell Jones 2:18.2
Bob Mattson 42 2:26.28
Wm. Clinton 44 2:28.13
Bob Miller 43 2:31.1
Herb Kern 2:36.1
Stan McConnell 41 2:37.8
H. Coleman 40 2:40.1
Bill Williams 2:40.6
Ed Schelonka 2:46.1
Herb Nakama 42 2:50.0

MEN 45-49

50 YARD FREESTYLE
Roy Stickney 46 25.71
George Van Dormolen 47 26.17
Perry Rockwell 48 26.3
Ted Haartz 45 26.3
Richard Bland 47 26.4
C. Stephanos 45 26.8
Jim Courter 47 26.97
John Calhoun 27.1
Duane Draves 47 27.1
Art Koblish 49 27.18
Stanford Dickey 46 27.2
F. Frank 45 27.9

100 YARD FREESTYLE

Perry Rockwell 48 57.0
Roy Stickney 46 57.6
Carl Yates 45 58.4
Paul Hutinger 48 58.69
C. Stephanos 45 58.73
Ted Haartz 45 59.5
Stanford Dickey 46 1:00.3
Wm. Kogen 46 1:00.4
Jim Courter 47 1:00.59

200 YARD FREESTYLE

Perry Rockwell 48 2:15.0
Paul Hutinger 48 2:16.72
C. Stephanos 45 2:16.9
F. Frank 45 2:20.3
G. VanDormolen 47 2:21.3
John Calhoun 2:21.6
Roger Franks 46 2:21.6
Robert Maurer 46 2:22.8
W. Russell 48 2:23.5
Hal Onussett 48 2:24.26

500 YARD FREESTYLE

Carl Yates 45 5:51.3
Duane Draves 47 6:11.7
Frank Blair 47 6:19.8
Perry Rockwell 48 6:35.4
C. Stephanos 45 6:37.6
W. Russell 48 6:45.2
F. Frank 45 6:47.6
John Calhoun 6:52.1
Gene Perle 7:06.0
Luman B. Sutton 46 7:09.4

1650 YARD FREESTYLE

C. Stephanos 45 22:15.5
Frank Blair 47 22:23.2
Paul Hutinger 48 22:30.8
Norm Frieze 45 23:05.8
Ted Haartz 45 23:27.1
F. Frank 45 23:51.5
W. Russell 48 23:55.7
Hal Onussett 49 23:56.7
Dick Upsall 48 24:11.4
John Lee 48 25:05.0

100 YARD BACKSTROKE

Roger Franks 46 1:10.17
Donald Stupfel 45 1:12.7
Hal Onussett 49 1:16.2
Dick Upsall 48 1:16.45
Howard Patterson 4. 1:21.5
Frank Blair 47 1:22.8
Job Harris 46 1:27.5
Doug Strong 48 1:32.9
Heinz H. Graeff 1:34.3
Bill Marshall 1:35.8

200 YARD BACKSTROKE

Paul Hutinger 48 2:31.51
Roger Franks 46 2:35.8
Hal Onussett 49 2:46.7
Richard Sanborn 49 2:52.64
Ted Haartz 45 2:56.5
Frank Blair 47 2:58.4
Dick Upsall 48 2:59.62
Howard Patterson 45 3:09.4

100 YARD BREASTSTROKE

Ed Rudolf 49 1:15.5
Ransom Arthur 1:16.2
Roy Stickney 46 1:16.63
Ted Haartz 45 1:17.4
Howard Johnson 45 1:21.2
Roger Franks 46 1:21.3
Jim Forbes 47 1:21.52
Robert Cunningham 45 1:21.8
Lynn Cronert 1:23.4
Zorn Bunick 48 1:23.4

Paul Hutinger 48 2:54.67
Roger Johnson 45 2:58.7
Howard Franks 46 3:06.4
Hames Forbes 47 3:07.93
Lawrence Dona 49 3:09.8

50 YARD BUTTERFLY

Perry Rockwell 48 28.9
Hal Onussett 49 29.7
Duane Draves 47 30.1
Carl Yates 45 30.9
Art Koblish 49 31.2
Jim Courter 47 31.44
Sanford Dickey 46 31.5
Dick Chatterton 47 32.4
R. E. Glick 32.4
R. Lavandier 47 32.9
Donald Stupfel 45 33.2

100 YARD BUTTERFLY

Paul Hutinger 48 1:07.67
Hal Onussett 47 1:08.2
Perry Rockwell 48 1:11.5
Art Koblish 49 1:15.51
Dick Chatterton 47 1:18.4
Don Hubbard 45 1:20.4
R. E. Glick 1:24.0
Jim Forbes 47 1:30.33
G. Mack 1:40.5
C. Stephanos 45 1:51.0

100 YARD INDIVIDUAL MEDLEY

Roy Stickney 46 1:06.38
Ted Haartz 45 1:08.2
Hal Onussett 49 1:08.9
Duane Draves 47 1:09.4
Roger Franks 46 1:10.7
Ed Rudolf 49 1:12.1
G. VanDormolen 47 1:12.72
Art Koblish 49 1:13.04
Donald Stupfel 45 1:13.4
Jim Courter 47 1:14.36

200 YARD INDIVIDUAL MEDLEY

Paul Hutinger 48 2:31.19
Hal Onussett 49 2:35.1
Roger Franks 46 2:37.99
Ted Haartz 45 2:44.5
G. Mack 3:08.1
Bob Wendt 45 3:16.01
Bill Marshall 3:21.7
Wm. Barish 45 3:22.74
C. Stephanos 45 3:26.6

MEN 50-54

50 YARD FREESTYLE
James McAuley 25.5
Ed Hall 51 25.99
Martin Foster 54 26.7
Alec Penny 50 27.1
Reed Ringel 27.4
Morris Eppley 50 27.98
W. Ulrich 52 28.0
John Crews 28.0
Ed Reed Sr. 53 28.2
Peter Lata 34 28.4
Lyle Felderman 53 28.4
Bill Haugher 51 28.48
Alan Walters 28.8

100 YARD FREESTYLE

Ed Hall 51 57.52
James McAuley 59.2
Martin Foster 54 1:00.2
Paul Herron 52 1:00.4
John Crews 1:00.9
Reed Ringel 1:01.1
Alec Penny 50 1:01.2
Gus Stager 50 1:02.7
Fred Taloni 52 1:02.1
Dore Schwab 51 1:02.6
Ted Vonheerfeldt 51 1:02.7

200 YARD FREESTYLE

Ed Hall 51 2:14.23
Gus Stager 50 2:14.5
Paul Herron 52 2:17.2
Martin Foster 54 2:17.4
Reed Ringel 2:18.1
John Crews 2:18.2
Alec Penny 50 2:24.1
Dave Mulliken 54 2:25.9
J. Edwards 50 2:26.0
James McAuley 2:28.5
Bill Haugher 51 2:29.21

50 YARD FREESTYLE

Fred Taloni 52 6:19.4
Paul Herron 6:24.0
John Crews 6:27.4
Reed Ringel 6:31.1
J. Edwards 50 6:38.0
Dave Mulliken 54 6:39.8
John Sorman 6:46.1
Morris Eppley 50 6:46.6
Alec Penny 50 6:49.8
Bill Haugher 51 6:58.26

1650 YARD FREESTYLE

John Crews 22:38.5
Dave Mulliken 54 22:39.0
J. Edwards 50 23:15.7
Reed Ringel 23:24.8
John Sorman 23:45.2
Bill Haugher 51 24:23.46
Joe Sacher 54 25:25.0
Alec Penny 51 27:16.6
E. Neben 52 27:31.6
Bob Acker 51 28:06.79

100 YARD BACKSTROKE

Paul Herron 52 1:08.0
Ed Hall 51 1:13.73
W. Ulrich 52 1:17.1
R. Nicol 52 1:17.81
John Bricker 52 1:18.8
Walter Jennings 1:19.0
George Henry 1:20.74
Richard Lindauer 1:23.6

John Sorman	1:23.6
W. Stadig 50	1:25.09
200 YARD BACKSTROKE	
Paul Herron 52	2:32.3
W. Ulrich 52	2:57.0
Walter Jennings 52	2:57.5
Richard Lindauer	2:57.5
J. Edwards 50	2:58.2
R. Nicol 52	2:59.65
George Henry	3:06.37
Cliff Wright 51	3:12.3
Ed Truett 50	3:14.59
E. Heben 52	3:17.5
100 YARD BACKSTROKE	
Ed Hall 31	1:22.27
John Sorman	1:22.4
Morris Eppley 50	1:22.99
Ted Vonberckefeldt 51	1:25.1
Tom Dowell 50	1:25.2
Jack Burgan 50	1:25.7
J. R. Robertson 52	1:26.3
D. Dallman 53	1:26.43
W. Stadig 50	1:27.93
Cliff Wright 51	1:29.9
200 YARD BREASTSTROKE	
John Sorman	2:59.2
Ed Hall 51	3:04.2
Jack Burgan	3:12.8
Tom Dowell 50	3:14.6
Cliff Wright 51	3:15.2
W. Stadig 50	3:15.65
E. Heben 52	3:18.2
D. Dallman 53	3:18.69
Jim Pendergrass 54	3:21.3
A. Trainin	3:24.1
50 YARD BUTTERFLY	
John Crews	31.0
W. Ulrich 52	32.0
Paul Herron 52	33.2
Ed McVehil	33.3
Tom Dowell 50	33.6
James McAuley	33.8
Dore Schwab 51	34.0
W. Stadig 50	34.24
J. R. Robertson 52	34.5
Al Hirsch 52	34.84
100 YARD BUTTERFLY	
John Sorman	1:14.4
W. Stadig 50	1:17.2
John Bricker 52	1:23.4
Jack Burgan 50	1:30.6
Tom Dowell 50	1:31.7
Leon Katz 52	1:49.0
100 YARD INDIVIDUAL MEDLEY	
Paul Herron 52	1:07.7
Ed Hall 51	1:10.99
John Crews	1:13.0
Morris Eppley 50	1:14.94
W. Ulrich 52	1:15.0
John Sorman	1:15.9
Albert Hirsch 52	1:16.2
Dore Schwab 51	1:16.5
Reed Ringel	1:17.1
W. Stadig 50	1:17.36
200 YARD INDIVIDUAL MEDLEY	
Paul Herron 52	2:34.7
John Sorman	2:45.0
W. Ulrich 52	2:54.9
Reed Ringel	2:57.0
Jack Burgan 50	3:07.5
Leon Katz 52	3:26.9
MEN 35-59	
50 YARD FREESTYLE	
Bill Burrell 55	25.5
Jim Welch 55	27.4
A. Clemens 55	27.89
Wm Grant 59	28.2
Ham Anderson	29.5
Stan Ashton	29.6
Austin Newman 57	30.04
John Levett	30.3
John Jautter 58	30.4
Fritz McDuffie	30.9
Art Berg 57	30.9
100 YARD FREESTYLE	
Jim Welch 55	1:00.2
Bill Burrell 55	1:03.4
A. Clemens 55	1:03.58
Austin Newman 57	1:06.09
Stan Ashton	1:08.3
Ham Anderson	1:08.5
Matt Sleski 58	1:08.65
Fritz McDuffie	1:09.9
George Purlong 55	1:10.0
John Jautter 58	1:11.5
Art Berg 57	1:11.5
200 YARD FREESTYLE	
Jim Welch 55	2:16.8
Bill Burrell 55	2:27.6
Austin Newman 57	2:31.75
Edwin Kent 56	2:33.3
A. Clemens 55	2:33.81
Stan Ashton	2:34.4
A. Rankin 56	2:39.0
Ham Anderson	2:41.4
Matthew Sleski 58	2:44.11
Cal Schaeffer 55	2:46.17
500 YARD FREESTYLE	
Jim Welch 55	6:19.5
Harry Rawlston 56	6:50.61
Austin Newman 57	6:51.16
A. Rankin 56	7:04.1
Stan Ashton	7:07.2
John McKenzie 56	7:16.5
Joe Shull 58	7:22.5
Ham Anderson	7:35.6
A. Clemens 55	7:36.59
George Purlong 55	7:38.6

1650 YARD FREESTYLE	
Jim Welch 55	21:50.4
A. Rankin 56	24:34.2
Stan Ashton	24:53.0
Ham Anderson	26:09.2
John McKenzie 56	26:49.1
J. Holmes 58	27:30.6
Desmond Sessinghaus	58:27:44.5
J. Merrill 56	29:04.5
Forrest Taylor 55	30:00.6
Louis Meyer 59	33:56.0
100 YARD BACKSTROKE	
Hal Weatherbe 57	1:19.4
Tom Lind 55	1:21.9
Clifford Croome 56	1:22.6
Fred Wiggan 57	1:23.4
Dave Dutrow 57	1:24.12
John McKenzie 56	1:25.4
Ham Anderson	1:26.7
John Keating 55	1:27.2
Joe Shull 58	1:27.8
Charles Dunworth	1:33.3
200 YARD BACKSTROKE	
Fred Wiggan 57	3:02.0
J. Merrill 56	3:04.8
Ham Anderson	3:20.0
100 YARD BREASTSTROKE	
Tom Lind 55	1:18.0
Walter Pfeiffer 59	1:23.6
Dave Maliken	1:27.6
Bertram Sproffkin	1:28.3
John Levett	1:29.0
Richard Lyon	1:30.9
Fritz McDuffie	1:31.3
Cal Schaeffer 55	1:35.23
George White 58	1:45.5
Al Parker	1:54.6
200 YARD BREASTSTROKE	
Tom Lind 55	2:57.7
Bertram Sproffkin	3:18.0
Kenneth Hippe 55	3:28.7
Cal Schaeffer 55	3:33.84
Richard Lyon	3:35.2
Fritz McDuffie	3:23.6
Paul Sheila 57	4:18.2
50 YARD BUTTERFLY	
Wm. Grant 59	32.2
Tom Lind 55	33.8
Walt Pfeiffer 59	35.0
Dave Dutrow 57	35.64
A. Clemens 55	36.54
Hal Weatherbe 57	42.7
Nelson Hunt 55	43.69
Ham Anderson	44.49
H. Steeves 57	55.9
100 YARD BUTTERFLY	
Walter Pfeiffer 59	1:20.5
Dave Dutrow 56	1:29.78
H. Steeves 56	2:16.9
100 YARD INDIVIDUAL MEDLEY	
Tom Lind 55	1:14.7
Walter Pfeiffer 59	1:17.5
A. Clemens 55	1:18.54
Dave Dutrow 57	1:19.26
Ham Anderson	1:23.31
Clifford Croome 56	1:27.0
Joe Shull 58	1:27.9
Charles Dunworth	1:29.2
Hal Weatherbe 57	1:31.7
George White 58	1:39.8
200 YARD INDIVIDUAL MEDLEY	
Edwin Kent 56	2:50.0
Dave Dutrow 57	3:04.95
Tom Lind 55	2:54.7
Walt Pfeiffer 59	3:01.2
Ham Anderson	3:16.2
H. Steeves	4:13.9
MEN 60-64	
50 YARD FREESTYLE	
Reg Richardson 61	28.8
Mel Maxwell 61	29.2
L. Osborne 64	29.9
L. Smith 61	31.0
Tom Monahan 62	31.1
Paul Stadio 62	31.5
Sidney Weinberg 60	32.2
Frank Meier	32.5
Al Onsgard 61	32.6
Bob Lawrence 62	32.8
100 YARD FREESTYLE	
Reg Richardson 61	1:05.6
L. Osborne 64	1:08.8
Tom Monahan 62	1:09.2
Mel Maxwell 61	1:09.9
E. H. Mackay 64	1:12.9
Bill Loughborough	1:18.5
Eldin Onsgard 61	1:19.3
Bob Lawrence 62	1:20.4
Bill Powell 63	1:20.7
Jim Fraser	1:24.3
Add James 60	1:25.2
200 YARD FREESTYLE	
L. Osborne 64	2:40.0
Sidney Weinberg 60	2:54.5
Eldin Onsgard 61	2:55.1
Bill Loughborough	3:06.4
Al Guth 64	3:13.0
Anthony Anastasio 61	3:22.6
John Lechner 63	4:31.2
500 YARD FREESTYLE	
L. Osborne 64	7:26.5
Eldin Onsgard 61	7:56.3
Paul Stadio 62	8:19.0
Al Guth 64	8:22.9
Wm Loughborough 62	8:27.2
1650 YARD FREESTYLE	
L. Osborne 64	25:45.3
Alfred Guth 64	28:45.8

Eldin Onsgard 61	29:17.1
Bill Loughborough	31:04.45
Wm. Thomson 64	35:50.9
100 YARD BACKSTROKE	
L. Smith 61	1:13.0
Tom Monahan 62	1:21.6
Bob Lawrence 62	1:35.9
Al Guth 64	1:40.0
Wm. Loughborough 62	1:40.3
L. Rinna	1:46.8
Sam Bernstein 64	1:49.5
200 YARD BACKSTROKE	
L. Smith 61	2:49.9
Tom Monahan 62	3:16.2
Sidney Weinberg 60	3:21.3
Al Guth 64	3:31.0
Lester Isenberg 62	4:12.5
100 YARD BREASTSTROKE	
Reg Richardson 61	1:26.0
Frank Meier	1:27.7
Sam Bernstein 64	1:30.0
Add James 60	1:32.9
Rufus Clark 61	1:35.0
Nore Monson 62	1:35.6
E. H. Mackay 64	1:37.1
Bob Lawrence 62	1:37.2
Bill Loughborough	1:40.1
Alfred Guth 64	1:41.6
200 YARD BREASTSTROKE	
Reg Richardson 61	3:13.5
Frank Meier	3:20.5
Rufus Clark 61	3:23.5
Nore Monson 62	3:33.77
Alfred Guth 64	3:36.1
George Bailey 60	4:25.6
50 YARD BUTTERFLY	
Reg Richardson 61	37.9
Tom Monahan 62	42.7
Al Guth 64	43.4
Bill Loughborough	48.5
100 YARD BUTTERFLY	
Alfred Guth 64	1:42.2
Bill Loughborough	1:53.4
100 YARD INDIVIDUAL MEDLEY	
Reg Richardson 61	1:16.1
Mel Maxwell 61	1:19.8
E. H. Mackay 64	1:28.5
Tom Monahan 62	1:29.5
Bill Loughborough	1:32.8
Al Guth 64	1:35.8
Sam Bernstein 64	1:37.0
Jim Fraser	1:47.4
200 YARD INDIVIDUAL MEDLEY	
Reg Richardson 61	2:59.9
Alfred Guth 64	3:32.4
Bill Loughborough	3:38.3
MEN 65-59	
50 YARD FREESTYLE	
John McGuire	33.0
Robert Nelson	33.6
J. Anderson 69	36.6
George Van 69	37.5
Paul Rabe 65	38.0
Jarold T. Davis	39.0
Charles Revis 69	38.4
Sam Fray	39.8
Clifford Brown 66	42.2
100 YARD FREESTYLE	
Robert Nelson	1:17.0
John McGuire	1:18.5
Bill Greer 67	1:20.5
Harry Jagers 66	1:25.19
Jarold T. Davis	1:32.3
Paul Rabe 65	1:34.6
J. Anderson 69	1:36.4
Charles Revis 69	1:39.4
Cliff Brown 66	1:47.5
200 YARD FREESTYLE	
Robert Nelson	2:57.6
Harry Jagers 66	3:04.84
John McGuire	3:10.0
J. T. Davis	3:21.2
A. Olanoff 67	4:06.5
Clifford Brown 66	4:32.42
500 YARD FREESTYLE	
Harry Jagers 66	8:46.18
Bill Greer	9:40.0
John McGuire	9:52.4
Clifford Brown	14:06.87
1650 YARD FREESTYLE	
John McGuire	35:35.6
Clifford Brown 66	54:02.4
100 YARD BACKSTROKE	
Harry Jagers 66	1:56.5
Clifford Brown 66	2:14.5
200 YARD BACKSTROKE	
Harry Jagers 66	3:39.0
Clifford Brown 66	5:07.34
100 YARD BREASTSTROKE	
George Van 69	1:54.8
J. Anderson 69	2:02.4
Jarold T. Davis	2:03.2
200 YARD BREASTSTROKE	
George Van 69	4:10.9
MEN 70 & OVER	
50 YARD FREESTYLE	
Alfred Terhune	44.1
W. Laury 71	47.8
Paul Dunakin 71	52.84
John Risher	59.0
Jaco Rose 72	1:08.8
W. Lee 74	1:09.13
100 YARD FREESTYLE	
Bill Trask 70	1:27.0
Gerhard Mauric 70	1:38.3
Alfred Terhune	1:46.5
Paul Dunakin 71	1:54.06
W. Laury 71	1:56.0

200 YARD FREESTYLE	
W. Laury 71	4:17.0
Paul Dunakin 71	4:50.3
W. LeHay Lee 74	5:29.7
500 YARD FREESTYLE	
Bill Trask 70	9:03.6
Gerhard Mauric 70	10:17.4
200 YARD BACKSTROKE	
Paul Dunakin 71	6:10.44
100 YARD BREASTSTROKE	
W. Laury 71	1:54.3
Gerhard Mauric 70	2:01.5
K. Storz 73	2:23.8
Paul Dunakin 71	3:27.78
200 YARD BREASTSTROKE	
W. Laury 71	4:17.2
K. Storz 73	5:32.1
Gerhard Mauric 70	4:47.6
Paul Dunakin 71	7:38.0

DIVING	
THE FOREVER YOUNG	
4/15/73 Youngtown, OH	
WOMEN ONE-METER	
J. Reed (25-29)	
P. McKillop (40-49)	
R. Wunderlich (50 plus)	
C. Shuckack (30-39)	
MEN ONE-METER	
D. Havill (25-29)	111.90
D. Breenahan (40-49)	107.00
B. Walters (25-29)	104.75
J. Humphries (30-39)	104.10
J. Van Horn (40-49)	101.40
B. McKillop (40-49)	83.55
MASTERS DIVING MEET	
5/4-5/73 Warrensburg, MO	
MEN ONE-METER	
Jim Brinson (25-34)	386.65
Ed Craren (35-44)	297.45
Tom Halrabadian (45-54)	283.55
Ward North (35-44)	201.40

Masters Age Group

In the January, 1973 issue of THE SWIMMING TIMES, there was an article concerning Master's swimming entitled "The Old Grow Young".

Master's swimming is very young in Britain and in the United States. Master's does not mean you must be, or have been, a master or international or Olympic swimmer. It means if you are over 25 years of age and are able to swim. With reasonable workouts your time will improve such that you can compete against swimmers in your age bracket. The ages are broken into 25-29, 30-34, 35-39, 40-44, etc. Obviously the times for the 25-30 age group are the lowest.

Most of us were not Olympic-style swimmers in our prime and probably will not be the world's greatest in our Master's age groups. However, most people (men and women) who were reasonably good swimmers in their prime and also would like to take one or two months to get back into swimming shape will be quite competitive in Master's swimming. Let me take myself as an example.

As a junior college swimmer in 1953-54 I swam the 100 freestyle in 57.0 seconds (not very good). In November 1971 my time was 80 seconds and I was exhausted. By January 15, 1972, while working out two-three hours per week my time was 61.1 seconds (I lost 88 lbs in weight, too). I swam in a two-day regional Master's swimming competition in the USA and took five out of six first places. Our team from Iowa City (four men and four women) ran away with honours, yet none of us were ever even close to Olympic calibre swimmers. Both men and women had worked out together for this competition and we went together with our families as a team. We had what we call in America "a ball". I will never forget swimming the 50y butterfly and seeing my three children (members of Bristol Central Swimming Club and Iowa City Swimming Club) at the end of the pool shouting go dad, pull, pull. It was just beautiful.

Continued on Page 12

NATIONAL CHAMPIONSHIPS

Masters Records Tumble



Seven records fell after the first eight events during the opening day of competition at the Amateur Athletic Union sanctioned Masters Short Course swimming championships at Santa Monica High School.

Carol MacPherson, of the Rinconada Masters Swim Club set the tempo for the day when she won the opening 1650-yard heat in 22:02.2, a new standard for the 30-34 women's age group.

Santa Monica's Evelyn Debes followed with a record swim in the 66-lap event when she toured the Samohi pool in 26:06.51 to top the 35-40 women.

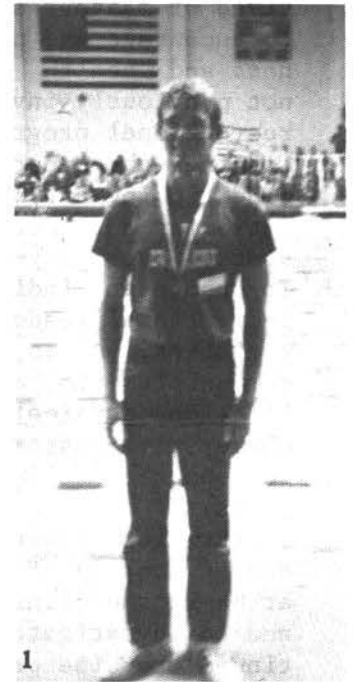
Jane McCollister, a member of the 1972 Masters All-America team, continued the onslaught on the clock with a 27:46.72 win in the 50-54 age group.

Margaret George kept up the pace in the 55-59 group with a 31:52.07 victory.

Dorothea Coles of the Phillips 66 Masters Club set a standard in the 60-64 years young group when she was clocked in 35 minutes.

June Krauser of the Ft. Lauderdale Aquatics Club, another 1972 All-American, took a record home of 24:19.64 in the 45-49 group.

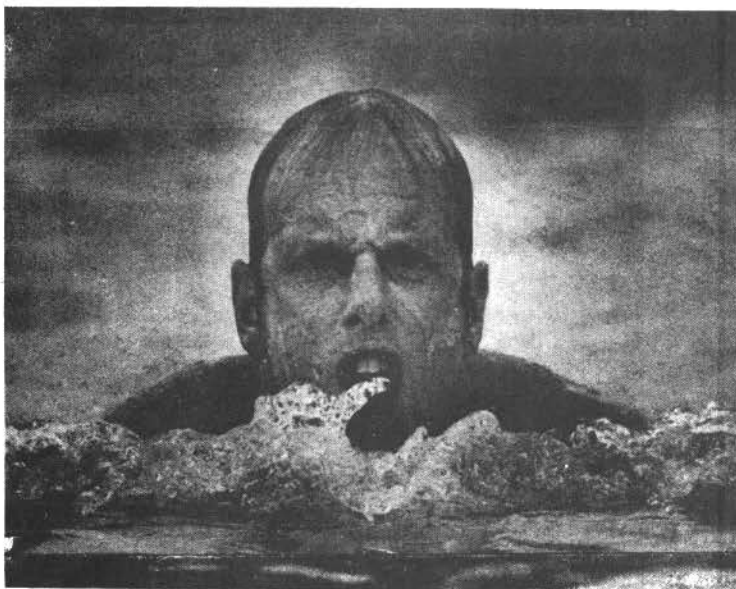
Setting a new standard in the men's 1650 was Bill Cerny of the Texas Gulf Masters Swim League with an 18:07.4 clocking to top the 25-29 age-group.



1



Carol MacPherson gulps for air after 1650 victory.



San Diego's Richard Rahe



3



2

1. Bill Cerny, 1650 Free Record Holder
2. Ham Anderson, Ruth Alexander, Mildred Anderson, Margery Oldfield, Annetta Pfeiffer, Walt Pfeiffer.
3. John Spanuth, Bumpy Jones, Bob Beach, Mildred Anderson, Jim Forbes and Dorothy Swett (in front).

THE AWARD

There is established a perpetual award to be known as the CAPT. RANSOM J. ARTHUR, M.D. AWARD. This award is to be given in honor of Capt. Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of the adults of this nation through swimming, established the Masters Swimming Program.

The Award is to be given annually at the AAU Annual Masters Awards Banquet to the person selected by the "Capt. Ransom J. Arthur, M.D. Award Committee" who has, during the past year, done the most to further the following objectives of masters swimming:

1. To encourage and promote physical fitness and health in adult individuals not previously involved in competitive recreational programs.
2. To offer the opportunity for continued conditioning and/or to reinstitute conditioning for former athletes (in all sports) over 25 years of age.
3. To encourage individuals, educators, recreational leaders, schools, medical societies, clubs, organizations, and communities to organize and conduct life-long physical, recreational, and competitive masters programs.
4. To enhance fellowship among participants.
5. To stimulate research in the physiology and psychology of adult participation at basic and clinical research levels, and to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

The "Capt. Ransom J. Arthur, M. D. Award" shall be symbolized by an appropriate trophy permanently displayed at the National A.A.U. Headquarters along with a suitable award to be presented to the recipient.

The perpetual trophy and annual award shall be financed by donations.

THE COMMITTEE

Within thirty days from the National A.A.U. meeting the Masters Committee Chairman shall appoint a person to serve as Chairman of the "Capt. Ransom J. Arthur, M.D. Award" Committee.

Within thirty days of his or her appointment, the Chairman of this committee shall appoint one person from each zone along with one

person from the following age groups to serve on the committee: 25-29, 30-39, 40-49, 50-59, 60-69, and 70 and upward.

The Chairman of this committee shall appoint one of these persons to serve as Vice-Chairman.

All persons serving on the committee must hold a current A.A.U. card and have swum in an A.A.U. Masters Meet within the past calendar year.

As soon as the committee is selected, but not later than February 1 of each year, a notice shall be published in the "A.A.U. NEWS" and "SWIM-MASTER" announcing the names and addresses of the committee members and soliciting nominations for the award. Nominations shall be closed thirty days prior to the A.A.U. Annual Masters Awards Banquet.

The committee members shall vote by secret ballot and except for the nominee, the results of the voting shall not be disclosed. The nominee receiving the most votes from the committee members shall be the recipient of the award.



RANSOM J. ARTHUR

This award was created to honor the person who in the past year has done the most to further Masters Swimming and it was only fitting that Judge Robert E. Beach, Vice-Chairman of the AAU Masters Swimming Committee, presented the first "CAPT. RANSOM J. ARTHUR, M.D. AWARD" to the man who founded Masters Swimming -- Capt. Ransom J. Arthur -- at the Annual Masters Awards Banquet held at the Miramar Hotel in Santa Monica, CA on May 19, 1973.

1973 MASTERS NATIONAL SWIMMING CHAMPIONSHIPS
AAU SHORT COURSE - 25-yd Indoor Pool
May 18-19-20, 1973 - Santa Monica, California

Compiled by Betty Talbot

WOMEN 25-29	
50 YARD FREESTYLE	
Carol Brown Clay 26	26.2*
Inge Renner 26	26.9
Bonnie Edwards 28	T 27.5
Sally Ann Peterson 26	T 27.5
Beverly Elliott 26	27.7
Irene David 29	27.9
Susan Coolidge 26	28.6
Kacey Conway 27	T 29.7
Sally Jo Antonchuk 28	T 29.7
Marsha Lutz 25	29.8
Veronica Mann 28	31.7
Ginny May Bradley 28	32.6
Gargi Borowski 26	33.1
Pamela Hue 25	33.6
100 YD FREESTYLE	
Carol Brown Clay 26	58.8*
Inge Renner 26	59.7
Vickie Good 25	T 1:01.9
Bonnie Edwards 28	T 1:01.9
Sally Ann Peterson 26	1:02.4
Constance Carson 25	1:02.8
Beverly Elliott 26	1:03.1
Lucy Johnson 25	1:03.4
Irene David 29	1:04.2
Cynthia Walters 27	1:06.8
Sally Jo Antonchuk 28	1:10.2
Carol Skolnick 28	1:10.5
Margi Borowski 26	1:15.7
Cheryl Stoebe 27	1:16.4
Linda McIndoe 25	1:17.8
Veronica Mann 28	1:20.3
Toni Humber 27	1:26.5
200 YARD FREESTYLE	
Carol Brown Clay 26	2:14.7
Marilyn Richison 25	2:18.2
Bonnie Edwards 28	2:22.8
Sally Ann Peterson 26	2:27.6
Beverly Elliott 26	2:30.4
Cynthia Walters 27	2:33.1
Cheryl Stoebe 27	2:50.0
Pam Hue 25	2:59.5
Schelly Armstrong 29	3:23.2
500 YARD FREESTYLE	
Vickie Good 25	6:06.6
Constance Carson 25	6:27.1
Lucy Johnson 25	6:39.6
Pamela Hue 25	7:55.7
Schelly Armstrong 29	9:06.8
1650 YARD FREESTYLE	
Constance Carson 25	22:17.49
Kacey Conway 27	25:51.40
Schelly Armstrong 29	32:58.59
100 YARD BACKSTROKE	
Betty Ann Cary 27	1:09.2
Patt Kamm 26	1:19.5
Susan Clavin 26	1:21.8
Julie Ann Barnes 26	1:24.2
Kacey Conway 27	1:28.0
Margi Borowski 26	1:30.8
Cheryl Stoebe 27	1:42.2
200 YARD BACKSTROKE	
Betty Ann Cary 27	2:33.6*
Patt Kamm 26	T 2:52.6
Catherine Kemper 27	T 2:52.6
Sue Clavin 26	3:00.1
Julie Ann Barnes 26	3:04.3
Jessie Bartlett Watson 27	3:12.9
Marie Siddons 29	3:57.5
100 YARD BREASTSTROKE	
Vickie Good 25	1:16.4
Carol Skolnick 28	1:18.6
Sally Ann Peterson 26	1:20.5
Judy Rasmussen 27	1:20.8
Sue Clavin 26	1:21.5
Patt Kamm 26	1:23.4
Monica Lee Zovic 25	1:25.9
Kacey Conway 27	1:30.8
Jessie Bartlett Watson 27	1:31.8
Veronica Mann 28	1:33.4
Linda McIndoe 25	1:33.5
Margi Borowski 26	1:42.4
Julie Ann Barnes 26	1:43.6
200 YARD BREASTSTROKE	
Vickie Good 25	2:46.9
Judy Rasmussen 27	2:52.0
Carol Skolnick 28	2:54.6
Susan Coolidge 26	2:57.0
Sally Ann Peterson 26	3:01.1
Patt Kamm 26	3:04.1
Linda McIndoe 25	3:20.6
Jessie Bartlett Watson 27	3:22.0
Veronica Mann 28	3:22.8
Sue Clavin 26	Disq.
50 YARD BUTTERFLY	
Irene David 29	29.1*
Carol Clay 26	29.2
Marilyn Richison 25	30.3
Judy Rasmussen 27	30.4
Bonnie Edwards 28	30.5
Marsha Lutz 25	32.1
Beverly Elliott 26	32.2
Sue Clavin 26	32.3
Catherine Anne Kemper 27	32.7
Cynthia Walters 27	33.3
Cheryl Stoebe 27	41.5
Marie Siddons 29	52.8
Frances Mcintosh 27	Disq.
100 YARD BUTTERFLY	
Judy Rasmussen 27	1:08.0
Marilyn Richison 25	1:09.6
Irene David 29	1:11.2

Cynthia Walters 27	1:19.7
Marsha Lutz 25	1:22.5
Marie Siddons 29	1:58.5
100 YARD INDIVIDUAL MEDLEY	
Carol Brown Clay 26	1:07.7
Inge Renner 26	1:08.0
Judy Rasmussen 27	1:10.3
Susan Coolidge 26	1:12.3
Constance Carson 25	1:12.4
Patt Kamm 26	1:16.7
Irene David 29	1:17.9
Sally Jo Antonchuk 28	1:18.8
Kacey Conway 27	1:19.5
Monica Lee Zovic 25	1:20.0
Cynthia Walters 27	1:20.7
Jessie Bartlett Watson 27	1:21.6
Cheryl Stoebe 27	1:30.7
Ginny Bradley 28	1:33.8
Marie Siddons 29	1:48.3
200 YARD INDIVIDUAL MEDLEY	
Vickie Good 25	2:30.5
Inge Renner 26	2:32.9
Betty Ann Cary 27	2:37.7
Constance Carson 25	2:38.6
Susan Coolidge 26	2:39.9
Sue Clavin 26	2:54.3
Jessie Bartlett Watson 27	3:06.6
Marie Siddons 29	3:49.9
WOMEN 30-34	
50 YARD FREESTYLE	
Nancy Ridout 31	27.8*
Roberta Riddell 32	29.0
Carol Jewell 30	30.0
Sandy Ruth Brown 30	32.7
Gail Anne Meehan 33	33.9
Boots Vikstrom 31	36.5
Patricia Taylor 31	37.7
100 YARD FREESTYLE	
Nancy Ridout 31	1:01.5*
Roberta Riddell 32	1:05.5
Elizabeth Roepeke 32	1:11.2
Gail Anne Meehan 33	1:13.6
Sandy Ruth Brown 30	1:15.9
Boots Vikstrom 31	1:18.3
Colette Cleveland 33	1:22.0
Patricia Taylor 31	1:27.3
200 YARD FREESTYLE	
Carol Macpherson 34	2:23.4
Roberta Riddell 32	2:31.4
Sandy Ruth Brown 30	2:55.1
Boots Vikstrom 31	3:06.8
500 YARD FREESTYLE	
Carol Macpherson 34	6:27.2
Judy Gannon 33	7:02.5
Alison Heins 33	7:48.3
Sandy Ruth Brown 30	8:42.2
1650 YARD FREESTYLE	
Carol Macpherson 34	22:02.20
Judy Gannon 33	24:01.33
Alison Heins 33	25:52.01
Boots Vikstrom 31	29:16.02
Sandy Ruth Brown 30	29:35.85
100 YARD BACKSTROKE	
Millie Bergeron 33	1:17.2
Jane Hanson 32	1:27.9
Gail Anne Meehan 33	1:28.7
Patricia Taylor 31	1:30.8
Joan Caldeira 34	1:40.3
200 YARD BACKSTROKE	
Carol Macpherson 34	2:46.1
Judy Gannon 33	2:53.3
Gail Anne Meehan 33	3:13.0
Jane Hanson 32	3:14.7
Beverly Coor 34	3:49.4
100 YARD BREASTSTROKE	
Monika Sublette 32	1:28.4
Elizabeth Roepeke 32	1:31.3
Jane Hanson 32	1:31.8
Helen Geoffrion 34	1:34.4
Lynne DeVictoria 31	1:45.8
Patricia Taylor 31	1:47.5
200 YARD BREASTSTROKE	
Carol Macpherson 34	3:00.8*
Monika Sublette 32	3:16.7
Alison Heins 33	3:16.8
Jane Hanson 32	3:21.8
Elizabeth Roepeke 32	3:27.5
Helen Geoffrion 34	3:31.5
Lynne DeVictoria 31	3:53.8
50 YARD BUTTERFLY	
Nancy Ridout 31	30.9
Millie Bergeron 33	32.8
Carol Jewell 30	33.3
Roberta Riddell 32	33.6
Helen Geoffrion 34	39.8
Lynne DeVictoria 31	41.6
Joan Caldeira 34	44.8
Colette Cleveland 33	Disq.
100 YARD BUTTERFLY	
Nancy Ridout 31	1:13.6
Millie Bergeron 33	1:18.2
Helen Geoffrion 34	1:40.7
Joan Caldeira 34	1:48.3
Lynne DeVictoria 31	1:50.4
100 YARD INDIVIDUAL MEDLEY	
Nancy Ridout 31	1:12.3*
Roberta Riddell 32	1:16.3
Millie Bergeron 33	1:17.7
Judy Gannon 33	1:18.1
Elizabeth Roepeke 32	1:24.3
Alison Heins 33	1:25.6
Patricia Taylor 31	1:33.4
Boots Vikstrom 31	1:36.3
Joan Caldeira 34	1:36.6

200 YARD INDIVIDUAL MEDLEY	
Millie Bergeron 33	2:50.6
Judy Gannon 33	2:51.0
Elizabeth Roepeke 32	3:12.6
Alison Heins 33	3:13.9
Helen Geoffrion 34	3:28.5
Joan Caldeira 34	3:29.7
Lynne DeVictoria 31	3:44.7
Colette Cleveland 33	3:50.7
Beverly Coor 34	4:13.2
WOMEN 35-39	
50 YARD FREESTYLE	
Patricia Breesee 37	28.2*
Ivanelle Hoe 35	29.5
Eve Anderson 35	30.3
Janet Lanott 37	30.7
Julie Gideonse 35	31.2
Puck Parke 38	31.6
Mary Spencer 36	31.9
Judy Hathaway 38	32.1
Sue Garratt 35	34.9
Connie Anne Wilson 38	35.6
Sai Lally 38	39.9
Bonnie Forster 37	52.8
100 YARD FREESTYLE	
Patricia Breesee 37	1:04.2
Beth Couvrette 36	1:07.7
Eve Anderson 35	1:08.1
Janet Lanott 37	1:10.1
Judy Hathaway 38	1:12.2
Mary Spencer 36	1:13.1
Julie Gideonse 35	1:14.5
Puck Parke 38	1:14.8
Martha Chapin 35	1:15.9
Sue Garratt 35	1:18.8
200 YARD FREESTYLE	
Beth Couvrette 36	2:36.9
Eve Anderson 35	2:40.1
Evelyn Debes 37	2:41.9
Judy Hathaway 38	2:46.8
Delia Dooling 38	2:48.1
Mira Brkic 35	2:57.1
Judy Gilbert 37	3:08.0
500 YARD FREESTYLE	
Evelyn Debes 37	7:16.0
Eve Anderson 35	7:35.0
Ann Kay 39	7:38.2
Judy Hathaway 38	7:44.6
Mira Brkic 35	7:59.6
Connie Anne Wilson 38	8:04.8
Judy Gilbert 37	8:46.2
1650 YARD FREESTYLE	
Evelyn Debes 37	25:06.51
Ann Kay 39	25:36.89
Ann Kay 39	26:04.40
Judy Gilbert 37	30:08.20
Eva Carlile 39	30:34.50
100 YARD BACKSTROKE	
Lenora Gilchrist 36	1:11.2*
Betsy Jordan 36	1:13.3
Connie Anne Wilson 38	1:20.1
Julie Gideonse 35	1:21.6
Mary Spencer 36	1:25.6
Barbara Hinshaw 36	1:29.2
Sue Garratt 35	1:37.6
Judy Gilbert 37	1:40.4
Bonnie Forster 37	2:18.1
200 YARD BACKSTROKE	
Betsy Jordan 36	2:39.1*
Lenora Gilchrist 36	2:39.9
Connie Anne Wilson 38	2:59.9
Ann Kay 39	3:05.1
Martha Chapin 35	3:11.6
Evelyn Debes 37	3:13.2
Barbara Hinshaw 36	3:17.7
Eva Carlile 39	3:31.9
Sue Garratt 35	3:35.8
100 YARD BREASTSTROKE	
Ivanelle Hoe 35	1:18.1*
Anne McGuire 38	1:21.2
Delia Dooling 38	1:29.1
Mary Spencer 36	1:36.8
Sai Lally 38	1:42.7
Judy Hathaway 38	1:47.7
Rita Jones 39	Disq.
200 YARD BREASTSTROKE	
Ivanelle Hoe 35	2:55.3*
Anne McGuire 38	3:05.7
Ann Champ 37	3:15.0
Rita Jones 39	3:36.1
Sai Lally 38	3:55.4
Eva Carlile 39	4:13.1
50 YARD BUTTERFLY	
Ivanelle Hoe 35	31.3
Patricia Breesee 37	31.6
Beth Couvrette 36	33.1
Betsy Jordan 36	34.3
Ann Champ 37	34.8
Janet Lanott 37	35.2
Julie Gideonse 35	38.5
Mira Brkic 35	39.3
Mary Connelly 37	Disq.
Puck Parke 38	Disq.
100 YARD BUTTERFLY	
Beth Couvrette 36	1:17.0
Anne McGuire 38	1:17.6
Ann Champ 37	1:22.2
Ann Kay 39	1:25.8
Mary Connelly 37	1:40.6
100 YARD INDIVIDUAL MEDLEY	
Patricia Breesee 37	1:14.1
Betsy Jordan 36	1:17.0
Ann Champ 37	1:20.9
Beth Couvrette 36	1:21.1
Janet Lanott 37	1:21.3
Julie Gideonse 35	1:21.9
Mary Spencer 36	1:24.4
Eve Anderson 35	1:25.5
Puck Parke 38	1:26.3
Sai Lally 38	1:44.8

200 YARD INDIVIDUAL MEDLEY	
Anne McGuire 38	2:51.7
Betsy Jordan 36	2:55.4
Ann Champ 37	2:59.5
Janet Lanott 37	3:05.9
Ann Kay 39	3:10.0
Mira Brkic 35	3:15.3
Evelyn Debes 37	3:15.5
Puck Parke 38	3:23.5
Barbara Hinshaw 36	3:34.6
Mary Connelly 37	3:40.0
WOMEN 40-44	
50 YARD FREESTYLE	
Maggie Johnson 42	31.6
Jody Anderson 43	33.7
Mickey Shockley 44	35.2
Velma Radon 40	38.7
Carol Robinson 43	43.8
Dorothy Kleist 42	51.2
100 YARD FREESTYLE	
Meg Webster 42	1:14.7
Edith Gruender 44	1:15.8
Jody Anderson 43	1:17.9
Mickey Shockley 44	1:19.2
Velma Radon 40	1:35.5
Dorothy Kleist 42	2:00.9
200 YARD FREESTYLE	
Gail Roper 43	2:28.6*
Barbara Reeve 43	2:44.0
Edith Gruender 44	2:49.5
Meg Webster 42	2:49.9
Mary Murray 41	2:55.1
Geraldine Koupal 40	2:55.3
Maggie Johnson 42	3:03.6
Jane Huber 40	3:16.1
500 YARD FREESTYLE	
Meg Webster 42	7:53.8
Geraldine Koupal 40	8:13.5
Jane Huber 40	8:31.2
1650 YARD FREESTYLE	
Gail Roper 43	22:59.60
Edith Gruender 44	26:41.35
Mary Murray 41	27:27

Gerri Orosco 50	31:41.57	200 YARD FREESTYLE	Bob Coleman 25	49.2	Gary Langendoen 27	24.8	Michael Goldkamp 30	2:06.5	
Grace Foley 53	34:43.42	Dorothea Cole 63	3:59.6	Larry Holman 25	25.6	David Corbet 31	2:06.8		
100 YARD BACKSTROKE		Johnnie Belshe 64	4:33.9	Jim McGrath 29	49.4	George Wright 30	2:11.5		
Bette Crowell 53	1:36.1	500 YARD FREESTYLE	Robert Boyer 27	49.6	Robert Smith 27	26.0	James Lewis 32	2:12.0	
Margery Oldfield 50	1:48.9	Maxine Merlino 60	9:29.0*	Henry DeWitt 26	50.5	Thomas Eldridge 27	26.2	Bob Roper 34	2:12.5
Helen Jorgensen 53	1:55.4	Dorothea Cole 63	10:21.1	Mike Garibaldi 27	51.2	John Stroup 26	26.6	500 YARD FREESTYLE	
Madge Harper 53	1:55.7	1650 YARD FREESTYLE	Larry Holman 25	52.3	Ed Rudloff Jr 25	T 26.7	Paul Thompson 32	5:14.2	
Grace Foley 53	2:00.1	Dorothea Cole 63	35:00.73	George Brown 25	52.4	Richard Merritt 26	T 26.7	Dennis Brittain 33	5:15.7
200 YARD BACKSTROKE		100 YARD BACKSTROKE	Jonathan Beall 25	T 52.4	Roger Prasser 28	27.3	James Crane 31	5:21.3	
Bette Crowell 53	3:26.0	Maxine Merlino 60	1:36.1*	Robert Harmony 25	53.1	Lawrence Glass 26	28.2	Jim Bain 30	5:25.8
Zada Taft 53	3:27.8	Johnnie Belshe 64	1:59.3	John Stroup 26	53.5	Richard Blough 29	30.2	Patrick Schlup 32	5:33.5
Jean Pieretti 52	3:29.2	Edna Weaver 60	2:04.2	Richard Merritt 26	54.0	George King 26	32.3	Tom Landis 31	5:36.1
Helen Jorgensen 53	4:06.6	Bernice Wayne 63	2:11.0	Wm. Cerny 25	57.0	Scott Staley 27	Disq	Bob Roper 34	5:43.8
Grace Foley 53	4:07.7	Beatrice Johnston 63	2:12.2	Glyn Davies 28	57.1	100 YARD BUTTERFLY		John Bushman 31	5:47.9
Madge Harper 53	4:11.7	200 YARD BACKSTROKE	Roger Prasser 28	58.1	Jim McGrath 29	53.2*	Michael Goldkamp 30	5:49.8	
Ana Hottinger 52	4:14.9	Maxine Merlino 60	3:34.2*	Lawrence Glass 26	58.7	Gary Langendoen 27	53.7	George Wright 30	6:17.7
100 YARD BREASTSTROKE		Johnnie Belshe 64	4:22.2	Robert Husson 27	59.1	Harry DeVictoria 27	57.7	1650 YARD FREESTYLE	
Gerri Orosco 50	1:45.3	Dorothea Cole 63	4:31.6	Michael Hoppin 26	59.1	Leland Faust 26	T 57.9	Dennis Brittain 33	18:27.20*
Roberta Lawrence 53	1:46.3	100 YARD BREASTSTROKE		Richard Blough 29	59.85	John Stroup 26	T 57.9	Paul Thompson 32	18:47.90
Maxine Carlson 53	1:54.7	Bernice Wayne 63	2:14.8*	James Putterbaugh 28	59.87	Mike Carretto 27	58.3	Tom Landis 31	19:27.90
Margery Oldfield 50	1:58.0	Edna Weaver 60	2:17.2	George King 26	1:02.1	Richard Merritt 26	58.9	Patrick Schlup 32	19:45.81
Helen Jorgensen 53	2:03.4	Tilly Weil 64	2:18.1	200 YARD FREESTYLE		Paulo Figueiredo 27	59.4	Burt Kanner 33	19:47.68
Margaret Feeney 51	2:09.4	Beatrice Johnston 63	2:30.2	Mike Garibaldi 27	1:53.3	Thomas Eldridge 27	59.6	Bob Roper 34	20:05.13
200 YARD BREASTSTROKE		Bernice Silber 60	3:57.1	Gary Langendoen 27	1:55.2	Jonathan Beall 25	1:00.7	John Wilcox 30	20:15.70
Jane McCallister 54	3:46.8	50 YARD BUTTERFLY		Dennis Good 25	1:56.0	Ed Rudloff 25	1:01.8	Harry Huffaker 33	21:20.42
Gerri Orosco 50	3:49.5	Dorothea Cole 63	1:29.0*	John Stroup 26	1:57.9	Roger Prasser 28	1:03.0	Robert Bruner 34	26:50.85
Rita Simonson 54	3:52.6	Bee Johnston 63	2:16.2	Leland Faust 26	1:59.1	Arthur Sobel 29	1:07.1	100 YARD BACKSTROKE	
Roberta Lawrence 53	3:56.2	WOMEN 65-69		George Brown 25	1:59.5	100 YARD INDIVIDUAL MEDLEY		Thompson Mann 30	57.0
Maxine Carlson 53	4:21.4	50 YARD FREESTYLE		Wm. Cerny 25	2:00.1	Jim McGrath 29	57.7	Chuck Ogilby 30	1:00.0
Zada Taft 53	45.0	Sylvia Bailey 66	49.0*	Edwin Duncan 28	2:00.2	Bob Coleman 25	57.9	Larry Raffaelli 30	1:01.1
Margery Oldfield 50	59.7	Eleanor Anderson 68	51.4	Jonathan Beall 25	2:00.3	Paul Jeffers 27	58.4	Robert Pace 31	1:02.4
100 YARD BUTTERFLY		Edna Segal 66	1:19.2	Robert Harmony 25	2:05.7	E. Davis Frank 29	T 59.1	Peter Churchill 30	1:03.2
Zada Taft 53	1:45.1*	100 YARD FREESTYLE		William Bobsin 25	2:06.9	Larry Holman 25	T 59.1	Larry Doffing 31	1:03.4
100 YARD INDIVIDUAL MEDLEY		Sylvia Bailey 66	1:57.2*	Scott Staley 27	2:13.5	Robert Smith 29	59.4	Harold Coulston Jr 31	1:04.8
Jean Pieretti 52	1:32.7	Elizabeth Mauric 69	2:15.9	Richard Blough 29	2:25.1	John Stroup 26	1:02.0	James LooBourrow 33	1:05.7
Roberta Lawrence 53	1:35.8	200 YARD FREESTYLE		Dennis Good 25	5:13.6	Raymond Randall 29	1:02.5	Michael Goldkamp 30	1:05.7
Zada Taft 53	1:38.2	Elizabeth Mauric 69	4:45.2	Wm. Cerny 25	5:14.7	Harry DeVictoria 27	1:02.6	Ray Bray 32	1:05.84
Gerri Orosco 50	1:45.0	500 YARD FREESTYLE		Mike Garibaldi 27	5:18.5	Dean Sutcliffe 27	1:02.8	Rick Evans 31	1:06.8
Ana Hottinger 51	1:57.9	Elizabeth Mauric 69	12:00.0*	William Damm 26	5:18.8	Mike Carretto 27	1:03.4	John Bushman 31	1:06.8
Margery Oldfield 50	1:59.1	Mickey Crismon 65	19:57.6	Leland Faust 26	5:24.0	Serafin Vallarete 26	Disq	Nils Vikander 31	1:07.4
200 YARD INDIVIDUAL MEDLEY		100 YARD BACKSTROKE		Gary Langendoen 27	5:25.1	200 YARD INDIVIDUAL MEDLEY		Jack Meyer 32	1:08.0
Zada Taft 53	3:32.6	Sylvia Bailey 66	2:28.9*	Glyn Davies 28	5:45.7	Gary Langendoen 27	2:09.8	Robert Cossins 33	1:08.9
Roberta Lawrence 53	3:34.4	Edna Segal 66	3:21.7	William Bobsin 25	5:49.7	Paul Jeffers 27	2:11.0	Robert Bruner 34	1:10.9
WOMEN 55-59		Mickey Crismon 65	3:40.1	Scott Staley 27	6:25.8	Larry Holman 25	2:13.2	Wm. Slaughter 32	1:12.9
50 YARD FREESTYLE		100 YARD BREASTSTROKE		1650 YARD FREESTYLE		E. Davis Frank 29	2:15.4	200 YARD BACKSTROKE	
Jean Osborne 56	37.4	Elizabeth Mauric 69	2:33.0*	Wm. Cerny 25	18:07.40	Paul Watts 25	2:15.6	Thompson Mann 30	2:07.4*
Ruth Alexander 55	38.9	Sylvia Bailey 66	2:35.3	Dennis Good 25	18:29.88	Robert Smith 29	2:16.0	Chuck Ogilby 30	2:14.9
Patricia Matthiesen 56	51.2	Mickey Crismon 65	3:55.8	William Damm 26	18:47.70	Paulo Figueiredo 27	2:17.7	Larry Raffaelli 30	2:21.2
Francis Sachs 58	53.4	Edna Segal 66	Disq	Mike Garibaldi 27	18:54.40	George Warren 29	2:17.7	John Wilcox 30	2:23.5
Rose Stewart 55	1:00.4	200 YARD BREASTSTROKE		Leland Faust 26	19:12.70	Raymond Randall 29	2:17.9	Harold Coulston Jr 31	2:24.2
Julia Foley 58	1:12.0	Elizabeth Mauric 69	5:19.7	Edwin Duncan 28	19:14.98	Harry DeVictoria 27	2:18.2	Michael Goldkamp 30	2:27.3
100 YARD FREESTYLE		100 YARD INDIVIDUAL MEDLEY		George Warren 29	19:33.37	Joseph Hohn 26	2:18.5	Robert Pace 31	2:27.7
Jean Osborne 56	1:25.9*	Sylvia Bailey 66	2:19.3*	William Bobsin 25	20:40.63	Richard Merritt 26	2:21.4	John Bushman 31	2:28.7
Viola Thompson 55	1:28.9	200 YD FREE RELAY 25-up		Glyn Davies 28	20:54.82	Mike Carretto 27	2:22.8	Ray Bray 32	2:29.9
Ruth Alexander 55	1:32.7	Waikiki Swim Club	1:53.6*	Brian Barnes 27	21:00.81	Arthur Sobel 29	2:26.1	Rick Evans 31	2:31.1
Patricia Matthiesen 56	2:01.5	San Mateo Marlins "A"	1:58.3	100 YARD BACKSTROKE		William Bobsin 25	2:28.8	Jack Meyer 32	2:34.1
Rose Stewart 55	2:34.3	San Fernando Valley AC	2:03.8	Robert Smith 29	59.0	Glyn Davies 28	Disq	James Lewis 32	2:37.0
200 YARD FREESTYLE		Rinconada Masters	2:03.9	Dennis Good 25	1:00.0	MEN 30-34		Robert Cossins 33	2:38.7
Viola Thompson 55	3:20.6*	Denver Athletic Club	2:05.8	E. Davis Frank 29	1:02.3	50 YARD FREESTYLE		Robert Bruner 34	2:40.6
Margaret George 56	3:29.6	San Diego Co Swim Mas.	2:09.3	Paulo Figueiredo 27	1:03.6	Donald McIntosh 30	22.71*	Wm. Slaughter 32	2:40.9
Ruth Alexander 55	3:40.5	San Mateo Marlins "B"	2:13.4	Raymond Randall 29	1:04.6	Timothy Garton 30	22.83	Bob Hoffman 30	2:47.6
Rose Stewart 55	5:26.1	A. Corning Clark Gym	2:25.9	Mike Carretto 27	1:04.8	Thompson Mann 30	23.05	100 YARD BREASTSTROKE	
500 YARD FREESTYLE		200 YARD FREE RELAY 35-up		Michael McColly 27	1:05.1	Richard McDonough 30	23.49	Stephen Rabinovitch 30	1:05.5
Viola Thompson 55	8:49.9*	San Mateo Marlins "A"	2:05.2*	Thomas Eldridge 27	1:05.7	Larry Raffaelli 30	23.54	Charles Maunz 32	1:08.3
Margaret George 56	9:28.7	San Mateo Marlins "B"	2:12.4	Robert Harmony 25	1:05.9	David Corbet 31	23.60	James Ferrell 31	1:10.9
Annetta Pfeiffer 55	9:50.3	Santa Monica Swim Club	2:16.4	Ronald Allen 25	1:06.4	Harry Huffaker 33	23.83	Larry Doffing 31	1:12.2
Ruth Alexander 55	10:29.2	San Fernando Valley AC	2:23.0	Arthur Soper 29	1:06.8	Jerry Greenberg 31	23.95	Nils Vikander 31	1:12.3
Alys Richmond 56	11:14.1	San Mateo Marlins "B"	2:27.9	Ed Lerner 28	1:09.4	Ray Bray 32	24.03	Howard Roberts 34	1:12.6
1650 YARD FREESTYLE		Waikiki Swim Club	2:27.9	Richard Blough 29	1:19.8	Peter Churchill 30	24.19	Michael Goldkamp 30	1:13.1
Margaret George 56	31:52.07*	Rinconada Masters	2:44.7	200 YARD BACKSTROKE		James LooBourrow 33	24.51	Stuart Leonard 30	1:14.0
Alys Richmond 56	37:18.50	200 YARD FREE RELAY 45-up		Dennis Good 25	2:11.0	Harry Davis 32	24.70	Gerald Koch 32	1:14.2
Francis Sachs 58	40:38.52	San Mateo Marlins "A"	2:20.2*	Robert Smith 29	2:14.4	James Crane 31	24.74	Robert Cossins 33	1:17.4
100 YARD BACKSTROKE		Rinconada Masters	2:23.1	Raymond Randall 27	2:19.8	Howard Roberts 34	25.41	Kenneth Bechtol 30	1:17.8
Margaret George 56	1:40.9	San Mateo Marlins "B"	3:18.0	Paulo Figueiredo 27	2:20.0	Wm. Slaughter 32	25.65	Richard Reitman 32	1:19.5
Annetta Pfeiffer 55	1:50.4	200 YD MEDLEY RELAY 25-up		Jonathan Beall 25	2:22.5	David Groseclose 30	26.25	James Thomas 31	1:29.7
Francis Sachs 58	2:13.0	Waikiki Swim Club	2:04.6*	Arthur Sobel 29	2:23.8	Robert Pace 31	26.28	200 YARD BREASTSTROKE	
Patricia Matthiesen 56	2:44.8	San Mateo Marlins "A"	2:12.4	Michael McColly 27	2:25.2	Dennis Ahlman 33	26.38	Stephen Rabinovitch 30	2:28.1
200 YARD BACKSTROKE		San Diego Co Swim Mas.	2:18.7	Joseph Hohn 26	2:26.6	James Thomas 31	30.63	Patrick Schlup 32	2:34.8
Margaret George 56	3:37.5	Denver Athletic Club	2:20.8	Mike Carretto 27	2:32.1	100 YARD FREESTYLE		Charles Maunz 32	2:35.2
Annetta Pfeiffer 55	3:57.4	Santa Monica Swim Club	2:21.9	Ronald Allen 25	2:36.9	Timothy Garton 30	50.4	Nils Vikander 31	2:36.7
Francis Sachs 58	Disq.	Rinconada Masters	2:23.1	Ed Lerner 28	2:40.0	Richard McDonough 30	51.2	James Ferrell 31	2:37.8
100 YARD BREASTSTROKE		San Fernando Valley AC	2:25.8	E. Davis Frank 29	Disq.	Donald McIntosh 30	51.4	Howard Roberts 34	2:39.8
Mildred Anderson 58	1:50.2	San Mateo Marlins "B"	2:38.5	100 YARD BREASTSTROKE		Tom Landis 31	51.7	Larry Doffing 33	2:42.3
Patricia Matthiesen 56	2:02.7	A. Corning Clark Gym	2:41.2	Bob Coleman 25	1:02.2	John Bergman 31	52.4	Gerald Koch 32	2:47.5
Alys Richmond 56	2:04.0	200 YD MEDLEY RELAY 35-up		Paul Jeffers 27	1:05.0	Peter Churchill 30	52.5	Bon Fischer 31	2:48.5
Julia Foley 58	3:14.2	San Mateo Marlins "A"	2:22.7*	Dennis West 28	1:05.2	David Corbet 31	52.7	John Bushman 31	2:51.4
200 YARD BREASTSTROKE		San Mateo Marlins "B"	2:44.5	Serafin Vallarete 26	1:06.0	George Spear 31	52.9	Kenneth Bechtol 30	2:54.1
Mildred Anderson 58	3:54.2*	San Fernando Valley AC	2:48.0	Paul Watts 25	1:07.3	Jerry Greenberg 31	53.2	Richard Reitman 32	2:56.1
Patricia Matthiesen 56	4:33.8	Phillips 66 Long Beach	2:48.7	Dean Sutcliffe 27	T 1:08.0	Allan Cartwright 31	53.5	50 YARD BUTTERFLY	
50 YARD BUTTERFLY		Waikiki Swim Club	2:56.3	Robert Husson 27	T 1:08.0	Jim Bain 30	53.6	George Spear 31	25.2
Viola Thompson 55	45.4	200 YD MEDLEY RELAY 45-up		Chas. Baumgartner 25	1:08.8	James Crane 31	53.6	Chuck Ogilby 30	25.30
Mildred Anderson 58	50.1	San Mateo Marlins "A"	2:46.1*	George Brown 25	1:09.1	Harry Huffaker 33	54.3	Richard McDonough 30	25.39
Julia Foley 58	1:55.7	Rinconada Masters	2:51.1	Harry DeVictoria 27	1:09.2	Harry Davis 32	55.6	Donald McIntosh 30	25.5
100 YARD BUTTERFLY		Phillips 66 Long Beach-A	2:54.1	James Perry 28	1:10.0	James LooBourrow 33	55.7	Timothy Garton 30	25.6
Mildred Anderson 58	1:55.7*	Phillips 66 Long Beach-B	3:13.6	George Warren 29	1:10.6	Howard Roberts 34	55.8	David Corbet 31	25.8
100 YARD INDIVIDUAL MEDLEY		San Mateo Marlins "B"	4:26.8	Michael Hoppin 26	1:12.5	George Wright 30	57.1	John Bergman 31	26.2
Viola Thompson 55	1:40.8*			Frank Knight 25	1:12.7	Bill Mills 34	57.3	Allan Cartwright 31	26.3
Annetta Pfeiffer 55	2:00.9			Scott Staley 27	1:18.4	Michael Goldkamp 30	57.4	Bill Mills 34	26.9
Alys Richmond 56	2:06.3			James Putterbaugh 28	1:23.9	Paul Thompson 32	57.9	Stanton Booth 31	27.0
Rose Stewart 55	2:38.0	MEN 25-29		200 YARD FREESTYLE		Dennis Ahlman 33	59.7	Frank Brooks 32	27.57
200 YARD INDIVIDUAL MEDLEY		50 YARD FREESTYLE		Bob Coleman 25	2:17.2	Bob Roper 34	1:00.6	Peter Churchill 30	27.50
Mildred Anderson 58	3:59.0	Bob Coleman 25	21.85	Robert Boyer 27	22.04	Stuart Leonard 30	1:01.5	Stephen Rabinovitch 30	27.50
Annetta Pfeiffer 55	4:28.5	Jim McGrath 29	23.07	Paul Jeffers 27	23.07	James Thomas 31	1:15.2	James Crane 31	28.0
Alys Richmond 56	4:33.4	Mike Garibaldi 27	23.15	Dennis West 28	23.48	200 YARD FREESTYLE		James Lewis 32	28.1
Francis Sachs 58	5:25.3	Robert Harmony 25	23.16	Serafin Vallarete 26	2:29.0	Timothy Garton 30	1:53.8*	Harry Davis 32	28.2
50 FR. WOMEN 60-64		Larry Holman 25	23.54	Robert Husson 27	2:29.6	Tom Landis 31	1:55.9	Bon Fischer 31	28.6
Maxine Merlino 60	37.9*	David Guy 26	23.58	Deal Sutcliffe 27	2:31.2	Burt Kanner 33	1:57.2	Gerald Koch 32	29.2
Beatrice Johnston 63	43.3	Dennis West 28	23.60	Chas. Baumgartner 25	2:31.3	George Spear 31	1:57.3	David Groseclose 30	30.7
Edna Weaver 60	46.2	Jonathan Beall 25	23.75	George Brown 25	2:32.7	Paul Thompson 32	1:57.4	Bob Roper 34	33.3

Tom Landis 31	59.85	100 YARD BACKSTROKE	Denis Rice 40	26.80	John Bakkila 41	35.9	100 YARD BREASTSTROKE		
Dennis Brittain 33	1:00.01	Charles Krepp Jr 37	1:01.7*	John Worden 41	26.88	Don Johnson 41	36.80	Ted Haartz 45	1:13.3*
Stanton Booth 34	1:00.75	Thomas Macedo 36	1:02.8	David Lomski 44	27.14	Sam Morris 40	36.86	Edward Rudloff 49	1:14.3
Frank Brooks 32	1:01.49	Lewis Cook Jr 35	1:04.9	Bob Cannon 43	29.57	Donald Dobrott 41	37.3	Ransom Arthur 47	1:15.4
James Lewis 32	1:04.27	Ray Martin 35	1:05.4	Jerry Vickers 42	30.47	100 YARD BUTTERFLY		Helmut Onusseit 49	1:16.4
Jack Meyer 32	1:04.87	William Parks 37	1:07.1	100 YARD FREESTYLE		William Clinton 41	1:03.31	Hyl Karbach 45	1:17.0
100 YARD INDIVIDUAL MEDLEY		Robert Willis 38	1:09.6	Bumpy Jones 40	52.1*	Edward Schelonka 40	1:07.32	Jim Forbes 47	1:18.9
Timothy Garton 30	58.6	Jay Lehr 36	1:10.0	Don Rosenthal 41	52.8	Arthur Welch 40	1:09.7	Robert Cunningham 45	1:20.6
Chuck Ogilby 30	58.9	John Sulzbach 39	1:12.3	Graham Johnston 42	56.8	Stan McConnell 41	1:09.8	Donald Hubbard 45	1:21.9
Thompson Mann 30	59.3	Bud Jewett 35	1:20.3	Raul Garcia 43	58.1	Herb Nakama 42	1:12.90	Len Wallach 45	1:25.2
John Bergman 31	1:00.8	Lutz Venzlaff 37	1:24.6	Ed Breisacher 40	58.3	Dick Lewis 43	1:15.35	Ron Meier 45	1:35.4
Peter Churchill 30	1:02.1	200 YARD BACKSTROKE		Jerry Zwirn 40	58.8	Bud Schumacher 42	1:19.07	200 YARD BREASTSTROKE	
Larry Raffaelli 30	1:02.3	Thomas Macedo 36	2:18.3*	Denis Rice 40	59.3	John Gilmore 41	1:20.20	Ted Haartz 45	2:42.3*
Harold Coulston Jr 31	1:02.6	Charles Krepp Jr 37	2:21.1	Edward Schelonka 40	59.9	John Worden 41	1:26.20	Ransom Arthur 47	2:48.7
Ray Bray 32	1:02.8	Lewis Cook Jr 35	2:25.41	Richard Haddock 40	1:00.0	John Bakkila 41	1:26.76	Hyl Karbach 45	2:51.3
Rick Evans 31	1:03.4	Ray Martin 35	2:25.46	Edward Emes Jr 44	1:00.1	100 YARD INDIVIDUAL MEDLEY		Edward Rudloff 49	2:52.0
Stephen Rabinovitch 30	1:03.9	William Parks 37	2:32.2	Robert Beach 42	1:00.7	William Clinton 41	1:04.7	Howard Johnson 45	2:55.7
Jack Meyer 32	1:04.8	Buddy Belshe 39	2:35.7	Kenneth Kimball 42	1:01.0	Bob Miller 44	1:04.9	Robert Cunningham 45	3:01.3
Harry Davis 32	1:06.2	Robert Willis 38	2:37.0	Charles Schlegel 43	1:01.3	Ashley Jones 41	1:05.3	Jim Forbes 47	3:03.9
Howard Roberts 34	1:06.5	Jay Lehr 36	2:43.5	David Lomski 44	1:01.8	Jerry Zwirn 40	1:07.6	William Mann 48	3:04.6
Robert Cossins 33	1:07.2	John Sulzbach 39	2:45.4	John Worden 41	1:02.9	Ed Breisacher 40	1:08.7	Frederick Farley Sr 45	3:34.1
Ben Fischer 31	1:07.8	David Bechtel 35	2:58.3	Jim Cotton 40	1:03.5	Stan McConnell 41	1:09.31	Ron Meier 45	Disq.
Gerald Koch 32	1:09.6	100 YARD BREASTSTROKE		Curt Miller 40	1:05.2	Joe Prata 44	1:09.36	50 YARD BUTTERFLY	
Kenneth Bechtol 30	1:12.5	Gerald Little 37	1:11.8	Jerry Vickers 42	1:06.5	Frank Reynolds 41	1:10.8	Helmut Onusseit 49	29.1
James Thomas 31	1:23.8	Robert Patten 38	1:12.7	John Gilmore 41	Disq.	Richard Haddock 40	1:11.2	Sanford Dickey 47	31.2
Allan Cartwright 31	Disq.	Ron Kane	1:13.0	200 YARD FREESTYLE		Dadid Lomski 44	1:11.4	Hyl Karbach 45	32.1
200 YARD INDIVIDUAL MEDLEY		Richard Rahe 36	1:13.5	Bumpy Jones 40	1:56.4*	Jim Cotton 40	1:12.6	Dick Chatterton 47	32.2
Chuck Ogilby 30	2:10.6	Scott Beelman 38	1:15.6	Don Rosenthal 41	2:00.9	John Gilmore 41	1:14.3	Donald Hubbard 45	32.3
John Bergman 31	2:12.2	Brian Stuart 38	1:17.9	Graham Johnston 42	2:02.5	John Worden 41	T 1:14.5	Len Wallach 45	33.5
Thompson Mann 30	2:14.6	Alex Gilbert 39	T 1:18.1	John Craigie 43	2:10.0	Herb Nakama 42	T 1:14.5	William Marshall 47	T 36.2
Dennis Brittain 33	2:16.7	Mike Macklin 36	T 1:18.1	Robert Beach 42	2:12.8	Pierre Hathaway 42	1:14.9	Jim Forbes 47	T 36.2
Allan Cartwright 31	2:17.0	Budd Symes 38	T 1:19.0	Raul Garcia 43	2:14.0	Dick Lewis 43	1:15.7	100 YARD BUTTERFLY	
Dick Stewart 33	2:17.5	Robert Kinney 35	1:19.1	Denis Rice 40	2:16.7	Bob Cannon 43	1:16.7	Helmut Onusseit 49	1:05.5*
Harold Coulston Jr 31	2:19.5	Robert Rubin 36	1:20.8	Edward Emes Jr 44	2:24.0	Donald Dobrott 41	1:26.0	Paul Hutinger 48	1:06.4
John Wilcox 30	2:21.3	Norman Litwak 39	1:21.0	John Vickers 42	2:38.0	200 YARD INDIVIDUAL MEDLEY		Howard Johnson 45	1:17.5
Larry Doffing 33	2:21.4	Eric Emery 35	1:22.0	Donald Dobrott 41	3:01.0	Bob Miller 44	2:25.3	Donald Hubbard 45	1:18.1
John Bushman 31	2:23.7	David Lamott 37	1:27.7	500 YARD FREESTYLE		William Clinton 41	2:26.2	Dick Chatterton 47	1:18.33
Nils Vikander 31	2:24.8	Bud Jewett 35	1:28.4	Bumpy Jones 40	5:19.0*	Ashley Jones 41	2:32.2	Jim Forbes 47	1:34.6
Jack Meyer 32	2:29.6	Keith Martin 36	Disq.	Hubert Williams Jr 42	5:37.9	Stan McConnell 41	2:33.8	Frederick Farley Sr 45	1:55.5
Ben Fischer 31	2:35.2	William Allen 35	Disq.	Graham Johnston 42	5:39.0	Arthur Welch 40	T 2:42.8	100 YARD INDIVIDUAL MEDLEY	
Robert Cossins 33	2:36.1	Robert Patten 38	2:39.9	John Craigie 43	5:55.6	Frank Reynolds 41	T 2:42.8	Paul Hutinger 48	1:05.4
Robert Pace 31	2:36.4	Gerald Little 37	2:40.2	Robert Beach 42	5:58.9	Edward Schelonka 40	2:43.8	Ted Haartz 45	1:06.5
Gerald Koch 32	2:38.9	Don Kane 39	2:40.5	Denis Rice 40	6:10.5	Herb Nakama 42	2:45.9	Duane Draves 47	1:07.3
Rick Evans 31	Disq.	Richard Rahe 36	2:47.6	Arthur Welch 40	6:26.2	Dick Lewis 43	2:49.5	Helmut Onusseit 49	1:07.6
MEN 35-39		Scott Beelman 38	2:48.6	Jim Cotton 40	6:54.0	Pierre Hathaway 42	2:52.4	Edward Rudloff 49	1:12.4
50 YARD FREESTYLE		Keith Martin 36	2:48.7	Sam Morris 40	6:54.9	Bud Schumacher 42	2:56.4	William Mann 48	1:12.7
Sandy Gideonse 39	23.90	William Parks 37	2:51.1	1650 YARD FREESTYLE		John Gilmore 41	2:59.1	Don Stupfel 45	1:13.2
Roger Anderson 36	24.00	Mike Macklin 36	2:52.9	Bumpy Jones 40	18:40.01*	MEN 45-49		Hyl Karbach 45	1:14.3
Jim Steveson 38	24.42	Brian Stuart 38	2:56.3	Hubert Williams Jr 42	19:22.91	50 YARD FREESTYLE		Gene Mack 45	1:17.5
Richard Tanabe Jr 38	24.47	Mike Macklin 36	2:56.3	Graham Johnston 42	19:42.31	Ted Haartz 45	25.07*	Lou Silverstein 46	1:20.7
Edward Hinshaw 36	24.53	Norman Litwak 39	2:59.0	Robert Beach 42	20:36.61	Charles Thomas 45	25.50	200 YARD INDIVIDUAL MEDLEY	
Bradford Sturtevant 39	25.14	Budd Symes 38	3:00.7	Denis Rice 40	22:18.85	Carl Yates 45	26.38	Paul Hutinger 48	2:27.8*
Bill Robertson 37	25.20	Robert Kinney 35	3:08.2	Arthur Welch 40	22:23.68	Sanford Dickey 47	26.74	Duane Draves 47	2:28.1
Joe Neal 37	25.53	David Lamott 37	3:15.3	Bud Schumacher 42	24:11.15	Duane Draves 47	26.92	Helmut Onusseit 49	2:30.2
David Lamott 37	26.75	50 YARD BUTTERFLY		Pierre Hathaway 42	24:11.40	Agostino Arcidiacono 49	27.00	Edward Rudloff 49	2:43.2
Skip Allen 36	26.78	Richard Tanabe Jr 38	25.9*	Sam Morris 40	24:32.88	Don Stupfel 45	27.40	Hyl Karbach 45	2:52.5
Robert Mack 37	26.85	Sandy Gideonse 39	26.6	Dan Gruender 43	26:28.11	Richard Bland 47	27.44	Robert Ziegler 45	2:54.4
Jay Lehr 36	26.93	Robert Willis 38	27.5	Jerry Vickers 42	27:04.88	Robert Cunningham 45	27.46	Lou Silverstein 46	2:55.3
Rex O'Dell 35	27.30	Thomas Macedo 36	27.9	Don Johnson 41	30:30.35	Dick Chatterton 47	27.70	Gene Mack 45	2:58.9
Mark Hoffer 37	29.21	Charles Krepp Jr 37	28.0	100 YARD BACKSTROKE		William Marshall 47	28.17	William Coulston 47	3:00.0
Bud Jewett 35	29.24	Joe Neal 37	28.6	Bumpy Jones 40	1:01.9*	Donald Hubbard 45	29.14	Jim Forbes 47	3:12.8
William Allen 35	29.32	John Delaney 39	28.9	Bob Miller 44	1:05.2	Ron Meier 45	30.77	Frederick Farley Sr 45	3:41.3
David Bechtel 35	29.35	Brian Stuart 38	29.0	William Clinton 41	1:05.4	100 YARD FREESTYLE		MEN 50-54	
John Spanuth 39	29.70	Alex Gilbert 39	29.3	Joe Prata 44	1:06.4	Carl Yates 45	56.9*	50 YARD FREESTYLE	
100 YARD FREESTYLE		Mark Hoffer 37	31.6	Robert Burnside 41	1:08.1	Ted Haartz 45	57.2	Raymond Hakomaki 52	25.11*
Roger Anderson 36	53.6	Skip Allen 36	32.2	John Craigie 43	1:08.8	Charles Thomas 45	59.3	Alec Penny 50	26.83
Edward Hinshaw 36	54.35	Hector Valencia 38	33.8	Frank Reynolds 41	1:10.0	Sanford Dickey 47	1:00.2	Ted vonBerckefeldt 51	26.96
Sam Jones 37	54.36	100 YARD BUTTERFLY		Stan McConnell 41	1:12.3	Robert Cunningham 45	1:01.9	Dore Schwab Jr 51	27.22
Sandy Gideonse 39	54.7	Richard Tanabe Jr 38	57.95	Kenneth Rooney 40	1:14.3	William Mann 48	1:02.4	Edward Reed Sr 53	27.23
Bradford Sturtevant 39	55.2	Ray Martin 35	1:00.64	Pierre Hathaway 42	1:17.6	Richard Bland 47	1:02.5	Martin Foster 54	27.40
Jim Steveson 38	55.9	Sandy Gideonse 39	1:01.77	200 YARD BACKSTROKE		Don Stupfel 45	1:03.5	Lyle Felderman 53	28.21
Bill Robertson 37	56.3	Sam Jones 37	1:04.80	Bob Miller 44	2:23.1*	Ron Meier 45	1:15.9	John Robertson 52	28.60
Joe Neal 37	57.5	Alex Gilbert 39	1:09.0	William Clinton 41	2:29.6	Robert McDermott 49	1:22.3	Arnold Heinsohn 52	29.25
Mike Macklin 36	59.0	Brian Stuart 38	1:11.0	Joe Prata 44	2:29.9	200 YARD FREESTYLE		John Bricker 52	29.66
Robert Mack 37	59.2	Barry Fasbender 35	1:11.58	Robert Burnside 41	2:36.4	Carl Yates 45	2:05.8*	Ray Nicol 52	29.84
Frederic Nichols 35	1:00.7	100 YARD INDIVIDUAL MEDLEY		John Craigie 43	2:36.5	Robert Cunningham 45	2:21.7	Peter Lata 54	36.86
Scott Beelman 38	1:00.8	Richard Tanabe Jr 38	1:01.3	Frank Reynolds 41	2:39.2	William Mann 48	2:23.5	Stratton Loucks 53	37.35
David Lamott 37	1:00.8	Sandy Gideonse 39	1:04.3	Kenneth Kimball 42	2:43.6	Frank Blair 47	2:24.7	100 YARD FREESTYLE	
Skip Allen 36	1:02.2	Charles Krepp Jr 37	T 1:05.3	Kenneth Rooney 40	2:44.0	Gene Perle 46	2:25.9	Raymond Hakomaki 52	57.8*
Ronald Gilchrist 36	1:04.6	Thomas Macedo 36	T 1:05.3	Pierre Hathaway 42	2:44.1	Lou Silverstein 46	2:32.9	Martin Foster 54	59.3
Hector Valencia 38	1:05.0	William Parks 37	1:05.5	Arthur Welch 40	2:45.0	Gene Mack 45	2:36.6	Warren Kleist 51	1:01.0
David Bechtel 35	1:06.2	Joe Neal 37	1:07.4	David Lemski 44	2:48.6	William Marshall 47	2:42.1	John Crews 53	1:01.1
Bud Jewett 35	1:06.3	Brian Stuart 38	1:09.9	100 YARD BREASTSTROKE		500 YARD FREESTYLE		Ted vonBerckefeldt 51	1:01.2
William Allen 35	1:07.3	Robert Willis 38	1:10.4	Ashley Jones 41	1:12.1	Carl Yates 45	5:44.1*	Alec Penny 50	1:01.8
200 YARD FREESTYLE		Robert Patten 38	1:13.4	John Davies 44	1:12.5	Frank Blair 47	6:25.3	Dore Schwab Jr 51	1:02.7
Bradford Sturtevant 39	1:59.7*	Mark Hoffer 37	1:13.6	Glenn Connelly 43	1:16.2	Lou Silverstein 46	6:52.2	Edward Reed Sr 53	1:03.7
Roger Anderson 36	1:59.9	Skip Allen 36	1:14.0	Jim Cotton 40	1:16.9	William Marshall 47	7:17.4	Lyle Felderman 53	1:04.3
Edward Hinshaw 36	2:00.1	David Bechtel 35	1:14.2	Ed Breisacher 40	1:17.3	Agostino Arcidiacono 49	7:24.7	Arnold Heinsohn 52	1:05.3
Sam Jones 37	2:04.1	David Lamott 37	1:15.0	Dan Gruender 43	1:17.6	Robert McDermott 49	8:23.5	Bud Dallmann 53	1:06.1
Buddy Belshe 39	2:08.3	Bud Jewett 35	1:17.6	Bud Schumacher 42	1:21.2	1650 YARD FREESTYLE		Robert Cowan 52	1:06.6
Bill Robertson 37	2:10.7	John Sulzbach 39	1:22.0	Bob Cannon 43	1:23.4	Carl Yates 45	20:21.59*	John Robertson 52	1:07.2
Robert Mack 37	2:11.8	Bill Robertson 37	Disq.	Jerry Cunningham 44	1:27.0	Frank Blair 47	21:56.49	Walt Lindstrom 50	1:10.2
Joe Neal 37	2:17.8	200 YARD INDIVIDUAL MEDLEY		John Bakkila 41	1:27.4	Lou Silverstein 46	24:03.40	Edward Warner 53	1:19.8
Mike Macklin 36	2:21.2	Richard Tanabe Jr 38	2:18.3	Donald Dobrott 41	1:28.3	William Mann 48	24:20.76	Stratton Loucks 53	1:26.3
Barry Fasbender 35	2:21.8	Ray Martin 35	2:18.9	200 YARD BREASTSTROKE		William Marshall 47	26:54.70	Albert Frost 52	1:28.3
Jay Lehr 36	2:23.9	Thomas Macedo 36	2:24.8	Ashley Jones 41	2:41.3	Robert McDermott 49	29:22.03	200 YARD FREESTYLE	
Frederic Nichols 35	2:29.4	Buddy Belshe 39	2:28.0	John Davies 44	2:41.4	Frederick Farley Sr 45	30:29.15	John Crews 53	2:14.3
Mark Hoffer 37	2:32.8	William Parks 37	2:28.6	Bob Miller 44	2:44.4	100 YARD BACKSTROKE		Martin Foster 54	2:16.9
500 YARD FREESTYLE		Robert Patten 38	2:41.6	Hubert Williams Jr 42	2:46.9	Paul Hutinger 48	1:06.4*	Fred Taioli 52	2:19.8
Bradford Sturtevant 39	5:32.6	Keith Martin 36	2:42.4	Jim Cotton 40	2:49.4	Duane Draves 47	1:06.6	Warren Kleist 51	

Jim Pendergrass 54	24:38.85	500 YARD FREESTYLE	Wm. Loughborough 62	28:50.81	MEN 80 & over	MEN'S TEAM TOTALS	
Dwight Crum 50	25:44.32	Jim Welch 55	6:12.6*	Bill Johnston 62	30:55.51	San Mateo Marlins	244.5
Walt Lindstrom 50	26:32.65	Alexander Rankin 56	6:52.4	100 YARD BACKSTROKE		San Fernando Valley AC	209
Jack Burgan 50	26:56.50	Ashby Harper 56	6:53.1	Lawrence Smith 61	1:11.1*	Waikiki Swim Club	153
100 YARD BACKSTROKE		John McKenzie 56	7:16.2	Thomas Monahan 62	1:20.4		
Paul Herron 52	1:08.1	George Furlong 55	7:33.5	Gordon Corson 62	1:24.2		
Wm. Uhrich 52	1:15.1	Joe Rose 57	7:55.4	Oscar Sigrist 64	1:26.4		
John Bricker 92	1:15.8	James Bain Sr 57	8:37.7	Louis Rinna 62	1:40.5		
Ray Nicol 52	1:19.1	1650 YARD FREESTYLE		Add Janes 60	1:43.8		
Robert Cowan 52	1:21.2	Jim Welch 55	21:48.30	Samuel Bernstein 64	1:45.3		
Alfred Parker 54	1:21.4	Alexander Rankin 56	23:27.90	200 YARD BACKSTROKE			
Clifford Wright 51	1:25.1	Ashby Harper 56	24:04.13	Lawrence Smith 61	2:51.3		
Stratton Loucks 53	1:46.2	John McKenzie 56	26:11.60	Thomas Monahan 62	3:07.8		
200 YARD BACKSTROKE		George Furlong 55	27:15.16	Oscar Sigrist 64	3:08.3		
Paul Herron 52	2:28.6*	Joe Rose 57	27:51.35	Gordon Corson 62	3:22.8		
Ray Taft 53	2:46.1	James Bain Sr 57	30:11.20	Alfred Guth 64	3:25.5		
John Bricker 52	2:49.0	Merle Lawrence 57	32:31.15	Hud Stewart 63	3:30.4		
Ray Nicol 52	2:58.3	100 YARD BACKSTROKE		Louis Rinna 62	3:46.9		
Clifford Wright 51	3:07.0	Hal Weatherbe 57	1:18.2*	100 YARD FREESTYLE			
Stratton Loucks 53	4:03.1	John McKenzie 56	1:20.5	Reg Richardson 61	1:25.4		
100 YARD FREESTYLE		David Dutrow Jr 57	1:22.7	Samuel Bernstein 64	1:34.8		
Ted vonBerckefeldt 51	1:22.7	John Keating 55	1:24.8	Rufus Clark 61	1:32.6		
John Sorman 51	1:22.8	Hamilton Anderson 59	1:25.3	Add Janes 60	1:33.5		
Jack Burgan 50	1:23.7	Clifford Croom 56	1:26.4	Oscar Sigrist 64	1:41.3		
Thomas Dowell 51	1:23.8	Walter Wells 55	1:31.0	Bernard Silber 61	1:58.7		
Bud Dallmann 53	1:25.0	200 YARD BACKSTROKE		Bill Johnston 62	2:12.1		
Walt Lindstrom 50	1:25.3	Hal Weatherbe 57	2:56.6*	200 YARD FREESTYLE			
John Robertson 52	1:25.7	John McKenzie 56	3:04.7	Rufus Clark 61	3:15.8		
Jim Pendergrass 54	1:26.3	David Dutrow Jr 57	3:08.0	Add Janes 60	3:33.4		
Joseph Miko 52	1:26.5	Hamilton Anderson 59	3:20.8	Samuel Bernstein 64	3:36.9		
Clifford Wright 51	1:27.3	John Keating 55	3:22.3	Bernard Silber 61	4:34.9		
Albert Frost 52	1:45.4	100 YARD FREESTYLE		50 YARD BUTTERFLY			
200 YARD FREESTYLE		Tom Lind 55	1:18.7	Mel Maxwell 61	34.2*		
Dan Miles 52	3:05.1	Walt Pfeiffer 59	1:20.6	Thomas Monahan 62	47.2		
Frederick Dowell 51	3:09.2	Walter Wells 55	1:21.7	Wm. Loughborough 62	49.4		
Walt Lindstrom 50	3:10.5	Brud Cleaveland 55	1:24.1	100 YARD BUTTERFLY			
Clifford Wright 51	3:12.5	John LeVett 56	1:25.9	Alfred Guth 64	1:55.7		
Joseph Miko 52	3:27.0	Bertram Sproffin 56	1:28.3	Wm. Loughborough 62	2:03.7		
Jack Burgan 50	Disq.	James Bain Sr 57	1:50.7	100 YARD INDIVIDUAL MEDLEY			
50 YARD BUTTERFLY		Merle Lawrence 57	2:09.9	Reg Richardson 61	1:14.6*		
John Crews 53	31.2	200 YARD FREESTYLE		Mel Maxwell 61	1:22.3		
Ray Taft 53	31.6	Tom Lind 55	3:00.4	Gordon Corson 62	1:26.5		
Wm. Uhrich 52	31.8	Walter Wells 55	3:06.3	Oscar Sigrist 64	1:29.6		
Warren Kleist 51	32.0	Bertram Sproffin 56	3:13.1	Andrew Kallunki 61	1:34.3		
Jim Pendergrass 54	33.4	John LeVett 56	3:13.6	200 YARD INDIVIDUAL MEDLEY			
John Bricker 52	33.71	Ashby Harper 56	3:19.6	Reg Richardson 61	3:03.1		
Raymond Hakomaki 52	33.75	Alexander Rankin 56	3:27.4	Alfred Guth 64	3:22.3		
Thomas Dowell 51	34.2	James Bain Sr 57	4:17.3	MEN 65-69			
John Robertson 52	35.3	50 YARD BUTTERFLY		Lyle Collet 65	27.64		
Dora Schwab Jr 51	35.4	Walt Pfeiffer 59	33.9	John Anderson 69	33.03		
Lyle Felderman 53	36.4	David Dutrow Jr 57	34.4	John McGuire 69	33.09		
Robert Cowan 52	36.5	Walter Wells 55	35.4	Harry Jagers 66	34.30		
Edward Reed Sr 53	36.8	100 YARD BUTTERFLY		Harold Davis 65	39.39		
Joseph Miko 52	38.1	Walt Pfeiffer 59	1:17.8	100 YARD FREESTYLE			
100 YARD BUTTERFLY		Tom Lind 55	1:20.3	Lyle Collet 65	1:03.9*		
John Sorman 51	1:14.3*	100 YARD INDIVIDUAL MEDLEY		John McGuire 69	1:17.8		
Warren Kleist 51	1:15.6	Tom Lind 55	1:14.0*	Harry Jagers 66	1:19.0		
Ray Taft 53	1:19.8	Jerry Siefert 55	1:15.4	Harold Davis 65	1:29.1		
Jim Pendergrass 54	1:20.1	Brud Cleaveland 55	1:17.6	John Anderson 69	1:33.0		
Thomas Dowell 51	1:25.1	Walt Pfeiffer 59	1:17.6	200 YARD FREESTYLE			
100 YARD INDIVIDUAL MEDLEY		David Dutrow Jr 57	1:18.2	Lyle Collet 65	2:33.9*		
Paul Herron 52	1:08.4	Walter Wells 55	1:19.2	Harry Jagers 66	3:06.6		
Ray Taft 53	1:10.5	John LeVett 56	1:20.5	John McGuire 69	3:13.5		
Warren Kleist 51	1:11.4	Hamilton Anderson 59	1:25.8	Harold Davis 65	3:23.2		
Ted vonBerckefeldt 51	1:12.4	200 YARD INDIVIDUAL MEDLEY		John Anderson 69	3:47.7		
Wm. Uhrich 52	1:13.0	Walt Pfeiffer 59	2:52.8	Clifford Brown 67	4:43.6		
Dora Schwab Jr 51	1:16.2	Tom Lind 55	2:59.3	500 YARD FREESTYLE			
Bud Dallmann 53	1:16.5	David Dutrow Jr 57	3:03.9	Lyle Collet 65	7:16.7		
Robert Cowan 52	1:20.4	Hamilton Anderson 59	3:18.9	Harry Jagers 66	8:39.9		
Jack Burgan 50	1:20.9	MEN 60-64		Andrew Kallunki 69	8:53.9		
200 YARD INDIVIDUAL MEDLEY		50 YARD FREESTYLE		John Anderson 69	11:37.4		
Paul Herron 52	2:33.1*	Reg Richardson 61	28.08	Clifford Brown 67	13:25.0		
Ray Taft 53	2:45.1	Lloyd Osborne 64	28.93	1650 YARD FREESTYLE			
Dan Miles 52	2:49.8	Mel Maxwell 61	29.20	Harry Jagers 66	28:05.58		
John Sorman 51	2:51.2	Thomas Monahan 62	29.91	Andrew Kallunki 69	30:51.20		
Wm. Uhrich 52	2:53.9	Paul Stader 62	30.86	Harold Davis 65	31:40.48		
Jack Burgan 50	3:17.8	Lawrence Smith 61	31.25	Clifford Brown 67	31:46.75		
MEN 55-59		Eldin Onsgard 61	32.86	100 YARD BACKSTROKE			
50 YARD FREESTYLE		Louis Rinna 62	42.72	Clifford Brown 67	2:08.7		
Jim Welch 55	26.50	100 YARD FREESTYLE		Clifford Brown 67	5:04.9*		
Jerry Siefert 55	26.90	Reg Richardson 61	1:04.1	50 YARD BUTTERFLY			
Brud Cleaveland 55	29.52	Lloyd Osborne 64	1:06.3	Lyle Collet 65	37.4		
Clifford Croom 56	29.60	Thomas Monahan 62	1:09.2	Andrew Kallunki 69	44.0		
John LeVett 56	29.81	Mel Maxwell 61	1:10.5	100 YARD INDIVIDUAL MEDLEY			
Hamilton Anderson 59	29.85	Paul Stader 62	1:12.1	John Anderson 69	1:42.8*		
George Furlong 55	30.81	Eldin Onsgard 61	1:12.4	200 YARD INDIVIDUAL MEDLEY			
Joe Rose 57	33.07	Samuel Bernstein 64	1:25.9	Andrew Kallunki 69	3:40.8*		
Merle Lawrence 57	36.88	Bill Johnston 62	1:30.5	MEN 70-75			
100 YARD FREESTYLE		Louis Rinna 62	1:37.5	50 YARD FREESTYLE			
Jim Welch 55	58.8*	200 YARD FREESTYLE		Bill Trask 70	37.9*		
Alexander Rankin 56	1:06.8	Lloyd Osborne 64	2:31.7	100 YARD FREESTYLE			
Ashby Harper 56	1:07.6	Louis Nagy 61	2:38.6	Bill Trask 70	1:29.3		
George Furlong 55	1:10.1	Eldin Onsgard 61	2:47.8	Gerhard Mauric 70	1:36.6		
John LeVett 56	1:10.6	Paul Stader 62	2:57.0	200 YARD FREESTYLE			
John Keating 55	1:12.6	Wm. Loughborough 62	2:59.2	Bill Trask 70	3:16.1		
Joe Rose 57	1:16.3	Lloyd Osborne 64	7:00.9	Gerhard Mauric 70	3:37.3		
James Bain Sr 57	1:26.9	Louis Nagy 61	7:33.1	500 YARD FREESTYLE			
Merle Lawrence 57	1:29.3	Eldin Onsgard 61	7:46.3	Bill Trask 70	9:03.1		
200 YARD FREESTYLE		Wm. Loughborough 62	8:07.4	Gerhard Mauric 70	10:14.0		
Jim Welch 55	2:13.0*	Paul Stader 62	8:15.7	100 YARD BACKSTROKE			
Alexander Rankin 56	2:32.2	Rufus Clark 61	8:40.4	John Whittemore 73	2:03.6		
Ashby Harper 56	2:32.9	Louis Rinna 62	9:53.0	Gerhard Mauric 70	2:09.8		
John McKenzie 56	2:34.2	1650 YARD FREESTYLE		200 YARD BACKSTROKE			
George Furlong 55	2:42.0	Lloyd Osborne 64	24:51.52	Gerhard Mauric 70	4:50.4		
Joe Rose 57	2:47.6	Eldin Onsgard 61	27:32.05				
James Bain Sr 57	3:17.6	Alfred Guth 64	28:06.24				

JUN 30	Huntington Beach Pier Swim, 1/2 mile, Huntington Beach Swim Club, P.O. Box 123, Huntington Beach, CA 92648	JUL 15	Santa Monica Breakwater 1-mile Dept. of Rec & Pks, 1685 Main St., Santa Monica, CA 92629
JUL 4	Coronado 1-mile Dr. K. E. Herron, 732 J Avenue, Coronado, CA 92118	JUL 22	Dana Point 1-mile Miss Toni Oehler, c/o Quiet Cannon Rest, 34344 Street of the Green Lantern, Dana Point, CA 92629
JUL 4	Santa Barbara 2-mile Mike Henry, Div. of Beaches & Pools, P.O. Drawer PP, Santa Barbara, CA 93102 (805) 965-2605	JUL 28	Will Rogers 1-mile Lt. Tom Hargett, Dir. of Sp. Events Lifeguard Hdqts., 2300 Ocean Front Walk, Venice, CA 90291
JUL 4	Sr. Olympics, 1/2 mi, 1 mi, 2-mile Sr. Sports International Mutual of Omaha Bldg. #302, 5225 Wilshire Bd., L.A., CA 90036	JUL 29	Seal Beach Oil Island, 3-mi, 1-mi Richard Yeo, 405 Emerald Place, Seal Beach, CA 90740

Attn: Mr. James Cotten:

I appreciate and recognize your feelings about having two Masters Championships in 1 year within 4 months of each other.

However, I respectfully refer you to page 1 of this Volume II No. 2 of SWIM-MASTER and herein I quote John Spannuth: "The Masters Program is fun and health oriented. We do not want to become overly competitive."

Is it not possible that if we stress a highly concentrated group of competitors for One Grande National Championship per year that this might discourage Masters swimming in general?

After all, what is the supreme reason for Masters swimming? Primarily it is to get older people back in shape, motivate them by competition, establish common bonds of friendship, and most important of all, to prevent heart disease thereby promoting better health.

I unequivocally cannot see that two 1972 Championships were counter productive whatsoever! It gave many people a 2nd chance. Many couldn't or cannot afford to travel to distant far off San Mateo or Santa Monica, CA. Many might not have been or are ready in this epic of time.

It is difficult for me to visualize that a once a year meeting is sufficient to get people together and keep their perpetual interest up. Remember that we are competing with the regular AAU, the Colleges and age group swimmers not in a strictly competitive sense but never the less competing for recognition, pool time/space etc. These face we as a group must keep the kettle boiling. This can be favorable implemented by having many regional and 2 distinct National meets.

I personally am a very earnest competitor but recognize that unless I try to help those who are just coming into the program, I might find myself in a lurch. We should all endeavour to help the less talented swimmers to develop into better swimmers simultaneously as we inexorably plunge forward for gold, glory and Good Health. (The last garland is the most important).

Respectfully,

Mark Coughlin



Bare Proof: Swim Records (Skinny) Dip

BONN — (UPI) — Swimming in the nude may be the best way to improve racing times, the Sport Illustrierte said in its current edition.

In a test the magazine recently conducted with eight swimmers, including five members of the West German National Team, two athletes turned in better times in the 100-meter butterfly after stripping.

Wearing their trunks, Walter Mack was clocked in 1:04.8 and his brother Peter was timed in 1:05.6.

IN THE NUDE, Walter made it in 1:03.6. Peter covered the distance in 1:04.4.

"The time has long been ripe for such tests," Sport Illustrierte said.

"It was a great feeling," the magazine quoted Walter Mack after his swim in the nude. "It was as though you had air in your back which was carrying you."

"Without trunks, you can swim much faster," Peter said.

SWIM MEET SCHEDULE

JUN 2-3	Oak Ridge Master Invitational, Oak Ridge Civic Center Swimming Pool Miss Becky Lee, P.O. Box 1, Oak Ridge, TN 37830
JUN 2-3	St. Louis A.A.U. Masters Swimming Championships Mr. Dale J. Trinka, 75 Thomas Terrace, Edwardsville, IL 1-618-521-3676
JUN 8-10	St. Petersburg Recreation Department Aquatic Club Masters LC Swimming Meet Judge R. E. Beach, 901 North Shore Dr. N.E., St. Petersburg, FL 33701
JUN 10	1st Annual Masters 200 Meet, Denver, CO Bill Williams, 2791 So. Macon Cir., Denver, CO 80232
JUN 15-16	Senior Sports International, 5225 Wilshire Blvd., Suite #302 Los Angeles, CA 90036
JUN 15-17	5th Annual Laramie Open (Masters events) Gordon H. Thorne, President, Laramie Swim Club, 1521 Rainbow, Laramie, WY
JUN 16	Masters Events, Garden State Swim Pool, Joseph B. Twaits, 649 Springfield Ave., Berkeley Heights, NJ 07922
JUN 16-17*	University of Chicago Swim Club Championship Prep Meet Ross Lambert, 1401 E. 55th St., Chicago, IL 60615
JUL 6-8	Norwich Elks Masters, George Echentile, 6 Erie St., Norwich, NY 13815
JUL 6-8	11th Annual Denver/Aurora Open has Masters Events William Wall, 408 Oakland St., Aurora, CO 80010
JUL 13-14*	Georgia Master Swimming Association Jim Fraser, P.O. Box 33042, Decatur, GA 30033
JUL 20-22	Masters Events, Griffiss AFB U.S. Air Force, Don McKee, 61 Karlen Rd., Rome, NY 13440
JUL 28-29	Mt. Sac, Anne Adams, 17432 Osborne St., Northridge, CA 91324
JUL 29	1st Annual Mile Hi Mile Meet (LC), c/o Bill Williams, above
AUG 10-12	NATIONAL AAU LONG COURSE CHAMPIONSHIPS, Chicago, IL
AUG 17-19	3rd Annual Crestmoor Masters Meet Doug Barnett, 658 Poplar, Denver, CO 80220
AUG 17-19	1st Annual Rocky Mountain Masters Diving Championships Bill Williams, 2791 So. Macon Cir., Denver, CO 80232
AUG 25-26	Los Angeles Invitational, c/o Anne Adams (above)
SEP	Labor Day Week-end - Hawaii, Jim Cotton, P.O. Box 1314, Honolulu, HI 96807
NOV 10*	Syracuse Parks and Recreation Chargers Masters Meet Robert Swindler, Dept. of Parks & Rec., 412 Spencer Street, Syracuse, NY

* Tentative

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The article by Mr. Juba may sound somewhat discouraging because he has emphasized the exceptional performance by two or three former international swimmers. However, if you look at all the times for all places, you will see that it might not be too difficult to be one of the top ten swimmers in your age group.

So let me encourage English clubs to incorporate a Master's swim group within their clubs. Already water polo teams exist and all these swimmers plus others could easily form the beginning of the mens' Master's team. The women should also become very much involved. In fact, the Iowa City Master's Swimming Club began with women who were mothers of children belonging to the Iowa Swimming Club. So let's go mothers.

Both amateur, professional and swimming coaches can compete. Ask your coach to get Master's swimming for men and women started now. Let's make the swimming team a family team.

RALPH I. STEPHENS
(Iowa, USA, Master's Swimming Club)

Continued from Page 13

They find that this system operates very effectively and makes provision for age, standard, performance and other factors. So far as the final result is concerned, they disqualify the competitor who breaks his handicap time by more than: 4 sec - 100 M, 6 sec - 200 M, 8 sec - 800 M. By adopting this penalty it ensures that all competitors swim honestly. This system only applies to local or club events where the number of competitors is limited. John would appreciate anyone interested in this system putting their ideas on paper - how it could be established, administered, etc. and send them to John Spannuth, 3400 West 86th Street, Indianapolis, IN 46268.

Don Bresnahan (Anne Adams' brother) writes, "The meet was lots of fun and I was glad to see a total of ten divers enter the diving event. To my knowledge, this was the first Masters Diving event to be held. I hope that in the future every organization hosting a Masters Swim Meet will include a diving event. This will help Masters Diving get started."

MASTERS NOTES SWIMMING

Joyce Bloom writes, "I was introduced to the delightful swimming meets by my colleagues in the Health and Physical Education Department, Professor Jane Katz and Mrs. Stacy Frey. They are excellent examples of swimmers whose entire families participate in the meets. It is wonderful to meet such dedicated and friendly athletes from all over the country."

At the "Eastern Masters Championships" held at Wilmington, DE, they included two events not recognized Nationally, the 400 yd IM and 200 yd Fly, hoping that enough interest can be generated to have these events recognized sometime in the future.

NOTE: 25-year-old Masters Swimmer Bill Watt is looking for a team in the Flushing, NY area. Anyone near that wants to pick up a good swimmer, please contact Bill at 115-34 230th Street, Cambria Heights, NY.

Newsletters are an excellent way to get information to our swimmers. Many areas have started newsletters for Masters Swimming --- Nautilus Aquatic Club (tenth year of Masters Swimming) Washington, DC; SPRD - St. Petersburg, FL, Alan Stiles, Editor; The "Conn Master", New Britain, CT, Dorothy Donnelly, Editor; S.P.A.A.A.U., Los Angeles, CA, Anne Adams, Editor; Celebrity Swim Team, Denver, CO, Gini Buzzell, Editor; DC Masters Swim Team, Meredith R. Smith, Jr. Editor; Aquatic Digest, Rome, NY, Don McKee, Editor; Spokane Swim Master, Spokane, WA, D.J. Kleist Editor.

Gus Clemens writes, "In one event the swimmers were lined up --- there was the usual silence for a start but then a small voice was heard 'good luck, Dad'." Gus' daughter insisted on taking one of his awards to school to show it off to all her friends, and "This is what makes the Master's Swimming Program great!"

In the April issue I pulled a boo-boo! I reported that copies of the AAU Code Book were available for \$3.00. The price is really only \$2.00 so order yours today.

Stanley Pudell writes that when the pool is crowded on top, you go under. He wears a face mask due to the strong chlorine and swims 25 yds at a time underwater trying to cover the distance in five strokes.

Ronald Samson, MD, from Miami, FL, announces a postgraduate course on Water Sports Injuries, May 25-27, produced by the Committee on Sports Medicine of the American Academy of Orthopaedic Surgeons. Ron is a member of the faculty and one of the sessions deals with Competitive Water Sports; 1) Medical aspects of Swimming and 2) Swimming for Physical Fitness.

Edie Gruender writes that in support of John Spannuth's article on "What's It All About", she just has to tell the following: "My sister Sandy Brown, and my father Cliff Brown, swim in the IL and WI area meets. I thought it would be fun to swim in a meet with them when visiting them the ned of March. Ross Lambert coaches the University Of Chicago Masters Team and when he found out that I was coming, arranged for me to be a member of that group for the meet held at Northwestern University, Mar. 31-Apr. 1. He gave me such a warm welcome that I now know what celebrities must feel like. He treated me like any other member of his team -- cheering, giving times, and giving introductions to everyone on the team. The social aspect of this program is one of its highlights. I have always used swimming as my diversion and form of relaxation, but most of the time people thought it strange. It is a thrill for me to find others so enthused over this great sport. With a fellow like Ross Lambert boosting the Masters Swimming Program in Chicago, we are going to have many people 'getting together and having a ball,' as John Spannuth says. He is making the Program a really great experience. Chicago is very fortunate."

Syd Grange, Honorary Secretary of the Amateur Swimming Union of Australia, Has written John Spannuth about a handicapping system which they have adopted, giving competitors a start in the various events according to their personal standards. In application:

100 Meter Free Swimmer	H'cp Time	Go At
A	78 sec	0
B	76 sec	2
C	76 sec	2
D	75 sec	3
E	75 sec	3
F	71 sec	7

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FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

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AN EXPERIENCE

By CONNIE WILSON, Oregon Masters Chairman

For many years I have been active in competitive volleyball and am acquainted with many of the students at Portland State U. that are members of the varsity volleyball team. When it became known by some of them that I was coming back to school they began saying, "Why don't you turn out for the University volleyball team?" At first I just laughed and said, "Can't you just see an old lady like me out there?" After awhile I decided why should I worry about how old I was because I knew I was as good or better at volleyball than any of them. I thought maybe if they could see what I could do at age 38 maybe the value of continuing with sports and such activities after they are out of school would be something they would remember.

We had a busy season and all got along beautifully. I never once had a feeling of any difference in age at all. Most places we went to play people's first reaction was one of surprise. Many places I was mistaken for the coach. I take a great deal of pride in the fact that I was able to compete effectively with the best at the Nationals.

The whole experience was completely unforgettable and caused me to feel even more strongly about the benefits of regular vigorous exercise. The benefits are not only physiological but psychological as well. An additional benefit of this experience was that of causing me to believe that such a thing as the generation gap doesn't have to exist.

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