



SWIM-MASTER

STRESS OF SWIMMING

Here's how to use stress to your advantage in training and competition.

by Dr. Paul Hutinger

Dr. Hutinger holds six masters age group records and is a member of the masters All-American team. Here he briefly explains the stress theory and shows how they relate to swimmers, particularly the masters swimmer. Dr. Hutinger will also be writing more on masters swimming in future issues. (For more information on stress, read Dr. Hans Selye's books *The Stress of Life and Stress Without Distress*.)

Man has existed and developed over millions of years because of his ability to adapt to his environment. Though the stresses of primitive man were different than those facing modern man, his existence then, as now, depends upon his ability to cope with stress by adapting. Stress should be considered in positive terms and thought of as work or training in a broad sense.

Hans Selye, believes that the individual needs stress to develop his potential talents. The master swimmer must understand and use the stress concepts to improve his swimming performances. Regular training sessions which incorporate a level of stress are reflected in physiological and psychological changes. The body will adapt to these stress sessions, with beneficial changes.

INDIVIDUALIZED STRESS

A training program must be individualized in order to develop the maximum potential of the master swimmer. Many coaches insist that the individual adapt to their method of training, where in many cases, it is the coach who should adapt to the individual's needs. Because of age and various levels of fitness and stroke efficiency, the Master swimmer should have a program based on:

1. Level of fitness
2. Age and sex
3. Stroke efficiency and performance potential

4. Time available for training
5. Physical and medical handicaps
6. Short and long term goals (these can change over the years)

Many changes brought about through training are beneficial and are actually the closest thing to an antiaging pill available. Many of the deteriorations of the physiological mechanisms of the body can be reversed or slowed down if an effort to do so is started early enough. It is never too late, even for the victim of a heart attack.

The body thrives on use and adapts to the applied stress by an increase in blood volume, heart size and stroke volume, breathing capacities, strength endurance, physical work capacity, and oxygen consumption. Benefits will also be reflected in a stabilized or reduced blood pressure, lowered cholesterol, and lower percentage of body fat.

HOW MUCH

The human body, on the average, shows signs of deterioration by the age of 30 and goes downhill until death unless an intervention program is brought in—such as a regular training (stress) program. How much stress will bring about these beneficial adaptations?

A recent research project performed in the Human Performance Laboratory at Western Illinois University provided some insight into this question. In the study, a group of men from 30-64 years old trained in a controlled stress situation on a bicycle ergometer (a stationary bicycle), three times a week, 15-20 minutes a session, for 10 weeks. The changes brought about by this short training period were amazing, even though most subjects were at a low fitness level and so were expected to show much improvement through starting a program.

The men were given a stress level of about 75% of their maximum heart rate, about 135/145 beats per minute (bpm). (The maximum heart rate de-

pends upon age, with a 20-30-year-old, 200 bpm; 30-40, 190 bpm; 40-50, 180 bpm; 50-60, 170 bpm.) There was a 20% increase in physical work capacity plus greater oxygen consumption and lung volumes. Faster reaction times were also noted.

BENEFITS

An ongoing, four-year study of a 49-year-old master swimmer who trains regularly year-round showed a delaying of the deterioration aging curve (see figure 1). The subject's measurements compare favorably to 30-year-old norms.

The long range effects of daily stress applied systematically to the master swimmer are shown in Figure 2. The data presented suggests that the subject demonstrates a slowing down of the aging process with a corresponding increase of vigorous life. It is difficult to assess the effects of a training program on longevity since other important factors, such as heredity, must also be considered. However, research does indicate that it is a factor in preventing cardiovascular disease, which could add approximately eight years to a life span.

TESTING AND EVALUATION

Before one begins systematic training, he should have a thorough medical examination to evaluate if his total body systems are functioning normally. Caution must be used in applying a new stress (or additional stress) because of malfunctions that could occur in systems that cannot handle it. The body is an amazing and valuable piece of machinery that has seemingly unlimited and often unrealized potential. The following evaluation procedures are suggested.

The heart and circulatory systems can be evaluated by an exercise EKG stress test on either a treadmill or bicycle ergometer. The physical work capacity (fitness level) can also be determined with this test, in addition to spotting abnormalities of the heart. Information on where you can get the exercise EKG can be obtained from your local Heart Association.

The standard resting EKG is of little or no value in evaluating the readiness of a master swimmer to begin a training program. It is imperative to have an exercise EKG stress test. Some health insurance companies will pay as much as 80% of the cost of such a test.

Measure	Trained Master Swimmer (48)	Norm (48)-	Norm (30)
Blood pressure	115/75	140/85	125/80
Resting heart rate	53 bpm	72 bpm	72 bpm
Vital capacity	4.70 liters	3.86 liters	4.30 liters
Maximum breathing capacity	177 liters/min.	110 liters/min.	155 liters/min.
Oxygen uptake (physical work capacity)	56 ml/kg/min.	35 ml/kg/min.	40 ml/kg/min.
Body fat	11.8%	18%	15%

A blood pressure test is important. It should be taken several times over a period of weeks to determine the presence or absence of hypertension. Such a condition might influence the individual's ability to adapt to different levels of stress.

A urinalysis test is necessary to determine the presence of diabetes or infectious diseases. Lung volumes, consisting of vital capacity and one-second and three-second values, and maximum breathing capacity tests are important in evaluating the functional ability of the lungs.

A blood sample that analyzes 26 parameters can be taken. Such a service is available through automated clinical analysis, usually at a reasonable price. This test gives information about the functioning of the body's internal systems—levels of serum, cholesterol, blood sugar (glucose), protein, hemoglobin, and red blood cells.

OVERSTRESS

The body normally has a remarkable resiliency and can return to homeostasis, but this ability gradually declines with age. The swimmer may show poor performances and poor repeats in practice when overstressed. Nausea, insomnia and fatigue which may finally terminate in a sore throat or cold are some signs of overstress. In addition, there are several clues to determining overstress:

- Overstress can cause *insomnia*. If the swimmer cannot sleep, this causes further deterioration since the next days' training causes greater fatigue and stress.
- Another clue to overstress is awaking at night from being *hot and sweaty*, a condition which may last from ten to thirty minutes.
- A higher basal heart rates occurs during times of overstress.
- The swimmer is irritable and easily annoyed.

• If any of these or combinations appear, the swimmer is overstressed.

The master swimmer can avoid the hazards of overstress by being alert to its symptoms. Training sessions can be alternated with one "easy" day and one "hard" day. Take a day off to rest, or just swim easily and loosen up rather than taking a training session. If you work with the pace clock, take your training session without clocking your repeats. Some master swimmers cannot take a high stress load year round and should buffer their training with easy lap swimming.

SUMMARY

The application of a carefully controlled stress program can slow down the aging process, prolong vigorous life with an increased work capacity and possibly add years to longevity. Caution should be used so that the stress is applied gradually, providing the body an opportunity to adapt.

Keep in mind that as the individual gets older, the adaptation mechanisms are not as resilient as that of the youth. The mechanisms of the body, however, need to be used to keep a high level of functioning. Masters swimming is an excellent way to avoid rusting out by keeping all your gears well-oiled.

WATER DEPRIVATION AND PERFORMANCE OF ATHLETES

(Prepared by the Committee on Nutritional Misinformation) National Academy of Sciences

Depriving athletes of water has caused avoidable tragedies. Heat stroke, a sudden collapse and loss of consciousness, precipitated by physical exertion and inadequate fluid intake, is a serious hazard during strenuous exercise. Documentary evidence compiled by Dr. C. Blyth in his 1968 report to the American Medical Association on Common Medical Aspects of Sports, spans the years 1961 to 1967. The major predisposing causes of heat stroke cited in this report are high temperature, high humidity, poor body ventilation, and several hours of water deprivation preceding intense physical activity. It is readily apparent that deaths in such cases have occurred because athletic coaches disregarded principles of sound nutrition.

Man can live without food for 30 days, but will die in 5 to 6 days if deprived of water, which is lost constantly. The expired air, urine, sweat and stools remove about 3 pints of water each day from a 154 lb individual

living in a temperate environment. Optimal physical performance depends upon replacement of water losses.

Water serves as the principal vehicle for transporting substances and heat within the body. In warm environments, it is the only means for dissipating body heat, which is effected by evaporation of sweat. Body heat production is greatly accelerated during physical exercise. Unless water for perspiration is available, the body temperature increases beyond normal and there is overheating. It is imperative that fluid intake be increased to maintain fluid balance as the work level and the environmental temperature increase.

When fluid losses exceed supply, dehydration follows. Excessive fluid loss is almost always accompanied by loss of sodium. In the context of our concern, this is a temporary loss and can be made up by salt intake at the next meal. We are concerned here only with the acute effects of water deprivation. The "dehydration syndrome" is characterized by loss of appetite and limited capacity for

work. When there is dehydration, even modest physical activity causes heart rate and body temperature to increase. Physiological changes that impair performance are detectable with losses no greater than 3% of the body water. When losses are 5%, evidence of heat exhaustion becomes apparent and at 7%, hallucinations occur, which is a dangerous sign. Losses totaling 10% are extremely hazardous and lead to heat stroke. If not treated immediately, death will result. Heat stroke is accompanied by high body temperature (106°-110°F) and deep coma. In most cases there is complete absence of sweating and failure to form urine is common. Convulsions may occur. Immediate medical attention is mandatory.

There is no basis for restricting water intake of athletes during contests nor is there any evidence that man can adapt or be trained to tolerate water intake lower than his daily losses. On the contrary, the scientific literature on the subject strongly supports the practice of replacing water loss by continuous fluid intake. If coaches encourage moderate fluid intake (after acclimatization) light clothing, proper provisions for ventilation, and rest periods, physical activity which causes profuse sweating can be tolerated even at high temperature.

Deliberate dehydration is never an acceptable method for control of body weight. It causes temporary loss of weight which is rapidly regained by rehydration. Loss of body weight should occur only at the expense of body fat, not water or protein. Control of body weight in normal individuals should be based on intake and expenditure of calories. When the daily expenditure of calories exceeds the intake, loss of body weight occurs. If intake exceeds energy expenditure there is weight gain. Coaches and trainers frequently require young wrestlers and boxers to attain specified weights that are considerable below their usual weight. They have advised youthful athletes to lose body weight by "crash" caloric restriction or by "drying out" for the "early weigh in" following which they attain their usual weight for the contest.

These practices can cause permanent impairment to health and even death and have been condemned by the American Medical Association.

Athletes should be alerted to the danger of diminished urine volumes which can result in kidney damage. Urine volume should be maintained at no less than one quart per day.

SUMMARY: Water losses of the body should be replaced by frequent small intakes of water throughout the day. Water restriction does not reduce the fluid requirement, but it does impair performance. Dehydration limits the capacity to work, largely through impaired cardiovascular function. Death can result if water loss exceeds 10-20 percent of body water. Unless the sweat loss is replaced at frequent intervals during physical activity, heat exhaustion can develop. Athletes and coaches should be aware of the hazards of water deprivation and take steps to avoid excessive dehydration. Body weight control in adolescents either by severe water or caloric restriction is a dangerous practice not to be condoned.

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Exercise Pounds Away

By **GEORGIA SAUER**
Chicago Tribune Service

The next time you sip a martini, think of this: To work it off, you'll have to spend 27 minutes walking briskly, 22 minutes bicycling, or 16 minutes swimming. And that's just for the martini, not the olive and hors d'oeuvres that usually go with it.

As if you don't have enough to worry about when it comes to dieting, now there's yet another diet guide to put on the shelf next to your calorie counter, water diet, and low carbohydrate diet books: "Exercise Equivalents of Foods" (Southern Illinois University Press, \$6.95). Written by Frank Konishi, chairman of the department of food and nutrition at SIU, it details 600 foods and the amount of exercise needed to expend their calories.

From milk to macadamia nuts, the list looks bleak. If you want to really indulge yourself with a banana split, be prepared to jog 59 minutes to work it off. Even a nutritious four ounces of orange juice takes 10 minutes of walking to get rid of, calorically.

If you're engaged in hard physical labor, you can consume more than 6,000 calories a day without gaining weight. But most people are behind desks or grocery carts, not shovels; so this book offers some practical advice for nearly everyone. For instance, a 22-year-old woman who weighs 130 pounds can have only 2,000 calories a day — not 6,000 — if she wants to maintain her weight.

IF YOU'RE GAINING, not maintaining, first determine your ideal weight. Don't go by the charts put out by insurance companies. Those are average weights, not ideal; that's why they're so generous. Dr. Konishi says your ideal weight is "what you should have weighed at 22 years of age." Unless you were overweight then, take that weight as a goal (if you felt good at that weight, that is).

Dr. Konishi's ideal weight chart seems like a good balance between the too-heavy insurance charts and too-thin books of fashion models.

For example, a woman who is 5 foot 5 should weigh 116 pounds if she has a small frame, 125 if medium, or 135 if large. "Unfortunately, a precise, simple method of estimating the size of the body frame has not been established; so it still remains your prerogative to select your own body size," Dr. Konishi writes. But don't cheat and say you have a large frame just so you can soothe your conscience about those extra 10 pounds.

Also, take your age into account when determining your eating patterns.

Prime Minister Getting a Pool

CONSTRUCTION HAS begun on an indoor swimming pool at Prime Minister Pierre Trudeau's official residence, a spokesman for the prime minister said. The 40-by-20-foot pool is being financed largely by gifts from private citizens with Trudeau paying an unspecified part of the cost. However, the Ottawa contractor building the pool has been quoted as saying his successful bid for the job was "a little below" \$120,000.

"One reason many people become overweight as they grow older is that they continue to eat as much as they did when they were 22," he says.

THE MAJOR REASONS a person becomes overweight, according to Dr. Konishi, are reductions in the rate of metabolism, overeating habits, and a decrease in the amount of exercise. He doesn't propose that exercise alone will slim you down. That's "a very inefficient and discouraging process." Instead, he recommends a combination of sensible exercise and caloric restriction.

"Exercise Equivalents" includes charts suggesting diet-exercise programs and how long it will take to lose weight when combining them. For instance, it would take 27 days to lose five pounds if you walked briskly (about four miles an hour) 30 minutes a day and reduced your daily food intake by 400 calories.

To lose five pounds, it would take 25 days if you bicycled (at seven miles an hour) 30 minutes and cut out 400 calories a day; 24 days of stepping up and down a seven-inch step for 30 minutes at 25 steps a minute; 23 days of swimming about 30 yards a minute for 30 minutes; and 21 days of jogging 30 minutes per day.

He has chosen walking, bicycling, stepping, swimming, and jogging as the exercises to tabulate for calorie equivalents because they are simple to do, you can do them in your home or neighborhood, and they're not too strenuous.

HERE ARE SOME of the exercise equivalents of calories in his chart:

An 8-ounce glass of beer, 115 calories, takes 22 minutes of walking to wear off, 18 minutes of bicycling, 15 of stepping, 14 of swimming, and 12 of jogging.

A daiquiri, 125 calories: 24 minutes of walking, 19 of bicycling, 17 stepping, 15 of swimming, and 13 of jogging.

Eight-ounce glass of Pepsi-Cola, 105 calories: 20 minutes of walking 16 of bicycling, 14 of stepping, 12 of swimming, and 11 of jogging.

Twelve-ounce milk shake, 420 calories: 81 minutes of walking, 65 of bicycling, 56 of stepping, 49 of swimming, and 42 of jogging.

One slice of whole wheat bread, 60 calories: 12 minutes of walking, nine of bicycling, eight of stepping, seven of swimming, and six of jogging.

A PIECE OF CHOCOLATE fudge, 118 calories: 23 minutes of walking, 18 of bicycling, 16 of stepping, 14 of swimming, and 12 of jogging.

One cup of buttered popcorn, 82 calories: 10 minutes of walking, eight of bicycling, seven of stepping, six of swimming, and five of jogging.

One slice of Melba toast, 15 calories: three minutes of walking or two of bicycling, stepping, swimming, or jogging.

One cup of plain yogurt, 122 calories: 24 minutes of walking, 18 of bicycling, 16 of stepping, 14 of swimming, and 12 of jogging.

Two strips of fried bacon, 90 calories: 17 minutes of walking, 14 of bicycling, 12 of stepping, 11 of swimming, and nine of jogging.

THREE OUNCE SIRLOIN steak, broiled, 175 calories: 33 minutes of walking, 26 of bicycling, 23 of stepping, 21 of swimming, and 18 of jogging.

One cup of chili, 334 calories: 64 minutes of walking, 50 of bicycling, 44 of stepping, 40 of swimming, and 33 of jogging.

Half a chicken breast, broiled, 105 calories: 20 minutes of walking, 16 of bicycling, 14 of stepping, 13 of swimming, and 11 of jogging.

One tablespoon of mayonnaise, 100 calories: 19 minutes of walking, 15 of bicycling, 13 of stepping, 12 of swimming, and 10 of jogging.

A hamburger sandwich, 350 calories: 57 minutes of walking, 52 of bicycling, 47 of stepping, 42 of swimming, and 35 of jogging.

Peanut butter and jelly sandwich, 290 calories: 55 minutes of walking, 45 of bicycling, 39 of stepping, 35 of swimming, and 29 of jogging.

Dr. Konishi's list goes on and on (he even lists baked raccoon). So if you feel guilty about that pizza you ate last night and want to work it off, "Exercise Equivalents of Foods" will tell you how far to walk (probably to Indiana).

The men won the meet, but women take the show

By **DICK LEE**

Journal-Bulletin Sports Writer

PROVIDENCE — The celebrated men vs. women swimming meet at Brown University yesterday left everyone with something to cheer about.

The men, forming the New England Masters team of men 40 years and older, won 65-to-48. But four women from the Brown University swim team won individual races.

The popularity of the meet was much less hazy. It lured 800 spectators from their televisions on Super Bowl Sunday.

"This is wonderful! Better than what we had hoped for," said Brown's coach, Ed Reed, about the crowd and the informal spirit in which the meet progressed.

That attitude seemed to prevail among the crowd, too.

Most of the swimming buffs said they were aware the Super Bowl started an hour after the swim meet began. Yes, most added, they would rush home after the meet to catch the second half of the football game.

The Brown women welcomed the competition and had the highest of praise for the Masters team members whose ages topped off at 62. Anyway, most of the women offered, they were used to being bettered by men in athletics.

"I was chiefly interested in bettering my best time," said Brown's captain, Patty McGuire of Dearborn, Mich.,

who won the 400-yard freestyle event handily.

James K. Edwards, a Providence attorney who is a leader in the Masters swim program was the victim of Miss McGuire's solid triumph, finishing six seconds behind the Brown junior.

Edwards earlier had won the 200-yard freestyle race.

In addition to Miss McGuire, the three other winners were Helen Eustis in the 100-yard freestyle over Bill Russell of Medford, Mass., in the most thrilling race of the day; Carla Greenbaum in the 100-yard butterfly and Maggie Logan in the individual medley, a triumph that gave Brown its only lead in the meet.

Indoors

It's the golden oldies against the young squirts at Brown

By ROBERTA SIEGEL

BUOYED UP by "good humor," the 40 to 65 year-old-men in the New England Masters Swim Club are taking to the pool tomorrow against the 17 to 22-year-olds of Brown University's Women's Varsity Swim Team.

The informal event, includes freestyle, butterfly and backstroke competitions, and features the 62-year-old fire chief of Newton, Mass. who's a champion backstroker among amateurs.

It starts at 2 p.m. at the Brown pool on Hope Street.

Admission is free and the meet will include a solo synchronized number by an Amateur Athletic Union winner, Louise Wing, who's a Masters swimmer in her 50s.

This meet has all the ingredients, but it is no battle between the sexes; nor is it a battle between the generations. The 17-22 year-old-women are swimming against the older men simply because their skills match up together. Which says a lot for the Master's swimmers.

"Our tone here will be full of good humor, and

good sportsmanship, but each swimmer will be doing the best he can. For myself, I know my ego's on the line every time," says James Edwards, the trim 52-year-old Providence attorney who still clocks the same times he did 30 years ago, when he competed at West Point.

Says Linda Calkins, Brown's coach: "Ah, well, do we ever take anything seriously? We'll be here to enjoy. But we've really been working out for this meet, since our squad has just come back from a two-week vacation, and that puts a damper on things. Also they've got exams coming up.

"But a meet like this, with the Masters, it's really a good idea. People can see that swimming is a sport that doesn't need to end when the days of college competitions are over." Calkins herself plans to join Masters just as soon as she turns 25 and becomes eligible for the youngest division.

Bob Clausen, a Masters swimmer who at 27 is too young for the older men's divisions swimming tomorrow, is coach for the Masters in this meet.

What excites him most is that the men will be swimming as a team, rather than as individuals as they'll do at the Brown pool Jan. 26. Once before, the Masters challenged a collegiate women's team to a dual meet, at Wellesley last autumn, and they won.

Among the Masters, who swim for the exercise and also for the healthy competition, are a postmaster, a professor, an electrical engineer and various businessmen from Boston and Providence who are slated to join the fire chief and attorney for tomorrow's meet.

"You'll see some remarkably fit people here, both the girls and the men," says Clausen.

JIM EDWARDS AND FRIENDS: All for good humor and perhaps just a bit of ego at the Brown pool tomorrow. (Staff photo by William K. Daby.)





How to Make A Splash at 60 —And Up!

IF YOU CAN swim 50 yards without dropping your feet or grabbing for the edge of the pool, and if you live somewhere in the vicinity of central Palo Alto, you are within easy reach of a whole new lifestyle.

If your job is pressuring you to distraction; if your kids are driving you screaming into the arms of "Days of Our Lives" or "Celebrity Sweepstakes"; if the whist competition at your senior citizens' group is

beginning to pall; if the cost of living is keeping you bug-eyed at 3 a.m. — relax! Let the soothing waters of Palo Alto's Rinconada Pool carry off your frustrations while you hone yourself into the kind of physical specimen you've always suspected was hiding somewhere inside that quivering exterior.

Oh, and about that 50 yards—if you absolutely can't make it, and if you're genuinely determined to become a member of the AAU Champion Rinconada Masters, co-coaches Cindy Baxter or Carol Macpherson will hand you a pair of fins and a kickboard and point you in the right direction.

"We don't consider ourselves beginning swimming teachers," Baxter confided, "but we've got members doing thousands of yards a day who could hardly swim a stroke when they came in."

Rinconada is one of several Peninsula manifestations of the aquatic arm of America's physical fitness mania—the craze that began with those 50-mile hikes and impromptu touch football games during the Kennedy administration. The Masters swim program today is one of the fastest-growing athletic movements in the country, due in part to the unique nature of bigtime competitive swimming.

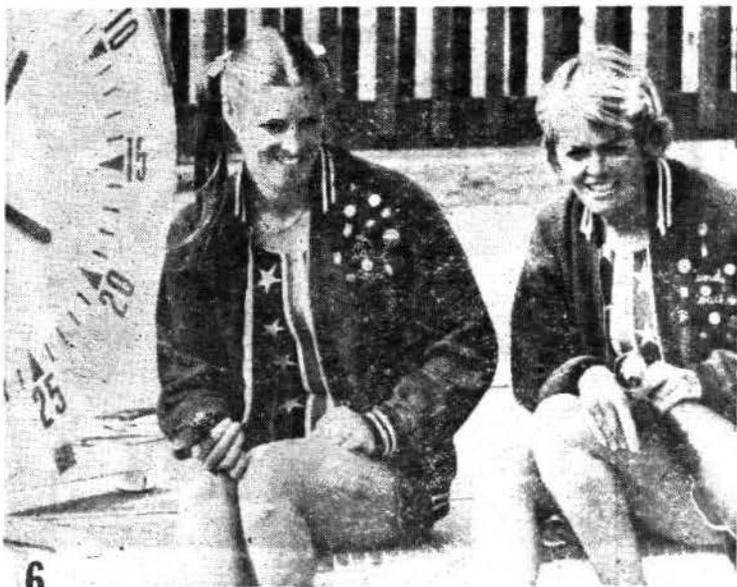
In few other sports is a world-class athlete considered over the hill at 17 or 18, but until recently it has been that way in the Olympic level in swimming. Now coaches are beginning to squeeze a few additional years out of their blue-chippers, but the twilight zone still arrives awfully early. The Masters program picks up where Olympic-oriented competition leaves off. As a result, the Masters age span begins at a youthful 25

(considered the beginning of the best years in most other sports) and extends to 80-plus.

Competition is divided into five-year periods between those extremes, and copious records are maintained for every recognized stroke and distance. All this requires an enormous amount of record-keeping, but it also serves as a continuous source of inspiration for swimmers of all ages and abilities, and has created a whole new galaxy of aquatic celebrities.



Rinconada coaches Carol Tait Macpherson (left, below) and Cindy Baxter both are champion competitors. Muscle tone of a powerful swimmer is evident in Dorothy Osborne (left). At top left, attorney Maria Wright prepares for a session on the kickboard. Janice Kerswill kicks at top right, and Sam Harding greets son Peter after a workout.



Masters swimming: to 80 and up

Rinconada Masters took shape in February of 1973, and attracted 23 paid-up members during the first month. Today there are 120 active members, and about 40 more on the inactive roles. Coaches Baxter and Macpherson operate under a contract with the City of Palo Alto.

"I think you could say the city is very pleased with the way things have worked out," said Aquatic Director Tom Osborne, himself a Rinconada Masters member.

Baxter, 42, and Macpherson, 36, are both champion Masters swimmers. The former Carol Tait, Macpherson was George Haines' first national champion at the Santa Clara Swim Club. She won the AAU 500 and 250 freestyle in 1952. The coaches do their own training after Rinconada competitors have finished their 6:30 a.m. "Early Bird" sessions.

Strictly on its record, the Baxter-Macpherson coaching combination might be said to have produced a juggernaut. Rinconada swimmers set 47 national Masters records in 1973, and 51 in 1974. Last year, Rinconada accounted for 171 of the top U.S. times in the various age groups. This year's totals have yet to be released.

But Rinconada is far more than just a record factory. Many of its members, as a matter of fact, never swim competitively at all.

"I think physical fitness is the most important part of the program," said 47-year-old Rinconadan Patricia Henderson, whose husband, Alan, is a Palo Alto city councilman.

Two years ago Mrs. Henderson could hardly swim the length of the 25-yard Rinconada Pool. This year she finished in the top six in several events in the Nationals.

"We had 80 people competing in the Nationals (last month at the Santa Clara International Swim Center), and 84 teams were represented from all around the country," Cindy Baxter said. "But everybody has different reasons for being out here. Some just like the opportunity to work out with other people."

"The first time I swam in competition," Silvia Bailey recalled, "I was really nervous. I got a headache and everything. But now I don't get nervous at all, because the competition doesn't mean that much to me. I like the conditioning, and I like the social side. It's really been an eye-opener, intermingling with other age groups. It's a pleasure to have something in common with younger people."

The Baileys try never to miss one of the frequent Rinconada social gatherings.

Should any newcomer question the physical benefits inherent in regular swim training, there are plenty of Rinconadans from the medical profession ready to offer expert testimony.



Swimming the years away

Dr. Bernard Silber, a cardiologist, is an accomplished breaststroker at 63. He authored a short essay in the 1974 Masters Championships program entitled "Swimming as a Preventive for Heart Disease." Dr. Silber concluded with this ringing declaration:

"SWIMMING helps reduce the incidence of coronary heart disease.

"SWIMMING helps reduce cholesterol levels.

"SWIMMING improves diabetes.

"SWIMMING helps in weight reduction.

"SWIMMING improves breathing.

"SWIMMING improves muscle tone and joint movements.

"SWIMMING makes you feel better.

"SWIMMING improves the SEXES."

Dr. Silber obviously has his motivational techniques well in hand.

Several Rinconada swimmers have been referred directly by their doctors for specific kinds of therapy. A Palo Alto neurologist joined the club himself after operating on a swimmer's back.

Rinconada members are encouraged to work out at least three times a week, and Baxter and Macpherson post the day's workout schedules on a series of blackboards around the pool. They're de-

signed for an hour of swimming, but beginners may get through only a portion in the designated time. That's perfectly all right with the coaches, who counsel patience and a "go-at-your-own-pace" regimen. Swimmers check large clocks at poolside as they stroke through their assigned yardage on a strict time schedule.

"You really have to watch a newcomer who once swam in competition," Macpherson said. "It's hard to get them to realize they've got to go at it slow and easy. Basic swimmers are a lot easier. They don't mind swimming a few strokes and standing up."

No one jumps from the pool while still tired after a workout.

"They use the clock to check their pulse for a 10-second count," said Macpherson. "It may not be very high at first, but as they build capacity for work, they can get that county pretty well up there. They should be almost back to a resting pulse before they get out."

Beginners sometimes have the discouraging feeling that they're swimming like crazy and not getting anywhere. But the

coaches have an answer for that, too.

"We'll give them a pair of fins if they seem to be floundering," Baxter said. "Put them on and you really feel like you're flying. Then, when the skills improve, you can get along nicely without them."

There are two other prominent Masters swim clubs on the Peninsula, although Rinconada has the largest number of purely recreational or fitness-oriented swimmers. The San Mateo Marlins, coached by Ray and Zada Taft, have won two short course national championships. And the De Anza Masters, based in Cupertino, also have a strong competitive group.

"There are Masters clubs all over the area," Baxter said. "Montclair in Oakland, Marin, Concord. Dick Beaver is starting one in Santa Cruz. Every community with a pool ought to have one. You get some people together who are interested, and you let the recreation department know about it."

"That worked in Palo Alto," Aquatic Director Osborne confirmed. "Nobody ever says no to Cindy Baxter."



Congratulations

CLARENCE ROSS (on the left) (1) receiving the award from the Boys Club of Newark as the Amateur Athlete of the Year in New Jersey. In a career which spans 50 years, the 75-year-old Ross has

amassed an outstanding record. He was a national long course champion during the 1920's and an All-America swimmer at Rutgers. Two years ago, Ross decided to make a comeback in the AAU masters swimming meets. Since returning he has been unbeaten in competition at his own age level while winning more than 100 gold medals. In 1974 he won the outdoor National titles in Santa Clara and the National indoor titles in Fort Lauderdale. At Lake Placid, NY last July Ross won the two-mile swim, exactly 50 years after he had won the National Long Course title for the first time. Ross is an inspiration to all athletes and an excellent sportsman.

2 - RAYTOWN, MO MEET - Front Row: Carol Poste, kneeling Barbara Zaremski, Mildred Anderson, Noel Scott, Susan Schaffer, Joan Zager, Norma Knipper, George Swanson
 Middle Row: Bill Simpson, Vanda Nohenik, Mary Jo Klier, Ruth McPherson, standing Bob Kent, kneeling Carol Taylor, Peg Pickens
 Back Row: Herb Martin, Paul Stafford, Frank Erickson, Bill Claerhout, Bob Poste, Tom McPherson, David Schmidt, Jerry Gallaeher, Ralph Smith

3 - Sitting: Jo Anne May, Ellen Camp, Joan Austin, Susie Carlson, Mildred Anderson
 Standing: Ralph Geckle, Ron Austin, L.B. Gurd, Paul Cleveland, Dalton Brown, Ham Anderson, John Stock, Neil Wilson, Steve Carlson, Anthony Strong, Steve Hennesy

4 - Front Row: Charles Teas, Ham Anderson, Tom Hetzel, Ron Austin
 Back Row: Bud Dallmann, Ed Blackledge, Steve Carlson, S. Oberino, Keith Bell, Bill Stadig, Bill Van Houten

Comments

Because of the number of late meet results we received last fall, your records chairman and top ten committee will not accept meet results postmarked after September 15, 1975. If you, as a swimmer, have a question as to whether your times from specific meets have been received by us, I would suggest that you write to me and enclose a self addressed stamped envelope.

My feelings are somewhat ambivalent about such a strict cut-off date. Most swimmers, as individuals, have nothing to do with getting various meet results to us. On the other hand, your committee is faced with a multiplicity of changes (printed below) when it learns of or receives meet results after going to press. As letters of disappointment over omissions arrive, we share the same chagrin as the swimmer. He or she wonders why his or her times were not included and we wonder why no one saw fit to send in the results to us. Again let me say that sending the results to Swim-Master or Swimming World is not tantamount to sending them to your tabulation committee. They MUST be sent to us.

To be sure, we goof one here and there also. We didn't realize we had two 37-year-old B. Jordan's (Barbara and Betsy) and we left Bill Grant and Gene Moll out of the 500 free. Nancy Clark got credit for a freestyle time in backstroke and four West Coast freestylers were listed in the butterfly due to a typing error. However, the great majority of additions were the result of two meets for which results were never received by this committee.

If your club is running a meet during the first two weeks of September 1975, please advise us of this fact and when the meet results will be available (which must be prior to September 25th. Any meet results for meets before Sept. 1st must bear the on or before Sept. 15th postmark. With everyone's help, we can give you a better tabulation the first time around.

TED HAARTZ, 155 Pantry Road, Sudbury, MA 01776 (617) 443-2977

CORRECTIONS AND ADDITIONS TO 1974 TOP TEN

WOMEN 25-29		MEN 60-64	
200 Yd Freestyle		500 Yd Freestyle	
5) B. Kilgour	2:16.38	8) B. Grant, 60	7:38.70
50 Yd Breaststroke		MEN 65-69	
1) D. Barnhard, 25	33.05*	100 Yd Freestyle	
10) D. Florig	37.74	3) S. Craigie, 67	1:16.00
50 Yd Butterfly		500 Yd Freestyle	
9) B. Kilgour	29.96	10) O. Sigrist, 65	9:01.74
100 Yd Butterfly		200 Yd Backstroke	
5) B. Kilgour	1:06.68	8) C. Brown, 68	4:48.68
200 Yd Butterfly		MEN 70-79	
1) B. Kilgour	2:33.34*	500 Yd Freestyle	
WOMEN 30-34		8) G. Moll, 72	16:04.3
200 Yd Breaststroke		WOMEN 25-29	
2) P. Mills, 31	3:01.67	50 Mtr Breaststroke	
WOMEN 35-39		5) L. Marks	43.10
50 Yd Backstroke		100 Mtr Breaststroke	
7) J. Heintinger	37.74	8) L. Marks	1:34.70
50 Yd Breaststroke		200 Mtr Breaststroke	
1) Ann McGuire, 39	36.5*	5) L. Marks	3:27.80
WOMEN 40-44		WOMEN 30-34	
200 Yd Breaststroke		50 Mtr Freestyle	
8) R. Mills, 43	3:40.8	8) P. Smothers	33.6
WOMEN 45-49		100 Mtr Freestyle	
100 Yd Freestyle		50 Mtr Backstroke	
10) S. Kreplin, 45	1:20.40	4) P. Smothers	42.50
100 Yd Backstroke		WOMEN 35-39	
7) S. Kreplin, 45	1:32.21	100 Mtr Freestyle	
200 Yd Backstroke		5) J. Correa	1:16.40
4) A. Tobias	2:59.90	2) Betsy Jordan, 37	1:24.50
8) S. Kreplin, 45	3:23.52	3) Barbara Jordan, 37	1:27.53
WOMEN 50-54		200 Mtr Backstroke	
50 Yd Freestyle		1) Betsy Jordan, 37	3:02.02
2) D. Resseguit	31.88	3) Barbara Jordan, 37	3:11.06
100 Yd Freestyle		WOMEN 50-54	
1) D. Resseguit	1:11.40	100 Mtr Freestyle	
50 Yd Backstroke		8) J. Underhill	1:37.80
9) D. Resseguit	44.98	200 Mtr Freestyle	
50 Yd Breaststroke		10) J. Underhill	3:52.70
3) D. Resseguit	46.44	400 Mtr Freestyle	
50 Yd Butterfly		8) J. Underhill	8:20.00
2) D. Resseguit	40.66	50 Mtr Breaststroke	
WOMEN 55-59		9) M. Carlson	1:00.60
50 Yd Freestyle		100 Mtr Breaststroke	
1) H. Hummer, 55	7:33.79*	7) H. Carlson	2:11.30
200 Yd Backstroke		200 Mtr Breaststroke	
1) H. Hummer, 55	3:32.46*	6) M. Carlson	4:40.7
50 Yd Breaststroke		WOMEN 65-69	
6) V. Allan	54.25	500 Mtr Freestyle	
WOMEN 60-64		2) E. Somers	10:04.30
100 Yd Freestyle		WOMEN 25+	
1) N. Clark, 60	1:24.38*	200 Mtr Free Relay	
100 Yd Backstroke		7) J.C.C.	2:21.30
1) M. Merlino, 61	1:37.0	MEN 25-29	
MEN 35-39		50 Mtr Backstroke	
200 Yd Butterfly		10) M. Bryant	34.50
G. Downs, 35	2:38.09*	400 Mtr Individual Medley	
S. Zhurin, 37	2:44.70	6) M. Smithers	5:47.50
G. Worthington, 36	2:45.40	MEN 30-34	
B. Fashender, 36	2:51.00	1500 Mtr Freestyle	
B. Murray, 36	2:51.82	5) S. Engel, 31	21:01.00
F. Bernardino, 36	2:54.00	50 Mtr Breaststroke	
K. Martin, 37	3:02.90	6) M. Hirayama	37.00
J. Cross, 37	3:08.90	200 Mtr Butterfly	
D. Petranach, 39	3:11.10	7) R. Mackenzie, 46	2:48.10
I. Stein, 38	3:26.10	400 Mtr Individual Medley	
MEN 45-49		3) S. Engel, 31	5:45.30
100 Yd Freestyle		MEN 40-44	
7) R. Mackenzie, 46	57.64	50 Mtr Backstroke	
50 Yd Backstroke		9) R. Taylor	37.0
2) H. Begel, 45	30.49	50 Mtr Breaststroke	
50 Yd Freestyle		2) R. Taylor	36.20
2) R. Mackenzie, 46	25.17	MEN 55-59	
MEN 50-54		50 Mtr Backstroke	
10) J. Woods, 50	2:25.03	4) F. Wiggin	42.60
500 Yd Freestyle			
8) J. Woods, 50	6:46.82		
50 Yd Backstroke			
3) J. Woods, 50	32.46		

CORRECTIONS AND ADDITIONS TO 1974 TOP TEN

RECORDS CHANGES:

MEN 30-34	200 yd Butterfly	George Downs, 35		2:38.09
WOMEN 25-29	50 yd Breaststroke	Dale Barnhard, 26	8/18/74	33.05
	200 yd Butterfly	B. Kilgour	8/18/74	2:33.34
35-39	50 yd Breaststroke	Anne McGuire, 39	4/20/74	36.6
55-59	500 yd Freestyle	Helen Hummer, 55	8/18/74	7:33.79
	200 yd Backstroke	Helen Hummer, 55	8/18/74	3:32.46
60-64	100 yd Freestyle	Nancy Clark, 60	8/18/74	1:24.38
	100 yd Backstroke	Maxine Merlino, 61	5/20/73	1:36.1
MEN 70-79	50 mtr Breaststroke	John Whitemore, 74	7/20/74	1:04.60

100 Mtr Backstroke		9) F. Wiggin	1:37.00
200 Mtr Backstroke		6) F. Wiggin	3:28.30
10) F. Wiggin	3:41.30	MEN 60-64	
400 Mtr Freestyle			
5) G. Caddy	6:51.10	100 Mtr Breaststroke	
4) G. Caddy	1:45.50	200 Mtr Breaststroke	
8) G. Caddy	4:21.50	100 Mtr Butterfly	
3) G. Caddy	1:45.70	200 Mtr Individual Medley	
G. Caddy	3:33.00	MEN 65-69	
100 Mtr Freestyle			
9) E. Underhill	1:51.00	400 Mtr Freestyle	
8) E. Underhill	8:23.10	1500 Mtr Freestyle	
9) E. Underhill	34:34.50	50 Mtr Backstroke	
5) E. Underhill	1:07.00		

Sue Garratt	N	7:33.1	500-yard Freestyle	
100-yard Backstroke			Jane McCollister	N 8:11.7
Betsy Jordan	S	1:16.29	Rita Simonton	N 8:15.34
Barbara Jordan	N	1:16.8	Margaret George	S 8:41.51
Mary Ann Kaufman	N	1:44.8	100-yard Backstroke	
100-yard Breaststroke			Zada Taft	N 1:35.2
Carol MacPherson	N	1:28.2	Annetta Pfeiffer	S 1:44.35
Barbara Jordan	N	1:36.2	Lorraine Peterson	S 1:53.82
Elizabeth Lampert	N	1:37.0	200-yard Breaststroke	
50-yard Butterfly			Rita Simonton	S 1:49.15
Pat Breesee	N	29.8	Pat Matthiesen	N 1:49.6
Elizabeth Lampert	N	38.8	Betty Hofmayer	N 2:10.3
100-yard Individual Medley			50-yard Butterfly	
Carol MacPherson	N	1:14.8	Viola Thompson	S 44.18
Betsy Jordan	S	1:19.30	Zada Taft	N 45.2
Elizabeth Lampert	N	1:25.4	Pat Matthiesen	N 58.5

WOMEN 40-44				
50-yard Freestyle				
Meg Webster	N	31.6	Viola Thompson	S 1:40.25
T. Zaro	N	39.0	Pat Matthiesen	N 1:57.0
Eileen Soss	N	39.2	WOMEN 60-64	

50-yard Freestyle				
Delia Dooling	N	1:10.8	Maxine Merlino	S 39.41
Meg Webster	N	1:13.3	Bee Johnston	N 48.2
Jacqueline Smith	S	1:15.94	Bernice Silber	N 56.0

500-yard Freestyle				
Ann Kay	N	7:14.6	Eddie Goldman	N 1:43.6
Eileen Soss	N	8:15.7	Bernice Silber	N 2:11.1
Janet Partridge	S	8:43.23	500-yard Freestyle	
Eddie Goldman	N	10:35.6	100-yard Backstroke	
Ann Kay	N	1:23.2	Bee Johnston	S 2:09.7
Cindy Baxter	N	1:36.0	Jean Ries	S 2:23.53
Janet Partridge	S	1:39.33	100-yard Breaststroke	

RESULTS

NORTH-SOUTH DUAL MEET
Los Angeles, CA 11-10-74

WOMEN 25-29				
50-yard Freestyle				
Marie Latham	S	30.57	Kristy King	N 32.2
Suzanne Johnson	N	35.1	100-yard Freestyle	
Kristy King	N	1:10.9	Marie Latham	S 1:11.41
500-yard Freestyle			Kristy King	N 7:02.2
100-yard Breaststroke			Nancy Thomas	N 1:30.5

WOMEN 45-49				
50-yard Freestyle				
Berna Bennett	N	30.5	Helga Palmer	S 31.59
Lillian Kerr	S	34.78	100-yard Freestyle	
Berna Bennett	N	1:11.1	Helga Palmer	S 1:10.75
Lillian Kerr	S	1:20.05	500-yard Freestyle	

WOMEN 30-34				
50-yard Freestyle				
Nancy Ridout	N	27.9	Janet Royer	S 32.82
Carlene McDonald	N	34.1	100-yard Freestyle	
Nancy Ridout	N	1:01.2	Elizabeth Roepeke	N 1:10.3
Martha Childs	S	1:13.03	500-yard Freestyle	

WOMEN 50-54				
50-yard Freestyle				
Gail Roper	N	1:21.5	Anne Adams	S 1:27.6
Dorothy Osborn	N	1:57.7	50-yard Butterfly	
Nancy Meserve	N	51.4	Pat Henderson	N 52.1
100-yard Individual Medley			Gail Roper	N 1:13.4

WOMEN 55-59				
50-yard Freestyle				
Gerl Orosco	N	34.0	Sally Scholer	N 34.1
Bette Crowell	S	39.41	500-yard Freestyle	
Gerl Orosco	N	7:42.2	100-yard Backstroke	

WOMEN 65-69				
50-yard Freestyle				
Pat Breesee	N	27.8	Judy Collins	S 31.48
Sue Garratt	N	32.5	100-yard Freestyle	
Judy Collins	S	1:11.29	Sue Garratt	N 1:12.8
Mary Ann Kaufman	N	1:25.0	500-yard Freestyle	
Carol MacPherson	N	6:41.5	Barbara Jordan	N 7:11.6

WOMEN 60-64				
50-yard Freestyle				
Maxine Merlino	S	39.41	Bee Johnston	N 48.2
Bernice Silber	N	56.0	100-yard Freestyle	

WOMEN 65-69				
50-yard Freestyle				
Sylvia Bailey	N	48.4	Johnnie Belshe	S 50.72
100-yard Freestyle			Sylvia Bailey	N 1:51.9

WOMEN 70 & over				
100 Yd Freestyle				
Elizabeth Mauric	S	2:10.72	500-yard Freestyle	
Elizabeth Mauric	S	11:49.58	Elizabeth Mauric	S 2:36.24

RELAYS - MIXED				
200-yard Freestyle, 25 & over				
NORTH-Oliver,				1:41.0
Garibaldi, Ridout, Brems				1:53.18

WOMEN 70 & over				
100 Yd Freestyle				
Elizabeth Mauric	S	2:10.72	500-yard Freestyle	
Elizabeth Mauric	S	11:49.58	Elizabeth Mauric	S 2:36.24

RELAYS - MIXED				
200-yard Freestyle, 25 & over				
NORTH-Oliver,				1:41.0
Garibaldi, Ridout, Brems				1:53.18

WOMEN 50-54				
50-yard Freestyle				
Gerl Orosco	N	34.0	Sally Scholer	N 34.1
Bette Crowell	S	39.41	500-yard Freestyle	

WOMEN 55-59				
50-yard Freestyle				
Pat Breesee	N	27.8	Judy Collins	S 31.48
Sue Garratt	N	32.5	100-yard Freestyle	

WOMEN 65-69				
50-yard Freestyle				
Pat Breesee	N	27.8	Judy Collins	S 31.48
Sue Garratt	N	32.5	100-yard Freestyle	

WOMEN 70 & over				
100 Yd Freestyle				
Elizabeth Mauric	S	2:10.72	500-yard Freestyle	
Elizabeth Mauric	S	11:49.58	Elizabeth Mauric	S 2:36.24

RELAYS - MIXED				
200-yard Freestyle, 25 & over				
NORTH-Oliver,				1:41.0
Garibaldi, Ridout, Brems				1:53.18

WOMEN 50-54				
50-yard Freestyle				
Gerl Orosco	N	34.0	Sally Scholer	N 34.1
Bette Crowell	S	39.41	500-yard Freestyle	

WOMEN 55-59				
50-yard Freestyle				
Pat Breesee	N	27.8	Judy Collins	S 31.48

MEN 25-29		
50-yard Freestyle		
Mike Garibaldi	N	23.2
Ken Krueger	S	23.30
Gary Langendoen	S	23.36
100-yard Freestyle		
Mike Garibaldi	N	50.5
Dave Gray	N	53.2
William Damm	S	53.45
500-yard Freestyle		
Mike Garibaldi	N	5:09.4
Bill Damm	S	5:15.77
Dave Gray	N	5:35.5
100-yard Backstroke		
Jim Malley	N	1:00.0
Ken Krueger	S	1:00.61
Jim Allen	N	1:03.7
100-yard Breaststroke		
Paul Jeffers	S	1:06.06
Tim Frost	S	1:09.77
Harry DeVictoria	N	1:12.7
50-yard Butterfly		
Gary Langendoen	S	25.10
Dick Oliver	N	25.4
Jim Malley	N	26.6
100-yard Individual Medley		
Paul Jeffers	S	59.41
Dick Oliver	N	59.9
Ken Krueger	S	59.92
MEN 30-34		
50-yard Freestyle		
Ed Spencer	S	23.51
Navid Corbet	N	24.1
James Looftbourrow	S	24.22
100-yard Freestyle		
George Hill, Jr	S	50.94
Harry Davis	N	54.5
David Corbet	N	54.6
500-yard Freestyle		
Lance Larson	S	5:17.17
George Hill	S	5:17.45
Pat Schlup	S	5:35.76
100-yard Backstroke		
Lance Larson	S	1:01.10
Art Sobel	N	1:06.7
Bob Cossins	N	1:08.2
100-yard Breaststroke		
Lance Larson	S	1:08.60
Charles Maunz	S	1:08.78
Dick Stewart	S	1:11.38
50-yard Butterfly		
Ed Spencer	S	24.81
Navid Corbet	N	26.4
James Looftbourrow	S	27.13
100-yard Individual Medley		
Ed Spencer	S	59.91
Stu Thomson	S	1:06.56
Harry Davis	N	1:06.9
MEN 35-39		
50-yard Freestyle		
Wm. McMaster	S	24.26
Bill Earley	S	25.34
D. J. Kevles	S	26.35
100-yard Freestyle		
Wm. McMaster	S	54.29
Kent Price	N	59.3
Mark Hoffer	S	1:08.18
500-yard Freestyle		
D. J. Kevles	S	6:22.20
Barry Fasbender	N	6:22.9
Keith Martin	S	7:35.89
100-yard Backstroke		
Bill Earley	S	1:07.11
Barry Fasbender	N	1:19.7
100-yard Breaststroke		
Win Downer	N	1:22.5
Henry Lenartz	N	1:22.9
Joel MacPherson	N	1:23.1
50-yard Butterfly		
Wm. McMaster	S	26.75
D. J. Kevles	S	29.60
Robert Willis	N	29.6
100-yard Individual Medley		
Barry Fasbender	N	1:12.4
Mark Hoffer	S	1:14.13
MEN 40-44		
50-yard Freestyle		
Neal Palmer	S	25.54
John Sulzbach	N	26.7
Thomas Scotton	S	29.26
100-yard Freestyle		
Brad Sturtevant	S	55.30
Neal Palmer	S	58.07
Thomas Scotton	S	1:06.29
500-yard Freestyle		
Brad Sturtevant	S	5:34.40
Carl Yates	N	5:50.8
Art Welch	S	6:21.44
100-yard Backstroke		
John Sulzbach	N	1:13.9
Art Welch	S	1:16.58
Herb Nakama	S	1:18.32
100-yard Breaststroke		
William Davis	S	1:12.51
Ashley Jones	N	1:14.8
Budd Symes	S	1:17.43
50-yard Butterfly		
Ashley Jones	N	27.9
Art Welch	S	29.75
Alex Gilbert	S	29.75
100-yard Individual Medley		
Brad Sturtevant	S	1:07.44
Ashley Jones	N	1:07.5
Neal Palmer	S	1:09.43
MEN 45-49		
50-yard Freestyle		
Ted Willson	N	26.3
Jerome Rodder	N	26.7
Alfred Groh	N	28.0

100-yard Freestyle		
Ted Willson	N	58.9
Carl Yates	N	59.9
Alfred Groh	N	1:01.2
500-yard Freestyle		
Jim Marcus	S	6:18.90
Frank Blair	N	6:32.3
Jerry Cunningham	S	6:56.59
100-yard Backstroke		
Duane Draves	S	1:06.31
Don Stupfel	N	1:14.6
Jerry Cunningham	S	1:17.09
100-yard Breaststroke		
Larry Larimore	S	1:16.46
Jim Marcus	S	1:16.82
Jerry Cunningham	S	1:20.23
50-yard Butterfly		
Duane Draves	S	29.30
Don Stupfel	N	32.1
Don Hubbard	S	32.33
100-yard Individual Medley		
Duane Draves	S	1:06.67
Jim Marcus	S	1:09.93
Larry Larimore	S	1:11.05
MEN 50-54		
50-yard Freestyle		
Jack Nelson	S	26.79
Dore Schwab	N	27.0
Norm Buvick	S	28.03
100-yard Freestyle		
Dore Schwab	N	1:03.7
J. R. Robertson	N	1:05.3
Norm Buvick	S	1:05.98
500-yard Freestyle		
Ernie Neben	S	7:11.25
Jack Burgan	S	7:24.86
100-yard Backstroke		
Ted VonBerckfeldt	N	1:21.6
E. W. Neben	S	1:22.81
Norm Buvick	S	1:23.69
50-yard Butterfly		
Jack Nelson	S	31.95
Dore Schwab	N	33.3
Ed Barnes	N	35.7
100-yard Individual Medley		
Ted VonBerckfeldt	N	1:13.1
Jack Burgan	S	1:19.17
Ed Barnes	N	1:22.1
MEN 55-59		
50-yard Freestyle		
J. H. Reilly	N	26.4
Cliff Croomie	S	28.59
100-yard Freestyle		
J. H. Reilly	N	1:02.4
Don Rankin	S	1:07.55
500-yard Freestyle		
Don Rankin	S	6:22.08
100-yard Backstroke		
Ray Taft	N	1:14.5
Cliff Croomie	S	1:26.91
100-yard Breaststroke		
J. H. Reilly	N	1:21.4
Don Rankin	S	1:26.68
Brud Cleaveland	S	1:26.95
50-yard Butterfly		
Ray Taft	N	31.2
Cliff Croomie	S	32.78
100-yard Individual Medley		
Ray Taft	N	1:12.2
Brud Cleaveland	S	1:23.01
MEN 60-64		
50-yard Freestyle		
Mel Maxwell	S	29.17
Reg Richardson	S	29.44
Benton Wood	N	29.5
100-yard Freestyle		
Reg Richardson	S	1:05.36
Louis Nagy	N	1:08.7
Benton Wood	N	1:09.5
500-yard Freestyle		
Louis Nagy	N	7:22.0
Benton Wood	N	7:26.9
Al Onsgard	S	7:56.93
100-yard Backstroke		
Mel Maxwell	S	1:28.45
Gordon Gorson	N	1:29.5
Willard Johnston	N	2:09.5
100-yard Breaststroke		
Walter Pfeiffer	S	1:25.09
Harry Kopf	N	1:32.7
Roy Erlanson	N	1:45.4
50-yard Butterfly		
Mel Maxwell	S	32.59
Walter Pfeiffer	S	35.12
Harry Kopf	N	42.4
100-yard Individual Medley		
Reg Richardson	S	1:15.17
Walter Pfeiffer	S	1:18.77
Harry Kopf	N	1:39.6
MEN 65-69		
50-yard Freestyle		
Art Hargrave	N	31.1
100-yard Freestyle		
Art Hargrave	N	1:11.7
500-yard Freestyle		
Al Guth	S	9:08.78
100-yard Backstroke		
Art Hargrave	N	1:24.2
100-yard Breaststroke		
S. L. Bernstein	N	1:30.2
Bob Blake	N	2:09.8
50-yard Butterfly		
Al Guth	S	44.19
Bob Blake	N	1:11.6
100-yard Individual Medley		
Al Guth	S	1:34.29
Sam Bernstein	N	1:35.1
Bob Blake	N	2:08.0

MEN 70 & over		
50-yard Freestyle		
Bill Trask	N	42.1
100-yard Freestyle		
Bill Trask	N	1:32.0
Gerhard Mauric	S	1:38.99
500-yard Freestyle		
Bill Trask	N	9:01.1
Gerhard Mauric	S	10:28.12
100-yard Backstroke		
Al Kallunki	N	1:46.3
Gerhard Mauric	S	2:09.95
50-yard Butterfly		
Al Kallunki	N	48.1
100-yard Individual Medley		
Al Kallunki	N	1:39.0
Scoring: 5, 3, 1 for Individual events; 7 & 0 for relays.		
North South		
Women	344	158
Men	242	327
Relays	42	0
	628	485
North wins Perpetual Trophy		
TOSA MASTERS SWIMMING MEET		
11-23-74	Wauwatosa, WI	
12-14-74	Wauwatosa, WI	
WOMEN 25-29		
50 YARD FREESTYLE		
Barb Lawson 26	36.4	
100 YARD BREAStROKE		
Barb Lawson 26	1:42.0	
50 YARD BUTTERFLY		
Barb Lawson 26	42.5	
WOMEN 35-39		
50 YARD BACKSTROKE		
Ann Champ 39	40.1	
200 YARD BACKSTROKE		
Ann Champ 39	3:07.8	
100 YARD INDIVIDUAL MEDLEY		
Ann Champ 39	1:24.0	
400 YARD INDIVIDUAL MEDLEY		
Ann Champ 39	6:44.1	
MEN 25-29		
100 YARD FREESTYLE		
Bob Corris 29	54.2	
500 YARD FREESTYLE		
Mike Ross 26	21:07.7	
50 YARD BACKSTROKE		
Chip Martin 25	29.9	
100 YARD BACHSTROKE		
Tom Ertl 27	1:03.3	
200 YARD BACKSTROKE		
Chip Martin 25	2:36.4	
200 YARD BREAStROKE		
Bob Corris 29	2:40.2	
50 YARD BUTTERFLY		
Mark Prange 26	29.2	
200 YARD INDIVIDUAL MEDLEY		
Mark Prange 26	2:30.5	
400 YARD INDIVIDUAL MEDLEY		
Bob Corris 29	5:02.1	
MEN 30-34		
50 YARD FREESTYLE		
Louis Nicolas 30	23.2	
500 YARD BREAStROKE		
John Goetz 31	35.1	
50 YARD BACKSTROKE		
John Goetz 31	32.3	
100 YARD BREAStROKE		
John Goetz 31	1:13.1	
50 YARD BUTTERFLY		
Louis Nicolas 30	24.9	
100 YARD BUTTERFLY		
Low Brumm 32	1:02.6	
100 YARD INDIVIDUAL MEDLEY		
John Goetz 31	1:07.6	
MEN 35-39		
50 YARD FREESTYLE		
Phil Helmut 37	28.9	
500 YARD FREESTYLE		
Phil Helmut 37	6:36.1	
1650 YARD FREESTYLE		
Phil Helmut 37	21:11.3	
MEN 40-44		
100 YARD FREESTYLE		
John Bauman 44	1:07.0	
500 YARD FREESTYLE		
John Bauman 44	6:37.5	
1650 YARD FREESTYLE		
John Bauman 44	22:56.4	
50 YARD BREAStROKE		
Al Prange 41	39.2	
100 YARD BREAStROKE		
Al Prange 41	1:26.0	
200 YARD BREAStROKE		
John Bauman 44	3:00.2	
50 YARD BUTTERFLY		
Al Prange 41	34.9	
100 YARD BUTTERFLY		
John Bauman 44	1:11.7	
200 YARD BUTTERFLY		
John Bauman 44	2:50.9	
200 YARD BUTTERFLY		
John Bauman 44	2:50.9	
200 YARD INDIVIDUAL MEDLEY		
John Bauman 44	2:47.1	

400 YARD INDIVIDUAL MEDLEY		
John Bauman 44	5:54.7	
MEN 45-49		
50 YARD FREESTYLE		
Frank Feld 47	36.0	
100 YARD FREESTYLE		
Bob White 47	1:00.4	
200 YARD FREESTYLE		
Bob White 47	2:21.8	
50 YARD BACKSTROKE		
Frank Feld 47	40.8	
100 YARD BACKSTROKE		
Frank Feld 47	1:21.0	
200 YARD BACKSTROKE		
Morgan Byers 47	2:52.5	
50 YARD BREAStROKE		
Frank Feld 47	46.3	
100 YARD BREAStROKE		
Frank Feld 47	1:44.6	
100 YARD INDIVIDUAL MEDLEY		
Bob White 47	1:10.8	
400 YARD INDIVIDUAL MEDLEY		
Morgan Byers 47	6:14.2	
MEN 50-56		
50 YARD BUTTERFLY		
Paul Hutinger 50	28.9	
100 YARD BUTTERFLY		
Paul Hutinger 50	1:09.4	
200 YARD INDIVIDUAL MEDLEY		
Paul Hutinger 50	2:31.5	
MEN 55-59		
50 YARD FREESTYLE		
Lynn Surles 57	28.4	
100 YARD FREESTYLE		
Lynn Surles 57	1:07.3	
200 YARD FREESTYLE		
Lynn Surles 57	2:30.1	
500 YARD FREESTYLE		
Lynn Surles 57	7:05.5	
1650 YARD FREESTYLE		
Lynn Surles 57	24:25.6	
50 YARD BREAStROKE		
George Trawickl 58	35.9	
100 YARD BREAStROKE		
George Trawickl 58	1:23.7	
200 YARD BREAStROKE		
George Trawickl 58	3:07.1	
MEN 60-64		
100 YARD FREESTYLE		
Herb Howie 62	1:09.9	
200 YARD FREESTYLE		
Herb Howie 62	2:39.8	
1650 YARD FREESTYLE		
Herb Howie 62	25:35.2	
50 YARD BUTTERFLY		
Herb Howie 62	43.2	
100 YARD INDIVIDUAL MEDLEY		
Herb Howie 62	3:19.8	
MEN 65-69		
50 YARD FREESTYLE		
Cliff Brown 68	49.4	
100 YARD FREESTYLE		
Cliff Brown 68	2:16.4	
200 YARD FREESTYLE		
Cliff Brown 68	6:08.0	
500 YARD FREESTYLE		
Cliff Brown 68	14:31.6	
1650 YARD FREESTYLE		
Cliff Brown 68	59:17.1	
50 YARD BACKSTROKE		
Cliff Brown 68	1:23.8	
100 YARD BACKSTROKE		
Cliff Brown 68	2:24.9	
200 YARD BACKSTROKE		
Cliff Brown 68	5:47.0	
50 YARD BREAStROKE		
Cliff Brown 68	1:32.0	
100 YARD BREAStROKE		
Cliff Brown 68	3:30.6	
GOLD COAST MASTERS		
North Palm Beach, Florida		
December 1, 1974		
WOMEN 25-29		
50 Yd Freestyle		
N. Barnette	31.7	
S. Stevens	36.2	
100 Yd Freestyle		
S. Stevens	1:22.7	
200 Yd Freestyle		
L. Cartee	2:56.2	
S. Stevens	3:03.7	
50 Yd Backstroke		
L. Cartee	41.8	
100 Yd Backstroke		
S. Stevens	1:32.5	
50 Yd Breaststroke		
N. Barnette	37.5	
100 Yd Breaststroke		
L. Cartee	1:35.3	
WOMEN 30-34		
50 Yd Freestyle		
S. Mannino	36.7	
100 Yd Freestyle		

MEN 25-29	
50 Yd Freestyle	
F. Ackerman	25.1
R. Barth	26.1
100 Yd Freestyle	
D. Silva	1:20.1
200 Yd Freestyle	
H. Ackerman	2:12.7
D. Silva	3:13.7
50 Yd Backstroke	
A. Downey	27.7
R. Barth	32.2
100 Yd Backstroke	
H. Ackerman	2:19.4
50 Yd Breaststroke	
J. Donnelly	32.0
J. Zeigler	32.1
R. Barth	34.1
100 Yd Breaststroke	
J. Zeigler	1:10.2
J. Donnelly	1:11.4
200 Yd Breaststroke	
J. Zeigler	2:34.6
J. Donnelly	2:37.4
50 Yd Butterfly	
D. Beuttmiller	28.0
200 Yd Butterfly	
D. Beuttmiller	2:53.4
100 Yd Individual Medley	
J. Donnelly	1:05.4
D. Beuttmiller	1:06.0
400 Yd Individual Medley	
D. Beuttmiller	5:44.0
MEN 30-34	
50 Yd Freestyle	
G. Plaskett	30.7
100 Yd Freestyle	
D. Hicks	53.5
200 Yd Backstroke	
D. Hicks	1:02.3
50 Yd Breaststroke	
G. Plaskett	36.5
100 Yd Breaststroke	
G. Plaskett	1:27.1
200 Yd Breaststroke	
G. Plaskett	3:07.0
50 Yd Butterfly	
G. DeLong	59.1
200 Yd Butterfly	
G. DeLong	2:25.8
100 Yd Individual Medley	
D. Hicks	1:02.4
200 Yd Individual Medley	
G. DeLong	2:30.0
400 Yd Individual Medley	
G. DeLong	5:05.2
MEN 35-39	
50 Yd Freestyle	
C. Cavanaugh	25.5
100 Yd Freestyle	
C. Cavanaugh	56.1
50 Yd Backstroke	
J. Risher	30.1
D. Cole	33.4
100 Yd Backstroke	
J. Risher	1:09.0
200 Yd Backstroke	
J. Risher	2:48.4
50 Yd Breaststroke	
D. Cole	32.9
W. Ballard	39.8
100 Yd Breaststroke	
D. Cole	1:14.8
W. Ballard	1:28.8
200 Yd Breaststroke	
D. Short	2:45.0
W. Ballard	3:19.4
50 Yd Butterfly	
C. Cavanaugh	27.8
W. R. Timken	28.0
J. Risher	29.2
100 Yd Butterfly	
W. R. Timken	1:04.1
200 Yd Butterfly	
W. R. Timken	2:34.3
D. Short	2:44.6
100 Yd Individual Medley	
W. R. Timken	1:06.0
C. Cavanaugh	1:07.0
D. Cole	1:08.7
200 Yd Individual Medley	
D. Short	2:29.9
400 Yd Individual Medley	
D. Short	5:58.0
MEN 40-44	
50 Yd Freestyle	
G. Rosser	25.0
G. Nagel	25.9
J. Lineweaver	27.7
W. Dupes	32.7
C. Wilson	35.3
100 Yd Freestyle	
G. Rosser	56.1
B. Beach	1:02.0
J. Lineweaver	1:02.4
W. Dupes	1:11.2
200 Yd Freestyle	
G. Rosser	2:09.3
B. Beach	2:15.7
J. Gotch	2:30.0
J. Lineweaver	2:31.4
W. Dupes	2:47.9
50 Yd Backstroke	
H. Kern	34.1
W. Dupes	45.6
C. Allison	49.7

100 Yd Backstroke	
B. Beach	1:22.6
J. Gotch	1:28.7
200 Yd Backstroke	
B. Beach	2:52.9
50 Yd Breaststroke	
G. Nagel	33.3
H. Brown	33.6
H. Kern	35.0
J. Lineweaver	38.9
C. Wilson	42.4
100 Yd Breaststroke	
H. Brown	1:15.1
C. Wilson	1:37.5
200 Yd Breaststroke	
H. Brown	2:53.5
50 Yd Butterfly	
G. Rosser	28.2
G. Nagel	30.8
H. Brown	34.0
200 Yd Butterfly	
G. Nagel	1:10.0
100 Yd Individual Medley	
J. Gotch	3:10.4
400 Yd Individual Medley	
H. Kern	5:52.8
J. Gotch	6:47.7
MEN 45-49	
50 Yd Freestyle	
W. Gardner	28.4
R. Mercer	31.2
100 Yd Freestyle	
R. Mercer	1:09.1
200 Yd Freestyle	
R. Mercer	2:51.7
50 Yd Backstroke	
W. Gardner	34.1
R. Mercer	45.7
100 Yd Backstroke	
W. Gardner	1:15.9
200 Yd Backstroke	
W. Gardner	2:50.2
50 Yd Breaststroke	
H. Hellman	35.5
J. Schaefer	35.6
100 Yd Breaststroke	
J. Schaefer	1:20.6
H. Hellman	1:23.5
200 Yd Breaststroke	
J. Schaefer	3:10.4
H. Hellman	3:12.1
50 Yd Butterfly	
L. E. Holmes	30.8
H. Hellman	41.4
100 Yd Butterfly	
L. E. Holmes	1:16.6
200 Yd Butterfly	
L. E. Holmes	3:06.9
100 Yd Individual Medley	
J. Schaefer	1:22.0
200 Yd Individual Medley	
L. E. Holmes	2:53.4
MEN 50-54	
50 Yd Freestyle	
R. Ringel	28.1
W. Jardine	29.7
M. H. Winn	42.6
100 Yd Freestyle	
R. Ringel	1:05.2
W. Jardine	1:06.0
200 Yd Freestyle	
R. Ringel	2:27.2
W. Jardine	2:34.1
50 Yd Breaststroke	
R. Ringel	38.5
100 Yd Breaststroke	
C. Dunworth	1:11.9
50 Yd Backstroke	
F. Tillotson	40.3
C. Dunworth	43.6
100 Yd Backstroke	
F. Tillotson	1:33.1
200 Yd Backstroke	
F. Tillotson	3:29.4
50 Yd Butterfly	
E. Jennings	31.1
C. Dunworth	38.2
100 Yd Butterfly	
E. Jennings	1:19.8
200 Yd Butterfly	
E. Jennings	3:13.9
100 Yd Individual Medley	
C. Dunworth	1:27.1
F. Tillotson	1:35.8
400 Yd Individual Medley	
E. Jennings	7:04.0
MEN 60-64	
50 Yd Freestyle	
G. DeCarlo	36.0
200 Yd Freestyle	
G. Silvers	2:46.4
J. Brown	3:23.8
50 Yd Backstroke	
G. Silvers	39.7
100 Yd Backstroke	
G. Silvers	1:27.2
200 Yd Backstroke	
G. Silvers	3:15.9
50 Yd Breaststroke	
J. Brown	47.7
G. DeCarlo	50.0
100 Yd Breaststroke	
J. Brown	1:44.5
200 Yd Breaststroke	
J. Brown	4:04.2

MEN 65-69	
50 Yd Freestyle	
F. Babenderede	45.7
100 Yd Freestyle	
R. Nelson	1:19.2
200 Yd Freestyle	
R. Nelson	3:07.8
50 Yd Backstroke	
S. Loeffler	53.2
100 Yd Backstroke	
S. Loeffler	1:59.9
50 Yd Breaststroke	
G. Mantz	38.3
S. Loeffler	50.6
F. Babenderede	1:00.3
100 Yd Breaststroke	
G. Mantz	1:29.0
S. Loeffler	2:05.3
MEN 70-79	
50 Yd Freestyle	
J. Moore	33.5
J. McGuire	33.8
100 Yd Freestyle	
J. McGuire	1:20.9
J. Scheu	2:03.4
200 Yd Freestyle	
J. McGuire	3:19.5
50 Yd Backstroke	
J. Moore	46.5
J. Scheu	1:10.9
100 Yd Backstroke	
J. Moore	1:51.7
J. Scheu	2:28.8
200 Yd Backstroke	
J. Moore	4:03.6
J. Scheu	5:37.8
LAKELAND HILLS YMCA MOUNTAIN LAKES, N.J. December 7-8, 1974	
WOMEN 25-29	
50 YARDS FREESTYLE	
Jane Cooper 25	49.090
WOMEN 30-34	
50 YARDS FREESTYLE	
Jane Perkins 34	35.900
500 YARDS FREESTYLE	
Jane Perkins 34	10:12.060
50 YARDS BREASTSTROKE	
Jane Perkins 34	54.567
100 YARDS INDIVIDUAL MEDLEY	
Jane Perkins 34	1:45.546
WOMEN 35-39	
500 YARDS FREESTYLE	
Frances Cura 36	8:15.225
50 YARDS BACKSTROKE	
Frances Cura 36	39.521
100 YARDS BACKSTROKE	
Frances Cura 36	1:27.985
200 YARDS BACKSTROKE	
Frances Cura 36	3:11.874
50 YARDS BUTTERFLY	
Frances Cura 36	43.430
100 YARDS BUTTERFLY	
Frances Cura 36	1:35.800
200 YARDS BUTTERFLY	
Frances Cura 36	3:24.100
50 YARDS INDIVIDUAL MEDLEY	
Frances Cura 36	39.668
100 YARDS INDIVIDUAL MEDLEY	
Frances Cura 36	1:25.810
200 YARDS INDIVIDUAL MEDLEY	
Frances Cura 36	3:14.450
WOMEN 45-49	
50 YARDS FREESTYLE	
Ruth Koss 47	51.858
100 YARDS INDIVIDUAL MEDLEY	
Ruth Koss 47	2:22.080
200 YARDS INDIVIDUAL MEDLEY	
Tink Bolster 46	3:22.815
400 YARDS INDIVIDUAL MEDLEY	
Tink Bolster 46	7:11.433
WOMEN 60-64	
50 YARDS FREESTYLE	
Eather Cornish 63	49.676
100 YARDS BACKSTROKE	
Eather Cornish 63	2:09.451
MEN 25-29	
100 YARDS FREESTYLE	
Ed Guessefeld 25	1:00.683
50 YARDS BACKSTROKE	
Larry Weiss 26	31.461
Ed Guessefeld 25	33.709
100 YARDS BACKSTROKE	
Jack Zakim	1:02.732
50 YARDS BREASTSTROKE	
Larry Weiss 26	30.687
100 YARDS BREASTSTROKE	
Larry Weiss 26	1:08.354
50 YARDS BUTTERFLY	
Larry Weiss 26	26.771
100 YARDS INDIVIDUAL MEDLEY	
Jack Zakim	1:08.571
MEN 30-34	
50 YARDS FREESTYLE	
Richard Meyer 34	25.996
200 YARDS FREESTYLE	
Harry Hamilton 33	2:14.918
500 YARDS FREESTYLE	
Phil Goode 31	5:38.745
Harry Hamilton 33	5:54.080
Sandy Thatcher 31	7:03.000
Richard Meyer 34	8:00.915
100 YARDS BACKSTROKE	
Richard Meyer 34	1:05.775
Sandy Thatcher 31	1:13.916

200 YARDS BACKSTROKE	
Sandy Thatcher 31	2:44.498
100 YARDS BREASTSTROKE	
Sandy Thatcher 31	1:21.300
200 YARDS BREASTSTROKE	
Sandy Thatcher 31	3:00.069
200 YARDS BUTTERFLY	
Phil Goode 31	2:18.500
100 YARDS INDIVIDUAL MEDLEY	
Sandy Thatcher 31	1:10.633
200 YARDS INDIVIDUAL MEDLEY	
Sandy Thatcher 31	2:38.800
400 YARDS INDIVIDUAL MEDLEY	
Sandy Thatcher 31	5:59.814
MEN 35-39	
50 YARDS FREESTYLE	
Amar Lathi 38	27.053
D. Petranec 39	32.100
100 YARDS FREESTYLE	
Bob Walden 35	59.100
200 YARDS FREESTYLE	
Bob Walden 35	2:11.390
D. Petranec 39	2:40.349
500 YARDS FREESTYLE	
Dale Petranec 39	7:09.151
50 YARDS BACKSTROKE	
Amar Lathi 38	31.976
50 YARDS BREASTSTROKE	
Amar Lathi 38	36.684
100 YARDS BREASTSTROKE	
Jay Simpson 35	1:35.800
200 YARDS BREASTSTROKE	
D. Petranec 39	3:10.586
50 YARDS BUTTERFLY	
Steve Kurtin 35	28.135
Amar Lathi 38	28.794
Stuart Matz 36	37.230
100 YARDS BUTTERFLY	
Steve Kurtin 35	1:09.762
D. Petranec 39	1:21.422
200 YARDS BUTTERFLY	
D. Petranec 39	3:12.230
100 YARDS INDIVIDUAL MEDLEY	
Amar Lathi 38	1:09.913
200 YARDS INDIVIDUAL MEDLEY	
Stuart Matz 36	3:18.333
400 YARDS INDIVIDUAL MEDLEY	
D. Petranec 39	5:59.163
MEN 40-44	
50 YARDS FREESTYLE	
Richard Ellis 42	33.840
100 YARDS FREESTYLE	
Richard Ellis 42	1:05.347
Ken Dawson 43	1:09.654
50 YARDS BACKSTROKE	
Ken Dawson 43	38.182
Richard Ellis 42	39.448
200 YARDS BACKSTROKE	
Ken Dawson 43	3:00.344
50 YARDS BREASTSTROKE	
Richard Ellis 42	1:13.716
100 YARDS BREASTSTROKE	
Walt Cronkright 43	1:20.030
Richard Ellis 42	1:55.100
50 YARDS BUTTERFLY	
Walt Woodruff 42	33.581
Richard Ellis 42	34.000
100 YARDS BUTTERFLY	
Walt Cronkright 43	1:19.230
Richard Ellis 42	1:41.605
50 YARDS INDIVIDUAL MEDLEY	
Walt Woodruff 42	1:22.020
Richard Ellis 42	1:32.592
200 YARDS INDIVIDUAL MEDLEY	
Walt Woodruff 42	3:20.397
MEN 45-49	
50 YARDS FREESTYLE	
Matt Planagan 48	27.742
Dan Sullivan 47	29.475
200 YARDS FREESTYLE	
Dan Sullivan 47	2:18.458
500 YARDS FREESTYLE	
Dan Sullivan 47	7:15.160
Dan Herbst 46	10:38.472
50 YARDS BACKSTROKE	
Dan Sullivan 47	37.320
200 YARDS BACKSTROKE	
Dan Sullivan 47	3:10.707
50 YARDS BREASTSTROKE	
Matt Planagan 48	35.055
Dan Herbst 46	44.878
100 YARDS BREASTSTROKE	
Matt Planagan 48	1:18.300
Jim Forbes 48	1:18.700
200 YARDS BREASTSTROKE	
Matt Planagan 48	2:58.300
Alfonson Allen 45	3:03.135
Dan Herbst 46	3:42.700
50 YARDS BUTTERFLY	
Matt Planagan 48	31.310
Jim Forbes 48	35.864
100 YARDS BUTTERFLY	
Alfred Stein 46	1:11.725
Matt Planagan 48	1:14.731
200 YARDS BUTTERFLY	
Alfred Stein 46	2:58.904
Alfonson Allen 45	3:10.600
100 YARDS INDIVIDUAL MEDLEY	
Matt Planagan 48	1:13.397
Alfonson Allen 45	1:25.274
200 YARDS INDIVIDUAL MEDLEY	
Jim Forbes 48	3:08.600
400 YARDS INDIVIDUAL MEDLEY	
Alfred Stein 46	6:00.427
MEN 50-54	
50 YARDS FREESTYLE	
Dick Sanborn 51	27.019
E H Nicoletta	33.060

100 YARDS FREESTYLE	
Dick Sanborn 51	1:04.600
500 YARDS FREESTYLE	
Dick Sanborn 51	7:12.300
E H Nicoletta	9:06.704
50 YARDS BACKSTROKE	
Dick Sanborn 51	31.967
100 YARDS BACKSTROKE	
Dick Sanborn 51	1:13.484
200 YARDS BACKSTROKE	
Dick Sanborn 51	2:54.371
50 YARDS BREASTSTROKE	
E H Nicoletta	40.108
100 YARDS BREASTSTROKE	
George Melick 50	1:27.100
200 YARDS BREASTSTROKE	
E H Nicoletta	3:32.500
MEN 55-59	
50 YARDS FREESTYLE	
Austin Newman 59	29.410
Fred Sticker 59	33.200
Charles Gromek 56	38.867
100 YARDS FREESTYLE	
Fred Sticker 59	1:20.135
200 YARDS FREESTYLE	
Austin Newman 59	2:38.099
Charles Gromek 56	3:10.447
500 YARDS FREESTYLE	
Austin Newman 59	7:19.800
Charles Gromek 56	8:38.044
50 YARDS BACKSTROKE	
Fred Sticker 59	47.809
100 YARDS BACKSTROKE	
Fred Sticker 59	1:46.287
100 YARDS INDIVIDUAL MEDLEY	
Charles Gromek 56	1:28.852
MEN 60-64	
50 YARDS FREESTYLE	
Bob Coyle 61	49.241
100 YARDS FREESTYLE	
Boy Coyle 61	1:29.649
500 YARDS FREESTYLE	
Boy Coyle 61	8:40.000
50 YARDS BACKSTROKE	
Bob Coyle 61	42.125
100 YARDS BACKSTROKE	
Boy Coyle 61	1:29.174
200 YARDS BACKSTROKE	
Bob Coyle 61	3:19.897
50 YARDS	

WOMEN 40-44	
50 YARD FREESTYLE	
Jaqueline Smith 43	32.50
Adrienne Pipes 40	32.95
Ivy Page 44	48.65
200 YARD FREESTYLE	
Adrienne Pipes 40	2:51.10
Janet Partridge 42	3:10.50
500 YARD FREESTYLE	
Adrienne Pipes 40	8:06.95
Janet Partridge 42	8:23.60
Barbara Ficker 40	8:37.10
100 YARD BACKSTROKE	
Jaqueline Smith 43	1:31.85
Adrienne Pipes 40	1:39.65
Janet Partridge 42	1:39.80
Rita Mills 44	1:49.78
100 YARD BREASTSTROKE	
Rita Mills 44	1:43.50
Barbara Ficker 40	1:56.80
50 YARD BUTTERFLY	
Adrienne Pipes 40	39.30
Jaqueline Smith 43	40.00
200 YARD INDIVIDUAL MEDLEY	
Janet Partridge 42	3:32.75

WOMEN 45-49	
50 YARD FREESTYLE	
Helga Palmer 45	30.60
Anne Adams 46	31.10
Lillian Kerr 45	35.45
200 YARD FREESTYLE	
Anne Adams 46	2:32.60
Helga Palmer 45	2:44.50
100 YARD BACKSTROKE	
Anne Adams 46	1:34.35
Helga Palmer 45	1:39.75
100 YARD BREASTSTROKE	
Helga Palmer 45	7:33.00

WOMEN 50-54	
50 YARD FREESTYLE	
Bette Crowell 54	37.40
500 YARD FREESTYLE	
Bette Crowell 54	8:57.50
100 YARD BACKSTROKE	
Bette Crowell 54	1:38.70
100 YARD BREASTSTROKE	
Bette Crowell 54	1:48.30

WOMEN 55-59	
50 YARD FREESTYLE	
Rita Simonton 56	37.10
200 YARD FREESTYLE	
Rita Simonton 56	3:04.00
Margaret George 58	3:26.50
500 YARD FREESTYLE	
Margaret George 58	8:43.90
200 YARD INDIVIDUAL MEDLEY	
Rita Simonton 56	3:36.20

WOMEN 60-64	
50 YARD FREESTYLE	
Irene VanVorst 62	41.15
200 YARD FREESTYLE	
Irene VanVorst 62	3:36.10
100 YARD BACKSTROKE	
Irene VanVorst 62	2:09.80
50 YARD BUTTERFLY	
Maxine Merlino 62	49.00
200 YARD INDIVIDUAL MEDLEY	
Maxine Merlino 62	3:41.90

WOMEN 65-69	
50 YARD FREESTYLE	
Johnnie Belshe 66	53.75
200 YARD FREESTYLE	
Dorothea Cole 65	1:07.00
100 YARD BACKSTROKE	
Dorothea Cole 65	2:07.95
100 YARD BUTTERFLY	
Johnnie Belshe 66	2:10.25

WOMEN 70-74	
50 YARD FREESTYLE	
Elizabeth Mauric 70	1:01.2
200 YARD FREESTYLE	
Elizabeth Mauric 70	4:35.50

MEN 25-29	
50 YARD FREESTYLE	
Don Havens 27	22.50
Steven Hatch 26	24.70
Charles Draucker 26	26.90
John Shea 25	27.15
Paul Dimotakis 29	27.25
Barry Glaser 29	31.30
200 YARD FREESTYLE	
Don Havens 27	1:56.10
Dennis McGowan 28	2:03.75
Glyn Davies 29	2:06.20
Paul Dimotakis 29	2:14.50
John Shea 25	2:17.35
Charles Draucker 26	2:21.55
Barry Glaser 29	3:58.50
500 YARD FREESTYLE	
Glyn Davies 29	5:49.10
John Shea 25	6:12.60
Barry Glaser 29	11:34.15
100 YARD BREASTSTROKE	
Serafin Villarete 28	1:08.55
Ken Krueger 28	1:11.90
50 YARD BUTTERFLY	
Dennis McGowan 28	26.55
Steven Hatch 26	27.05
Serafin Villarete 28	29.55
100 YARD BUTTERFLY	
Bruce Brown 27	59.40
Dennis McGowan 28	1:03.79

MEN 30-34	
50 YARD FREESTYLE	
Stu Thomson 31	26.30
Hugh Bobsy 33	27.60
William Riggs 33	30.10
Craig Walker 34	35.80
200 YARD FREESTYLE	
George Hill 30	1:54.10
Patric Schlup 34	2:05.10
James Looftbourrow 34	2:05.20
Jim Thomas 32	2:42.90
Byron Overton 31	2:53.00
Craig Walker 34	3:21.25
500 YARD FREESTYLE	
George Hill 30	5:22.80
Patrick Schlup 34	5:38.35
Robert Horvath 32	6:32.30
Hugh Bobsy 33	6:37.50
Jim Thomas 32	7:48.75
Byron Overton 31	8:04.70
Craig Walker 34	8:59.30
100 YARD BACKSTROKE	
James Looftbourrow 34	1:06.15
William Riggs 33	1:18.75
Jim Thomas 32	1:34.35
50 YARD BUTTERFLY	
Stu Thomson 31	27.80
Robert Horvath 32	30.20
Hugh Bobsy 33	31.05
100 YARD BUTTERFLY	
James Looftbourrow 34	1:02.65
Jeff Bryant 33	1:20.15
200 YARD INDIVIDUAL MEDLEY	
Hugh Bobsy 33	2:54.10

MEN 35-39	
50 YARD FREESTYLE	
Wm McMaster 35	24.30
Cdr Bill Earley 38	24.90
George Murphy 37	27.00
David Lamott 39	27.20
Frederick Herr 37	30.30
200 YARD FREESTYLE	
Burt Kanner 35	1:58.75
John Daniels 37	2:13.60
D.J. Kevles 35	2:15.40
Keith Martin 37	2:32.50
500 YARD FREESTYLE	
Burt Kanner 35	5:27.15
John Daniels 37	6:20.35
D.J. Kevles 35	6:28.70
Keith Martin 37	6:45.50
100 YARD BACKSTROKE	
Wm McMaster 35	1:04.85
Cdr Bill Earley 38	1:06.40
100 YARD BREASTSTROKE	
Scotty Roberts 35	1:08.75
David Lamott 39	1:20.30
Juergen Richardt 39	1:22.05
George Murphy 37	1:22.6
Frederick Herr 37	1:23.65
50 YARD BUTTERFLY	
Wm McMaster 35	26.60
Scotty Roberts 35	28.10
D.J. Kevles 35	30.30
David Lamott 39	30.80
Frederick Herr 37	31.80
George Murphy 37	33.55
Juergen Richardt 39	35.80
100 YARD BUTTERFLY	
D.J. Kevles 35	1:15.25
David Lamott 39	1:18.45
200 YARD INDIVIDUAL MEDLEY	
Scotty Roberts 35	2:22.00
Burt Kanner 35	2:23.0

MEN 40-44	
50 YARD FREESTYLE	
Bradford Sturtevant 41	25.10
Neal Palmer 44	26.75
Bruce Baird 40	26.80
Art Welch 42	28.55
Curt Miller 42	28.70
Thomas Scottion 44	29.20
Budd Symms 40	29.90
200 YARD FREESTYLE	
Bradford Sturtevant 41	2:02.35
Buddy Belshe 40	2:14.55
Bud Schumacher 44	2:31.45
500 YARD FREESTYLE	
Bradford Sturtevant 41	5:41.55
Buddy Belshe 40	6:09.10
Thomas Scottion 44	6:59.20
Bud Schumacher 44	7:00.60
Budd Symms 40	7:28.35
100 YARD BACKSTROKE	
Stan McConnell 43	1:11.05
Neal Palmer 44	1:11.60
Bradford Sturtevant 41	1:12.50
Thomas Scottion 44	1:25.35
Adolphus Wells 41	1:32.30
Don Johnson 43	1:44.25
100 YARD BREASTSTROKE	
William Davis 40	1:14.00
Budd Symms 40	1:17.50
Bud Schumacher 44	1:19.65
Curt Miller 42	1:26.00
Thomas Scottion 44	1:27.05
Art Welch 42	1:30.40

200 YARD INDIVIDUAL MEDLEY	
Bruce Brown 27	2:13.50
Ken Krueger 28	2:15.15
Glyn Davies 29	2:21.60
Dennis McGowan 28	2:24.00
Don Havens 27	2:25.40
Serafin Villarete 28	2:31.80
Paul Dimotakis 29	2:39.30

MEN 30-34	
50 YARD FREESTYLE	
Stu Thomson 31	26.30
Hugh Bobsy 33	27.60
William Riggs 33	30.10
Craig Walker 34	35.80

200 YARD FREESTYLE	
George Hill 30	1:54.10
Patric Schlup 34	2:05.10
James Looftbourrow 34	2:05.20
Jim Thomas 32	2:42.90
Byron Overton 31	2:53.00
Craig Walker 34	3:21.25

500 YARD FREESTYLE	
George Hill 30	5:22.80
Patrick Schlup 34	5:38.35
Robert Horvath 32	6:32.30
Hugh Bobsy 33	6:37.50
Jim Thomas 32	7:48.75
Byron Overton 31	8:04.70
Craig Walker 34	8:59.30

MEN 30-34	
100 YARD BACKSTROKE	
James Looftbourrow 34	1:06.15
William Riggs 33	1:18.75
Jim Thomas 32	1:34.35

50 YARD BUTTERFLY	
Stu Thomson 31	27.80
Robert Horvath 32	30.20
Hugh Bobsy 33	31.05
100 YARD BUTTERFLY	
James Looftbourrow 34	1:02.65
Jeff Bryant 33	1:20.15

200 YARD INDIVIDUAL MEDLEY	
Hugh Bobsy 33	2:54.10

MEN 35-39	
50 YARD FREESTYLE	
Wm McMaster 35	24.30
Cdr Bill Earley 38	24.90
George Murphy 37	27.00
David Lamott 39	27.20
Frederick Herr 37	30.30

200 YARD FREESTYLE	
Burt Kanner 35	1:58.75
John Daniels 37	2:13.60
D.J. Kevles 35	2:15.40
Keith Martin 37	2:32.50

500 YARD FREESTYLE	
Burt Kanner 35	5:27.15
John Daniels 37	6:20.35
D.J. Kevles 35	6:28.70
Keith Martin 37	6:45.50

100 YARD BACKSTROKE	
Wm McMaster 35	1:04.85
Cdr Bill Earley 38	1:06.40

100 YARD BREASTSTROKE	
Scotty Roberts 35	1:08.75
David Lamott 39	1:20.30
Juergen Richardt 39	1:22.05
George Murphy 37	1:22.6
Frederick Herr 37	1:23.65

50 YARD BUTTERFLY	
Wm McMaster 35	26.60
Scotty Roberts 35	28.10
D.J. Kevles 35	30.30
David Lamott 39	30.80
Frederick Herr 37	31.80
George Murphy 37	33.55
Juergen Richardt 39	35.80

100 YARD BUTTERFLY	
D.J. Kevles 35	1:15.25
David Lamott 39	1:18.45

200 YARD INDIVIDUAL MEDLEY	
Scotty Roberts 35	2:22.00
Burt Kanner 35	2:23.0

50 YARD BUTTERFLY	
Art Welch 42	29.45
Stan McConnell 43	30.00
Don Johnson 43	34.10
Thomas Scottion 44	35.85
Curt Miller 42	38.10

100 YARD BUTTERFLY	
Art Welch 42	1:07.70
Bud Schumacher 44	1:20.25

200 YARD INDIVIDUAL MEDLEY	
Buddy Belshe 40	2:33.70
Stan McConnell 43	2:33.95
Art Welch 42	2:39.95
Bud Schumacher 44	2:57.80

MEN 45-49	
50 YARD FREESTYLE	
Larry Larimore 47	27.10
Hal Nichols 46	31.40
Bert Jonsson 45	33.30

MEN 45-49	
200 YARD FREESTYLE	
Duane Draves 48	2:15.05
Jerry Cunningham 45	2:32.50
500 YARD FREESTYLE	
Duane Draves 48	6:09.30
100 YARD BACKSTROKE	
Duane Draves 48	1:08.20
100 YARD BREASTSTROKE	
Larry Larimore 47	1:18.05
Howard Johnson 47	1:23.60

50 YARD BUTTERFLY	
Duane Draves 48	29.30
Larry Larimore 47	31.55
Howard Johnson 47	34.85
Bert Jonsson 45	39.60

200 YARD BUTTERFLY	
Larry Larimore 47	1:17.20
200 YARD INDIVIDUAL MEDLEY	
Duane Draves 48	2:30.40
Jerry Cunningham 45	2:52.40

MEN 50-54	
50 YARD FREESTYLE	
John Bricker 54	29.05
200 YARD FREESTYLE	
Jim Marcus 50	2:17.50
500 YARD FREESTYLE	
Jim Marcus 50	6:20.40
E.W. Neben 54	7:12.60
Jack Burgan 52	7:26.10

100 YARD BACKSTROKE	
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