



SWIM - MASTER

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JULY 1987



SHORT COURSE CHAMPIONSHIPS

TOP ROW: Stanford Officials (George Haines Standing); Roberta Murphy, Carole Funk, Judy Gillies, Carol Cushing (Arizona); Ron Johnson, Edie Gruender, Dan Gruender, Nancy Macbeth (Arizona)
 ROW TWO: Carol Ferris Johnson, Dot Werry, Laurie Val, Jodi Benart, Kristy King; Fred Wiggins, Peter Powlison, John Costello; Becky Randolph, Stephanie Walsh, Lucy Johnson
 3rd ROW: Zada Taft and Daughter Lynn Taft; Charlotte Costello; Graham Johnston; Gail Roper; Huddie Murray; Dick & Doris Steadman
 4th ROW: Diddo Clark & "friend"; Lisa Marlow, Ann Yelmakas, Kevin Fisher, Manny Sanguily; Marie Siddoni, Margaret Keel

SHORT COURSE NATIONALS

Stanford University
Los Altos, California
May 15-18, 1987

Note: I had to retype the top eight places in each event. No room for more! No Team Scores sent!

WOMEN 25-29

Table listing women's 25-29 age group results for 50 YD FREESTYLE, 100 YD FREESTYLE, 200 YD FREESTYLE, 400 YD FREESTYLE, 800 YD FREESTYLE, 1600 YD FREESTYLE, 50 YD BACKSTROKE, 100 YD BACKSTROKE, 200 YD BACKSTROKE, 400 YD BACKSTROKE, 800 YD BACKSTROKE, 1600 YD BACKSTROKE, 50 YD BUTTERFLY, 100 YD BUTTERFLY, 200 YD BUTTERFLY, 400 YD BUTTERFLY, 800 YD BUTTERFLY, 1600 YD BUTTERFLY.

100 YD BUTTERFLY

Table listing 100 YD BUTTERFLY results for women's 25-29 age group.

50 YD BREASTSTROKE

Table listing 50 YD BREASTSTROKE results for women's 25-29 age group.

100 YD FREESTYLE

Table listing 100 YD FREESTYLE results for women's 25-29 age group.

200 YD FREESTYLE

Table listing 200 YD FREESTYLE results for women's 25-29 age group.

400 YD FREESTYLE

Table listing 400 YD FREESTYLE results for women's 25-29 age group.

WOMEN 45-49

Table listing women's 45-49 age group results for 50 YD FREESTYLE, 100 YD FREESTYLE, 200 YD FREESTYLE, 400 YD FREESTYLE, 800 YD FREESTYLE, 1600 YD FREESTYLE, 50 YD BACKSTROKE, 100 YD BACKSTROKE, 200 YD BACKSTROKE, 400 YD BACKSTROKE, 800 YD BACKSTROKE, 1600 YD BACKSTROKE, 50 YD BUTTERFLY, 100 YD BUTTERFLY, 200 YD BUTTERFLY, 400 YD BUTTERFLY, 800 YD BUTTERFLY, 1600 YD BUTTERFLY.

200 YD BUTTERFLY		200 YD INDIVIDUAL MEDLEY		Patrick Mathews 28		2:13.68		Thomas Barton 31		56.13		Todd Bryan 36		5:04.88		MEN 40-44	
Jean Durston 72		Katherine Pelton 81		Holden Bank 27		2:14.16		Brent Krantz 30		56.33		Mark Worden 35		5:06.56		50 YD FREESTYLE	
Hilda Buel 73		Anna Bauscher 84		Tom Dugan 29		2:16.51		Kent Westphal 30		57.51		Kevin Polansky 37		10:09.63		Carl Robinson 40	
Mildred Anderson 72		4:00 YD INDIVIDUAL MEDLEY		Kenneth Neubauer 29		2:17.89		200 YD BACKSTROKE		11:55.42		John Osterloh 38		10:45.24		David Gray 41	
100 YD INDIVIDUAL MEDLEY		Katherine Pelton 81		50 YD BUTTERFLY		22.41		Tom Wolf 32		2:01.50		John McGowan 35		11:08.37		James Delacy 40	
Mardie Brown 70		1:37.35		Robert Platak 28		23.08		Thomas Barton 31		2:01.54		Edwin Pyle 37		11:12.47		Steve Clark 43	
Audrey Etienne 70		1:46.15		John Tudor 29		23.35		Malcolm 30		2:04.70		John Oosterloh 38		11:14.77		Paul McCormick 40	
Sally Joy 70		1:50.88		Brian Kelca 26		23.48		John Caldwell 31		2:06.44		Steve Kelly 35		11:20.29		Dick Woodrow 43	
Nancy Clark 72		1:54.64		Sam Seipel 27		24.02		Victor Ivry 30		2:06.80		Timothy Lavelle 38		11:25.27		Robert Smith 43	
Jean Durston 72		2:01.43		Greg Asplund 27		24.11		Kent Westphal 30		2:08.55		Edward Rudloff Jr 39		11:28.22		Dan Thompson 40	
Evelyn McGinn 72		2:12.61		Mark Hesskamp 27		50.77		Peter Tarnapoli 30		2:08.55		Todd Bryan 36		17:05.86		100 YD FREESTYLE	
200 YD INDIVIDUAL MEDLEY		3:41.71		Devin Gray 28		51.48		Gregory Johnson 30		26.57		1650 YD FREESTYLE		17:18.15		Timothy Garton 44	
Mardie Brown 70		4:14.43		Jeff Stilling 26		51.89		50 YD BREASTSTROKE		26.94		Todd Bryan 36		17:54.21		Carl Robinson 40	
Jean Durston 72		4:45.99		Michael Hayes 28		52.04		100 YD BUTTERFLY		27.34		Dave Kenyon 35		18:06.15		David Gray 41	
Hilda Buel 73		4:46.56		Fritz Homans 29		52.98		Brian Kelca 26		27.47		Keith Bell 38		18:14.24		David Audley 40	
Mildred Anderson 72		6:12.31		Greg Asplund 27		53.23		Jeff Stilling 26		27.83		Lee Chesneau 38		18:28.22		Dick Woodrow 43	
400 YD INDIVIDUAL MEDLEY		8:54.95		Jeff Stilling 26		1:53.26		James Liley 27		57.99		Steven Pyle 36		18:06.15		Steve Clark 43	
Pat Matthesen 70		8:55.97		Craig Nadel 26		1:58.37		Sam Seipel 27		59.58		Charles Yound 35		18:06.15		James Delacy 40	
Jean Durston 72		10:17.34		Steven Schmidt 25		1:59.80		James Liley 27		1:00.19		Jorge Gonzalez 38		18:14.24		David Gray 41	
Hilda Buel 73		13:10.30		Peter Dardaris 28		2:00.10		John Tudor 29		1:00.63		Dave Gemmill 39		18:28.22		Robert Mosen 40	
50 YD FREESTYLE		47.48		Chris McKinnon 26		2:01.53		John Tudor 29		1:00.93		Chuck Wolff 35		26.21		David Audley 40	
Bee Johnston 77		47.73		Kirk Hutchinson 26		2:02.13		James Liley 27		1:00.19		Ric Cooley 37		26.57		Robert Mosen 40	
Ellen Tait 76		49.30		James Deming 28		2:03.54		John Tudor 29		1:00.19		Peter O'Brien 37		27.28		Timothy Garton 44	
Edie Goldman 76		51.34		100 YD INDIVIDUAL MEDLEY		51.17		John Tudor 29		1:00.63		Ray Rivero 35		27.36		Donn Livoni 40	
Janice Shane 75		51.45		Robert Platak 28		51.29		James Liley 27		1:00.77		Dick Woodrow 43		27.36		James Delacy 40	
Inge Weil 75		55.56		Michael Hayes 28		51.42		John Tudor 29		1:00.93		Tom Spieker 38		27.64		Dan Thompson 40	
Margaret Carr 75		59.84		John Tudor 29		51.42		John Tudor 29		1:01.16		Steve Mann 35		27.89		Tim Birnie 41	
Marie Heikkinen 75		1:24.28		Greg Asplund 27		51.42		John Tudor 29		1:01.16		Jorge Urreba 26		28.20		500 YD FREESTYLE	
100 YD FREESTYLE		1:47.24		Donald Gibb 25		51.42		John Tudor 29		1:01.16		100 YD BACKSTROKE		2:01.66		David Gray 41	
Edith Hendry 76		1:51.86		Michael Ellemann 28		51.42		John Tudor 29		1:01.16		Peter O'Keefe 36		55.83		Robert Mosen 40	
Edie Goldman 76		2:05.55		Avery Kintner 25		51.42		John Tudor 29		1:01.16		Chuck Wolff 35		56.10		David Audley 40	
Margaret Carr 75		2:13.30		Sam Seipel 27		51.42		John Tudor 29		1:01.16		Byron Reidenbaugh 35		56.47		Donn Livoni 40	
200 YD FREESTYLE		4:04.89		John Tudor 29		51.42		John Tudor 29		1:01.16		Ric Cooley 37		58.01		Timothy Garton 44	
Edith Hendry 76		4:05.08		James Liley 27		51.42		John Tudor 29		1:01.16		Tod Spieker 38		58.62		John Calvert 41	
Ellen Tait 76		4:07.69		Carl Maler 27		51.42		John Tudor 29		1:01.16		Dick Thomas 39		59.66		Mike Garibaldi 41	
Ruth Cooper 75		4:52.75		Robert Platak 28		51.42		John Tudor 29		1:01.16		Peter O'Brien 37		59.83		Tom Warren 43	
Margaret Carr 75		4:52.75		James Liley 27		51.42		John Tudor 29		1:01.16		Bill Barthold 38		1:00.53		1000 YD FREESTYLE	
Ellen Tait 76		10:33.89		200 YD FREESTYLE		51.42		John Tudor 29		1:01.16		200 YD BACKSTROKE		2:01.66		David Audley 40	
Edith Hendry 76		11:31.10		Robert Platak 28		51.42		John Tudor 29		1:01.16		Peter O'Keefe 36		2:01.66		John Calvert 41	
Ruth Cooper 75		12:13.90		Michael Hayes 28		51.42		John Tudor 29		1:01.16		Chuck Wolff 35		2:03.07		Bob Asquith 40	
1000 YD FREESTYLE		32:58.38		John Tudor 29		51.42		John Tudor 29		1:01.16		Tod Spieker 38		2:04.60		Mike Garibaldi 41	
Hazel Bressie 78		54.69		Jeff Stilling 26		51.42		John Tudor 29		1:01.16		Peter O'Brien 37		2:02.09		George Goff 42	
Edith Hendry 76		57.05		Avery Kintner 25		51.42		John Tudor 29		1:01.16		Frank Thompson 35		2:13.16		Leland Faust 40	
Janice Shane 75		57.56		Chris McKinnon 26		51.42		John Tudor 29		1:01.16		John Sultun 39		2:13.91		Kevin Kelly 44	
Bee Johnston 77		57.86		Robert Everwine 26		51.42		John Tudor 29		1:01.16		Cash O'Donnell 38		2:15.52		Kirk Chappella 40	
Edie Goldman 76		59.21		Jeff Stilling 26		51.42		John Tudor 29		1:01.16		200 YD FREESTYLE		2:16.15		1650 YD FREESTYLE	
Margaret Carr 75		1:01.88		Charles Green 27		51.42		John Tudor 29		1:01.16		50 YD BREASTSTROKE		2:05.00		David Gray 41	
Ellen Tait 76		1:08.00		Robert Sommer 25		51.42		John Tudor 29		1:01.16		C. Miltenberger 35		2:05.00		Robert Mosen 40	
Inge Weil 75		1:14.25		Tim Cespedes 27		51.42		John Tudor 29		1:01.16		James Baer 38		2:05.00		Donn Livoni 40	
100 YD BACKSTROKE		2:04.49		Michael Slowey 29		51.42		John Tudor 29		1:01.16		Ric Cooley 37		2:05.00		Jim Manchester 40	
Marie Heikkinen 75		2:09.03		Patrick Mathews 28		51.42		John Tudor 29		1:01.16		Ken Ziskin 39		2:05.00		Richard Boyd 43	
Bee Johnston 77		2:09.85		Joseph Heil 28		51.42		John Tudor 29		1:01.16		Clay Kolar 38		2:05.00		Tom Warren 43	
Margaret Carr 75		2:25.58		Brian Murray 26		51.42		John Tudor 29		1:01.16		Dave Schminke 37		2:05.00		Ben Vandey 42	
200 YD BACKSTROKE		4:43.17		1000 YD FREESTYLE		51.42		John Tudor 29		1:01.16		Mal Jester 38		2:05.00		Robert Williams 44	
Bee Johnston 77		5:09.01		Joseph Heil 28		51.42		John Tudor 29		1:01.16		Colin Wetmore 36		2:05.00		50 YD BACKSTROKE	
Margaret Carr 75		5:09.01		Brian Murray 26		51.42		John Tudor 29		1:01.16		100 YD BREASTSTROKE		2:05.00		William Wemple 40	
50 YD BREASTSTROKE		59.11		Joseph Heil 28		51.42		John Tudor 29		1:01.16		C. Miltenberger 35		2:05.00		Robert Smith 43	
Marie Heikkinen 75		1:01.88		Brian Murray 26		51.42		John Tudor 29		1:01.16		James Baer 38		2:05.00		Tim Birnie 41	
Edie Goldman 76		1:01.27		Brad Gothberg 26		51.42		John Tudor 29		1:01.16		Ken Ziskin 39		2:05.00		Richard Burns 43	
Bernice Wayne 77		1:12.11		Stephen Hares 26		51.42		John Tudor 29		1:01.16		Gregory Harrison 35		2:05.00		George Goff 42	
Grace Hiddleston 78		1:26.47		Mike Grace 25		51.42		John Tudor 29		1:01.16		Clay Kolar 38		2:05.00		Bob Wely 42	
100 YD BREASTSTROKE		2:26.99		Bill Dawson 26		51.42		John Tudor 29		1:01.16		Mal Jester 38		2:05.00		Marty Hull 44	
Inge Weil 75		2:40.11		Michael Lesyna 26		51.42		John Tudor 29		1:01.16		Gary Jewell 37		2:05.00		100 YD BACKSTROKE	
Hazel Bressie 78		3:22.19		Alfredo Calpito 28		51.42		John Tudor 29		1:01.16		200 YD BREASTSTROKE		2:14.19		Richard Burns 43	
Grace Hiddleston 78		3:43.14		1650 YD FREESTYLE		51.42		John Tudor 29		1:01.16		C. Miltenberger 35		2:15.87		Robert Smith 43	
200 YD BREASTSTROKE		5:44.00		Craig Nadel 26		51.42		John Tudor 29		1:01.16		Ken Ziskin 39		2:18.79		Tim Birnie 41	
Inge Weil 75		7:08.36		Paul Asmuth 29		51.42		John Tudor 29		1:01.16		Mal Jester 38		2:18.96		Ed Bartsch 43	
50 YD BUTTERFLY		1:00.81		Daniel Goerke 28		51.42		John Tudor 29		1:01.16		Clay Kolar 38		2:19.66		Bob Asquith 40	
Elsa Mattila 76		1:15.89		James Deming 28		51.42		John Tudor 29		1:01.16		Michael Morrow 37		2:21.43		Bob Wely 42	
Edie Goldman 76		1:19.61		Charles Green 27		51.42		John Tudor 29		1:01.16		Gary Jewell 37		2:24.06		George Goff 42	
100 YD BUTTERFLY		2:24.70		Dan Malin 28		51.42		John Tudor 29		1:01.16		David Levinson 37		2:25.11		200 YD BACKSTROKE	
Ruth Cooper 75		3:30.86		Karl Kolb 26		51.42		John Tudor 29		1:01.16		50 YD BUTTERFLY		23.82		John Calvert 41	
Hazel Bressie 78		4:27.85		Donald Uhlir 29		51.42		John Tudor 29		1:01.16		Peter Munger 35		23.82		John Calvert 41	
200 YD BUTTERFLY		5:05.34		100 YD FREESTYLE		51.42		John Tudor 29		1:01.16		John Foote 36		24.24		Ed Bartsch 43	
Elsa Mattila 76		10:08.49		Stuart Marvin 31		51.42		John Tudor 29		1:01.16		Fred Schlicher 38		24.40		Richard Burns 43	
100 YD INDIVIDUAL MEDLEY		2:04.14		Richard Hess 32		51.42		John Tudor 29		1:01.16		Thomas Bryant 35		25.30		Bob Asquith 40	
Elsa Mattila 76		2:18.45		Stuart Marvin 31		51.42		John Tudor 29		1:01.16		Gordon Clark 35		25.35		Tim Birnie 41	
Bee Johnston 77		2:19.77		Steven Gregg 31		51.42		John Tudor 29		1:01.16		Larry Wright 38		25.46		Bob Wely 42	
Ruth Cooper 75		2:52.39		Stuart Marvin 31		51.42		John Tudor 29		1:01.16		John Long 35		25.69		Elam Hitchner 40	
200 YD INDIVIDUAL MEDLEY		4:33.50		James Montgomery 32		51.42		John Tudor 29		1:01.16		Richard Easton 37		25.75		50 YD BREASTSTROKE	
Ruth Cooper 75		6:16.73		Steven Gregg 31		51.42		John Tudor 29		1:01.16		100 YD BUTTERFLY		53.34		Rafael Hernandez 41	
400 YD INDIVIDUAL MEDLEY		9:29.47		Stuart Marvin 31		51.42		John Tudor 29		1:01.16		Fred Schlicher 38		53.34		Marty Hull 44	
Hazel Bressie 78		15:43.64		Richard Hess 32		51.42		John Tudor 29		1:01.16		Richard Haas 37		55.70		Rod Cargill 40	
50 YD FREESTYLE		1:05.43		Stuart Marvin 31		51.42		John Tudor 29		1:01.16		Peter Munger 35</					

200 YD BUTTERFLY		100 YD BREASTSTROKE	50 YD BACKSTROKE	200 YD FREESTYLE	100 YD FREESTYLE	50 YD FREESTYLE	200 YD FREESTYLE	100 YD FREESTYLE	50 YD FREESTYLE
Avraham Melamed 42	2:02.39	Jack McCoy 46	1:06.76	Jack Beattie 52	2:06.48	Robert Kueny 56	2:34.29	Fernando Najerz 64	34.91
Bob Asquith 40	2:12.14	Drury Gallagher 48	1:06.99	Don Brown 53	2:07.86	Ted Haartz 59	2:36.39	Ed Simmers 60	35.03
Donn Livoni 40	2:12.31	Hop Cole 46	1:08.65	Barr Clayton 51	2:11.52	John Masters 56	2:39.80	100 YD BUTTERFLY	
Leland Faust 40	2:12.48	William Mulliken 47	1:08.81	Bill Earley 50	2:11.99	William Clinton 55	2:43.60	Win Wilson 60	1:07.32
Bill Abbott 41	2:14.20	George Downs 48	1:09.80	James Bohan 51	2:15.36	Gordon Gillin 56	2:46.38	Frank Piemme 62	1:10.19
Dick Pitman 42	2:15.24	Cyrus Hopkins 49	1:10.22	David Addleman 52	2:16.00	400 YD INDIVIDUAL MEDLEY		Irving Katz 63	1:14.12
Gary Langendon 41	2:15.40	Charles Kilbourne 48	1:11.22	Lloyd Skramstad 53	2:21.07	Graham Johnston 56	5:13.07	Lumen Sutton 60	1:15.90
Tom Spear 44	2:19.26	Douglas Markusic 45	1:11.40	Kenneth Hepper 50	2:21.38	Robert Kueny 56	5:29.31	John Woods 63	1:20.73
100 YD INDIVIDUAL MEDLEY		200 YD BREASTSTROKE		100 YD BACKSTROKE		Ted Haartz 59	5:50.00	Art Kelley 61	1:22.63
Timothy Garton 44	57.53	Drury Gallagher 48	2:27.28	Don Brown 53	1:03.32	William Clinton 55	5:54.60	Ueland Arth 62	1:24.38
William Wemple 40	57.72	Jack McCoy 46	2:30.84	Jack Beattie 52	1:03.72	William Phillips 59	5:55.85	Charles Winder 56	6:05.01
Marty Hull 44	58.76	William Mulliken 47	2:32.78	Edward Hinshaw 50	1:04.88	Frank Reynolds 55	6:00.41	Richard Lewis 57	6:15.46
Karl McCrary 41	58.90	Cyrus Hopkins 49	2:36.00	Barr Clayton 51	1:06.95	Peter Buckley 56	6:11.85	John Daily 59	6:24.61
Rafael Hernandez 41	59.11	George Downs 48	2:36.93	Bill Earley 50	1:07.37	Carl Yates 59	6:25.42	200 YD BUTTERFLY	
Dan Thompson 40	59.24	Douglas Markusic 45	2:37.03	James Bohan 51	1:12.39	Fred Trask 59	6:31.31	Tom Logan 60	2:58.72
Avraham Melamed 42	59.65	Charles Kilbourne 48	2:44.53	Lloyd Skramstad 53	1:14.87	Ken Kimball 56	6:32.82	Edward Rudloff Sr 63	2:59.52
Craig Dennis 41	59.74	Walt Reid 46	2:46.91	Kenneth Hepper 50	1:15.04	Steven Schofield 55	6:42.19	Leland Arth 62	3:03.47
200 YD INDIVIDUAL MEDLEY		50 YD BUTTERFLY		200 YD BACKSTROKE		1000 YD FREESTYLE		Ed Kerswill 61	3:04.07
Timothy Garton 44	2:05.86	Ray Padovan 46	25.00	Don Brown 53	2:18.61	Donald Hill 55	11:39.16	Art Kelley 61	3:09.09
Robert Mosen 40	2:06.59	Robert Warner 45	25.90	Edward Hinshaw 50	2:20.53	Peter Buckley 56	13:01.40	Burris Lamar 63	3:12.70
John Calvert 41	2:07.23	Richard Bassi 46	26.57	Jack Beattie 52	2:21.05	Ken Kimball 56	13:46.99	Gareth Ott 63	4:02.85
Karl McCrary 41	2:09.32	Robert Proebsting 49	26.67	Barr Clayton 51	2:30.55	Steven Schofield 55	15:51.40	100 YD INDIVIDUAL MEDLEY	
Avraham Melamed 42	2:11.63	George Worthington 49	26.94	Bill Earley 50	2:33.16	Norman Myers 58	14:12.87	Frank Piemme 62	1:07.73
Bob Asquith 40	2:12.03	John Fulop 46	27.29	Sam Jones 51	2:34.05	Tom Lyndon 55	14:38.14	Rube Wolf 60	1:11.15
Richard Kline 42	2:12.80	Arthur Smith 47	27.76	Donald May 50	2:38.45	Dan Gruender 57	14:53.44	John Woods 63	1:11.93
Donn Livoni 40	2:13.29	Rube Hunter 47	27.79	John Ridland 53	2:46.26	Roger Kampbell 56	15:19.66	Lumen Sutton 60	1:15.05
400 YD INDIVIDUAL MEDLEY		100 YD BUTTERFLY		50 YD BACKSTROKE		650 YD FREESTYLE		Elly Goldfarb 61	1:17.94
John Calvert 41	4:33.47	Ray Padovan 46	57.76	Manuel Sanguliy 54	30.25	Graham Johnston 56	19:37.78	Joe Cramer 62	1:18.54
Donn Livoni 40	4:38.27	Robert Warner 45	58.82	David Daboli 50	30.94	Frank Reynolds 55	20:41.69	Frank Grannis 62	1:19.93
Bob Asquith 40	4:39.48	Allan Cartwright 45	59.32	Robert Johnston 50	32.66	Carl Yates 59	21:42.96	John Woods 63	1:21.08
Richard Kline 42	4:44.70	Richard Bassi 46	59.78	Bob Best 54	32.70	Fred Trask 59	22:20.21	William Austin 60	1:26.64
Rafael Hernandez 41	4:44.89	Robert Proebsting 49	59.98	Edgar Frank 51	32.95	Jack Galvin 56	23:49.24	John Howe 62	1:27.11
Elam Hitchcock 40	4:48.10	Lawrence Nordell 46	1:01.15	Ron Mugavin 50	33.53	Jack Morris 55	27:58.78	Elly Goldfarb 61	1:29.34
Karl McCrary 41	4:51.61	Michael Laux 45	1:01.62	Henry Lenartz 52	33.65	50 YD BACKSTROKE		200 YD FREESTYLE	
Richard Boyd 43	4:51.99	John Fulop 46	1:02.30	Carl Maley 52	33.78	Ronald Johnson 55	29.89	Win Wilson 60	2:13.78
HEN 45-49		200 YD BUTTERFLY		100 YD BACKSTROKE		50 YD BACKSTROKE		Frank Piemme 62	2:13.82
Ray Padovan 46	23.04	Allan Cartwright 45	2:09.45	Manuel Sanguliy 54	1:07.39	Jon Muckleroy 57	30.25	Ed Kerswill 61	2:14.26
Jack Geoghegan 45	23.41	Bill Page 46	2:18.30	David Daboli 50	1:08.19	Boyd Johnson 59	31.27	John Woods 63	2:18.96
Bruce Clark 45	23.52	Michael Laux 45	2:19.36	Bob Best 54	1:12.59	Neal Palmer 56	31.41	Bernard Guttilla 61	2:20.38
Robert Warner 45	24.13	Robert Proebsting 49	2:23.88	Edgar Frank 51	1:12.69	Richard Bennett 56	32.48	Stan Aldrich 61	2:36.56
Rube Hunter 47	24.62	William Mulliken 47	2:24.54	Jack Halliday 50	1:13.07	William Clinton 55	32.95	Frank Grannis 62	2:36.77
John Fulop 46	24.64	Ben Wiskol 47	2:32.82	Robert Johnston 50	1:13.27	Ken Kimball 56	34.58	James Edwards 64	2:38.17
Bob Cousins 47	24.84	Robert Ibister 46	2:33.84	Ron Mugavin 50	1:15.24	Don Conklin 58	34.59	500 YD FREESTYLE	
William Newman 47	24.84	Barry Fasbender 49	2:34.32	Carl Maley 52	1:15.66	Ronald Johnson 55	1:07.88	Win Wilson 60	6:02.49
100 YD FREESTYLE		100 YD INDIVIDUAL MEDLEY		200 YD BACKSTROKE		Ronald Johnson 55	1:09.37	Ed Kerswill 61	6:09.38
Bruce Clark 45	50.80	Bruce Clark 45	59.46	Manuel Sanguliy 54	2:33.63	Richard Bennett 56	1:09.37	Roger Franks 60	6:20.46
Jack Geoghegan 45	50.92	Ray Padovan 46	1:00.08	David Daboli 50	2:34.75	Boyd Johnson 59	1:10.65	Bernard Guttilla 61	6:31.21
Ray Padovan 46	51.35	William Rysiew 46	1:00.23	Edgar Frank 51	2:43.66	Neal Palmer 56	1:12.05	John Woods 63	6:35.71
Tex Haraszi 45	53.14	Tex Haraszi 45	1:00.34	William Clinton 55	2:43.94	William Clinton 55	1:12.82	Stan Aldrich 61	6:58.89
Robert Warner 45	53.70	Drury Gallagher 48	1:01.08	Gordon Gillin 56	2:47.40	Jim Kimball 56	1:17.50	James Edwards 64	7:03.20
Charles Rogers 45	54.46	Murray McLachlan 46	1:03.27	Pierre Hathaway 56	2:49.32	William Clinton 55	1:18.68	Lou Silverstein 60	7:12.57
Richard Bassi 46	54.65	Jack McCoy 46	1:03.50	100 YD BACKSTROKE		Richard Bennett 56	2:44.07	1000 YD FREESTYLE	
High Winn 45	54.71	Allan Cartwright 45	2:11.54	50 YD BUTTERFLY		William Clinton 55	2:44.07	John Woods 63	13:58.43
200 YD FREESTYLE		200 YD INDIVIDUAL MEDLEY		Bob Baillie 51	27.19	Ken Kimball 56	2:46.05	Jack Truby 62	16:11.39
Jack Geoghegan 45	1:55.13	Tex Haraszi 45	2:12.32	Peter Taft 51	27.63	Charles Winder 56	2:51.28	Frank Conlan 63	16:46.93
Bruce Clark 45	1:57.85	Drury Gallagher 48	2:14.51	David Drum 51	27.83	Thomas Koenig 55	2:51.68	Browne Baker 61	20:06.79
Allan Cartwright 45	1:58.40	Bruce Clark 45	2:14.77	Jerry Dunlap 51	27.90	John Daily 59	2:55.48	Ernie Kasner 63	21:11.00
Jim Crane 45	1:59.25	William Mulliken 47	2:20.34	James Bohan 51	28.03	Pierre Hathaway 56	3:02.22	Win Wilson 60	21:00.20
High Winn 45	1:59.30	Hugh Winn 45	2:20.36	Dennis O'Brien 51	28.45	Gene Donner 55	3:04.26	Ed Kerswill 61	21:13.62
Tex Haraszi 45	1:59.75	Murray McLachlan 46	2:20.94	Jack Beattie 52	28.45	50 YD BREASTSTROKE		Roger Franks 60	22:13.53
Charles Rogers 45	2:00.33	Jack McCoy 46	2:21.24	Foster DeJesus 51	28.76	Jon Muckleroy 57	32.61	Bernard Guttilla 61	23:39.33
Henry Southhall 47	2:00.68	Allan Cartwright 45	4:42.53	100 YD BUTTERFLY		Thomas Koenig 55	33.22	Stan Aldrich 61	23:57.78
500 YD FREESTYLE		100 YD INDIVIDUAL MEDLEY		Bob Baillie 51	1:04.88	Robert Kueny 56	33.22	Lou Silverstein 60	24:42.35
Hugh Winn 45	5:11.26	Drury Gallagher 48	4:48.26	Dennis O'Brien 51	1:05.39	James Edwards 64	34.57	Glynn Jones 62	24:42.89
Jim Crane 45	5:19.68	Hugh Winn 45	5:00.67	David Drum 51	1:05.44	Seymour Boorstein 55	34.61	Yonny 62	25:47.72
Charles Rogers 45	5:29.98	John DeBarbadillo 45	5:02.94	Manuel Sanguliy 54	1:06.21	Fred Leipziger 59	35.55	500 YD BACKSTROKE	
Henry Southhall 47	5:32.34	Bill Page 46	5:03.18	Peter Taft 51	1:06.89	Phillip Chapman 56	35.57	Rube Wolf 60	32.29
David Harrison 49	5:35.47	Murray McLachlan 46	5:08.01	Henry Lenartz 52	1:10.37	Millon Marks 56	35.57	Agliette Elliott 60	32.30
Patrick Wickens 46	5:37.40	Michael Laux 45	5:11.62	James Bohan 51	1:11.70	100 YD BREASTSTROKE		George Gandy 63	33.05
Bill Page 46	5:39.83	Jack McCoy 46	5:13.28	Arthur Welch 54	1:12.44	Thomas Koenig 55	1:13.44	Elly Goldfarb 61	34.26
Robert Warner 45	5:41.38	HEN 50-54		200 YD BUTTERFLY		Ted Haartz 59	1:13.81	Clarence Courter 64	36.37
1000 YD FREESTYLE		50 YD FREESTYLE		Manuel Sanguliy 54	2:32.30	Robert Kueny 56	1:13.97	George Gandy 63	36.37
Hugh Winn 45	10:48.89	Bob Baillie 51	24.43	Dennis O'Brien 51	2:42.70	John Masters 56	1:15.46	Elly Goldfarb 61	36.37
Jim Crane 45	11:17.43	Phillip Gay 52	24.62	Foster DeJesus 51	2:43.02	Fred Leipziger 59	1:17.90	Stan Aldrich 61	38.24
Allan Cartwright 45	11:19.41	Peter Taft 51	25.18	Arthur Welch 54	2:46.60	Seymour Boorstein 55	1:18.51	Roger Franks 60	1:09.67
Tex Haraszi 45	11:42.12	Richard Welch 53	25.40	Henry Lenartz 52	2:50.41	Dan Gruender 57	1:19.85	Agliette Elliott 60	1:11.33
Mike Caldwell 46	12:00.70	David Addleman 52	25.51	Robert Fox 50	2:55.05	Tak Iseri 55	1:19.87	Rube Wolf 60	1:13.91
Murray McLachlan 46	12:21.14	David Drum 51	25.74	Robert Kahl 53	2:56.23	200 YD BREASTSTROKE		George Gandy 63	1:15.96
Michael Laux 45	12:22.11	Bill Earley 50	25.74	Don Wudtke 52	2:59.13	Robert Kueny 56	2:43.10	Elly Goldfarb 61	1:15.96
Fred Banaga 48	12:56.64	Jerry Dunlap 51	25.81	100 YD INDIVIDUAL MEDLEY		Ted Haartz 59	2:49.66	Lumen Sutton 60	1:21.98
1650 YD FREESTYLE		100 YD FREESTYLE		Jack Beattie 52	1:03.57	Thomas Koenig 55	2:49.66	Lou Silverstein 60	1:23.95
David Harrison 49	19:20.90	Edward Hinshaw 50	53.01	Don Brown 53	1:04.35	Tak Iseri 55	2:54.59	James Edwards 64	1:25.32
Henry Southhall 47	19:34.59	Peter Taft 51	54.97	Bob Baillie 51	1:05.51	Seymour Boorstein 55	2:57.30	200 YD BACKSTROKE	
Patrick Wickens 46	20:01.43	Bob Baillie 51	55.25	Richard Welch 53	1:06.16	Fred Leipziger 59	3:05.78	Roger Franks 60	2:32.25
Charles Raven 48	20:12.60	Jack Beattie 52	56.00	Peter Taft 51	1:06.73	John Daily 59	3:09.02	Irving Katz 63	2:42.44
Lawrence Hill 48	20:19.61	David Drum 51	56.94	James Bohan 51	1:07.30	50 YD BUTTERFLY		Agliette Elliott 60	2:42.62
Kent Price 48	20:29.26	Phillip Gay 52	57.00	Bob Best 54	1:07.32	Jon Muckleroy 57	27.75	Elly Goldfarb 61	2:51.10
Richard Sylva 49	21:05.95	Jerry Dunlap 51	57.13	Bob Best 54	1:07.32	Ronald Johnson 55	27.76	George Gandy 63	2:53.67
James McCoy 45	21:08.82	Richard Welch 53	57.24	Don Brown 53	2:23.35	Frank Reynolds 55	28.29	James Edwards 64	3:04.65
50 YD BACKSTROKE		200 YD FREESTYLE		Foster DeJesus 51	2:26.38	Edward Emes Jr. 58	28.40	George Melick Jr 62	3:05.20
John Smith 48	27.09	Edward Hinshaw 50	1:57.72	Sam Jones 51	2:27.26	Boyd Johnson 59	29.99	50 YD BREASTSTROKE	
Jack Geoghegan 45	27.88	Peter Taft 51	2:06.61	Jack Halliday 50	2:27.52	Steven Schofield 55	30.23	Donald Hester 60	33.65
Arthur Smith 47	29.13	David Drum 51	2:09.98	Richard Welch 53	2:33.04	Phillip Chapman 56	32.60	William Austin 60	35.51
Richard Bassi 46	29.15	Thomas Wilson 54	2:16.86	Bob Best 54	2:34.98	Robert Dorse 55	33.06	James Forbes 61	35.59
James Shaw 46	30.28	Jerry Dunlap 51							

50 YD BREASTSTROKE	
Robert Morrison 65	35.89
Ted VonBerckefeldt 65	36.30
Aldo DaRosa 69	37.26
John Laird 67	37.46
Roger Holmes 65	39.50
Robert Donovan 66	39.59
James Green 68	39.88
Forbes Mack 68	40.06
100 YD BREASTSTROKE	
Ted VonBerckefeldt 65	1:18.98
Aldo DaRosa 69	1:22.46
John Laird 67	1:22.41
Jerry Jarrold 65	1:23.00
Bob Merrick 66	1:25.60
Robert Morrison 65	1:25.77
Forbes Mack 68	1:31.82
Walter Lynch 65	1:35.61
200 YD BREASTSTROKE	
Aldo Da Rosa 69	3:02.98
John Laird 67	3:07.59
Jerry Jarrold 65	3:08.65
Bob Merrick 66	3:08.78
Ed Barnes 65	3:13.21
Robert Morrison 65	3:22.11
Forbes Mack 68	3:29.93
Robert Stringham 68	3:41.97
50 YD BUTTERFLY	
Peter Powellson 65	29.99
Hugh Richards 66	32.74
Roger Holmes 65	33.42
Robert Morrison 65	34.53
William Johnston 68	34.68
Dore Schwab 65	35.19
John Laird 67	38.61
Robert Stringham 68	45.08
100 YD BUTTERFLY	
Hugh Richards 66	1:21.20
Ed Barnes 65	1:22.59
William Johnston 68	1:24.56
John Bricker 66	1:26.12
Dan Miles 66	1:26.81
Dick Guido 69	1:36.14
Robert Morse 67	1:48.47
Robert Stringham 68	1:59.82
200 YD BUTTERFLY	
Dan Miles 66	3:10.08
Aldo Da Rosa 69	3:10.55
Earl Walter 66	3:12.75
John Bricker 66	3:20.58
Ed Barnes 65	3:24.09
William Johnston 68	3:27.31
Dick Guido 69	3:29.49
Robert Stringham 68	3:57.44
100 YD INDIVIDUAL MEDLEY	
Peter Powellson 65	1:06.74
Ray Taft 67	1:11.87
Hugh Richards 66	1:18.20
Roger Holmes 65	1:18.30
Bob Merrick 66	1:18.35
Neal Bartlett 65	1:18.48
Dore Schwab 65	1:21.29
Ed Barnes 65	1:22.20
200 YD INDIVIDUAL MEDLEY	
Ray Taft 67	2:44.41
Earl Walter 66	2:58.42
Dan Miles 66	3:02.77
Richard Smith 67	3:03.14
Ed Barnes 65	3:05.32
Frank Murphy 68	3:14.58
Robert Morse 67	3:13.16
Dick Snow 67	4:09.14
400 YD INDIVIDUAL MEDLEY	
Ray Taft 67	6:06.56
Dan Miles 66	6:27.89
Earl Walter 66	6:30.24
Ed Barnes 65	6:32.17
Richard Smith 67	6:44.30
Frank Murphy 68	6:55.50
Dick Guido 69	7:11.41
William Johnston 68	8:10.32
50 YD FREESTYLE	
Woodrow Bowersock 73	29.44
Lee Ross 70	29.47
Pete Okamoto 71	29.76
Beans Yamamoto 70	29.90
Wm. Grant Jr 73	30.91
Harold Sexton 72	31.30
James Reilly 70	31.67
Dexter Woodford 73	31.69
100 YD FREESTYLE	
Woodrow Bowersock 73	1:06.85
Harry Rawstrom 70	1:07.69
Beans Yamamoto 70	1:07.99
Pete Okamoto 71	1:09.47
Dexter Woodford 73	1:10.22
Harold Sexton 72	1:12.54
Gene Crosssett 73	1:14.50
Wm. Grant Jr 73	1:14.66
200 YD FREESTYLE	
Dexter Woodford 73	2:41.16
Woodrow Bowersock 73	2:41.63
Harold Sexton 72	2:42.29
Pete Okamoto 71	2:43.48
Gene Crosssett 73	2:52.36
James Walls 71	3:00.33
Harry Rawstrom 70	3:00.33
500 YD FREESTYLE	
Dexter Woodford 73	7:11.58
Pete Okamoto 71	7:32.51
Harold Sexton 72	7:36.80
Woodrow Bowersock 73	7:44.65
Gene Crosssett 73	7:50.81
John Stinson 74	7:53.29
George Rafter 70	8:15.69
Harry Cooper 70	8:32.87
1000 YD FREESTYLE	
Pete Okamoto 71	16:02.92
John Stinson 74	16:25.50
Harry Cooper 70	17:49.93
Ham Morningstar 70	19:25.39
1650 YD FREESTYLE	
Dexter Woodford 73	24:49.94
John Merrill 70	26:43.18
Woodrow Bowersock 73	27:08.66
Harold Sexton 72	27:19.80

50 YD FREESTYLE	
David McAfee 77	8:38.57
Carl Lindstrand 75	8:43.57
John Newton 78	10:05.70
1000 YD FREESTYLE	
John Morrison 75	18:56.75
John Newton 78	21:54.21
1650 YD FREESTYLE	
David McAfee 77	29:30.00
Joe Irvine 76	30:04.19
50 YD BACKSTROKE	
Reg Richardson 75	40.75
Lee Starr 78	44.26
Carl Lindstrand 75	44.39
Gordon Corson 76	46.61
Edward Mackay 78	51.46
Jack Bartlett 75	52.79
100 YD BACKSTROKE	
Reg Richardson 75	1:32.43
Lee Starr 78	1:38.50
Carl Lindstrand 75	1:41.43
Gordon Corson 76	1:43.90
David McAfee 77	1:51.65
200 YD BACKSTROKE	
Reg Richardson 75	3:36.92
Lee Starr 78	3:52.08
Gordon Corson 76	4:06.12
John Morrison 75	5:13.61
50 YD BREASTSTROKE	
Harold Perry 75	40.78
Reg Richardson 75	42.19
Jim Penfield 79	44.60
Bernard Silber 75	51.79
Edward Mackay 78	52.91
100 YD BREASTSTROKE	
Kelley Lemmon 75	1:27.44
Harold Perry 75	1:32.32
Jim Penfield 79	1:43.54
Bernard Silber 75	2:04.03
200 YD BREASTSTROKE	
Harold Perry 75	3:35.26
Reg Richardson 75	3:50.48
Samuel Bernstein 78	4:28.31
50 YD BUTTERFLY	
Kelley Lemmon 75	35.44
Jesse Coon 76	38.99
Harold Perry 75	42.61
Jim Penfield 79	45.66
Joe Irvine 76	51.64
Edward Mackay 78	56.95
Bernard Silber 75	1:00.27
100 YD BUTTERFLY	
Jesse Coon 76	1:40.89
Harold Perry 75	1:52.29
Ernest Hale 76	2:37.59
200 YD BUTTERFLY	
Jesse Coon 76	4:00.39
Ernest Hale 76	6:24.75
100 YD INDIVIDUAL MEDLEY	
Kelley Lemmon 75	1:16.57
Reg Richardson 75	1:30.36
Harold Perry 75	1:32.33
Jesse Coon 76	1:35.28
Jack Bartlett 75	1:38.09
Edward Mackay 78	1:53.46
Bernard Silber 75	2:08.40
200 YD INDIVIDUAL MEDLEY	
Kelley Lemmon 75	2:58.90
Harold Perry 75	3:41.49
Jesse Coon 76	3:44.42
400 YD INDIVIDUAL MEDLEY	
Jesse Coon 76	8:09.56
Ernest Hale 76	11:42.52
50 YD FREESTYLE	
Arthur Hargrave 80	37.77
Robert Burns 80	40.79
James Burns 84	45.34
John Robinson 83	45.77
Joe Kaufman 82	47.21
Joseph Earley 84	47.94
Victor Sagues 83	52.97
Hy Goldman 80	1:27.91
100 YD FREESTYLE	
Arthur Hargrave 80	1:27.41
Gus Langer 83	1:28.19
Harry Jagers 80	1:36.49
Robert Burns 80	1:37.66
James Burns 84	1:48.94
John Robinson 83	1:49.74
Joseph Earley 84	1:52.74
Joe Kaufman 82	1:53.59
200 YD FREESTYLE	
Gus Langer 83	3:16.28
Arthur Hargrave 80	3:18.41
Harry Jagers 80	3:44.84
Robert Burns 80	3:59.80
Joe Kaufman 82	4:16.93
John Robinson 83	4:27.81
Victor Sagues 83	5:22.52
500 YD FREESTYLE	
Gus Langer 83	8:40.91
Harry Jagers 80	10:28.96
Louis Belmour 83	14:17.44
1000 YD FREESTYLE	
Gus Langer 83	17:35.58
Louis Belmour 83	30:50.36
50 YD BACKSTROKE	
Arthur Hargrave 80	42.29
Harry Jagers 80	52.45
Joseph Earley 84	1:01.18
Joe Kaufman 82	1:04.25
James Burns 84	1:04.25
Louis Belmour 83	1:12.28
Victor Sagues 83	1:23.88
100 YD BACKSTROKE	
Arthur Hargrave 80	1:35.29
Harry Jagers 80	1:57.20
Joe Kaufman 82	2:17.97
Joseph Earley 84	2:19.06
James Burns 84	2:28.40
Victor Sagues 83	3:03.35
200 YD BACKSTROKE	
Arthur Hargrave 80	3:37.76
Harry Jagers 80	4:14.53
Joe Kaufman 82	5:02.20
James Burns 84	5:50.07
Victor Sagues 83	6:11.51

50 YD FREESTYLE	
Andrew Kallunki 83	51.10
Gus Langer 83	56.48
James Burns 84	1:10.78
Louis Belmour 83	1:19.14
100 YD BREASTSTROKE	
Andrew Kallunki 83	1:57.31
Gus Langer 83	2:08.96
Louis Belmour 83	3:14.92
200 YD BREASTSTROKE	
Andrew Kallunki 83	4:27.17
Louis Belmour 83	7:31.33
50 YD BUTTERFLY	
Stanton Craigie 80	50.09
Andrew Kallunki 83	57.84
100 YD BUTTERFLY	
Stanton Craigie 80	2:20.46
200 YD BUTTERFLY	
Stanton Craigie 80	5:12.57
100 YD INDIVIDUAL MEDLEY	
Stanton Craigie 80	1:50.34
Andrew Kallunki 83	1:53.34
200 YD INDIVIDUAL MEDLEY	
Andrew Kallunki 83	4:23.59
Stanton Craigie 80	4:32.36
50 YD FREESTYLE	
Thomas Cureton 85	41.20
Paul Spangler 88	1:00.87
100 YD FREESTYLE	
Paul Spangler 88	2:16.58
Leroy Webster 86	2:49.15
Sig Langer 85	4:16.73
200 YD FREESTYLE	
Paul Spangler 88	4:58.03
500 YD FREESTYLE	
Paul Spangler 88	13:12.08
1000 YD FREESTYLE	
Paul Spangler 88	27:28.73
50 YD BACKSTROKE	
Thomas Cureton 85	59.29
Sig Langer 85	2:43.82
100 YD BACKSTROKE	
Thomas Cureton 85	2:11.05
200 YD BACKSTROKE	
Thomas Cureton 85	4:30.54
Leroy Webster 86	6:56.89
100 YD BREASTSTROKE	
Leroy Webster 86	3:01.75
200 YD BREASTSTROKE	
Leroy Webster 86	6:59.01
100 YD INDIVIDUAL MEDLEY	
Thomas Cureton 85	2:07.21
200 YD INDIVIDUAL MEDLEY	
Thomas Cureton 85	5:01.30
WOMEN	
200 YD MEDLEY RELAY 25+	
Walnut Creek Masters	1:52.62
San Diego Swim Masters	1:55.17
Westside Masters	1:55.56
D.C. Masters	1:55.98
Rinconada	1:58.75
Ladera Oaks	1:59.56
Longhorn Aquatics	2:00.51
Husky	2:00.54
200 YD MEDLEY RELAY 35+	
Westside Masters	2:03.04
Los Altos Masters	2:04.75
Oregon	2:05.92
New England Masters	2:06.40
Empire State Masters	2:11.54
Alameda Masters	2:15.59
Rocky Mtn Masters	2:19.59
Walnut Creek Masters	2:21.99
200 YD MEDLEY RELAY 45+	
Tamapa's Aquatic	2:17.76
Pacific Northwest	2:18.76
So Cal Aquatic Masters	2:22.27
San Diego Swim Masters	2:23.96
Rinconada	2:26.85
Rocky Mtn Masters	2:43.09
San Mateo Marlins	2:43.13
Sacramento Assn.-of M	2:43.76
200 YD MEDLEY RELAY 55+	
Walnut Creek Masters	2:42.02
New England Masters A	2:45.80
Pacific Northwest	2:54.87
Los Altos Masters	3:03.83
Rinconada	3:03.95
San Mateo Marlins	3:05.35
New England Masters B	3:23.87
Rocky Mtn Masters	3:26.92
200 YD MEDLEY RELAY 65+	
San Mateo Marlins	3:17.67
Rocky Mtn Masters	3:26.36
Rinconada	4:07.52
Middle Atlantic Masters	4:39.86
200 YD MEDLEY RELAY 75+	
Walnut Creek Masters	5:39.54
200 YD FREESTYLE RELAY 25+	
Walnut Creek Masters	1:39.66
San Diego Swim Masters	1:40.79
D. C. Masters	1:41.47
New England Masters	1:43.78
Rinconada	1:44.16
Lone Star Masters	1:44.31
Westside Masters	1:45.03
Los Altos Masters	1:45.32
200 YD FREESTYLE RELAY 35+	
Westside Masters	1:47.88
Los Altos Masters	1:50.15
New England Masters	1:51.28
Empire State Masters	1:52.07
Oregon	1:54.01
Pacific Northwest	1:57.34
Lone Star Masters	1:57.34
Alameda Masters	2:00.31
Rocky Mtn Masters	2:01.08
200 YD FREESTYLE RELAY 45+	
Tamapa's Aquatic	1:58.14
So. Cal Aquatic	2:01.90
Pacific Northwest	2:03.25
San Diego Swim Masters	2:09.18
Rinconada	2:10.31
Empire State Masters	2:10.56
San Mateo Marlins	2:15.84
Walnut Creek Masters	2:26.76

200 YD FREESTYLE RELAY 55+	
New England Masters A	2:21.54
Walnut Creek Masters	2:24.14
Los Altos Masters	2:34.96
Pacific Northwest	2:37.27
Rinconada	2:24.02
Tamapa's Aquatic	2:46.55
Sacramento Assn of M	2:50.35
New England Masters B	2:53.74
200 YD FREESTYLE RELAY 65+	
San Mateo Marlins A	2:57.98
D.C. Masters	3:00.35
Rocky Mtn Masters	3:07.48
Walnut Creek Masters	3:21.91
Middle Atlantic Masters	3:40.60
San Mateo Marlins B	3:49.53
200 YD MEDLEY RELAY 25+	
Valley Forge	1:35.81
Lone Star Masters	1:37.16
The Olympic Club	1:37.53
Belmont Shore	1:37.87
So Cal Aquatic Masters	1:38.03
Mills Aquatic	1:38.08
D.C. Masters	1:38.57
Walnut Creek Masters	1:38.80
35+	
So Cal Aquatic Masters	1:40.83
Valley Forge	1:43.21
Ladera Oaks	1:44.08
Rocky Mtn Masters	1:44.40
The Olympic Club	1:44.40
Walnut Creek Masters	1:46.78
Husky	1:46.78
San Diego Swim Mas	1:47.32
45+	
Connecticut Masters	1:51.63
The Olympic Club	1:53.35
Pacific Northwest	1:53.66
New England Masters	1:55.21
San Diego Swim Masters	1:55.85
Rinconada	1:56.83
D.C. Masters	1:58.65
San Mateo Marlins	1:58.65
55+	
So Cal Aquatic Mas A	1:57.74
New England Masters	2:03.60
So Cal Aquatic Mas B	2:06.40
The Olympic Club	2:09.82
Rinconada A	2:11.72
Sacramento Asso of M	2:21.23
Humuhumu	2:21.37
Rinconada B	2:26.92
65+	
San Mateo Marlins	2:14.04
Oregon A	2:17.89
Oregon B	2:34.90
Lone Star Masters	2:38.47
Empire State Masters	2:38.49
Middle Atlantic Masters	2:38.58
D.C. Masters	2:39.85
Pacific Northwest	2:42.93
75+	
Edwards	3:15.62
200 YD MEDLEY RELAY 25+	
Lone Star Masters A	1:24.62
The Olympic Club	1:25.34
Valley Forge	1:25.68
D.C. Masters	1:27.71
Lynnbrook Aquatic	1:27.96
Lone Star Masters B	1:27.99
So Cal Aquatic Masters	1:28.27
Mills Aquatic	1:28.89
35+	
Ladera Oaks	1:29.95
The Olympic Club	1:31.03
Rocky Mtn Masters	1:31.38
So Cal Aquatic Masters	1:31.67
Husky	1:32.67
Walnut Creek Masters	1:32.95
San Mateo Marlins	1:34.75
San Diego Swim Masters	

Swim champ makes waves in keeping seniors in shape

By Ron Bukley
Staff Writer

DELRAY BEACH — Anne McGuire is a swimming champion at 52, but awards don't impress her. She has been a winner all her life.

She says she's more excited about the favorable response to her aerobic swim classes for senior citizens.

McGuire won three events in the United States Masters Swimming National Short Course Championships in Palo Alto, Calif. Saturday and Sunday. That's no small feat. With more than 2,000 participants, the U.S. Masters is the largest swimming competition in the nation.

"Isn't that incredible?" she says, not about herself, but the number of seniors who participate. The 2,000 there constituted more than 11,000 individual entries, including 677 relays.

Won three events

McGuire, representing the Florida Gold Coast Masters Swim Club, took the women's 50-54 division in the 50-yard breaststroke with a time of 37.90, the 100-yard breaststroke with a time of 1:24.91 and the 200-yard breaststroke in 3:05.05.

But that's not new — she wins several events every year. The former elementary and high school coach is more excited about her water gymnastics classes for seniors.

"I have more than 50 in my class this evening at Aqua-Crest. They are so excited about it. I have people in the classes tell me I have given them new life through exercise and being fit.

Swimming low impact

McGuire also is a runner, putting in five miles a day, but finds swimming less impactful and less stressful for older people. Even for younger people there is less stress on the joints in swimming than in running, which jars and sometimes injures joints and tendons.

"I just like other people being healthy, too," she says as her reason for teaching the courses. "Fitness is what swimming is all about.

"They were all excited because they had read about my winning. I don't go in the water when I'm teaching, but now they say I have to swim for them."

Called Slim & Swim, part of the curriculum of the Palm Beach County School Board's Adult Education program, she teaches two classes at local condominiums and the one at Aqua Crest county pool at Atlantic High School, Delray Beach. Participants can go at their own speed.

Go at own speed

"You can go slow if you have arthritis. But it can be higher impact if you want. It's hard to hurt yourself in this class.



SHE'S A SWIMMING CHAMPION ... but Anne McGuire would rather tell you about her successful aerobic swimming classes for older people.

Staff Photo by **RON BUKLEY**

"We start with exercises. People who can't swim feel the water. We start with easy strokes and increase a little each time. Eventually, they learn all the strokes, at first by walking through it."

Good swimmers she sets aside to do something else. "But they all help each other."

She said she has a waiting list for private swimming lessons — other students she's had several years.

"What's nice about the same instructor every year is they aren't afraid of you and they trust you and there is no time wasted getting to know another person.

Sees old friends

She still enjoys competition and seeing old friends year after year.

"A lot of my friends who swam at Purdue University are back into swimming," she says. Her coach at Purdue was Dick Pappenguth, the 1952 Olympics swim coach, a team she missed by .01 second.

"We were national champions — the only college team in the country at the time. We weren't allowed to compete as a college team. We were called the Lafayette swim club."

Two years ago swam the Australian Masters National Championship, where she saw many of her friends who live now in diverse parts of the world.

Travel is part of the fun of competition, along with being with friends, she said.

"Just being around people who are fit is great."

1986 USS LONG DISTANCE MASTERS ALL AMERICANS

WOMEN 25-29

Sharon Blaha
Denise Brown
Diane Dagosta
Arlene Garreton
Lisa Lambert
Terri Taylor

WOMEN 30-34

Cindy Cleveland
Sherry Kittrell
Patricia Mattson
Pamela Nickle
Maryann Stevens
Patricia Mattson

WOMEN 35-39

Joan Diercks
Barbara Dunbar
Karen Rubin
Lynn Brownstein

WOMEN 40-44

Lynn Brownstein
Jane Katz
Suzanne Reidinger
Janet Royer
Karen Klisch

WOMEN 45-49

Joan Jeter
Janet Royer
Lynn Weir
Barbara Zaremski
Roberta Boberski

WOMEN 50-54

Marianne Brogan
Ann Champ
Anna Marie Moeller
La Valle Stoinoff
Nadine Whitehall

WOMEN 55-59

Edie Gruender
Dorothy Laporte
Gail Rober
Betty Russ

WOMEN 60-64

Shirely Erickson
Ruth Manfredi
Virginia Sinor

WOMEN 65-69

Jane McCollister
Rose Steward

WOMEN 70-74

Ivy Browne
Jean Durston

WOMEN 75-79

Eva Bein
Elizabeth John

WOMEN 80-84

Elizabeth Mauric

MEN 25-29

Daniel Bartlett
Brian Cohn
Dana Carpenter
Thomas Fristoe
Charles Groen
Andrew Miller
Rick Wiese
Lance Halsted

MEN 30-34

William Black
hank Davis
Gregory Kincheloe
Sandy MacDonald
Robert Schuchard
Rick Walton
Jeff Woodard
Jeff Cross

MEN 35-39

Robert Bringle
Patrick Dixon
Kevin Polansky
Don Sager
Chip Zempel

MEN 40-44

Jeff Cooke
Bill Damm
Richard Kline
David Landgraf
Dennis McNulty
Richard Michaels
Jeff Ball

MEN 45-49

Herb Bartheis
Mel Goldstein
Tegze Haraszti
Burt Kanner
William Nolan
Patrick Schlup
Kent Price

MEN 50-54

Nicholas Berenyi
David Kan
Sam Kooistra
Steve Schofield
Brad Sturtevant
Burwell Jones

MEN 55-59

Robert Beach
Gerald Martinez
janes Van Arsdale
Winthrop Wilson

MEN 60-64

Ray Falk
Paul Hutinger
Jurgen Schmidt
Robert Welkin

MEN 65-69

Aldo Da Rosa

MEN 70-74

Nelson Otis
Earle Schofield
Gary Weisenthal

MEN 75-79

Alfred Guth
Joe Irvine
DAvid McAfee

MEN 80-84

Gus Langner

MEN 85-89

Ralph Fletcher



THE SWIMMER'S "PSYCHE-UP"

By Dr. Sharon M. Colgan

Before a competition, every swimmer (no matter whether he or she is an elite or a beginning swimmer) goes through a process called the "psyche-up." This process might occur on the unconscious level, but more than likely, it will take place on the conscious level, where the swimmer is cognizant of the process. The more mentally sophisticated the swimmer, the more complicated the process becomes.

The "psyche-up" commences when the individual begins to analyze the upcoming race and asks, "Can I or can't I?" During this conflict presentation stage of the psyche-up, the ego (which in the core of the self-concept) begins to be attacked by various self-talk statements. In the early phase of this internal battle, these self-talk statements split immediately into two sides: the "black hat" bad side and the "white hat" good sides. When the battle commences, each side begins a verbal dialogue which continues to mount in intensity until one side overpowers the other.

The "black hat" side uses two main tools, which I will call knifing and pounding. Knifing is the technique of developing stabbing negative comments, and pounding actual hammers in the critical remarks. The "white hat side" also uses two main techniques: stroking and gluing. Stroking involves making confidence-building statements, and gluing is filling in the cracks with compliments and positive affirmations. The two sides begin to work on the ego at any time—from days before an event to an hour prior to the competition. Even when one side definitely wins and the others tires out and lies dormant, either side can begin again . . . so be alert!

The two negative techniques of self-talk, knifing and pounding, can definitely take their toll on a swimmer's psyche. Knifing occurs when each negative statement or criticism penetrates into the ego. Negative remarks like "You'll never be a nationally-ranked swimmer," or "You don't have what it takes" could have been stated by a significant other in the swimmer's past or present life (a parent, ex-coach, sibling, or friend). The swimmer has unconsciously recorded these critical statements and has proceeded to "pound" them into his or her cognitive processes. "Pounding" begins when these statements are allowed to be repeated over and over in a ruminating cycle. Both self-talk techniques are detrimental to the ego, and both can result in impairment—or sabotage—of the swimmer's performance.

Stroking and gluing, on the other hand, are two techniques which can enhance a swimmer's performance. Stroking involves positive reinforcement of the ego. Positive confidence-producing statements such as "I am prepared to win" or "I can do anything if I truly want to" will help to build ego strength in the swimmer. Gluing is the process of taking these statements and repeating them over and over so that they will "stick" onto the ego. Both of these self-talk techniques will guarantee a

good, and perhaps even a peak performance.

Now the question arises: "But how do I control which side and which self-talk technique wins?" The answer is simple, but the actual process is difficult. There are three steps:

The first step is awareness, when the battle of the "psyche-up" begins. Allow yourself to focus on the process.

Second, consciously *force* one side to win the self-talk battle, which is the control step.

Third, begin to let the side that wins go through a repetitious process, repeating each statement over and over until you begin to feel what you think.

When you are successful at accomplishing this process, each battle of the "psyche-up" will be resolved more quickly than the last.

Good luck with your "psyche-up," and may your better side win!

Thoughts for the Month—February

"Determine that the thing shall be done, and then we shall find the way."

A. Lincoln, June 1854

"You cannot live a perfect day without doing something for someone who will never repay you."

John Wooden

"There is no heavier burden than a great potential"

Peanuts

"Problems are what you think they are. They can be either a struggle or a piece of cake . . . depending on your own expectations."

Anon.

"The quickest way to acquire self-confidence is to do what you are afraid to do."

Anon.

"The dictionary is the only place where success comes before work."

Anon.

"Nurture great thoughts, because you will never go higher than your thoughts."

Benjamin Disraeli

"The superior man thinks of virtue; the small man thinks of comfort."

Meng

"Few things are impractical in themselves, many things fail, not for that or means, but simply because of lack of application."

William James

"We work to become, not to acquire"

Elbert Hubbard

HOW TO AVOID WORKOUTS, OR THE CONTINUOUS TAPER

Writing with one's tongue-in-cheek is tough enough. Swimming that way is downright impossible. However, be that as it may, we do have to maintain a sense of humor through all of this, lest it become drudgery. What follows is an imperfect, yet workable plan to avoid even the slightest hint of drudgery!

The master plan for workout avoidance came slowly at first. Over several seasons, I noticed one or two individuals showing up at meets and just blasting the suits off their competition. Now, these same "rockets" happen to be people that I knew for certain had not worked out on a daily basis prior to the meet. The question began to formulate in my mind: "Why am I busting my draw-string every day? Why drag this poor old torso through the chlorine over and over, just to come in second?" Slowly, the light dawned. These people were properly tapered. They were exactly and precisely honed to a razor-sharp edge, while I, on the other hand, was merely tired.

Now, let's talk tapering. First thing is: what is it? Tapering is slowly reducing the amount of pain and destruction done to the body so as to allow some semblance of re-building to occur. You know, muscles forming again, bones aligning properly...in short, normalcy for your body. Next question is: how do I taper? The steps are easy. After achieving the desired level of fitness, you begin to modify your workouts about two weeks before the big event. By modify I mean that you do less and less and do it less frequently and with less intensity. This way, when it comes time for the "big one", you are well-rested and refreshed. You are strong, relaxed, confident, etc...ect...ad nauseum. Got it?

All right! Now, here is the revelation! In your association or swimming area, there is probably one meet per month. Hold on to your flippers; this is heavy stuff! Believe it or not, there are other areas in which to swim in a meet, probably close or adjacent to your own area. Chances are only one in four that their monthly meets are on the same weekend as yours. VOILA! You have two meets per month to attend. Now, nowhere is it written that you can only taper once a year or three times per lifetime, so why not taper for every meet? BINGO! A continuous tapering process has been created. No more workouts; just stay on the razor's edge of pre-competitive readiness!

Does it work? Pseudo-scientific tests are under way at this very moment to determine the effectiveness of continuous tapering. My best bet is

that you already know the answer. Just look around at the next meet you attend. There will be one or two "rockets" every time. They will be relaxed, tanned and too cool, too cool. They will also be faster than lightning whether it be during the swim, getting first place awards or being first in line at the post-meet pizza party. My guess is that they were properly "tapered".

THE FANTUM

(from Conn. Masters)

Training

By Jay Fitzgerald

Mon.

Medium range sets, 500s, 200s, and 100s

Warm up, 500 choice

9 x 200s:

- 1) pull
- 2) kick, 4 x 50s on the 1:10
- 3) swim

They are to rest 15 seconds after the third one and repeat the sets three times.

12 x 50s on 50 descend 1 to 3, x 4
200 swim down

Tues.

Short rest and challenge sets

Warm up, 500 choice

Pull 300, 200, 100 rest 15 sec in between.

Kick 10 x 50s on 1:10

Swim 12 x 100s, 3 one 1:25, 1:20, 1:15, 1:10, or 3 on 45, 40, 35, 30

The last three are to be a challenge and each swimmer should choose what the last three should be for them. I think 3 is a good number to use because most people can make the first one, the second may be a little tough, but the third one tests their mental and physical toughness as well as their pride.

Wed.

This is a good day to distance sets or a distance swim.

Warm up, 500 choice

1 x 500, DPS. (distance per stroke), rest 30 seconds, then

5 x 100 on your best short rest, then rest one minute and repeat this drill for three rounds. The more advanced swimmers can descend the 500, 1 to 3

200 swim down

The swimmers are aware of their interval time and we group the lanes according to speed. Once a swimmer has good success at one interval, they are encouraged to move to a faster cycle so as to obtain a new challenge.

Thurs.

IM and sprint day.

Warm up, 500 choice

10 x 100, odds are free, even IM on 1:45 for the freestyle, 2:00 for the IM.

Descend 1 to 5 on the IM

5 x kick 1 x 100 easy on 2:40, then kick 2 x 50s fast on 1:10.

5 x 1 x 100 easy swim on 2:00, 3 x 50 fast on 1:00 and repeat that 5 times.

200 warm down

This workout may appear to be easy, but when done with high intensity the swimmer leaves exhausted. I like to call their times on the sprint to motivate them to go faster with each repeat.

Fri.

Can be a combination of any of the previous workouts. Generally the athletes can go a sprint or mixture of workouts.

Warm up, 500 choice

Pull 4 x 200s, rest 15 seconds

Kick 8 x 75s, rest 15 seconds

Swim 12 x 75s, odds, fly, back, breast, all strokes, even, freestyle, 75 on 1:20

10 x 25s on 40, easy sets

200 warm down

Sat.

Swimmers make up their own workouts and come in at their leisure between 8 a.m. to 11 a.m.



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Swimming News

WORLD TOP TEN TIMES - The World Top Ten times in the June issue was the product of M.S.I. - Masters Swimming International. All those listed are entitled to the M.S.I. Top Ten Patch. These patches are available from Margaret G. Samson, 49 North Altadena Dr., Pasadena, CA 91107.....

CAN YOU BELIEVE - Jim Welch from Hawaii writes, "The following swimmers swam 100 meters with a time in seconds less than their age in years. There may be others, but these 2 are the only ones I know of."

Kelley Lemmon	DOB	14 May 12
	Age yrs	72.279
	Time sec	72.18
	Date Swum	24 Aug 84
	Meet	USMS Nat. Raleigh

Peter Powlison	DOB	06 Mar 22
	Age yrs	64.356
	Time Sec	63.94
	Date Swum	14 Jul 86
	Meet	FINA World Japan

FAST FOOD CALORIES - While it's not always possible to avoid fast food, as we occasionally need to grab a quick bite to eat, we should be aware that fast food is not "food for sport."

Muffin-and-egg sandwich.....	312 calories
Quarter-pound cheeseburger.....	421 calories
French fries.....	215 calories

Chocolate shake.....	317 calories
3 pc chicken dinner with mashed pot, gravy and roll.....	1070 calories
Rocky road ice cream/cone.....	204 calories
Two 8-oz soft drinks.....	200 calories
3 pc fish, chips & slaw.....	1000 calories
Another chain's fish sandwich	744 calories
Taco.....	146 calories
Tostada.....	231 calories
Burrito.....	345 calories
Plain hamburger.....	250 calories
	155 is bun
Chili dog.....	330 calories

Salads are a good bet

2 large lettuce leaves.....	7 calories
6 slices of cucumber.....	6 calories
Raw onion.....	4 calories
Tomato.....	30 calories
1 tablespoon cream garlic dress.....	100 calories
Large dip cone of soft icecream	450 calories
Medium malt.....	580 calories
Plain donut with white icing...	265 calories

Everytime you pack away more calories than you need to maintain your weight, they stay with you. When you've stored 3,500 more than you've burned up, you've gained a pound.....

"ROTATIONAL WORKOUT PARTY"

This set was conceived from the progressive dinner party idea. It has been proven to enhance practice morale and performance by providing a change of "scenery" for the swimmers.

- a) Divide your pool into 3 or 4 "2 lane sections"
- b) Give each section its own posted workout (each workout must be of the same time duration)
- c) After completing the posted workout, each section "rotates" in a clockwise direction to the new workout

Example:

Lanes 1 & 2

10 x 75 on 1:30
1-5 = fly drill
6-10 = K/S

Lanes 3 & 4

3 x 200 Pull on 5 min.
1 50 FR 25 Br 50 FR 25 Br 5 FR
2 Same — substitute BK for BR
3 Same — substitute choice for BK

Lanes 5 & 6

30 x 25 Sprint on 30
1 10 = 1F/1 ez
2 10 = 1 by 3's
3 10 = Fly/Free

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SWIM CALENDAR

VOL XVI - No 6

JULY 1987

JUL 11	TWO MILE NAT CHAMP - Dr. Jim Miller, 1417 Johnston-Willis Dr., Richmond, VA 23235
11	LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
11	LC - Woody Acton, 2237 Dawn Marie, Okla. City, OK 73112
11-12	LC - Dot Donnelly, 5 Piggott Lane, Avon, CT 06001
11-12	LC - Dixie Zone Champ., Dorothy Ressiguie, POB 7, Tar Heel, NC 28392
11-12	LC - Will Worley, 1001 Village Dr., College Station, TX 77840
11-12	LC - L.S.U. Natatorium, Louisiana State University - Scott Rabalais (504) 928-5596
11-12	LC - State Games of Oregon - P.O. Box 400, Lake Oswego, OR 97034
12	SC - Eileen Natoli, 80 Pinewoods Ave., Troy, NY 12180
18	LC - SMU - Jim Montgomery, 3503 Fairmont Ave., Dallas, TX 75219
19	3& EQ MI NAT CHAMP - Bob Herron, 610 Pacific Coast Hwy., #209, Seal Bch, CA 90740
24-26	LC - Winnie Prall, 6735 Chesapeake Pt. NW, Atlanta, GA
24-26	LC - Suzanne Rague, 263 West End Ave., #9C, New York, NY 10023
25	LC - Paul Blair, 9009 Reservoir Ct., Little Rock, AR 72207
25	LC - Dave Duncan, 102 Ivy St. Rt 3, Freeport, TX 77541
25-26	LC - Mary Pohlman, R.R. 6, Carbondale, IL 62901
25-26	LC - Alfonso Allen, 9812 Muirfield Dr., Upper Marlboro, MD 20772
26	LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
26	LC - Allen Andersen, 302 Island Road, West Palm Beach, FL 33406
31-Aug	1-2- So. Regionals - Joanne Weber, 3701 East Bay Dr #125, Largo, FL 33541
31 Aug	1-2- PMS LC - Carol Macpherson-Remen, 3805 Magnolia Dr., Palo Alto, CA 94306
31 Aug	1-2- Empire State Games - Suzanne Rague (above)
1-2	LC - Mary Dowlen, College of Charleston, Charleston, SC 29424
2	LC - Alicia Coleman, 24 The Point, Coronado, CA 92118
7-9	LC - Dr. Jim Miller, 1417 Johnston-Willis Dr., Richmond, VA 23235
2-8-9	LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
8-9	LC - Joann Leilich, 4913 Kingston Dr., Annandale, VA 22003
8-9	LC - Ed Danehy, 8391 Dixon Dr., Austin, TX 78745
8-9	LC - J. K. Edwards, 2 Thayer St., Providence, RI 02906
9	Manhattan Is Marathon Swim, Drury Gallagher, 438 W 37 St, Suite 5H, NY, NY 10018
16	LC - Suzanne Rague, 263 West End Ave. #9C, New York, NY 10023
21	5 MI NAT CHAMP - Ray Falk, 424 W. 38 St., San Pedro, CA 90731
21-24	USMS LC NATIONALS - Del M. Hanson, WMS, PO Box 7148, The Woodlands, TX 77387
MAY 15-SEP 15	- 10K x 2 Postal Relay - Mike Stott, 3412 Grandview Dr., Richmond, VA 23235
SEP 23-27	USMS NATIONAL CONVENTION - Atlanta, GA
26	- Woody Acton, 2237 Dawn Marie, Okla. City, OK 73112
MAY 1988	USMS SC NATIONALS - Austin, TX (Thur-Sun) May 19-23
AUG 1988	USMS LC NATIONALS - Buffalo, NY (Thur-Sun) Aug 25-28
OCT 1988	2nd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Australia Oct. 8-14 Margaret Samson, 49 North Altadena Dr., Pasadena, CA 91107
AUG 1990	3rd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Rio de Janerio, Brazil Aug 7-12
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