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HUTINGER MASTER SWIM CLINIC

By Rose Conrad

About 45 Masters swimmers had an unparalleled opportunity to learn and improve at Western Illinois U. on Nov. 13-14. Dr. Paul Hutinger organized a swim clinic just for adult swimmers at Macomb, IL, and we gathered from Kansas and Indiana as well as Illinois. The twenty dollar fee and low priced University rooms made it feasible to arrive the evening before and start well rested on Saturday morning. First order of business was a cholesterol blood test, followed by breakfast poolside. We divided into two groups, alternating one group working in the pool while the other went to Brophy Hall for five more tests. Our height, weight, and blood pressure were checked, we blew ourselves inside out testing our lung volume, had our skins pinched for skin-fold measurements to determine our fat percentage and desirable weight, wriggled through ankle, shoulder, hip, and back flexibility tests, and then peddled 2 miles on the Ergometer Astrand test (stationary bikes) testing our oxygen usage work capacity.

Meanwhile, back at the pool, the other half was coached by varsity swimmers on stroke corrections while waiting our turns to swim our choice of two strokes each for the underwater video camera. Besides this intensive pool work, Coach Bill Ryan of W.I.U. (himself a Masters swimmer) showed us our video tapes immediately afterward and detailed our weaknesses and corrections. Seeing yourself really brings it home - do I do that? We were ready to take a break in beautiful downtown Macomb for a quick lunch.

Returning to the classroom, Dr. Hutinger explained the medical tests to us and the importance of having a realistic image of our physical condition and our capacity to improve. Aging progresses in the lessening secretions of the nervous system, affecting the endocrine and hormonal systems and the lessening of collagen, the chief constituent of connective tissue. This makes it increasingly difficult to adapt to physical and mental stress. However, by developing more of our strength capacity, we can keep our body systems at more efficient levels and offset much of the effects of the aging process. Swimming can use about 25% of total strength. With more strength, it is possible to swim more efficiently (that is - use our body systems at more productive levels) and possibly get more speed from the same energy expended. Dr. Hutinger also described different strength building methods - isokinetic, isotonic, and isometric (usually not suited to Masters) and how to use various equipment for specific swimming exercises. On the way back to the pool, we stopped to take the Vertical Jump Test, an indication whether your muscles are best suited for sprinting or endurance.

Back in the pool, Coach Ryan and Dr. Hutinger drilled us in training schedules - how to work out and how to count your heart beat to determine how hard you have worked and how long to recover. (The essence of training is to work hard enough in specific work patterns to raise the heart beat to 140-160 beats per minute so that the muscles will over-compensate and develop greater capacity.) We swam series of 50 yds. or 100 yds. in different strokes allowing our hearts to recover to 120, 110, or 100 before starting again, trying to work at 50%, 75%, or 90% of our capacity. Afterward, we watched while 13 members of the varsity team demonstrated different strokes and Coach Ryan described the variations and good and bad points of each swimmer.

On the supper break, we were directed to the best eating place in Macomb - the Roe Boat - an original frame house by the railroad tracks that doesn't have to advertise. As we waited outside the door, we watched the bus boy going in and out the front door with trays of clean and dirty dishes - dish washing is done next door. The wait was worth it. Happily stuffed, we wandered on to Paul and Patti Hutinger's home to stuff in more goodies. There were video cameras with tape units set up in 3 rooms to watch our performances again. And there was more opportunity to get better acquainted with our fellow swimmers. Barbara Zaremski of Kansas City brought four Biofeed back machines so that we could watch our responses at calm and excited levels. Calm swims better than excited.

The next morning, after a hurried breakfast at McDonalds, we re-assembled in the classroom for more training techniques and the mechanics of strokes, applying Newton's Laws of Physics to swimming - Inertia and Every action has an opposite and equal reaction. We were advised to make seasonal, weekly, and daily work out plans - think out in advance what you want to do. Dr. Hutinger explained different training methods such as: 1) Increasing yardage (popular but now being questioned), 2) 80% effort in 1/2 hour daily workout (warming up for 100-200 yds, then swimming specific sets such as 10 times 50 yds of free, 4 x 50 kicking and starting every 1:15, 4 x 50 back, etc. for 1500 yds.), 3) Working out intensely every other day, 4) Short warm-up, all out sprinting until form is lost (aches and pains in the adaptation process, watch for damage), 5) Stroke improvement. It is important to maintain your speed and top effort in your workout for specific competitive training and for your psychological preparation. Practice your kicks at top speed too, because timing often comes from the kick. Endurance swimmers should practice kicks about 10% of their workout; sprinters should kick 30% of the workout. He also explained the use of a workout book, having given us a copy of the log book he has developed for Masters swimmers. Coach Ryan also explained the chemical energy systems - Creatin-phosphate - ATP system which lasts a maximum of 8-10 seconds, the lactic acid - ATP system which lasts a maximum of 45 seconds, and the aerobic O² - ATP system which is a steady state that lasts indefinitely. The aim is to get quickly into a steady state at higher and higher performance levels. The aerobic system degenerates 1% a year unless replenished with training.

When we went back in the pool, Coach Ryan had about 20 water drills for us to practice - to think and work on specific parts of strokes - like kicking the breast stroke on our backs or brushing our ears with our arms. We worked very hard reaching for immediate goals, swimming circles without thinking too much about ourselves. By noon we were tired, but high from the intensity. So we settled down with Barbara Zaremski who discussed how the mind controls our swimming for better or worse and put us through a relaxation technique to achieve that level of mind (Alpha) in which we perform best.

And so we parted, crammed full of information and new patterns for our muscles, and all the possibilities of better and better. Certainly we got more than our money's worth. Time will tell how much more. Attending such an excellent clinic and receiving so much help from pace setters like Dr. Hutinger and Coach Ryan, we began to understand why Masters competitive swimming is developing so fast. Dr. Hutinger has done a 5 year study of the effects of regular training on a Masters swimmer. Then for this last year, he cut his yardage to 6,000 yards a week to determine whether it is possible to maintain and improve condition with only 1/2 hour available daily. He is proof positive.

COFFEE? - by Ed Blackledge

This has been an educational year for me as far as my health and my performance in Masters goes.

First we will dismiss my chief problem. I screwed up my right knee in Feb., 1943 skiing with the US army in WI. By Dec. 1945 it was well, and I was running a poor second to Joe Vereur in Orange, NJ. I'd been out of the army 2 months. 1976 was not a very good year for the knee.

Now to the real Devil - I am writing this as a layman. No Masters, no PHD, just something that hit me. HARD! Something that could have possibly affected me in the 1974 Nationals in Ft. Laud. and at various times since then.

I began to fall off in practice in August of '76 and by the middle of Sept. I was a wreck. Normally I can swim 4 miles of breast-stroke or Backstroke and in the past year have been swimming 1500's and 2000's of crawl with no trouble to speak of - here is the key - just small troubles which can be passed off as "getting your second wind" at 250-300 yds on the way to 1500-2000 yds.

In late July I went to San Antonio, TX from CA. 1st morning in TX I was in a cafe with my friend at 6 am drinking coffee, 2 or 3 cups. Off to Bryan, TX, coffee with friends for 3 days - back to San Antonio. Coffee at 6 am. Back to CA. AUG. 5 Company had hired a new working associate - lovely fellow, every time he turned around he brought in two large cups of coffee.

Son-in-law came back from Thailand, great coffee drinker and with him I would drink - I like coffee, but I can stop drinking it any time.

Fortunately, friend at work lasted 5 weeks and quit.

Meanwhile, back at my heart, I got the most awful palpitations, boing de boing dee plunkata plunk and, as our idol said, pocketa queep! etc. So I went and swam in a 50 meter pool meet 2 days after this began. I nearly died in a 200 mtr breast. But I loafed through 11 events in 2 days.

Two weeks later I decided the coffee was doing this to me. I quit - two days later I swam in Atascadero, CA. In a 200 free I swam 70 yds and panicked - I rolled over and loafed the remainder of the "race". Through all these panickings I thought it was psychological - getting the second wind on the way to 500 or 1650.

Now it has been a month and a half away from the constant coffee. I am pulling 500, 1000 - 2000 yds crawl with no letup - just more and more strength all the way.

The "second wind" area that I thought was psycho is non-existent. I wouldn't say coffee is bad for anyone, but it may not contribute to my well being.

For years I've said, half in jest, that I'd not pay an M.D. to tell me to stop drinking coffee. (I still haven't paid him.)

I write this for the fellows who may think they have troubles, wearing out, psycho, sore leg, sore back, booze. To them I say look carefully into what coffee is possibly doing to your heart - you may be amazed at the strength and stamina you have without it. Maybe it is tearing at you, now and then, or consistently and heavily.

I'm saving that knee for one or two races in Ft. Lauderdale in May!

But then, ask Dick Guido or John Sole if I ever came to a meet with a physical complaint before - (John! don't throw that garboon at me!)

By Capt. Ransom J. Arthur

The Masters Committee meetings at the National AAU Convention in Phoenix, Arizona provided a number of notable decisions.

There were a number of changes in the rules. First, in national championships, individuals will be allowed to enter only seven individual events. In any case, they will be allowed to swim only five events, as has been the pattern previously, but this means there will only be two scratches permitted. This rule was put in because some people have been entering 12 or 13 events and scratching to get down to five. Even though this sort of gluttony means increased revenue for the meet director, that is scant compensation for the additional administrative headaches that indiscriminate entering engenders. This amendment greatly tightens up the entrance procedures.

Another rule change was to make mandatory the pre-seeding of all events of 200 yards or meters or less, in national championship meets. That means, henceforth, all national championship meets will have fixed heats and heat sheets distributed at the time of registering for the meet. The longer events (that is, the 400 meter, 500 yard, 1500 meter and 1650 yard freestyle) will continue to be deck-seeded. This amendment was adopted because it was felt that there is greater enjoyment possible in a meet where each person knows what heat he or she will be swimming in advance and who his or her opponent will be. It also precludes the necessity of double or triple checking-in that deck-seeding causes.

The committee adopted an amendment to allow awards for places below sixth in the national championship if more than six lanes are used (e.g., in an eight-lane pool, there will be awards running from first to eighth).

Yet another rule change was one involving the concept of All-American. After this year, the designation 'All-American' will be given only to the individual who achieves the best time in any given event during the short or the long course season, respectively. That is, the individual who is No. 1 in the top ten in, say, the 50 meter butterfly, or the 400 meter freestyle, will be designated the All-American for that event. There will be no other All-Americans designated. Additionally, there will be no patch, medal or certificate awarded. There will be merely a listing of the individual in *Swim-Master* and other publications and a designation of All-American in those publications.

The reasoning behind the adoption of this notion was that the All-American concept has brought into being more acrimony, hostility, envy, spite, bitterness, back-biting and bruised feelings than any other aspect of Masters swimming. I have been continuously sorry that I approved the introduction of the All-American concept in the early days of Masters swimming. This issue has been a perpetually divisive one. I would have personally preferred that the whole idea be scrapped but the amendment seems to be a reasonable compromise.

At the Payne Whitney Gym, Yale University, the Connecticut Masters Swim Club has responded to Hawaii's challenge of several years ago for the 1000-yd 10-men relay!! We had one person from each age group, AAU sanction and regulation watches. Final time: 11:07.2. Hawaii's time as reported in Swim-Master was 12:07.88. WE now send out the challenge to any team!! We also swam a women's 1000-yd relay, one woman from each age group, 100 yds each. To our knowledge no one has done this before. Final time: 14:13.5. A fun-aside - Betty Lyon our 70+ member does not usually compete. Earl, her husband does, but she swims along with him in practice. She swam the first leg of the relay, and her 2:17 placed her 5th in the last Top Ten listing! We were all proud of her, and she may even consider some individual competition now! Other Conn Masters swam a "B" relay.

- 1 - Men A Team - B. Geoghegan, J. Geoghegan, M. Laux, H. Milroy, F. Dooley, R. Lavendier, B. Erich, J. Sautter, J. Kiernan, G. Langner
 - 2 - Women A Team - C. Slimak, B. O'Connor, G. Ratcliffe, S. Kearney, J. Riley, D. Donnelly, J. Pieretti, H. Ofenhauser, E. Somers, B. Lyon
 - 3 - Men B Team - E. Lyon, B. Varza, B. Slocum, J. Kochiss, H. Bartlett, S. Pudell, B. Rhodenbach, J. Kochiss, A. Bugarichich, T. Wagner, S. Broker
 - 4 - Women B Team - C. Olmstead, G. Miller, B. Sautter, L. Bailey, K. Littlefield, N. Phillips, A. Hummel
- We did this at one of our monthly meetings and enjoyed doing it, besides the fact that we achieved our goal of setting two new records. Can anyone top us??

Submitted by Christie Slimak



5 - The Suncoast Masters of Sarasota brought home the first place Visiting Team trophy from the meet in Oak Ridge, TN. The team consisted of Nancy Logan, Scottie Holliday, John Cousens, Ruth Switzer, Rita-Al Jones, Natalie Johnson, Ron Peterson, George Burke, Grace Lawton and Wally Burke.

6 - Jim Cotton writes from Tehran that the Middle East has two Master Swimmers and plenty of room for expansion - any interested swimmers in the region can contact Jim at Gandi Ave., First St. No. 8, Tehran, Iran 684-564.

Greater Kansas City Masters
Swim Meet
Olathe, Kansas
October 2-3, 1976

WOMEN 25-29

50 Yd. Freestyle
L. Hagler 29 30.8
R. McPherson 27 31.3
100 Yd. Freestyle
R. McPherson 27 1:09.5
L. Hagler 29 1:14.7
200 Yd. Freestyle
D. Brummel 25 2:39.1
500 Yd. Freestyle
D. Brummel 25 7:11.6
R. McPherson 27 7:37.9
1650 Yd. Freestyle
D. Brummel 25 24:04.1
R. McPherson 27 26:47.6
C. Poste 29 27:08.8
M. Andersen 28 33:41.2

50 Yd. Backstroke
L. Hagler 29 39.5
50 Yd. Breaststroke
C. Poste 29 42.0
M. Andersen 28 49.4
100 Yd. Breaststroke
C. Poste 29 1:31.0
200 Yd. Breaststroke
C. Poste 29 3:20.5
50 Yd. Butterfly
D. Brummel 25 34.4
100 Yd. Butterfly
D. Brummel 25 1:25.6
100 Yd. Ind. Medley
D. Brummel 25 1:21.9
C. Poste 29 1:28.7
200 Yd. Ind. Medley
D. Brummel 25 2:55.8

WOMEN 30-34
50 Yd. Freestyle
B. Doezema 32 31.1
N. Mikels 32 32.6
J. Earle 32 33.6
K. Panek 34 35.8
J. Richey 34 46.9
100 Yd. Freestyle
D. Compton 34 1:14.2
J. Earle 32 1:15.6
K. Panek 34 1:22.4
B. McMinimy 33 1:39.4
J. Richey 34 1:56.4

WOMEN 30-34
200 Yd. Freestyle
D. Compton 34 2:42.8
N. Mikels 32 2:46.5
500 Yd. Freestyle
D. Compton 34 7:20.1
N. Mikels 32 7:43.6
K. Panek 34 8:59.7
1650 Yd. Freestyle
D. Compton 34 25:09.8
K. Panek 34 31:54.4
B. McMinimy 33 35:20.9

50 Yd. Breaststroke
N. Mikels 32 38.9
J. Earle 32 39.4
J. Richey 34 52.6
100 Yd. Backstroke
J. Earle 32 1:29.5
50 Yd. Breaststroke
L. Griffin 30 50.5
100 Yd. Breaststroke
K. Panek 34 1:47.2
L. Griffin 30 1:49.8
200 Yd. Breaststroke
K. Panek 34 3:55.8
50 Yd. Butterfly
B. Doezema 32 33.0
D. Compton 34 36.6
N. Mikels 32 39.3
100 Yd. Ind. Medley
B. Doezema 32 1:17.8
N. Mikels 32 1:27.5

WOMEN 35-39
50 Yd. Freestyle
B. Zeremski 39 30.8
S. Lowe 38 46.2
100 Yd. Freestyle
B. Zeremski 39 1:09.9
L. Minnigerode 35 1:34.2
200 Yd. Freestyle
B. Zeremski 39 2:32.4
500 Yd. Freestyle
B. Zeremski 39 7:02.8
50 Yd. Backstroke
B. Zeremski 39 38.8
100 Yd. Backstroke
B. Zeremski 39 1:25.1
L. Minnigerode 35 1:37.9

WOMEN 35-39
50 Yd. Breaststroke
B. Zeremski 39 43.3
S. Lowe 38 1:08.1
100 Yd. Breaststroke
B. Zeremski 39 1:35.4
L. Minnigerode 35 1:40.8
50 Yd. Butterfly
B. Zeremski 39 40.4
100 Yd. Butterfly
B. Zeremski 39 1:34.3
200 Yd. Ind. Medley
B. Zeremski 39 3:00.9

WOMEN 40-44
50 Yd. Freestyle
J. Sigler 43 44.1
100 Yd. Freestyle
G. Sharp 41 1:30.1
500 Yd. Freestyle
G. Sharp 41 9:15.9
1650 Yd. Freestyle
R. Segura 42 38:25.3
50 Yd. Backstroke
J. Sigler 43 50.2

50 Yd. Breaststroke
G. Sharp 41 42.7
R. Segura 42 56.5
100 Yd. Breaststroke
G. Sharp 41 1:37.6
200 Yd. Breaststroke
G. Sharp 41 3:32.1
50 Yd. Butterfly
G. Sharp 41 1:52.8
100 Yd. Ind. Medley
R. Segura 42 2:09.1

WOMEN 55-59
50 Yd. Freestyle
F. Black 56 1:22.4
50 Yd. Backstroke
F. Black 56 1:24.8
200 Yd. Backstroke
F. Black 56 6:37.2

WOMEN 60-64
50 Yd. Freestyle
W. Scheier 60 46.4
M. Anderson 62 52.3
100 Yd. Freestyle
M. Anderson 62 2:00.9
200 Yd. Freestyle
W. Scheier 60 4:13.7
M. Anderson 62 4:15.1

500 Yd. Freestyle
M. Anderson 62 11:07.3
50 Yd. Backstroke
M. Anderson 62 53.9
W. Scheier 60 58.1
100 Yd. Backstroke
M. Anderson 62 2:03.9
200 Yd. Backstroke
M. Anderson 62 4:15.4
W. Scheier 60 4:29.7

50 Yd. Breaststroke
W. Scheier 60 1:12.1
200 Yd. Ind. Medley
M. Anderson 62 4:20.6

WOMEN 65-69
50 Yd. Freestyle
H. Pullman 65 1:11.1
50 Yd. Backstroke
H. Pullman 65 1:40.8
50 Yd. Breaststroke
H. Pullman 65 1:37.9
200 Yd. Breaststroke
H. Pullman 65 5:21.3

MEN 25-29
50 Yd. Freestyle
B. Haffner 26 24.4
C. Stokes 26 25.7
T. Hoff 27 26.7
J. Steimen 29 28.1
D. Solenberger 29 29.0
M. Baker 25 29.6

100 Yd. Freestyle
B. Haffner 26 53.4
T. Hoff 27 57.6
M. Baker 25 1:05.0
D. Solenberger 29 1:06.5
J. Steimen 29 1:07.6
200 Yd. Freestyle
D. Martel 26 2:03.2
C. Stokes 26 2:09.2
T. Hoff 27 2:12.9
J. Steimen 29 2:36.2

500 Yd. Freestyle
D. Martel 26 5:46.1
T. Hoff 27 6:20.7
J. Steimen 29 7:15.5
D. Solenberger 29 7:31.9
1650 Yd. Freestyle
D. Martel 26 20:13.5
D. Solenberger 29 26:41.6

100 Yd. Backstroke
B. Haffner 26 1:07.3
J. Steimen 29 1:21.9
50 Yd. Breaststroke
B. Haffner 26 31.6
M. Baker 25 31.7
D. Solenberger 29 42.0
100 Yd. Breaststroke
B. Haffner 26 1:10.8
M. Baker 25 1:11.4

200 Yd. Breaststroke
M. Baker 25 2:44.5
50 Yd. Butterfly
D. Martel 26 27.5
C. Stokes 26 27.5
100 Yd. Butterfly
D. Martel 26 1:02.1
100 Yd. Ind. Medley
B. Haffner 26 1:01.1
C. Stokes 26 1:05.5
M. Baker 25 1:08.7
200 Yd. Ind. Medley
D. Martel 26 2:25.6

200 Yd. Backstroke
J. Beaman 32 2:46.0
50 Yd. Breaststroke
B. Poste 33 33.6
D. Schmidt 30 35.5
T. Williams 30 40.3
200 Yd. Breaststroke
J. McHenry 32 3:07.1
50 Yd. Butterfly
D. Schmidt 30 27.3
J. Beaman 32 31.8

100 Yd. Ind. Medley
B. Poste 33 1:08.3
D. Schmidt 30 1:08.5
J. McHenry 32 1:16.1

MEN 35-39
50 Yd. Freestyle
B. Schneider 35 27.3
D. Earle 35 28.2
C. Miller 35 28.5
M. McMinimy 35 30.0
J. Horner 35 32.6

100 Yd. Freestyle
C. Miller 35 1:04.0
B. Schneider 35 1:05.5
M. McMinimy 35 1:06.1
R. Dunn 38 1:09.6
M. Brody 38 1:12.1
J. Horner 35 1:14.8

200 Yd. Freestyle
C. Miller 35 2:22.8
B. Schneider 35 2:25.0
M. McMinimy 35 2:33.9
J. Horner 35 2:44.9
R. Dunn 38 2:46.9
M. Brody 38 2:49.2

500 Yd. Freestyle
C. Miller 35 6:37.4
M. McMinimy 35 7:29.4
J. Horner 35 7:48.6
R. Dunn 38 7:57.6
1650 Yd. Freestyle
M. McMinimy 35 26:53.3

50 Yd. Backstroke
D. Earle 35 36.1
C. Miller 35 36.4
100 Yd. Backstroke
C. Miller 35 1:21.8
B. Schneider 35 1:22.3
200 Yd. Backstroke
C. Miller 35 3:01.2

50 Yd. Breaststroke
R. Dunn 38 38.4
M. Brody 38 39.2
100 Yd. Breaststroke
M. Brody 38 1:29.3
50 Yd. Butterfly
R. Dunn 38 29.5
B. Schneider 35 29.7
C. Miller 35 31.0
J. Horner 35 34.1
M. Brody 38 35.3

100 Yd. Butterfly
R. Dunn 38 1:18.3
B. Schneider 35 1:23.4
J. Horner 35 1:24.6
100 Yd. Ind. Medley
B. Schneider 35 1:12.5
R. Dunn 38 1:17.6
200 Yd. Ind. Medley
C. Miller 35 2:49.7
R. Dunn 38 2:56.5
B. Schneider 35 3:00.0

MEN 40-44
50 Yd. Freestyle
J. George 40 27.2
R. Segura 44 31.9
100 Yd. Freestyle
A. Coxon 40 59.9
R. Segura 44 1:12.6
200 Yd. Freestyle
A. Coxon 40 2:07.1
500 Yd. Freestyle
A. Coxon 40 6:14.5
J. George 40 7:11.0
R. Segura 44 8:58.0

500 Yd. Freestyle
W. Simpson 52 7:38.5
D. Brown 52 7:39.1
50 Yd. Backstroke
D. Brown 52 38.6
100 Yd. Backstroke
D. Brown 52 1:24.3
200 Yd. Backstroke
D. Brown 52 3:03.1
50 Yd. Breaststroke
W. Simpson 52 37.7
100 Yd. Breaststroke
W. Simpson 52 1:22.7
200 Yd. Breaststroke
W. Simpson 52 2:58.1
100 Yd. Ind. Medley
W. Simpson 52 1:18.3

MEN 55-59
50 Yd. Freestyle
J. Garrett 57 33.5
100 Yd. Freestyle
J. Garrett 57 1:20.7
200 Yd. Freestyle
J. Garrett 57 3:15.1
50 Yd. Backstroke
J. Garrett 57 39.0
100 Yd. Backstroke
J. Garrett 57 1:38.2
200 Yd. Backstroke
J. Garrett 57 3:39.1

MEN 60-65
50 Yd. Freestyle
B. Grant 62 29.7
H. Anderson 62 32.9
100 Yd. Freestyle
B. Grant 62 1:08.2
H. Anderson 62 1:12.5
200 Yd. Freestyle
B. Grant 62 2:40.8
H. Anderson 62 2:46.9

500 Yd. Freestyle
H. Anderson 62 7:31.2
50 Yd. Backstroke
B. Grant 62 37.4
100 Yd. Backstroke
B. Grant 62 1:25.2
H. Anderson 62 1:31.2
200 Yd. Backstroke
B. Grant 62 3:21.5
50 Yd. Breaststroke
B. Grant 62 43.1
50 Yd. Butterfly
B. Grant 62 35.8
H. Anderson 62 47.4
100 Yd. Butterfly
B. Grant 62 1:32.6
100 Yd. Ind. Medley
B. Grant 62 1:22.2
200 Yd. Ind. Medley
B. Grant 62 3:08.4
H. Anderson 62 3:28.5

ARIZ. MASTERS MEET
Phoenix, Az.
10-03-76

WOMEN 25-29

Joanne Wenard 28 (GCM) 29.4
Carol Tamme 24 32.4
Karen Osterloh 25 32.5
Hannah Rothermel 28 34.7
Kay Marshall 26 40.3
Robin Miller 29 41.8
100 Yd. Freestyle
Joanne Wenard 28 (GCM) 1:06.4
Carol Tamme 24 1:11.7
Hannah Rothermel 28 1:19.7
200 Yd. Freestyle
Joanne Wenard 28 (GCM) 2:26.3
Carol Tamme 24 2:56.5
Hannah Rothermel 28 3:02.0

50 Yd. Backstroke
Carol Tamme 24 37.6
Karen Osterloh 25 43.1
Kay Marshall 26 49.6
Robin Miller 29 57.8
50 Yd. Breaststroke
Kay Marshall 26 47.3
Karen Osterloh 25 50.7
Robin Miller 29 1:03.8
100 Yd. Breaststroke
Kay Marshall 26 1:41.6
Karen Osterloh 25 1:49.7
Robin Miller 29 2:16.2

50 Yd. Butterfly
Joanne Wenard 28 (GCM) 33.3
Hannah Rothermel 28 38.5
Robin Miller 29 50.1
100 Yd. Ind. Medley
Joanne Wenard 28 (GCM) 1:18.4
Hannah Rothermel 28 1:28.7
Kay Marshall 26 1:38.8

WOMEN 35-39
50 Yd. Freestyle
Lin Jenkins 35 36.4
Lois Zuniga 35 40.4
100 Yd. Freestyle
Lin Jenkins 35 1:20.6
Lois Zuniga 35 1:58.2

WOMEN 40-44

50 Yd. Freestyle
Mary Marenda 43 40.2
I.B. Shadrick 44 41.1
200 Yd. Breaststroke
Mary Marenda 43 3:34.5
50 Yd. Backstroke
Mary Marenda 43 50.5
100 Yd. Backstroke
Mary Marenda 43 1:51.4
50 Yd. Butterfly
I.B. Shadrick 44 44.5
100 Yd. Ind. Medley
I.B. Shadrick 44 1:48.9
Mary Marenda 43 1:56.2

WOMEN 45-49

50 Yd. Freestyle
Edith Gruender 48 36.0
Maya Feldhuh 46 46.0
Elizabeth Ditsworth 47 48.5
100 Yd. Freestyle
Elizabeth Ditsworth 47 1:49.2
50 Yd. Breaststroke
Maya Feldhuh 46 52.2
Elizabeth Ditsworth 47 1:00.1
100 Yd. Breaststroke
Maya Feldhuh 46 1:57.5
200 Yd. Breaststroke
Elizabeth Ditsworth 47 4:42.7
50 Yd. Butterfly
Edith Gruender 48 40.0
100 Yd. Ind. Medley
Edith Gruender 48 1:35.4
Maya Feldhuh 46 1:59.5
200 Yd. Ind. Medley
Edith Gruender 48 3:25.4

WOMEN 55-59

50 Yd. Freestyle
Rose Steward 58 56.8
50 Yd. Butterfly
Rose Steward 58 1:15.1
100 Yd. Butterfly
Rose Steward 58 3:05.8
100 Yd. Ind. Medley
Rose Steward 58 2:26.0
200 Yd. Ind. Medley
Rose Steward 58 5:14.6

WOMEN 60-64

50 Yd. Breaststroke
Sonja Harding 60 58.3

WOMEN 65-69

50 Yd. Breaststroke
Erika Shofstall 65 1:10.7
100 Yd. Breaststroke
Erika Shofstall 65 2:36.4
200 Yd. Breaststroke
Erika Shofstall 65 5:35.9

MEN 25-29

50 Yd. Freestyle
Andrew McPherson 29 23.2
100 Yd. Freestyle
Andrew McPherson 29 52.2

MEN 30-34

50 Yd. Freestyle
Michael Ahern 31 23.5
Doug Kraai 31 25.7
Dave Groseclose 34 27.6
100 Yd. Freestyle
Doug Kraai 31 58.0
Dave Groseclose 34 1:07.1

200 Yd. Freestyle
Michael Ahern 31 2:03.7
Jeff Westlake 30 2:04.4
Doug Kraai 31 2:15.5
100 Yd. Backstroke
Jeff Westlake 30 1:08.0
50 Yd. Breaststroke
Dave Groseclose 34 37.5
50 Yd. Butterfly
Michael Ahern 31 26.0
Doug Kraai 31 27.1
Dave Groseclose 34 29.8

100 Yd. Butterfly
Michael Ahern 31 1:02.6
100 Yd. Ind. Medley
Michael Ahern 31 1:01.9
Doug Kraai 31 1:06.6
Jeff Westlake 30 1:08.0
Dave Groseclose 34 1:14.6

MEN 40-44

100 Yd. Freestyle
William W. Holloway 43 1:11.4
200 Yd. Freestyle
William W. Holloway 43 2:40.3

MEN 45-49

50 Yd. Freestyle
Daniel Gruender 46 33.2
50 Yd. Breaststroke
Daniel Gruender 46 35.9
100 Yd. Breaststroke
Daniel Gruender 46 1:19.2
200 Yd. Breaststroke
Daniel Gruender 46 3:06.6
100 Yd. Ind. Medley
Daniel Gruender 46 1:24.0

MEN 60-64

50 Yd. Freestyle
Steve Magill 62 47.6
50 Yd. Breaststroke
Steve Magill 62 59.8

SAN DIEGO COUNTY SWIM MASTERS
PALOMAR COLLEGE INVITATIONAL
SAN MARCOS, CA. OCT 10, 1976
25 Yard Pool

MEN 24-29

50 yd. Freestyle
R. Born, 25 1:23.9
M. Smith, 27 1:25.6
T. Bopp, 27 1:25.8
Dave Dunbar, 26 1:26.7
Don Dunbar, 27 1:29.2
100 yd. Freestyle
T. LaBianca, 25 1:52.2
B. Johnson, 25 1:53.9
E. Freed, 26 1:08.0
500 yd. Freestyle
B. Johnson, 25 5:33.2
D. Johnson, 25 6:19.8
50 yd. Backstroke
R. Bopp, 25 1:28.5
M. Smith, 27 1:29.9
T. Bopp, 27 1:31.9
D. Johnson, 25 1:33.7
100 yd. Backstroke
T. LaBianca, 25 1:07.0
E. Freed, 26 1:09.0
50 yd. Breaststroke
D. Johnson, 25 1:33.2
T. Bopp, 27 1:34.4
R. Bopp, 25 1:34.6
100 yd. Breaststroke
E. Freed, 26 1:21.0
50 yd. Butterfly
R. Bopp, 25 1:26.3
M. Smith, 27 1:27.1
T. Bopp, 27 1:28.2
T. LaBianca, 25 1:28.3
Dave Dunbar, 26 1:29.8
100 yd. Butterfly
B. Johnson, 25 1:00.0
E. Freed, 26 1:09.0
100 yd. Individual Medley
R. Bopp, 25 1:08.0
T. Bopp, 27 1:06.6
M. Smith, 27 1:07.9
Dave Dunbar, 26 1:13.1
200 yd. Individual Medley
E. Freed, 26 2:34.4

MEN 30-34

100 yd. Freestyle
D. Baxter, 32 1:59.9
J. Thomas, 34 1:08.8
500 yd. Freestyle
T. Warren, 32 5:39.4
T. Crocker, 33 5:59.9
J. Bales, 32 6:25.0
L. Johnson, 33 6:42.2
D. Baxter, 32 6:59.2
J. Thomas, 34 7:13.8
50 yd. Backstroke
J. Bales, 32 1:37.3
100 yd. Backstroke
G. Gwin, 34 1:14.1
50 yd. Breaststroke
L. Johnson, 33 1:36.3
J. Bales, 32 1:36.6
100 yd. Breaststroke
G. Gwin, 34 1:11.8
T. Crocker, 33 1:14.7
50 yd. Butterfly
J. Thomas, 34 1:41.1
100 yd. Butterfly
J. Bales, 32 1:06.7
L. Johnson, 33 1:17.5
100 yd. Individual Medley
L. Johnson, 33 1:12.0
200 yd. Individual Medley
G. Gwin, 34 2:28.7
J. Bales, 32 2:16.6
T. Crocker, 33 2:40.3
J. Thomas, 34 3:07.0

MEN 35-39

50 yd. Freestyle
W. Page, 36 1:25.2
J. Bennan, 37 1:26.8
100 yd. Freestyle
Wm. Page, 36 1:54.3
500 yd. Freestyle
R. Stewart, 36 5:30.2
50 yd. Butterfly
J. Bennan, 37 1:28.8
100 yd. Butterfly
G. Worthington, 39 1:59.0
100 yd. Individual Medley
Wm. Page, 36 1:07.5
200 yd. Individual Medley
G. Worthington, 39 2:25.4

MEN 40-44

100 yd. Freestyle
E. Frank, 40 1:09.3
D. Lamott, 41 1:09.4
500 yd. Freestyle
D. Lamott, 41 7:00.6
50 yd. Backstroke
Ed. Frank, 40 1:40.6
100 yd. Backstroke
Ed. Frank, 40 1:18.5
R. Richter, 43 1:20.6
D. Lamott, 41 1:20.8
D. Dobrott, 44 1:21.7
C. Miller, 44 1:23.5
50 yd. Butterfly
E. Frank, 40 1:33.8
D. Dobrott, 44 1:36.4
100 yd. Butterfly
R. Richter, 43 1:18.0
C. Miller, 44 1:18.4
D. Lamott, 41 1:24.6
100 yd. Individual Medley
E. Frank, 40 1:22.3
D. Dobrott, 44 1:22.4
200 yd. Individual Medley
C. Miller, 44 2:49.0
D. Lamott, 41 2:50.7
R. Richter, 43 2:58.6

MEN 45-49

100 yd. Freestyle
K. Kimball, 46 1:01.6
Gordon Gillin, 45 1:02.4
500 yd. Freestyle
W. Phillips, 48 6:01.7
N. Palmer, 46 6:14.4
G. Gillin, 45 6:47.7
J. Rowan, 46 7:59.9
100 yd. Backstroke
K. Kimball, 46 1:14.9
G. Gillin, 45 1:16.9
100 yd. Breaststroke
L. Larimore, 49 1:17.1
N. Palmer, 46 1:20.7
G. Gillin, 45 1:28.7
100 yd. Butterfly
L. Larimore, 49 1:14.3
N. Palmer, 46 1:16.4
200 yd. Individual Medley
N. Palmer, 46 2:40.0
L. Larimore, 49 2:40.7
G. Gillin, 45 2:45.4

MEN 50-54

50 yd. Freestyle
A. Arcidiacono, 52 1:26.4
W. Davis, 52 1:32.8
T. Read, 51 1:40.6
100 yd. Freestyle
D. Draves, 50 1:00.7
500 yd. Freestyle
D. Draves, 50 6:12.4
A. Arcidiacono, 52 6:47.0
J. Burzan, 53 7:21.9
50 yd. Backstroke
A. Arcidiacono, 52 1:36.9
W. Davis, 52 1:39.2
T. Read, 51 1:59.3
50 yd. Breaststroke
A. Arcidiacono, 52 1:41.4
W. Davis, 52 1:41.8
T. Read, 51 1:06.4
100 yd. Breaststroke
D. Draves, 50 1:21.1
J. Burzan, 53 1:22.6
50 yd. Butterfly
A. Arcidiacono, 52 1:31.6
T. Read, 51 1:09.5
100 yd. Butterfly
D. Draves, 50 1:10.1
J. Burzan, 53 1:18.8
100 yd. Individual Medley
W. Davis, 52 1:26.9
T. Read, 51 1:21.6
200 yd. Individual Medley
D. Draves, 50 2:35.5
J. Burzan, 53 3:00.7

MEN 55-59

50 yd. Freestyle
S. Loucks, 56 1:36.6
100 yd. Freestyle
J. Siefert, 58 1:04.5
J. Zorrilla, 57 1:05.2
J. Maher, 55 1:27.2
500 yd. Freestyle
J. Siefert, 58 6:55.9
J. Maher, 55 9:34.6
50 yd. Backstroke
S. Loucks, 56 1:49.7
100 yd. Backstroke
Tom Lind, 58 1:22.9
J. Zorrilla, 58 1:25.3
J. Maher, 55 1:40.0
100 yd. Breaststroke
T. Lind, 58 1:19.6
A. Frost, 55 1:31.0
50 yd. Butterfly
J. Maher, 55 1:35.8
A. Jones, 55 1:39.0
100 yd. Butterfly
J. Siefert, 58 1:24.2
T. Lind, 58 1:24.3
J. Maher, 55 1:26.8
100 yd. Individual Medley
A. Frost, 55 1:32.7
S. Loucks, 56 1:51.0
200 yd. Individual Medley
T. Lind, 58 3:00.1

MEN 60-64

50 yd. Freestyle
G. Baker, 63 1:34.3
G. McMahon, 61 1:42.6
100 yd. Freestyle
C. McMahon, 61 1:47.5
50 yd. Backstroke
T. Baker, 63 1:49.8
C. McMahon, 61 1:06.9
50 yd. Breaststroke
G. Baker, 63 1:59.7
50 yd. Butterfly
G. Baker, 63 1:50.8
100 yd. Individual Medley
G. Baker, 63 1:49.5

MEN 65-69

500 yd. Freestyle
R. Richardson, 65 6:58.9
A. Guth, 68 8:50.1
100 yd. Backstroke
R. Richardson, 65 1:29.5
100 yd. Breaststroke
R. Richardson, 65 1:26.6
A. Guth, 68 1:41.0
100 yd. Butterfly
A. Guth, 68 1:39.6
200 yd. Individual Medley
R. Richardson, 65 3:04.4
A. Guth, 68 3:27.6

MEN 70-74

50 yd. Freestyle
C. Cushman, 74 1:51.7
100 yd. Freestyle
C. Cushman, 74 2:04.7
100 yd. Freestyle
Tom Lane, 82 1:54.6
50 yd. Breaststroke
Tom Lane, 82 1:54.5
100 yd. Breaststroke
Tom Lane, 82 2:12.1

MEN 80-84

50 yd. Breaststroke
Tom Lane, 82 1:54.5
100 yd. Breaststroke
Tom Lane, 82 2:12.1

5TH ANNUAL LEATHERSTOCKING
OPEN MASTERS SWIM MEET
HARTWICK COLLEGE ONEONTA, N.Y.

WOMEN 25-29

50 YD FREESTYLE
W. Topozian 25 1:30.1
C. Olmsted 28 1:32.00
100 YD FREESTYLE
C. Olmsted 28 1:13.00
W. Topozian 25 1:15.50
200 YD FREESTYLE
W. Topozian 25 2:55.20
C. Olmsted 28 2:56.00
1650 YD FREESTYLE
C. Morse 27 42:15.40
50 YD BACKSTROKE
K. Curley 27 1:45.10
50 YD BREASTSTROKE
C. Olmsted 28 1:41.90
C. Morse 27 1:48.50
100 YD BREASTSTROKE
C. Olmsted 28 1:29.50
C. Morse 27 1:57.80
50 YD BUTTERFLY
K. Curley 27 1:33.70
100 YD IND. MEDLEY
K. Curley 27 1:30.30

WOMEN 30-34

50 YD FREESTYLE
S. Husson 32 1:31.40
J. Johngren 32 1:33.70
J. Haslen 34 1:40.50
100 YD FREESTYLE
J. Katz 33 1:02.30
S. Husson 32 1:12.40
J. Hardy 32 1:14.20
J. Haslen 34 1:37.00
200 YD FREESTYLE
J. Katz 33 2:17.00
S. Husson 32 1:36.50
50 YD BACKSTROKE
J. Johngren 32 1:40.50
J. Haslen 34 1:51.30
100 YD BACKSTROKE
J. Katz 33 1:13.00
J. Hardy 32 1:18.90
200 YD BACKSTROKE
J. Hardy 32 2:54.50
J. Johngren 32 3:28.00
50 YD BREASTSTROKE
J. Johngren 32 1:45.1
100 YD BREASTSTROKE
J. Katz 33 1:24.30
S. Husson 32 1:44.00
100 YD IND. MEDLEY
J. Katz 33 1:11.60
J. Hardy 32 1:21.50

WOMEN 35-39

50 YD FREESTYLE
D. Bobnick 36 1:41.50
N. Freehafer 35 1:44.30
100 YD FREESTYLE
A. Jones 38 1:10.20
K. Freehafer 35 1:46.00
200 YD FREESTYLE
A. Hummel 35 3:02.40
1650 YD FREESTYLE
A. Hummel 35 27:03.00
D. Bobnick 36 37:38.60
50 YD BACKSTROKE
D. Bobnick 36 1:47.00
N. Freehafer 35 1:53.10
100 YD BACKSTROKE
N. Freehafer 35 2:02.90
50 YD BREASTSTROKE
A. Hummel 35 1:45.50
100 YD BREASTSTROKE
A. Jones 38 1:29.10
50 YD BUTTERFLY
A. Jones 38 1:35.50
A. Hummel 35 1:39.80
100 YD IND. MEDLEY
A. Jones 38 1:24.20
A. Hummel 35 1:28.10
200 YD IND. MEDLEY
A. Jones 38 3:03.40
A. Hummel 35 3:18.10

WOMEN 40-44

50 YD FREESTYLE
L. Lieb 43 1:33.60
200 YD FREESTYLE
J. Huber 44 3:10.30
200 YD BACKSTROKE
J. Huber 44 3:34.60
100 YD BREASTSTROKE
L. Lieb 43 1:37.30
50 YD BUTTERFLY
J. Huber 44 1:46.20
100 YD IND. MEDLEY
J. Huber 44 1:43.40

WOMEN 45-49

50 YD FREESTYLE
H. Esposito 47 1:44.40
100 YD FREESTYLE
H. Esposito 47 1:47.20

50 YD BACKSTROKE
P. Clinton 48 1:39.70
B. Pitts 45 1:46.30
100 YD BACKSTROKE
P. Clinton 48 1:27.90
B. Pitts 45 1:42.30
200 YD BACKSTROKE
B. Pitts 45 3:46.50
50 YD BREASTSTROKE
R. Ashford 45 1:47.00
H. Esposito 47 1:53.40
100 YD BREASTSTROKE
R. Ashford 45 1:46.20
200 YD BREASTSTROKE
R. Ashford 45 3:54.90
100 YD IND. MEDLEY
R. Ashford 45 1:42.20

WOMEN 50-54

50 YD FREESTYLE
S. Neuteboom 50 1:44.00
100 YD FREESTYLE
S. Neuteboom 50 1:37.10
1650 YD FREESTYLE
B. Echentele 52 40:52.50
M. Leahy 52 41:38.80
50 YD BACKSTROKE
S. Neuteboom 50 1:49.00
100 YD BACKSTROKE
N. Phillips 55 1:37.10
100 YD FREESTYLE
R. Phillips 55 1:28.40
100 YD BACKSTROKE
N. Phillips 55 1:39.90
200 YD BACKSTROKE
N. Phillips 55 3:38.70

WOMEN 55-59

50 YD FREESTYLE
R. Lechner 63 1:21.60
100 YD FREESTYLE
R. Lechner 63 1:57.70
200 YD FREESTYLE
R. Lechner 63 4:18.60
1650 YD FREESTYLE
H. Offenbauer 64 31:37.20
R. Lechner 63 41:38.80
50 YD BACKSTROKE
R. Lechner 63 1:34.00

WOMEN 65-69

200 YD FREESTYLE
E. Bein 66 3:44.10
1650 YD FREESTYLE
E. Bein 66 33:08.10
E. Somers 67 39:05.60
50 YD BACKSTROKE
E. Bein 66 2:31.90

MEN 25-29

50 YD FREESTYLE
M. Shopes 25 1:23.40
N. Cleary 27 1:24.40
100 YD FREESTYLE
M. Shopes 25 1:52.00
M. Cleary 27 1:55.30
R. Graff 25 1:57.80
200 YD FREESTYLE
M. Cleary 27 2:08.40
50 YD BACKSTROKE
M. Shopes 25 1:28.60
T. Kelley 29 1:32.10
100 YD BACKSTROKE
T. Kelley 29 1:11.30
M. Cleary 27 1:11.60
R. Graff 25 1:11.90
50 YD BREASTSTROKE
B. Murray 26 1:30.00
B. Bartolini 28 1:34.40
100 YD BREASTSTROKE
B. Murray 26 1:06.50
B. Bartolini 28 1:16.40
50 YD BUTTERFLY
M. Shopes 26 1:25.10
B. Murray 26 1:28.50
100 YD IND. MEDLEY
M. Shopes 25 1:01.20
R. Graff 25 1:07.20
T. Kelley 29 1:11.30
B. Bartolini 28 1:14.00
200 YD IND. MEDLEY
R. Graff 25 2:32.20

MEN 30-34

50 YD FREESTYLE
B. White 33 1:26.30
J. Malurano 31 1:31.60
100 YD FREESTYLE
B. Husson 31 1:58.00
J. Malurano 31 1:59.00
200 YD FREESTYLE
B. White 33 2:37.70
J. Malurano 31 3:13.00
1650 YD FREESTYLE
J. Malurano 31 29:28.70
200 YD BACKSTROKE
B. Husson 31 2:37.10
50 YD BREASTSTROKE
J. Becker 30 1:33.90
100 YD BREASTSTROKE
J. Becker 30 1:13.50
200 YD BREASTSTROKE
J. Becker 30 2:45.40
50 YD BUTTERFLY
B. White 33 1:28.80
B. Husson 31 1:29.30
J. Becker 30 1:30.00
100 YD IND. MEDLEY
B. Husson 31 1:03.40
J. Becker 30 1:10.00

MEN 35-39

50 YD FREESTYLE
K. Walden 37 1:27.60
B. Mullaney 36 1:28.50
C. Alexander 35 1:30.40

100 Yd. Freestyle
 S. Behler 1:15.07
 D. Losyk 1:16.44
 500 Yd. Freestyle
 D. Losyk 8:16.60
 S. Behler 8:26.10
 50 Yd. Breaststroke
 J. McCreola 1:48.71
 100 Yd. Breaststroke
 J. McCreola 1:44.01
 200 Yd. Breaststroke
 J. McCreola 3:56.26
 50 Yd. Backstroke
 J. Halfrick 1:43.13
 J. McCreola 1:46.05
 50 Yd. Butterfly
 S. Behler 1:37.82
 D. Losyk 1:41.33
 100 Yd. Individual Medley
 J. Halfrick 2:00.11
 Women 45-49
 50 Yd. Freestyle
 A. Dallam 1:38.57
 J. Shuey 1:43.44
 100 Yd. Freestyle
 A. Dallam 1:28.06
 M. Troiber 1:31.59
 C. Grant 1:46.11
 200 Yd. Freestyle
 A. Dallam 3:19.65
 500 Yd. Freestyle
 A. Dallam 9:00.59
 C. Grant 10:21.28
 50 Yd. Breaststroke
 A. Dallam 1:48.00
 C. Grant 1:54.19
 J. Shuey 1:59.52
 C. Farr 1:00.40
 100 Yd. Breaststroke
 A. Dallam 1:49.58
 C. Grant 2:03.09
 Women 45-49
 200 Yd. Breaststroke
 C. Grant 4:18.27
 50 Yd. Backstroke
 A. Dallam 1:49.80
 M. Troiber 1:49.93
 100 Yd. Backstroke
 C. Grant 2:00.95
 J. Shuey 2:01.25
 100 Yd. Individual Medley
 C. Grant 2:00.62
 Women 50-54
 100 Yd. Breaststroke
 J. Marrayman 1:43.41
 50 Yd. Backstroke
 J. Marrayman 1:41.30
 100 Yd. Backstroke
 J. Marrayman 1:30.15
 200 Yd. Backstroke
 J. Marrayman 3:30.08
 100 Yd. Individual Medley
 J. Marrayman 1:30.75
 200 Yd. Individual Medley
 J. Marrayman 3:39.27
 Women 55-59
 50 Yd. Freestyle
 A. Farrell 1:17.05
 50 Yd. Backstroke
 A. Farrell 1:05.28
 50 Yd. Butterfly
 A. Farrell 1:05.78
 100 Yd. Individual Medley
 A. Farrell 2:23.82
 Women 65-69
 50 Yd. Freestyle
 R. Shophard 1:49.30
 200 Yd. Freestyle
 R. Shophard 4:01.61
 100 Yd. Backstroke
 R. Shophard 2:10.26
 200 Yd. Backstroke
 R. Shophard 4:32.64
 Men 25-29
 50 Yd. Freestyle
 M. Wallace 1:26.72
 J. McGowan 1:26.75
 J. Gots 1:26.29
 100 Yd. Freestyle
 P. Enginori 1:55.96
 M. Wallace 1:56.72
 J. McGowan 1:57.01
 P. Lagow 1:00.19
 J. Gots 1:02.62
 200 Yd. Freestyle
 M. Wallace 2:12.17
 500 Yd. Freestyle
 J. McGowan 5:52.62
 P. Enginori 5:58.75
 50 Yd. Breaststroke
 S. Harrison 1:30.97
 P. Liebenson 1:35.35
 J. Gots 1:34.98
 M. Wallace 1:36.00
 100 Yd. Breaststroke
 S. Harrison 1:06.94
 P. Forshey 1:08.33
 P. Liebenson 1:14.88
 J. Gots 1:17.78
 M. Wallace 1:20.52
 200 Yd. Breaststroke
 F. Forshey 2:32.56
 J. Gots 3:00.03
 M. Wallace 3:04.30
 50 Yd. Backstroke
 M. Wallace 1:32.88
 100 Yd. Backstroke
 S. McLeski 1:00.18
 M. Wallace 1:17.25
 200 Yd. Backstroke
 M. Wallace 2:59.10

50 Yd. Butterfly
 F. Forshey 1:26.24
 P. Enginori 1:27.35
 M. Wallace 1:29.02
 P. Lagow 1:29.10
 100 Yd. Butterfly
 S. McLeski 1:01.15
 F. Forshey 1:05.42
 100 Yd. Individual Medley
 F. Forshey 1:59.77
 S. McLeski 1:00.02
 S. Harrison 1:01.19
 M. Wallace 1:10.81
 200 Yd. Individual Medley
 F. Forshey 2:19.52
 M. Wallace 2:32.35
 P. Lagow 2:35.06
 Men 30-34
 50 Yd. Freestyle
 J. Guise 1:25.80
 J. Shansbrough 1:25.96
 H. Carlip 1:29.72
 100 Freestyle
 B. Thomas 1:02.01
 H. Carlip 1:05.20
 M. Brodsky 1:07.68
 200 Yd. Freestyle
 J. Flanagan 2:01.06
 M. Brodsky 2:26.05
 D. Matthews 2:38.80
 500 Yd. Freestyle
 J. Flanagan 5:30.30
 B. Thomas 7:15.58
 50 Yd. Breaststroke
 W. Meares 1:33.52
 H. Carlip 1:36.00
 M. Brodsky 1:37.44
 R. Koller 1:41.78
 100 Yd. Breaststroke
 W. Meares 1:15.36
 J. Guise 1:18.34
 M. Brodsky 1:19.18
 200 Yd. Breaststroke
 J. Guise 2:49.46
 M. Brodsky 2:52.42
 H. Carlip 2:58.66
 50 Yd. Backstroke
 H. Carlip 1:42.25
 100 Yd. Backstroke
 D. Matthews 1:28.27
 50 Yd. Butterfly
 J. Flanagan 2:10.00
 J. Guise 1:29.41
 B. Thomas 1:30.49
 M. Brodsky 1:31.79
 100 Yd. Butterfly
 J. Flanagan 1:57.59
 J. Shansbrough 1:01.81
 100 Yd. Individual Medley
 J. Flanagan 1:01.65
 J. Shansbrough 1:05.97
 W. Meares 1:09.00
 M. Brodsky 1:10.56
 H. Carlip 1:17.02
 200 Yd. Individual Medley
 J. Flanagan 2:12.01
 M. Brodsky 2:36.86
 B. Thomas 2:38.84
 Men 35-39
 50 Yd. Freestyle
 C. Bechtel 1:25.55
 B. Leise 1:28.15
 M. Haines 1:28.43
 G. Fossatt 1:32.20
 P. Murray 1:33.38
 100 Yd. Freestyle
 C. Bechtel 1:56.87
 B. Leise 1:03.61
 F. Da Andrade 1:06.78
 J. Swivel 1:08.46
 200 Yd. Freestyle
 C. Bechtel 2:15.12
 D. Horahay 2:16.10
 B. Leise 2:22.83
 500 Yd. Freestyle
 C. Bechtel 6:28.33
 B. Leise 6:43.86
 F. Da Andrade 7:01.60
 J. Swivel 7:04.99
 50 Yd. Breaststroke
 M. Haines 1:35.40
 J. Swivel 1:40.03
 G. Fossatt 1:47.25
 100 Yd. Breaststroke
 M. Haines 1:16.94
 200 Yd. Breaststroke
 M. Haines 2:49.32
 50 Yd. Backstroke
 C. Bechtel 1:32.06
 100 Yd. Backstroke
 D. Hershey 1:03.07
 C. Bechtel 1:19.05
 J. Kelley 1:17.28
 200 Yd. Backstroke
 C. Bechtel 2:59.93
 50 Yd. Butterfly
 C. Bechtel 1:28.76
 B. Leise 1:37.06
 100 Yd. Butterfly
 C. Bechtel 1:11.71
 100 Yd. Individual Medley
 C. Bechtel 1:08.11
 M. Haines 1:12.43
 J. Swivel 1:20.94
 200 Yd. Individual Medley
 M. Haines 2:18.75
 Men 40-44
 50 Yd. Freestyle
 H. Barone 1:29.18
 D. Strickler 1:31.96
 H. Osborn 1:35.08

100 Yd. Freestyle
 K. Lercho 1:01.00
 H. Barone 1:09.64
 D. Strickler 1:10.34
 D. Petranoch 1:10.53
 200 Yd. Freestyle
 S. Gidoonae 2:06.03
 D. Petranoch 2:27.68
 R. Chon 2:32.51
 D. Strickler 2:39.63
 N. Beronyi 2:42.31
 H. Barone 2:50.29
 500 Yd. Freestyle
 S. Gidoonae 5:55.74
 D. Petranoch 6:35.70
 D. Strickler 7:24.13
 N. Beronyi 7:26.48
 H. Barone 8:19.92
 50 Yd. Breaststroke
 N. Beronyi 1:36.26
 R. Chon 1:36.40
 100 Yd. Breaststroke
 N. Beronyi 1:18.48
 R. Chon 1:21.62
 D. Petranoch 1:27.10
 200 Yd. Breaststroke
 N. Beronyi 2:52.26
 D. Petranoch 3:15.94
 50 Yd. Backstroke
 K. Lercho 1:32.35
 100 Yd. Backstroke
 S. Gidoonae 1:07.56
 R. Chon 1:16.77
 H. Osborn 1:35.32
 200 Yd. Backstroke
 S. Gidoonae 2:32.06
 50 Yd. Butterfly
 S. Gidoonae 1:26.49
 100 Yd. Butterfly
 D. Petranoch 1:23.14
 100 Yd. Individual Medley
 S. Gidoonae 1:03.32
 R. Chon 1:13.37
 N. Beronyi 1:14.53
 200 Yd. Individual Medley
 S. Gidoonae 2:28.21
 N. Beronyi 2:48.40
 D. Petranoch 2:53.59
 Men 45-49
 50 Yd. Freestyle
 A. Allon 1:29.50
 100 Yd. Freestyle
 A. Allon 1:05.00
 500 Yd. Freestyle
 P. Willhamon 8:32.92
 50 Yd. Breaststroke
 M. Coughlin 1:36.47
 100 Yd. Breaststroke
 M. Coughlin 1:22.90
 M. Coughlin 1:19.75
 50 Yd. Butterfly
 A. Allon 1:29.50
 100 Yd. Butterfly
 A. Allon 1:07.89
 100 Yd. Individual Medley
 A. Allon 1:17.39
 M. Coughlin 1:20.18
 Men 50-54
 100 Yd. Freestyle
 J. Woods 1:00.60
 H. Dodge 1:08.19
 500 Yd. Freestyle
 J. Woods 6:19.00
 H. Dodge 7:28.36
 50 Yd. Breaststroke
 M. Flanagan 1:35.06
 100 Yd. Breaststroke
 M. Flanagan 1:11.94
 50 Yd. Backstroke
 J. Woods 1:31.96
 M. Flanagan 1:36.21
 H. Dodge 1:37.28
 100 Yd. Backstroke
 J. Woods 1:17.40
 200 Yd. Backstroke
 J. Woods 2:43.07
 H. Dodge 2:58.81
 50 Yd. Butterfly
 M. Flanagan 1:30.71
 100 Yd. Individual Medley
 J. Woods 1:09.06
 M. Flanagan 1:09.78
 200 Yd. Individual Medley
 M. Flanagan 2:32.87
 Men 55-59
 50 Yd. Freestyle
 C. Schaeffer 1:31.00
 100 Yd. Freestyle
 C. Schaeffer 1:10.10
 200 Yd. Freestyle
 C. Schaeffer 2:57.51
 500 Yd. Freestyle
 C. Schaeffer 7:52.47
 50 Yd. Breaststroke
 C. Schaeffer 1:40.73
 100 Yd. Breaststroke
 C. Schaeffer 1:35.33
 200 Yd. Breaststroke
 C. Schaeffer 3:30.43
 Men 60-64
 100 Yd. Freestyle
 D. Rowan 1:07.41
 500 Yd. Freestyle
 D. Rowan 7:29.03
 G. Cummin 7:35.32
 100 Yd. Breaststroke
 G. Cummin 1:37.28
 50 Yd. Backstroke
 G. Cummin 1:36.54
 100 Yd. Backstroke
 D. Rowan 1:17.00
 G. Cummin 1:20.09

200 Yd. Backstroke
 G. Cummin 2:55.78
 50 Yd. Butterfly
 D. Rowan
 100 Yd. Individual Medley
 D. Rowan 1:19.01
 G. Cummin 1:29.94
 200 Yd. Individual Medley
 G. Cummin 3:18.48
 Men 65-69
 50 Yd. Freestyle
 A. Dizenza 1:35.01
 H. Smith 1:41.18
 100 Yd. Freestyle
 H. Smith 1:38.69
 200 Yd. Freestyle
 S. Craigie 2:42.10
 H. Smith 3:39.76
 500 Yd. Freestyle
 S. Craigie 8:47.79
 H. Smith 9:24.25
 50 Yd. Breaststroke
 F. Hauff 1:40.73
 S. Craigie 1:47.03
 100 Yd. Breaststroke
 F. Hauff 1:33.84
 S. Craigie 1:44.34
 50 Yd. Butterfly
 S. Craigie 1:38.61
 100 Yd. Individual Medley
 F. Hauff 1:29.36
 S. Craigie 1:30.25
 200 Yd. Individual Medley
 S. Craigie 3:29.17

1650 Yd. Free
 Jody Anderson 46 27:14.1
 50 Yd. Back
 Irene Jenkins 47 1:55.1
 50 Yd. Breast
 Jody Anderson 46 1:46.0
 100 Yd. Ind. Med
 Jody Anderson 46 1:34.0
 50-54 Yrs
 50 Yd. Free
 Kitty Morley 53 1:49.0
 200 Yd. Free
 Fran Moolesy 54 4:32.3
 50 Yd. Back
 Fran Moolesy 54 1:00.5
 100 Yd. Back
 Fran Moolesy 54 2:11.7
 200 Yd. Back
 Fran Moolesy 54 3:40.4
 50 Yd. Breast
 Fran Moolesy 54 1:11.4
 100 Yd. Ind. Med
 Fran Moolesy 54 2:24.4
 60-64 Yrs.
 50 Yd. Free
 Dorothy Fraley 62 1:50.7
 100 Yd. Free
 Dorothy Fraley 62 2:10.5
 50 Yd. Back
 Dorothy Fraley 62 1:02.1
 100 Yd. Back
 Dorothy Fraley 62 2:10.7
 200 Yd. Back
 Dorothy Fraley 62 3:45.2
 50 Yd. Breast
 Mildred Anderson 62 1:51.2
 100 Yd. Breast
 Mildred Anderson 62 1:51.5
 200 Yd. Breast
 Mildred Anderson 62 4:03.5
 50 Yd. Fly
 Mildred Anderson 62
 200 Yd. Fly
 Mildred Anderson 62
 400 Yd. Ind. Med
 Mildred Anderson 62
 25 Yrs & over 200 Med. Relay
 Texas Gulf Masters 2:45.5
 (Anderson, Clayton, Norsett,
 Thornburg)
 25 Yrs & over 200 Free Relay
 Texas Gulf Masters 2:40.0
 Anderson, Clayton, Norsett,
 Thornburg
 MEN 25-29 yrs.
 50 Yd. Freestyle
 Larry Glass 29 1:24.9
 Joseph Brantley 29 1:24.9
 100 Yd. Free
 Joseph Brantley 29 1:56.2
 Allen Stark 27 1:00.2
 200 Yd. Free
 William Cerny 28 2:07.1
 Lawrence Glass 29 2:36.7
 500 Yd. Free
 M. Cerny 28 5:45.6
 50 Yd. Back
 Lawrence Glass 29 1:32.3
 170 Yd. Back
 Lawrence Glass 29 1:15.6
 200 Yd. Back
 Lawrence Glass 29 2:59.3
 50 Yd. Breast
 Allen Stark 27 1:31.2
 Joseph Brantley 29 1:35.0
 Allen Stark 27 1:08.5
 Bill Scott 26 1:12.1
 200 Yd. Breast
 Allen Stark 27 2:35.6
 M. Scott 26 2:42.5
 50 Yd. Fly
 Joseph Brantley 29 1:27.5
 100 Yd. Fly
 Lawrence Glass 29 1:08.5
 200 Yd. Fly
 M. Cerny 28 2:39.5
 MEN 25-29 Yrs 100 Yd. Ind. Med
 Allen Stark 27 1:05.3
 Joseph Brantley 29 1:59.0
 200 Yd. Ind. Med
 Allen Stark 27 2:30.0
 MEN 30-34 years
 50 Yd. Free
 Dennis Bretherton 34 1:26.0
 Christian Restrepo 34 1:27.3
 100 Yd. Free
 Dennis Bretherton 34 1:58.9
 Paul Epstein 30 1:06.6
 200 Yd. Free
 Paul Epstein 30 2:44.8
 50 Yd. Back
 Paul Hebert 30 1:29.2
 Christian Restrepo 34 1:38.8
 100 Yd. Back
 Paul Hebert 30 1:04.4
 Dennis Bretherton 34 1:06.0
 Chris Restrepo 34 1:24.6
 200 Yd. Back
 Paul Hebert 30 2:19.5
 Dennis Bretherton 34 2:34.9
 50 Yd. Breast
 Chris Restrepo 34 1:36.9
 100 Yd. Breast
 Dennis Bretherton 34 2:28.8
 Michael Todd 33 28.6
 Chris Restrepo 34 30.1
 Paul Epstein 30 36.2
 100 Yd. Fly
 Paul Hebert 30 59.4

HOUSTON TEXAS GULF MASTERS SWIM MEET
 October 23-24, 1976

WOMEN 25-29
 Susan Dragfish 25 1:28.7
 Susan Speight 28 1:30.9
 200 Yd. Free
 Susan Speight 28 2:47.1
 1650 Yd. Free
 Ginger Hansel 25 26:32.0
 50 Yd. Back
 Susan Speight 28 1:38.6
 100 Yd. Back
 Susan Speight 28 1:24.7
 200 Yd. Back
 Ginger Hansel 25 2:59.0
 50 Yd. Breast
 Jamee Stewart 28 1:42.0
 Susan Speight 28 1:42.0
 100 Yd. Breast
 Jamee Stewart 28 1:02.9
 50 Yd. Fly
 Jamee Stewart 28 1:29.8
 200 Yd. Fly
 Jamee Stewart 28 2:38.9
 Joanne May 28 3:12.8
 100 Yd. Ind. Med
 Jamee Stewart 28 1:16.9
 400 Yd. Ind. Med
 Jamee Stewart 28 5:35.2
 Joanne May 28 6:20.3
 6:36.0
 Ginger Hansel 25 6:36.0
 30-34 Years
 50 Yd. Free
 Pat Dorsett 32 1:33.8
 Joy Clayton 34 1:36.4
 100 Yd. Free
 Pat Dorsett 32 1:21.0
 50 Yd. Back
 Joy Clayton 34 1:42.6
 100 Yd. Back
 Joy Clayton 34 1:45.0
 50 Yd. Fly
 M. Dorsett 32 1:38.1
 35-39 Yrs
 50 Yd. Free
 Jane Thornburg 38 1:29.5
 Hannelore Brotze 39 1:49.4
 100 Yd. Free
 Jane Thornburg 38 1:04.2
 Hannelore Brotze 39 1:50.2
 200 Yd. Free
 Jane Thornburg 39 2:29.5
 Jane Thornburg 39 7:33.4
 200 Yd. Back
 Jane Thornburg 39 3:26.3
 50 Yd. Breast
 Hannelore Brotze 39 1:52.6
 100 Yd. Breast
 Hannelore Brotze 39 4:07.6
 Hannelore Brotze 39 1:57.0
 100 Yd. Ind. Med
 Jane Thornburg 39 1:25.6
 40-44 yrs
 50 Yd. Free
 Rita Van Egmond 40 1:32.2
 200 Yd. Back
 Rita Van Egmond 40 3:22.2
 200 Yd. Breast
 Rita Van Egmond 40 3:20.8
 45-49 yrs.
 50 Yd. Free
 Jody Anderson 46 1:33.1
 100 Yd. Free
 Jody Anderson 46 1:14.3
 200 Yd. Free
 Jody Anderson 46 2:50.6
 500 Yd. Free
 Jody Anderson 46 7:40.2

200 Yd. Fly Paul Hebert 30 2:13.8 ... 100 Yd. Back Allen Hellman 54 1:15.6 ... 100 YD BREASTSTROKE P.Glenke 1:41.6 ... 50 YD BREASTSTROKE C.Smith 33.4 ... 100 YD IND MEDLEY A.Olanoff 1:46.8

PACIFIC NORTHWEST ASSOCIATION MASTERS SWIM MEET Northshore Pool 11-667-76 Seattle, Washington

WOMEN 25-29 1650 Yd. Free Linda Sadowski 25:42.7 ... 50 Yd. Free Sue Dilla 1:05.0 ... 50 Yd. Free Sara Lakin 1:34.7

200 IM	Fred Bartlett	2:47.3	50 Butterfly	30.14	WOMEN 50-54	Arthur Hale 34	30.14
Bob Williams	Eugene Sikes	3:25.7	Gus Langner	1:13.5	50 vd Freestyle	Thomas Thomson 32	31.92
Michael Laux	400 IM		100 IM		Jeanne Rathbun 50	41.80	100 vd Butterfly
Douglas Stern	Eugene Sikes	7:26.3	Gus Langner	2:03.0	100 vd Freestyle	Curtis Mosso 34	1:05.58
Sandy Thatcher	MEN 50-54		MEN 75-79		Jeanne Rathbun 50	1:36.70	Jon Bales 32
Ron Brawer	50 Free		500 Free		50 vd Backstroke	100 vd Individual Medley	1:09.99
400 IM	Wayne Shadbolt	29.6	Earl Lyon	12:00.5	Jeanne Rathbun 50	49.73	Jon Bales 32
Sandy Thatcher	Bill Rodenbach	29.8	1650 Free		100 vd Backstroke	George Wright 34	1:08.54
MEN 35-39	Chuck McCarthy	32.4	Earl Lyon	44:44.0	Jeanne Rathbun 50	1:50.61	Curtis Mosso 34
50 Free	100 Free		50 Backstroke		WOMEN 55-59	Thomas Thomson 32	1:09.92
Steve Alexander	Jim Edwards	1:06.4	Earl Lyon	58.7	50 vd Freestyle	Paul Dimotakis 31	1:11.18
Ron Hummel	Wayne Shadbolt	1:07.3	100 Backstroke		Rita Simonton 58	38.22	David Baxter 32*
George Stewart	Elliott Schofield	1:09.2	Earl Lyon	2:17.1	Margaret George 59	38.68	John Schwarz 34
100 Free	50 Free		Earl Lyon		100 vd Freestyle	MEN 35-39	
Ron Hummel	Jim Edwards	6:52.6	50 Breaststroke		Rita Simonton 58	1:23.80	50 vd Freestyle
Steve Alexander	Elliott Schofield	7:43.1	Earl Lyon	1:08.0	Margaret George 59	1:27.95	Hap Cole 35
500 Free	1650 Free		100 Breaststroke		50 vd Backstroke	D. Keviles 37	26.42
Ron Hummel	Elliott Schofield	26:45.9	Earl Lyon	2:38.6	Margaret George 59	46.10	Roger Sterneck 36
1650 Free	50 Backstroke				100 vd Backstroke	27.45	D. Keviles 37
George Stewart	Bill Rodenbach	34.0			Margaret George 59	1:43.43	100 vd Freestyle
100 Breaststroke	100 Backstroke				100 vd Breaststroke	Burt Kanner 37	55.16
Steve Alexander	Bill Rodenbach	1:16.4			Viola Thompson 58	1:46.95	Jim Bannan 37*
50 Butterfly	50 Breaststroke				50 vd Butterfly	Roger Sterneck 36	59.92
Bob Williams	Jim Forbes	35.7			Viola Thompson 58	41.40	Tom K. Lieser 35
Ron Hummel	100 Breaststroke				Rita Simonton 58	1:52.17	100 vd Backstroke
100 IM	Jim Forbes	1:20.5			100 vd Individual Medley	Tom K. Lieser 35	1:12.83
Ron Brawer	Raymond Lavendier	1:31.3			Viola Thompson 58	1:37.16	Hap Cole 35
MEN 40-44	Chuck McCarthy	1:35.4			Rita Simonton 58	1:39.42	D. Keviles 37
50 Free	50 Butterfly				WOMEN 60-64	37.16	100 vd Breaststroke
Walt Lincoln	Jim Forbes	36.4			50 vd Freestyle	Hap Cole 35	1:11.66
Al Mazaltor	Chuck McCarthy	37.8			Evelyn McKeon 62	44.28	50 vd Butterfly
100 Free	100 IM				100 vd Freestyle	Burt Kanner 37	27.96
Walt Lincoln	Bill Rodenbach	1:17.9			Evelyn McKeon 62	1:36.35	Jim Bannan 37*
George Brunstad	Raymond Lavendier	1:18.5			50 vd Backstroke	Tom K. Lieser 35	29.67
Al Mazaltor	Jim Forbes	1:19.5			Evelyn McKeon 62	52.66	D. Keviles 37
500 Free	Chuck McCarthy	1:27.6			50 vd Breaststroke	Roger Sterneck 36	30.27
George Brunstad	400 IM				100 vd Breaststroke	100 vd Butterfly	
1650 Free	Chuck McCarthy	7:10.9			Grace Deal 63	Jim Bannan 37*	1:10.10
Bob Goutell	MEN 55-59				50 vd Butterfly	Roger Sterneck 26	1:10.21
50 Backstroke	100 Free				Grace Deal 63	100 vd Individual Medley	
Walt Lincoln	William Varza	1:25.4			WOMEN 65-69	Hap Cole 35	1:04.04
50 Breaststroke	50 Free				50 vd Backstroke	Tom K. Lieser 35	1:09.75
Don Relyea	Bud Erich	6:58.5			Dorothea E. Cole 67		50 vd Freestyle
Tony Mosa	William Varza	9:06.7			100 vd Backstroke	Bradford Sturtevant 43	25.19
Al Mazaltor	1650 Free				Dorothea E. Cole 67	2:01.01	Joseph A. Klein 43
100 Breaststroke	Roger Ellsbury	30:58.0			100 vd Individual Medley	2:18.63	Curt Miller 44
Don Relyea	50 Butterfly				Dorothea E. Cole 67		29.01
Tony Mosa	William Varza	44.8			WOMEN 70-74	Budd Symes 42	29.50
200 Breaststroke	100 Butterfly				Elizabeth Mauric 72	2:05.87	100 vd Freestyle
George Brunstad	William Varza	1:55.6			100 vd Breaststroke	Bradford Sturtevant 43	55.31
50 Butterfly	200 IM				Elizabeth Mauric 72	1:13.65	Joseph A. Klein 43
Tony Mosa	William Varza	3:26.8			100 vd Breaststroke	Art Welch 44	27.80
George Brunstad	MEN 60-64				Elizabeth Mauric 72	2:42.59	Art Welch 44
100 IM	50 Free				MEN 25-29	David Kan 43	1:17.4
Walt Lincoln	John Sautter	30.3			50 vd Freestyle	Robert Gledt 42	40.77
200 IM	Stanley Rappoport	48.9			Tony LaBlanca 25	23.85	100 vd Backstroke
George Brunstad	100 Free				Tom Courtney 26	24.39	Robert Gledt 42
MEN 45-49	John Sautter	1:13.1			Michael Smith 27*	25.68	50 vd Breaststroke
50 Free	Stanley Rappoport	1:52.3			Jon Harmony 25	25.92	Budd Symes 42
Frank Dooley	Anthony Anastasio	10:15.8			Dan Beckman 26	27.55	100 vd Breaststroke
Bill Christian	1650 Free				John Zyskind 25	28.21	Budd Symes 42
Fred Bartlett	Louis Meyer	29:48.5			100 vd Freestyle	53.71	50 vd Butterfly
100 Free	50 Backstroke				Tony LaBlanca 25	55.06	Art Welch 44
Ham Milroy	Stan Pudell	41.1			Tom Courtney 26	58.76	Mark Hoffer 41
Charlie White	100 Backstroke				Jerry Homstad 27	59.32	Robert Gledt 42
1:03.5	Stan Pudell	1:36.2			Dan Beckman 28	59.32	100 vd Butterfly
500 Free	50 Breaststroke				Jon Harmony 25	59.67	Art Welch 44
Charlie White	Stan Pudell	1:47.1			Rick Wilson 29	59.86	1:08.78
1:03.5	Richard Close	45.8			John Zyskind 25	1:02.45	Curt Miller 44
500 Free	100 Breaststroke				50 vd Backstroke	Robert Gledt 42	1:33.41
Charlie White	Stan Pudell	1:33.1			Tony LaBlanca 25	30.39	100 vd Individual Medley
1:03.5	Richard Close	1:47.1			Michael Smith 27*	30.56	Curt Miller 44
500 Free	50 Breaststroke				Rick Wilson 29	33.49	Art Welch 44
Charlie White	Stan Pudell	40.3			50 vd Breaststroke	Mark Hoffer 41	1:15.98
1:03.5	John Sautter	44.6			Jon Harmony 25	33.25	Robert Gledt 42
500 Free	Richard Close	45.8			100 vd Breaststroke	1:16.50	100 vd Individual Medley
Charlie White	100 Breaststroke				Jon Harmony 25	27.12	50 vd Freestyle
1:03.5	Stan Pudell	1:33.1			50 vd Butterfly	27.40	Neal R. Palmer 46
500 Free	Richard Close	1:47.1			Tom Courtney 26	27.40	Gordon Gillin 45
Charlie White	Stanley Rappoport	2:26.0			Michael Smith 27*	27.40	100 vd Freestyle
1:03.5	Richard Close	3:58.2			David Dunbar 26*	30.89	Neal R. Palmer 46
500 Free	100 IM				Dan Beckman 28	33.29	Larry Larimore 49
Charlie White	John Sautter	1:27.4			Jerry Homstad 27	1:00.59	Gordon Gillin 45*
1:03.5	MEN 65-69				Dan Beckman 28	1:17.66	Tom Scottot 46
500 Free	50 Free				100 vd Individual Medley	1:17.66	Hal Nichols 47
Charlie White	Nick Kaschak	39.4			Jerry Homstad 27	1:05.55	50 vd Backstroke
1:03.5	James Kiernan	46.1			Michael Smith 27*	1:07.84	Neal R. Palmer 46
500 Free	100 Free				Jon Harmony 25	1:08.05	Gordon Gillin 45*
Charlie White	Nick Kaschak	1:33.1			Rick Wilson 29	1:09.86	Larry Larimore 49
1:03.5	James Kiernan	1:45.5			Dan Beckman 28	1:10.66	Tom Scottot 46
500 Free	50 Backstroke				David Dunbar 26*	1:13.88	Hal Nichols 47
Charlie White	Nick Kaschak	1:33.1			MEN 30-34		100 vd Breaststroke
1:03.5	James Kiernan	1:45.5			50 vd Freestyle	Larry Larimore 49	1:18.01
500 Free	50 Breaststroke				Ed Spencer 34	23.92	Hal Nichols 47
Charlie White	James Kiernan	1:10.1			Jon Bales 32	25.46	Tom Scottot 46
1:03.5	50 Breaststroke				Paul Dimotakis 31	26.85	50 vd Butterfly
500 Free	Harold Barr	47.0			Arthur Hale 34	28.60	Gordon Gillin 45*
Charlie White	100 Breaststroke				100 vd Freestyle	56.82	100 vd Butterfly
1:03.5	Harold Barr	1:42.6			Curtis Mosso 34	58.36	Larry Larimore 49
500 Free	50 vd Butterfly				George Wright 34	1:00.93	Tom Scottot 46
Charlie White	50 vd Backstroke				Paul Dimotakis 31	1:01.32	Hal Nichols 47
1:03.5	Evelyn Debes 40	39.44			Thomas N. Thomson 32	1:01.79	100 vd Individual Medley
500 Free	100 Breaststroke				John Schwarz 34	1:11.06	Larry Larimore 49
Charlie White	Harold Barr	3:54.0			50 vd Backstroke	32.40	Gordon Gillin 45*
1:03.5	MEN 70-74				George Wright 34	32.85	Tom Scottot 46
500 Free	50 Free				Arthur Hale 34	1:35.26	Hal Nichols 47
Charlie White	Henry Francis	45.5			John Schwarz 34	30.56	50 vd Breaststroke
1:03.5	David Evans	48.2			Ed Spencer 34	35.46	Dunne Draven 50
500 Free	Gus Langner	8:02.1			Arthur Hale 34	36.04	Jim Marcus 52
Charlie White	50 Backstroke				Jon Bales 32		100 vd Backstroke
1:03.5	100 Backstroke				100 vd Breaststroke	1:13.18	Dunne Draven 50
500 Free	50 vd Breaststroke				Thomas Thomson 32	1:27.48	Jim Marcus 52
Charlie White	Jacqueline D. Smith 45	40.75			John Schwarz 34	24.47	Jack Burjan 54
1:03.5	50 vd Butterfly				Ed Spencer 34	28.46	100 vd Breaststroke
500 Free	Jacqueline D. Smith 45	36.74			Jon Bales 32		Dunne Draven 50
Charlie White	100 vd Butterfly						1:21.87
1:03.5	Helga Linnea Palmer 47	1:35.93					1:25.59
500 Free	200 IM						
Ham Milroy	2:46.5						

MASTERS NOTES SWIMMING

SHORT COURSE CHAMPIONSHIPS - Many requests have been received for the information and entry blanks. Material will be ready by the end of February and mailed to all Committee members, AAU Secretaries and to all persons requesting the information.....

LONG COURSE CHAMPIONSHIPS - The proposed c dates are August 25-26-26-28 at the Mission Park Witter Pool in Spokane, WA. More information will be available at the SC Nationals.

ALL-AMERICAN REQUIREMENTS - It is possible that a swimmer from another country who enters and wins four events at our National Championships complies with our old rule for All-American. However, the National Masters Committee decision was that a swimmer must be an American Citizen to be named an All-American. It is difficult for the Records Chairman to know just who is an American Citizen and who isn't! Therefore, if an AAU registered Masters Swimmer places first in a Top Ten event this year, please notify Ted Haartz if you ARE NOT an American Citizen.....

LABELS FOR MEDALS - Most clubs write labels for medals by hand. A cumbersome job when there are up to 72 medals for each event in a meet. Joe Rodgers of the D.C. Masters has developed a computer program that does everything but write the name and time. It prints on standard computer type mailing labels. He will send the program listing to any club that's interested. Write him at Box 1532, 358 Hungerford Dr., Rockville, MD 20850.....

VERIFICATION FOR TOP TEN AND RECORDS - The charts to use for times in your events for verification ARE NOT THE RECORDS!!! If first place listed in the Top Ten is to be All-American, it must be verified and not all 1st place times will be records. Enid and Ed had to make intelligent guesses at times likely to be very close to first place. This still poses a problem as it is conceivable that some first place will never be verified as the time might be even slower than the time listed in the chart! Well, we have to start someplace.....

FROM ARTHUR HARGRAVE - Dear Enid Ulrich. As one crowds the evening of life at "just 70" as in my case, it becomes real heart-rendering to read that a friend has gone--wherever one goes when one goes away never to return. To read the two-liner in the last issue of Swim Master "In Memorium, Larry Smith, Newton, MA who died Nov. 20, 1976...." was a particularly sad note to me--and yet--I had only known Larry for three days at Mission Viejo. So outgoing--so cheerful--so warm

--so genuine. "Who is that", my wife Helen asked when Larry went "a mile" out of his way to introduce himself. "Never met him," I answered, "but isn't he a nice guy even though he is going to break all my national backstroke records when he turns 65 next year." The Masters are like that. My predecessor record holder Frank Walton was among the first to congratulate me when I knocked off his 65-69 records. I actually looked forward to writing Larry as soon as he bumped off mine, which he surely would have done. The guy was just too nice, to miss knowing. Heart? was it, I am wondering "...having been told to "take it easy" too often, myself. Please convey my deep sympathy to Larry's closest survivor and friends. Life is just a little less now, having lost the chance to have known him better.....

MASTERS SYNCHRONIZED SWIMMING CHAMPIONSHIPS - Dec. 4-5, 1976. For the 2nd year in a row, DC Masters won the team title, 140 to 27 for the Dayton Synchronettes. Award winners were: Figures, Group I: Helen Hummer 4th; Nellie Brown, 5th. Group II (34 & under): Dot Beavers 2nd; Grace Venable 6th; Nancy Kirkendall 7th; Group III (35 & over): Barbara Organ 4th; Jeanne Ulrich 6th; Jeanne Ackerman 7th. Women's Solo: 25-29 Dot Beavers 2nd; 30-34 Nancy Kirkendall 2nd; 35-39 Barbara Organ 1st; 45-49 Jeanne Ackerman 2nd; 50-54 Jean Winters 2nd; 80 + Nellie Brown 1st. Men's Solo: 30-34 Bob Husson 1st; 40-44 Dale Petranech 1st. Women's Duet: 25-34 Dot Beavers & Grace Venable 1st; Susi Husson & Nancy Kirkendall 2nd; 35-44 Jeanne Ulrich & Kathleen Nabors 2nd; 45+ Audrey Guron & Helen Hummer 1st. Men's Duet: 25-34 Dale Petranech & Ray Randall 1st. Mixed Duet: 25-34 Bob & Susi Husson 1st. Women's Team: Jeanne Ackerman, Dot Beavers, Tina Kane, Barbara Organ & Grace Venable 1st; Martha Beard, Jan Hodgson Kathleen Nabors, Barbara Sreck, Jeanne Ulrich & Jean Winters 4th. Mixed Team: Bob & Susi Husson, Nancy Kirkendall, Dale Petranech & Ray Randall 1st.....



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VOL VI - No 2

SWIM MEET SCHEDULE

NEW ENGLAND MASTERS SWIM CLUB - Joy Miller, 401 Essex St., Hamilton, MA 01936 FEB 8, MAR 8, MAR 20, APR 12, MAY 10, APR 23-24, JUN 7
INLAND EMPIRE ASSOCIATION - Harry Lewis, 944 E. 39th, Spokane, WA 99203 MAR 12-13, APR 30-MAY 1
PACIFIC NORTHWEST ASSOCIATION - STEVE ENGEL, 2005 S. 308th, Federal Way, WA 98002 MAR 5-6, APR 2-3, JUN 4-5, JUL 16-17
OREGON ASSOCIATION - Connie Wilson, 10315 S.E. 82nd, Portland, OR 97266 FEB 26-27, APR 2-3, APR 22-24, JUN 11-12, AUG 12-14
NEW JERSEY ASSOCIATION - Bob Walden, 19 Hawthorne Dr., New Providence, RI 07974 FEB 12, FEB 26, APR 30-MAY 1
WISCONSIN ASSOCIATION - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108 FEB 12, MAR 12, MAR 26-27, APR 2
CORONADO MASTERS - 1019 7th St., Coronado, CA 92118 MAR 20, MAY 29, JUL 10
OHIO ASSOCIATION - Roy Stickney, 235 N. Remington Rd., Bexley, OH 43209 APR 24
FEB 12 North Miami - Lee Singleton, City Pool, 13150 NE 8 Ave., North Miami, FL 33161
FEB 12-13 Topeka - Robert Schneider, 2537 Morningside, Topeka, KS 66614
FEB 13 Belmont Plaza - Sally Peterson, 2107 San Vicente Ave., Long Beach, CA 90815
FEB 19 Powell Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
FEB 19-20 Winter Festival - Diane & Kevin O'Connor, 4922 Snowy Reach, Columbia, MD 21044
FEB 19-20 University of Oklahoma - Peter Brunson, 1008 N.W. 32 St., Oklahoma City, OK 73118
FEB 20 Shabonna Shards - Ingrid Stine, 4119 N. Pittsburg, Chicago, IL 60634
FEB 26-27 Georgia SC - Curt Fehn, 2515 N.E. Expwy; Apt. R-16, Atlanta, GA 30345
FEB 27 Metro Inv - James Forbes, 8 Cambridge Ct., Bethpage, NY 11714
FEB 27 Miami-Dade South - John Zigler, 9827 SW 194 St., Miami, FL 33157
MAR 5-6 SW Colorado - Dennis O'Brien, 135 W. Park, Durango, CO 81301
MAR 6 Huntsville Inv - Raymond T. Mattle, 3806 Jamestown Dr., Huntsville, AL 35810
MAR 12-13 Crawfish Open - Paul Hebert, Jr., 8438 Wartelle Ave., Baton Rouge, LA 70806
MAR 13 St. Chas. Park Dist. - Meredith Scanlon, 71 McKinley, St. Charles, IL 60174
MAR 19 Van Wert Y - John Decker, 241 W. Main St., Van Wert, OH 45891
MAR 26 Diving - Fred Fox, 30162 Branding Iron Rd., San Juan Capistrano, CA 92675
MAR 26-27 Branin Natatorium - O*H*I*O Masters, P.O. Box 922, Massillon, OH 44646
APR 1-3 Southern SC - Robert E. Beach, c/o Judicial Bldg. #402, St. Petersburg, FL 33701
APR 2 April Fool's Meet - Jane Hardy, 49 Wilson Ave., Rowayton, CT 06853
APR 18-19 WIU - Dr. Paul Hutinger, Western Illinois University, Macomb, IL 61455
APR 23-24 San Joaquin Valley - Bill McAlister, 14407 Rd. 23-1/2, Madera, CA 93637
APR 23-24 Eastern Champ - Wilmington Swim School, 2150 New Castle Av, New Castle, DE 19720
APR 30-MAY 1 Texas A&M - Will Worley, 1001 Village Dr., College Station, TX 77840
APR 30-MAY 1 State Meet - Beth Gabriel, 516 Ford St., Geneva, IL 60134
MAY 7 Diving - Coronado Island - Tom Crosby, 1271 Nacion Ave., Chula Vista, CA 92011
MAY 13-15 NATIONAL SC CHAMP - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
MAY 27-29 Southern LC - Robert E. Beach, c/o Judicial Bldg. #402, St. Petersburg, FL 33701
MAY 28-29 Dad's Club - Jo May, 1405 Pine Chase, Houston, TX 77055