



SWIM-MASTER

VOL VIII - No 9 USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS NOVEMBER-DECEMBER 1978

WHAT THE AAU DOES FOR MASTERS SWIMMERS

By June Krauser

FIRST, just what is the A.A.U.? The Amateur Athletic Union of the United States is America's largest non-profit, volunteer service organization dedicated to the encouragement and development of amateur sports and physical fitness. The AAU was founded in 1888 as a confederation of athletic clubs to restore and maintain integrity in amateur competitions, to make facilities and the opportunity for participation available to all, and to represent the United States in international competition. So huge are the size and scope of the AAU's activities that it is sometimes thought to be an agency of the Federal Government. The AAU, however, is supported solely by revenues from athletic events, fees for athletes' registrations, functioning of meets, funding and contributions from business and industry, and the understanding generosity of the American Public. So, to sum up, the Amateur Athletic Union is a national organization of Americans young to Senior citizen, male and female - who work voluntarily to promote and encourage amateur sport and physical fitness throughout the United States.

SECOND, what does the AAU do? Through its nationwide membership of athletic clubs, schools, colleges and countless other organizations interested in amateur sports and games, the AAU promotes the ideal of "sports for sport's sake", protects the interests of the amateur athlete or team, establishes and maintains standards of amateurism, and sponsors a general athletic program for all amateurs, without regard to class, age, color or creed. Registration fees are established by each of the AAU's 58 associations' essentially the fees cover the cost of administering the registration program. In addition, and in most sports, this program makes it possible for insurance coverage to be offered athletes at nominal cost. A small staff of 12 capable administrators guides the huge and complex AAU operation from the organization's national headquarters in Indianapolis. AAU House operates on an annual budget that is smaller than that of the average university's

athletic department - primarily because of the selflessness of the organization's over 300,000 volunteers.

THIRD, just who runs the AAU? Democracy is the keynote, and the essential fact is that the Amateur Athletic Union is run by its sports. Overall governing body is a Board of Governors elected by delegates representing each of the AAU's sports supervising committees, the athletes, and the AAU Associations (AAU officers, in turn, are elected by the Board of Governors). Policy is established by a Board of Directors, which provides an interface between the sports and the Associations; policy is also established, and is carried out by an Executive Committee, whose membership consists of one representative from each AAU sport. Moreover, each of the sports supervising committees has autonomy for its own sport.

AND, just what does all this mean to you - Masters swimmers? Well, it just means that YOU are the AAU! And what YOU do for Masters Swimming is what the AAU does for YOU. i.e. Swim-Master. I am a member of the AAU and I put out the publication as a service for all Masters swimmers. This is just one thing that the AAU does for YOU. All of the people that put on meets and make competition available for Masters swimmers are AAU volunteers and that is another AAU promotion. Y's, recreation dept.'s, schools and others who allow us to use their facilities are encouraging physical fitness. Many also sponsor AAU age group and Senior teams. Dr. Ransom J. Arthur approached the National AAU Swimming Committee in the fall of 1971 and encouraged them to embrace and sponsor a Masters Swimming Program. He went to the AAU because it was a well-established, prestigious organization that he thought could better promote the Masters Swimming Program. It was overwhelmingly adopted at that meeting and in the past seven years we have enjoyed tremendous growth.

SO, just remember - YOU ARE THE AAU!





Just goofing around, masters swimming champion Susan B. Peterson combines the art of mime with her aquatic prowess.

Pantomime Artist Clowns Way To Swimming Marks

By LAURIE FEDON
Staff Reporter

Oil and water don't mix. But greasepaint and swimming pools do.

They mix so well, in fact, that Susan B. Peterson set five American masters swimming records with her face painted like a clown's.

"I've always had a fantasy about putting mime makeup on at a swimming meet," she says. So, at last April's Southern Regional Masters Swimming Championship in St. Petersburg, she went the greasepaint, face powder and eye makeup.

"People kept asking me if I belonged to the rock group Kiss, and one swimmer said, 'My, you look pale today.' But it sure livened things up...and kept me from getting sunburned. I'll wear makeup again at a meet if I'm in good shape and think I'll swim well," Ms. Peterson promises.

Known to Spoleto minifestival buffs as Suzanna the Mime, Ms. Peterson arrived in Charleston early in May. It was getting hot in Fort Lauderdale and a certain type shipworm is especially bad during summer months in Florida, so Ms. Peterson and her boating partner set sail for South Carolina on their 50-foot schooner.



And Charleston, it seems, is the perfect port for the 35-year-old who was raised in New York City.

"In New York I could mime, in Florida I could swim, in Charleston I can do both," she says contentedly. Besides working out in the Wando River, swimming against the tide, Ms. Peterson presents kiddie mime shows at Alhambra Hall and teaches swimming in Mount Pleasant.

After graduating from the University of Pennsylvania, receiving her master's degree in education from the University of Michigan and returning to New York to teach, Ms. Peterson noticed an advertisement for mime classes in the Village Voice. For the

next four years she studied mime at the Performance Center Theater and School under director Moni Yakim, who performed with Marcel Marceau.

"Mime classes intrigued me. I immediately fell in love with the dramatic art form, even though it was hard work," she recalls. "I thought I was strong and in shape from swimming, but my feet were really weak — I had never worked out on land, so I was clumsy. But mime charmed me."

In 1975, Ms. Peterson began swimming competitively, after a nine-year layoff. It was cold in New York that winter, so she only swam once or twice a week. But, with new-found strength from improvisation classes and a crash Nautilus program, she headed to Florida for the masters national championships.

"I made a conscious decision when I was 32 to do all the things I thought were important. Too many older people sit around saying, 'Oh, I wish I had done that when I was younger.' Years ago, people were either young athletes or non-athletes. Masters programs have changed that."

Swimming in the 30 to 34 age group, Ms. Peterson set American masters records in the 50 and 100-meter butterfly and the 200-meter individual medley. By April of this year, she held those marks plus the 50, 100 and 200-yard butterfly and the 100 and 200-yard individual medley records in the 35 to 39 bracket.

"I'm swimming as well or better than when I was in college because I'm smarter about training," says the 1963 200-yard individual medley collegiate national champion. "Combining the movement art of mime and weight training with swimming is better than just swimming. I get strength from

the Nautilus program, and coordination and mental concentration from mime. I'm 20 pounds lighter than when I swam in college and don't need those big muscles.

"There are definite emotional differences between mime and swimming," she adds. "In swimming, the stress is on overcoming pain, holding it all in. But with mime, you have to express emotions to your audience. It has changed my competitive attitude. I still don't want other swimmers to beat me, but I don't see them as a threat either. Swimming has become more of a game."

Staff Photos By Bill Murton

Kastin Studies 'Brain Control'

By PRISCILLA F. VAYDA

Abba Kastin is a scientist and an athlete. And that is a rare combination.

As chief of endocrinology at Veterans Administration Hospital, Dr. Kastin spends much of his time in a laboratory working on research projects. His main field of interest being neuro-endocrinology, which studies the control the brain has over the rest of the endocrine system.

As an athlete who competed in high school, college and now in the AAU masters swimming program Kastin believes in keeping his body, as well as his mind, in shape.

Then just for fun and relaxation he plays the viola in the New Orleans Civic Symphony Orchestra. If you attended the concert in Jackson Square

two Sundays ago, Dr. Kastin was the tall (6-5 1/2), dark man playing the viola.

"There are a number of aspects in swimming that enhance my research," Kastin said. "In the first place there is the old dictum of sound mind and sound body. And since much of my work does depend on my mind, I think it's reasonable that I try to maintain my body.

"But there are several other reasons. One is perhaps a selfish reason, and that is that I am so delighted with my life, I get so much joy and pleasure out of it that I would like to do what little is in my power to prolong it. I want to keep it enjoyable through the years.

"It seems to me that based on scientific evidence that I've seen, as well as

just common sense, that physical exercise is important to maintain your body. And swimming is one of the best forms of exercise."

And Kastin does admit to liking competition.

"It's a minor aspect," he said. "And I would continue swimming even without the competition. It's just an added incentive.

"But I've always enjoyed a small amount of competition, as long as it is taken in perspective and that it doesn't become an overriding aspect of one's life.

"And although it is not fashionable to speak of competition in research . . . since we are after 'truth' and trying to discover or make discoveries that will eventually result in making man's life

easier, better . . . never the less, particularly with the short amounts of research money available, there has become more evidence lately of a competitive element in research. Who will make the discoveries, who will get the credit?

"But I have to say that this is not my overriding motivation. It's incidental. But I would be less than truthful if I did not admit that when the listing of the 300 most-quoted scientists was published earlier this month that I didn't get some ego satisfaction out of seeing my name on the list."

Kastin paused, then continued, "Still there is a satisfaction of just discovering how the body works, just finding out some new scientific fact. There is enough satisfaction in it that if I were marooned on a desert island and had the opportunity to do scientific research, I would. I would still get the satisfaction and consider it fun."

Kastin publishes about 40 papers a year, including collaborative efforts. One of his collaborative efforts was with Dr. Andrew Schally which contributed to Dr. Schally's Nobel in medicine.

"I was fortunate to be involved in some of Dr. Schally's work," Kastin said. "I was in charge of operating and organizing the clinical studies to show how the peptide LHRH controls the reproduction of humans.

"But my main contribution in research, perhaps, has been that I introduced in 1971 the concept that hypothalamic hormones, in addition to their known endocrine functions, had direct effects on the brain."

While Kastin's swimming efforts have not received international recognition, he has competed in national AAU masters competition. Masters competition is for 25-year-old and over swimmers.

"My 83-year-old father and I have both competed in the national masters championship," Kastin noted. "In 1972 my dad won two gold medals and I placed fourth in the 1500-meter freestyle.

"We entered again in 1975 and Dad won at least one more gold and I placed fifth in the 500-meter freestyle. One of my first masters meet was at the DADS Club in Houston. I won six first place medals and the high point trophy. I was more excited about that high point trophy than some of my scientific accomplishments!"

Swimming and research both require discipline and hard work. But there is another important aspect, too.

"You have to enjoy both research and swimming to stick with them," Kastin said. "Most investigators like myself just plug away. It's a gradual process, like building blocks.

"I don't know of anyone who has sat down, and through sheer genius has revolutionized science. It may happen occasionally, but it most certainly hasn't happened to me.

"Research involves intelligence, but it also involves luck or good fortune, and I've had more than my share of good fortune. It also involves a lot of hard work.

"In swimming you train and train before you are ready to win a race. It's also hard work but I enjoy both the research and the swimming."

And perhaps that's the key. Enjoy.



SCIENTIST-ATHLETE — Dr. Abba Kastin, above, shown in his lab at the Veterans Administration Hospital, believes that swimming is one of the keys to his research, which is in the area of neuro endocrinology. Dr. Kastin, an avid swimmer (left), believes that the mind and body must be in shape and says that swimming enhances his lab studies. Neuro-endocrinology studies the brain and its control over the rest of the endocrine system.

PREVENTION OR DECREASING THE INCIDENCE

OF ILLNESS IN THE UNITED STATES

by

G. R. Greenwell, M.D.

edited by: Janice Krauser

The United States is the only "developed country" in the world which does not sponsor health and physical culture programs throughout their entire educational system. These programs have been developed in other countries for the purpose of decreasing the incidence and severity of illnesses in the population of the country and it has been determined that the programs producing desired results are those incorporated into the educational process. It has been generally accepted that we will realize a better return, per dollar investment, from programs which will produce adults knowledgeable in ways to develop and maintain good health and a healthy lifestyle than in trying to convert adults from poor health habits to good health habits.

Before an educational program of this nature can be incorporated into the school system, colleges and universities must provide courses to develop teachers capable of teaching health in the schools. This could be developed by making funds available for scholarships, fellowships, and research grants which would require the institutions to produce graduates with the skills to teach health and healthy lifestyles to children. Most countries have already incorporated this concept in the requirements for physical education teachers, since they realize that regular exercise habits are an essential component of a healthy lifestyle.

If we teach people a large variety of activities and sports, they will be more likely to enjoy one or more of them and incorporate them into their everyday living habits. After one selects activities he enjoys, he is motivated to participate and enjoy the activity to its fullest. This can also serve as a means of determining the improvement or regression of our general level of health and fitness.

As our school system would be adding health education to its curriculum, more jobs would be made available. Since our Federal Government has been seriously considering making more jobs available for the unemployed, they could use some of their funds to assist in providing teachers in the area of health and

physical fitness. Funding would also be needed for specialized equipment and teacher aides. This would assist our country's fight against unemployment in a beneficial and constructive manner.

Programs intended to increase the adult population's knowledge of health related matters should be geared to expanding our information gathering and dissemination services throughout the country. For example: If information from the National Library of Medicine could be made more easily and immediately accessible, it will be utilized more frequently and more extensively. This could be accomplished by providing computer terminals in our local libraries with access to a center such as the National Library of Medicine. A person could go to one of these terminals and request information relating to the subject he is interested in and would immediately receive abstracts or guidance as to what publications contained this information. To ensure that this system would be utilized more completely, it would be advisable to have a major advertising and promotional campaign to inform the non-school system attending people about the availability and capabilities of this method of learning more about improving one's health.

Our entire approach to this goal of improving the lifestyles and health of the citizens of our country should be positive and constructive; reminding people that good health makes life more enjoyable and one is able to enjoy life more by attempting to develop the optimum of health and to maintain it continuously. The West Germans initiated programs for promotion of fitness and health for all a little more than three years ago, and at the same time developed a promotion campaign designed to discourage people from smoking. The campaign aimed at encouraging good health and fitness for enjoyable reasons has been extremely successful and is being expanded. They discontinued their campaign to discourage people from smoking approximately eighteen months ago because it showed no indications of being successful. The smoking campaign was based on negative approaches. At the International Congress on Fitness and Sports held in Quebec City during July 1976, Jurgen Palm reported that West Germany had spent approximately \$2.00 for each person that their campaign has converted from a sedentary to an active lifestyle.

By Arthur C. Smith III, D C Masters

At the same meeting, the Russians (Professor Pravosudov) reported that when they compared active versus sedentary people, they found that the active person had 25% fewer physician consultations per year and was on the job an average of four to six days more per year. In the United States, a great deal of money could be saved by implementing such a program. The Bureau of Statistics reported in the Social Security Bulletin, February 1976, Vol. 39, No. 6 indicates that if we convert 1% of our national work forces from sedentary to active lifestyles, they would be on the job five days more per year and we could increase our Gross National Product by \$296,666,000 per year. If this same 1% of our work force was able to decrease their physician consultations, as the Russians did, they would save \$55,250,000 per year in decreased medical care. These statistics alone indicate that an educational program and promotion program would be more likely to save more money than it would cost. It would also be advisable to divert some of the funds which are being used for research in the area of treating illnesses to research in the area of Human Fitness and Human Performance.

A spinoff of this program for health and physical activity in the United States would be that most of our children would become experienced and knowledgeable about a large variety of activity programs, including competitive sports. Consequently, they would be better qualified to determine which activity they enjoy the most as well as which activity they could be the most proficient with. This could lead to greatly broadening the base of our sports development and thereby producing a larger number of more proficient athletes. Since there would also be more people throughout the country who would now have a more complete knowledge and understanding of the competitive sports activities, there would be more interested spectators enjoying and supporting the competitive sports programs throughout the United States.

Inquiries, or suggestions, regarding the methods of implementing this concept may be addressed to:

G. R. Greenwell, M.D.
407 Beverly Blvd.
Brandon, FL 33511

I was interested to read the How-I-Train article by Ken Kruger (Swim-Master, June 1978, page 2). I was amazed to learn that a 32 year old can train 1500 yards per day (400 warmup, 700 workout, 400 warmdown) twice a week until a month before Nationals, then up the frequency to 5 days a week, and then do such fantastic times. To rip off a 2:10.6 for 200 yd back on such low yardage is really a remarkable achievement. I suspect that most National calibre Master swimmers do substantially more yardage and that Ken's workouts are an abnormal situation. Perhaps you may wish to consider the following typical workouts which were designed by our coach, John Flanagan (33) for Masters swimmers, and used for training by many DC Masters. Ages of the swimmers using these workouts ranges from 27 to 50.

Early Season: (November) for short course

Warmup: Swim 100, Kick 100, Pull 100
repeat 3 times

Swim 4 x 200 on 3:15
Kick 4 x 100 on 2:00 (no fins)
Pull 4 x 200 on 3:30
Swim 4 x 200 on 3:15 intermixing 3 x 75
on 1:10 between 200's

Warmdown: Yardage = 3925

Midseason: (January)

Warmup: Swim 100, Kick 100, Pull 100. Repeat 3 times. On middle 100 pull section, pull 50 rt arm only, pull 50 lt arm only

Swim 5 x 225 on 3:30 intermixing 4 x 125
on 1:30 between 225's
Kick 4 x 50 on 1:00 hard
Pull 4 x 100 on 1:30; sprint 3'rd length
Swim 10 x 125 on 1:45
Swim 20 x 50 on 1:00

Warmdown: Yardage = 5075

Late Season: (April or early May prior to SC Nationals)

Warmup: Swim 100, Kick 100, Pull 100. Repeat 3 times.

Swim 10 x 125 on 1:30, intermixing 9 x 75
on 1:15 between 125's
Swim 10 x 50 on 1:00, sprinting second 25
Swim 10 x 50 on 1:00, Negative split the series: i.e. freestyle swimmers who can do :25 for a 50 should start at :35 or :36 and make each 50 faster.

Warmdown: Yardage = 3825

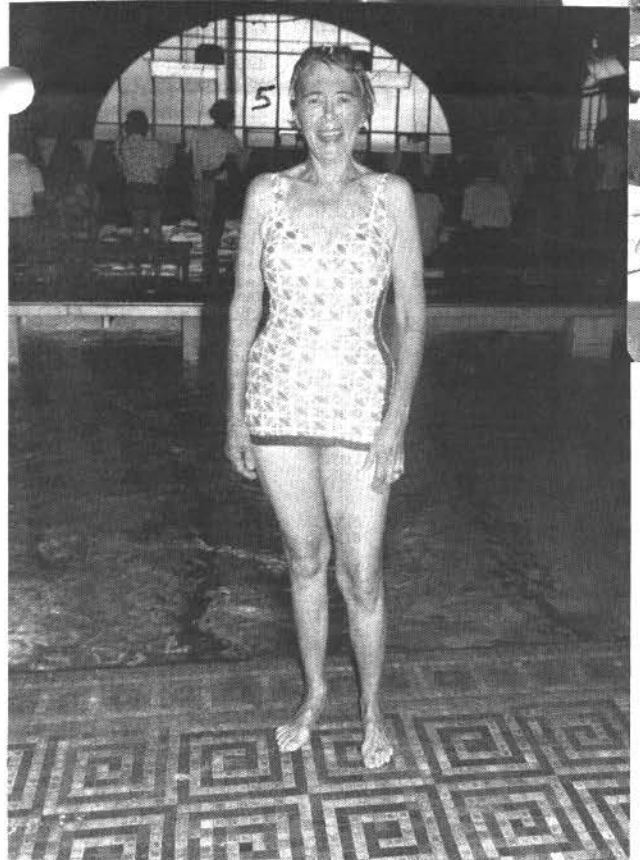
I'd be interested to learn how Masters in other parts of the country train.



SEE

SOUTHEASTERN CHAMPIONSHIPS - OAK RIDGE MEET CANDIDS - BY JANICE KRAUSER

- 1 THE OFFICIALS - where would we be without them?
- 2 THE ICE CREAM KID - Rick Bober
- 3 THE ARTS & CRAFTS CLUB - "don't take us, we aren't swimmers"
- 4 THE INDY FLASH - Mary Ann Stevens
- 5 O*H*!*O - now whose on what relay?
- 6 JOE (take it all off) BIONDI
- 7 GRETCHEN (I can't wait 'till I'm 30) DRAKE & HUSBAND
- 8 THE MORNING AFTER THE NIGHT BEFORE
- 9 TAR HEEL MASTERS (the only other team to ask for a group pix)
- 10 GOLD COAST MASTERS TEAM PIX - Front: Curt Cowan, June Krauser, Joyce Abbott, Gerry DeLong and Back: Janice Krauser, Gay Rosser and Jim Manchester
- 11 CURT (Tip Spencer Memorial Award winner) COWAN



FOUR MORE FROM OAK RIDGE MEET by Janice Krauser

- 1 WHO'S THE FLYER ON THIS RELAY? Not me x 4.
- 2 THE BRAININ'S, Eleanor & Abrasha
- 3 CAROLINA CONFAB
- 4 THE HAIRY CHEST COMPETITION - Gerry DeLong, Fred Stokes, Jim Manchester, Bruce Bartling & John Ziegler (the winner by a hair)

5 PROFILE OF A CHAMPION, TRUDY BURDOCK by Mildred Anderson
 Gertrude 'Trudy' Murdock, 72 years young is one of our newest Master swimmers. Trudy looks many years younger than her age, has sparkling brown eyes, and the figure of a 20-year-old. Trudy swam in her first meet in Feb. and then entered the National SC meet in San Antonio. She won the 500 and 1650 freestyle events and the 100 yard breaststroke. She was born in Dallas and worked in Washington D.C. for 30 years as Secretary and Administrative Assistant for the Social Security Department. Her work with the civilian personnel with the Army took her to Japan in the mid-1950's. She returned to Washington to serve as an administrative assistant for the National Council on Aging. Trudy moved to Corpus Christi with her dog in

1971. She learned to swim at the age of nine but had her first lessons at Del Mar College Senior Citizen's Program, where anyone 65 and over can audit classes on space available basis tuition-free. Swimming or water exercises are the largest classes among the 300 senior citizens, and there is now a waiting list to enter the special classes. Trudy had wone son who lives in Atlanta with his wife and two sons. Besides swimming, she enjoys golf, beach combing and fishing. Trudy swims 400 yards every other day, and completed her first 50 miles and has started towards her 100 miles. About the Masters Program, Trudy says, "everyone has a common ground and can share experiences, which are beneficial, especially to a beginner like me and it is stimulating." Trudy plans to keep on swimming and why not when she can swim and look like she does at 72!

6 I MADE IT IN SWIM-MASTER (T-Shirts) For more information about these T-Shirts please write to the Sacramento Association of Masters Swimmers, 400 West Silver Eagle Road, Sacramento, CA 95834

FOR THE RECORD Encino Invitational - July 9, 1978

TOP TEN SHORT COURSE CORRECTIONS

Time corrections for Men 45-49 for Burwell Jones in the following:
 500 yd Free 5:18.49
 200 yd Back 2:18.07
 100 yd I.M. 59.62
 200 yd I.M. 2:13.31

HUNTINGTON BEACH PIER SWIM

July 1, 1978
MEN 25-39
 Patrick Schlup, Miss. Viejo 12:09
 Preston Drake, SOCAL 12:14
 George S. Hill, UNA 12:16
MEN 40 & OVER
 Buddy Belshe, HBSC 12:43
 William Phillips, SDTC 13:25
 Peter Buckley, HBSC 13:42
WOMEN 25 & OVER
 Carol Jewell, HBSC 16:37
 Betty Talbot, LB Masters 19:38
 Wendy Wylie, UNA 20:15

NEWPORT BEACH PIER TO PIER OCEAN SWIM - 2 Miles July 8, 1978

MEN 25-39
 Mike McLain, Inat. 42:27
 Preston Drake, SOCAL 42:34
 Patrick Schlup, M.V. 44:16
MEN 40-49
 Buddy Belshe, HBSC 48:25
 Bud Schumacher, SDCSM 51:53
 Dave LaMott, CSM 59:21
MEN 50 & OVER
 William Phillips, SDTC 47:57
 Wally White, Westside Y 60:45
WOMEN 25 & OVER
 Janet LaMott, CSM 59:47
 Betty Talbot, LBM 79:14

LAKE TAHOE RELAYS July 29, 1978

Olympic Club men 4:51.05
 Club Innisfree men 5:02.13
 Davis men 5:14.15
 Olympic Club men 5:19.15
 Berkeley men 5:19.35
 Marin Aquatic men 5:23.15
 Dolphin Club men 5:30.55
 Dolphin Club women 5:33.55
 Navy UDT men 5:35.30
 Tamapais women 5:42.05
 Gold Country men 5:50.45
 Olympic Club men 5:53.25
 Dolphin Club men 7:10.00

DIVING

Ojai, California June 26, 1978

1 and/or 3 Meter
Women 21-29
 Michele McLain, 22 440.70
Women 30-39
 Capt. Marsha Lutz, 30 334.70
 Judy Wade Bell, 34 259.45
Women 40 and over
 Viola Cady Krahn, 73 111.95
Men 21-29
 Foone Saunders, 24 408.30
Men 30-39
 John Samuelson, 38 477.45
Men 40-49
 Felix Grossman, 44 346.95
 Fred Fox, 40 341.00
 Bill Murray, 41 246.40
Men 50-59
 Lyle Felderman, 58 318.55
Men 60-69
 Del Stauffer, 61 262.30
 Bill McAllister, 68 251.30
 Don Brand, 64 161.85
Men 70 and over
 Don Davis, 73 108.50
 John Whittemare, 77 92.35

Open Handicap Event
 Fred Fox 281.95
 John Samuelson 274.80
 Lyle Felderman 247.65
 Bill McAllister 259.23
 Capt. Marsha Lutz 248.65
 Del Stauffer 242.73
 Michele McLain 229.70
 Bill Murray 206.38
 Don Brand 172.11

Women 70 Yrs. +

Viola H Krahn 127.85
Women 40-49
 Lois Wood 253.20
Women 30-39
 Judy Bell 307.70
 Mary Shumaker 234.20

Men 70 Yrs. +

John Riley 146.55
 Don Davis 108.45
 John Sable 106.25
Men 60-69
 Bill McAllister 242.40
 Don Brand 163.70

Men 50-59

Lyle Felderman 260.50
 Doug Rucker 244.65
 Peter Baxter 182.30
Men 40-49
 Fred Fox 334.70
 Bill Grossman 317.35
 Bill Murray 218.70

Men 30-39

John Samuelson 312.65
 Dan Smith 293.40
Men 21-29
 Mark Wells 313.60

1 meter Deck-platform Diving

Felix Grossman 111.65
 Fred Fox 110.65
 Lois Wood 107.60
 Lyle Felderman 105.05
 Doug Rucker 100.45
 Mark Wells 99.15
 Judy Bell 97.75
 Dan Smith 85.90

SAN DIEGO MASTERS DIVING INV. August 6, 1978

MEN 21-29
 Eldin Onsgard, Jr. 440.20
 Dan Gold 356.65
WOMEN 30-39
 Capt. Marsha Lutz 359.30
 Judy Wade Bell 266.10
MEN 30-39
 John Samuelson 408.00
 Dan Smith 338.15
MEN 40-49
 Fred Fox 326.45
 Tom Crosby 303.70
 Ernie Contreras 300.50
 Bill Murray 257.55

WOMEN 50-59

Lil Felderman 160.85
MEN 50-59
 Lyle Felderman 242.66
 Doug Rucker 237.60

WOMEN 60-69

Freda Thompson 129.00
MEN 60-69
 Bill McAllister 257.65
 Don Brand 195.00

WOMEN 70-79

Viola Krahn 123.20
MEN 70-79
 John Riley 135.14
 John Sable 132.20

MEN 80-89

Harry Phillip 23.28
HANDICAP EVENT
 Freda Thompson, 69 346.90
 Bill McAllister, 68 340.90
 Lyle Felderman, 59 325.70
 John Samuelson, 32 319.25
 Fred Fox, 40 311.05
 Eldin Onsgard, 27 298.50
 John Riley, 70 292.20
 Dan Gold, 25 285.50
 Doug Rucker, 50 278.20
 Bill Murray, 47 255.20
 Ernie Contreras, 44 252.80
 Lil Felderman, 50 248.45

SATURDAY, SEPT. 30, 1978

Men 1 and/or 3 meter
21-29
 Dan Gold 419.35
 John Samuelson 438.20
30-39
 Greg Shuff 395.75
 Dan Smith 362.45
 Fred Fox 320.50
 Felix Grossman 291.80
 Ernie Contreras 289.05
 Bill Murray 240.45
 Doug Rucker 257.35
 Lyle Felderman 238.30
 Peter Baxter 177.40
50-59
 Bill McAllister 236.75
 Lyle Draves 195.15
 Don Brand 165.95
70+
 John Riley 138.60
 Jolly John Sable 127.45
 Joseph E. Mone 114.15
 Don Davis 111.15

Women 1 and/or 3 meter
40-49
 Ida Wilson 266.80
50-59
 Freda Thompson 159.55

POMEL TROUBLE, JR. YMCA LONG COURSE MASTERS SWIM MEET AUGUST 19, 1978 CINCINNATI, OHIO

WOMEN 25-29

50 MTR FREESTYLE
 1 Janis Dugle 29 0:34.65
 2 Kathi Gottschang 27 0:35.90
 3 Cynthia Willis 27 0:36.33
 4 Debbie Geary 25 0:36.95
 5 Catherine Jarvis 27 0:37.37
 6 Fran Seligson 28 0:37.57
 7 Jeanne Wendel 27 0:42.75
100 MTR FREESTYLE
 1 Debbie Geary 25 1:22.56
 2 Kathi Gottschang 27 1:25.17
 3 Catherine Jarvis 27 1:29.27
 4 Fran Seligson 28 1:30.17
 5 Jeanne Wendel 27 1:37.71
200 MTR FREESTYLE
 1 Gretchen Drake 28 2:10.46
 2 Vicki Huseman 26 2:14.10
 3 Debbie Geary 25 3:01.76
 4 Kathi Gottschang 27 3:13.40
 5 Marta Schlegel 28 3:32.65
400 MTR FREESTYLE
 1 Vicki Huseman 26 5:56.36
 2 Cynthia Willis 27 6:16.36
 3 Debbie Geary 25 6:26.87
 4 Fran Seligson 28 7:30.33
 5 Marta Schlegel 28 7:41.40
50 MTR BACKSTROKE
 1 Debbie Geary 25 0:44.27
 2 Catherine Jarvis 27 0:46.70
100 MTR BACKSTROKE
 1 Vicki Huseman 26 1:24.58
 2 Marta Schlegel 28 1:53.97
200 MTR BACKSTROKE
 1 Vicki Huseman 26 3:00.10
 2 Marta Schlegel 28 4:01.22
50 MTR BREASTSTROKE
 1 Janis Dugle 29 0:46.03
100 MTR BREASTSTROKE
 1 Gretchen Drake 28 1:13.91
 2 Cynthia Willis 27 1:14.06
200 MTR BREASTSTROKE
 1 Gretchen Drake 28 3:11.73
 2 Cynthia Willis 27 3:45.10
50 MTR BUTTERFLY
 1 Gretchen Drake 28 0:44.51
 2 Janis Dugle 29 0:47.28
200 MTR INDIVIDUAL MEDLEY
 1 Cynthia Willis 27 3:12.66

WOMEN 30-34

50 MTR FREESTYLE
 1 Sara Sachs 32 0:40.98
 2 Carol Gurbord 30 0:42.35
100 MTR FREESTYLE
 1 Carol Gurbord 30 1:32.54
400 MTR FREESTYLE
 1 Carol Gurbord 30 7:14.75
50 MTR BACKSTROKE
 1 Carol Gurbord 30 0:50.69
WOMEN 35-39
50 MTR FREESTYLE
 1 Chris McCullough 36 0:31.39
 2 Sherry Burdick 36 0:40.52
 3 Norine Gettys 37 0:45.52
100 MTR BACKSTROKE
 1 Chris McCullough 36 0:35.18
 2 Sherry Burdick 36 0:47.48
200 MTR BACKSTROKE
 1 Chris McCullough 36 1:20.16
50 MTR BREASTSTROKE
 1 Chris McCullough 36 0:45.52
 2 Sherry Burdick 36 0:55.37
 3 Norine Gettys 37 0:59.70

WOMEN 40-44

50 MTR FREESTYLE
 1 Audrey Rosberg 44 0:46.38
100 MTR FREESTYLE
 1 Audrey Rosberg 44 1:46.17
200 MTR FREESTYLE
 1 Audrey Rosberg 44 3:55.42
400 MTR FREESTYLE
 1 Ann Champ 43 6:58.36
 2 Audrey Rosberg 44 8:11.18
50 MTR BACKSTROKE
 1 Ann Champ 43 0:45.38
100 MTR BACKSTROKE
 1 Ann Champ 43 1:37.00
200 MTR BACKSTROKE
 1 Ann Champ 43 3:28.36

WOMEN 45-49

50 MTR FREESTYLE
 1 Anne Deem 47 0:58.05
50 MTR BACKSTROKE
 1 Irene Roberts 49 0:46.90
 2 Anne Deem 47 1:13.90
100 MTR BACKSTROKE
 1 Irene Roberts 49 1:40.92
 2 Anne Deem 47 2:14.35
200 MTR BACKSTROKE
 1 Irene Roberts 49 3:40.59
50 MTR BREASTSTROKE
 1 Irene Roberts 49 0:50.89
 2 Marilyn Braun 45 0:59.00
 3 Marian Gendell 47 1:08.97
100 MTR BREASTSTROKE
 1 Irene Roberts 49 1:53.06

WOMEN 50-54

50 MTR FREESTYLE
 1 Marian Blenke 53 1:07.71
200 MTR BREASTSTROKE
 1 Marian Blenke 53 6:29.99
WOMEN 55-59
50 MTR FREESTYLE
 1 Mary Jane Schafer 55 0:44.79
400 MTR FREESTYLE
 1 Mary Jane Schafer 55 8:36.29
100 MTR BACKSTROKE
 1 Ruth Wunderlich 59 2:13.71

200 MTR BACKSTROKE

1 Mary Jane Schafer 55 4:19.67
100 MTR BREASTSTROKE
 1 Ruth Wunderlich 59 2:25.38
50 MTR BUTTERFLY
 1 Mary Jane Schafer 55 0:59.66
 2 Ruth Wunderlich 59 1:00.76

100 MTR FREESTYLE

1 Janet Keservey 63 2:04.29
200 MTR FREESTYLE
 1 Janet Keservey 63 4:26.53
400 MTR FREESTYLE
 1 Janet Keservey 63 9:05.45
50 MTR BACKSTROKE
 1 Janet Keservey 63 1:09.43
50 MTR BUTTERFLY
 1 Janet Keservey 63 1:19.42

WOMEN 60-64

100 MTR FREESTYLE
 1 Dean Myers 28 1:17.93
400 MTR FREESTYLE
 1 Dean Myers 28 6:26.24
100 MTR BREASTSTROKE
 1 Dean Myers 28 1:33.34
50 MTR BUTTERFLY
 1 Dean Myers 28 0:35.28
200 MTR INDIVIDUAL MEDLEY
 1 Dean Myers 28 3:09.97

MEN 25-29

100 MTR FREESTYLE
 1 Dan Whiteley 33 0:28.34
 2 George James 31 0:30.26
 3 Dave Mooter 33 0:35.82
100 MTR FREESTYLE
 1 Dan Whiteley 33 1:04.51
 2 George James 31 1:10.59
 3 Ed Hunter 33 1:11.86
 4 Dave Mooter 33 1:36.39
200 MTR FREESTYLE
 1 Dan Whiteley 33 2:16.21
 2 Ed Hunter 33 3:02.58
400 MTR FREESTYLE
 1 Ed Hunter 33 6:36.19
50 MTR BREASTSTROKE
 1 Tom Bluenlein 30 0:38.59
 2 Scott Hayes 31 0:38.92
 3 Dave Mooter 33 0:46.94
100 MTR BREASTSTROKE
 1 Tom Bluenlein 30 1:28.95
 2 Scott Hayes 31 1:29.51
 3 Dave Mooter 33 1:44.13
50 MTR BUTTERFLY
 1 Dan Whiteley 33 0:31.37

MEN 30-34

50 MTR FREESTYLE
 1 Tom Webb 36 1:33.25
200 MTR FREESTYLE
 1 Tom Webb 36 3:35.40
400 MTR FREESTYLE
 1 Jon Helmann 36 5:31.58
 2 Tom Webb 36 7:39.69
50 MTR BACKSTROKE
 1 Jon Helmann 36 0:33.33
50 MTR BREASTSTROKE
 1 Chip Falson 37 0:40.00
 2 Le Hayes 38 0:40.84
100 MTR BREASTSTROKE
 1 Le Hayes 38 1:34.75
 2 Chip Falson 37 1:37.13
50 MTR BUTTERFLY
 1 Chet Rogenski 38 0:31.69
 2 Le Hayes 38 0:33.86
 3 Dave Ebner 37 0:37.82
100 MTR BUTTERFLY
 1 Chet Rogenski 35 1:21.23
 2 Chip Falson 37 1:25.18
 3 Dave Ebner 37 1:35.86

MEN 35-39

50 MTR FREESTYLE
 1 Joe Henry 42 0:30.32
 2 John Payne 42 0:34.26
100 MTR FREESTYLE
 1 Joe Henry 42 1:07.46
200 MTR FREESTYLE
 1 Joe Henry 42 2:34.40
 2 Bob Koenig 41 3:21.87
400 MTR FREESTYLE
 1 Joe Henry 42 5:35.80
50 MTR BACKSTROKE
 1 John Payne 42 0:38.02
100 MTR BACKSTROKE
 1 John Payne 42 1:28.87
200 MTR BACKSTROKE
 1 John Payne 42 3:31.20
50 MTR BUTTERFLY
 1 Joe Henry 42 0:33.43
 2 Bob Koenig 41 0:43.19
200 MTR INDIVIDUAL MEDLEY
 1 Bob Koenig 41 3:35.08

MEN 40-44

50 MTR FREESTYLE
 1 Donal Dietzer 47 0:33.95
100 MTR FREESTYLE
 1 Donal Dietzer 47 1:17.81
200 MTR FREESTYLE
 1 Donal Dietzer 47 3:01.14
400 MTR FREESTYLE
 1 Donal Dietzer 47 6:41.40
50 MTR BACKSTROKE
 1 R. P. Fischer 45 3:40.53
200 MTR INDIVIDUAL MEDLEY
 1 R. P. Fischer 45 3:30.72

MEN 45-49

50 MTR FREESTYLE
 1 David Volk 61 0:35.80
400 MTR FREESTYLE
 1 David Volk 61 1:33.95
50 MTR BREASTSTROKE
 1 David Volk 61 0:45.91
200 MTR BREASTSTROKE
 1 Jerry Donovan 64 4:10.94
100 MTR BUTTERFLY
 1 Jerry Donovan 64 2:01.54
200 MTR INDIVIDUAL MEDLEY
 1 Jerry Donovan 64 4:13.13
MEN 65-69
50 MTR FREESTYLE
 1 Wally Persons 67 0:46.94
100 MTR FREESTYLE
 1 Wally Persons 67 1:52.61
400 MTR FREESTYLE
 1 Wally Persons 67 8:45.10

DC MASTERS SUMMER LONG COURSE AUG. 12 & 13, 1978 Rockville, Md.

WOMEN 25-29
50 M Free
 Chris Ruppert 27 1:30
 Ellis McCorkle 28 1:33
 Laura Brown 1:35.2
 Jan Strinzer 25 1:37.36
100 M Free
 Got Wise 27 1:05.76
 Chris Ruppert 27 1:08
 Laura Brown 1:19.4
 Gail Dummer 27 1:33.86
200 M Free
 Got Wise 27 2:32.72
 Jane Torly 28 2:52.40
 Laura Brown 3:02.78
 Jan Strinzer 25 3:09.64
400 M Free
 Got Wise 27 5:15.71
 Jeanne Mason 26 6:30.44
 Laura Brown 6:42.61
 Jan Strinzer 25 6:45.26
50 M Back
 Jan Strinzer 25 1:50.5
100 M Back
 Chris Ruppert 27 1:21.34
 Jeanne Mason 26 1:29.49
200 M Back
 Jan Strinzer 25 4:07.48
50 M Breast
 Got Wise 27 1:40.23
 Jan French 25 1:42.09
 Ellis McCorkle 1:45.05
 Gail Dummer 27 1:46.07
 Jan Strinzer 25 1:49.23
100 M Breast
 Got Wise 27 1:25.8
 Jan Strinzer 25 1:46.28
 Gail Dummer 27 1:49.57
200 M Breast
 Jane Torly 28 3:43.56
 Gail Dummer 27 3:59.23
50 M Fly
 Ellis McCorkle 28 1:37.82
100 M Fly
 Chris Ruppert 27 1:15.31
 Jane Torly 28 1:19.54
 Jeanne Mason 26 1:20.96
 Gail Dummer 27 1:53.78
200 M Fly
 Chris Ruppert 27 2:42.61
 Jeanne Mason 26 3:02.99
 Gail Dummer 27 4:03.86
200 M IM
 Jane Torly 28 3:03.44
 Jeanne Mason 26 3:09.57
 Ellis McCorkle 28 3:14
400 M IM
 Jeanne Mason 26 6:40.11
WOMEN 30-34
50 M Free
 Diana Todd 34 1:30.5
 Karen Martin 32 1:32.4
100 M Free
 Diana Todd 34 1:08.71
 Karen Martin 32 1:14.6

<u>50 M Breast</u>	
T. W. Johnson 73	1:50.78
Stan Craigie 71	1:55.21
<u>100 M Breast</u>	
T. W. Johnson 73	2:00.34
<u>200 M Breast</u>	
T. W. Johnson 73	4:38.96
<u>50 M Fly</u>	
T. W. Johnson 73	1:58.31
<u>200 M Fly</u>	
Stan Craigie 71	5:24.02*

NORTH MIAMI BEACH SWIM CLUB
8-6-78 50 Mtr

<u>WOMEN 25-29</u>	
<u>50 METER FREESTYLE</u>	
Janet Dugan, 27	38.4
<u>100 METER FREESTYLE</u>	
Janet Dugan, 27	1:25.4
<u>200 METER FREESTYLE</u>	
Janet Dugan, 27	3:05.2
Rebecca Walch, 27	3:08.0
<u>100 METER BACKSTROKE</u>	
Rebecca Walch, 27	1:38.8
Janice Krauser, 27	1:48.7
<u>50 METER BREASTSTROKE</u>	
Janet Dugan, 27	49.8
<u>100 METER BREASTSTROKE</u>	
Janet Dugan, 27	1:47.8
<u>50 METER BUTTERFLY</u>	
Carol DeGoff, 29	34.8
Janice Krauser, 27	39.3
Rebecca Walch, 27	39.9
<u>100 METER BUTTERFLY</u>	
Carol DeGoff, 29	1:19.1
Janice Krauser, 27	1:36.1
Rebecca Walch, 27	1:41.6
<u>200 METER INDIVIDUAL MEDLEY</u>	
Carol DeGoff, 29	2:58.1
Rebecca Walch, 27	3:23.1
Janice Krauser, 27	3:28.3
<u>WOMEN 30-34</u>	
<u>50 mtr freestyle</u>	
200 mtr freestyle	1:05.8
200 mtr freestyle	2:22.8
100 mtr butterfly	1:15.3
200 mtr Ind. Med.	2:52.0

<u>WOMEN 35-39</u>	
<u>50 METER FREESTYLE</u>	
Lisa Woodman, 35	32.4
<u>200 METER FREESTYLE</u>	
Lisa Woodman, 35	2:48.1
<u>50 METER BACKSTROKE</u>	
Natalie Clement, 39	51.9
<u>50 METER BREASTSTROKE</u>	
Natalie Clement, 39	50.0
<u>100 METER BREASTSTROKE</u>	
Natalie Clement, 39	1:57.6
<u>50 METER BUTTERFLY</u>	
Lisa Woodman, 35	37.3
Natalie Clement, 39	51.2
<u>200 METER INDIVIDUAL MEDLEY</u>	
Natalie Clement, 39	4:07.6
<u>WOMEN 40-44</u>	
<u>50 METER FREESTYLE</u>	
Miriam Smith, 40	35.6
Ann Marie Rosser, 43	1:01.8
<u>100 METER FREESTYLE</u>	
Miriam Smith, 40	1:20.6
<u>200 METER FREESTYLE</u>	
Miriam Smith, 40	3:01.3
<u>50 METER BACKSTROKE</u>	
Ann Marie Rosser, 43	1:24.3
<u>50 METER BREASTSTROKE</u>	
Anne McGuire, 43	44.1
<u>100 METER BREASTSTROKE</u>	
Anne McGuire, 43	1:38.6
<u>50 METER BUTTERFLY</u>	
Anne McGuire, 43	42.1
<u>200 METER INDIVIDUAL MEDLEY</u>	
Anne McGuire, 43	3:29.9

<u>WOMEN 45-49</u>	
<u>50 mtr freestyle</u>	
100 mtr freestyle	1:53.6
200 mtr freestyle	4:16.3
50 mtr backstroke	1:03.5
<u>WOMEN 50-54</u>	
<u>50 METER FREESTYLE</u>	
June Krauser, 52	40.7
Helen Reid, 51	54.5
<u>100 METER FREESTYLE</u>	
June Krauser, 52	1:29.4
<u>200 METER FREESTYLE</u>	
June Krauser, 52	3:05.2
<u>50 METER BACKSTROKE</u>	
Helen Reid, 51	1:03.4
<u>50 METER BREASTSTROKE</u>	
Helen Reid, 51	1:21.8
<u>50 METER BUTTERFLY</u>	
June Krauser 52	43.0
<u>100 METER BUTTERFLY</u>	
June Krauser, 52	1:36.1

<u>WOMEN 60-64</u>	
<u>50 mtr freestyle</u>	
50 mtr backstroke	39.8
50 mtr breaststroke	48.5
50 mtr breaststroke	55.7
<u>WOMEN 70-74</u>	
<u>50 METER FREESTYLE</u>	
100 mtr backstroke	2:38.7
100 mtr breaststroke	2:43.1

<u>WOMEN 75-79</u>	
<u>50 METER FREESTYLE</u>	
Rob McKay 25	26.6
Bill Mixson 27	28.9
<u>100 METER FREESTYLE</u>	
George Burke 29	29.1
<u>50 METER BACKSTROKE</u>	
George Burke 29	1:07.5
<u>200 METER FREESTYLE</u>	
Bill Mixson 27	2:28.6

<u>50 METER BACKSTROKE</u>	
Rob McKay 25	29.6
Jim Donnelly 29	35.7
George Burke 29	39.2
Bill Mixson 27	42.5
<u>100 METER BACKSTROKE</u>	
Rob McKay 25	1:29.0
Bill Mixson 27	1:29.5
<u>50 METER BREASTSTROKE</u>	
Jim Donnelly 29	36.4
George Burke 29	43.0
<u>100 METER BREASTSTROKE</u>	
Jim Donnelly 29	1:20.0
<u>50 METER BUTTERFLY</u>	
Rob McKay 25	27.3
Jim Donnelly 29	30.0
Larry Chamberlain 28	32.1
George Burke 29	37.3
<u>100 METER BUTTERFLY</u>	
Larry Chamberlain 28	1:20.8
<u>200 METER INDIVIDUAL MEDLEY</u>	
Jim Donnelly 29	2:45.2
Rob McKay 25	2:49.5
Bill Mixson 27	2:58.8
<u>WOMEN 30-34</u>	
<u>50 METER FREESTYLE</u>	
John Stearns 33	26.6
Jim Manchester 31	26.9
Charles Dugan 32	28.1
<u>100 METER FREESTYLE</u>	
John Stearns 33	1:03.0
Charles Dugan 32	1:05.0
<u>200 METER FREESTYLE</u>	
Gerry DeLong 34	2:26.5
John Stearns 33	2:44.8
<u>50 METER BACKSTROKE</u>	
Charles Dugan 32	32.9
Peter Prins 30	35.9
<u>100 METER BACKSTROKE</u>	
Charles Dugan 32	1:15.3
<u>50 METER BREASTSTROKE</u>	
Gerry DeLong 34	36.7
Jim Manchester 31	37.5
Peter Prins 30	39.8
John Stearns 33	39.8
<u>50 METER BUTTERFLY</u>	
Gerry DeLong 34	29.3
Jim Manchester 31	29.6
Peter Prins 30	30.2
John Stearns 33	40.0
<u>100 METER BUTTERFLY</u>	
Gerry DeLong 34	1:10.0
Peter Prins 30	1:15.3
<u>200 METER INDIVIDUAL MEDLEY</u>	
Gerry DeLong 34	2:44.1
Charles Dugan 32	Disq.

<u>WOMEN 35-39</u>	
<u>50 METER FREESTYLE</u>	
Cal Winn 37	27.3
Ron Michaels 36	31.4
<u>100 METER FREESTYLE</u>	
Ron Michaels 36	1:14.2
<u>200 METER FREESTYLE</u>	
Bill Nolan 39	2:40.6
Ron Michaels 36	3:03.9
<u>50 METER BACKSTROKE</u>	
Cal Winn 37	36.0
<u>100 METER BACKSTROKE</u>	
Bill Nolan 39	1:24.3
<u>50 METER BREASTSTROKE</u>	
Cal Winn 37	40.5
<u>50 METER BUTTERFLY</u>	
Cal Winn 37	30.4
<u>100 METER BUTTERFLY</u>	
Bill Nolan 39	1:17.0
<u>200 METER INDIVIDUAL MEDLEY</u>	
Bill Nolan 39	2:58.7
<u>WOMEN 40-44</u>	
<u>50 METER FREESTYLE</u>	
Gay Rosser 44	28.9
George Doerffel 40	33.3
<u>100 METER FREESTYLE</u>	
Gay Rosser 44	1:03.8
George Doerffel 40	1:15.8
<u>200 METER FREESTYLE</u>	
Gay Rosser 44	2:33.5
<u>50 METER BACKSTROKE</u>	
George Doerffel 40	45.8
<u>100 METER BACKSTROKE</u>	
George Doerffel 40	1:39.2
<u>50 METER BUTTERFLY</u>	
Gay Rosser 44	32.5
George Doerffel 40	38.0
<u>100 METER BUTTERFLY</u>	
Gay Rosser 44	1:16.6
<u>WOMEN 45-49</u>	
<u>50 mtr freestyle</u>	
50 mtr backstroke	30.2
50 mtr breaststroke	39.3
50 mtr breaststroke	42.6
50 mtr butterfly	33.8
200 mtr Ind. Medley	3:00.7
<u>WOMEN 50-54</u>	
<u>50 mtr freestyle</u>	
100 mtr freestyle	32.5
200 mtr freestyle	1:14.0
200 mtr freestyle	2:53.8
50 mtr butterfly	38.3
100 mtr butterfly	1:30.3

<u>WOMEN 55-59</u>	
<u>50 METER FREESTYLE</u>	
John K. Cousens 55	32.5
Reed Ringel 55	33.0
Arthur Knapp 58	52.4
<u>100 METER FREESTYLE</u>	
John Cousens 55	1:14.8
<u>50 METER BACKSTROKE</u>	
Reed Ringel 55	46.4
John Cousens 55	50.2
Arthur Knapp 58	1:20.4
<u>100 METER BACKSTROKE</u>	
Reed Ringel 55	1:51.2
Arthur Knapp 58	3:22.5

<u>50 METER BREASTSTROKE</u>	
Reed Ringel 55	49.0
Arthur Knapp 58	59.4
<u>100 METER BREASTSTROKE</u>	
Reed Ringel 55	1:55.1
Arthur Knapp 58	2:09.5
<u>50 METER BUTTERFLY</u>	
John Cousens 55	53.3
<u>WOMEN 60-64</u>	
<u>50 mtr backstroke</u>	
100 mtr backstroke	51.6
100 mtr butterfly	1:51.9
50 mtr butterfly	54.0
200 mtr butterfly	2:14.0
200 mtr I.M.	4:12.1
<u>WOMEN 65-69</u>	
<u>50 METER FREESTYLE</u>	
Clifford Straus 66	42.5
Wm. L. Share 69	51.5
<u>200 METER FREESTYLE</u>	
Wm. L. Share 69	3:55.8
<u>50 METER BACKSTROKE</u>	
Wm. L. Share 69	54.8
<u>50 METER BREASTSTROKE</u>	
Wm. L. Share 69	47.4
Clifford Straus 66	52.0
<u>100 METER BREASTSTROKE</u>	
Wm. L. Share 69	1:48.7
<u>50 METER BUTTERFLY</u>	
Clifford Straus 66	47.8
<u>100 METER BUTTERFLY</u>	
Clifford Straus 66	1:54.0
<u>200 METER INDIVIDUAL MEDLEY</u>	
Clifford Straus 66	4:04.5
<u>WOMEN 70-74</u>	
<u>100 METER FREESTYLE</u>	
Sig Loeffler 72	2:01.0
<u>50 METER BACKSTROKE</u>	
50 METER BACKSTROKE	1:02.4
<u>100 METER BACKSTROKE</u>	
50 METER BACKSTROKE	1:21.7
<u>50 METER BREASTSTROKE</u>	
50 METER BREASTSTROKE	58.1
Perc DeCremer 74	58.7
<u>100 METER BREASTSTROKE</u>	
50 METER BREASTSTROKE	2:28.3
<u>200 METER INDIVIDUAL MEDLEY</u>	
Perc DeCremer 74	5:12.1

REGION XII MULTINOMAH ATHLETIC CLUB
PORTLAND, OREGON
AUG. 4-6, 1978
50 METER POOL

<u>WOMEN 25-29</u>	
<u>50 m Free</u>	
Linda Kulchinski 29	34.30
Susy Doolittle 29	37.70
Susy Doolittle 29	39.40
<u>100 m Free</u>	
Linda Kulchinski 29	1:14.60
Nancy Milner 27	1:23.10
<u>200 m Free</u>	
Linda Kulchinski 29	2:47.60
Linda Kulchinski 29	6:00.20
<u>500 m Free</u>	
Sheila Henderson 25	36:20.80
<u>50 m Back</u>	
Susy Doolittle 29	50.00
<u>100 m Back</u>	
Susan Snyder 29	1:25.50
<u>200 m Back</u>	
Susan Snyder 29	3:06.90
<u>50 m Breast</u>	
Mary Phelan 26	41.10
Susy Doolittle 29	53.10
<u>100 m Breast</u>	
Mary Phelan 26	1:28.40
<u>200 m Breast</u>	
Mary Phelan 26	3:12.70
<u>50 m Fly</u>	
Linda Kulchinski 29	38.80
Nancy Milner 27	1:14.20
<u>200 m Fly</u>	
Susan Snyder 29	3:24.40
<u>200 m IM</u>	
Susan Snyder 29	3:02.10
Nancy Milner 27	3:37.60
<u>400 m IM</u>	
Susan Snyder 29	6:32.30
<u>WOMEN 30-34</u>	
<u>50 m Free</u>	
Ann Brown 31	31.10
<u>100 m Free</u>	
Arlene Justesen 31	1:26.80
<u>200 m Free</u>	
Alice Zabudsky 33	3:01.50
<u>50 m Breast</u>	
Arlene Justesen 31	7:06.50
<u>1500 m Free</u>	
Alice Zabudsky 33	25:10.70
<u>50 m Back</u>	
Jayne Chastain 32	40.40
Arlene Justesen 31	44.90
<u>100 m Back</u>	
Jayne Chastain 32	1:30.10
Arlene Justesen 31	1:39.90
<u>200 m Back</u>	
Jayne Chastain 32	3:16.10
Arlene Justesen 31	3:40.40
<u>50 m Breast</u>	
Alice Zabudsky 33	47.40
<u>50 m Fly</u>	
Ann Brown 31	35.00
<u>200 m Fly</u>	
Alice Zabudsky 33	3:27.40
Jayne Chastain 32	DQ
<u>100 METER BACKSTROKE</u>	
Jayne Chastain 32	3:23.30
<u>400 m IM</u>	
Alice Zabudsky 33	6:50.00

<u>WOMEN 35-39</u>	
<u>50 m Free</u>	
Gretchen Anderson 36	37.30
Gale Ritz 35	43.00
<u>100 m Free</u>	
Barbara Frid 36	1:17.70
Cathy Crichton 35	8:04.10
<u>400 m Free</u>	
Cathy Crichton 35	31:26.20
<u>50 m Back</u>	
Barbara Frid 36	40.30
Gretchen Anderson 36	45.00
<u>100 m Back</u>	
Barbara Frid 36	1:28.50
<u>200 m Back</u>	
Barbara Frid 36	3:11.10
<u>100 m Breast</u>	
Gretchen Anderson 36	1:47.00
Gale Ritz 35	1:54.70
<u>200 m Breast</u>	
Gretchen Anderson 36	3:45.20
<u>50 m Fly</u>	
Barbara Frid 36	38.10
Jean Abrams 39	38.50
<u>WOMEN 40-44</u>	
<u>50 m Free</u>	
Susan Rittenhouse 40	34.30
Nadine Whitehall 44	36.40
Marty Dabrock 44	38.60
Shirley Lehman 43	39.40
<u>400 m Free</u>	
Nadine Whitehall 44	6:42.80
<u>1500 m Free</u>	
Nadine Whitehall 44	26:22.60
Marty Dabrock 44	27:14.20
<u>50 m Back</u>	
Susan Rittenhouse 40	40.90
Shirley Lehman 43	57.30
<u>100 m Back</u>	
Helen Jensen 43	2:02.20
<u>200 m Back</u>	
Helen Jensen 43	4:15.70
<u>50 m Fly</u>	
Nadine Whitehall 44	38.70
Susan Rittenhouse 40	39.10
Marty Dabrock 44	46.90
Shirley Lehman 43	53.00
<u>100 m Fly</u>	
Nadine Whitehall 44	1:34.60
Susan Rittenhouse 40	1:34.70
<u>200 m Fly</u>	
Susan Rittenhouse 40	3:41.60
<u>400 m IM</u>	
Marty Dabrock 44	7:59.10
<u>WOMEN 45-49</u>	
<u>50 m Free</u>	
Lavelle Stoinoff 45	34.70
<u>200 m Free</u>	
Lavelle Stoinoff 45	2:48.70
<u>400 m Free</u>	
Lavelle Stoinoff 45	5:53.70
<u>1500 m Free</u>	
Lavelle Stoinoff 45	23:38.70
<u>50 m Breast</u>	
Joyce Bahler 48	55.20
<u>100 m Breast</u>	
Joyce Bahler 48	2:00.40
<u>200 m Breast</u>	
Joyce Bahler 48	4:09.10
<u>400 m IM</u>	
Joyce Bahler 48	3:56.60
<u>800 m IM</u>	
Joyce Bahler 48	8:33.30
<u>WOMEN 50-54</u>	
<u>50 m Free</u>	
Mary Wolfe 52	39.50
<u>100 m Free</u>	
Mary Wolfe 52	1:30.20
<u>200 m Free</u>	
Mary Wolfe 52	3:25.90
Maryann Burke 53	4:44.00
<u>400 m Free</u>	
Mary Wolfe 52	7:13.47
Maryann Burke 53	10:08.90
<u>50 m Back</u>	
Mary Wolfe 52	50.00
<u>100 m Back</u>	
Maryann Burke 53	2:25.60
<u>50 m Breast</u>	
Maryann Burke 53	1:25.50
<u>200 m IM</u>	
Maryann Burke 53	5:54.50
<u>WOMEN 55-59</u>	
<u>400 m Free</u>	
Eilfee Stevenin 57	12:14.70
<u>1500 m Free</u>	
Eilfee Stevenin 57	52:20.10
<u>200 m Back</u>	
Eilfee Stevenin 57	6:16.90
<u>100 m Breast</u>	

<u>Women 55 - 59</u>		<u>200 Meter Free</u>	Walt Boyle 54 3:01.7	<u>400 Mtr FREESTYLE</u>	Gay Collins 48 7:59.72	<u>400 Mtr FREESTYLE</u>	Ben Gage 28 4:46.70	<u>50 Mtr BREASTSTROKE</u>	William Parks 42 38.40
<u>Dot Resseguie</u>	56	<u>50 Meter Free</u>	Walt Boyle 54 26:58.8	<u>200 Mtr BACKSTROKE</u>	Shirley Baird 47 4:20.58	Mark Worden 26 4:49.12	4:49.12	Bill Gray 44 47.45	
<u>200 Meter Free</u>	35.2	<u>50 Meter Back</u>	Walt Boyle 54 26:58.8	<u>50 Mtr BREASTSTROKE</u>	Jacqueline Smith 47 47.10	Craig Bowman 26 4:55.27	4:55.27	John Austin 42 49.96	
<u>400 Meter Ind. Med.</u>	7:48.1	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>100 Mtr FREESTYLE</u>	Gay Collins 48 56.03	Michael Gilmore 25 5:02.53	5:02.53	Stephen Jennings 40 52.40	
<u>Noren 60 - 64</u>		<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Muriel Ridland 47 1:07.16	David Levinson 28* 5:14.52	5:14.52	<u>100 Mtr BREASTSTROKE</u>	
<u>Nancy Clark</u>	64	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>100 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Allan Rosen 29 5:40.48	5:40.48	William Parks 42 1:25.53	
<u>50 Meter Free</u>	43.4	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>1500 Mtr FREESTYLE</u>	19:27.10	Bill Gray 44 1:48.68	
<u>200 Meter Free</u>	3:54.4	<u>50 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Craig Bowman 26 19:27.10	19:27.10	Stephen Jennings 40 2:00.48	
<u>50 Meter Breast</u>	1:04.6	<u>200 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>200 Mtr BACKSTROKE</u>	21:36.81	<u>50 Mtr FREESTYLE</u>	
<u>50 Meter Fly</u>	1:05.5	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Corey Stanbury 27 21:36.81	21:36.81	Gordon Gillin 47* 31.16	
<u>MEN 25 - 29</u>		<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Allan Rosen 29 3:15.68	3:15.68	Ed Farrell 45 32.32	
<u>300 Meter Free</u>	30.2	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>50 Mtr BREASTSTROKE</u>	34.99	Steven Schofield 46 33.18	
<u>A.R. Stanley</u>	29	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Steve Neale 26 34.99	34.99	John Bleck 45 35.60	
<u>200 Meter Free</u>	2:27.4	<u>50 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>100 Mtr BREASTSTROKE</u>	40.84	Edwin McSorley 47 38.27	
<u>A.R. Stanley</u>	29	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Steve Neale 26 1:16.98	1:16.98	Gordon Gillin 47* 1:13.71	
<u>1500 Meter Free</u>	23:48.0	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Lawrence Troxell 27 1:22.13	1:22.13	Ed Farrell 45 1:19.38	
<u>50 Meter Back</u>	27 31.4	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Corey Stanbury 27 1:27.86	1:27.86	John Bleck 45 1:19.70	
<u>Rick Robber</u>	27	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	David Levinson 28* 2:38.96	2:38.96	Edwin McSorley 47 1:31.80	
<u>Rick Robber</u>	27	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Lawrence Troxell 27 2:48.37	2:48.37	<u>400 Mtr FREESTYLE</u>	
<u>200 Meter Back</u>	27 2:45.0	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Corey Stanbury 27 2:54.08	2:54.08	Neal Palmer 47 5:28.93	
<u>Rick Robber</u>	27	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Craig Bowman 26 2:57.14	2:57.14	Gordon Gillin 47* 6:05.30	
<u>50 Meter Breast</u>	29 38.1	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Mike Jefferson 28 2:37.20	2:37.20	Herb Nakama 48 6:21.66	
<u>Dennis Watson</u>	29	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	David Levinson 28* 2:38.45	2:38.45	<u>1500 Mtr FREESTYLE</u>	
<u>200 Meter Breast</u>	29 3:25.1	<u>50 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Mark Worden 26 2:38.74	2:38.74	Herb Nakama 48 24:46.12	
<u>50 Meter Fly</u>	29 35.4	<u>200 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>MEN 30-34</u>		Edwin McSorley 47 31:33.24	
<u>A.R. Stanley</u>	29	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>50 Mtr FREESTYLE</u>		John Ridland 45 3:14.05	
<u>James Thorpe</u>	28	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Jim Bales 33 29.94	29.94	<u>50 Mtr BREASTSTROKE</u>	
<u>400 Meter Ind. Med.</u>	28 37.2	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Jim Steinko 30 32.77	32.77	Herb Nakama 48 40.48	
<u>Rick Robber</u>	27 5:59.4	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Tim Lovell 32 44.59	44.59	John Bleck 45 42.03	
<u>Men 30 - 34</u>		<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Daniel Oearea 32 1:02.43	1:02.43	Gordon Gillin 47* 44.66	
<u>Al Wheatley</u>	30 28.9	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Dave Frank 34 1:03.26	1:03.26	Steven Schofield 46 45.14	
<u>Kim Maynard</u>	31 32.6	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Fred Shaw 32 1:04.65	1:04.65	Edwin McSorley 47 48.09	
<u>1500 Meter Free</u>	30 23:26.0	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Glyn Davies 33 1:05.30	1:05.30	Ed Farrell 45 48.37	
<u>50 Meter Back</u>	31 39.4	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Jon Bales 33 1:07.91	1:07.91	<u>100 Mtr BREASTSTROKE</u>	
<u>Kim Maynard</u>	31	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Thomas Thomson 33 1:10.47	1:10.47	Herb Nakama 48 1:31.73	
<u>50 Meter Breast</u>	33 39.2	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Tim Lovell 32 1:14.94	1:14.94	John Ridland 45 1:38.97	
<u>William King</u>	33	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Fred Shaw 32 5:00.56	5:00.56	Steven Schofield 46 1:47.93	
<u>Marvin Dickerson</u>	31 40.3	<u>50 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Daniel Oearea 32 5:03.46	5:03.46	Edwin McSorley 47 1:58.31	
<u>Kim Maynard</u>	31 43.7	<u>200 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Glyn Davies 33 5:07.57	5:07.57	Ed Farrell 45 1:58.40	
<u>Al Wheatley</u>	30 46.0	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Jim Bales 33 5:14.76	5:14.76	<u>200 Mtr INDIVIDUAL MEDLEY</u>	
<u>200 Meter Breast</u>	33 3:08.4	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Mike Greenberg 32 7:08.67	7:08.67	Neal Palmer 47 3:01.35	
<u>William King</u>	33 3:21.2	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>MEN 35-39</u>		John Ridland 45 3:08.71	
<u>50 Meter Fly</u>	33 32.2	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Daniel Oearea 32 20:52.81	20:52.81	Gordon Gillin 47* 3:12.57	
<u>William King</u>	33 36.4	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Daniel Oearea 32 21:25.80	21:25.80	<u>50 Mtr FREESTYLE</u>	
<u>200 Meter Fly</u>	31 2:53.8	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Thomas Thomson 33 22:12.97	22:12.97	John Jorgensen 53 31.22	
<u>400 Meter Ind. Med.</u>	33 6:36.0	<u>50 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Ruth Goerwitz 34 25:16.95	25:16.95	Norm Buvick 53 31.79	
<u>William King</u>	33	<u>200 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>200 Mtr BACKSTROKE</u>	2:50.18	C. Fred Schmidt 52 33.72	
<u>MEN 35 - 39</u>		<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Dave Frank 34 3:48.62	3:48.62	William French 50 36.76	
<u>50 Meter Free</u>	35 29.0	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>100 Mtr BREASTSTROKE</u>	3:48.62	G. E. Simmers 51 39.20	
<u>James Pape</u>	35	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	John Jorgensen 53 3:57.97	3:57.97	John Jorgensen 53 1:09.72	
<u>Robert Tesch</u>	37 29.1	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Thomas Thomson 33 36.97	36.97	Jim Marcus 53 1:13.60	
<u>Russ Keeney</u>	35 30.2	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Fred Shaw 32 38.27	38.27	J. F. Williamson 54 1:15.52	
<u>200 Meter Free</u>	35 3:38.3	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Tim Lovell 32 51.99	51.99	William French 50 1:24.33	
<u>Russ Keeney</u>	35	<u>50 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Thomas Thomson 33 1:23.20	1:23.20	Marvin Levine 54 1:26.66	
<u>David Butler</u>	35 2:33.7	<u>200 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Fred Shaw 32 1:23.88	1:23.88	John Jorgensen 53 5:56.07	
<u>1500 Meter Free</u>	37 22:21.9	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Mike Greenberg 32 1:47.96	1:47.96	Lou Silverstein 52* 6:29.39	
<u>Robert Tesch</u>	37	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Tim Lovell 32 1:57.99	1:57.99	<u>1500 Mtr FREESTYLE</u>	
<u>David Butler</u>	35 34:08.4	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>200 Mtr INDIVIDUAL MEDLEY</u>		John Jorgensen 53 23:37.94	
<u>50 Meter Back</u>	35 38.3	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Thomas Thomson 33 2:56.56	2:56.56	Lou Silverstein 52* 25:12.73	
<u>James Pope</u>	35	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Mike Greenberg 32 3:43.45	3:43.45	C. Fred Schmidt 52 27:23.63	
<u>50 Meter Breast</u>	35 42.3	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>MEN 40-44</u>		<u>200 Mtr BACKSTROKE</u>	
<u>David Butler</u>	35 48.9	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Curt Mosso 36 29.38	29.38	Lou Silverstein 52 3:35.87	
<u>200 Meter Breast</u>	38 3:46.3	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Russell Jackson 36 29.60	29.60	William French 50 4:07.76	
<u>Charles Simmons</u>	38	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	George Wright 35 29.95	29.95	<u>50 Mtr BREASTSTROKE</u>	
<u>50 Meter Fly</u>	37 31.3	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Frans Nelson 35 30.84	30.84	Norm Buvick 53 41.34	
<u>Robert Tesch</u>	37 34.8	<u>50 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Steve Harvey 36 41.95	41.95	Jim Marcus 53 41.65	
<u>Charles Simmons</u>	38	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>50 Mtr FREESTYLE</u>	1:06.15	G. E. Simmers 51 43.37	
<u>200 Meter Fly</u>	37 2:45.5	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	George Wright 35 1:06.99	1:06.99	J. F. Williamson 54 43.75	
<u>Robert Tesch</u>	37	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Curt Mosso 36 1:08.27	1:08.27	C. Fred Schmidt 52 44.04	
<u>400 Meter Ind. Med.</u>	35 6:40.2	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Russell Jackson 36 1:09.00	1:09.00	Marvin Levine 54 48.50	
<u>Russ Keeney</u>	35	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Charles Maunz 38 1:09.00	1:09.00	<u>100 Mtr BREASTSTROKE</u>	
<u>Men 40 - 44</u>		<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Hugh Botsy 37 1:09.27	1:09.27	Norm Buvick 53 1:32.82	
<u>50 Meter Free</u>	40 29.5	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Steve Harvey 36 1:36.64	1:36.64	Jim Marcus 53 1:34.33	
<u>Ken Miller</u>	40	<u>50 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Craig Walker 38 1:41.38	1:41.38	G. E. Simmers 51 1:39.35	
<u>Milton Gee</u>	41 34.4	<u>200 Meter Fly</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>400 Mtr FREESTYLE</u>	5:15.33	J. F. Williamson 54 1:44.66	
<u>Ben White</u>	42 41.0	<u>50 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	Curt Mosso 36 5:16.30	5:16.30	C. Fred Schmidt 52 1:47.45	
<u>200 Meter Free</u>	40 2:34.0	<u>200 Meter Breast</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	George Wright 35 8:11.77	8:11.77	Marvin Levine 54 1:50.46	
<u>Ken Miller</u>	40	<u>50 Meter Back</u>	Walt Boyle 54 26:58.8	<u>200 Mtr FREESTYLE</u>	Shirley Baird 47 1:07.50	<u>1500 Mtr FREESTYLE</u>	21:51.99	<u>200 Mtr INDIVIDUAL MEDLEY</u>	
<u>Ken Miller</u>	40	<u>200 Meter Back</u>							

200 Mtr INDIVIDUAL MEXLEY
 Don Rankin 62 3:25.28
 Cliff Croome 61* 3:35.90
MEN 25-29
50 Mtr FREESTYLE
 Don Neefe 69 44.59
 Ernie Hale 67 45.91
100 Mtr FREESTYLE
 Don Neefe 69 1:53.47
400 Mtr FREESTYLE
 Ernie Hale 67 9:21.66
200 Mtr BACKSTROKE
 Alfred Guth 69 4:13.90
 Don Neefe 69 5:16.95
50 Mtr BREASTSTROKE
 Ernie Hale 67 54.38
100 Mtr BREASTSTROKE
 Alfred Guth 69 2:00.74
200 Mtr BREASTSTROKE
 Ernie Hale 67 4:36.50
400 Mtr BREASTSTROKE
 Alfred Guth 69 4:10.98
 Ernie Hale 67 4:49.06
MEN 70-74
 Leonard Chanin 70
50 Mtr Freestyle 39.50
100 Mtr Freestyle 1:32.97
MEN 75-79
 Charles Cushman 76
100 Mtr Freestyle 2:17.10
50 Mtr Breaststroke 1:01.32
100 Mtr Breaststroke 2:27.51
 John Whitteore 78
50 Mtr Breaststroke 1:07.88
MEN 80-84
 Thomas Lane 84
50 Mtr Freestyle 41.79
200 Mtr Backstroke 5:06.49
50 Mtr Breaststroke 58.81
100 Mtr Breaststroke 2:26.30
RELAYS
MEN 20+
200 Mtr MEDLEY RELAY
 Santa Barbara Swim Club 2:22.87
 (Olshan, Timberbrook, Bleck, Rogers)
MEN 25+
200 Mtr MEDLEY RELAY
 Westside Strokerm 2:03.10
 (Gillcare, Gage, Lusaden, Brockbank)

July 16, 1978
 Fuller Pool
 Ann Arbor, Mich.

25-29 Male
100 m. freestyle
 B. Gougeon 25 1:06.86
 S. Clark 25 1:06.99
 K. Nitz 27 1:14.5
200 m. freestyle
 S. Clark 25 2:37.0
 K. Nitz 27 6:46.22
50 m. backstroke
 S. Clark 25 32.2
 K. Nitz 27 49.51
100 m. backstroke
 K. Nitz 27 1:47.69
50 m. butterfly
 S. Clark 25 30.4
200 m. individual medley
 B. Gougeon 25 2:49.91
30-34 Male
100 m. freestyle
 C. Dobyms 33 1:05.7
200 m. freestyle
 C. Dobyms 33 2:31.97
 A. Rapp 33 3:14.14
400 m. freestyle
 R. Pohlanski 34 5:12.6
 C. Dobyms 33 5:38.5
 A. Rapp 33 6:59.37
200 m. backstroke
 A. Rapp 33 4:12.2
35-39 Male
100 m. freestyle
 T. Tashnick 39 1:06.48
 R. Pierce 37 1:18.9
 E. Shaw 36 1:20.7
 R. Olson 36 1:30.28
200 m. freestyle
 R. Pierce 37 3:01.0
 R. Olson 36 3:28.14
400 m. freestyle
 T. Tashnick 39 5:50.23
 R. Pierce 37 6:37.13
 R. Olson 36 7:46.80
50 m. backstroke
 E. Shaw 36 42.69
 G. Runciman 36 43.50
200 m. backstroke
 J. Pringle 35 2:44.29
100 m. breaststroke
 J. Pringle 35 1:21.80
 G. Runciman 36 1:22.2
 G. Gale 37 1:46.02
 R. Olson 36 2:10.64
50 m. butterfly
 T. Tashnick 39 30.65
 G. Runciman 36 38.54
 R. Pierce 37 39.70
200 m. individual medley
 J. Pringle 35 2:40.88
 T. Tashnick 39 2:52.5
40-44 Male
100 m. freestyle
 C. Woolley 41 1:05.63
 J. Warrington 42 1:16.8
 S. Kasley 40 1:23.34

200 m. freestyle
 C. Woolley 41 2:25.10
 J. Warrington 42 3:05.2
400 m. freestyle
 C. Woolley 41 5:08.11
 R. Martin 40 5:42.69
 W. Dobler 44 6:54.41
 J. Warrington 42 6:56.85
 S. Kasley 40 6:59.44
50 m. backstroke
 W. Dobler 44 36.95
 S. Kasley 40 54.93
200 m. backstroke
 R. Martin 40 3:03.6
50 m. butterfly
 W. Dobler 44 31.68
200 m. individual medley
 W. Dobler 44 2:56.24
 R. Martin 40 2:57.1
 S. Kasley 40 4:09.54
45-49 Male
100 m. freestyle
 B. King 45 1:10.28
 N. Kakos 47 1:17.18
 P. Cath 48 1:17.2
 B. Lamb 46 1:26.2
200 m. freestyle
 W. Jeffries 47 2:33.42
 B. King 45 2:42.2
 P. Cath 48 2:56.95
400 m. freestyle
 W. Jeffries 47 5:31.1
 B. King 45 6:03.48
 T. Koenig 46 6:12.98
 P. Cath 48 6:28.35
50 m. backstroke
 N. Kakos 47 42.26
 B. Lamb 46 44.46
100 m. breaststroke
 T. Koenig 46 1:33.4
 P. Cath 48 1:43.09
200 m. individual medley
 T. Koenig 46 3:24.0
50-54 Male
200 m. freestyle
 B. Heritier 50 2:30.5
400 m. freestyle
 B. Heritier 50 5:31.6
60-64 Male
200 m. freestyle
 A. Berg 62 7:31.5
400 m. freestyle
 A. Berg 62 15:31.5
50 m. backstroke
 D. Volk 61 41.61
 A. Berg 62 47.60
200 m. backstroke
 D. Volk 61 3:40.4
 A. Berg 62 3:59.6
65-69 Male
100 m. freestyle
 B. Lawrence 66 1:22.29
 E. Brown 65 1:29.6
200 m. freestyle
 B. Lawrence 66 3:49.02
50 m. backstroke
 E. Brown 65 53.0
100 m. breaststroke
 B. Lawrence 66 2:00.0
25-29 Female
100 m. freestyle
 J. Earl 25 1:25.4
 E. Gibbs 26 1:30.29
400 m. freestyle
 E. Gibbs 26 7:45.16
50 m. backstroke
 E. Gibbs 26 47.9
100 m. breaststroke
 J. Earl 25 1:41.52
 E. Gibbs 26 1:49.3
50 m. butterfly
 J. Earl 25 44.2
30-34 Female
100 m. freestyle
 P. Wirth 33 1:12.4
400 m. freestyle
 P. Wirth 33 6:05.85
50 m. butterfly
 P. Wirth 33 35.8
100 m. individual medley
 P. Wirth 33 3:08.00
35-39 Female
100 m. freestyle
 L. Weir 36 1:12.0
200 m. freestyle
 L. Weir 36 3:00.0
 S. Swanton 39 3:22.0
400 m. freestyle
 L. Weir 36 6:14.51
 C. Rhudy 35 8:09.72
 S. Swanton 39 8:12.14
50 m. backstroke
 L. Weir 36 42.70
 S. Swanton 39 49.42
 C. Rhudy 35 52.24
200 m. backstroke
 S. Swanton 39 3:32.01
100 m. breaststroke
 C. Rhudy 35 1:49.0
200 m. individual medley
 S. Swanton 39 3:59.9
 C. Rhudy 35 3:59.95
45-49 Female
100 m. freestyle
 B. Smith 47 1:40.9
200 m. freestyle
 D. Ferguson 49 4:40.10
400 m. freestyle
 B. Smith 47 7:55.38
 D. Ferguson 49 10:59.67
 M. Wahab 45 12:24.85
50 m. backstroke
 D. Ferguson 49 1:06.28
 M. Wahab 45 1:25.60

200 m. backstroke
 D. Ferguson 49 5:14.37
50 m. butterfly
 B. Smith 47 49.49
50-54 Female
200 m. freestyle
 A. Brandon 51 3:59.9
400 m. freestyle
 A. Brandon 51 8:40.4
55-59 Female
100 m. freestyle
 B. Lawrence 58 1:37.39
200 m. freestyle
 B. Lawrence 58 3:56.75
50 m. butterfly
 B. Lawrence 58 58.7
200 m. individual medley
 B. Lawrence 58 4:31.49
200 m. medley relay Male
 Lansing Masters 2:14.1
 Midland Masters 3:02.76
 Ohio Masters 2:44.39
200 m. medley relay Mixed
 19-24
 Michigan Masters 2:52.0
 South Oakland Seal 2:37.23
 35+
 Michigan Masters 2:55.54
 August 13, 1978
 Fuller Pool
 Ann Arbor, Mich.
25-29 Male
50 m. freestyle
 S. Hinchman 27 31.49
100 m. freestyle
 S. Hinchman 27 1:15.34
30-34 Male
50 m. freestyle
 C. Dobyms 33 29.7
100 m. freestyle
 C. Dobyms 33 1:05.2
400 m. freestyle
 C. Dobyms 33 5:28.83
 W. Brown 34 5:59.9
100 m. butterfly
 W. Brown 34 1:14.4
35-39 Male
50 m. freestyle
 E. Shaw 37 38.0
100 m. freestyle
 T. Tashnick 39 1:09.72
 E. Shaw 37 1:23.72
400 m. freestyle
 J. Pringle 35 5:42.7
100 m. backstroke
 T. Tashnick 39 1:18.82
 T. Kennary 37 1:20.1
 E. Shaw 37 1:44.60
50 m. breaststroke
 G. Runciman 36 34.92
 G. Gale 37 42.5
200 m. breaststroke
 J. Pringle 35 3:02.68
 G. Runciman 36 3:09.9
 G. Gale 37 3:53.72
100 m. butterfly
 J. Pringle 35 1:10.36
 T. Tashnick 39 1:15.77
400 m. individual medley
 T. Tashnick 39 6:33.0
40-44 Male
50 m. freestyle
 W. Dobler 44 28.54
 C. Woolley 41 28.61
 P. Magee 40 30.27
 S. Kasley 40 35.01
100 m. freestyle
 C. Woolley 41 1:04.93
 P. Magee 40 1:09.39
400 m. freestyle
 C. Woolley 41 5:03.6
 R. Martin 41 5:42.9
 P. Magee 40 6:05.4
 W. Dobler 44 6:16.41
 S. Kasley 40 6:44.5
50 m. backstroke
 W. Dobler 44 1:26.35
100 m. breaststroke
 R. Martin 41 43.13
100 m. butterfly
 W. Dobler 44 1:15.4
400 m. individual medley
 R. Martin 41 6:22.66
45-49 Male
50 m. freestyle
 B. Lamb 46 32.7
 H. Hoover 48 35.51
100 m. freestyle
 B. King 45 1:09.3
 B. Lamb 46 1:22.4
 H. Hoover 48 1:26.65
400 m. freestyle
 B. King 45 5:55.5
 T. Koenig 46 5:56.8
 H. Hoover 48 7:51.1
100 m. backstroke
 B. Lamb 46 1:44.43
50 m. breaststroke
 T. Koenig 46 40.2
200 m. breaststroke
 T. Koenig 46 3:27.46
400 m. individual medley
 T. Koenig 46 6:43.46
50-54 Male
50 m. freestyle
 B. Heritier 50 39.3
100 m. freestyle
 B. Heritier 50 1:05.3
 C. Moss 50 1:06.05

400 m. freestyle
 B. Heritier 50 5:33.22
 C. Moss 50 5:38.38
100 m. butterfly
 C. Moss 50 1:16.21
National Record
55-59 Male
50 m. freestyle
 E. Frost 55 34.03
100 m. freestyle
 E. Frost 55 1:36.25
400 m. freestyle
 E. Frost 55 8:16.8
50 m. breaststroke
 E. Frost 55 1:02.02
60-64 Male
50 m. freestyle
 A. Berg 62 34.82
 M. Lawrence 62 43.89
100 m. freestyle
 A. Berg 62 1:26.4
 M. Lawrence 62 1:52.81
400 m. freestyle
 A. Berg 62 7:24.65
 M. Lawrence 62 9:02.9
100 m. backstroke
 A. Berg 62 1:52.0
50 m. breaststroke
 M. Lawrence 62 1:07.2
65-69 Male
50 m. freestyle
 B. Lawrence 66 33.6
100 m. freestyle
 B. Lawrence 66 1:21.95
25-29 Female
50 m. freestyle
 B. Lovering 25 32.11
 J. Earl 25 38.06
 R. Pulker 26 39.5
100 m. freestyle
 B. Lovering 25 1:11.8
 R. Pulker 26 1:30.16
 E. Gibbs 26 1:32.9
400 m. freestyle
 B. Lovering 25 5:45.39
 E. Gibbs 26 7:29.20
100 m. backstroke
 D. Johnson 26 1:40.7
50 m. breaststroke
 J. Runkel 26 43.32
 B. Lovering 25 46.0
 J. Earl 25 46.1
 D. Johnson 26 53.18
200 m. breaststroke
 J. Runkel 26 3:28.81
 J. Earl 25 3:33.71
 E. Gibbs 26 3:49.5
 D. Johnson 26 4:14.1
30-34 Female
50 m. freestyle
 M. Pierce 31 35.11
100 m. freestyle
 M. Pierce 31 1:23.58
400 m. freestyle
 P. Wirth 33 5:59.64
 M. Pierce 31 7:27.2
100 m. backstroke
 P. Wirth 33 1:32.52
50 m. breaststroke
 P. Wirth 33 46.85
400 m. individual medley
 P. Wirth 33 6:43.95
35-39 Female
50 m. freestyle
 L. Weir 37 33.6
 S. Swanton 39 42.02
100 m. freestyle
 S. Swanton 39 1:43.38
400 m. freestyle
 L. Weir 37 6:01.0
100 m. backstroke
 S. Swanton 39 1:48.24
50 m. breaststroke
 L. Weir 37 45.87
200 m. breaststroke
 L. Weir 37 3:46.7
 S. Swanton 39 9:00.42
55-59 Female
50 m. freestyle
 B. Lawrence 58 42.76
 M. Ewbank 58 47.01
100 m. freestyle
 M. Ewbank 58 1:44.69
400 m. freestyle
 B. Lawrence 58 8:02.1
100 m. backstroke
 M. Ewbank 58 1:55.1
50 m. breaststroke
 B. Lawrence 58 59.59
 L. Runkel 56 1:02.3
400 m. individual medley
 B. Lawrence 58 9:22.6
200 m. freestyle relay Male
 25+
 Michigan Masters 2:02.17
 35+
 Michigan Masters 2:15.0
 Michigan Masters 2:17.27
200 m. freestyle relay Mixed:
 19-24
 Lansing Masters 2:19.7
 Michigan Masters 2:56.0
 25+
 South Oakland Seal 2:14.2
 35+
 Midland Masters 2:31.1

Bob Donnelly Jr. Memorial
 Masters Meet July 15-16
 New Britain, Connecticut
MEN 25 - 29
50 m. freestyle
 Paul Katz, 28 26:7
 Bruce Haffner, 27 27:06
200 m. freestyle
 Paul Katz, 28 2:13:7
1500 m. freestyle
 Gus Spohn, 29 23:14:4
100 m. fly
 Paul Katz, 28 2:26:7
200 m. I.M.
 Gus Spohn, 29 2:46:9
 Bruce Haffner, 27 2:52:5
MEN 30 - 34
200 m. freestyle
 Joe Coplan, 32 2:29:5
1500 m. freestyle
 Doug Walther, 31 21:07:05
50 m. breast
 Jim Spears, 30 38:5
100 m. breast
 Jim Spears, 30 1:28:5
200 m. breast
 Phil Whitten, 34 3:08:1
 Jim Spears, 30 3:20:7
50 m. fly
 Phil Whitten, 34 35:0
100 m. fly
 Joe Coplan, 32- 1:13:0
 Joe Coplan, 32 2:47:2
 Joe Coplan, 32 2:47:2
 400 m. I.M. 7:28:1
 Jim Spears, 30 7:28:1
MEN 35 - 39
50 m. freestyle
 Steve Alexander, 37 33:3
 John Frederick, 35 35:8
100 m. freestyle
 Steve Alexander, 37 1:20:3
200 m. freestyle
 Eric Snyder, 35 2:28:0
 Mike Laux, 36 2:41:8
1500 m. freestyle
 Ron Brauer, 35 23:02:0
 Daniel Davis, 36 22:37:1
50 m. back
 John Snooks, 35 34:7
100 m. back
 John Snooks, 35 1:19:4
200 m. back
 John Snooks, 35 3:08:7
50 m. breast
 Steve Alexander, 37 41:0
 Mike Laux, 36 41:9
100 m. breast
 Steve Alexander, 37 1:34:2
50 m. fly
 Mike Laux, 36 30:41
100 m. fly
 Mike Laux, 36 1:11:0
 Eric Snyder, 35 1:12:4
200 m. I.M.
 Eric Snyder, 35 2:42:2
 Mike Laux, 36 2:50:5
400 m. I.M.
 Eric Snyder, 35 6:00:94
MEN 40 - 44
50 m. free
 Amar Lathi, 42 33:0
 Clark Robison, 40 35:6
100 m. free
 Jim Johnson, 43 1:10:9
200 m. free
 Jim Johnson, 43 2:44:0
1500 m. free
 Jim Johnson, 43 24:57:7
50 m. back
 Barr Clayson, 42 34:6
 Amar Lathi, 42 37:7
100 m. back
 Barr Clayson, 42 1:16:3
200 m. back
 Barr Clayson, 42 2:50:3
 Jim Johnson, 43 3:19:6
50 m. breast
 Len Silverstein, 44 42:4
100 m. breast
 Len Silverstein, 44 1:36:3
50 m. fly
 Amar Lathi, 42 35:07
 Jim Johnson, 43 35:30
 Len Silverstein, 44 37:2
100 m. fly
 Jim Johnson, 43 1:29:05
 Len Silverstein, 44 1:41:6
200 m. fly
 Amar Lathi, 42 3:52:9
200 m. I.M.
 Jim Johnson, 43 3:03:85
400 m. I.M.
 Jim Johnson, 43 6:50:07
MEN 45 - 49
50 m. free
 Tom Lyndon, 46 29:6
 Jim Zuccardy, 48 31:30
 George Stewart, 48 34:45
 Art Mayer, 46 35:1

<u>100 m. free</u>	
Tom Lyndon, 46	1:07:8
George Stewart, 46	1:12:18
<u>200 m. free</u>	
Tom Lyndon, 46	2:37:3
Gene Sikes, 45	3:39:5
<u>1500 m. free</u>	
Nick Berenyi, 45	25:40:1
Art Mayer, 46	26:04:1
Bill Christian, 47	26:19
<u>50 m. back</u>	
Art Mayer, 46	37:8
Fred Bartlett, 48	40:2
<u>100 m. back</u>	
Art Mayer, 46	1:26:3
Fred Bartlett, 48	1:34:92
<u>200 m. back</u>	
Art Mayer, 46	3:14:3
Fred Bartlett, 48	3:27:9
<u>50 m. breast</u>	
Nick Berenyi, 45	44:7
<u>100 m. breast</u>	
Nick Berenyi, 45	1:32:0
<u>200 m. breast</u>	
Nick Berenyi, 45	3:21:9
<u>50 m. fly</u>	
Ham Milroy, 47	35:3
Gene Sikes, 46	38:5
<u>100 m. fly</u>	
Ham Milroy, 47	1:27:4
Fred Bartlett, 48	1:38:5
Gene Sikes, 46	1:49:3
<u>200 m. fly</u>	
Nick Berenyi, 45	3:37:4
Gene Sikes, 46	4:07:1
<u>200 m. I.M.</u>	
Tom Lyndon, 46	3:14:1
Fred Bartlett, 48	3:14:8
Ham Milroy, 47	3:21:6
Gene Sikes, 46	3:54:30
<u>400 m. I.M.</u>	
Nick Berenyi, 45	7:10:3
Art Mayer, 46	7:43:4
Bill Christian, 47	7:56:9
Gene Sikes, 46	8:25:8
<u>MEN 50 - 54</u>	
<u>50 m. free</u>	
Ernie Hulme, 50	31:64
Ed Struckus, 52	35:88
Trv. Bonawitz, 54	42:0
<u>100 m. free</u>	
Ernie Hulme, 50	1:13:0
<u>200 m. free</u>	
Ernie Hulme, 50	2:51:63
Trv. Bonawitz, 54	3:50:5
<u>50 m. back</u>	
Ernie Hulme, 50	41:9
Ed Struckus, 52	48:7
<u>100 m. back</u>	
Ernie Hulme, 50	1:34:6
Ed Struckus, 52	1:50:9
<u>200 m. back</u>	
Ernie Hulme, 50	3:28:3
Harold Fletcher, 53	45:37
Ed Struckus, 52	45:5
<u>100 m. breast</u>	
Hal Fletcher, 53	1:47:9
Ed Struckus, 52	1:54:6
<u>100 m. breast</u>	
Ed Struckus, 52	3:52:6
Hal Fletcher, 53	4:08:8
<u>50 m. fly</u>	
Ed Struckus, 52	44:1
<u>400 I.M.</u>	
Nike Ergin, 51	9:33:29
<u>MEN - 55 - 59</u>	
<u>50 m. free</u>	
Bud Erich, 59	33:6
<u>100 m. free</u>	
Jim Edwards, 55	1:15:2
Bud Erich, 59	1:19:2
<u>200 m. free</u>	
Jim Edwards, 55	2:46:7
Bud Erich, 59	2:56:1
Bill Varza, 57	3:55:5
<u>50 m. back</u>	
Jim Edwards, 55	41:8
Bill Varza, 57	1:06
<u>100 m. back</u>	
Jim Edwards, 55	1:33:3
<u>200 m. back</u>	
Jim Edwards, 55	3:11:8
<u>50 m. fly</u>	
Bill Varza, 56	54:3
<u>200 m. I.M.</u>	
Bud Erich, 59	3:26:5
<u>1500 m. free</u>	
Bud Erich, 59	24:52:1
Tom Jackson, 57	29:27
El Schofield, 56	30:25:6
Rog. Ellisbury, 57	34:45:3
<u>MEN - 60 - 64</u>	
<u>50 m. free</u>	
Harry Rawstrom, 61	32:2
David Brown, 61	36:38
Dick Guido, 60	37:36
Bill McCarthy, 60	41:4
<u>100 m. free</u>	
Harry Rawstrom, 61	1:18:39
Dick Guido, 60	1:24:0
Bill McCarthy, 60	1:47:7
<u>200 m. free</u>	
Harry Rawstrom, 61	2:49:8
Dick Guido, 60	3:08:3
Bill McCarthy, 60	4:02:9
<u>1500 m. free</u>	
Harry Rawstrom, 61	16:15:9
Dick Guido, 60	27:37:15
Bill McCarthy, 60	33:46:5

<u>50 m. back</u>	
David Brown, 61	44:0
Dick Guido, 60	45:3
Roger Chamberlain, 61	46:29
Stan Pudell, 62	47:59
<u>100 m. back</u>	
Dick Guido, 60	1:38:6
Roger Chamberlain, 61	1:39:8
<u>200 m. back</u>	
Dick Guido, 60	3:40:0
<u>50 m. breast</u>	
Stan Pudell, 62	46:27
Roger Chamberlain, 61	47:3
Bernard Slavin, 60	1:01:2
<u>100 breast</u>	
Roger Chamberlain, 61	1:47:8
Stan Pudell, 62	1:55:8
Bernard Slavin, 60	2:19:1
<u>200 m. breast</u>	
Bernard Slavin, 60	5:06:69
<u>50 fly</u>	
Stan Pudell, 62	46:7
<u>200 m. I.M.</u>	
Harry Rawstrom, 61	3:40:03
<u>MEN - 65 - 69</u>	
<u>50 m. free</u>	
Justus Cooley, 67	41:34
Nick Kaschak, 66	45:8
<u>100 m. free</u>	
Nick Kaschak, 66	1:44:1
<u>200 m. free</u>	
Nick Kaschak, 66	3:43:2
<u>50 m. back</u>	
Justus Cooley, 67	53:7
<u>100 m. back</u>	
Justus Cooley, 67	1:57:40
<u>200 m. back</u>	
Justus Cooley, 67	4:26:3
<u>MEN - 70 - 74</u>	
<u>Gus Langer, 74</u>	
<u>30 m. free</u>	
200 m. free	3:42:1
1500 m. free	31:03:1
50 m. back	1:07:8
40 m. breast	1:03:8
50 m. fly	1:26:73
100 m. fly	3:26:0
<u>MEN - 75 - 79</u>	
<u>Frederick Allen, 79</u>	
<u>50 m. free</u>	
100 m. free	1:59:9
200 m. free	4:33:8
<u>WOMEN - 25 - 29</u>	
<u>50 m. free</u>	
Sue Tandy, 29	33:6
<u>100 m. free</u>	
Sue Tandy, 29	1:19:5
Nancy Offenhausser, 29	1:41:4
<u>200 m. free</u>	
Sue Tandy, 29	2:53:9
1500 m. free	26:11:6
Nan Offenhausser, 29	30:19:4
<u>50 m. back</u>	
Carolyn Gates, 27	38:2
Nan Offenhausser, 29	52:1
<u>100 m. back</u>	
Carolyn Gates, 27	1:27:6
Nan Offenhausser, 29	1:50:5
<u>200 m. back</u>	
Nan Offenhausser, 29	4:08:1
<u>50 m. fly</u>	
Nan Offenhausser, 29	51:3
<u>WOMEN 30 - 34</u>	
<u>50 m. free</u>	
Georgia Miller, 32	33:7
<u>100 m. free</u>	
Georgia Miller, 32	1:23:15
<u>50 m. back</u>	
Jane Hardy, 34	43:6
<u>100 m. back</u>	
Jane Hardy, 34	1:36:4
<u>200 m. back</u>	
Jane Hardy, 34	3:33:6
<u>50 m. fly</u>	
Georgia Miller, 32	36:7
<u>100 m. fly</u>	
Georgia Miller, 32	1:41:5
<u>200 m. I.M.</u>	
Georgia Miller, 32	3:23:7
Jane Hardy, 34	3:35:5
<u>WOMEN 40 - 44</u>	
<u>50 m. free</u>	
Sue Kearney, 43	33:2
<u>100 m. free</u>	
Sue Kearney, 43	1:17:1
Judy Parker, 42	1:38:5
<u>200 m. free</u>	
Sue Kearney, 43	2:56:2
Judy Parker, 42	3:25:2
<u>1500 m. free</u>	
Judy Fuleston, 43	31:26
<u>100 m. breast</u>	
Judy Parker, 42	1:55:2
<u>50 m. fly</u>	
Judy Parker, 42	49:0
<u>WOMEN 45 - 49</u>	
<u>100 m. free</u>	
Joan McIntyre, 49	1:33:42
<u>200 m. free</u>	
Joan McIntyre, 49	3:24:8
<u>1500 m. free</u>	
Joan McIntyre, 49	29:43:0
Esther Luman, 45	40:43:0
<u>50 m. back</u>	
Joan McIntyre, 49	47:4

<u>200 m. back</u>	
Joan McIntyre, 49	3:50:6
<u>50 m. fly</u>	
Joan McIntyre, 49	51:9
<u>200 m. I.M.</u>	
Joan McIntyre, 49	4:07
<u>400 m. I.M.</u>	
Joan McIntyre, 49	8:35:1
<u>WOMEN 50 - 54</u>	
<u>50 m. back</u>	
Tink Bolster, 50	49:3
<u>200 m. breast</u>	
Tink Bolster, 50	3:52:0
<u>50 m. fly</u>	
Tink Bolster, 50	47:6
<u>200 m. fly</u>	
Tink Bolster, 50	3:52:37
<u>400 m. I.M.</u>	
Tink Bolster, 50	7:52:9
<u>WOMEN 55 - 59</u>	
<u>50 m. free</u>	
Dot Donnelly, 56	36:5
Nancy Phillips, 57	40:3
<u>100 m. free</u>	
Dot Donnelly, 56	1:26:6
Nancy Phillips, 57	1:34:6
<u>200 m. free</u>	
Nancy Phillips, 57	3:27:0
<u>1500 m. free</u>	
Jean Pieretti, 58	29:58:3
Nancy Phillips, 57	30:36:7
<u>50 m. back</u>	
Nancy Phillips, 57	49:9
Dot Donnelly, 56	49:91
<u>100 m. back</u>	
Dot Donnelly, 56	1:43:0
<u>200 m. back</u>	
Nancy Phillips, 57	3:58:9
<u>WOMEN - 65 - 69</u>	
<u>Helen Offenhausser, 66</u>	
<u>50 m. freestyle</u>	
100 m. free	52:87
1500 m. free	34:23:17
200 m. breast	6:20:5
50 m. fly	1:10:6
200 m. fly	6:06:7
<u>WOMEN 70 - 74</u>	
<u>Evelyn Somers, 71</u>	
<u>50 m. free</u>	
100 m. free	1:40:1
200 m. free	2:37:9
1500 m. free	5:30:2
50 m. back	42:18:9
100 m. back	1:33:9
200 m. back	3:15:5
200 m. back	6:38:30
<u>Rocky Mountain Masters</u>	
<u>Long Course Swim Meet</u>	
<u>Boulder, Colorado</u>	
<u>June 16, 1978</u>	
<u>50 meter pool</u>	
<u>WOMEN 25-29</u>	
<u>100 meter Freestyle</u>	
G. Bond 27	1:18:10
K. Rottinger	1:20:28
M. Carr 29	1:29:72
S. Gross	1:32:31
C. Magnuson	1:35:40
<u>200 meter Freestyle</u>	
G. Bond 27	2:53:25
<u>400 meter Freestyle</u>	
S. Gross	7:15:55
<u>100 meter backstroke</u>	
G. Bond 27	1:30:48
M. Carr 29	1:50:55
S. Gross	1:56:76
<u>200 meter Backstroke</u>	
G. Bond 27	3:16:12
M. Carr 29	4:18:20
<u>100 meter Breaststroke</u>	
M. Magill	1:44:02
C. Magnuson	1:48:65
R. Bernstein	2:00:36
<u>200 meter Breaststroke</u>	
J. Zettel	3:38:66
R. Bernstein	4:05:37
<u>200 meter Individual Medley</u>	
L. Bond 27	3:22:84
D. Wechsler	3:24:09
M. Carr 29	4:03:23
<u>30-34</u>	
<u>100 meter Freestyle</u>	
M. Heinig	1:20:21
B. Jones	1:32:36
E. Beavers	1:34:72
L. Riedel	2:01:23
B. Montoya	2:17:13
<u>200 meter Freestyle</u>	
J. Bollman	3:06:70
B. Jones	3:31:32
E. Beavers	3:50:26
L. Riedel	4:13:95
<u>400 meter Freestyle</u>	
M. Heinig	6:20:09
C. Walters	6:31:03
R. Cramer	6:52:75
J. Bollman	6:54:70
B. Jones	7:28:56
L. Riedel	8:14:96

<u>100 meter Backstroke</u>	
J. Bollman	1:32:79
R. Cramer	1:41:03
E. Beavers	1:53:52
B. Jones	1:53:90
M. Montoya	2:50:95
<u>200 meter Backstroke</u>	
J. Bollman	3:23:38
G. Walters	3:40:29
M. Heinig	3:46:62
<u>100 meter Breaststroke</u>	
B. Jones	1:52:97
<u>200 meter Breaststroke</u>	
J. Bollman	3:48:68
G. Walters	4:00:62
<u>200 meter IM</u>	
J. Bollman	3:19:34
M. Heinig	3:28:39
G. Walters	3:36:33
<u>35-39</u>	
<u>100 meter Freestyle</u>	
J. Lachkar 37	1:46:81
L. Linke	2:29:97
<u>400 meter Freestyle</u>	
J. Lachkar 37	8:09:52
<u>100 meter Backstroke</u>	
K. Zentgraf	1:42:31
J. Lachkar 37	2:07:09
<u>200 meter Backstroke</u>	
K. Zentgraf	3:47:97
<u>100 meter Breaststroke</u>	
L. Linke	1:52:42
J. Lachkar 37	2:09:97
<u>200 meter Breaststroke</u>	
J. Lachkar 37	4:02:12
<u>200 meter IM</u>	
J. Lachkar 37	4:10:00
<u>40-44</u>	
<u>100 meter Freestyle</u>	
E. Jacobson	1:50:73
<u>200 meter Freestyle</u>	
N. Brueggeman	3:40:22
<u>400 meter Freestyle</u>	
N. Brueggeman	9:01:10
<u>100 meter Backstroke</u>	
N. Brueggeman	1:53:5
<u>200 meter Backstroke</u>	
N. Brueggeman	4:10:64
<u>100 meter Breaststroke</u>	
E. Jacobson	2:12:60
M. Kreye	2:40:19
<u>45-49</u>	
<u>100 meter Freestyle</u>	
P. Buchanan 45	1:33:18
<u>400 meter Freestyle</u>	
P. Buchanan 45	7:24:41
<u>100 meter Backstroke</u>	
P. Buchanan 45	1:47:95
<u>200 meter Ind. Medley</u>	
P. Buchanan 45	3:49:31
<u>30-34</u>	
<u>100 meter Freestyle</u>	
G. Hinrichs	1:39:50
L. Zittel	1:41:31
L. Mann 51	1:56:28
<u>200 meter Freestyle</u>	
L. Mann 51	4:25:12
<u>100 meter Backstroke</u>	
G. Hinrichs	1:50:45
L. Zittel	1:53:24
L. Mann 51	2:12:72
<u>200 meter Backstroke</u>	
G. Hinrichs	3:55:08
<u>100 meter Breaststroke</u>	
L. Zittel	1:58:81
v. Hinrichs	2:00:62
<u>200 meter Breaststroke</u>	
G. Hinrichs	4:21:10
<u>55-59</u>	
<u>200 meter Freestyle</u>	
A.H. Hottlinger	4:15:46
<u>400 meter Freestyle</u>	
A.H. Hottlinger	8:46:28
<u>60-64</u>	
<u>100 meter Freestyle</u>	
P. Townsend	2:17:81
L. Ellert	2:34:20
<u>200 meter Freestyle</u>	
P. Townsend	5:03:87
L. Ellert	5:33:40
<u>400 meter Freestyle</u>	
F. Townsend	11:10:98
<u>100 meter Backstroke</u>	
L. Ellert	2:45:27
<u>200 meter Backstroke</u>	
L. Ellert	5:47:46
<u>MEN</u>	
<u>25-29</u>	
<u>100 meter Freestyle</u>	
R. Cooley 28	1:01:50
C. Wolf 26	1:05:56
T. Magnuson 25	1:06:92
D. Driscoll 29	1:19:47
<u>200 meter Freestyle</u>	
D. Driscoll 29	3:09:04
<u>400 meter Freestyle</u>	
D. Driscoll 29	6:15:43
D. Driscoll 29	6:25:88
<u>100 meter Backstroke</u>	
B. Wolff 25	1:09:69
R. Cooley 28	1:12:88
D. Driscoll 29	1:19:61
<u>200 meter Backstroke</u>	
D. Driscoll 29	3:36:41
<u>100 meter Breaststroke</u>	
R. Cooley 28	1:24:27
K. McLaughlin 26	1:31:29
C. Cole 29	1:32:13
C. Dockle 28	1:39:14
<u>200 meter Breaststroke</u>	
C. Dockle 28	3:24:28
<u>200 Ind. Medley</u>	
R. Cooley 28	2:46:67
K. McLaughlin 26	3:01:59
T. Magnuson 25	3:08:55

<u>30-34</u>	
<u>100 meter Freestyle</u>	
T. Ames 30	1:10:47
L. Goodman 30	1:15:93
M. Jones 34	1:17:05
<u>200 meter Freestyle</u>	
M. Jones 34	3:06:52
L. Goodman 30	3:08:82
<u>400 meter Freestyle</u>	
M. Jones 34	6:13:71

MASTERS SWIMMING NOTES

MEET RESULTS - It is most important to get your meet results typed as soon as possible after the meet. Do not type up any age groups except those regulation age groups starting with the 25-29. Skip no spaces. Indent the Age Group. Type in the following order: 50, 100, 200, 400/500, 1650/1500 frees; 50, 100, 200 backs; 50, 100, 200 breasts, 50, 100, 200, flys; and 100, 200, 400 IM's. Relays come last. Send three copies to Enid Uhrich, 25 Lafayette Rd., Newton Lwr. Falls, MA 02162. These three copies are for the Top Ten Times and Records. Then send one copy to Swim-Master - the original.....

EDITORIAL - Received a real cute letter from a subscriber who didn't know I was the editor of Swim-Master. This doesn't tell him much! I forget that I started Swim-Master seven yrs ago and we have many new subscribers who have no idea just who I am! Well, I am June Krauser. I got talked into writing the original rules for Masters Swimming and I promised to work out for a year and try the program. It is hard to believe that it is seven years later and I am still swimming! I use to do an Association newsletter and that is one reason for the formation of Swim-Master. I wish to thank all who write to say how much they enjoy it. If you do not receive your copy due to mail problems, don't hesitate to write and ask for another. Once in awhile the labels do not get changes of address' and bulk mail is not forwarded. All with 978 on their label should renew so they won't miss the Top Ten Long Course Times that we will have for the January issue.....

NEW NATIONAL MASTERS SWIMMING PATCH - Swim-Master has on hand a brand new red, white and blue National AAU Masters Swimming patch. The new patch is available for \$2.00. Make checks payable to Swim-Master and send to June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305 with your name & address.

ATHLETE'S RELEASE: You've all seen those release forms for out-of-state meets where you are required to sign a legal form releasing the home team from legal responsibility..well, here is the Committee's answer to legal forms (The Old Sternwheeler): In consideration of my entry exceptions, I do hereby for myself, my heirs, executioners, wave, perceive, and forever hold my peace, and have no discharge (to speak of) or do thereby whereby and stareby claims damaged by hail and acts of God or his agents, even the A.A.U., or the official officers or orfices hereby, nearby, or beer buy suffered by me in constipation or presbyter-



SWIM-MASTER

SUBSCRIPTION FORM

New Renewal

ONE YEAR - NINE ISSUES

USA \$6.00 - CANADA \$8.00 - FOREIGN \$10.00

NAME _____

ADDRESS _____

Mail To: SWIM-MASTER
2308 NE 19 Ave., Ft. Lauderdale, FL 33305

ian in association with the association or its associates.....

CELEBRITY RAPIDS SWIM TEAM - The Celebrity Rapids swimming program has introduced many innovative workout techniques to the Rocky Mountain Masters scene. Surgical tube swimming, efficiency drilling, pacework and goal setting are among the more common items shared by master and age-grouper alike, but a recent innovation will surely be of interest to masters swimmers across the nation. To honor a team member, Kurt Moehlmann, who had to leave the Denver area due to a job opportunity, the Rapid's masters held champagne relays during their morning workout, Oct. 26th. Champagne filled glasses were set up at the end of all the 50 meter lanes, relays of four racing to and fro to sip or gulp the bubbly. Among the competitors were former and hopeful national masters age-group champions Dorothy Denst, Bob McDermott and Bill Williams. Reminded of the traditional beer relays held at the regionals and nationals, the three could only snobbishly turn up their noses and say, "Tacky, Tacky, Tacky!" obviously referring to their newfound sophistication, the champagne relay.....

TOO BAD TUT COULDN'T SWIM - Prose by Mot Yelof, Tut, Tut, Master Poet
Poor Young King Tut.
He didn't swim and
look what happened to him.

Don't let your self become mummified;
Get a checkup and be exercise certified.
Push away from your table and telly,
and place in the water your stomach of jelly.

Stroking down the pool will melt,
any tension and stress that you've felt.
The payoff is a heart and lungs with the right
sounds,
and firm muscles with many less pounds.

PNA Masters swimming as a way to arrive
at a body and mind that feels great to be alive.

SWIM-MASTER

2308 N.E. 19th Avenue
Ft. Lauderdale, FL 33305

BULK RATE
U.S. POSTAGE
PAID
HOLLYWOOD, FL
PERMIT 972

swim today . . .

..swim for the health of it!

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL VII - No 9 NOV-DEC 1978

SWIM CALENDAR

NOV	18-19	Gold Coast - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
	18-19	0*H*1*0 Masters - Harry Fox, P.O. Box 922, Massillon, OH 44646
	19	Lawrenceville Biathlon - Dan Sullivan, 495 Watchung Av, Bloomfield, NJ 07003
	19	New Canaar Y - Anne Hummel, 31 Nursery Rd., New Canaan, CT 06840
DEC	2	Masters Swim Clinic - Nancy Ridout, 580 Sunset Pky., Navato, CA 94947
	3	Pentathlon - Harry Rawstrom, Carpenter Sports Bldg., U. of Del., Newark, DE 19711
	3	Jersey Wahoos - Barbara Clemens, 11 Scattergood Rd., Cherry Hill, NJ 08003
	9	SPAAU - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA 93105
	10	Birmingham Y - Jan Okopny, c/o Dr. D.G.Swinteck, DDS, 837 S. Lapeer Rd., Oxford, MI
	17	1650 Yd Free - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
JAN		NATIONAL ONE HOUR SWIM - Dale Petranec, 2059 Huntington Av. # 1112, Alexandria, VA 22303
	6	Mid-Winter - Daniel Davis, 104 Ardmore St., Hamden, CT 06517
	21	SPAAU - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA 93105
	26-28	U of MD - Tom Levickas, 9 Mallow Hill Rd., Baltimore, MD 21229
MAR	10-11	Swimming & Diving - John George, 913 E. 10, Edmond, OK 73034
	17	6th International Senior Swim Competition - Pool Hurth near Colone Gert Fuchs, BenfleetstraBe 11, 5023 Weiden, Germany
	17	Powell Crosley Y SC - Ed Hunter, 423 Flemridge Ct., Cincinatti, OH 45231
	31-APR 1	0*H*1*0 Masters - Harry Fox, P.O. Box 922, Massillon, OH 44646
APR	6-8	Southern Champ. - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
	21	Pentathlon - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	21	Australian Champ - Gary Stutsel, 299 Bexley Rd., Bexley No., N.S.W., Australia 2207
MAY	25-27	St. Pete LC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
JUL	8	1500 Mtr Free - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
AUG	4-5	DC LC - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	18	Powell Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231

Western Pennsylvania Y Masters Swimming Association (league meets)

NOV 12, DEC 10, JAN 21, FEB 18, MAR 18, APR 21-22

INLAND EMPIRE ASSOCIATION - Gene Sayre, W. 2321 Dalton, Spokane, WA 99205

NOV 26, JAN 14, MAR 18, APR 27-29

PACIFIC NORTHWEST ASSOCIATION - Fred Wiggin, 16741-15th Ave., N.W., Seattle, WA 98177

DEC 9-10, JAN 20-21, MAR 3-4, APR 20-22

OREGON ASSOCIATION - Earl Walter, 3904 S.W. 57th Ave., Portland, OR 97221

NOV 19, JAN 7, FEB 4, MAR 11, APR 7-8

Do you sing to yourself when you swim? I do, it helps me to stay smooth and keeps my feeble mind off of how much my equally feeble body hurts. Here are some song titles for Masters Swimmers: "Hurts so Bad", or "Life in the Fast Lane". For the 6:00 AM gang at Lake Swim Club, "Here Comes the Sun", and the brand new group at the Midway YMCA, with their 20 yard pool: "Turn, Turn, Turn". And, of course, for the IM swimmer, "Different Strokes for Different Folks: and so on, and so on, and so on, and scoobie doobie doobie...Old Sternwheeler
