



# SWIM-MASTER

VOL II - No 4 THE OFFICIAL PUBLICATION OF THE AAU MASTERS SWIMMING COMMITTEE AUGUST 1973

MASTERS SWIMMING "A JOY TO BEHOLD" IF YOU DON'T DROWN THE FIRST YEAR OF "RE-WATERING"

By Hal Weatherbe, Burlingame, CA, 55-59 Age Group, 100 & 200 yd SC National Champion

In mid-May, 1972 I was reading the San Mateo Times and when I got to the sport section there was a very fine article about the First National AAU Short Course, Masters Swimming Championships to be held in San Mateo. I was tremendously interested and I was also, dismayed when I found out that Masters Swimming had been "going on" for approximately two to three years, on an informal basis.

My bride, who had known that I used to swim competitively back in the "dark ages" (1930-1940) for the SF "Y", SF Mission High, Stanford U and the SF Olympic Club, said, "Let's go to the meet." So-o-o-o, we went up on Saturday PM and had a grand time. We ran into a "bunch" of guys I hadn't seen for years.

I got so excited by it all, that the following Monday, I visited the Taft Swim School and asked if they would be interested in having an "old whale" join their masters swim team. "Great, swell, how nice, et cetera," they commented. Because of all this, I started to train again after a 32-yr layoff.

Boy! It was something. Ray and Zeda have designed good workouts and like you to get into the swim of things. Ray and/or Zeda would say, "O.K., let's kick 400 yards and then swim 300 yards freestyle." Everyone would start out and do their thing. I'd kick about 75 yards, and then "hang" onto the end of the pool to get my breath and stay afloat. Then I would swim 100 yards free, and go through the whole sequence again. After this was over, the swimmers would continue with the rest of the workout. While all of this was going on, there I was struggling up and down, with all the "guys" and all of "gals" going by me like I was a "fractured Whale." It sure was embarrassing to a former swimmer.

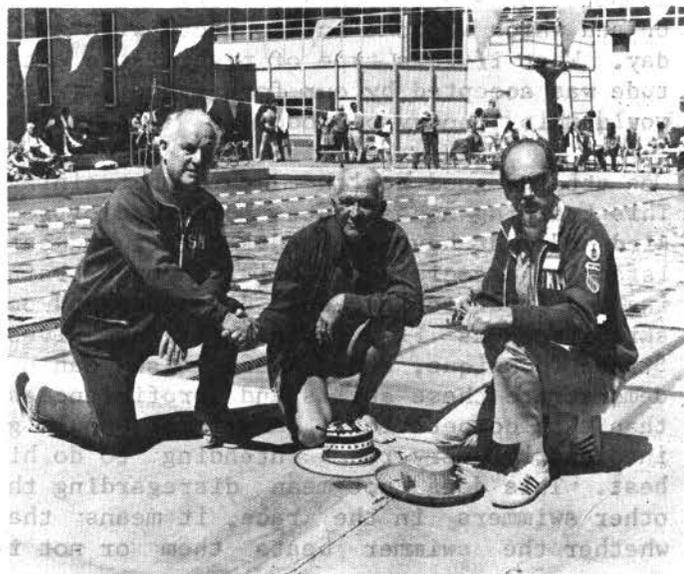
But, since I also used to coach swimming, I knew I had to do my thing my way, and I did. I tried to do most of the workouts, but when I got tired, I just "hung" on and rested. This went on for all of June and July. By August, 1972 it seemed I could do most of the workouts slowly and without fear of a watery grave. During this period, I learned

to do the following two things that were invented after I retired from swimming in 1940. (1) I learned to dive from the "towers" at the starting end of the pool. They call these starting blocks and (2) learned how to butterfly.

So, on August 26, 1972, I entered my first swim meet in 32 years. When I got to the pool and got up on the starting tower and looked down the 50 meter length, I thought I would have water fright, but I took a big breath, plopped in and warmed up. During these two days in the 55-59 group, I swam a 50 m free (did great for 35 m and then all seemed to go black), a 200 m back, a 100 m back and a 400 m free, during which I swam one lap on my back in order to survive. I got a first place in all four events. After each race I thought I would die. I needed help out of the pool and then I'd rest on my hands and knees trying to get my breath and enough strength to stand up and get out of the way for the next race. I really did too much, but was able to drive home and collapse.

After this first meet, I kept doing my thing  
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Dr. Hal Weatherbe (center) being congratulated by teammate John Keating (left) and coach Ray Taft (right) on record performance.



and entering masters meets. Each time things seemed to feel better. During December and up to mid-January, 1973, I just swam up and down. On Jan. 15, 1973, I started to train again in earnest with a 4" faced alarm clock with a big sweep second hand. This helped greatly as I generally train alone.

It appears, now, that after a year of master swimming, earning my keep interferes a bit. I can get in about 1 to 1-1/4 hours of swimming a day for approximately 1600-2200 yds. I can swim two hard workouts, back to back, and then on the third day, swim and kick about 1400 yards, up and down.

As all the readers know, this is a great program! It has many benefits, both physical and psychological. When I started I weighed 190 and had only one decent meal a day. Now I weigh 171 and eat three meals a day. Boy! This is great.

So tell all the new masters swimmers (young and old alike), "Swim and rest, swim and rest, and someday you'll be able to swim and hardly rest at all."

#### LETTER TO THE EDITOR:

Attention: Mr. Mark Coughlin

I take exception to the comment by Mr. John Spannuth, quoted by Mr. Coughlin that, "We do not want to become overly competitive". Competition is the motivating factor by which fun and health are attained. Therefore, it stands to reason the more the competition the more involved one becomes with his conditioning. The better the competition the better one has to be mental, physical. The ultimate in physical fitness is the establishment of a goal which no one has ever attained. In short, the name of the game is competition - which this country was founded on and which we come in contact with every day. What if this type of pessimistic attitude was accepted by our fore father, where would this country be today?

One attains good health through training. This training necessitates overload of some kind and must have some discomfort and satisfaction associated with it. Through training and conditioning one develops those skills such as Flip Turns, Racing Dives, Stroke Technique, etc. Where else can one demonstrate these skills and proficiencies, than thru competition? A swimmer should go into nearly every race intending to do his best. This does not mean disregarding the other swimmers in the race, it means that whether the swimmer beats them or not is

secondary to the quality of his own performance as compared to previous efforts. From all of this hard work and competition comes fun and enjoyment.

Those who do not attain a high degree of skill and proficiency naturally have a negative concept of themselves and consequently a pessimistic attitude toward competition.

Lets fact it, the attitude of Mr. Spannuth and Mr. Coughlin is not the attitude represented by the times established at the 1973 Masters Short Course Nationals.

Respectfully,

*Alfonso P. Allen*  
Alfonso P. Allen  
D.C. Masters Swim Team

## MASTERS NOTES SWIMMING

Regarding the editorial on the front page of the July issue of Swimming World there has been a great deal of comment forthcoming. Everyone was, of course, quite aware of the problems at the California Nationals, however, the meet was certainly no worse than dozens of age group extravaganzas that we all have been subjected to over the years and probably was well run as many of the AAU meets around the country. As Ransom pointed out, in his article, the problem of rapid increase in numbers of participants was certainly the major problem, and future meet directors will have to continue to take this into account. Nevertheless, the editor's comments which followed were certainly out of line and ridiculous. He gave the impression that all those who strive to improve by increasing their work-outs should in some way be penalized, or in essence made the grim assumption that because of the above misstatements, there should be no National Championships. It was, to say the least, an amazing piece of logic. (The above comments were the best received by SM.)

Regarding Swim Meet results. I know how much everyone likes to read the results from around the country. But, compiling them is a monumental task. You all could help by

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# STILL COMPETING



What do these four ladies have in common? Married? Yes. Children? Yes. Competitive swimmers? Yes. National Champions? Yes. And they are all former Purdue swimmers! While at Purdue they trained under Richard "Pappy" Papenguth, 1952 Women's Olympic Swim Coach.

The recent "get together" occurred at the '73 AAU SC National Masters Swimming Championships. Three of the girls were in school at the same time and competed in the 35-39 age group while the "senior" member of the group competed in the 45-49 age group. The Masters Swimming Program is something rather new on the sport horizon and is an official AAU program to develop training and offer swimming competition for men and women 25 and over.

#### LEFT TO RIGHT

Beth Whittal Couvrette now lives in Montreal, Canada with her husband and three children. A 1958 graduate, Beth received a BS degree and was a member of Kappa Kappa Gamma. She was the Canadian "star" of the 1955 Pan American team winning the 100 meter butterfly and 400 meter freestyle. Beth also competed for Canada on the 1956 Olympic Team. After swimming again for a short while in the Masters Program, Beth has taken off 15 lbs - but she knows that soon she will also have to give up those cigarettes! At the Masters Championships Beth won the 200 yd free and 100 yard fly in the 35-39 age group.

June Fogle Krauser graduated in 1948 with a BS degree in Education and was also a member

of KKG. She now lives in Ft. Lauderdale, FL with her husband. June's daughter just graduated from the University of Tennessee and her son is a Junior at Purdue and a member of the swimming team. After her husband's illness in May of 1972, she took over the management of his business - a Steel Tubing warehouse. Back in 1943, June won the National AAU 220 yd Breaststroke Championship and was a member of the Riviera Club's National Championship Team in 1941-42-43. June won four events at the Masters Championships 500 yd free, 1650 yd free, 100 yard fly, 200 yd IM - automatically qualifying her for the 1973 All American Masters Swimming Team.

Ann Bardwell McGuire resides in Delray Beach, FL with her husband Jim and their four children. Ann teaches tennis, swimming, scuba diving, etc. Recently the family spent a year and a half in Australia. Ann also competes in tennis tournaments and volleyball tournaments and enjoys running almost as much as swimming. A 1956 graduate with a BS in Physical Education, Ann believes in practicing what she learned. Ann was a member of the 1954 400 Medley Relay Team which set a world record that year. She competed in National Championships then as she is doing again having won the 200 yd IM in May of 1973. Ann was a member of Kappa Alpha Theta.

Pat O'Connell Bresee graduated from Purdue in 1957 with a BS degree in Drama. She has since attended the San Francisco Law School and heard that she passed the California Bar Exam just minutes before competing in her first Masters event in November of 1972. Pat now lives in Hillsboro, CA and is the mother of three. Never a strong swimmer while at Purdue, Pat is now swimming freestyle faster than she did back in the 50's. She won the 50 yd free in record time, the 100 yard free and the 100 yd IM at our Masters Championships. While in school she was known to be a "rotund" 135 lbs but is now a trim 115 lbs. Pat was also a Kappa.

These four ladies would like to encourage people to get into the Masters Swimming Program, especially if you use to compete in swimming. Anyone so motivated may contact June Krauser, 5340 N.E. 17th Ave., Ft. Lauderdale, FL 33308. June publishes a newsletter, SWIM-MASTER, and you never know whose name might appear that you use to know.

NOTE: Buster Crabbe, Chairman of the Masters Swimming Public Relations Committee, urges all Masters Swimmers to submit similar articles to their alumni publication. This is one way in which everyone can help to promote the Masters Swimming Program.

# SENIOR SPORTS INTERNATIONAL

I had hoped to use this space to write something about the Senior Sports International Masters Meet. However, no one from Southern California bothered to send me any articles, clippings, news, etc. These pictures were sent by Mildred and Ham Anderson of Texas. They are gorgeous in color but Swim-Master cannot reproduce in color. It looks like the weather was gorgeous for the meet. Edith Gruender of Arizona, also sent me some pictures taken at the meet. How about you people from Southern California sending in some news about your great meets out there!

- 1 - Tommy Lind, Ron Drummond, Ham Anderson & Walt Pfeiffer
- 2 - Betty Talbot, Rita Simonton, Al Kallunki, Edith Gruender, Anne Adams, Bill Loughborough
- 3 - Dan Gruender, Reg Richardson, Art Welch
- 4 - Bill Stadig
- 5 - Ransom Arthur, Ham Anderson

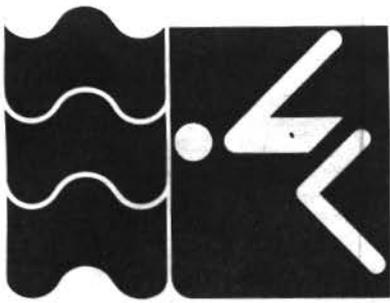


## ATLANTA MEET

A small but fine meet was held at the beautiful East Lake Country Club in Atlanta, GA in July. As usual, the southern hospitality was grand! Everyone had a good time and some quality swims were recorded. Jon Martindale did a fantastic job as meet director. Jon, working for the Red Cross, is producing a "slide lecture" on safe boating, after several area deaths on "white water" rivers.

- 1 - Just a group of the swimmers at the meet
- 2 - Anne Grams of Nashville, TN, breaking several records in the 25-29 age group





The purpose of this pamphlet is to help you perfect the competitive swimming strokes and enjoy the great sport of swimming throughout life.

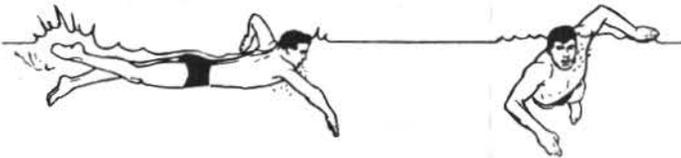
We are grateful to Dr. James E. "Doc" Counsilman, author, and Prentice-Hall, Inc., publishers of *The Science of Swimming*, for the illustrations and descriptions of strokes. Doc Counsilman, swimming coach of Indiana University, was coach of the 1964 USA Men's Olympic Swimming Team and his Indiana Swimming Teams have won many national NCAA Championships.

### THE CRAWL STROKE

1. As one arm begins the pull with the elbow straight, the other arm begins its recovery by bending and lifting the elbow upward. The legs kick up and down in a flutter kick.



2. The pulling arm bends at the elbow. As it is pulled under the body the elbow is held high.



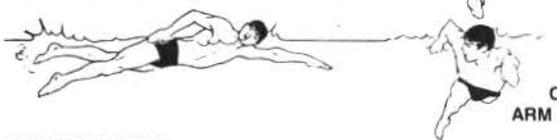
3. The pulling arm reaches maximum elbow bend as it passes under the shoulder and chest. Recovering arm enters the water directly in front of the shoulder.



4. As the arm pull nears completion, the head is rotated to the side for breathing.



5. Breath is taken as arm leaves water. Inhalation is through the mouth.



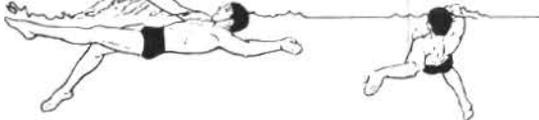
THE CRAWL STROKE ARM PULL PATTERN

### THE BACKSTROKE

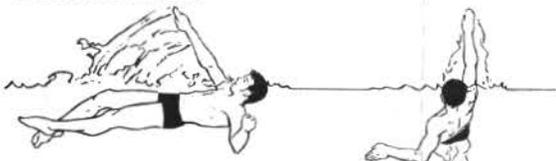
1. The arm has just entered the water at a point directly over the shoulder. The legs are kicked up and downward in the flutter kick.



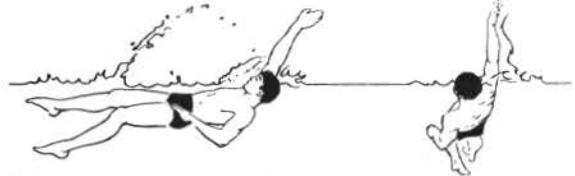
2. The left arm sinks downward as the pull begins and while the right arm starts its recovery directly upward.



3. The elbow of the pulling arm continues to bend as it is pulled backward. The recovering arm recovers directly upward.



4. The pulling arm pushes back and downward, while the legs continue their flutter kick.



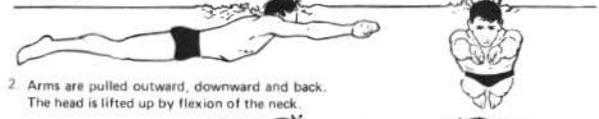
5. The pull ends with the palms pressing water toward the bottom of the pool, while the recovering arm enters the water in a line directly over the shoulder.



THE BACKSTROKE ARM PULL PATTERN

### THE BREASTSTROKE

1. The stroke begins from a stretched-out horizontal position, palms facing diagonally outward.



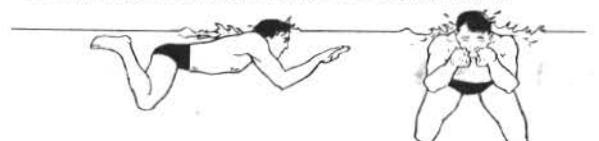
2. Arms are pulled outward, downward and back. The head is lifted up by flexion of the neck.



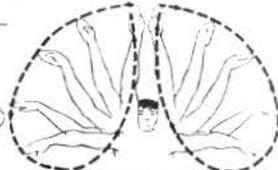
3. The breath is taken as arms and the pull and legs start to recover by bending at the knees.



4. After the breath is taken, the face is placed back into the water and the heels are brought up toward the buttocks. The arms are pressed forward.



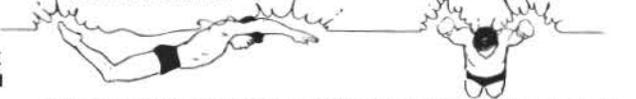
5. The leg kick is made as the arms are extended and the head is dropped slightly so eyes are underwater (but not the top of the head). The swimmer now goes into the glide position.



THE BREASTSTROKE ARM PULL PATTERN

### THE BUTTERFLY STROKE

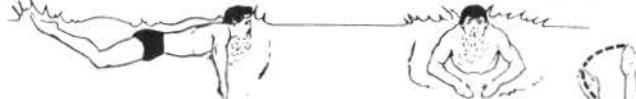
1. The arms enter the water at shoulder width with the elbows straight. The feet kick downward in the first kick.



2. The hands press in an outward and downward direction with the elbows held high and kept bent.



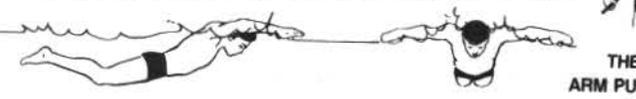
3. The hands almost come together under the chest and the elbows are bent at right angles.



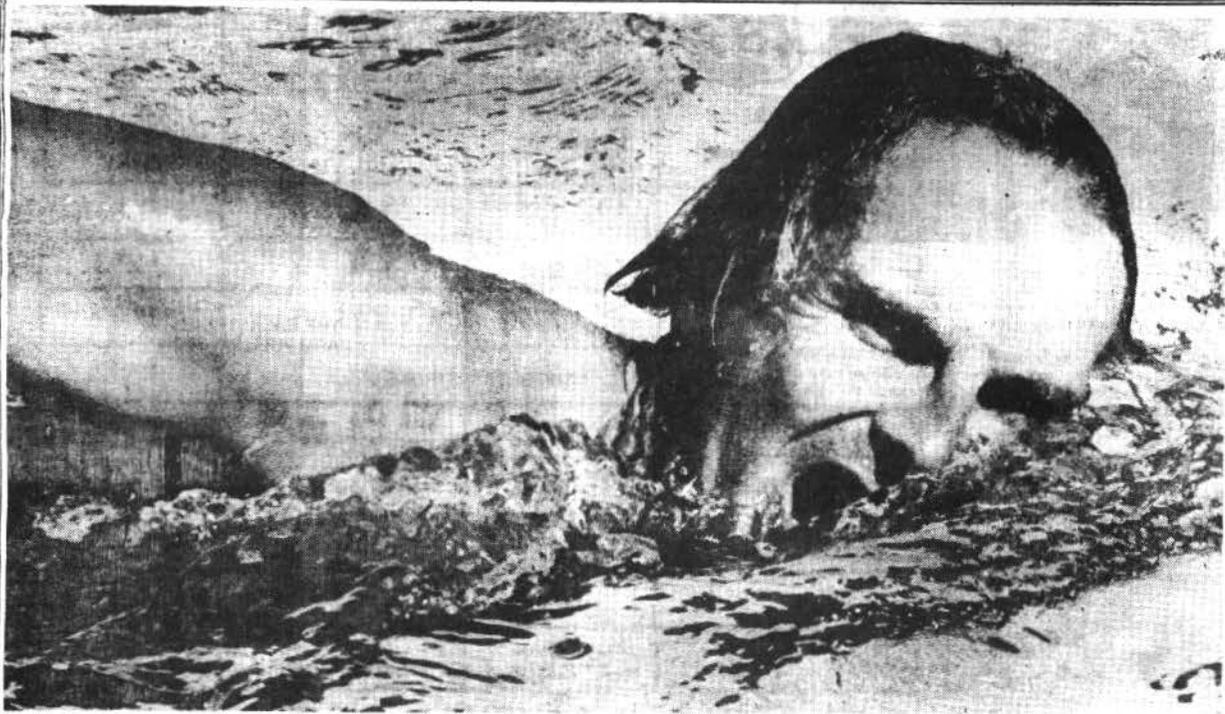
4. As the arms finish the pull, the second kick is made and the breath is taken.



5. The arms are recovered over the water and the head is lowered so the face is down.



THE BUTTERFLY ARM PULL PATTERN



Malone Catches Breath While Working on 'Masters Degree'

# Dan Malone Back in Swim at 42

By LONNIE WHEELER  
Herald Writer

Dan Malone was pretty serious about his swimming, back in college some 22 years ago.

But Boston College was less earnest about its program, and Malone was content to be, by his own admission, "a good third-rate swimmer."

When he got out of the Army and joined the AAU, Malone found he could swim a little faster. When he was 29, his times were still improving.

THEN CAME marriage, and house-buying. Swimming was washed ashore.

Oh, Malone kept in shape. "I'd worked so hard to get in condition, I wanted to keep it," Malone related from the airy porch of his Palm Island home. "I wanted to enjoy skin diving, to enjoy sports — things like playing 'tag' with the kids."

So he ran. Swimming was back-yard leisure, and a way to keep the tan Malone wears so comfortably.

A couple of years ago, Malone was playing water polo when a friend mentioned a Masters meet in St. Petersburg. He worked out for a week or two, and showed up along with 15 other men and a woman.

"We all just kind of looked around at each other," Malone recalled. "We didn't know what to expect."

Then, Malone broke the national record for his age in the 100-yard freestyle.

So he "started training seriously." And now, at age 42, Dan

Malone is reaching his peak as a swimmer.

MALONE is president, officially, of the Masters of Florida, a group of 25-and-over swimmers from Dade, Broward and Palm Beach counties.

"It's hard to get people to put on a Masters meet," Malone lamented, "because there are so many different classes of swimming in the area. Our goal in the future is to have more meets."

So it's a rather loose, unstructured organization now at the Masters of Florida. The meets are random.

To a degree, that's the Masters program. It's geared to physical activity, but not just for those who compete on high levels. In all, 5,000 participate across the country, 60 per cent of whom, according to Malone, had never before swum competitively.

"We can take people right off the street and make swimmers out of them," claims Miami's Steve Rabinovitch, a former Canadian Olympian and now a national Masters champion at two events. "The beginning swimmers can compete at their own levels. What we're talking about is inviting the whole world."

In addition to Rabinovitch winning the 100- and 200-yard breaststroke titles (age 30-35) last week at Santa Monica, Calif., other Florida winners were Millie Bergeron in the national 200 medley and 100-yard backstroke (30-35) championships and Connie Corsan in the

1,650-yard freestyle in the 25-30 bracket.

MALONE, a champion in the 50, 100 and 200-yard freestyles last year, didn't make the trip to California this time. And his records were displaced by Dr. Burwell Jones, a former Olympian and world record-holder from Sarasota.

In college, Malone's best time for 200 yards was 2:26. Three weeks ago, in an area Masters meet at St. Petersburg, he was timed in 2:02.7.

If it's a peak Malone is attaining now, it's not a prime. He's swimming better than he ever did, but not, he thinks, better than he ever could have.

"The coach at Boston College was a great guy," Malone said, "but he didn't know swimming." Miami University's Bill Diaz does and that, Malone feels, makes the difference, regardless of age.

Had Malone had the training Diaz provides in college, he believes he could have been among the nation's top 10 swimmers.

Now he ranks with the top three or four in the country at his age level, but his times can't match those of the best high school female swimmers. Malone watched the high school girls' state championship for 200 yards won in 1:57.

HIS GOAL is to break two minutes. He realizes that, one day, age may catch up and his best efforts will be behind him.

"Masters swimming hasn't been around that long," he said.

The over-the-hill age hasn't been determined. All Malone knows is that "everybody's still doing better."

Malone is doing better because he trains. Hard.

"I was flabbergasted at the amount of work I can do," he said. Diaz maps out daily sessions that usually total 3,000 yards. When training heavily, Malone swims such a program six times a week. Other weeks, he just works out four times — and runs four miles every morning along the estate-lined streets of Palm Island.

"To swim as well as you can, you've got to train the way Dan Malone does," acknowledges Rabinovitch. "I've only been working out about 50 per cent of what Malone does. Mentally, I'm in it pretty seriously, but physically only as much as my schedule permits me."

Even that much has trimmed 20 pounds. Rabinovitch says he feels "fantastic. For 10 years I was dragging around. I could hardly make it through the day."

Now he's talking about breaststroking 100 yards in a minute. "If I do, it would be an absolute first" for a guy his age. "I just don't know if I'm capable."

In Masters swimming, every five years a swimmer moves up into the next age division, where the stopwatches are more understanding. If his times can just tread water, they may watch the competition slip downstream.

Dan Malone, at 42, has only started improving. And he plans on doing that "for the rest of my life."

# Kern Is A Swimming Banker

By EARL BRADSHAW  
Business Writer

**WILTON MANORS** — Herb Kern is a swimming banker.

Not that he can grant a loan or cash a check from pool-side, but he moves easily from the decorum of Coral Ridge National Bank to competitive swimming with the Fort Lauderdale Aquatic Club.

His last venture with the latter netted several medals for pool prowess during a meet in St. Petersburg.

Kern is proud of his son, Ron, 17, who appears to be following dad's footsteps as a successful competitor in high school with an eye on continuing in college beginning this fall.

Kern, 41, assistant cashier at Coral Ridge National, still holds a real estate brokers license, he said, "on an inactive status."

It was obtained when he returned to Fort Lauderdale in 1955 from service with the Navy. Upon return, Kern helped his father build a house that achieved some renown in various publications for its originality.

He went with Broward National Bank in 1958, he said, subsequently moving to Coral Ridge National, an affiliate.

Kern and his wife, Nona, also have a daughter, Lisa, 9, who does not swim competitively, perhaps being more oriented in an artistic direction like her mother.



**HERB KERN, CASHIER AT CORAL RIDGE NATIONAL BANK**  
... demonstrates breast-stroke style which won at recent meet

Nona is "a very talented artist and sculptor. Nearly everything we have in our house was either painted or made by her," Kern said.

A business administration

graduate of the University of Miami, Kern transferred from the University of Iowa, where son Ron is enrolled for the coming term.

There was a 10 or 15 year

lag in Herb's participation in swimming competition after completing college and subsequent training at the Bainbridge, Md. Naval Training Academy, he said.

"I quit smoking in 1968 and got back in shape exercising to work off the excess tension from not smoking."

That included running, bike riding and swimming, but "swimming seemed to be the only really useful sport or exercise that was functional as well as a lot of fun, so I stayed with it."

In high school as his birthplace, Wauwatosa, Wisc., Kern was a state champion in a variety of swimming techniques and styles, continuing championship form in both universities he attended.

In 1969 he "started swimming again in earnest and got into a masters' program in 1971" with competitive swimming for adults locally and statewide.

Between banking and swimming for fun and physical well-being, Kern enjoys a large collection of recorded music including "popular music from jazz to rock, and modern classics. I've got a lot of fine old 78's."

But he's never returned to writing the kind of poetry and short stories of courtship days that Nona thought enough of to submit for publication and still saves, together with a few annotated rejection slips.

They met in Milwaukee, separated for a school term and married the following spring, he remembered with a smile.

Absence need not have made the heart grow fonder, but, well, there was this swimming meet...



## You Can't Stop a Swimmer

Both coming and going there was plenty of swimming action Friday in the first day of competition at the Fort Lauderdale Open swimming meet at the International Swimming Hall of Fame pool — but there were a few problems.

First, the electronic timing device broke down and the meet was delayed for half an hour while the highly sophisticated machinery was dismantled and rushed to Miami for repairs.

Second, the pool was suffering from a bad case of algae. The slick green organisms, however, did not make the swimmers slide through the water any easier, as times were disappointingly slow.

Third, the Swimquip Lane-Master lane markers between lanes two and three broke three times during qualifying races, creating temporary panic for a few swimmers. Some remained reserved such as Burwell "Bump" Jones (center) of

the Sarasota Swim Club.

Picking up a stopwatch to time some fellow club members, Jones didn't even take a deep breath after winning his heat in the 400-meter freestyle. Although he did not qualify for the final, the 40-year old Jones was pleased with his time of 4:45.

**AN OLYMPIAN** in 1952, and a National Collegiate champion for three years, Jones finished fourth in the '52 Olympic trials 400 with a time of 4:42.

Most of Friday's swimmers were not even born when Jones churned through the water in 1952, and he was pleased to have lost only three seconds off that old time. However, the fastest time in the 400 trials was 4:08, nearly 40 seconds faster than Jones.

Time and swimmers fly faster every day, it seems.

# Masters Swimmers Stay Fit, Win Medals

By Jeff Liss  
(News Sports Writer)

It was the kind of sporting event that would lead the uninformed to chuckle.

After all, here were more than 500 swimmers, all over 25 and many over 50 some even hovering at 75 — gathered in Santa Monica, Calif., for an oldsters' swim meet.

Well, the doubting Thomases could doubt no longer after one look at some of the times. There was, for example, the fellow from the Waikiki, Hawaii Swim Club named Jim Welch who swam the 100-yard freestyle in :59.0.

If you think that's not remarkable, reflect upon the fact that winning times for the same event in Big Ten dual meets average about 10 seconds better. And Welch was swimming in the 55-59 age bracket!

These are serious swimmers indeed, and among the most serious who journeyed to Santa Monica for the National Masters Short Course Swimming Championships were Dr. and Mrs. Merle Lawrence of Ann Arbor.

Dr. Lawrence, Director of the Kresge Hearing Research Institute at Michigan, swam in several events. He did not come up with any medals.

However, his wife Bobbie came up with enough medals to weigh down both of their suitcases on the trip home. Mrs. Lawrence swam in five events and brought home four silver medals and one bronze.

For a couple which not too long ago had yet to hear of the Masters swim program, and which hadn't swum competitively until earlier this year, the meet was a success indeed.

But the Lawrences are only two of a host of swimmers over 25 who have found out recently that there can be more to staying in shape than 1000-calorie diets and jogs around the block.

The Masters swim program was originally formulated and nursed into fruition two years ago by Dr. Ransom Arthur of the Navy Medical Neuropsychiatric Research Unit in San Diego. The avowed purpose of the program is to keep people in shape, but the competition itself is important to the swimmers who take part.

The Masters program, run by the AAU is open to anyone over 25 years of age. There are a variety of local meets and events, and the main attraction is an annual national meet.

Dr. and Mrs. Lawrence were the only Ann Arborites to make the trek to Santa Monica. As they were not representing any swim clubs, they were two of the relatively few unattached swimmers at the meet.

An active nucleus of Masters swimmers has participated on the local level. Among the Ann Arbor residents who swam at a Masters meet in Farmington last month were Dr. and Mrs. Lawrence, Michigan Swim Coach Gus Stager, Dr. Craig Dever, Del Weight, Dave Dixon, Dr. Richard Hann, Harris McClamrock, and Jack Wheeler.

At Masters meets, swimmers compete in age groups starting at 25-29 and continuing up by fives to the 80 and over bracket.

But, competition aside, it's the joy of swimming — and the joy of staying in shape — which motivates most of the swimmers.

"Swimming is just a fantastic way to stay in shape," Mrs. Lawrence said. "And an event like this really helps you to sharpen up." Mrs. Lawrence is a pool veteran. She's been swimming on an almost-daily basis over the past 20 years, either at the University pool or at the Ann Arbor Racquet Club.

Stager also finds benefits in the program. The Wolverine chief, who captured two firsts in the meet at Farmington last month, concedes that keeping in physical trim is one reward.

"There's a group of us who have been working out the past few months. A program like this gets you to do real workouts. We don't just swim laps."

But more important to the coach is the associations he renews at workouts and at meets. "When we swim in these state meets, see people who have been involved in swimming and sailing in this state for a long time — people I coached, people who coached against me, writers, the whole group."

Indeed, a healthy number of the competitors are former college or high school swim standouts.

But the Lawrences didn't head out to California to meet old friends. They went for the experience of a national meet, and came back tired but full of tales to tell.

There were always crowds of people about the pool, as the competitors waited for the call in events that were uniformly behind schedule.

Mrs. Lawrence's first event was the 1650 freestyle, a jaunt that requires 66 lengths of the pool to complete. "I had only swum the event once before. I distinctly remember as I finished the 50th length thinking to myself, 'Why am I knocking myself out like this!'"

But she went on and took a second. Silver medals followed in the 100-yard breaststroke, the 200-yard individual medley, and the 100-yard individual medley. To top things off, the trim swimmer, who competes in the 50-54 group, cap-

tured a fourth in the 200-yard breaststroke.

Impressive, yes. But unexpected, hardly. Mrs. Lawrence carries a long string of athletic and other honors. She even had athletic parents.

Mrs. Lawrence's father, Frank Harper, pitched pro ball in the early part of this century. And her mother, Mrs. Roberta Harper, was in the limelight three years ago — her picture was in Sports Illustrated after she won a pair of tennis tournaments at the age of 76.

Mrs. Lawrence was quite a tennis player herself, until she turned to swimming after a serious knee injury in her late teens. She remembers one bizarre swimming event in which she excelled as a youngster, but which is no longer part of most swim meet repertoires.

"It was called The Plunge. You dove into a pool to see how far you could go on one breath of air, without moving arms or legs. If you reached the other end of the pool, you were allowed to turn around and push off, without taking a breath, of course."

But neither Dr. or Mrs. Lawrence did much competitive swimming, until Mrs. Lawrence's brother got them interested in the Masters program. In a series of meets in Michigan and nearby states this winter, both turned in spectacular performances, especially for people just getting back into the competitive swing.

More trophies and medals piled up, and when Jeff Longstreth, the head of the Michigan Masters program, suggested that they go to Santa Monica, the Lawrences were sold.

Huron High Swim Coach John Phenev and University Associate Professor Joyce Lindeman solved one problem for Mrs. Lawrence. As she was unattached, she had no place to work out in preparation for the meet, but Phenev and Miss Lindeman arranged to have her work out at the Huron and University pools, respectively.

Mrs. Lawrence, a former Michigan nominee, swims in a faculty women's swim club. She's been trying to convince some of the members to join her in future Masters' meets, so far without luck.

The Lawrences dive as well as swim, and they are planning to make a July dive to "Lakelab", the University project at Omena, which serves as the first underwater habitat in the U.S. waters of the Great Lakes.

Dr. Lawrence almost drowned in a dive last year when he ran out of air at 120 feet. Mrs. Lawrence's "buddy-breathing" saved the day.

On the Lawrence agenda this summer is the National AAU Masters Long Course championships in Chicago.

preparing meet results in the same order as listed in Swim Master. Those of you new to the Masters Swimming Program should know that meet results should be sent to:

F. H. "Ted" Haartz, Tabulation  
155 Pantry Rd., Sudbury, MA 01776  
H. F. "Hal" Onusseit, Records  
33 Barrows Rd., Reading, MA 01867  
Swim Master, 5340 N.E. 17th Ave.  
Ft. Lauderdale, FL 33308

We are all sorry to lose John Spanuth as AAU Aquatics Administrator. He will be a hard person to replace. John devoted many hours of spare time to the Masters Swimming Program and we hope he will have more time to train with his new position as Executive Director, Special Olympics, c/o Kennedy Foundation, 1701 "K" Street, Suite 205, Washington, DC 20006. Perhaps the DC Masters team can use you, John!

The SPOKANE SWIM MASTER is most interesting. I enjoyed reading about their Celebrity of the Month - Bonnie McLeish. Those cute cartoons, MASTERS SWIMMING IS:, I "borrowed" from them.

Margaret George wrote the following letter to the SPAAAU Masters: "Dear Friends, My apartment was entered during the night of May 3/4 and although very little was taken, the medals won at the USC meet were taken. The police reference is 43-541-167 in case you should wish to check on this. I wonder whether you would allow me to replace these medals. I had 6 "gold" and 1 "silver" won in 5 individual and 2 relay events. Two of the "gold" had red/white/blue ribbons and Plastic cases." We hope you have your replacements by now, Margaret.

Anne Adams writes that there will be four or five members of her family entered in the LC Nationals in Chicago - the Bresnahans. How's that for family participation? Can anyone top this?

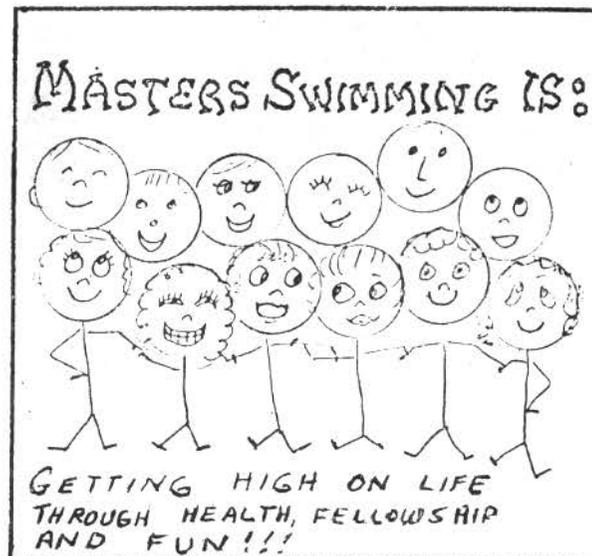
In the Combined Services triangular aquatics match against British Police and Wales in Cardiff on June 12 and 13, former G.B. international, Marine Dave Finnegan swam the 220 yd breaststroke in 2:40.0. Lt. Cease Brown, of the American Service, made her debut for the Wrens in the women's match, winning two of her four events.

Ronald B. Drummond writes, "....I feel quite bucked up because I have won more athletic trophies in about the last six weeks than I have ever won in a similar length of time in

my life. In two canoe meets I won four trophies - took 14 sec off the course record in the 500 meters for all age groups - beat fellows who have been training two hrs every day for two yrs for the next Olympic Games. Eight trophies for the Senior Olympics: four for swimming, one for racquetball, and three for high jump, discus and shot put at UCLA. Then on July 7th I entered the National AAU Masters T&F Champ. in San Diego and got 2nd in the discus (first time I had thrown it for 48 yrs) and I was so out of practice I couldn't turn properly so threw it without turning and got 2nd. Then I won the shotput but was disappointed because I came within 1/2 inch of the world record for age 66. I think these contests for older people are very worthwhile. It gives people an incentive to keep in shape and I don't think anything contributes more to your happiness than your good health..."

A back injury would be a handicap to many people but to Greenville attorney Bill Robertson it may have been a blessing in disguise. Bill injured his back in a tennis tournament and had to give up golf & tennis. But his doctor said he could still swim. Having been a swimmer at North Carolina State and Washington & Lee and having been swimming all along, the Masters Swimming Program was a natural. For Robertson it would seem that the back injury didn't handicap him. It only re-introduced him to something he had enjoyed in college - competitive swimming.

It has been reported that obesity affects one in every five Americans. It is harmful to health and costly to those who fall for the never-ending flood of nonsense and quackery represented by miracle or quick diets, pills and gadgets. Try the Masters Swimming Program, instead.



# SWIM MEET SCHEDULE

AUG	4	Hermosa Beach Pier-to-Pier, Dept. of Beaches, 1101 Strand 2-mile Redondo Beach, CA 90277
AUG	5	Long Beach Naples Island, Phillips 66, c/o Margaret Kemp 3-mile 121 Belmont Ave., Long Beach, CA 90803
AUG	10-12	NATIONAL AAU LONG COURSE CHAMPIONSHIPS, Irene Clarke David, 1808 Epping Place, Schaumburg, IL 60152 (312) 882-0575
AUG	17-19	CRESTMoor MASTERS OPEN SWIM MEET, Douglas E. Barnett, 658 Poplar Street, Denver, C) 80220 (303) 377-2205
AUG	25	Santa Monica Pier-to-Pier, Dept. of Rec & Parks, Attn: Ocean Swim 1-mile 1685 Main Street, Santa Monica, CA 90401
AUG	25-26	Los Angeles Invitational, Anne Adams, 17432 Osborne St., Northridge, CA 91324
SEP	1-3	Hawaii Labor Day Swims, P.O. Box 1314, Honolulu, HI 96807
SEP	16	Pentathlon, Irvine - Contact Anne Adams (above)
SEP	22	Minnesota Masters Meet, Herb Noetzel, 544 - 14th Street NE, Owatonna, MN 55060 (507) 451-0116
SEP	3	Oceanside Pier Swim, Pacific Southwest Assn. AAU, 1135 Garnet Street, San Diego, CA 92109 1/2 mile
SEP	9	La Jolla 1-mile, (same address as Oceanside Pier Swim)
SEP	15	Zuma Beach 3-mile, Los Angeles County Lifeguards, 30064 Pacific Coast Highway, Malibu, CA 90265
OCT	7	Leatherstocking Masters Swim Meet, Pat Clinton, %Alfred Corning Clark Gym Cooperstown, NY 13326
OCT	6-7 or 13-14	Cal Tech, Contact Anne Adams (above)
NOV	10*	Syracuse Parks and Recreation Chargers Masters Meet Robert Swindler, Dept. of Parks & Rec., 412 Spencer Street, Syracuse, NY
NOV	10 or 11	North/South Dual Meet, Contact Anne Adams (above)
NOV	24-25	Sarasota YMCA Thanksgiving Meet, Coach Tim Hill, Sarasota YMCA, 1075 S. Euclid Ave., Sarasota, FL 33579 (813) 955-8194
DEC	8	Long Beach City College, Contact Anne Adams (above)
	*	Tentative



SAN MATEO MARLIN MASTERS  
S.C. NATIONAL CHAMPIONS  
Santa Monica, May 18, '73  
Top: Zada and Ray Taft,  
Coaches.  
Bottom: Pat Bresee and  
Fred Farley - Captains.



## 'The Masters'

The second annual National AAU Short Course Masters Swimming Championships were successfully conducted last month in Santa Monica, California. This unique photo pictures (from left) Dr. Burwell "Bumpy" Jones, winner of five events in the age 40-44 division; 69-year-old John McGuire, holding his AAU registration cards from 1918, 1920 and 1973; 87-year-old Joe Ross of the Santa Monica SC, oldest swimmer in the meet and winner of two events in the 80 and older category; Capt. Ransom Arthur, National Masters Swimming Chairman and the "father" of masters swimming competition; and Judge Robert Beach of St. Petersburg, Florida, vice-chairman of the Masters Swimming Committee.

# MEET RESULTS

Times from the following S.C. meets have been compiled to the tenth place time. Times from L.C. meets will appear in the October issue.

GARDEN STATE SWIM POOL  
3/17/73 Berkeley Heights, NJ

TEMPE RACQUET & SWIM CLUB  
3/24-25/73 Tempe, AZ

MASTERS EVENTS  
4/7/73 Asheville, NC

EAST COAST MASTERS INVITA.  
5/4-5/73 Princeton, NJ

Petaluma SWIM CLUB  
5/5/73 Petaluma, CA

ILL'S MIDWESTERN MASTERS  
5/11-12/73 Chicago, IL

SCOTTSDALE MASTERS MEET  
6/2/73 Scottsdale, AZ

OAK RIDGE INVITATIONAL  
6/2-3/73 Oak Ridge, TN

ST. LOUIS MASTERS SWIM CHAMP.  
6/2-3/73 St. Louis, MO

MARIN AQUATIC CLUB INV.  
6/9-10/73 Redwood, CA

GARDEN STATE SWIM POOL  
6/17/73 Berkeley Heights, NJ

SAR MATEO MARLIN MASTERS  
7/2/73 San Mateo, CA

INLAND EMPIRE MASTERS MEET  
7/7/73 Spokane, WA

HOLLYWOOD SWIM CLUB MEET  
7/28/73 Hollywood, FL

MEET IN GEORGIA

## WOMEN 25-29

<b>50 YARD FREESTYLE</b>	
Carol Clay 26	26.6
Anne Grams 26	27.3
Irene David	28.2
Sally Antouchuk	30.4
Carol Skolneck	30.6
Beth Kingston 25	31.2
Stacy Frey 29	31.5
Veronika Mann	31.7
Susan Shepherd 29	31.8
Judy Taylor	39.0
<b>100 YARD FREESTYLE</b>	
Anne Grams 26	59.0
Irene David	1:05.9
Sally Antouchuk	1:07.1
Beth Kingston 25	1:10.8
Susan Shepherd 29	1:12.4
Winnie Krogerud 27	1:14.0
St. Clair	1:19.5
Veronika Mann 27	1:20.3
Joyce Bloom 26	1:23.7
Pamela Bohlan 28	1:24.2
<b>200 YARD FREESTYLE</b>	
Anne Grams 26	2:13.1
Carol Clay 26	2:18.7
Jane Hardy 28	2:37.7
Irene David	2:39.5
Winnie Krogerud 27	2:48.4
Susan Shepherd 29	2:50.1
Marilyn Kohl	2:52.1
Veronika Mann 27	3:06.6
Joyce Bloom 26	3:27.9
<b>500 YARD FREESTYLE</b>	
Winnie Krogerud 27	7:22.4
Sue Shepherd 29	7:44.7
Sue Schaffer	7:49.4
St. Clair	9:22.2
Marie Siddons	9:54.4
Joyce Bloom 26	10:14.3
J. Owens 28	10:22.7
<b>1650 YARD FREESTYLE</b>	
Winnie Krogerud	25:20.6
Marilyn Kohl	26:20.8
Susan Shepherd 29	26:36.4
Betty Trabalka 27	28:34.1
St. Clair	34:19.8
<b>100 YARD BACKSTROKE</b>	
Jane Hardy 28	1:20.2
Sue Schaffer	1:26.2
B. Trabalka 27	1:32.1
Winnie Krogerud 27	1:33.8
Joyce Bloom 26	1:41.2
Paulette Hinton	1:48.1
Marie Siddons 29	1:51.0
J. Owens 28	2:06.1
<b>200 YARD BACKSTROKE</b>	
Jane Hardy	2:57.5
Sue Schaffer	3:03.6
B. Trabalka 27	3:30.6
Betty Trabalka 27	4:35.9
Mary O'Donnell 28	4:44.4
<b>100 YARD BREASTSTROKE</b>	
Tammy Murphy 25	1:10.7
Carol Skolnick	1:20.0
Anne Grams 26	1:20.4
Patricia Hewitt 26	1:22.1
Jane Murphy 28	1:28.2
Sue Schaffer	1:32.9
Veronika Mann 27	1:35.8
St. Clair	1:39.1
J. Owens 28	1:42.0
B. Trabalka 27	1:43.5

## 200 YARD BREASTSTROKE

Tammy Murphy 25	2:36.9
Carol Skolnick	2:51.8
Patricia Hewitt 26	2:59.7
Cindy Lane 26	3:06.6
Jane Murphy 28	3:09.8
Sue Schaffer	3:14.4
Jane Hardy 28	3:28.4
B. Trabalka 27	3:30.4
Winnie Krogerud 27	3:30.9
St. Clair	3:33.7
<b>50 YARD BUTTERFLY</b>	
Irene David	29.6
Carol Clay	29.6
Anne Grams 26	30.5
Marilyn Richardson 25	30.6
Stacy Frey 29	34.4
Jane Murphy 28	39.8
Marie Siddons	53.6
<b>100 YARD BUTTERFLY</b>	
Irene David	1:12.1
Stacy Frey 29	1:31.8
Marie Siddons 29	2:04.6
<b>100 YARD INDIVIDUAL MEDLEY</b>	
Tammy Murphy 25	1:07.5
Carol Clay 26	1:09.8
Anne Grams 26	1:10.3
Patricia Hewitt 26	1:16.8
Irene David	1:17.2
Beth Kingston 25	1:20.7
Jane Murphy 28	1:22.4
Sue Schaffer	1:22.8
Stacy Frey 29	1:24.5
St. Clair	1:30.5
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Tammy Murphy 25	2:25.5
Marilyn Richardson 25	2:43.4
Patricia Hewitt 26	2:49.5
Sue Schaffer	2:57.8
Marie Siddons	4:00.1

## WOMEN 30-34

<b>50 YARD FREESTYLE</b>	
Nancy Rideout	28.2
Nancy Kirkendall 30	29.9
Gillian Ratcliffe 33	31.4
L. Franco-Ferreira 31	31.7
Brown	33.0
Marie Kelleher 32	33.9
Jane Hanson 32	35.9
Anne Hummel 32	36.1
Julie Thrans	37.1
Joan Caldera	37.1
<b>100 YARD FREESTYLE</b>	
Nancy Rideout	1:03.0
Nancy Kirkendall 30	1:08.5
Lynn Joesten 32	1:09.9
Elizabeth Roepke	1:12.5
Gillian Ratcliffe 33	1:13.9
Brown	1:16.4
Anne Hummel 32	1:22.9
Julie Thrans	1:24.6
Pat Anderson	1:27.2
Susan Lovtli	1:27.2
<b>200 YARD FREESTYLE</b>	
Nancy Rideout	2:23.2
Carol Macpherson	2:27.1
Nancy Kirkendall 30	2:39.1
Elizabeth Roepke	2:49.0
Franco-Ferreira 31	2:54.5
Susan Lovtli	3:07.2
Joan Caldera	3:28.4
Bonnie McLeish	3:51.7
<b>500 YARD FREESTYLE</b>	
Carol Macpherson	6:51.3
Wisniewski	7:23.5
Nancy Mattson 31	8:04.1
Anne Hummel 32	8:39.1
Linda Moulton 32	10:00.1
<b>1650 YARD FREESTYLE</b>	
Jane Katz 30	23:18.1
Nancy Kirkendall 30	24:55.3
Marilyn DiFilippo 31	25:10.2
Wisniewski	26:00.7
Lopez	29:56.3
Brown	30:40.3
<b>100 YARD BACKSTROKE</b>	
Carol Macpherson	1:21.8
Franco-Ferreira 31	1:27.8
Jen Jensen	1:33.1
Marie Kelleher 32	1:34.5
Brown	1:36.0
Marjorie Linville 31	1:43.4
Connie Ziegler	1:44.0
Bonnie McLeish	2:02.6
Knutsson	2:47.0
<b>200 YARD BACKSTROKE</b>	
Jane Katz 30	2:52.4
Franco-Ferreira 31	3:13.0
Jen Jensen	3:29.0
Marie Kelleher 32	3:39.0
Joan Mock	4:06.0
<b>100 YARD BREASTSTROKE</b>	
Monika Sublette 32	1:25.3
Wisniewski	1:28.4
Jane Hanson 32	1:28.4
Gillian Ratcliffe 33	1:32.1
Elizabeth Roepke	1:35.3
Anne Hummel 32	1:38.0
Connie Ziegler	1:45.4
Joan Caldera	1:47.0
Laurie Byre 36	1:50.5
Marjorie Linville 31	2:05.7
<b>200 YARD BREASTSTROKE</b>	
Carol Macpherson	3:11.0
Wisniewski	3:12.0
Jane Hanson 32	3:23.5
Lynne DeVictoria	3:55.5
Jan Thorne	5:28.2

## 50 YARD BUTTERFLY

Jane Katz 30	31.2
Nancy Rideout	31.8
Meg Kirkendall 30	35.9
Gillian Ratcliffe 33	38.0
Franco-Ferreira 31	41.9
Lynne DeVictoria	43.7
Bonnie McLeish	1:01.5
Joan Mock	1:07.5
<b>100 YARD BUTTERFLY</b>	
Jane Katz 30	1:11.5
Nancy Rideout 31	1:19.1
Wisniewski	1:36.2
<b>100 YARD INDIVIDUAL MEDLEY</b>	
Nancy Rideout	1:14.2
Wisniewski	1:22.1
Franco-Ferreira 31	1:25.4
Jane Hanson 32	1:28.0
Lynne DeVictoria	1:35.6
Jen Jensen	1:39.8
Joan Mock	1:57.6
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Lynn Joesten 32	2:58.7
Jane Katz 30	2:41.8
Jen Jensen	3:45.3
Joan Mock	4:24.3

## WOMEN 35-39

<b>50 YARD FREESTYLE</b>	
Pat Breesse	28.8
Helen Buss	29.9
Margie Heineman	30.3
Ann Kay	32.8
Barbara Hinshaw	34.7
Shirley Myles	35.9
Rita-al Jones 39	36.4
Monia Lorant 36	36.6
Jean Marsom 35	40.5
Marcy Dickens 38	41.4
<b>100 YARD FREESTYLE</b>	
Helen Buss	1:05.5
Nancy Whedbee 37	1:12.3
Ann Kay	1:17.3
Sue Garratt	1:18.4
Rita-al Jones 39	1:21.2
Mary Connelly	1:21.6
Shirley Myles	1:32.7
Jean Marsom 35	1:33.0
Marcy Dickens 39	1:34.2
Jan Mowler 38	1:34.4
<b>200 YARD FREESTYLE</b>	
Helen Buss	2:20.4
Nancy Whedbee 37	2:45.0
Ann Kay	2:47.9
Barbara Hinshaw	3:06.4
Marcy Dickens 39	3:28.9
<b>500 YARD FREESTYLE</b>	
Helen Buss	6:20.3
Ann Kay	7:41.3
Velda McDonald 38	7:57.1
Rita-al Jones 39	8:13.6
Margie Heineman	8:21.2
Barbara Hinshaw 36	8:35.5
Marcy Dickens 39	9:37.0
Sharp	9:53.0
<b>1650 YARD FREESTYLE</b>	
Helen Buss	22:31.6
Mary Connelly 37	28:51.1
Marcy Dickens 39	32:50.0
<b>100 YARD BACKSTROKE</b>	
Connie Wilson	1:22.2
Ann Kay	1:25.9
Barbara Hinshaw	1:33.5
Velda McDonald 38	1:34.3
Shirley Myles	1:41.2
Marcy Dickens 39	1:41.3
<b>200 YARD BACKSTROKE</b>	
Nancy Whedbee 37	3:03.3
Ann Kay 39	3:04.0
Connie Wilson	3:04.5
Marcy Dickens 39	3:15.0
<b>100 YARD BREASTSTROKE</b>	
Margie Heineman	1:30.6
Nancy Whedbee 37	1:33.6
Sharp	1:37.0
Monia Lorant 36	1:37.1
Rita-al Jones 39	1:41.7
Jean Marsom 35	1:48.9
Barbar Hinshaw	1:49.3
Jan Mowler 38	1:56.5
Ann Degan 39	1:59.2
<b>200 YARD BREASTSTROKE</b>	
Margie Heineman	3:15.6
Sharp	3:31.4
Rita-al Jones 39	3:45.1
Ann Kay	3:52.7
Barbara Anakian 39	4:25.3
<b>50 YARD BUTTERFLY</b>	
Pat Breesse	31.4
Ann Kay	38.8
Monia Lorant 36	41.1
Jean Marsom 35	53.2
<b>100 YARD BUTTERFLY</b>	
Helen Buss	1:20.9
<b>100 YARD INDIVIDUAL MEDLEY</b>	
Pat Breesse	1:19.2
Margie Heineman	1:20.0
Helen Buss	1:20.6
Velda McDonald 38	1:29.0
Sue Garratt	1:35.1
Barbara Hinshaw 36	1:38.9
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Helen Buss	2:48.6
Margie Heineman	3:06.2
Velda McDonald 38	3:19.6
Barbara Hinshaw 36	3:35.9

## WOMEN 40-44

<b>50 YARD FREESTYLE</b>	
Gail Roper	29.4
Meg Webster	32.4
Mary Murray	33.0
Kay Manuel	33.1
Edie Gruender	33.7
Phyllis Shepard 44	39.2
Anita Peterson 43	44.0
Pat Briggs 40	45.3
Joan Warner	47.6
Kay Dillon 40	47.6
Lilla Riley 40	47.7
<b>100 YARD FREESTYLE</b>	
Gail Roper	1:07.9
Meg Webster	1:13.9
Edith Gruender 44	1:15.0
Mary Murray 41	1:19.4
June Gravenor 41	1:25.1
Eileen Soss	1:27.4
Phyllis Shepard 44	1:31.5
Marilyn Walker 44	1:32.6
Freda Cavoto 43	1:43.0
Anita Peterson 43	1:44.5
<b>200 YARD FREESTYLE</b>	
Gail Roper 43	2:29.6
Meg Webster	2:48.1
Mary Murray	2:59.6
Tink Bolster 44	3:07.4
Helen Wilmor 42	3:29.1
Lois Weir 40	3:46.3
Lilla Riley 40	3:51.5
Dorothy Kleist	4:54.2
Cody	5:03.5
<b>500 YARD FREESTYLE</b>	
Tink Bolster 44	8:15.6
Mary Murray 41	8:23.3
Eileen Soss	8:41.8
Barbara Odone	9:41.6
Elena Stumpf	9:47.3
Charlotte Meyer	10:34.8
Cody	12:08.4
Dorothy Kleist	13:35.9
<b>1650 YARD FREESTYLE</b>	
Tink Bolster 44	27:25.2
Lois Weir 40	33:08.2
Helen Wilmor 42	33:54.3
Marla Donchez 43	39:14.9
Cody	39:07.4
<b>100 YARD BACKSTROKE</b>	
Gail Roper	1:20.2
Kay Manuel	1:31.0
Edie Gruender	1:33.1
Mary Murray	1:36.4
Lois Weir	1:45.0
Jean Wilmor 42	1:49.1
Ann Warner	1:49.8
Anita Peterson 43	1:57.0
Kay Dillon 40	2:05.5
<b>200 YARD BACKSTROKE</b>	
Kay Manuel	3:16.0
Jean Wilmor 42	3:47.3
Lois Weir	3:54.5
<b>100 YARD BREASTSTROKE</b>	
Gail Roper	1:25.3
Meg Webster	1:39.5
Mary Murray	1:42.5
Edith Gruender 44	1:42.5
Phyllis Shepard 44	2:05.3
<b>200 YARD BREASTSTROKE</b>	
Gail Roper	3:06.5
June Gravenor 41	3:32.3
Tink Bolster 44	3:36.4
Mary Murray	3:46.1
Charlotte Meyer	3:52.3
Elena Stumpf	3:54.4
Barbara Odone	4:01.5
Phyllis Shepard 44	4:35.4
Marla Donchez 43	4:37.2
<b>50 YARD BUTTERFLY</b>	
Gail Roper	32.5
Edith Gruender 44	37.6
Mary Murray	40.8
Meg Webster	41.2
Jean Wilmor 42	44.7
Charlotte Meyer	51.1
Phyllis Shepard 44	51.4
Elena Stumpf	55.6
Marla Donchez 43	1:03.5
<b>100 YARD INDIVIDUAL MEDLEY</b>	
Gail Roper 43	1:16.7
Mary Murray	1:29.2
June Gravenor 41	1:37.4
Eileen Soss	1:44.8
Barbara Odone	1:48.9
Phyllis Shepard 44	1:51.2
Anita Peterson 43	2:01.4
Marla Donchez 43	2:10.6
Dorothy Kleist	2:36.3
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Gail Roper 48	2:48.6
Edie Gruender 44	3:14.1
Mary Murray 41	3:19.1
June Gravenor 41	3:23.0
Tink Bolster 44	3:23.7
Kay Manuel	3:36.6
<b>WOMEN 45-49</b>	
<b>50 YARD FREESTYLE</b>	
Berna Bennett	30.8
Pat Clinton 45	31.6
Jean Schnorbus	33.7
Nancy Hay	36.5
Krygler	36.9
Katharine Lasley 47	37.4
Peggy Kritzer 49	37.8
Bobbe Smith	38.8
Eliz. Zenn	39.0
Pat Job 48	46.3

## 100 YARD FREESTYLE

Berna Bennett	1:12.2
Jean Schnorbus	1:14.7
Nancy Hay	1:22.0
Gerl Orsoco 49	1:29.4
Krygler	1:31.2
Eliz. Zenn	1:37.8
Bobbe Smith 49	1:39.0
Sue Lay 45	

<u>100 YARD BACKSTROKE</u>	
Zada Taft	1:39.2
Margaret Feeney	1:46.7
Peg Pickens 51	1:47.3
Mariah Ewert	1:56.8
Helen Jorgensen	2:02.0
Gerri Orasco	2:03.9
<u>200 YARD BACKSTROKE</u>	
Zada Taft 53	3:26.9
Jan Pieretti 52	3:36.0
Helen Hummer 54	3:46.8
Lawrence	4:20.1
Dorothy Katz 50	4:40.1
Marion Frontera 54	6:07.6
<u>100 YARD BREASTSTROKE</u>	
Gerri Orasco	1:44.5
Jane McColister	1:45.1
Zada Taft	1:52.0
Lillian Kyte 51	1:54.0
Eppley	1:56.7
Helen Jorgensen	2:09.9
<u>200 YARD BREASTSTROKE</u>	
Jane McColister	3:51.1
Gerri Orasco	3:57.2
Lillian Kyte 51	3:57.4
Elizabeth Wittenberg	4:06.2
Zada Taft 53	4:16.3
<u>50 YARD BUTTERFLY</u>	
Helen Hummer 54	43.2
Eppley	47.4
Zada Taft	48.9
Gerri Orasco	51.8
<u>100 YARD BUTTERFLY</u>	
Zada Taft 53	1:47.2
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Eppley	1:40.6
Zada Taft	1:43.5
Gerri Orasco	1:43.5
Mariah Ewert	2:13.0
<u>200 YARD INDIVIDUAL MEDLEY</u>	
Eppley	3:39.5
Zada Taft 53	3:40.0
<u>WOMEN 55-59</u>	
<u>50 YARD FREESTYLE</u>	
Nancy Clark 58	36.8
Bobby Lyon 55	44.8
Pat Matthiesen	47.3
Janet Miller	47.6
Jean Mstrom 55	48.6
Isabel Moll	49.9
Janet Meservey 58	50.1
Rose Steward 55	1:00.2
<u>100 YARD FREESTYLE</u>	
Nancy Clark 58	1:26.5
Rose Steward	2:22.7
<u>200 YARD FREESTYLE</u>	
Jean Durston 59	3:34.6
Janet Miller	4:03.7
Isabell Moll	4:04.5
<u>500 YARD FREESTYLE</u>	
Jean Durston 58	9:36.4
Janet Meservey 58	11:15.1
<u>100 YARD BACKSTROKE</u>	
Nancy Clark 58	1:51.8
Janet Meservey 58	2:10.1
Pat Matthiesen	2:48.2
Rose Steward	2:58.8
<u>200 YARD BACKSTROKE</u>	
Janet Miller 55	4:25.5
Janet Meservey 58	4:40.6
<u>100 YARD BREASTSTROKE</u>	
Janet Meservey 58	1:56.8
Pat Matthiesen	1:57.3
Jean Mstrom 55	2:07.6
Rose Steward	2:46.8
<u>200 YARD BREASTSTROKE</u>	
Janet Meservey 58	4:14.2
Jean Mstrom 55	4:33.0
<u>50 YARD BUTTERFLY</u>	
Jean Durston 58	58.8
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Jean Mstrom 55	2:08.8
<u>WOMEN 60-64</u>	
<u>50 YARD FREESTYLE</u>	
Helen Offenhausser 60	43.1
Bernice Wayne	46.4
Bernice Silber	53.8
Hazel Bressie	1:05.6
<u>100 YARD FREESTYLE</u>	
F. Oliver 61	2:21.9
Hill 61	2:34.3
<u>200 YARD FREESTYLE</u>	
Hill 61	5:26.6
<u>500 YARD FREESTYLE</u>	
Helen Offenhausser 60	9:57.8
Esther Cornish 61	13:09.5
Hill 61	13:48.2
<u>1650 YARD FREESTYLE</u>	
Helen Offenhausser 60	33:30.9
Esther Cornish 62	40:50.4
F. Oliver 61	46:54.8
<u>100 YARD BACKSTROKE</u>	
Helen Offenhausser 60	2:01.3
Bernice Wayne	2:09.7
Esther Cornish 62	2:10.5
<u>200 YARD BACKSTROKE</u>	
Esther Cornish 62	4:42.0
<u>200 YARD BREASTSTROKE</u>	
Esther Cornish 61	5:17.8
<u>100 YARD BREASTSTROKE</u>	
Bernice Wayne	2:12.0
<u>WOMEN 65-69</u>	
<u>100 YARD FREESTYLE</u>	
Sylvia Bailey	1:54.0
<u>200 YARD FREESTYLE</u>	
Sylvia Bailey	4:19.1
<u>100 YARD BACKSTROKE</u>	
Sylvia Bailey	2:25.9
<u>100 YARD BREASTSTROKE</u>	
Sylvia Bailey	2:32.2
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Sylvia Bailey	2:17.4

<u>MEN 25-29</u>	
<u>50 YARD FREESTYLE</u>	
David Meyerberg 25	23.2
Scheda	23.3
Jack Hodgins	24.1
Robert Holster 26	24.1
Timothy Barnes 26	24.2
Jack Flanagan 27	24.2
Bill Reichle 25	24.3
Schmitt	24.4
Jorgenson	24.5
Tim Brown	24.6
John Lane	24.8
Paesler	25.1
<u>100 YARD FREESTYLE</u>	
Daniel Sullivan 26	52.5
Scheda	53.1
Robert Holster 26	53.1
Bill Reichle 25	53.8
Schmitt	54.0
Jack Hodgins 26	54.0
Timothy Barnes 26	54.1
Ed Rudloff 25	55.7
Tim Brown	55.9
Ralph Naines	56.9
John Parent 26	57.1
Paesler	57.3
<u>200 YARD FREESTYLE</u>	
Jay Platt 25	1:52.3
Daniel Sullivan 26	1:54.7
Elam Hitchner 26	1:57.5
Lee Faust 26	1:59.0
David Myerberg	1:59.8
John Lane	2:01.3
Schmitt	2:05.1
Bill Reichle 25	2:05.6
Paesler	2:07.2
Perry	2:09.8
<u>500 YARD FREESTYLE</u>	
Jay Platt 25	5:04.8
Elam Hitchner 26	5:14.0
John Lane 27	5:36.7
David Benbassat 26	5:49.7
Paesler	5:50.7
Perry	6:01.0
Paul Watts 25	6:04.2
Bill Reichle 25	6:11.5
Roger Cumming	6:31.3
Handler	6:37.5
<u>1650 YARD FREESTYLE</u>	
Jay Platt 25	18:03.6
Elam Hitchner 26	18:36.5
David Sullivan 26	19:33.4
Paesler	20:09.5
James Green 28	20:18.5
Len Galluzzi 25	20:24.1
David Benbassat 27	21:02.3
Perry	22:57.9
Gary Knox 27	23:20.0
Handler	23:23.5
<u>100 YARD BACKSTROKE</u>	
Ken Tillman 26	58.6
Gregory Gusk 25	59.0
Jorgenson	1:02.8
Jack Zaklin 27	1:02.8
Robert McMahon	1:03.7
Tim Brown	1:05.8
Paesler	1:07.0
Perry	1:07.1
Roger Cumming	1:08.9
Timothy Barnes 26	1:11.0
Robert Schuster 25	1:11.6
<u>200 YARD BACKSTROKE</u>	
Ken Tillman 26	2:08.0
Elam Hitchner 26	2:12.2
Jack Zaklin 27	2:20.0
Jorgenson	2:20.2
Paesler	2:27.5
Alex Alexander	2:30.5
Dick Van Hook	3:02.6
<u>100 YARD BREASTSTROKE</u>	
Ron Jones	1:07.3
Robert Husson 27	1:07.7
Kelly	1:08.5
Len Galluzzi 25	1:08.6
James Green 28	1:10.0
Mike Koonce	1:11.3
Tim Brown	1:12.0
John Wanner	1:12.4
Michael Hoppin 26	1:12.6
Terry Palmer 28	1:13.0
<u>200 YARD BREASTSTROKE</u>	
Jay Platt 25	2:27.3
Robert Husson 27	2:30.5
Ron Jones	2:31.9
Len Galluzzi 25	2:32.5
Paul Watts	2:37.3
Kelly	2:39.4
John Wanner	2:40.5
Don Snyder 27	2:43.0
Ed Kadel	2:46.3
Terry Palmer 28	2:51.8
<u>50 YARD BUTTERFLY</u>	
John Flanagan 27	25.6
Bob Lemley 28	25.7
Frank Carcos	26.1
David Meyerberg 25	26.1
J. Landgraf 26	26.2
John Kalmbach 27	26.6
James Green 28	26.7
Robert Holster 26	27.2
Bill Reichle 25	27.4
Lee Faust 26	27.5
Jack Hodgins 26	27.5
Tim Brown	27.8
Jorgenson	27.8
<u>100 YARD BUTTERFLY</u>	
Bob Lemley 28	56.8

John Flanagan 27	56.8
John Kalmbach 27	1:00.5
John Kalmbach 27	1:00.5
James Green 28	1:01.9
Robert Holster 26	1:02.0
Ed Rudloff 25	1:02.4
Bill Reichle 25	1:03.8
Dan Snyder 27	1:05.6
Perry	1:07.3
David Schumann	1:09.6
Matuch	1:09.6
<u>100 YARD INDIVIDUAL MEDLEY</u>	
David Meyerberg 25	59.2
Gregory Gusk 25	1:00.1
John Flanagan 27	1:00.2
Scheda	1:01.0
James Green 28	1:01.2
Paul Watts	1:01.8
Tom Landgraf 26	1:02.0
Tim Brown	1:02.3
Henry Frey 28	1:02.5
John Kalmbach 27	1:03.4
<u>200 YARD INDIVIDUAL MEDLEY</u>	
Elam Hitchner 26	2:09.9
Daniel Sullivan 26	2:17.5
James Green 28	2:17.5
Lee Faust 26	2:20.5
Henry Frey 28	2:21.9
Alex Alexander	2:22.3
Scheda	2:22.8
Perry	2:23.9
Ed Rudloff 25	2:27.4
Robert Schuster 25	2:31.1
<u>MEN 30-34</u>	
<u>50 YARD FREESTYLE</u>	
Don McIntosh	22.7
J. Geoghegan 31	22.8
Thompson Mann	23.3
Rick Girdler 30	23.3
Dick Oldham 33	23.7
Spencer Ryan 31	24.2
Al Cartwright	24.4
Toensing	24.5
Carney	24.6
Harry Davis	25.1
C. VanTatenhove 30	25.4
David Flores 30	25.6
<u>100 YARD FREESTYLE</u>	
Jack Geoghegan 31	50.1
Don McIntosh	50.8
Rick Girdler 30	51.2
Thompson Mann 30	52.1
David Corbet 31	53.1
Al Cartwright	53.8
Dick Oldham 33	54.4
Toensing	55.5
Carney	56.1
C. Wingard 31	56.3
<u>200 YARD FREESTYLE</u>	
Jack Geoghegan 31	1:54.9
Don McIntosh	1:57.8
C. Wingard 31	2:03.5
Allen Cartright	2:04.3
David Corbet 31	2:07.5
David Flores 30	2:07.9
Bob Roper 34	2:09.0
Bob Walden 33	2:09.5
C. VanTatenhove 30	2:09.6
Gifford	2:10.5
<u>500 YARD FREESTYLE</u>	
C. Wingard 31	5:46.2
David Flores 31	5:53.5
Rick Girdler 30	5:56.7
Philip Goode 30	5:57.5
Bob Roper	5:57.9
Harold Hamilton 32	6:00.0
Bart Bartolomew	6:05.7
Matuch	6:08.8
James Lewis 32	6:09.0
Harold Gillies 30	6:17.7
<u>1650 YARD FREESTYLE</u>	
C. Wingard 31	20:14.0
Harold Hamilton 32	20:31.6
David Flores 30	20:41.1
Philip Goode 30	21:12.4
Gifford	21:16.5
Tesch	21:30.8
C. VanTatenhove 30	21:44.3
Harold Gillies 30	22:10.7
Carey	22:42.6
Harry Lewis	23:00.2
<u>100 YARD BACKSTROKE</u>	
Thompson Mann	57.8
Jon Heimann 31	1:01.7
Allan Cartwright 31	1:07.1
David Schultz 30	1:08.6
Bob Cossins	1:09.9
Philip Goode 30	1:10.3
Bob Bruner	1:11.6
Gifford	1:12.1
Thomas Monahan 31	1:12.2
John Sink	1:13.1
<u>200 YARD BACKSTROKE</u>	
Thompson Mann	2:06.4
Jon Heimann 31	2:20.0
Gifford	2:36.8
John Sink	2:39.0
Michael Mahoney 34	2:39.3
Thomas Monahan 31	2:40.9
Matuch	2:42.4
Bob Bruner	2:43.2
Philip Goode 30	2:45.0
Joe Biondi	2:47.3
<u>100 YARD BREASTSTROKE</u>	
Armin Arndt	1:10.5
Ernest Alix	1:13.0
Joe Biondi	1:14.3
Goetz	1:14.5
Wil Grant	1:15.6
Bob Cossins	1:16.2
Bill Foehr	1:17.1

R. A. Reitman	1:18.1
Harry Davis	1:21.4
Dave Groseclose 30	1:21.6
<u>200 YARD BREASTSTROKE</u>	
Goetz	2:47.5
Wentz	2:51.0
W. Grant	2:55.0
Richard Reitman	2:55.2
Bob Cossins	2:55.4
Joe Biondi	3:00.7
Matuch	3:14.2
Ernest Bush 31	3:59.7
<u>50 YARD BUTTERFLY</u>	
Denis Weldon 33	25.4
Rick Girdler 30	25.5
Don McIntosh	25.6
Jack Geoghegan 31	25.7
David Corbet 31	26.4
Al Cartwright	26.5
Michael Laux 31	26.6
Dick Oldham 33	26.9
Spencer Ryan 31	27.8
John Sink	28.5
B. Sewell 30	28.9
<u>100 YARD BUTTERFLY</u>	
Don McIntosh	58.2
Michael Laux 31	59.1
Philip Goode 30	59.5
David Corbet 31	1:00.4
Roddin	1:00.5
James Lewis 32	1:05.1
Don Galluzzi 30	1:06.7
John Sink	1:10.8
Daniel Levy	1:11.2
J. R. Harris	1:15.0
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Roddin	1:01.6
Al Cartwright	1:03.4
Michael Laux 31	1:03.5
Jon Heimann 31	1:04.1
D. Oldham 33	1:04.5
Don McIntosh	1:04.5
Bob Cossins	1:07.1
P. Lizon 34	1:08.0
Gifford	1:08.0
Goetz	1:08.4
Spencer Ryan 31	1:08.7
Wil Grant	1:09.2
<u>200 YARD INDIVIDUAL MEDLEY</u>	
Thompson Mann 30	2:14.4
Roddin	2:16.5
Al Cartwright 31	2:17.3
Michael Laux 31	2:22.9
Richard Girdler 30	2:28.9
Tesch	2:29.0
John Heimann 31	2:32.5
John Sink	2:34.2
Bill Foehr 30	2:35.2
Joe Biondi	2:35.5
<u>MEN 35-39</u>	
<u>50 YARD FREESTYLE</u>	
H. Gideonse 36	23.7
John Smith 35	24.4
Edward Hinshaw	24.9
Bill Robertson 37	25.1
Jerry Zwirn	25.5
Larson	25.6
Jack Lawr	26.0
Jim Barden	26.1
Jim Pope	26.3
Bill Lauer 38	26.4
Wayland Barber	26.4
Ted Tilton	26.6
<u>100 YARD FREESTYLE</u>	
Edward Hinshaw	53.5
Bill Robertson 37	56.0
Jim Barden	57.8
Jack Lawr	58.0
Bill Lauer 37	59.0
Larson	59.5
Kent Price	59.8
H. Gideonse 36	1:00.1
Brenton	1:00.3
Fred Nichols	1:00.5
<u>200 YARD FREESTYLE</u>	
Edward Hinshaw	1:59.7
John Smith 35	2:09.3
Bill Robertson 37	2:12.8
Jack Lawr	2:14.3
H. Gideonse 36	2:16.5
Larry Good	2:17.8
Brenton	2:18.1
Jim Barden	2:19.5
Kent Price	2:24.6
Jay Lehr 36	2:24.7
<u>500 YARD FREESTYLE</u>	
Ed Hinshaw	5:40.8
Larry Good	6:18.9
B. Robertson 37	6:36.1
Barry Fasbender	6:42.2
Gerald Zwirn	6:43.6
Jack Lawr	6:44.1
Fred Nichols	7:06.1
Wayland Barber	7:18.4
James Tourtellotte 37	7:34.0
George Kendrowsky 36	8:02.1
<u>1650 YARD FREESTYLE</u>	
John Medici 35	22:05.9
Larry Good	22:21.2
Bill Lauer 38	23:01.2
George Kendrowsky 36	25:38.5
Wayland Barber	26:33.1
Frank Holgerson 37	27:25.0
Chuck Wilmor 38	27:42.2
Ronald Rahn 38	28:25.5
C. Betzner 38	29:37.9
Bill St. Bonnet 35	31:34.8

<u>100 YARD BACKSTROKE</u>	
Krepp	1:03.8
John Smith 35	1:05.1
John Risher	1:08.5
Larry Good	1:08.6
Edward Hinshaw	1:10.2
Wm. Murray 35	1:11.4
John Sulzbach	1:11.6
Jay Lehr 3	

<b>500 YARD FREESTYLE</b>	
Burwell Jones 40	5:31.5
Dennis Rice 40	6:14.6
Alfred Stein 44	6:56.8
Keith Crompton 41	7:09.3
Sam Morris 40	7:14.3
H.B. Hunterford 40	7:18.1
Haurice Andaya 40	7:40.8
Daniel Lipkin 44	8:31.2
Becker	8:59.4
Hob Horetto	9:01.6
<b>1650 YARD FREESTYLE</b>	
Burwell Jones	18:51.1
Ed Brelsacher 40	22:13.0
Ronald Golden 43	25:00.0
Sam Morris 40	25:07.0
Ernest Keathley	28:22.3
Crabb	31:52.2
Tom Werner	33:53.8
<b>100 YARD BACKSTROKE</b>	
William Clinton 41	1:05.5
John Hiles	1:11.9
Kenneth Rooney 40	1:13.5
John Stove 40	1:14.9
Ken Dawson 42	1:19.3
Ernest Keathley	1:22.3
Joe Ryan 40	1:24.5
Dick Lewis	1:26.6
Jerry Smith	1:27.5
Korbai	1:28.4
<b>200 YARD BACKSTROKE</b>	
Burwell Jones	2:23.6
John Hiles	2:42.7
Kenneth Rooney 40	2:52.5
Ken Dawson 42	2:55.5
Ernest Keathley	3:00.1
Joe Ryan 40	3:22.9
Becker	3:28.2
<b>100 YARD BREASTSTROKE</b>	
Burwell Jones	1:11.6
Kueny	1:13.1
Ed Brelsacher 40	1:16.0
Dan Gruender 43	1:16.5
Mark Coughlin 44	1:19.6
Bauman	1:21.7
Rue	1:22.4
John Gallaher	1:24.5
Dale Trinka	1:25.0
Fred Laurie	1:26.1
<b>200 YARD BREASTSTROKE</b>	
Kueny	2:44.8
Mark Coughlin 44	2:57.3
Alfred Stein	3:01.6
Fred Lurie	3:02.4
Bauman	3:05.0
Dick Lewis	3:08.8
Joe Wakabayashi	3:10.4
Dale Trinka	3:16.0
Jerry Smith	3:21.2
Tom Osborne	3:27.4
<b>50 YARD BUTTERFLY</b>	
Ron Johnson 41	27.8
Jerry Swirn 40	27.9
Edward Enes 44	28.2
William Clinton 41	28.4
Chuck Hines 40	28.8
Alfonso Allen 43	30.0
Kueny	30.5
Alfred Stein 44	30.8
Rue	31.8
Dick Lewis	32.3
<b>100 YARD BUTTERFLY</b>	
Burwell Jones 40	1:01.7
William Clinton 41	1:05.2
Alfred Stein 44	1:11.3
Alfonso Allen 43	1:15.3
Korbai	1:17.7
Dick Lewis 43	1:17.9
G. Prigan 43	1:33.7
<b>100 YARD INDIVIDUAL MEDLEY</b>	
William Clinton 41	1:06.0
Jerry Swirn 40	1:07.3
Ed Brelsacher 40	1:07.9
David Lomski 44	1:10.3
Korbai	1:14.3
Dick Lewis	1:14.4
Rue	1:16.0
Bauman	1:17.1
Mark Coughlin 44	1:17.5
Gene Haberstick	1:19.3
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Burwell Jones 40	2:23.4
Ron Johnson 41	2:28.6
Kueny	2:38.6
Alfred Stein	2:52.1
Dick Lewis 43	2:53.0
Korbai	2:56.1
Fred Laurie	3:00.0
Ernest Keathley	3:01.8
Dale Trinka	3:08.2
Sam Morris 40	3:17.1
<b>MEN 45-49</b>	
<b>50 YARD FREESTYLE</b>	
Roy Stickney 46	25.5
Ted Haartz 45	26.0
William Kogen 46	26.1
Perry Rockwell 48	26.6
Courter	26.9
Warren Kleist	27.1
George Pappas 47	27.5
Richard Sanborn 49	27.5
Jay Woods	28.0
John Briggs	28.1
<b>100 YARD FREESTYLE</b>	
Roy Stickney 46	56.6
Carl Yates	58.0
Perry Rockwell	58.4
Ted Haartz 45	58.8
William Kogen 46	59.5
Jerome Marik 47	59.8

<b>MEN 50-54</b>	
<b>50 YARD FREESTYLE</b>	
Herb McAuley	25.5
Bill Cuhne	26.6
Dore Schwab	26.6
John Crews 53	27.0
Baughner	27.0
Ray Taft	27.3
Edward Parke 54	27.8
Edward Reed 53	28.3
John Robertson	28.4
Fred Taioli	28.4
Pearson	29.0
Bob Acker 51	29.0
Ben McCarthy 52	29.0
Schein	30.1
George Swanson	31.1
<b>100 YARD FREESTYLE</b>	
Herb McAuley	59.0
Edward Hall 51	59.5
John Crews 53	59.9
Ray Taft	1:01.6
Dore Schwab 51	1:01.9
Baughner	1:02.1
Fred Taioli 52	1:02.5
Warren Kleist	1:02.6
Edward Reed 53	1:04.5
James Edwards 50	1:05.5
<b>200 YARD FREESTYLE</b>	
John Crews 53	2:16.2
Fred Taioli	2:17.1
James Edwards	2:21.5
Warren Kleist	2:22.9
Baughner	2:27.3
Ray Taft	2:31.1
Herb McAuley 51	2:34.7
D. Greenham 51	2:38.4
Edward Reed 53	2:38.5
Stan Ashton	2:39.1
<b>500 YARD FREESTYLE</b>	
Fred Taioli 52	6:20.7
James Edwards 50	6:29.2
John Crews 53	6:42.3
Baughner	6:56.7
John Robertson	7:37.0
Acker	7:39.0
Ray Taft	7:46.9
Leon Katz 52	7:47.4
Max Hasbrouck	7:48.8
George Swanson	8:34.1
<b>1650 YARD FREESTYLE</b>	
James Edwards 50	22:40.5
John Crews 53	23:45.2
Baughner	24:15.2
James Pendergrass 54	24:39.7
Leon Katz 52	26:11.9
Hasbrouck	26:48.4
Acker	26:59.0
George Swanson	28:47.4
Heller	37:10.8
Valle	38:52.6
<b>100 YARD BACKSTROKE</b>	
Edward Hall 51	1:10.3
Ray Taft	1:16.5
Pearson	1:24.1
Edward Truitt 50	1:27.9
Max Hasbrouck	1:42.0
Valle	1:57.1
<b>200 YARD BACKSTROKE</b>	
Edward Hall 51	2:38.3
Ray Taft	2:49.9
James Edwards 50	2:59.2
Edward Truitt 50	3:14.3
Leon Katz 52	3:16.5
Max Hasbrouck	3:35.6
Valle	4:03.1
<b>100 YARD BREASTSTROKE</b>	
Ray Taft	1:24.2
James Pendergrass 54	1:25.1
Eppley	1:28.0
Richard Lyon	1:30.0
Tom Hay	1:31.1
Holmbeck	1:35.9
<b>200 YARD BREASTSTROKE</b>	
Walt Wells	3:07.8
Ray Taft	3:09.2
James Pendergrass 54	3:15.8
Eppley	3:16.8
John Robertson	3:23.7
Tom Hay	3:33.2
D. Greenham 51	3:41.8
<b>50 YARD BUTTERFLY</b>	
John Crews 53	31.5
Herb McAuley 50	32.5
Warren Kleist	32.6
Eppley	34.0
Edward Parke 54	34.6
James Pendergrass 54	34.9
John Robertson	35.8
Edward Reed 53	38.0
D. Greenham 51	38.1
Max Hasbrouck	48.5
<b>100 YARD BUTTERFLY</b>	
Ray Taft	1:18.3
Warren Kleist	1:19.3
Herb McAuley 50	1:32.0
Leon Katz 52	1:49.6
<b>100 YARD INDIVIDUAL MEDLEY</b>	
Warren Kleist	1:12.8
Ray Taft	1:13.0
John Crews 53	1:13.3
Eppley	1:14.4
Edward Parke 54	1:15.0
D. Greenham	1:24.3
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Warren Kleist	2:59.1
Ray Taft	2:49.3
Eppley	2:52.2
Ed Mackay 63	2:53.5
Leon Katz 52	3:26.7
Herb McAuley	3:31.5
Hasbrouck	3:55.2

<b>MEN 55-59</b>	
<b>50 YARD FREESTYLE</b>	
Bill Grant	28.1
Sielski	29.9
Austin Newman 57	30.1
Fritz McDuffie 56	30.6
Stan Ashton	30.8
Walt Wells	30.8
Hal Weatherbee	31.0
George Furlong	31.1
John Keating	31.1
Nelson Hunt 55	33.4
Fred Stichel 57	34.4
Bob Olsen	35.5
<b>100 YARD FREESTYLE</b>	
Fritz McDuffie 56	1:07.6
Sielski	1:08.0
Stan Ashton	1:08.6
George Furlong	1:09.5
Hal Weatherbee	1:10.4
Walt Wells	1:16.3
Nelson Hunt 55	1:17.3
Fred Stichel 57	1:23.9
George White 58	1:28.7
Olen	1:31.7
<b>200 YARD FREESTYLE</b>	
Austin Newman	2:34.7
George Furlong	2:39.3
Hal Weatherbee	2:39.7
Fritz McDuffie 56	2:39.7
Sielski	2:44.5
Nelson Hunt 55	3:04.0
Walt Wells	3:10.7
Fred Stichel 57	3:11.9
George White 58	3:16.0
Olen	3:23.3
<b>500 YARD FREESTYLE</b>	
Austin Newman	7:11.6
Stan Ashton 56	7:21.1
George Furlong	7:30.9
Hal Weatherbee	7:32.2
George White 58	8:51.3
Walt Wells	9:05.0
Olen	9:33.3
<b>1650 YARD FREESTYLE</b>	
Austin Newman 57	23:54.0
Stan Ashton 56	25:26.0
Olen	31:56.2
<b>100 YARD BACKSTROKE</b>	
Hal Weatherbee	1:21.0
John Keating	1:26.6
Walt Wells	1:35.2
<b>200 YARD BACKSTROKE</b>	
Walt Wells	1:25.8
B. Sproffkin 56	1:26.5
R.N. Lyon 56	1:31.2
George White 58	1:41.5
Roy Erlandson	1:46.1
<b>200 YARD BREASTSTROKE</b>	
Richard Lyon	3:30.0
B. Sproffkin 56	3:19.6
<b>50 YARD BUTTERFLY</b>	
Bill Grant	32.3
Walt Wells	36.7
Hal Weatherbee	40.2
Nelson Hunt 55	44.9
George White 58	45.3
<b>100 YARD BUTTERFLY</b>	
Bill Grant	1:22.0
<b>100 YARD INDIVIDUAL MEDLEY</b>	
Bill Grant	1:17.5
Walt Wells	1:19.6
George White 58	1:34.6
B. Sproffkin 56	1:36.8
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Bill Grant	3:14.6
George White 58	3:45.3
<b>MEN 60-64</b>	
<b>50 YARD FREESTYLE</b>	
Benton Wood	29.9
Sidney Weinberg 60	33.0
Bill Powell 62	33.5
Wm. Loughborough	33.9
Oscar Sigrist	33.9
Russ Rudin	37.1
Curcione	41.9
Paris Harrison	45.4
<b>100 YARD FREESTYLE</b>	
Benton Wood	1:09.1
Sidney Weinberg 60	1:15.9
Bill Loughborough 62	1:16.9
Sam Bernstein 64	1:33.3
<b>200 YARD FREESTYLE</b>	
Benton Wood	2:41.8
Bill Loughborough 62	2:56.5
Sidney Weinberg 60	2:57.8
Ed Mackay 63	2:59.5
<b>500 YARD FREESTYLE</b>	
Bill Loughborough	8:13.0
<b>1650 YARD FREESTYLE</b>	
Robert Coyle 60	34:36.6
<b>100 YARD BACKSTROKE</b>	
Sidney Weinberg 60	1:31.0
Bill Loughborough 62	1:42.7
<b>200 YARD BACKSTROKE</b>	
Oscar Sigrist 64	3:16.2
<b>100 YARD BREASTSTROKE</b>	
Bill Loughborough 62	1:35.5
Frank Mackay 64	1:39.0
Bernard Silber	1:53.0
<b>200 YARD BREASTSTROKE</b>	
Oscar Sigrist 64	3:56.2
<b>50 YARD BUTTERFLY</b>	
Ed Mackay 63	42.6
Bill Loughborough 62	46.3
Curcione 61	48.8
<b>100 YARD BUTTERFLY</b>	
Bill Loughborough 62	2:04.8

<b>100 YARD INDIVIDUAL MEDLEY</b>	
Oscar Sigrist 64	1:27.7
Bill Loughborough 62	1:30.8
Sam Barnstein 64	1:33.3
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Bill Loughborough 62	3:45.5
Curcione	4:30.5
<b>MEN 65-69</b>	
<b>50 YARD FREESTYLE</b>	
Buster Grabbe 65	29.8
Fred Brandley 69	33.0
Harry Jagers 66	31.5
Brown	40.8
Bill Beat	51.3
<b>100 YARD FREESTYLE</b>	
Harry Jagers 66	1:24.6
Brown 67	1:51.0
<b>200 YARD FREESTYLE</b>	
Buster Grabbe 65	2:38.4
Harry Jagers 66	3:19.8
Brown 67	4:31.2
<b>500 YARD FREESTYLE</b>	
Buster Grabbe	7:15.9
Harry Jagers 66	8:35.6
Brown	13:53.2
<b>1650 YARD FREESTYLE</b>	
Buster Grabbe	26:26.7
Harry Jagers 66	29:20.5
Brown	54:31.0
<b>100 YARD BACKSTROKE</b>	
Brown 67	2:26.1
<b>200 YARD BACKSTROKE</b>	
Brown 67	5:18.8
<b>100 YARD BREASTSTROKE</b>	
Slenering 69	2:07.8
Bauman 69	2:09.5
<b>MEN 70-79</b>	
<b>50 YARD FREESTYLE</b>	
Dunakin 71	47.8
Bill Trask	1:27.0
<b>100 YARD FREESTYLE</b>	
Dunakin 71	1:54.9
Clarence Ross 73	3:03.5
<b>MEN 70-79</b>	
<b>50 YARD FREESTYLE</b>	
Dunakin 71	47.8
<b>100 YARD FREESTYLE</b>	
Bill Trask	1:27.0
Dunakin 71	1:54.9
<b>200 YARD FREESTYLE</b>	
Clarence Ross 73	3:03.5
Bill Trask 70	3:44.9
McCurry 72	5:17.1
<b>500 YARD FREESTYLE</b>	
Clarence Ross 73	8:13.0
Bill Trask	9:36.7
McCurry 72	13:24.2
<b>1650 YARD FREESTYLE</b>	
Clarence Ross 73	29:04.6
McCurry 72	49:27.0
<b>200 YARD BREASTSTROKE</b>	
Dunakin 71	7:36.4
<b>THIRTY-FIVE MASTERS SWIMMERS</b>	
<b>BRAVE OCEAN CHOPS AND CHILLS</b>	
Coronado, CA, July 4, 1973	
Long One Mile Open Sea Swim	
<b>Women 25 &amp; Over Short Course</b>	
Carol Jewell 31	
Adrienne Pipes 39	
Elizabeth Boryla 34	
<b>Men 25 &amp; Over Short Course</b>	
Jim Holmes 27	
Bard Bruce 26	
Bill Jewell 31	
Eddy Yasana 26	
Bruce Vatcher 40	
<b>Women 25-34 One Mile</b>	
Oscar Sigrist	33.9
Katherine Watson 25	37.1
Sandra Riddle 34	41.9
<b>Men 25-34 One Mile</b>	
Bill Leach 27	
Roger Frasser 28	
John Sink 30	
Larry Smith 25	
Gary Morgan 27	
Robt. Scott 31	
Jim Thomas 31	
Bruce Hollingsworth 25	
Chris Lomas 30	
<b>Women 35-44 One Mile</b>	
Betsy Jordan 36	
Janet Lamott 37	
Judy Gilbert 37	
<b>Men 35-44 One Mile</b>	
Alex Gilbert 39	
George Worthington 35	
Jim Hall 40	
Bud Schumacher 43	
Dave Lamott 35	
Louis Pead 41	
John Wells 38	
Don Bunker 42	
<b>Women 45 &amp; Over One Mile</b>	
Anne Adams 45	
Betty Talbot 47	
<b>Men 45 &amp; Over One Mile</b>	
Tom Oakes 52	

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Ft. Lauderdale, FL 33308

## FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

## AAU SWIM-MASTER

THE OFFICIAL PUBLICATION OF THE  
AAU MASTERS SWIMMING COMMITTEE

EDITOR: MRS. JUNE KRAUSER  
5340 N.E. 17th Ave.  
Ft. Lauderdale, FL 33308

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## McMahon keeps in swim

THE SUNDAY TELEGRAPH



Mr. WILLIAM McMAHON, 65, former Prime Minister of Australia, being coached in a Sydney pool by Linda McGill, 26. Mr. McMahon, a fitness enthusiast, said "he" wanted to brush up on his style. Of Miss McGill, who has swum the Channel three times, he says, "She's a beaut coach."

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