



SWIM-MASTER

VOL III - No 6 THE OFFICIAL PUBLICATION OF THE AAU MASTERS SWIMMING COMMITTEE AUGUST 1974

REPORTS

MASTERS SWIMMING COMMITTEE

by June Krauser, Chairman

The Masters Swimming Committee is a Standing Sport Supervising committee of the A.A.U. Each Association is entitled to one member on the committee and if over 500 Masters Swimmers are registered the Association is entitled to one additional member. The AAU President and the Committee Chairman are each entitled to appoint one member-at-large for each ten regular members of a committee. The immediate past chairman of the committee automatically becomes a member-at-large. Each voting Regular Class Allied Member appoints one member to the committee as does the Armed Forces. Not less than 4 nor more than 10 athletic members shall be elected directly to each committee by the athletes in good standing and as nearly as possible on a regional basis. Regular meetings are those held in conjunction with the annual meeting of the Union and the national championships. The annual meeting will coincide with the site for the annual meeting of the Union. The Chairman shall, at the annual meeting of that sports committee, be elected by a majority vote of members present from a slate of not less than 3 nominees who shall be present to accept such nominations and are members of the Board of Governors. Such Chairman shall be elected to serve for terms of one or two years at the discretion of the committee but cannot serve more than 4 consecutive years. At all meetings only members of the committee are permitted to vote. If a member is absent at a committee meeting held in connection with the annual meeting of the Union, one of the duly accredited delegates of the Group the absent member represents may take his place on the committee. There shall be no voting by proxy.

This year the Annual A.A.U. Convention will be held in Washington D.C. at the Shoreham Americana. The Masters Swimming Committee meeting has been tentatively scheduled for Wed. evening at 8 P.M. on Oct. 16th. The dates of the Convention are Oct. 13-19. If you plan on attending, check with the Pres-

ident of your Association and find out who has been named to the committee representing your area. Most Associations have already conducted their annual meetings and delegates to the Convention have been elected. If you are a newly elected chairman, you will be on next year's committee. Many Associations have chairmen whose names have not been sent to the AAU by their President.

Legislation will be reviewed and voted upon at the annual meeting. National Championships will be awarded. The 1975 Short Course meet is to be held in Zone II (central) and the Long Course meet is scheduled for Zone III (east). Anyone interested in bidding for either of these meets please write me for a Meet Bid Application. All bids should be received by October 1, prior to the Convention.

For many years I have been a volunteer for various AAU programs. Seven years I served as an Association Secretary; six years as an Association Registration Chairman; one year as Swimming Rules Chairman; several years as Junior Olympic Rules Chairman (14 sports); etc. During these tenures I learned much about the AAU and the lines of communication.

I have endeavored to find a solution this year to the financing of the Ransom J. Arthur M.D. Award. In 1972 and 1973 we were just a sub-committee of Swimming and received no part of the participation fee that we pay. This year we are a separate Sports Supervising Committee but the AAU Registration Applications are made up a year ahead and so there is no place to record Masters Swimming this year. AAU Secretary Richard Harkins has informed me that on the 1975 AAU Registration Application there will be a separate box to indicate Masters Division. So, if we check the sport of Swimming and the box for Masters Division, Masters Swimming will be identified and we will then receive our share of participation fees. Also, there will then be a count of the number of Masters Swimmers registered.

I wish to thank you all for your support this year and I hope to see many of you at the Convention in Washington.

HISTORY OF MASTERS SWIMMING

by Hamilton Anderson, Chairman
NATIONAL MASTERS HISTORIAN

Masters Swimming officially started May 2, 1970. Capt. Ransom J. Arthur, San Diego Navy M.D., persuaded John Spanuth to hold the first National Masters Swimming Championships for Men and Women 25 years-of-age and over in his 8-lane, 25-yard pool in Amarillo, TX. Ransom felt that if the incentive was appealing, it would give older swimmers (ex-competitors and beginners) a goal for keeping physically fit.

As early as the 30's there has been fun competition for parents in Y's club pools and country clubs, such as short races and relays with small tokens, medals or small trophies as awards, but it was all in fun. This was happening in various vicinities in the U.S., but there were no records kept. Many older swimmers continued to swim in Senior competition for lack of any other program.

There were 49 contestants (35 men & 14 women) with 11 teams represented in the first National Masters Swimming meet in Amarillo. John Spanuth worked hard to get this number entered. He recruited many doctors and their wives from his club. Many had butterflies, as if it were their first meet. Some who have continued to be active in the program from this first meet are: Ham and Mildred Anderson, Ransom Arthur, Dennis Brittain, Gus Clemens, Paul Hutingger, Sam Jones, Jim Montrella, Richard Rahe, Robert Rubin, Bill Williams and Leonard Zir.

The 1971 meet added to the list with Cease Brown, Anne Adams, Ann Champ, Jody Anderson, Monika Boyles, Frank Blair, Ted Haartz, Edith Gruender, Walt Lindstrum, Dan Malone, Ken Merten, Jim "Doc" Counsilman, Dolly Burke, Joe Neal, Hal Onusseit, Annetta and Walt Pfeiffer, Dorothy Resseguie, Jill Slattery, Hud Stewart - totaling 112 contestants.

In 1972 there were 325 contestants and 74 teams in the SC Nationals held in San Mateo, CA and almost the same number in the LC Nationals held in Bloomington, IN. The SC Nationals held in Santa Monica and the LC Nationals held in Chicago attracted about 500 contestants in 1973. The SC Nationals held in Ft. Lauderdale in 1974 drew 561 contestants with 76 teams and many unattached swimmers.

The first national meets held in Amarillo were set up in three age divisions: 25 & over, 35 & over and 45 & over. The first events were: 50-100-200-400 yds. freestyle, 50 yd butterfly, 100 yd breaststroke, 100-200 yd backstroke, 100 yd I.M., and 200 yds free

relay and medley really. Many of the women's events had no contestants. This program carried through 1971.

In January 1972, the year the Masters Swimming program was recognized by the AAU, the other events, as we now have, were added to the program. The relays were originally 25-34 years and 140 years and over. They were not changed until 1973. SWIM-MASTER was started in 1972 with June Fogle Krauser as Editor.

Ransom Arthur was our first Chairman and he appointed the Sub-committee Chairmen. Hal Onusseit and Ted Haartz were appointed Records and Tabulation Chairmen. Buster Crabbe - Public Relations with associates Judge Robert Beach, Dr. Paul Hutingger, Dr. Burwell Jones, John Spanuth and later Ray Taft was added.

In March 1974, Hamilton and Mildred Anderson and Commander Richard Rahe, who have been active in all of the Nationals, were part of the group to take the first International Masters tour to swim in Sidney, Australia and Matamata, New Zealand. Jon Hendricks and Dawn Frazer swam in the meet in Sidney.

Local and Regional Masters meets are attracting more and more older swimmers, ex-National and Olympic champions, as well as many who have never before competed. Many only learned to swim for safety and physical fitness. Many are interested in bettering their times, but the main goal of Masters Swimming is to keep older citizens physically fit, meet new friends, and HAVE FUN!

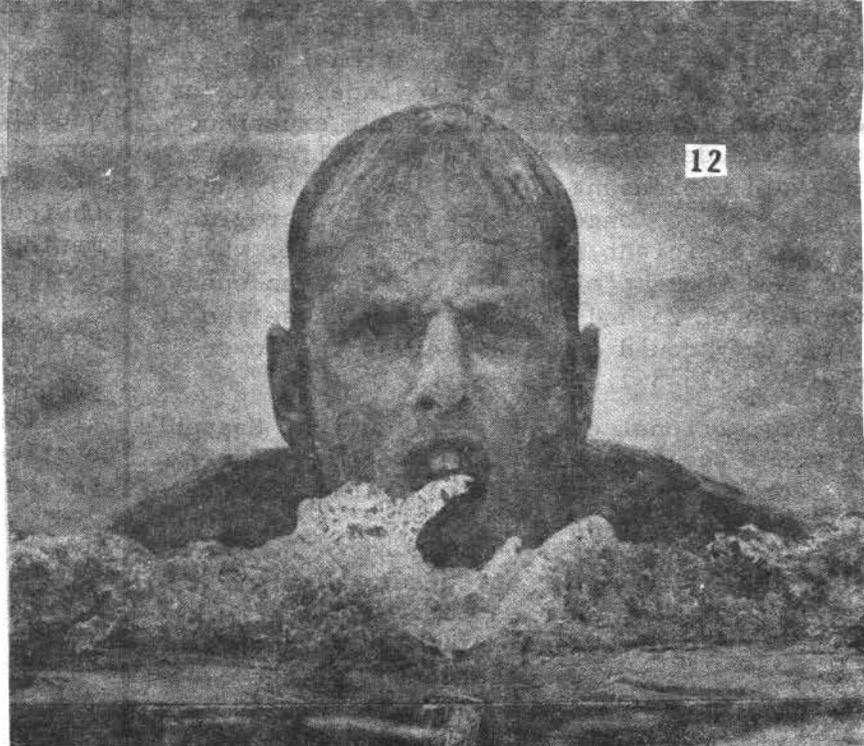
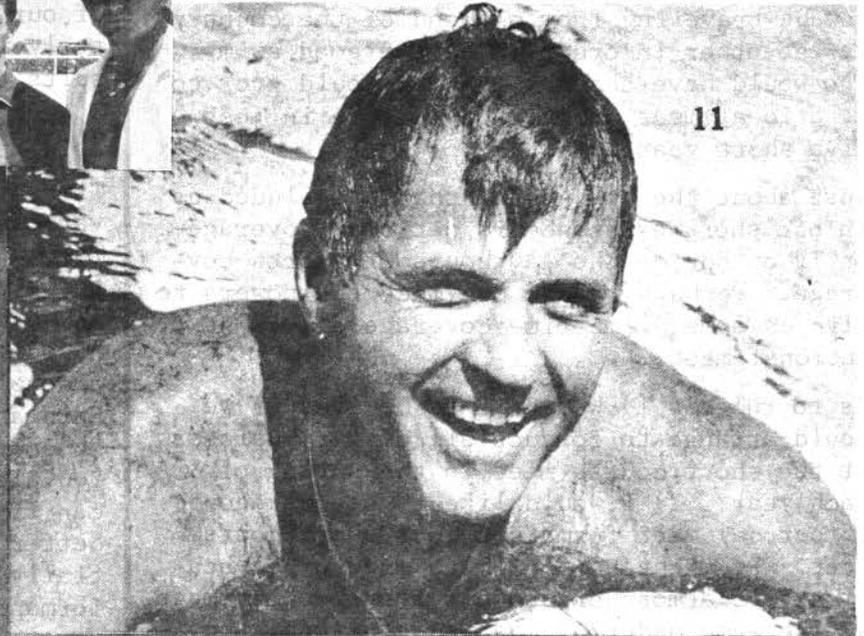
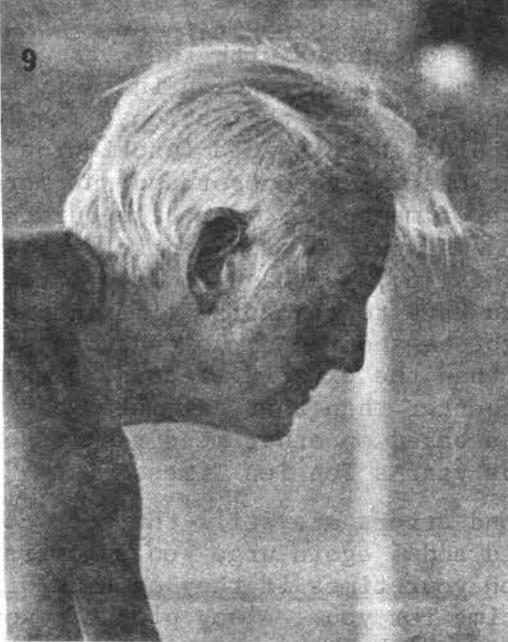
WAYS AND MEANS COMMITTEE REPORT

by Watson Lawrence, Chairman

The goal of the Ways and Means Committee for 1974 was to find a National Sponsor for Masters Swimming, where sponsorship would mean providing between \$3,000 and \$5,000 per year for awards for each of the National Championships.

We are happy to report that negotiations are under way with the National Swimming Pool Institute toward this end, and that the matter will be taken up at their meeting in the fall.

Our good fortune in contacting Mr. William Markert of the Institute is due to the efforts of Mr. Frank Havlicek of Palatine, IL who first introduced Mr. Markert to Masters Swimming.



COMMITTEE CHAIRMEN

- 1 Buster Crabbe
- 2 Bill Williams
- 3 Ted Haartz
- 4 Anne Adams
- 5 Ransom J. Arthur
- 6 Robert E. Beach
- 7 Hal Onusseit
- 8 Burwell Jones
- 9 Hamilton Anderson
- 10 Watson Lawrence
- 11 Robert E. Beach
- 12 Richard Rahe

MASTERS SWIMMING

by Bill Williams, Secretary
National Masters Swimming Committee

What a thrill it was to swim at the Swimming Hall of Fame for our third annual National Masters Swimming Meet. The conduct and efficiency of all the Meet Officials and everyone connected with the running of the meet made it a genuine pleasure to be a participant in this year's meet. I think it would be a great idea to return to Ft. Lauderdale next year or the year after if they could put up with us.

I recall our start at John Spannuth's pool in Amarillo in 1970 with about 45 people and Ransom Arthur's dream. Never in my wildest moment of fantasy did I think that we would now be traveling from one end of the country to the other in order to have a good swim. Who would have thought that we would grow to a national meet of over 550 people in just five short years!

Just about the only thing that has eluded us in our short existence is national coverage on TV on one of the AAU hours of sports coverage. Perhaps we can convince the powers to give us some prime time coverage at our next national meet.

As to rules - 1) Wouldn't it be fine if we could arrange to conduct all of our business at the short course meet in the spring of each year? 2) I would like to see us adopt a four day meet format for our short course meet. It might help promote more of a vacation trip atmosphere to our annual pilgrimage. 3) The same order of events as used by the senior Nationals would suit me fine. 4) We should encourage all future National meet sites to have two pools or 16 lanes going or available for use. Clearly - our experience at Ft. Lauderdale shows the way. If we are to avoid unpleasant things like qualifying times for the longer events we must provide for the efficient running of the meet. 5) One more thought might be to create an open division of 25 and over to allow those who think they could compete against the lower division (25-34) to do so.

As a promotional effort - all current Master's swimmers should conduct an intensive effort to recruit 'one' more Master swimmer before the end of the year.

Finally - let us keep our heads on straight and keep in mind what Masters is all about. 1) Better cardio-vascular health through regular exercise; 2) retardation of the ageing process (as a by product of rigorous exercise); and 3) good fellowship with a varied cross section of Americana.

Sorry that I won't be able to make the long course meet or the National Convention this year. I know the program is in good hands for the time being. Keep up the good work.

MASTERS TOP TEN TIMES

by Ted Haartz, Tabulation Chairman

With Enid Uhrich assuming the responsibility for Women's Short Course and Long Course Top Ten Times, Enid and I have managed to stay even with the deluge of meet results.

With Short Course taking up almost 9 months of our swimming year, we get a proportionately larger number of Short Course meet results to tabulate.

If this program continues to grow, we must start now considering the keeping of Top Ten Times by interested and willing people in the various Associations with these Association Tabulation Chairmen sending in their top tens to be collated into the National Tabulation. If we could get this idea functioning in the Associations which sponsor and run more than a couple of meets per year, the burden on Enid and me would be substantially lessened. To do this job, you have to love detail work. You also have to recognize timing errors which can first be spotted by being substantially better than the existing record, or substantially better than that swimmer's best performance based on other meet results or the previous year's Top Ten Times.

30-second errors are still the most common and Enid and I again urge you swimmers to question your times if they come up with a super time for you. Also, please report any misprints which show up in meet results. Obviously, we are only as good as the information received.

So, if there are any of you who love statistics and detail, and have the time to donate to the job, I'd like to hear from you. A volunteer from each of the California Associations, New Jersey, Mid-Atlantic and Connecticut would go a long way toward easing the burden. But please, don't dive in if you do not like the type of work.

We remind you all again that September 15 is the deadline for the 1974 tabulation. We have to be ready to print by November 1 even though it may not get published until December or January.

NATIONAL MASTER'S ALL-AMERICA SELECTION

By Burwell Jones, Chairman

Report of the National Master's All-America Selection Committee, July 1974

Chairman - Burwell Jones - Florida
James Welch - Hawaii
Bill Williams - Colorado
Mildred Anderson - Texas
Bill Loughborough - California
Connie Wilson - Oregon
Pat Clinton - New York

All-American Master's Certificates and Patches were awarded in 1972 to 37 swimmers - 20 men and 17 women - and in 1973 to 50 swimmers - 24 men and 26 women. The rules for selection for both years, as established by the National Master's Swimming Committee, were that selection was automatic for any swimmer that won at least four National A.A.U. Master's Championships in the short and/or the long course championships. Thus, each swimmer had to win a total of four (4) championships in each year for selection. At least one man and woman in each age group was to be selected so that it was possible to be selected with less than four (4) wins if no other swimmer in the age group had four (4) wins.

Starting in 1974, the same selection rules will be used plus the use of the National Ten Best times in each event, thus, any combination of four events in the National Championships or placing first in four events in the National ten best times - short and long course - will qualify for the 1974 All-American Team. Therefore it seems likely that the All-American Team will be greatly increased in number for 1974. Certainly the selection process will be much more difficult for the Committee since the possibility of omission of a swimmer's best time in the best time list may be noted only by the swimmer involved. Thus, each swimmer, to insure selection of All-American status, must be sure that times are correctly submitted and listed on the ten best times list. If clerical errors are noted in the first place listings for National Championships, these must be reported to the All-America Committee.

Obviously, selection for 1974 will not be made until the close of the 1974 season when the final ten best times are published and can be added to the results of both the short and long course championships.

SWIM-MASTER

by June Krauser, Editor

For the past year, subscriptions have been running between 1050 and 1150. Renewals run between 50 and 60%. That number that you see on your label (001SM) is your start issue 001 means you started with the first issue of the year. 002 the second, etc. Bills are enclosed with the last issue of your subscription.

With no roving reporters, I have to rely on material submitted. If there isn't room in the issue for your material, I try and save it for another issue. My printer is having trouble with the meet results. Not all type writers have carbon ribbons and so some of the results do not reproduce well. If you have any suggestions please don't hesitate to send them to me. It seems to be the best system for communicating and so any item of news is welcome.

Swim-Master is sent to about 20 people overseas. We hope that this will encourage other countries to adopt a similar program.

Our Calendar of Events is probably the most important item in Swim-Master. If you hear of a meet, please send the information to me.

INTERNATIONAL COMPETITION

by Ms. Linda Bennett for
Richard Rahe, Chairman

The first international swim meet was held between the United States and Australia and New Zealand in March and April of 1974. Forty U.S. Masters' swimmers and spouses participated in this first international venture. Masters swimmers represented the West, the East, the Mid-west, New England, the South and even Canada. The competition was often stiff, but a casual atmosphere always prevailed the two meets. After the serious swimming was concluded "fun" races were included for the enjoyment of all, swimmers and spectators. We were overwhelmed by the hospitality offered by our hosts.

Dr. Rahe has contacted Ms. Cease Brown in England, inquiring about the possibility of a future meet in England and possibly Scotland. This is still in the early stages of discussion. There are many possibilities for future meets and your suggestions are welcome. These will give the new committee ideas to pursue.

The assistance of the committee members is welcome, and a special thanks to Anne Adams for her time.

NATIONAL CHAMPIONSHIP COMMITTEE REPORT

by Anne Adams, Chairman

I think it became evident after the Ft. Lauderdale National Championships that the ideal solution to all of our problems would be to have a 16-lane facility available for all National Championships. By running two meets (men and women) side by side simultaneously, it is possible to complete each days schedule in a reasonable amount of time. However, since this type of venue is not always available to us, other alternatives must be considered. Obviously we cannot run 16 lanes during a long course championship. If we continue to have some 600 swimmers attending these meets (and we will), some other solution must be found. And since it is contrary to the goals of Masters Swimming to have cut off times, thereby eliminating the swimmer who swims for health and fun rather than for medals, the logical solution may be to extend our National Championships to a 4-day program. By spreading the events over a 4-day period, we could avoid lengthy hours each day. Also, if we added an extra day, perhaps we could include our new events - the 50 Breaststroke, 50 Backstroke, 200 Fly and 400 I.M. By restricting each swimmer to 5 events plus relays, conceivably there would be less heats in some established events as we introduce 4 new events to the National Championships.

It has been suggested that we allow cut off times for the longer events only. That is, for the 400/1500 long course and 500/1650 short course.

Another possibility would be to have Regional qualifying meets or to use the previous years times for cut-off times.

The 1650/1500 event is very time consuming and it takes the better part of one day just for this event alone. We might need cut off times for this event only. It has been suggested that we consider eliminating this event from the Championships or perhaps swim this event in our respective associations prior to the Nationals and then submit our times only to determine the winners in this event. Another suggestion has been to stop the race after 30 minutes and determine the winners on distance swum, but obviously using this method, we could not keep records on best times as the swimmers would not have all swum the same distance.

Another suggestion worth considering might be to eliminate team awards at the National Championships, thus reducing the incentive to send a team of depth. This would also discourage building super teams within the various associations, and make for more ri-

valry between smaller club teams at the local level. I feel this is an important aspect of the Masters program to be considered, as only 10% of the swimmers of an association are able to finance a trip to the Nationals, with the possible exception of the "host" association where the National Championships are being held. The real goals of the Masters program must be fulfilled at the local level for our program to be truly successful. The National Championships are merely "icing on the cake".

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CAPTAIN RANSOM J. ARTHUR, M. D. AWARD  
by Judge Robert E. Beach, Chairman

The Captain Ransom J. Arthur, M. D. Award was first presented in 1973. The purpose of the award is to honor the person who throughout the past year has done the most to further the objectives of Masters Swimming. This annual award is presented at the Masters banquet held in conjunction with the National Masters AAU Short Course Swim Championships.

The persons serving on the Selection Committee represent all age groups in the Men's and Women's Masters Swimming, as well as all of the geographical areas in the United States. This year's committee consisted of Jay Platt of Philadelphia, representing the 25-29 age group; Ann Champ of Indianapolis, IN, representing the 30-39 age group; Edith Gruender of Phoenix, AZ, representing the 40-49 age group; Ham Anderson of Dallas, TX, representing the 50-59 age group; and Commander William Loughborough of Willits, CA, representing the 60-69 age group. In addition Carl Yates of Santa Clara, CA, represented AAU Zone I; Dr. Paul Hutinger of Macomb, IL, represented AAU Zone II; and Mrs. Pat Clinton of Cooperstown, NY, represented AAU Zone III.

A number of outstanding nominees for the award were considered by the Committee. June Krauser, one of the founders of Masters Swimming, editor of Swim-Master, present Chairman of AAU Masters Swimming Committee, and one of Masters Swimming's number one proponents was selected for this award.

If you wish to submit the name of a person as a nominee for this award for 1975, please send that person's name and address along with that person's biographical resume and your reasons for recommending him for the award to me. My address is:

Robert E. Beach  
c/o North Shore Pool  
901 North Shore Drive N.E.  
St. Petersburg, FL 33704



**MEETING THE MASTERS** — NSPI director of communications William P. Markert, center, with clipboard, discusses possible NSPI cooperation with and support of the Masters Swimming Program with, from left Paul Huttinger, Western Illinois University at Macomb; NSPI builder-member and Masters swimmer Howard Rossmore of Sarasota; Judge Robert Beach, Florida circuit court judge; Markert; June Krauser, vice chairman of the AAU Masters Swimming Committee; Buck Dawson, executive director of the Swimming Hall of Fame; and Capt. Ransom J. Arthur, M.D., a founder of the program.

## NSPI Considering Support of Masters Swimming Program

WASHINGTON — The National Swimming Pool Institute is considering ways in which it may join other leading national aquatic organizations in supporting and promoting the AAU Masters Swimming Program for Adults 25 years and older.

NSPI's communications department, directed by William P. Markert, is investigating how it might fit into the Masters program by such efforts as sponsoring national meets, developing articles and participating on the local NSPI chapter level.

Markert said his department would be developing a proposal for consideration by the NSPI Public Relations and Marketing Committee at its next meeting, probably this fall.

At the recent 1974 National AAU Men's and Women's Short Course Masters Swimming Championships at the Swimming Hall of Fame Pool in Ft. Lauderdale, Fla., Markert said that the various meetings held there "most productive."

"We are very excited about the program," he said. "Here is something that holds the promise of bringing active swimming into the lives of thousands and thousands of adults. It is to the swimming pool what golf is to the golf course and tennis to the tennis court."

"The Masters program adds that important competitive aspect to an activity which is already acknowledged as the best overall physical conditioning exercise and is a great excuse for swimming!"

"These people who are involved in the Masters program," he continued, "are really dedicated to swimming and to having a good time doing it. But they need help."

"By sponsoring one of the national meets and contributing the medals given to event winners, NSPI could relieve the Masters organization of much of its financial burden and, at the same time, help it concentrate its efforts on furthering the program's success in de-

veloping activities in new communities," Markert said.

The Masters program was first suggested by Dr. Ransom J. Arthur of the Navy Neuropsychiatric Research Unit in San Diego. Dr. Arthur had become interested in developing such a program after observing the activity of the AAU Masters Track and Field program.

He wrote to John Spanuth, then president of the American Swimming Coaches Association, and the two men joined forces to investigate the possibilities of Masters Swimming.

When Spanuth became AAU National Aquatics Administrator in 1970, he introduced the effort to incorporate the new program into the AAU. At the AAU's 1971 National Convention, the Joint Swimming Committee voted to adopt and promote the Masters Swimming Program as an official AAU activity.

The program is aimed directly at the over 25 age group of the population. Competitions are held with divisions into five-year segments — 25 to 29, 30 to 34, for example — all the way up to the "80+" category.

Markert said that the program was first brought to the attention of the NSPI PR and Marketing Committee by Florida builder-member Howard Rossmore, himself a Masters swimmer.

"We have been investigating various aspects of the program and how NSPI might fit into it since that time," he said. "One of the first things we did, for example, was to run a computer search of published medical literature on swimming and contact Dr. Arthur. We then developed a number of magazine and newspaper articles centering on this information and the Masters program."

As a continuing part of this effort, Markert noted, NSPI has just released an eight page "Fact Sheet" to some 800 magazine and

newspaper editors. The Masters program is featured prominently in this.

"Other ideas we are developing," Markert stated, "include participation on the local level by our NSPI chapters."

"The AAU, through its local offices, will assist interested parties in setting up a Masters program. But perhaps our chapters and members can assist by identifying and communicating with those in the local areas who might be interested in forming or participating in such a group. Our chapters might also continue participation by sponsoring meets and calling attention to them through the local media."

Markert said that his visit to the recent Ft. Lauderdale meet was "to get a first-hand look at what was going on and to meet with the various leaders like Dr. Arthur to explore NSPI-Masters cooperation."

"I was certainly impressed by the enthusiasm of these swimmers and by the fine reception accorded me by them," he said.

Markert promised that NSPI would continue its current efforts to help publicize the program and the benefits of swimming this year while developing a more comprehensive proposal for the consideration of the NSPI PR and Marketing Committee.

He urged anyone who might have suggestions regarding how NSPI could most effectively lend its support to the program to contact him at NSPI headquarters in Washington.

## Masters Program Objectives Defined at CNCA workshop

WASHINGTON — The Council for National Cooperation in Aquatics (CNCA) adopted resolutions for defining the objectives of the AAU Masters Swimming Program set forth at its 1971 meeting.

The closed workshop on Masters Swimming produced the following objectives:

1. To encourage and promote physical fitness and health in adult individuals not previously involved in competitive recreational programs.
2. To offer the opportunity for continued conditioning and/or to reinstate conditioning for former athletes (in all sports) over 25 years of age.
3. To encourage individuals, educators, recreational leaders, schools, medical societies, clubs, organizations and communities to organize and conduct life-long physical, recreational and competitive Masters programs.
4. To enhance fellowship among participants.
5. To stimulate research in the physiology and psychology of adult participation at basic and clinical research levels and to investigate the benefits of continued exercise programs on the aging process, cardiopulmonary involvement, orthopedic problems and other preventable debilitating processes.

by Ted Haartz

For all of us who knew 'Hal' personally, his sudden passing leaves a void in all of our lives.

After swimming for his high school team in Rochester, NY and briefly in college, Hal returned to swimming in 1965. At that time, the Waltham, MA Boys' Club had a business men's noontime swim three days a week and combined with a love for running also, Hal managed to do one or the other every noontime on a pretty regular basis.

In 1970, Swimming World reported the results of the first Masters National Championships held in Amarillo, TX. The times indicated that Hal and I, from our friendly competition of the previous 5 years, could compete in this new program.

Hal's performances in Masters competition are now history. He won at least one National title in each championship he entered, and his butterfly leg of the medley relays helped win 4 more titles.

Hal was an excellent athlete, but few knew how hard he worked to achieve his level of performance. 70,000 - 100,000 yards a month during January-April was not uncommon. Hal would put in 1800-2000 yards at noontime and then come over to Tufts University after work and do one of his 1500-2500 yard workouts.

Hal was dedicated to detail. He kept records of all his workouts and could tell you how fast he swam the same workout a month ago and a year ago. During his four full years of Masters competition, he surpassed all of his high school and college times. This he attributed to better training techniques and longer workouts. Hal was a student of swimming as well as a participant. He read Carle and Counsilman cover to cover as well as talking to and questioning coaches and swimmers whenever and wherever the opportunity presented itself.

Because he wanted to see how times would improve over the years, he soon found himself keeping the records and when Masters became a part of AAU, John Spannuth asked Hal if he would continue. This he had done, with the last revision having been made for the Short Course Nationals in May. It was a source of wonderment to him that the records to date had failed to stabilize and based on this year's performances, the onslaught will continue for some time to come.

Hal's family, his friends at G.T.E. Sylvania, his teammates of New England Masters, and all his other friends and associates will mourn his loss. But for all of us who knew Hal, our lives are a lot fuller and brighter because of his friendship.



Bumpy Jones  
Ham Anderson  
Hal Onusseit

1974 National  
Short Course  
Championships

Ft. Lauderdale  
Florida

+...  
HAL ONUSSEIT      PORTRAIT OF A MAN  
by Mark Coughlin

I didn't know Hal Onusseit like I would have liked to know him, but I did have the distinct honor to swim against him in the 1973 outdoor nationals in the 200 meter I.M.

Hal was a keeper of records at the national level. He appeared to me to be a quiet and gentle man and a game competitor. I only had the privilege of speaking to him once.

Hal is a symbol of American manhood and womanhood at its zenith. He is the personification of what Doctor Ransom J. Arthur wanted all of us to make of ourselves. It's tragic that he had to leave us so soon.

Anyone who knew him plain and simple just as a fellow human being surely cherishes the experience. I am a better man just by the short duration of time that I knew him.

Now fellow master swimmers, this<sup>1</sup> is truly one of the intangible things that comes out of the Masters program. I extend my most moving sympathy, to his family and teammates.

As Longfellow once said, he leaves "footprints on the sands of time" which we may all follow and transform ourselves into better and kinder human beings.

We have lost a great one but we do have the opportunity to rededicate ourselves to duty, honour and better understanding of our fellows.

# RESULTS

\*\*\*COLORADO\*\*\*  
 COLORADO SPRINGS MASTERS SWIM  
 MEET\*\*MUNICIPAL POOL--25 yards  
 Colorado Springs, Colo. 6/2/74

| WOMEN                  |        |
|------------------------|--------|
| 25-29                  |        |
| 50 yard freestyle      |        |
| Pam Deming             | 29.20  |
| Cindy Walters          | 29.04  |
| Kacey Conway           | 31.10  |
| Marsha Heinig          | 33.00  |
| 50 yard freestyle "B"  |        |
| Linda Riedel           | 39.5   |
| 100 yard freestyle     |        |
| Cindy Walters          | 1:08.8 |
| Kacey Conway           | 1:10.7 |
| Marsha Heinig          | 1:11.2 |
| 100 yard freestyle "B" |        |
| Linda Riedel           | 1:28.7 |
| 200 yard freestyle     |        |
| Pam Deming             | 2:26.4 |
| Marsha Heinig          | 2:36.5 |
| 50 backstroke          |        |
| Linda Riedel           | 34.7   |
| 100 yard backstroke    |        |
| Pam Deming             | 1:20.2 |
| Cindy Walters          | 1:26.0 |
| Kacey Conway           | 1:31.5 |
| Linda Riedel           | 1:59.5 |
| 50 yard breaststroke   |        |
| Linda Riedel           | 56.8   |
| 100 yard breaststroke  |        |
| Kacey Conway           | 1:30.9 |
| Pam Deming             | 1:34.2 |
| 100 yard butterfly     |        |
| Marsha Heinig          | 1:35.5 |
| 100 yard Ind. Med.     |        |
| Pam Deming             | 1:15.8 |
| Cindy Walters          | 1:20.6 |
| Kacey Conway           | 1:21.0 |
| Marsha Heinig          | 1:28.1 |
| 30-34                  |        |
| 50 yard freestyle      |        |
| Mary Salzman           | 41.8   |
| 50 yard backstroke     |        |
| Mary Salzman           | 49.9   |
| 50 yard breaststroke   |        |
| Mary Salzman           | 57.1   |
| 40-44                  |        |
| 50 yard freestyle      |        |
| Owen Beaudin           | 33.7   |
| Peggy Kenner           | 34.5   |
| 50 yard freestyle "B"  |        |
| Dorothy Kleist         | 49.0   |
| 100 yard freestyle     |        |
| Peggy Kenner           | 1:17.4 |
| Owen Beaudin           | 2:53.8 |
| Peggy Kenner           | 2:53.9 |
| 100 yard backstroke    |        |
| Owen Beaudin           | 1:33.0 |
| 50 yard breaststroke   |        |
| Dorothy Kleist         | 1:10.3 |
| 100 yard breaststroke  |        |
| Peggy Kenner           | 1:34.8 |
| Owen Beaudin           | 39.8   |
| 100 yard Ind. Med.     |        |
| Owen Beaudin           | 1:25.9 |
| Peggy Kenner           | 1:31.6 |
| 100 yard Ind. Med. "B" |        |
| Dorothy Kleist         | 2:39.0 |
| 45-49                  |        |
| 50 yard freestyle      |        |
| Rose Rook              | 39.0   |
| 50 yard backstroke     |        |
| Helen McLinton         | 54.7   |
| 100 yard backstroke    |        |
| Rose Rook              | 1:55.3 |
| Helen McLinton         | 2:16.4 |
| 100 yard breaststroke  |        |
| Rose Rook              | 1:38.0 |
| 50 yard butterfly      |        |
| Rose Rook              | 50.7   |
| 100 yard Ind. Med.     |        |
| Rose Rook              | 1:39.0 |
| 50-54                  |        |
| 50 yard freestyle      |        |
| Marjorie Ewers         | 41.3   |
| 50 yard freestyle "B"  |        |
| Marjorie Barnett       | 58.9   |
| 100 yard freestyle     |        |
| Marjorie Ewers         | 1:42.9 |
| 100 yard freestyle "B" |        |
| Marjorie Barnett       | 2:07.7 |
| 200 yard freestyle     |        |
| Marjorie Barnett       | 4:44.5 |
| 50 yard backstroke     |        |
| Marjorie Ewers         | 50.0   |
| 50 yard breaststroke   |        |
| Marjorie Ewers         | 52.5   |
| Marjorie Barnett       | 1:15.0 |
| 100 yard breaststroke  |        |
| Marjorie Ewers         | 1:55.6 |
| 50-54                  |        |
| 50 yard freestyle      |        |
| Dorothy Denst          | 57.2   |
| 50 yard freestyle "B"  |        |
| Dorothy Scott          | 1:17.8 |
| 100 yard freestyle     |        |
| Dorothy Denst          | 2:18.0 |
| 200 yard freestyle     |        |
| Dorothy Denst          | 5:05.2 |
| 50 yard backstroke     |        |
| Dorothy Denst          | 1:04.0 |

| 100 yard backstroke     |        |
|-------------------------|--------|
| Dorothy Denst           | 2:28.0 |
| 50 yard breaststroke    |        |
| Dorothy Scott           | 1:40.0 |
| relays                  |        |
| 200 yard free relay     |        |
| Kleist Kenner Walters   | 2:28.0 |
| Conway (DAC)            |        |
| Beaudin, Rook, McLinton | 2:38.1 |
| Heinig (Pikes Peak)     |        |
| 200 yard medley relay   |        |
| Kleist, Kenner, Walters | 2:53.9 |
| Conway (DAC)            |        |
| MEN                     |        |
| 25-29                   |        |
| 50 yard freestyle       |        |
| Dennis West             | 25.3   |
| Wm. Rosquist            | 26.0   |
| Mike Sutton             | 28.3   |
| 200 freestyle           |        |
| Dennis West             | 2:16.0 |
| 100 yard backstroke     |        |
| Dennis West             | 1:13.9 |
| 100 yard breaststroke   |        |
| Dennis West             | 1:15.1 |
| Dave Cruikshank         | 1:16.6 |
| Mike Sutton             | 1:24.2 |
| 100 yard Ind. Med.      |        |
| Dennis West             | 1:02.9 |
| Dave Cruikshank         | 1:13.1 |
| 30-34                   |        |
| 50 yard freestyle       |        |
| Tod Brown               | 28.7   |
| 100 yard butterfly      |        |
| Tod Brown               | 1:10.5 |
| 35-39                   |        |
| 50 yard freestyle       |        |
| George Kenry            | 29.8   |
| Howard Salzman          | 34.8   |
| 100 yard freestyle      |        |
| George Kenry            | 1:08.6 |
| James Ashley            | 1:16.0 |
| Howard Salzman          | 1:21.0 |
| 100 yard freestyle "B"  |        |
| Hans Kriek              | 1:40.1 |
| 50 yard backstroke      |        |
| James Ashley            | 37.1   |
| Howard Salzman          | 48.0   |
| 100 yard backstroke     |        |
| George Kenry            | 1:19.8 |
| James Ashley            | 1:23.8 |
| 100 yard breaststroke   |        |
| Hans Kriek              | 1:46.4 |
| 50 yard butterfly       |        |
| George Kenry            | 38.8   |
| 50 yard butterfly "B"   |        |
| Hans Kriek              | 51.2   |
| 100 yard Ind. Med.      |        |
| George Kenry            | 1:21.2 |
| 100 yard Ind. Med. "B"  |        |
| Hans Kriek              | 1:50.0 |
| 40-44                   |        |
| 50 yard freestyle       |        |
| Ron Begg                | 26.0   |
| John Meyers             | 29.2   |
| Don Freeman             | 31.3   |
| Ben Strom               | 35.2   |
| 50 yard freestyle "B"   |        |
| Jim Green               | 42.9   |
| 100 yard freestyle      |        |
| Ron Begg                | 1:00.5 |
| John Meyers             | 1:09.6 |
| Don Freeman             | 1:15.0 |
| 200 yard freestyle      |        |
| Ron Begg                | 2:23.5 |
| John Meyers             | 2:39.2 |
| Don Freeman             | 2:54.2 |
| 50 yard backstroke      |        |
| Willis Weber            | 30.7   |
| Ron Begg                | 35.5   |
| Don Freeman             | 42.6   |
| 100 yard backstroke     |        |
| Willis Weber            | 1:10.0 |
| Jim Green               | 1:40.0 |
| 50 yard breaststroke    |        |
| Ben Strom               | 41.0   |
| John Myers              | 45.0   |
| Jim Green               | 53.0   |
| 100 yard breaststroke   |        |
| Ben Strom               | 1:33.1 |
| 50 yard butterfly       |        |
| Ron Begg                | 28.6   |
| Ben Strom               | 39.0   |
| 100 yard Ind. Med.      |        |
| Don Freeman             | 1:24.4 |
| Ben Strom               | 1:33.6 |
| 45-49                   |        |
| 50 yard freestyle       |        |
| Bruno Weber             | 30.0   |
| Neil Roberts            | 32.0   |
| 100 yard freestyle      |        |
| Bruno Weber             | 1:08.9 |
| 50 yard backstroke      |        |
| Bob McLinton            | 43.0   |
| 100 yard backstroke     |        |
| Bob McLinton            | 1:41.7 |
| 50 yard breaststroke    |        |
| Bob McLinton            | 40.6   |
| Neil Roberts            | 43.4   |
| 100 yard breaststroke   |        |
| Bruno Weber             | 1:23.0 |
| Bob McLinton            | 1:34.0 |
| Neil Roberts            | 1:44.0 |
| 50 yard butterfly       |        |
| Bruno Weber             | 32.4   |
| Neil Roberts            | 37.4   |

| 100 yard Ind. Med.                   |        |
|--------------------------------------|--------|
| Bruno Weber                          | 1:13.9 |
| Bob McLinton                         | 1:29.4 |
| 50-54                                |        |
| 50 yard freestyle                    |        |
| Warren Kleist                        | 28.1   |
| Herb Wallower                        | 28.9   |
| McDermott                            | 33.5   |
| 100 yard freestyle                   |        |
| Warren Kleist                        | 1:02.1 |
| Herb Wallower                        | 1:08.1 |
| McDermott                            | 1:15.0 |
| Andy Dodd                            | 1:15.6 |
| 200 yard freestyle                   |        |
| Warren Kleist                        | 2:28.6 |
| Andy Dodd                            | 2:47.8 |
| McDermott                            | 2:50.0 |
| Doug Barnett                         | 2:51.0 |
| 50 yard backstroke                   |        |
| Ed McVehill                          | 38.0   |
| Doug Barnett                         | 44.0   |
| 100 yard backstroke                  |        |
| Ed McVehill                          | 1:29.0 |
| 50 yard breaststroke                 |        |
| Andy Dodd                            | 40.6   |
| Doug Barnett                         | 47.6   |
| 100 yard breaststroke                |        |
| Andy Dodd                            | 1:27.6 |
| Herb Wallower                        | 1:31.3 |
| 100 yard breaststroke "B"            |        |
| McDermott                            | 1:53.0 |
| 50 yard butterfly                    |        |
| Warren Kleist                        | 33.4   |
| Ed McVehill                          | 33.7   |
| 50 yard butterfly "B"                |        |
| Doug Barnett                         | 47.6   |
| 100 yard Ind. Med.                   |        |
| Warren Kleist                        | 1:14.0 |
| Ed McVehill                          | 1:22.0 |
| 100 yard Ind. Med. "B"               |        |
| Doug Barnett                         | 1:36.8 |
| McDermott                            | 1:43.1 |
| 55-59                                |        |
| 50 yard freestyle                    |        |
| Joan LeVett                          | 30.4   |
| A.C. Parker                          | 32.2   |
| 100 yard freestyle                   |        |
| Joan LeVett                          | 1:12.3 |
| A.C. Parker                          | 1:21.1 |
| 50 yard backstroke                   |        |
| A.C. Parker                          | 48.5   |
| 100 yard backstroke                  |        |
| Joan LeVett                          | 1:27.5 |
| 100 yard Ind. Med.                   |        |
| Joan LeVett                          | 1:24.0 |
| 100 yard Ind. Med. "B"               |        |
| A.C. Parker                          | 1:39.3 |
| 60-64                                |        |
| 50 yard freestyle                    |        |
| Louis Rinna                          | 43.6   |
| Ken Scott                            | 49.0   |
| 100 yard freestyle                   |        |
| Louis Rinna                          | 1:42.0 |
| 50 yard backstroke                   |        |
| Louis Rinna                          | 47.2   |
| Ken Scott                            | 1:07.7 |
| 100 yard backstroke                  |        |
| Louis Rinna                          | 1:43.8 |
| 100 yard backstroke "B"              |        |
| Ken Scott                            | 3:57.9 |
| relays                               |        |
| 200 yard freestyle relay             |        |
| Pikes Peak                           | 1:57.6 |
| West Roberts, Scott                  | 2:16.7 |
| LeVett                               |        |
| 200 yard freestyle relay (160 years) |        |
| Kleist, Wallower                     | 1:49.2 |
| West Begg (DAC)                      |        |
| Dodd, Weber, Parker                  | 2:04.7 |
| McVehill (Pikes Peak)                |        |
| 200 yard medley relay                |        |
| Weber, Dodd, Cruikshank              | 2:09.9 |
| Rosquist (Pikes Peak)                |        |
| Kleist, LeVett, Begg                 | 2:10.4 |
| Wallower (DAC)                       |        |

| MEN                  |        |
|----------------------|--------|
| 25-29                |        |
| 50 mtr freestyle     |        |
| Brian Barnes         | 1:07.4 |
| 50 mtr backstroke    |        |
| Brian Barnes         | 38.2   |
| 100 mtr backstroke   |        |
| Cliff Cole           | 1:25.1 |
| 40-44                |        |
| 50 mtr freestyle     |        |
| Don Freeman          | 37.3   |
| Ben Strom            | 47.2   |
| 100 mtr backstroke   |        |
| Ben Strom            | 1:49.5 |
| 50 mtr butterfly     |        |
| Ben Strom            | 46.4   |
| 100 mtr butterfly    |        |
| Don Freeman          | 1:43.3 |
| 100 mtr Ind. Med.    |        |
| Don Freeman          | 1:40.0 |
| 45-49                |        |
| 50 mtr freestyle     |        |
| Skip Mann            | 29.8   |
| Gene Mack            | 34.1   |
| Neil Roberts         | 37.0   |
| 100 mtr freestyle    |        |
| Skip Mann            | 1:13.2 |
| 50 mtr backstroke    |        |
| Gene Mack            | 39.1   |
| 50 mtr breaststroke  |        |
| Skip Mann            | 41.4   |
| Neil Roberts         | 50.3   |
| 100 mtr breaststroke |        |
| Skip Mann            | 1:33.7 |
| 50 mtr butterfly     |        |
| Gene Mack            | 41.8   |

| Shirley Lehman              | 39 RST | 41.0     |
|-----------------------------|--------|----------|
| Connie Wilson               | 39 TH  | 42.1     |
| Norma McKinney              | 39 RST | 42.3     |
| Beverly Coon                | 35 UN  | T-47.6   |
| Carol Eaton                 | 39 SNO | 47.6     |
| 110 YARD FREESTYLE          |        |          |
| Juanita Correa              | 38 JCC | 1:16.4   |
| Shirley Lehman              | 39 RST | 1:46.8   |
| Norma McKinney              | 39 RST | 1:47.3   |
| Beverly Coon                | 35 UN  | 1:49.9   |
| 220 YARD FREESTYLE          |        |          |
| Juanita Correa              | 38 JCC | 2:54.8   |
| Jean Abrams                 | 35 RST | 3:11.2   |
| Norma McKinney              | 39 RST | 4:07.8   |
| 440 YARD FREESTYLE          |        |          |
| Juanita Correa              | 38 JCC | 6:28.2   |
| Jean Abrams                 | 35 RST | 7:39.0   |
| Carol Eaton                 | 39 SNO | 7:48.8   |
| Norma McKinney              | 39 RST | 9:25.9   |
| 1650 YARD FREESTYLE         |        |          |
| Carol Eaton                 | 39 SNO | 31:55.2  |
| 55 YARD BACKSTROKE          |        |          |
| Connie Wilson               | 39 TH  | 45.6     |
| Norma McKinney              | 39 RST | 46.4     |
| Shirley Lehman              | 39 RST | 54.4     |
| Beverly Coon                | 35 UN  | 57.4     |
| 110 YARD BACKSTROKE         |        |          |
| Connie Wilson               | 39 TH  | 1:39.0   |
| Norma McKinney              | 39 RST | 1:45.5   |
| Beverly Coon                | 35 UN  | 2:08.0   |
| 220 YARD BACKSTROKE         |        |          |
| Connie Wilson               | 39 TH  | 3:43.1   |
| 55 YARD BUTTERFLY           |        |          |
| Shirley Lehman              | 39 RST | 53.1     |
| 55 YARD BUTTERFLY           |        |          |
| Shirley Lehman              | 39 RST | 52.5     |
| Jean Abrams                 | 35 RST | 51.7     |
| Beverly Coon                | 35 UN  | 1:24.5   |
| 220 YARD INDIVIDUAL MEDLEY  |        |          |
| Connie Wilson               | 39 TH  | 4:16.8   |
| WOMEN 40-44                 |        |          |
| 55 YARD FREESTYLE           |        |          |
| Velma Radon                 | 41 PT  | 42.9     |
| 110 YARD FREESTYLE          |        |          |
| Velma Radon                 | 41 PT  | 1:50.7   |
| 55 YARD BREASTSTROKE        |        |          |
| Velma Radon                 | 41 PT  | 1:11.8   |
| WOMEN 50-54                 |        |          |
| 55 YARD FREESTYLE           |        |          |
| Mariah Erwert               | 51 SSM | 47.7     |
| Audrey Gilbert              | 50 UN  | 49.7     |
| 110 YARD FREESTYLE          |        |          |
| Mariah Erwert               | 51 SSM | 1:52.9   |
| Vera Woodworth              | 50 UN  | T-1:55.2 |
| Jean Underhill              | 51 SNO | 1:55.2   |
| 220 YARD FREESTYLE          |        |          |
| Audrey Gilbert              | 50 UN  | 4:11.0   |
| Jean Underhill              | 51 SNO | 4:12.8   |
| Maureen Schwahl             | 51 SSM | 5:11.5   |
| 440 YARD FREESTYLE          |        |          |
| Audrey Gilbert              | 50 UN  | 9:14.3   |
| Jean Underhill              | 51 SNO | 9:20.5   |
| Maureen Schwahl             | 51 SSM | 11:00.8  |
| 1650 YARD FREESTYLE         |        |          |
| Audrey Gilbert              | 50 UN  | 37:38.0  |
| Maureen Schwahl             | 51 SSM | 44:22.2  |
| 55 YARD BACKSTROKE          |        |          |
| Mariah Erwert               | 51 SSM | 52.9     |
| 110 YARD BACKSTROKE         |        |          |
| Mariah Erwert               | 51 SSM | 2:08.2   |
| 220 YARD BACKSTROKE         |        |          |
| Mariah Erwert               | 51 SSM | 4:40.7   |
| Vera Woodworth              | 50 UN  | 4:59.2   |
| 55 YARD BREASTSTROKE        |        |          |
| Maxine Carlson              | 54 RST | 59.6     |
| Maureen Schwahl             | 51 SSM | 1:20.0   |
| 110 YARD BREASTSTROKE       |        |          |
| Maxine Carlson              | 54 RST | 2:10.9   |
| Maureen Schwahl             | 51 SSM | 2:55.3   |
| 220 YARD BREASTSTROKE       |        |          |
| Maxine Carlson              | 54 RST | 4:38.6   |
| 55 YARD BUTTERFLY           |        |          |
| Mariah Erwert               | 51 SSM | 1:19.3   |
| 220 YARD INDIVIDUAL MEDLEY  |        |          |
| Mariah Erwert               | 51 SSM | 5:30.0   |
| 220 YARD MEDLEY RELAY 35-up |        |          |
| McKinney, Carlson,          |        |          |
| Lehman, Abrams              | RST    | 3:27.4   |
| 220 YARD FREE, RELAY 35-up  |        |          |
| McKinney, Carlson,          |        |          |
| Lehman, Abrams              | RST    | 3:11.6   |
| MEN 25-29                   |        |          |
| 55 YARD FREESTYLE           |        |          |
| Pat Rooney                  | 25 SSM | 27.7     |
| James Plattner              | 29 JCC | 30.9     |
| 110 YARD FREESTYLE          |        |          |
| Pat Rooney                  | 25 SSM | 1:09.0   |
| James Plattner              | 29 JCC | 1:10.0   |
| 220 YARD FREESTYLE          |        |          |
| Pat Rooney                  | 25 SSM | 2:46.3   |
| James Plattner              | 29 JCC | 2:46.3   |
| 1650 YARD FREESTYLE         |        |          |
| Dick Hines                  | 28 SSM | 27:29.5  |
| 55 YARD BACKSTROKE          |        |          |
| Cliff Anderson              | 25 SSM | 36.0     |
| Randy Harris                | 26 PDT | 38.0     |
| 110 YARD BACKSTROKE         |        |          |
| Cliff Anderson              | 25 SSM | 1:20.5   |
| James Plattner              | 29 JCC | 1:29.5   |
| 220 YARD BACKSTROKE         |        |          |
| Cliff Anderson              | 25 SSM | 2:55.0   |
| 55 YARD BREASTSTROKE        |        |          |
| Randy Harris                | 26 PDT | 34.5     |
| 110 YARD BREASTSTROKE       |        |          |
| Randy Harris                | 26 PDT | 1:21.8   |
| 220 YARD BREASTSTROKE       |        |          |
| Randy Harris                | 26 PDT | 3:12.2   |

**55 YARD BUTTERFLY**  
 Dick Hines 28 SSM 36.2  
**220 YARD INDIVIDUAL MEDLEY**  
 Dick Hines 28 SSM 3:17.1  
**220 YARD MEDLEY RELAY 25-up**  
 Anderson, Arndt,  
 Hines, Rooney SSM 2:20.5  
**220 YARD FREE, RELAY 25-up**  
 Anderson Arndt,  
 Hines, Lewis SSM 2:06.3

**MEN 30-34**  
**55 YARD FREESTYLE**  
 Mack Hirayama 32 BEST 29.8  
 Jack Miller 31 SNO 31.3  
 Harry Lewis 32 SSM 32.2  
**110 YARD FREESTYLE**  
 Harry Lewis 32 SSM 1:12.1  
 Jack Miller 31 SNO 1:12.8  
 Thomas McGrath 33 BST 1:17.0  
**220 YARD FREESTYLE**  
 Harry Lewis 32 SSM 2:37.6  
**440 YARD FREESTYLE**  
 Harry Lewis 32 SSM 5:39.5  
**1650 YARD FREESTYLE**  
 Harry Lewis 32 SSM 24:38.6  
**55 YARD BACKSTROKE**  
 Armin Arndt 33 SSM 40.3  
 Thomas McGrath 33 BST 44.8  
**110 YARD BACKSTROKE**  
 Harry Lewis 32 SSM 1:33.2  
 Jack Miller 31 SNO 1:41.7  
 Thomas McGrath 33 BEST 1:44.7  
**220 YARD BACKSTROKE**  
 Harry Lewis 32 SSM 3:17.1  
**55 YARD BREASTSTROKE**  
 Armin Arndt 33 SSM 36.3  
 Mack Hirayama 31 BST 37.6  
 Jack Miller 31 SNO 40.5  
 Thomas McGrath 33 BST 45.6  
**110 YARD BREASTSTROKE**  
 Armin Arndt 33 SSM 1:21.4  
 Mack Hirayama 31 BST 1:24.6  
 Jack Miller 31 SNO 1:30.8  
**220 YARD BREASTSTROKE**  
 Armin Arndt 33 SSM 3:02.5  
 Jack Miller 31 SNO 3:20.5  
**55 YARD BUTTERFLY**  
 Jack Miller 31 SNO 35.0  
 Thn as McGrath 33 BST 53.2  
**110 YARD BUTTERFLY**  
 Harry Lewis 32 SSM 1:28.6  
**220 YARD INDIVIDUAL MEDLEY**  
 Armin Arndt 33 SSM 2:54.5  
**440 YARD INDIVIDUAL MEDLEY**  
 Harry Lewis 32 SSM 6:53.3

**MEN 35-39**  
**55 YARD FREESTYLE**  
 James Bigler 38 MAC 32.0  
**110 YARD FREESTYLE**  
 James Bigler 38 MAC 1:15.4  
 William Weaver 37 UN 1:27.6  
**220 YARD FREESTYLE**  
 James Bigler 38 MAC 2:56.2  
**440 YARD FREESTYLE**  
 James Bigler 38 MAC 6:36.7  
 William Weaver 37 UN 7:02.5  
 Gene Sayre 35 SSM 8:10.9  
**1650 YARD FREESTYLE**  
 Gene Sayre 35 SSM 33:26.3  
**55 YARD BACKSTROKE**  
 Bob McKevitt 39 SSM 40.0  
**55 YARD BREASTSTROKE**  
 Bob McKevitt 39 SSM 43.6  
 Gene Sayre 35 SSM 51.3  
**110 YARD BREASTSTROKE**  
 Bob McKevitt 38 SSM 1:38.6  
 Gene Sayre 35 SSM 2:00.7  
**220 YARD BREASTSTROKE**  
 Gene Sayre 35 SSM 4:12.4  
**220 YARD INDIVIDUAL MEDLEY**  
 Frank Pitriquet 36 UN 3:02.8  
 Bob McKevitt 39 SSM 3:19.1  
**440 YARD INDIVIDUAL MEDLEY**  
 Bob McKevitt 39 SSM 7:25.8  
**220 YARD MEDLEY RELAY 35-up**  
 Wagar, Sayre,  
 McKevitt, Fawcett SSM 3:00.2  
**220 YARD FREE, RELAY 35-up**  
 Wagar, Fawcett,  
 Sayre, McKevitt SSM 2:26.8  
**220 YARD MIX. FREE RELAY 35-up**  
 Eaton Downey,  
 Underhill, Taylor SNOY 2:51.5  
 Schnahl, McKevitt,  
 Erwert, Adjemian SSM 3:21.4

**MEN 40-44**  
**55 YARD FREESTYLE**  
 Ron Taylor 41 SNO 29.9  
 Alex Gilbert CALT 31.0  
 Bruce Wagar 40 SSM 33.6  
 Ben Fawcett 44 SSM 35.5  
 J.Fred Johnson 42 BST 38.1  
**110 YARD FREESTYLE**  
 Alex Gilbert CALT 1:14.4  
 Bruce Wagar 40 SSM 1:20.1  
**220 YARD FREESTYLE**  
 Alex Gilbert CALT 2:49.3  
 Bruce Wagar 40 SSM 3:13.5  
**440 YARD FREESTYLE**  
 Alex Gilbert CALT 5:53.5  
 Bruce Wagar 40 SSM 7:20.2  
 Ben Fawcett 44 SSM 7:39.9  
**1650 YARD FREESTYLE**  
 Alex Gilbert CALT 24:57.7  
 Ben Fawcett 44 SSM 32:36.7

**MEN 45-49**  
**55 YARD FREESTYLE**  
 Ken Coon 48 UN 36.5  
**110 YARD FREESTYLE**  
 Ken Coon 48 UN 1:39.5  
**55 YARD BREASTSTROKE**  
 Ken Coon 48 UN 50.0  
**MEN 55-59**  
**110 YARD FREESTYLE**  
 George Adjemian 56 SSM 1:56.2  
**220 YARD FREESTYLE**  
 John Downey 59 SNO 3:38.2  
**440 YARD FREESTYLE**  
 John Downey 59 SNO 7:50.3  
**1650 YARD FREESTYLE**  
 Fred Wigrin 59 UN 31:00.4  
 John Downey 59 SNO 32:46.8  
**55 YARD BACKSTROKE**  
 Fred Wigrin 59 UN 42.8  
**110 YARD BACKSTROKE**  
 Fred Wigrin 59 UN 1:38.3  
**220 YARD BACKSTROKE**  
 Fred Wigrin 59 UN 3:35.1  
**55 YARD BUTTERFLY**  
 George Adjemian 56 SSM 1:01.2  
**110 YARD BUTTERFLY**  
 George Adjemian 56 SSM 3:06.9  
**220 YARD BUTTERFLY**  
 George Adjemian 56 SSM 5:37.1  
**MEN 60-64**  
**55 YARD FREESTYLE**  
 Gene Caddey 60 ACI 37.0  
**55 YARD BREASTSTROKE**  
 Gene Caddey 60 ACI 48.3  
**110 YARD BREASTSTROKE**  
 Gene Caddey 60 ACI 1:55.4  
**220 YARD BREASTSTROKE**  
 Gene Caddey 60 ACI 4:10.5  
**55 YARD BUTTERFLY**  
 Gene Caddey 60 ACI 48.1  
**110 YARD BUTTERFLY**  
 Gene Caddey 60 ACI 1:52.6  
**220 YARD BUTTERFLY**  
 Gene Caddey 60 ACI 3:41.6  
**440 YARD BUTTERFLY**  
 Gene Caddey 60 ACI 8:03.8  
**MEN 65-69**  
**55 YARD FREESTYLE**  
 Edwin Underhill 67 SNO 50.0  
**110 YARD FREESTYLE**  
 Edwin Underhill 67 SNO 1:58.7  
**440 YARD FREESTYLE**  
 Edwin Underhill 67 SNO 8:44.2  
**1650 YARD FREESTYLE**  
 Edwin Underhill 67 SNO 35:49.4

**MEN 70-74**  
 Hartnell Aquatic Club  
 July 13-14  
 Salinas, California  
**WOMEN 25-29**  
**50 MT. FREESTYLE**  
 Becky Woolsey, 27 38.2  
 Kristy King, 26 1:24.2  
 Becky Woolsey, 27 1:27.7  
 100 MT. BACKSTROKE  
 Sandi Heller, 26 1:31.4  
 50 MT. BUTTERFLY  
 Kristy King, 26 41.7  
 Kristy King, 26 1:40.9

**55 YARD BACKSTROKE**  
 Ron Taylor 41 SNO 37.0  
 J.Fred Johnson 42 BST 55.4  
**110 YARD BACKSTROKE**  
 Tom Foley 40 STAC 1:55.6  
 J.Fred Johnson 42 BST 2:16.7  
**220 YARD BACKSTROKE**  
 Alex Gilbert CALT 3:34.5  
 Tom Foley 40 STAC 3:59.2  
**55 YARD BREASTSTROKE**  
 Ron Taylor 41 SNO 39.3  
 Alex Gilbert CALT 44.9  
 Bruce Wagar 40 SSM 48.2  
 Jerry White 44 SSM 49.1  
 J.Fred Johnson 42 BST 51.2  
**110 YARD BREASTSTROKE**  
 Ron Taylor 41 SNO 1:26.0  
 Jerry White 44 SSM 2:01.6  
 J.Fred Johnson 42BST 2:13.9  
**220 YARD BREASTSTROKE**  
 Ron Taylor 41 SNO 3:12.0  
 Alex Gilbert CALT 3:35.1  
**55 YARD BUTTERFLY**  
 Alex Gilbert CALT 36.5  
 Tom Foley 40 STAC 58.4  
**110 YARD BUTTERFLY**  
 Alex Gilbert CALT 1:23.1  
 Tom Foley 40 STAC 2:26.6  
**220 YARD INDIVIDUAL MEDLEY**  
 Alex Gilbert CALT 3:04.5  
 Tom Foley 40 STAC 4:41.2  
**440 YARD INDIVIDUAL MEDLEY**  
 Alex Gilbert CALT 7:02.4  
 Tom Foley 40 STAC 9:53.8

**MEN 45-49**  
**55 YARD FREESTYLE**  
 Ken Coon 48 UN 36.5  
**110 YARD FREESTYLE**  
 Ken Coon 48 UN 1:39.5  
**55 YARD BREASTSTROKE**  
 Ken Coon 48 UN 50.0

**MEN 55-59**  
**110 YARD FREESTYLE**  
 George Adjemian 56 SSM 1:56.2  
**220 YARD FREESTYLE**  
 John Downey 59 SNO 3:38.2  
**440 YARD FREESTYLE**  
 John Downey 59 SNO 7:50.3  
**1650 YARD FREESTYLE**  
 Fred Wigrin 59 UN 31:00.4  
 John Downey 59 SNO 32:46.8  
**55 YARD BACKSTROKE**  
 Fred Wigrin 59 UN 42.8  
**110 YARD BACKSTROKE**  
 Fred Wigrin 59 UN 1:38.3  
**220 YARD BACKSTROKE**  
 Fred Wigrin 59 UN 3:35.1  
**55 YARD BUTTERFLY**  
 George Adjemian 56 SSM 1:01.2  
**110 YARD BUTTERFLY**  
 George Adjemian 56 SSM 3:06.9  
**220 YARD BUTTERFLY**  
 George Adjemian 56 SSM 5:37.1

**MEN 60-64**  
**55 YARD FREESTYLE**  
 Gene Caddey 60 ACI 37.0  
**55 YARD BREASTSTROKE**  
 Gene Caddey 60 ACI 48.3  
**110 YARD BREASTSTROKE**  
 Gene Caddey 60 ACI 1:55.4  
**220 YARD BREASTSTROKE**  
 Gene Caddey 60 ACI 4:10.5  
**55 YARD BUTTERFLY**  
 Gene Caddey 60 ACI 48.1  
**110 YARD BUTTERFLY**  
 Gene Caddey 60 ACI 1:52.6  
**220 YARD BUTTERFLY**  
 Gene Caddey 60 ACI 3:41.6  
**440 YARD BUTTERFLY**  
 Gene Caddey 60 ACI 8:03.8  
**MEN 65-69**  
**55 YARD FREESTYLE**  
 Edwin Underhill 67 SNO 50.0  
**110 YARD FREESTYLE**  
 Edwin Underhill 67 SNO 1:58.7  
**440 YARD FREESTYLE**  
 Edwin Underhill 67 SNO 8:44.2  
**1650 YARD FREESTYLE**  
 Edwin Underhill 67 SNO 35:49.4

**MEN 70-74**  
 Hartnell Aquatic Club  
 July 13-14  
 Salinas, California  
**WOMEN 25-29**  
**50 MT. FREESTYLE**  
 Becky Woolsey, 27 38.2  
 Kristy King, 26 1:24.2  
 Becky Woolsey, 27 1:27.7  
 100 MT. BACKSTROKE  
 Sandi Heller, 26 1:31.4  
 50 MT. BUTTERFLY  
 Kristy King, 26 41.7  
 Kristy King, 26 1:40.9

**WOMEN 30-34**  
**50 MT. FREESTYLE**  
 Nancy Ridout, 32 51.6  
 Elizabeth Roepke, 33 58.3  
 Marie Siddons, 30 46.4  
**100 MT. FREESTYLE**  
 Nancy Ridout, 32 1:10.7  
 Elizabeth Roepke, 33 1:29.2  
 Marie Siddons, 30 1:51.1  
**200 MT. FREESTYLE**  
 Sue Royston 2:39.6  
**400 MT. FREESTYLE**  
 Nancy Ridout, 32 5:38.2  
 Sally Jo Antonchuk, 30 6:01.7  
 Marie Siddons, 30 8:06.7  
**50 MT. BACKSTROKE**  
 Sue Royston, 32 40.8  
 Marie Siddons, 30 57.4  
**100 MT. BACKSTROKE**  
 Marie Siddons, 30 2:06.4  
**200 MT. BACKSTROKE**  
 Sue Royston, 32 5:23.8  
 Marie Siddons, 30 4:20.2  
**50 MT. BREASTSTROKE**  
 Sally Jo Antonchuk, 30 43.8  
 Elizabeth Roepke, 33 48.1  
**100 MT. BREASTSTROKE**  
 Sally Jo Antonchuk, 30 1:39.4  
 Elizabeth Roepke, 33 1:50.3  
**200 MT. BREASTSTROKE**  
 Sally Antonchuk, 30 3:33.5  
 Elizabeth Roepke, 33 3:57.8  
 Marie Siddons, 30 4:35.7  
**50 MT. BUTTERFLY**  
 Nancy Ridout, 32 36.6  
 Elizabeth Roepke, 33 44.4  
**100 MT. BUTTERFLY**  
 Elizabeth Roepke, 33 1:57.9  
 Marie Siddons, 30 2:05.9  
**200 MT. BUTTERFLY**  
 Sally Jo Antonchuk, 30 3:13.8  
 Elizabeth Roepke, 33 3:43.2  
 Marie Siddons, 30 4:18.9

**WOMEN 35-39**  
**50 MT. FREESTYLE**  
 Susan Garratt, 36 35.7  
 Jean Washington, 37 36.0  
 Judy Jeffers, 37 40.8  
**100 MT. FREESTYLE**  
 Pat Bresee, 38 1:11.0  
 Susan Garratt, 36 1:19.8  
 Judy Jeffers, 37 1:32.6  
**200 MT. FREESTYLE**  
 Susan Garratt, 36 3:05.0  
 Jean Washington, 37 3:10.9  
 Judy Jeffers, 37 3:27.4  
**400 MT. FREESTYLE**  
 Susan Garratt, 36 6:45.0  
 Judy Jeffers, 37 7:22.0  
**50 MT. BACKSTROKE**  
 Susan Garratt, 36 48.0  
**100 MT. BACKSTROKE**  
 Pat Bresee, 38 1:23.0  
 Susan Garratt, 36 1:42.1  
 Velda McDonald, 39 1:51.5  
**200 MT. BACKSTROKE**  
 Carol Macpherson, 35 3:07.5  
 Velda McDonald, 39 3:52.2  
**50 MT. BREASTSTROKE**  
 Pat Bresee, 38 47.3  
 Judy Jeffers, 37 50.4  
**100 MT. BREASTSTROKE**  
 Velda McDonald, 39 1:51.2  
 Judy Jeffers, 37 1:52.6  
**200 MT. BREASTSTROKE**  
 Velda McDonald, 39 3:56.4  
 Pat Bresee, 38 34.2  
**200 MT. INDIVIDUAL MEDLEY**  
 Carol Macpherson, 35 3:04.3  
 Jean Washington, 37 3:47.1  
 Velda McDonald, 39 3:48.3

**WOMEN 40-44**  
**50 MT. FREESTYLE**  
 Ann Kay, 40 35.2  
 Barbara Callison, 41 44.2  
**100 MT. FREESTYLE**  
 Ann Kay, 40 1:20.6  
 Nancy Sharp 2:03.9  
**200 MT. FREESTYLE**  
 Ann Kay, 40 3:00.7  
 Barbara Callison, 41 4:07.9  
**400 MT. FREESTYLE**  
 Ann Kay, 40 6:19.0  
 Cindy Baxter, 42 7:41.2  
**50 MT. BACKSTROKE**  
 Barbara Callison, 41 1:04.9  
**100 MT. BACKSTROKE**  
 Ann Kay, 40 1:33.4  
**200 MT. BACKSTROKE**  
 Ann Kay, 40 3:19.6

**WOMEN 45-49**  
**50 MT. FREESTYLE**  
 Shirley Anderson, 46 44.1  
 Jinx Royden, 47 41.7  
 Elayne Christiansen, 49 51.9  
**100 MT. FREESTYLE**  
 Gail Roper, 45 1:12.1  
**200 MT. FREESTYLE**  
 Gail Roper, 45 2:38.2  
 Gail Roper, 45 5:36.7  
 Elfriede Rogers, 46 8:11.6  
**50 MT. BACKSTROKE**  
 Gail Roper, 45 39.7  
 Jinx Royden, 47 59.6  
 Elayne Christiansen, 49 1:00.2  
**100 MT. BACKSTROKE**  
 Gail Roper, 45 1:28.8  
 Jinx Royden, 47 2:12.3  
**200 MT. BACKSTROKE**  
 Gail Roper, 45 3:07.8  
 Elfriede Rogers, 46 4:27.2  
 Elayne Christiansen, 49 4:56.8  
**50 MT. BREASTSTROKE**  
 Gail Roper, 45 43.0  
 Elfriede Rogers, 46 50.9  
 Jinx Royden, 47 55.7  
**100 MT. BREASTSTROKE**  
 Elfriede Rogers, 46 1:51.2  
 Jinx Royden, 47 2:02.8  
 Pat Henderson, 45 2:10.3  
 Dorothy Osborn, 45 2:13.6  
**200 MT. BREASTSTROKE**  
 Elfriede Rogers, 46 4:01.8  
 Jinx Royden, 47 4:26.5  
 Pat Henderson, 45 4:32.6  
**50 MT. BUTTERFLY**  
 Gail Roper, 45 36.0  
 Elfriede Rogers, 46 54.3  
 Jinx Royden, 47 55.8  
 Pat Henderson, 45 1:01.0  
**100 MT. BUTTERFLY**  
 Gail Roper, 45 1:27.0  
 Elfriede Rogers, 46 2:12.1  
 Pat Henderson, 45 2:17.1  
**200 MT. BUTTERFLY**  
 Gail Roper, 45 2:58.5  
 Elfriede Rogers, 46 4:10.6  
 Jinx Royden, 47 4:37.7  
 Pat Henderson, 45 5:15.6

**WOMEN 50-54**  
**50 MT. FREESTYLE**  
 Sally Scholer, 50 38.9  
 Geri Orosco, 51 39.7  
 Pat Matthesen, 58 51.1  
**100 MT. FREESTYLE**  
 Geri Orosco, 51 1:34.8  
**200 MT. FREESTYLE**  
 Geri Orosco, 51 3:26.6  
 Alex Shestakov, 25 2:11.9  
 Joel Wilson, 25 2:16.8  
 Jim Allen, 25 2:25.0  
 Greg Jacobs, 26 2:25.8  
 Roger Cumming, 27 2:29.7  
 Bob Colyer, 27 2:45.3  
**400 MT. FREESTYLE**  
 Mike Garibaldi, 28 4:40.1  
 Joel Wilson, 25 5:01.2  
 Jim Allen, 25 5:32.2  
 Roger Cumming, 27 5:33.3  
 Bob Colyer, 27 6:01.0  
**50 MT. BACKSTROKE**  
 Geri Orosco, 51 4:00.4  
**100 MT. BACKSTROKE**  
 Geri Orosco, 51 52.0  
**200 MT. BACKSTROKE**  
 Geri Orosco, 51 1:51.0  
**400 MT. BACKSTROKE**  
 Geri Orosco, 51 3:55.2  
**200 MT. INDIVIDUAL MEDLEY**  
 Sally Scholer, 50 3:51.9  
 Geri Orosco, 51 3:56.9  
**WOMEN 55-59**  
**50 MT. FREESTYLE**  
 Jane McColister 40.4  
 Isabel Moll, 57 58.4  
**100 MT. FREESTYLE**  
 Jane McColister, 55 1:32.1  
 Isabel Moll, 57 2:11.8

**50 MT. BREASTSTROKE**  
 Cindy Baxter, 42 50.8  
 Anni Neumann, 44 1:05.4  
**100 MT. BREASTSTROKE**  
 Cindy Baxter, 42 1:44.3  
 Anni Neumann, 44 2:21.9  
**200 MT. BREASTSTROKE**  
 Cindy Baxter, 42 3:42.5  
**50 MT. BUTTERFLY**  
 Ann Kay, 40 42.5  
 Cindy Baxter, 42 48.0  
**100 MT. BUTTERFLY**  
 Ann Kay, 40 1:42.9  
 Cindy Baxter, 42 2:05.1  
**200 MT. BUTTERFLY**  
 Ann Kay, 40 3:26.6  
 Cindy Baxter, 42 3:48.0

**200 MT. FREESTYLE**  
 Isabel Moll, 57 4:44.3  
**50 MT. BACKSTROKE**  
 Pat Matthesen, 58 1:03.5  
**50 MT. BREASTSTROKE**  
 Jane McColister, 55 54.7  
**100 MT. BREASTSTROKE**  
 Jane McColister, 55 1:58.5  
 Pat Matthesen, 58 2:06.6  
**200 MT. BREASTSTROKE**  
 Jane McColister, 55 4:16.6  
**100 MT. BUTTERFLY**  
 Pat Matthesen, 58 2:24.0  
**200 MT. INDIVIDUAL MEDLEY**  
 Pat Matthesen, 58 4:30.3

**WOMEN 60-64**  
**50 MT. FREESTYLE**  
 Jean Durston, 60 49.5  
 Bernice Wayne, 64 57.6  
**100 MT. FREESTYLE**  
 Jean Durston, 60 1:55.8  
**200 MT. FREESTYLE**  
 Jean Durston, 60 4:02.1  
**400 MT. FREESTYLE**  
 Jean Durston, 60 9:49.2  
**50 MT. BACKSTROKE**  
 Bernice Wayne, 64 1:04.6  
 Jean Durston, 60 1:06.8  
**100 MT. BACKSTROKE**  
 Bernice Wayne, 64 2:22.3  
 Jean Durston, 60 2:39.9  
**50 MT. BREASTSTROKE**  
 Bernice Wayne, 64 1:03.0  
**100 MT. BREASTSTROKE**  
 Bernice Wayne, 64 2:23.8  
**200 MT. BREASTSTROKE**  
 Bernice Wayne, 64 5:43.2  
**50 MT. BUTTERFLY**  
 Bernice Wayne, 64 1:09.5  
**200 MT. INDIVIDUAL MEDLEY**  
 Bernice Wayne, 64 5:25.6

**WOMEN 65-69**  
**50 MT. FREESTYLE**  
 Sylvia Bailey, 64 54.2  
**50 MT. BACKSTROKE**  
 Sylvia Bailey, 68 1:10.1  
**100 MT. BACKSTROKE**  
 Sylvia Bailey, 68 2:49.0  
**50 MT. BREASTSTROKE**  
 Sylvia Bailey, 68 1:17.4  
**50 MT. BUTTERFLY**  
 Sylvia Bailey, 68 1:17.6

**MEN 25-29**  
**50 MT. FREESTYLE**  
 Mike Garibaldi, 28 26.0  
 Terry Heller, 28 26.6  
 Greg Jacobs, 26 27.1  
 Jim Allen, 25 28.0  
 Roger Cumming, 27 28.4  
 Bob Colyer, 27 28.7  
**100 MT. FREESTYLE**  
 Mike Garibaldi, 28 0:58.3  
 Terry Heller, 28 1:00.4  
 Joel Wilson, 25 1:01.8  
 Greg Jacobs, 26 1:01.1  
 Paul Watts, 26 1:02.2  
 Jim Allen, 25 1:03.2  
 Ed Rudloff, 27 1:03.6  
 Roger Cumming, 27 1:04.6  
 Bob Colyer, 27 1:06.4  
**200 MT. FREESTYLE**  
 Mike Garibaldi, 28 2:11.5  
 Alex Shestakov, 25 2:11.9  
 Joel Wilson, 25 2:16.8  
 Jim Allen, 25 2:25.0  
 Greg Jacobs, 26 2:25.8  
 Roger Cumming, 27 2:29.7  
 Bob Colyer, 27 2:45.3  
**400 MT. FREESTYLE**  
 Mike Garibaldi, 28 4:40.1  
 Joel Wilson, 25 5:01.2  
 Jim Allen, 25 5:32.2  
 Roger Cumming, 27 5:33.3  
 Bob Colyer, 27 6:01.0  
**50 MT. BACKSTROKE**  
 Jim Allen, 25 32.8  
 Roger Cumming, 27 36.2  
**100 MT. BACKSTROKE**  
 Jim Allen, 25 1:12.7  
 Roger Cumming, 27 1:19.9  
**200 MT. BACKSTROKE**  
 Alek Shestakov, 25 2:33.2  
 Jim Allen, 25 2:44.7  
**50 MT. BREASTSTROKE**  
 Roger Cumming, 27 34.6  
 Paul Watts, 26 35.0  
 Terry Heller, 28 38.4  
 Bruce Neuman, 25 38.8

100 MT. BREASTSTROKE

|                           |        |
|---------------------------|--------|
| Paul Watts, 26            | 1:18.7 |
| Greg Jacobs, 26           | 1:19.0 |
| Harry DeVictoria, 28      | 1:24.7 |
| 200 MT. BREASTSTROKE      |        |
| Greg Jacobs, 26           | 2:57.2 |
| Bruce Newman, 25          | 3:20.9 |
| 50 MT. BUTTERFLY          |        |
| Ed Rudloff, 27            | 30.4   |
| Greg Jacobs, 26           | 32.1   |
| Terry Heller, 28          | 32.3   |
| Jim Allen, 25             | 32.6   |
| Roger Cumming, 27         | 34.9   |
| Bruce Newman, 25          | 36.1   |
| 100 MT. BUTTERFLY         |        |
| Harry DeVictoria, 28      | 1:08.1 |
| 200 MT. INDIVIDUAL MEDLEY |        |
| Alek Shestakov, 25        | 2:28.9 |
| Joel Wilson, 25           | 2:35.8 |
| Paul Watts, 26            | 2:37.7 |
| Harry DeVictoria, 28      | 2:44.5 |
| Greg Jacobs, 26           | 2:48.3 |

MEN 30-34

|                           |        |
|---------------------------|--------|
| 50 MT. FREESTYLE          |        |
| Bill Lorton, 31           | 27.4   |
| Barry Swain, 30           | 28.1   |
| David Jones               | 30.3   |
| R.A. Reitman, 33          | 31.4   |
| Joel Macpherson, 34       | 33.1   |
| 100 MT. FREESTYLE         |        |
| Cartwright, 32            | 1:02.8 |
| Chuck Rogers, 30          | 1:03.9 |
| Ralph Kendrick, 30        | 1:07.1 |
| Charles Maunz, 34         | 1:11.7 |
| Barry Swain, 30           | 1:40.0 |
| 200 MT. FREESTYLE         |        |
| Cartwright, 32            | 2:20.2 |
| Chuck Rogers, 32          | 2:25.6 |
| Barry Swain, 30           | 2:32.2 |
| 400 MT. FREESTYLE         |        |
| Ralph Kendrick, 30        | 5:13.6 |
| Chuck Rogers, 32          | 5:21.0 |
| Cartwright, 32            | 5:42.6 |
| Barry Swain, 30           | 5:44.4 |
| 50 MT. BACKSTROKE         |        |
| Barry Swain, 30           | 37.0   |
| 100 MT. BACKSTROKE        |        |
| Ralph Kendrick, 30        | 1:12.0 |
| 50 MT. BREASTSTROKE       |        |
| Charles Maunz, 34         | 37.0   |
| David Jones, 30           | 39.8   |
| 100 MT. BREASTSTROKE      |        |
| R.A. Reitman, 33          | 1:28.3 |
| David Jones, 30           | 1:30.2 |
| 200 MT. BREASTSTROKE      |        |
| Charles Maunz, 34         | 3:12.2 |
| David Jones, 30           | 3:22.4 |
| 50 MT. BUTTERFLY          |        |
| Cartwright, 32            | 30.0   |
| 100 MT. BUTTERFLY         |        |
| Cartwright, 32            | 1:06.5 |
| Chuck Rogers, 32          | 1:20.8 |
| 200 MT. INDIVIDUAL MEDLEY |        |
| Cartwright, 32            | 2:35.6 |
| Bill Lorton, 31           | 2:57.2 |
| David Jones, 30           | 3:16.3 |

MEN 35-39

|                           |        |
|---------------------------|--------|
| 50 MT. FREESTYLE          |        |
| Edward Minshaw, 37        | 29.0   |
| Don Wudtke, 39            | 30.2   |
| John duPont, 35           | 30.5   |
| Kent Price, 36            | 31.1   |
| 100 MT. FREESTYLE         |        |
| Edward Minshaw, 37        | 1:02.7 |
| Russ Foster, 35           | 1:06.7 |
| John duPont, 35           | 1:07.5 |
| Barry Fasbender, 37       | 1:11.0 |
| 200 MT. FREESTYLE         |        |
| Edward Minshaw, 37        | 2:20.2 |
| John duPont, 35           | 2:28.6 |
| Barry Fasbender, 37       | 2:40.3 |
| Kent Price, 36            | 2:43.9 |
| 400 MT. FREESTYLE         |        |
| Edward Minshaw, 37        | 5:15.1 |
| John duPont, 35           | 5:18.0 |
| Barry Fasbender, 37       | 5:41.3 |
| 100 MT. BACKSTROKE        |        |
| Edward Minshaw, 37        | 1:19.2 |
| Jim Bohan, 38             | 1:26.6 |
| 200 MT. BACKSTROKE        |        |
| Edward Minshaw, 37        | 2:50.2 |
| 200 MT. BREASTSTROKE      |        |
| Barry Fasbender, 37       | 3:37.7 |
| 50 MT. BUTTERFLY          |        |
| Jim Bohan, 38             | 34.2   |
| Barry Fasbender, 37       | 34.6   |
| 100 MT. BUTTERFLY         |        |
| Barry Fasbender, 37       | 1:21.6 |
| 200 MT. INDIVIDUAL MEDLEY |        |
| Edward Minshaw, 37        | 2:57.8 |
| Barry Fasbender, 37       | 3:02.7 |

MEN 40-44

|                           |        |
|---------------------------|--------|
| 50 MT. FREESTYLE          |        |
| Bill Kelley, 42           | 31.5   |
| Hector Valencia, 40       | 33.3   |
| Hans Fallant, 40          | 45.6   |
| 100 MT. FREESTYLE         |        |
| John Sulzbach, 40         | 1:14.3 |
| 200 MT. FREESTYLE         |        |
| Hector Valencia, 40       | 3:17.8 |
| 50 MT. BACKSTROKE         |        |
| Bill Kelley, 42           | 42.7   |
| 100 MT. BACKSTROKE        |        |
| John Sulzbach, 40         | 1:24.1 |
| 200 MT. BACKSTROKE        |        |
| John Sulzbach, 40         | 3:14.4 |
| 50 MT. BREASTSTROKE       |        |
| Hans Fallant, 40          | 40.8   |
| 100 MT. BREASTSTROKE      |        |
| Hans Fallant, 40          | 1:32.5 |
| 200 MT. BREASTSTROKE      |        |
| Hans Fallant, 40          | 3:32.3 |
| MEN 45-49                 |        |
| 50 MT. FREESTYLE          |        |
| Ted Willson, 47           | 28.7   |
| Jerome Rodder, 46         | 29.4   |
| Roy Anderson, 46          | 32.0   |
| James Bell, 48            | 34.5   |
| Glynn Jones, 49           | 40.9   |
| 100 MT. FREESTYLE         |        |
| Carl Yates, 46            | 1:08.0 |
| Luman Sutton, 47          | 1:14.0 |
| Frank Blair, 48           | 1:18.5 |
| James Bell, 48            | 1:24.3 |
| Glynn Jones, 49           | 1:38.7 |
| 200 MT. FREESTYLE         |        |
| Carl Yates, 46            | 2:30.6 |
| Robert Cunningham, 46     | 2:43.0 |
| Jerome Rodder, 46         | 2:58.1 |
| Jmaes Bell, 48            | 3:14.4 |
| Glynn Jones, 49           | 3:36.3 |
| 400 MT. FREESTYLE         |        |
| Carl Yates, 46            | 5:12.2 |
| Frank Blair, 48           | 5:53.6 |
| Glynn Jones, 49           | 7:39.4 |
| 50 MT. BACKSTROKE         |        |
| Ted Willson, 47           | 36.9   |
| 100 MT. BACKSTROKE        |        |
| Ed Kerswill, 48           | 1:48.3 |
| Luman Sutton, 47          | 1:50.5 |
| 200 MT. BACKSTROKE        |        |
| Carl Yates, 46            | 3:08.6 |
| Ed Kerswill, 48           | 3:45.9 |
| 100 MT. BREASTSTROKE      |        |
| Robert Cunningham, 46     | 1:34.0 |
| Ed Kerswill, 48           | 1:37.4 |
| Ken Osborn, 47            | 2:37.7 |
| 200 MT. BREASTSTROKE      |        |
| Ed Kerswill, 48           | 3:35.5 |
| Luman Sutton, 47          | 3:57.6 |
| 50 MT. BUTTERFLY          |        |
| Luman Sutton, 47          | 44.0   |
| 200 MT. INDIVIDUAL MEDLEY |        |
| Robert Cunningham, 46     | 3:13.1 |
| Ed Kerswill, 48           | 3:25.8 |

MEN 50-54

|                         |        |
|-------------------------|--------|
| 50 MT. FREESTYLE        |        |
| Dore Schwab, 52         | 29.4   |
| Ted von Berckefeldt, 52 | 29.5   |
| John Robertson, 53      | 31.5   |
| Fred Taioli, 53         | 31.6   |
| 100 MT. FREESTYLE       |        |
| Ted von Berckefeldt, 52 | 1:08.9 |
| Fred Taioki, 53         | 1:10.3 |
| Dore Schwab, 52         | 1:10.5 |
| John Robertson, 53      | 1:13.4 |
| 200 MT. FREESTYLE       |        |
| Fred Taioli, 53         | 2:37.7 |
| Dore Schwab, 52         | 2:53.2 |
| 400 MT. FREESTYLE       |        |
| Fred Taioli, 53         | 5:33.7 |
| Dore Schwab, 52         | 6:31.5 |
| John Robertson, 53      | 6:49.5 |
| 50 MT. BACKSTROKE       |        |
| Ted von Berckefeldt, 52 | 39.3   |
| 100 MT. BACKSTROKE      |        |
| E.H. Barnes, 52         | 1:56.6 |
| 50 MT. BREASTSTROKE     |        |
| Ted von Berckefeldt, 52 | 38.4   |
| John Robertson, 53      | 42.0   |
| E.H. Barnes, 52         | 45.8   |
| 100 MT. BREASTSTROKE    |        |
| Ted von Berckefeldt, 52 | 1:29.5 |
| John Robertson, 53      | 1:39.7 |
| 200 MT. BREASTSTROKE    |        |
| Ted von Berckefeldt, 52 | 3:24.2 |
| E.H. Barnes, 52         | 3:52.6 |
| 50 MT. BUTTERFLY        |        |
| Dore Schwab, 52         | 37.6   |
| E.H. Barnes, 52         | 40.8   |

MEN 55-59

|                           |        |
|---------------------------|--------|
| 50 MT. FREESTYLE          |        |
| J. Reilly, 57             | 30.5   |
| Walt Wells, 56            | 35.1   |
| George Furlong, 57        | 35.5   |
| Hal Weatherbe, 58         | 37.5   |
| Phil Courtors, 56         | 41.5   |
| Robert Goodier, 57        | 42.4   |
| 100 MT. FREESTYLE         |        |
| George Furlong, 57        | 1:25.3 |
| Phil Courtors, 56         | 1:48.6 |
| 200 MT. FREESTYLE         |        |
| George Furlong, 57        | 3:06.5 |
| Robert Goodier, 57        | 4:09.8 |
| 40 MT. FREESTYLE          |        |
| George Furlong, 57        | 6:57.5 |
| 50 MT. BACKSTROKE         |        |
| Ray Taft, 55              | 37.6   |
| Hal Weatherbe, 58         | 42.4   |
| 200 MT. BACKSTROKE        |        |
| Ray Taft, 55              | 3:14.7 |
| Hal Weatherbe, 58         | 3:30.6 |
| 50 MT. BREASTSTROKE       |        |
| Walt Wells, 56            | 40.9   |
| Ray Taft, 55              | 42.7   |
| 100 MT. BREASTSTROKE      |        |
| Walt Wells, 56            | 1:34.3 |
| J.H. Reilly, 57           | 1:38.8 |
| Ray Taft, 55              | 1:44.4 |
| 200 MT. BREASTSTROKE      |        |
| Walt Wells, 56            | 3:33.4 |
| Ray Taft, 55              | 3:52.1 |
| 50 MT. BUTTERFLY          |        |
| Walt Wells, 56            | 43.0   |
| Norman Myers, 55          | 43.0   |
| 100 MT. BUTTERFLY         |        |
| Walt Wells, 56            | 1:45.9 |
| 200 MT. INDIVIDUAL MEDLEY |        |
| Ray Taft, 55              | 3:10.8 |
| J. Reilly, 57             | 3:30.5 |
| Walt Wells, 56            | 3:38.9 |
| Robert Goodier, 57        | 4:45.0 |

MEN 60-64

|                    |      |
|--------------------|------|
| 50 MT. FREESTYLE   |      |
| Benton Wood, 64    | 32.8 |
| Reg Richardson, 62 | 32.9 |
| Louis Nagy, 62     | 34.1 |

100 MT. FREESTYLE

|                           |        |
|---------------------------|--------|
| Benton Wood, 64           | 1:16.3 |
| Reg Richardson, 62        | 1:16.6 |
| Louis Nagy, 62            | 1:18.0 |
| 200 MT. FREESTYLE         |        |
| Louis Nagy, 62            | 2:55.1 |
| Reg Richardson, 62        | 2:57.6 |
| Benton Wood, 64           | 3:02.6 |
| 400 MT. FREESTYLE         |        |
| Reg Richardson, 62        | 6:34.0 |
| Louis Nagy, 62            | 6:38.0 |
| 50 MT. BACKSTROKE         |        |
| Gordon Corson, 63         | 41.6   |
| 100 MT. BACKSTROKE        |        |
| Gordon Corson             | 1:36.7 |
| Bill Loughborough, 63     | 2:00.8 |
| 200 MT. BACKSTROKE        |        |
| Gordon Corson, 63         | 3:43.1 |
| 50 MT. BREASTSTROKE       |        |
| Reg Richardson, 62        | 46.4   |
| Bill Loughborough, 63     | 49.8   |
| 100 MT. BREASTSTROKE      |        |
| Reg Richardson, 62        | 1:47.1 |
| Bill Loughborough, 63     | 1:52.6 |
| 200 MT. BREASTSTROKE      |        |
| Reg Richardson, 62        | 4:01.1 |
| Bill Loughborough, 63     | 4:12.7 |
| 50 MT. BUTTERFLY          |        |
| Bill Loughborough, 63     | 47.5   |
| 100 MT. BUTTERFLY         |        |
| Bill Loughborough, 63     | 2:24.8 |
| 200 MT. INDIVIDUAL MEDLEY |        |
| Reg Richardson, 62        | 3:42.5 |
| Gordon Corson, 63         | 3:53.0 |
| Bill Loughborough, 63     | 4:02.9 |

MEN 65-69

|                    |        |
|--------------------|--------|
| 50 MT. FREESTYLE   |        |
| Bob Blake, 66      | 45.7   |
| 200 MT. FREESTYLE  |        |
| Bob Blake, 66      | 4:29.6 |
| 200 MT. BACKSTROKE |        |
| Bob Blake, 66      | 5:24.7 |

MEN 70 & OVER

|                           |        |
|---------------------------|--------|
| 50 MT. FREESTYLE          |        |
| Bill Trask, 71            | 43.5   |
| 100 MT. FREESTYLE         |        |
| Bill Trask, 71            | 1:38.8 |
| 200 MT. FREESTYLE         |        |
| Bill Trask, 71            | 3:56.2 |
| 400 MT. FREESTYLE         |        |
| Bill Trask, 71            | 8:31.3 |
| 100 MT. BREASTSTROKE      |        |
| Al Kallunki, 70           | 1:55.2 |
| 200 MT. BREASTSTROKE      |        |
| Al Kallunki, 70           | 4:14.1 |
| 50 MT. BUTTERFLY          |        |
| Al Kallunki, 70           | 53.5   |
| 200 MT. INDIVIDUAL MEDLEY |        |
| Al Kallunki, 70           | 4:11.5 |

1974 NATIONAL MASTERS AAU INDOOR DIVING CHAMPIONSHIPS

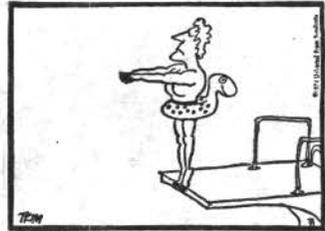
The first National Masters AAU Diving Championships were held in San Angelo, Texas on June 14, 15, 16, 1974. There were a limited number of participants, but all were high quality divers.

All the participants enjoyed the 'Texas' hospitality, as transportation and free tickets to local events were provided by the Chamber of Commerce. The spectator turnout was light, but good coverage was received in the local newspaper, television, and radio.

Judith Coble, age-group diving coach from Harrisburg, Pa., gave a fine performance in 1 and 3 meter, women 30-35. Bill McAllister, coach of the Madera Marlins and 1927 Pacific Coast 3-meter champion, in the men's 60-64 division did a fine 2 1/2 front somersault tuck in the 3-meter competition. John Deininger of Mercer Island, Washington was amazingly consistent in winning the men's 1 and 3 meter, 35-39 division. John is a former collegiate All-American and World Professional high diving champion. Nate Holt of San Angelo, Texas performed a triple twisting 1 1/2 somersault on the 1-meter board in winning the men's 1 and 3-meter, 25-29 division. Charles Teas, Aquatic Director at Del Mar College in Corpus Christi, Texas showed excellent form, diving in the men's 35-39 division. Charles is a former collegiate diver and swimmer at Texas A&M, and the winner of several national masters swimming medals. Dennis Taylor, diving coach of the East Los Angeles Aquatic Club from Bell Gardens, Ca., did a smooth job of diving in the men's 25-29 division. Divers as well as spectators thoroughly enjoyed the clown diving events.

Here's hoping the 1974 National Masters AAU Indoor Diving Championships will launch masters diving, at a national level, to a semi-annual event.

Nate Holt  
Meet Director



1974 NATIONAL MASTERS AAU INDOOR DIVING CHAMPIONSHIPS

June 14, 15, 16, 1974  
San Angelo, Texas

|                             |        |
|-----------------------------|--------|
| 1-METER *****               |        |
| WOMEN 30-34                 |        |
| Judith Coble                | 259.60 |
| MEN 25-29                   |        |
| Nate Holt                   | 407.85 |
| Dennis Taylor               | 345.95 |
| MEN 35-39                   |        |
| John Deininger              | 443.45 |
| Charles Teas                | 364.80 |
| MEN 60-64                   |        |
| Bill McAllister             | 196.65 |
| 3-METER *****               |        |
| WOMEN 30-34                 |        |
| Judith Coble                | 155.10 |
| MEN 25-29                   |        |
| Nate Holt                   | 426.20 |
| Dennis Taylor               | 325.40 |
| MEN 35-39                   |        |
| John Deininger              | 448.90 |
| Charles Teas                | 350.40 |
| MEN 60-64                   |        |
| Bill McAllister             | 214.80 |
| INDIVIDUAL CLOWN DIVING *** |        |
| MEN 25-29                   |        |
| Nate Holt -diver            | 224.00 |
| John Shaw -announcer        |        |
| MEN 35-39                   |        |
| Charles Teas-diver          | 210.00 |
| John Deininger-ann.         |        |

# CHAMPIONSHIPS



Bobbi Turcotte—two-time backstroke winner.



Dr. Raymond F. Chen of Rockville, MD, and a member of the D.C. Masters writes, "An enclosing pix of 1) DC Masters team, 2) former Olympians, and 3) Betty Brey & Y. Oyakowa. Despite being LC champs & nearly SC champs, 'Swim-Master' rarely mentions the DC Masters. Our secret of success is that nobody works; we're all employed by the US government!"



Frank Havlicek—national 200-meter individual medley champ. (Photos by Dave Tonge)

## 'Pool of Youth'

*Turcotte, Havlicek — age doesn't stop these champions*

"One thing that surprised me down at Lauderdale was the banquet we attended. Five hundred sixty-eight people in the whole room and only one of them smoking."

Sound like a national "I kicked the habit" club? Well, kind of. Frank Havlicek, a member of the Northwest Suburban YMCA, was recalling the very successful trip he took recently to Florida. He and Bobbi Turcotte, who is associated with Beechler YMCA, were among 651 participants in the Masters Swimming Meet at Ford Lauderdale.

Havlicek, swimming in the 55-59 age group, and Turcotte, competing in the women's 45-49 bracket, set several national records in this fifth annual meet that drew 561 participants from locations as far removed from Florida as California and Hawaii.

The Masters Swim program is the brainchild of Dr. Ransom Arthur, a member of the Navy's

neuropsychiatric department. Arthur's initial interest in the effects of swimming on the physical conditioning of older individuals began in 1970 with the development of the Masters program.

The national meet that first year in Amarillo, Texas drew 50 entrants. The huge turnout this year at the Amateur Athletic Union event demonstrates the increasing popularity of this sport among older Americans.

One of the not so well known swimmers is Gail Roper, a member of the 1952 U.S. Olympic team. She swims 10,000 yards, or nearly five and half miles a day, and is turning in better times now than when she swam in the Olympics.

Turcotte, who is program director at Beecher in Palestine, broke national marks in the 100-meter backstroke by nearly three seconds and the 200-meter backstroke by nearly six. (There are 11 age groups of five-year in-

terments with men or women between the ages of 25 and 90 eligible to enter the program.)

In a meet held two weeks ago at Milwaukee, she took nearly two seconds off the national record for the 50-yard backstroke.

Havlicek, who believes he is a distant relative of Boston Celtic forward John Havlicek, competes out of the Des Plaines Y. Workout before a meet average about a mile a day for Havlicek, time commitments making it impossible for him to get in any more swimming than that.

At Lauderdale he was the victim of advancing technology in the highly accurate electronic method of timing caused him to lose three races by a total of nine-tenths of a second.

He was the 200-meter individual medley, a race that calls for the use of four separate strokes, at Lauderdale. In the 100-yard butterfly and 100-yard medley he

was touched out both times for first by minute slivers of time.

Swimming in the same Milwaukee meet as Turcotte, Havlicek set a national record of 1:12 in the 100-yard medley.

The benefits Havlicek receives from the program are at once obvious and surprising. He expected to improve his physical condition and he has done that.

"Since beginning the Masters program," Havlicek says, "I've lost 14 pounds and an inch off my waist. I feel very fit. The program also provides a great deal of mental relaxation. When I swim that is all I think about."

"The kids at the Y," he says, "See us working out and they have a little more respect for us. They say, 'Hey, you guys really work hard.' It seems to surprise them."

# MASTERS SWIMMING NOTES

**ADDRESSES NEED:** Only five addresses are needed to complete the mailing of the All-American certificates: Richard Tannabe, Gretchen Ghent, Chuck Ogilby, Vickie Good and Henry Johnson.....

**MASTERS LIST AVAILABLE:** Pat Clinton writes that she still has some lists available for \$2.50. There are over 600 names, addresses, and sketches of Masters Swimmers on the list. If your name is not included, please send the information on YOU to Pat at Alfred Corning Clark Gym, Cooperstown, NY 13326. Girls, be sure to include your maiden name, children etc. A supplement will soon be ready.....

**FOR THE NOVICE COMPETITOR:** Lisa Bogatko has just started competition at the age of 44. While unpacking her bag at the Holiday Inn in May, she found the following items stuffed between her bathing suits written by her daughter Linda. "Dar Mop, 'Some words of inspiration to one who is prone to get wishywashy at the last minute'. When you're sure that it's you who's star of the show---Then you see your opponents have flippers for feet, paddles for hands (and look tough to beat) - And it seems like five miles from start until turn and your knees start to knock and your stomach to churn - When you see your heat's coming and your crew-cut goes grey your palms get all clammy and those nerves start to fray - Don't panic! Don't worry! Just prance to that block (don't slip off or slide in) You're Queen of the Flock!" And also this one, "Dear Mop! out on the block **REMEMBER!!! Grip** with those toes! **Grit** with those teeth! **Swing** with those arms! **Blast** with those feet! **Swim** with everything you've got --- **Win** with a grin!"

**LONG DISTANCE CHAMPIONSHIPS:** Unofficial word has been received from Alfred Guth who swam in the National AAU Long Distance Championships at Lake Placid. He travelled to Lake Placid on his trip to the Y's Men's Convention held in Washington D.C., being the President of the San Pedro Y's Men's Club. Al swam Long Distances in Austria and also played Water Polo on the Austrian National Team. In the Over-All places for Women, 1) Jane Katz 39:57, 2) Pat Clinton 49:57.68, and 3) Bobbie Lawrence 50:20.02. In the Over-All places for Men, 1) George Breen and 2) Jay Platt. In the men's 65-69 Age Group, 1) Alfred Guth, 2) Harry Jagers and 3) Charles Wood. Clarence Ross won the 70-79 Age Group.....

**PANTYHOSE FOR PRACTICE:** The following item appeared in the July 74 edition of "Male" Magazine, "Olympic swimmers, including men, now wear pantyhose during practice. They weigh them down much as weighted shoes on a runner. When they're removed, the swimmer feels lighter.".....

**D.C. BANQUET:** The D.C. Masters (96 strong) held its 1st Awards Banquet July 10 at Manor C.C., Rockville, MD. In addition to presenting a Past President's plaque to Dr. John F. Heath our co-founder for his '72-73 turn, and to yours truly (Meredith Smith), we also had awards given for "Most Improved Swimmer". Dale Petranek and Joan Sullivan won with "Swimmer of the Year" awards going to Betty Brey and Ed Emes, Jr. It was a great success and when the dancing ended and the movies of the SC Nationals were shown all agreed that the Awards Banquet would be an Annual MUST for the D.C. Masters.....

**MID-VALLEY YMCA:** Eldin "Al" Onsgard, 62-year-old swimming and physical fitness instructor and director at the Mid-Valley Y in Van Nuys, CA, has won his last 36 swimming events plus winning his first diving event, diving for the first time in 30 years. Al swims all strokes, was on the team to Australia and New Zealand and also enjoys the Ocean Swims.....

**THANK YOU LETTER:** Thanks for the June issue of Swim-Master so arranged by James Edwards of Providence, RI. As you can imagine I am a long way from your Competition Meets but was interested in the recent Australian vs USA Tournament held here in Sidney - socially as well as a competitor. This recent visit by Dr. Richard Rahe's team did more for us here than the Commonwealth Games at Christchurch as the men and women swimmers took part in just about all events all ages and distances. May I say we were astonished at the method and adaptation to training schedules practiced by both sexes who seemed to get better as distances extended. Australians rarely swim further socially than 400 mts and most top class masters are content to "do a 1/4 mile" and then "enjoy the festivities." But we loved having you with us Team - you were gracious, generous, co-opative and very friendly - great ambassadors for swimming and your country for sure. Your visit gave everyone who were involved a pleasant surprise that you were all human, warm and agreeable to get on with the swim and hurry to socialize with us too. Thanks Team, all the Aussies here thought you were great! Dr. Richard Rahe, Patricia Clinton, Don Rankin, James Edwards, Rexene Ashford, Mickey Shockley and Lee Merritt, a personal thank you for your presence and gestures extended to us. Frank Sykes, Capt. Polar Bear Club.

**RECORDS:** Please send all meet results and RECORDS to Ted Haartz until further notice. Address is 155 Pantry Road, Sudbury, MA 01776.....



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THE OFFICIAL PUBLICATION OF THE  
AAU MASTERS SWIMMING COMMITTEE

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

ASSOCIATES:

Capt. Ransom J. Arthur, M.D.  
Judge Robert E. Beach  
Mildred Anderson  
Lt. Cease M. Brown  
Mrs. Pat Clinton  
Frederick H. Haartz  
Dr. Paul W. Hutinger  
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## FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

# SWIM MEET SCHEDULE

|           |                                                                                                                            |
|-----------|----------------------------------------------------------------------------------------------------------------------------|
| AUG 3     | Santa Cruz Pier Swim - Pks & Rec, 346 Church St., Santa Cruz, CA 95060                                                     |
| AUG 3     | Int'l Surf Festival - L.A. County Dept of Bchs, 2600 Strand, Manhattan Bh, CA                                              |
| AUG 4     | Long Beach Sea - LBSCWP, Barbara Kalbus, 6410 Shire Way, Long Beach, CA                                                    |
| AUG 9-11  | Regional Masters Meet - Fred M. Lurie, 700½ S. Highland Av, Bloomington, IN                                                |
| AUG 10    | Russian River Swim - Healdsburg Cha of Com, 217 Healdsburg Av, Heald., CA                                                  |
| AUG 10-11 | Del Mar Pool - Skip Mann, 4420 Marigold Lane, Littleton, CO 80120                                                          |
| AUG 11    | Laguna Bch Swim - Dept of Rec, Douglas Allen, 570 Glenneyre, Leguna Bch, CA                                                |
| AUG 16-18 | Crestmoor Masters Open - James Ashley, 151 S Jasmine St, Denver, CO 80222                                                  |
| AUG 17    | Maliby Ocean Swim, L.A. County, 30064 Pac. Cst. Hwy., Malibu, CA 90265                                                     |
| AUG 17    | East Lake C.C. - Jon J. Martindale, 509 Kendridge Cir., Stone Mt., GA 30083                                                |
| AUG 17-18 | L. A. Invitational - Anne Adams, 17432 Osborne St., Northridge, CA 91324                                                   |
| AUG 17-18 | "York Dutch" Masters - Ronald E. Keller, 145 Rhonda Dr., York, PA 17404                                                    |
| AUG 17-18 | Houston J.C.C. LC Meet - Ham Anderson, P.O. Box 156, Bellaire, TX 77401                                                    |
| AUG 18    | Dana Pt Harbor Swim - Brad Perrin, 110 Marina Dr., Long Beach, CA 90803                                                    |
| AUG 24    | Santa Monica Swim - Dept of Rec, 1685 Main St., Santa Monica, CA 90401                                                     |
| AUG 24-25 | NATIONAL MASTERS OUTDOOR DIVING - Tom Hairabedian, Ed.D., 53rd Pl. at Raytown Rd., Raytown, MO 64133                       |
| AUG 25    | Celebrity Pool - Skipp Mann (above)                                                                                        |
| AUG 25    | Suncoast Masters - Natalie Clement, 1955 Rose St., Sarasota, FL 33579                                                      |
| AUG 31    | Maui Channel Swim - Jim Caldwell, 2909 Kalakaua Av, Honolulu, HI 96815                                                     |
| SEP 1     | Masters LC - Judy Rassmussen, 47-501 Lulani St., Kaneohe, HI 96744                                                         |
| SEP 2     | Oceanside Pier Swim - Oceanside Jaycees, PO Box 306, Oceanside, CA 92054                                                   |
| SEP 2     | Waikiki Roughwater Swim - Yoshito Sagawa, 1455 S Beretania, Honolulu, HI                                                   |
| SEP 6-8   | NATIONAL AAU MASTERS LC SWIMMING CHAMPIONSHIPS AT SANTA CLARA, CA<br>Cynthia P. Baxter, 740 Clara Dr., Palo Alto, CA 94303 |
| SEP 8     | La Jolla Rough Water Swim - PSAAAU, 1135 Garnet St., San Diego, CA 92109                                                   |
| SEP 22    | Masters Pentathlon - Newport Harbor H.S. - Anne Adams (above)                                                              |
| SEP 28-29 | Greater Kansas City Masters - John F. Zagar, 3176 Rowland, Kansas City, KS                                                 |
| OCT 13    | Cal Tech Masters "A" at Pasadena - Anne Adams (above)                                                                      |
| OCT 20    | Cal Tech Masters "B" at Pasadena - Anne Adams (above)                                                                      |
| NOV 2-3   | Southeastern Championships - Bobbi Smith, 456 East Dr., Oak Ridge, TN 37830                                                |
| NOV 3     | Masters SC at Palomar College - Betsy Jordan, 5842 Corral Way, La Jolla, CA                                                |
| NOV 10    | North/South Dual Meet at East L.A. City College - Anne Adams (above)                                                       |
| DEC 7     | Long Beach Masters at Lakewood - Anne Adams (above)                                                                        |
| JAN 11    | Mid-Winter Inv. - Daniel Davis, 51 Kaye-Vue Dr., Hamden, CT 06514                                                          |