

STRESS OF SWIMMING

Here's how to use stress to your advantage in training and competition.

by Dr. Paul Hutinger

Dr. Hutinger holds six masters age group records and is a member of the masters All-American team. Here he briefly explains the stress theory and shows how they relate to swimmers, particularly the masters swimmer. Dr. Hutinger will also be writing more on masters swimming in future issues. (For more information on stress, read Dr. Hans Selye's books The Stress of Life and Stress Without Distress.)

Man has existed and developed over millions of years because of his ability to adapt to his environment. Though the stresses of primitive man were different than those facing modern' man, his existance then, as now, depends upon his ability to cope with stress by adapting. Stress should be considered in positive terms and thought of as work or training in a broad sense.

Hans Selye, believes that the individual needs stress to develop his potential talents. The master swimmer must understand and use the stress concepts to improve his swimming performances. Regular training sessions which incorporate a level of stress are reflected in physiological and psychological changes. The body will adapt to these stress sessions, with beneficial changes.

INDIVIDUALIZED STRESS

A training program must be individualized in order to develop the maximum potential of the master swimmer. Many coaches insist that the individual adapt to their method of training, where in many cases, it is the coach who should adapt to the individual's needs. Because of age and various levels of fitness and stroke efficiency, the Master swimmer should have a program based on:

- 1. Level of fitness
- 2. Age and sex

3. Stroke efficiency and performance potential

4. Time available for training

5. Physical and medical handicaps6. Short and long term goals (these

can change over the years)

Many changes brought about through training are beneficial and are actually the closest thing to an antiaging pill available. Many of the deteriorations of the physiological mechanisms of the body can be reversed or slowed down if an effort to do so is started early enough. It is never too late, even for the victim of a heart attack.

The body thrives on use and adapts to the applied stress by an increase in blood volume, heart size and stroke volume, breathing capacities, strength endurance, physical work capacity, and oxygen consumption. Benefits will also be reflected in a stabilized or reduced blood pressure, lowered cholesterol, and lower percentage of body fat.

HOW MUCH

The human body, on the average, shows signs of deterioration by the age of 30 and goes downhill until death unless an intervention program is brought in such as a regular training (stress) program. How much stress will bring about these beneficial adaptations?

A recent research project performed in the Human Performance Laboratory at Western Illinois University provided some insight into this question. In the study, a group of men from 30-64 years old trained in a controlled stress situation on a bicycle ergometer (a stationary bicycle), three times a week, 15-20 minutes a session, for 10 weeks. The changes brought about by this short training period were amazing, even though most subjects were at a low fitness level and so were expected to show much improvement through starting a program.

The men were given a stress level of about 75% of their maximum heart rate, about 135/145 beats per minute (bpm). (The maximum heart rate depends upon age, with a 20-30-year-old, 200 bpm; 30-40, 190 bpm; 40-50, 180 bpm; 50-60, 170 bpm.) There was a 20% increase in physical work capacity plus greater oxygen consumption and lung volumes. Faster reaction times were also noted.

BENEFITS

An ongoing, four-year study of a 49-year-old master swimmer who trains regularly year-round showed a delaying of the deterioration aging curve (see figure 1). The subject's measurements compare favorably to 30-year-old norms.

The long range effects of daily stress applied systematically to the master swimmer are shown in Figure 2. The data presented suggests that the subject demonstrates a slowing down of the aging process with a corresponding increase of vigorous life. It is difficult to assess the effects of a training program on longevity since other important factors, such as heredity, must also be considered. However, research does indicate that it is a factor in preventing cardiovascular disease, which could add approximately eight years to a life span.

TESTING AND EVALUATION

Before one begins systematic train-

ing, he should have a thorough medical examination to evaluate if his total body systems are functioning normally. Caution must be used in applying a new stress (or additional stress) because of malfunctions that could occur in systems that cannot handle it. The body is an amazing and valuable piece of machinery that has seemingly unlimited and often unrealized potential. The following evaluation procedures are suggested.

The heart and circulatory systems can be evaluated by an exercise EKG stress test on either a treadmill or bicycle ergometer. The physical work capacity (fitness level) can also be determined with this test, in addition to spotting abnormalities of the heart. Information on where you can get the exercise EKG can be obtained from your local Heart Association.

The standard resting EKG is of little or no value in evaluting the readiness of a master swimmer to begin a training program. It is imperative to have an exercise EKG stress test. Some health insurance companies will pay as much as 80% of the cost of such a test.

	Trained Master		-	
Measure	Swimmer (48)	Norm (48)-	Norm (30)	
Blood pressure	115/75	140/85	125/80	
Resting heart rate	53 bpm	72 bpm	72 bpm	
Vital capacity	4.70 liters	3.86 liters	4.30 liters	
Maximum breathing capacity	177 liters/min.	110 liters/min.	155 liters/min.	
Oxygen uptake (physical work capacity)	56 ml/kg/min.	35 ml/kg/min.	40 ml/kg/min.	
Body fat	11.8%	18%	15%	
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A blood pressure test is important. It should be taken several times over a period of weeks to determine the presence or absence of hypertension. Such a condition might influence the individual's ability to adapt to different levels of stress.

A urinalysis test is necessary to determine the presence of diabetes or infectious diseases. Lung volumes, consisting of vital capacity and one-second and three-second values, and maximum breathing capacity tests are important in evaluating the functional ability of the lungs.

A blood sample that analyzes 26 parameters can be taken. Such a service is available through automated clinical analysis, usually at a reasonable price. This test gives information about the functioning of the body's internal systemslevels of serum, cholesterol, blood sugar (glucose), protein, hemoglobin, and red blood cells.

OVERSTRESS

The body normally has a remarkable resiliency and can return to homeostasis, but this ability gradually declines with age. The swimmer may show poor performances and poor repeats in practice when overstressed. Nausea, insomnia and fatigue which may finally terminate in a sore throat or cold are some signs of overstress. In addition, there are several clues to determining overstress:

• Overstress can cause insomnia. If the swimmer cannot sleep, this causes further deterioration since the next days' training causes greater fatigue and stress.

• Another clue to overstress is awaking at night from being hot and sweaty, a condition which may last from ten to thirty minutes.

• A higher basal heart rates occurs during times of overstress.

 The swimmer is irritable and easily annoyed. If any of these or combinations appear, the swimmer is overstressed.

The master swimmer can avoid the hazards of overstress by being alert to its symptoms. Training sessions can be alternated with one "easy" day and one "hard" day. Take a day off to rest, or just swim easily and loosen up rather than taking a training session. If you work with the pace clock, take your training session without clocking your repeats. Some master swimmers cannot take a high stress load year round and should buffer their training with easy lap swimming.

SUMMARY

The application of a carefully controlled stress program can slow down the aging process, prolong vigorous life with an increased work capacity and possibly add years to longevity. Caution should be used so that the stress is applied gradually, providing the body an opportunity to adapt.

Keep in mind that as the individual gets older, the adaptation mechanisms are not as resilient as that of the youth. The mechanisms of the body, however, need to be used to keep a high level of functioning. Masters swimming is an excellent way to avoid rusting out by keeping all your gears well-oiled.

WATER DEPRIVATION AND PERFORMANCE OF ATHLETES

(Prepared by the Committee on Nutritional Misinformation) National Academy of Sciences

Depriving athletes of water has caused avoidable tragedies. Heat stroke, a sudden collapse and loss of consciousness, precipitated by physical exertion and inadepuate fluid intake, is a serious hazard during strenous exercise. Documentary evidence compiled by Dr. C. Blyth in his 1968 report to the American Medical Association on Common Medical Aspects of Sports, spans the years 1961 to 1967. The major predisposing causes of heat stroke cited in this report are high temperature, high humidity, poor body ventilation, and several hours of water deprivation preceding intense physical activity. It is readily apparent that deaths in such cases have occurred because athletic coaches disregarded principles of sound nutrition.

Man can live without food for 30 days, but will die in 5 to 6 days if deprived of water, which is lost constantly. The expired air, urine, sweat and stools remove about 3 pints of water each day from a 154 lb individual living in a temperate environment. Optimal physical performance depends upon replacement of water losses.

Water serves as the principal vehicle for transporting substances and heat within the body. In warm environments, it is the only means for dissipating body heat, which is effected by evaporation of sweat. Body heat production is greatly accelerated during physical exercise. Unless water for perspiration is available, the body temperature increases beyond normal and there is overheating. It is imperative that fluid intake be increased to maintain fluid balance as the work level and the environmental temperature increase.

When fluid losses exceed supply, dehydration follows. Excessive fluid loss is almost always accompanied by loss of sodium. In the context of our concern, this is a temporary loss and can be made up by salt intake at the next meal. We are concerned here only with the acute effects of water deprivation. The "dehydration syndrome" is characterized by loss of appetite and limited capacity for

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work. When there is dehydration, even modest physical activity causes heart rate and body temperature to increase. Physiological changes that impair performance are detectable with losses no greater than 3% of the body water. When losses are 5%, evidence of heat exhaustion becomes apparent and at 7%, hallucinations occur, which is a dangerous sign. Losses totaling 10% are extremely hazardous and lead to heat stroke. If not treated immediately, death will result. Heat stroke is accompanied by high body temperature (1060-110°F) and deep coma. In most cases there is complete absence of sweating and failure to form urine is common. Convulsions may occur. Immediate medical attention is mandatory.

There is no basis for restricting water intake of athletes during contests nor is there any evidence that man can adapt or be trained to tolerate water intake lower than his daily losses. On the contrary, the scientific literature on the subject strongly supports the practive of replacing water loss by continuous fluid intake. If coaches encourage moderate fluid intake (after acclimatization) light clothing, proper provisions for ventilation, and rest periods, physical activity which causes profuse sweating can be tolerated even at high temperature.

Deliberate dehydration is never an acceptable method for control of body weight. It causes temporary loss of weight which is rapidly regained by rehydration. Loss of body weight should occur only at the expense of body fat, not water or protein. Control of body weight in normal individuals should be based on intake and expenditure of calories. When the daily expenditure of calories exceeds the intake, loss of body weight occurs. If intake exceeds energy expenditure there is weight gain. Coaches and trainers frequently require young wrestlers and boxers to attain specified weights that are considerable below their usual weight. They have advised youthful athletes to lose body weight by "crash" caloric restriction or by "drying out" for the "early weigh in" following which they attain their usual weight for the contest.

These practices can cause permanent impairment to health and even death and have been condemned by the American Medical Association.

Athletes should be alerted to the danger of diminished urine volumes which can result in kidney damage. Urine volume should be maintained at no less than one quart per day.

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SUMMARY: Water losses of the body should be replaced by frequent small intakes of water throughout the day. Water restriction does not reduce the fluid requirement, but it does impair performance. Dehydration limits the capacity to work, largely through impaired cardiovascular function. Death can result if water loss exceeds 10-20 percent of body water. Unless the sweat loss is replaced at frequent intervals during physical activity, heat exhaustion can develop. Athletes and coaches should be aware of the hazards of water deprivation and take steps to avoid excessive dehydration. Body weight control in adolescents either by severe water or caloric restriction is a dangerous practice not to be condoned.

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Exercise Pounds Away

By GEORGIA SAUER

The next time you sip a martini, think of this: To work it off, you'll have to spend 27 minutes walking briskly, 22 minutes bicycling, or 16 minutes swimming. And that's just for the martini, not the olive and hors d'oeuvres that usually go with it.

As if you don't have enough to worry about when it comes to dieting, now there's yet another diet guide to put on the shelf next to your calorie counter, water diet, and low carbohydrate diet books: "Exercise Equivalents of Foods" (Southern Illinois University Press, §6.95). Written by Frank Konishi, chairman of the department of food and nutrition at SIU, it details 600 foods and the amount of exercise needed to expend their calories.

From milk to macadamia nuts, the list looks bleak. If you want to really indulge yourself with a banana split, be prepared to jog 59 minutes to work it off. Even a nutritious four ounces of orange juice takes 10 minutes of walking to get rid of, calorically.

If you're engaged in hard physical labor, you can consume more than 6,000 calories a day without gaining weight. But most people are behind desks or grocery carts, not shovels; so this book offers some practical advice for nearly everyone. For instance, a 22-year-old woman who weighs 130 pounds can have only 2,000 calories a day — not 6,000 if she wants to maintain her weight.

IF YOU'RE GAINING, not maintaining, first determine your ideal weight. Don't go by the charts put out by insurance companies. Those are average weights, not ideal; that's why they're so 'generous. Dr. Konishi says your ideal weight is "what you should have weighed at 22 years of age." Unless you were overweight then, take that weight as a goal (if you felt good at that weight, that is).

Dr. Konishi's ideal weight chart seems like a good balance between the too-heavy insurance charts and too-thin books of fashion models.

For example, a woman who is 5 foot 5 should weigh 116 pounds if she has a small frame, 125 if medium, or 135 if large. "Unfortunately, a precise, simple method of estimating the size of the body frame has not been established; so it still remains your prerogative to select your own body size." Dr. Konishi writes. But don't cheat and say you have a large frame just so you can soothe your conscience about those extra 10 pounds.

Also, take your age into account when determining your eating patterns.

Prime Minister Getting a Pool

1975 N. 1942

CONSTRUCTION HAS begun on an indoor swimming pool at Prime Minister Pierre **Trudeau's** official residence, a spokesman for the prime minister said. The 40-by-20-foot pool is being financed largely by gifts from private citizens with Trudeau paying an unspecified part of the cost. However, the Ottawa contractor building the pool has been quoted as saying his successful bid for the job was "a little below" \$120,000.

"One reason many people become overweight as they grow older is that they continue to eat as much as they did when they were 22," he says.

THE MAJOR REASONS a person becomes overweight, according to Dr. Konishi, are reductions in the rate of metabolism, overeating habits, and a decrease in the amount of exercise. He doesn't propose that exercise alone will slim you down. That's "a very inefficient and discouraging process." Instead, he recommends a combination of sensible exercise and caloric restriction.

"Exercise Equivalents" includes charts suggesting diet-exercise programs and how long it will take to lose weight when combining them. For instance, it would take 27 days to lose five pounds if you walked briskly (about four miles an hour) 30 minutes a day and reduced your daily food intake by 400 calories.

To lose five pounds, it would take 25 days if you bicycled (at seven miles an hour) 30 minutes and cut out 400 catories a day; 24 days of stepping up and down a seven-inch step for 30 minutes at 25 steps a minute; 23 days of swimming about 30 yards a minute for 30 minutes; and 21 days of jogging 30 minutes per day.

He has chosen walking, bicycling, stepping, swimming, and jogging as the exercises to tabulate for calorie equivalents because they are simple to do, you can do them in your home or neighborhood, and they're not too strenuous.

HERE ARE SOME of the exercise equivalents of calories in his chart:

An 8-ounce glass of beer, 115 calories, takes 22 minutes of walking to wear off, 18 minutes of bicycling, 15 of stepping, 14 of swimming, and 12 of jogging.

A daiquiri, 125 calories: 24 minutes of walking, 19 of bicycling, 17 stepping, 15 of swimming, and 13 of jogging.

Eight-ounce glass of Pepsi-Cola, 105 calories: 20 minutes of walking 16 of bicycling, 14 of stepping, 12 of swimming, and 11 of jogging.

Twelve-ounce milk shake, 420 calories: 81 minutes of walking, 65 of bicycling, 56 of stepping, 49 of swimming, and 42 of jogging. One slice of whole wheat bread, 60 calories: 12 minutes of walking, nine of bicycling, eight of stepping, seven of swimming, and six of jogging.

A PIECE OF CHOCOLATE fudge, 118 calories: 23 minutes of walking, 18 of bicycling, 16 of stepping, 14 of swimming, and 12 of jogging.

One cup of buttered popcorn, 82 calories: 10 minutes of walking, eight of bicycling, seven of stepping, six of swimming, and five of jogging.

One slice of Melba toast, 15 calories: three minutes of walking or two of bicycling, stepping, swimming, or jogging.

One cup of plain yogurt, 122 calories: 24 minutes of walking, 18 of bicycling, 16 of stepping, 14 of swimming, and 12 of jogging.

Two strips of ifried bacon, 90 calo-

ries: 17 minutes of walking, 14 of bicycling, 12 of stepping, 11 of swimming, and nine of jogging.

THREE OUNCE SIRLOIN steak, broiled, 175 calories: 33 minutes of walking, 26 of bicycling, 23 of stepping, 21 of swimming, and 18 of jogging.

One cup of chili, 334 calories: 64 minutes of walking, 50 of bicycling, 44 of stepping, 40 of swimming, and 33 of jogging.

Half a chicken breast, broiled, 105 calories: 20 mlnutes of walking, 16 of bicycling, 14 of stepping, 13 of swimming, and 11 of jogging.

One tablespoon of mayonnaise, 100 calories: 19 minutes of walking, 15 of bicycling, 13 of stepping, 12 of swimming, and 10 of jogging.

A hamburger sandwich, 350 calories: 57 minutes of walking, 52 of bicycling, 47 of stepping, 42 of swimming, and 35 of jogging.

Peanut butter and jelly sandwich, 290 calories: 55 minutes of walking, 45 of bicycling, 39 of stepping, 35 of swimming, and 29 of jogging.

Dr. Konishi's list goes on and on (he even lists baked raccoon). So if you feel guilty about that pizza you ate last night and want to work it off, "Exercise Equivalents of Foods" will tell you how far to walk (probably to Indiana).

The men won the meet, but women take the show

By DICK LEE

Journal-Bulletin Sports Writer PROVIDENCE — The celebrated men vs. women swimmitig meet at Brown University yesterday left everyone with something to cheer

aboir. The men, forming the New England Masters team of men 40 years and older, won 65-to-48. But four women from the Brown University swim team won individual races.

The popularity of the meet was much less hazy. It lured 800 spectators from their televisions on Super Bowl Sunday.

day. "This is wonderful! Better than what we had hoped for." said Brown's coach. Ed Reed, about the crowd and the informal spirit in which the meet progregsed. That attitude seemed to prevail among the erowd, too. Most of the swimming buffs said they were aware the Super Bowl started an hour after the swim meet began. Yes, most added, they would rush home after the meet to catch the second half of the football game.

The Brown women welcomed the competition and had the highest of paulse for the Masters team members whuse ages topped off at 62. Anyway, most of the women offered, they were used to being bettered by finen in athlettes.

"I was chiefly interested in bettering my best time," said Brown's captain, Patty Mc-Guire of Dearborn, Mich., who won the 400-yard freestyle event handily.

James K. Edwards, a Providence attorney who is a leader in the Masters swim program was the victim of Miss Mo-Guire's solid triumph, finishing six seconds behind the Brown junior.

Edwards earlier had won the 200-yard freestyle race.

In addition to Miss Mc-Guire, the three other winners were Helen Eustis in the 100yard freestyle over Bill Russell of Medford, Mass., in the most thrilling race of the day; Carla Greenbaum in the 100yard butterfly and Maggie Logan in the individual medley, a triumph that gave Brown its only lead in the meet. Providence Journal-Bulletin WEEKEND, January 11, 1975

Indoors

It's the golden oldies against the young squirts at Brown

BUOYED UP by "good humor," the 40 to 65 year-old-men in the New England Masters Swim Club are taking to the pool tomorrow against the 17 to 22-year-olds of Brown University's Women's Varsity Swim Team.

The informal event, includes freestyle, butterfly and backstroke competitions, and features the 62-year-old fire chief of Newton, Mass. who's a champion backstroker among amateurs.

It starts at 2 p.m. at the Brown pool on Hope Street.

Admission is free and the meet will include a solo synchronized number by an Amateur Athletic Union winner, Louise Wing, who's a Masters swimmer in her 50s.

This meet has all the ingredients, but it is no battle between the sexes; nor is it a battle between the generations. The 17-22 year-old-women are swimming against the older men simply because their skills match up together. Which says a lot for the Master's swimmers.

"Our tone here will be full of good humor, and

By ROBERTA SIEGEL

good sportsmanship, but each swimmer will be doing the best he can. For myself, I know my ego's on the line every time," says James Edwards, the trim 52-year-old Providence attorney who still clocks the same times he did 30 years ago, when he competed at West Point.

Says Linda Calkins, Brown's coach: "Ah, well, do we ever take anything seriously? We'll be here to enjoy. But we've really been working out for this meet, since our squad has just come back from a two-week vacation, and that puts a damper on things. Also they've got exams coming up.

"But a meet like this, with the Masters, it's really a good idea. People can see that swimming is a sport that doesn't need to end when the days of college competitions are over." Calkins herself plans to join Masters just as soon as she turns 25 and becomes eligible for the youngest division. Bob Clausen, a Masters swimmer who at 27 is too young for the older men's divisions swimming tomorrow, is coach for the Masters in this meet.

What excites him most is that the men will be swimming as a team, rather than as individuals as they'll do at the Brown pool Jan. 26. Once before, the Masters challenged a collegiate women's team to a dual meet, at Wellesley last autumn, and they won.

Among the Masters, who swim for the exercise and also for the healthy competition, are a postmaster, a professor, an electrical engineer and various businessmen from Boston and Providence who are slated to join the fire chief and attorney for tomorrow's meet.

"You'll see some remarkably fit people here, both the girls and the men," says Clausen.

JIM EDWARDS AND FRIENDS: All for good humor and perhaps just a bit of ego at the Brown pool tomorrow. (Staff photo by William K. Daby.)





How to Make A Splash at 60 —And Up!

IF YOU CAN swim 50 yards without dropping your feet or grabbing for the edge of the pool, and if you live somewhere in the vicinity of central Palo Alto, you are within easy reach of a whole new lifestyle.

If your job is pressuring you to distraction; if your kids are driving you screaming into the arms of "Days of Our Lives" or "Celebrity Sweepstakes"; if the whist competition at your senior citizens' group is



-Saturday, Oct. 19, 1974

beginning to pall; if the cost of living is keeping you bug-eyed at 3 a.m. relax! Let the soothing waters of Palo Alto's Rinconada Pool carry off your frustrations while you hone yourself into the kind of physical specimen you've always suspected was hiding somewhere inside that quivering exterior.

Oh, and about that 50 yards—if you absolutely can't make it, and if you're genuinely determined to become a member of the AAU Champion Rinconada Masters, co-coaches Cindy Baxter or Carol Macpherson will hand you a pair of fins and a kickboard and point you in the right direction.

"We don't consider ourselves beginning swimming teachers," Baxter confided, "but we've got members doing thousands of yards a day who could hardly swim a stroke when they came in."

Rinconada is one of several Peninsula manifestations of the aquatic arm of America's physical fitness mania--the craze that began with those 50-mile hikes and impromptu touch football games during the Kennedy administration. The Masters swim program today is one of the fastest-growing athletic movements in the country, due in part to the unique nature of bigtime competitive swimming.

In few other sports is a world-class athlete considered over the hill at 17 or 18, but until recently it has been that way in the Olympic level in swimming. Now coaches are beginning to squeeze a few additional years out of their blue-chippers, but the twilight zone still arrives awfully early. The Masters program picks up where Olympic-oriented competition leaves off. As a result, the Masters age span begins at a youthful 25 PENINSULA LIVING

(considered the beginning of the best years in most other sports) and extends to 80-plus.

Competition is divided into fiveyear periods between those extremes, and copious records are maintained for every recognized stroke and distance. All this requires an enormous amount of recordkeeping, but it also serves as a continuous sources of inspiration for swimmers of all ages and abilities, and has created a whole new galaxy of aquatic celebrities.

Rinconada coaches Carol Tait Macpherson (left, below) and Cindy Baxter both are champion competitors. Muscle tone of a powerful swimmer is evident in Dorothy Osborne (left). At top left, attorney Maria Wright prepares for a session on the kickboard. Janice Kerswill kicks at top right, and Sam Harding areets son Peter after a workout.





Rinconada Masters took shape in February of 1973, and attracted 23 paid-up members during the first month. Today there are 120 active members, and about 40 more on the inactive roles. Coaches Baxter and Macpherson operate under a contract with the City of Palo Alto.

"I think you could say the city is very pleased with the way things have worked out," said Aquatic Director Tom Osborne, himself a Rinconada Masters member.

Baxter, 42, and Macpherson, 36, are both champion Masters swimmers. The former Carol Tait, Macpherson was George Haines' first national champion at the Santa Clara Swim Club. She won the AAU 500 and 250 freestyle in 1952. The coaches do their own training after Rinconada competitors have finished their 6:30 a.m. "Early Bird" sessions.

Strictly on its record, the Baxter-Macpherson coaching combination might be said to have produced a juggernaut. Rinconada swimmers set 47 national Masters records in 1973, and 51 in 1974. Last year, Rinconada accounted for 171 of the top U.S. times in the various age groups. This year's totals have yet to be released. But Rinconada is far more than

just a record factory. Many of its members, as a matter of fact, never swim competitively at all.

"I think physical fitness is the most important part of the program," said 47-year-old Rinconadan Patricia Henderson, whose husband, Alan, is a Palo Alto city councilman.

Two years ago Mrs. Henderson could hardly swim the length of the 25-yard Rinconada Pool. This year she finished in the top six in several events in the Nationals.

"We had 80 people competing in the Nationals (last month at the Santa Clara International Swim Center), and 84 teams were represented from all around the country." Cindy Baxter said. "But everybody has different reasons for being out here. Some just like the opportunity to work out with other people."

"The first time I swam in competition," Silvia Bailey recalled, "I was really nervous. I got a headache and everything. But now I don't get nervous at all, because the competition doesn't mean that much to me. I like the conditioning, and I like the social side. It's really been an eye-opener, intermingling with other age groups. It's a pleasure to have something in common with younger people."

The Baileys try never to miss one of the frequent Rinconada social gatherings.

Should any newcomer question the physical benefits inherent in regular swim training, there are plenty of Rinconadans from the medical profession ready to offer expert testimony.

Masters swimming: to 80 and up



Swimming the years away

Dr. Bernard Silber, a cardiologist, is an accomplished breaststroker at 63. He authored a short essay in the 1974 Masters Championships program entitled "Swimming as a Preventive for Heart Disease." Dr. Silber concluded with this ringing declaration:

"SWIMMING helps reduce the incidence of coronary heart disease.

"SWIMMING helps reduce cholesterol levels.

"SWIMMING improves diabètes.

"SWIMMING helps in weight reduction.

"SWIMMING improves breathing. "SWIMMING improves muscle

tone and joint movements. "SWIMMING makes you feel better.

"SWIMMING improves the SEXES."

Dr. Silber obviously has his motivational techniques well in hand.

Several Rinconada swimmers have been referred directly by their doctors for specific kinds of therapy. A Palo Alto neurologist joined the club himself after operating on a swimmer's back.

Rinconada members are encouraged to work out at least three times a week, and Baxter and Macpherson post the day's workout schedules on a series of blackboards around the pool. They're designed for an hour of swimming, but beginners may get through only a portion in the designated time. That's perfectly all right with the coaches, who counsel patience and a "go-at-your-own-pace" regimen. Swimmers check large clocks at poolside as they stroke through their assigned yardage on a strict time schedule.

"You really have to watch a newcomer who once swam in competition," Macpherson said. "It's hard to get them to realize they've got to go at it slow and easy. Basic swimmers are a lot easier. They don't mind swimming a few strokes and standing up."

No one jumps from the pool while still tired after a workout.

"They use the clock to check their pulse for a 10second count," said Macpherson. "It may not be very high at first, but as they build capacity for work, they can get that county pretty well up there. They should be almost back to a resting pulse before they get out."

Beginners sometimes have the discouraging feeling that they're swimming like crazy and not getting anywhere. But the coaches have an answer for that, too.

"We'll give them a pair of fins if they seem to be floundering." Baxter said. "Put them on and you really feel like you're flying. Then, when the skills improve, you can get along nicely without them."

There are two other prominent Masters swim clubs on the Peninsula, although Rinconada has the largest number of purely recreational or fitnessoriented swimmers. The San Mateo Marlins, coached by Ray and Zada Taft, have won two short course national championships. And the De Anza Masters, based in Cupertino, also have a strong competitive group.

"There are Masters clubs all over the area," Baxter said. "Montclair in Oakland, Marin, Concord. Dick Beaver is starting one in Santa Cruz. Every community with a pool ough to have one. You get some people together who are interested, and you let the recreation department know about it."

"That worked in Palo Alto," Aquatic Director Osborne confirmed. "Nobody ever says no to Cindy Baxter."









Congratulations

CLARENCE ROSS (on the left) (1) receiving the award from the Boys Club of Newark as the Amateur Athlete of the Year in New Jersey. In a career which spans 50 years, the 75-year-old Ross has

amassed an outstanding record. He was a national long course champion during the 1920's and an All-America swimmer at Rutgers. Two years ago, Poss decided to make a comeback in the AAU masters swimming meets. Since returning he has been unbeaten in competition at his own age level while winning more than 100 gold medals. In 1974 he won the outdoor National titles in Santa Clara and the National indoor titles in Fort Lauderdale. At Lake Placid, NY last July Ross won the two-mile swim, exactly 50 years after he had won the National Long Course title for the first time. Ross is an inspiration to all athletes and an excellant sportsman.

2 - RAYTOWN, MO MEET - Front Row: Carol Poste, kneeling Barbara Zaremski, Mildred Anderson, Noel Scott, Susan Schaffer, Joan Zager, Norma Knipper, George Swanson Middle Row: Bill Simpson, Vanda Nohenik, Mary Jo Klier, Ruth McPherson, standing Bob Kent, kneeling Carol Taylor, Peg Pickens Back Row: Herb Martin, Paul Stafford, Frank Erickson, Bill Claerhout, Bob Poste, Tom McPherson, David Schmidt, Jerry Gallaeher, Ralph Smith

3 - Sitting: Jo Anne May, Ellen Camp, Joan Austin, Susie Carlson, Mildred Anderson Standing: Ralph Geckle, Ron Austin, L.B. Gurd, Paul Cleveland, Dalton Brown, Ham Anderson, John Stock, Neil Wilson, Steve Carlson, Anthony Strong, Steve Hennesy

4 - Front Row: Charles Teas, Ham Anderson, Tom Hetzel, Ron Austin Back Row: Bud Dallmann, Ed Blackledge, Steve Carlson, S. Oberino, Keith Bell, Bill Stadig, Bill Van Houten

Comments

Because of the number of late meet results we received last fall, your records chairman and top ten committee will not accept meet results postmarked after September 15, 1975. If you, as a swimmer, have a qubstion as to whicher your times from specific meets have been received by us, I would suggest that you write to me and enclose a self addressed stamped envelope. stamped envelope.

stamped envelope. My feelings are somewhat ambivalent about such a strict cut-off date. Most swimmers, as individuals, have nothing to do with getting various meet results to us. On the other hand, your committee is faced with a multiplicity of changes (printed below) when it learns of or receives meet results after going to press. As letters of disappointment over omissions arrive, we share the same chagrin as the swimmer. He or she wonders why his or her times were not included and we wonder why no one saw fit to send in the results to us. Again let me say that sending the results to <u>Suim-Master</u> or <u>Swimming World is not</u> tantamount to sending them to your tabulation committee. They <u>MUST</u> be sent to us.

To be sure, we goof one here and there also. We didn't realize we had two 37-year-old B. Jordan's (Barbara and Betsy) and we left Bill Grant and Gene Moll out of the 500 free. Nancy Clark got credit for a free-style time in backstroke and four West Coast freestylers were listed in the butterfly due to a typing error. However, the great majority of additions were the result of two meets for which results were never re-ceived by this committee ceived by this committee.

If your club is running a meet during the first two weeks of September 1975, please advise us of this fact and when the meet results will be available which must be prior to September 25th. Any meet results for meets before Sept. 1st must bear the on or before Sept. 15th postmark. With everyone's help, we can give you a better tabulation the first time around time around.

TED HAARTZ, 155 Pantry Road, Sudbury, MA 01776 (617) 443-2977

CORRECTIONS AND ADD	DITIONS TO	1974 TOP TEN	
WOMEN 25-29		MEN 60-64	TT CONT
200 Yd Freestyle		500 Yd Freestyle	
5) B. Kilquor	2:16.38	8) B. Grant, 60	7:38.70
50 Yd Breaststroke		MEN 65-69	
1) D. Barnhard 25	33.05*	100 Yd Freestyle	ST 3/57/22
10) D. Florig 50 Yd Butterfly 9) B. Kilquor	37.74	3) S. Craigie, 67	1:16.00
50 Yd Butterfly		500 Yd Freestyle 10) O. Sigrist, 65 200 Yd Backstroke	
9) B. Kilquor	29.96	10) O. Sigrist, 65	9:01.74
100 Vd Bottertly		200 Yd Backstroke	4:48.68
5) B. Kilquor	1:06.68	8) C. Brown, 68 MEN 70-79	4:40.00
200 Yd Butterfly		500 Vd Freestyle	
1) B. Kilquor WOMEN 30-34	2:33.34*	500 Yd Freestyle B) G. Moll, 72	16:04.3
200 Yd Breaststroke	3:01.67		
200 Yd Breaststroke 2) P. Mills, 31 WOMEN 35-39 50 Yd Baskstroke	5.01.07	WOMEN 25-29	
50 Yd Backstroke 7) J. Heininger 50 yd Breaststroke		50 Mtr Breaststroke	
7) J. Heininger	37.74	5) L. Marks	43.10
50 vd Breaststroke		100 Mtr Breaststroke	- a reasonad
1) Ann McGuire, 39 WOMEN 40-44	36.6*	B) L. Marks	1:34.70
WOMEN 40-44		200 Mtr Breaststroke	2 27 80
200 YA Breaststroke		5) L. Marks WOMEN 30-34	3:27.80
B) R. M111s, 43 WOMEN 45-49	3:40.8	50 Mts Prostyle	
WOMEN 45-49		50 Mtr Freestyle 8) P. Smothers	33.6
100 Yd Freestyle	1 10 10	100 Mtr Freestyle	24.6
100 Yd Freestyle 10) S. Kreplin, 45 100 Yd Backstroke 7) S. Kreplin, 45	1:20.40	8) P. Smothers	1:18.60
100 Yd Backstroke	1:32.21	50 Mtr Backstroke	
200 Yd Backstroke	1:32.21	4) P. Smothers	42.50
4) A. Toblas	2:59.90	WOMEN 35-39	
8) S. Krenlin, 45	3:23.52	100 Mtr Freestyle	
8) S. Kreplin, 45 WOMEN 50-54		5) J. Correa	1:16.40
50 Yd Freestyle		100 Mtr Backstroke	
2) D. Resseguie	31.88	2) Betsy Jordan, 37	1:24,50
100 Yd Freestyle		3) Barbara Jordan, 37	1:27.53
1) D. Resseguie	1:11.40	200 Mtr Backstroke	
50 Yd Backstroke		1) Batey Lordan 37	3:02.02
9) D. Resseguie	44.98	3) Barbara Jordan, 37 WOMEN 50-54	3:11.06
9) D. Resseguie 50 Yd Breaststroke		WOMEN 50-54	
J) D. Ressegure	46.44	100 Mtr Freestyle 8) J. Underhill	
50 Yd Butterfly	10 66	8) J. Underhill	1:37.80
2) D. Resseguie WOMEN 55-59	40.66	200 Mtr Freestyle 10) J. Underhill	3 63 70
WOMEN 33-39		10) J. Underhill	3:52.70
500 Yd Freestyle	7:33.79*	400 Mtr Freestyle	8:20.00
1) H. Hummer, 55 200 Yd Backstroke	1.22.100	8) J. Underhill 50 Mtr Breaststroke	0:20.00
1) H Hummer 55	3:32.46*	Q) M Carleon	1:00.60
1) H. Hummer, 55 50 Yd Breaststroke	00700000	100 Mtr Breaststroke 7) M. Carlson	
6) V. Allen	54.25	7) M. Cerlson	2:11.30
WOMEN 60-64		200 Mtr Breaststroke	Particul An-Robert
100 yd Freestyle		6) M. Carlson	4:40.7
1) N. Clark, 60	1:24.38*	WOMEN 65-69	
100 Yd Backstroke		500 Mtr Freestyle	
1) M. Merlino, 61	1:37.0	2) E. Somers	10:04.30
MEN 35-39		WOMEN 25+	_
200 ad Buttorfly		200 Mtr Free Relay	
G. Downs, 35 S. Zhurin, 37 G. Worthington, 36	2:38.09*	7) J.C.C. MEN 25-29	2:21.30
S. Zhurin, 37	2:44.70		
G. Worthington, 36	2:45.40	50 Mtr Backstroke 10) M. Bryant	34.50
B. Fasbender, 30	2:51.00	400 Mrr Individual Me	iley
B. Murray, 36	2:51.82	10) M. Bryant 400 Mtr Individual Mer 6) M. Smithers	5:47.50
F. Bernardino, 36	2:54.00	MEN 30-34	
F. Bernardino, 36 K. Martin, 37 J. Cross, 37	3:02.90	1500 Mtr Freestyle	
J. Cross, 37	3:08.90 3:11.10	5) S. Engel, 31	21:01.00
D. Petranech, 39	3:26.10	50 Mtr Breaststroke	
I. Stein, <u>38</u> MEN 45-49	3140110	6) M. Hirayama	37.00
100 Yd Freestyle		200 Mtr Butterfly 4) S. Engel, 31 400 Mtr Individual Med 3) S. Engel, 31 (0.14)	
7) R. Mackenzie, 46	57.64	4) S. Engel, 31	Z:48.10
50 Yd Backstroke		400 Mtr Individual Med	iley
2) H. Begel, 45 50 Yd Freestyle 2) R. Mackenzle, 46	30.49	3) S. Engel, 31	5:45.30
50 Yd Freestyle		PUE IN 4413-444	
2) R. Mackenzie, 46	25.17	50 Mtr Backstroke 9) R. Taylor	37.0
MEN 50-54	0.000000000	50 Mrs Brooststanks	21.0
10) J. Woods, 50	2:25.03	50 Mtr Breaststroke 2) R. Taylor Mrs 55.59	38.20
500 Yd Freestyle	1.12	2) K. Taylor MEN 55-59	-0.40
8) J. Woods, 50	6:46.82	50 Mtr Backstroke	
8) J. Woods, 50 50 Yd Backstroke 3) J. Woods, 50	32.46	4) F. Wiggin	42.60
J. J. Woods, JU	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	Contract of the Contract of Contract	

:16.00 :01.74 :48.68 :04.3 43.10 . 34.70 :27.80 33.6 :18.60 42.50 :16.40 :24.50 :02.02 :11.06 :37.80 :52.70 :20.00 :00.60 :11.30 :40.7 :04.30 :21.30 34.50 147.50 :01.00 37.00 :48.10 :45.30 37.0 38.20 42.60

	CORRECTIONS	AND	ADDITIONS	TO	1974	TOP	TEN
RECORDS CHAI	NGES .						

Theorema Change	. 640		
MEN 30-34	200 yd Butterfly	George Downs, 35	2:38.09
WOMEN 25-29	50 yd Breaststroke 200 yd Butterfly	Dale Barnhard, 26 9/18/74 B. Kilgour 8/18/74	33.05 2:33.34
35-39	50 yd Breaststroke	Anne McGuire, 39 4/20/74	36.6
55-59	500 yd Freestyle 200 yd Backstroke	Helen Hummer, 55 8/18/74 Helen Hummer, 55 8/18/74	7:33.79 3:32.46
60-64	100 yd Freestyle 100 yd Backstroke	Nancy Clark, 60 8/18/74 Maxine Merlino, 61 5/20/73	1:24.38 1:36.1
MEN 70-79	50 mtr Breaststroke	John Whittemore, 74 7/20/74	1:04.60

100 Mtr Backstroke	
9) F. Wiggin	1:37.00
200 Mtr Backstroke	
6) F. Wiggin	3:28.30
200 Mtr Individual	Medley
10) F. Wiggin	3:41.30
MEN 60-64	
400 Mtr Freestyle	
5) G. Caddy	6:51.10
100 Mtr Breaststrok	e
4) G. Caddy	1:45.50
200 Mtr Breaststroke	B
8) G. Caddy	4:21.50
100 Mtr Butterfly	
3) G. Caddy	1:45.70
200 Mtr Individual 1	
G. Caddy 3)	3:33.00
MEN 65-69	
100 Mtr Freestyle	
9) E. Undergill	1:51.00
400 Mtr Freestyle	
8) E. Underhill	8:23.10
1500 Mtr Freestyle	12012210000
9) E. Underhill	34:34.50
50 Mtr Breaststroke	10100000
5) E. Underhill	1:07.00

RESU)	TS
	DUAL	MEET
JL's Angeles, CA		11-10-74
WOMEN 25	20	
50-yard Freestyle	12	
Marie Latham Kristy King	S	30.57
Suzanne Johnson	NN	32.2 35.1
100-yard Freestyle		33.1
Kristy King	N	1:10.9
Marie Latham	S	1:11.41
500-yard Freestyle	1985	822438339
Kristy King	N	7:02.2
100-yard Breaststr Nancy Thomas	N	1:30.5
50-vard Butterfly	1.5	1.50.5
50-yard Butterfly Marianne Brems	N	29.9
Marie Latham	S	35.30
100-yard Individual		dley
Marianne Brems	N	1:09.8
Suzanne Johnson WOMEN 30-	N-34	1:26.7
50-yard Freestyle	- 34	
Nancy Ridout	N	27.9
Janet Royer	s	32.82
Carlene McDonald	N	34.1
100-yard Freestyle		
Nancy Ridout	N	1:01.2
Elizabeth Roepke Martha Childs	NS	1:10.3 1:13.03
500-yard Freestyle		1:13:03
Sally Jo Antonchuk	N	6:42.4
Gail Weehan	N	7:02.6
Marie Siddons	N	8:34.1
100-yard Backstrok Gail Meehan	e	(1551) (h)
Gail Meehan	N	1:24.6
Lynne DeVictoria Marie Siddons	NN	1:42.9 1:46.8
100-yard Breaststro		1,40.0
Sally Jo Antonchuk	N	1:23.6
Martha Childs	S	1:25.75
Elizabeth Roepke	N	1:32.3
50-yard Butterfly Carlene McDonald	in use	Collection 1
Carlene McDonald	N	36.0
Lynne DeVictoria Janet Royer	N S	40.2 40.44
100-yard Individual	Mer	40.44
Sally Jo Antonchuk	N	iley 1:16.7
Gail Meehan	N	1:20.2
Elizabeth Roepke	N	1:21.9
WOMEN 35-	39	
50-yard Freestyle		(10.00)
Pat Bresee	N	27.8
Judy Collins Sue Garratt	SN	31.48 32.5
100-yard Freestyle	1.1	36.3
Judy Collins	s	1:11.29
Sue Garratt	N	1:12.8
Mary Ann Kaufman	N	1:25.0
500-yard Freestyle	-3	
Carol MacPherson	NN	6:41.5 7:11.6
Barbara Jordan		

Sue Garratt	N	7:33.1
100-vard Backstrok	e	
100-yard Backstrok Betsy Jordan	s	1:16.29
Bersy Jordan		
Barbara Jordan	N	1:16.8
Mary Ann Kaufman	N	1:44.8
100-yard Breaststro Carol MacPherson	lea	
The Present	87	1.70 7
Carol MacPherson	N	1:28.2
Barbara Jordan	N	1:36.2
Elizabeth Lampert	N	1:37.0
		1
50-yard Butterfly		
Pat Bresee	N	29.8
		38.8
Elizabeth Lampert	N	
100-yard Individual	Med	ey
Carol MacPherson Betsy Jordan	N	1:14.8 1:19.30 1:25.4
Carol macr ner son		
Betsy Jordan	S	1:14.20
Elizabeth Lampert	N	1:25.4
WOMEN 40-	44	
II COLUCIAN TO-		
50-yard Freestyle		
Meg Webster	N	31.0
	N	39.0
T. Zaro		34.0
Eileen Soss	N	39.2
100-yard Freestyle		
D. L. D. M.	N	1.10.0
Delia Dooling		1:10.8
Meg Webster	N	1:13.3
Jacqueline Smith	S	1:15.94
	9	1. 12.24
500-yard Freestyle		
Ann Kay	N	7:14.6 8:15.7
Eileen Soss	N	9.15 7
Elleen Soss	24	0:15.1
Janet Partridge	s	8:43.23
100-ward Backstrok		
Too-yaru Dackation	-	
100-yard Backstrok Ann Kay	N	1:23.2
Cindy Baxter	N	1:36.0
Cindy Baxter Janet Partridge	S	1:39.33
Janet Fartriage		4.37.35
100-yard Breaststro	ke	
Cindy Baxter	N	1:29.1
Chicy Darter		1.00.5
Delia Dooling	N	1:29.5
Jacqueline Smith	S	1:34.60
CO A Data - Co		
50-yard Butterfly		
Ann Kay Meg Webster	N	35.5
Mag Wahatay	N	38.2
week webster		
Adrienne Pipes 100-yard Individual	S	40.32
100-ward Individual	Medl	lev.
P I P I	AT.	1:25.6
Della Dooling	N	1:49.0
Jackie Smith	S	1:25.87
Adalasan Dinas	S	1:27.53
Adrienne Pipes	3	1:01.30
WOMEN 45-	49	
50-yard Freestyle Berna Bennett		
Devard Freeduyie	100	14.00
Berna Bennett	N	30.5
Helga Palmer	S	31.59
Berna Bennett Helga Palmer	S	31.59
Lillian Kerr	s s	31.59 34.78
Lillian Kerr	S	31.59 34.78
Lillian Kerr 100-yard Freestyle	S	34.78
Lillian Kerr 100-yard Freestyle	S N	34.78 1:11.1
Lillian Kerr 100-yard Freestyle Berna Bennett Helga Palmer	S N S	34.78 1:11.1 1:10.75
Lillian Kerr 100-yard Freestyle Berna Bennett Helga Palmer	S N S	34.78 1:11.1 1:10.75
Lillian Kerr 100-yard Freestyle Berna Bennett Helga Palmer Lillian Kerr	S N	34.78 1:11.1
Lillian Kerr 100-yard Freestyle Berna Bennett Helga Palmer Lillian Kerr	S N S S	34.78 1:11.1 1:10.75 1:20.05
Lillian Kerr 100-yard Freestyle Berna Bennett Helga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh	S N S S	34.78 1:11.1 1:10.75
Lillian Kerr 100-yard Freestyle Berna Bennett Helga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh	S N S S	34.78 1:11.1 1:10.75 1:20.05
Lillian Kerr 100-yard Freestyle Berna Bennett Helga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh	S NS S N	34.78 1:11.1 1:10.75 1:20.05 8:48.1
Lillian Kerr 100-yard Freestyle Berna Bennett Heiga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok. Anne Adams	S ZSS Z	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09
Lillian Kerr 100-yard Freestyle Berna Bennett Heiga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok. Anne Adams	S ZSS Z	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09
Lillian Kerr 100-yard Freestyle Berna Bennet Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nan Limbaugh	S ZSS Z SZ	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:36.9
Lillian Kerr 100-yard Freestyle Berna Bennett Heiga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nan Limbaugh Nancy Meserve	S ZSS Z SZZ	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09
Lillian Kerr 100-yard Freestyle Berna Bennett Heiga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nan Limbaugh Nancy Meserve	S ZSS Z SZZ	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:36.9
Lillian Kerr 100-yard Freestyle Berna Bennett Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nan Limbaugh Nancy Meserve 100-yard Breaststr	S NSS NSN NSN N	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:36.9 1:43.2
Lillian Kerr 100-yard Freestyle Berna Bennett Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok. Anne Adamis Nan Limbaugh Nancy Meserve 100-yard Breaststri Gail Roper	S ZSS Z SZZEN	34,78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:36.9 1:43.2 1:21.5
Lillian Kerr 100-yard Freestyle Berna Bennett Heiga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nan Limbaugh Nancy Meserve 100-yard Breaststr Gail Roper Anne Adams	S NSS NSN NSN N	34,78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:36.9 1:43.2 1:21.5
Lillian Kerr 100-yard Freestyle Berna Bennett Heiga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nan Limbaugh Nancy Meserve 100-yard Breaststr Gail Roper Anne Adams	S ZSS Z SZZENS	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:43.2 1:21.5 1:27.6:
Lillian Kerr 100-yard Freestyle Berna Bennett Heiga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nan Limbaugh Nancy Meserve 100-yard Breaststr Gail Roper Anne Adams	S ZSS Z SZZEN	34,78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:36.9 1:43.2 1:21.5
Lillian Kerr 100-yard Freestyle Berna Bennett Heiga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nancy Meserve 100-yard Breaststr Gail Roper Anne Adams Dorothy Osborn 50-yard Butterfly	S ZSS Z SZNENSN	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:36.9 1:43.2 1:21.5 1:27.6: 1:57.7
Lillian Kerr 100-yard Freestyle Berna Bennett Heiga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nancy Meserve 100-yard Breaststr Gail Roper Anne Adams Dorothy Osborn 50-yard Butterfly	S ZSS Z SZZENS	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:43.2 1:21.5 1:27.6: 1:57.7 51.4
Lillian Kerr 100-yard Freestyle Berna Bennett Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nan Limbaugh Nancy Meserve 100-yard Breaststr Gail Roper Anne Adams Dorothy Osborn 50-yard Butterfly Nancy Meserve	S ZSS Z SZZEZZSZ Z	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:36.9 1:43.2 1:21.5 1:27.6 1:57.7 51.4 2:1
Lillian Kerr 100-yard Freestyle Berna Bennett Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nancy Meserve 100-yard Breaststr Gail Roper Anne Adams Dorothy Osborn 50-yard Butterfly Nancy Meserve Pat Henderson	S ZSS Z SZZEZZSZ Z	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:36.9 1:43.2 1:21.5 1:27.6 1:57.7 51.4 2:1
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Lillian Kerr 100-yard Freestyle Berna Bennett Heiga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nan Limbaugh Nancy Meserve 100-yard Breaststr Gail Roper Anne Adams Dorothy Osborn 50-yard Butterfly Nancy Meserve Pat Henderson 100-yard Individual	S ZSS Z SZZEZZSZ Z	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.09 1:36.9 1:43.2 1:21.5 1:27.6 1:57.7 51.4 2:1
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Lillian Kerr 100-yard Freestyle Berna Bennett Heiga Palmer Lillian Kerr 500-yard Breestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nan Limbaugh Nancy Meserve 100-yard Breaststr Gail Roper Anne Adams Dorothy Osborn 50-yard Butterfly Nancy Meserve Pat Henderson 100-yard Butterfly Nancy Meserve Pat Henderson 100-yard Individual Gail Roper Anne Adams	S NSS N SNN <u>ek</u> NSN NN <u>ed</u> N	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.08 1:43.2 1:21.5 1:27.6 1:57.7 51.4 52.1 ley 1:13.4 1:15.98
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Lillian Kerr 100-yard Freestyle Berna Bennett Helga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok, Anne Adams Nancy Meserve 100-yard Breaststr Gail Roper Anne Adams Dorothy Osborn 50-yard Butterfly Nancy Meserve Pat Henderson 100-yard Individual Gail Roper Anne Adams Nan Limbaugh WOMEN 50-	S NSS N SNN <u>ek</u> NSN NN <u>ek</u> NSN	34.78 1:11.1 1:10.75 1:20.05 8:48.1 1:17.08 1:43.2 1:21.5 1:27.6 1:57.7 51.4 52.1 ley 1:13.4 1:15.98
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Lillian Kerr 100-yard Freestyle Berna Bennett Helga Palmer Lillian Kerr 500-yard Freestyle Nan Limbaugh 100-yard Backstrok Anne Adams Nan Limbaugh Nancy Meserve 100-yard Breaststr Gail Roper Anne Adams Dorothy Osborn 50-yard Butterfly Nancy Meserve Pat Henderson 100-yard Individual Gail Roper Anne Adams Nan Limbaugh WOMEN 50. 50-yard Freestyle Gerl Orosco	S NSS N SNNENSN NNed NSNNENSN NNED	34,78 1:11.1 1:10.78 1:220.05 8:48.1 1:17.09 1:43.2 1:21.5 1:27.6 1:27.6 1:57.7 51.4 52.1 1:13.4 1:15.98 1:36.9 34.0
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500 word Franciula		
500-yard Freestyle Jane McCollister	N	8-11.7
Jane McCollister Rita Simonton Margaret George	N S	8:11.7 8:15.34
Margaret George		8:41.51
	ce .	1010200
Zada Tait Annetta Ffeiffer	NS	1:35.2
Lorraine Peterson	S	1:35.2 1:44.35 1:53.82
100-yard Breaststr	oke	
100-yard Breaststr Rita Simonton	S	1:49.15
Pat Matthiesen	N	1:49,6
Betty Hofmayer	N	2:10,3
50-yard Butterfly Viola Thompson Zada Taft	s	44.18
Zada Taft	N	45,2
Pat Matthiesen	3.7	69.5
100-vard Individual	Mee	1-33.3
100-yard Individual Zada Taft	N	1:33.3
Viola Thompson	S	1:40.25
Pat Matthiesen	N	1:57.0
WOMEN 60- 50-yard Freestyle Maxine Merlino	-64	
50-yard Freestyle	s	39.41
Bee Johnston	N	48.2
Bernice Silber	N	56.0
100-yard Freestyle Edie Goldman		
Edie Goldman	N	1:43.0
Bernice Silber	N	2:11.1
500-yard Freestyle Edie Goldman	N	10:35.6
100-vard Backstrok	LP LP	10:33.0
100-yard Backstrok Bee Johnston Jean Ries	N	2:09.7
Jean Ries	s	2:23,53
100-yard Breaststr Bernice Wayne	oke	and the second second
Bernice Wayne	N	2:01.3
Bee Johnston	Ν	2:22.7
50-yard Butterfly Maxine Merlino	s	47.59 *
Bernice Wayne	8.7	11 1 1 1
100-yard Individual Maxine Merlino	Me	1:39.12 2:04 5
Maxine Merlino	S	1:39.12
Edie Goldman	N N	2:04.5
Bernice Wayne WOMEN 65	-69	2:04.0
50-vard Freestyle	- 07	
WOMEN 65 50-yard Freestyle Sylvia Bailey	N	48.4
Johnnie Belshe	S	50.7Z
100-yard Freestyle	19	
Sylvia Bailey Dorothea Cole	NS	1:51.9 1:52.46
Johnnie Belshe	s	2:09.18
500-vard Freestyle	6 ¹⁷²	
500-yard Freestyle Dorothea Cole	S	10:32.87
100-yard Backstroi Dorothea Cole	ce	Contraction of the second
Dorothea Cole	S	2:08.11
Johnnie Belshe	Ma	2:26.88
100-yard Individual Sylvia Bailey	N	2:26.88 dley 2:14.6
WOMEN 70	4 0	ver
100 vard Freestyle		
Elizabeth Mauric	S	2:10.72
500-yard Freestyle Elizabeth Mauric	s	11:49.58
100-yard Breaststr	oke	11:43.00 .
Elizabeth Mauric	S	2:36.24
		-1
RELAYS - MID 200-yard Freestyle NORTH-Oliver, Garibaldi, Ridout	(ED	/254
200-yard Freestyle	, 25	1:41.0
Casibaldi Ridout	R.	119110
SOUTH-Damm, Ro	ver	1:53.18
Smith Larson		
200-yard Freestyle NORTH-Windowner	. 35	k over
NORTH-Windowner	•	1:47.7
Sulzbach, MacPher	son	Bresco
SOUTH-Earley, Jo Collins, Sturtevant		
200-yard Freestyle	. 49	& over
Collins, Sturtevant 200-yard Freestyle NORTH-Reilly, Wi	llso	1:50.3
Deces Description		

NORTH-Reilly, Willson, 1:50.3 Roper, Bennett SOUTH-Larimore, 1:59.7 Crowell, Palmer, Nelson 200-yard Medley, 25 & over NORTH-Malley, 1:57.7 Device Brienes Bidet 1:59.75 DeVictoria, Brems, Ridout SOUTH-Krueger, 2:0 Childs, Spencer, Latham 2:00.24 200-yard Medley, 35 & over NORTH-Jordan, Jones, 2:04.5 Bresee, Downer SOUTH-Jordan, Gilbert, 2:07.52 SOUTH-Jordan, Gilbert, 2:07.52 McMaster, Collins 200-yard Medley, 45 & over NORTH-Cunningham, 2:08.6 Willson, Roper, Benüett SOUTH-Draves, Adams, 2:10.61 Hubbard, Palmer

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MEN 25-29 50-yard Freestyle Mike Garibaldi N 23.2 Ken Krueger Garv Langendoen 23.30 23.36 100-yard Freestyle Mike Garibaldi 50.5 Dave Gray 53.2 William Damm 500-yard Freestyle Mike Garibaldi 53,45 S 5:09.4 5:15.77 Bill Damm Dave Gray N 5:35.5 100-yard Backstroke Jim Mailey N 1:00.0 Ken Krueger SN 1:00.61 Jim Allen 100-yard Breaststroke Paul Jeffers S Tim Frost S Harry DeVictoria N 1:06.06 1:09.77 50-yard Butterfly Gary Langendoen Dick Oliver s 25.10 N 25.4 Jim Malley N 26.6 100-yard Individual Medley Paul Jeffers S 59.41 Dick Oliver N 59.9 59.92 Ken Kreuger MEN 30-50-yard Freestyle Ed Spencer David Corbet 30-34 23.51 24.1 24.22 10 James Loofbourrow S 100-yard Freestyle George Hill, Jr Harry Davis David Corbet 50.94 N 54.5 54.6 N 500-yard Freestyle s 5:17.17 Larson Lance 5:17.45 George Hill Pat Schlup 100-yard Backstroke Lance Larson Art Sobel 1-01.10 1:06.7 Bob Cossins 100-yard Breaststroke S Bob Cossins 1.08.60 Larson Charles Maunz S 1:08.78 Dick Stewart 50-yard Butterfly Ed Spencer s 1:11.38 24.81 David Corbet N 26.4 James Loofbourrow 5 27.13 100-yard Individual Medley Ed Spencer S 59.91 Ed Spencer Stu Thomson s 1.06.56 1:06.9 Harry Davis MEN - 35 50-yard Freestyle Wm. McMaster 35-39 e. Wm. 24.26 Bill Earley 25.34 D. J. Kevles 100-yard Freestyle Wm. McMaster s 26.35 54.29 Kent Price Mark Hoffer 59.3 1:08.18 500-yard Freestyle D. J. Kevles 6:22.20 Barry Fasbender Keith Martin 6.22.9 7:35.89 100-yard Backstroke Bill Earley Barry Fasbender 1.07.11 1:19.7 N 100-yard Breaststroke Win Downer N 1:22.5 Win Downer Henry Lenartz Joel MacPherson M 1.22.9 1:23.1 N 50-yard Butterfly Wm. McMaster Wm. McMaste D. J. Kevles 26.75 S т 29.60 SN Robert Wills N 100-yard Individual Medley Barry Fasbender N 1:12.4 S 1:14.13 MEN 40-44 50-yard Freestyls Neal Palmer 25,54 John Sulzbach 26.7 Thomas Scotton 29.26 100-yard Freestyle Brad Sturtevant Neal Palmer 55.30 s S 58.07 Neal Paimer Thomas Scotton 500-yard Freestyle Brad Sturtevant Carl Yates 1:06.29 5:34.40 S 5:50.8 N 6:21.44 Art Welch 100-yard Backstroke John Sulzbach N 1.13.9 1:16.58 Art Welch Herb Nakama 1:18.32 100-yard Breaststroke William Davis S Ashley Jones N 1:12.51 Ashley Jones Budd Symes 1:14.8 S 1:17.43 50-yard Butterfly Ashley Jones Art Welch 27.9 N S T 29.75 29.75 Alex Gilbert S 100-yard Individual Medley Brad Sturtevant S 1:07.44 Brad Sturtevant Ashley Jones Neal Palmer <u>MEN 45-49</u> 50-yard Freestyle Ted Willson Jerome Rodder N 1:07.5 1:09.43 26.3 26.7 28.0 N NN Alfred Grob

100-yard Freestyle Ted Willson N 58.9 Carl Yates Alfred Groh 59.9 1:01.2 N N 500-yard Freestyle Jim Marcus Frank Blair 6:18.90 S 6:32.3 6:56.59 Jerry Cunningham S 100-yard Backstroke Duane Draves Don Stupfel Duane 1:06.31 1:14.6 Jerry Cunningham 5 1:17.09 100-yard Breaststroke Larry Larimore S 1:16.46 Jim Marcus 1:16.82 Jerry Cunningham 50-yard Butterfly S 1:20.23 29.30 Duane Draves Don Stunfel N 32.1 Don Hubbard S 100-yard Individual Medley S 1:06.67 Jim Marcus S 1:09.93 Larry Larimore MEN 50-54 50-yard Freestyle Jack Nelson s 26.79 Dore Schwab N 27.0 Norm Buvick 100-yard Freestyle Dore Schwab S 28.03 1:03.7 J. R. Robertson Norm Buvick N 1.05 3 1:05.98 500-yard Freestyle Ernie Neben Jack Burgan 7:11.25 S S 7:24.86 100-yard Breaststro Ted VonBerckefeldt 1:21.6 E. W. Neben Norm Buvick S 1:22.81 S 1:23.69 50-yard Butterfly Jack Nelson Dore Schwab 31.95 S 33.3 NN Ed Barnes 100-yard Individual Medley Ted VonBerckfeldt N 1:13.1 Jack Burgan Jack Burgan Ed Barnes <u>MEN 55-59</u> 50-yard Freestyle J. H. Reilly Cliff Croome 100-yard Freestyle J. H. Reilly N 1:22.1 26.4 S 28.59 N 1:02.4 Don Rankin 500-yard Freestyle Don Rankin 1:07.55 S s 6:22.08 100-yard Backstroke Ray Taft N Cliff Croome S 1.14.5 1:26.91 100-yard Breaststroke J. H. Reilly N 1.21.4 1:26.68 Don Rankin Brud Cleaveland 0-yard Butterfly ay Taft s N 31.2 32.78 Ray Taft N 31.2 Cliff Croome S 32.70 100-yard Individual Medley Ray Taft N 1:12.2 Ray Brud Cleaveland 1:23.01 MEN 60-64 50-yard Freestyle Mel Maxwell s 29.17 Reg Richardson Benton Wood S 29.44 29.5 N 100-yard Freestyle Reg Richardson Louis Nagy Benton Wood 1:05.36 1-08.7 N 1:09.5 500-yard Freestyle Louis Nagy Benton Wood 7:22.0 N N 7:26.9 Al Onsgard S 100-yard Backstroke Mel Maxwell 1:28.45 Gordon Gorson 1:29.5 Willard Johnston N 100-yard Breaststroke 1:25.09 Walter Pfeiffer Harry Kopel Roy Erlandson N 1:32.7 N 1:45.4 50-yard Butterfly Mel Maxwell s 32.59 š 35.12 42.4
 Motion Preiffer
 S
 35.12

 Harry Kopel
 N
 42.4

 100-yard Individual Medley

 Reg Richardson
 S
 1:15.17

 Walter Pfeiffer
 S
 1:18.77

 Harry Kopel
 N
 1:39.6

 MEN 65-69
 S
 31.1

 100-yard Freestyle
 N
 1:1.7

 Art Hargrave
 N
 1:11.7

 500-yard Freestyle
 N
 1:11.7

 500-yard Backstroke
 S
 9:08.78
 Walter Pfeiffer 100-yard Backstroke Art Hargrave N 100-yard Breaststroke S. L. Bernstein N 1:24.2 1:30.2 Bob Blake N 2:09.8 50-yard Butterfly Al Guth s 44.19 Bob Blake N 100-yard Individual Medley Al Guth S 1:34.29 National States N 1:35.1 1:11.6 Bob Blake N 2:08.0

MEN 70 & over MEN 70 & ox 50-yard Freestyle Bill Trask 100-yard Freestyle Bill Trask Gerhard Mauric 500 mei Freestyle N 42.1 1:32.0 N S 1:38.99 500-yard Freestyle Bill Trask Gerhard Mauric 9:01.1 N 9 10:28.12 100-yard Breaststroke Al Kallunki N 1.46.3 Gerhard Mauric 50-yard Butterfly AI Kallunki S 2:09.95 N 48.1 100-yard Individual Medley Al Kallunki N 1:39.0 Scoring: 5, 3, 1 for Individual events; 7 & 0 for relays. South North Women 344 158 242 327 Relays 42 0 628 485 North wins Perpetual Trophy TOSA MASTER SWIMMING MEET 11-23-74 12-14-74 V Wauwatosa, WI Wauwatosa, WI WOMEN 25-29 Barb Lawson 26 100 YARD BREASTSTROKE 36.4 Barb Lawson 26 50 YARD BUTTERFLY 1.42.0 42.5 Barb Lawson 26 WOMEN 35-39 50 YARD BACKSTROKE 40.1 Ann Champ 39 Ann Champ 39 200 YARD BACKSTROKE Ann Champ 39 100 YARD INDIVIDUAL 3:07.8 MEDLEY Ann Champ 39 4CO YARD INDIVIDUAL 1:24.0 MEDLEY Ann Champ 39 6:44.1 MEN 25-29 100 YARD FREESTYLE Bob Corris 29 500 YARD FREESTYLE 54.2 21:07.7 Mike Ross 26 MIRE ROSE 26 50 YARD BACKSTROKE Chip Martin 25 100 YARD BACHSTROKE 29.9 om Ertl 27 1:03.3 OO YARD BACKSTROKE Chip Martin 25 2:36.4 200 YARD BREASTROKE Bob Corris 29 50 YARD BUTTERFLY 2:40.2 29.2 Mark Prance YARD INDIVIDUAL MEDLEY Mark Prange 26 2:30.5 400 YARD INDIVIDUAL MEDLET Bob Corris 29 MEN 30-34 50 YARD FREESTYLE 5:02.1 23.2 Louis Nicolas 50 YARD BACKSTROKE John Goetz 31 35.1 50 YARD BREASTROKE John Goetz 31 100 YARD BREASTROKE John Goetz 31 50 YARD BREASTROKE 32.3 1:13.1 50 YARD BUTTERFLY Louis Nicolas 30 100 YARD BUTTERFLY Lew Brumm 32 24 9 1+02.6 100 YARD INDIVIDUAL MEDLEY John Goetz 31 1:07.6 MEN 35-39 50 YARD FREESTYLE Phil Helmuth 37 500 YARD FREESTYLE 28.9 Phil Helmuth 37 6:36.1 Phil Helmuth 37 1650 YARD FREESTYLE Phil Helmuth 37 MEN 40-44 100 YARD FREESTYLE John Bauman 44 23:11.3 1:07.0 500 YARD PREESTYLE John Bauman 44 1650 YARD PREESTYLE 6:37.5 John Bauman 44 22:56.4 50 YARD BREASTSTROKE Al Prange 41 39.2 100 YARD BREASTSTROKE Al Prange 41 200 YARD BREASTSTROKE John Bauman 44 YARD BREASTSTROKE 1:26.0 3:00.2 50 YARD BUTTERFLY Al Prange 41 100 YARD BUTTERFLY John Bauman 44 34.9 1:11.7 200 YARD BUTTERFLY John Bauman 44 2:50.9 200 YARD BUTTERFLY John Bauman 44 200 YARD INDIVIDUAL 2:50.9 MEDLEY John Bauman 44 2:47.1

400 YARD INDIVIDUAL MEDLEY MEDLEY John Bauman 44 MEN 45-49 50 YARD FREESTYLE 5:54.7 Frank Feld 47 100 YARD FREESTYLE Bob White 47 36.0 1:00.4 200 YARD FREESTYLE Bob White 47 2:21.8 50 YARD BACKSTROKE Frank Feld 47 100 YARD BACKSTROKE Frank Feld 47 40.8 1:21.0 200 YARD BACKSTROKE Morgan Byers 47 2.52.5 50 YARD BREASTSTROKE Frank Feld 47 100 YARD BREASTSTROKE Frank Feld 47 46.3 1:44.6 100 YARD INDIVIDUAL MEDLEY c. Bob White 47 1:10.8 з. 400 YARD INDIVIDUAL MEDLEY Morgan Byers 47 6:14.2 MEN 50-56 50 YARD BUTTERFLY Paul Hutinger 50 28.9 100 YARD BUTTERFLY N. 1:09.4 aul Hutinger 200 YARD INDIVIDUAL 200 IA MEDLEY Paul Hutinger 50 MEN 55-59 2:31.5 MEN 55-59 50 YARD FREESTYLE Lynn Surles 57 100 YARD FREESTYLE 28.4 Lynn Surles 57 200 YARD FREESTYLE Lynn Surles 57 1:07.3 2:30.1 500 YARD FREESTYLE Lynn Surles 57 1650 YARD FREESTYLE 7.05.5 24-25.6 Lynn Surles 57 O YARD BREASTSTROKE 35.9 George Trawicki 58 100 YARD BREASTSTROKE George Trawicki 58 200 YARD BREASTSTROKE 1:23.7 3:07.1 George Trawicki 58 MEN 60-64 100 YARD FREESTYLE 1:09.9 Herb Howie 62 200 YARD FREESTYLE Herb Howie 62 1650 YARD FREESTYLE 2:39.8 Α. Herb Howie 62 50 YARD BUTTERPLY Herb Howie 62 25:35.2 43.2 100 YARD INDIVIDUAL MEDLEY Herb Howie 62 1:29.0 200 YARD INDIVIDUAL MEDLEY Herb Howie 62 3:19.8 MEN 65-69 50 YARD FREESTYLE Cliff Brown 68 100 YARD ST 49.4 100 YARD FREESTVLE Cliff Brown 68 200 YARD FREESTYLE Cliff Brown 68 2:16.4 6:08.0 500 YARD FREESTYLE Cliff Brown 68 14:31.6 1650 YARD FREESTYLE Cliff Brown 68 50 YARD BACKSTROKE Cliff Brown 68 59:17.1 1:23.8 100 YARD BACKSTROKE Cliff Brown 68 2:24.9 200 YARD BACKSTROKE Cliff Brown 68 G. 5/ 47.0 50 YARD BREASTSTROKE Cliff Brown 68 1:32.8 100 YARD BREASTSTROK Cliff Brown 68 3.30 6 COLD COAST MASTERS North Palm Meagn, Florida December 1, 1974 WOMEN 25-29 50 Yd Freestyle N. Barnette S. Stevens 31 7 36.2 100 Yd Freestyle S. Stevens 200 Yd Freestyle L. Cartee 1:22.7 2:56.2 S. Stevens 3:03.7 50 Yd Backstroke 41.8 Cartee 100 Yd Backstroke S. Stevens 50 Yd Breaststroke 1:32.5 37.5 N. Barnette Yd Breaststroke 100 Cartee WOMEN 30-34 1:35.3 50 Yd Freestyle S. Mannino 100 Yd Freestyle 36.7 W. Cavaneugh 200 Yd Freestyle W. Cavanaugh 1:04.9 2:28.3 50 Yd Breaststroke

49.3

100 Yd Breaststroke 3. Mannino 100 Yd Butterfly M. Bergeron 1.53.5 1:12.6 200 Yd Butterfly M. Bergeron 2:58.4 W. Cavanaugh 400 Yd Individual Medley 6:22.6 3:04.5 W. Cavanaugh Bergeron WOMEN 35-39 50 Yd Freestyle R. Otto S. Timken 35.7 38.6 I. Nagel 00 Yd Freestyle 1:39.4 J. Nagel 200 Yd Freestyle J. Nagel 3:41.5 50 Yd Backstroke R. Otto 40.4 S. Timken 45.5 Saragoni 47.9 Nagel 52.6 50 Yd Breaststroke N. Clement 43.0 R. Otto 43.8 C. Saragoni 44.0 S. Timken 54.7 100 Yd Breaststroke N. Clement 1:40.4 200 Yd Breaststroke 3:32.4 Clement 50 Yd Butterfly N. Clement 42.6 R. Otto WOMEN 40-44 44.3 50 Yd Freestyle 34.5 . Timmerman 100 Yd Freestyle P. Timmerman 1:20.1 200 Yd Freestyle 2:56.2 P. Tim 50 Yd Backstroke P. Timmerman 47.7 50 Yd Breaststroke A. McGuire 37.2 100 Yd Breaststroke 1:23.9 A. McGuire 50 Yd Butterfly A. McGuire 36.2 200 Yd Butterfly A. McGuire McGuire WOMEN 45-49 3:01.5 50 Yd Freestyle A. Morrill 50 Yd Backstroke A. Morrill 42.7 58.1 100 Yd Breaststroke A. Morrill 1:58.3 50 Yd Butterfly A. Morrill 48.4 WOMEN 50-54 50 Yd Freestyle Z. Griffin 35.2 B. Dendy L. Berg 36.7 42.8 49.3 G. Lawton M. DeCarlo 100 Yd Freestyle Z. Griffin 51.4 1:18.8 J. Sinally 1:30.4 M. Perhacs 1.36 7 1:39.2 L. Berg 200 Yd Freestyle M. Perhacs 50 Yd Backstroke J. Smally 3:50.8 47.5 200 Yd Backstroke J. Smally 4:18.6 50 Yd Breaststroke 52.0 Berg Lawton 54.7 8. Dendy DeCarlo 57.0 100 Yd Breastroke M. Perhacs 1:49.9 1:54.8 L. Berg 2:03.5 G. Lawton 50 Yd Butterfly Z. Griffin 40.0 L10 Vd Individual Medley 1:34.3 Z. Griffin M. Perhacs 1:59.0 200 Yd Individual Medley 4:20.9 J. Smally WOMEN 55-59 50 Yd Freestyle 46.7 Muntz E. Muntz 50 Yd Backstroke E. Muntz 50 Yd Breaststpoke E. Muntz WOMEN 65-69 57.0 53.3 50 Yd Freestyle 50.1 R. Caplane R. Switzer 100 Yd Freestyle 55.1 1:52.5 8. Switzer 200 Yd Freestyle R. Switzer 50 Yd Backstroke R. Caplane 4:03.6 1:10.7 50 Yd Breaststøcke R. Caplane 55.5 100 Yd Breaststroke R. Caplane 2:02.5

10

MEN 25-29	
50 VA Property In	25.1
P. Ackerman R. Barth 100 Yd Freestyle	26.1
200 Yd Freestyle	1:20.1
D. Silva	2:12.7 3:13.7
A. Downey R. Barth	27.7
200 Yd Backstroke	2:19.4
J. Donnelly	32.0
J. Zeigler R. Barth	32.1 34.1
J. Zeigler	1:10.2
J. Donnelly 200 Yd Breaststroke J. Zeigler	1:11.4
J. Donnelly 50 Yd Butterfly D. Beuttenmuller	2:37.4
200 Yd Butterfly	28.0
D. Beuttenmuller 100 Yd Individual Mee	2:53,4 iley
J. Donnelly D. Beuttenmuller	1:05.4
400 Yd Individual Med D. Beuttenmuller	5:44.0
50 Yd Freestyle C. Plaskett	20.7
100 Yd Freestyle D. Hicks	30.7 53.5
100 Yd Backstroke D. Micks	1:02.3
200 Md theeless he	2:18.5
D. Hicks 50 Yd Breaststroke C. Plaskett	36.5
C. Plaskett	1:27.1
200 Yd Breaststroke C. Plaskett	3:07.0
100 Yd Butterfly G. DeLong 200 Yd Butterfly	59.1
G. DeLong 100 YD Individual Med	2:25.8
200 Yd Individual Med	ley
-400 Yd Individual Med	2:30.0 ley
MEN 33-39	5:05.2
50 Yd Freestyle C. Cavanaugh 100 Yd Freestyle	25.5
C. Cayanaugh	56.1
50 Yd Backstroke J. Risher D. Cole	30.1 33.4
100 Yd Backstroke	1:09.0
200 Yd Backstroke J. Risher	2:48.4
50 Yd Breaststøoke D. Cole W. Ballard	32.9 39.8
100 Yd Breaststroke	1:14.8
W. Ballard	1:28.8
D. Short W. Ballard	2:45.0 3:19.4
50 Yd Butterfly C. Cavanaugh	27.8
W. R. Timken J. Risher	28.0
100 Yd Butterfly W. R. Timken 200 Yd Butterfly	1:04.1
W. R. Timken	2:34.3
D. Short 100 Yd Individual Med W. R. Timken	Ley 1:06.0
V. Udvanaugn	1:07.0
200 Yd Individual Med	2:29.9
D. Short 400 Yd Individual Medi D. ^S hort <u>MEN 40-44</u>	5:58.0
50 Yd Freestyle G. Rosser	25,0
G. Nagel J. Lineweaver	25.9
W. Dupes C. Wilson	27.7 32.7 35.3
100 Yd Freestyle G. Rosser	56.1
B. Beach J. Lineweaver	1:02.0
4. Dupes 200 Yd Freestyle	1:11.2
G. Rosser B. Beach J. Gotch	2:09.3 2:15.7 2:30.0
J. Lineweaver W. Dupes	2:31.4 2:47.9
W. Dupes 50 Yd Backstroke 8. Kern	34.1
W. Dupes C. Wilson	45.6 49.7

100 Yd Backstroke	1 22 4
B. Beach J. Gotch	1:22.6
200 Yd Backstroke	
B. Beach 50 Yd Breaststroke	2:52.9
G. Nagel	33.3
H. Brown H. Kern	33.6
J. Lineweaver C. Wilson	35.0 38.9
C. Wilson	62.4
100 Yd Breaststroke	1:15.1
H. Brown C. Wilson 200 Yd Breaststroke	1:37.5
H. Brown 50 Yd Butterfly	2:53.5
U. KOBBET	28.2
G. Nagel H. Brown	30.8 34.0
200 Yd Butterfly	
H. Kern 100 Yd Individual M	2:49.2
0+ HAGEL	1:10.0
200 ¥d Individual M J. Gotch	edley
400 Yd Individual N	3:10.4
H. Kern	5:52.8
J. Gotch	6:47.7
MEN 45-49	
50 Yd Freestyle W. Gardner R. Mercer	28.4
R. Mercer	31.2
100 Yd Freestyle R. Mercer	1:09.1
200 Yd Freestyle	
R. Mercer 50 Yd Backstroke W. Gardner	2:51.7
W. Gardner	34.1
R. Mercer 100 Yd Backstroke	45.7
W. Gardner	1:15.9
200 Yd Backstroke	2.50 2
W. Gardner 50 Yd Breaststroke	2:50.2
n. netiman	35.5
J. Scheefer 100 Yd Breaststroke	35.6
J. Schaefer	1:20.6
H. Hellmann 200 Yd Breaststroke	1:23.5
J. Schafer	3:10.4
H. Hellmann	3:12.1
L. E. Holmes	30.8
H. Hellmann 100 Yd Butterfly	41.4
E. Holmen	1:16.6
L. E. Holmes	
200 Yd Butterfly L. E. Holmes 100 Yd Individual Me	3:06.9
100 Yd Individual Me	3:06.9
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes	3:06.9
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54	3:06.9
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes <u>MEN 50-54</u> 50 Yd Freestyle	3:06.9 dley 1:22.0 dley 2:53.4
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes <u>MEN 50-54</u> 50 Yd Freestyle R. Ringel	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7
100 Yd Individual Me J. Schaefer 200 Yd Individual Me K. S. Holmeu MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine F. H. Winn 100 Yd Freestyle	3:06.9 dley 1:22.0 dley 2:53.4 28.1
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes <u>MEN 50-54</u> 50 Yd Freestyle R. Ringel W. Jardine F. H. Hinn 100 Yd Freestyle R. Ringel	3:06.9 <u>dley</u> 1:22.0 <u>dley</u> 2:53.4 28.1 29.7 42.6 1:05.2
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine N. H. Winn 100 Yd Preestyle R. Ringel W. Jardine	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine R. Ringel W. Jardine R. Ringel W. Jardine 200 Yd Freestyle R. Ringel	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine R. Ringel W. Jardine R. Ringel W. Jardine 200 Yd Freestyle R. Ringel	3:06.9 <u>dley</u> 1:22.0 <u>dley</u> 2:53.4 28.1 29.7 42.6 1:05.2
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Breasteroke R. Ringel	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 50 Yd Breaststoke R. Ringel	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 50 Yd Breaststoke R. Ringel	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.5
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel MEN 55-59 100 Yd Preestyle C. Dunworth	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Freestyle C. Dunworth 50 Yd Preestyle C. Dunworth 50 Yd Acakstroke F. Tillotson G. Dunworth	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.5 1:11.9 40.3
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmen MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel M. Jardine 50 Yd Breasteroke R. Ringel 100 Yd Preestyle C. Dunworth 50 Yd Backstroke F. Fillotson G. Dunworth 100 Yd Backstroke	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.5 1:11.9 40.3 - 43.6
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Breaststoke R. Ringel M. Jardine 50 Yd Breaststoke F. Tillotson G. Dunworth 50 Yd Backstroke F. Tillotson 200 Yd Backstroke	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.5 1:11.9 40.3
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel MEN 55-59 100 Yd Preestyle C. Dunworth 50 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.5 1:11.9 40.3 - 43.6
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel MEN 55-59 100 Yd Preestyle C. Dunworth 50 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.5 1:11.9 40.3 43.6 1:33.1 3:29.4
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel MEN 55-59 100 Yd Preestyle C. Dunworth 50 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Breaststoke R. Ringel M. Jardine 50 Yd Breastyle C. Dunworth 50 Yd Backstroke F. Tillotson G. Danworth 100 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 38.2
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel M. Jardine 200 Yd Preestyle C. Dunworth 50 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Bacterfly E. Jennings C. Dunworth 100 Yd Butterfly E. Jennings	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle C. Dunworth 50 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Jennings 200 Yd Backstroke F. Jenning	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 38.2 1:19.8 3:13.9
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle C. Dunworth 50 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson F. Tollotson F. T	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 38.2 1:19.8 3:13.9 lley 2:21.2 2:1,0 1:19.8 3:13.9
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle C. Dunworth 50 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Individual Med C. Punworth F. Tillotson	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 38.2 1:19.8 3:13.9 lley 2:21.2 2:1,0 1:19.8 3:13.9
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle C. Dunworth 50 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Individual Med C. Punworth F. Tillotson	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 38.2 1:19.8 3:13.9 lley 2:21.2 2:1,0 1:19.8 3:13.9
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Breaststroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 200 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Batterfly E. Jennings 200 Yd Batterfly E. Jennings 200 Yd Istoon F. Jillotson MEN 60-64	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 38.2 1:19.8 3:13.9 lley 2:21.2 2:1,0 1:19.8 3:13.9
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Breaststroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 200 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Batterfly E. Jennings 200 Yd Batterfly E. Jennings 200 Yd Istoon F. Jillotson MEN 60-64	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 3:29.4 31.1 3:29.4 31.1 3:29.4 3:13.9 ley 1:27.1 1:35.8 ley 7:04.0
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Freestyle C. Dunworth 100 Yd Preestyle C. Dunworth 100 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Batterfly E. Jennings 200 Yd Hatterfly E. Jennings 100 Yd Individual Med C. Dunworth F. Tillotson 50 Yd Batterfly E. Jennings 100 Yd Individual Med C. Jennings 100 Yd Treestyle 50 Yd Freestyle 50 Yd Preestyle	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 38.2 1:19.8 3:13.9 ley
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Freestyle C. Dunworth 100 Yd Preestyle C. Dunworth 100 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Batterfly E. Jennings 200 Yd Hatterfly E. Jennings 100 Yd Individual Med C. Dunworth F. Tillotson 50 Yd Batterfly E. Jennings 100 Yd Individual Med C. Jennings 100 Yd Treestyle 50 Yd Freestyle 50 Yd Preestyle	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 38.2 1:19.8 3:13.9 Hey 1:27.1 1:35.8 ley 7:04.0 3:6.0 2:45.4
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 50 Yd Preestyle C. Dunworth 100 Yd Backstroke F. Tillotson C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Batterfly E. Jennings 200 Yd Haltvidual Med C. Dunworth F. Jillotson 50 Yd Freestyle G. DeCarlo 200 Yd Preestyle G. Silvere L Brown	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.5 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 3:29.4 3:13.9 1:27.1 1:35.8 ley 7:04.0 36.0
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Freestyle C. Dunworth 100 Yd Preestyle C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Jennings 100 Yd Individual Med C. Dunworth F. Jillotson 50 Yd Freestyle G. Dicarlo 200 Yd Freestyle G. Silvere J. Brown 50 Yd Backstroke	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 38.2 1:19.8 3:13.9 Hey 1:27.1 1:35.8 ley 7:04.0 3:6.0 2:45.4
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Freestyle C. Dunworth 100 Yd Preestyle C. Dunworth 100 Yd Backstroke F. Tillotson 200 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 200 Yd Backstroke F. Jennings 200 Yd Backstroke G. Dunworth F. Jillotson 200 Yd Backstroke G. Dunworth F. Jillotson 200 Yd Backstroke G. Dunworth F. Jillotson 200 Yd Freestyle G. Divera 100 Yd Freestyle G. Silvera 100 Yd Backstroke G. Silvera 100 Yd Backstroke G. Silvera	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.5 1:11.9 40.3 -43.6 1:33.1 3:29.4 31.1 3:29.4 31.1 3:29.4 3:13.9 Hey 1:27.1 1:35.8 ley 7:04.0 36.0 2:46.4 3:23.6 39.7
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Freestyle C. Dunworth 100 Yd Preestyle C. Dunworth 100 Yd Backstroke F. Tillotson 200 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 200 Yd Backstroke F. Jennings 200 Yd Backstroke G. Dunworth F. Jillotson 200 Yd Backstroke G. Dunworth F. Jillotson 200 Yd Backstroke G. Dunworth F. Jillotson 200 Yd Freestyle G. Divera 100 Yd Freestyle G. Silvera 100 Yd Backstroke G. Silvera 100 Yd Backstroke G. Silvera	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 3:29.4 31.1 3:29.4 31.1 3:29.4 3:13.9 1:27.1 1:35.8 ley 7:04.0 36.0 2:46.4 3:23.8 39.7 1:27.2
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle C. Dunworth 100 Yd Preestyle C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Jennings 200 Yd Hatvidual Med C. Dunworth 50 Yd Individual Med C. Dunworth 50 Yd Backstroke G. Silvere J. Brown 50 Yd Freestyle G. Silvere J. Brown 50 Yd Backstroke G. Silvere C. Silve	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 3:29.4 3:13.9 1:27.1 1:35.8 ley 7:04.0 36.0 2:46.4 3:23.8 39.7 1:27.2 3:15.9
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle R. Ringel W. Jardine 200 Yd Preestyle C. Dunworth 100 Yd Preestyle C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Jennings 200 Yd Hatvidual Med C. Dunworth 50 Yd Individual Med C. Dunworth 50 Yd Backstroke G. Silvere J. Brown 50 Yd Freestyle G. Silvere J. Brown 50 Yd Backstroke G. Silvere C. Silve	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 -43.6 1:33.1 3:29.4 31.1 38.2 1:19.8 3:13.9 Hey 1:27.1 1:35.8 1:27.2 3:15.9 47.7
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Freestyle R. Ringel W. Jardine 50 Yd Freestyle C. Dunworth 100 Yd Freestyle C. Dunworth 100 Yd Preestyle C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Jennings 100 Yd Individual Med C. Dunworth 100 Yd Batcsfly E. Jennings 100 Yd Individual Med C. Dunworth F. Jillotson 50 Yd Individual Med C. Dunworth F. Jillotson 50 Yd Freestyle G. Dicarlo 200 Yd Backstroke G. Silvera 100 Yd Backstroke G. Silvera 50 Yd Backstroke 50 Yd Backstroke	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 3:29.4 3:13.9 1:27.1 1:35.8 ley 7:04.0 36.0 2:46.4 3:23.8 39.7 1:27.2 3:15.9
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Freestyle C. Dunworth 100 Yd Preestyle C. Dunworth 100 Yd Preestyle C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Jennings 100 Yd Individual Med C. Dunworth F. Jillotson 50 Yd Batterfly E. Jennings 100 Yd Individual Med C. Dunworth F. Jillotson 50 Yd Preestyle G. Silvera 100 Yd Backstroke G. Silvera 100 Yd Backstroke 100 Yd Backstroke 1	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 -43.6 1:33.1 3:29.4 31.1 38.2 1:19.8 3:13.9 Hey 1:27.1 1:35.8 1:27.2 3:15.9 47.7
100 Yd Individual Me J. Schaefer 200 Yd Individual Me L. E. Holmes MEN 50-54 50 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 200 Yd Freestyle R. Ringel W. Jardine 50 Yd Freestyle R. Ringel W. Jardine 50 Yd Freestyle C. Dunworth 100 Yd Freestyle C. Dunworth 100 Yd Preestyle C. Dunworth 100 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Tillotson 50 Yd Backstroke F. Jennings 100 Yd Individual Med C. Dunworth 100 Yd Batcsfly E. Jennings 100 Yd Individual Med C. Dunworth F. Jillotson 50 Yd Individual Med C. Dunworth F. Jillotson 50 Yd Freestyle G. Dicarlo 200 Yd Backstroke G. Silvera 100 Yd Backstroke G. Silvera 50 Yd Backstroke 50 Yd Backstroke	3:06.9 dley 1:22.0 dley 2:53.4 28.1 29.7 42.6 1:05.2 1:06.0 2:27.2 2:34.1 38.6 1:11.9 40.3 43.6 1:33.1 3:29.4 31.1 3:29.4 31.1 3:29.4 31.1 3:29.4 3:13.9 1:27.1 1:35.8 ley 7:04.0 36.0 2:46.4 3:23.8 39.7 1:27.2 3:15.9 47.7 50.0

MEN 65-69	
50 Yd Freestyle F. Babenderede	45.7
100 Yd Freestyle R. Nelson	1:19.2
200 Yd Freestyle R. Nelson	3:07.8
200 Yd Freestyle R. Nelson 50 Yd Backstroke S. Loeffler	53.2
100 Yd Backstroke S. Loeffler 50 Yd Breaststroke	1:59.9
50 Yd Breaststroke G. Muntz	38.3
S. Loeffler F. Babenderede	50.6 1:00.3
100 Yd Breaststroke G. Muntz	1:29.0
G. Muntz S. Loeffler MEN 70-79	2:05.3
50 Yd Freestyle J. Moore J. McGuire	33.5
J. McGuire 100 Yd Freestyle	33.8
J. Scheu	1:20.9 2:03.4
200 Yd Freestyle J. McGuire	3:19.5
50 Yd Backstroke J. Noore	46.5
J. Scheu 100 Yd Backstroke	1:10.9
J. Moore J. Scheu	1:51.7
200 Yd Backstroke	2:28.8
J. Moore J. Scheu	5:37.8
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LAKELAND HILLS YAC	CA
December 78, 1974	ŧ
WOMEN 25-29 50 YARD3 PREESTYLE Jane Cooper 25 WOMEN 30-34 50 YARDS PREESTYLE	
Jane Cooper 25	49.090
50 YARDS PREESTYLE Jane Perkins 34	1 25 000
500 YARDS FREESTYL	E
Jane Perkins 34 50 YARDS BREASTSTH Jane Perkins 34 100 YARDS INDIVIDU Jane Perkins 34	TO: 12.060
100 YARDS INDIVIDU	AL MEDLEY
MOMEN 30-34	1:45.546
500 YARDS FREESTYL Frances Cura 36	E 8:15.225
50 YARDS BACKSTROK Frances Cura 36	E 39.521
Frances Cupa 36	1.27 086
200 YARDS BACKSTRO Prances Cura 36 50 YARDS BREASTSTR Prances Cura 36	3:11.874
50 YARDS BREASTSTR Prances Cura 36	0KE 43.430
100 YARDS BREASTST Frances Cura 36	1:35.800
Frances Cura 36 100 YARDS BREASTST Frances Cura 36 200 YARDS BREASTST Frances Cura 36	<u>KE</u> 3:11.874 <u>OKE</u> 43.430 <u>ROKE</u> 1:35.800 <u>ROKE</u> 3:24.100
Prances Cura 36 100 YARDS INDIVIDU, Prances Cura 36 200 YARDS INDIVIDU, Prances Cura 36 WOMEN 45-49 50 YARDS PRESSTYLE Ruth Koss 47 100 YARDS INDIVIDU, Tink Bolster 46 400 YARDS INDIVIDU, Tink Bolster 46 WOMEN 60-64 50 YARDS PRESSTYLE Eather Cornian 63 100 YARDS BACKSTROJ	AL MEDLEY 1:25.810
200 YARDS INDIVIDU Frances Cura 36	AL MEDLEY 3:14.450
WOMEN 45-49 50 YARDS FREESTYLE	
Ruth Koss 47 100 YARDS INDIVIDU	51.858 AL MEDLEY 2:22.080 AL MEDLEY 3:22.815 7:11.433 49.676 (E 2:09.451 1:00.683 31.461 33.709
Ruth Koss 47 200 YARDS INDIVIDU	2:22.080 AL MEDLEY
Tink Bolster 46 400 YARDS INDIVIDU	3:22.815 AL MEDLEY
Tink Bolster 46 WOMEN 60-64	7:11.433
50 YARDS PREESTYLE Esther Cornish 63	49.676
Esther Cornish 63	2:09.451
100 VIDDCDDCDDVFF	
Ed Guessefeld 25 50 YARDS BACKSTROKE Larry Weiss 26	1:00.683
Ed Guessereld 25	31.461 33.709
100 YARDS BACKSTROK Jack Zakim	E
50 YARDS BREASTSTRO Larry Weiss 26 100 YARDS BREASTSTR	30.687 N
50 YARDS BUTTERFLY Larry Weiss 26 100 YARDS INDIVIDUA	26.771
	L MEDLEY 1:08.571
MEN 30-34 50 YARDS PREESTYLE Richard Meyer 34	A
200 YARDS FREESTYLE	25.996 M
500 YARDS FREESTYLE	Ť
Phil Goode 31 Harry Hamilton 37	5:30.745 4
Harry Hamilton 33 Sandy Thatcher 31 Richard Meyer 34	7:03.000 8:00.915 5
100 YARDS BACKSTROK	E D 1:05.775 E
Sandy Thatcher 31	Î:05.775 E 1:13.916

200 YARDS BACKSTROK	E
Sandy Thatcher 31	2:44.498
100 YARDS BREASTSTR	OKE
Sandy Thatcher 31	1:21.300
200 YARDS BREASTSTR	DKE
Sandy Thatcher 31 200 YARDS BUTTERFLY	3:00.069
100 YARDS INDIVIDUAL	2:18.500
100 YARDS INDIVIDUAL Sandy Thatcher 31	MEDLEY
Sandy Thatcher 31	:10.633
200 YARDS INDIVIDUAL Sandy Thatcher 31	MEDLEY
	130.000
400 YARDS INDIVIDUAL	MEDLEY
Sandy Thatcher 31	:59.814
MEN 35-39	
50 YARDS FRRESTYLE	
Amar Lathi 30	27.053 32.100
D. Petranech 39	32.100
100 YARDS FREESPVLE	
Bob Walden 35 200 YARDS FREESTYLE Bob Walden 35	59.100
200 YARDS FREESTYLE	
Bob Walden 35 2	:11.390
	:40.349
500 YARDS FREESTYLE Dale Fetranech 39 7 50 YARDS BACKSTROKE Amar Lathi 38 50 YARDS BACKSTROKE	and the second
Dale Petranach 30 7	:09.151
50 VAROS BACKSTROKE	- 43-232
Amam Sathi 38	31.976
50 VARDS BREASTSTROK	24. 714
Amon Lathi 28	36.684
100 VADDE LEEISTREPON	20.004
Tay Simpson 26 1	135 800
Jos Vappo presentano	:35.800
D Dot name al 30	TH THE
D. FEEFAREOR 39]	:10.586
Amar Lathi 38 50 YARDS BREASTSTROK Amar Lathi 38 100 YARDS BREASTSTRO Jay Simpson 35 1 200 YARDS BREASTSTRO D. Fetraneck 39 3 50 YARDS BUTTERPLY Steve Kurtin 35 Amar Lathi 38	- 28. 357
Steve Kurtin 35 Amar Lathi 38 Stuart Matz 36 100 YARDS SUPTERFLY Steve Kurtin 35 1 D. Petranech 39 1 200 YARDS AUTERFLY	28.135
Stuppt Mate 26	
100 VAPOS DUMEDELS	37.230
Stove Funt La StreEt	00 750
D Potney 10	:09.762
D. Petranech 39 1 200 YARDS BUTTERFLY D. Petranech 39 3	:21.422
200 TANDS BOTTERFLI	
D. Fetranech 19 3	:12.230
100 YARDS INDIVIDUAL	MEDLEY
Amar Lathi j8 1	:09.913
100 YARDS INDIVIDUAL Amar Lathi 38 1 200 YARDS INDIVIDUAL Stuart Matz 36 3	MEDLEY
Stuart Matz 30 3	:10.333
400 YARDS INDIVIDUAL D. Petranech 39 5	MEDLEY
D. Petranech 39 S	:59.163
MEN 40-44	
50 YARDS FREESTYLE	- STARKY
400 YARDS INDIVIDUAL D. Petranech 39 50 YARDS TREESTYLE Richard Ellis 12 100 YARDS PRESTYLE Richard Ellis 12 Richard Ellis 2 Richard Ellis 2 Richard 2 Richa	33,840
100 YARDS PREESTYLE Richard Ellis 42 1 Ken Dawson 43 1	and ranks
Richard Ellis 42 1	:05.347
Ken Dawson 43 1	:09.65/
50 YARDS BACKSTROKE Ken Dawson 43	
Ken Dawson 43	38.185
Richard Ellis 42	39.448
Hichard Eills 42 200 YARDS BACKSTROKE Ken Dawson 43 50 YARDS BREASTSTROK Richard Eills 42 100 YARDS BREASTSTROM Walt Cronkright 43 Bichard Eills 43	
Ken Dawson 43 3.	:00.344
50 YARDS BREASTSTROK	5
Richard Ellis 42 1	:13.716
100 YARDS BREASTSTRON	KE.
Walt Cronkright 43 1:	20.030
Richard Ellis 42 1:	:55.100
50 YARDS BUTTERFLY	
Walt Woodruff 42	33.581
Richard Ellis 42	34.000
100 YARDS BUTTERFLY	A. 125 C. 7
So YARDS BUTTERPLY Walt Woodruff 42 Richard Ellis 42 100 YARDS BUTTERPLY Walt Cronkright 43 1	19.230
SICOSPO 51113 42 13	41,605
100 YARDS INDIVIDUAL	MEDLEY
100 YARDS INDIVIDUAL Walt Woodruff 42 1: Richard Ellis 42 1:	22.020
Richard Ellis 42 1:	32,592
200 YARDS INDIVIDUAL	MEDLEY
Walt Woodruff 42 3:	20.397
MEN 45-49	
50 YARDS FREESTYLE	
50 YARDS PREESTYLE Matt Flanagan 48	27.742
Dan Sullivan 47	29.475
200 YARDS FREESTYLE	222224
Dan Sullivan 47 2	:38.458
500 YARDS FREESTYLE	
	15.160
Dan Herbst 46 10	38.472
50 YARDS BACKSTROKE	
Dan Sullivan 47	37.320
200 YARDS BACKSTROKE	
Dan Sullivan 47 3:	
Dan Sullivan 47 3:	10.707
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE	10.707
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE Matt Planagan 48	10.707
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROK	10.707 35.055 44.878
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROK	10.707 35.055 44.878
Dan Sullivan 47 3: 50 YARDS BREASTSTROK Matt Flanagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Flanagan 48 1: Jim Porbes 48 1:	10.707 35.055 44.878 E 18.300 18.700
Dan Sullivan 47 3. 50 YARDS BREASTSTROKE Matt Flanagan 48 Dan Herbat 46 100 YARDS BREASTSTROK Matt Flanagan 48 1: Jim Forbes BREASTSTROM	10.707 35.055 44.878 E 16.300 16.700
Dan Sullivan 47 3. 50 YARDS BREASTSTROKE Matt Flanagan 48 Dan Herbat 46 100 YARDS BREASTSTROK Matt Flanagan 48 1: Jim Forbes BREASTSTROM	10.707 35.055 44.878 E 16.300 16.700
Dan Sullivan 47 3. 50 YARDS BREASTSTROKE Matt Flanagan 48 Dan Herbat 46 100 YARDS BREASTSTROM Matt Flanagan 48 1: Jim Forbes BREASTSTROM	10.707 35.055 44.878 E 16.300 16.700
Dan Sullivan 47 3. 50 YARDS BREASTSTROKE Matt Flanagan 48 Dan Herbat 46 100 YARDS BREASTSTROM Matt Flanagan 48 1: 200 YARDS BREASTSTROM Matt Flanagan 48 2: Alfonson Allen 45 3: Dan Herbat 46 2:	10.707 35.055 44.878 E 16.300 16.700
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Forbes 46 1: 200 YARDS BREASTSTROM Matt Flanagan 48 2: Alfonson Allen 45 3: Dan Herbst 46 3: 50 YARDS BIMTREPETY	10.707 35.055 44.878 E 18.300 18.700
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Forbes 46 1: 200 YARDS BREASTSTROM Matt Flanagan 48 2: Alfonson Allen 45 3: Dan Herbst 46 3: 50 YARDS BIMTREPETY	10.707 35.055 44.878 18.300 18.700 58.300 03.135 42.700
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Forbes 46 1: 200 YARDS BREASTSTROM Matt Flanagan 48 2: Alfonson Allen 45 3: Dan Herbst 46 3: 50 YARDS BIMTREPETY	10.707 35.055 44.878 18.300 18.700 58.300 03.135 42.700
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Forbes 46 1: 200 YARDS BREASTSTROM Matt Flanagan 48 2: Alfonson Allen 45 3: Dan Herbst 46 3: 50 YARDS BIMTREPETY	10.707 35.055 44.878 E 16.300 16.700
Dan Sullivan 47 35 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Porbes 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 3: Dan Herbst 46 3: Dan Herbst 46 3: 50 YARDS BUTTERFLY Matt Planagan 48 Jim Forbes 48 Jim Forbes 48	10.707 35.055 44.878 18.300 18.700 58.300 03.135 42.700 31.310 35.864
Dan Sullivan 47 35 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Porbes 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 3: Dan Herbst 46 3: Dan Herbst 46 3: 50 YARDS BUTTERFLY Matt Planagan 48 Jim Forbes 48 Jim Forbes 48	10.707 35.055 44.878 18.300 18.700 58.300 03.135 42.700 31.310 35.864
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 3: Dan Herbst 46 3: 50 YARDS BUTTERFLY Matt Planagan 48 Jim Forbes 48Jim Forbes 48 Jim Forbes 48Jim	10.707 35.055 44.878 18.300 18.700 58.300 03.135 42.700
Dan Sullivan 47 3: 50 YARDS BREASTSTROM Matt Planagan 48 Dan Herbat 46 100 YARDS BREASTSTROM Matt Planagan 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 2: Dan Herbat 46 3: Dan Herbat 46 3: 50 YARDS BUTTERFLY Matt Planagan 48 Jim Forbes 48 Jim Forbes 48 Jim Forbes 100 YARDS BUTTERFLY Alfred Stein 46 1: 200 YARDS BUTTERFLY Alfred Stein 46 1: 200 YARDS BUTTERFLY	10.707 35.055 44.878 [18.300 18.700 58.300 03.135 42.700 31.310 35.864 11.725 14.731
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbat 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Forbes 48 200 YARDS BREASTSTROM Matt Flanagan 48 2: Dan Herbat 46 3: 50 YARDS BUTTERFLY Matt Flanagan 48 Jim Forbes 48 100 YARDS BUTTERFLY Alfred Stein 46 1: Matt Flanagan 48 1: 200 YARDS BUTTERFLY Alfred Stein 46 2:	10.707 35.055 44.878 [18.300 18.700 58.300 03.135 42.700 31.310 35.864 11.725 14.731
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbat 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Forbes 48 200 YARDS BREASTSTROM Matt Flanagan 48 2: Dan Herbat 46 3: 50 YARDS BUTTERFLY Matt Flanagan 48 Jim Forbes 48 100 YARDS BUTTERFLY Alfred Stein 46 1: Matt Flanagan 48 1: 200 YARDS BUTTERFLY Alfred Stein 46 2:	10.707 35.055 44.878 18.300 18.300 18.300 31.35 42.700 31.310 35.864 11.725 14.731 58.904 10.600
Dan Sullivan 47 3: 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbat 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Forbes 48 200 YARDS BREASTSTROM Matt Flanagan 48 2: Alfonson Allen 45 3: Dan Herbat 46 3: 50 YARDS BUTTERFLY Matt Flanagan 48 Jim Forbes 48 100 YARDS BUTTERFLY Alfred Stein 46 1: Matt Flanagan 48 1: 200 YARDS BUTTERFLY Alfred Stein 46 2: Alfonson Allen 45 3: 100 YARDS SIMDIVIDUAL	10.707 35.055 44.878 18.300 18.700 58.300 31.310 35.864 11.725 14.731 58.904 10.600 MEDLEY
Dan Sullivan 47 35 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 1: 200 YARDS BUTERFLY Matt Planagan 48 Jim Forbes 48 Jim Fo	10.707 35.055 44.878 18.300 18.700 58.300 31.310 35.864 11.725 14.731 58.904 10.600 MEDLEY
Dan Sullivan 47 35 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Porbes 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 3: Dan Herbst 46 3: Dan Herbst 46 3: Dan Herbst 46 Jim Porbes 48 Jim P	10.707 35.055 44.878 18.300 18.700 58.300 03.135 42.700 31.310 35.864 11.725 14.731 58.904 10.600 10.604 11.725 14.731 58.904 10.5397 25.274
Dan Sullivan 47 35 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Porbes 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 3: Dan Herbst 46 3: Dan Herbst 46 3: Dan Herbst 46 Jim Porbes 48 Jim P	10.707 35.055 44.878 18.300 18.700 58.300 03.135 42.700 31.310 35.864 11.725 14.731 58.904 10.600 10.604 11.725 14.731 58.904 10.5397 25.274
Dan Sullivan 47 35 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: Jim Porbes 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 3: Dan Herbst 46 3: Dan Herbst 46 3: Dan Herbst 46 Jim Porbes 48 Jim P	10.707 35.055 44.878 T8.300 16.700 31.315 42.700 31.310 35.864 11.725 14.731 14.735 14.735 14.735 14.735 14.600 MEDLEY 25.274 MEDLEY 25.274 MEDLEY
Dan Sullivan 47 35 50 YARDS BREASTSTROM Matt Flanagan 48 Dan Herbat 46 100 YARDS BREASTSTROM Matt Flanagan 48 1: 200 YARDS BREASTSTROM Matt Flanagan 48 2: Alfonson Allen 45 3: Dan Herbat 46 3: Dan Herbat 46 100 YARDS BUTTERFLY Matt Flanagan 48 100 YARDS BUTTERFLY Alfred Stein 46 2: Alfonson Allen 45 3: Dan YARDS BUTTERFLY Alfred Stein 46 2: Alfonson Allen 45 3: 100 YARDS INDIVIDUAL Matt Flanagan 48 1: 200 YARDS INDIVIDUAL Matt Flanagan 48 1: 200 YARDS INDIVIDUAL Matt Flanagan 48 1: Alfred Stein 45 2: Alfonson Allen 45 3: Alfred Stein 46 2: Alfonson Allen 45 3: Alfred Stein 48 1: Alfred Stein 48	10.707 35.055 44.878 18.300 18.700 28.300 03.135 42.700 31.310 35.864 11.725 14.731 58.904 10.600 MEDLEY 13.397 25.274 MEDLEY 08.600
Dan Sullivan 47 5 50 YARDS BREASTSTROM Matt Planagan 48 Dan Herbat 46 100 YARDS BREASTSTROM Matt Planagan 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 2: Alfonson Allen 45 3: Dan Herbat 46 3: Dan Herbat 46 100 YARDS BUTTERFLY Matt Planagan 48 100 YARDS BUTTERFLY Alfred Stein 46 2: Alfonson Allen 45 3: Dan YARDS BUTTERFLY Alfred Stein 46 2: Alfonson Allen 45 3: 100 YARDS INDIVIDUAL Matt Planagan 48 1: 200 YARDS INDIVIDUAL Matt Flanagan 48 1: 200 YARDS INDIVIDUAL Matt Flanagan 48 1: Alfred Stein 46 2: Alfonson Allen 45 3: Alfred Stein 46 5: Alfred Stein 46 5:	10.707 35.055 44.878 T8.300 16.700 31.315 42.700 31.310 35.864 11.725 14.731 14.735 14.735 14.735 14.735 14.600 MEDLEY 25.274 MEDLEY 25.274 MEDLEY
Dan Sullivan 47 5 50 YARDS BREASTSTROM Matt Planagan 48 Dan Herbat 46 100 YARDS BREASTSTROM Matt Planagan 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 2: Alfonson Allen 45 3: Dan Herbat 46 3: Dan Herbat 46 100 YARDS BUTTERFLY Matt Planagan 48 100 YARDS BUTTERFLY Alfred Stein 46 2: Alfonson Allen 45 3: Dan YARDS BUTTERFLY Alfred Stein 46 2: Alfonson Allen 45 3: 100 YARDS INDIVIDUAL Matt Planagan 48 1: 200 YARDS INDIVIDUAL Matt Flanagan 48 1: 200 YARDS INDIVIDUAL Matt Flanagan 48 1: Alfred Stein 46 2: Alfonson Allen 45 3: Alfred Stein 46 5: Alfred Stein 46 5:	10.707 35.055 44.878 18.300 18.700 28.300 03.135 42.700 31.310 35.864 11.725 14.731 58.904 10.600 MEDLEY 13.397 25.274 MEDLEY 08.600
Dan Sullivan 47 35 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 2: Alfonson Allen 45 3: Dan Herbst 46 3: Dan Herbst 46 3: Dan Herbst 46 100 YARDS BUTTERFLY Matt Planagan 48 Jim Forbea 48 100 YARDS BUTTERFLY Alfred Stein 46 2: Alfonson Allen 45 3: 100 YARDS INDIVIDUAL Matt Planagan 48 1: Alfred Stein 46 2: Alfonson Allen 45 3: 100 YARDS INDIVIDUAL Jim Forbes 48 3: 100 YARDS INDIVIDUAL Jim Forbes 48 3: Alfred Stein 46 6: MEN 50-54 50 YARDS FREESTILE	10.707 35.055 44.878 18.300 18.700 18.300 03.135 14.700 31.310 35.864 11.725 14.731 58.904 10.600 <u>MEDLEY</u> 08.600 <u>MEDLEY</u> 08.600 <u>MEDLEY</u> 08.600
Dan Sullivan 47 35 50 YARDS BREASTSTROKE Matt Planagan 48 Dan Herbst 46 100 YARDS BREASTSTROM Matt Planagan 48 1: 200 YARDS BREASTSTROM Matt Planagan 48 2: Alfonson Allen 45 3: Dan Herbst 46 3: Dan Herbst 46 3: Dan Herbst 46 100 YARDS BUTTERFLY Matt Planagan 48 Jim Forbea 48 100 YARDS BUTTERFLY Alfred Stein 46 2: Alfonson Allen 45 3: 100 YARDS INDIVIDUAL Matt Planagan 48 1: Alfred Stein 46 2: Alfonson Allen 45 3: 100 YARDS INDIVIDUAL Jim Forbes 48 3: 100 YARDS INDIVIDUAL Jim Forbes 48 3: Alfred Stein 46 6: MEN 50-54 50 YARDS FREESTILE	10.707 35.055 44.878 18.300 18.700 28.300 03.135 42.700 31.310 35.864 11.725 14.731 58.904 10.600 MEDLEY 13.397 25.274 MEDLEY 08.600

11

 100 YARDS PREESTYLE

 Dick Sanbort 51

 1:00 YARDS PREESTYLE

 Dick Sanbort 51

 7:12:300

 E A Nicolells

 9:05:724

 Dick Sanbort 51

 7:12:300

 E A Nicolells

 9:05:724

 Dick Sanbort 51

 10:74RDS BACKSTROKE

 Dick Sanbort 51

 10:74RDS BACKSTROKE

 Dick Sanbort 51

 10:74RDS BACKSTROKE

 Dick Sanbort 51

 10:74RDS BRACKSTROKE

 E H Nicolells

 3:32.500

 MCOTES BREASTSTROKE

 E H Nicolells

 3:32.500

 MSTICK FREESTYLE

 Austin Newman 59

 2:00 YARDS PREESTYLE

 Austin Newman 59

 2:00 YARDS PREESTYLE
 200 YARDS BACKSTROKE Bob Coyle 61 1:19.697 50 YARDS BREASTSTROKE Bob Coyle 61 5:503 MEN 65-60 9:5150 50 YARDS PREESTYLE 500 YARDS PREESTYLE 503car 31grist 66 9:141.771 50 YARDS BACKSTROKE 51d Silbert 66 9:141.771 50 YARDS BACKSTROKE 503car 31grist 66 1:27.27 50 YARDS BREASTSTROKE 0scar 31grist 66 5:48.200 50 YARDS BREASTSTROKE 0scar 51grist 66 5:48.200 50 YARDS BUTTERPL 0scar 51grist 66 5:3.260 100 YARDS HOLTERPL 51d Silbert 66 5:3.260 100 YARDS HOLTERPL

LAKEWOOD CHIISTMAS INVITATIONAL Lakewood, california 25 yd Pool December 7, 1974 WOMEN 25-29 50 YARD FREESTYLE Marie Latham 26 31,55 200 YARD FREESTYLE Marie Latham 26 2:49.20 500 YARD FREESTYLE Marie Latham 26 50 YARD BUTTERFLY Marie Latham 26 7:42.10 34,60 NGMEN 30-34 50 YARD FREESTYLE Janet Royer 33 Dee Berger 30 33.05 40.50 200 YARD FREESTYLE Roberta Riddell 33 Janet Royer 33 2;26.20 2:51.75 500 YARD FREESTYLE Roberta Riddell 33 6:44,50 100 YARD BACKSTROKE Dee Berger 30 1:40,25 100 YARD BEFASTHOKE Martha Childs 34 Janet Royer 33 1:26.60 1:38.80 50 YARD BUTTERFLY Martha Childs 34 Janet Royer 33 39,20 41.40 100 YARD BUTTERFLY Martha Childs 34 Janet Royer 33 1:26.05 1:44.10 200 YARD INDIVIDUAL MEDLEY Roberta Riddell 33 2:48.70 Martha Childs 34 3:04.65 2:47.10

 NOMEN
 35-39

 200
 YARD
 FREESTYLE

 Evelyn
 Debes
 38
 2:47.10

 500
 YARD
 FREESTYLE
 Evelyn

 Evelyn
 Debes
 38
 7:44.20

 200
 YARD
 INDIVIDUAL
 MEDLEY

 Evelyn
 Debes
 38
 3:15.25

 100
 YARD
 BACKSTRCKE
 2:27.55

WOMEN 40-44	
50 YARD FREESTYLE Jaqueline Smith 43 Adrienne Pipes 40 Ivy Page 44	32.50 32.95 48.65
200 YARD FREESTYLE Advienne Pipes 40 Janet Partridge 42	2:51.10 3:10.50
500 YARD FREESTYLE Adrienne Pipes 40	8:06.95
Janet Partridge 42	8:23.60
Barbara Ficker 40 100 YARD BACKSTROKE	8:37.10
Jacqueline Smith 43 Adrienne Pipes 40	1:31.85
Janet Partridge 42	1:39.65
Rita Mills 44 100 YARD BREASTROKE	1:49.78
Rita Mills 44 Barbara Ficker 40	1:43.50 1:56.80
50 YARD BUTTERFLY Adrienne Pipes 40	39.30 40.00
Jacqueline Smith 43 200 YARD INDIVIDUAL MEL Janet Partridge 42	
WOMEN 45-49	
50 YARD FREESTYLE Helga Palmer 45	30,60
Anne Adams 46 Lillian Kerr 45	31.10 35.45
200 YARD FREESTYLE	
Anne Adams 46 Helga Palmer 45	2:32.60 2:44.50
500 YARD FREESTYLE	7:09.75
Anne Adams 46 Helga Palmer, 45	7:33.00
50 YARD FREESTYLE	
Bette Crowell 54	37.40
500 YARD FREESTYLE Bette Crowell 54	8:57.50
100 YARD BACKSTROKE Bette Crowell 54	1:38.70
100 YARD BREASTROKE Bette Crowell 54	1:48.30
WOMEN 55-59	
50 YARD FREESTYLE Rita Simonton 56	37.10
200 YARD FREESTYLE	
Rita Simonton 56 Margaret George 58	3:04.00 3:26.50
500 YARD FREESTYLE	
500 YARD FREESTYLE Margaret George 58 200 YARD INDIVIDUAL ME	8:43,90 DLEY
Rita Simonton 56	3;36,20
WOMEN 60-64 50 YARD FREESTYLE	
Trene VanVorst 62	41.15
200 YARD FREESTYLE Trene VanVorst 62	3:36.10
100 YARD BACKSTROKE Irene VanVorst 62	2:09.80
50 YARD BUTTERFLY Maxine Merlino 62	49.00
200 YARD INDIVIDUAL ME Maxine Merlino 62	DLEY 3:41.90
	0.41.70
WOMEN 65-69 50 YARD FREESTYLE Johnnie Beishe 60	P.0. 97
200 YARD FREESTYLE	53.75
Dorothea Cole 65 100 YARD BACKSTROKE	4:07.00
Borothea Cole 65 Johnnie Belshe 66	2:07.95 2:10.25
WOMEN 70-74	
50 YARD FREESTYLE Elizabeth Mauric 70	1:01.2
200 YARD FREESTYLE Elizabeth Maurit 70	4:35.50
MEN 25-29	
50 YARD FREESTYLE	22.50
Don Havens 27 Steven Hatch 26	$24.70 \\ 26.90$
Giortes Braucker 26 John Shea 25 Paul Dimotakis 29	21.13
Paul Dimotakis 29 Harry Glasor 29	27.25
MEN 25-29	
200 YARD FREESTYLE Don Havens 27	1:50.10
- Dennis McGowan 28 Glyn Davies 29	2:03.75 2:06.20
Paul Dimotakis 29	2:14.50 2:17.35
John Shea 25 Charles Draucker 26	2:21.55
Barry Glaser 29 500 YARD FREESTYLE	3:58.50
Glyn Davies 29	$5:4^{0},10$ 6:12,60
John Shea 25 Barry Glaser 29	11:31.15
100 YARD BREASTROKE Scrafin Villarete 28	1:08.55
Kon Krueger 28 50 YARD BUTTERFLY	1:11.90
Dennis McCowan 28	26.55
Steven Hatch 26 Serafin Villarete 28	27.05 29.55
100 YARD BUTTERFLY	
Bruce Brown 27 Dennis McGowan 28	59,40 1.05,70

200 YARD INDIVIDUAL ME Bruce Brown 27	2:13.50
Ken Krueger 20	2:15.15 2:21.60
Glyn Davies 29 Dennis McGowan 20	2:24.00
Don Havens 27 Serafin Villarete 28	2:25.40 2:31.80
Paul Dimotakis 29	2:39.30
MEN 30-34	
50 YARD FREESTYLE Stu Thomson 31	26.30
Hugh Bobys 33	27.60 30.10
William Riggs 33 Craig Walker 34	35.80
200 YARD FREESTYLE	1-54.10
George Hill 30 Patric Schlup 34	1:54.10 2:05.10
James Loofbourrow 34 Jim Thomas 32	2:05.20 2:42.90
Byron Overton 31 Craig Walker 34	2:53.00
Craig Walker 34 500 YARD FREESTYLE	3:21.25
George Hill 30	5:22.80
Patrick Schlup 34 Robert Horvath 32	5:38.35 6:32.30
Hugh Bobys 33 Jim Thomas 32	6:37.50 7:48.75
Byron Overton 31	8:04.70
Craig Walker 34 MEN 30-34	8:59.30
100 YARD BACKSTROKE	
James Loofbourrow 34	1:06.15
William Riggs 33 Jim Thomas 32	1:18.75 1:34.35
50 YARD BUTTERFLY Stu Thomson 31	27,80
Robert Horvath 32	30.20
Hugh Bobys 33 100 YARD BUTTERFLY	31.05
James Loofbourrow 34	1:02.65
Jeff Bryant 33 200 YARD INDIVIDUAL ME	1:20.15 DLEY
Hugh Bobys 33	2:54.10
MEN 35 39 50 YARD FREESTYLE	
Wm McMaster 35	24.30 24.90
Cdr Bill Earley 38 George Murphy 37	27.00
George Murphy 37 David Lamott 39 Frederick Herr 37	27.20 30.30
200 (ARD FREESTYLE	
Burt Kanner 35 John Daniels 37	1:58.75 2:13.60
D.J. Kevles 35	2:15.40
Keith Martin 37 500 YARD FREESTYLE	2:32.50
500 YARD FREESTYLE Burt Kanner 35	5:27.15
John Daniels 37 D.J. Kevles 35	6:20.35 6:28.70
Keith Martin 37 100 YARD BACKSTROKE	6:45.50
Wm McMaster 35	1:04.85
Cdr Bill Earley 38 100 YARD BREASTROKE	1:06.40
Scotty Roberts 35 David Lamott 39	1:00.75 1:20.30
Juergen Richardt 39	1:22.05
George Murphy 37 Frederick Herr 37	1:22.6
50 YARD BUTTERFLY Wm McMaster 35	
Wm McMaster 35 Scotty Roberts 35	$26.60 \\ 28.10$
D.J. keyles 35	30,30
David Lamott 39 Frederick Herr 37	30.80 31.80
George Murphy 37	33.55
Juergen Richardt 39 100 YARD BUTTERFLY	35.80
100 YARD BUTTERFLY D.J. Kevles 35 David Lamott 39	1:15.25 1:18.45
200 YARD INDIVIDUAL ME	EDLEY
200 YARD INDIVIDUAL ME Scotty Roberts 35 Burt Kanner 35	2:22.00 2:23.0
MEN 40-44 50 YARD FREESTYLE	
Bradford Sturtevant 41	25.10
Neal Palmer 44 Bruce Baird 40	26.75 26.80
Art Welch 42	28.55
Curt Miller 42 Thomas Scotton 44	28.55 28.70 29.20
Budd Symss 40 200 YARD FREESTYLE	29,90
Bradford Sturtevant 4	1 2:02.35
Buddy Belshe 40 Bud Schumacher 44	2:14.55 2:31.45
Bud Schumacher 44 500 YARD FREESTYLE Bradford Sturtevant 4	5.41
Buddy Belshe 40	6:09.10
Thomas Scotton 44	6:59.20 7:00.60
Bud Schumacher 44 Budd Symss 40	7:00.60
100 YARD BACKSTROKE	1:11.05
Stan McConnell 43 Neal Palmer 44	1:11.60
	1 1:12.50 1:25.35
Bradford Sturtevant 4 Thomas Scotton 44	1:32.30
Thomas Scotton 44 Adolphus Wells 41	
Thomas Scotton 44 Adolphus Wells 41 Don Johnson 43 100 YARD BREASTROKE	1:44.25
Thomas Scotton 44 Adolphus Wells 41 Don Johnson 43 100 YARD BREASTROKE William Davis 40	1:14.00
Thomas Scotton 44 Adolphus Wells 41 Don Johnson 43 100 YARD BREASTROKE William Davis 40 Budd Symss 40 Bud Schumacher 44	1:14.00 1:17.50 1:19.65
Thomas Scotton 44 Adolphus Wells 41 Don Johnson 43 100 YARD BREASTROKE William Davis 40 Budd Symss 40	1:14.00 1:17.50

50 YARD BUTTERFLY	
Art Welch 42	29,45
Stan McConnell 43 Don Johnson 43	30.00 34.10
Thomas Scotton 44	35,85
Curt Miller 42	38.10
100 YARD BUTTERFLY Art Welch 42	1:07.70
Bud Schumacher 44	1:07.70
200 YARD INDIVIDUAL ME	2:33.70
Buddy Belshe 40 Stan McConnell 43	2:33.95
Art Welch 42	2:39.95
Bud Schumacher 44	2:57.80
MEN 45-49	
50 YARD FREESTYLE	27.10
Larry Larimore 47 Hal Nichols 46	31,40 33,30
Bernt Jonsson 45	33.30
MEN 45-49	
200 YARD FREESTYLE Duane Draves 48	2:15.05
Duane Draves 48 Jerry Cunningham 45	2:32.50
500 YARD FREESTYLE Duane Draves 48	6:09.30
100 YARD BACKSTROKE	
Duane Draves 48 100 YARD BREASTROKE	1:08.20
Larry Larimore 47	1:18.05
Howard Johnson 47	1:23.60
50 YARD BUTTERFLY Dunne Draves 40	29.30
Dunne Draves 48 Larry Lagimore 47	31.55
Howard Johnson 47 Bernt Jonsson 45	34.85 39.60
100 YARD BUTTERFLY	
Larry Larimore 47	1:17.20
Larry Larimore 47 200 YARD INDIVIDUAL M Duane Draves 48	2:30.40
Jerry Cunningham 45	2:52.40
MEN 50-54	
50 YARD FREESTYLE	00.05
John Bricker 54 200 YARD FREESTYLE	29.05
Jim Marcus 50 500 YARD FREESTYLE	2:17.50
500 YARD FREESTYLE	6:20.40
Jim Marcus 50 E.W. Neben 54 Jack Burgan 52	7:12.60
Jack Burgan 52	7:26.10
100 YARD BACKSTROKE Jim Marcus 50	1:16.20
John Bricker 54	1:19,70
100 YARD BREASTROKE Jim Marcus 50	1:18.50
E.W. Neben 54 Jack Burgan 52	1:22.50
Jack Burgan 52	1:27.80
50 YARD BUTTERFLY John Bricker 54	33.80
100 YARD BUTTERFLY	
Jack Burgan 52 200 YARD INDIVIDUAL M	1:25.50
200 YARD INDIVIDUAL ME Jim Marcus 50	2:39.60
E.W. Neben 54 Jack Burgan 52	3:00.90 3:09.40
MEN 55-59 200 YARD FREESTYLE	
Don Rankin 58	2:28.60
Lyle Felderman 55	2:38.70
500 YARD FREESTYLE Don Rankin 58	6:35.40
100 YARD BACKSTROKE Don Rankin 50	
Don Rankin 58 - MEN 55-59	1:32.20
50 YARD BUTLEPFLY	· ·
Lyle Felderman 55 Don Rankin 58	33.35 34.00
200 YARD INDIVIDUAL M	EDLEY
Don Rankin 58 Lyle Felderman 55	2:59.20
	3:12.00
	3:12.00
MEN 69-64	3:12,00
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63	3: 12.00
MEN 69-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64	3: 12.00
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63	3:12.00 28.85 32.30 36.55 39.05
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63	3:12.00 28.85 32.30 36.55 39.05 40.35
MEN 10-64 50 YARD FRESSIVIE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis MeCreery 63	3:12.00 28.85 32.30 36.55 39.05
MEN 10-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE	3:12.00 28.85 32.30 36.55 39.05 40.35 41.10 47.10
MEN <u>fi0-64</u> 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63	3:12.00 28.85 32.30 36.55 39.05 40.35 41.10
MEN 60-64 50 YARD FRESSTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FRESSTYLE Reg Richardson 63 Frank Budman 63 S00 YARD FRESTYLE	3:12.00 28.85 32.30 36.55 39.05 40.35 41.10 47.10 2:28.15 3:35.30
MEN <u>60-64</u> 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63	3:12.00 28.85 32.30 36.55 39.05 40.35 41.10 47.10 2:28.15 3:35.30
MEN <u>60-64</u> 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63 Al Onsgard 62 Rufus Clark 63	3:12.00 28.85 32.30 36.55 39.05 40.35 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10 8:44.00
MEN <u>fo0-64</u> S0 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 S00 YARD FREESTYLE Reg Richardson 63 S00 YARD FREESTYLE Reg Richardson 63 Al Onsgard 62 Rufus Clark 63 Walter Slike 61	3:12.00 28.65 32.30 36.55 39.05 40.35 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10
MEN <u>60-64</u> SO YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63 Al Onsgard 62 Rufus Clark 63 Walter Slike 61 100 YARD BACKSTOKE Tom Monahan 64	3:12.00 28.65 32.30 36.55 39.05 40.35 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10 8:44.00 9:59.10
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63 Al Onsgard 62 Rufus Clark 63 Walter Slike 61 100 YARD FACKSTROKE Tom Monahan 64 Louis McCreery 63	3:12.00 28.85 32.30 36.55 39.05 40.35 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10 8:44.00 9:59.10
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63 A1 Onsgard 62 Rufus Clark 63 Walter Slike 61 100 YARD BACKSTROKE Tom Monahan 64 Louis McCreery 63 100 YARD BREASTROKE Rufus Clark 63	3:12.00 28.85 32.30 30.55 53.90,05 40.33 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10 8:44.00 9:59,12:34.75 1:20.45 1:25.95
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63 A1 Onsgard 62 Rufus Clark 63 Walter Slike 61 100 YARD BACKSTROKE Tom Monahan 64 Louis McCreery 63 100 YARD BREASTROKE Rufus Clark 63	3:12.00 28.65 32.30 30.55 39.05 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10 8:44.00 9:59.10 1:25.95 2:34.75 1:30.45 2:202.30
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63 Al Onsgard 62 Rufus Clark 63 Walter Slike 61 100 YARD BACKSTROKE Tom Monahan 64 Louis McCreery 63 100 YARD BREASTROKE Rufus Clark 63 Walter Slike 61 Ernest Hale 64	3:12.00 28.85 32.30 30.55 53.90,05 40.33 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10 8:44.00 9:59,12:34.75 1:20.45 1:25.95
MEN <u>60-64</u> S0 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63 Al Onsgard 62 Rufus Clark 63 Walter Slike 61 100 YARD BREASTROKE Tom Monahan 64 Louis McCreery 63 100 YARD BREASTROKE Rufus Clark 63 Walter Slike 61 Ernest Hale 64 S0 YARD BUTTERFLY Reg Richardson 63	3:12.00 28.85 32.30 30.55 39.05 40.33 41.10 47.10 2:28.15 3:35.00 7:04.70 7:30.10 8:44.00 9:55.10 1:25.95 2:34.75 1:30.45 2:20.30 2:19.00 3:470
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63 Al Onsgard 62 Rufus Clark 63 Walter Slike 61 Louis McCreery 63 100 YARD BREASTROKE Rufus Clark 63 Walter Slike 61 Ernest Hale 64 50 YARD BUTTERFLY	3:12.00 28.65 32.30 30.55 59.05 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10 8:44.00 9:59.10 1:25.95 2:34.75 1:30.45 2:02.30 2:19.00
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63 Al Onsgard 62 WEN 65-69 MEN 65-69	3:12.00 28.85 32.30 30.55 39.05 40.33 41.10 47.10 2:28.15 3:35.00 7:04.70 7:30.10 8:44.00 9:55.10 1:25.95 2:34.75 1:30.45 2:20.30 2:19.00 3:470
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Al Onsgard 62 Rufus Clark 63 Walter Slike 61 100 YARD BREASTROKE Tom Monahan 64 Louis McCreery 63 100 YARD BREASTROKE Rufus Clark 63 Walter Slike 61 Ernest Hale 64 50 YARD BUTTERFLY Reg Richardson 63 Al Onsgard 62 Kulas 61 Ernest Hale 64 50 YARD BUTTERFLY Reg Richardson 63 Al Onsgard 63 Al Onsgard 64 So YARD BUTTERFLY	3:12.00 28.85 32.30 30.55 53.90,05 40.33 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10 8:44.00 9:59.10 1:25.95 2:34.75 1:30.45 2:202.30 2:19.00 34.70 39.90
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63 Walter Slike 61 100 YARD BREASTROKE Tom Monahan 64 Louis McCreery 63 100 YARD BREASTROKE Rufus Clark 63 Walter Slike 61 Ernest Hale 64 S0 YARD FREESTILE Ralph Havens 65 200 YARD FREESTILE Ralph Havens 65	3:12.00 28.85 32.30 36.55 39.05 40.33 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10 8:44.00 9:59.10 1:25.95 2:34.75 1:30.45 2:202.30 2:19.00 34.70 39.90
MEN <u>60-64</u> S0 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 S00 YARD FREESTYLE Reg Richardson 63 Al Onsgard 62 Rufus Clark 63 Walter Slike 61 LOUIS MCCreery 63 100 YARD BRASTROKE Tom Monahan 64 Louis MCCreery 63 100 YARD BREASTROKE Rufus Clark 63 Walter Slike 61 Ernest Hale 64 <u>50 YARD BREASTROKE</u> Rufus Clark 63 Walter Slike 61 Ernest Hale 64 <u>50 YARD BREESTVLE</u> Rafus Havens 65 200 YARD FREESTVLE Ralph Havens 65	3:12.00 28.85 32.30 30.55 53.90,05 40.33 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10 8:44.00 9:59.10 1:25.95 2:34.75 1:30.45 2:202.30 2:19.00 34.70 39.90
MEN 60-64 50 YARD FREESTYLE Reg Richardson 63 Tom Monahan 64 Walter Slike 61 Frank Budman 63 Rufus Clark 63 Louis McCreery 63 Ernest Hale 64 200 YARD FREESTYLE Reg Richardson 63 Frank Budman 63 500 YARD FREESTYLE Reg Richardson 63 Walter Slike 61 100 YARD BREASTROKE Tom Monahan 64 Louis McCreery 63 100 YARD BREASTROKE Rufus Clark 63 Walter Slike 61 Ernest Hale 64 S0 YARD FREESTILE Ralph Havens 65 200 YARD FREESTILE Ralph Havens 65	3:12.00 28.85 32.30 36.55 39.05 40.33 41.10 47.10 2:28.15 3:35.30 7:04.70 7:30.10 8:44.00 9:59.10 1:25.95 2:34.75 1:30.45 2:202.30 2:19.00 34.70 39.90

MEN 70-74 50 YARD FREESTYLE	
Gerhard Mauric 71 43.85 200 YARD FREESTYLE Gerhard Mauric 71 3:45.60	
MEN 75 + 100 YARD BREASTROKE John Whittemore 75 2:10.05 RELAYS	
200 YARD FREESTYLE RELAY	
25 and over- MEN Huntington Beach Swim Club (Horvath, Baird, NcConnell, Belshe) 1:46.35	
35 and over- MEN Coronado Masters Assn. (Lamott, Schumacher, Sturte- vant, Earley) 1:46.15	
55 and over- WOMEN Long Beach Swim Club (Merlino, Cole, VanVorst, Simonton) 2:50.80	
200 YARD MIXED MEDLEY RELAY	
25 and over- MEN 6 WOMEN Caltech (Dimotakis, Childs, Kevles, Latham) 2:16.15 Coronado Masters Assn. (Earley, Terrazi, Lamott, Pipes) 2:17.65	
55 and over- MEN & WOMEN Long Beach Swim Club	
Long Beach Swim Club (M rlino, Clark, Felderman, Simonton) 2:32.25	
HACKENSACK Y.M.C.A. Hackenssck, N.J. January 11, 975	
WOMEN 25-29 100 YARDS PREESTYLE Mary Stulgailis 29 WOMEN 36-34 100 YARDS PRESTYLE Jane Perkins 35 1:21.3 WOMEN 35-39 1:21.5 500 YARDS PRESTYLE Jane Perkins 35 1:21.5 500 YARDS PRESTYLE Jane Perkins 35 1:21.5 500 YARDS PRESTYLE Jane Perkins 35 1:27.4 50 YARDS BREASTSTROKE Jane Perkins 35 1:27.4 50 YARDS BREASTSTROKE Jane Perkins 35 1:27.4 50 YARDS BUTTERPLY Frances Cura 36 1:27.4 50 YARDS BUTTERPLY Frances Cura 36 1:27.4 100 YARDS BUTTERPLY Frances Cura 36 1:24.9 100 YARDS BREASTSTROKE Jan Moeller 40 1:24.9 100 YARDS BREASTSTROKE Jan Moeller 40 1:24.9 100 YARDS BACKSTROKE 1:22.3 50 YARDS BREASTSTROKE 1:22.4 100 YARDS BACKSTROKE 1:22.4 100 YARDS BACKSTROKE 1:22.5 50 YARDS BREASTSTROKE 1:22.7 100 YARDS BACKSTROKE 1:24.9 100 YARDS BACKSTROKE 1:22.3 50 YARDS BREASTSTROKE 1:22.3 50 YARDS BREASTSTROKE 1:22.9 100 YARDS BACKSTROKE 1:22.9 100 YARDS BACKSTROKE 1:22.9 100 YARDS BACKSTROKE 1:22.9 100 YARDS BACKSTROKE 1:22.9 100 YARDS BACKSTROKE 1:22.9 100 YARDS BACKSTROKE 1:39.0 WOMEN 60-64 500 YARDS PREESTYLE Esther Cornish 63 11:26.9 MEN 25-29 100 YARDS PREESTYLE Esther Cornish 63 11:26.9 MEN 25-29 100 YARDS PREESTYLE Esther Cornish 63 11:26.9 MEN 25-29 1:01.9 100 YARDS BACKSTROKE 1:10.9 100 YARDS PREESTYLE Esther Cornish 63 1:26.9 MEN 25-29 1:01.9 100 YARDS PREESTYLE Esther Cornish 63 1:26.9 MEN 25-29 1:01.9 1:00 YARDS PREESTYLE Esther Cornish 63 1:26.9 MEN 25-29 1:00 YARDS PREESTYLE Esther Cornish 63 1:26.9 MEN 25-29 1:00 YARDS PREESTYLE Esther Cornish 63 1:26.9 MEN 25-29 1:00 YARDS PREESTYLE Esther Cornish 63 1:26.9 MEN 35-30 1:00 YARDS PREESTYLE Esther Cornish 63 1:00.1 3:00 YARDS PREESTYLE Esther Cornish 63 1:00.9 1:00 YARDS PREESTYLE 2:00 YARDS PREESTYLE 1:00 YARD	

MEN 40-44	
500 YARDS FREESTYLE Charles Stott 40	7:20.1
100 YARDS BUTTERFLY	1.60.1
Walt Woodruff 42	1:29.0
200 YARDS INDIVIDUAL	MEDLEY
Walt Woodruff 42	3:19.1
MEN 45-49	
100 YARDS PREESTYLE Theo Cotchan 46	1:07.4
500 YARDS FREESTYLE	T : 01
Henry Lentzch 49	7:24.4
Theo Cotchan 46	7:43.9
50 YARDS BREASTSTROK	E
Henry Lentzch 49	36.6
MEN 50-54	
500 YARDS PREESTYLE	0.07.0
E.H. Nicolelis 51	9:27.0
50 YARDS BREASTSTROK George Melick 50	38.0
E.H. Nicolells 51	39.8
MEN 55-59	
100 YARDS FREESTYLE	
Austin Newman 59	1:09.5
Clifford Iglay 55	1:13.5
Wm. Struthers 56	1:15.5
Fred Stickel 59	1:22.8
MEN 55-59	
500 YARDS FREESTYLE	
Austin Newman 59	7:07.2
Wm. Struthers 56 Clifford Iglay 56	8:33.1
100 YARDS BACKSTROKE	0.33.1
Fred Stickel 59	1:41.1
MEN 60-64	
100 YARDS PREESTYLE	
Wm. Warner 64	1:33.4
MEN 65-69	
100 YARDS PREESTYLE	200 222 222
Sidney Silbert 66	1:32.3
100 YARDS BACKSTROKE Oscar Sigrist 66	1:35.1
50 YARDS BREASTSTROX	
Oscar Sigrist 66	41.0
100 YARDS BUTTERFLY	
Sidney Silbert 66	2:02.9
200 YARDS INDIVIDUAL	MEDLEY
Oscar Sigrist 66	3:30.0

Divers Participate

BEVERLY HILLS MASTER	S DIVING
Los Angeles, CA	1-19-75
WOMEN 40-49	8
Ida Wilson	195.65
MEN 25-29	
John Samuelson	383.90
Dennis Taylor	302.65
MEN 30-39	
Kim Pearman	343.50
Kirby Weedin	326.25
MEN 40-49	
Bill Murray	195.65
MEN 50-59	
Floyd Stauffer	242.00
Brud Cleaveland	237.35
Lyle Felderman	234.70
Ralph Gambini	212.55
MEN 60-69	
Bill McAlister	217.10
Lyle Draves	204.30
Don Brand	144.50
MEN 70 +	
John Sable	169.05

When you and I are far apart Cam sorrow break our tender hearts I really love you yes I do Sleep is sweet when I dream of you All you are is a blooming rose Night is here so I must close With care read the first word in eachline You will find a question there. -Anonymous-

When typing meet r	
use the following events with Women	
50-100-200-400/500 50-100-200 Back 50-100-200 Breast 50-100-200 Fly	
100-200-400 Indivi In order to get as	CONTRACTOR SOCIECTS
in Swim-Master as	
is necessary to li	
used by omitting t ed and first names	
and carbon copies	will not re-
produce well. Do	
when typing meet r WOMEN 25-	
50 YARD FREESTYLE	1284.000
J. Brown, 27	28.70
R. Smith. 28	29,15