



SWIM-MASTER

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Congratulations

NSPI AWARDS MASTERS SWIM ORIGINATOR

Dr. Ransom Arthur, originator of the swimming competition program for adults over 25 years of age, was given special recognition by the National Swimming Pool Institute at NSPI's recent Annual Meeting in Las Vegas.

The "NSPI Achievement Award" was voted to Dr. Arthur "for an outstanding contribution to the enjoyment of swimming. Dr. Arthur's devotion to the AAU Masters Swim Program has been instrumental in making people of all ages aware of the physical benefits of swimming."

The program Dr. Arthur created several years ago while serving as a captain in the U.S. Navy is now known as the Masters Swim Program and is part of the Amateur Athletic Union.

"The swimming pools of America are a magnificent health resource which has been insufficiently exploited," he told the pool industry audience attending the meeting.

"If all our pools, private and public, were fully and appropriately used, they could benefit literally millions of Americans, young and old."

Dr. Arthur pointed out that swimming enthusiasts enjoy both physical conditioning and social recreation benefits, and then added:

"In the older age groups, swimming even presents the possibility of helping to prevent coronary artery disease, one of the great health hazards in our nation today."

There are currently well over 5,000 Masters swimmers in the U.S. The oldest is 88. Olympic champions of years gone by swim regularly with former college and high school competition swimmers. But, more importantly, for the program and for the pool industry, many of the people never participated in organized competitive swimming prior to joining the Masters Program.

A former competitive swimmer himself, Dr. Arthur is a member of the faculty at UCLA School of Medicine, Department of Psychiatry.

1974 AAU All-Americans

MASTERS SWIMMING

25-29

Marianne Brems	Fred Schlicher
Dale Barnhard	Bill Babcock
Nina Thompson	Bill Dorney
Mimi Fenstermacher	Phil Long
Mary Alice Williams	Ken Krueger
	Alex Shestakov
	Michael Cohen
	Gary Langendoen

30-34

Diana Todd	Keefe Lodwig
Nancy Breen	Tim Garton
Sperry Rademaker	George Warren
Irene David	Steve Rabinovitch
Jane Katz	George Hill
Nancy Ridout	Ralph Kendrick
	Tony Canlis
	Jim McGrath

35-39

Pat Bresee	George Breen
Carol MacPherson	Ray Martin
Anne McGuire	Meredith Smith
	George Worthington
	Burt Kanner
	Tom Macedo
	Howard Roberts

40-44

Betty Brey	Sandy Gideonse
Gail Roper	Burwell Jones
Ann Kay	
Barbara Reeve	
Cindy Baxter	

45-49

Mary Ann Meekins	R. B. MacKenzie
Anne Adams	Carl Yates
June Krauser	Bob Miller
Gail Roper	Ted Haartz
	Duane Draves
	Paul Hutinger

50-54

Jean Pieretti	John Crews
Jeannette Eppley	Hal Onusseit
Dorothy Donnelly	Art Koblish
Mina Hamner	Dore Schwab
Geri Orosco	Fred Taioli
Charlotte Costello	Paul Herron
	Jim Counsilman

NEW TRICKS FOR OLD...

by Myra McCue

Author McCue says: "In the past twenty years I have taught all ages to swim, from water babies to people in their seventies. Older people are becoming increasingly aware of their physical fitness and find that the best way to get and stay in shape is in the water. My own daily workout of a one-mile swim and 45 minutes of water exercise followed by either a five-mile walk or one hour of tennis, is an inspiration to all senior citizens I come in contact with, because I, at 62, am a senior citizen, too."

Swimming is not only for the young, the strong, or the athletic, swimming is for everybody.

The pleasant feeling of water surrounding one's body, the joy of buoyancy, the gentle massage as the body moves through the water, is good therapy for old and young alike.

In recent years the emphasis has been on physical fitness for older people, how to obtain it and how to keep it, with the answer being good eating habits and exercise. However, land exercises can be pretty painful and sometimes downright hazardous for stiff old joints bothered by arthritis. As water sports become more popular each year, the older adult, who has never learned to swim, starts to wonder if it isn't about time he did so. The therapeutic value of water is well known. Just immersing the body in water stimulates the flow of blood, bringing about the "good all over" feeling.

Lap swimming at an easy pace is probably the best exercise for the over-sixty group. No one is too old to learn. Helene Malloy of Reno, Nev. is taking her first swimming lessons at 73. She was frightened as a child and has shied away from the water since, but just recently she made up her mind to learn to swim and surprise her children. She has found that by learning the stroking, kicking and breathing skills, she is also developing a sense of balance in water, and getting a lot of good exercise.

The older adult, who never learned to swim correctly, or who has not swum in years, will find swimming laps a little tiring at first. But determination and stick-to-itiveness pay off as breathing and stroking gradually become more co-ordinated, and the swimmer is surprised to find himself swimming a whole length, where at first he could not make it half way across the pool.

After he can swim a quarter mile or 18 lengths in a 25-yard pool, a feat that at first seems impossible, but is soon within easy reach, he might try swimming for the Red Cross "50-Mile Swim and Stay Fit" award. The minimum requirement for this is a quarter mile each time he swims, there is no maximum. For each ten miles amassed, he receives a card certificate, and at the end of fifty miles a beautiful patch to sew on bathing suit or sportswear.

To make daily workouts in the pool even more interesting for the senior adult, he might try working for the President's Fitness Award for swimming. This requires a minimum of a mile and a half a week for four months. Hopefully, after that time swimming will have become a daily routine. The award is a certificate bearing the President's signature and a red, white, blue, and gold patch that anyone can be proud to wear.

Not all of the older people who stand out in swimming today are former swimming stars, or athletes who have been swimming most of their lives. And those oldsters who think swimming laps is too much for them may take encouragement from a few other Reno senior citizens. For instance, Olga Reifschneider took up lap swimming three years ago and was not able to complete half a length when she started. Determined, she kept at it, and eventually she was swimming a quarter, a half, and finally a mile without stopping. Since her first struggles, she has won the Presidential Award, and is close to winning the Red Cross 50-mile swim award for the fifth time. Olga is 74 years young.

Then there is Joan Keller (66), who also started swimming three years ago, mainly to help her lose weight. Joan couldn't swim more than six thrashing strokes before she came to a wheezing halt. Since then, she too has earned the presidential award and has accumulated 250 miles for the Red Cross. Earlier this year on her birthday, Joan swam two miles without stopping. Not only is her health improved, she also lost 35 pounds and is still losing.

Louise Schmidt, another Renoite of 68, swims three-quarters of a mile twice a week without fail and has also won the coveted swim awards. She stopped only long enough to undergo some serious surgery, and as soon as her doctor gave her the go-ahead, she was back in the pool swimming. o

Athletes get slow start in sex race

BONN, Sat.—Sex and sport don't mix—well, not at first.

This is the finding of a study on the sex lives of 207 leading athletes, including Olympic stars, made by two Czech doctors for the West German medical magazine *Sexualmedizin*.

By the age of 16 years, 24.9 per cent of the 109 male athletes questioned said they had had sexual relations with the opposite sex.

In the case of the 98 female sports personalities, only 2.6 per cent had sex by the age of 16.

This was extraordinarily low, said Drs. Josef Kvapilik and Alena Martimovska, when compared with the West German national average of 30 per cent for both sexes.

NO REASON

But once sex has been experienced, the report said, sportsmen developed a positive attitude toward sexual relations.

While the national average was limited to two partners, 60 per cent of the male athletes and 16 per cent of the females said they had sexual relations with at least four partners.

All of those questioned said the enforced pre-competition abstinence reduced both their physical and psychological ability.

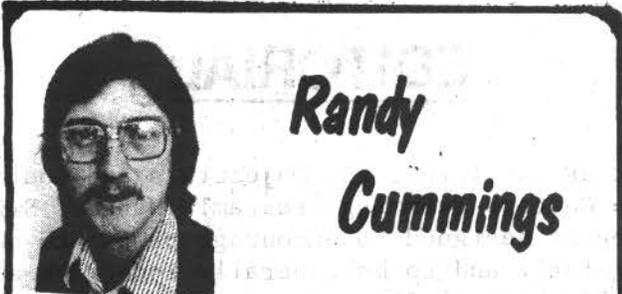
The doctors said the results of their probe should be enough for authorities to determine how sexual contacts with regular partners can be maintained.

Many sportswomen said that being away from their regular partner was no reason to stop sex.

This partly was responsible for the fact that the number of unwanted pregnancies and, consequently, abortions, was surprisingly high, the doctors said.

The report concludes: "These facts prove that the problem of the sex lives of athletes is gaining in importance."

"The answers to certain questions can no longer be put off."



**Randy
Cummings**

In The . . . Swim?

Taking a dip down at the neighborhood water hole during a blistery summer afternoon is always a good way to relax, unwind and otherwise survive the tortuous sun.

And for many of the "over 25," age group who enjoy dipping into the sparkling blue, the set usually includes an ice-cold can of brew or maybe even a sip of juice on the rocks.

But there are a few who have taken their swimming serious, even to the point of forming teams and competitively engaging in meets against other individuals who comprise this supposedly older generation.

Here in Arlington, however, the sport hasn't really caught on, but Peg Pickens is hoping to change all of that. You see, the 53-year old housewife has been swimming in what is called the Master Swimming Program for some two years now and is loving every minute of it.

The Amateur Athletic Union (AAU) has sanctioned the program and sponsors individual and team meets across the country all year long. They even have a national championship for Master Swimmers.

But when Mrs. Pickens moved to Arlington last fall, she discovered that there were no Master Swimming teams here and had but one choice left — work out with the swimming teams at UTA.

"She just came in during one of the workouts and explained the program," explained Mryna Shelton, coach of UTA's women's swimming team. "We didn't have many girls on the team, so there wasn't any room problem, so she came and started working out with the team.

"She just works out with the girls and then goes and enters the meets," she continued. "We just get her ready and she goes to the meets and swims."

The swimmers are expected to foot their own bill when ever they go to a meet to swim, so sometimes the chances of going to meets are few and far between. But a couple of weeks ago, Mrs. Pickens attended a Masters Meet in Corpus Christi and brought back some impressive results.

Competing in the 50-54 age group, Peg won the individual high point honors and took first place in 10 events, including the grueling 1500-meter free-style event.

She has been working out with the UTA women's team since late November and has opened a few eyes since she has been working with the "kids."

"It was really kind of funny here," Shelton said. "The girls kept asking 'how old is she?' and they were all quite impressed with her, considering her age. They were impressed with her dedication to the sport."

At last year's nationals in Fort Lauderdale, Florida there were entries in every age bracket in the men's group, including an 80-and-over group. In the women's competition, swimmers were in all the age brackets up to the 65-69 group.

"It's open to anyone who wants to get in there and try," Mrs. Pickens says. "You meet people that you'd never expect to meet and its great exercise. We just want to get people together because it's fun."

The future plans of Peg includes a meet she will be going to in Chicago and then in a couple of months, a meet in San Antonio, College Station, Texas

"I'm going to a meet in Chicago" where I'm staying with some people I met at another meet," she said. "Where would you meet friends like that?"

So as long as the UTA pool stays open, Mrs. Pickens plans on swimming there and continuing her work on starting a Master Swimming team in Arlington.

"She very rarely misses a workout," Shelton says.

And Mrs. Pickens doesn't plan on changing that. "Any time there is a swimming pool, master swimmers will be there," she proclaims.

AAU All Americans

(Continued From Page 1)

55-59

Jane McCollister	Jim Welch
Helen Hummer	Bill Woosley
Rita Simonton	Walter Wells
Mildred Anderson	Dave Tyler
	Ray Taft
	Frank Havlick

60-64

Bea Johnston	Bill Grant
Helen Offenhauser	Reg Richardson
Maxine Merlino	Hamilton Anderson
Mildred Anderson	Laurence Smith
Nancy Clark	Walt Pfeiffer
	Louis Nagy

65-69

Sylvia Bailey	Lloyd Osborne
Evelyn Somers	Frank Walton
Rose Caplane	Sam Bernstein
Rita Shephard	Arthur Hargrave
	Alfred Guth

70-79

Sis Fogle	Clarence Ross
	John Moore
	Al Kallunki

80 & Over

Wm. Smythe
Joe Ross
C. Turner
Albert Grundy

LETTERS TO THE EDITOR

Our next meet is 200 miles away. At this point in my life I can't afford to travel - no Nationals, no meets! And this year I can't swim the kids meets, or open lanes, etc., so shall I give up? I'm training regularly and would love to swim but where? Have you come up with any solution National-ly to help? I'm sure there are a lot of other Master swimmers in the same boat. Travel funds? Defending Champions travel free? Any ideas? Even the club I swim for is 100 miles south. Help!

Sincerely,

Gail Roper

Before I begin you may as well know this is a protest letter.

I am very upset with the new rule that classes Master swimmers as professional. I can't speak for many other swimmers but for me this seems very unfair. I swim in an area where Masters teams are almost unheard of. Most of my swimming is done with an age group team in an open age. I've been swimming 4 years and now have a chance at National Top Ten Times. This rule change removes me from Masters competition because of the amount of travel that would be involved to swim just masters. Presently I have about 15 to 20 meets within our area I can swim, usually as a family.

Is there a chance this rule can be removed or is this another great step forward for swimming? I'm sure many other Masters share my feeling.

By some swimming magic I have been chosen as the Woodland Masters representative even though I'm dropping out of Masters. I find myself a mass of false or no information and would appreciate anything you may have that would allow me to answer questions. My main concern are rules, A & B time standards and can I submit times to Masters while swimming open age group.

Sincerely,

Michael Macklin

EDITORIAL

Let us not forget the Objectives and Goals of the Masters Swimming Program! Masters Swimming is designed to encourage people to swim regularly and to be generally concerned about their physical fitness. Competition serves as a motivational goal and provides a measuring device for improvement of performance.

The program was designed and the rules were written to include ALL persons 25 years of age or over. "Amateur" masters swimmers and "Professional" masters swimmers. Any amateur athlete may register with the A.A.U. and compete in meets that he can qualify to enter. A "Masters Registration Card" was to be used for the "Professional" masters swimmer and would allow him to enter only Masters Swimming events.

Allowing the "Professionals" to enter our Masters Swimming Program has created a few problems. One solution is to limit our Masters Swimming Program to only Amateurs. This is done in Australia and England. How many of our competitors are professionals? I do not know. Another solution is to allow the competitor to make a choice between Open Competition and Masters Competition - once competing in Masters you may not revert back to Open Competition.

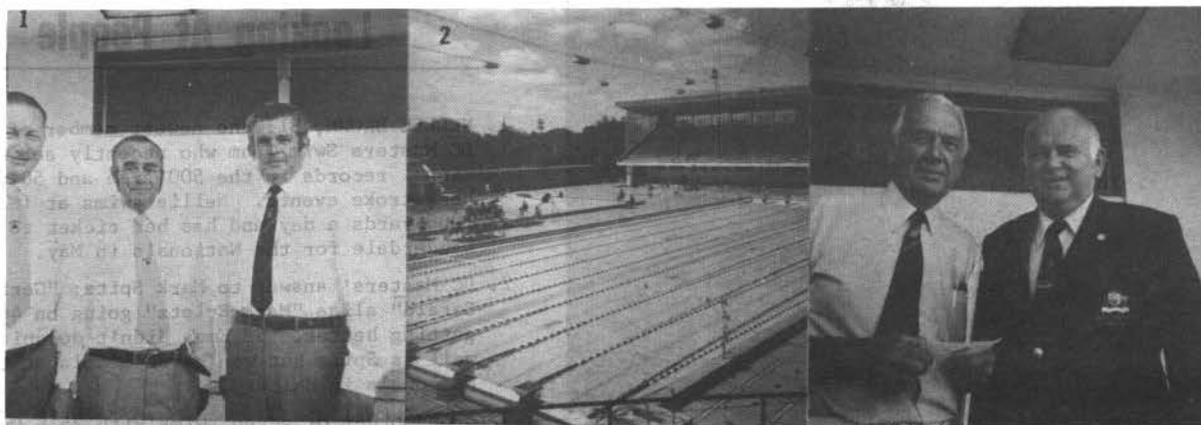
Masters Swimming is an A.A.U. Program. The Amateur Athletic Union is a member of F.I.N.A. Federation Internationale de Natation Amateur. FINA's amateur definition shall be binding on the members of every country whether at home or abroad. An individual shall cease to be eligible to compete as an amateur by taking part in any competition or exhibition with anyone who, to his knowledge, is not an amateur swimmer.

This rule is not new. Various persons have tried to change it with little success. We do not all agree with it. As yet, no one has found a solution.

I discussed this problem with two FINA Bureau members while in Australia - Sid Grange and W. Berge-Phillips - both amateur swimmers in their clubs in Australia. Dr. Harold Henning, President of FINA, also discussed this problem with me while visiting Ft. Lauderdale a few weeks ago.

I am sure that everyone understands that we must not jeopardize any USA Olympic hopeful. We are aware of the problems and hope to find solutions.

THE AUSTRALIAN NATIONAL SWIMMING CHAMPIONSHIPS



ST. PETERSBURG, FLORIDA



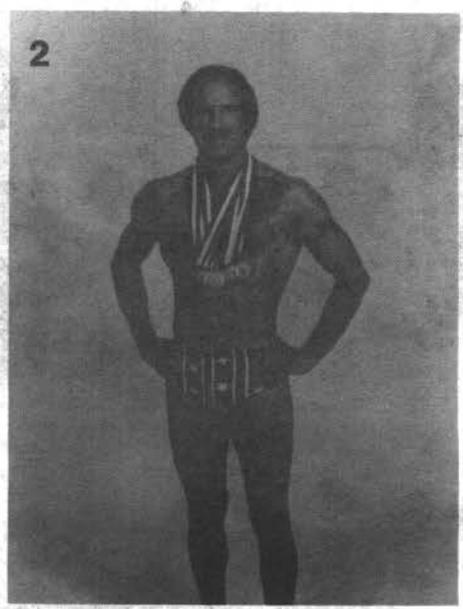
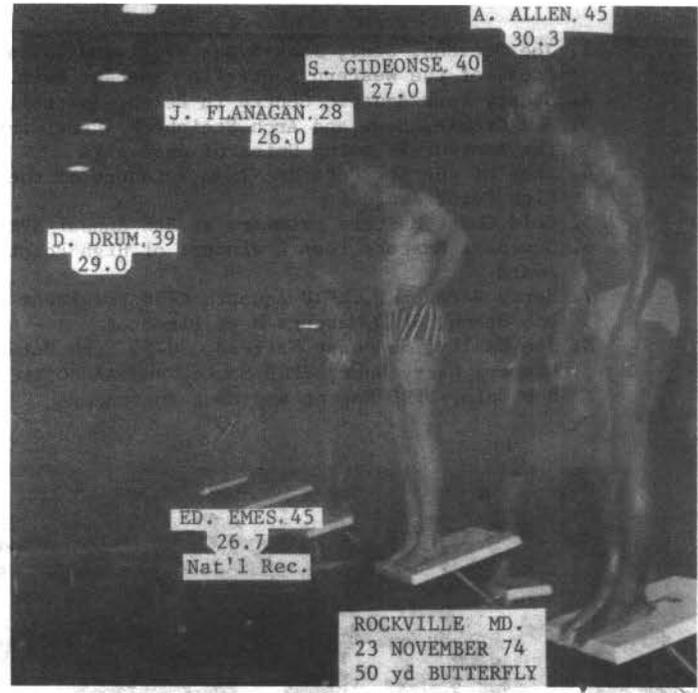
1. Joe Stevens, Sec., Jack Symes, V.P. and Colin Boys, Pres. of the Western Australia Amateur Swim. Assn.
2. Beatty Park Aquatic Centre in Perth, Australia
3. Sid Grange, Sec., and Arch Steinbeck, President of the Amateur Swimming Union of Australia
4. Some of the St. Pete Rec Team, winners of the Men's High Point Award
5. Gold Coast Masters swimmers at 5th Annual SPRD Meet
6. Suncoast Masters Team - winners of High Point Team Award
7. Harry Barnhardt, SPRD Aquatic Club President and Bob Beach, SPRD Masters Meet Director
8. Jan Smally, Suncoast Masters, 50-54 High Point Winner; Larry Hunt, SPRD Master and AAU Official; Bob Cain, SPRD Master and Meet Announcer





Looking At People

1. NELLIE BROWN, 81, the newest member of the DC Masters Swim Team who recently set national records in the 500 free and 50 yard backstroke events. Nellie swims at least 1000 yards a day and has her ticket to Ft. Lauderdale for the Nationals in May.
2. DC Masters' answer to Mark Spitz: "Geriatric Gerald" alias "Mark Splatz" going on 46 and getting better. Ed Emes didn't do quite as well as Spitz but won seven medals at the Nationals in Chicago.
3. Grandmother of seven swims with 25 & Over Relay. Mildred Anderson pictured with Jane Thornburg, 37, Mildred, 60, Susy Carlson, 31, and Jo Ann May, 26. They won both the 200 M.R. and F.R. in Corpus Christi.



Indiana's swimming coach ... a genius of strokes

By Leo Zainea

Chicago Tribune Press Service

BLOOMINGTON, Ind.—What makes a bald, middle-aged man don a scuba diving outfit to watch young swimmers from the bottom of the pool?

Or spend five years and sleepless nights compiling the most authoritative book ever published on swimming?

Or develop ways to strengthen and lengthen athletes' limbs, or study how muscles can be altered and adapted thru training to perform differently?

For over a quarter century, Indiana Coach James E. [Doc] Councilman's obsession with knowledge has created a scientific awareness in swimming, once considered beautifully simple to teach.

"If you analyze something like stroke mechanics, you can change methods," says Councilman, 54. "I'm sure there are a lot of things undiscovered, just waiting for us under the surface. If a person has any curiosity at all, he has to wonder about them.

"Sometimes," he says, "coaches die for lack of curiosity."

COUNCILMAN'S curiosity about swimming seems endless. At the University of Iowa, his doctoral thesis dealt with stroke analysis and proved how the arms—and not the legs, as widely assumed—are the source of a swimmer's propulsion.

He introduced specificity in exercise, where weight lifting and limb-stretching apply to certain muscles used in the varying strokes. He reintroduced specificity in training, where laps are swum in practice at actual race distance and stress quality instead of quantity. He also invented the pool side pacing clock.

He has published hundreds of papers on the mechanics of stroke, the angle of the hand and arm, the correct body position and breathing techniques for most efficient use of energy. His pamphlets on coaching techniques are widely used—and copied.

COUNCILMAN IS currently evaluating the effects of hypoxic training on his swimmers at Indiana University. Breath-holding was practiced in the Johnny Weissmuller era, but Councilman is the first to organize his workouts hypoxically. That is, build endurance and stamina by making the body work on less oxygen.

This exacting approach to swimming, in lectures, clinics, and published works, have made him a favorite of aspiring coaches around the world. Foreigners often visit IU's Royer Pool, usually at his invitation, to study and learn and spread his word in their homelands. Young coaches almost daily write him about problems at their hometown swim clubs and invariably receive a reply.

Doc is the first person, tho, to place his popularity in perspective. "If I was strictly a researcher and came up with all this information, no one would pay attention to me," he notes. "My theories would appear in a lot of journals, and that's it. But I win at Indiana, and the fact I've been able to apply my theories successfully explains, I think, my wide acceptance."

Councilman and his hydromechanically sound Hoosiers have dominated competitive swimming the last eight years like no team in history.

THEY WON SIX consecutive national collegiate team titles before last year's bitter one-point loss to Southern California, and ended their regular season last week with

112 dual meet wins in a row. They are also a cinch for a 15th straight Big Ten crown beginning here Thursday in the three-day conference meet.

All of which leads Indiana's seal-sleek swimmers to believe their coach could walk on water if he wished, at least at the shallow end of the pool. It is a belief Councilman neither encourages nor discourages.

Councilman, you see, is nothing at all if not a well-liked and even loved teacher. For psychology [forward or reverse] as much as stroke is a part of the winning Councilman Method, and he knows the importance of keeping his swimmers happily motivated.

"I have to dominate without being domineering," says Councilman. "Most of my time now is spent in controlling their environment and motivation. Over long periods of time, nobody can push himself without encouragement. I'm the person who has to do that. I also like to think they like and respect me and actually compete for my approval. They know when I leave the pool area at practice they can't swim as fast."

Doc schedules a Jelly Bean Day once a year, when a pound of the candy plus a free dinner is awarded swimmers who make rigid time standards for the nationals. There is also a Three-Point Dinner to reward academic excellence, and Councilman invites the whole team to his home to sample his wife Marge's homecooked lasagna.

Mostly, swimmers drop by Councilman's comfortable ranch house on their own, or with dates. Nearly every night, Olympic hero Mark Spitz used to come by to study.

Councilman's put-on enmity with his swimmers—he sometimes brandishes a belt and chases a straggler into the pool—and his adeptness at mending a bruised ego as well as a faulty stroke confuses some of his fellow coaches.

THIS, ALONG WITH professional envy, may explain why Doc was passed over for the head coaching position with the 1972 Olympic team, a decision his close friends say hurt him deeply. It was with both delight and surprise that Councilman was named to head the 1976 staff for the Summer Games in Montreal.

"He's been on top too long and produced so many Olympians [30], they couldn't ignore him any more," says ex-Chicagoan Jack Pettinger, his former assistant who is now developing Wisconsin's program.

For years, Councilman's rivals complained that Indiana won only because he ruthlessly recruited the world's fastest swimmers. Councilman, normally mild-mannered with a Missouri twang, laughs at the accusations. "Sure world-class swimmers make it easier to win," he says. "But a better question is: 'Why do they come to Indiana?'"

Just the same, Doc's signing in successive years of Spitz, Gary Hall, and Sullivan Award winner John Kinsella of Oak Brook still ranks as the greatest recruiting coup in collegiate swimming.

IN MOST CASES, Councilman developed above-average talent to national or even world-class level. There was, for example, Olympic butterflyer Mike Troy; Dave Perkowski, now a neurosurgeon in Hawaii; Lane Tech's Peter Dahlberg, a mediocre prep who eventually won a national title in breast stroke; Moline's Gary Conelly; St. Charles' Rich Anderson, and Weber High product Steve Borowski, a member of IU's NCAA champion and record-breaking medley relay in 1969 who later became Doc's assistant.

Continued on Page 8

"That recruiting rap is a joke," says Borowski, now a coach in Hawaii. "I've been in the sport long enough to know what other coaches are doing. None of them has Doc's dedication. He took the time to care, to give special attention to swimmers. I'm sure some people might call that coddling, but he simply felt some needed more reinforcement than others."

Borowski and Troy, now in San Diego, have made a name for themselves in coaching, along with Charlie Hickcox in Cincinnati, George Breen [Doc's first Olympian at Cortland State] at Penn, Ted Stickles at LSU, and, most notably, Don Watson, who swam with Doc as a youngster in St. Louis and for him at Iowa, and has built a dynasty of his own at Hinsdale Central High School.

COUNCILMAN'S OFFICE walls are filled with pictures of some of his greatest swimmers, and he is proudest telling visitors of their accomplishments outside the pool which brought acclaim to IU. There is back stroker Fred Schmidt, a member of the Navy underwater team that placed the collar around the capsule containing our nation's first moon astronauts on Apollo 13.

Councilman grew up in the Depression in St. Louis. His father was a traveling sideshow barker, and his hard-working mother was the main provider for Doc and his older brother Joe, now a veterinarian and state cattle inspector in California.

THE BOYS RAISED pigeons and bantam roosters and Doc couldn't resist pitting his bird against his brother's. "He couldn't stand to lose at all," recalls Joe.

A woeful student—he graduated 113th in his class of 116 at St. Louis' Blewett High—he came under the strong influence of YMCA Swim Coach Ernie Bornbrock after a music teacher named Concordia Bode unsuccessfully tried to make Doc a singer.

"Ernie convinced me I was human and that I could go to college," recalls Councilman. He finally found a goal in life and the vehicle for getting him there—swimming—became his obsession.

"I always joked that I introduced Jim to aquatics," says St. Louis restaurateur Harry Pope. "I gave him a job as a dishwasher. I've never seen a man so dedicated to making himself a somebody." Councilman spent his lunch breaks swimming each day.

In the summer of 1942, Councilman, then 21, met a striking redhead named Marge Scrafford from Cuyahoga Falls, Ohio, where he managed the city's pool. They were married a year later, and a close friend says "she is the backbone of his life. She puts it all in order."

WORLD WAR II interrupted at the peak of his swimming career at Ohio State. As a B-24 bomber pilot, Councilman flew 32 missions before being shot down over Yugoslavia, and won the Distinguished Flying Cross and Air Medal. He returned to Ohio State to graduate magna cum laude.

After stints at Illinois, Iowa, and Cortland [N. Y.] State, Doc came to Indiana in 1957 as heir apparent to ailing Robert Royer. Hobie Billingsley joined him in 1959 as diving coach and developed a dozen champions himself.

Certain of the role environment played in winning, Councilman set about to upgrade the program at IU. The Hoosiers won their first Big Ten title in 1961.

Because of football recruiting violations, Indiana was barred from competing in the NCAA meet until 1964. The Hoosiers took second that year, and in 1965, and captured their first national title—with then the biggest point total ever [346 points] in 1968 at Dartmouth. IU raised the score to an awesome 427 points the next year at Bloomington.

GEORGE BREEN Honor Swimmer

George Breen trained for his long course 1500 meter World Records in a 20 yard pool. He began swimming at 17. In his first time trial as a freshman at Cortland State, he swam six minutes and 30 seconds for 440 yds. "I was so bad," says Breen, "that a coach without Doc Councilman's patience would have thrown me out of the pool for cluttering-up his workouts." Breen's reign as America's (and sometimes the World's) greatest distance swimmer is the classic Horatic Alger story of a kid who couldn't make the football team so he went out for swimming. He started late, came on fast, and became the best. George started swimming at least ten years later than most of today's champions - about the time most of our current hotshots are dreaming of retirement. Yet he was still swimming, or swimming again, 20 years later as a Masters National Champion. Breen shaved-down for the first time when he was 40. "I quit for a few years," says Breen, now the University of Pennsylvania Head Swim Coach, "but I feel better when I'm working out."

Breen's most impressive effort was his 1500 meter World Record (long course) at the 1956 U.S. AAU Indoor Championship at Yale, a swim which Ohio State Coach Mike Peppe called "the single most brilliant effort in swimming since I've been coaching." Breen not only lowered the World Record by 13.1 seconds, but finished one minute and 18 seconds ahead of Frank Brunell, himself a many-time U.S. National Champion. No one has ever finished so far ahead of the second man in the 75-year history of the U.S. Nationals.

There is irony in Breen's next greatest swim. It was during the 1956 Olympics and George lowered his New Haven 1500 meter World Record another 13 seconds to a then incredible 17:52.9. The only problem is it was during the preliminaries and while George Breen had continued to hold the Olympic record, he had also swum his gold medal race too soon. In the finals he finished third behind Olympic Champion Murray Rose of Australia and runner-up Yamonaka of Japan. The winner was six seconds slower than Breen's record. Breen calls that race which he has reswum a few thousand times, "my biggest lesson in character building." Before and after his "character building" experience George Breen helped build character in other

swimmers. In 5 years, from 1956 to 1960, he won 22 U.S. National Championships, set 6 World Records and made 2 Olympic Teams, captaining the 1960 U.S. Team which won the title back from the Australians who had won it all in 1956.

Breen's thrashing-rolling-shoulder-roll and two-beat kick was an important step in the evolution of modern freestyle swimming although so unorthodox that many top coaches of the time remarked after each of his World Records, "wow, if that man could only swim - think, how good he would be!"

There is one more touch of irony to the George Breen era. The other American male swimmer who did well at the Melbourne Olympics was Bill Yorzyk. As with Breen, Yorzyk was a very bad football player who had never been a swimmer before college. Yorzyk went to Springfield just a few miles from Cortland. Both had outstanding and patient young coaches, Doc Councilman and Red Silvia, both were developing new strokes, and both worked harder in their 20 yd. pools than their U.S. competition had ever worked at 25 yds. or 50 meters.

George Breen was put on this earth to keep us all honest. We honor this incredible man as a 1975 Honoree in the International Swimming Hall of Fame.

RESULTS

WESTFIELD Y. M. C. A.
Westfield, New Jersey
March 1, 1975

WOMEN 25-29

50 YARDS FREESTYLE

Jane Cooper 28 44.7

50 YARDS BACKSTROKE

Jan Hamilton 28 50.0

100 YARDS FREESTYLE

Valeria Pece 31 27.8

200 YARDS FREESTYLE

Lynn Joesten 37 2:27.5

100 YARDS BACKSTROKE

Patric Willis 32 1:21.6

200 YARDS BACKSTROKE

Patric Willis 32 3:01.7

50 YARDS BREASTSTROKE

Patric Willis 32 39.4

100 YARDS BREASTSTROKE

Patric Willis 32 1:25.3

50 YARDS BUTTERFLY

Valeria Pece 31 29.5

100 YARDS BUTTERFLY

Lynn Joesten 37 1:13.7

100 YARDS INDIVIDUAL MEDLEY

Valeria Pece 31 1:14.3

Lynn Joesten 37 1:18.5

Patric Willis 32 1:19.6

WOMEN 30-34

50 YARDS BACKSTROKE

Lorraine Rizuto 39 49.9

100 YARDS BACKSTROKE

Frances Cura 37 1:27.7

Lorraine Rizuto 39 1:48.5

50 YARDS BREASTSTROKE

Frances Cura 37 42.3

100 YARDS BUTTERFLY

Frances Cura 37 1:31.3

200 YARDS BUTTERFLY

Frances Cura 37 3:38.6

100 YARDS INDIVIDUAL MEDLEY

Frances Cura 37 1:23.3

WOMEN 35-39

50 YARDS FREESTYLE

Jan Moeller 40 35.6

Joan Galvin 43 42.2

50 YARDS BACKSTROKE

Joan Galvin 43 48.7

100 YARDS BACKSTROKE

Jan Moeller 40 1:40.9

Joan Galvin 43 1:47.0

100 YARDS INDIVIDUAL MEDLEY

Jan Moeller 40 1:31.7

Jan Moeller 40 3:29.6

WOMEN 40-44

50 YARDS FREESTYLE

Lisa Boratko 45 36.8

Lainey Doonan 48 37.1

Carolyn Derr 47 40.2

100 YARDS FREESTYLE

Lainey Doonan 48 1:28.0

Carolyn Derr 47 1:36.7

50 YARDS BACKSTROKE

Lainey Doonan 48 43.4

Tink Bolster 46 43.8

Carolyn Derr 47 48.7

100 YARDS BACKSTROKE

Tink Bolster 46 1:37.5

50 YARDS BREASTSTROKE

Lisa Boratko 45 42.8

100 YARDS BREASTSTROKE

Lisa Boratko 45 1:35.2

50 YARDS BUTTERFLY

Tink Bolster 46 47.5

Tink Bolster 46 3:38.5

100 YARDS INDIVIDUAL MEDLEY

Lisa Boratko 45 1:31.8

WOMEN 45-49

50 YARDS FREESTYLE

Charlotte Costello 33.9

200 YARDS BREASTSTROKE

Charlotte Costello 3:34.1

WOMEN 50-54

50 YARDS FREESTYLE

Pat Kelgwin 55 38.5

200 YARDS FREESTYLE

Pat Kelgwin 55 3:30.0

100 YARDS INDIVIDUAL MEDLEY

Pat Kelgwin 55 1:44.5

WOMEN 55-59

50 YARDS FREESTYLE

Bill Reichle 27 24.6

Rudy Vlaar 28 25.1

Steven Werlin 27 25.4

Gaylord Hartfeld 25 26.7

Steven Werlin 27 57.6

Gaylord Hartfeld 25 1:02.8

50 YARDS BREASTSTROKE

Rudy Vlaar 28 30.3

50 YARDS BUTTERFLY

Steven Werlin 27 27.1

WOMEN 60-64

50 YARDS FREESTYLE

Harry Hamilton 33 1:00.8

Joel Brotman 31 1:01.0

200 YARDS FREESTYLE

Phil Goode 32 2:08.5

Harry Hamilton 33 2:09.7

Joel Brotman 31 2:21.8

WOMEN 65-69

50 YARDS FREESTYLE

Austin Newman 59 28.8

Jim Pendergrass 56 29.3

Fred Stickle 59 34.0

Bill Walter 45.4

WOMEN 70-74

50 YARDS FREESTYLE

Amar Lathi 38 26.5

Bob Walden 35 26.6

Bill Malone 37 30.4

100 YARDS FREESTYLE

Bob Walden 35 59.1

200 YARDS FREESTYLE

John Louthorow 37 2:19.7

50 YARDS BACKSTROKE

Amar Lathi 38 33.0

50 YARDS BREASTSTROKE

George Downs 36 33.0

Louis Abel 38 33.5

Stephen Kurtin 35 33.5

Bill Malone 37 36.3

100 YARDS BREASTSTROKE

Louis Abel 38 1:16.4

Bill Malone 37 1:20.6

200 YARDS BREASTSTROKE

Louis Abel 38 2:52.0

50 YARDS BUTTERFLY

Stephen Kurtin 35 28.9

George Downs 36 30.6

100 YARDS BUTTERFLY

Stephen Kurtin 35 1:09.9

100 YARDS INDIVIDUAL MEDLEY

George Downs 36 1:09.5

Amar Lathi 38 1:11.1

Stephen Kurtin 35 1:13.9

Bill Malone 37 1:17.0

WOMEN 75-79

50 YARDS FREESTYLE

Clarence Ross 75 33.1

100 YARDS FREESTYLE

Clarence Ross 75 1:16.9

200 YARDS FREESTYLE

Clarence Ross 75 2:58.1

WOMEN 80-84

50 YARDS FREESTYLE

Ken Dawson 44 29.7

Walter Woodruff 42 31.1

200 YARDS FREESTYLE

Walter Cronkright 43 2:40.9

George Kauffmann 2:53.6

50 YARDS BACKSTROKE

Ken Dawson 44 38.1

100 YARDS BACKSTROKE

Ken Dawson 44 1:24.1

50 YARDS BREASTSTROKE

Walter Cronkright 43 36.9

Walter Woodruff 42 33.6

100 YARDS BUTTERFLY

Walter Cronkright 43 1:18.0

Walter Woodruff 42 1:25.9

100 YARDS INDIVIDUAL MEDLEY

Walter Cronkright 43 1:18.3

Ken Dawson 44 1:24.5

200 YARDS INDIVIDUAL MEDLEY

Walter Woodruff 42 3:22.0

WOMEN 85-89

50 YARDS FREESTYLE

Dan Sullivan 48 29.5

Ted Cotchan 46 29.9

Robert McWilliams 46 31.0

Al McCarthy 46 32.8

100 YARDS FREESTYLE

Dan Sullivan 48 1:06.1

Robert McWilliams 46 1:09.5

200 YARDS FREESTYLE

Ted Cotchan 46 2:36.6

Robert McWilliams 46 2:42.2

Al McCarthy 46 3:07.5

200 YARDS BACKSTROKE

Dan Sullivan 48 3:12.0

50 YARDS BREASTSTROKE

Alfred Stein 46 34.1

Jim Forbes 49 35.0

Henry Lentzsch 49 37.2

Robert McWilliams 46 42.1

100 YARDS BREASTSTROKE

Alfred Stein 46 1:16.0

Jim Forbes 49 1:18.5

50 YARDS BUTTERFLY

Henry Lentzsch 49 36.3

100 YARDS INDIVIDUAL MEDLEY

Alfred Stein 46 1:08.8

Henry Lentzsch 49 1:16.0

Jim Forbes 49 1:19.5

WOMEN 90-94

50 YARDS FREESTYLE

Dick Sanborn 51 27.1

Dick Sanborn 51 33.8

Martin Roff 52 34.2

100 YARDS FREESTYLE

Dick Sanborn 51 1:03.1

Harold Fisher 50 1:24.2

50 YARDS BACKSTROKE

Dick Sanborn 51 33.8

D. W. Brown 50 39.4

100 YARDS BACKSTROKE

Dick Sanborn 51 1:13.8

D. W. Brown 50 1:32.5

WOMEN 95-99

50 YARDS FREESTYLE

Austin Newman 59 28.8

Jim Pendergrass 56 29.3

Fred Stickle 59 34.0

Bill Walter 45.4

WOMEN 100-104

50 YARDS FREESTYLE

Joan Mock 40.7

100 YARDS FREESTYLE

Joan Mock 1:33.9

200 YARDS FREESTYLE

Joan Mock 3:28.2

50 YARD FREESTYLE

Karen Baker 12:50.8

1650 YARD FREESTYLE

Karen Baker 44:03.5

50 YARD BACKSTROKE

Nary J. Harader 41.9

Joan Mock 49.2

100 YARD BACKSTROKE

Nary J. Harader 1:33.0

Joan Mock 1:54.6

200 YARD BACKSTROKE

Nary Jane Harader 3:37.2

Joan Mock 3:58.0

50 YARD FREESTYLE

Karen Baker 50.3

Susan Minor 53.0

<u>200 YARD FREESTYLE</u>	
Bruce Nagar	2:42.6
Dale McCawley	3:33.0
Dick Pringle	4:00.5
<u>500 YARD FREESTYLE</u>	
Bruce Nagar	7:45.0
<u>1650 YARD FREESTYLE</u>	
Bruce Nagar	27:39.7
<u>50 YARD BACKSTROKE</u>	
Ron Taylor	33.0
Tom Foley	46.0
<u>100 YARD BACKSTROKE</u>	
Tom Foley	1:40.1
<u>200 YARD BACKSTROKE</u>	
Tom Foley	3:34.2
<u>50 YARD BREASTSTROKE</u>	
Ron Taylor	33.5
Bruce Nagar	37.9
<u>100 YARD BREASTSTROKE</u>	
Ron Taylor	1:12.8
Bruce Nagar	1:25.6
<u>200 YARD BREASTSTROKE</u>	
Ron Taylor	2:42.4
Bruce Nagar	3:23.6
<u>50 YARD BUTTERFLY</u>	
Ron Taylor	31.2
Bruce Nagar	36.8
Dale McCawley	50.8
<u>100 YARD BUTTERFLY</u>	
Tom Foley	2:04.4
<u>200 YARD BUTTERFLY</u>	
Tom Foley	4:45.5
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Ron Taylor	1:08.0
Bruce Nagar	1:21.2
Tom Foley	1:45.1
Dale McCawley	2:01.0
<u>200 YARD INDIVIDUAL MEDLEY</u>	
Tom Foley	3:57.7
<u>400 YARD INDIVIDUAL MEDLEY</u>	
Tom Foley	8:46.5

<u>MEN 45-49</u>	
<u>50 YARD FREESTYLE</u>	
Ken Coon	31.4
<u>200 YARD FREESTYLE</u>	
Charles Sheldon	2:47.6
<u>500 YARD FREESTYLE</u>	
Charles Sheldon	7:50.6
<u>100 YARD BACKSTROKE</u>	
Charles Sheldon	1:19.9
<u>200 YARD BACKSTROKE</u>	
Charles Sheldon	2:56.9
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Charles Sheldon	1:21.9

<u>MEN 55-59</u>	
<u>50 YARD FREESTYLE</u>	
John Downey	36.2
George Adjemian	39.0
<u>100 YARD FREESTYLE</u>	
John Downey	1:23.8
<u>200 YARD FREESTYLE</u>	
John Downey	3:12.5
<u>50 YARD BACKSTROKE</u>	
George Adjemian	57.8
<u>100 YARD INDIVIDUAL MEDLEY</u>	
George Adjemian	1:48.3

<u>MEN 60-64</u>	
<u>50 YARD FREESTYLE</u>	
Joe Shipman	35.7
<u>100 YARD FREESTYLE</u>	
Joe Shipman	1:25.6
<u>200 YARD FREESTYLE</u>	
Joe Shipman	3:40.7

<u>MEN 20-UP</u>	
<u>200 YARD FREESTYLE RELAY</u>	
Hampton, Kenniwk, Swartz, Dodson (PNA)	2:06.4
<u>400 YARD FREESTYLE RELAY</u>	
Schwartz, Hampton, Kenniwk, Hall (PNA)	5:01.7
<u>200 YARD INDIVIDUAL MEDLEY</u>	
Kenniwk, Engel, Schwartz, Hall	1:59.1

<u>MEN 25-UP</u>	
<u>200 YARD FREESTYLE RELAY</u>	
Engel, Beach, Miles, Miller (PNA)	1:41.9
<u>400 YARD FREESTYLE RELAY</u>	
Strittito, Nagar, Hines, Arndt (SSM)	1:47.4
<u>400 YARD FREESTYLE RELAY</u>	
Arndt, Strittito, O'Donnell, Hines (SSM)	4:03.1
<u>200 YARD INDIVIDUAL MEDLEY</u>	
Mittler, Dodson, Beach, Engel (PNA)	4:14.4

<u>MEN 25-UP</u>	
<u>200 YARD FREESTYLE RELAY</u>	
Dodson, Miller, Beach, Miles (PNA)	1:54.6
<u>400 YARD FREESTYLE RELAY</u>	
O'Donnell, Hines, Arndt, Dodson	1:59.9
<u>200 YARD INDIVIDUAL MEDLEY</u>	
Anderson, Arndt, O'Donnell, Hines	4:27.0
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Taylor, Miller, Engel, Miles	4:27.6

<u>MEN 35-UP</u>	
<u>200 YARD FREESTYLE RELAY</u>	
Pringle, McCawley, Savrd, Hall (IE)	2:14.6
<u>400 YARD FREESTYLE RELAY</u>	
Hall, Nagar, Sayre, McCawley (IE)	5:10.1

<u>200 YARD MEDLEY RELAY</u>	
McKevitt, Hall, Nagar, Pringle (IE) A	2:21.9
<u>400 YARD MEDLEY RELAY</u>	
McCawley, Shipman (IE) B	2:43.8
<u>400 YARD MEDLEY RELAY</u>	
Sheldon, Hall, Sayre, Nagar (IE)	5:54.2

<u>MEN 45-UP</u>	
<u>200 YARD FREESTYLE RELAY</u>	
Shipman, Adjemian, Sheldon, Coon (IE)	2:13.0

<u>COED/MIXED RELAYS</u>	
<u>200 YARD FREESTYLE RELAY 25-UP</u>	
Hines, Mock, O'Donnell, Strittito (SSM)	2:00.8
<u>200 YARD FREESTYLE RELAY 25-UP</u>	
Engel, Miles (PNA)	2:00.8
<u>200 YARD FREESTYLE RELAY 35-UP</u>	
Dodson, Miller (PNA)	2:15.5
<u>200 YARD FREESTYLE RELAY 45-UP</u>	
Lehman, Taylor (PNA)	2:16.5
<u>200 YARD FREESTYLE RELAY 25-UP</u>	
Erwert, Adjemian, Schmah, Coon (IE)	3:53.2
<u>200 YARD FREESTYLE RELAY 25-UP</u>	
Anderson, Arndt, O'Donnell, Mock (SSM)	2:19.1
<u>200 YARD FREESTYLE RELAY 25-UP</u>	
Fitzgerald, Miller, Harader, Beach (PNA)	2:20.2
<u>200 YARD FREESTYLE RELAY 35-UP</u>	
Holm, Carlson, Hall, Downey (PNA)	3:05.0
<u>200 YARD FREESTYLE RELAY 35-UP</u>	
Foley, Lehman, Taylor, McKinney (PNA)	2:54.4
<u>200 YARD FREESTYLE RELAY 35-UP</u>	
Erwert, Hall, Nagar, Schmah (IE)	3:03.8

Red
 COLORADO STATE
 LITTLETON HIGH SCHOOL MAB T-2-8
 BWM MAB T-2 - Denver, Colo.
 25 yard pool--2/10/75

<u>WOMEN 25-29</u>	
<u>50 yard freestyle</u>	
Cindy Walters	29.80
Marsha Heinig	31.70
<u>200 yard freestyle</u>	
Cindy Walters	2:28.60
Marsha Heinig	2:33.80
<u>50 yard butterfly</u>	
Cindy Walters	32.20
Marsha Heinig	39.90
<u>100 yard butterfly</u>	
Cindy Walters	1:20.10
Marsha Heinig	1:30.20
<u>100 yard Ind. Med.</u>	
Marsha Heinig	1:26.30
<u>35-39</u>	
<u>50 yard freestyle</u>	
Ulla Stump	34.50
Laurie Ayre	35.10
<u>200 yard freestyle</u>	
Ulla Stump	2:15.30
<u>100 yard backstroke</u>	
Jan Hutchison	1:18.30
<u>200 yard backstroke</u>	
Jan Hutchison	3:15.10
<u>200 yard breaststroke</u>	
Laurie Ayre	3:43.10
<u>50 yard butterfly</u>	
Ulla Stump	43.20
Laurie Ayre	50.20
<u>100 yard Ind. Med.</u>	
Ulla Stump	1:13.80

<u>40-44</u>	
<u>50 yard freestyle</u>	
Jody Anderson	33.80
Reggy Kepner	34.00
<u>100 yard breaststroke</u>	
Jody Anderson	1:18.20
<u>200 yard breaststroke</u>	
Reggy Kepner	3:24.70
<u>50 yard butterfly</u>	
Reggy Kepner	45.90
<u>100 yard butterfly</u>	
Jody Anderson	1:18.50
<u>100 yard Ind. Med.</u>	
Reggy Kepner	1:28.60
<u>45-49</u>	
<u>50 yard freestyle</u>	
Louise Mann	38.70
<u>100 yard backstroke</u>	
Louise Mann	1:15.70
<u>50 yard butterfly</u>	
Louise Mann	50.20

<u>55-59</u>	
<u>50 yard freestyle</u>	
Rolly Townsend	54.10
<u>100 yard backstroke</u>	
Rolly Townsend	2:21.40

<u>MEN 25-29</u>	
<u>100 yard breaststroke</u>	
Cliff Cole	1:16.80
<u>100 yard Ind. Med.</u>	
Cliff Cole	1:12.80

<u>30-34</u>	
<u>50 yard freestyle</u>	
Alan Levin	29.40
<u>200 yard freestyle</u>	
John Tobin	2:13.50
<u>100 yard backstroke</u>	
Dennis West	1:07.10

<u>100 yard breaststroke</u>	
Dennis West	1:08.00
<u>50 yard butterfly</u>	
Dennis West	26.30
Tom Chambers	28.70
Steve McDaniel	36.20
<u>100 yard butterfly</u>	
Tom Chambers	1:06.80
John Tobin	1:13.90
<u>100 yard Ind. Med.</u>	
Tom Chambers	1:08.20
John Tobin	1:16.00
Steve McDaniel	1:19.90

<u>35-39</u>	
<u>50 yard freestyle</u>	
Ad Westwater	39.90
<u>200 yard freestyle</u>	
George Kroye	2:13.30
<u>200 yard backstroke</u>	
George Kroye	2:15.70
<u>200 yard breaststroke</u>	
Ad Westwater	1:13.90
<u>100 yard Ind. Med.</u>	
George Kroye	1:13.90

<u>40-44</u>	
<u>50 yard freestyle</u>	
Hank Zentgraf	25.20
John Myers	28.70
Tom Miller	30.00
Ben Strom	35.70
<u>200 yard freestyle</u>	
John Myers	2:13.00
Don Freeman	3:06.70
<u>100 yard backstroke</u>	
Hank Zentgraf	1:16.30
<u>100 yard breaststroke</u>	
Tom Miller	1:16.00
<u>200 yard breaststroke</u>	
Ben Strom	3:19.50

<u>50 yard butterfly</u>	
Ben Strom	36.60
<u>100 yard Ind. Med.</u>	
Hank Zentgraf	1:20.00
Don Freeman	1:23.80

<u>45-49</u>	
<u>50 yard freestyle</u>	
Skip Mann	26.55
James Hart	28.90
Gene Mack	29.70
<u>200 yard freestyle</u>	
Skip Mann	2:23.20
Jim Hart	2:27.70
<u>100 yard backstroke</u>	
Gene Mack	1:17.80
<u>200 yard backstroke</u>	
James Hart	3:21.40
<u>100 yard breaststroke</u>	
Bruno Weber	1:24.00
<u>200 yard breaststroke</u>	
Bruno Weber	2:15.90
<u>50 yard butterfly</u>	
Gene Mack	35.80
Jim Hart	35.90
<u>100 yard Ind. Med.</u>	
Bruno Weber	1:14.00
Skip Mann	1:15.30

<u>50-54</u>	
<u>50 yard freestyle</u>	
Warren Kleist	27.10
Mac Powers	29.55
Herb Wallower	30.00
Fred Donald	30.00
Walt Lindstrom	32.40
<u>200 yard freestyle</u>	
Warren Kleist	2:12.70
Herb Wallower	2:13.50
Walt Lindstrom	2:13.70
<u>100 yard backstroke</u>	
Fred Donald	1:13.00
<u>200 yard backstroke</u>	
Fred Donald	3:16.70
<u>100 yard breaststroke</u>	
Herb Wallower	1:28.40
Walt Lindstrom	1:28.90
<u>100 yard Ind. Med.</u>	
Warren Kleist	1:17.90
Mac Powers	1:12.00

<u>60-64</u>	
<u>50 yard freestyle</u>	
Louis Rinna	42.70
<u>100 yard backstroke</u>	
Louis Rinna	1:47.50
<u>200 yard backstroke</u>	
Louis Rinna	3:16.40
<u>65-69</u>	
<u>50 yard freestyle</u>	
Harold Davis	41.20
<u>200 yard freestyle</u>	
Harold Davis	3:15.60

GOLD COAST MASTERS
 RANSON SCHOOL
 FEBRUARY 16, 1975

<u>WOMEN 25-29</u>	
<u>50 yard freestyle</u>	
Joanne Menard	31.18
Marian Borken	31.48
<u>100 yard freestyle</u>	
Joanne Menard	1:11.28
<u>200 yard freestyle</u>	
Joanne Menard	2:14.90
<u>50 yard backstroke</u>	
Marian Borken	38.43
Nancy Barnette	39.92

<u>50 yard breaststroke</u>	
Nancy Barnette	37.32
Joanne Menard	41.60
Marian Borken	41.68
<u>50 yard butterfly</u>	
Nancy Barnette	35.70
<u>WOMEN 30-34</u>	
<u>50 yard freestyle</u>	
Wanda Cavanaugh	30.20
Jo-Ann Scott	44.30
<u>200 yard freestyle</u>	
Millie Bergeron	2:42.54
<u>50 yard breaststroke</u>	
Jo-Ann Scott	57.52
<u>50 yard butterfly</u>	
Millie Bergeron	31.80
Wanda Cavanaugh	33.20
<u>100 yard butterfly</u>	
Millie Bergeron	1:15.36
<u>100 yard individual medley</u>	
Wanda Cavanaugh	1:19.76

<u>WOMEN 40-44</u>	
<u>50 yard breaststroke</u>	
Anne McGuire	36.93
<u>100 yard breaststroke</u>	
Anne McGuire	1:23.70
<u>50 yard butterfly</u>	
Anne McGuire	36.30
<u>100 yard butterfly</u>	
Anne McGuire	1:21.70
<u>100 yard individual medley</u>	
Anne McGuire	1:18.97
<u>WOMEN 50-54</u>	
<u>50 yard freestyle</u>	
Selma Borken	57.98
<u>50 yard backstroke</u>	
Selma Borken	1:21.23

<u>WOMEN 55-59</u>	
<u>50 yard freestyle</u>	
Edna Muntz	46.40
<u>50 yard backstroke</u>	
Edna Muntz	59.05
<u>50 yard breaststroke</u>	
Edna Muntz	54.48
<u>WOMEN 65-69</u>	
<u>50 yard freestyle</u>	
Rose Caplane	53.18
<u>50 yard backstroke</u>	
Rose Caplane	1:09.90
<u>50 yard breaststroke</u>	
Rose Caplane	57.09
<u>100 yard breaststroke</u>	
Rose Caplane	2:01.91

<u>MEN 25-29</u>	
<u>50 yard freestyle</u>	
Charles Knupp	26.50
<u>100 yard freestyle</u>	
Charles Knupp	57.94
John Zeigler	1:02.70
<u>200 yard freestyle</u>	
Richard Chelekis	2:02.20
Charles Knupp	2:09.50
<u>50 yard backstroke</u>	
Richard Chelekis	29.75
Richard Langhorne	30.06
<u>100 yard backstroke</u>	
Richard Langhorne	2:12.51
John Zeigler	1:14.67
<u>50 yard breaststroke</u>	
John Zeigler	32.13
Richard Langhorne	33.40
<u>100 yard breaststroke</u>	
John Zeigler	1:10.40
Richard Langhorne	1:13.00
<u>50 yard butterfly</u>	
Richard Chelekis	25.60
Charles Knupp	30.20
<u>100 yard butterfly</u>	
Richard Chelekis	56.91
John Zeigler	1:02.49
<u>100 yard individual medley</u>	
Richard Langhorne	2:12.70
Charles Knupp	1:07.90

<u>MEN 30-34</u>	
<u>100 yard freestyle</u>	
Terry Green	55.54
Gerry DeLong	57.74
<u>200 yard freestyle</u>	
Gerry DeLong	2:00.00
<u>50 yard backstroke</u>	
Gerry DeLong	32.56
S. Rabinovitch	34.01
Ross Lambert	36.74
<u>100 yard backstroke</u>	
Gerry DeLong	1:09.31
Ross Lambert	1:14.69
<u>50 yard breaststroke</u>	
S. Rabinovitch	32.06
Robert Clein	37.74
<u>100 yard breaststroke</u>	
S. Rabinovitch	1:06.50

<u>MEN 35-39</u>	
<u>100 yard freestyle</u>	
Robert Clein	29.10
S. Rabinovitch	31.40
<u>100 yard butterfly</u>	
Ross Lambert	1:11.58
<u>100 yard individual medley</u>	
Gerry DeLong	1:01.90
S. Rabinovitch	1:02.74
Robert Clein	1:09.31
Terry Green	1:15.25

<u>MEN 35-39</u>	
<u>100 yard freestyle</u>	
Cav Cavanaugh	56.47
<u>200 yard freestyle</u>	
Cav Cavanaugh	2:04.99
Don Short	2:10.11
<u>50 yard backstroke</u>	
Don Short	33.51
<u>100 yard backstroke</u>	
Don Short	1:12.52
<u>50 yard breaststroke</u>	
Roy Rohe	32.53
<u>100 yard breaststroke</u>	
Roy Rohe	1:16.30
<u>50 yard butterfly</u>	
Cav Cavanaugh	27.80
<u>100 yard butterfly</u>	
Don Short	1:11.92
<u>100 yard individual medley</u>	
Cav Cavanaugh	1:06.58
Don Short	1:08.70

FR

LAKE ERIE AAU MASTERS MEET
CAMP BRANIN NAT. - CANTON, OHIO
SUNDAY, DECEMBER 8, 1974

WOMEN 25-29		
50 yard Freestyle		
L Large	27	30.118
500 yard Freestyle		
G Lippe	25	6:27.116
50 yard Back		
L Large	27	44.036
50 yard Breast		
G Lippe	25	36.926
L Large	27	43.164
100 yard Breast		
G Lippe	25	1:19.846
50 yard Fly		
G Lippe	25	31:288
100 yard I.M.		
G Lippe	25	1:14.890
L Large	27	1:10.352
WOMEN 30-34		
50 yard Freestyle		
S Guist	34	46.597
100 yard Freestyle		
D Zimmerman	32	1:22.907
500 yard Freestyle		
D Schmidt	30	7:11.024
50 yard Back		
D. Zimmerman	32	45.114
S Guist	34	51.484
100 yard Back		
D Schmidt	30	1:18.859
D Zimmerman	32	1:40.323
50 yard Breast		
S Guist	34	56.050
100 yard Breast		
D Schmidt	30	1:30.067
S Guist	34	2:17.871
50 yard Fly		
D Zimmerman	32	45.600
100 yard I.M.		
D Schmidt	30	1:19.482
D Zimmerman	32	1:33.669
WOMEN 35-39		
50 yard Freestyle		
B Phillips	35	32.692
100 yard Freestyle		
B Phillips	35	1:14.444
50 yard Back		
B Phillips	35	38.627
R Dann	38	49.140
100 yard Back		
B Phillips	35	1:20.848
50 yard Breast		
T Keeley	37	1:40.325
500 yard Freestyle		
C Keeley	37	8:04.534
100 yard I.M.		
C Keeley	37	1:34.554
WOMEN 40-44		
50 yard Back		
R Pasha		1:06.537
50 Breast		
E Christian	41	43.585
R Pasha		56.454
100 yard Breast		
E Christian	41	1:36.545
R Pasha		2:01.647
100 yard I.M.		
E Christian	41	1:44.713
WOMEN 45-49		
50 yard Breast		
F McKillop	45	49.196
100 yard Breast		
F McKillop	45	1:44.258
100 yard I.M.		
F McKillop	45	1:47.363
WOMEN 50-54		
50 yard Freestyle		
F Greetham	53	48.790
R Guist	51	1:01.366
100 yard Freestyle		
F Greetham	53	1:53.665
50 yard Back		
R Guist	51	57.947
F Greetham	53	1:01.182
50 yard Breast		
R Guist	51	1:14.654
WOMEN 55-59		
100 yard Freestyle		
R Wunderlich	56	1:40.243
50 yard Back		
R Wunderlich	56	51.896
100 yard Back		
R Wunderlich	56	1:50.530
50 yard Fly		
R Wunderlich	56	57.448
100 yard I.M.		
R Wunderlich	56	1:52.260
WOMEN 65-69		
50 yard Freestyle		
R Shepard	65	47.077
100 yard Freestyle		
R Shepard	65	1:52.999
50 yard Back		
R Shepard	65	1:04.958
100 yard Back		
R Shepard	65	2:23.418
50 yard Breast		
R Shepard	65	1:26.334
MEN 25-29		
50 yard Freestyle		
G Kitchin	27	24.129
J Vogt	27	25.162
J Worthing	26	26.384
C Simons	25	27.109
J Rice	27	27.111
S Reynolds	28	29.279

MEN 40-44		
50 Yard Freestyle		
L Chase	26	55.032
J Vogt	27	58.468
K Morrison	26	59.015
J Chojnowski	25	1:01.525
S Reynolds	28	1:04.585
100 yard Back		
R VanPossan	28	28.689
L Chase	26	28.980
C Kitchin	27	31.155
J Worthing	26	37.675
100 yard Breast		
L Chase	26	1:02.919
C Kitchin	27	1:03.264
R VanPossan	28	1:04.776
50 yard Breast		
J Worthing	26	31.247
R Morrison	28	31.672
J Vogt	27	34.063
C Simons	25	37.118
100 yard Breast		
J Worthing	26	1:10.066
K Morrison	26	1:13.879
J Chojnowski	25	1:20.940
50 yard Fly		
L Chase	26	26.855
R VanPossan	28	27.043
J Vogt	27	27.902
W Worthing	29	28.577
G Finn	29	31.558
100 yard I.M.		
L Chase	26	1:00.169
K Morrison	26	1:05.790
J Vogt	27	1:07.749
C Kitchin	27	1:08.635
J Worthing	26	1:10.107
J Chojnowski	25	1:11.980
MEN 30-34		
50 yard Freestyle		
G Terauds	32	24.260
D Whiteley	30	24.497
T Gracian	30	25.029
M Vogt	31	26.050
J Barnes	31	27.048
D Shaheen	33	27.220
R Keller	30	33.911
100 yard Freestyle		
G Terauds	32	52.763
D Whiteley	30	53.196
M Vogt	31	1:01.019
D Shaheen	33	1:03.046
R Keller	30	1:12.524
500 yard Freestyle		
G Terauds	32	5:50.609
D Whiteley	30	6:02.874
J Heimaann	32	6:17.795
50 yard Back		
J Heimaann	32	28.742
M Vogt	31	33.811
J Barnes	31	33.873
D Shaheen	33	35.220
100 yard Back		
J Heimaann	32	1:02.943
T Rasbach	33	1:16.670
50 yard Breast		
R Montgomery	30	33.496
W Archibale	31	33.935
100 yard Breast		
R Montgomery	30	1:17.506
W Archibale	31	1:18.643
R Keller	30	1:34.068
50 yard Fly		
D Whiteley	30	26.700
G Terauds	32	28.858
D Dailey	31	31.630
D Shaheen	33	32.154
100 yard I.M.		
G Terauds	32	1:07.423
R Montgomery	30	1:15.421
D Dailey	31	1:15.860
R Keller	30	1:30.424
MEN 35-39		
50 yard Freestyle		
W VanHorn	36	24.291
J Humphries	37	25.640
100 yard Freestyle		
W VanHorn	36	54.243
J Humphries	37	56.456
J Zwicker	38	56.905
J VanHorn	38	1:00.909
S Martin	38	1:03.448
500 yard Freestyle		
J Zwicker	38	5:47.714
W VanHorn	36	6:24.026
S Martin	38	6:35.750
J VanHorn	38	7:18.427
50 yard Back		
W VanHorn	36	33.225
100 yard Back		
J Zwicker	38	1:09.914
W VanHorn	36	1:21.240
50 yard Breast		
W Timken, Jr.	35	34.501
J VanHorn	38	37.651
J Humphries	37	38.751
P Portney	36	42.541
100 yard Breast		
J VanHorn	38	1:24.491
S Martin	38	1:26.097
50 yard Fly		
W Timken, Jr.	35	28.105
J Humphries	37	30.364
100 yard I.M.		
W VanHorn	36	1:07.264
W Timken, Jr.	35	1:07.506
J VanHorn	38	1:12.780

MEN 40-44		
50 Yard Freestyle		
B Ledger	41	25.856
G Harvey	41	26.245
R Beck	40	30.564
D Mitchell	42	33.578
100 yard Freestyle		
B Ledger	41	59.316
J Ketchum	43	1:03.623
R Beck	40	1:16.537
D Mitchell	42	1:17.729
500 yard Freestyle		
J Ketchum	43	6:43.583
D Mitchell	42	7:53.528
50 yard Back		
G Harvey	41	31.778
100 yard Back		
G Harvey	41	1:10.962
50 yard Breast		
J VanHorn, Jr.	42	32.813
B Ledger	41	33.745
100 yard Breast		
J VanHorn, Jr.	42	1:18.659
50 yard Fly		
J VanHorn, Jr.	42	30.132
J Ketchum	43	33.383
100 yard I.M.		
J VanHorn, Jr.	42	1:10.072
B Ledger	41	1:10.177
J Ketchum	43	1:17.047
MEN 45-49		
50 yard Freestyle		
R Stickney	48	25.834
H Fox	45	27.926
B Welch	46	28.157
J Knowlton	48	34.867
100 yard Freestyle		
R Stickney	48	58.795
J Knowlton	48	1:18.858
500 yard Freestyle		
J Knowlton	48	8:24.385
50 yard Breast		
H Fox	45	37.260
B McKillop	46	43.724
100 yard Breast		
R Stickney	48	1:12.501
H Fox	45	1:25.687
50 yard Fly		
H Fox	45	31.175
100 yard I.M.		
H Fox	45	1:21.829
MEN 50-54		
50 yard Freestyle		
T Cloyes	53	26.855
J Woods	51	26.936
R Lagaly	52	29.046
R Wolfe	53	31.090
B Hewett	50	31.921
100 yard Freestyle		
J Woods	51	1:00.087
R Lagaly	52	1:05.758
D Greetham	53	1:06.590
C Ross	52	1:06.591
R Wolfe	53	1:13.609
500 yard Freestyle		
J Woods	51	6:39.320
C Ross	52	7:33.399
D Greetham	53	7:43.842
50 yard Back		
J Woods	51	32.675
A Campbell	52	33.340
R Guist	52	34.974
R Lagaly	52	35.843
R Wolfe	53	39.888
N Stewart, Jr.	51	45.866
100 yard Back		
J Woods	51	1:13.492
H Guist	52	1:17.853
C Ross	52	1:26.836
N Stewart, Jr.	51	1:46.125
50 yard Breast		
T Cloyes	53	36.071
R Wolfe	53	43.953
100 yard Breast		
F Cloyes	52	1:22.152
C Ross	52	1:29.504
50 yard Fly		
F Cloyes	53	32.715
D Greetham	53	36.660
R Lagaly	52	39.189
100 yard I.M.		
J Woods	51	1:13.863
D Greetham	53	1:18.321
C Ross	52	1:19.186
MEN 55-59		
50 yard Freestyle		
D Volk	57	29.398
100 yard Freestyle		
N Otis	58	1:06.650
500 yard Freestyle		
N Otis	58	7:03.297
D Beath	59	10:08.296
50 yard Back		
D Volk	57	34.238
100 yard Back		
N Otis	58	1:26.094
50 yard Breast		
N Otis	58	37.700
100 yard I.M.		
N Otis	58	1:21.297
MEN 60-64		
50 yard Freestyle		
D Beatty	62	32.740
100 yard Freestyle		
D Beatty	62	1:24.721
50 yard Back		
D Beatty	62	41.725

MEN 65-69		
50 yard Freestyle		
S Soldatis	65	36.417
50 yard Back		
S Soldatis	65	45.061
MEN 70-74		
50 yard Freestyle		
C T Branin	70	35.374
100 yard Freestyle		
C T Branin	70	1:29.572
MEN 75-79		
50 yard Freestyle		
R Bosse	77	47.195
50 yard Breast		
R Bosse	77	51.326*
100 yard Breast		
R Bosse	77	2:08.237
WOMEN 10-14		
40 YARD FREESTYLE		
Jill Keller	30	29.9
Sharon Herrera	31	32.6
40 YARD BACKSTROKE		
Sharon Herrera	31	46.1
100 YARD BACKSTROKE		
Jill Keller	30	1:19.7
Sharon Herrera	31	1:43.0
50 YARD BUTTERFLY		
Jill Keller	30	32.0
Sharon Herrera	31	48.6
100 YARD BUTTERFLY		
Jill Keller	30	1:15.4
Sharon Herrera	31	1:46.1
200 YARD IND. MEDLEY		
Jill Keller	30	3:35.3
Sharon Herrera	31	4:35.3
WOMEN 15-19		
50 YARD FREESTYLE		
I.B. Shadrack	42	36.7
Mary Marena	42	39.7
50 YARD BACKSTROKE		
Mary Marena	42	47.3
I.B. Shadrack	42	49.4
100 YARD BACKSTROKE		
Mary Marena	42	1:45.2
50 YARD BREATSTROKE		
Mary Marena	42	59.7
40 YARD BUTTERFLY		
I.B. Shadrack	42	45.5
Mary Marena	42	56.0
100 YARD BUTTERFLY		
I.B. Shadrack	42	1:38.3
I.B. Shadrack	42	3:55.4
WOMEN 45-49		
50 YARD FREESTYLE		
Edith Gruender	46	33.3
50 YARD BREATSTROKE		
Edith Gruender	46	45.6
50 YARD BUTTERFLY		
Edith Gruender	46	39.2
100 YARD BUTTERFLY		
Edith Gruender	46	1:30.7
200 YARD IND. MEDLEY		
Edith Gruender	46	3:09.7
WOMEN 55-59		
50 YARD BACKSTROKE		
Rose Steward	56	1:18.4
100 YARD BACKSTROKE		
Rose Steward	56	2:55.2
50 YARD BREATSTROKE		
Rose Steward	56	1:10.9
50 YARD BUTTERFLY		
Rose Steward	56	1:23.0
200 YARD IND. MEDLEY		
Rose Steward	56	5:29.2
MEN 25-29		
50 YARD FREESTYLE		
Anders Bastman	27	26.0
Bob Schuster	27	28.0
50 YARD BACKSTROKE		
Bob Schuster	27	34.7
50 YARD BREATSTROKE		
Anders Bastman	27	32.2

MID-WINTER INVITATIONAL MASTERS
Brown University, Providence, Rhode Island

WOMEN 25-29
50 yards Freestyle
Christie Sliimak, 26 28.47
Ronnie Patrick, 27 42.49
100 yards Freestyle
Christie Sliimak, 26 1:05.14
Kathy Conway, 26 1:11.65
Joy Miller, 25 1:13.91
Pat Ryle, 25 1:16.23
500 yards Freestyle
Kathy Conway, 26 7:43.02
50 yards Backstroke
Ronnie Patrick, 27 50.44
100 yards Backstroke
Cathy Morse, 25 1:10.55
Kathy Conway, 26 1:24.08
50 yards Breaststroke
Christie Sliimak, 26 36.26
Pat Ryle, 25 40.79
Ronnie Patrick, 27 51.39
100 yards Breaststroke
Christie Sliimak, 26 1:19.76
Patricia Ryle, 25 1:32.70
Ronnie Patrick, 27 2:02.93
200 yards Breaststroke
Patricia Ryle, 25 3:24.55
50 yards Butterfly
Patricia Ryle, 25 40.70
100 yards Butterfly
Cathy Morse, 25 1:06.52
100 yards Individual Medley
Kathy Conway, 26 1:25.09
Joy Miller, 25 1:27.77
400 yards Individual Medley
Cathy Morse, 25 5:32.36
Christie Sliimak, 26 5:49.51
WOMEN 30-34
50 yards Freestyle
Jane Baird, 30 31.56
Jane Johngren, 31 34.36
100 yards Freestyle
Jane Katz, 30 1:04.12
Fam Wilson, 31 1:11.66
Jane Hardy, 30 1:14.10
Jane Baird, 30 1:14.47
Karen KochWeser, 32 1:23.25
200 yards Freestyle
Fam Wilson, 31 2:47.66
Jane Johngren, 31 2:55.71
500 yards Freestyle
Fam Wilson, 31 7:43.62
Jane Johngren, 31 7:54.77
Karen KochWeser, 32 8:02.10
50 yard Backstroke
Jane Hardy, 30 35.97
Jane Baird, 30 39.22
Jane Johngren, 31 41.73
Karen KochWeser, 32 41.77
100 yards Backstroke
Jane Hardy, 30 1:20.05
Karen KochWeser, 32 1:31.02
200 yards Backstroke
Jane Katz, 30 2:39.44
Jane Hardy, 30 2:58.08
50 yards Breaststroke
Jane Katz, 30 39.57
Jane Johngren, 31 46.13
100 yards Breaststroke
Jane Katz, 30 1:30.91
50 yards Butterfly
Fam Wilson, 31 39.06
400 yards Individual Medley
Jane Katz, 30 5:36.56
WOMEN 35-39
50 yards Freestyle
Joy Brown, 38 40.14
50 yards Backstroke
Joy Brown, 38 52.61
100 yards Individual Medley
Joy Brown, 38 1:40.17
WOMEN 40-44
50 yards Freestyle
Lore Lieb, 42 33.78
Joanne Field, 40 42.36
100 yards Freestyle
Lore Lieb, 42 1:18.78
Jane Huber, 42 1:26.78
500 yards Freestyle
Jane Huber, 42 8:25.11
50 yards Backstroke
Jane Huber, 42 47.44
Joanne Field, 40 49.26
100 yards Backstroke
Jane Huber, 42 1:39.07
200 yards Backstroke
Jane Huber, 42 3:38.43
50 yards Breaststroke
Lore Lieb, 42 43.09
Rexene Ashford, 44 44.20
Joanne Field, 40 48.39
Esther Lyman, 40 54.97
100 yards Breaststroke
Lore Lieb, 42 1:32.32
Joanne Field, 40 1:45.05
Rexene Ashford, 44 1:46.28
Esther Lyman, 40 2:04.41
200 yards Breaststroke
Rexene Ashford, 44 3:48.11
Joanne Field, 40 3:50.05
Esther Lyman, 40 4:20.09

WOMEN 45-49
50 yards Freestyle
Pat Clinton, 47 32.38
Joan McIntyre, 46 35.51
100 yards Freestyle
Pat Clinton, 47 1:12.14
Joan McIntyre, 46 1:15.12
200 yards Freestyle
Pat Clinton, 47 2:45.82
Joan McIntyre, 46 3:06.05
500 yards Freestyle
Pat Clinton, 47 7:26.17
Elinor Powers, 49 9:20.54
50 yards Backstroke
Joan McIntyre, 46 42.44
Elinor Powers, 49 49.98
100 yards Backstroke
Joan McIntyre, 46 1:38.00
Elinor Powers, 49 1:47.91
50 yards Butterfly
Pat Clinton, 47 39.72
WOMEN 50-54
50 yards Freestyle
Dot Donnelly, 53 30.59
Jean Pieretti, 54 32.62
Nancy Phillips, 53 35.72
Jean Baker, 50 50.78
100 yards Freestyle
Dot Donnelly, 53 1:09.78
Jean Pieretti, 54 1:13.40
Nancy Phillips, 53 1:22.97
200 yards Freestyle
Jean Pieretti, 54 2:54.51
Nancy Phillips, 53 3:10.08
500 yards Freestyle
Charlotte Costello, 52 7:58.65
Nancy Phillips, 53 8:54.88
50 yards Backstroke
Jean Pieretti, 54 41.12
100 yards Backstroke
Jean Pieretti, 54 1:32.03
200 yards Backstroke
Dot Donnelly, 53 3:18.04
50 yards Breaststroke
Charlotte Costello, 52 42.34
Nancy Phillips, 53 59.00
Jean Baker, 50 1:00.94
100 yards Breaststroke
Charlotte Costello, 52 1:32.51
100 yards Butterfly
Dot Donnelly, 53 1:40.24
100 yards Individual Medley
Charlotte Costello, 52 1:28.05
WOMEN 55-59
50 yards Freestyle
Jolly Sherwin, 55 58.20
100 yards Freestyle
Pat Keigwin, 55 9:37.20
50 yards Backstroke
Pat Keigwin, 55 49.02
100 yards Individual Medley
Pat Keigwin, 55 1:46.61
WOMEN 60-64
50 yards Freestyle
H. Offenhausser, 62 3:35.00
100 yards Freestyle
H. Offenhausser, 62 9:38.87
50 yards Backstroke
H. Offenhausser, 62 53.80
50 yards Butterfly
H. Offenhausser, 62 1:03.63
100 yards Individual Medley
H. Offenhausser, 62 2:03.27
WOMEN 65-69
50 yards Freestyle
Evelyn Somers, 67 55.05
100 yards Freestyle
Evelyn Somers, 67 1:58.94
500 yards Freestyle
Evelyn Somers, 67 10:31.05
50 yards Backstroke
Evelyn Somers, 67 1:13.11
200 yards Backstroke
Evelyn Somers, 67 5:22.31
WOMEN 70-79
50 yards Freestyle
Doris Hogan, 74 59.43
50 yards Breaststroke
Doris Hogan, 74 1:09.59
100 yards Breaststroke
Doris Hogan, 74 2:43.74
MEN 25-29
50 yards Freestyle
Larry Butler, 25 23.73
Bob Tenny, 25 26.03
Gregory Belenky, 29 27.50
100 yards Freestyle
Larry Butler, 25 51.08
Joe Coplan, 29 57.14
Gregory Belenky, 29 1:05.14
200 yards Freestyle
Larry Butler, 25(unoff.) 1:54.40
Joe Coplan, 29 2:08.50
500 yards Freestyle
Gregory Belenky, 29 6:57.57
Sam Coes, 28 8:51.66
50 yards Backstroke
Larry Butler, 25(unoff.) 27.97
Larry LaCroix, 26 30.15

100 yards Backstroke
Larry LaCroix, 26 1:08.05
200 yards Backstroke
Larry LaCroix, 26 2:25.02
50 yards Breaststroke
Harry Niles, 29 31.05
Bob Tenny, 25 33.81
200 yards Breaststroke
Sam Coes, 28 3:57.98
50 yards Butterfly
Larry Butler, 25 25.69
100 yards Butterfly
Larry Butler, 25(unoff.) 56.76
Doug Waiter, 27 58.88
100 yards Individual Medley
Larry Butler, 25 58.54
Harry Niles, 29 1:09.78
MEN 30-34
50 yards Freestyle
Chris Smith, 30 26.88
100 yards Freestyle
Angelo Arcocchi, 31 1:01.32
50 yards Breaststroke
Angelo Arcocchi, 31 6:14.92
Peter Maxwell, 31 29.17
John Weick, 32 31.36
Tom Ockerse, 34 34.27
100 yards Backstroke
Peter Maxwell, 31 1:06.95
John Weick, 32 1:09.08
Bob Bourassa, 33 1:24.03
200 yards Backstroke
John Weick, 32 2:44.43
50 yards Breaststroke
Tom Ockerse, 34 31.26
Phil Whitten, 31 32.01
Mel Chaskin, 33 34.33
Chris Smith, 30 34.66
John Rossi, 34 34.75
100 yards Breaststroke
Phil Whitten, 31 1:09.59
Tom Ockerse, 34 1:11.50
Mel Chaskin, 33 1:16.98
John Rossi, 34 1:20.50
Chris Smith, 30 1:30.96
200 yards Breaststroke
Phil Whitten, 31 2:37.49
Mel Chaskin, 33 2:57.82
50 yards Butterfly
Chris Smith, 30 26.63
Angelo Arcocchi, 31 30.21
Mel Chaskin, 33 33.57
200 yards Butterfly
Angelo Arcocchi, 31 2:48.85
100 yards Individual Medley
Peter Maxwell, 31 1:06.13
Chris Smith, 30 1:08.94
Mel Chaskin, 33 1:12.85
Bob Bourassa, 33 1:13.25
John Rossi, 34 1:17.81
MEN 35-39
50 yards Freestyle
Karl Rohmke, 37 29.05
Barry Schwartz, 36 28.26
Pickett Simpson, 39 30.54
100 yards Freestyle
Roger Nekton, 36 56.34
Dave Voyer, 35 1:04.42
Pickett Simpson, 39 1:12.64
200 yards Freestyle
Roger Nekton, 36 2:06.07
Barry Schwartz, 36 2:28.59
Pickett Simpson, 39 2:38.00
50 yards Breaststroke
Bob Coykendall, 37 6:15.43
100 yards Backstroke
Roger Nekton, 36 1:08.58
Bill Murray, 37 1:12.48
Dave Voyer, 35 1:20.65
50 yards Breaststroke
Anthony Shea, 38 39.78
100 yards Breaststroke
Anthony Shea, 38 1:30.76
50 yards Butterfly
Bill Murray, 37 28.96
Karl Rohmke, 37 28.98
Dave Voyer, 35 32.43
Barry Schwartz, 36 33.81
Pickett Simpson, 39 34.78
100 yards Butterfly
Greg Pond, 35 1:00.17
Bill Murray, 37 1:05.57
Dave Voyer, 35 1:16.31
Pickett Simpson, 39 1:27.55
200 yards Butterfly
Bill Murray, 37 2:42.06
100 yards Individual Medley
Dave Voyer, 35 1:16.06
400 yards Individual Medley
Roger Nekton, 36 5:06.49
Bill Murray, 37 5:35.98
MEN 40-44
50 yards Freestyle
Paul Blackhall, 41 25.77
Tom Lyndon, 43 28.55
Ed Haber, 41 29.98
Bob Gordon, 40 30.03
Arthur Crooke, 44 30.03
Dave Farnham, 40 35.04
100 yards Freestyle
Tom Lyndon, 43 1:02.06
Fred Bartlett, 44 1:04.92
Paul Blackhall, 41 1:05.26
Ed Haber, 41 1:06.70

Arthur Crooke, 44 1:08.20
Bob Gordon, 40 1:08.38
Dave Farnham, 40 1:18.87
200 yards Freestyle
Ed Haber, 41 2:27.58
Tom Lyndon, 43 2:27.62
Dave Farnham, 40 3:01.22
500 yards Freestyle
Ed Haber, 41 7:26.77
Dave Farnham, 40 8:22.86
Ted Morse, 42 39.23
Paul Blackhall, 41 33.82
100 yards Backstroke
Fred Bartlett, 44 1:15.81
Ted Morse, 42 1:15.81
George Brunstad, 40 1:17.74
50 yards Breaststroke
Harold Schein, 40 36.21
Bob Gordon, 40 37.15
Paul Blackhall, 41 38.65
100 yards Breaststroke
Harold Schein, 40 1:24.37
Bob Gordon, 40 1:29.33
50 yards Butterfly
George Brunstad, 40 33.74
Arthur Crooke, 44 35.78
Harold Schein, 40 36.91
Bob Gordon, 40 37.41
100 yards Butterfly
George Brunstad, 40 1:26.66
Arthur Crooke, 44 1:28.90
100 yards Individual Medley
Fred Bartlett, 44 1:14.81
George Brunstad, 40 1:17.16
Arthur Crooke, 44 1:22.14
Harold Schein, 40 1:22.87
400 yards Individual Medley
George Brunstad, 40 5:58.77
MEN 45-49
50 yards Freestyle
Ted Haartz, 46 26.03
Bill Russell, 49 28.05
Ernest Hulme, 46 28.98
Jim Phelan, 49 29.97
Bob McWilliams, 46 31.19
Dan Vale, 46 37.93
100 yards Freestyle
Len Goldstone, 45 59.27
Ted Haartz, 46 1:00.17
Bill Russell, 49 1:03.06
Ernest Hulme, 46 1:04.53
Bob McWilliams, 46 1:10.20
Dan Vale, 46 1:26.15
200 yards Freestyle
Bill Russell, 49 2:25.93
Jim Phelan, 49 2:42.33
Bob McWilliams, 46 2:44.81
500 yards Freestyle
Len Goldstone, 45 6:36.92
Bob McWilliams, 46 7:48.79
Jim Phelan, 49 7:52.55
Dan Vale, 46 8:58.79
Manny Point, 46 10:57.21
50 yards Backstroke
Jim Forbes, 48 41.96
50 yards Breaststroke
Jurgen Nebelung, 45 34.18
C.J. McCarthy, 49 35.52
Harold Anderson, 46 40.91
Manny Point, 46 41.20
44.68
100 yards Breaststroke
Jurgen Nebelung, 45 1:14.04
Jim Forbes, 48 1:17.69
Al Stein, 46 1:18.30
C.J. McCarthy, 49 1:33.85
Manny Point, 46 1:40.37
200 yards Breaststroke
Jurgen Nebelung, 45 2:43.73
Jim Forbes, 48 3:02.76
50 yards Butterfly
Len Goldstone, 45 29.47
Bill Russell, 49 30.20
Ted Haartz, 46 30.25
Al Stein, 46 30.76
Jim Forbes, 48 37.13
C.J. McCarthy, 49 38.74
Bob McWilliams, 46 40.33
100 yards Butterfly
Al Stein, 46 1:10.04
200 yards Butterfly
Ted Haartz, 46 2:51.37
Al Stein, 46 2:55.68
100 yards Individual Medley
Len Goldstone, 45 1:09.44
400 yards Individual Medley
Ted Haartz, 45 5:46.38
MEN 50-54
50 yards Freestyle
Dick Sanborn, 51 27.16
Elliott Schofield, 52 31.50
Harold Fisher, 50 35.73
100 yards Freestyle
Dick Sanborn, 51 1:02.66
Jim Edwards, 52 1:04.50
Elliott Schofield, 52 1:08.74
Harold Fisher, 50 1:29.51
200 yards Freestyle
Jim Edwards, 52 2:24.96
Elliott Schofield, 52 2:50.72
500 yards Freestyle
Jim Edwards, 52 6:34.41
Elliott Schofield, 52 7:39.73
50 yards Backstroke
Dick Sanborn, 51 33.11
Bill Uhrich, 54 35.24

100 yards Backstroke
Dick Sanborn, 51 1:16.95
Bill Uhrich, 54 1:18.04
Jim Edwards, 52 1:18.74
200 yards Backstroke
Dick Sanborn, 51 2:47.58
50 yards Breaststroke
Bill Uhrich, 54 39.97
50 yards Butterfly
Bill Uhrich, 54 31.33
100 yards Individual Medley
Bill Uhrich, 54 1:15.26
Elliott Schofield, 52 1:29.10
MEN 55-59
50 yards Freestyle
Dick Guido, 57 31.96
Paul Meldonian, 59 38.57
Ed Reed, Sr., 55 1:08.05
200 yards Freestyle
Richard Guido, 57 2:43.30
500 yards Freestyle
Richard Guido, 57 7:37.57
50 yards Backstroke
Richard Guido, 57 37.58
100 yard Backstroke
John Merrill, 57 1:19.76
Richard Guido, 57 1:22.06
200 yards Backstroke
John Merrill, 57 2:53.82
50 yards Breaststroke
Stanley Puddell, 58 39.72
100 yards Breaststroke
Stanley Puddell, 58 1:30.91
Paul Meldonian, 59 1:51.81
200 yards Breaststroke
Stanley Puddell, 58 3:27.06
50 yards Butterfly
Ed Reed, Sr., 55 39.72
John Merrill, 57 45.75
100 yards Butterfly
Ed Reed, Sr., 55 1:36.23
100 yards Individual Medley
Ed Reed, Sr., 55 1:23.93
400 yards Individual Medley
Ed Reed, Sr., 55 7:50.71
MEN 60-64
50 yards Backstroke
Larry Smith, 63 33.28
100 yards Backstroke
Larry Smith, 63 1:18.01
MEN 65-69
50 yards Freestyle
Abe Olanoff, 68 37.91
100 yards Freestyle
Abe Olanoff, 68 1:29.67
500 yards Freestyle
Abe Olanoff, 68 9:22.19
50 yards Breaststroke
Abe Olanoff, 68 47.55
100 yards Breaststroke
Abe Olanoff, 68 1:43.75
MEN 70-79
50 yards Freestyle
Harold Langner, 71 39.27
Earl Lyon, 73 47.63
100 yards Freestyle
Harold Langner, 71 1:27.54
Earl Lyon, 73 1:59.62
200 yards Freestyle
Harold Langner, 71 3:14.03
500 yards Freestyle
Harold Langner, 71 8:41.01
Earl Lyon, 73 12:44.37
50 yards Backstroke
Earl Lyon, 73 1:04.82
50 yards Breaststroke
Harold Langner, 71 1:06.56
Earl Lyon, 73 1:18.27
FREE RELAYS
25+
NE(A) (LaCroix, Smith, Whitten, Butler) 1:41.58
CONN (Arcocchi, Goldstone, Tenney, Rossi) 1:50.24
35+
NE(A) (Nekton, Schwartz Murray, Blackhall) 1:44.73
NE(B) (Schein, Crooke, Bartlett, Haber) 1:59.06
45+
NE (Reed, Rhrich, Russell, Haartz) 1:52.44
METRO (Guido, Forbes, McWilliams, Fisher) 2:10.36
MEDLEY RELAYS
25+
NE (LaCroix, Smith, Butler, Chaskin) 1:53.63
35+
NE (Nekton, Pond, Murray, Voyer) 1:58.06
45+
NE (Smith, Reed, Uhrich, Russell) 2:15.04

MASTERS NOTES SWIMMING

I had an extremely great trip to Australia. Buddy Baarcke of North Palm Beach served as coach-manager and I was chaperone. We had eight American swimmers with us - Shirley Babashoff, Deena Deardurff, Lauri Siering, Sara James, Rick Abbott, Peter Rocca, Steve Tallman and Richard Bohan. The swimmers went to compete in the Australian National Championships held in Perth on Feb. 21-23. We left from San Francisco on February 15th and returned March 4th. The rest of the trip was for training and sight seeing. Perth is on the West Coast and we were there for a week and the other week was spent in Sydney. Jack Brownjohn took me to the meeting of the St. George League's Club Swimming Club while in Sydney. It was interesting watching the men compete in handicap races. These might be interesting for our Masters "B" Swimmers. From the Water Dragon News, "I received a circular regarding the 'Australian Masters International Swimming Association' and I felt very elated as I thought it came from a former President of the United States as it was signed: 'Jonathon G. Brownjohn, Esq.' However, after checking with the American Consulate, I found out it was our old member Jack Brownjohn. You had me worried there, boy!" Jack was Carnival (Meet) Director for the AUSTRALIAN MASTERS SWIMMING ASSOCIATION MENS AND WOMENS NATIONAL CHAMPIONSHIPS. I hope that he will send me the results so that we can compare times. The meet was held on March 8th with 6 individual events and one relay. Besides a visit to a "Club Night" I also attended the annual banquet of the Ryde Swimming Club; visited the zoo; toured the Speedo Factory; dined at Vivian Chalwin's "castle"; enjoyed a five hour boat trip on Sydney's harbour and ocean; saw several of the surfing beaches; trained at Sydney University Pool; bought a few opals; and met many wonderful people! Frank Sykes, another member of the St. George Leagues Club Swimming Club painted me a lovely picture of the new opera house in Sydney. The flights were OK until the "bomb scare" on the way home in the good old USA. Luckily, there was no bomb or I might not be here to tell about it!..... Joseph R. Scalzo, AAU President writes, "We now have an opportunity to show our appreciation for the financial aid contributed by Chevrolet the past three years for the development of the AAU Junior Olympics program. I do not ask you to buy a Chevrolet car. But I do request that if you, a member of your fam-

ily, or a friend, is planning to buy a car, won't you please visit a Chevrolet showroom before making your purchase? And if you do, please tell the dealer your visit was prompted in part by Chevrolet's sponsorship of the AAU Junior Olympic program!..... Cleman Travelstead writes, "Please add my name to the list of those receiving your publication, Swim-Master. I hope that we would be able to add the Master's program at the Tokyo American Club beginning this year..... Ken Krueger writes, "It is becoming more difficult to understand why the Master program has been relegated to a second class status in swimming. To expect a man to be first, or have the best time in the Nation in four events, to be All-American, is ridiculous. There are thousands of people involved in the Masters program. The times are extremely good in all events. Give the program a boost-equal status with the rest of swimming. Anyone who takes a first in an individual event at Nationals or has the best time for the year in an individual event should be All-American. We pay money to the National AAU and would like equal status. P.S. I was a 2 time All-American at U.S.C., and I have done 7 of my best times of my life in Masters, yet I am not an All-American. Is that just?" NOTE: Ken, you were selected on the All-American Team (front page) and hopefully, this is just!..... Betty and John Quick of Venice, Florida, were the official starters and lap counters at the recent Suncoast Masters Swim-A-Thon for the benefit of the Heart Fund. 21 swimmers raised \$1,886.27! Betty is the longest living heart transplant (10/68) and John has been living with a pacemaker for 14 years..... Natalie Clement, founder-president-coach of the Suncoast Masters Swim Team became the bride of State Representative Robert Johnson (R-Sarasota) on February 14th..... Steve Engel of the Pacific Northwest Assn. writes that they have decided to allow a 20-24 year old age group compete in their Masters meets. "These swimmers need the goals provided by training and competition as much as the rest of us. Not all swimmers in their early twenties have the skills or the time to compete in regular AAU competition and the Masters program is ideal for them. PNA Masters places restrictions upon this age group that do not apply to those over 25. Swimmers under 25 who compete with us may not belong to a school team or swim in regular AAU competition...We would like to see these swimmers included on a national level in the future. If you agree, then write our National Masters Swimming Committee now.....

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Ft. Lauderdale, FL 33334

MAR 1
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30



FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM MEET SCHEDULE

APR 6, APR 25-27	- Pacific Northwest Association Masters Meets Steve Engle, 2041 NE 105, Seattle, WA
APR 6, MAY 4, JUL 6, AUG 3, AUG 31	- Waikiki Swim Club - Special Aloha Mainlanders Bruce Clark, 91-966 Hanakahi St., Ewa Beach, HI 96706
APR 19, MAY 4, JUL 26, AUG 16-17, SEP 21, OCT 19, NOV 9, DEC 6	- SPA Masters Meets Anne Adams, 17432 Osborne St., Northridge, CA 91324
APR 5, MAY 18, JUL 13, SEP 6, OCT 18	- Masters Diving in California Bill McAlister, 14407 Road 23½, Madera, CA 93637
MAR 23	Indian Boundaries Y - Joe Schultz, 711 59th St., Downers Grove, IL 60515
MAR 28-29	Western Illinois U - Dr. Paul Hutinger, Men's PE Dept., WIU, Macomb, IL 61455
APR 5-6	Region VI Championships - Joan Werner, 5300-A Paquette St., Ft. Knox, KY
APR 5-6	York Dutch Masters - Cal Schaffer, 2826 Eastwood Dr., York, PA 17402
APR 6	Lakeland Hills YMCA - Joe Twaits, Lakeland Hills YMCA, Mountain Lakes, NJ
APR 6	D.C. Masters - Bob Husson, 112 - 10th St. SE, Washington, DC 20003
APR 6	April Fools Meet - Jane Hardy, 49 Wilson Ave., Rowayton, CT 06853
APR 6	Suncoast Masters - Scottie Holliday, 4638 Gleason Ave, Sarasota, FL 33581
APR 12	Florida Assn. - Judge R. E. Beach, 901 North Shore Dr. NE, St. Petersburg, FL
APR 12-13	AAU INDOOR NATIONAL MASTERS DIVING CHAMPIONSHIPS - Seattle, WA Bill Burgis, 13703 NE 10th Place, #101, Bellevue, WA 98001
APR 12-13	Los Alamos - Sam Jones, 2360 - 37th St., Los Alamos, NM 87544
APR 12-13	Donner Masters - Bill White, P.O. Box 1375, Columbus, IN 47201
APR 12-13	San Mateo Marlins - Ray Taft, 57 E. 40th Ave., San Mateo, CA 94403
APR 13	Lee Keller AC - Lee Keller, P.O. Box 938, Titusville, FL 32780
APR 13	Lake Erie Assn. - Harold C. Urban, 2247 Walter Road, Westlake, OH 44145
APR 18-20	Springfield Parks & Rec - Bill Cannedy, P.O. Box 173, Springfield, IL 62705
APR 18-20	Briarwood Masters - Fred Stokes, Dekalb Pks & Rec, P.O. Box 1087, Decatur, GA
APR 19-20	Greater Kansas City - Noel Scott, 7912 Roe Ave., Prairie Village, KS 66208
APR 25	Coronado Pentathlon - John Collins, 631 Country Club Lane, Coronado, CA 92118
APR 25-26	Rocky Mt. Open - Peggy Kepner, 4950 Lakeshore Dr., Littleton, CO 80123
APR 26-27	Northeast Regionals - Enid Uhrich, 25 Lafayette Falls, MA 02162
APR 26-27	Eastern Championships - Robert Mattson, 2150 New Castle Ave., New Castle, DE
APR 27	SC Masters Champ. - Bob Wilson, 201 E. Prentiss Ave, Greenville, SC 29605
APR 27	Gold Coast Masters - Millie Bergeron, 4010 Tanglewood North #605, Palm Beach Gardens, FL 33410
MAY 2-3	East Coast Inv. - Mrs. Tink Bolster, 124 Parkside Dr., Princeton, NJ 98033
MAY 3-4	St. Louis Masters - David McIntyre, 517 Elizabeth Dr., St. Louis, MO 63119
MAY 3-4	Texas A & M - Will Worley, 1001 Village, College Station, TX 77840
MAY 4	Totem Lake Meet - Bob Miller 8645 Juanita Dr., NE, Kirkland, WA 98033
MAY 16-18	NATIONAL SC CHAMPIONSHIPS - June Krauser, 5340 NE 17 Av, Ft. Lauderdale, FL
MAY 25	Whitefish Bay - W. Morgan Byers, Whitefish Bay H.S., 1200 E. Fairmont Ave., Whitefish Bay, WI 53217
JUN 3-4	Marin Aquatic - Marin A.C., P.O. Box 865, San Rafael, CA 94901
JUL 12-13	Hartnell College - Mike Garibaldi, 22920 Guidotti Dr., Salinas, CA 93901
JUL 26	Masters Maximum Long Distance Continental Invitational - Menomonee Falls, WI Clifford S. Brown, N 76 W 22300 Cherry Hill Rd., Sussex, WI 53089
JUL 27	So. End Rowing Club - one Mile - San Francisco
AUG 2-3	Fremont Hills C.C. - Cindy Baxter, 740 Clara Dr., Palo Alto, CA 94303
AUG 8-9	NY Championships - Dick Guido, 4250 Hempstead Turnpike, Bethpage, NY 11714
AUG 22-24	NATIONAL DIVING CHAMPIONSHIPS - Clovis, CA - Bill McAlister (above)
AUG 29-31	NATIONAL LC CHAMPIONSHIPS - Dr. John Crews, 105 W. Malta Rd., Oak Ridge, TN