



# SWIM-MASTER

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AUGUST 1975

Planning and Conducting A First Masters Swim Meet by Will Worley, Novice Meet Director, College Station, Texas

Set the dates for the meet and reserve a pool as early as possible. I reserved Texas A & M University's, 25 yard, indoor, 8 lane pool for May 3, 4, 1975. Notify SWIM-MASTER of the dates to put on their swim meet schedule. They list events 6 to 9 months before hand. Set the time. I selected 2 PM for warm ups and 3 PM to start on Saturday since most swimmers would be traveling from 100 to 250 miles and could leave home Saturday morning. Warmups were at 8 AM and 9 AM to start on Sunday. The meet was over at 1 PM on Sunday. Have your AAU Club apply for sanction.

Obtain a broad base of support from local swimmers and clubs, news media, service clubs, recreation programs etc., for financial support, personnel to conduct the meet, equipment, and publicity. Age group swimmers and their parents, spouses, friends, and students should help put on the meet. Get local swimmers to enter the meet as this is essential to hosting the meet properly. There were 18 local swimmers of which 13 had never been in a Masters Meet before and 3 waited until Sunday morning to decide to swim. I had a meeting for orientation and planning purposes two weeks before the meet.

Put complete meet information on the invitations and distribute early, particularly for a first meet. My initial mailing was two months before the meet to all swimmers who had participated in meets in Texas in the past year. I also handed out invitations at the Austin meet in March and the San Antonio meet in April. I had the meet announced in local newspapers and on radio and TV to seek out potential swimmers and to promote Masters Swimming.

Select distinctive awards for a first meet as an inducement to attend. I gave one award per competitor either

for entering or for being an age group man or woman individual high point winner. No team awards were made since Houston was the only large visiting team nor were there any relays. 50 awards were ordered in time to present at the meet. 49 competed and four states were represented.

Accept entries up to the day of the meet but set a deadline for receiving entries to be included on heat sheets. I used seeding times for heat and lane assignments and included ages and times on the heat sheets but not team designations. Names, ages, and addresses were put on a separate page and attached to the heat sheets for reference. A general information page could also be included because acoustics are usually poor for making announcements.

Assign and give advance instructions to the key people conducting the meet; the starter, head timer, entry card issuer, ready deck person, results tabulator and electronic timer operator. Results were tabulated by age groups and sex on file folders opened to have a double page with rows and columns and space for scoring per event and cumulative total.

Schedule a Saturday evening fun and fellowship affair, a must when most swimmers are from out of town. Ours was a catered barbecue buffet at our home that lasted from 7 PM to 11 PM. It was informal with spouses, friends, and children invited. 75 attended.

Mail meet results to all contestants promptly. Meet results should be typed in the same order of events as shown in SWIM-MASTER and columns should not exceed 2 5/8 inches in width. The original copy should be sent to SWIM-MASTER, Records Chairman Ted Haartz at 155 Pantry Road, Sudbury, Maine 01776, and your AAU Association Masters Top Ten Chairman should be sent copies.

Enjoy a most rewarding and happy experience, that of putting on a Masters Swim Meet for the first time for the greatest people in the world, Master Swimmers.

## THINK THE BASIC SEVEN

The following foods contain all the basic nutritional requirements of a well-balanced diet.

1) One serving - Leafy Green and Yellow vegetables - Good sources of vitamin A and E, the B-vitamins, and minerals. Particularly nutritious leafy green vegetables include spinach, kale, and various greens such as Swiss chard, water-cress, collard, mustard, and turnip. Of the Yellow vegetables, good choices include carrots, pumpkin, various kinds of squash and yams.

2) At least one serving - Citrus fruits and tomatoes - The major contribution of this group is Vitamin C, an essential nutrient that must be replenished daily because it is not stored in the body. Raw salad greens including cabbage and various lettuces, also are in this group, but they are not as rich in vitamin C as are tomatoes and oranges, grapefruits, tangerines and other citrus fruits.

3) At least one serving - Potatoes, other vegetables, and fruits - various amounts of vitamin C, minerals, some protein and energy come from this group. Important vegetables here include potatoes, broccoli, brussels sprouts, green peppers, and cauliflower - all containing significant amounts of vitamin C. Fruits high in nutrition include berries, cherries, melons, and peaches.

4) At least one serving - Milk and milk products - This group fulfills requirements for calcium and also contributes vitamins B2 B12 and A, a large number of minerals (but not iron), and high quality protein. Most milk is also fortified with vitamin D. Weight-conscious persons may substitute low-fat milk for whole milk. Cottage cheese, yogurt, cheeses, and ice-cream are in this group.

5) Two servings - Meat, poultry, fish, eggs, dried beans, and nuts - All these foods contain large amounts of protein. Poultry and fish are lower in fat than most meats; eggs are rich in practically all vitamins and minerals, but high in cholesterol; liver is high in iron and Vitamin A - and cholesterol. Vegetable proteins are not of as high a value as meat, but still quite adequate.

6) Two servings - Bread, cereals, and Pasta Carbohydrates, B-vitamins, iron and proteins are found in this group. In addition, flour and cornmeal are enriched with vitamins B1 and B2 niacin, and iron. Whole-grain flour, bread, and brown rice contribute other B vitamins, minerals and roughage; Vitamin E is found in wheat germ. This group also helps fill the body's energy needs.

7) One Serving - Butter and fortified Margarine - These foods contribute Vitamins A and calories. Butter, since it is animal fat, should be avoided by persons with a cholesterol problem. Margarines, especially those high in polyunsaturated oils, such as corn or safflower oils, are good substitutes for butter. However, make sure the margarines have been fortified with vitamin A.

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## REFLECTIONS IN THE POOL

So you want to swim, huh? Well, I can sure do that easy enough, lets go. Sounds great doesn't it? Well let me tell you, this is in November. The temperature is about 15 degrees above zero which in case you don't know, is dam cold for swimming. Anyway, we go to the Gonzaga Swim pool and my first look at the "Masters Swim Club" in action.

The Masters are a group of adult people who are dedicated to swimming for exercise, good health, and competition. My first look told me that this was going to be easy. After 15 minutes in the pool, I was ready to get out and rest with the rest of these old people, only they weren't resting, they were still swimming.

One hour and about 2000 yards later, they stopped, only because time was out. Now I look at these "old" people again, most of them are not tired at all. They seem to have plenty of life left. Me, I'm pooped.

Well, this goes on four times a week and not it is five months later and I am "hooked". Had to quit smoking (thank god) and learn the finer points on how to swim properly. (Am even getting some racing thoughts), and can honestly say I do feel better physically.

Now as I look at these "Old People" I can only smile and hope I can get to be as well-off as they are. For some reason unknown to me this group seems to shine as, "good people", both mentally as well as physically. One seems to compliment the other.

As I reflect back, I can say that I am happy to be one of these "Old People". I am not yet on a par with them, but at least one of the group and working at it happily. As for now, if I can only be as good as Harry Lewis when I am his age, I will be happy. See you in the pool.

-Anonymous-

# Effects of Aging Upon Masters Championship Swim Performance

by

CDR Richard H. Rahe, MC, USNR  
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and

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Research Unit, San Diego, California

## INTRODUCTION

In May, 1970, the first U.S. National Masters Swim Competition in Amarillo, Texas, brought together 78 men and women swimmers, 25 years of age and older. The recent National AAU Masters Short Course Swimming Championships held in San Mateo, California in May 1972, attracted 325 participants between 25 and 80 years of age. During the 1970 Masters swim competition, the authors supervised the collection and analysis of medical examination data on many of the older (35-60) male competitors. No adverse effects were seen for these men who competed in as many as four swim events per day.<sup>2</sup> The rapid growth of the Masters swim program continues to furnish no evidence of any harmful effects of this strenuous physical activity in middle-aged athletes.

The U.S. National Masters swim program is now under the aegis of the Amateur Athletic Union (A.A.U.) of the United States of America and has recently organized competitors into five year age-group divisions, beginning with age-group 25-29 years up to age-group 76-80 years. It was felt that as swimmers tend to retire from active competition at earlier ages than do athletes in many other sports, the beginning age for the Masters swim program was placed at a relatively young 25 years. In presenting the data to follow, the male athletes aged 25-59 years are collectively termed "middle-aged", even though those persons at the younger end of this spectrum of age may object to being so classified.

## PROCEDURE

Record times for the U.S. Masters Short Course (25 yards) swim competitions have been maintained both for men and women since May, 1970 when the program began. Only in the cases of men between ages 25 and 59 have there been sufficient numbers of competitors to establish meaningful record performances for the years 1971 and 1972. Many of these were competitive swimmers in their youth and had returned to daily training programs in preparation for Masters meets.

Two swimming events for men 25-59 years, the 100 yard breaststroke and the 100 yard freestyle,

were arbitrarily chosen as two events with large numbers of participants and two events which represented the slowest and fastest of the four standard swim strokes. Five year age-group record performances in 1971 for these two swimming events were inspected for the fall-off in swim performance with increasing age.

Secondly, 1971 and 1972 five year age-group records for the 100 yard freestyle event alone (the most popular of the 100 yard swims) were examined. It was presumed that the 1972 record times would be faster than those established in 1971. We hypothesized that new records in each age group would show a similar fall-off with increasing age as seen for the 1971 data.

Thirdly, for comparative purposes, the effects of aging upon human subjects' pulmonary function and muscle strength (taken from the work of Astrand) is also presented.<sup>1</sup> Data for maximum oxygen uptake and maximum pulmonary ventilation were plotted along with data for muscle strength for men and women 25 through 55 years. Astrand did not present the numbers of subjects upon whom these data were based, but he did indicate that they were physically trained individuals.

## RESULTS

Figure 1 presents the 1971 U.S. Masters swim records data, plotted by age group, for the 100 yard breaststroke and the 100 yard freestyle events. Dotted lines drawn through these data points represent the regression lines calculated from the individual swimmer's records data. As can be seen from the Figure, both regression lines closely parallel one another, despite the faster record times of the 100 yard freestyle event. The slopes of the two regression lines in Figure 1 were similar—0.47 for the 100 yard freestyle event and 0.60 for the 100 yard breaststroke event. These regression lines indicated that for men aged 25-59 years, every 10 years the record time for the 100 yard freestyle event increased 5 seconds, while the record time for the 100 yard breaststroke increased 6 seconds every ten years.

1971 NATIONAL MASTER'S SWIM RECORDS

Figure 1

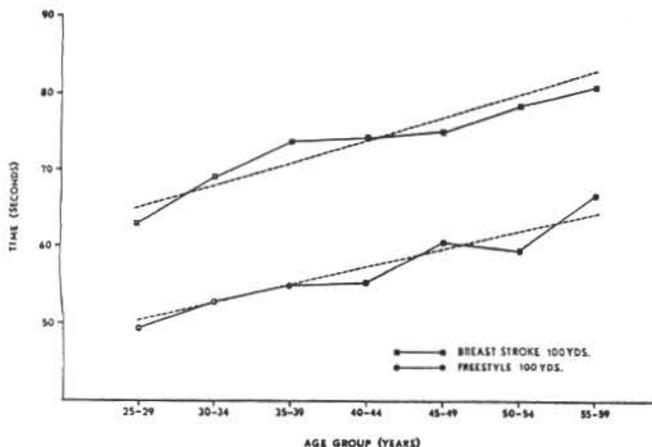


Figure 2 shows the results for the 1971 and the 1972 U.S. Masters five-year age-group record performances for men between 25-29 years in the 100 yard freestyle event. The slope of the regression lines for the 1971 and the 1972 data were seen to be identical-0.47. A slope of 0.47 for these regression lines depicted a fall-off in swim performance of approximately 1% per year over the years under study.

NATIONAL MASTER'S SWIM RECORDS

Figure 2

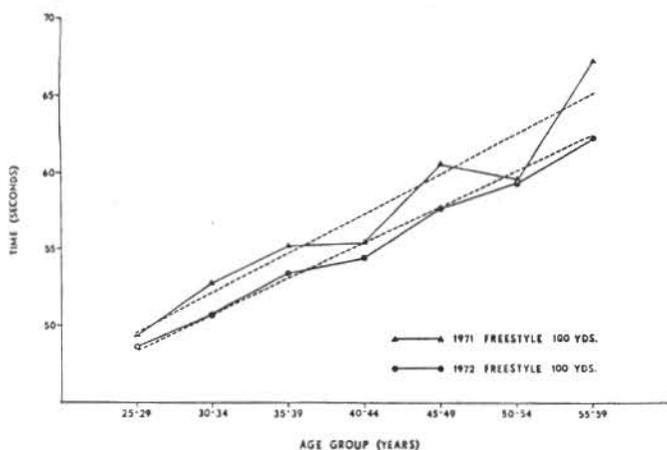


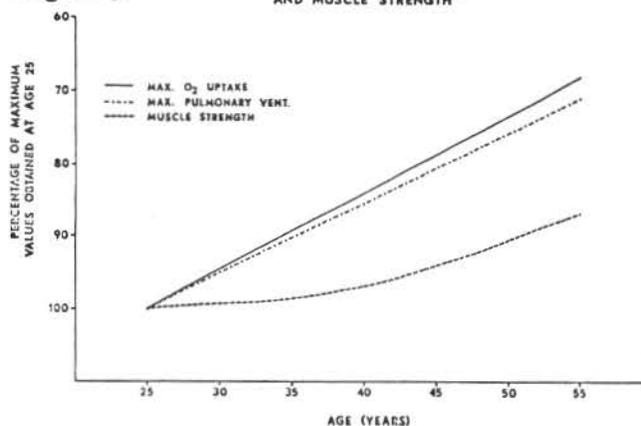
Figure 3 presents Åstrand's data on the effects of aging upon man's pulmonary function and muscle strength. A 25% decrement over 30 years' time was seen in maximal pulmonary ventilation (between 25 and 55 years of age). A 30% decrement over 30 years' time (1% per year) was seen in maximum oxygen up-take. In contrast, only a 12% decrement over 30 years' time was noted in muscle strength.

DISCUSSION

Optimal information concerning the effects of aging upon human swim performance should be that gathered upon individual subject's performances over 30 years or so of their own lifetimes. An athlete so studied must have kept in excellent physical condition over these years. Several of the Masters swimmers have only recently begun

EFFECTS OF AGING ON PULMONARY FUNCTION AND MUSCLE STRENGTH\*

Figure 3



\*FROM ÅSTRAND, P.O., JAMA, VOL. 205, PG. 732, 1968

rigorous swim training; hence, they often find they can swim better times in middle-age than they did in their youth. In the case of the junior author, he has maintained his swim times for the 200 meter long course breaststroke event at the West Coast All-Navy Championships over the past decade. His fall-off in times has averaged 1% per year from ages 37-46 years. His conditioning has remained as close to optimal as possible over this time span.

This approximation of the effects of aging over time can be used by current Masters aged swimmers to "discover" what swim times they might have approached in their mid-twenties had they trained as they do today. For example, James Councilman, the very successful swim coach at Indiana University, recently swam the 100 yard breaststroke event, at 50 years of age, in 1:13.9. If this time had represented a decrease in his swim performance of approximately 1% per year over the past 25 years, he should have been capable of a 100 yard breaststroke time of just under one minute when he was 25 years of age. Had modern techniques of training and swimming the stroke been available then, this would likely have been his achieved time. His eldest son achieved a 100 yard breaststroke time of less than one minute.

The effects of aging on two measures of man's pulmonary performance have been shown to approximate a decrement of 1% per year during middle age. Hence, the same estimate derived from the men's record Masters swim times suggests a "Biological constant" — perhaps the toll of the aging process. If muscle strength alone determined swim performance, the fall-off over the 30 years under study should have been curvilinear and closer to a mean estimate of 0.33% per year (Fig. 3). Thus, one might presume that it is the decrease in pulmonary function that chiefly influences decrease in man's swim performance over his middle-age years.

The 1972 regression line for the 100 yard freestyle event exactly paralleled the 1971 regression

line for this event. Therefore, improvements in the record times were relatively the same for all age groups. The fact that the slope of the regression remained constant further suggests the "biological constant" of a decrease in performance of 1% per year.

An extrapolation of the regression line of the 1972 100 yard freestyle records to an hypothesized 20-24 age group would anticipate a record of 45 seconds. The current American record holder in this event, Dave Edgar, is 22 years old and his time is slightly less than 45 seconds (44.69). Here the regression line must flatten out and eventually become "U" shaped as one plots the record times of teenage and subteen-age groups. Just how far the regression line will stay linear as one eventually gets record data for age groups in the 60's, 70's and 80's remains to be seen.

Finally, a world of praise should be said for the shallow slope of the regression lines seen in Figures 1 and 2. It was certainly not expected that men near 60 years of age could swim 70% as fast as swimmers in their 20's. Several of the men near 60 years of age are breaking one minute for the 100 yard freestyle—a time which just 15 years ago was fast enough to make most high school swim teams. A 1% per year fall-off in swim performance over middle age seems a minimal "price to pay" to the aging process.

\*Report No. 72-30, supported by the Bureau of Medicine and Surgery Department of the Navy under Research Work Unit MRO11.01. Opinions expressed are those of the authors and are not to be construed as necessarily reflecting the official view or endorsement of the Department of the Navy.

References:

- <sup>1</sup>Astrand, P.O.: Physical Performance as a Function of Age. JAMA, 205:729, 1968.
- <sup>2</sup>Zir, L., Rahe, R.H., Rubin, R.T., and Arthur, R.J.: Effects of Competitive Swim Competition in the Older Age Group. J. Sports Med. In press.

\* \* \* \* \*

SWIM-A-THON AS SEEN BY JANET RUSSELL

Our Swim-a-thon was not an overwhelming success in terms of the number of swimmers who turned out, but the few who did come more than made up for their small number. Due to the efforts of about ten dedicated swimmers we made \$1,200. It was an impressive sight as they moved up and down that pool for four hours. Fred Wiggin did his first 100 laps with a beautiful backstroke complete with flip turns, then he topped it off with a "few freestyle" for a total of 150 laps.

Maxine Carlson's husband and I spent our time counting laps and we had our hands full -- they wouldn't slow down for us! Mike Bryant and Steve Engle put on a fantastic show. They shared a lane and set a time goal for themselves for 5000 yards. You have

never seen a beautiful swimming exhibition until you have watched two swimmers do simultaneous flip turns for 200 laps! Their pace was steady and fast and had the newsmen hanging from the diving boards trying to film them.

Maxine spent the last 50 laps of her 150 claiming that she would "just swim 2 more". After she got to 125 she checked on Fred and announced that "if he can do 150 so can I" -- and she did. But Tom Foley and Russ Hall have to share my award for the gutsiest swims. When I told Russ he had reached 200 he said, "Oh, no!" and took off for 2 laps of butterfly. He had planned on finishing with a "flying fifty" and wasn't going to be deprived. Tom, who had seen Russ go flying by, took the cue and rounded out his 200 with a 50 fly. Audrey Gilbert was our top money maker. She collected a total of \$303 for her swim. That's what I call a worthwhile afternoon!

To the few I mentioned here and the others who swam so hard to benefit the heart fund and masters swimming - Thank You from all of us. You should be very proud of what you accomplished. You made me proud that I am a part of Masters Swimming.

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# Presidential pool: a joint effort

The National Swimming Pool Institute's long-cherished project of building a new swimming pool at the White House is now becoming a reality.

NSPI President Joe Rocchio said that NSPI was notified of the decision to "go-ahead" with the project only shortly before Presidential Press Secretary Ron Nessen made the announcement during a press briefing on May 14.

"Of course, we knew that we were getting close to a 'go' decision," Rocchio said. "Our NSPI staff was in almost daily contact with Jack Stiles, one of the President's principle aids, and Gordon was reporting progress on gaining acceptance of the design and cost estimates."

Rocchio was referring to Gordon Rudd of National Construction Company of Alexandria, Virginia, a Washington suburb. National Construction built the pool for then-Congressman Ford at his home in Alexandria and was personally selected by the President to build the White House pool.

"A very tight construction schedule was set and Gordon tells me that they are determined to keep to it. In fact, the construction fences and equipment started arriving on the White House lawn just outside the Press Room even before Mr. Nessen could announce the project," Rocchio smiled.

Construction started on May 14 and the pool is to be completed and ready by July 1.

The new White House pool is a 22x55 foot in-ground "Gunite" pool with heater. It is being located on the south side of the White House (facing the Washington Monument), near the President's Oval Office on a mound of earth "put there by Thomas Jefferson," according to the *Washington Post*. It is parallel a driveway between the White House and the Executive Office Building and will be obscured from view by landscaping.

The price of the complete pool, including heater, equipment and deck, is estimated at \$52,417 plus about \$9,000 for landscaping.

The National Swimming Pool Institute will share the fund raising responsibility to pay for the pool with a special group of aquatic organizations which includes the Olympic Committee, the AAU and the American Swim Coaches Association and with another group known as the "Friends of the President from Grand Rapids."

Any extra funds collected will be donated to the United States Olympic Committee to help support the American athletic teams next year in Montreal.

## Meanwhile, above the 'old' pool...

(Editor's Note: White House Press Secretary Ron Nessen formally announced the go-ahead on the White House swimming pool at a press briefing on May 14. The following excerpts are from the official transcript of that briefing.)

MR. NESSEN: Now, the surprise of the day: Preliminary work has started on the construction of the White House swimming pool. The pool will be slightly larger than the one the Fords had at their home in Alexandria. It will be built on the South Lawn just south of the West Wing. The contractor will be the National Construction Company, Inc., the same contractor which built the President's pool on Crown View Drive in Alexandria.

Q: Of where, do you know, Ron?

MR. NESSEN: Washington. (Alexandria-Ed.) The cost is estimated at \$52,417.

Q: Is this an outdoor pool?

MR. NESSEN: Yes, with an additional \$9,000 for landscaping.

Q: Who pays it?

MR. NESSEN: The funds will be raised through private donations. The President has laid down very strict guidelines for these donations, the most important of which is that no Federal funds will be used in any way. The other guidelines for donations are that the maximum donation permitted is \$1,000 per person.

Donations of equipment or services will be limited to \$1,000 in value at the wholesale cost.

No donations from any corporation or union will be accepted.

A committee has been established to supervise the receipt and collection of the public contributions. The chairman is A.J. Schorn, of Hayward, California, Vice Chairman of the Olympic Swimming Committee.

The treasurer is William J. Schuiling, a Washington banker.

Q: What is his bank, Ron?

Q: He is a Washington banker?

MR. NESSEN: Washington, D.C. He is a former classmate of the President at South High in Grand Rapids, and has been a friend of the President's ever since. I understand that he is the Chairman of a company called Financial General Shareholders, Inc., a holding company for the First National Bank of Washington.

Q: How is the work starting now?

MR. NESSEN: Wait a minute. You would not believe the amount of detail I have.

Q: If you wanted to make a contribution, who would you see?

MR. NESSEN: I assume you have to check with the committee that does this.

The measurements of the swimming pool are 22 feet wide and 54.83 feet long. I don't have the depth. Larry (Speakes, assistant to Mr. Nessen), that is one you forgot.

MR. SPEAKES: It varies.

Q: That is not Olympic size, is it?

MR. NESSEN: I don't think so. Here is a breakdown on the cost. Excavation, \$2,500 --

Q: Spare us this, will you?

Q: I would like to know, did the President make this decision on his own? Why, at this time, when he has had all these budget problems does he consider spending the kind of money whether it is his or not?

Q: Ron, will it be a heated pool?

MR. NESSEN: There will be a heater, yes, a 54-kilowatt heater.

Q: Will it be covered?

MR. NESSEN: It will not be covered.

Q: How is he going to swim in the winter?

Q: That is quite an energy draw, Ron. We have people out in the Western part of the country who cannot irrigate farms because so many people in California are heating pools.

MR. NESSEN: Some of the equipment is being moved in today, as you noticed. I think some construction fences will be going up. The contract calls for the work to begin on or about May 15th, which is tomorrow, and to be concluded by July 1st. In answer to Helen's question --

Q: Ron, was this put out for bids?

MR. NESSEN: It was not put out for bids. As I say, this company is the one that built the President's pool in Alexandria. There are no Federal funds involved, so there is no requirement for bids. Gordon Rudd, the President of this company, is also a friend of the President.

Q: Can you give us the costs, as you started to give us?

MR. NESSEN: Surely. The excavation --

Q: Excuse me. Did he have to get permission from this commission to put it on the White House grounds?

MR. NESSEN: Yes. That is called the Fine Arts Commission, and it was approved by the Fine Arts Commission.

Q: You have not said where it will be.

MR. NESSEN: Just south of the West Wing. If you go out there, you can see the construction stakes, I think.

Q: Ron, how much money has been collected already?

Q: Why was this a secret?

MR. NESSEN: This was actually not a secret, Helen. You

know that the President has been at least thinking about this ever since he came into office, and the project was put aside for awhile.

Q: Why?

MR. NESSEN: I don't know. It took a little time to work out all the details.

Q: Will the taxpayers pay for this heating every month?

MR. NESSEN: The cost of running the heater whenever it is running, I have not actually gotten.

Q: Ron, can you answer my question? How much money has already been collected? Is it all collected already?

MR. NESSEN: No, it is not all collected already. Some donations have already come into the White House in the total amount of \$1,000. In addition, other contributions have been mailed to various people all earmarked for this project and the White House -- a group called the White House Swimming Pool Committee -- was kind of an outfit that formed itself, I think, has checks for about \$5,000. The National Swimming Pool Institute, which is a trade association of swimming pool makers...has received checks totaling about \$4,000, so you have a total of \$10,000.

Q: May we have the names of all the contributors?

MR. NESSEN: I don't have them. It is not a White House fund-raising, but you should get it.

Q: Well, it certainly is a White House fund-raising and it certainly is something that the American public should have.

MR. NESSEN: I think you should get in touch with --

Q: If it were not a White House deal, you would not be announcing it today.

Q: Could we get back to the briefing?

Q: When did the President make the decision on this?

MR. NESSEN: Now, Helen asked why did he decide to go ahead with the swimming pool in the light of --

Q: In light of the budget and the belt-tightening.

MR. NESSEN: Let me offer some thoughts on that, and I am sure you all have your own thoughts on that.

This is not an elaborate swimming pool. It is maybe a shade larger than the kind of pools that people do have in their backyards here and elsewhere in the country. It is certainly not a plush swimming pool.

The President is a swimming enthusiast. He enjoys it and it is good for his health. Dr. Lukash (the President's physician), I believe, has spoken publicly of the benefits of swimming for the President's health.

Federal money will not be spent in this project. Federal

money is spent, of course, in the protection of the President's safety and one of the considerations was that it is seen that some money could be spent from private donations for the protection of the President's health.

The pool does not obviously belong to President Ford. It belongs to the White House and it will be used by future Presidents and their families and guests.

There was a previous swimming pool here, as you know, right below where we are standing. It was also built by public donations for Franklin Roosevelt, also for health reasons.

The idea for the project came from people who are enthusiasts of swimming and the benefits from it. Again, it is not Federal money. I suppose you could look at it one way by saying that it is a good sign that he intends to stick around for another four years.

I made that part up. (Laughter)

Q: Maybe public criticism will curtail the future.

Q: The \$9,000 landscaping. Will that be Government funds or will that be part of the private thing, too?

MR. NESSEN: Part of the private. There is a separate contract. I mean, the contract with National Construction is the \$52,417 I mentioned. Then there will be a separate contract for \$9,000, which has not been let, but it will also come out of the contribution.

Q: When did the President make the final decision to go ahead with this?

MR. NESSEN: About a week ago, Ted.

Q: Ron, how much did the President's pool at his home in Alexandria cost?

MR. NESSEN: I don't know. I heard him mention the figure one time, but I forget what it is.

Q: Was it \$20,000?

MR. NESSEN: Oh, no, it was not that high.

Q: This pool cost what, \$52,000?

MR. NESSEN: \$52,417.

Q: Do you know if this swimming pool is paid off? Does he still owe money on that swimming pool in Alexandria?

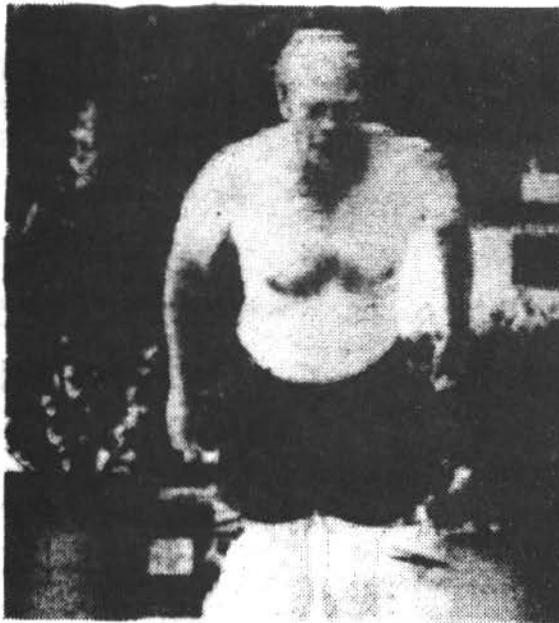
MR. NESSEN: Not that I know of.

Q: Will this committee solicit funds, Ron, for the leftover \$42,000? How are they going to raise the \$42,000?

MR. NESSEN: I don't know what their plans are, as far as soliciting goes. You will just have to get in touch with those two people and find out.

Q: Is this square, Ron?

MR. NESSEN: I think a rectangular shape would probably be more accurate.



AP Wirephoto

## Quick Dip

Indulging in one of his favorite pastimes in the new pool on the White House lawn, President Gerald Ford practices diving and his backstroke before returning to the Executive Mansion via a shaded walkway.

## A Presidential Dip

My, weren't there all kinds of fun and games at the White House Saturday. Over there at that brand new pool, which all America has been waiting to see finished, a swim-trunked President Ford was showing off his respective breast-stroke and backstroke styles for the TV cameras. It's a pretty nice old pool, the President allowed. The very soul of humility, Ford said he felt "very embarrassed" as he doffed a terry-cloth robe, adding "I'm not sure I can make it" as he set out to do five laps. The pool is 55 feet long, which Ford termed "just the right length." He plans to do 40 laps daily.



Taking the first shovelful of dirt is Jack Stiles, presidential assistant and a personal friend of President Ford's. Also present at the brief, early morning "ceremony" are Gordon Rudd, president of National Construction Co., Inc., and William P. Markert, (left) director of communications for the National Swimming Pool Institute.

# A Dozen Years Between Meets

David Hicks can be found at the Smithsonian Institute right there next to Lindbergh's plane, the moon rock and the Edison light.

Though not quite as rare as the dinosaurian orders of Saurischia and Ornithischia, Hicks should be placed under a microscope for the archeologists of the NCAA to observe and eventually carefully tuck in a cornerstone somewhere.

It is not every day, the NCAA would admit, a major college varsity swimming program has an athlete with a built-in cheering section led by his 7-year old son, two four-year old twins, a wife Jonpie, a former cheerleader. Not every team has a backstroker who will register his 31st birthday in November.

Not every team, either, has a Vietnam veteran who has been shot out of the sky, a student with an inflated grade point average of 3.687 and an athlete who commutes 70 miles daily roundtrip.

It was 1963 when Hicks, after setting a district record in the backstroke, finished sixth in his event for St. Pete High in the state meet.

Twelve years, a marriage, three children, 1,000 combat and bullet hole hours later, Hicks was in the waters swimming for USF.

"It would make a better story if I'd say if given the same opportunity to do what I did this year, I'd jump right back in the pool. But I can't say that. I don't think I would have done it again."

The U.S. Army captain wanted something even worse.

He had illusions about returning to the Tampa Bay area, enrolling at the University of Tampa and going out for the now-deceased Spartan football team. "I didn't care if I was last string bench-warmer. I just wanted to make the team." He had played fullback-linebacker as a St. Pete High freshman and sophomore. It didn't work out for his attending Tampa so he dusted off the swim wear for USF.

Long ago and far away, Hicks worked under recreation coach Harry Tillet as an eight-year-old pupil at a pool that's no longer there — the Spa.

Tillet, 23 years later, worked with him again over the summer at North Shore so he'd be ready for the program at USF.

"We never swam more than 4,000 yards at St. Pete High. Right away we got out there at USF and they have me going 9,000 yards. Then the hard part of the season it was up to 15,000. I didn't know what I was getting into. But once I committed myself to it, I wasn't going to quit."

"I got home from practice at night and all I wanted to do was pass out. I had to force myself to study."

He had learned through the years how to budget his time. Rather than stand around and talk between classes, he'd squeeze in minutes with the books. It was the difference in discipline from B's and C's in high school to A's at USF. And he put A's together as though he were stuttering them out, officially collaring the honor as USF's Scholar-Athlete of the Year.

With age came the appreciation for school, though some would argue he was fortunate to have the age.

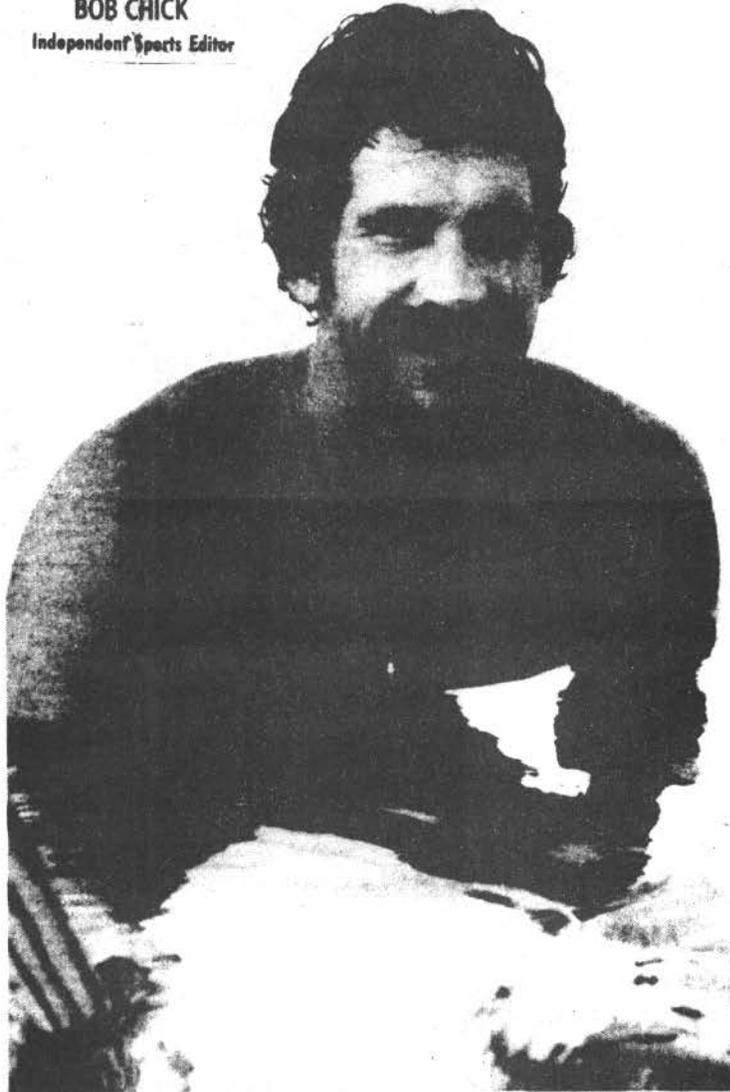
Three times he was shot down over South Vietnam, once in a small single engine fixed-wing aircraft in a rice paddy, twice in a helicopter.

The 1,000 combat hours equaled about 1,000 missions spread over 12-13 months. "I wasn't cocky or self-assured, but I felt I knew my job. I knew I wasn't walking on water, but I never had the fear that the next time I went out that would be it, the time some bullet had its name written on it for me."

"I knew when the helicopter got shot down — one of two things happen — you either walk away from it with no problems, or you don't come out alive. There is no inbetween."

It is not like finishing third against such formidable foes as he did against Georgia Tech and Clemson in the backstroke. Second in Vietnam was fatal.

**BOB CHICK**  
Independent Sports Editor



Staff Photo by Jackie Green

*Hicks — A Rare Varsity Swimmer At Age 30*

*From the jungles of Vietnam to the waters of USF, St. Pete's David Hicks was not a Mark Spitz, but his was still a gold medal production.*

When he graduates from USF in August he'll be assigned to an experimental aviation unit at Fort Hood. His assignment should be the Smithsonian. Under glass so there are no fingerprints, of course.

THE REPUBLIC, COLUMBUS, IND.  
TUESDAY, APRIL 15, 1975

## In Masters Meet National Swim Mark Set Here

Dick Bosse, a 78-year-old swimmer from Cincinnati, Ohio, set a national age group swim record in the Donner Swim club AAU Masters meet at Columbus East high school pool over the week end.

The 2-day meet attracted some 40 swimmers from Ohio and Indiana.

Bosse, a swim instructor at a YMCA in Cincinnati, set his record in the 50 breaststroke in the time of 49.9 seconds. The old record was :51.8. Bosse competed in the 70-79 age group for the South Ohio Masters club.

Another Cincinnati swimmer, Zeki Tamer, a native of Istanbul, Turkey, also starred by winning several events.

Tamer, incidentally, currently holds a world age group record in track. The 68-year-old recently clocked a 1:04.6 in the 440 dash and said he plans to run in the first World Track and Field Masters meet in Toronto, Canada, in August.

Donner swimmers accounted for 24 firsts, including wins in two relay races.

Emmalee Tarry of Donner won five races in the women's 35-44 age group — the 50, 100 and 200 breaststrokes, the 200

individual medley and the 200 backstroke.

Dennis Tibbetts, Vicki Catlin and Lynn Bigley each won three races.

Tibbetts, competing in the men's 25-29 group, won the 50 and 100 butterflies and the 200 freestyle.

Catlin won the 50 butterfly, 100 freestyle and 200 backstroke in the women's 30-34 group.

Bigley, competing in the women's 35-44 group, won the 50 and 100 freestyles and the 50 butterfly.

Double winners were Jim Wade, Jim Haro and Dave Fribley. Wade and Haro competed in the men's 25-29 group. Haro won the 500 and 1,650 freestyles and Wade captured the 50 and 100 freestyles.

Fribley won the 100 backstroke and 200 freestyle in the men's 30-34 group.

Other Donner firsts were by Tom Bigley in the men's 35-44 100 butterfly and Bill White in the men's 25-29 100 freestyle.

Another Masters meet will be held at the Donner pool sometime in July.

# FOR THE RECORD

## MASTERS MAXIMUM

Menomonee Falls, WI Trout Lake  
July 26, 1975

### WOMEN - ONE & ONE-HALF MILES

Nancy Stupka, 28 44:58

Patricia Sengstock, 32 48:56

Sandra Brown, 32 65:13

Judith Leppert, 38 46:54

Ann Champ, 40 48:38

Jane Huber, 42 52:00

Geraldine Koupal, 43 54:56

Rexene Ashford, 44 61:51

Pat Clinton, 47 43:38

Edith Gruender, 46 43:41

Nancy Lawrence, 52 54:44

Bobbie Lawrence, 55 48:21

Betty Nelson, 56 55:32

### MEN - TWO MILES

Mike Rosa, 27 46:00

Dale Jenkins, 25 53:08

Ron Pohlonke, 31 44:45

Jeffrey Cooke, 30 47:01

Alex Palmer, 33 69:01

Phillip Hellmuth, 37 52:25

Burwell Jones, 42 43:15

Arthur Welch, 42 51:58

Brad Byrnes, 41 58:58

Ron Scheidelman, 40 64:00

Norman Schueckler, 48 49:48

Robert Beach, 45 51:44

Morgan Byers, 47 52:00

Elmer Korbai, 45 60:09

Watson Lawrence, 48 62:27

Jim VanArsdale, 48 64:21

Paul Hutinger, 50 49:32

James Edwards, 52 54:00

Jurgen Schmidt, 52 54:09

Art Koblisch, 51 55:01

Robert Acker, 54 58:02

Norden Wiese, 52 98:34

Jim Pendergrass, 56 50:58

Lynn Surles, 58 63:58

Norman Folker, 57 67:44

Merle Lawrence, 59 79:52

Herbert Howe, 63 58:01

Joseph Schull, 60 61:00

Robert Coyle, 62 68:11

William Miller, 63 82:15

William Warner, 65 91:18

Clifford Brown, 69 151:56

Paul Dunakin, 74 118:20

## DIVING

NATIONAL MASTERS DIVING CHAMP.  
Seattle, WA April 19-20

### WOMEN'S 1-METER

Ann Shearer, 25-29 434.45

Kajsa Sigdel, 25-29 418.60

Judith Coble, 30-34 328.50

Virginia Peterson, 50-59:75.60

### WOMEN'S 3-METER

Ann Peterson, 25-29 486.30

Kajsa Seidel, 25-29 469.60

Judith Coble, 30-34 335.25

### WOMEN'S GRAND MASTERS 1-METER

Ann Shearer, 25-29 495.60

### WOMEN'S GRAND MASTERS 3-METER

Ann Shearer, 25-29 453.50

### MEN'S 1-METER

Dick List, 25-29 455.75

Tom Speight, 25-29 446.60

John Samuelson, 25-29 427.55

Coy Jones, 25-29 331.10

Dan Hull, 30-34 464.00

Bill Glueck, 30-34 440.30

John Deininger, 35-39 434.45

Bill Burgess, 50-59 296.25

Floyd Stauffer, 50-59 275.20

Frank McGuigan, 60-69 269.75

Bill McAllister, 60-69 260.30

Clyde Devine, 60-69 189.80

Joe Mone, 60-69 189.60

Casey Biesiada, 60-69 158.80

John Sable, 70+ 152.60

### MEN'S 3-METER

John Samuelson, 25-29 463.80

Tom Speight 425.25

Coy Jones 326.25

William Glueck, 30-34 405.00

John Deininger, 35-39 425.80

Frank McGuigan, 60-69 309.30

Bill McAllister 290.50

Joe Mone 226.25

Clyde Devine 201.95

C.T. Biesiada 196.95

John A. Sable, 70+ 183.65

### MEN'S GRAND MASTERS 3-METER

John Deininger 509.35

Bill McAllister 429.65

Floyd Stauffer 409.60

### INDIVIDUAL CLOWN

Joe Mone 384.00

Clyde Devine 326.00

Dick List 296.00

### TEAM CLOWN

S.F. Aquanuts I 266

The Anythings 212

S.F. Aquanuts II 164

### GRAND MASTERS 1-METER

Ann Peterson 453.50

John Deininger 446.75

Bill McAllister 418.10

### SANTA MONICA MASTERS DIVING

May 18, 1975

### WOMEN

Ann P. Shearer, 25-29 441.15

Judy Wade Bell, 30-39 305.80

Ida Wilson, 40-49 279.55

### MEN

Richard Wilson, 25-29 458.95

John Samuelson 432.90

Gregg Shuff 424.95

Bob Wall 351.95

Dennis Taylor 339.75

Dan Smith 334.15

Kim Pearman, 30-39 401.60

Kirby Weedin 365.45

Tom Crosby, 40-49 322.05

Doub Rucker 268.20

Bill Murray 226.85

Bruce Cleaveland, 50-59 280.85

Lyle Felderman 259.60

Floyd Stauffer 258.20

Ralph Gambina 227.05

Peter Baxter 161.50

Bill McAllister, 60-69 230.05

Joe Mone 192.85

Don Brand 158.90

Casey Biesiada 132.45

John Sable, 70+ 124.90

### INDIVIDUAL CLOWN DIVING

Bruce Cleaveland 428

Joe Mone 396

Charles Moss 358

Rick Evans 320

John Sable 220

### TEAM CLOWN DIVING

Aquanuts I 418

Nuclear Nitwits 408

Aquanuts 2 370

## International

1975 NATIONAL MASTERS CHAMP.  
Sydney, Australia 8/3/75

### WOMEN 25-29

50 METER FREESTYLE

Claire Campbell, 29 35.1

Heather Drysdale, 25 36.3

Helen Garvin, 29 39.6

Rhonda Putman, 29 40.4

Lynn Bennett, 25 46.7

Heather Drysdale, 25 1:30.7

Rhonda Putman, 29 1:32.5

400 METER FREESTYLE

Rhonda Putman, 29 7:20.5

50 METER BREASTSTROKE

Lynn Bennett, 25 51.0

### WOMEN 30-34

50 METER FREESTYLE

Eleanor Stewart, 30 32.0

Lyn Reynolds, 33 32.7

Toni Black, 30 40.7

Jan McAfee, 34 46.7

Joy Cullis, 30 56.8

400 METER FREESTYLE

Eleanor Stewart, 30 5:25.2

50 METER BREASTSTROKE

Lynn Reynolds, 33 41.2

Robyn Sargent, 31 44.4

Toni Black, 30 50.2

50 METER BUTTERFLY

Eleanor Stewart, 30 34.1

Lyn Reynolds, 33 34.8

### WOMEN 35-39

50 METER FREESTYLE

Frances Hogben, 37 32.8

Shirley Lindsell, 39 39.8

Joan McLeod, 35 40.6

Jan Young, 35 47.6

Bev Taylor, 36 53.6

100 METER FREESTYLE

Joan McLeod, 35 1:37.4

400 METER FREESTYLE

Bev Taylor, 36 9:12.2

50 METER BACKSTROKE

Frances Hogben, 37 38.8

Shirley Lindsell, 39 49.7

50 METER BREASTSTROKE

Frances Hogben, 37 45.8

Beryl Stenhouse, 35 52.3

Marlies Woolford, 35 53.1

Shirley Lindsell, 39 56.4

### WOMEN 40-44

50 METER FREESTYLE

Claire Nash, 40 41.0

Mary Connolly, 40 41.3

Noeline Lee, 40 45.5

Greta Davies, 43 1:04.7

100 METER FREESTYLE

Mary Connolly, 40 1:39.9

400 METER FREESTYLE

Erin Crumlin, 40 7:37.0

50 METER BACKSTROKE

Erin Crumlin, 40 45.6

Noeline Lee, 40 50.9

50 METER BREASTSTROKE

Joan Costlee 51.3

Erin Crumlin, 40 55.3

Noeline Lee, 40 56.1

### WOMEN 45-49

50 METER FREESTYLE

Josie Sanson, 45 40.0

Ev. Mable, 49 41.5

100 METER FREESTYLE

Josie Sanson, 45 1:33.4

400 METER FREESTYLE

Josie Sanson, 45 7:38.2

Ev. Mable, 49 8:21.7

50 METER BACKSTROKE

Josie Sanson, 45 50.0

50 METER BREASTSTROKE

Josie Sanson, 45 45.2

50 METER BUTTERFLY

Josie Sanson, 45 43.1

### WOMEN 50-54

50 METER BREASTSTROKE

Betty Callaghan, 52 48.2

### WOMEN 55-59

50 METER FREESTYLE

Eve Whillier, 57 39.3

Betty Bailey, 55 45.7

Joyce Meager, 57 58.4

100 METER FREESTYLE

Eve Whillier, 57 1:34.2

Bess Barrie, 59 1:39.5

400 METER FREESTYLE

Betty Bally, 55 8:39.4

50 METER BACKSTROKE

Eve Whillier, 57 45.8

Joyce Meager, 57 1:02.4

50 METER BREASTSTROKE

Bess Barrie, 59 52.4

### WOMEN 70-79

50 METER FREESTYLE

Neil Gould, 72 1:32.0



<b>50 BACK</b>		200-yard Freestyle		<b>MEN 45-49</b>		<b>Women 45-49</b>		<b>Men 60-64</b>	
T.Morris, 37	45.10	Alice Jones 36	2:42.7	50-yard Freestyle		100 yd Free		100 yd Free	
M.Brody, 36	49.02	Janis Ryan 35	3:23.4	Bob McWilliams 48	31.9	D Pannabecker 48	1:45.97	Harold Sexton 60	1:10.00
<b>200 FREE</b>		Diane Bobnick 35	3:36.3	Leo Teramette 48	40.5	100 yd Back		1650 yd Free	
A.Snider, 37	2:39.1	<b>50-yard Backstroke</b>		Bob McWilliams 48	1:11.1	D Pannabecker 48	1:58.02	Jerome Holmes 60	28:50.81
M.Brody, 36	3:18.4	Diane Bobnick 35	47.9	200-yard Freestyle		Joy Ford 47	2:00.53	100 yd Back	
<b>50 BREAST</b>		<b>100-yard Backstroke</b>		Bob McWilliams 48	2:41.1	50 yd Breast		Harold Sexton 60	1:31.35
A.Snider, 37	43.12	Janis Ryan 35	1:41.6	500-yard Freestyle		D Pannabecker 48	54.40	Jerome Holmes 60	1:43.25
T.Morris, 37	45.64	50-yard Butterfly		Alice Jones 36	8:08.1	Joy Ford 47	1:00.22	Stan Thompson 64	2:49.46
M.Brody, 36	48.49	Alice Jones 36	40.2	200-yard Backstroke		100 yd Breast		Stan Thompson 64	1:09.98
<b>100 FREE</b>		100-yard Ind. Medley		Leo Teramette 48	3:46.2	100 yd Breast		Stan Thompson 64	2:19.49
A.Snider, 37	1:05.7	Alice Jones 36	1:40.3	Leo Teramette 48	50.2	50 yd Fly		Stan Thompson 64	1:42.11
T.Morris, 37	1:21.17	Alice Jones 36	1:28.9	100-yard Butterfly		Joan Osborne 58	1:47.12	Harold Sexton 60	1:27.31
M.Brody, 36	1:23.7	Leo Teramette 48	1:19.5	200-yard Ind. Medley		Joan Osborne 58	51.81	Jerome Holmes 60	1:47.02
<b>200 I.M.</b>		<b>50-yard Backstroke</b>		200-yard Ind. Medley	4:05.4	Joan Osborne 58		200 yd Ind Med	
A.Snider, 37	3:07.45	Leo Teramette 48	40.1	50 yd Fly		Joan Osborne 58	48.45	Jerome Holmes 60	3:53.77
M.Brody, 36	4:02.1	Leo Teramette 48	50.2	100 yd Ind Med		Joan Osborne 58	1:42.86		
<b>MEN 40-44</b>		Leo Teramette 48	2:19.3	200 yd Ind Med					
<b>50 FREE</b>		Leo Teramette 48	4:05.4						
J.Watson, 42	38.1	Leo Teramette 48	4:05.4	<b>MEN 50-54</b>					
J.Miller, 41	38.6	Leo Teramette 48	4:05.4	50-yard Freestyle					
B.Leman, 44	46.59	Leo Teramette 48	4:05.4	Sidney Heyman 50	33.5				
<b>50 FLY</b>		Leo Teramette 48	4:05.4	100-yard Freestyle					
R.LaFavre, 42	37.36	Leo Teramette 48	4:05.4	Sidney Heyman 50	1:21.1				
D.Wood, 43	1:03.56	Leo Teramette 48	4:05.4	500-yard Freestyle					
B.Leman, 44	1:09.65	Leo Teramette 48	4:05.4	Sidney Heyman 50	8:16.7				
<b>50 BACK</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
R.LaFavre, 42	41.60	Leo Teramette 48	4:05.4	Sidney Heyman 50	43.5				
J.Miller, 41	1:01.55	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>200 FREE</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
J.Miller, 41	3:59.0	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50 BREAST</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
R.LaFavre, 42	45.13	Leo Teramette 48	4:05.4	100-yard Breaststroke					
B.Leman, 44	54.33	Leo Teramette 48	4:05.4	100-yard Breaststroke					
D. Wood, 43	1:04.1	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100 FREE</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
R.LaFavre, 42	1:20.28	Leo Teramette 48	4:05.4	100-yard Breaststroke					
C.Robb, 41	1:33.1	Leo Teramette 48	4:05.4	100-yard Breaststroke					
J.Miller, 41	1:41.98	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>200 I.M.</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
R.LaFavre, 42	3:43.74	Leo Teramette 48	4:05.4	100-yard Breaststroke					
C.Robb, 41	4:58.04	Leo Teramette 48	4:05.4	100-yard Breaststroke					
B.Leman, 44	5:33.37	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>MEN 45-49</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50 FREE</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
H.Scott, 49	35.33	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50 FLY</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
H.Scott, 49	37.44	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50 BACK</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
H.Scott, 49	43.20	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50 BREAST</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
H.Scott, 49	45.6	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100 FREE</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
H.Scott, 49	1:19.51	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>MEN 55-59</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50 FREE</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
H.Kovlinson, 56	39.71	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100 FREE</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
H.Kovlinson, 56	1:35.4	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>UNION AQUATIC CLUB MASTERS</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>SUNY Binghamton, NY</b>	5/10/75	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>WOMEN 25-29</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Karen Curley 25	34.9	Leo Teramette 48	4:05.4	100-yard Breaststroke					
Diane Benninger 26	41.1	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Martha Gatchall 26	1:05.4	Leo Teramette 48	4:05.4	100-yard Breaststroke					
Connie Clark 29	1:17.7	Leo Teramette 48	4:05.4	100-yard Breaststroke					
Diane Benninger 26	1:30.9	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>200-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Karen Curley 25	3:18.5	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>500-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Diane Benninger 26	8:50.3	Leo Teramette 48	4:05.4	100-yard Breaststroke					
Karen Curley 25	8:59.4	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Backstroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Diane Benninger 26	49.6	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Backstroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Connie Clark 29	1:24.0	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Breaststroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Connie Clark 29	44.3	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>200-yard Breaststroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Connie Clark 29	3:20.0	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Butterfly</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Connie Clark 29	42.2	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Ind. Medley</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Martha Gatchall 26	1:15.0	Leo Teramette 48	4:05.4	100-yard Breaststroke					
Diane Benninger 26	1:40.5	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>WOMEN 30-34</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Barbara Dilley 30	35.7	Leo Teramette 48	4:05.4	100-yard Breaststroke					
Carol O'Hara 34	38.1	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Carol O'Hara 34	1:30.4	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Backstroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Barbara Dilley 30	40.7	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Backstroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Barbara Dilley 30	1:32.2	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>200-yard Backstroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Barbara Dilley 30	3:18.5	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Butterfly</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Carol O'Hara 34	50.2	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Ind. Medley</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Barbara Dilley 30	1:37.7	Leo Teramette 48	4:05.4	100-yard Breaststroke					
Carol O'Hara 34	1:42.6	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>WOMEN 35-39</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Alice Jones 36	30.7	Leo Teramette 48	4:05.4	100-yard Breaststroke					
Janis Ryan 35	37.2	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Diane Bobnick 35	40.6	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Backstroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Janis Ryan 35	1:27.0	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Backstroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Diane Bobnick 35	1:39.3	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Alice Jones 36	30.7	Leo Teramette 48	4:05.4	100-yard Breaststroke					
Janis Ryan 35	37.2	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Diane Bobnick 35	40.6	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Backstroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Janis Ryan 35	1:27.0	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Backstroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Diane Bobnick 35	1:39.3	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Alice Jones 36	30.7	Leo Teramette 48	4:05.4	100-yard Breaststroke					
Janis Ryan 35	37.2	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Freestyle</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Diane Bobnick 35	40.6	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>50-yard Backstroke</b>		Leo Teramette 48	4:05.4	100-yard Breaststroke					
Janis Ryan 35	1:27.0	Leo Teramette 48	4:05.4	100-yard Breaststroke					
<b>100-yard Backstroke</b>		Leo Teramette 48	4:05.						

100 yd. I.M.	Donnie Crotte 26	1:24.2	100 yd. Freestyle	Bill Robertson 38	:59.2	100 YARD FREESTYLE	Joyce Burrell 34	1:02.7	50 YARD BREASTSTROKE	Marion Tamer 63	1:15.9	200 YARD BUTTERFLY	Joseph Bitzer 43	2:50.9				
WOMEN 30-34			Kirk Canterbury 39	:59.4	200 YARD FREESTYLE	Joan Werner 30	1:03.8	100 YARD BREASTSTROKE	Marion Tamer 63	2:49.9	100 YARD INDIVIDUAL MEDLEY	Ben Ledger 42	1:09.3					
50 yd. Freestyle	Linda Combes 32	:32.8	50 yd. Backstroke	Bob Mosbrook 38	:38.5	50 YARD FREESTYLE	Joyce Burrell 34	2:25.7	MEN 25-29			200 YARD INDIVIDUAL MEDLEY	John Johnson 42	3:37.3				
100 yd. Freestyle	Lola Olsen 31	1:12.6	Bob Mosbrook 38	1:34.7	50 YARD BACKSTROKE	Joan Werner 30	2:26.2	50 YARD FREESTYLE	Tom Landgraf 27	:24.2	MEN 45-49	200 YARD FREESTYLE	Roy Stickney 48	2:25.6				
200 yd. Freestyle	Bonnie Mosbrook 30	3:16.0	Bill Robertson 38	:35.2	100 YARD BACKSTROKE	Joyce Burrell 34	:34.0	100 YARD FREESTYLE	Joel Vogt 28	:25.4	500 YARD FREESTYLE	Bob Harris 48	6:53.7					
500 yd. Freestyle	Bonnie Mosbrook 30	9:10.0	Bob Mosbrook 38	:47.6	Sandra Howard 34	1:34.1	100 YARD BACKSTROKE	Kim Morrison 26	:57.1	50 YARD BACKSTROKE	Terry Schlichenmaier 28	:28.6	1650 YARD FREESTYLE	Bob Harris 48	24:08.4			
100 yd. Backstroke	Linda Combes 32	:38.5	Kirk Canterbury 39	:29.8	50 YARD FREESTYLE	Sandra Howard 34	3:21.9	50 YARD BACKSTROKE	Joel Vogt 28	:32.8	50 YARD BREASTSTROKE	Roy Stickney 48	:33.0					
200 yd. Backstroke	Linda Combes 32	:41.5	100 yd. I.M.	1:09.3	100 YARD BREASTSTROKE	Sandra Howard 34	:43.8	50 YARD BREASTSTROKE	Julio Vega 25	:35.6	100 YARD BUTTERFLY	Harry Fox 45	:36.0					
500 yd. Backstroke	Linda Combes 32	1:33.3	MEN 40-44		100 YARD FREESTYLE	Sandra Howard 34	1:36.6	100 YARD FREESTYLE	Bill Smith 26	:36.2	100 YARD BREASTSTROKE	Roy Stickney 48	1:13.0					
100 yd. Fly	Lola Olsen 31	:36.1	50 yd. Freestyle	Ed Mercer 41	:27.0	50 YARD BUTTERFLY	Joan Werner 30	:32.5	200 YARD BREASTSTROKE	Kim Morrison 26	1:13.5	200 YARD FREESTYLE	Harry Fox 45	1:20.6				
100 yd. I.M.	Lola Olsen 31	1:21.1	Charles Graham 42	:28.5	100 YARD FREESTYLE	Joyce Burrell 34	:33.6	200 YARD FREESTYLE	Bill Smith 26	2:59.5	50 YARD BUTTERFLY	Roy Stickney 48	2:44.7					
WOMEN 40-44			John Huson 40	:30.0	100 YARD INDIVIDUAL MEDLEY	Joan Werner 30	1:16.3	50 YARD BUTTERFLY	Joel Vogt 28	:27.4	50 YARD BUTTERFLY	Roy Stickney 48	:30.9					
50 yd. Freestyle	Dorothy Reilly 41	:43.5	Ed Mercer 41	:17.3	WOMEN 45-49	Sandra Howard 34	1:31.3	100 YARD FREESTYLE	Terry Schlichenmaier 28	:28.9	100 YARD BUTTERFLY	Harry Fox 45	:32.9					
Ernestine Wilkes 40	1:11.7	DQ	50 yd. Backstroke	Ed Mercer 41	:33.1	50 YARD FREESTYLE	Cindy Keeley 37	:34.3	100 YARD INDIVIDUAL MEDLEY	Kim Morrison 26	:30.0	100 YARD BUTTERFLY	Harry Fox 45	1:14.4				
Shirley Beetham 41			Charles Graham 42	:38.5	100 YARD FREESTYLE	Rosanne Dann 38	:43.2	100 YARD FREESTYLE	Joel Vogt 28	1:06.3	100 YARD INDIVIDUAL MEDLEY	Harry Fox 45	1:13.7					
100 yd. Freestyle	Shirley Beetham 41	1:32.6	Ed Mercer 41	1:17.6	100 YARD FREESTYLE	Cindy Keeley 37	1:18.5	100 YARD FREESTYLE	T. Schlichenmaier 28	1:06.3	200 YARD INDIVIDUAL MEDLEY	Bob Harris 48	1:14.6					
Shirley Beetham 41	:51.5		Charles Graham 42	1:25.4	200 YARD FREESTYLE	Martha Higgs 39	1:37.9	200 YARD FREESTYLE	Bill Smith 26	1:13.0	200 YARD INDIVIDUAL MEDLEY	Bob Harris 48	2:55.0					
Dorothy Reilly 41	:58.7		John Huson 40	:37.1	50 YARD BACKSTROKE	Cindy Keeley 38	2:56.1	50 YARD BACKSTROKE	Kim Morrison 26	2:29.6	400 YARD INDIVIDUAL MEDLEY	Bob Harris 48	6:15.6					
Ernestine Wilkes 40	1:10.2		100 yd. Breaststroke	John Huson 40	1:22.3	50 YARD BACKSTROKE	Rosanne Dann 38	:44.2	50 YARD BUTTERFLY	Joel Vogt 28	2:36.1	MEN 50-54	50 YARD FREESTYLE	Tom Cloyes 53	:27.4			
100 yd. Breaststroke	Dorothy Reilly 41	1:50.7	John Huson 40	1:22.3	MEN 45-49	Martha Higgs 39	:48.9	50 YARD BUTTERFLY	Steve Schiff 30	:27.6	100 YARD FREESTYLE	George Swanson 54	:29.7					
50 yd. Breaststroke	Dorothy Reilly 41	:49.6	50 yd. Freestyle	Dick Lortie 48	:29.5	200 YARD BACKSTROKE	Phoebe Hofman 36	3:16.1	100 YARD FREESTYLE	Fred Theler 34	:31.1	100 YARD FREESTYLE	Tom Cloyes 53	1:02.7				
Dorothy Reilly 41			Al Kuery 49	:31.0	50 YARD BREASTSTROKE	Phoebe Hofman 36	:43.4	50 YARD BREASTSTROKE	Fred Theler 34	1:06.7	200 YARD FREESTYLE	George Swanson 54	1:09.7					
WOMEN 45-49			50 yd. Backstroke	Bobby Hansen 49	:43.1	100 YARD BREASTSTROKE	Cindy Keeley 38	:46.8	200 YARD FREESTYLE	Fred Theler 34	2:37.3	500 YARD FREESTYLE	Roy Lagaly 53	6:54.3				
50 yd. Freestyle	Mary Pierce 47	:53.9	Bobby Hansen 49	:40.2	100 YARD FREESTYLE	Phoebe Hofman 36	3:27.3	1650 YARD FREESTYLE	Fred Theler 34	24:19.2	50 YARD BACKSTROKE	Tom Cloyes 53	:36.5					
50 yd. Backstroke	Mary Pierce 47	1:08.2	100 yd. Breaststroke	Dick Lortie 48	1:32.2	50 YARD BUTTERFLY	Phoebe Hofman 36	:40.4	100 YARD BACKSTROKE	Steve Schiff 30	:34.0	100 YARD FREESTYLE	Tom Cloyes 53	1:24.8				
Mary Pierce 47			Dick Lortie 48	1:32.2	100 YARD INDIVIDUAL MEDLEY	Phoebe Hofman 36	1:27.2	100 YARD BACKSTROKE	Steve Schiff 30	1:13.2	200 YARD FREESTYLE	Tom Cloyes 53	3:10.0					
WOMEN 50-54			Bobby Hansen 49	:37.5	100 YARD INDIVIDUAL MEDLEY	Phoebe Hofman 36	1:31.8	200 YARD BACKSTROKE	Jon Helmann 33	2:20.8	50 YARD BUTTERFLY	George Swanson 54	:38.5					
50 yd. Freestyle	Dorothy Resseque 53	:32.8	100 yd. I.M.	1:20.9	50 YARD FREESTYLE	Barbara Mohr 43	:33.6	100 YARD BUTTERFLY	Steve Schiff 30	2:40.0	100 YARD FREESTYLE	Roy Lagaly 53	3:32.6					
Bobbe Smith 50	:36.6		Al Kuery 49	1:22.5	100 YARD FREESTYLE	Elfi Christian 42	:38.0	50 YARD BUTTERFLY	Don Shive 33	:31.1	400 YARD INDIVIDUAL MEDLEY	Roy Lagaly 53	6:49.3					
100 yd. Freestyle	Dorothy Resseque 53	1:14.4	Bobby Hansen 49	1:24.7	MEN 50-54	WOMEN 40-44		100 YARD FREESTYLE	John Humphries 38	:25.0	100 YARD FREESTYLE	Bill Burrell 57	1:00.9					
Bobbe Smith 50	1:28.8		William Fleiselman 54	:37.1	50 yd. Freestyle	Barbara Mohr 43	1:16.6	50 YARD FREESTYLE	Wade Barber 39	:27.7	200 YARD FREESTYLE	Bill Burrell 57	2:20.2					
200 Freestyle	Bobbe Smith 50	3:24.0	William Fleiselman 54	:42.3	100 yd. I.M.	Genetta Thor 41	1:21.6	100 YARD FREESTYLE	John Humphries 38	:55.8	50 YARD BACKSTROKE	Bill Woosley 57	:33.4					
500 Freestyle	Dorothy Resseque 53	7:45.5	100 yd. I.M.	1:37.2	William Fleiselman 54	1:37.2	MEN 60-64	50 YARD FREESTYLE	Joe Lammert 35	:31.1	200 YARD BUTTERFLY	Bill Woosley 57	2:54.2					
100 yd. Backstroke	Bobbe Smith 50	1:42.7	50 yd. Freestyle	Marvin Robey 63	:38.9	50 yd. Freestyle	Marvin Robey 63	:38.9	100 YARD FREESTYLE	John Humphries 38	:29.2	50 YARD BUTTERFLY	Bill Burrell 57	:33.1				
Bobbe Smith 50	1:42.7		200 yd. Freestyle	Chuck Roy 61	3:04.0	200 yd. Freestyle	Chuck Roy 61	3:04.0	50 YARD FREESTYLE	Wade Barber 39	:34.9	100 YARD BUTTERFLY	Bill Burrell 57	1:14.5				
100 yd. I.M.	Dorothy Resseque 53	1:27.2	500 yd. Freestyle	Chuck Roy 61	9:02.2	500 yd. Freestyle	Chuck Roy 61	9:02.2	50 YARD FREESTYLE	John Humphries 38	:29.2	200 YARD INDIVIDUAL MEDLEY	Bill Burrell 57	2:49.3				
Dorothy Resseque 53			50 yd. Backstroke	Marvin Robey 63	:52.9	50 yd. Backstroke	Marvin Robey 63	:52.9	50 YARD BUTTERFLY	John Humphries 38	:27.7	MEN 60-64	50 YARD FREESTYLE	Bill Grant 61	:28.9			
WOMEN 60-64			50 yd. Breaststroke	Chuck Roy 61	:41.6	50 yd. Breaststroke	Chuck Roy 61	:41.6	100 YARD BUTTERFLY	Joe Lammert 35	:29.2	100 YARD FREESTYLE	Gary Wiesenthal 60	:29.2				
50 yd. Freestyle	Nancy Clark 60	:37.0	100 yd. Breaststroke	Marvin Robey 63	:48.7	100 yd. Breaststroke	Marvin Robey 63	:48.7	100 YARD BUTTERFLY	Bill Timken 36	1:03.5	100 YARD FREESTYLE	Mehmet Zeki Tamer 63	:33.5				
Grace Stewart 60	:46.1		200 yd. Breaststroke	Chuck Roy 61	1:34.5	200 yd. Breaststroke	Chuck Roy 61	1:34.5	100 YARD BUTTERFLY	Wade Barber 39	1:14.3	200 YARD FREESTYLE	Bill Grant 61	1:05.0				
500 yd. Freestyle	Nancy Clark 60	8:34.3	MEN 70 + Over	Robert Fountain 79	1:12.0	50 YARD FREESTYLE	Robert Fountain 79	1:12.0	100 YARD BUTTERFLY	Bill Timken 36	2:33.5	50 YARD FREESTYLE	Gary Wiesenthal 60	2:31.7				
Nancy Clark 60			50 yd. Backstroke	Robert Fountain 79	1:22.5	50 YARD FREESTYLE	Elfi Christian 42	:43.3	100 YARD BUTTERFLY	Wade Barber 39	6:19.2	100 YARD FREESTYLE	Mehmet Zeki Tamer 63	3:11.6				
100 yd. I.M.	Nancy Clark 60	1:45.1	200 yd. Backstroke	Robert Fountain 79	1:22.5	200 yd. Backstroke	Robert Fountain 79	1:22.5	100 YARD BUTTERFLY	Bill Timken 36	5:39.5	200 YARD FREESTYLE	Bill Grant 61	2:33.4				
Dorothy Resseque 53	1:27.2		REGION VI MASTERS CHAMPS						100 YARD BUTTERFLY	Wade Barber 39	6:19.2	200 YARD FREESTYLE	Gary Wiesenthal 60	2:31.7				
Bobbe Smith 50	3:24.0		Port Knox, Ky						100 YARD BUTTERFLY	Wade Barber 39	6:19.2	50 YARD FREESTYLE	Bill Grant 61	1:05.0				
500 Freestyle	Dorothy Resseque 53	7:45.5	5-6 APR 75						100 YARD BUTTERFLY	Wade Barber 39	6:19.2	1650 YARD FREESTYLE	Mehmet Zeki Tamer 63	3:12.5				
100 yd. Backstroke	Bobbe Smith 50	1:42.7	WOMEN 25-29						100 YARD BUTTERFLY	Wade Barber 39	6:19.2	50 YARD BACKSTROKE	Gary Wiesenthal 60	:34.1				
Bobbe Smith 50	1:42.7		50 YARD FREESTYLE	Linda Large 27	:30.2	50 YARD FREESTYLE	Linda Large 27	:30.2	100 YARD FREESTYLE	Yoshi Oyakawa 41	:24.4	100 YARD BACKSTROKE	Gary Wiesenthal 60	1:17.9				
100 yd. I.M.	Dorothy Resseque 53	1:27.2	Kathy Kent 27	:30.6	100 YARD FREESTYLE	Ellen Coleman 25	:48.4	100 YARD FREESTYLE	Yoshi Oyakawa 41	:55.3	100 YARD FREESTYLE	Gary Wiesenthal 60	1:17.9					
Dorothy Resseque 53			Ellen Coleman 25	:48.4	100 YARD FREESTYLE	Kathy Kent 27	1:06.7	100 YARD FREESTYLE	Keith Crompton 43	1:02.3	100 YARD FREESTYLE	Mehmet Zeki Tamer 63	1:38.4					
WOMEN 60-64			Linda Large 27	1:10.1	100 YARD FREESTYLE	Linda Large 27	1:10.1	100 YARD FREESTYLE	Robert Lamb 42	1:17.9	50 YARD BUTTERFLY	Bill Grant 61	:33.9					
50 yd. Freestyle	Nancy Clark 60	:37.0	200 YARD FREESTYLE	Kathy Kent 27	2:44.4	200 YARD FREESTYLE	Kathy Kent 27	2:44.4	200 YARD FREESTYLE	Bob Ballou 42	1:28.8	100 YARD BUTTERFLY	Bill Grant 61	1:17.5				
Grace Stewart 60	:46.1		500 YARD FREESTYLE	Gretchen Lipe 25	6:22.4	500 YARD FREESTYLE	Gretchen Lipe 25	6:22.4	100 YARD BUTTERFLY	Yoshi Oyakawa 41	2:09.7	100 YARD INDIVIDUAL MEDLEY	Bill Grant 61	1:17.5				
500 yd. Freestyle	Nancy Clark 60	8:34.3	1650 YARD FREESTYLE	Kathy Kent 27	7:26.6	1650 YARD FREESTYLE	Kathy Kent 27	7:26.6	50 YARD FREESTYLE	Keith Crompton 43	7:05.8	WOMEN 25+	200 YARD MEDLEY RELAY	O*H*O	2:40.0			
Nancy Clark 60			Linda Sadovnik 27	24:58.5	100 YARD BACKSTROKE	Ellen Coleman 25	8:37.5	100 YARD BACKSTROKE	Yoshi Oyakawa 41	:28.2	100 YARD BACKSTROKE	George Harvey 42	:31.8	OHO 25+	Southern Ohio 25+	1:57.5		
100 yd. I.M.	Nancy Clark 60	1:45.1	50 YARD BACKSTROKE	Linda Large 27	:41.2	50 YARD BACKSTROKE	Linda Large 27	:41.2	100 YARD BACKSTROKE	Bob Ballou 42	:48.9	100 YARD BACKSTROKE	George Harvey 42	1:12.6	US Army	OHO 35+	2:05.8	
Dorothy Resseque 53	1:27.2		100 YARD FREESTYLE	Sally Schlichenmaier 25	:44.6	100 YARD FREESTYLE	Sally Schlichenmaier 25	:44.6	200 YARD BACKSTROKE	John Johnson 42	1:31.6	200 YARD BACKSTROKE	John Johnson 42	1:31.6	Lafayette SC 25+	2:19.6		
Bobbe Smith 50	3:24.0		200 YARD FREESTYLE	Anne Burkel 26	:47.9	200 YARD FREESTYLE	Anne Burkel 26	:47.9	50 YARD FREESTYLE	John Johnson 42	1:31.6	50 YARD FREESTYLE	John Johnson 42	1:31.6	MEN 25+	200 YARD FREE RELAY	O*H*O	1:43.9
500 Freestyle	Dorothy Resseque 53	7:45.5	100 YARD BACKSTROKE	Ellen Coleman 25	:51.3	100 YARD BACKSTROKE	Ellen Coleman 25	:51.3	100 YARD FREESTYLE	John Johnson 42	1:31.6	100 YARD FREESTYLE	John Johnson 42	1:31.6	Southern Ohio	US Army	1:50.5	
100 yd. Backstroke	Bobbe Smith 50	1:42.7	100 YARD FREESTYLE	S. Schlichenmaier 25	1:43.2	100 YARD FREESTYLE	S. Schlichenmaier 25	1:43.2	50 YARD FREESTYLE	John Johnson 42	1:31.6	50 YARD FREESTYLE	John Johnson 42	1:31.6	200 YARD MEDLEY RELAY	O*H*O	1:57.2	
Bobbe Smith 50	1:42.7		200 YARD FREESTYLE	Gretchen Lipe 25	1:23.4	200 YARD FREESTYLE	Gretchen Lipe 25	1:23.4	100 YARD FREESTYLE	John Johnson 42	1:31.6	100 YARD FREESTYLE	John Johnson 42	1:31.6	Southern Ohio	US Army	2:03.5	
100 yd. I.M.	Dorothy Resseque 53	1:27.2	500 YARD FREESTYLE	Gretchen Lipe 25	3:00.3	500 YARD FREESTYLE	Gretchen Lipe 25	3:00.3	100 YARD FREESTYLE	John Johnson 42	1:31.6	100 YARD FREESTYLE	John Johnson 42	1:31.6	200 YARD FREESTYLE RELAY	O*H*O	1:43.8	
Dorothy Resseque 53			100 YARD BUTTERFLY	Linda Large 27	:41.1	100 YARD BUTTERFLY	Linda Large 27	:41.1	100 YARD FREESTYLE	John Johnson 42	1:31.6	100 YARD FREESTYLE	John Johnson 42	1:31.6	200 YARD MEDLEY RELAY	O*H*O	:03.5	
Bobbe Smith 50	3:24.0		200 YARD BUTTERFLY	Gretchen Lipe 25	1:12.2	200 YARD BUTTERFLY	Gretchen Lipe 25	1:12.2	100 YARD FREESTYLE	John Johnson 42	1:31.6	100 YARD FREESTYLE	John Johnson 42	1:31.6	US Army	2:32.9		
500 Freestyle	Dorothy Resseque 53	7:45.5	100 YARD INDIVIDUAL MEDLEY	Anne Burkel 26	1:40.3	100 YARD INDIVIDUAL MEDLEY	Anne Burkel 26	1:40.3	100 YARD FREESTYLE	John Johnson 42	1:31.6	100 YARD FREESTYLE	John Johnson 42	1:31.6				
100 yd. Backstroke	Bobbe Smith 50	1:42.7	200 YARD INDIVIDUAL MEDLEY	S. Schlichenmaier 25	1:43.1	200 YARD INDIVIDUAL MEDLEY	S. Schlichenmaier 25	1:43.1	100 YARD FREESTYLE	John Johnson 42	1:31.6	100 YARD FREESTYLE	John Johnson 42	1:31.6				
Bobbe Smith 50	1:42.7		400															

# MASTERS NOTES SWIMMING

DIVING - California Masters Diving is still growing. There are now 58 active divers on the list. The Santa Monica Centennial Meet set two new records for Masters Diving - 44 entries (32 persons) and a crowd of some 300 enthusiastic spectators. Lilas buffet fe (more or less) 84 people at the post meet social. Movies were shown of previous meets and much fun was had by all.....

HEALTH - Grace Deal writes, "My doctor is so enthusiastic over my general health improvement he wants me to send him some Masters literature.".....

AUSTRALIA - Syd Grange, Hon. Secretary-Treasurer of the Amateur Swimming Union of Australia writes, "I thought you might be interested to learn that one of our leading Masters swimmers, Owen Griffiths, age 70, in an official time trial (unpaced) recorded a time of 25 min. 19.7 sec. for 1500 mtr freestyle.".....

BEGINNING - Lynn Bailey writes, "I recently heard of the Masters swim program from a 77 yr old man who participates in the program and works out at the YMCA - Cincinnati. I, too, am now working out at U.C., and find that I am slowly working out of my formerly lethargic, stagnate, go-to-work, do housework etc., etc., etc., syndrome. The initial 1000's of yards is somewhat painful, but rewarding and I'm feeling much better!"

ALL-AMERICAN - Cease Brown writes, "From the April issue of your magazine, I too would like to comment on the All-American selection process. I applaud the efforts of those chosen as "All American Swimmers" and do not suggest to demean the recognition of their fine performances by my following comments. From what I understand, the stated goal of Masters swimming is firstly the physical fitness aspect and lastly the competitive aspect. Then, let us not lose sight of our objectives by singling out the few from the many. As our program becomes more competitive with the growth in the number of swimmers we must ensure that everyone receives the encouraging recognition to continue a sustained and life-long program of physical fitness. Masters swimming - where everyone is a winner.".....

90 & OVER - Jim Cotton from Hawaii writes, "Paul Braggs official time was 3:35 for the 50 yard freestyle and he is the oldest competitor so far at the age of 94.".....

JERSEY MASTERS - The East Coast Masters Invitational Swim Meet at Princeton, NJ on May 3, 1975 was the scene of many top performances, culminating in a special event: the 10-person, 1000 yard Freestyle Relay, where each 5 year age bracket must be represented by a swimmer. Hawaii originated the event, and Jersey has advanced it. Much interest and excitement was generated - to find people for all legs, and to see who finally got to swim. The Jersey Masters Swim Team fielded both a men's and a women's team for the 10-person relay. The women's team is a first, so this provides a newly established record, while the men broke their own record set in March, with 5 of the 10 names changed since then. The women's time was 18:27.52 and the men's was 11:32.15. Jersey would like to see this event grow. It has put interest into our club beyond that of ordinary competition and boosts the broad principles of masters swimming - exercise, participation and fun!

MASTERS SWIMMING IN SACRAMENTO - The Southgate Recreation and Park District announced that a new Masters Swimming program has started at Rutter Swim Center in Sacramento, CA. "With the amount of veteran swimmers in the Sacramento area, we hope to provide a top Masters program to meet their aquatic interest," states coach Pat Kelly.....

THANK YOU - I would like to take this time and opportunity to thank all the many kind inquires concerning my daughter Casey. I would like to be able to answer each and every inquiry personally, but at the moment it's quite impossible as I'm driving back and forth to an out of state hospital several times a week. Right now I'm hoping that she will survive her operation and, hopefully it will be a successful operation. Thankyou, everyone, again. (Judith Coble).....

WATCHES - The SPA Masters Committee recently purchased a dozen STT-1 digital timers which are now being used at their meets in place of stop watches. These are easy to read and hopefully will do away with timing errors and encourage more volunteer timers. The committee spent \$1500.00 to purchase these timers and are pleased that they have been able to make such a contribution to the Masters Swimming program.....

OFFICIALS - The Jersey Masters have been successful in soliciting the aid of Catherine Meyer in helping their group and officiating at meets and becoming an associate member of Jersey Masters. Kay has been associated with AAU Aquatics for a number of years.....

# SWIM-MASTER

5340 N. E. 17th Avenue  
Ft. Lauderdale, FL 33334



## FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

# SWIM MEET SCHEDULE

SEP 6, OCT 18	Masters Diving in Calif. - Bill McAlister, 14407 Road 23-1/2, Madera, CA 93637
OCT 5, OCT 14, NOV 11, DEC 7, JAN 6, JAN 25, FEB 2, MAR 2, MAR 21, APR 6, APR 24-25, MAY 4, JUN 1	New England AAU - Enid Uhrich, 25 Lafayette Rd., Newton Lower Falls, MA
AUG 8-10	New York LC - Lois O'Donnell, 45 Miller Pl, Levittown, NY 11756
AUG 8-10	Regional LC - F. M. Lurie, 700-1/2 S. Highland, Bloomington, IN 47401
AUG 9	Gold Coast LC - Nancy Barnett, 1715 N. "K" St, Lake Worth, FL
AUG 9-10	L.A. Invitational - Anne Adams, 8600 Balboa Ave, #36C, Northridge, CA 91324
AUG 9-10	C.A.A.U. LC - Gladys Olsen, 3142 N. Sayre, Chicago, IL 60634 - Portage Park
AUG 10	LEA-AMA LC - Tom Cloyes, 1642 Cleaveland NW, Canton, OH 44703 - at Pitts.
AUG 16	Minn. Masters Meet - David Beardsley, 1380 Terr. Dr., Roseville, MN 55113
AUG 16-17	Lawrenc LC - David Schmidt, 622 D. Schwartz, Lawrence, KS 66044
AUG 16-17	LEA-AMA LC at Canton, OH - Tom Cloyes (above)
AUG 16-17	Concord LC - c/o Masters, Concord Swim Team, P.O. Box 33, Concord, CA 94520
AUG 16	Brown University - Enid Uhrich (above)
AUG 22-24	NAT DIVING CHAMP - Clovis, CA - Bill McAlister, 14407 Road 23-1/2, Madera, CA
AUG 29-31	NATIONAL LONG COURSE SWIMMING CHAMPIONSHIPS - University of Tennessee Dr. John P. Crews, 105 W. Malta Rd., Oak Ridge, TN
AUG 31	Waikiki Swim Club - Bruce Clark, 91-966 Hanokahi St., Ewa Beach, HI 96907
AUG 31	Melbourne SC - Pam Yarborough, 1908 Garner Ave., Melbourne, FL 32935
AUG 16-17	York Dutch Meet - Cal Schaeffer, 2826 Eastwood Dr., York, PA 17402
SEP 13	Greensboro Central Y - Nancy Clark, 600 Catalina Dr., Greensboro, NC 27403
SEP 7	Fayetteville Y - Dorothy Ressiguie, Route 1, Tar Heel, NC 28392
SEP 21	YMCA - Mrs. Virginia Hildebrant, 5167 Robinhood Dr., Willoughby, OH 44094
SEP 21	Masters SC Pentathlon - Anne Adams (above)
SEP 27-28	Marin A.C. SC - c/o Marin A.C., P.O. Box 865, San Rafael, CA 94901
SEP 27-28	Greater Kansas City - Herb Martin, 606 W. Red Bridge Rd, Kansas City, MO
OCT 11-12	De Anza SC - c/o De Anza S.C., P.O. Box 270, Cupertino, CA 95014
OCT 19	Cal Tech Masters - Anne Adams (above)
OCT 19	SC Pentathlon - Sacramento Y - c/o Larry Sidener, 2121 W. St, Sacramento, CA
NOV 2	Jersey Masters SC - Fred Stickel III, 571 Pompton Ave, Cedar Grove, NJ 07009
NOV 9	North/South Dual Meet - Anne Adams (above)
NOV 20-23	NSPI Convention - New Orleans' Rivergate Exposition Center
NOV 30-DEC 6	AAU ANNUAL CONVENTION - NEW ORLEANS
DEC 6	Long Beach - Anne Adams (above)

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ROUGH WATER SWIMS - AUG 9 - Santa Cruz; AUG 10 - Laguna Beach; AUG 16 - Will Rogers Beach; AUG 23 - Hermosa Beach & Santa Monica; AUG 30 - Maui Channel - 6 person relay; SEP 1 - Oceanside & Waikiki, Honolulu; SEP 7 - La Jolla. For info, send stamped, self-addressed envelope to Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045.