



# SWIM-MASTER

VOL IV - No 7 OFFICIAL PUBLICATION OF THE MASTERS SWIMMING COMMITTEE SEPTEMBER 1975

## Masters Swim 'To Stay Young'

### 'Masters' Open National Meet



**CLOCKWORK** — John Higgins, former U.S. Naval Academy swim coach, checks his time with Jan Katz. Both are on the U.S. Swimming Foundation Board of Directors.



News-Sentinel Photo by Jack Kirkland

**TIME CHECK** — Clarence Ross (left), 75, of New Jersey, verifies his 1500-meter time with John Crews, director of the AAU Long-Course Masters swim event at UT. Ross bettered the meet record.



**SWIM CHAT** — John McGuire, 71, poses with John Spanuth, who started the U.S. Swimming Foundation and helped organize the AAU Masters aquatic program.

News-Sentinel Photos by Jack Kirkland

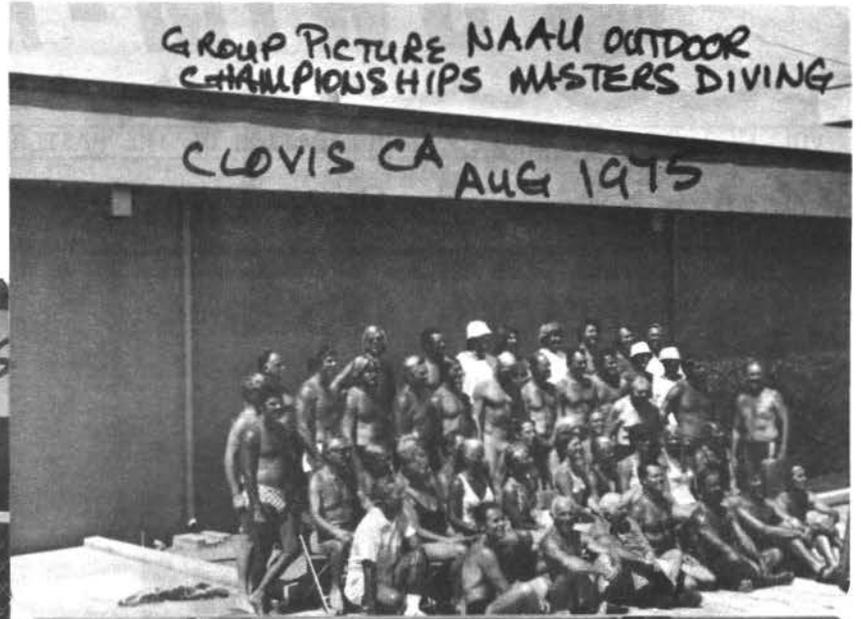


**BEING BETTY** — Mrs. Betty Brey, D.C. Masters of Washington, is all smiles after winning the 100-meter freestyle in AAU Long-Course Masters competition at UT.

# MASTERS DIVING



JOLLY JOHN SABLE (71) 3  
 GERTA ROSS (70) 2



SHEEKER MAHONEY 3  
 S.F. AQUANUTS 2



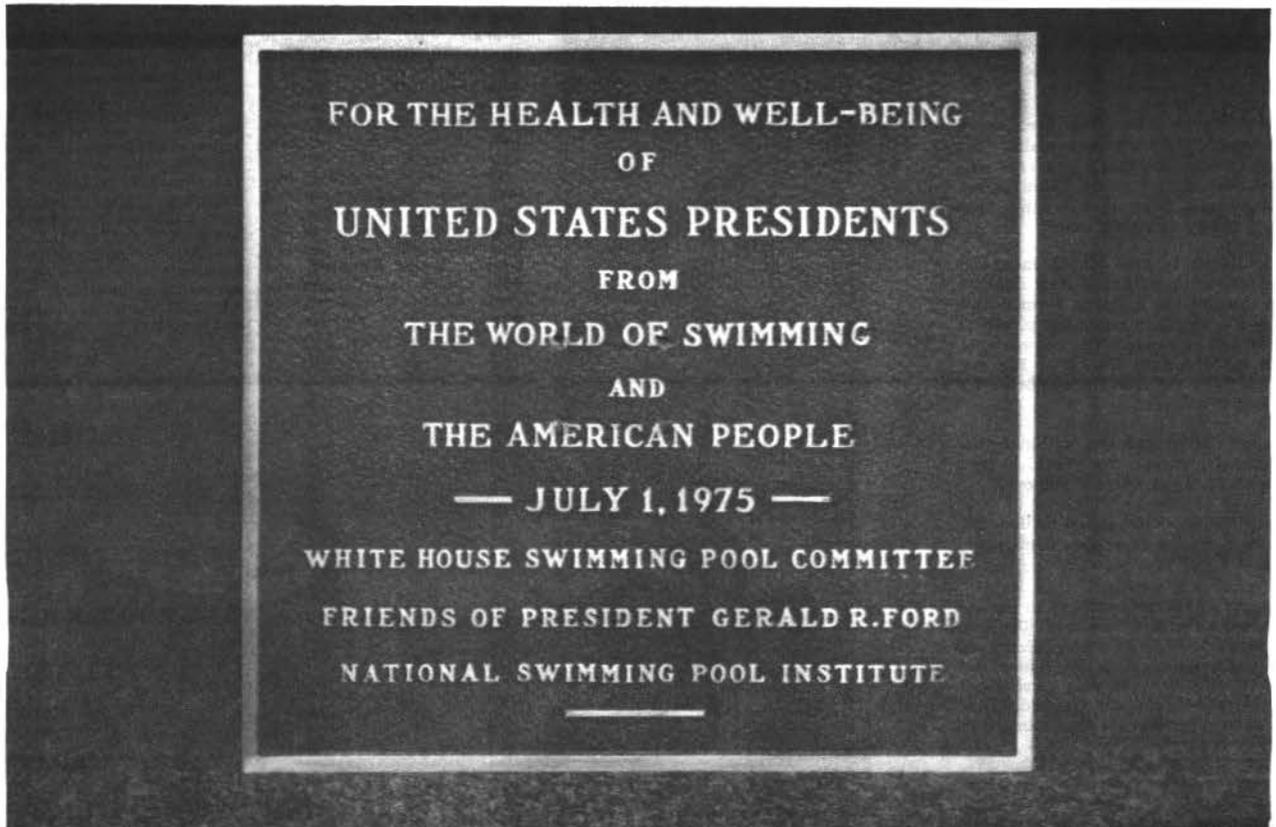
BARB McALISTER 25-29 1M  
 ANDREWS 30-34 1M  
 ANNA PETERSON SHEEKER 40-44 3M  
 PAULA JEAN MEYER POPE



RICH LAUBER 1  
 BILL McALISTER 2  
 JOHN BRINSON 3  
 JOHN DEININGER 4



HAWAII MASTER SWIMMERS AT U.H. POOL, AUGUST 1975 - REAR ROW: Dave Baker, Frank Walton, Jim Cotton, Bruce Allender, Richard Merritt, Bruce Clark MIDDLE ROW: Bob Schmitt, Joan Osborne, Eve Anderson, Judy Rasmussen, Gabrielle Clark, Doug Rice, Bob Rocheleau, Harold Sexton FRONT ROW: Lloyd Osborne, Jean Strong, Vonnice Chotzen, Sayo Nakagawa, Mark Cavaleri, Jim Welch IN FRONT: "Up and Coming" Keala Rasmussen.



Washington D.C. - The bath house now under construction at the White House swimming pool will, when completed, be adorned by this handsome bronze plaque commemorating an event of tremendous significance to the sport of swimming. The 22' x 55' pool was paid for entirely by public donations.

# In this pool — 74 and still champion

By Karen L. Schroeder  
Globe Correspondent

Doris Hogan of Melrose will be competing in four events at the New England Master Swimmers Meet at Brown University this weekend, hoping to hold onto her national record in the 50-yard breaststroke.

The following week she will be celebrating a birthday — her 75th.

"Swimming is the last exercise you can hang onto when you get older," says the lively Mrs. Hogan. "Oh, you can always go walking, but walking is such a bore, and it doesn't use nearly as many muscles as swimming."

Mrs. Hogan won her first swimming cup in 1915 at a meet held in the Connecticut River and continued to swim competitively until her early 20s. But it had been over 50 years since her last meet when a friend suggested that she compete in a couple of events at a Master Swimmers meet in December 1974.

She decided to try it — and finished last in both events.

Even so she won two blue ribbons and set two national records, because she was the only one swimming from her 70-79 age group. Her record in the 50-yard freestyle was later broken by a Florida woman, but her time of 1:08 in the 50-yard breaststroke is still tops in the country.

"I just happen to be a fluke because I'm so old," the Melrose woman explains, "but you must understand that I have very efficient strokes. Just because I'm a grandmother doesn't mean that I can't keep moving and having a good time."

Mrs. Hogan is one of 125 men and women who are members of New England Master Swimmers, a group formed two years ago to organize meets for people 25 years of age and older. The chairman of the group, Mrs. Enid Uhrich of Newton, says that there are as many members over the age of 45 as under.

Competition is grouped within 5-year age brackets, except that the last two groups are 70-79 years and 80 and over.

Mrs. Uhrich, a 53-year-old math teacher, stresses that no experience is necessary to join.

"I never swam competitively in my life until about a year ago," she says. "We have some people in the group who didn't even know how to swim before they joined. But the other members are very good about helping them out, and the whole idea is to swim against your own best time, not against other people."

"Everyone cheers you on no matter how you do," Mrs. Uhrich adds. "We're all in the group just to enjoy ourselves while getting some good exercise lying down."



MRS. DORIS HOGAN  
... still in the swim

## Gym Masters Swim In Wisconsin Meet

Pat Clinton, Jane Huber, and Rexene Ashford of the A.C.C. Masters Swim Team competed July 26 in the Parkside Masters Continental Invitational Long Distance swim meet in Menomonee Falls, Wis. Ms. Clinton took a first, Ms. Huber a second, and Ms. Ashford a fourth in their respective age groups.

A total of 54 men and women, aged 25 to 59 and from 13 states, entered the meet. Women swam 1½ miles, men 2 miles in counter-clockwise laps around markers 220 yards apart.

Ms. Clinton, 47, finished first in a field of 13 women with a time of 43 minutes, 38 seconds, just three seconds ahead of Edith Gruender, 46, of Phoenix, Ariz. The two women swam neck-and-neck for the entire mile and a half. Ms. Clinton's time was six minutes faster than her time for

the same distance in Lake Placid a year ago.

Ms. Huber placed second in the 40-44 age group with a time of 52 minutes, five minutes better than her Lake Placid mark. Ms. Ashford placed fourth in the same age group, using the breaststroke most of the way. She swam the distance in 61 minutes, 51 seconds, four minutes better than last year.

The three women all participated in an unusual warm-up for this meet: they were all involved in the nine-mile swim of Lake Otsego four days before. James Edwards and Judge Robert Beach, who also swam the lake, both placed second in their age groups in Wisconsin. Edwards' time for the two miles was 54 minutes, and Beach swam the distance in 51 minutes, 49 seconds.

## Six Swim Lake Otsego

Cooperstown, who started earlier than the rest, swam with a mask and snorkel and finished in 4 hours, 52½ minutes.

Terri Phillips, a 19-year-old Village lifeguard, swam the nine miles in 5 hours, 42 minutes, and Rexene Ashford of Cooperstown, 44, finished in 6 hours, 50 minutes. Both women swam almost the entire length breaststroke.

Of the other local swimmers who started out to swim the length, Karen Curley swam seven miles, Bill Graham and his daughter, Judy, stopped at Three Mile Point, and Jean Ashford swam about two miles.

A light wind from the south was the only unfavorable factor influencing the swim, as the day was warm and the lake temperature pleasant. The swimmers started in two groups from Lakefront Park: the first at about 10:30 a.m. and the second shortly after noon. All finished between 5 and 5:30 p.m. A picnic supper was provided at the Ashford home for all competitors and boatmen.

James K. Edwards, a lawyer from Providence, R.I., who hadn't planned on swimming the entire nine miles, established a new record for the length of Lake Otsego July 23, when 10 swimmers attempted to swim the distance and six finished. Edwards, 52, a Masters swimmer who regularly competes in long distance rough water swims, swam the length in 4 hours, 51½ minutes.

Three others finished in less than 5 hours, the previous record set last year by Bob Dauchy. Judge Robert Beach, of St. Petersburg, Fla., was just two minutes behind Edwards, and Pat Clinton of Cooperstown swam the distance in 4 hours, 56 minutes. Joe Bozosi of



PAT CLINTON hears yells of encouragement from her son, Wayne (right) and her nephew, Steve Clinton, as she nears the end of her nine-mile swim. Mrs. Clinton was one of ten people who attempted to swim the length of Lake Otsego Wednesday, and one of six who made it. She tackled the lake in four hours, 56 minutes.

## D.C. Team Dominates Swim Meet

**Special to The Washington Post**  
**KNOXVILLE, Tenn., Aug. 29** — Defending champion D.C. Masters dominated first-day competition in the National Amateur Athletic Union-Masters long-course swimming championships today.

Betty Brey, 1952 Olympian from Rockville, Md., led her aged 35-and-over relay team to victory. The D.C. Masters women also won relays in the over-25, over-35, over-45 and over-55 events.

The D.C. Masters men's relay team topped the over-25 division, finished third in the over-35, and were second in the over-45 and over-55 events.

In the 1,500 individual event, Helen Hummer of Washington won the over-55, in 28:11.

## Swimmer, 82, Captures Five AAU Medals

**Special to the Washington Star**  
**KNOXVILLE, Tenn.** — Nellie Brown, the 82-year-old swimmer from Alexandria, Va., won five gold medals here over the weekend in the AAU National Long Course Masters Swim Meet.

Brown took first place in the 80-and-over women's 50, 100, and 200-meter freestyle events and the 50 and 100-meter backstroke.

The D.C. Masters 40-swimmer squad accumulated 41 gold medals for 960 points, winning the team title over the Illinois Masters, who had 30 points.

Nancy Clark, 61, of McLean, Va., also had five gold medals while Betty Brey, 43, of Rockville, Md., had four. Col. A.H. Gideonse, 41, of Alexandria had four gold medals.

The masters swimming event, held at the University of Tennessee, was for swimmers 25 years of age and older. The D.C. Masters club has over 100 members, many former AAU and college champions.

Brown, the oldest swimmer in the club, has been swimming since she contracted polio as a child. She spent 45 years as a school teacher in Alexandria.

## D.C. Masters Win National AAU Swim Title

**Special to The Washington Post**  
**KNOXVILLE, Tenn., Aug. 31** — The Washington, D.C., Masters swim team, led by 82-year-old Nellie Brown who collected five gold medals in the three-day competition, easily won the AAU national long-course swimming championships which concluded today.

No official point totals will be available until Tuesday but Washington was estimated to have nearly doubled the point total of the second-place Illinois Masters Swim Club.

Washington won eight relay races today and finished first in 14 of 20 relay races during the three-day meet.

Nancy Clark, 61, of McLean, Va., also won five medals, followed by Col. H. A. Gideonse of Alexandria, Va.; Betty Brey of Rockville, Md.; Ellen Hummer of Washington; and Dave McAfee of Alexandria, each with four golds.

Stan Craigie of the Capital East Swim Devils, the other Washington team, which finished farther back in the 80-team competition, also won four gold medals.

### Americans Sweep Relay Competition

**TOKYO, Aug. 31 (AP)** — American swimmers, after winning all but one champi-

onship in Japan's national swimming meet, raced off with all the honors today in relay competition but missed breaking their record in the 800-meter freestyle relay.

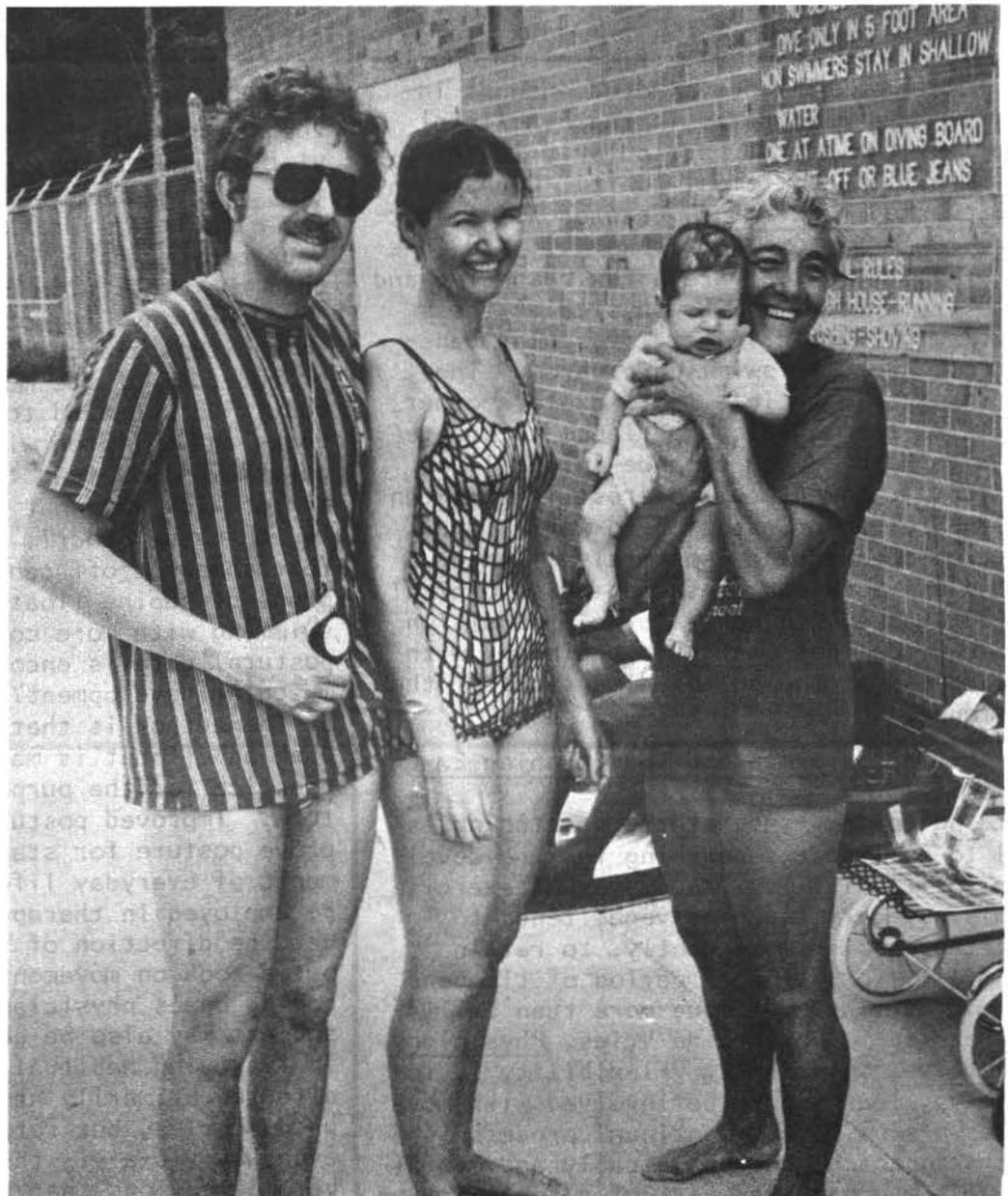
Officials included an 800-freestyle on the program to give the Americans a chance to try for the world mark of 7 minutes 3.22 seconds, set by a U.S. team in 1973.

But the American "A" team of Jim Montgomery, Mike Currington, John Naber and Bruce Furniss fell short of the mark in 7:45.89. The second U.S. team, Brian Goddell, Bob Hackett, Steve

Furniss and Greg Jagenber, finished in 8:15.49. The Japanese did not enter a quartet.

The U.S. men's team of Naber, Rick Collela, Steve Baxter and Montgomery also won the 400-meter medley in 3:49.52. The same quartet that missed the 800 record won the 400-meter freestyle in 3:40.536.

Linda Jezek, Laura Sterling, Camille Wright and Shirley Babashoff won the women's 400-meter medley in 4:28.83. The women's 400-meter freestyle relay was won by Kim Peyton, Kathy Heddy, Valerie Lee and Babashoff in 4:00.70.



Last year, D.C. Masters president Bob Husson married teammate Susie Shephard, and now they have a son Daniel. Shown here with the 5-week old boy are the parents and honorary grandmother, Helen Hummer. Real grandmother, Rita Shephard, was away swimming with Southern Ohio Masters. At the LC Nationals in Knoxville, TN, Susie, still nursing her 7-week old son, won the 100 mtr free.

by Joyce Louise Bloom



There is a variety of elements which comprise the athletic experience. Noted authors in swimming have elaborated in the beneficial effects of the sport, particularly in terms of a life-long commitment to it. Counsilman, (The Science of Swimming, Chapter XIII); Hutinger, (Swim-Master, VOL IV No. 4); and Cureton, (Vol. II, No. 5) are a few respected and noteworthy writers on the physical fitness outcomes, particularly cardiovascular benefits, of a regular swimming program. The purpose of this article is to explore other aspects of the aquatic experience to create a physical and mental balance in our lives. The specific aspects of interest in this connection are: an orientation to warmup and conditioning exercise, postural alignment, feeling and body awareness and philosophical considerations. In general the proposition is that we can balance "hard training" with an awareness of the softer dimensions of the experience.

#### Orientation to Warmup and Conditioning Exercise

According to de Vries, static stretching is equal to ballistic stretching for the development of flexibility. A system of exercise in this category, such as yoga, tends to treat the muscles more gently, to retain flexibility for a longer period of time and to avoid tearing of tissue more than ballistic exercise. (Herbert de Vries, Physiology of Exercise, Chapter 22, "Flexibility"). In many ways, learning to be involved with movement as a slow, even, continual process is a healthy approach, both physically and mentally. This approach, as part of a total training program, allows the swimmer to design a conditioning program or a warmup program which balances some other work that may be done. For example, the Masters athlete may be lifting weights to improve strength.

To learn static stretching exercises is a good investment for the development of flexibility. Integrating static stretching exercises with a general fitness program can help to produce a sense of an integrated mind and body. Not all elements in swimming preparation need be forcing, pushing, attempts with only one goal in mind; to break through limits. One of the worthwhile goals is to build a beautiful body. The exercises are preparation for swimming. They are also means to the improvement of the physical structure of life itself, our human frame.

#### Postural Alignment

Good body position is imperative in the water in order to propel the body efficiently. Good body position is also something to strive for because of the effects on posture. If one pays some attention to the position of the head, spine, limbs and to the relationship between the body parts to each other during the different phases of a stroke, then self-analysis of individual postural deviations may be possible. Furthermore, swimming may be used to help minimize or correct these faults. For example: Is one side of your body, i.e. a hip and shoulder, higher than the other side of the body? This is true for many, if not most people. It is due to habitual stances and carriage of the body, or underuse of the muscles on one side of the body. Do you tend to carry packages, pocketbooks and children with one arm and not the other? Do you tend to pull harder with one arm or kick somewhat differently with one leg than the other? Does the head tend to rest somewhat off center when we assume the prone or supine floating positions? Can swimming with more conscious attention to postural details encourage a more balanced muscular development? Obviously the position of the author is that positive outcomes ensue when an effort is made to utilize swimming practice for the purpose of correcting posture. Improved posture in the water can improve posture for standing and for the movements of everyday life. Swimming can thus be employed in therapeutically subtle ways under the direction of the swimmer. Checking out a book on movement and alignment or engaging one's physician in conversation on the subject may also be good ideas. The emphasis in improving habitual postural faults is not directed primarily at over using the underused muscles, but rather in working in a more even way vis-a-vis the axes of the body. It becomes obvious that the benefits of swimming are not limited to the increase in speed. Swimming mechanics are important for the purpose of working the muscles for fitness first, speed second.

### Feeling and Body Awareness

When we think of feeling, what may first come to mind is the feeling of the water on our bodies. It is necessary, of course, for the swimmer to be on intimate terms with the feeling of the water on the palms while pulling through the stroke. Another necessary kinesthetic awareness is frontal resistance: "the resistance to forward progress that is created by the water immediately in front of the swimmer or any part of his body." Moreover, "perhaps a great natural swimmer, possessing this nebulous quality of feel for the water, is simply a person able to receive these multiple sensations, impart meaning to them, and adjust his stroke pattern accordingly."<sup>2</sup>

We may also think of feeling as the flow of one's own emotions into consciousness; thoughts and feelings manifesting themselves and subsequently leaving. As a simple form of meditation we can witness the thoughts that come through our minds and disappear from our minds. We can likewise allow our feelings to come through us. We can select appropriate moments to swim just for the sheer pleasure of the feel of the water on our bodies; just for the opportunity to experience our thoughts and feelings. This co-mingling of physical, mental and emotional relaxation will help us to completely enjoy swimming more and to learn more about ourselves as well. Mental relaxation is part of the key toward a free flow of movement. There is ease and grace akin to a feeling of suspension in the medium of the water. This is the full measure of the athletic experience. Forging the frontiers of speed is an honorable human endeavor. Total concentration on speed, though, closes off the possibilities of having other feelings about swimming.

Allowing feelings and awareness of the body teaches the lesson of a greater understanding of the aesthetic. Do you Masters swimmers take enough time to notice how absolutely gorgeous all of you look as you go down your lane (be it churning or plodding or floating or gliding or racing)? Your movements are certainly an aesthetic experience for the onlooker. Perhaps you can become more aware of the aesthetic nature of the experience as you are in it.

We not approach the question of competition. Competition is a fine choice (and fun too!) It is not, however, a raison d'etre. There is much value in non-competition as well. To

swim in a smooth, easy way is beneficial for the body, relaxing for the mind, helpful for stroke analysis, and healthy for the development of a balanced person. Human beings should not always rush and race on land, neither should they always focus their attention on racing in the water (even in their practice sessions). Sometimes it is important to focus on the self, rather than focusing on the self in relation to others on narrow criteria of achievement.

The effortlessness of a performance for which great strength is needed is a spectacle of whose aesthetic beauty the East has an exceedingly sensitive and grateful appreciation.<sup>3</sup>

We can become more sensitive to the beauty of swimming.

### Philosophical Considerations

It is possible to play with the idea of the recognition of opposites.

A block to self-realization through (movement) is the emphasis on speed in which the artist reflects scientific progress and the ever accelerating pace of living. Again the answer from the East is Stop! Movement and stillness are not separated. Movement and stillness include each other in achieving unity, and they are affective in human awareness....<sup>4</sup> motion and nonmotion are part of each other.

Someone who is interested in the deeper reaches of the self may look in stillness or in motion, or with a frame of mind that encompasses aspects of both concepts. The winner of a race is judged objectively. The experience of self is subjective and just as valid. Masters swimming encompasses each type of experience, as it accommodates the variety of ages, speeds, sexes and body types -- all of us. Let us really enjoy the many experiences of motion in the pool. Let us celebrate Masters swimming!

1 Councilman, James. The Science of Swimming Prentice-Hall, (N.J., 1968 p. 3)

2 Ibid. p. 179

3 Herrigel, Eugene. Zen In The Art of Archery Random House, N.Y., 1971, p. 46

4 Fraleigh, Sandra Horton, "Humanizing Dance Education; Eastern Acquisitions", in Journal of Phy. Ed. and Rec., Vol 46, No 5, May 1975 P. 52

# Dripping Wet, But Still A Lady

By AL LEVINE  
Executive Sports Editor

When Stella Taylor emerged from the English Channel nine days ago, her back was bruised, her left arm was nearly paralyzed, sores covered her mouth and her tongue was swollen.

But her eye makeup was still on after the 18-hour, 15-minute swim from England to France.

"I'm a lady, first," Taylor explained yesterday. "I always wear makeup when I swim. My friends kid around that they have to get me to the water an hour before my swims so I can make up my face."

Now that she knows a certain brand of eye covering will withstand 18 hours in the English Channel, Stella plans to take the information to the manufacturer hoping to win an endorsement that will help pay for some of her adventures.

After this last one, she said, "I may have to sell my car to pay off my bills."

Taylor, the 40-year-old Fort Lauderdale lifeguard who became the oldest woman to cross the English Channel in 1973, returned home yesterday after failing to become the first woman to swim the Channel round trip.

The next attempt, she said, will hopefully be financed by more than just herself. It's an expensive proposition, sitting around Dover, England, for 45 days waiting for the proper tide conditions.

At least this time she got to go in the water. A year ago, Taylor spent 11 weeks in Dover patiently weathering gales in the Channel. She never did swim.

"This time was a tremendous test of patience," she said, recalling 45 days of waiting and training and shopping and "eating fish and chips." She said, "Most people give up after two weeks."

Taylor grew impatient after a time, anyway, and decided to challenge the high spring tide. "I was waiting for a neap tide, which is a short tide that comes in about twice a month."

The neap turned out to be nasty.

"I was battered about but I hassled on," said Taylor. "Four-foot waves came smashing into my back and going over my head. It was hard to bash through them.

"In '73, I had a calm crossing. But I'm glad this one was rough. It gives me a tremendous sense of accomplishment. When you do something that's hard, you get more out of it than if it wasn't, don't you think?"

She was chagrined that a fellow swimmer the tender age of 21 passed out after 12½ hours. A male, no less. "I was so conscious the whole time," Taylor said. "It was too rough to even have a partial sleep. I doze off in the Hall of Fame pool all the time while swimming. The roll lulls you. This was just a fight."

There will be another opportunity to cross the Channel both ways, Taylor is certain, but she'd rather do something a little closer to Fort Lauderdale.

"What I'd really like is to swim Fort Lauderdale to Rimini," she said. "But I know I'd be eaten alive by sharks."

**ROUGH WATER SWIM:** The first annual women's swim from Alcatraz Island to Aquatic Park in San Francisco was held August 16, 1975. 23 swimmers started the rough 60° water swim and 14 finished. Four swimmers were assigned to each pilot rowboat, hence the faster swimmers were paced by the slowest swimmers. The six heats of swimmers left 30 sec apart. Of the first four finishers in piolet boat #1, three were San Mateo Marlin Masters, Kristy King 27, Sally Jo Antonchuck 30, Sue Royston 33. The fifth finisher and oldest swimmer was Zada Taft 56, also of the SMM. Betty Talbot from San Fernando Valley Masters came in with the thirst pilot boat. The first three made the icy swim in 1 hr 16 min. Zada's time was 1 hr 24.3 min. Betty's time 2 hr 6 min. Next year the swim will be on an individual basis with pilot boats guiding the way but no waiting in the freezing water for a slower swimmer. This should improve the times considerable. Without the pilots the swimmers would surely have been swept out to sea with the tides. None of the final finishers had seen the movie "Jaws". Now?...

**1975 AAU MEN'S & WOMEN'S MASTERS OUTDOOR DIVING CHAMPIONSHIPS:** The Championships were held in Clovis, CA on August 23 & 24. 41 men and 8 women took part for a total of 95 participations. In attendance were five former Olympic Team members: Al White, member of the 1920 and '24 Olympic teams, Vicki Draves, Paula Jean Meyers Pope, Barbara McAlister Andrews and Ann Peterson Sheerer. Al White and Vicki Draves did not participate. The Clovis Chamber of Commerce sponsored the meet in cooperation with the Clovis Unified School District. The only serious injury suffered in the meet was by Tom Hairabedian, from the Kansas City Masters Diving Team, who suffered a pulled muscle in the calf of his leg and had to withdraw from the meet. Ara Hairabedian, head swimming and diving coach at the Fresno University, gave an excellent speech at the Masters Banquet held at the Fresno Ramada Inn on Saturday night. Bill McAlister of Madera, CA served as meet director.....

**NEW BROCHURE:** A special meeting was held on August 28th in Knoxville for the purpose of writing a brochure explaining the Masters Swimming Program. I wish to express my thanks to John Spannuth, Cease Brown, Paul & Patty Hutinger, Judith Coble and Janice Krauser for attending any my special thanks to Bill Pflaum, Public Relations man for the National Swimming Pool Institute, who not only attended but used his fine talents to write a most interesting brochure. It is in the process of being finalized and we hope it will be available soon and to any group who might be able to use it.....

# MASTERS CORNER

By Capt. Ransom J. Arthur



The National Championships in May will mark the fifth anniversary of the birth of Masters swimming. During the first year after the program was started I was able to attend virtually all of the few but very pleasant meets. Now, as I look at the schedule at the back of *Swim Master*, I am pleased to see literally scores of meets being held throughout the country. It is entirely fitting that our fifth birthday party be held at the International Swimming Hall of Fame and that it receive the maximum amount of publicity. We are down to a dwindling handful of those who have attended every meet since the first one, but I shall do my best to keep up the attendance.

From time to time I like to report to you on various medical findings which are of interest to the Master's program. I have said repeatedly that there have been no studies to date which have failed to show either a positive benefit to health from exercise, or at worst, a few studies which purported to show no effect. In no instance has there been, on a mass scale, any deleterious effect on cardiopulmonary health shown from a carefully graduated and supervised exercise program.

In a recent issue of the *New England Journal of Medicine* yet another study has appeared which confirms the beneficial effects of hard physical exercise on cardiovascular health. Earlier studies relating exercise and the prevention of heart disease have been heavily criticized, often with good reason, on methodological grounds. However, this particular study was carried out in the most meticulous and scrupulous fashion. It involved the study of the effect of exercise obtained, not from recreational pursuits, but by hard physical work. The study population was that of the longshoremen of San Francisco.

The longshoremen were divided into three groups: those whose jobs were primarily sedentary, that is, for example, clerical in nature; those who had brief periods of exercise during the years studied; and the third group, those who had heavy physical exercise over a period of years. The group consisted of 6,351 men, aged 35 to 74 years upon entry to the study, who were followed for 22 years or to death or to age 75. Estimates of work years were done on the basis of energy and oxygen cost requirements of the job. The study indicated that there appeared to be a protective effect for those who were in the high exercise, that is high work, category, whereas the medium and low categories had considerably higher coronary death rates than the heavy exercisers. The medium and low categories had essentially the same rates. The authors postulated a threshold effect for those who were heavy exercise workers. In keeping with previous studies, they showed that the protective effect was particularly marked against the sudden death syndrome from an acute heart attack.

This study is further confirmation of all the studies cited in my original paper of some years ago showing, first, the necessity of continuous exercise of a demanding nature over a period of years and, second, the particular protective effect against sudden death possessed by individuals who have a high degree of cardiovascular fitness. It must be reiterated, however, that these are all actuarial or statistical statements rather than absolute ones, so that we cannot absolutely guarantee that continued physical fitness through heavy exercise will protect you against all heart attacks. But, I think we can say with certainty that it will afford a considerable degree of protection. Those who wish to refer to the original study will find that it is published in the *New England Journal of Medicine*, Volume 292, March 13, 1975, p. 545.

One of the little pleasures that make swimming fun is swimming outdoors in differing atmospheric conditions. We all prize clear water and sunny skies with our shadows gliding along the bottom. But April days can be splendid, too, with alternating light and shadow as clouds move swiftly above. Rain corrugating the surface has its charm and freshness even in the midst of a heavy workout.

MEN 55-59		MEN 65-69	
50 meter freestyle		50 METER FREESTYLE	
C. Dunworth	:37.5	S. Pray	43.8
100 meter freestyle		100 METER FREESTYLE	
C. Dunworth	1:23.9	S. Pray	1:43.5
200 meter freestyle		200 METER FREESTYLE	
C. Dunworth	3:15.4	S. Pray	3:56.4
50 meter breaststroke		50 METER BACKSTROKE	
H. Rossmore	:46.5	S. Loeffler	1:00.6
50 meter butterfly		100 METER BACKSTROKE	
C. Dunworth	:46.6	S. Loeffler	2:27.5
200 meter butterfly		200 METER BACKSTROKE	
H. Rossmore	4:50.5	S. Pray	4:48.1
200 meter I.M.		50 METER BREASTSTROKE	
C. Dunworth	3:57.6	S. Loeffler	55.4
400 meter I.M.		200 METER BREASTSTROKE	
H. Rossmore	8:57.9	S. Loeffler	5:31.4
		50 METER BUTTERFLY	
		S. Pray	1:01.4
MEN 60-64		MEN 70-79	
50 meter freestyle		50 METER FREESTYLE	
G. DeCarlo	:40.9	John Moore	44.6
200 meter freestyle		100 METER FREESTYLE	
G. Silvera	3:09.6	John Moore	1:36.0
400 meter freestyle		Joseph Scheu	2:33.7
G. Silvera	7:10.2	200 METER FREESTYLE	
50 meter backstroke		Joseph Scheu	6:02.5
G. Silvera	:44.0	400 METER FREESTYLE	
G. DeCarlo	1:07.5	Joseph Scheu	13:34.5
100 meter backstroke		50 METER BACKSTROKE	
G. Silvera	1:45.6	John Moore	54.5
200 meter backstroke		Joseph Scheu	1:18.2
G. Silvera	3:42.6	100 METER BACKSTROKE	
50 meter breaststroke		John Moore	2:08.3
G. DeCarlo	1:02.8	Joseph Scheu	2:54.1
		200 METER BACKSTROKE	
		John Moore	4:35.9

## SUBSCRIPTION FORM



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Ft. Lauderdale, FL 33334

**FOR THE RECORD**

MEN 40-44		WOMEN 40-44		MEN 25-29		200 METER INDIVIDUAL MEDLEY	
50 YARD FREESTYLE	Gary Nelson 40	28.7	50 METER BACKSTROKE	44.10	Jan Soderstrom 29	29.33	David Vear 43
100 YARD FREESTYLE	Gary Nelson 40	1:17.3	100 METER BACKSTROKE	1:38.23	100 METER FREESTYLE	29.40	400 METER INDIVIDUAL MEDLEY
50 YARD BREAStroke	Gary Nelson 40	44.5	50 METER BREAStroke	48.49	Jan Soderstrom 29	1:04.08	Burwell Jones 42
100 YARD IND. MEDLEY	Gary Nelson 40	1:26.0	100 METER BREAStroke	1:49.02	Ron Krier 28	1:05.19	Art Welch 42
50 YARD FREESTYLE	Daniel Gruender 45	30.2	200 METER BREAStroke	3:48.90	Carl Pick 27	1:06.43	David Vear 43
100 YARD FREESTYLE	Dale Marenda 47	32.3	400 METER INDIVIDUAL MEDLEY	7:46.45	Jan Soderstrom 29	1:08.49	MEN 45-49
50 YARD BREAStroke	Daniel Gruender 45	1:12.0	50 METER FREESTYLE	35.96	Ron Krier 28	2:28.49	50 METER FREESTYLE
100 YARD BREAStroke	Dale Marenda 47	1:18.2	100 METER FREESTYLE	39.02	Jan Soderstrom 29	34.93	Bob White 48
50 YARD BUTTERFLY	Dale Marenda 47	35.0	200 METER FREESTYLE	41.7	Dale Jenkins 25	35.00	Ed Kirk 45
100 YARD BUTTERFLY	Dale Marenda 47	41.7	400 METER FREESTYLE	2:11.24	100 METER BACKSTROKE	36.23	400 METER FREESTYLE
50 YARD FREESTYLE	William Wade 60	30.5	50 METER BREAStroke	3:16.28	50 METER BREAStroke	1:18.68	50 METER BREAStroke
100 YARD FREESTYLE	Steve Magill 61	42.7	100 METER BREAStroke	5:11.24	100 METER BREAStroke	34.35	100 METER BREAStroke
50 YARD BREAStroke	William Wade 60	49.4	200 METER BREAStroke	6:54.71	200 METER BREAStroke	34.36	200 METER BREAStroke
100 YARD BREAStroke	Steve Magill 61	57.9	400 METER BREAStroke	9:40.61	400 METER BREAStroke	38.05	400 METER BREAStroke
50 YARD BUTTERFLY	Fred Bradley 72	33.1	50 METER BUTTERFLY	10:06.51	50 METER BUTTERFLY	38.69	50 METER BUTTERFLY
100 YARD BUTTERFLY	Fred Bradley 72	1:29.2	100 METER BUTTERFLY	1:29.24	100 METER BUTTERFLY	1:17.02	100 METER BUTTERFLY
50 YARD FREESTYLE	Barbara Reeve 45	31.0	200 METER BUTTERFLY	1:36.41	200 METER BUTTERFLY	1:19.11	200 METER BUTTERFLY
100 YARD FREESTYLE	Bobbi Turcotte 48	1:15.8	400 METER BUTTERFLY	2:30.92	400 METER BUTTERFLY	1:30.40	400 METER BUTTERFLY
50 YARD BREAStroke	Barbara Reeve 45	49.4	50 METER INDIVIDUAL MEDLEY	2:38.30	50 METER INDIVIDUAL MEDLEY	2:46.94	50 METER INDIVIDUAL MEDLEY
100 YARD BREAStroke	Bobbi Turcotte 48	1:03.6	100 METER INDIVIDUAL MEDLEY	4:33.91	100 METER INDIVIDUAL MEDLEY	3:07.08	100 METER INDIVIDUAL MEDLEY
50 YARD BUTTERFLY	Barbara Reeve 45	55.4	200 METER INDIVIDUAL MEDLEY	5:22.42	200 METER INDIVIDUAL MEDLEY	6:36.84	200 METER INDIVIDUAL MEDLEY
100 YARD BUTTERFLY	Bobbi Turcotte 48	59.1	400 METER INDIVIDUAL MEDLEY	6:36.89	400 METER INDIVIDUAL MEDLEY	1:08.77	400 METER INDIVIDUAL MEDLEY
50 YARD FREESTYLE	Barbara Reeve 45	39.1	50 METER FREESTYLE	43.3	50 METER FREESTYLE	2:46.94	50 METER FREESTYLE
100 YARD FREESTYLE	Steve Magill 61	40.2	100 METER FREESTYLE	53.7	100 METER FREESTYLE	39.57	100 METER FREESTYLE
50 YARD BREAStroke	Barbara Reeve 45	45.0	200 METER FREESTYLE	3:18.46	200 METER FREESTYLE	6:51.19	200 METER FREESTYLE
100 YARD BREAStroke	Bobbi Turcotte 48	55.2	400 METER FREESTYLE	7:15.81	400 METER FREESTYLE	3:06.77	400 METER FREESTYLE
50 YARD BUTTERFLY	Barbara Reeve 45	55.4	50 METER BUTTERFLY	4:28.09	50 METER BUTTERFLY	3:06.77	50 METER BUTTERFLY
100 YARD BUTTERFLY	Bobbi Turcotte 48	59.1	100 METER BUTTERFLY	5:02.80	100 METER BUTTERFLY	3:06.77	100 METER BUTTERFLY
50 YARD FREESTYLE	Barbara Reeve 45	39.1	200 METER BUTTERFLY	5:36.60	200 METER BUTTERFLY	3:06.77	200 METER BUTTERFLY
100 YARD FREESTYLE	Steve Magill 61	40.2	400 METER BUTTERFLY	13:46.46	400 METER BUTTERFLY	3:06.77	400 METER BUTTERFLY
50 YARD BREAStroke	Barbara Reeve 45	45.0	50 METER INDIVIDUAL MEDLEY	2:55.75	50 METER INDIVIDUAL MEDLEY	3:02.36	50 METER INDIVIDUAL MEDLEY
100 YARD BREAStroke	Bobbi Turcotte 48	55.2	100 METER INDIVIDUAL MEDLEY	5:05.02	100 METER INDIVIDUAL MEDLEY	4:26.69	100 METER INDIVIDUAL MEDLEY
50 YARD BUTTERFLY	Barbara Reeve 45	55.4	200 METER INDIVIDUAL MEDLEY	1:13.02	200 METER INDIVIDUAL MEDLEY	3:07.86	200 METER INDIVIDUAL MEDLEY
100 YARD BUTTERFLY	Bobbi Turcotte 48	59.1	400 METER INDIVIDUAL MEDLEY	3:02.80	400 METER INDIVIDUAL MEDLEY	6:18.38	400 METER INDIVIDUAL MEDLEY
50 YARD FREESTYLE	Barbara Reeve 45	39.1	50 METER FREESTYLE	6:43.52	50 METER FREESTYLE	7:32.31	50 METER FREESTYLE
100 YARD FREESTYLE	Steve Magill 61	40.2	100 METER FREESTYLE	13:51.95	100 METER FREESTYLE	1:14.35	100 METER FREESTYLE
50 YARD BREAStroke	Barbara Reeve 45	45.0	200 METER FREESTYLE	5:30.56	200 METER FREESTYLE	1:14.35	200 METER FREESTYLE
100 YARD BREAStroke	Bobbi Turcotte 48	55.2	400 METER FREESTYLE	5:30.56	400 METER FREESTYLE	2:51.54	400 METER FREESTYLE
50 YARD BUTTERFLY	Barbara Reeve 45	55.4	50 METER BUTTERFLY	1:53.45	50 METER BUTTERFLY	5:58.59	50 METER BUTTERFLY
100 YARD BUTTERFLY	Bobbi Turcotte 48	59.1	100 METER BUTTERFLY	1:53.45	100 METER BUTTERFLY	44.02	100 METER BUTTERFLY
50 YARD FREESTYLE	Barbara Reeve 45	39.1	200 METER BUTTERFLY	1:12.14	200 METER BUTTERFLY	1:39.62	200 METER BUTTERFLY
100 YARD FREESTYLE	Steve Magill 61	40.2	400 METER BUTTERFLY	1:29.59	400 METER BUTTERFLY	1:39.62	400 METER BUTTERFLY
50 YARD BREAStroke	Barbara Reeve 45	45.0	50 METER INDIVIDUAL MEDLEY	5:30.56	50 METER INDIVIDUAL MEDLEY	31.34	50 METER INDIVIDUAL MEDLEY
100 YARD BREAStroke	Bobbi Turcotte 48	55.2	100 METER INDIVIDUAL MEDLEY	45.0	100 METER INDIVIDUAL MEDLEY	42.83	100 METER INDIVIDUAL MEDLEY
50 YARD BUTTERFLY	Barbara Reeve 45	55.4	200 METER INDIVIDUAL MEDLEY	1:53.45	200 METER INDIVIDUAL MEDLEY	6:21.81	200 METER INDIVIDUAL MEDLEY
100 YARD BUTTERFLY	Bobbi Turcotte 48	59.1	400 METER INDIVIDUAL MEDLEY	1:04.80	400 METER INDIVIDUAL MEDLEY	1:15.59	400 METER INDIVIDUAL MEDLEY
50 YARD FREESTYLE	Barbara Reeve 45	39.1	50 METER FREESTYLE	1:04.80	50 METER FREESTYLE	32.65	50 METER FREESTYLE
100 YARD FREESTYLE	Steve Magill 61	40.2	100 METER FREESTYLE	1:15.59	100 METER FREESTYLE	43.55	100 METER FREESTYLE
50 YARD BREAStroke	Barbara Reeve 45	45.0	200 METER FREESTYLE	2:25.29	200 METER FREESTYLE	1:10.79	200 METER FREESTYLE
100 YARD BREAStroke	Bobbi Turcotte 48	55.2	400 METER FREESTYLE	2:55.16	400 METER FREESTYLE	1:17.07	400 METER FREESTYLE
50 YARD BUTTERFLY	Barbara Reeve 45	55.4	50 METER BUTTERFLY	6:04.05	50 METER BUTTERFLY	1:36.80	50 METER BUTTERFLY
100 YARD BUTTERFLY	Bobbi Turcotte 48	59.1	100 METER BUTTERFLY	6:24.87	100 METER BUTTERFLY	2:12.79	100 METER BUTTERFLY
50 YARD FREESTYLE	Barbara Reeve 45	39.1	200 METER BUTTERFLY	37.55	200 METER BUTTERFLY	1:36.80	200 METER BUTTERFLY
100 YARD FREESTYLE	Steve Magill 61	40.2	400 METER BUTTERFLY	49.14	400 METER BUTTERFLY	2:12.79	400 METER BUTTERFLY
50 YARD BREAStroke	Barbara Reeve 45	45.0	50 METER INDIVIDUAL MEDLEY	1:24.51	50 METER INDIVIDUAL MEDLEY	41.44	50 METER INDIVIDUAL MEDLEY
100 YARD BREAStroke	Bobbi Turcotte 48	55.2	100 METER INDIVIDUAL MEDLEY	3:06.94	100 METER INDIVIDUAL MEDLEY	55.21	100 METER INDIVIDUAL MEDLEY
50 YARD BUTTERFLY	Barbara Reeve 45	55.4	200 METER INDIVIDUAL MEDLEY	5:09.57	200 METER INDIVIDUAL MEDLEY	1:36.80	200 METER INDIVIDUAL MEDLEY
100 YARD BUTTERFLY	Bobbi Turcotte 48	59.1	400 METER INDIVIDUAL MEDLEY	31.72	400 METER INDIVIDUAL MEDLEY	2:12.79	400 METER INDIVIDUAL MEDLEY
50 YARD FREESTYLE	Barbara Reeve 45	39.1	50 METER FREESTYLE	40.33	50 METER FREESTYLE	3:34.37	50 METER FREESTYLE
100 YARD FREESTYLE	Steve Magill 61	40.2	100 METER FREESTYLE	3:00.88	100 METER FREESTYLE	37.18	100 METER FREESTYLE
50 YARD BREAStroke	Barbara Reeve 45	45.0	200 METER FREESTYLE	3:15.92	200 METER FREESTYLE	4:11.18	200 METER FREESTYLE
100 YARD BREAStroke	Bobbi Turcotte 48	55.2	400 METER FREESTYLE		400 METER FREESTYLE		400 METER FREESTYLE
50 YARD BUTTERFLY	Barbara Reeve 45	55.4	50 METER BUTTERFLY		50 METER BUTTERFLY		50 METER BUTTERFLY
100 YARD BUTTERFLY	Bobbi Turcotte 48	59.1	100 METER BUTTERFLY		100 METER BUTTERFLY		100 METER BUTTERFLY

MEN 60-64	
50 METER FREESTYLE	
Chuck Wilson 60	34.68
Ed Sebastian 63	47.72
100 METER FREESTYLE	
Chuck Wilson 60	1:16.41
Ed Sebastian 63	1:58.54
200 METER FREESTYLE	
Herb Howe 63	4:04.09
Chuck Wilson 60	4:04.57
Ed Sebastian 63	4:18.49
400 METER FREESTYLE	
Ed Sebastian 63	9:00.04
50 METER BACKSTROKE	
Chuck Wilson 60	44.2
200 METER BREASTSTROKE	
Chuck Wilson 60	4:54.36
200 METER INDIVIDUAL	
MEDLEY	
Chuck Wilson 60	4:28.91
MEN 65-69	
400 METER FREESTYLE	
Cliff Brown 69	1:46.72
50 METER BACKSTROKE	
Stan Tannehill 69	1:09.72
100 METER BACKSTROKE	
Stan Tannehill 69	2:39.48
Cliff Brown 69	2:40.02
200 METER BACKSTROKE	
Stan Tannehill 69	5:42.95
50 METER BREASTSTROKE	
Stan Tannehill 69	1:10.05
100 METER BREASTSTROKE	
Stan Tannehill 69	4:05.46
200 METER BREASTSTROKE	
Stan Tannehill 69	8:21.10

WOMEN 40-44	
1500 METER FREESTYLE	
Ann Kay 41	24:10.2
Mary Ann Kaufman 40	28:19.3
WOMEN 45-49	
1500 METER FREESTYLE	
Martha Knochenhauer 48	31:24.0
200 METER BUTTERFLY	
Barbara Odone 46	5:14.4
400 METER I.M.	
Barbara Odone 46	9:24.4
WOMEN 55-59	
1500 METER FREESTYLE	
Zada Taft 56	31:56.0
200 METER BUTTERFLY	
Zada Taft 56	4:45.9
Pat Matthiesen 59	4:55.1
400 METER I.M.	
Zada Taft 56	8:58.6
Pat Matthiesen 59	9:36.4
WOMEN 60-64	
1500 METER FREESTYLE	
Edie Goldman 64	35:10.8
WOMEN 65-69	
1500 METER FREESTYLE	
Sylvia Bailey 69	38:41.4
MEN 35-39	
1500 METER FREESTYLE	
Barry Fasbender 38	23:33.3
200 METER BUTTERFLY	
Barry Fasbender 38	3:19.5
400 METER I.M.	
Barry Fasbender 38	6:46.0
Kent Prive 37	6:53.1
MEN 45-49	
1500 METER FREESTYLE	
Carl Yates 47	21:17.6
Ted Willson 48	23:49.2
200 METER BUTTERFLY	
Alfred Groh 45	3:41.7
400 METER I.M.	
Carl Yates 47	6:47.1
Alfred Groh 48	7:14.4
MEN 50-54	
1500 METER FREESTYLE	
Frank Coahlan 51	26:36.2
John Robertson 54	28:19.8
Robert Bradford 52	33:37.8
MEN 55-59	
400 METER I.M.	
Ray Taft 56	7:04.4

50-59	
Brud Cleveland	270.20
Lyle Felderman	230.25
45-49	
Jack Harbourne	302.65
Bob Sherman	289.95
Ed Craren	277.90
Rees Knight	245.20
Doug Rucker	225.00
Kurt Just	175.55
25-29	
John Deiningner	444.10
Fred Fox	361.00
Ron Walker	180.70
30-34	
David Wright	312.65
25-29	
Jim Brinson	467.90
Rich Wilson	465.65
John Samuelson	457.55
Greg Shuff	394.15
John Madura	375.90
Dan Smith	242.85
WOMEN'S 3 METER	
70 & Over	
Gerta Ross	86.90
45-49	
Ida Wilson	240.45
40-44	
Paul Jean Pope	284.65
30-34	
Barbara Andrews	418.75
Judith Coble	256.70
25-29	
Ann P. Sheerer	429.40
Marsha Lutz	374.75
INDIVIDUAL CLOWN DIVING	
Brud Cleveland	
Charles Moss	
Joe "Bubbles" Mone	
GRAND MASTERS CHAMPIONSHIPS	
Jim Brinson	442.15
John Samuelson	439.95
John Dringinger	437.40
Greg Shuff	406.65
Bill McAllister	355.80
Rich Lawler	351.95
TEAM CLOWN DIVING	
San Francisco Aquanauts	422
Chula Vista Nitwits	379.5
Sheerer-Mahoney	312
GRAND MASTERS CHAMPIONSHIPS	
Ann Sherer	432.10

50 FREE "A"	
Judith Rusch	1:11.35
1:50.5	
200 FREE	
Sandra Riddle	36
Judith Collins	36
2:56.46	
3:01.59	
400 FREE	
Judith Collins	36
Sandra Riddle	36
6:42.72	
6:42.72	
7:05.37	
100 BACK	
Judith Collins	36
Sandra Riddle	36
1:34.72	
1:41.09	
100 BREAST	
Martha Childs	35
Phyllis Scribe	36
Helen Geoffrion	36
1:34.34	
1:42.17	
1:52.00	
50 FLY	
Helen Geoffrion	36
Phyllis Scribe	36
1:13.57	
1:45.41	
200 FLY	
Martha Childs	35
Judith Collins	36
Helen Geoffrion	36
3:50.93	
3:59.55	
4:12.50	
200 IND MEDLEY	
Martha Childs	35
Phyllis Scribe	36
Helen Geoffrion	36
3:25.27	
3:26.8	
3:51.72	

200 FREE	
Annetta Pfeiffer	57
Lorraine Peterson	57
3:46.74	
4:54.76	
400 FREE	
Bette Crowell	55
Vivian Thompson	57
Margaret George	58
7:34.60	
7:40.37	
7:58.00	
100 BACK	
Bette Crowell	55
Margaret George	58
Annetta Pfeiffer	57
1:51.10	
1:54.97	
1:59.19	
100 BACK "B"	
Lorraine Peterson	57
2:22.37	
100 BREAST	
Bette Crowell	55
Vivian Thompson	57
Margaret George	58
2:30.61	
2:34.07	
2:34.77	
100 BREAST "B"	
Lorraine Peterson	57
2:32.86	
50 FLY	
Rita Simonton	57
1:54.00	
200 FLY	
Rita Simonton	57
4:39.94	
200 IND MEDLEY	
Rita Simonton	57
4:04.03	
4:33.24	

HUNTINGTON MASTERS MILE	
Lake Clare, Huntington, IN	
August 3, 1975	
WOMEN 25-29	
Darragh Clark	58:29.1
WOMEN 30-34	
Anne Pittenger	32:03.8
WOMEN 35-39	
Beth Price	37:25.0
WOMEN 50-54	
Nancy Lawrence	37:00.0
WOMEN 55-59	
Betty Nelson	36:02.6
WOMEN 65 & Over	
Marcella Lamney	43:23.4

NATIONAL MASTERS DIVING	
Aug. 23-24 Clovis, CA	
MEN'S 1 METER	
70 & Over	
John Sabie 71	85.80
Fred Schlichting 71	79.80
60-64	
Bill McAllister 65	230.95
Lyle Draves 61	227.60
Joe Mone 68	167.85
Don Brand 60	117.35
50-59	
Lyle Felderman 56	242.50
Brud Cleveland 57	232.10
45-49	
Jack Harbourne 45	296.45
Ed Craren 45	269.50
Bob Sherman 47	256.70
Rees Knight 45	243.60
Doug Rucker 47	220.90
Kurt Just 48	131.95
40-44	
Rich Lawler 40	317.90
Tom Crosby 41	282.25
Felix Crossman 41	276.40
Mack Brown 41	235.15
Lee Grwell 42	204.00
Bill Murray 44	194.10
35-39	
John Deiningner 36	407.45
Brad Fox 37	334.20
Ron Walker 36	191.55
30-34	
Dave Wright 31	347.65
25-29	
Richard Wilson 25	416.05
Jim Brinson 28	396.45
John Madura 28	382.75
John Samuelson 29	379.05
Greg Shuff 29	349.10
Bob Lavesque 26	280.70
Dan Smith 28	278.70
WOMEN'S 1 METER	
70 & Over	
Gerta Ross	86.50
45-49	
Ida Wilson	260.35
40-44	
Paula Jean Pope	285.85
30-34	
Judith Coble	268.30
25-29	
Ann Peterson Sheerer	407.90
Marsha Lutz	392.55
MEN'S 3 METER	
70 & Over	
John Sabie	103.80
60-69	
Lyle Draves	221.90
Bill McAllister	220.65
Joe Mone	170.10
Don Brand	122.90

WOMENS 25-29	
50 FREE	
Sally Ann Peterson 28	1:30.27
Lucy Johnson 28	1:32.73
Marie Latham 26	1:33.88
Mary Lee Stulgaitis 29	1:34.18
200 FREE	
Marie Latham 26	3:14.06
400 FREE	
Marie Latham 26	6:55.32
100 BACK	
Lucy Johnson 28	1:26.36
100 BREAST	
Sally Ann Peterson 28	1:31.28
50 FLY	
Mary Lee Stulgaitis 29	1:38.40
200 FLY	
Marie Latham 26	3:39.97
WOMENS 30-34	
200 IND MEDLEY	
Lucy Johnson 28	3:04.14
WOMENS 35-39	
50 FREE	
Janet Royer 33	1:37.03
Christine Martin 33	1:40.82
200 FREE	
Janet Royer 33	3:07.29
Christine Martin 33	3:22.51
400 FREE	
Christine Martin 33	7:21.34
100 BACK	
Christine Martin 33	1:55.48
100 BREAST	
Janet Royer 33	1:44.01
50 FLY "B"	
Christine Martin 33	1:46.00
200 FLY	
Janet Royer 33	3:35.57

WOMENS 40-44	
50 FREE	
Jacqueline Smith 44	1:36.70
Adrienne Pines 41	1:37.53
50 FREE "B"	
Phyllis Nichols 44	1:43.65
Barbara Pines 41	1:45.17
Mary Ann Resmussen 40	1:46.12
Rita Mills 44	1:46.41
200 FREE	
Mary Ann Resmussen 40	4:56.71
400 FREE	
Jacqueline Smith 44	ser.
100 BACK	
Jacqueline Smith 44	1:44.73
100 BACK "B"	
Rita Mills 44	2:02.56
Mary Resmussen 40	2:11.05
100 BREAST	
Jacqueline Smith 44	1:47.15
Adrienne Pines 41	1:48.00
Rita Mills 44	2:01.19
100 BREAST "B"	
Barbara Pines 41	2:07.16
50 FLY	
Adrienne Pines 41	1:44.61
Jacqueline Smith 44	1:46.34
200 FLY	
Adrienne Pines 41	4:12.56
WOMENS 45-49	
50 FREE	
Helga Palmer 45	1:44.09
Janet Volver 46	1:40.0
Petty Talbot 49	1:40.25
200 FREE	
Janet Volver 46	3:50.58
Petty Talbot 49	3:51.16
400 FREE	
Anne Adams 47	6:12.14
Helga Palmer 45	6:14.21
Petty Talbot 49	7:53.79
100 BACK "B"	
Janet Volver 46	1:50.1
Petty Talbot 49	2:20.58
50 FLY	
Anne Adams 47	1:40.99
Helga Palmer 45	1:51.52
100 BREAST "B"	
Janet Volver 46	1:50.1
Petty Talbot 49	2:20.58
200 IND MEDLEY	
Helga Palmer 45	3:53.98

WOMENS 60-64	
200 FREE	
Maxine Marlino 62	3:56.70
100 BACK	
Grace Donl 62	2:13.13
200 FLY	
Maxine Marlino 62	4:47.00
200 IND MEDLEY	
Maxine Marlino 62	4:16.24
WOMENS 65-69	
50 FREE	
Johnnie Bolsho 66	1:40.41
50 FREE "B"	
Elizabeth Gray 69	1:47.51
400 FREE	
Dorothea Cole 65	9:23.65
100 BACK	
Johnnie Bolsho 66	2:30.18
Dorothea Cole 65	2:34.41
100 BACK "B"	
Elizabeth Gray 69	3:41.16
200 IND MEDLEY	
Dorothea Cole 65	5:59.2
WOMENS 70 over	
200 FREE	
Elizabeth Maurin 71	5:41.90
400 FREE	
Elizabeth Maurin 71	12:14.05
100 BREAST	
Elizabeth Maurin 71	2:52.23
MEN'S 25-29	
50 FREE	
Thomas Ludwig 26	1:26.13
200 FREE	
Michael Stefanko 27	3:30.53
100 BACK "B"	
Richard Lotere 29	1:20.51
100 BACK	
Paula Figueiredo 29	1:13.14
100 BREAST	
Thomas Ludwig 26	1:16.39
Michael Stefanko 27	1:20.75
50 FLY	
Terry Lengendoen 29</	

400 FREE		100 BACK		400 FREE		100 METER BACKSTROKE		50 meter butterfly		
George Wright	32	5:35.53	100 BACK	Weg Richardson	63	6:27.52	5. Holliday	1:43.4	F. Tyson	3:18
Hugh Robys	33	5:53.03	Stan McConnell	43	1:18.95	Edin Onsgard	63	7:07.24	100 meter butterfly	1:25.6
Jim Thomas	33	7:04.61	Frank Reynolds	43	1:20.24	Rufus Clark	64	7:47.45	D. Hicks	1:25.6
100 BACK			Ruddy Welsh	41	1:27.41	Walter Slike	61	8:51.30	200 meter I.M.	3:02.9
Richard LeRoy	34	1:25.79	100 BREAST "A & B"	42	1:49.56	100 BACK			F. Tyson	3:02.9
Hugh Robys	33	1:32.03	Art Welch	42	1:49.56	Edin Onsgard	63	2:00.66	MEN 35-39	
Dr. Arthur Hale	33	1:32.65	Don Johnson	43	2:12.6	Louis McGreevy	63	2:17.35	100 meter freestyle	1:07.4
Jim Thomas	33	1:49.68	100 BREAST			Walter Slike	61	2:19.82	D. Short	1:07.4
100 BACK			William Davis	41	1:22.09	100 BREAST			50 meter backstroke	1:36.5
Stuart Thomson	31	1:16.51	Ruddy Welsh	41	1:31.78	100 BREAST "A"			D. Short	1:23.5
100 BREAST "A & B"			Rudd Symes	40	1:35.15	50 FLY "B"			D. Short	3:01.3
Bill Page	34	1:32.70	Curt Miller	42	1:40.15	Louis McGreevy	63	2:00.44	200 meter breaststroke	3:11.6
Dr. Arthur Hale	34	1:35.50	50 FLY			Ernest Pale	64	2:07.36	MEN 40-44	
Pat Geraughty	34	1:42.98	Frank Reynolds	43	3:28.89	100 BREAST			50 meter freestyle	1:29.0
Hugh Robys	33	1:44.60	Art Welch	42	3:29.98	Walter Pfeiffer	61	1:43.52	G. Rosser	1:29.0
Benny Glaser	30	1:50.11	Stan McConnell	43	3:51.19	Rufus Clark	64	1:44.57	H. Nagel	1:30.4
Jim Thomas	33	2:00.21	50 FLY "A"			Edin Onsgard	63	1:49.45	H. Allard	1:33.5
50 FLY			Robert Heidt	41	3:39.06	Ernest Pale	64	1:51.36	R. Minahan	1:35.7
Roger Praesser	30	3:28.32	Don Johnson	43	3:39.25	Walter Slike	61	1:06.88	B. Howe	1:35.7
Stuart Thomson	31	3:28.92	200 FLY			200 FLY			100 meter freestyle	1:01.6
Bill Page	34	3:28.46	Art Welch	42	3:00.74	Walter Pfeiffer	61	3:51.66	B. Jones	1:03.6
Jeff Bryant	33	3:35.56	Robert Giedt	41	4:08.54	Alfred Guth	66	4:30.20	G. Rosser	1:03.6
Hugh Robys	33	3:47.74	200 IND MEDLEY			200 IND MEDLEY			H. Allard	1:03.6
Dr. Arthur Hale	33	3:50.08	Ruddy Welsh	41	2:53.78	Walter Pfeiffer	61	3:26.03	R. Minahan	1:03.6
Richard LeRoy	34	3:59.45	Stan McConnell	43	2:55.73	Edin Onsgard	63	4:01.04	B. Howe	1:03.6
200 FLY			Art Welch	42	3:02.45	Ernest Pale	64	4:01.04	100 meter freestyle	1:01.6
Roger Praesser	30	3:33.20	Neal Palmer	44	3:05.81	MEN'S 65-69			B. Jones	1:01.6
Dr. Arthur Hale	33	4:37.21	Curt Miller	42	3:33.59	50 FREE "B"			G. Rosser	1:03.6
200 IND MEDLEY			Robert Giedt	41	3:36.69	Tom Monahan	65	3:35.22	H. Allard	1:03.6
Timothy Devine	33	3:02.72	MEN'S 45-49			400 FREE			R. Minahan	1:03.6
Jim Thomas	33	3:31.94	Larry Larimore	47	3:30.56	Alfred Guth	66	7:50.64	B. Howe	1:03.6
MEN'S 35-39			William Sellmann	49	3:33.26	100 BACK			B. Jones	2:18.9
Scotty Roberts	36	2:27.44	Jerry Cunningham	46	3:34.30	400 FREE			G. Rosser	2:18.9
Roger Sterneck	35	2:20.14	200 FREE			Alfred Guth	66	4:52.33	H. Allard	2:18.9
John Rawlings	37	2:20.65	Jack Craigie	45	2:28.05	200 IND MEDLEY			100 meter freestyle	5:30.1
David Lamott	39	3:11.21	Diane Draves	49	2:33.07	Alfred Guth	66	4:01.41	G. Rosser	5:30.1
Keith Martin	38	3:33.51	400 FREE			MEN'S over 70			N. Nagel	6:02.9
Fredrick Herr	38	3:36.12	Jack Craigie	45	5:10.68	200 FREE			50 meter backstroke	1:21.6
50 FREE "A"			Jerry Cunningham	46	6:06.79	Herb Nakama	72	4:20.25	D. Cole	1:21.6
Bruce Hartwig	37	3:33.31	Herb Nakama	45	6:17.77	400 FREE			H. Kern	1:21.6
Roger Frank	39	3:56.63	Rud Schumacher	45	6:19.52	Herb Nakama	72	4:17.65	S. Weiss	1:21.6
John Collins	39	3:59.92	Larry Larimore	47	6:26.36	100 BREAST "A"			H. Allard	1:21.6
200 FREE			Diane Draves	49	1:19.67	Herb Nakama	72	4:13.58	R. Minahan	1:21.6
John Daniels	38	2:31.12	100 BREAST			GOLD COAST MASTERS SWIM MEET			S. Weiss	1:21.6
Dallas Torres	37	2:41.42	Larry Larimore	47	1:20.61	North Palm Beach, FL		8-9-75	100 meter backstroke	1:38.9
Keith Martin	38	2:42.41	Herb Nakama	45	1:20.72	WOMEN 25-29			B. Howe	1:38.9
Bruce Hartwig	37	2:50.50	Rud Schumacher	45	1:30.60	100 METER FREESTYLE			S. Weiss	1:38.9
Roger Frank	39	3:17.07	William Sellmann	49	1:38.35	Joanne Menard	1:16.1		H. Kern	1:38.9
Fredrick Herr	38	3:20.86	Jerry Cunningham	46	1:53.49	200 METER FREESTYLE			R. Minahan	1:38.9
400 FREE			50 FLY			Joanne Menard	2:52.8		C. Wilson	1:38.9
Dick Stewart	35	5:11.88	William Sellmann	49	3:35.41	400 METER FREESTYLE			D. Cole	1:24.6
Dallas Torres	37	5:37.37	Larry Larimore	47	3:35.44	Joanne Menard	6:25.5		N. Nagel	1:28.4
John Daniels	38	5:38.08	Herb Nakama	45	3:36.44	100 METER BACKSTROKE			G. Rosser	1:28.4
Keith Martin	38	5:54.04	Rud Schumacher	45	3:36.92	Joanne Menard	1:39.8		H. Kern	1:28.4
David Lamott	39	6:43.22	Diane Draves	49	3:14.50	200 METER BACKSTROKE			400 meter I.M.	6:36.3
100 BACK "A"			Herb Nakama	45	3:22.77	Cathy Englehardt	3:16.6		S. Weiss	3:31.4
Bruce Hartwig	37	1:28.31	Rud Schumacher	45	3:26.49	Joanne Menard	3:27.3		H. Kern	3:31.4
100 BACK			Diane Draves	49	2:53.47	200 METER BACKSTROKE			100 meter breaststroke	3:31.4
Dick Stewart	35	1:22.45	Rud Schumacher	45	3:11.22	Cathy Englehardt	3:27.3		D. Cole	3:31.4
100 BREAST "A & B"			Jerry Cunningham	46	3:12.65	50 METER BREASTSTROKE			N. Nagel	3:31.4
York Ga	39	1:35.21	MEN'S 50-54			Nancy Barnette	42.6		R. Minahan	3:31.4
Fredrick Herr	38	1:35.72	John Watkins	51	2:29.64	100 METER BREASTSTROKE			C. Wilson	3:31.4
Roger Frank	39	1:37.30	Peter Baxter	45	3:37.01	100 METER BUTTERFLY			D. Cole	3:31.4
John Rawlings	37	1:38.05	50 FREE "B"			Cathy Englehardt	1:23.0		H. Kern	3:31.4
100 BREAST			Jack Cunningham	53	3:35.92	200 METER BUTTERFLY			G. Rosser	3:31.4
Scotty Roberts	36	1:21.68	200 FREE			Cathy Englehardt	2:58.0		H. Kern	3:31.4
Keith Martin	36	1:31.18	Jerry Cunningham	46	2:44.15	200 METER I.M.			400 meter I.M.	6:36.3
David Lamott	39	1:32.58	200 FREE			Cathy Englehardt	3:10.6		S. Weiss	6:36.3
Sevent 6AA 100 BREAST			John Watkins	51	3:44.89	400 METER I.M.			H. Kern	6:36.3
Ben Romans	24	1:30.20	Jack Cunningham	53	3:45.84	Cathy Englehardt	6:48.8		100 meter breaststroke	1:35.1
50 FLY			MEN'S 400 FREE			WOMEN 30-34			50 meter breaststroke	1:35.1
Roger Sterneck	35	3:33.05	Jim Marous	50	5:48.39	100 METER BACKSTROKE			H. Hellmann	1:35.1
David Lamott	39	3:35.81	P.W. Nelson	51	5:34.94	S. Carlson	41.3		J. Schaeffer	1:35.1
Keith Martin	38	3:34.14	Peter Baxter	54	7:40.13	100 METER BACKSTROKE			S. Holmes	1:35.1
50 FLY "A"			Jack Cunningham	53	8:26.66	S. Carlson	1:39.8		W. McIlwaine	1:35.1
Fredrick Herr	38	3:36.15	100 BACK			50 METER BREASTSTROKE			H. Hellmann	1:35.1
John Rawlings	37	3:39.70	Jim Marous	50	1:25.79	P. Campbell	1:00.4		H. Schaeffer	1:35.1
Roger Frank	39	4:00.53	100 BREAST "A & B"			50 METER BUTTERFLY			200 meter breaststroke	1:35.1
200 FLY			Jack Cunningham	53	2:04.32	P. Campbell	46.0		H. Hellmann	1:35.1
Roger Sterneck	35	3:27.67	100 BREAST			WOMEN 35-39			H. Hellmann	1:35.1
York Ga	39	3:44.08	P.W. Nelson	54	1:34.13	50 METER FREESTYLE			H. Hellmann	1:35.1
Dick Stewart	35	2:38.4	200 IND MEDLEY			C. Saragoni	42.4		J. Schaeffer	1:35.1
Scotty Roberts	36	2:48.6	Jim Marous	50	3:02.71	J. Nagel	47.1		S. Holmes	1:35.1
Dallas Torres	37	3:08.59	MEN'S 55-59			Millie Bergeron	1:22.7		200 meter butterfly	4:02.7
Roger Sterneck	35	3:13.31	Lyla Felderman	55	3:11.91	50 METER BACKSTROKE			200 meter I.M.	3:33.4
York Ga	39	3:25.28	50 FREE "A"			N. Johnson	53.6		400 meter I.M.	7:35.8
MEN'S 40-44			Tom Lind	57	3:35.11	J. Nagel	55.0		S. Holmes	7:35.8
Neal Palmer	44	2:29.87	200 FREE			100 METER BACKSTROKE			50 meter butterfly	1:25.6
Curt Miller	42	3:00.66	Lyla Felderman	55	3:02.43	N. Johnson	1:55.3		100 meter backstroke	1:25.6
Frank Reynolds	43	3:31.96	50 FREE			C. Saragoni	50.0		L. Moffit	1:25.6
William Davis	41	3:31.12	Lyla Felderman	55	6:44.96	N. Johnson	51.6		200 meter freestyle	1:15.1
Rudd Symes	40	3:33.95	100 BACK			50 METER BUTTERFLY			R. Ringle	1:15.1
50 FREE "B"			Tom Lind	57	1:33.08	Millie Bergeron	36.9		100 meter freestyle	2:52.7
Don Johnson	43	3:34.53	100 BREAST			100 METER BUTTERFLY			400 meter freestyle	6:02.1
Dick Campbell	42	3:35.96	Tom Lind	57	1:32.30	400 METER I.M.			50 meter backstroke	3:37.1
200 FREE			50 FLY			N. Johnson	4:01.5		R. Ringle	4:50.0
Timothy Devine	40	2:32.95	Lyla Felderman	55	3:04.03	MEN'S 60-64			L. Moffit	3:37.1
Dick Campbell	42	3:31.10	MEN'S 50-54			Weg Richardson	63	3:33.02	R. Ringle	4:50.0
50 FREE			Weg Richardson	63	3:33.02	Edin Onsgard	64	3:33.65	100 meter backstroke	1:25.6
Neal Palmer	44	2:29.87	Edin Onsgard	64	3:33.65	Rufus Clark	64	3:45.94	L. Moffit	1:25.6
Curt Miller	42	3:00.66	Rufus Clark	64	3:45.94	Louis McGreevy	63	3:46.94	50 meter butterfly	3:09.6
Frank Reynolds	43	3:31.96	Louis McGreevy	63	3:46.94	Ernest Pale	64	3:49.74	100 meter butterfly	3:39.5
William Davis	41	3:31.12	200 FREE			Weg Richardson	63	2:59.22	100 meter butterfly	1:33.3
Rudd Symes	40	3:33.95	Weg Richardson	63	2:59.22	Walter Slike	61	4:03.41	200 meter butterfly	3:34.0
50 FREE "A"			Walter Slike	61	4:03.41	WOMEN 40-44			W. Jardine	3:34.0
Don Johnson	43	1:28.65	MEN'S 65-69			50 METER FREESTYLE			100 meter backstroke	1:25.6
Dick Campbell	42	1:35.48	5. Holliday	41.4		200 METER FREESTYLE			L. Moffit	3:09.6
200 FREE			D. Hicks	32.5		50 METER BACKSTROKE			50 meter butterfly	1:39.5
Timothy Devine	40	2:32.95	D. Hicks	32.5		100 METER BACKSTROKE			100 meter butterfly	1:33.3
Dick Campbell	42	3:31.10	D. Hicks	32.5		200 METER BACKSTROKE			200 meter butterfly	3:34.0
50 FREE			D. Hicks	32.5		50 METER FREESTYLE			50 meter butterfly	1:25.6
Huddy Welsh	41	5:10.83	D. Hicks	32.5		100 METER FREESTYLE			100 meter butterfly	1:25.6
Timothy Devine	40	5								

# MASTERS SWIMMING NOTES

RECORDS AND TOP TEN: We remind you once again that Sept. 15 is the break off point for the 1975 Records and Top Ten tabulations. As stated in the December 1974 Swim-Master, October 1, 1975 is the deadline for times and results to be IN our hands. We do not wish to be arbitrary, but the hours needed to compile, type and meet the publication deadlines necessitates our adhering to this Oct. 1 date. Thank you one and all for your cooperation and assistance. Enid Uhrich, Ed Reed Sr., Ted Haartz, 155 Pantry Rd., Sudbury, MA 01776 - (617) 443-2997.....

## NATIONAL AAU MASTERS SWIMMING COMMITTEE

MEETING: A meeting was held at the Student Center on the campus of the University of Tennessee on Saturday, August 30th. The meeting was called to order by chairman June Krauser at 10:45 pm. A motion was made, seconded and carried to approve the budget as circulated in the notice dated April 15, 1975. A motion was made, seconded and carried to authorize the chairman and vice-chairman of Masters Swimming as the two persons to expend the AAU funds. A motion was made, seconded and carried to pay the bills for the Ransom J. Arthur awards for 1975. The meeting was adjourned at 10:50 pm. The next meeting of the National AAU Masters Swimming Committee will be held in conjunction with the annual meeting of the Amateur Athletic Union to be held the 1st week in December. The meeting is tentatively planned for 8 pm Wednesday, December 3rd.....

ANNOUNCING: Dr. Ransom J. Arthur has announced the formation of the INTERNATIONAL MASTERS AQUATIC ASSOCIATION. Dr. Arthur will serve as President and has named John Spannuth Executive Director, June Krauser Swimming Chairman and Judith Coble Diving Chairman. A Synchronized Swimming Chairman will be named later. The purpose of this organization is to promote MASTERS WORLD CHAMPIONSHIPS. The first Masters World Championships is being planned for 1976 and every other year thereafter. Canada has been selected as a possible location for 1976.....

MOVING AGAIN: I will be moving sometime in October - the only month with nothing else on my calendar. Please put my new address in a safe place! It will be 2308 N.E. 19th Avenue, Ft. Lauderdale, FL 33305.....

## NATIONAL CHAMPIONSHIPS:

The 1975 LC National Championships held at the University of Tennessee's fine facility are now history. They got off to a slow start but picked up by the last day. Dick seeded events are just too difficult for most organizations to handle besides confusing the swimmers. Every change made during a meet just adds to the confusion. Too much time spent between heats slows a meet down. Our rules call for BOTH the 1500/1650 and 400/500 freestyle events to be seeded by time combining all of the age groups. We have a Championship Meet Chairman - Anne Adams. Many of you voiced your opinions at the meet and I wish you would take the time to send your suggestions to Anne at 8600 Balboa Ave. #36C, Northridge, CA 91324. Consistency is needed in running our National Championships. Common sense is necessary. Also compassion. Now how about your ideas. Are there enough entries in any event to justify time standards? Do you like running the slowest heat first or the fastest heat first in an age group? Do you like pre-seeded meets where you only have to worry about getting to the block in time? Let us hear from YOU!.....

## JAMEE STEWART FULFILLS HER GOAL TO BE A NATIONAL CHAMPION:

Jamee Stewart got her start in Masters Swimming in the 1974 Clear Creek SC meet held in Pasadena, TX. She learned to swim in a girl scout camp when she was nine. It took her two years just to learn how to breathe while swimming. Jamee teaches children and coaches swimming for the Anderson Sr. High School girl's team in Austin, TX. They won their first state title. Jamee's husband is studying to be a physiologist. Jamee was an excellent swimmer when she was in Sr. High School, but it wasn't possible for her to swim in any of the National swimming meets. The Masters Swimming Program gave her the incentive she needed to stay in good physical condition and have the chance to swim in Nationals. It wasn't financially possible for Jamee to go to the LC Nationals in Santa Clara and so the parents of the children and girls that she works with, financed her trip to Ft. Lauderdale in May. Jamee did not let them down and won the 500 & 1650 frees, the 50 & 100 flys and was 2nd in the 200 IM, thus qualifying her for the 1975 All-America honors. She enjoyed the thrill of swimming and meeting so many new friends. Jamee stays in good physical condition with her regular swimming work-outs and running three miles of track every day. She eats nutritiously and gets an adequate amount of rest each night. Jamee Stewart is 26-years of age.....

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



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**LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH**

**SWIM MEET SCHEDULE**

OCT 18	Masters Diving in CA - 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 24-25, APR 6, MAY 4, JUN 1	New England AAU - Enid Urich, 25 Lafayette Rd., Newton Lower Falls, MA
DEC 14, JAN 11, FEB 15, MAR 28, APR 25	Ohio Association - Roy Stickney, 235 N. Remington Road, Bexley, OH 43209
OCT 11-12, NOV 22-23, JAN 10-11, FEB 28-29, APR 3-4, JUN 12-13	Pacific Northwest
NOV 1-2, JAN 31-FEB 1, MAR 20-21, June 5-6	Oregon AAU (Portland)
DEC 14, FEB 8, APR 23-25	Inland Empire AAU (Spokane)
SEP 13	Greensboro Central Y - Nancy Clark, 600 Catalina Dr., Greensboro, NC 27403
SEP 21	YMCA - Mrs. Virginia Hildebrant, 5167 Robinhood Dr., Willoughby, OH 44094
SEP 21	SC Pentathlon - Anne Adams, 8600 Balboa Av., #36C, Northridge, CA 91324
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. 34th 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
NOV 2	Jersey Masters SC - Fred Stichel III, 571 Pompton Av, Cedar Grove, NJ 07009
NOV 8-9	Oak Ridge - Bobbe Smith, 456 East Dr., Oak Ridge, TN 38730
NOV 9	North/South Dual Meet - Anne Adams (above)
NOV 15	D.C. Masters - Bob Husson, 112 - 10th St. S.E., Washington, DC 20003
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)
DEC	1650 Swim - DC Masters - Bob Husson (above)
JAN	DC Masters Pentathlon - Bob Husson (above)
JAN 10	CT Midwinter - Daniel Davis, 434 Mix Ave., Hamden, CT 06514
FEB 28-29, MAR 27-28, APR 17 &/or 18, MAY 1 &/or 2, JUN 12-13, JUL 10-11, JUL 31 or AUG 1, SEP 11-12, OCT 9-10, NOV 20-21, DEC 4 &/or 5	Pacific Association - Tentative

**MEET DIRECTORS:** Please type your meet results for publication in Swim-Master on a goo clear typewriter (carbon ribbon preferred) and in the following order of events: Free, Back, Breast, Fly, I.M., Relays. Use every line; use 30 spaces for elite type and 28 spaces for nica type; combine "A" and

and "B" times; list only events that have competitors; send in original copies - no zerox or mimeo; use only one side of the page. We need meet results for Swim-Master but we just do not have time to type them over. Also please use white paper. Everyone enjoys reading results from around the world!