

Written by RAY CHEN for Swim-Master

Success came to the Washington, D.C. Masters Swim Team in 1975 when it won the overall scoring titles at both Nationals. Despite the distance from the Washington area (1,000 miles to the SC Nationals at Ft. Lauderdale, FL and 600 miles to Knoxville, TN and the LC Nationals), about 45 team members attended the meets. Perhaps it will be helpful to other Masters teams to look at DC Masters and what makes the team click.

Origins of D.C. Masters. Way back in 1971, some local coaches attended a clinic in Montreal, and all they heard about from Jim Counsilman was "masters swimming" and how he had lost 40 lbs. The movement was growing in California, and there was talk of holding national championships. Coming back home, those interested in starting a masters program in Washington found a sympathetic ear in Stan Tinkham, coach at Northern Virginia Aquatic Club, who offered the pool for the first meet in the spring of 1972. Dr. John Heath, Betty Brey, Nancy Clark, Edie Adams, and Meredith Smith were among the organizers of the first few meets. Soon, people wanted to compete in out-of-town meets, and the DC Masters Swim Team was informally born to create viable relay teams. The first president was Dr. Heath, a psychiatrist and friend of Dr. Ransom Arthur, the vererable fountainhead of the masters movement. These two had served their psychiatric residencies together at the Bethesda Naval Hospital in the Washington, D.C. suburbs. Successive presidents have been Nancy Clark, Meredith Smith, Bob Husson, and in 1976 it will be Betty Brey.

Who Can Join DC Masters? To join, one has to be a member of the Potomac Valley association of the A.A.U. and pay \$15.00 a year. Washington is ringed by a 65-mile road called the Beltway, which unifies the suburban areas of Virginia and Maryland, so the team is drawn not only from the District of Columbia, but also from areas Up to 15 miles away. About 100 people have joined this year, and the roster could well increase since the metropolitan area population is about 4 million. Swimming is a big sport around here, and age-group swimming has produced many national stars, of whom Hess Yntema and Melissa Belote are currently the best known.

Performance in National Meets. Before 1973, there were some members of the team who ventured west to compete in Nationals, but enough strength was not mustered until the LC meet in Chicago in 1973. Here the team took the women's and overall trophies. In 1974, DCM won the women's title and was 2nd overall at the SC Nationals in Ft. Lauderdale. In 1975, the men had improved, so the team won the women's, men's and overall scoring in both LC and SC Nationals. The team has not sent a large enough contingent out west to win any championships, although members have traveled as far as New Zealand to do masters swimming.

Training. Most DC Masters members practice at their local pools, such as the YMCA, community or municipal pool. In addition, in the last 2 years, there have been team practices at least once a week conducted by our coach, Joe Rodgers, the coach of the American University team. These are 1 hour practices at American U. consisting of interval training totalling about 3000 yards. In return for use of the pool, the team has contributed to the purchase of swimming blocks and towards a scholarship fund. Joe Rodgers volunteers his time and threatens to swim with us this year and win 3 gold medals at the Nationals. During the LC season, the practices have been moved outdoors to facilities with 100-foot or 50-meter pools. This year, the American U. pool will be available up to 5 days a week to team members who pay an additional fee. Workouts before the Nationals are intessified, with time trials and practice on starts and turns.

Organization. The team is in the process of writing a formal constitution. At present, the officers are: Pres., Vice-Pres., Secretary, and Treasurer; and the officers change every year. We also have committees, each with a chairman, for 1) Meets, 2) Records, 3) Publicity and Information, 4) Telephone contact. The latter committee gets word to all members about club functions orally, and quickly. The records Chairman is needed to determine who swims in which relay, and who receives the awards for most improved swimmers. The meet chairman probably has the most responsibility.

Functions of the DC Masters Swim Team. What does a member get for his annual \$15.00? The team uses the funds to underwrite the costs of postage for meet notices and a monthly newsletter, to initiate the buying of team sweatsuits, to buy placques and other awards given at the annual banquet, to pay for a yearly picnic, and to contribute to American University for use of their pool. In addition to sponsoring several (about 5) meets a year, members are offered charter flights to Nationals, and informed of carpools going to local, out-of-town meets (e.g., in Delaware, Pennsylvania, and New Jersey). There are also a couple of team meetings each year to socialize, look at films, and talk about Nationals.

Personnel of DC Masters. Unlike many Masters teams, the women of DC Masters are stronger than the men in terms of getting points in National competition. In numbers, there are about as many men as women. Experience has shown that members who are not interested in competition, or do not win an occasional medal, generally do not renew their membership the next year. In addition, there is an inevitable turnover of personnel due to transfers or changing interests; and this has been compensated for by recruiting of new members.

Some profiles of members: Ellyn Morris, 26 - Has been a DC Master for a year and will be All-American due to her wins in the 50 and 100 frees at both SC and LC Nationals. (50 and 100 yd times: 25.7 and 56.1). A former shot putter and all-around athlete, ellyn is the baby of the team and likes to lift weights and run over people in her lane. Dale Barnhard, 27 - Former national record holder in the breaststroke 10 years ago, last year barely missed the cutoff time for the National AAU's. This year, Dale won the 100 and 200 breast at Ft. Lauderdale (1:13.3 and 2:36.9) by wide margins. Always cheerful, Dale is no stranger to coach Rodgers, who coached her in age-group a long time ago. Nina Harmer Thompson, 29 - Olympic team member in 1960 and 1964, Nina embarasses all the guys in practive by passing them on her back. Won the 100 and 200 back at Ft. Lauderdale in 1:05.8 and 2:26.2. Diana Frost Todd, 31, -A Justice Dept. employee, Diana (with Ellyn Morris) supplies another superfast freestyle leg for mixed and free relays. Diana won the 50 and 100 free at Ft. Lauderdale in 25.9 and 57.5. Patric Mills, 32 - A great motivator and

coach, Patric is something of a den mother at away meets. Took a 2nd at the Nationals in the 200 yd breast, then won both breast events in August at the LC Nationals. Julie Gideonse, 37 - Julie is our most reliable backstroker over 35, and also does a slow turnover freestyle. Attends all the meets with husband Sandy and the kids, and never smokes in the water. Mary Jane Sears Parks, 36 - Former Olympian and world record holder in the underwater breaststroke, Mary Jane won the 100 and 200 yd breast at the Nationals in 1:18.9 and 2:50.4. Also does IM and very valuable in relays. Betty Mullin Brey, 43 - 1956 Olympic freestyler, Betty was one of the founders of DC Masters and has recruited many of our best women swimmers. An All-American and the team's perennial high scorer, she rarely fails to win in the free and fly sprints since becoming a Masters swimmer. Kathryn Norton, 36 - An alternate member of the 1956 Olympic team, Kay does IM and back. She is only beginning to get in shape, and her husband brings a lot of enthusiesm with him to the meets when he works as timer and manager. Nancy Pessel, 55 -Won the 200 yd breast at the SC Nationals in 3:19.5 and did breast all the way in the 1650 in 28:47 for 4th place. Nancy then changed age groups and won both breast events at Knoxville; she will be hard to beat. Minna Hamner, 52-Another Masters All-American, Minna does a double overhead backstroke with whip kick, keeping her head above water at all times. Minna is very outgoing and a great asset to the team. Helen Hummer, 56 - Wonder Woman achieves her All-American status by eating good natural foods and fasting every once in a while. Won the 1650 free at the Nationals in 26:55, bot her best, but 6 minutes ahead of 2nd place. Swims back and fly as well, and won 4 golds at Knoxville. Nancy Clark, 60 - All-American and voted Den Mother of the Year by her teammates for her devotion since the inception of the team. Nancy took golds in everything she entered in both Nationals this year, and holds the records for free and fly at several distances. Nellie Brown, 82 - Unsinkable Nellie has no competition in her age group but loves those golds anyway. Many papers have carried stories about Nellie, a retired 1st grade teacher, who speaks at community groups extolling the physical and spiritual benefits of Masters swimming.

The men have a way to go to catch up with the depth of the women's team but there are a number of star performers: George Boizelle, 26 - Former Cornell star, George is an age-group coach in suburban Maryland and the fastest swimmer on the team. Took the 100 and 200 yd breast in Ft. Lauderdale (1:01.95 and 2:15.1) and the 100 IM (55.4). Swims with yellow cap and Fu-Manchu mustache. Bob Husson, 30 - Bob has been All-American in breaststroke and won both golds in his specialty at Knoxville. Bob is this year's DC Masters president and married teammate Susie Shephard last year. Former Notre Dame great, kept the huge contingent at Ft. Lauderdale from getting lost. Ray Randall, 31 - does back and free best. Came to us from Denver, where he swam with Bill Williams. Ray goes about :51 for the 100 free and brings a different girl to each meet. Meredith Smith, 39 - Last year's DC Masters president and All-American in breaststroke, Meredith has been a fine leader and helped to originate charter flights, banquets, publicity, etc. One of the founders of the team. Sandy Gideonse, 41 - Former Yale great, Sandy was already All-American in free and fly when he came to us from California. Won everything he entered at the LC Nationals, as well as both flys at Ft. Lauderdale. Sandy is a Marine officer at the Pentagon. R.B. (Jocko) Mac-Kenzie, 47 - We just lost Jocko to California, but while here, he was an All-American in free and back. With a crew cut, he looks just like the Marine officer that he is. Sheldon (Skip) Monsein, 41 - Former All-American backstroker from Pitt, Skip had trouble in college with Yoshi Oyakawa, and things aren't much different now. When Yoshi is absent, Skip picks up the golds, as he did at the LC Nationals at Knoxville. Skip has been generous in permitting the team to have orgies at his beautiful Bethesda, MD home. Ed (Mark Spitz) Emes, 46 - Ed has won many golds and held records in Masters swimming in fly and free. He hardly swam at all in school, yet has the classic dolphin fly for at least 85 yards. Mark Coughlin, 46 Mark is the local fanatic, going as far as to reduce his beer intake to swim faster. Does a strong breaststroke, and recently won the 100 M back in the Nationals with a double overhead stroke with whipkick. Matt Flanagan, 49 -Comes to club functions dressed like Mickey Mouse. Practices infrequently, yet dropped his time for 200 breast from 3:10 to 2:48, and will give Ransom Arthur a hard time for years to come. One of the team's 3 leading beer drinkers. Joe Rodgers, Sr. 47 - Not to be confused with our coach, who has the same name, Joe's main achievement is taking 5 minutes off his 1650 free time down to 21:57 without foregoing the weed. Claims the tar deposits hold open his lung's windpipes. Don Kutyna, 41 - Don just joined the team. When at Army, Don held the national record for the underwater breaststroke. He could be as good in the modern style soon. Dave McAfee, 65 - Dave is our fastest over-65 man and will be All-American by virtue of his 4 golds at Knoxville in August. He is team treasurer and handled some \$12,000 in club and charter flight monies.

Strengths and Weaknesses of DC Masters. DC Masters does well at National meets Because of its size and quality, but so many swimmers would not travel so far if it were not also because of the team spirit and friendships all around. Going to Nationals is like a vacation with friends. The team is blessed with an abundance of people willing to work and ensure continuation of Masters swimming in this area. Unfortunately, the team has little to offer to the non-competitive weekend swimmer.

As for the competitive stance, the team lacks strength among the women in the long distance events. The men could use more depth, and there are no potential gold medalists between 50-65 or over 70, as far as Nationals go.

There has been a considerable turnover in personnel on the team, and if it were not for constant recruiting and publicity, the team would get progressively smaller. However, the future of the team is probably as secure as the future of Masters Swimming movement itself, since there are so many well-motivated team members.

The team has been faulted because it is not as unified as a college team which practices together daily. Moreover, the practices in the past have stressed only conditioning rather than individual stroke work. However, there are plans to improve the practice sessions, and the best swimmers all know each other. Given the wide range in ages in a group made of people with diverse interests, DC Masters probably does as well as most teams in terms of cohesiveness.

Those of us addicted to the news media can become obsessed with the faults and impersonality of society and develop a negative attitude towards the future. Masters swimming, and the DC Masters Swim Team, in particular, have provided a positive, participant, people-oriented program which has greatly enhanced the quality of life.

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YMCA banquet



IT WAS A VERY HAPPY DAY for Louise Jones, right, who not only won the 1975 Special Award for her dedicated service to the Masters Swim Program but also welcomed home her daughter Terry, at left, who arrived that day after a 3 year residence in Florence, Italy. In center is proud husband and father John D. Jones.



Attending a CNCA Closed Workshop at Nova University in Ft. Lauderdale in November were Jane Katz, June Krauser, Donna de Varona and George Brunstad.



Delay aging with proper exercise is the message from Dr. Paul Hutinger, professor of physical education at Western Illinois University, His wife, Dr. Patricia Hutinger, professor of education at WIU, and Jim Hilliard (in the water) are also taking part in the physical fitness program. Photo by Don Johnson, WIU News Service.



TUG's Athletic Club held a Swim-Run-Swim at the ocean in San Diego, CA. The Masters participation was encouraging with 73 among the massive start.



"Rest Is Rust" is Paul Bragg's motto. At 94, Bragg keeps on looking to the future.

Bragg, like Theodore Roosevelt —was a frail, sickly child given up for dead at 14 when he contracted tuber culosis, one of the most feared diseases of that time.

BUT, LIKE Roosevelt, he found a miraculous cure in constant activity — "swimming, tennis. lots of sunshine" — and bounced back to become a wrestler on two U.S. Olympic teams, a veteran of "all the major battles of World War I," a practicing osteopath and expert on nutrition and physical fitness, a globehopping lecturer, and the author of more than 100 books on health. "REST IS RUST" has become his motto. That, good food, lots of exercise in the form of one to five miles of jogging a day and humdreds upon hundreds of yards churning through the waters off Waikiki.

And Sunday, Paul Bragg became the oldest (sorry again, Mr. Bragg) person ever to swim competitively in an AAU-sanctioned meet.

In fact the only thing he hasn't done yet is to go to the moon. "As a boy I'd lie in bed all night and look up at the moon and wonder what it was like up there and whether man would ever set foot on it."



JACK VANBRUMMEN, Ken Allen and Hud Stewart, (left to right) were among 17 Canadian swimmers who traveled to Cooperstown last weekend to participate in the Fourth annual Leatherstocking Open Masters swim meet in Oneonta Sunday. The three were able to attend a buffet at the ACC gymnasium in Cooperstown Saturday night. Van Brummen and Allen are from the Oakville masters swim club in Ontario and Stewart is from the University of Toronto.



Some winners and local officials for the National Masters Synchronized Swimming Championship held Saturday at the Reading YMCA discuss the event. Left to right are Nancy Hunt Weiman, Washington, D.C., a grand master champion; John R. Spannuth, 500 Sycamore Road, West Reading, executive director of the U.S. Swimming Foundation; Mrs. Ruth Redstone of Detroit, Mich., at 69^{1/}/₂, the oldest competitor, and June Light, 642 N. 3rd St., chairman of the YMCA Swimming Club. — Eagle Photo.



An All-American swimmer while at Princeton University, Dr. Stephen B. Kurtin, returned to competitive swimming $1\frac{1}{2}$ years ago. Specializing in the butterfly and breast stroke, he has placed first in five Masters A.A.U. championships and ranks nationally among the top 10 in four events. Dr. Kurtin is assistant clinical professor of dermatology at Mount Sinai School of Medicine.

Effect on athlete of sex the day of a game

Q Will an athlete, for example a basketball player, be slowed down in his game if he has sex relations the afternoon of the game?

Data available on the physiologi-A cal demands of sexual relations in healthy young adults suggest that participation in sexual activities during the afternoon should not interfere with the performance of an athletic event such as a basketball game that evening. During sexual relations there can be marked changes in cardiopulmonary and metabolic function including tachycardia, elevated blood pressure, and hyperventilation. However, these changes are quite transient and should not produce any sustained fatigue that would influence athletic performance several hours later.

During sexual relations by a young, healthy male, there may be an increase in heart rate from a resting value of 70 beats per minute to as high as 170 to 180 beats per minute, in respiratory rate from 12 breaths per minute at rest to 30 to 60 breaths per minute during orgasm, and in systolic blood pressure of from 40 to 100 mm. Hg (e.g., 120 to 180 mm. Hg). Substantially smaller changes in heart rate and blood pressure have been reported during sexual relations for healthy middle-aged men and cardiac patients.

Based on the energy expenditure required, sexual relations should be classified as moderate level activity for healthy adults. Peak energy expenditure during coitus is approximately four to six times resting or six to eight kilocalories per minute. Most athletes have an aerobic capacity at least two to three times this level. Also this peak energy expenditure does not last for more than a minute or two. It is well established that conditioned athletes rapidly recover from even a maximum physical exertion of short duration. Complete recovery is achieved within one hour or less. Thus, contrary to the opinion of many athletes and coaches, the physiologic demands of sexual relations should not impair athletic performance later the same day.

If an athlete firmly believes sexual relations to be detrimental to his performance, he may "psych himself out" and perform below his capacity. It has been documented repeatedly that mental attitude or expectations of performance can significantly influence actual athletic achievement.

Thus, there seem to be no physiological reasons to abstain from sexual relations during the day of an athletic event as long as the athlete believes it will not hinder his performance. If the athlete believes such activity to be detrimental, he should attempt to rearrange his schedule or control his emotions to avoid a psychological conflict.

WILLIAM L. HASKELL, Ph.D. William L. Haskell is Clinical Assistant Professor of Medicine, Stanford University School of Medicine, California. Being engaged in a research project regarding High School & AAU swimmers' scholastic achievements since 24 Feb. 1975 brings me to appeal to you for HELP. I must have a very high frequency (500+ samplings) to accomplish my objective: To show unequivocably that our young men and women discipline themselves in the water and thereby garner academic excellence.

I have already spoken to many of you and reiterate that this project has effects which go far beyond the 'Halls of Ivy'. Our cause is their cause, indivisible. The leaders of tomorrow are performing on the fields of Eton today. I will not rest until the matter is consumated. I ask your help and Gods.

Your humble servant in Aquatics,

Mark P. Coughlin 13711 Loree Lane Rockville, MD 20853

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RATE INCREASES

It seems to be a continuing spiral - this rise in prices. First, the paper. Then, the printing. And now, the postage. As <u>Swim-Mas-</u> ter is a "break-even" operation, it is necessary to raise the subscription rates. Bills were mailed in December for the OOI subscribers before the postage rates went up 27%. In order to make up the \$1.00 difference, OOI bills will be mailed one month earlier this year (after 8 issues).

REFLECTIONS ON MEETS by Dick Mesirov

Most complaints/problems seem to center around the 1650/1500. Most of the bitching is about the slow heats, some of which take an hour or more. There is no reasonable way that I can think of, nor have I heard one offered in any of the many discussions I have had with swimmers from all parts of the country, to set up time standards for this or any event. However, it's almost universally agreed that "something" should and perhaps must be done. Here are several "somethings" which might help. 1. Seed the heats by time only, regardless of age, and swim the fastest heat first. 2. List some sort of time, say 35 minutes, as a standard for anyone under 65, and add that each heat will end after 40 minutes. 3. Usually, in competitive swimming, "freestyle" really means "front crawl". Yet, in almost every masters meet there are a few swimmers who will enter a freestyle event using back, breast, fly or even side stroke. This is not "competitive swimming", and regardless of what the original and stated purpose of the masters' programs, at the national championship level the program is strictly competitive.

Until some effort is made to set minimal standards of performance it appears that the masters program will loose some true competitors.



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THE JOLLY 1650

Oh, it's Sunday in Shabbona Park, and the morning's gray as lead, And I have a dismal feeling that I should have stayed in bed, And my mind is deeply troubled at the prospect that's in store, Namely, 66 long and bleeding laps that I've never raced before.

For once I rashly made my pledge, with fire in my eye, To swim the 1650 for the North Suburban "Y", And I rue the day that I was such a braggart and a faker, For now in old Shabbona's depths I'm going to meet my maker.

The heat's turned off in the locker room, and a deathly chill steals over ya, They might as well have held this meet in the wastes of Lower Slobbovia. So, on to the pool for my warm up; but the water just makes me colder, And I'm thinking of changing my age group 'cause I feel at least 10 years older.

And who will be in my age group? I can tell right now, it's curtains, There'll be five last minute deck entries, all 60 year old Mike Burtons. I'm in for a shameful shellacking; to think of it I'm loth, I've no choice of death or dishonor, 'cause I'm right on target for both.

The temperature's falling, the outlook's appalling and life has never been sadder; I've a wildly galloping pulse rate and a most unquiet bladder. My teeth are chattering castanets, my lips a ghastly blue, God damn the North Suburban "Y" and Edie Terry too!

Oh, Edie is a paradox; her smile is quite delicious, Her figure is arresting, but her temperament is vicious. She flays us with her bull whip 'till the water's striped with gore, Then, when we crawl out feebly, screams "Quitters! Sprint ten more!"

Now, shall I race with goggles? That would be the safe decision, But that cuts out the starting box, which I need much more than vision. Protection is for cowards; I'll leave my visual aids behind, For, since I am about to die, why fuss over going blind?

Oh, "dulce est pro patria mori" and all that Latin crap, But, believe me, I'm no patriot; I just got caught in a trap. I could tell Edie I got sick--no, a lie I cannot tell her, And there's the gun; and off I go--the poor man's John Kinsella. Oh, the jolly 1650 (just keep still, my fluttering heart), The lane on my left is vacant (some guy was really smart). And the guy on my right just shot out of sight; I'll never see him again, And I'm feeling pooped already and I haven't yet gone ten.

I swim back and forth, but wherever I am I can see no one else in the pool. Have I flipped my lid? Or have they all climbed out and left me to play the fool? The panic of loneliness licks my brain with little tongues of fear, And I wish I could stop and call "Hey, fellows! Is anybody here?"

The counter signals 33--I'm half way out of this fix, I must think of no more numbers now till I get to 46. Though in between lurk pain, fatigue and the horrors of the shade, Still at forty-six there's just twenty left; a cinch; I'll have it made.

The counter holds up 49, and it's like a ray of sun, But on my next trip back the numbskull gives me 61. Oh, there ain't no balm in Gilead; only griefs and sorrows mounting, For here I am on life's last swim and I've got a comedian counting.

Next time he trumpets 53--but too late to make amends; I'll count for myself, you untutored fool, until this blood bath ends. And for my braggadocio I'm being held accountable; Just 20 to go looked like such a breeze--but now 10 seems insurmountable.

On 58, as if by magic, phantoms come alive, All my opponents reappear--there are two, three, four and five. So where were you creeps when I needed you? You spurned my silent call; I can make it alone; get lost again--you're a bunch of bastards all.

And at last the big one,65--the reach, the touch, the turn; I step on the gas and the engine responds--a few drops left to burn. In the drunken joy of the closing sprint anxiety's swept away, The race is done--what a blast it was! Euphoria holds sway.

And I'm filled with exultation, like a bird freed from his cage, I'm the champ! I got a gold medal? (There was nobody else my age). I've come through the gate of Hades and returned to the world of men, This foolhardy feat I must never repeat; but I can't wait to try it again.

So, when it's sixteen-fifty time next year for ancient superjocks, I shall step forth and take my place atop the starting box. With terror in my heart, for sure, but fire in my eye, And loins encased in the blue batik of the North Suburban "Y".

E.S. Howland

FOR THE RECORD

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NATIONAL MASTERS SYNCH SWIMMING CHAMPIONSHIPS 10/27-28/75 Read	RONIZED ding, PA
OVERALL TEAM SCORE	IS
D. C. Masters	45
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GRAND MASTERS	
Nancy Hunt Weiman FIGURE COMPETITIC	78.945
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Carolyn Dignam 25-29 Dorothy Beavers 25-29 Jane Katz 30-34 Louise Wing 55-59 Margie Nurphy 45-49 Jennifer Parks 30-34	28.045
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Louise Wing 55-59	21.755 20.900
Jennifer Parks 30-34	20.900
Elaine Douma 40-44	19.985
Barbara Organ 35-39 Jean Garbus 40-44	19.655
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N.Kirkendall 30-34 Jeanne Ulrich 35-39 Bob Husson 30-34 Susi Husson 30-34	16.905
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Audrey Holmberg 55-59	20.135 19.985 19.655 19.635 19.495 17.860 17.860 16.905 16.510 15.840 15.770 14.615
Sara Rosner 35-39	14.615
Sylvia Hollander 45-49	12.490
Ruth Redstone 65-69	9.455
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WOMEN 30-39	
Sara Takii	256.55
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 Floyd Stauffer
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 Jack Roth
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 Don Brand
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All competition performed one and/or three meter springboards

NEW ENGLAND MASTERS	10/5/25
Vestfield,Mass.	10/5/75 •
50 vd FREESTYLE Janet Kerr	29.3
Christie Slimak Joy Miller	29.3 28.1 33.4
N.Offenhauser 100 yd FREESTYLE	35.4
Christie Slimak Sue Tendy	1:01.0
Janet Kerr Joy Miller	1:06.0
Nancy Offenhauser 200 yd FREESTYLE	1:23.9
Janet Kerr 50 yd BACKSTROKE	2140.3
Christie Slimak Nancy Offenhauser	35.4
200 yd BACKSTROKE Nancy Offenhauser 50 yd BREASTSTROKE	3:28.4
Janet Kerr 100 yd BREASTSTROKE	40.9
Christie Slimak	1:17.6
50 vd BUTTERFLY Sue Tendy Nancy Offenhauser	37.7 41.9
100 vd IND. MEDLEY Janet Kerr	
Sue Tendy Joy Miller	1:18.3 1:21.4 1:30.0
200 yd IND. MEDLEY Christie Slimak	2:41.0
Sue Tendy VOMEN 30-34 100 yd FREESTYLE	3:03.9
Jane Katz	1:03.8
50 yd BACKSTROKE Jane Katz	35.1
50 yd BREASTSTROKE	40.3
100 vd BREASTSTROKE Jane Katz 50 vd BUTTERFLY	1:26,6
Jane Katz WOMEN 35-39	32.1
50 yd FREESTYLE Ann Viola	35.0
50 yd BACKSTROKE	40.4
100 yd BACKSTROKE	1:33.1
Ann Viola 100 yd IND. MEDLEY Ann Viola WOMEN 40-44	1:35.6
50 vd FREESTYLE	
Lynn Crownsberry 100 yd FREESTYLE	35.2
Lynn Crownsberry 200 yd FREESTYLE	1:22.6
Lynn Crownsberry 100 yd IND. MEDLEY Lynn Crownsberry WOMEN 15-40	3:02.9 1:38.6
WOMEN 45-49 50 yd FREESTYLE	11,0.0
Joan McIntyre 100 yd FREESTYLE	35.9
Joan McIntyre 200 yd FREESTYLE	1:17.4
Joan McIntyre 50 yd BACKSTROKE	2:57.0
Joan McIntyre 200 vd BACKSTROKE	44.2
Joan McIntyre WOMEN 50-54 50 vd FREESTYLE Jean Beers	3125.1
50 yd FREESTYLE Jean Beers	38.0 1:05.6
Frances Brill Enid Uhrich	1:09.3
100 vd FREESTYLE Frances Brill 50 vd BACKSTROKE	2129.5
Enid Uhrich 50 yd BREASTSTROKE Jean Beers	1:10.9
Jean Beers Enid Uhrich Frances Brill	49.1 1:24.9
100 vd BREASTSTROKE	1:40.7
Jean Beers WONEN 55-59 50 yd FREESTYLE Hortense Kelly Jean Baker	1:54.7
So yd FRAESTILE Hortense Kelly Jean Baker	53.3 54.5
Charlotte Osvar	1:49.9
200 yd FREESTYLE Hortense Kelly 100 yd BREASTSTROKE	4:02.6
Jean Baker Hortense Kelly	2:11.3 4:21.8
50 vd BREASTSTROKE	56.1
Jean Baker WOMEN 60-64 50 vd FREESTYLE	
Helen Offenhauser 100 yd FREESTYLE	43.8
Helen Offenhauser 200 yd FREESTYLE	1,36.3
Helen Offenhauser 50 yd BREASTSTROKE Helen Offenhauser	3:25.7 1:11.3
100 yd IND. MEDLEY Helen Offenhauser	1:58.4
VONEN 70-79 50 ya FREESTYLE	1975 <b>-</b> 7. <b>1</b> . 1997
50 vd BACKSTROKE	1:00.0
Doris Hogan	1:25.6
50 ve BREASTSTROKE Doris Hogan	1:09.7

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VOMEN RELATS	<u>а</u>
(Unofficial) Tendy, Vic Slimak, Offenhauser	2:09.3
MEDLEY 25+ NEM Miller.Beers,McInt	yre, 2:56.2
COED RELAYS	
Conn Viola,Slimak,Pla Sykes 25+ NEM 45+ Hulme,Uhrich,I	1152.4
McIntyre	2:16.5
MEN 25-29 50 yd FREESTYLE Robt. Mercer Jr Bill Sykes	24.1
Bill Sykes 100 yd FREESTYLE	25.8
100 vd FREESTYLE Bill Sykes MEN 30-34	1:00.0
50 yd BREASTSTROKE Dennis Knaus	32.0
100 yB BREASTSTROKE Dennis Knaus 100 yd BUTTERFLY	1:12,1
100 yd IND. MEDLEY	1:03.4
Terry Platt 200 vd IND.MEDLEY Terry Platt MEN 25-20	1:05.3
	2:27.0
50 yd FREESTYLE Ted Ricks 100 yd FREESTYLE	32.1
Richard Beal Ted Ricks	1:11.7 1:13.6
200 yedFREESTYLE Ted Ricks	2:54.0
50 ydsBACKSTROKE Bill Murray	
Ted Ricks 200 yd BACKSTROKE Bill Murray	32.5 37.8
Bill Murray 50 yd BREASTSTROKE Ted Ricks	2144.2
Ted Ricks <u>50 yd BUTTERFLY</u> Bill Murray	37.0
Bill Murray 100 yd BUTTERFLY	28.8 1:06.2
200 yd BUTTERFLY	2:43.9
bill Aufrag 100 yd BUTTERPLY Bill Murray 200 yd BUTTERPLY Bill Murray MEN 40-44 50 yd FRESETYLE Chuck White Villing Chucking	214).7
Chuck White William Christian	27.5 28.4
100 vd FREESTYLE William Christian	1:04.5
Ed Haber Ed Sorel	1:04.8 1:11.4
200 vd FREESTYLE Ed Haber	2:28.4
William Christian Chuck White	2:34.3 2:38.3
50 vd BACKSTROKE William Christian 100 vd BACKSTROKE	35.1
George Brunstad 100 yd BREASTSTROKE	1:18.7
George Brunstad <u>100 yd IND.MEDLEY</u> George Brunstad	1:27.9
Ed Sorel	1:14.9
William Christian <u>200 yd IND.MEDLEY</u> George Brunstad	1:21.9 2:48.0
50 vd BUTTERFLY George Brunstad	
Chuck White Ed Soral	33.3 35.1 37.0
MEN 45-49 50 yd FREESTYLE	: •
Len Goldstone Ernie Hulme	26.6 28.3 30.1
Jin Forbes 100 yd FREESTYLE Evenia Hulme	1:04.2
100 vd FREESTYLE Erenie Hulme 200 vd FREESTYLE Ernie Hulme 50 vd BREASTSTROKE	2128.9
	33.5
100 yd BREASTSTROKE Ted Haartz	1:15.7
Jim Forbes 50 yd BUTTERFLY	29.6
Ted Haartz	30.4
Len Goldstone Ted Haarts	1:09.2
200 vd BUTTERFLY Ted Haartz	2:46.9
Jin Forbes 50 yd BUTTERFLY Len Goldstone Ted Haarts 100 yd BUTTERFLY Len Coldstone Ted Haarts 200 yd BUTTERFLY Ted Haarts 200 yd IND.MEDLEY Len Coldstone MEN 50-54	2136.4
50 yd FREESTYLE	31.2
Villiam Varza	37.6
Jim Edwards William Varza	1:04.6
50 yd BACKSTROKE Bill Rodenbach	33.6
Jim Edwards William Varga 50 yd BACKSTROKE Bill Rodenbach 100 yd BACKSTROKE Boll Rodenbach 200 yd BACKSTROKE Jim Edwards 50 yd BEGASTROKE	1:15.4
Jin Edwards 50 yd BREASTSTROKE	2:47.9
50 yd BREASTSTROKE Chuck McCarthy	39.8

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100 ya BREASTSTROKE	1.09.0	100 yd. 1.M.	
Bill Rodenbach Chuck McCarthy	1:28.2 1:30.7	C. Slimak 27 WOMEN 30-34	1:10,3
50 yd BUTTERFLY Chuck McCarthy	38.6	50 yd. freestyle J. Kats 32	
William Varza	44.2	J. Johngren 31	:29.1 :35,9
100 vd BUTTERFLY William Varga	1:41.2	100 yd. freestyle J. Kats 32	
100 yd IND. MEDLEY		K. Koch-Weser 33	1:03.8
MEN 55-59	1,16.3	200 yd. freestyle J. Kats 32	
50 yd FREESTYLE	10001	K. Koch-Weser 33	2:17.8 2:52.8
Harry Bartlett John Merrill	30.6 33.8	1650 yd. freestyle K. Koch-Weser 33	20.11.2
100 yd FREESTYLE		50 yd. back J. Hardy 31	29:12.2
Harry Bartlett 200 vd FREESTYLE	1:09.6	J. Hardy 31 J. Johngren 31	:36.1
Harry Barilett	2:42.8	K. Koch-Weser 33	:40.2
50 yd BACKSTROKE William Uhrich	35.7	100 yd, back J. Hardy 31 C. Clark 30	
John Merrill	35.7 36.8	C. Clark 30	1:21.6
100 vd BACKSTROKE John Merrill	1:18.6	E. Atwood-Mets 31 K. Koch-Weser 33	1:22.5
William Uhrich	1:19.4	200 yd, back	1.72.12
200 yd BACKSTROKE John Merrill	2153.9	200 yd, back E. Atwood-Metz J. Hardy 31 C. Clark 30 50 yd, breast R. Atwood-Mets 31	2:56.3
50 yd BREASTSTROKE		C. Clark 30	2:58.8 3:02.5
William Uhrich Bernard Slavin	39.5 49.5	50 yd, breast E. Atwood-Mets 31	:39.4
100 yd BREASTSTROKE		J. Joangren 31	:47.5
Bernard Slavin 200 yd BREASTSTROKE	1:52.1	100 yd, breast B. Atwood-Mets 31 C. Clark 30	1:25.7
Bernard Slavin	4:17.0	C. Clark 30	1:35.4
50 yd BUTTERFLY William Uhrich	32.4	200 yd. breast E. Atwood-Mats 31 J. Kats 32	3:00.0
100 yd IND. MEDLEY	54	J. Kats 32	3:03.3
William Uhrich MEN 60-64	1:15.0	100 yd. 1.M. J. Kats 32	1:11.0
50 yd BACKSTROKE	20.0	J. Hardy 31	1:22.6
Larry Smith 200 vd BACKSTROKE	32.7	C. Clark 30 200 vd. I.H.	1:24.0
Larry Smith	3:08.7	200 yd. 1.H. C. Clark 30	3:14.7
MEN 65-69 50 yd FREESTYLE		WOMEN 35-39 50 yd, freestyle	
E.J.Kiernan	42.6	A. Jones 37 C. Andersen 35	:30.5
100 yd FREESTYLE E.J.Kiernan	1:45.1	J. Ryen 35 D. Bobnick 35	:36,8
MEN 70-79		D. Bobnick 35 J. Walden 35	:42.4 1:02.1
50 yd FREESTYLE G.H. Langner	36.0	100 yd. freestyle	1.02.1
Earl Lgon	51.0	A. Jones 37 J. Kyan 35	1:09.3
100 yd FREESTYLE G.H. Langner	1:21.3	D. Dobnick 35	1:39.2
Earl Lyon 200 yd FREESTYLE	2:07.6	200 yd, freestyle A. Jones 37	2:37.0
G.H. Langner	2:57.7	A. Hummel 35	3:07.1
50 yd BACKSTROKE Earl Lyon	58.5	M. Holmes 38 1650 vd. freestyle	3:41.5
100 yd BACKSTROKE		1650 yd, freestyle A. Jones 37	27:04.6
Earl Lyon 50 yd BREASTSTROKE	2:15.1	A. Hummel 35 50 vd. back	28:27.2
G.H. langner	56.5	50 yd. back C. Andersen 35	:46.9
Earl Lyon 100 yd BREASTSTROKE	1,05.6	D. Bobnick 35 J. Walden 35	:49.0 :53.5
G.H. Langner MEN RELAYS	2:06.00	100 yd. back F. Cura 37	1:28.3
		D. Bobnick 35	1:48.4
CONN 35+ Christian,W Brunstad,Goldstone	l:55.1	200 yd. back F. Cura 37 M. Holmes 38	3:20.1
MEDLEY		M. Holmes 38	4:00.2
NEM 35+ Haber, Murray Sorel	2:08.5	50 yd, breast A. Jones 37	:41.6
CONN 35+ Christian, B	rundstad		145.4
White, Bartlett NEM 45+ Uhrich, Smith	2:19.0 Haarts	A. Jones 37	1:31.3
Hulme CONN 45+ Goldstone,M	2:06.9	A. Hummel 35 <u>100 yd. breast</u> A. Jones 37 F. Cura 37 100 yd. I.M.	1:38,7
Rodenbach, Varza	2:19.9	F. Cura 37	1:25.5
FREE 55+ CONN Lyon, Slavin, Ian	mer	A. Hummel 35	1:30,1
Kiernan	2:58,1	200 yd. 1.M. F. Cura 37	3:14.7
FREE 45+ NET Hulne, Edwards, 11	nrich	A. Rummel 35 WOMEN 40 44	3:24.8
Haartz	1:50.9	50 yd. freestyle L. Lieb 43	Contraction of the second s
	~~~~~	L. Lieb 43 J. Noeller 40	:33.3
FOURTH LEATHERSTOCKI	NG OPEN	8. Karl 40	: 37 .7
	ber 12, 1975	100 yd. freestyle L. Lieb 43	1:20.4
WUMEN 25-29		B. Karl 40	1:31.4
50 yd, freestyle		50 yd. back J. Huber 43 B. Karl 40	:45.0
S. Smith 28 N. Offenhauser 26	:34.3	8. Kar1 40	:45,1
K. Curley 26	:38.9	100 yd. back J. Huber 43	1:36.6
100 yd, freestyle S. Smith 28	1:19.5	B. Karl 40	1:41.1
K. Curley 26 200 yd. freestyle	1:21.3	200 yd. back J. Huber 43	3:29.5
C. Slimak 27	2122.5	B. Karl 40 50 yd. breast	3:46.2
N. Offenhauser 26 K. Curley 26	3:06.5	J. Moeller 40 R. Ashford 44	144.8 146.0
K. Curley 26 1650 yd. freestyle K. Curley 26	30:23.0		
50 yd, back		100 yd. breast L. Lieb 43 M. Ashford 44	1:35.4 1:47.6
R. Patrick 28 100 yd. back	:50.5	50 yd. fly J. Moeller 40	
N. Offenhauser 26	1:29.1	J. Moeller 40 100 yd. I.M.	:42.2
50 yd. breast C. Slimak 27	:35.5	100 yd. I.M. J. Moeller 40	1:30.4
A. Patrick 28	:52,9	200 yd. 1.M. J. Moeller 40	3:26.5
200 yd, Breast C. Slimak 27	2:52.7	WUMEN 45-49	4006-149776
50 yd. fly C. Slimak 27	:34.5	P. Clinton 47	:32.9
K. Curley 26	:42.7	1650 yd, freestyle P. Clinton 47	27:56.4
N. Offenhauser 26	:45.0		100

:30,5 :36,8 :38,6 :42,4

2:37.0

27:04.6

:46.9 :49.0 :53.5

:41.8

145.4

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WOMER 50-54 50 yd, freestyle		100 yd, fraestyle J. Zwicker 39	:57
D. Donnelly 53 N. Phillips 54	:32.1	K. Mullaney 35 R. Pauley 37 R. Hummel 37	1:04
100 yd, freestyle D. Donnelly 55	1:15.6	R. Hummel 37 200 vd. freestyle	1:17
N. Phillips 54	1:21.7	200 yd. freestyle J. Zwicker 39 B. Walden 36 K. Hullaney 35	2:09 2:11
200 yd. freestyle N. Phillips 54	3:09.5	K. Hullaney 35	2:31
1650 yd, freestyle Charlotte Gostello 52	27:47.5	R. Hummel 37 50 yd. back D. Andersen 37	
50 yd, back D. Donnelly 53	:41.2	100 vd. back	: 35
N. Phillips 54 C. Costello 52	:43.5	J. Zwicker 39 D. Andersen 37	1:13
100 yd, back		50 yd, breast	:33
D. Donnelly 53 N. Phillips 54	1:34.6 1:42.2	D. Andersen 37	: 34
50 yd, breast C. Costello 52	:42.0	B. Walden 36 <u>100 yd. breast</u> J. Zwickar 39	: 39
100 yd, breast C. Costello 52	1:32.4	J. Zwicker 39 D. Andersen 37	1:15 1:17
50 yd. fly		50 yd. fly S. Kurtin 36	: 21
C. Costello 52 100 yd. I.M. C. Costello 52	:39.4	B. Walden 36 R. Hummel 37	: 34
D. Donnelly 53	1:23.3 1:25.3	100 vd. 1.N.	:4
WOMEN 60-64 50 yd, freestyle	Ð	B. Walden 36	1:10
K. Lechner of	:49.2	200 yd. 1.M. J. Zwicker 39	2:2
100 yd. freestyle H. Offenhauser 63 R. Lechner 62	1:35.4 1:59.9	MEN 40-44 50 yd. freestyle	1.000
200 yd, treastyle H. Oftenhauser 63		W. Christian 44	: 21
R. Lechner 62	3:22.9 4:20.2	P. Simpson 40 B. Graham 44	:3(
1650 yd. freestyle H. Offenhauser 63	30:27.4	J. Lechner 40 100 vd. freestyle	:44
50 yd. back H. Offenhauser 63	:54.2	100 yd, freestyle W. Christian 44 J. Ketchum 45	1:0
N. Lechner 62	1:02.6	K. Lawson 43	1:0
50 yd, breast R. Lechner 62	1:03.0	P. Simpson 40 J. Lechner 40	1:34
50 yd. fly R. Offenhauser 63	1:01.4	200 yd. freestyle W. Christian 44	2:3
200 yd. I.N. H. Offenhauser 63		J. Ketchum 45 k. Dawson 43	2:3
WORKEN 65-69 100 yd. freestyle		50 yd. back	
 Somers 68 	2:04.2	G. Brunstad 41	:3 :3
100 yd, back 5. Somers 68	2:36.2	100 yd. back G. Brunstad 41	1:1
100 yd. breast E. Somers 68	5:01.5	K. Dawson 43 200 yd. back K. Dawson 43	1:2
200 yd. breast E. Somers 68	5:27.4		3:0
100 ya, 1.n.	2:28.2		1:3
		200 yd, breast G. Brunstad 41 J. äetchum 43	3:0
MEN 25-29 50 yd. freestyle J. Basos 26		50 vd. flv	
H. Cleary 26 B. Sykes 27	: 23.3 : 24.4 : 26.2	P. Simpson 40 J. Ketchum 43	: 3 : 3
B. Sykes 27 100 yd, freestyle L. Chase 27		G. Brunstad 41	1:1
L. Chase 27 M. Cleary 26	:52.6 :55.0	J. Ketchum 43 P. Simpson 40	1:2
H. Cleary 26 J. Basos 26 B. Sykes 27	1 402.2	200 yd. 1.M. G. Brunstad 41	2:5
200 yd, freestyle J. Basos 26 B. Sykes 27	2:00.1	e e manih bront and	2:5
	2:20.3	MEN 45-49 50 yd, freestyle J. Forbes 49	
1650 yd. freestyle J. Basos 26	19:45.8	J. Forbes 49 R. NeWilliam 47	:2
50 yd, back L. Chase 27	:29.0	J. Penabad 46 100 yd, freestyle	:3
100 yd, back	1:03.8	N. Schueckler 48 L. Goldstone 46	:5
50 yd. breast B. Bartolini 27		#. McWilliam 47	1:1
T. Pisken 26	:33.9	200 vd. freestyle	1:1
100 yd. breast L. Chase 27	1:12.8	N. Schueckler 48 L. Goldstone 46	2:1
B. Bartolini 27 T. risken 26	1:17.2	R. NcWilliam 47 J. Forbes 49	2:4
50 yd. fly J. Basos 26		J. Penabad 46 1650 yd, freestyle	2:5
M. Cleary 26	:25.3	N. Schueckler 48	21:5
100 yd. L.N. L. Chase 27	1:01.1	N. Schueckler 48 J. Forbes 49 D. Herbst 47	27;0
B. Hartolini 27 MEN 30-34	1:15.6	L. Tersmatta 40	34:5
50 yd. freestyle S. Ryan 34 J. Likins 30	:24.9	50 yd. back B. Tannehill 47 B. Young 45 J. Penabad 46	:3 :4
J. Likins 30 B. White 32	:25.9	J. Penabad 46	:4
100 yd, freestyle J. Likins 30		100 yd, back B. Tannehill 47 N. Schueckler 48	1:0
S. Kyan 34	:55.2	200 yd, back	
200 yd, freestyle J. Likins 30	2:06.1	200 yd. back B. Tannehill 47 N. Schueckler 48	2:3
S. Ryan 34 B. White 32	2:22.4 2:39.2	50 yd. breast J. Forbes 49 R. Nowilliam 47	:3
50 yd. fly 8. White 32	:29.5	R. Hewilliam 47 L. Tersmette 49	:4
B. White 52 S. Ryan 34 100 yd. I.N.	.30.8	L. Tersmette 49 D. Herbst 47 100 yd. breast	:4
J. Likins 30	1:07.0	J. Forbes 49	1:1
S. Kyan 34 200 yd. 1.M. Jack Likins 30		D. Herber 47	1:3
Jack Likins 50 MEN 35-39 50 yd. freestyle	2:32.6	200 yd, breast J. Forbes 49 50 yd, fly L. Goldstone 46	2:5
S. AUFEIN 30	: 27.2	50 yd. fly L. Goldstone 46	: 2
K. Hullaney 35 R. Pauley 37	120.9	B. Young 45	:3
2. Hummel 37	:33.0	L. Tersmette 49	5:4

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7.6	100 yd. I.M. L. Goldstone 46 B. Tannebill 47 N. Schueckler 4		
14.1	B. Tannebill 47		1:08.2 1:10.0
15.0	N. Schueckler 4 B. Young 45	8	1:13.9 1:22.0
9.1	B. Young 45 L. Tersmette 49 200 vd. I.M.		1:40.2
1.8	200 yd. I.M. L. Tersmette 49		3153.4
54.0	MEN 50-54 50 yd, freestyl	e	
55.3	J. Edwards 52 P. W. Shadbolt		:29.4
	H, Elberson 54		:30.7
17.2	C. McCarthy 50 H. Lake 54		:32.2
\$3.8	H. Lake 54 100 yd. freesty J. Edwards 52	le	1:04.5
34.5	P.W. Shadbolt 5	1	1:09.6
59.9	200 yd, freesty J. Sdwards 52 H. Lentzsch 50	1e	2:27.0
15.7	H. Lentzsch 50 P.W. Shadbolt S		2:34.0
	A. Smith 54		2:42.0 4:21.1
28.8	1650 yd, frecat R. Smith 54	yle	55:00.0
43.9	1650 yd, freest R. Smith 54 50 yd, back C. Helbert 54		
10.4	F.W. SHADDOLL 3	1	:35.5 :39.0
17.0	100 vd. back		1:17.8
29.3	J. Edwards 52 C. Helbert 54 R. Smith 54		1:23.6
	R. Smith 54 200 yd, back J. udwards 52		2:41.8
28.9 30.7	J. isdwards 52		2:48.6
40.2	J. idvaria 52 50 yd, breast H. Lentrasch 50 K. il berson 54 G. HeGarthy 50 100 yd, breast H. Lentrasch 50 50 yd, fly H. Lentrasch 50 G. NeCarthy 50 100 yd, LN.		:37.3
44.3	K. Elberson 54 G. McCarthy 50		:38.8 :39.9
04.2	100 yd. breast		1:24.2
06.3	4. Elberson 54		1:27.1
10.2	G. HeCarthy 50 50 vd. flv		1:29.5
	H. Lentssch 50		:36,5 :36,8
30.7	H. Lentzsch 50		: 20,8
34.1	H. Lentzsch 50 MKN 55_59		1:20.4
34.2	MEN 55-59 50 yd, freesty N. Guido 59	le	
34.8	R. Guido 59 100 yd, freest;	le	:51.1
17.6	100 yd, freest R. Guido 59 200 yd freest	-1-	1:12.4
	200 yd, freest K. Guido 59	140	2:46.4
01.3	d. Guido 59		:37.4
30.0	100 yd. back R. Guido 59		1:21.8
00.00	HEN 60-64	100	******
26,9	HEN 60-64 1650 yd, frees T, hyer 61	tyle	30:14.5
34.3	MEN 65.60		
	50 yd. freesty H. Jaggers 68		:35.4
14.1	E.J. Kiernan 6 J. Lechner 66	2	:41.6
21.6	100 yd. ireest E.J. Kiernan 6	yle	1:44.5
53.0	J. Lechner 66		2:02.8
59.2	200 yd, freest N. Jaggers 68	yle	3:19.3
8994.0	0. Sigrist 67		3:23.5
29.6	J. Lechner 66 1650 yd. frees	tyle	4:44.7
33.7	H. Jaggers 68		28:46.0
59.2	50 yd. back H. Jaggers 68 J. Lechner 66		:44.9
59.5	J. Lechner 66 100 yd. back		1:05.4
14.6	H. Jaggers 68 J. Lechner 66		1:38.8
14.1	J. Lechner 66 200 yd. back		2:39.5
15.2	200 yd. back H. Jaggers 68		3:31.3
52.6 54.9	100 yd. breast 0. Sigrist 67 50 yd. fly 0. Sigrist 67		1:42.2
	50 yd. fly 0. Sigrist 67		:40.9
56.3	100 yd. I.M. U. Sigrist 67 S. Silbert 67		1:29.7
18.0	S. Silbert 67		1:57.8
59,1	200 yd. 1.N. S. Silbert 67		4:28.5
31.0 43.0	200 yd, MEDLEY	RELAY	
45.0	Women 25+ Conn, Masters		2:28.5
09.1	(Hardy, Slimak	, oftenha	user,
27.5	A.C.C. Gym	Ulmstead	2:44.9
37.7	(Koch-Weser, J	ohngren, Gurley)	Smith,
53.7	Women 35+ A.C.C. Gym		
33.7 41.9	(Huber, Lieb,	Clinton.	2:44.2 Kyan)
44.0	Hen 25+ Expressway "Y"		2:10.7
46.0	(Helbert, Pisk	en, Clear	гу.
16.3	Nen 35+	Elbers	ion)
40.4	Hetro Hasters (Young, Dawson	Farber	2:17.8
52.5		Ne Willi	(am)
29.4	200 yd, MIXED Union Aquatic	Club	1:54.0
33.3	(White, Basos,	Jones, ((lark)
41.5	Tri-Cities Mas (C. Andersen,	D. Anders	2:15.9 sen,
	Karl, Paule	y)	

200 yd. FREESTYLE RELAY	
200 yd, FREESTYLE RELAY Women 25+ A.C.C. Gym (Smith, Johngren, Curle	у.
Koch-Weser Women 35+ A.C.C. Gym (Huber, Lieb, Clinton,	2:25.0
Men 35+ Metro Hasters	2:04.5
(Young, Dawson, Forbes, McWilliam	,) ()
MASTERS DEVELOPMENT ME 10-18-75 Pho	ET Menix, AZ
WOMEN 35-39	
50 YARD FREESTYLE Mona Lorant 38	38.0
50 YARD BREASTSTROKE Mona Lorant 38	46.B
200 YARD BREASTSTROKE Mona Lorant 38	4:05.7
100 YARD INDIVIDUAL ME Mona Lorant 38 WOMEN 40-44 50 YARD FREESTYLE	1:45.9
50 YARD FREESTYLE Mary Marenda 42 100 YARD FREESTYLE	38.4
100 YARD FREESTYLE Mary Marenda 42 50 YARD BACKSTROKE	1:34.7
50 YARD BACKSTROKE Mary Marenda 42 50 YARD BREASTSTROKE	47.8
50 YARD BREASTSTROKE Mary Marenda 42 100 YARD INDIVIDUAL ME	1:03.8 DLEY
Mary Marenda 42 WOMEN 45-49	1:47.6
50 YARD FREESTYLE	41.6
200 YARD FREESTYLE Edith Gruender 47	2:54.1
50 YARD BACKSTROKE Edith Gruender 47 200 YARD BREASTSTROKE	44.3
Maya Feldhuhn 45 200 YARD BUTTERFLY	4:09.7
Edith Gruender 47	3:31.8
50 YARD FREESTYLE Rose Steward 57 100 YARD FREESTYLE	59.9
Rose Steward 57 200 YARD FREESTYLE	2:14.1
Rose Steward 57 200 YARD BREASTSTROKE	4:50.0
Rose Steward 57 100 YARD INDIVIDUAL ME	5:24.8 DLEY
Rose Steward 57 MEN 25-29 50 YARD FREESTYLE	2:34.3
Jeff Westlake 29	23.2 25.3
100 YARD FREESTYLE	27.4
Jeff Westlake 29	56.4 57.2
Dave Gemmill 28 Niki Grigoriev 26	59.2 1:02.4
200 YARD FREESTYLE Anders Bastman 27	2:05.8
Jeff Westlake 29 50 YARD BACKSTROKE	2:14.6
Jeff Westlake 29 Niki Grigoriev 26 50 YARD BREASTSTROKE	34.2 36.6
Anders Bastman 27	33.5
200 YARD BREASTSTROKE Dave Gemmill 28 100 YARD INDIVIDUAL ME	2:36.0
Anders Bastman 27	1:01.0 1:04.0
Dave Gemmill 28 Jeff Westlake 29	1:08.5
Niki Grigoriev 26 MEN 40-44	1:14.6
50 YARD FREESTYLE Gary Nelson 40 200 YARD FREESTYLE	28.3
200 YARD FREESTYLE Gary Nelson 40 50 YARD BACKSTROKE	3:20.1
Gary Nelson 40	39.9
50 YARD BACKSTROKE Gary Nelson 40 100 YARD INDIVIDUAL ME Gary Nelson 40 MEN 45-49 50 YARD FREESTYLE	1:28.1
50 YARD FREESTYLE Lou Silverstein 49	30.1
Dan Gruender 45 Dale Marenda 48	31.3
Dan Gruender 45	1:08.8
Lou Silverstein 49 Dale Marenda 48 200 VARD ERFESTVIE	1:10.0
200 YARD FREESTYLE Lou Silverstein 49 Dan Gruender 45	2:31.4 2:32.7
Dan Gruender 45 50 YARD BACKSTROKE Dale Marenda 48	45.7
50 YARD BREASTSTROKE	41 2
200 YARD BREASTSTROKE Dan Gruender 45 100 YARD INDIVIDUAL ME	3:02.0
LUU aliverstein 97	1:20.7
Dale Marenda 48 MEN 60-64	1:30.5
50 YARD FREESTYLE Bill Wade 60 100 YARD FREESTYLE	31.6
BIII Wade 60	1:11.3

MEN 65-69	
Clifford S. Brown 69	2:36.2
200 YARD FREESTYLE	
100 YARD FREESTYLE Clifford S. Brown 69 200 YARD FREESTYLE Clifford S. Brown 69	5:20.1
50 YARD BACKSTROKE Clifford S. Brown 69	
Clifford S. Brown 69	1:08.6
CILIFFORD & BROWD 69	5:46.3
200 YARD BACKSTROKE CIIFford S. Brown 69 50 YARD BREASTSTROKE	
Clifford S. Brown 69	1:27.3
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MASTERS NORTH-SOUTH DU	AL MEET
10-18-75 ATA	SCADERO, CALIF.
WOMEN 25-29	
SO YARD FREESTYF	
Marianne Brens 26	26.75
Chris E. Morgan 27	27.00
Mimi Hayes 28	27.06
Chris E. Morgan 27 Mimi Hayes 28 Janice Terrasi 28 Kathleen Jenkins 26	29.79 31.14
Jaan G. Williams 28	41.89
100YARD FREESTILE	- 5A 78554395
Sally Ann Peterson 29	
Luey Johnson 28	1:02.49
Kristy King 27 Janice Terrasi 28	1:06.90 1:08.89
Joan Williams 28	1:35.55
500 TARD FREESTILS Marianne Breas 26 Lucy Johnson 28	
Marianno Brons 26	5:50.63
Lucy Johnson 28	6:28.59
Sally Ann Peterson 29 Kristy King 27	6:41.12 6:52.32
100 BACKSTROKE	
	1:09.05
Marianne Brens 26	1:09.60
Janet Koenig 26 100 YARD BREASTSTROKE	1:26.52
Sally Ann Peterson 29	1:20.83
Janet Koenig 26	1:23.62
Roberta Trucy 25 SO YARD BUTTERFLY Chris E. Morgan 27	1:26.70
DO TARD BUTTERFLY	20.12
	30.41 30 <del>.</del> 58
Janet Koenig 26	31.83
Janet Koenig 26 Roberta Tracy 25 Kristy King 27 Janice Terrasi 28	32.50
Kristy King 27 Janice Terrasi 28	33.89
Kathleen Jenkins 26	34.90 35.87
Kathleen Jenkins 26 100 YARD I.M. Mimi Hayes 28	4 C C C C C C C C C C C C C C C C C C C
Mimi Hayes 28	1:08.10
Chris E. Morgan 27 Roberta Tracy 25	1:10.45
Kathleen Jenkins 26	1:18.28 1:24.36
20400 - 20 - 1/	
SOTARD FREESTILE	5.2
COMPS 30-34 50TARD PRESSTILE Janet E. Roger 34 Sallie Humberger 33	30.06
Sallie Humberger 33	30.30 30.71
Elizabeth Roepke 34 Joan R. Day 33	30.71
Pat Kieselhorst 31	32,96
Pat Kieselhorst 31 100 YARD FREESTYLE Elizabeth Roepke 34	42.493
Elizabeth Roepke 34	1:09.68
Sallie Humberger 33	1:11.44
Joan R. Day 33 Christine Martin 33	1:18.88
SOO YARD FREESTYLE	1:22.71
500 YARD FREESTYLE Nancy Ridout 33	6:15.57
Sally Jo Antonchuk 31 Marie Siddons 32 Christine Martin 33	6:53.29
Christing Martin 33	8:04.72
100 YARD BACKSTRCKE	8:22.76
	1:20.64
Marie Siddons 32	1:47.16
100 YARD BREASTROKE Sally Jo Antonchuk 31	1.0.04
	1:24.36 1:31.29
Janet E. Rover 34	1:32.22
50 YARD BUTTERFLY	<ul> <li>•••</li> </ul>
Janet E. Rover 34 50 YARD BUTTERFLY Nancy Ridout 33 Sara Takii 30 Christine Wartin 33 Varia Siddone 20	31.00
Christine Martin 33	35.83 40.53
Marte Stadoue 35	42.70
100 YARD I. M. Sally Jo Antonchuk 31	1.16.02
Sally Jo Antonchuk 31 Elizabeth Roepke 34	1:16.73
	1:23.11
Pat Kisselhorst 31	1:58.35
WOMEN 35-39	
50 YARD FREESTYLE Pat Bresse 39	
Sandra Riddle 36	27.56
Susan Garratt 38	31.29 31.37
	38.73
	38.73 39.25
	38.73 39.25
	38.73 39.25 1:04.97 1:10.04
	38.73 39.25 1:04.97 1:10.04
Marcia Zimmernan 39 Iris Sue Riding 35 100 YARD FRESTILE Caral Macpherson 37 Marty Childs 35 Susan Garratt 38 Sandra Riddle 36	38.73 39.25 1:04.97 1:10.04 1:11.05 1:11.37
Marcia Zimmerman 39 Iris Sue Riding 35 100 YARD FRESSTYLE Caral Macherson 37 Marty Childs 35 Susan Garratt 38 Sandra Riddle 36 Marcia Zimmerman 39	38.73 39.25 1:04.97 1:10.04
Marcia Zimmerman 39 Iris Sue Riding 35 <u>IOO YARD PRESSTILE</u> Caral Macpherson 37 Marty Childs 35 Susan Carratt 38 Sandra Riddle 36 Marcia Zimmerman 39 <u>SOO YARD PRESSTILE</u> Carol Macpherson 37	38.73 39.25 1:04.97 1:10.04 1:11.05 1:11.37
Marcia Zimmerman 35 Iris Sue Riding 35 <u>100 TARD FRESSTYIE</u> Caral Macpherson 37 Marty Childs 35 Susan Garratt 38 Sandra Riddle 36 Marcia Zimmerman 39 <u>500 TARD FRESSTYIE</u> Carol Macpherson 37 Barbara Jordan 38	38.73 39.25 1:04.97 1:10.04 1:11.05 1:11.37 1:36.79 6:26.94 6:53.64
Marcia Zimmerman 39 Iris Sue Riding 35 <u>100 YARD PRESSTILE</u> Carol Macphereon 37 Marty Childs 35 Suman Garratt 38 Sandra Riddle 36 Marcia Zimmerman 39 <u>500 YARD PRESSTILE</u> Camol Macphereon 37 Barbara Jordan 38 Janice Gray 38	38.73 39.25 1:04.97 1:10.04 1:11.05 1:11.37 1:36.79 6:26.94 6:53.64 7:04.04
Marcia Zimmerman 39 Iris Sues Riding 35 <u>100 YARD PRESSITIE</u> Carel Macherson 37 Marty Childs 35 Suean Carratt 38 Sandra Riddle 36 Marcia Zimmerman 39 <u>500 YARD PRESSITIE</u> Carel Macherson 37 Barbara Jordan 38 Janice Oray 38 Suean Carratt 38	38.73 39.25 1:04.97 1:10.04 1:11.05 1:11.37 1:36.79 6:26.94 6:53.64
Marcia Zimmerman 39 Iris Sues Riding 35 <u>100 YARD PRESSTILE</u> Caral Macpherson 37 Marty Childs 35 Susan Garratt 38 Sandra Riddle 35 Marcia Zimmerman 39 <u>500 YARD PRESSTYLE</u> Carol Macpherson 37 Barbara Jorán 38 Janice Gray 38 Susan Garratt 38 <u>100 YARD BACKSTRÖKS</u> Barbara Jorán 38	38.73 39.25 1:04.97 1:10.04 1:11.05 1:11.37 1:36.79 6:25.94 6:53.64 7:04.04 8:27.95
Marcia Zimmerman 39 Iris Sues Riddag 35 <u>100 YARD PRESSITIE</u> Carel Macherson 37 Marty Childs 35 Suean Carratt 38 Sandra Riddle 36 Marcia Zimmerman 39 <u>500 YARD PRESSITIE</u> Carel Macherson 37 Barbara Jordan 38 Janice Oray 38 Suean Carratt 38 <u>100 YARD BACKSTRÖKE</u> Barbara Jordan 35	38.73 39.25 1:04.97 1:10.04 1:11.05 1:11.37 1:36.79 6:25.94 6:53.64 7:04.04 8:27.95 1:14.88 1:325
Marcia Zimmerman 39 Iris Sues Riddag 35 <u>100 YARD PRESSITIE</u> Carel Macherson 37 Marty Childs 35 Suean Carratt 38 Sandra Riddle 36 Marcia Zimmerman 39 <u>500 YARD PRESSITIE</u> Carel Macherson 37 Barbara Jordan 38 Janice Oray 38 Suean Carratt 38 <u>100 YARD BACKSTRÖKE</u> Barbara Jordan 35	38.73 39.25 1:04.97 1:10.04 1:11.05 1:11.37 1:36.79 6:25.94 6:53.64 7:04.04 8:27.95 1:14.88 1:325
Marcia Zimmerman 39 Iris Sues Riddag 35 <u>100 YARD PRESSTIE</u> Carel Macpherson 37 Marty Childs 35 Suean Carratt 38 Sandra Riddle 36 Marcia Zimmerman 39 <u>500 YARD PRESSTIE</u> Carel Macpherson 37 Barbara Jordan 38 Janice Gray 38 Suean Carratt 38 <u>100 YARD BACKSTRÖKS</u> Barbara Jordin 35 Sandru Ridd <u>e 36</u> 100 YARD BRAST STROK	38.73 39.25 1:04.97 1:10.04 1:11.05 1:11.07 1:36.79 6:26.94 6:53.64 6:53.64 8:27.95 1:14.88 1:43.25 1:36.62
Marcia Zimmerman 39 Iris Sues Riddag 35 <u>100 YARD PRESSTIE</u> Carel Macpherson 37 Marty Childs 35 Suean Carratt 38 Sandra Riddle 36 Marcia Zimmerman 39 <u>500 YARD PRESSTIE</u> Carel Macpherson 37 Barbara Jordan 38 Janice Gray 38 Suean Carratt 38 <u>100 YARD BACKSTRÖKS</u> Barbara Jordin 35 Sandru Ridd <u>e 36</u> 100 YARD BRAST STROK	38.73 39.25 1:0.04 1:11.05 1:11.05 1:11.37 1:36.79 6:25.94 6:53.64 7:04.04 8:27.95 1:14.85 1:14.85 1:14.85 1:14.62
Marcia Zimmerman 39 Iris Sue Riding 35 <u>Loo YARD PRESSTILE</u> Caral Macpherson 37 Marty Childs 35 Susan Garratt 38 Sandra Riddle 36 Marcia Zimmerman 39 <u>500 YARD PRESSTILE</u> Carol Macpherson 37 Barbara Jordan 38 Janice Oray 38 Susan Garratt 38 <u>Loo YARD BACKST STOCK</u> Gail A. Veehan 35 Sandra Riddle 35 <u>Loo YARD BREAST STOCK</u> Carol Macpherson 37 Marty Childs 35 Janice Oray 38	38.73 39.25 1:04.97 1:10.04 1:11.05 1:11.37 1:36.79 6:26.94 6:53.04 6:53.04 6:53.04 8:27.95 1:14.88 1:4.88 1:4.3.25 1:25.81
Marcia Zimmerman 39 Iris Sue Riding 35 <u>Loo YARD PRESSTILE</u> Caral Macpherson 37 Marty Childs 35 Susan Garratt 38 Sandra Riddle 36 Marcia Zimmerman 39 <u>500 YARD PRESSTILE</u> Carol Macpherson 37 Barbara Jordan 38 Janice Oray 38 Susan Garratt 38 <u>Loo YARD BACKST STOCK</u> Gail A. Veehan 35 Sandra Riddle 35 <u>Loo YARD BREAST STOCK</u> Carol Macpherson 37 Marty Childs 35 Janice Oray 38	38.73 39.25 1:0.44 1:11.05 1:11.07 1:10.04 1:11.07 1:36.79 6:26.94 6:53.64 7:04.04 8:27.95 1:14.88 1:23.25 1:25.81 1:27.38 1:27.38 1:32.85
Marcia Zimmerman 39 Iris Sues Riding 35 Ioo YARD PRESSITIE Caral Macpherson 37 Marty Childs 35 Susan Carratt 38 Sandra Riddle 36 Marcia Zimmerman 39 500 YARD PRESSITIE Carol Macpherson 37 Barbara Joráan 38 Janice Oray 38 Susan Carratt 38 <u>loo YARD BacKSTRÖKS</u> Barbara Joráan 38 Sandra Ridd <u>e 35</u> Janice Cray 38 Heien Geoffrion 36 Heien Geoffrion 36 Heien Geoffrion 36	38.73 39.25 1:04.97 1:10.04 1:11.05 1:11.07 1:36.79 6:26.94 6:53.64 6:53.64 7:04.00 8:27.95 1:14.88 1:43.25 1:25.81 1:25.81 1:25.81 1:25.85 1:45.43
Marcia Zimmerman 39 Iris Sue Riding 35 <u>Loo YARD PRESSTILE</u> Caral Macpherson 37 Marty Childs 35 Susan Garratt 38 Sandra Riddle 36 Marcia Zimmerman 39 <u>500 YARD PRESSTILE</u> Carol Macpherson 37 Barbara Jordan 38 Janice Oray 38 Susan Garratt 38 <u>Loo YARD BACKST STOCK</u> Gail A. Veehan 35 Sandra Riddle 35 <u>Loo YARD BREAST STOCK</u> Carol Macpherson 37 Marty Childs 35 Janice Oray 38	38.73 39.25 1:0.44 1:11.05 1:11.07 1:10.04 1:11.07 1:36.79 6:26.94 6:53.64 7:04.04 8:27.95 1:14.88 1:23.25 1:25.81 1:27.38 1:27.38 1:32.85

50 YARD BUTTERPLY Pat Bresse 39 Geil A. Meehan 35 Helen Geoffrion 31 29.23 33.34 37.12 42.92 54.37 Helen Geoffrion 37 Joan Caldeira 36 Mareia Zimernan 39 100 TARD I. M. Pat Bresse 39 Gail A. Moshan 35 Janice Gray 38 Marty Childs 35 Helen Geoffrion 37 Joan Caldeira 36 37 1:10.57 1:17.10 1:20.80 1:21.89 1:29.63 1:37.49 Joan Caldeira 36 1 WOMEN 40-44 50 YARD FRESSTILE Janet Lamott 40 Adrienne Pipes 41 Mary Ann Kaufman 40 M. A. Rasmussen 40 100 YARD FRESTILE Janet Lamott 40 Janet Lamott 40 29.87 32.50 32.56 37.48 1:07.75 1:08.59 Vary Ann Kaufman 40 500 YARD PREESTYLE Ann Kay 41 40 1:19.83 Ann Kay 41 Janet Lamott 40 7:03.66 7:10.51 100 YARD BACKSTROKE Cindy Baxter 43 1:45.31 Jacqueline D. Smith44 1:35.68 Cindy Baxter 43 1:28.28 Jacqueline D. Smith44 1:33.09 Bobbis Callison 42 1:42.07 M. A. Rasmussen 40 1:56.93 M. A. Rassussen 40 1 50 YARD BUTTERFLY Ann Kay 41 Jacqueline D. Smith 44 Adrienne Pipes 41 Bobbie Callison 42 100 YARD 1. M. Cindy Baxter 43 33.26 37.12 38.36 41.45 1:23.79 Adrienne Pipes 41 Bobbie Callison 42 M. A. Rasmussen 40 1:29.11 1:33.23 1:46...5 <u>WOMEN 45-49</u> <u>50 TARD FREESTILS</u> Berra Bennett 48 Helga Linnes Palmer 45 Martha Kaoshenhauer 48 30.01 30.21 Shisley Anderson 47 Gecile Maar 45 Ivy Page 45 Ioo YARD FREESTVIE Berra Bennett 48 Helga Linnea Palmer 45 Matha Konshashuma 19 37.39 56.49 1+02-90 1:12.25 Martha Knochenhauer 48 1:28.00 Shirley Anderson 47 500 YARD FREESTILE Helga Linnes Palmer 45 1:29.85 7:29.3 8:23.17 8:27.43 8:55.17 Martha Knochenhauer 48 Barbara Odone 47 Betty Talbot 49 Shirley Anderson 100 YARD BACKSTROKE Anne Adams 17 9:21.35 Anne Adams 47 Nancy Keserve 47 Retty Talbot 49 1:21.32 1:42.65 Ann Schroeder 49 2:03.30 100 YARD BREAST STROKE Pat Henderson 46 1:45.66 Barbara Odone 47 Cecile Naar 45 C. Weyer 46 1:46.04 1:46.38 1:57.83 Ann Schroeder 49 1:58.97 2:04.17 Betty Talbot 49 50 YARD BUTTERPLY Anne Adams 47 Berra Bennett 48 Pat Henderson 46 34.08 35.33 49.94 50.71 58.85 Nancy Meserve 47 Cecile Naar C. Meyer 46 45 100 YARD I. F. Anne Adums 47 Barbara Odone 47 1:18.17 1:42.89 Nancy Meserve 47 Pat Henderson 46 Ann Schroeder 49 1:45.75 1:49.74 1:56.60 Num Schröder 49 WOMEN 50-54 So TARD FREESTILE Sally Scholer 51 Joy E. McDaris 50 Alicia Herst 50 33.82 34.81 Alicia Horet 50 LOO YARD FREESTYLE Geri Oraseo 52 Sally Scholer 51 Alicía Horet 50 500 YARD FREESTYLE Geri Oraseo 52 Nan Limbaugh 50 1:18.75 1:21.41 1:31.48 1:33.39 7:51.37 B:43.83 100 YARD BACKSTROKE Florence Carr 50 Nun Lingargh 50 1:34.91 1:38.80 100 TARD BREAST STROKE 1:32.28 Alicia Horst 50 Geri Oraseo 52 Florence Carr 50 Joy E. McDaris 50 1:39.01 1:42.37 1:42.71 50 YARD BUTTERFLY Sally Scholer 51 Grace T. Altus 51 41.93 50-76 Grace T. Altus 24 ICO YARD T. M. Florence Carr 50 1:37.34 Joy Z. McDamis 50 1:42.42 Grace T. Altus 51 1:50.23

NOMEN 55-59 50 TARD PRESSTIE Jane McCollitter 56 Annetta Pfeiffer 57 Isabel Moll 58 100 TARD PRESSTIE Jane McCollitter 56 Assetta Pfeiffer 57 Isabel Mell 58 36.09 37.99 1:22.98 1:29.70 500 YARD FREESTYLE Jane McCollister 56 Isabel Moll 58 100 YARD BLCKSTROKE Zada Taft 56 Margaret George 58 Annetta Pfeiffer 57 8:13.17 11:45.77 1:38.15 1:42.05 1:45.55 Viola Thompson 57 Margaret George 58 Pat Matthissen 59 1:45.93 1:47.71 1:50.50 50 YARD BUTTERFLY Viola Thompson 57 43.26 Zada Taft 56 47.56 Pat Matthiesen 59 100 YARD I. M. Zada Taft 56 1:33.85 Zada Tait 50 1 Vicla Thompson 57 1 Pat Matthiesen 59 1 FOMEN 60-64 50 YARD FREESTYLE Bernice Silber 62 1:36.93 51.25 100 YARD FREESTYLE Bernice Silber 62 2:02.65 100 YARD BACKSTROKE Grace d. Deal 62 Bernice Silber 62 1:59.34 2:19.07 Bernice Silber 62 2 50 YARD BUTERPLY Grace 7. Deil 62 100 YARD 1. B. Grace 4. Deil 62 100 YARD 1. B. MOMEN 65-65 Bei Johnston 65 100 YARD FRESSTYLE Bdie Goldman 65 100 YARD FRESSTYLE Bdie Goldman 65 100 YARD FRESSTYLE Bee Johnston 65 100 YARD FRESSTYLE Bee Johnston 65 100 YARD FRESSTYLE Bee Johnston 65 100 YARD FRESSTYLE 59.62 1:59.75 42.18 43.74 1:43.21 10:19.82 AND HARD BAUFSIRM/KE Ese Johnston 65 2:04.23 100 YARD BRRAST STROKE Bernice Wayne 65 2:07.41 Bes Johnston 65 2:10.00 50 YARD BUTTARYIN Bernice Mayne 65 56.36 100 YARD I. M. Bernice Mayne 65 2:03.00 WOYST 70 & Over 100 YARD FRESTYLE Elisabeth C. Murile71 2:09.02 500 YARD FRESTYLE Elisabeth C. Murile71 1:203.91 100 YARD RESETYLE Elisabeth C. Murile71 2:36.94 HEN 35-29 2:04.23 U. MANUTIO71 <u>)EM 15-29</u> <u>30 YaRD FREESTYLE</u> Ed Rudleff 26 Bob Retro Ed Rudleff 28 Bob Rodgers 26 Rithard Millis 29 Rick Yilson 28 Lownie Valentine 20 24.11 24.54 26.08 27 26.49 100 YARD PREESTYLE Ed Rudloff 28 Greg Jacobs 27 52.27 55.32 55.81 57.04 57.22 Jim Allen 20 Bob Rodjars 26 Leroy A. Graig 29 Lonnie Valentine 27 Yourin T. O'Keefe 27 Jim Allen 26 59.56 1:02.53 Kevin T. O'Keefe 27 500 YARD FREESTYLE Jim Allen 26 Lonnie Valentine 27 5:46.97 5:49.49 6:12.26 Donnie valentine Bob Rodgers 26 Bruse Stock 27 Rick Wilson 28 Al Cartwright 33 Harry Davis 34 Richard Burns 32 CO VASO EPPEGAT 6:20.20 6:29.12 30-34 24.32 24.90 25.36 100 YARD FREESTYLE Dave Frank 31 Al Cartwright 33 Harry Davis 34 Dick Reitman 34 54.07 55,51 Dick Reitman 34, 500 YARD FREESTYLE Jia Shaw 34, Dick Reitman 34, <u>MSN 35-37</u>, 50 YARD FREESTYLE CDR Bill Earley 38 John Rawlings 37 Russ Foster 37 Joel Macherson 36 Joo YARD FREESTYLE Russ Foster 37 Barry Fasbender 38 1:01.04 6:11.39 6:33.64 24.60 25.53 25.73 30.13 59.16 Russ Foster 37 Barry Fasbender 38 Dallas Boggs 37 500 YARD FREESTYLE Barry Fasbender 38 1:02.14 6:19.48 Harry Fasbender 38 Russ Foster 37 Dallas Boggs 37 <u>MEN 40-44</u> 50 YARD FREESTILE David Lamott 40 6:27.71 26.70 Dick Frenzel 44 32.48 100 FREESTYLE Dick Frenzel 44 1:14.66 500 YARD FREESTYLE Ashley Jones 44 Art Welch 43 6:22.92

MEN 45-49 Neal R. Palmer 45 Ted Wilsem 48 Al Groh 48 Ronald L. Cameron 45 25.41 25.66 28.03 29.19 Romald L. Cameron 45 100 YARD FREESTYLE Tod Willison 48 Neal R. Palmar 45 Carl Tates 48 Al Grob 48 Romald L. Cameron 45 500 YARD FREESTYLE Carl Tates 48 Robert Cunningham 47 Jerry Cunningham 46 57.84 58.39 59.39 1:02.30 1:09.67 6:03.36 6:40.98 Jerry Cunningham 46 Tom Scotton 45 6:57.41 7:06.00 
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 South of the section o Dere Schwab 53 Fred Taioli 54 1:02.84 500 YARD FREESTYLE Jim Marcus 50 6:23.75 Jim Marcus 50 6 Fred Taioli 54 6 Jack Burgan 52 7 <u>MEN 55-55</u> Jarry Siefert 57 Jim Rielley 58 John R. Robertson 55 David C. Andre 56 Alonzo M. Valentine 58 Joo YARD FRESSTILE 6:29.97 7:24.04 1 26.86 27.27 27.91 28.80 33.71 Alonzo M. Valentine 5 100 YARD PRESETYIE Jerry Sisfert 57 Jim Rieley 58 David C. Andre 56 500 YARD PRESETYIE Don Mankim 59 WEN 50-64 50 YARD PRESETYIE Reg Richardson 54 Gordon Carson 54 Gordon Carson 54 Gordon Carson 54 Gordon Carson 54 1+03.82 1:06.42 1:06.43 6:39.71 29.20 31.37 37.77 39.25 40.17 Roy Erlandsom 62 Ernest Hale 64 Eric E James 64 Erie E James 64, 46.31 100 TARD PRESSTYLE Reg Richardson 64, 1:08.2 Virgil R. Baxter 61, 1:30.72 MTR 65.69 100 YARD PRESTYLE Bill Loughborough 65, 8:13.78 Alfree 0uth 67, 8:38.53 Willard Johnston 65, 10:22.41 <u>MEN 70 8 Over</u> 50 YARD PRESTYLE Bill Trask 72, 40.43 Gerhard Maurie, 72, 42.15 100 TARD FRESTYLE 46.31 1:08.28 100 YARD PREESTILE Bill Track 72 Gerhard Maurie 72 1:32.21 Gernard Mauris 72 1:36.30 500 Yard PRESTILE Bill Track 72 9:48.47 MEN 25-29 Jeffsey P. Brody 26 1:01.90 Jis Allen 26 1:04.12 Richard Willia 29 1:18.99 MEN 30-34 100 YARD BACKSTROKE Richard Burne 32 1:05.43 Tom McCarty 30.14 1:05.43 DO YARD BACKSTROKE DOR Bill Earley 38 1:04.56 Bob Cossine 35 1:07.16 1:36.30 
 Constitution
 Sector
 1:04,56

 Bob Cossina 35
 1:07,16

 Barry Fasbender 38
 1:07,16

 100 YARD BACKSTROKE
 1:16.13

 Dick Frenses 44
 1:28.51

 100 YARD BACKSTROKE
 1:08.28

 Dick Frenses 44
 1:08.28

 Bichard Benett 45
 1:10.13

 Ted Willson 48
 1:12.97

 Jerry Cunninghas 46
 1:19,92

 100 YARD BACKSTROKE
 1:22.45

 UO YARD BACKSTROKE
 1:25.48

 Jim Marcus 50
 1:44.11

 Robert Bradford 51
 1:46.13
 Abert Bradford 53 MEN 55-59 100 YARD BACKSTROKE Ray Taft 56 Ed Blackledge 59 1:46.14 1:17.19 Hay fail 50 Ed Blackledge 59 Tom Lind 57 Don Rankin 59 <u>MRN 60-64</u> Gordon Carson 64 Walt Pfeiffer 61 Bernard 31ber 64 <u>MIN 65-65</u> 100 YARD BACKSTROKE Willard Johnston 65 MRN 25-29 100 YARD BACKSTROKE Jeffrey F. Brody 26 Greg Jacoba 27 Kevin T. O'Keefe 27 Richard Willis 29 1:22.22 1:33.25 1:23.63 1:26.29 1:52.32 2:17.70 1:06.99 1:07.59 1:19.62

MEN 30-34 100 YARD BREASTSTROKE Dave Frank 31 1:09.64 Dave Frank 31 Diek Reitman 34 MMM 35-39 100 YARD BREASTSTROKE Sectty Roberts 36 Bob Cossins 35 John Ramlinge 37 Joel Macpherson 36 Dellas Bogge 37 1:14.53 1:09.70 1:14.54 1:20.53 1:23.48 1:23.61 MEN 40-44 100 YARD BREASTSTROKE Ashley Jones 44 David Lamott 40 1:14.58 1:18.79 100 YARD BREASTSTROKE Larry Larimore 48 Robert Cunningham 47 1:15.33 1:20.22 1:20.74 1:26.85 Robert Cunningham 47 Jerry Cunningham 46 Tom Scottom 45 <u>MEN 50-54</u> <u>100 TARD BREASTSTRCKE</u> Ted Yon Bercksfeldt53 Jack Burgan 52 Ed Barnes 53 <u>100 YARD BREASTSTRCKE</u> Tom Lind 57 Ernie Nebes 55 1:17.87 1:23.14 1:27.08 1:20,18 Ernie Neben 55 1:20.98 John R. Robertson Ed Blackledge 59 55 1:23.28 1:36.10 1:26.33 1:29.45 1:44.58 1:58.47 1.1.1.50 2:16.50 26.25 27.21 31.49 27.20 28.11 28.57 27.04 32.01 44.99 27.35 29.06 28,89 30.93 
 Michard Bennett 45

 YEN 50-54

 50 YARD NUTTHEFIX

 Agostin Aroidiacono51

 Ed Barnes 53

 YARD NUTTHEFIX

 YARD NUTTHEFIX

 YARD NUTTHEFIX

 YARD NUTTHEFIX

 YARD NUTTHEFIX

 YARD NUTTHEFIX

 YARD BUTTERFIX

 Bay Taft 56

 Tom Lind 57

 YARD Buckledge 59

 Don Rankin 59
 33.07 53 32.21 32,22 34.23 34.53 Lon Jind Ji Con Lind Ji C 35.30 30,20 40.84 50.08 39.74 41.78 1:09.21 46.23 1:02.07 Greg Jacobs 27 Lercy A. Craig 29 Kevin T. O'Keefe 27 <u>UNN 30-34</u> <u>100 YARD 1. M.</u> Dave Frank 31 Al Cartwright 33 Tom McCarty 30 Harry Davis 34 <u>VEN 35-39</u> <u>100 YARD 1. M.</u> Bob Coesing 35 <u>VEN 40-44</u> <u>100 YARD 1. V.</u> David Lamott 40 <u>VEN 45-49</u> <u>100 YARD 1. M.</u> 1:02.23 1:10.55 1:00.19 1:02.55 1:05.95 1:02.76 1:08.31 1:13.14 
 ION FARD I. M.

 Dusne L. Draves 49

 Dusne L. Draves 49

 Lic7,29

 Neal R. Palmer 45

 Larry Larimore 48

 Richard Bennett 45

 Alfred J. Groh 48

 1:15,57

MEN KO-SA	
100 YARD I. M. Jim Marcus 50 T. Won Berckenfeldt5	1:10.40
Dore Schwab 53 Jack Burgan 52	1:18.95
Robert Bradford 53	
100 YARD I. M. Ray Taft 56	
Jim Rieley 58 Jerry Siefert 57	1:11.33 1:15.42 1:17.49
Ernie Neben 55 John R. Robertson 55	1:18.90
MEN 60-64	
100 YARD I. M. Reg Richardson 64 Gordon Carson 64	1:19.79 1:28.85
Harry Koppel 62 Bernard Silber 64	1:34.70 1:52.20
Ernest Hale 64 MEN 65-69	1:52.02
100 YARD I. M. Bill Loughborough 65 Alfred Outh 67	1:29.49 1:37.07
Bob Blake 67	2:14.21
100 YARD I. M. Al Kallunki 71 -	1:36.89
	N. 2002
GOLD COAST MASTERS SW North Palm Beach	11-1-75
WOMEN 25-29	
M. Borken 26	28.5
100 YARD FREESTYLE J. Menard 27 M. Borken 26	1:06.9
200 YARD FREESTVLE	1:08.0
C. Engelhardt 25 J. Menard 27 50 YARD BREASTSTROKE	2:24.6 2:30.2
N. Barnette 26 M. Borken	38.3 39.5
100 YARD BREASTSTROKE C. Engelhardt 25	1:26.9
M. Borken 26 J. Menard 27	1:27.3 1:28.2
50 YARD BUTTERFLY J. Thompson 27 J. Menard 27	29.9
200 YARD BUTTERFLY C. Engelbardt 25	39.3 2:34.0
400 YARD INDIVIDUAL ME C. Engelhardt 25	DLEY 5:44.5
J. Menard 27 WOMEN 30-34 50 YARD FREESTYLE	6:23.2
A. Parendes 34 100 YARD FREESTYLE A. Parendes 34	38.8
A. Parendes 34 50 YARD BACKSTROKE A. Parendes 34	1:30.0
100 YARD BACKSTROKE A. Parendes 34	45.5 1:39.0
SO YARD FREESTYLE	1.33.0
W. Cavanaugh 35 J. East 37	29.1 36.6
C. Saragoni 38 J. Nagel 38	37.0
J. Nagel 38 100 YARD FREESTYLE W. Cavanaugh 35 M. Bergeron 35 J. Nagel 38	1:04.5
200 YARD ERECTVIE	1:33.5
J. Nagel 38 50 YARD BACKSTROKE	3:43.7
50 YARD REFACTCHOVE	48.9
C. Saragoni 38 SO YARD BUTTERFLY	44.2
W. Cavanaugh 35 100 YARD BUTTERFLY M. Bergeron 35	32.7 1:15.0
400 YARD INDIVIDUAL ME Millie Bergeron 35	DLEY 6:11.1
WOMEN 40-44	0:11.1
50 YARD BREASTSTROKE A. McGuire 41	37.3
100 YARD BREASTSTROKE A. McGuire 41 200 YARD BUTTERFLY	1:23.4
A. McGuire 41 400 YARD INDIVIDUAL ME	2:56.5 DLEY
A. McGuire 41 WOMEN 45-49	6:12.0
50 YARD FREESTYLE J. Krauser 49	35.3
50 YARD BREASTSTROKE J. Krauser 49	44.5
200 YARD BUTTERFLY J. Krauser 49 400 YARD INDIVIDUAL ME	3:02.4
J. KRAUSER 49 WOMEN 50-54	6:25.3
50 YARD FREESTYLE B. Dendy 54 G. Lawton 52 S. Borken 51	37.1
5. Borken 51	45.7 55.1
100 YARD FREESTYLE G. Lawton	1:56.5

50 YARD BACKSTROKE B. Dendy 54 48.0 Lawton 52 Borken 51 59.3 1:10.0 G. YARD BREASTSTROKE 51.9 51.9 Lawton 52 B. Dendy 54 WOMEN 55-59 50 YARD FREESTYLE 50 YARD FREESTYLE V. Gest 56 E. Muntz 58 G. Wendt 55 IOO YARD FREESTYLE V. Gest SO YARD BACKSTROKE V. Gest 58 SO YARD BACKSTROKE 37.1 49.1 54.7 1:30.2 44.6 G. Wendt 55 100 YARD BACKSTROKE V. Gest 56 1:36.0 1:38.2 50 YARD BREASTSTROKE E. Muntz 58 M. DeCarlo 55.0 58.7 G. Wendt 55 100 YARD BREASTSTROKE N. DeCarlo 55 1:08.9 G. 2:41.4 G. Wendt 55 3:35.0 VARD BUTTERFLY DeCarlo 55 50 1:02.4 WOMEN 65-69 50 YARD FREESTYLE 49.5 Switzer 67 R. Switzer 67 100 YARD FREESTYLE R. Switzer 67 200 YARD FREESTYLE 1:49.1 3:53.0 Switzer 67 50 YARD BACKSTROKE R. Caplane 69 100 YARD BACKSTROKE R. Caplane 69 1:05.0 Caplane 69 WOMEN 70-79 2:19.5 S. Fogle 72 100 YARD FREESTYLE 5. Fogle 72 100 YARD FREESTYLE 5. Fogle 72 50 YARD BACKSTROKE 57.0 2:11.5 S. Fogle 72 WOMEN 55 5 OVER 200 YARD MEDLEY RELAY SUNCOAST MASTERS SC 1:12.0 4:50.3 (Gest, DeCarlo, Wnedt, MEN 25-29 50 YARD FREESTYLE T. Bazant 25 Switze 23.6 Burke 27 Menard 28 25.2 100 YARD FREESTYLE Burke 27 HIII 28 56.0 56.6 Menard 28 200 YARD FREESTYLE Roach 28 Hill 28 2:08.0 2:14.8 Beuttenmuller 28 2:22.0 Menard 28 3:00.0 YARD BACKSTROKE Roach 28 30.4 D. Beuttenmuller 28 33.0 100 YARD BACKSTROKE J. Ziegler 29 G. Burke 27 1:14.5 1:18.0 50 YARD BREASTSTROKE T. Bazant 25 J. Donnelly 26 29.6 31.1 Beuttenmuller 28 36.0 100 YARD BREASTSTROKE T. Bazant 25 1:06.0 Ziegler 29 1:10.5 Donnelly 26 1:11.0 YARD BUTTERFLY 50 D. Beuttenmuller 28 26.7 J. Donnelly 26 G. Burke 27 100 YARD BUTTERFLY J. Zeigler 29 28.6 35.5 1:07.9 200 YARD BUTTERFLY J. Zeigler 29 2:34.6 400 YARD INDIVIDUAL MEDLEY T. Bazant 25 4:52.2 J. Zeigler 29 5:22.0 Beuttenmuller 28 D. 5:39.9 T. H111 28 6:13.9 T. HITT 28 MEN 30-34 50 YARD FREESTYLE DO YARD FREESTYLE R. Peterson 33 100 YARD FREESTYLE R. Peterson 33 100 YARD BACKSTROKE B. Duenkel 30 100 YARD BREASTSTROKE B. Duenkel 30 O YARD BREASTSTROKE 27.9 1:02.5 1:11.0 1-10.0 50 YARD BUTTERFLY G. DeLong 32 100 YARD BUTTERFLY G. DeLong 32 26.9 59.0 YARD BUTTERFLY DeLong 32 200 G. DeLong 32 2:22.6 400 YARD INDIVIDUAL MEDLEY 8. Duenkel 30 4:57.4 G. DeLong 32 MEN 35-39 100 YARD FREESTYLE D. Short 39 5:23.8 1:03.1 D. SHORT 39 200 YARD FREESTYLE D. Short 39 50 YARD BREASTSTROKE R. Rohe 36 2:13.5 32.1 37.5 M. Vera 38

R. Rohe 36 1:14.3 50 YARD FREESTYLE G. Rosser 41 D. Cole 40 25.0 26.0 27.3 30.2 G. Nagel 41 C. Kohnken 44 100 YARD FREESTYLE G. Rosser 41 G. Rosser 41 200 YARD FREESTYLE G. Rosser 41 55.0 2:08.3 C. Kohnken 44 2:36.8 100 YARD BACKSTROKE G. Rosser 41 50 YARD BREASTSTROKE 1:14.0 Nagel 4 33.5 35.0 3. McCarthy 43 100 YARD BREASTSTROKE D. Cole 40 1:16.0 G. Nagel 41 1:19.1 50 YARD BUTTERFLY G. Nagel 41 31.8 G. Nagel 41 5 200 YARD BUTTERFLY H. Kern 43 2:4 400 YARD INDIVIDUAL MEDLEY 2:46.6 400 YAND H. Kern 43 MEN 45-49 5:47.2 50 YARD FREESTYLE L. Holmes 46 50 YARD BACKSTROKE L. Holmes 46 27.3 36.8 L. Holmes 46 H. Helmann 48 100 YARD BACKSTROKE L. Holmes 46 42.4 1:23.7 50 YARD BREASTSTROKE H. Hellmann 48 J. Schaefer 46 35.2 100 YARD BREASTSTROKE Hellmann 48 Schaeffer 46 1:20.0 1:24.0 J. Schaeffer 46 1:24,0 50 YARD BUTTERFLY L. Holmes 46 30.0 400 YARD INDIVIDUAL MEDLEY J. Schaeffer 46 6:49,7 <u>HEN 50-54</u> 50 YARD FREESTYLE R. Ringel 52 28.8 100 YARD FREESTYLE R. Ringel 52 1:07.0 50 YARD BREASTSTADKE 8. Ringel 52 39.5 R. Ringel 52 W. Jardine 52 R. Ringel 52 100 YARD BUTTERFLY W. Jardine 52 100 YARD BUTTERFLY W. Jardine 52 39.5 33.7 W. Jardine 52 200 YARD BUTTERFLY W. Jardine 52 1:22.6 3:37.0 W. Jardine 52 3:37.0 400 YARD INDIVIDUAL MEDLEY R. Ringel 52 6:28.6 MEN 55-59 50 YARD FREESTYLE H. Rossmore 55 29.3 100 YARD FREESTYLE Rossmore 1:06.7 M. Rossmore 55 200 YARD FREESTYLE M. Rossmore 55 100 YARD BACKSTROKE M. Rossmore 55 2:43.0 N. ROSSMORE 55 100 YARD BREASTSTROKE H. ROSSMORE 55 MEN 65-66 50 YARD FREESTYLE 1:55.8 1:33.5 Pray 68 Loeffler 69 37.4 100 YARD FREESTYLE R. Nelson 67 S. Pray 68 1:20.0 1:29.8 200 YARD FREESTYLE S. Pray 68 50 YARD BACKSTROKE S. Pray 68 3:56.0 48.2 S. Pray 68 S. Loeffler 69 56.6 100 YARD BACKSTROKE S. Loeffler 69 50 YARD BREASTSTROKE 2:09.0 40.3 Muntz 66 Share 66 Loeffler 69 45.3 100 YARD BREASTSTROKE G. Muntz 66 S. Loeffler 69 1:32.0 2:27.0 1:40.2 Share 66 50 YARD BUTTERFLY S. Pray 68 S. Pray 68 MEN 70-79 50 YARD FREESTYLE 5 Babendererde 70 54.0 F. Babendererde 70 100 YARD FREESTYLE 47.8 2:03.5 50 YARD BREASTSTROKE F. Babendererde 70 100 YARD BREASTSTROKE 1:04.3 
 100 YARD BREASTSTROKE

 F. Babendererde 70
 2:24.

 MEN 25 & OVER
 200 YARD MEDLEV RELAY

 20D YARD MEDLEV RELAY
 2:05.

 Burke, Hill, Donnelly, Peterson
 MEN 35 & OVER

 200 YARD MEDLEV RELAY
 2:05.

 00 TARD MEDLEV RELAY
 2:05.

 00 TARD MEDLEV RELAY
 2:00.

 Short, Rohe, Rosser, Cole
 MEN 45 & OVER

 200 YARD MEDLEV RELAY
 2:25.

 00 TO COAST MASTERS
 2:25.

 Holmes, Ringel, Schaeffer,
 2:25.
 2:24.0 2:05.6 2:00.5 2:25.9 Holmes, Ringel, Schaeffer, Jardine

25 & OVER 20D YARD MIXED FREE RELAY SUNCOAST MASTERS SC 2:35.8 SUNCOAST MASTERS SC 2:35.8 Peterson, Vendt, Lawton, Hill 45.6 OVER 200 YARD MIXED FREE RELAY SUNCOAST MASTERS SC 2:18.3 Hellmann, Gest, Dendy, Rossmore GOLD COAST MASTERS 2:55.2 Krauser, Huntz, Holmes, Ringel THE LAWRENCEVILLE SCHOOL LAWRENCEVILLE, NEW JERSEY November 2, 1975 WOMEN 25-29 50 YARDS FREESTYLE Nancy Highberger 27 34.0 200 YARDS FREESTYLE Catherine Maloney 25 2153.2 Terry Schafer 26 3107.2 50 YADDS JEPS STRONG Terry Schafer 26 3:07.2 50 YARDS BREASTSTROKE Shella O. Henry 27 40.4 Beth Maloney 25 40.9 100 YARDS EKEASTSTROKE Terry Schafer 26 1:27.4 Catherine Maloney 25 1:21.3 Shella O. Henry 27 1:31.5 50 YARDS SUTTERFLY Ellazbeth Winling: 29 36.7 Nancy Highberger 27 38.5 100 YARDS INDIVIDUAL MEDLEY Catherine Maloney 25 1:24.3 Ellizabeth Winling: 29 1:28.9 WOMEN 30-34 50 YARDS PREESTILE Lynn Joesten 34 Regina Schutzer 30 29.7 100 YARDS FREESTYLE Jane Katz 32 vane Katz 32 200 YARDS FREESTYLE Valeria Pecce 32 Lynn Joesten 34 E. Atwood-Ketz 32 50 YARDS BACKSTROKS 1:03.0 2:27.0 2:28.0 2:40.9 Jane Katz 32 Jane Hardy 31 100 YARDS BACKSTROKE Jane Katz 32 Valeria Pecce 32 Valeria Pecce 32 35.0 1:13.6 1:11 Jane Hardy 31 50 YARDS BREASTSTROKE E. Atwood-Metz 32 1:22.1 38.9 100 YARDS BREASTSTROKE E. Atwood-Metz 32 1 Lynn Joesten 34 1 126.2 1:30.0 Jon YARDS BUTTERFLY Lynn Joesten 34 100 YARDS INDIVIDUAL Jane Katz 32 Valeria Pecce 32 E. Atwood-Metz 32 1:13.9 MEDLEY 1:12.6 1:13.7 1:17.9 Jane Hardy 31 50 MARDS FREESTVLE Jane Perking 35 100 MARDS PREESTVLE Jane Perking 35 200 MARDS PREESTVLE Jane Perking 35 35.1 1:25.0 200 YARDS FREESTYLE Frances Cura 37 50 YARDS BACKSTROKE Frances Cura 37 2152.7 38.4 Carol Breedy 38 47.7 
 Jon 1:14
 waldem 35
 54:0

 Io0 1/ARDS BACKSTROKE
 Frances Cura 37
 1:24.3

 Carol Streedy 36
 1:50.4

 50 1/ARDS BREASTSTROKE

 Jane Ferkins 35
 52.3

 100 1/ARDS INDIVIDUAL MEDLEY

 Frances Cura 37
 1:24.4
 <u>NOMEN 00-44</u> 50 YARDS FREESTYLE Jan Noeller 40 Joan Galvin 44 35.5 1,22.8 3:40.1 45.4 51.3 1:39.3 Jan Moeller 40 1:36.3 Jean Dorgan 42 1:56.3 Jan Woeller 40 100 YARDS BUTTERFLY Jan Woeller 40 100 YARDS BUTTERFLY Jan Woeller 40 100 YARDS INDIVIDUAL Jean Dorgan 42 40.9 1,41. 3 MEDLEY 1:47.1 MOMEN 45-49 50 YARDS PREESTYLE Lainey Dooman 49 Lois Goodrich 46 37.5 40.8 48.5 Ruth Koss 48 100 YARDS FREESTYLE Carolyn Derr 47 Lainey Dooman 49 200 YARDS FREESTYLE Lois Goodrich 46 1:25.3

50 YARDS BUTTERPLY Robert Dalrymple 25 Rick Goode 28 Randy Ligh 25 100 YARDS BUTTERPLY Varney Hintlian 25 Rick Goode 28 WOMEN 45-49 50 YARDS BACKSTROKE Lainey Dooman 49 Carolyn Derr 47 43.8 48.3 50.5 58.2 Lois Goodrich 46 Ruth Koss 48 Ruth Koss 48 58.2 100 YARDS EACKSTROKE Lainey Dooman 49 1:42.4 Ruth Koss 48 2:09.5 50 YARDS SUTTERFLY Carolyn Derr 47 49.9 Carolyn Derr 47 1:53.1 100 YARDS INDIVIDUAL Robert Dalrymple 25 Ted Snow 28 Jack Krohmer 26 Randy Ligh 25 MEN 30-34 50 YARDS FREESTYLE Jack Geoghere WOMEN 50-54 50 YARDS FREESTYLE Jeanne Merryman 50 Florence Melick 54 Jack Likins 31 34.9 Douglas Stern 31 Paul Smith 31 Paul Prutzman 31 YARDS BACKSTROKE 40.6 eanne Jeanne Merryman 50 40.6 50 YARDS BREASTSTROKE Jeanne Merryman 50 44.0 Florence Melick 54 1:10.8 100 YARDS BREASTSTROKE Florence Melick 54 2:50.2 50 YARDS BUTTERPY Jeanne Merryman 50 43.8 100 YARDS PREESTYLE Jack Geoghegan 33 Jack Likins 31 Jack Likins 31 Harry Hamilton 34 Joel Brotman 32 200 YARDS PREESTYLE Jack Likins 31 Philip Goode 32 Harry Hamilton 34 Sandy Thatcher 32 Women 50 YARDS FREEST LE 38.9 50 YARDS BACKSTROKE Paul Smith 31 Sandy Thatcher 32 59 100 YARDS FREESTYLE Louise Jobson 56 1:32.6 100 Yards BACKSTROKE Paul Smith 31 50 YARDS BACKSTROKE Rowena Rollins 59 46.1 Augusta Gromek 59 50 YARDS BUTTERPLY Louise Jobson 56 1:06.0 51.3 <u>XOMEN 60-64</u> 50 YARDS FREESTYLE Pense Cleary 63 Ruth Lechner 62 46.5 50 YARDS BUTTERPLY Jack Geoghegan 33 Paul Prutzman 31 Ruth Lechner 62 100 YARDS FREESTYLE Susan Haywood 61 Ruth Lechner 62 200 YARDS FREESTYLE Ruth Lechner 62 50 YARDS BACKSTROKE Fenne Cleary 63 100 YARDS BREASTSTROKE Ruth Lechner 62 Ruth Lechner 62 100 YARDS BUTTERFLY Philip Goode 32 Paul Prutzman 31 100 YARDS INDIVIDUAL Jack Geoghegan 33 1:29.2 2:00.9 4:21.6 Jack Geoghegan Jack Likins 31 58.0 Sandy Thatcher 32 Joel Brotman 32 2:08.4 Simon Schutzer 31 1:04.3 WOMEN 65-69 50 YARDS FREESTYLE Lillian Black 67 100 YARDS FREESTYLE Lillian Black 67 50 YARDS BACKSTROKE Lillian Black 67 MEN 35-39 50 YARDS FREESTYLE John Bender 35 Amar Lathi 39 Bob Walden 36 1:14.6 2:43.4 Dick Cawthorne 38 Roger Smith 36 Dick Metz 37 1124.2 Dick Metz 37 100 <u>YARDS FREESTYLE</u> John Bender 35 Bob Walden 36 Dick Cawthorne 38 Roger Smith 36 200 <u>YARDS PREESTYLE</u> John Bender 35 Bob Walden 36 Robert Neeves 35 WOMEN 70-74 50 TARDS BREASTSTROKE Claire Haas 73 1,25.1 200 YARDS FREESTYLE RELAY WOMEN 25 + OVER Jersey Masters 2:2 (Gura, Moeller, Perkins, 2:23.1 Sura, Maloney) Robert Neeves 35 Roger Smith 35 Dick Cawthorne 30 Women 45 + OVER Jersey Masters (Melick, Koss, Derr, Dooman) 28 3:13.6 50 YARDS BACKSTROKE Roger Smith 36 WOMEN 55 + OVER Jersey Masters 3 (Haas, Jobson, Cleary, Gromek) 50 YARDS BREASTSTROKE Robert Neeves 35 George Downs 37 3:55.5 Stephen Kurtin 36 Louis Abel 39 Jon Loft 37 200 YARDS MEDLEY RELAY NOMEN 25 + CVER Jersey Masters 2:34 (Cura, Waloney, Moeller, Perkins) YOMEN 45 + OVER Jersey Masters 3:33 (Dooman, Melick, Derr, Koss) 2:36.4 50 YARDS BUTTERFLY 51 Stephen Kurtin 36 Amar Lathi 39 Jon Loft 37 100 YARDS BUTTERFLY Amar Lathi 39 3133.6 Kozs) + OVER Jersey Masters 4 (Gromek, Haas, Jobson, Cleary) 4:09.0 100 YARDS INDIVIDUAL John Bender 35 Cleary) <u>MEN 25-29</u> <u>50 YARUS FREESTYLE</u> Jack Krohmer 26 Bill Reichle 27 Bob Rawstrom 25 William Sykes 27 <u>100 YARUS FREESTYLE</u> Jack Krohmer 26 Robert Dalrymple 25 Bill Reichle 27 Randy Lich 25 23.7 23.9 25.4 26.2 MEN 40-44 50 YARDS PREESTYLE Joseph Robinson 40 Fred Maguire 42 Richard Ellis 40 Ken Dawson 44 52.8 Ken Dawson 44 Nick Berenyi 43 Jack Perguson 40 <u>100 YARDS PREESTYLE</u> Joseph Robinson 40 Jerry 2wirn 41 Art Mayer 44 Jack Perguson 40 200 YARDS PRESTYLE 53.1 53.5 57.6 58.1 Randy Ligh 25 Bob Rawstrom 25 William Sykes 27 200 YARDS FREESTYLE Varney Hintliam 25 Jack Krohmer 26 William Sykes 27 100 VIBP BECKER 59.0 2:02.7 2:07.0 200 YARDS FREESTYLE Joseph Robinson 40 George Brunstad 41 VarDS BACKSTROKE Varmey Hintlian 25 50 YARDS BREASTSTROKE Ted Snow 28 Mike Carrier 28 1,10.6 Art Mayer 44 Ken Dawson 44 30.9 Nick Berenyi 43 Jack Ferguson 40 100 YARDS BREASTSTROKE Ted Snow 28 1:06.1 Mike Carrier 28 1:11.0 50 YARDS BACKSTROKE Art Mayer 44 Kenneth Rooney 40

2:29.0

2:30.5

2:45.7

32.0

24.6

27.1 29.0

1:01.6

1:03.0

MEDLEY 1:00.0

1:03.1 1:05.6 1:07.3

23.9

25.3

28.0

52.6

3:36.0

George Brunstad 41 Ken Dawson 44 35.5 100 YARDS BACKSTROKE Art Mayer 44 1:12.8 Ken Dawson 44 1:18.2 Kenneth Rooney 40 1:19.6 50 YARDS BREASTSTROKE Nick Berenyl 43 35.0 38.1 39.6 Fred Maguire 42 Jim Doig 42 Walter Woodruff 43 43.1 100 YARDS BREASTSTROKE Nick Berenyi 43 1:18.4 Jim Doig 42 1:26.6 George Brunstad 1:27.8 50 YARDS BUTTERFLY Jerry Zwirn 43 Richard Ellis 40 29.5 32.2 Walter Woodruff 43 100 YARDS BUTTERFLY Walter Woodruff 43 Richard Ellis 40 1:23.9 1:52.0 00 YARDS INDIVIDUAL erry Zwirn 43 MEDLEY George Brunstad 41 Richard Ellis 40 1:15.0 Walter Woodruff 43 1:20.4 Walter Woodruff 43 MEN 45-49 50 YARDS FREESTYLE Dan Sullivan 48 Ted Cotchan 47 Adrian Heffern 48 28.9 29.2 29.3 29.9 Jim Forbes 49 Tom Allen 45 30.2 100 YARDS PREESTYLE Ted Cotchan 47 1:07.0 YARDS BACKSTROKE 50 1 Tom 35.3 Dan Sullivan 48 Adrian Heffern 48 45.7 100 YARDS BACKSTROKE Dan Sullivan 48 1:20.5 Tom Allen 45 50 YARDS BREASTSTROKE Jim Forbes 49 
 Jim Forbes 49
 33.4

 Adrian Heffern 48
 42.6

 100 YARDS BREASTSTOKE
 115.7

 Jim Forbes 49
 115.7

 Alfred Stein 46
 119.9

 50 YARDS BREAST
 119.9
 33.4 50 YARDS BUTTERFLY Alfred Stein 46 30.0 Jim Forbes 49 35.2 Adrian Heffern 48 100 YARDS BUTTERFLY Alfred Stein 46 1:11.1 MEN 50-54 50 YARDS PREESTYLE Dick Sanborn 52 P. Wayne Shadbolt 51 George Melick 51 29.3 29.9 34.0 Joo YARDS FREESTYLE P. Wayne Shadbolt 51 1:09.4 200 YARDS FREESTYLE Gene Rogers 51 2:139.6 P. Wayne Shadbolt 51 2:40.0 So Yabpe Direcompose 50 YARDS BACKSTROKE Dick Sanborn 52 Gene Rogers 51 P. Wayne Shadbolt 51 36.2 36.9 100 YARDS BACKSTROKE Dick Sanborn 52 Gene Rogers 51 1:22.6 Serie Hogers J1 Trajio Seorge Melick 51 37.5 Chuck McCarthy 50 39.3 100 YARDS BREASTSTROKE Henry Lentzsch 50 1:22.3 George Melick 51 1:24.8 Chuck McCarthy 50 1:30.6 Chuck McCarthy 50 1:30.6 50 YARDS EUTTERFLY Chuck McCarthy 50 38.5 100 YARDS BUTTERFLY Henry Lentzsch 50 1:26.0 Chuck McCarthy 50 1:27.1 100 YARDS INDIVIDUAL MEDLEY Henry Lentzsch 50 1:16.7 WEN 55.50 Henry Lentzsch 50 <u>MEN 55-59</u> <u>50 YARDS FRESTYLE</u> Harry Rawstrom 58 Austin Newman 59 Edward Cronin 55 Clifford Iglay 56 Dick Guido 59 Graham Cummin 59 100 YARDS FRESTYLE Harry Rawstrom 58 Clifford Iglay 55 Austin Newman 59 Robert Lamison 56 200 YARDS FRESTYLE 27.3 29.5 29.7 30.2 31.2 32.7 1:04.9 1:09.3 1:10.4 1:33.5 200 YARDS FREESTYLE Harry Rawstrom 58 Austin Newman 59 2:25.8 2:32.9 2:36.0 2:44.0 2:46.9 Jim Fendergrass 5 Clifford Iglay 55 Dick Guido 55 Robert Lamison 56 56 3:25.1 Robert Lamison 56 50 YARDS BACKSTROKE Graham Cummin 59 Dick Guido 59 100 YARDS BACKSTROKE Graham Cummin 59 Dick Guido 59 50 YARDS BREASTSTROKE John Sole 55 Clifford Lalay 55 36.6 1:19.5 39.0 46.1 46.2 Clifford Iglay 55 Graham Cummin 59

100 YARDS BREASTSTROKE John Sole 55 1:25.4 Edward Gronin 55 1:26. Jim Pendergrass 56 1:26.4 50 YARDS BUTTERFLY Edward Cronin 55 34.5 John Sole 55 100 YARDS BUTTERFLY Edward Cronin 55 35.5 1,18.5 100 YARDS INDIVIDUAL Jim Pendergrass 56 John Sole 55 MEDLEY 1:19.4 1,20.0 Harry Rawstrom 58 1:23.5 MEN 60-64 50 YARDS FREESTYLE Dave Rowan 62 Fred Stickel 60 60-64 28.7 33.6 34.7 37.2 Gabriel Mosner 62 Norman Thetford 61 100 YARDS FREESTYLE Dave Rowan 62 Fred Stickel 60 1,06,9 1,23.3 200 YARDS FREESTYLE Dave Rowan 62 50 YARDS BACKSTROKE Bob Coyle 62 2:42.8 41.9 Fred Stickel 60 45.4 100 YARDS BACKSTROKE Dave Rowan 62 Sid Weinberg 63 Bob Coyle 62 Fred Stickel 60 1:21.5 1:31.9 
 Strekel Sol
 Strekel Sol
 Strekel Sol

 50
 YARDS
 BREASTSTROKE
 305

 305
 Coyle 62
 55.2
 55.2

 100
 YARDS
 BREASTSTROKE
 305

 305
 Coyle 62
 2:05.6
 MEN 65-69 50 YARDS FREESTYLE Harry Jaggers 68 Bill Warner 65 John Lechner 66 33.4 48.8 100 YARDS FREESTYLE Harry Jaggers 68 Bill Warner 65 John Lechner 66 1:22.6 1:37.5 2:03.8 200 YARDS FREESTYLE 3:59.3 4:38.0 John Lechner 66 John Lechner 66 <u>50 YARDS BACKSTROKE</u> Harry Jaggers 68 Sidney Silbert 67 John Lechner 66 46.0 58.6 1:02.9 100 YARDS BACKSTROKE Oscar Sigrist 67 Harry Jaggers 68 1:33.0 1:37.6 Harry Jaggers 68 1:37.6 50 YARDS <u>BREASTSTROKE</u> 0scar Sigrist 67 45.3 100 YARDS <u>BREASTSTROKE</u> 0scar Sigrist 67 1:43.1 50 YARDS <u>BUTTERFLY</u> Sidney Silbert 67 56.5 100 YARDS <u>BUTTERFLY</u> Sidney Silbert 67 2:15.4 100 <u>YARDS INDIVIDUAL MEDLEY</u> 0scar Sigrist 67 1:31.1 Sidney Silbert 67 2:05.2 MEN 75-79 50 YARDS FREESTYLE Clarence Ross 76 100 YARDS FREESTYLE Clarence Ross 76 200 YARDS FREESTYLE Clarence Ross 76 32.6 1:12.9 2:48.6 200 YARDS FREESTYLE RELAY MEN 25 + OVER Jersey Masters (Goode, Likins, Thatcher, Hamilton) Wetro Masters NY 1:44.7 Metro Masters NY 1:49. (Smith, Dawson, Kurtin, Stern) 200 YARDS PREESTYLE RELAY MEN 35 + OVER Jersey Masters 1:45. (Walden, Lathi, Robinson, Loft) New York A. C. 1:48. (Zwirn, Ellis, Rooney, Bender) MEN 45 + OVER Jersey Masters 1:58. (Sanborn, Stein, Lentzsch, Sullivan) Metro Masters NY 2:05. (Forbes, Cronin, 1:49.5 1:45.9 1:48.9 1:58.1 2:05.1 (Forbes, Cronin, Rogers, Guido) <u>MEN 55 + OVER</u> Middle Atlantic 2:01.0 (Rowan, Jaggers, Cummin, Rawstrom) Jersey Masters 2 (Iglay, Ross, Pendergrass, Newman) 2:03.0 200 YARDS MEDLEY RELAY MEN 25 + OVER Metro Masters NY 1 (Smith, Forbes, Kurtin, Stern) 1:54.0 Jersey Masters (Carrier, Goode, Thatcher, Likins) 1:57.6

MEN <u>35</u> + OVER Jersey Mastere 1: (Lathi, Downs, Loft, Robinson) New York A. C. 2: (Rooney, Zwirn, Ellis, Jender) Jersey Masters "B" 2: (Abel, Doig, Woodruff, Cawthorne) <u>MEN 45</u> + <u>OVER</u> Jersey Masters 2: (Sanborn, Melick, Stein, Sullivan) Metro Masters NY 2: (Rogers, Dawson, Cronin, Guido) <u>MEN 55</u> + <u>OVER</u> Middle Atlantic 2: (Cumin, Jaggers, Rowan, Rawstrom) Jersey Masters 2: (Stickel, Sigrist, Pendergrass, Newman) 1:57. 2:06. 2:20.2 2:11.3 2:25.0 2:30.4 2:34.1 Pendergrass, Newman) POFTLAND COMMUNITY COLLEGE MASTERS SWIM MEET NOVEMBER 9, 1975 WOMEN 25-29 50 IARD PREESTILE Darlene Pohl 25 Judi Shaw 27 Sugy Doolittle 27 :29. :29. 100 YARD FREESTYLE Judi Shaw 27 1650 YARD FREESTYLE 1:08. Darlene Pohl 25 50 YARD BACKSTROKE Susy Doclittle 27 50 YARD BREASTSTROKE 23:15. :46. Darlene Pohl 25 Susy Doolittle 27 50 YARD BUTTERFLY Darlene Pohl 25 100 YARD IND, MEDLEY Ludd Show 37 :40. :46. : 32 . Judi Shaw 27 WOMEN 30-34 50 YARD FREESTYLE 1:21, Alice Zabudsky 30 Gale Ritz 32 Claudia Kosmalski 33 :32.3 :40.1 :54.6 100 YARD FREESTYLE Alice Zabudsky 30 50 YARD BREASTSTROKE 1:16.5 Claudia Kosmalski 33 Clandia Komaelaki 33 100 YARD BREASTSTROKE Alice Zabudaky 30 50 YARD BUTTERFLY Alice Zabudaky 30 100 YARD BUTTERFLY Alice Zabudaky 30 100 YARD IND. MEDLEY Alice Zabudaky 30 50 YARD FREASTYLE Carol Freedaly 36 Nancy DeWeese 35 50 YARD BREASTSTROKE : 52.8 1:32.0 : 34.4 1:20.0 1:24.3 :34.5 :58.2 So YARD BREASTSTROKE Carol Fredely 36 Carol Fredely 36 WOMEN 40-44 So YARD FREESTYLE :44.5 1:39.4 Gennie Wilsom41 ( Jeanne Kennett 40 37. :42,6 :46.5 1:02,8 Gwen Foley 44 Swannie Dobaj 41 50 YARD BACKSTROKE Connie Wilson 41 :40.4 :56.1 1:00.4 1:01.5 Jeanne Kennett 40 Gwen Foley 44 Swannie Dobaj 41 50 YARD BREADTSTROKE Gwen Foley 44 .51 Jeanne Kennett 40 1:09. WOMEN 45-49 50 TARD PHEASISTROKE Erna Brockl 47 WOREN 50-51 50 YARD FREESTYLE Virginia Joelin 50 100 YARD PRESETYLE 50 YARD BACKSTROKE 00 YARD BACKSTROKE 100 YARD BACKSTROKE 21 die Stavenin 50 :56.5 :45.0 1:46.5 :54.2 Elfie Stevenin 54 2:21.4 Elfie Stevenin 54 50 YARD BERASTSTROKE Virginia Joelin 50 100 YARD BERASTSTROKE Bifie Stevenin 54 50 YARD BUTTEFFLY Elfie Stevenin 54 100 YARD IND. MEDLEY Elfie Stevenin 54 :59.2 2:47.8 1:19.9 100 YARD ISU. Elfie Stevenin 54 WOMEN 55-59 50 YARD PRESETVLE Dilean Biglin 57 2:35.5 Eileen Biglin 57 100 YARD FREESTYLE Eileen Biglin 57 :48.0 1:51.5 50 YARD BACKSTROKE Eileen Biglin 57 1:18.6

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50 YARD BREASTSTROKE	1:24.6
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8 1650 YARD FREESTYLE Trond Williams 25	26:35.4
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6 <u>50 YARD BREASTSTROKE</u> Randy Harris 27 Dougles Adams 26	:31.6 :32.2
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James Snow 49	:31.9 :34.0 :38.0
Hector Munn 45	:38.0

#### 100 YARD FREESTYLE Chuck Harrison 49 James Snow 49 1650 YARD FREESTYLE Chuck Harrison 49 1:17.3 27:51.3 Fred Eckhardt 49 50 IARD ACKSTROKE Donlan Jones 45 Rector Munn 45 50 IARD BREASTSTROKE Donlan Jones 45 James Snow 49 Rector Munn 45 50 IARD BUTTERFLY Fred Eckhardt 49 Ion VABD BUTTERFLY Fred Eckhardt 49 29:54.1 :34.5 :38.0 :44.4 :38.2 Fred Eckhardt 49 100 YARD BUTTERFLY Fred Eckhardt 49 100 TARD IND. MEDLEY Donlan Jones 45 <u>MEN 50-54</u> 50 YARD FREESTYLE Earl Walter 54 1650 YARD FREESTYLE Earl Walter 54 1:27.7 1:18.6 :29.4 27:41.7 50 YARD BREASTSTROKE Earl Walter 54 100 YARD IND, MEDLEY Earl Walter 54 : 37.6 1:18.0

# 7 Steps to a Longer Life

Men can add 11 years to their lives if they follow seven golden rules of behavior - ingolden rules of behavior - in cluding moderate drinking, no smoking, regular meal times and eight hours of sleep a night, a team of California researchers has found.

These findings are the first time studies on a large group have shown that clean living means more than money, doctors and miracle drugs in producing long life.

The study also showed that women following the same be-havior patterns as those men would add seven years to their lives.

"A MAN at age 55 who follows all seven good health habits has the same physical health has the same physical health status as a person 25 to 30 years younger who follows few-er than two of the health practices;" said Dr. Lester Breslow, dean of the school of public health at the University of California at Los Angeles and an author of the study.

"The daily habits of people," "The daily habits of people," he continued, "have a great deal more to do with what makes them sick and when they die than all the influences of medicine."

The California study, run since 1965 on 7,000 residents of Al-ameda County, has been publish-ed in various medical journals over the past two years.

The seven golden rules of behav-ior are simple - "The things you learned in the fourth grade," Dr. Breslow said.

They are eating regularly, and not between meals; eating break-fast; getting eight hours of sleep a nigh; keeping a normal weight, neither being overweight nor underweight; not smoking; drinking moderately, not more than one of two alcoholic hevthan one or two alcoholic bev-erages a day; and exercising regularly.

regularly. Hen and women 10 % under nor-mal weight for their height had the highest death rate, suggesting that they had some debilitating disease. The best weight as far as long life was 5 to 19 per cent overweight. Hen and women more than 20 per cent overweight had increased mortality. mortality.

"In our study," Dr. Belloc re-The near state of the men who reported that they often engaged in active sports had the lowest mortality, just half that ex-perienced by men who reported they only sometimes gardened or exercised."



1976 LONG COURSE NATIONALS - The Sugar Creek Sports Club of St. Louis, MO was awarded the LC meet to be held AUG 20-22. However, these dates conflict with the National Junior Olympic Meet to be held in Memphis, TN. Wade Barber, Meet Director, has written and asked that the dates be changed to AUG 27-29. A notice should go out this week to the members of the National Masters Swimming Committee for vote. The reason for the change is that key people for running the meet will not be available on AUG 20-22. We will report on the vote in the next issue..... VERY FIRST MASTERS SWIM MEET - Oklahoma's very first Masters Swim Meet will be held FEB 7-8. Martin Brody, Meet Director, reports, "this will be one of the finest-largest meets ever held. We already have entries coming from all over the country. This will be the most unusual meet you will ever attend. If you go to any out of state meet in '76 - This is the one!"..... JIM COTTON OF HAWAII WRITES - "Read in Ransom Arthur's 'Masters Corner' where two nationals a year 'should be our format in perpetuity.' I would like to express my personal opinion that it would be unwize to become locked into any perpetual decrees even if sent down from the Pope himself. We should remain flexible and rational enough to decide what's best for the times. June Krauser may tire of putting on Nationals or gas rationing may strike either of which might make one national per year more feasible. Or, perhaps 3 nationals per year - one for each zone! Let's keep open minds..... SWIM-RUN-SWIM - Tug's 1st Annual Swim-Run-Swim (Swim 1/2 mile, Run 3-1/2 miles, Swim 1/2 mile) was held in September with 140 contestant, 126 finishers and 73 of the finishers were Masters Swimmers! Special awards were presented to Roger Prasser 30-34, 1st entrant; Betty Talbot 45-49, oldest female finisher; Jim Eubank 60 & Up, oldest male finisher..... GRACE T. ALTUS WRITES - "Nearly 3-1/2 years ago when our three teenage daughters began to lose interest in AAU competition and my services as chauffeur to weekend meets were thus infrequently needed, I decided to turn swimmer myself. It's been an incredibly rewarding experience. There have been a series of milestones in very slow succession: breaking a minute in the 50-yard free (it took a long time, which shows you where I started!), much later going under two minutes in the 100 free, eventually moving a kickboard 25 yards in under a minute (it took two years) and finally this last summer swimming a consecutive 1500 meter freestyle and one terrifying competitive 50 meter butterfly. Weight loss, new friends, changing goals, more energy for my job, amused pride from my supportive husband and children--the benefits keep expanding. The enclosed reflections on one facet of my swimming might resonate with an occasional reader if you ever print verse in Swim Master. If not, you needn't return it; it was fun to write, just as night workouts quickly become. In any case, many thanks for your contribution to Masters Swimming and the delightful newletter that provides so much pleasure each time it appears."

NIGHT WORKOUT, 1975 Always the reluctance, bordering on dread As I drive towards the pool, The air is always too cold, the deck forbidding, The water suddenly menacing; And I'm blinded by myopia and uncertainty Glasses off, shaking numb hands in the night air.

Quick! And the warming ambience surrounds me, The surge of autonomous action takes over, The far end of the pool signals the gateway to joy And the smooth tiles push off the next easy lap Effortless and warm, muscles easy. Swimming, my mantra; warmup my game.

I'M like the chess playing dog; Does it matter not playing well? Is that grey-haired woman trying butterfly? She's finding her heaven, A gasping, panting, dripping satisfaction When the undulating rhythm finally clicks a little And flailing turns almost to gliding, When lungs respond, the night air warms And friends reply.

I'm here and the world smiles.

Grace Altus..... "PERSONAL ITEM" - Cat Stevens is great. I love you too. The answer is yes..... HARGRAVE SETS NATIONAL MARKS - Arthur Hargrave, 69, of the Aptos Cabrillo Masters Swim Team, won four first places in the Southern California Masters Championship at Lakewood in December. Hargrave set national records in the 50-yard backstroke and the 200-yard backstroke. He also won the 50-yard freestyle and the 100-yard freestyle. Hargrave holds national backstroke titles in the 100-meter, 200meter, 50-yard, 100-yard and 200-yard events. He is a resident of Potbelly Beach in Aptos..... DIVING NEWS BY JUDITH A. COBLE - I just returned from another great Potomic Valley Diving-Swim meet hosted by the DC Masters. As usual, their meet was a great success. By the time the diving cam around (in the middle of the meet) everyone was ready for a break. The officials were so efficient and the swimming events moved so swiftly that the diving break gave the swimming table a chance to catch up. This year's meet tripled in diving entries and the diving abilities ranged from National Champions to novice divers. As usual, the men out-numbered the women, 11 to 1. At long last it appears that more swim clubs are beginning to include diving in their swim meets. My club, York AC, sponsors two diving-swim meets a year and another club I do age group diving with sponsors Master Diving events along with age group and open diving, also twice a year. The DC Masters have been including diving in their annual fall meet, New Jersey sponsors a one meter meet in the spring, and this year Bob Neeves, U. of Delaware, is hoping to get a Masters Diving meet included with age group and open. In Texas diving is beginning to take off and Richard Lawler informs me that some meet directors are beginning to include diving with their swim meets even though the number of diveres is quite small. The West coast makes the strongest showing in diving, where they have a regular diving league to cover the state of California. They schedule a diving meet once a month and throw a terrific bash after each meet. For more information on East Coast Diving write to Judith A. Coble, P.O. Box 2635, Hbg., PA 17103; in Texas write to Richard E. Lawler, Lawler Insurance Agency, 8210 Long Point, Houston, TX 77005 (mark mail personal); West Coast Diving write to Brud Cleveland, 1520 Bay St., Santa Monica, CA 90405; for National Diving information write to Ed Craren, Emergency Medical Service, 1003 "O" St., Lindoln, NE 68508 (mark mail personal). I would like to take this time to thank everyone for their inquires about my daughter, Casey. At this point in time everything is beginning to look optomistic and she should be fully recovered within two years..... AUSTRAILIAN UNION of SENIOR SWIMMERS INTERNATIONAL - The "A.U.S.S.I." has been formed to administer the swimming side of Masters Swimming throughout Australia and State affiliates will be formed shortly. At their first meeting the following officers were appointed: Bill Lough, President; Gary Stutzsel, Secretary; Alf Weekes, Treasurer; Frank Sykes, Asst. Secretary; John Kemp, Recorder and Registar; and at-large members, G. Mortimer, A. Sparkes and Jack Brownjohn. A proposed visit to our country is being planned for '76..... ENGLISH CHANNEL SWIMMER MARRIES - Tom Hetzel, who has swum the English Channel more times than any other swimmer tied the knot on November 29th marrying Marynell Etheredge..... BROCHURE - "Never have so few taken so long to do so little", so wrote Bill Pflaum. But at least it is done! It is our "Swim for the health of it" Masters brochure to be used to introduce people to what Masters Swimming is all about. Thank you Bill - it is GREATI..... NATIONAL CHAMPIONSHIP MEETS - To add to Dick Mesirov's suggestion on some type of standard for National Championship meets, how about not being allowed to enter an event that you have never swam in a previous meet?.....



2308 N.E. 19th Avenue Ft. Lauderdale, FL 33305

# FIRST CLASS

## TO ALL OF YOU

Se. 1.

HAPPY NEW YEAR

VOL V - No 1 <b>1976 SWIM CALENDAR</b> New England AAU - Enid Ubrich, 25 Lafayette, Rd., Newton Lower Falls, MA 02162         JAN 25, FEB 2, MAR 2, MAR 21, APT 6, APR 24-25, MAY 4, JUN 1         Ohio Association - Roy Stickney, 235 North Remington Road, Bexley, OH 43209         JAN 11, FEB 15, MAR 28, APR 25         Oregon Association - Connie Wilson, 10315 SE 82nd, Portland, OR 97266         JAN 11, FEB 28-29, APR 3-4, JUN 12-13, JUN 10-11, JUL 30 or AUG 1, SEP 11-12, OCT 9-10, NOV 20-21, DEC 4 6/or 5 - (tentative schedule)         Minnesota Association - David J. Beardsley, 1380 Terrace Dr. #102, Roseville, MN 55113         JAN 26, FEB 16, MAR 10, APR 10, MAY 1         JAN 10, FEB 14, MAR 20, APR 10, MAY 1         Metrophysics         JAN 10, FEB 14, MAR 20, APR 10, MAY 1         Metrophysics         JAN 25, FEB 16, MAR 15, APR 17, MAY 15         Miscosciation - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108         JAN 10, FEB 14, MAR 20, APR 10, MAY 1         Metrophysics         Metrophysics         JAN 25, FEB 16, MAR 13, FEB 3, FEB 14, FEB 15         Microphysics         Mat 20, MAY 2         JAN 10, FEB 14, MAR 20, APR 10, MAY 1         Min 0, JAR 25, JAN 31, FEB 8, FEB 14, FEB 15         Microphysics <td< th=""><th colspan="6">LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH</th></td<>	LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH					
<ul> <li>New England AAU - Enid Uhrich, 25 Lafayette, Rd., Newton Lower Falls, MA 02162 JAN 25, FEB 2, MAR 2, MAR 1, APT 6, APR 24-25, MAY 4, JUN 1</li> <li>Ohio Association - Roy Stickney, 235 North Remington Road, Bexley, 0H 43209 JAN 11, FEB 15, MAR 28, APR 25</li> <li>Oregon Association - Connie Wilson, 10315 SE 82nd, Portland, OR 97266 JAN 31, MAR 21, JUN 6, JUL 18</li> <li>Pacific Northwest Association - Harry Lewis, E. 944-39th, Spokane, WA 98002 JAN 10, FEB 25-29, APR 3-4, JUN 12-13, AUG 13-15</li> <li>Inland Empire Association - Harry Lewis, E. 944-39th, Spokane, WA 99203</li> <li>FEB 7-8, APR 24-25</li> <li>Pacific Association - Dore Schwab, Gray Oaks Box 772, Ross, CA 94957</li> <li>FEB 28-29, MAR 27-28, APR 17 6/or 18, MAY 1 6/or 2, JUN 12-13, JUL 10-11, JUL 30 or AUG 1, SEP 11-12, OCT 9-10, NOV 20-21, DEC 4 &amp; A/or 5 - (tentative schedule)</li> <li>Minnesota Association - David J. Beardsley, 1380 Terrace Dr. #102, Roseville, MN 55113 JAN 26, FEB 16, MAR 15, APR 17, MAY 15</li> <li>Wisconsin Association - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108 JAN 10, JEB 14, MAR 20, APR 10, MAY 1</li> <li>Metropolitan 78560 ation; R. 52, Saech: Sudwide, #402, St. Petrospine, NF:11714 JAN 10, JAN 25, JAN 31, FEB 8, FEB, 14, FEB 15</li> <li>Feb 6, MAR 14, MAR 20, APR 10, MAY 1</li> <li>(Philadelphia)</li> <li>Florida Ksöcciation; R. 52, Saech: Sudwide, #402, St. Petrospine, FE 33701</li> <li>JAN 10, MAR 14</li> <li>(Philadelphia)</li> <li>Florida Ksöcciation, R. 52, Saech: Standardy, FM 19004; JAN 25, MAR 14, WA 2</li> <li>JAN 10, CT Midwinter - Daniel Davis, 434 Mis Ave., Handen, CT 06514</li> <li>JAN 25, MAR 14, MAY 2</li> <li>JAN 10, CT Midwinter - Daniel Davis, 434 Mis Ave., Handen, CT 06514</li> <li>JAN 25, MAR 14, MAY 2</li> <li>JAN 10, CT Midwinter - Daniel Davis, 434 Mis Ave., Handen, CT 06514</li> <li>JAN 25, Charlotte, HC - Kirk Canterbury, 6616 Rocky Falls Rd., Charlotte, NC 28211</li> <li>FEB 14-15</li></ul>	VOL V -	No 1	1976	SWIM	CALENDAR	
<ul> <li>Dhio Association - Roy Stickney, 235 North Remington Road, Bexley, 0H 43209</li> <li>JAN 11, FEB 15, MAR 28, APR 24, 200</li> <li>Oregon Association - Connie Wilson, 10315 SE 82nd, Portland, 0R 97266</li> <li>JAN 13, MAR 21, JUN 6, JUL 18</li> <li>Pacific Northwest Association - Steve Engel, 2005 So. 308th, Federal Way, WA 98002</li> <li>JAN 10-11, FEB 28-29, APR 3-4, JUN 12-13, AUG 13-15</li> <li>Inland Empire Association - Harry Lewis, E. 944-39th, Spokane, WA 99203</li> <li>FEB 7-8, APR 24-25</li> <li>Pacific Association - Dore Schwab, Gray Oaks Box 772, Ross, CA 94957</li> <li>FEB 28-29, MAR 27-26, APR 17 A/or 18, MAY 1 s/or 2, JUN 12-13, JUL 10-11, JUL 30 or AUG 1, SEP 11-12, OCT 9-10, NOV 20-21, DEC 4 s/or 5 - (tentative schedule)</li> <li>Minnesota Association - David J. Beardsley, 1380 Terrace Dr. #102, Roseville, MN 55113</li> <li>JAN 10, FEB 16, MAR 15, APR 17, MAY 15</li> <li>Wisconsin Association - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108</li> <li>JAN 10, FEB 14, MAR 20, APR 10, MAY 1</li> <li>Metropolitam 3830Ciation - Johne Bauman, 9717 Saratoga Dr., Caledonia, WI 53108</li> <li>JAN 10, JAN 25, JAN 31, FEB 8, FEB 14, FEB 15</li> <li>Flort 36 Societion - R. E. Beach. Sudiciating 4402, Sci. Petersbards, FL 33701</li> <li>JAN 10, MAR 24, MAY 25-30</li> <li>Middle Atlantiz, Association - Millie Bergeron, 2541 Boundbrook Blvd. #142, WPB, FL 33406</li> <li>JAN 10, MAR 14</li> <li>(Philadelphia)</li> <li>Flort 36 Good Goast Association - Millie Bergeron, 2541 Boundbrook Blvd. #142, WPB, FL 33406</li> <li>JAN 10, CT Midwinter - Daniel Davis, 434 M4s Ave., Hamden, CT 06514</li> <li>JAN 10, CT Midwinter - Daniel Davis, 434 M4s Ave., Hamden, CT 06514</li> <li>JAN 25, KAR 21, MAY 2</li> <li>JAN DC Masters Pentathlon - Bob Husson, 112-10th St. S.E., Washington, DC 20003</li> <li>JAN 10 CT Midwinter - Daniel Davis, 434 M4s Ave., Hamden, CT 06514</li> <li>JAN 25, Christi, TX - Charles Teas., 413 Claremore, Corpus Christi, TX 78412</li> <li>FEB 14-15 SWSC Miami - Al Sheeler, 16001 SW 92 Ave.,</li></ul>	New Eng JAN 25.	FEB 2. M	- Enid Uhrich,	25 Lafayett	e, Rd., Newton Lower Falls, MA 02162	
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<ul> <li>APR 2-4, MAY 28-30.</li> <li>Middle Atlantic Association Alloc Mesirov, 191 President(a) Blvd., Bala Cynwyd, PA 19004.</li> <li>JAN 10, MAR 14 (Philadelphia)</li> <li>Florida Gold Goast Association - Millie Bergeron, 2541 Boundbrook Blvd. #112, WPB, FL 33406</li> <li>JAN 25, MAR 21, MAY 2</li> <li>JAN DC Masters Pentathlon - Bob Husson, 112-10th St. S.E., Washington, DC 20003</li> <li>JAN 10 CT Midwinter - Daniel Davis, 434 Mis Ave., Hamden, CT 06514</li> <li>JAN 24-25 Charlotte, NC - Kirk Canterbury, 6616 Rocky Falls Rd., Charlotte, NC 28211</li> <li>FEB 7-8 Univ. of Oklahoma - Martin Brody, P.O. Box 14662, Okla. City, OK 73114</li> <li>FEB 14-15 SWSC Miami - Al Sheeler, 16001 SW 92 Ave., Miami, FL 33157</li> <li>FEB 14-15 Corpus Christi, TX - Charles Teas, 413 Claremore, Corpus Christi, TX 78412</li> <li>FEB 15 Long Beach, CA - Sally Ann Peterson, 2107 San Vicente, Long Beach, CA 90815</li> <li>FEB 28 North Miami, FL - Lee Singleton, City Pool, 13150 NE &amp; Ave., North Miami, FL</li> <li>MAR 20-21 San Antonio, TX - Neil Wilson, 8730 Bravo Valley, San Antonio, TX 78227</li> <li>APR 3 Yale University - Jane Hardy, 49 Wilson Ave., Rowayton, CT 06853</li> <li>APR 10-11 OHIO Championships - Tom Cloyes, 1642 Cleveland Ave., NW, Canton, OH 44703</li> <li>APR 10-11 San Antonio, TX - Joanita Reed, Rte 3, Box 208 KK, San Antonio, TX 78218</li> <li>APR 24-25 Kansas City, KS - Neal Scott, 7912 Roe Ave., Prairie Village, KS 66208</li> <li>MAY 1-2 Texas A&amp;M - Will Worley, 1001 Village, College Station, TX 78218</li> <li>MAY 14-16 NATIONAL SC CHAMPIONSHIPS - Guy Barnicoat, 25211 Pacifica, Mission Viejo, CA 92675 - Mission Viejo Nadadores</li> </ul>	JAN 10,	JAN 25,	JAN 31, FEB 8,	FEB 14, FEB	-15	
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MAY 15-16 NATIONAL DIVING - Ted Keller, SHOF, One Hall of Fame Drive, Ft. Lauderdale, FL 33316