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FEBRUARY-MARCH 1976

ADVICE FOR THE SWIMMER'S BODY. DR. PAUL HUTINGER

WARM UP

Q. I am a Master swimmer with a limited competitive background and would like to know what I should do at a meet for a warm-up. I have watched the best Master swimmers and most do different warm-ups.

A. Research has not demonstrated consistent results on the effect of warm-up and performance. Many individual situations have been cited where a person did his/her best time without a warm-up. However the benefits are in favor of taking a warm-up before competing. Many Master swimmers are not trained well enough to take the total warm-up taken by senior swimmers and could tire themselves.

A warm-up of thirty minutes with swimming, kicking, starts, turns and several short sprints could be a general warm-up for most Master swimmers. This gets the rectal body temperature up to about 101 degrees and lasts for about 45 minutes. Warm-ups of short duration should be taken about 10 minutes before each event during the meet. The body works more efficiently and will perform better if the body core temperature is above the norm.

Do not swim your race in the warm-up though. Easy swimming with some paced 50's and one or two 25 yard sprints should be sufficient. A warm-up of 500 to 1,000 yards would take care of most Master swimmers. Another way to determine warm-up length is to take one-fourth or one-half of your daily training yardage. Try different warm-ups before meets and find the one that works best for you since there are individual differences. Stretching and flexibility exercises are also recommended as a supplement to warm up and help to loosen up joints for maximal range of movement.

There are four general reasons for a warm-up: 1. to prepare the cardio-respiratory systems for efficient perform-

ance; 2. to prevent muscular and joint injury; 3. to be prepared psychologically for a top performance; 4. to prevent cardiac oxygen insufficiency. The cardiac response to a warm-up has been reported by Dr. James Bernard, a UCLA researcher. He found that adaptation of coronary blood flow to a rapid increase in cardiac work is not instantaneous and for a short period there is an inadequate blood supply, even in the healthy young heart. He suggests a minimum of two minutes warm-up in preparing the heart for an all out sprint performance. Most swimmers do not warm-up as they should before relays which are all out sprint ef-

ARM MECHANICS

Q. I am 14 and swim with a good prep school which has 2 coaches. They have been telling me my right arm does not bend when it goes into the water. I can't see it, but it feels bent. Movies didn't help. What do you suggest?

A. The body has proprioceptors and muscle spindles that give information to the central nervous system (brain) about the position and angles of parts of the body. The ability to make use of these sensory recentors is referred to as a 'kinesthetic sense.' The kinesthetic sense helps to determine the degree of contraction in a muscle, the degree of bend in a joint, and the relationship to other parts of the body. Some swimmers like John Naber seem to have the kinesthetic sense better developed than others.

You can use some of the following ideas to improve your stroke mechanics and your kinesthetic sense. Your statement that the movies did not help may be a clue that you expect immediate results. You must believe that you can change your stroke and be persistent in working to achieve that goal. You need to visualize the skill with movies, charts, and pictures. If you can, make a loop film of your swimming. Look at

Aquatic World Magazine

it over and over. Work with another swimmer in practice and observe each other's strokes to perfect the stroke mechanics.

Another technique is to stand in front of a mirror and practice your stroke in the way the coach has outlined. Another technique that has been helpful for some is to use bilateral breathing (opposite sides) every three strokes. This entails learning to breathe on the non-preference side. Remember that your stroke must feel different when you change. Over-correction can bring results in how a position of the hand feels. If you think the arm is bent when it is straight, then you need to make it feel that it is bent even more to assume the correct position. The use of paddles can sometimes be helpful in stroke correction. Using all these approaches should bring about the desired changes, but remember it takes time.

BE A WINNER

Q, I always seem to come in second place in my races instead of winning. My repeat times are good in practice but others seem to do better in the meets. What can I do to improve?

A. You apparently need to program yourself to be a winner and to improve your psychological approach to competition. Set a goal for yourself. such as achieving a certain time for your event. Think in terms of achieving this goal every day in your practice. Forget past failures and remember only the successful performances. Think of yourself as a winner by mentally picturing yourself coming in first in a race and watching the others finish after you. Imagine that you look up at the score board clock and see your goal time or that you are standing on the winner's block receiving the first place medal. Of course you must be prepared by training diligently and working hard. Rehearse your race four or five times before you swim, thinking through each length, stroke by stroke, from start to finish. When you step up on the block for the start you can then put yourself on 'automatic' and follow the program you established by the many mental rehearsals. •

MASTERS CORNER

By Capt. Ransom J. Arthur

The annual convention of the AAU at New Orleans was a crucial one for Masters swimming. The meeting of the Masters Swimming Committee lasted almost five and one-half hours. June Kruaser skillfully guided us through the lengthy agenda. Innumerable suggestions were offered for modification of procedure and rules. Some of the items dealt with were quite minor, others momentous. The major material concerned the status of Masters swimming vis a vis open (amateur) competition.

Although I have set forth the history and details of this controversy on a number of previous occasions, I think it useful to briefly recapitulate. At the beginning, Masters swimming was connected with the American Swim Coaches Association. It was obvious, however, that the organizational structure of that association was such that insufficient logistical support could be given to Masters swimming to allow it to flourish to the

maximum extent.

After a great deal of soul searching, John Spannuth and I decided to approach the AAU about an organizational connection. At the annual meeting of the AAU for 1971 at Lake Placid, New York, Masters swimming became an accepted part of the AAU program. For the next few years we proceeded in such a fashion that individuals swam both in senior and in Masters meets. That seemed to be an ideal approach, however, as the program grew in-size and impact, it aroused international attention.

When various international bodies connected with swimming realized that Masters swimming included individuals classified as professionals, they indicated that Masters swimming had the potentiality of rendering senior swimmers ineligible for international competition such as the World Championships or the Olympic Games. This was the so-called "contamination" problem. None of this was our doing, of course, but it forced Masters swimming to consider its future course. I thought then, and still think, that it is absolutely unacceptable to bar anyone who is of the appropriate age from Masters competition. On the other hand, it would not be right for the Masters program to

cause injury to our senior competition.

In the past year there was an increasing likelihood that one of our fine young swimmers might be barred from the Olympic Games because he had once competed in a meet where a Masters swimmer also competed. I know it seems absurd, but these things happen in international activities and other nations are perfectly capable of attempting, on a technicality, to bar a great swimmer who might take a medal away from one of their people. Accordingly, last year I proposed that Masters swimming become a closed activity and that once a Masters swimmer, always a Masters swimmer. At the same time, I thought it wrong that Masters swimmers should be barred from any kind of aquatic activity (other than senior swimming) even if it were not under the aegis of the AAU. I refer to such nonsanctioned activities as the Senior Olympics. I therefore further proposed that Masters swimmers not be barred from any kind of competition, sanctioned or not, except of course for the pure senior swimming of the AAU. No times, however, achieved in an unsanctioned meet, such as the Senior Olympics, could count in any way for the top ten or for All-American, which are AAU activities.

These proposals were hotly debated and were understandably opposed by those who wish to continue to swim both in senior and Masters. I completely agreed with their point of view but it is too late in the day for that. Some said, "Well then we should pull out of the AAU." But, of course, that would defeat their purpose. If Masters were out of the AAU, the Masters swimmers would still be barred from Senior AAU activity because they had swum in unsanctioned meets. We simply had come to the end of the road that allowed individuals to compete

in both Senior and the Masters category.

It was also important for the good of swimming in the United States to further insure that we stayed out of the way of the pure and intense national and international competition of the young people. I had felt that from the beginning. That is why I initially set the age limit at 25 rather that 20. Given the peculiarities of global athletic competition, Masters swimming did pose a danger to our national competitive program.

After stormy debate, appropriate rules were finally adopted. Anne Adams, Carol MacPherson, Cindy Baxter, Ham and Mildred Anderson, Bob Beach, Don Rankin and John Spannuth, among others, were most helpful in promoting final passage of

these rules.

After the Masters Committee meeting, June Kruaser did a fine job in securing the approval of the AAU Board of Governors for our proposals. Masters swimming is now a closed activity. All humans, aged 25 or over, are eligible to compete, but once having declared themselves a Masters swimmer, they are henceforth eligible to compete in Masters activities only. Those individuals who are Masters may compete in non-AAU sanctioned activities without penalty except that any times achieved will not count for All-American honors or for the top ten and will not be recognized in any way as official AAU times.

Merely achieving the age of 25 or more does not automatically make one a Masters swimmer. One could continue to swim indefinitely in senior competition. But once one chooses to compete in a Masters meet, one is a Masters, irreparably. I feel quite pleased about all of this, regarding it as the most constructive solution to a difficult problem. Naturally we had to give up something in order to achieve it, but what we had to give up was already being taken from us in any case. We really had no other

course to pursue.

Among the other important decisions was a reffirmation of not forming a 20-24 year old age group for the National Championships. Local meets can still include such individuals, but again I think it would be highly dangerous for us to drop down to age 20 on the national level. There are simply too many people between age 20 and 25 who might have international potential whose careers would be blighted if they started swimming Masters and then tried to change their minds.

The Short Course Championship was awarded to Mission Viejo in Southern California for the weekend of May 14, 15, and 16. The Long Course Championship was awarded to St. Louis, Missouri for a weekend in August, either the weekend of the 13,

14, and 15 or the 20, 21, 22.

We are still pushing the idea of a World Championship and it may be that South Africa will be an appropriate location because competing there would take us out of the way of nations involved in the Olympic or FINA group and prevent the contamination issue from being raised. A charter flight could be worked up at a very attractive price and the opportunities for sight-seeing would be unlimited. This is merely a thought, a possibility, and, meanwhile, we are searching for a pool anywhere in the world. If you have international contacts, please use them to get us a pool outside the USA for a championship meet to include diving, synchronized, and speed swimming.

San Diego Keeps Beach for Nudes

SAN DIEGO (UPI) — The city council decided yesterday to ignore warnings of threatened "skinny-dip tours" to San Diego and voted to keep the only officially sanctioned nude beach in the United States.

But the council left the way open for possible revocation of its twoyear experiment at Black's Beach by also calling for a beach survey that could lead to closure of the beach as unsafe to all users.

TRIBUNE SPORTS REPORT

Data Lacking on What Effect 'The Pill' Has on Performance

Medical Tribune Report

CLEVELAND—Although many female athletes today are on oral contraceptives, there are no data on whether the medication benefits or hinders athletic performance or whether it may even present a health hazard in such patients, according to Dr. Lester Ballard, head of gynecology at the Cleveland Clinic.

"We need to find this out," he told a sports symposium there. "For the moment, however, all we can do is individualize and test each patient, to see if she is better on or off the pill. . . .

"Theoretically, a high-progestin pill could help athletic performance, but it's difficult to make a definitive statement about this potential because there hasn't been any study."

Such a pill, he noted, can also help the girl athlete with "heavy periods, breast tenderness, and bloating" due to hyperestrinism.

Slight Risk Seen

As to whether the use of oral contraceptives might make the female athlete more susceptible to a cerebrovascular accident or phlebitis, Dr. Ballard said:

"I think there may be a slight risk, but again there's no good hard data on this. I do know that when we do gynecological elective surgery today because there is increased clotting, it's a good idea to have the girls off the pill for two or three months."

Dr. Ballard was one of several speakers, including a woman coach, who addressed themselves to questions of female physiology and its relationship to participation in sports.

"Today, with all the dieting that's going on, many girls need supplemental iron," Dr. McLaughlin said. "Taking the blood counts of the girls on our teams—they were a bit low, and just on that basis I'd recommend iron for about 75 per cent of them . . . not because they're athletes, but just for their general health."

Does menstruation itself have any effect on sports performance? According to Dr. Ballard, it does for the girl who suffers cramps, headache, and fluid retention, and whose symptoms a birth-control pill does not help to alle-

viate. Some girls, however, fell better able to compete during their menstrual periods, he noted.

"The perincal pads should be thrown away" by athletes and by other girls as well, he said. For those with heavy periods, he recommended the use of two tampons instead of one.

With regard to swimming during menstruation, he commented:

"There's no problem because the vagina does exclude water. Also, the blood from the endometrium is sterile, and the only thing the blood picks up along the way is the normal vaginal flora, which is similar to what is found in the nasopharynx. So there's no problem if the blood does escape into the water of the pool."

Judy Devine, field hockey and basketball coach at Kent State University, Kent, Ohio, said that special breast protectors, such as plastic brassieres, do not seem warranted, even in the sports she coaches, with a fairly high degree of body contact.

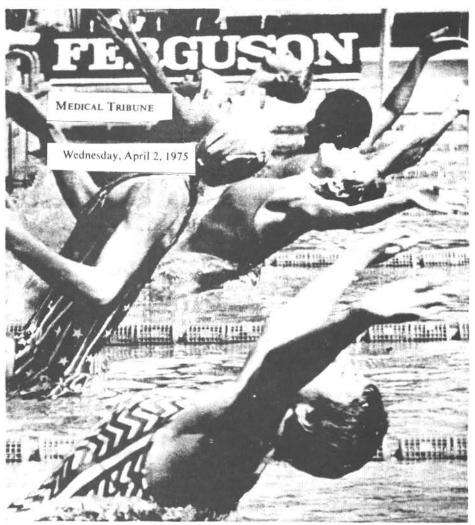
"I have not found any incidence of breast contusion that amounts to anything at all," she reported.

She added that she has no rule on whether a girl may compete bra-less.

"I do have a couple of girls who compete bra-less, but one always wears a swimsuit under her uniform. It is uncomfortable to run without some kind of support, and I think they know this, so they either wear a bra or they buy a tight blouse."

'Thermostat' Set Higher

Dr. Thomas McLaughlin, team physician for women's sports at Case Western Reserve University, said that besides the obvious differences in size, strength, and body fat between males and females, there is also the temperature-regulation mechanism to consider. Since the hypothalamic "thermostat" is set higher in females, they would be at higher risk of heat stroke and heat exhaustion in any kind of mid-August practice in heavy protective clothing, such as male football players endure, he said.



A Nobel Aptitude for Teaching

About 11 years ago, having educated six Nobel Prize winners in his 41-year teaching career, Caltech physicist William R. Smythe decided it was time to get off his duff and do something with his life.

That was in 1964, when Dr. Smythe quit his classroom duties and the California Institute of Technology dubbed him professor emeritus, presumably retired.

Fat chance.

Dr. Smythe, 82, still drives down every day from his Sierra Madre home to his Caltech office, where he works. on mathematical problems that may have applications in

He also plays tennis and is an avid swimmer-so avid

that he does at least 500 yards every day.

"I was hospitalized with pneumonia for 10 days last August," says Dr. Smythe, "and I'm just now getting back to my tennis. Until I was ill I was swimming 1,000 yards a day, but then I had to cut down to 500 a day. I'm working now to increase that back up to 1.000 yards daily. I fig-ured it out a while ago—in the past 12 years I've swum about 1,600 miles."

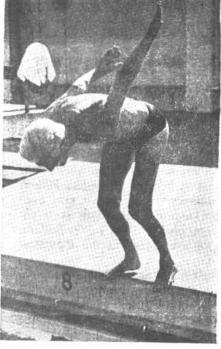
With a self-deprecating grin he announces that he was the 1974 national AAU swim champion in the 100-yard freestyle for men over 80. "Of course," he adds, "I apparently was the only contestant, too." Not that he mightn't have won anyway: his time was 2:40.5.

A tall, craggy-faced eagle of a man, Dr. Smythe takes obvious pride in what may be his greatest achievementand perhaps another record as well: seeing six of his former students win the Nobel Prize, all but one in physics.

This may be something of a record, I don't know, offers. "At any rate, I'm very glad to see the work of my former students recognized."

The most recent honor was the 1975 Nobel Prize awarded Dr. L. James Rainwater, physicist at Columbia University, for his nuclear model.

Previous winners are Dr. Charles H. Townes of UC Berkeley in 1964 for his development of the maser-laser principle; Dr. Donald A. Glaser, UC Berkeley, in 1960 for his development of the bubble chamber; Dr. William Shockley of Stanford University in 1956 for his invention of the transistor; Dr. Edwin McMillan, UC Berkeley, in 1951 as co-discoverer of six radioactive elements, and Dr. Carl D. Anderson of Caltech in 1936 for his discovery of the positron (positive electron). Dr. McMillan's prize was



HAVIN' A FLING-Dr. William F. Smythe, 82, Caltech professor emeritus of physics, still goes to office, swims and plays tennis daily. Times photo by Kathleen Ballard

Never Too Late to Get in Swim of Things

Rita Shepard not only doesn't mind admitting to all of almost 67 years, she can hardly wait to reach age 70

Mrs. Shepard, you see, was 65 before she ever swam competitively, and won three national championships and was runner-up in two others the second time she ever entered a meet.

THAT WAS IN Santa Clara, Calif. where she was matched against other women ages 65 through 69, and her performance earned her the first of two All-American designations.

"I figure that by the time I reach the next age group, I just might be able to beat them all," said Mrs. Shepard. That's how it goes in Masters

Swimming, a relatively new extension of the Amateur Athletic Union (AAU) age group competitive program which until four years ago - was only for youngsters of pre-college age with an additional "open" division for those who aspired to national or international levels of competition.

MASTERS SWIMMING evolved from the casual efforts of a few former swimmers who either didn't care for tennis or jogging, or thought it might be fun and healthful to train and race again. Surprisingly to some, the idea caught on quickly all over the nation and competition is now available both locally and nationally for men and women in five-year age brackets from 25-29 through 80-over

The first in a local monthly series of winter indoor meets for masters only is scheduled to start at noon Sunday in the Columbus Academy pool. Any AAU registered Master Swimmer is wel-

. Roy Stickney, 49, is one of the originators of Masters Swimming in Columbus, and was at the National AAU convention in New Orleans last week to bid for the 1976 Masters outdoor national championships.

STICKNEY, HIMSELF a Masters All-American for winning national titles in two breaststroke events (indoor and outdoor) this year, explained that Masters Swimming "is a little more casual than other forms' of competition

"For example, I false-started four times in one 50-yard freestyle event, and the starter finally said to me, Look, one more and I'm going to have to disqualify you so we can get on with

Technically, only one false start is permitted in any swimming event.

STICKNEY ALSO said the local team of 11 active competitors age 25 and over "practices whenever we can find the time, and for as long as we

Mrs. Shepard is retired, but most other team members are professionals or self-employed, so they arrange their own schedules.

Mrs. Shepard, Stickney, a concrete contractor, and Dr. Keith Crompton, a 44-year-old dentist, practice for an hour most days at noon in the East Side YMCA pool.

STICKNEY SWAM for the University of Cincinnati and a Cincinnati amateur team more than 20 years ago. rompton is a former member of the Bexley High School varsity. Other local Masters swam in college for Ohio State. Minnesota, Washington and for various

high schools.
Not so Mrs. Shepard. She taught swimming for more than 30 years as a Red Cross Water Safety Instructor during her career as an office manager in Columbus. Her only daughter, now a resident of Washington D.C., suggested Masters swimming (something she and her husband both had joined) as Mrs. Shepard was about to retire in May of 1974.

"I quit working one month, started swimming the next. The Upper Arlington team, let me work out with the 11-year-olds," said Mrs. Shepard, "so that I could learn the fundamentals of competition.

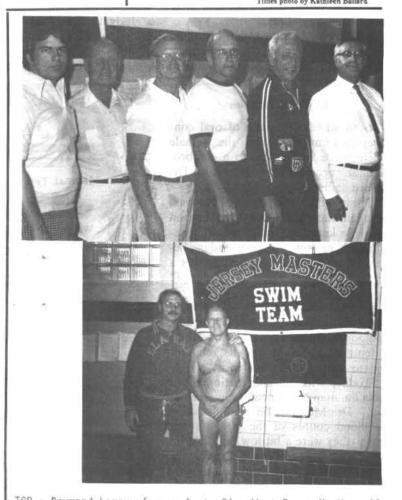
"NOW DON'T EXPECT a flash of fire when I jump in the pool, but I do go faster than most. I hold three national records - in the 100- and 200-yard

backstroke, and the 200 freestyle.
"I swim about 1,250 yards a day, all in about an hour here at the Y."

And really will be 67 in January. When you swim with the Masters, you don't mind admitting it



SWIMMERS ROY STICKNEY, RITA SHEPARD, KEITH CROMPTON In Competition at 49, 66 and 44, They Don't Mind Admitting Ages



TOP - Raymond Lomax, former Asst. Dir. West Essex Y; Maxwell Vogt, retired Frosh coach of Princeton; Arthur Schoenheiten, Lawrenceville Swim Coach; Hendrik Van Oss, Princeton swim team of 1939; Fred G. Stickel, Jersey Masters president; George Schoenheiter, retired Lawrenceville Swim Coach. BOTTOM - Harry Rawstrom, University of Delaware swim coach and son Robert (taller one) both Masters swimmers.

FOR THE RECORD

50-METER BACKSTROKE Vicky Yambrick Dot Sheeler SHEELER-WINTON S.C.
(Segar, Mershon,
Brilliant, Wagner) 3:08.7
200-M.MIXED FREE REL, 35 & 0
SHEELER-WINTON S.C.*A'
(Minahan, Segar,
Colvin, Gribble) 2:52.3
SHELLER-WINTON S.C."B''
(Yambrick, Sheeler,
Shives, Aye) 3:44.3
200-M.MIXED FREE REL, 45 & 0
GOLD COAST MASTERS
(Meekins, Muntz, WOMEN 35-39 1:03.5 Charles Aye 100-METER FREESTYLE 3:08.7 Marty Childs 35 35 & 0 Doris Gilbert 38 SHEELER-WINTON SWIM CLUB 100-METER BACKSTROKE Dot Sheeler MASTERS SWIM MEET 31.79 1:07.0 Gay Rosser Gene Nagel Miami, Fla. Oct. 19, 1975 2:29.6 50-METER BREASTSTROKE Dot Sheeler 100 vard Preestyle Janice Gray 38 Doris Gilbert 38 Bob Minahan WOMEN 25-29 1:10.2 1:12.72 Marvin Brilliant 50-METER BACKSTROKE Bernie Wagner 1:10.2
100-METER BREASTSTROKE
VICKy Yambrick
50-METER BUTTERFLY
June Krauser
44.0 1:36.1 50-METER FREESTYLE Sue Kochmit Joanne Menard 50 vard Backstroke Evelyn Debes 39 Marty Childs 35 Helen Geoffrion 36 Doris Gilbert 38 39.11 40.48 44.56 46.38 Bob Minahan Marian Borken 100-METER BACKSTROKE Gay Rosser Bernie Wagner Marvin Brilliant 100-METER BUTTERFLY June Krauser Sharon Allen Sharon Socol 100-METER FREESTYLE Jackie Thompson 35.6 1:24.5 1:37.5 (Meekins, Muntz, Krauser, Ringel) 1:45.5 200-METER INDIVIDUAL MEDLEY
June Krauser 3:33.5 100 vard Backstroke Marty Childs 35 Janice Gray 38 2:32.1 1:14.3 1:29.72 50-METER BREASTSTROKE Gene Nagel Joanne Menard Marian Borken 1:19.7 50 vard Breastroke Helen Geoffrion 36 100 vard Breastroke Janice Gray 38 Cathy Engelhardt
Sharon Allen
Jackie Thompson Bob Minahan 50-METER PREESTYLE Selma Borken 50-METER BACKSTROKE Selma Borken 43.14 50-METER BUTTERPLY Gay Rosser 41.1 1:07.0 1:29.09 Herb Kern
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Herb Kern
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3:00.5
Herb Kern
3:41.8 34.0 4th ANNUAL EAST "Y"
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James Gettling 27 1:30.3 50-METER FRESTYLE 00:36.5 Janide Gray 38 Evelyn Debes 39 55.5 1:25.98 1:29.03 1:31.42 1:31.70 50-METER BACKSTROKE Elleen McEwen 50-METER BREASTSTROKE Nancy Barnette 1:18.3 Evelyn Debes 39 1:20.03
00:36.9 Marty Childs 35 1:31.70
100:37.1 Helen Geoffrion 36 1:31.70
100 vard Individual Medlev
00:33.3 Janice Gray 38 1:21.51
Evelyn Debes 39 1:22.51
50 vard Preestyle
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Suranna Malony 42 47.32
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SO YARD BACKSTROKE
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42.7 JANUARY BREASTSTROKE
42.7 JULY BELLER 31
43.5.6 JOYARD BUTTERFLY
43.5.6 JOYARD BUTTERFLY 2:19.6 Cathy Engelhardt Joanne Menard WOMEN 65-69 50-METER BACKSTROKE Rose Caplane MEN 50-54 50-METER FREESTYLE Reed Ringel 100-METER FREESTYLE Reed Ringel Nancy Barnette 42.0 100-METER BUTTERFLY Cathy Engelhardt Jackie Thompson 1:10.5 1:21.4 MEN 25-29 50-METER FREESTYLE Bill May J.Colgan Norman III 1:25.7 50-METER BACKSTROKE Reed Ringel 200-METER IND. MEDLEY Cathy Engelhardt Jackie Thompson Joanne Menard 00:40.6 100 yard Freestyle Jacqueline D. Smith 44 1:13.53 00:33.2 M.A. Rasmussen 40 1:31.00 42.7 Jill Keller 31
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1:35.6 JILL KELLER 31
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46.1 JILL KELLER 31
50 YARD FREESTYLE
MARIJOTIC LARR 36
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MARSHS Shea 35
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50.3 50 YARD BREASTSTROKE
46.6 FORE STEWARD 57
200 YARD BREASTSTROKE
FORE STEWARD 57
46.7 ROBERT 55
50 YARD BREASTSTROKE
FORE STEWARD 57
46.8 ROBERT 55
50 YARD BREASTSTROKE
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46.1 ROBERT 55
50 YARD BREASTSTROKE
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50 YARD BREASTSTROKE
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50.4 PREESTYLE
FICK GRIGOTICU 26
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50 vard Backstroke
01:16.3 Suzanna Malony 42
50 vard Breastroke
Jacqueline D. Smith 44
00:40.0 Suzanna Malony 42
00:45.9 M.A. Rasmussen 40
100 vard Breastroke
01:38.1 M.A. Rasmussen 40 50-METER BREASTSTROKE Reed Ringel 3:19.1 Charles Knupp 50.93 WOMEN 30-3 50-METER FREESTYLE April Parendes Chuck Menard 37.9 100-METER PREESTYLE Bill May J.Colgan Norman III 42.60 MEN 50-54 50-METER FREESTVLE Clifford Straus Frank Tillotson 1:02.4 41.2 48.80 1:07.3 Carolyn Smith Sandy Mershon 46.3 Charles Knupp Chuck Menard 1:36.8 SO-METER BACKSTROKE
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50-METER BREASTSTROKE
JOHN Zeigler
Bill May
Charles Knupp
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OOD BREASTSTROKE 100-METER PREESTYLE April Parendes Carolyn Smith 1:56.39 1:39.5 50 vard Butterfly
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M.A. Rasmussen 40 34.0 100-METER BACKSTROKE Frank Tillotson -METER BACKSTROKE M.A. Rasmussen 40 47.87
00:51.3 100 vard Individual Medley
M.A. Rasmussen 40 1:45.03
WOMEN 45-49
00:57.7 50 vard Freestyle
Helga Linnea Palmer 46 29.68
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02:32.0 50: vard Backstroke
01:14.4 100 vard Backstroke
Janet Wolver 46
00:26.4 Janet Wolver 46
100 vard Bresstroke
Janet Wolver 46
100 vard Bresstroke
100 vard Bresstroke
100 vard Bresstroke
100 vard Bresstroke
100 vard Bresstroke 1:53.4 1:19.4 -METER BREASTSTROKE 200-METER INDIVIDUAL BILL May 1:09.40 100-METER BREASTSTROKE Penny Abbott John Zeigler Charles Knupp 2:49.9 50-METER BREASTSTROKE George Muntz 100-METER BREASTSTROKE George Muntz 2:02.2 43.63 2:55.5 50-METER BUTTERFLY Fam Segar MEN 30-34 50-METER FREESTYLE Charles Dugan Cullen Bullock Larry Moore Dale Forney 1:10.5 1:46.57 Penny Abbott
Pam Segar 3:44.7 28.3 32.1 32.5 MEN 70-79 50-METER FREESTYLE Pritz Babendererde 02:24.4 Anne Adams 47
Helga Linnea Palmer 46 WOMEN 35-39 50-METER FREESTYLE Wanda Cavanaugh 1:36.45 35.5 100-METER PREESTYLE Fritz Babendererde 00:42.8 100 vard Butterfly
Anne Adams 47 1:20.22
01:37.9 Janet Wolver 46 1:40.07 100-METER FREESTYLE Larry Moore 32.2 41.6 45.6 1:10.8 50-METER BREASTSTROKE Fritz Babendererde Judy East Gerry DeLong 1:19.9 Julie Nagel Gerry DeLong
Cullen Bullock
Dale Forney
50-METER BACKSTROKE
Charles Dugan
Robert Clein 100-METER FREESTYLE Wanda Cavanaugh Anne LeMaire Judy East Julie Nagel 1:42.8 1:15.5 1:23.8 1:44.5 1:46.1 00:29.9 50 yard Freestyle Joy E. McDaris 50 Grace Altus 51 200-MTR.MED.REL. 25 & Over NORTH MIAMI S.T. 37.37 (Borken, Allen, Thomp-son, Kochmit) GOLD COAST MASTERS 01:12.7 01:12.7 100 yard Freestyle 00:35.0 Grace Altus 51 Dale Forney
100-METER BACKSTROKE
Charles Dugan
50-METER BREASTSTROKE
Gerry Delong 53.5 50 YARD BREASTSTROKE Paul Goetz 38 Fhil Keller 36 2:03.6 1:26.94 Ann Colvin Ann Colvin
50-Merer Backstroke
Julie Nagel
100-Merer Backstroke
Millie Bergeron
50-Merer Breaststroke
Ann Colvin
100-Merer Breaststroke
Anne LeMaire 1:11.9 (Menard, Barnette, Eng-elhardt, Parendes) SHEELER-WINTON SC 00:38.0 50 yard Backstroke Grace Altus 51 50 yard Breastroke Joy E. McDaris 50 55.8 2:46.8 Gerry Delong Charles Dugan Cullen Bullock 55.08 1:32.0 42.0 (Segar, Abbott, Col-vin, Mershon) 48.78 Joy E. McDaris Grace Altus 51 3:53.8 1:02.1 100-METER BREASTSTROKE Gerry DeLong 200-MTR. MEDLEY RELAY 100 vard Breastroke Joy E. McDaris 50 1:22.0 1:36.5 Gerry DeLong
Cullen Bullock
Dale Forney
50-METER BUTTERFLY
K. C. Dawson
Charles Dugan
Robert Clein 1:45.01 CALTECH MEET (McGuire, Bergeron Cavanaugh, LeMaire SHEELER-WINTON S.C Joy E. McDaris 50

S0 yard Butterfly
Grace Altus 51

100 yard Individual Medley
Grace Altus 51

Loy E. McDaris 50

WOMEN 55-59 50-METER BUTTERFLY Vanda Cavanaugh 2:04.2 PASADENA, CALIFORNIA November 9, 1975 25 yard Pool 2:36.5 35.8 51.86 Millie Bergeron 100-METER BUTTERFLY Millie Bergerson 31.6 (Sheeler. McEwen. Yam-1:51.73 33.3 4:59.8 brick, Gribble) 100-METER BUTTERFLY Gerry DeLong K. C. Dawson Wanda Cavanaugh 50 vard Freestyle 27.35 Bette Crowell 55 32.41 Rita Simonton 57 MEN-RELAYS
200-MTR, MEDLEY RELAY 25 & 0 Mimi Hayes 28
SOUTH DADE MASTERS
Marie 2, Latham 27 200-METER IND, MEDLEY Wanda Cavanaugh Ann Colvin 1:06.7 3:28.8 36.31 37.34 39.08 K. C. Dawson 1:23.5
200-METER INDIVIDUAL MEDLEY
Gerry DeLong 2:37.6
MEN 35-39
50-METER FRESTYLE
Alex Macnab
50-METER PROCESTYLE
ALEX Macnab
50-METER PROCESTYLE
ALEX MACNAB 4:48.0 (Dugan, May, Norman, WOMEN 40-44 50-METER PREESTYLE Anne McGuire SHEELER-WINTON S.C. (Forney, Smith, Segar, Macnab) 200-MTR, MEDLEY RE GOLD COAST MASTERS 36.2 Barbara Gribble 50-METER BACKSTROKE Barbara Gribble 50-METER BACKSTROKE Alex Macnab 100-METER BACKSTROKE Alex Macnab 49.8 Rosser, Rohe, Kern, 50-METER BREASTSTROKE Anne McGuire Ringle) SHEELER-WINTON S.C. 43.0 100-METER BREASTSTROKE 1:31.3 (Wagner, Minahan, Brilliant, Shives) 1:35.3 50-METER BREASTSTROKE Roy Rohe 50-METER BUTTERFLY Anne McGuire 42.1 MIXED RELAYS Mike Segar 51.3 100-METER BREASTSTROKE Roy Rohe 200-M, MIXED FREE REL. GOLD COAST MASTERS (Menard, Engelhardt, WOMEN 45-49 1:28.1 50-METER FREESTYLE Mary Ann Meekins Dot Sheeler Vicky Yambrick Mike Segar 2:03.5 35.4 56.7 59.0 MEN 40-44 -METER FREESTYLE y Rosser DeLong, Zeigler) SOUTH DADE MASTERS (Dugan, May, Smith, Parendes) Mary Ann Meekins 1:19.6 Gene Nagel

Bob Minahan

SHEELER-WINTON S.C.

100 yard Butterfly					50 YARDS BREASTSTROKE
Rita Simonton 57	1:45.62 50 yard Breastroke	35.39 100 yard Individual Mer 35.43 Jack Burgan 53	lley .	Jane Murphy 31 36.5	George Downs 37 31.8
100 yard Individual Me Rita Simonton 57	1:39.66 Ed Bloomgren 38		1.70.00	Jane Murphy 31 2:58.3	Louis Abel 39 33.3 50 YARDS BUTTERFLY
Margaret George 58	1:42.51 Robert T. Rubin 39	36.78 John 10201 33	1:47.20		Amar Lathi 39 29.1
WOMEN 60-64 50 yard Backstroke	Rex Odell 38 Edgar Frank 39 55.36 100 ward Breastroke	40.35 50 yard Freestyle		WOMEN 35-39 100 YARDS BACKSTROKE	George Downs 37 29.6 200 YARDS BUTTERFLY
Maxine Merline 63 Grace Deal 62	52.75 Keith Martin 38	Lyle E, Felderman 50	28.42	Frances Cure 37 1:20.0	Louis Abel 39 3:18.5
100 yard Backstroke			28.80	outle marden 33 cior. A	George Downs 37 2:36.7
Grace Deal 62 50 yard Butterfly	1:54.98 Robert T. Rubin 39	1:21.26 Dos Merrica 55 1:21.27 Joseph Miko 55	35.97	Transcep ours 31	Amar Lathi 39 2:39.0
Maxine Merlino 63	49.09 pau 04-11 38	1:21.27 100 vard Freestyle 1:24.23 Lyle E. Felderman 56	1:05.10	Frances Cura 37 41.9	Louis Abel 39 2:58.9
Grace Deal 62 100 yard Butterfly	1:00.55 50 yard Butterfly	22 hh David C. Andre 56	1:06.51	200 VADDS INDIVIDUAL MEDILEY	MEN 40-44
Maxine Merlino 63 100 yard Individual M	1:48.69 Bill Page 35	28.21 100 yard Backstroke	1:27.57		50 YARDS FREESTYLE Richard Ellis 43 28.4
Maxine Merlino 63	1:41.39 Dan Keyles 36	29.34 bon Rahalin 39 29.63 50 vard Breastroke 31.98 Ernie Neben 55		200 YARDS PRESTYLE	Richard Strauss 43 28.7
Grace Deal 62 WRMEN 70 +	2100.22 John Rawlings 37 over Richard Leroy 35	31.98 Fraie Neben 55 33.76 Joseph Miko 55	37.78	Jan Moeller 40 3:17.4 50 TARBS BUTTERFLY	Tom Walsh 43 30.7 Bob Miller 41 33.6
100 wand Breagtrake	niconard abiog //	TOO YALL DIGASTIONS		Jan Moeller 40 43.5	Richard Ellis 43 2:39.4
MEN 25-29	21 2:36.71 Burt Kanner 36 Bill Page 35	1:01.05 Dan Bankin CD	1:22.62	Jan Moeller 40 4:12.9	Bob Miller 41 3:13.0
50 yard Freestyle	Roger Sterneck 35	1:10.51 David C. Andre 56	1:32.93 DQ	WOMEN 45-49	Charles Stott 41 1:24.4
Dan Ferrari 26 Tas Pepito 27	25.14 100 yard Individual Me 28.00 Roger Sterneck 35		20 (1	50 YARDS PREESTYLE	50 YARDS BREASTSTROKE Richard Strauss 43 40.1
Wade Agurcia 29	31.03 Dan Kevles 36 John Rawlings 37	1:12.53 Bob Merrick	33.64	Ruth Koss 48 47.1	Bob Miller 41 49.7
100 yard Freestyle . Rick Wilson 28	58.85 Keith Martin 38		38.77	Lee Jackson 49 4:40.8	Richard Ellis 43 55.1 50 YARDS BUTTERFLY
Tas Pepito 27 Wade Agurcia 29	1:06.90 Edgar Frank 39 1:11.66 MEN 40-44	1:28.37 100 yard Butterfly Don Rankin 59	1:32.56	100 YARDS BACKSTROKE	Charles Stott 41 32.0
50 yard Backstroke	50 yard Freestyle	100 yard Individual Me	1114.39	Ruth Koss 48 2:05.3	Walter Woodruff 43 34.3 Richard Ellis 43 46.6
Ken Krueger 29 Tas Pepito 27	25.65 Curt Miller 43 34.13 Art Welch 43		1:19.39	50 YARDS BREASTSTROKE Lee Jackson 49 1:11.9	Bob Miller 41 46.9
Dan Ferrari 26	35.41 John E. Winkler 42	30.11 Don Rankin 59	1:20.09	WOMEN 50-54	Walter Woodruff 43 3:39.8
Wade Agurcia 29 100 yard Backstroke	38.23 100 yard Freestyle Bradford Sturtevant 41	55.62 50 yard Freestyle	20.20	50 YARDS PREESTYLE Florence Melick 54 56.4	200 YARDS INDIVIDUAL MEDLEY
Wade Agurcia 29 50 yard Breastroke	1:31.25 Curt Miller 43 Art Welch 43	1103 SPETATO VT OURRALD OF	34.01	50 YARDS BREASTSTROKE	Charles Stott 41 2:52.8 Walter Woodruff 43 3:04.1
Dan Ferrari 26	35.20 50 yard Backstroke 43.28 John E. Winkler 42	Walter Slike 62	37.36	Charlotte Costello 52 42.6 Florence Melick 54 1:10.2	MEN 45-49
Wade Agurcia 29 100 yard Breastroke	100 yard Backstroke			50 YARDS BUTTERFLY	50 YARDS FREESTYLE
Wade Agurcia 29	1:37.15 Robert Gledt 41 50 yard Breastroke	1:26.28 Reg Richardson 64 Eldin "Al" Onsgard 63	1:06.40	Charlotte Costello 52 36.4 200 YARDS BUTTERFLY	Jim Forbes 49 29.7 Dan Sullivan 48 29.8
50 yard Butterfly Dan Ferrari 26	28.88 Bill Davis 41.1 +	31.39 50 vard Backstroke 39.76 Reg Richardson 64	37.85	Charlotte Costello 3:23.8	Ted Cotchan 30.5
Tas Pepito 27 Wade Agurcia 29	31.53 John E. Winkler 42 37.20 100 vard Breastroke		51.36	WOMEN 55-59	Ted Cotchan 2:36.1
100 yard Butterfly	Bill Davis 41	1:13.35100 yard Backstroke 1:24.20 Louis McCreery 64	2:04.17	50 YARDS FREESTYLE Rowena Rollins 59 40.4	Jim Forbes 49 2:47.7
Wade Agurcia 29 100 yard Individual A	1:28.67 Curt Miller 43 Medley 50 yard Butterfly		2:11.46	Rowena Rollins 59 40.4 200 YARDS FREESTYLE	100 YARDS BACKSTROKE Dan Sullivan 48 1:21.2
Rick Wilson 28	1,08.61 Bradford Sturtevant 41	29.27 50 yard Breastroke	45.78	Rowens Rollins 59 4:36.1 100 YARDS BACKSTROKE	50 YARDS BREASTSTROKE Jim Forbes 49 33.6
Dan Ferrari 26 Wade Agurcia 29	1:09.10 Art Welch 43 1:24.36 100 yard Butterfly	L7:01 - 1 4 A //	47.24		50 YARDS BUTTERFLY
MEN 30-34	Art Welch 43 Bradford Sturtevant 41	1:08.08 100 yard Breastroke 1:08.37 Ernest Hale 64	1:44.90	WOMEN 60-64	Alfred Stein 47 30.0 Jim Forbes 49 34.4
50 yard Freestyle	Robert Giedt 41	1128,28	1:50.91	50 YARDS FREESTYLE	Dan Sullivan 48 35.0
Ed Spencer 33 Curtis Mosso 33	23.14 100 yard Individual Me 25.86 Bradford Sturtevant 41	1.08 50 Reg Richardson 64	35.10	Susan Haywood 61 39.3 200 YARDS FREESTYLE	Alfred Stein 47 2:47.3
Stu Thomson 32	47.00 Art Weich 41	1115.09	42.24	Susan Haywood 61 3:12.1 50 YARDS BREASTSTROKE	MEN 50-54 50 YARDS PREESTYLE
John Bales 31 Roger Prasser 31	25.88 Curt Miller 43 29.07 Robert Giagt 41	1:15.28 100 yard Butterfly 1:21.82 Eldin "Al" Onsgard 63 1:24.54 Ernest Hale 64		Susan Haywood 61 55.4	E. H. Nicolelis 52 32.5
Pat Geraghty 34 100 yard Freestyle	John E. Winkler 42	1:24.54 Ernest Hale 64	1:40.47	WOMEN 65-69	George Melick 51 33.8 200 YARDS FREESTYLE
Ed Spencer 33	53.75 50 yard Freestyle	100 yard Individual Me	dley 1:19.22	50 YARDS FREESTYLE	Henry Lentzsch 50 2:36.7
Curtis Mosso 33 Jim Shew 34	Ronald L. Camera 45	29.27 Eldin "Al" Onegerd 63	1:36.11	200 YARDS PREESTYLE	George Melick 51 3:05.8 50 YARDS BREASTSTROKE
Roger Prasser 31	1:01.05 Bill Tohneige 40	31.36 Ernest Hale 64	1:52.94	Lillian Black 67 5:49.8	George Melick 51 36.0
Jim Thomas 33 50 yard Backstroke	1:12.23 John Itzel 53	Walter Slike 62	DQ		Henry Lentzsch 50 36.5 E. H. Nicolelis 52 39.9
Stu Thomson 32 Pat Geraghty 34	29.99 Neal R. Palmer 45	57.67 100 yard Butterfly		MEN 25-29	50 YARDS BUTTERFLY Henry Lentzsch 50 38.1
100 yard Backstroke Jim Shaw 34	37.63 Duane Draves 49	59.66 Alfred Guth 67	1:47.93	50 YARDS FREESTYLE John Lambert 28 23.5	200 YARDS INDIVIDUAL MEDLEY
Jim Shaw 34 Jim Thomas 33	1:11.98 William A. Seligmann49 1:39.73 Ronald L. Cameron 45	1:07.99 Alfred Guth 67	43.61	Bill Reichle 27 24.2	Henry Lentzsch 50 2:56.1 MEN 55-59
50 vard Breastroke	Bill Lohneiss 49	1:08.87 100 vard Individual Me 1:12.38 Alfred Guth 67	1:34.51	Randy Ligh 25 25.4 Ed Dellert 29 28.8	50 YARDS FREESTYLE
Ed Spencer 33 Stu Thomson 32	36.34 Duran Backstoke	1108-80 cm MEN 70 +	2.552	200 YARDS PREESTYLE Ed Dellert 29 2,40.1	Austin Newman 59 29.1 Edward Cronin 55 30.3
Pat Geraghty 34 100 ward Breastroke	Neal R. Palmer 45	1:08.80 50 yard Breastroke 1:09.76 Gerhard Mauric 72	59.02	50 YARDS BREASTSTROKE	Clifford Iglay 56 30.5
Pat Geraghty 34	1:29.01 Tom Scotton 45	Carbard Mauric 72	2.12 35	Randy Ligh 25 33.2	Austin Newman 59 2:33.3
Jim Thomas 33 50 yard Butterfly	1141. 37 William Seligmann 49	39.68	2:12.35	Bill Reichle 27 27.1	Jim Pendergrass 56 2:33.6 Clifford Iglay 56 2:45.6
Ed Spencer 33 Stu Thomson 32	24.45 Duane Draves 49	1:19.89		Randy Ligh 25 29.0 Ed Dellert 29 33.5	50 YARDS BREASTSTROKE
Roger Prasser 31	28.50 Jerry Cunningham 46 28.72 Tom Scotton 45	1:22.87 CRANFORD COMMUNITY CO	ENTER	MEN 30-34	Edward Cronin 55 37.0 Jim Pendergrass 56 38.7
John Bales 31 100 ward Butterfly	William Saligmann 40	31.01 November 15, 1975		50 YARDS FREESTYLE	Clifford Iglay 56 47.5
Roger Prasser 31 Jim Shaw 34	1:06.58 100 yard Butterfly 1:07.04 Duane Draves 49	WOMEN 25-29		Harry Hamilton 34 26.5 200 YARDS FREESTYLE	Edward Cronin 55 33.4
Jim Thomas 33	Tom Scotton 45	1:20.85 50 YARDS FREESTYLE	20. 2	Jack Likins 30 2:02.4	Jim Pendergrass 56 3:00.6
100 vard Individual b Ed Spencer 33	1102-27 100 yard Individual Me	dley Ducky Berkley 25	30.7	Nick Cirigliano 33 2:06.4 Harry Hamilton 34 2:08.9	MEN 60-64 50 YARDS FREESTYLE
Jim Shaw 34	1:07.8E Tom Scotton 45	1:08.24 Nancy Highberger 27 1:16.94 Beth Maloney 25	32.9 34.3	Joel Brotman 32 2:27.0 100 YARDS BACKSTROKE	Gabriel Mosner 62 35.1
John Bales 31 Roger Prasser 31	1:10.78 Jerry Cunningnam 46	Jane Cooper 29	43.5	Harry Hamilton 34 1:16.3	Bob Covle 62 41.4
Jim Thomas 33 MEN 35-39	1:42.03 100 ward Freestyle	200 YARDS FREESTYLE Cathy Maloney 25	2:48.6	Sandy Tatcher 32 1:16.4 50 YARDS ERRASTSTROKE	200 YARDS FREESTYLE Bob Coyle 62 3:14.0
50 yard Freestyle	Jim Marcus 50	1:02.25 100 YARDS BACKSTROKE Jan Hamilton 29	1:50.8	Jack Likins 30 36.5	100 YARDS BACKSTROKE Sid Weinberg 63 1:26.9
John Rawlings 37 Bill Page 35	25.65 Sovard Backstroke 26.01 Bruce Sumner 51 26.34 John Itzel 53	50 YARDS BREASTSTROK	3	Sandy Thatcher 32 30.6	Bob Coyle 62 1:28.0 50 YARDS BREASTSTROKE
Roger Sterneck 35 Dan Kevles 36	26.34 100 yard Backstroke	Bobbie Baytar 25	41.5	Simon Schutzer 31 36.5 200 YARDS BUTTERFLY	Bob Covle 62 54.0
Rex Odell 38	Bruce Sumner 51	1:19.00 Nancy Highberger 27	47.4	Sandy Thatcher 32 3:06.0	MEN 65-69 50 YARDS FREESTYLE Robert Gindin 68 36.6
Keith Martin 38 Richard Leron 35	28.78 50 yard Breastroke	Inn Wamilton 20	49.1 52.2	200 YARDS INDIVIDUAL MEDLEY Jack Likins 30 2:25.6	Robert Gindin 68 36.6
100 yard Freestyle	Se Bruce Sumner 51	46.45 47.33 50 YARDS BUTTERFLY Bobbie Baxter 25	35.6	Sandy Thatcher 32 2:39.9	Sidney Silbert 67 39.0 John Bones 66 39.2
Burt Kanner 36 Roger Sterneck 35	58.09 100 yard Breastroke	Nancy Highberger27	37.4	MEN 35-39	200 YARDS FREESTYLE
Rex Odell 38 Richard Leroy 35	1.06 42 Jack burgan	1:26.56 Ducky Berkley 25 Beth Maloney 25	37.6	MEN 35-39 50 YARDS FREESTYLE Bob Walden 36 27.0	Robert Gindin 68 3:29.9 100 YARDS BACKSTROKE
Keith Martin 38	1:06.90 Jim Marcus 50	33.50 200 YARDS BUTTERFLY		Amar Lathi 39 27.3	Oscar Sigrist 67 1:36.1
Edgar Frank 39 50 yard Backstroke	1:17.66 Bruce Sumner 51 John Itzel 53	40.75 Cathy Maloney 25	3:33.3	Dick Cawthorne 38 27.5 200 YARDS FREESTYLE	John Bones 66 47.0
Richard Leroy 35	31.60 100 ward Butterfly	CO VADDO PROPOMYTO		200 YARDS FREESTYLE Bob Walden 36 2:13.5	50 YARDS BUTTERFLY Oscar Sigrist 67 41.9
Edgar Frank 39	40.63 Jim Marcus 50	1:18.54 20 TARDS PRESTILLE	38.6	Dick Cawthorne 38 2:45.6	Sidney Silbert 67 55.3
	Jack Burgan 53	1.10 gc Sharon washbourne))		TOO THUMB THOUSE	200 VADDE THREETHER MEDICAL
100 yard Backstroke Richard Leroy 35	Jack Burgan 53			Amar Lathi 39 1:24.1	200 YARDS INDIVIDUAL MEDLEY Oscar Sigrist 67 3:26.3

MASTERS SWIMMING M	EET	100 YARD IND, MEDLEY		500 YARD FREESTYLE		Elliott Scofield	7:31.2	WOMEN 55 & OVE	9
11-16-75 New Can	maan, Ct.	Nancy Phillips WCMEN 55-59	1:46.2	Michael Bushell Ron Hummel	6:58.4 7:48.5	Bill Varza 50 YARD BACKSTROKE	8:56.0	Hoyt) Offenhauser) Conn.	2:59.5
WCMEN 25-29		50 YARD PREESTYLE		50 YARD BREASTSTROKE		Bill Rodenbach	135.9	Pieretti) Masters	2:59.5
50 YARD FREESTYLE Christic Slimah	:27.9	Jean Pieretti* 50 YARD BACKSTROKE	132,0	Lou Abel 100 YARD BREASTSTROKE	134.4	Wayne Shadbolt 100 YARD BACKSTROKE	139.7	Somers) MEN 25-34	
Clarissa Clmsted Chris Coombs	:32.6	Jean Pieretti 100 YARD BACKSTROKE	142,0	Lou Abel 200 YARD BREASTSTROKE	1:17,0	Bill Rodenbach Jim Edwards	1:16.5	A. Arrechi)	
Sharon Smith	:33,9	Jean Pieretti 100 YARD IND, MEDLEY	1:34,2	Lou Abel	2:55.9	Gene Rogers	1:22.8	D. Kirby) Conn. T. Platt) Masters	1.49
Karen Curley Regina Schutzer	:36,1	Jean Pieretti	1:35.3	70 YARD BUTTERFLY Ron Hummel	142.7	200 YARD BACKSTROKE Bill Rodenbach	2:47.6	B. Sykes) MEN 35-44	
100 YARD FREESTYLE Christie Slimah	1:02.2	400 YARD IND. MEDLEY Jean Pieretti	7:52.9	100 YARD BUTTERFLY Michael Bushell	1:11.9	Jim Edwards Gene Rogers	2:55,6	Forbes)	
Clarissa Olmsted	1:12.4	WOMEN 60-64 50 YARD FREESTYLE		100 YARD IND. MEDLEY		50 YARD BREASTSTROKE		Guido) Metropol. Johnson) Masters	2:03.2
Chris Coombs Sharon Smith	1:16.1	Helen Offenhauser	:43,3	Ron Hummel 200 YARD IND, MEDLEY	1:35.9	Joseph Schejbal 100 YARD BREASTSTROKE	:43.8	Rogers) MEN 45-54	
Karen Curley Nancy Offenhauser	1.17.	Mary Hoyt 100 YARD PREESTYLE	:46.0	Lou Abel MEN 40-44	3:00.6	Joseph Schejbal 200 YARD BREASTSTROKE	1:43.2	Goldstone)	
500 YARD FREESTYLE Christie Slimah	6:32,6	Mary Hoyt 500 YARD FREESTYLE	1:48.2	50 YARD FREESTYLE	85020	Joseph Schejbal 50 YARD BUTTERFLY	4:08.6	Scofield Masters	1.58.4
Clarissa Olmsted	7:28.8	Helen Offenhauser	8:46.4	Ham Milroy Richard Ellis	:26.8	Bill Varza	:42.9	Shadbolt Dooley)	
Nancy Offenhauser Karen Curley	8:12.3 B:31.01	1650 YARD FREESTYLE Helen Offenhauser	29:39.1	Bill Christian Jim Johnsen	:28.6	100 YARD IND. MEDLEY Bill Rodenbach	1:18.8	Jacobsen) Conn.	2:02,2
1650 YARD FREESTYLE Clarissa Olmsted	27:18.	100 YARD BACKSTROKE Helen Offenhauser	1:52,2	Charlie White	:29.0	Elliott Scofield Bill Varza	1:43.2	Randall) Masters Varza)	
50 YARD BACKSTROKE		50 YARD BREASTSTROKE		Picket Simpson Crane DeCamp	:30.4	MEN 55-59	21,401,2	G. Languer)	R
Carolyne Gatesy Chris Coombs	:35.0	Mary Hoyt 100 YARD BREASTSTROKE	1:01.7	100 YARD PREESTYLE Ham Milroy	1:02.2	50 YARD FREESTYLE R. Guido	131,1	J. Merrill) Conn. J. Sautter) Masters	2:26,7
Sheron Smith 100 YARD BACKSTROKE	:47.8	Mary Hoyt Helen Offenhauser	2:16.3	Bill Christian Charlie White	1:04.0	Harry Bartlett Stan Pudell	131.4	B. Slavin)	
Carolyne Gatesy	1:18.7	400 YARD IND. MEDLEY Helen Offenhauser*	8:51.9	Richard Ellis	1:06.0	Bernard Slavin	:47.3	Davis)	
Nancy Offenhauser	3:19.4	WOMEN 65-69	8131.9	Picket Simpson Crane DeCamp	1:09.8	100 YARD FREESTYLE Harry Bartlett	1,11,3	Geoghan) Conn. Slimah) Masters	1:51
50 YARD BREASTSTROKE Christie Slimah	136.3	100 YARD FREESTYLE Evie Somers	2:03.5	500 YARD PREESTYLE Jim Johnsen	6:41.2	500 YARD FREESTYLE Harry Bartlett	7:27.4	Wilson)	
100 YARD BREASTSTROKE Christie Slimah	1:18.4	500 YARD FREESTYLE Evie Somers	10:52,3	Charlle White	7:22.1	John Merrill R. Guido	7:29.5	C. DeCamp)	
Clarissa Olmsted	1:30.6	1650 YARD FREESTYLE		Bill Christian 1650 YARD FREESTYLE	7:22.4	1650 YARD FREESTYLE	7:38,6	A. Hummel) Conn. R. Hummel) Masters	2:20
Nancy Offenhauser 200 YARD BREASTSTROKE	2:01.7	Evie Somers 50 YARD BACKSTROKE	35:44.1	Bill Christian 50 YARD BACKSTROKE	26:12.2	John Merrill 50 YARD BACKSTROKE	26;34,1	L. Spletzer)	
Clarissa Olmsted 100 YARD BUTTERPLY	3:21.5	Evie Somers 50 YARD BREASTSTROKE	1:16.7	Bill Christian	:35.6	R. Guido Stan Pudell	137.8	200 YARD MEDLEY RELAY WOMEN 25-34	
Karen Curley	1:35.5	Evie Somers	2:24.8	Tom Ringrose 100 YARD BACKSTROKE	:38.8	100 YARD BACKSTROKE		Gatesy) Offenhauser) Conn.	2:28
100 YARD IND. MEDLEY Carolyne Gatesy	1:23.2	100 YARD IND. MEDLEY Evie Somers	2:31.2	Jim Johnsen Bill Christian	1:14.9	R. Guido 200 YARD BACKSTROKE	1:26,8	Olmsted) Masters	21.00
Chris Coombs 200 YARD IND. MEDLEY	1:31.5	MEN 25-29 50 YARD PREESTYLE		200 YARD BACKSTROKE		R. Guido 50 YARD BRZASTSTROKE	3:04,8	Sautter) MEN 35-44	
Nancy Offenhauser	3:36,7	Bill Sykes	:26.0	Richard Ellis 50 YARD BREASTSTROKE	3:29.0	Stan Pudell	139.4	Porbes)	
WOMEN 30-34 50 YARD FREESTYLE		Kenneth Cullen Mike Victor	:28.5	Tony Rosa 100 YARD BREASTSTROKE	:37.4	Richard Close Bernard Slavin	146.0	Guido Metropol. Johnsen Masters	2:13.4
Babs Sautter	:33.3	100 YARD FREESTYLE Bill Sykes	1:00.2	Tony Rosa 200 YARD BREASTSTROKE	1:26.7	100 YARD BREASTSTROKE Stan Pudel1	1:31.7	Rogers)	
Pam Wilson	1:15.0	Kenneth Cullen	1:09.4	Tony Rosa	3:22.6	Richard Close Bernard Slavin	1:42.8		
Babs Sautter Pauline Tanguay	1:16.4	500 YARD PREESTYLE Bill Sykes	6:28.7	50 YARD BUTTERFLY Richard Ellis	:33.9	200 YARD BREASTSTROKE		~~~~~	
500 YARD FREESTYLE		100 YARD BACKSTROKE Gordon Gardiner	1:05,6	Pickett Simpson Charlie White	:34.4	Richard Close MEN 60-64	4:00.4	UNION ACCUTE CLAB 19	VTTERS
Jane Hardy Pam Wilson	7:30.4	200 YARD BACKSTROKE Larry Phippen		Thomas Ringrose	:38.0	50 YARD FREESTYLE	70.547.0217	SUNY Binghamton, NY	11/22/75
Babs Sautter 50 YARD BACKSTROKE	8:08.2	50 YARD BREASTSTROKE	2:19.9	100 YARD BUTTERFLY Pickett Simpson	1:21.9	John Sautter 100 YARD FREESTYLE	:30.7	WONE21 25-29	
Elizabeth Atwood Metz	:38.7	Kenneth Cullen Mike Victor	:36,6	Jim Johnsen	1:10.6	John Sautter 500 YARD FREESTYLE	1:11.0	50-yard Freestyle 1.Sharon Smith 29	33.7
Jane Hardy Pauline Tanguay	145.5	100 YARD BREASTSTROKE Kenneth Cullen	1:20.1	Charlie White	1:17,9	John Sautter	8:53.7	2.Cathy Horse 25 3.Diane Benninger 26	39.0 43.7
Jane Hardy	1:19.5	Mike Victor	1:36,6	Thomas Ringrose 200 YARD IND. MEDLEY	1:24.0	1650 YARD FREESTYLE Louis Meyer	30:27.5	100-yard Freestyle 1.Martha Gatchell 26	
200 YARD BACKSTROKE Jane Bardy	2:56,9	Bill Sykes	1:11.4	Ham Milroy Pickett Simpson	2:47.2	MEN 65-69 50 YARD FREESTYLE		2.Sharon Smith 29	1:02.6
50 YARD BREASTSTROKE		MEN 30-34 50 YARD FREESTYLE		MEN 45-49		James Kiernan	143.2	500-yard Freestyle 1.Sharon Smith 29	8:16.0
Pauline Tanguay 100 YARD IND. MEDLEY	:49.8	Simon Schutzer	:31.7	Len Goldstone	1:00.1	Henry Francis 100 YARD PREESTYLE	143,9	50-yard Backstroke 1.Diane Benninger 26	50.7
Jane Hardy 200 YARD IND, MEDLEY	1:20.9	100 YARD FREESTYLE Terry Platt	:57.0	Frank Dooley 500 YARD FREESTYLE	1:01.1	James Kiernan Henry Francis	1:43.8	50-yard Breaststroke	
Elizabeth Atwood Metz	2:55.46	David Kirby Angelo Arecchi	:57.9 1:02.7	Len Goldstone Frank Dooley	6:32,6	500 YARD FREESTYLE		1.Cathy forse 25 2.Diane Benninger 26	47.9 53.9
Elizabeth Atwood Metz	6:12.4	Sandy Thatcher 500 YARD FREESTYLE	1:05.3	Allen Jacobsen	6:51.6 7:06.7	James Kiernan 100 YARD BACKSTROKE	12:59,1	1.Cathy Horse 25	1:50.9
WOMEN 35-39 50 YARD FREESTYLE		Angelo Arecchi	6:25.5	F. Randall 50 YARD BACKSTROKE	7:38	Lester Isenberg 200 YARD BACKSTROKE	1:48.5	50-yard Butterfly 1.Martha Gatchell 26	
Anne Hummel	135,3	50 YARD BACKSTROKE Jack Geoghegan	:30.3	Frank Dooley F. Randall	:36.7	Lester Isonberg	4:10,5	2.Cathy Morse 25	32.8 52.2
Diane Bobnick Sue Scutt	:40.8	200 YARD BACKSTROKE Sandy Thatcher	2:47.1	100 YARD BACKSTROKE	:44.0	50 YARD BREASTSTROKE Henry Francis	1:09.6	100-yard Ind. Medley 1. Martha Catchell 26	1:11.4
100 YARD PREESTYLE Diane Bobnick	1:32.4	50 YARD BREASTSTROKE		F. Randall 50 YARD BREASTSTROKE	1:42.8	Oscar Sigrist	1:43,0	500-yard Freestyle	
Sue Scutt 500 YARD PREESTYLE	1:36.0	Simon Schutzer 100 YARD BREASTSTROKE	:36,2	Jim Forbes Milton Marks	134.6	100 YARD IND. MEDLEY Oscar Sigrist	1:31.0	1.Connie Clark 30	8:07.0
Anne Hummel	8:13.1	Jack Geoghegan Terry Platt	1:14.6	F. Randall 100 YARD BREASTSTROKE	:45.7	MEN 70-74	1131,0	100-yard Backstroke 1.Connie Clark 30	1:22.4
Leanne Spletzer Sue Scutt	10:02.	Sandy Thatcher Simon Schutzer	1:22.9	Jim Forbes	1:18.1	50 YARD FREESTYLE David Evans	143.3	1,Connie Clark 30	3:03.5
1650 YARD PREESTYLE Anne Hummel	28:10.8	200 YARD BREASTSTROKE	1:24.4	Allen Jacobsen Milton Marks	1:23.0	100 YARD FREESTYLE Gus Langner	1:21.4	50-yard Breaststroke 1.Connie Clark 30	42,1
Leanne Spletzer 50 YARD BACKSTROKE	29:16.1	Jack Geoghegan 50 YARD BUTTERFLY	2:44.6	F. Randall 200 YARD BREASTSTROKE	1:48,1	David Evans	1:53,9	200-yard Ind. Medley	
Diane Bobnick	:46.0	Terry Platt David Kirby	:27.1	Jim Forbes	2:58.7	Earl Lyon 500 YARD FREESTYLE	2:03.0	1.Connie Clark 30 - WOMEN 35-39	3:22.2
50 YARD BREASTSTROKE Leanne Spletzer	:47.5	Angelo Arecchi	:30.4	Allen Jacobsen	:29,6	Gus Langner Earl Lyon	7:50.4	50-yard Freestyle 1.Alice Jones 37	30.2
200 YARD BREASTSTROKE Anne Hummel	3:37.0	100 YARD BUTTERFLY Mike Laux	1:02,8	Len Goldstone 100 YARD BUTTERFLY	129.8	1650 YARD FREESTYLE		2.Diane Bobnick 35	40.8
100 YARD IND. MEDLEY Leanne Spletzer		David Kirby Angelo Arecchi	1:05.6	Allen Jacobsen Al Stein	1:11.4	Earl Lyon 50 YARD BACKSTROKE	45:07.8	1,Alice Jones 37	1:10.4
400 YARD IND, MEDLEY	1:36.5	100 YARD IND. MEDLEY		100 YARD IND. MEDLEY		Earl Lyon 100 YARD BACKSTROKE	:59.4	2.Diane Bobnick 35 50-yard Backstroke	1:38.4
Anne Hummel WOMEN 40-44	7:09.5	Terry Platt Daniel Davis	1:04.0	Milton Marks 200 YARD IND. MEDLEY	1:18.0		(2:13.0	1.Alice Jones 37 2.Diane Bobnick 35	44.5 47.6
500 YARD FREESTYLE Judy Puleston	9:15.6	Simon Schutzer 200 YARD IND, MEDLEY	1:19.0	Len Goldstone 400 YARD IND. MEDLEY	2:36,1	50 YARD BREASTSTROKE		100-yard Backstroke 1.Diane Bobnick 35	
Rexene Ashford	10:02.7	Jack Geoghegan David Kirby	2:21.4	Len Goldstone	5:50.4	Gus Langner David Evans	1:02.2	200-yard Breaststroko	1:43.9
Judy Puleston (1500 M)	32:24.02	Sandy Thatcher 400 YARD IND. MEDLEY	2:38.4	MEN 50-54 50 YARD PREESTYLE		100 YARD BREASTSTROKE Earl Lyon	2:41.6	1.Alice Jones 37 50-yard Butterfly	3:22.5
50 YARD BREASTSTROKE Rexene Ashford	:47.6	Jack Geoghegan	5:08.1	Jim Edwards Wayne Shadholt	:30.1	200 YARD BREASTSTROKE Gus Languer	4:36,1	1. Alice Jones 37	38,5
100 YARD BREASTSTROKE	1:47.6	Terry Platt Sandy Thatcher	5:22 5:55.4	Elliott Scofield	:30.8	200 YARD FREE RELAY	4139.4	50-yard Freestyle	
Rexene Ashford 200 YARD BREASTSTROKE		MEN 35-39 50 YARD FREESTYLE		Bill Varza 100 YARD PREESTYLE	:37.0	WCMEN 25-34 R. Ashford)		1. Ruth Lechner 62 100-yard Freestyle	51.4
Rexene Ashford WOMEN 50-54	3:55.0	Ron Hummel 100 YARD FREESTYLE	133.8	Wayne Shadbolt Elliott Scofield	1:08.2	D. Bobnick) ACCG	2:28.8	1. Ruth Lechner 62	1:58.8
500 YARD FREESTYLE Nancy Phillips	8:22.	Michael Bushell	1:04.7	Bill Varea 500 YARD FREESTYLE	1:26.3	K. Curley) S. Smith)		500-yard Freestyle 1. auth Lechner 62	11:51.5
100 YARD BACKSTROKE	1:42.0	L. Abel Ron Hummel	1:15	Jim Edwards	6:40.6			50-yard Backstroke 1. Ruth Lechner 62	1:01.8
Nancy Phillips	m. 25.4%			Gene Rogers	7:10.0				

192N 25-29				Q-1					
50-yard Freestyle 1,John Basos 26		1.Sidney Heyman 50	1:34.4	MEN 45-49	200	YD MEDLEY RELAY MEN 25+		100 yd FREESTYLE Lynn Crownsberry	1:18.57
200-yard Freestyle		MEN 65-69 50-yard Freestyle	3	O YD FREESTYLE ob White 48	:26.52 Rya	11 Masters		Judy Puleston	1,38.31
1, Richard Amira 26 500-yard Freestyle	2:23.4	1.John Lechner 66	49.4 P	aul Girdes 48	:26.72 J	Welinek-Michel-Round		200 yd FREESTYLE Lynn Crownsberry	2:59.55
1.John Basos 26	5:41.6	1.John Lechner 66		ric Youngquist 48 rank Feld 48	:27.95 S	Soderstrom	1:56.18	Judy Puleston	3:22.14
50-yard Backstroke	28.1	200-yard Freestyle	1	00 YD FREESTYLE		MEN 45+		500 yd FREESTYLE Lynn Crownsberry	8124.74
100-yard Backstroke 1,John Basos 26		1.John Lechner 66 500-yard Freestyle		aul Girdes 48		a Swim Club Thite-Bauman-Rockwel	1-	Donna EdellMum 42NE Judy Puleston	9:12.43
200-yard Backstroke		1.John Ledner 66 50-yard Backstroke		ric Youngquist 48 Trank Feld 48		Surles	2:04.50	50 yd BACKSTROKE	S & Balante
1.John Basos 26 50-yard Breaststroke		1.John Lechner 66	1:04.0	MEN 45-49				Joanne Reilly Esther Lyman	57.68
1.Jim Perkins 25	37.0	200 yard Freestyle Rela	2	200 YD FREESTYLE		NEW ENGLAND MASTERS		100 yd BACKSTROKE	2:19.00
2,8db Benninger 25 100-yard Breaststroke		T.Union Aquatic Club (Benninger, White,	1:51.3	Paul Girdes 48 500 YD FREESTYLE	2:30.72	HAL ONUSSEIT MEMORIA 12-7-75, Medford, Mas		Esther Lyman 50 yd BREASTSTROKE	
1.Bob Benninger 25 50-yard Butterfly	1:22.8	Beech, Bascs)		John Bauman 45	6:38.45	WOMEN 25-29		Joanne Reilly Donna Edelbaum	41.12
1.John Basos 26	25.8	~~~~		Paul Girdes 48	7:00.63	50 yd FREESTYLE	102720	Joanne Field # ##	45.90
2.Jim Perkins 25 3.Richard Amira 26	26.3 30.8			John Bauman 45	22:50.68	Christie Slimak 27CN Sue Tendy 26NE	28.13	Barbara Solomon Esther Lyman	49.70 54.50
100-yard Butterfly 1.Richard Amira 26	1:09.8	DECIT MC		Bric Youngquist 48	24:23.28	Joy Miller 26NE	34.06	100 yd BREASTSTROKE Joanne Reilly	1:35.54
100-yard Ind. Medley		RESULTS Wauwatosa, Wiscons	in	100 YD BACKSTROKE Frank Feld 48	1:26.38	Karen Curley 26ACC Susan Silva 25NE	34.06 41.01	Joanne Field	1:45.24
1.Jim Perkins 25 2.Bob Benninger 25	1:01.4	12/06/75 and 1/10/		200 YD BACKSTROKE	1,10,30	Leslie Prescott 29NE 100 yd FREESTYLE	42.66	Barbara Solomon 200 yd BREASTSTROKE	1:48.92
200-yard Ind.Medley 1,Richard Ardra 26	2:43.3	Yd. Pool Sanction	#/5-69	Bob White 48 Frank Feld 48	2:39.30	Christie Slimak	1:01.37	Donna Edelbaum	3:42.76
1EN 30-34	2143.3			50 YD BREASTSTROKE	3111.00	Stephanie Johnson 26NE Sue Tendy	1:06.27	Joanne Field Esther Lyman	4:19:38
50-yard Freestyle 1.Bernie White 32	26.3 50	WOMEN 25-29 YD FREESTYLE		Frank Feld 48	:44.39		1:11.96	100 yd BUTTERFLY Donna Edelbaum	1:39.84
50-yard Backstroke		ryl Kantor 29	:33.20	100 YD BREASTSTROKE Frank Feld 48	1:33.75	200 yd FREESTYLE		100 yd INDIVIDUAL MED	LEY
1.Bernie White 32 50-yard Breaststroke	100	YD FREESTYLE		200 YD BREASTSTROKE	02/7/22 (12/3)	Christie Slimak Sue Tendy	2:19.43	Donna Edelbaum WOMEN 45-49	1:32,18
1.Neil Niu 30 100-yard Breaststroke		ryl Kantor 29 0 YD FREESTYLE	1125.10	John Bauman 45 50 YD BUTTERFLY	3:02.27	Karen Curley	3:01.29	100 yd FREESTYLE Joan McIntyre 47NE	1:17.01
T.Neil Niu 30		isty Ranbarger 28	24:34.26	Bob White 48	:29.87	500yd FREESTYLE Stephanie Johnson	6:13.50	200 yd FREESTYLE	
50-yard Butterfly 1.Bernie White 32		YD BACKSTROKE ryl Kantor 29	:47.19	Elmer Korbai 45	:33.03	Sue Tendy 50 yd BACKSTROKE	6:56.81	Joan McIntyre 500 yd FREESTYLE	2159.36
MEN 35-39 50-yard Presstyle	100	YD BACKSTROKE		John Bauman 45	1:14.95	Amy Steucek 25NE	34.43	Joan McIntyre	8:23.88
1.Kevin Mullaney 35	28.9 Che	ryl Kantor 29 YD INDIVIDUAL MEDLI	1:39.21	Elmer Korbai 45	1:20.46	Leslie Prescott 100 yd BACKSTROKE	58.12	50 yd BACKSTROKE Joan McIntyre	43.32
2.David Ocmegys 36 100-yard Freestyle	31.1 Zbo	ryl Kantor 29	1:42.73	John Bauman 45	2:44.71	Cathy Morse 26NE Kathy Conway	1:11.68	100 yd BACKSTROKE Joan McIntyre	1:35.30
1. Kevin Millaney 35	1:04.1	WOMEN 30-34		400 YD INDIVIDUAL MED		200 yd BACKSTROKE		WOMEN 50-54	
2.David Comegys 36 200-yard Freestyle	100	YD FREESTYLE		John Bauman 45	5:55.96	Cathy Morse 50 yd BREASTSTROKE	2:38,06	50 yd FREESTYLE Ann Page 50NE	47.08
1.Kevin Millaney 35 100-yard Backstroke		ne David 31	1:05.19	Chart 20 24		Patricia Ryle Kathy Conway	39.80 43.01	Frances Brill 54NE Charlotte Osvar 54NE	55.30 1:54.65
T.David Comegys 36	1123.0 Ire	YD BUTTERFLY ene David 31	:30.68	Perry Rockwell 51	1:03.12	Leslie Prescott	1:02.40	100 yd FREESTYLE	
100-yard Breaststroke 1.Kevin Millaney 35	1:32.0 100	YD BUTTERFLY		50 YD BUTTERFLY	07.837.76.75	100 yd BREASTSTRCKE Christie Slimak	1:19.51	Frances Brill 50 yd BREASTSTROKE	2:19.20
50-yard Butterfly 1.Kevin Mullaney 35		ne David 31 YD, INDIVIDUAL MEDI	1:10.39 EY	Perry Rockwell 51	:29.14	Patricia Ryle 200 yd BREASTSTROKE	1:30.08	Ann Page WOMEN 55-59	1:10.24
100-yard Ind. Madley	Ire	ne David 31		Perry Rockwell 51	1:12.05	Patricia Ryle	3:21.34	50 yd FREESTYLE	7507007
1.David Comegys 36 NEN 40-44	1:17.0	WOMEN 35-39		400 YD INDIVIDUAL MED		50 yd BUITERFLY Stephanie Johnson	29.64	Jean Baker 55NE 100 yd FREESTYLE	52.14
50-yard Freestyle	27 0 50	YD FREESTYLE		Perry Rockwell 51 MEN 55-59	6:05.58	Sue Tendy	36.09	Hortense Kelly 55CM	1:59.85
1.Jack Olsen 43 2.Ken Dewson 44	30 1 Bet	n Gabrier 3/	:33.26	50 YD FREESTYLE		100 yd BUTTERFLY Stephanie Johnson	1:06.61	500 yd FREESTYLE Hortense Kelly	9:19.80
3.Pickett Simpson 40 4.Gene Beech 43	30.3 200	YD FREESTYLE nette Fischer 36		Lynn Surles 58 100 YD FREESTYLE	:28.64	100 yd INDIVIDUAL MED	LEY .	50 yd BACKSTROKE Jean Baker	57.51
100-yard Freestyle	50	YD BREASTSTROKE		Lynn Surles 58	1:05.30	Cathy Morse Stephanie Johnson	1:08.06	100 yd BACKSTROKE	
1.Jack Olsen 43 2.Pickett Simpson 40	1:01.6 Bar	b Russell 36 YD BREASTSTROKE	:42.28	Norman Folker 57	1:25.29	Amy Steucek	1:16.34	Hortense Kelly 200 yd BACKSTROKE	2:13.00
3.Gene Beach 43 200-yard Freestyle	1:12.1 Bet	th Gabriel 37	1:26.16	200 YD FREESTYLE Lynn Surles 58	2:36.36	Kathy Conway 400 yd INDIVIDUAL MED	LEY	Hortense Kelly 50 yd BREASTSTROKE	4:44.34
1.Jack Olsen 43		b Russell 36	1:34.80	Norman Folker 57	3:05.51	Christie Slimak WOMEN 30-34	5145.40	Jean Baker	55.40
2.Ken Dawson 44 500—yard Freestyle	2:36.1 200 Bet	YD BREASTSTROKE Th Gabriel 37	3:04.39	Lynn Surles 58	7:10.33	50 yd FREESTYLE	20 55	100 yd BREASTSTROKE Jean Baker	2:10.00
1.Jack Olsen 43		b Russell 36	3:31.88	Norman Folker 57	8:25.25	Bonnie Wiencke 31NE Jane Johngren 32ACC	32.55 34.41	WOMEN 70-79	2.20,00
2.Ken Dawson 44 50-yard Backstroke		YD INDIVIDUAL MEDL)	1:50.90	1650 YD FREESTYLE Lynn Surles 58	25:00.38	100 yd FREESTYLE Bonnie Wiencke	1:12.04	50 yd FREESTYLE Doris Hogan 75NE	59.47
1.Gene Beech 43 100-yard Backstroke	37.1 200	YD INDIVIDUAL MEDLA	X.	Norman Folker 57	28:52.59	200 yd FREESTYLE		50 yd BACKSTROKE Doris Hogan	
1.Ken Dawson 44		nette Fischer 36	3:57.88	50 YD BREASTSTROKE	. 25 92	Jane Johngren 500 yd FREESTYLE	3104,62	50 yd BREASTSTROKE	1:23.51
2,John Hubert 43 200-yard Backstroke	1:44.4	MEN 25-29		George Trawicki 59 100 YD BREASTSTROKE	:35.83	Jane Katz 32MM Jane Johngren	6:04.90* 8:09.16	Doris Hogan WOMEN FREESTYLE RELAY	1:08.50 YS
1.Ken Dawson 44 50-yard Breaststroke	2:56.6 Art	YD. FREESTYLE Michel 28	159.17	Geo ge Trawicki 59	1:23.07	Jane Baird 31CM	8:12.10	25+ NE "A" Steucek, Johnson	New College
1.Gene Beech 43		YD BACKSTROKE	1.02 61	MEN 60-64		50 yd BACKSTROKE Jane Hardy 31CM	36.46	Tendy	1:53.29
50-yard Butterfly 1.Pickett Simpson 40		Ertel 28 YD BACKSTROKE		Chuck Wilson 60	1:06.66	Jane Baird 100 yd BACKSTROKE	38.98	NE"A" Silva, Craffey,	Wiencke,
100-yard Butterfly 1.Pickett Simpson 40	Tom	r Ertel 28 Llip Jelinek 29	2:21.0	Herb Howe 63 1650 YD FREESTYLE	1:10.10	Jane Hardy	1:21.41	Jannarone 35+	2:11.99
100-yard Ind, Madley	100	YD BREASTSTROKE		Herb Howe 63	25:21.21	200 yd BACKSTROKE Jane Hardy	2:56.60	NE"A" Edelbaum, Field	
1.Pickett Simpeon 40 2.Game Beech 43	1:22,6 Art	Michel 28	1:11.58	Chuck Wilson 60	1:26.41	50 yd BREASTSTROKE Bonnie Wiencke	39.80	McIntyre WOMEN MEDIEY RELAYS	2135.39
100-yard Freestyle		YD BREASTSTROKE Michel 28	2:30.7	200 YD BREASTSTROKE		Jane Johngren	45.00	25+ NE"A" Steucek, Johnson	n Morese
1.Len Coldstone 46	59.5 50	YD BUTTERFLY		Chuck Wilson 60	3:17.07	Jane Baird 100 yd BREAST ROKE	48.70	Tendy	2:09:12
2.Norm Schuscklar 48 200-yard Freestyls	1:00.7 Phi	illip Jelinek 29	:30.0	7 50 YD BUTTERFLY Chuck Wilson 60	:34.75	Jane Katz Bonnie Wiencke	1:24.74	35+ NE"A" McIntyre,Fields	B.Brown.
1. Norm Schueckler 48	2:14.1	MEN 30-34		100 YD INDIVIDUAL ME		50 yd BUTTERFLY		Edelbaum	2:47.40
2.Len Coldstone 46 500-yard Freestyle	2:15.1 50	YD FREESTYLE	. 25 6	Chuck Wilson 60 200 YD INDIVIDUAL ME	1:16.52 DLEY	Jane Katz 200 yd BUTTERFLY	30.68	COED FREESTYLE RELAYS	7
1.Norm Schueckler 48 2.Leo Termnette 49	6:20.0 ROL	Dert Rounds 33		Chuck Wilson 60	2:54.50	Jane Katz WOMEN 35-39	2:33.55*	NE"A" Clauson, Butler, Johnson	Morse 1:42.26
100-yard Backstroke	Jar	Soderstrom 30	:55.1	400 YD INDIVIDUAL ME 1 Chuck Wilson 60	6:28.22	50 yd FREESTYLE		NE"B" Nekton, Roop, Ter Steucek	
1,Leo Tersmette 49 50-yard Breaststroke		pert Rounds 33	133.0	Herb Howe 63	7:14.77	Jo y Brown 39NE 50 yd BACKSTROKE	38.47	CONN Slimak, Baird, Geo	ogheban,
7.Leo Teramette 49 50-yard Butterfly	44,5 H.I	. Baumgardner 30	28:25.	100 YD FREESTYLE		Ann Viola 37CM 100 yd BACKSTROKE	39.57	Platt NE"C" Conway,Silva,Cr	1:46,00 rooke,
1.Len Coldstone 46	JU.U Jar	Soderstrom 30	1:05.5	g Clif Brown 69	2:40.32	Ann Viola	1:33.80	Lyndon 35+	2:12.02
100-yard Butterfly 1.Len Coldstone 46	1.12.2 50	YD BREASTSTROKE		500 YD PREESTYLE 6 Clif Brown 69	15:05.89	50 yd BUTTERFLY Joy Brown	41.00	CONN White, Mosa, Viola	
2.Leo Tersmette 49 100-yard Ind, Medley	2:09.3 Joh	nn Goetz 32 O YD BREASTSTROKE	:35.1	1650 YD, FREESTYLE		Ann Viola 100 yd INDIVIDUAL MED	44.24	SC Crownsberry, Solome	2:11.00 on,
1.Norm Schundkler 48	1:17.0 Joh	nn Goetz 32	1:17.9	2 Clif Brown 69 50 YD BACKSTROKE	64:35.80	Joy Bwown	1:36.84	Betscher, Bergman	2:26.20
200-yard Ind.Medley T.Norm Schueckler 48	2:45.8 Jar	YD BUTTERFLY n Soderstrom 30	129.5	g Clif Brown 69	155.27	Ann Viola	1:37.10	MEN 25-29 50 yd PREESTYLE	525020110000
2.Leo Tersmette 49	3:54.8 Rol	pert Rounds 33	:30.1	9 100 YD BACKSTROKE	2:21.66	50 yd FREESTYLE	36 12	Larry Butler 26NE Jon Roop 27NE	23.77 25.34
50-yard Freestyle		MEN 35-39		Clif Brown 69 200 YD BACKSTROKE	4141.00	Lynn Crownsberry 43SC Joanne Reilly 44CM	36.07	Bill Sykes 27CM	26.74
1.Sidney Heyman 50 100-yard Freestyle	33.0 50	YD FREESTYLE		Clif Brown 69	5:48.68	Barbara Solomon 43SC Judy Puleston 40NE	44.09 44.58	James Temple 25Un Russell Ferris 29KV	26.77
1.Sidney Heymen 50 50-yard Breaststroke	1:17.0 Al	an Grant 35	:30.2	6 50 YD BREASTSTROKE Clif Brown 69	1:29.99	Esther Lyman 43NE	54.22		
1.Sidney Heyman 50	43.2 Al	O YD FREESTYLE an Grant 35	1:12.0	8					
				0					

8

				60		
100 yd FREESTYLE Larry Butler	50.74	200 yd FREESTYLE	2:24.50	200 yd BACKSTROKE John Merrill 2:56.99	WOMEN 35-39 200 yard freestyle	200 yard individual medley
Bob Clauson 27NE	56.30	Tom Lyndon Dick Clum	2125.85	Louis Antonellis 56NE 3:19.40	M. Bergeron 35 2:43.5	H. Kern 43 2:34.0
Jon Roop Russ Ferris	57.77	Ed Sorel 500 yd FREESTYLE	2138.56	50 yd BUTTEHFLY Bill Unrich 31.41	M. Bergeron 35 1:24.6	MEN 45-49 50 yard freestyle
Bill Sykes Richard Whitworth 25	1:00.35 E1:05.95	Ed Haber 42NE Dick Olum	6124.89	100 yd BUTTERFLY Bill Uhrich 1:19.80	50 yard butterfly M. Bergeron 35 :31.7	S. Holmes 46 :28.1
200 yd FREESTYLE Russ Ferris	2:21.46	George Brunstad 41CM		200 yd INDIVIDUAL MEDLEY	200 yard individual medley M. Bergeron 35 2:54.1	S. Holmes 46 1:11.9
500 yd FREESTYLE		50 yd BACKSTROKE George Brunstad	36.15	Bill Uhrich 2:57.58 400 yd INDIVIDUAL MEDLEY		200 yard freestyle S. Holmes 46 2:44.6
Larry Butler Peter Larson 25NE	5:51.69	Chet Day 100 yd BACKSTROKE	39.19	Louis Antonellis 7:09.10	WOMEN 40-44 50 yard freestyle	50 yard backstroke
Bob Clauson Bill Sykes	6:01.03	David Cook 40NE	1:11.68	NEN 60-64 100 yd FREESTYLE	S. Moore 40 :42.1 100 yard freestyle	J. Holland 46 :39.9 100 yard backstroke
Russ Ferris	6:40.35	50 yd BREASTSTROKE Tony Hosa	37.00	Larry Smith 63NE 1:30.52 50 yd BACKSTROKE	S. Moore 40 1:35.9	J. Holland 46 1:25.0 50 yard breastroke
Peter Dunbar 25UN 100 yd BACKSTRONE	7:00.78	Chuck White 100 yd BREASTSTROKE	39.40	Larry Smith 33.41	A. McGuire 41 2:38.7	J. Schaefer 46 :38.5
Peter Dunbar 50 yd BREASTSTROKE	1:15.20	Tony Mosa Chet Day 40NE	1:25.20	MEN 65-69 50 yd FREESTYLE	50 yard backstroke S. Moore 40 :46.7	J. Schaefer 46 1:24.7
Dick Whitworth Jim Temple	33.70	50 yd BUTTERFLY		E.JAMES Kierman 66CM 41.86 100 yd FREESIYLE	50 yard breastroke A. McGuire 41 :37.5	50 yard butterfly S. Holmes 46 :30.6
100 yd BREASTSTROKE		Tom Lyndon George Brunstad	32.52	Abe Olanoff 69NE 1:29.43	100 yard breastroke	100 yard butterfly S. Holmes 46 1:34.9
Larry Butler 50 yd BUTTERFLY	1:07.85	Ed Sorel Chuck White	33.62 33.98	James Kierman 1:45.80 200 yd FHEESTYLE	A. McGuire 41 1:22.2 200 yard individual medley	100 yard individual medley
James LaPointe 27CM Jon Roop	28,54 29,76	Picket Simpson	34.38	James Kiernan 3:53.39 500 yd FREESTYLE	A. McGuire 41 2:54.8	J. Schaefer 46 1:20.8 200 yard individual medley
100 yd BUTTERFLY Peter Larson	1:02.16	100 vd BUTTERFLY Pickett Simpson	1:21,47	Abe Olanoff 8:57.21 James Kierman 11:15.57	WOMEN 50-54	J. Schaefer 46 2:59.4
Jim LaPointe	1:13.02	100 yd INDIVIDUAL MEI George Brunstad	1:14.47	50 yd BREASTSTROKE	J. Moffit 52 :39.4	MEN 50-54 50 yard freestyle
100 yd INDIVIDUAL MEI Larry Butler	57.36	Chuck White Pickett Simpson	1:18.86	Abe Clanoff 44.30 200 yd BHEASTSTROKE	S. Borken 51 :56.7	L.W. Moffit 51 :27.3
Bob Clauson Jim Temple	1:10,12	Chet Day	1:36.29	Abe Olanoff 3142.11 100 yd INDIVIDUAL MEDIEY	J. Moffit 52 1:27.7	R. Ringel 52 :27.7 W.S. Jardine 52 :29.3
Peter Dunbar Bill Sykes	1:10.81	200 yd INDIVIDUAL MEI George Brunstad	2:46.59	Abe Olanoff 1:49.15 MEN 70-79	J. Moffit 52 :49.8	R. Ringel 52 1:04.9
Jon Roop	1:13.04	MEN 45-49 50 yd FREESTYLE		50 yd FREESTYLE	S. Borken 51 1:12.5 100 yard backstroke	200 yard freestyle
MEN 30-34 50 yd FREESTYLE		Francis Dooley 46CM	27.00	Earl Lyon 74CM 49.36	J. Moffit 52 1:53.5	R. Ringel 52 2:29.0 50 yard backstroke
Dick Snyder 32NE 100 yd FREESTYLE	29.85	Ernie Hulme 47NE 100 yd FREESTYLE	28.70	G.H.Langner 72CM 1:20.93 Earl Lyon 2:03.62	WOMEN 55-59	L.W. Moffit 51 :33.0 R. Ringel 52 :37.2
Jack Geoghegan 33CM Terry Platt 32CM	51.90 57.03	Len Goldstone 46CM Frank Dooley	59.92	200 yd FREESTYLE	50 yard freestyle E. Muntz 58 :49.4	100 yard backstroke L.W. Moffit 51 1:18.4
500 yd FREESTYLE		Win Wilson 48NE Ermie Hulme	1:03.74	G.H. Languer 3:00.62 500 yd FREESTYLE	100 yard freestyle E. Muntz 58 1:51.0	R. Ringel 52 1:25.6
Jack Geoghegan Bruce Allender 31UN	5:46.20	Fred Bartlett 45NE	1:08.26	G.H.IANGNER 8:01.42 50 yd BACKSTROKE	50 yard breastroke	50 yard butterfly W.S. Jardine 52 :32.1
50 yd BACK STROKE Mel Chaskin 34NE	33.70	Arthur Crooke 45NE 200 yd FREESTYLE	1:09,77	Earl Lyon 58.03	E. Muntz 58 :54.7 MEN 25-29	100 yard butterfly W.S. Jardine 52 1:20.5
50 yd BREASTSTROKE		Len Goldstone Frank Dooley	2:15.66	G.H.langner 58.39 100 vd BACKSTROKE	100 yard freestyle	
Dick Snyder Jack Geoghe k an	34.04	Win Wilson	2127.79	Earl Lyon 2:08.00 50 yd BREASTSTROKE	H. Ackerman 26 :58.9 200 yard freestyle	MEN 55-59 200 yard freestyle
Mel Chaskin 100 yd BREASTSTROKE	34.60	Ernie Hulme 500 yd FREESTYLE	2129.72	Earl lyon 1:04.00 100 yd BREASTSTROXE	J. Zeigler 29 2:20.7 50 yard backstroke	R. Mullane 59 3:00.6 100 yard individual medley
Dick Snyder	1:12.99	Win Wilson Fred Barilett	6:49.74 7:01.33	G.H. Languer 2:09.68	H, Ackerman 26 :30.2	R. Mullane 59 1:35.8
Terry Platt Mel Chaskin	1:16.30	Arthur Crooke 100 yd BACKSTROKE	8:07.04	MENS FREESTYIZ KELAYS 25+		R. Mullane 59 3:29,9
200 yd BREASTSTROKE Dick Snyder	2:42.86	Fred Bartlett	1:18.51	NE"A" Clauson, Butler, Roop, Chaskin 1:44.43	J. Zeigler 29 :33.0	MEN 60-64
50 yd BUTTERFLY		Pred Bartlett	2:50.52	35+ NE"A" Murray, Lyndon, Cook,	D. Beuttenmuller 28 :34.7 100 yard breastroke	
Terry Platt Mel Chaskin	27.60 36.90	50 vd BUTTERFLY Len Goldstone	30.03	Flomenhoft 1:54.31	J. Zeigler 29 1:11.4	200 yard freestyle
100 yd BUTTERFLY Terry Platt	1:01.84	100 yd BUTTERFLY		CONN Goldstone, Brunstad, White, Mosa 1:55.80	D. Beuttenmuller 28 :27.4	G. Silvera 62 2:48.8 50 yard backstroke
Dan Davis 33CM 200 yd INDIVIDUAL MEI	1:17.12	Arthur Crooke 100 yd INDIVIDUAL MEI	1:35.90	45* NE"A" Edwards, Bartlett, Uhrich,	J. Zeigler 29 1:07.7	G. Silvera 62 :39.5 100 yard backstroke
Terry Platt	2128,70	Fred Bartlett	1:16.88	Hulme 1:56.51	D. Beuttenmuller 28 1:06.9	G. Silvera 62 1:27.6 50 yard breastroke
MEN 35-39 50 yd FREESTYLE	2000400	400 yd IMDIVIDUAL MEI Len Goldstone	5:42.80	CONN McCarthy, Holzes, Dooley Rodenbach 1:59.00	200 yard individual medley	C. Straus 63 :42.6
Trent Toensing 36NE Amar Lathi 39JM	24.40	Arthur Crooke MEN 50-54	7:46.10	MEN MEDILEY RELAY	J. Zeigler 29 2:29.1 D. Beuttenmuller 28 2:46.1	C. Straus 63 1:36.1
Ted Ricks 37NE 100 yd FREESTYLE	29.85	50 yd FREESTYLE Jim Edwards 52NE	29.82	NE"A" Butler, Chaskin, Roop. Clauson 1:55.79	MEN 30-34	50 yard butterfly C. Straus 63 :41.0
Roger Nekton 37NE	57.74	Chuck McCarthy 50CM	31.38	45+	200 yard freestyle	100 yard individual medley
Trent Toensing Amar Lathi	58.90 1:03.43	John Holmes 50CM Randall Betsher 52SC	31.83 36.14	CONN Docley, Holmes, McCarthy Rodenbach 2:30.76	100 yard breastroke	G. Silvera 62 1:25.6
Peter Harrington 39N Ted Ricks	E 1:08.43 1:11.21	Sidney Solomon 51SC 100 yd FREESTYLE	37.25	~~~~~	G. DeLong 32 1:11.4 100 yard butterfly	MEN 65-69 50 yard freestyle
500 yd FREESTYLE Roger Nekton	5:46.79	Jim Edwards	1:06.07	-	G. DeLong 32 :59.8 100 yard individual medley	S. Loeffler 69 :48.2 50 yard backstroke
Bill Murray 38NE	6126.84	Sid Solomon Patric Finelli 51NE	1:32.74	GOLD COAST MASTERS SWIM CLUB	G. DeLong 32 1:04.9-	S. Loeffler 69 :54.5
Peter Harrington Ted Ricks	7:51.47 8:13.59	200 yd FREESTYLE Jim Edwards	2:30.89	Lake Worth, Florida	G. DeLong 32 2:20.7	100 yard backstroke S. Loeffler 69 2:04.2
50 yd BACKSTROKE Trent Toensing	33.61	500 yd FREESTYLE Jim Edwards	6:47.69	12/13/75	MEN 35-39	G. Muntz 66 :39.0
100 yed BACKSTROKE Roger Nekton	1:09.80	50 yd BACKSTRCKE		WOMEN 25-29 50 yard freestyle •	50 yard freestyle	B. Share 66 :44.7 S. Loeffler 69 :53.8
Bill Murray	1:11.50	Bill Rodenbach 52CM John Holmes	45.64	J. Thompson 27 :28.6 A. Brooks 25 :29.9	R. Foster 37 :27.5	100 yard breastroke
Trent Toensing 100 wd BREASTSTROKE	1:21.16	Randy Betsher 100 yd BACKSTROKE	45.98	M. Broken 26 :30.6	R. Foster 37 :59.3	G. Muntz 66 1:30.1 B. Share 66 1:39.6
Ted Ricks 50 yd BUTTERFLY	1:28.06	Bill Rodenbach Jim Edwards	1:16.12	100 yard freestyle J. Menard 27 1:07.7	D. Short 39 :59.4 200 yard freestyle	S. Loeffler 69 2:04.7
Bill Murray 100 yd BUTTERFLY	29.76	50 yd BREASTSTROKE	1:20.25	J. Thompson 27 1:09.1 200 yard freestyle	D. Short 39 2:11.0	MEN 70-79
Roger Nekton	1:04.47	Bill Rodenbach Chuck McCarthy	39.00 40.50	B. Santostefanos 2:20.9 J. Menard 27 2:32.7	100 yard breastroke	F. Babenderde 70 :50.1
Bill Murray Amar Lathi	1:05.0	100 yd BREASTSTROKE Hugh Flomenhoft 50%E	1:33.75	50 yard backstroke	D. Short 39 1:15.4	100 yard freestyle F. Babenderde 70 2:04.2
200 yd BUTTERFLY Bill Murray	2134.23	50 yd BUTTERFLY Bill Rodenbach	35.66	Sharon Allen 27 :36.8	MEN 40-44 50 yard freestyle	50 yard backstroke F. Babenderde 70 1:11.6
100 yd INDIVIDUAL ME Roger Nekton	DIEY 1:05.14	Chuck McCarthy	38.60	M. Broken 26 :37.4 100 yard backstroke S. Allen 27 1:17.8	G. Rosser 42 :24.6 B. Atwater 42 :27.5	50 yard breastroke
Amar lath1 MEN 40-144	1:10.84	Pat Finelli 100 yd BUTTERFLY	52,87	S. Allen 27 1:17.8 J. Menard 27 1:27.4	C. Kohnken 44 :28.5	F. Babenderde 70 1:06.4
50 yd FREESTYLE		Chuck McCarthy 100 yd INDIVIDUAL MEI	1:30.03 DLEY	50 yard breastroke M. Borken 26 :39.8	G. Rosser 42 :55.8	MEN 25 & over 200 yard medley relay
Tom Lyndon 44NE Ed Sorel 40Un	27.00	Bill Rodenbach Hugh Flomenhoft	1:15.53	A. Brooks 25 :41,5	G. Rosser 42 2:11.0	GOLD COAST MASTERS 2:01.0 Ackerman, Zeigler,
Chuck White 44CM Richard Olum 40Un	28.64	Pat Finelli	1:59.81	50 yard butterfly B. Santostefanos 25 :31.7		Beuttenmuller, Atwater
Pickett Simpson 40Un	30.14	400 yd INDIVIDUAL MEI Pat Finelli	9:05.30	100 yard butterfly B. Santostefanos 25 1:09.0	50 yard backstroke S. Weiss 41 :37.7	MEN 35 & over
Tony Mosa 40CM 100 yd FREESTYLE	31.56	MEN 55-59 50 yd FREESTYLE	9.0050500	J. Thompson 27 1:09.3	100 yard backstroke	200 yard medley relay GOLD COAST MASTERS 1:45.5
Ton Lyndon Paul Blackhall 42NE	1:01.19	Bernard Bergman 55%C	31.57	100 yard individual medley M. Borken 26 1:17.1	S. Weiss 41 1:23.1 50 yard breastroke	Cole, Short, Kern, Rosser
Chuck White Ed Sorel	1:03.25	100 vd FREESTYLE Bill Uhrich 55NE	1:14.93	J. Thompson 27 1:19.5 A. Brooks 25 1:20.0	D. Cole 40 :32.7 50 yard butterfly	
Dick Clum Pickett Simpson	1:04.90	500 yd FREESTYLE John Merrill 58CM	7:31.58	S. Allen 27 1:21.2 J. Menard 27 1:21.8	G, Rosser 42 :27.4 H. Kern 43 :29.5	MEN 45 & over 200 yard medley relay
Chet Day	1:19.53	Alan Steeves 59ME 100 yd BACKSTROKE	9138.82	200 yard individual medley J. Menard 27 2:48.9	D. Cole 40 :31.2	GOLD COAST MASTERS 2:12.8 Holland, Ringel,
		Bill Uhrich John Merrill	1:19.20	2:40.9	D. Cole 40 1:05.4	Jardine, Muntz
		WALLALE	2.22.30	0	H. Kern 43 1:Q6.8	

	12 ALC 1012 - 1000 CANON CONTO		and the second	
Southern Conn. Mid	J. Galvin 44 3:07.10	50 yd. Butterfly	Men 40-44 50 yd, Freestyle	R. McWilliams 47 3:38.75
Winter Invitational 1/10/76, New Haven, Cn.	J. Galvin 44 3:07.10 J. Puleston 40 3:38.40	R. Delrywple 25 25,20 J. Quinn 25 26,83	W. Lincoln 42 26.10	D. Herbst 47 3:41.60 500ydd.Banderfaya: Me_ley
ayaayaayaa aaraa a	500 yd. Freestyle	J. Quinn 25 26.83 100 yd. Butterfly	J. Zwirm 42 26.11	R. Rerhes 489 1,16.90
Women 25-29	A. Quinn 40 8:34,49	R. Dalrywple 25 57.50	E. Sorel 40 26.38	#00EydinIsdividuall#8dles
50 yd. Freestyle C. Slimak 27 27.25	50 yd. Backstroke	R. Amira 26 1:09.30	M. Siebold 40 27.02 R. Ellie 43 27.23	W. Markes 45 1:16.90
N. Jacob 25 30.98	A. Quinn 40 42.67 100 yd. Backstroke	V. Hintlian 25 2:27.48	P. Simpson 40 30.18	M. Ergin 48 1:27,90 BOOV4frEndividual Hedley
C. Coombs 25 31.85	A. Quinn 40 1:33,17	100 yd, Individual Medley	T. Mosa 40 30,56	L. Goldstone 46, 2:34,30
C. Olmsted 27 32,18	J. Galvin 44 1:38,21	J. Quinn 25 1:01.60	100 yd, Freestyle	Men 50-56 4
100yd, Freestyle	200 yd. Backstroke	M. Janosks 26 1:04.40	B. Hutchinson 41 57.21	50 yd, Freestyle
C. Slimak 27 1:00.43 C. Olmsted 27 1:12.90	A. Quinn 40 3:22.28 J. Galvin 44 3:30,92	A. Santiago 26 1:06.09	W. Lincoln 42 59.41 M. Siebold 40 59.67	D. Banborn 52 27.10 J. Briggs 52 27.56
C. Coombs 25 1:15.40	100 yd. Breastroke	P. Schwenker 27 1:07.69 B. Sykes 27 1:10.77	J. Ewirm 42 1:03.24	P. Shadbolt 51 29.05
N. Offenhauser 27 1:19.10	A. Quinn 40 1:50.70	T. Kelley 28 1:11.26	R. Ellis 43 1:03.62	J. Holmes 50 30.20
50 yd. Backstroke	50 yd, Butterfly	200 yd. Individual Medley	E, Sorel 40 1:04652	B. Brennan 53 "31.53
C. Gatesy 25 33.95	P. Briggs 43 4247674	V. Hintlian 25 2:19.75	P, Simpson 40 1:06.75 200 yd, Freestyle	C. McCarthy 50 31.59
C. Gatesy 25 1:17.15	P. Briggs 43 1:35.38	C. McEntee 27 2:25.54 M. Janoska 26 2:27.38	J. Johnsen 40 2:23.20	D. Sanborn 52 1:04.40
N. Offenhauser 27 1:28.97	800Qudon740 1:38-64	R. Amira 26 2:34.15	G. Brunstad 41 2:25.20	P. Shadbolt 51 1:05a99
50 yd, Breastroke	Momen 155-56	400 yd. Individual Medley	500 yd. Freestyle	B. Brennan 53 1:13.00
N. Jacob 25 40.40	50 yd, Freestyle	%, Hintlian 25 5:07,79	J. Johnsen 40 6:41,10 50 yd. Backstroke	200 yd. Freestyle
C. Clmsted 27 40.93 C. Coombs 25 49.50	N. Phillips 54 36.18 100 Yd. Freestyle	Men 30-34 50 yd, Freestyle	W. Lincoln 42 33.90	P. Shadbolt 51 2:43.70 B. Brennan 53 2:48.00
N. Offenhauser 27 52.02	N. Phillips 54 1:20.30	D. Davis 33 24.70	Ken Rooney 43 33.91	500 yd, Freestyle
100 yd. Breastroke	200 yd. Freestyle	J. Campell 31 27,49	R. Ellis 43 35.50	B. Brennan 53 8:01.64
C. Slimak 27 1:16.74	C. Costello 52 2:53.73	100 yd, Freestyle	100 yd, Backstroke	W. Varza 55 8:50.70
N. Jacobs 25 1:29.59 C. Olmsted 27 1:32.23	N. Phillips 54 3:08.20	D. Davis 33 85.05	K. Rooney 43 1:16.96 R. Ellis 43 1:20.09	50 yd. Backstroke D. Sanborn 52 32,45
200 yd. Breastroks	N. Phillips 54 1:39.79	J. Coplan 30 56.51 200 ydl Freestyle	200 yd, Backstroke	B. Rodenbach 52 33,63
C. Olmsted 27 3:17.60	200 yd. Breastroke	D. Davis 33 2:07.84	G. Brunstad 41 2:49,50	J. Briggs 52 34.37
50 yd. Butterfly	C. Costello 52 3:31.07	500 yd. Freestyle	K, Rooney 43 2:49.66	J. Homes 50 4369090
C. Slimak 27 32.41 N. Offenhauser 27 39.40	50 yd. Butterfly C. Costello 52 37.77	D. Davis 33 6:24,91	J. Jurkowski 40 139090	100 yd, Backstroke
N. Offenhauser 27 39,40 100 yd. Butterfly	C. Costello 52 37,77 200 yd. Individual Medley	50 yd. Backstroke M. Chaskin 34 35.04	T. Mosa 40 36.10	D. Sanborn 52 1:14,20 200 yd. Backstroke
N. Offenhauser 27 1:42.17	C. Costello 52 3,12,60	100 yd, Backstroke	E. Rak 43 40.45	D. Sanborn 52 2:51.28
100 yd. Individual Medley	Women 55-59	M. Chaskin 34 1:18,31	R. Ellis 43 43,50	50 yd. Breastroke
G. Gatesy 25 1:20.40	30 9de-Bredstele	50 yd, Breastroke	100 yd. Breastroke	B. Rodenbach 52 39,46
C. Coombs 25 1:29,31 200 yd. Individual Medley	J. Bieretti 55 31.57 100 yd. Freestyle	J. Becker 30 33.88 M. Chaskin 34 34.51	J. Jurkowski 40 1:10.90 T. Moss 40 1:23.65	C. McCarthy 50 39.83 B. Brennan 53 40.94
C. Slimak 27 2:35.80	J. Pieretti 55 1:11.17	M. Chaskin 34 34.51 100 vd Breastroke	E. Rak 43 1:29.54	100 yd. Breastroke
Women 30-34	200 yd, Freestyle	J. Becker 30 1:16,33	200 yd. Breastroke	B. Rodenbach 52 1:28.62
50 yd, Freestyle	J. Pieretti 55 2,50,31	M. Chaskin 34 11:17.68	E. Rak 43 3:19.01	200 yd Breastroke
Ja: Baird 31 30,70 P. Wilson 31 32,09	H. Kelly 56 10:44.80	200 yd, Breastroke	50 yd, Butterfly J. Jehrsen 40 30.76	B. Rodenbach 52 3,18,40
P. Wilson 31 32.09 100 yd. Freestyle	200 yd. Backstroks	J. Becker 30 2:55,35	G. Brunstad 41 32.53	50 yd. Butterfly J. Briggs 52 31.41
J. Katz 32 1:02.71	H. Kelly 56 4:42.01	50 yd. Butterfly J. Campbell 31 28.70	P. Simpson 40 33.36	J. Briggs 52 31,41 C. McCarthy 50 3738,43
P. Wilson 31 1:13.60	100 yd, Individual Medley	100 yd, Butterfly	100 yd, Butterfly	100 yd. Butterfly
J. Baird 31 1:14,66	J. Pieretti 55 1:29.47	J. Coplan 30 1:01,62	H. Stebeld 40 1:07.94	C. McCarthy 50 1,27,28
J. Hardy 31 2:43.37	J. Pieretti 55 7:39.5	200 Yd, Butterfly	P. Simpson 40 1:22.87 J. Zwirm 42 1:23.00	100 yd, Individual Medley
P. Wilson 31 2:54,93	Women 60-65	J. Coplan 30 2:36,08	100 yd. Individual Medley	J. Briggs 52 1:15.99
J. Baird 31 3:03.04	ROO-fdefbesstyle:	J. Coplan 30 1:05.75	J. Zwirm 42 1:08.81	B. Rodenbach 52 2:52.66
50 yd. Backstroke	H. Offenhauser 63 3:28,31	J. Campbell 31 1:15.62	W. Lincoln 42 1:09.49	Men 55-59
J. Katz 32 34.90 J. Hardy 31 36.50	H. Offenhauser 63 1:06.56	Men 35-39	J. Johnsen 40 1:10.31 E. Sorel 40 1:18.08	50 yd. Preestyle
J. Baird 31 39.56	50 yd. Butterfly	J. Bender 36 24.11	E. Sorel 40 1:18.08 P. Simpson 40 1:19.22	W. Varza 55 34.41 S. Pudell 59 3636878
100 yd. Backstroke	H. Offenhauser 63 1:05.45	R. Meyer 35 25.85	E. Sikes 44 1:28.70	9. Pudell 59 3536978 100 yd. Freestyle
J. Hardy 31 1:19,27	200 yd, Butterfly	S. Kurtin 36 27,92	200 yd. Individual Medley	W. Varza 55 1:20,64
J. Hardy 31 2:54.05	H. Offenhauser 63 5:34,35	B. McArdle 37 28.97	J. Johnsen 40 2:34.13 G. Brunstad 41 2:42.06	200 yd. Freestyle
E. Atwood-Metz 32 2:55.00	H. Offenhauser 63 2:01.00	R. Hummel 37 31,78	G. Brunstad 41 2:42.06 B. Sikes 44 3:27.70	D. Guido 59 2:46.16
50 yd. Breastroke	Women 65-69	J. Bender 36 5450,90	400 yd. Individual Mēdley	500 yd. Freestyle J. Herrill 59 7:25.53
J. Murphy 31 37.40	50 yd Freestyle	R. Coykendall 38 59.72	W. Lincohn 42 6:15.05	D. Guido 59 7:36,46
E. Atwood-Metz 32 38.60	E. Somers 68 55.97	M. Bushell 36 1:04.51	Men 45-49	50 yd. Backstroke
J. Katz 32 439020 J. Baird 31 47.88	200 yd. Freestyle	R. Hummel 37 1:14.67	F. Doolsy 46 26.11	J. Merrill 58 36,49
100 yd. Breastroke	E. Somers 68 4:09.52	200 yd. Freestyle J. Bender 36 2:08.70	F. Dooley 46 26.11 W. Christian 45 27.56	D. Guido 59 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3
E. Atwood-Metz 32 1:22,58	E. Somers 68 5:09.50	J. Bender 36 2:08.70 R. Coykendall 38 2:12.69	M. Marks 45 29.08	8. Pudel1 59 3838.29 100 yd, Backstroke
J. Murphy 31 1:22.78	50 yd, Breastroke	R. Hummel 37 2:56.50	J. Porbes 49 29.10	D. Guido 59 1,22,93
E. Atwood-Metz 32 2:58.33	E. Somers 68 1:07.48	500 yd. Freestyle	K. Dawson 45 29,18	S. Pudell 59 1:27.99
J. Murphy 31 3:00.90	100 yd, Individual Medley	R. Coykendall 38 6:07.81	M. Ergin 48 30.20 D. Sullivan 48 31.62	J. Merrill 58 2:52.39
50 yd, Butterfly	E. Sommers 68 2:23.76 Men 25-29	M. Bushell 36 6:43.46 50 yd. Backstroke	100 yd. Preestyle	J. Merrill 58 2:52.39 D. Guido 59 3:02.90
J. Ratz 32 31.00	50 yd. Freestyle	R. Meyer 35 29,32	L. Goldstone 46 57.92	50 yd. Breastroke
J. Murphy 31 38,71 P. Wilson 31 41.43	P. Lawler 27 22.71	B. McArdle 37 38,77	P. Dooley 46 58.49	E. Cronin 55 36.09
100 yd. Butterfly	R. Dalrywple 25 22,77	100 yd, Backstroke	J. Mrquis 45 1:06.88 K. Dawson 45 1:09.93	S. Pudell 59 3838363
J. Kats 31 1:10.60	J. Quinn 25 23.37	R. Mayer 35 1:06.58 B. Irray 38 1:11.71	R. McWilliams 47 1:12.25	R. Close 59 43.63 100 yd. Breastroke
100 yd, Individual Medley	R. Weiss 29 25.27 P. Schwenker 27 25.48	J. Bender 36 1:14,00	M, Brgin 48 1:13.78	B, Pudell 59 1:33,85
P. Wilson 31 1,33,02 200 yd. Individual Medley	B. Sykes 27 26.00	200 vd. Backstroke	W. Christian 45 2:39.98	R, Close 59 1:45.40
J. Katz 32 2,34,27	W. Santiago 28 26,27	B. Murray 38 2:35.23	R. McWilliams 47 2:53.80	200 yd. Breastroke
E, Atwood-Metz 32 2:50.85	P. Lawler 27 50.65	R. Meyer 35 2:48.87 50 yd Breastroke	500 yd. Freestyle	R. Close 59 3:58,94 50 yd. Butterfly
Women 35-39	P. Lawler 27 50.65 R. Balrywple 25 50.78	S. Martin 36 32,54	M. Ergin 48 6:58.00	E. Cronin 55 32.48
50 yd. Preestyle A. Viola 37 33.30	J. Quinn 25 52.81	L. Abel 39 32,57	R. McWilliams 47 B:01.53	W. Varza 55 44.03
A. Hummel 35 34.23	M. Janoska 26 56.07	100 yd, Breastroke	50 yd. Backstroke K. Dawson 45 35.63	100 yd, Butterfly
J. Parker 39 37.50	W. Santiago 28 59,34	D. Gallogher 38 1:11.76 L. Able 39 1:16.06	J. Marquis 45 35.93	E. Cronin 55 l:14.58 200 yd. Butterfly
S. Scutt 36 40,58	R. Weiss 29 59.77 R. Amira 26 1:00.06	200 yd. Breastroke	W. Christian 45 48.04	E. Cronin 55 2:56.79
100 yd. Freestyle A. Hummel 35 1:19.37	B. Sykes 27 1:00.13	D. Gallogher 38 2:39,46	M. Ergin 48 43.47	100 yd. Individual Medley
J. Perker 39 1:23.66	P. Shwenker 27 1:00.58	L. Able 39 2:53.06 50 yd. Butterfly	K. Dawson 45 1:18.42	W. Versa 55 1,37,18 Men 60-64
S. Scutt 36 1:29,20	200 yd. Freestyle	S. Kurtin 36 27.99	D. Sullivan 48 1:21.16	50 yd. Freestyle
200 yd. Freestyle	J. Quinn 25 1:59.41 V. Hintlien 25 1:59.88	B. Murray 38 28.86	J. Marquis 45 1:22,82	H. Bartlett 60 . 31.01
A. Hummel 35 3:00.95 500 yd. Freestyle	C. McEntee 27 2:10,11	J. Bender 36 28.42	BOO yd. Backstroke K. Dawson 45 2:52.43	J. Binder 63 44.90
J. Parker 39 8:46.51	M. Janoska 26 2:10.70	R. Meyer 35 28.64 T. Gilmartin 35 35.30	W. Christian 45 2:58.30	H. Bartlett 60 1:10.19
50 Yd, Backstroke	R. Amira 26 2:22.09	R. Hummel 37 38.89	D. Sullivan 48 3:05,13	H. Bartlett 60 1:10.19 J. Binder 63 1:59.38
A. Viola 37 39.54	J. Quinn 25 5:43.57	100 yd. Butterfly	50 yd. Breastroke	200 yd. Freestyle
J. Parker 39 44,18 100 yd, Backstroke	50 yd. Backstooke	B. Murray 38 1:04,99	J. Forbes 49 33.06	H. Bartlett 60 2:45.18
A. Viola 37 1:36,34	A. Santiago 26 30.59	M. Bushell 36 !1:07.92	J. Nebelung 46 333.41 M. Marks 45 36.92	J. Binder 63 4:25.00
50 yd. Breastroke	T. Kelley 28 32.19	200 yd. Butterfly	J. Marquis 45 38.90	H. Bartlett 60 7:35.22
J. Parker 39 44,28	B. Sykes 27 33.02 lb00yd. Backstroke	B. Murray 38 2:35.60 M. Bushell 36 2:43.80	W. Slocum 46 40,43	H. Bartlett 60 7:35.22 Men 65-69
A. Hummel 35 1:39.86	A. Santiago 26 1:05.25	D. Gallagher 38 2:31.50	R. McWilliams 47 42.23	50 yd. Freestyle
100 yd. Individual Medley	P. Schwenker 27 1:15.27	L. Abah 39 3:12,40	D. Herbst 47 4546464 100yd Breastroke	H. Barr 66 37.50
A. Viola 37 1:32.59	200 yd. Backstroke	100 yd, Individual Medley	J. Nebelung 46 1:13,57	B. Warner 65 40.58
200 yd, Individual Medley	A. Santiago 26 2:24,38 50 yd, Breastroke	D. Gallagher 38 1:03.85 R. Hummel 37 1:36,65	J. Forbes 49 1:15.63	J. Kiernan 66 41.55 100 yd. Freestyle
A. Hummel 35 3:16.68 Women 40-44	R. Thompson 25 29,80	200 yd. Individual Medley	M. Marks 45 1:22.22	B. Warner 65 1:31,50
50 yd, Freestyle	P. Lawler 27 30.09	D. Gallagher 38 2:19,35	W. Slocum 46 1:30,00 D. Herbst 47 1:40.42	J. Kiernan 66 1:41.08
P. Briggs 43 35.46	P. Schwenker 27 33.98	L. Abba 39 2:54.10	R. McWillimms 47 1:40.54	J. Kiernan 66 3:51.10
J. Galvin 44 37.58 J. Puleston 40 4545278	R. Thompson 25 1:07,10	300 yd. Individual Medley D. Gallagher 38 5:18.72	200 yd. Breastroke	500 yd. Freestyle
J. Puleston 40 4545278 100 yd. Freestyle	P. Lawler 27 1:07.70	B. Murray 38 5:37.80	J. Nebelung 46 2:43.08 J. Forbes 49 2:53.90	B. Warner 65 10:38.70
J. Puleston 40 1:39.50	AND THE PROPERTY OF THE PROPER	J. Bender 36 5:49.05	W. Slocum 46 3:11.89	J. Kiernan 66 11:01.18
		L. Abel 39 6:30.67	· · · · · · · · · · · · · · · · · · ·	

320	1220							
H. Barr 66 46.50	55+ Metro Masters 2	2:37.90	200 yard Freestyle R. Bauschard 31	2:08.00	100 yard Ind. Medley R. Lagaly 53	1:18.52	Jos Henry, 39	57.60
100 yd, Breastroke	(Guido, Barr,		500 yard Freestyle	# 2550cc)	D. Greetham 54	1:27.99	Ed Heid, 39	1:09.27
200 yd, Breastroke	65+		R. Bauschard 31 50 yard Butterfly		200 Yard Ind, Medley J. Woods 52	2:41.71	Ray Niemi, 36 Dave Ebner, 35	1:09.36
H. Barr 66 4:01.86	Conn. Masters 3 19yon, Evans, Langn	154.40	R. Bauschard 31			3:15.72	Ben Buckner, 37	1:33,19
50 yd. Preestyle	Kienan)		D. Perez 33	34,03	Men 55-59		200 yard freestyle Larry Anderson, 38	2:13.85
G. Languer 72 37.80 H. Francis 70 44.20	Mixed Free Relay		Men 35-39 50 yard Freestyle		M. McKenzie 59	1:22.89	Lee Betrie, 37	2:37.37
D. Evans 73 46.59	Metro Masters 1	154.27	L. Anderson 3d	25.58	100 yard Ind. Medley	1:52.32	Dave Ebner, 35 500 yard freestyle	2:46.16
A. Danielsson 73 47.49 B. Lyon 75 50.80	(Kats, Murphy, Janoska, Amira)		L. Bettle 37 D. Ebner 35	28.50 30.53	M. McKenzie 59	1.34.34	Joe Henry, 39 Dave Bhner, 35	6:07.50
100 yd. Freestyle	35+		100 yard Freestyle		Men 60-64 200 yard Freestyle		Ben Buckner, 37	9:14.87
H. Francis 70 1:46.50 D. Evans 73 1:53.46	(Meyer, Kurtin,	106,08	L. Bettis 37 D. Ebner 35	1:03.4	M. Tamer 64	3:09.61	John Madici, 39	33.99
A. Danéélsson 73 1:55.99	Quinn, Comtello) 55+		500 yard Freestyle		1 Donovan 61	8:59.85	50 yard breaststroke	
E. Lyon 75 2:03,32 200 yd. Freestyle		132,21	L. Anderson 3å 50 yard Backstroke	6:32.5	M. Tamer 64	9:00.30	John Medici, 39 Ed Heid, 39	34.63
G. Languer 72 3:00.23 500 yd. Freestyle	(Merrill, Pudell, Offenhauser, Pieret	+43	L. Bettie 37	35,50	M. Tamer 64	3:43.87	Ray Niemi, 36	40.41
3, Languer 72 8:03.89			100 yard Backstroke L. Anderson 33	1:11.9	50 yard Breaststroke	44.94	Lee Bettis, 37 100 yard breaststroke	41.11
50 yd, Backstroke H. Grancis 70 53:57	~~~~~	~~~	50 yard Breaststroke		100 vard Breaststroke		John Medici, 39	1:14.47
E. Lyon 75 1:02.20			L. Anderson 33 50 yard Butterfly	33,18	J. Donovan 61	1:39.89	Ray Niemi, 36 200 yard breaststroke	
B. Evans 73 1:05.50 100 yd. Backstroke	Southern Ohio Masters SC M		d. Timken, Jr. 36	23.28		45.80	Larry Anderson, 38 50 yard butterfly	2:42.27
E. Lyon 75 2:11.77	Columbus Academy - Decembe	r 14, 1975	100 yard Butterfly	34,4			Joe Henry, 39	28.70
200 yd. Backstroke G. Langner 72 5:26.26	40MEN 25-29 50 yard Freestyle		d. Timken, Jr. 36 100 yard Ind. Medley	1:04.1			Dave Ebner, 35 100 yard Individual Me	35,19
50-ydy-Breastroke	G. Drake 26 500 yard Preestyle	29.03	J. Timken, Jr. 36	1:07.5	SOUTHERN OHIO AAU MAS Columbus Academy Pool		John Medici, 39	1:09,3d
D. Evans 7; 1:00.71	G. Drake 26	6:21.58	Men 40-44		January 11, 1976	- Columbus	200 yard Individual Me Larry Anderson, 38	2:31.3d
H. Francis 70 1:05.06	50 yard Breastatroke G. Drake 26	17.00	50 yard Freestyle		Women 40-44		Men 40-45	*******
100 vd. Breastroke	100 yard Breastatroke	33.94	R. Walker 42	27.80 30.00	50 yard freestyle	33.64	50 yard freestyle Yoshi Oyakawa, 42	26.23
A. Danielsson 73 1:58.22 200 yd. Breastroke	G. Drake 20 200 yard Breaststroke	1:23.69	100 yard Freestyle		100 yard freestyle	37.64	Robert F. Walker, 42	28.72
A. Danielsson 73 4:26.62	G. Drake 26	2:55,20	D' MMTMAT AT	1:03.5	Betty Smith, 44	1:28,40	100 yard freestyle Robert F. Walker, 42	1:03.87
50 yd. Butterfly B. Francis 70 57.00	G, Drake 26	1:14.99	500 yard Freestyle		Betty Smith, 44	45,94	200 yard freestyle	
100 yd. Individual Medley		- + + + T + + T P	R. Walker 42 K. Crompton 44	6:35.1 7:17.1	2 200 yard backstroke Betty Smith, 44		Robert F. Walker, 42 100 yard Individual Me	2:26.03 ed
G. Languer 72 2:04.10	Nomen 30-34 50 yard Freestyle				50 yard breaststroke	3:49.80	Yoshi Oyakawa, 42	1:09.43
Women Free Relay	C. McCullough 33	27,00	Men 45-49 50 yard Freestyle		Elfi Christian, 42 100 yard breaststroke	44.18	Men 45-49 50 yard freestyle	
Women Medley Relay	50 yard Backstroke C. McCullough 33	29.47	R. Stickney 49 J. Sherrod 45	25.5 27.3	Elfi Christian, 42	1:37.00	Roy Stickney, 49 Jim Sherrod, 45	26.13 27.41
Conn. Masters 2:16.77	100 yard Backstroke C. McCullough 33			27.5	50 yard freestyle		100 yard freestyle	
(Gatesy, Olmsted, Slimak, Baird)	50 yard Breaststroke	1:09,12	H. Kling 43 100 yard freestyle	40.3	Phyllis Perguson, 47	52.15	Jim Sherrod, 45 200 yard freestyle	1:03.44
Metro Masters 2:21.70	C. McCullough 33 Women 40-44	37.47	J. Sherrod 45	1:02.6		55,89	Harry Fox, 46	2:27.24
(Atwood-Metz, Katz, Murphy, Costello)	50 yard Freestyle		B. Anson 49 W. Loe 43	1:13.9	50 yard breaststroke Phyllis Ferguson, 47	1:15.89	500 yard freestyle David Staley, 45	7:28.55
Conn. Masters 2:31.70	J. Bruner 41 50 yard backstroke	29.78	200 yard Freestyle	2:37.2	Homen 50-54	1:13.09	Bruce Bischoff, 49 50 yard Backstroke	8.88:6
(Hardy, Maine, Wilson, Coombs)	J. Bruner 41	37,22	J. Sherrod 45 B. Anson 49	2:50,3		52.58	Nick Kakos, 45	37.90
45+ Conn. Masters 3:35.90	J. Bruner 41	1:21.39	J. Loe 43 500 yard Freestyle	3:10.6	50 yard backstroke		Jim Sherrod, 45 100 yard backstroke	39.89
(Kelly, Phillips,		1.21,37	B. Anson 49	7:39,20	Peg Greetham 54 50 yard breaststroke	1:03.27	Dave Staley, 45	1:22.30
Offenhauser, Pieretti) Men Free Relay	Nomen 50-54 50 yard Freestyle		50 yard Breaststroke H. Kling 48	41.56	Ped Greetham, 54	1:09.34	Nick Kakos, 45 200 yardBackstroke	1:25.50
25+	P. Greetham 54	55.09	100 yard Breaststroke		100 yard freestyle		Nick Kakos, 45	3:13.24
NYAC (Lawler, Quinn 1:34,66 (Hintlian, Dlrywple)	P. Greetham 54	2:08.35	R. Stickney 49 H. Kling 4d	1:12.50		1:47.28	Jim Sherrod, 45 50 yard breaststroke	3:23,73
Metro Masters 1:41,27 (McEnteey Santiago,	50 yard Backstroke P. Greetham 54	1:07.96	200 yard Breaststroke		Rita Shephard, 56	57.3d	Harry Fox, 46 100 yard breastatroke	34.44
Janoska, PSantiago	50 yard breaststroke		R. Stickney 49 50 yard Butterfly	2:45.30	100 yard backstroke Kita Shephard 66	2:14.16	Roy Stickney, 49	1:11.93
85+ NYAC (Bllis, 1:44.31	P. Greetham 34		H. Fox 46	30.70	200 yard backstroke Rita Shephard, 66		200 yard Breaststroke Dave Staley, 45	3:04.03
Zwirm, Gallagher, Bender)	#dmen 55-69		L. Berke 48 3. Anson 49	35.76 44.26	Men 25-29	4:25.55	50 yard butterfly	
Metro masters 1:52.70 (Kuring Meyer,	100 yard Freestyle R. Shephard 66	1:46.59	100 Yard Butterfly H. Fox 46	1:13.82	200 yard freestyle		Harry Fox, 46 100 yard Individual M	30.53 fed
Dawson, Jonston)	200 yard Freestyle R. Shephard 66	2 64 46	100 Yard Ind. Medley		John Shea, 26 Dean Myers, 25	2:14.80	Roy Stickney, 49 Jim Sherrod, 45	1:07.86
Metro Masters 2:21.80	100 yard Backstroke		H. Fox 46 L. Berke 43	1:13.99	500 yard freestyle	2:29.36	200 yard Individual M	fed
(Forbes, McWilliams Brennan, Herbst)	R. Shephard 66	2:11.00	200 'rard Ind. Medley		John Shea, 26 50 yard breaststroke	6:18,39	Roy Stickney, 49 Men 50-54	2:42.71
550	Men 25-24 50 yard Freestyle		R. Stickney 49 _ 1	2:60.37	Jim Haas, 27	33,50	50 yard freestyle	V25-323
Metro Masters 2:27.15	J. Vogt 23 M. Chedekel 27	24.37	Men 50-54 50 yard Freestyle		100 yard breaststroke Jim Hass, 27	1:15.27	Jack Florance, 53 Roy Lagaly, 53	26.91 31,22
(Cronin, Guido, Binder,	M. Schneiderlochner 25		J. Woods 52	26.78	200 yard breaststroke Eric Jurrus, 25		100 yard freestyle	
Barr) 65+	100 yard Freestyle M. Schneiderlochner 25	1:03.46	T. Cloyes 54 J. Plorance 53	27.10	50 yard butterfly	2157.08	Jack Florance, 53 Barton Anson, 50	1:05.13
Conn. Masters 2:57.08 (Languer, Francis,	200 yard Freestyle M. Chedekel 27		R. Avery 52	W27.70	Dean Myers, 25 200 yard Individual M	31.47 ed	200 yard freestyle Barton Anson, 50	2:48.50
Kiernan, Lyons)	M. Schneiderlochner 25		H. Small 51 D. Greetham 54	28.99 25.72	Dean Myers, 25	2:42.14	Laszlo Ruzsa, 51	3:39.73
Men Medley Relay	500 yard Freestyle M. Schneiderlochner 25	9 52/5	J. Kellar 50 M. McKenzie 50	32,14 32.8	Men 30-34 50 yard freestyle		500 yard freestyle Barton Anson, 50	7:45.26
NYAC 1:50,85	J. Shea 26		100 yard Freestyle		Tom Kinsley, 30 Mark Vogt, 32	25,80	Laszlo Ruzsa, 51	9:54.44
(Hintlian, Lawler, Dalrywple, Quinn)	50 yard Backstroke M. Schneiderlochner 25	34.96	J. Woods 52 J. Plorance 53	1:01.76	David Perez, 33	26.57 26.77	50 yard backstroke Roy Lagaly, 53	37.69
(P. Santiago, Schwenker,	100 yard Backstroke M. Schneiderlochner 25	en Parrent	D. Greetham 54	1:07.02	Jerry Barnes, 33 100 yard freestyle	27,48	50 yard breaststroke Roy Lagaly, 53	41.56
Janoska, Weiss	200 yard backstroke		H. Small 51 200 yard Freestyle	1:24.61	Mark Vogt, 32	1:03.68	Don Greetham, 54	41.59
Metro Masters 2:02.60 (Kelly, Amira, McEntee,	M. Schneiderlochner 25 100 yard Breastatroke		J. Wood# 52	2:20.71	Jesse Dansby, 33 David Perez, 33	1:07.03	Jack Florance, 53 100 yard breaststroke	42.52
W. Santiago)	E. Jurrus 29		D. Greetham 54 500 yard Freestyle	2:41.60	500 yard freestyle Tom Kinsley, 30		Tom Cloyes, 54	1:21.67
35+ Metro Masters 1:56.32	200 yard Breaststroke E. Jurrus 29	2:55.30	R. Avery 52 50 yard Backstroke	8:16.10	50 yard breaststroke	7:11.33	Rich Wolfe, 54 50 yard butterfly	1:34.52
(Meyer, Forbes, Kurtin, Johnston)	50 yard Butterfly J. Vogt 28		R. Avery 52	32.81	Jerry Barnes, 33 David Perez, 33	37.52 4d.66	Tom Cloyes, 54 Don Greetham, 54	33.39
NYAC (Rooney, Zwirml:58.33	J. Shea 26	30,22	A. Campbell 53 100 yard backstroke	33.23	100 yard breaststroke		Roy Lagaly, 53	40,62
(Bender, Gallagher) Conn. Masters 2:12.21	M. Schneiderlochner 25 100 yard Butterfly		A. Campbell 53 200 yard Backstroke	1:14.20	Eric Jurrus, 30 David Perez, 33	1:20.54	Barton Anson, 50 Laszlo Ruzsa, 51	41.25 53.60
(Siebold, Lincoln,	M. Schneiderlochner 25		A. Campbell 53	2:54.21	50 yard butterfly	27,30	100 yard butterfly	1:27.35
Sikes, Coykendall) Jersey Masters 2:19.57	J. Shea 26 100 yard Ind. Medley		R. Lagaly 53 R. Avery 52	3:02.11	Tom Kinsley, 30 Jesse Dansby, 33	33.05	Don Greetham, 54 Laszlo Ruzsa, 51	2:08.64
(Sanborn, Abel, Sullivan, Warner)	J. Vogt 2d	1:05.26	50 yard Breaststroke		100 yard butterfly Tom Kinsley, 30	1:04.06	100 yard Individual Me Tom Cloyes, 54	1:14.59
45+	Men 30-34		T. Cloyes 54 J. Woods 52	36.30 37.77	100 yard Individual Me	d	Rich Wolfe, 54	1:24.22
Conn. Masters 2:01.39 (Rhodenbach, Nebelung,	50 Yard Freestyle R. Bauschard 31		100 yard Breaststroke T. Cloyes 54		Jerry Barnes, 33 David Perez, 33	1:11.97	Laszlo Ruzsa, 51	2:12,87
Gåldstone, Dooley)	D. Perez 33	25.90	200 yard Breaststroke	1:22.51	Men 35-59		200 yard individual me Don Greetham, 54	3:10.99
Metro Masters 2:29.90 (Dawson, Herbst,	M. Vogt 32 100 Yard Freestyle	27.00	T. Cloyes 54 R. Lagaly 53	3:09.70	Joe Henry, 39	25.94	Laszlo Ruzsa, 51	4:55.29
McWilliams, Brennan)	R. Bauschard 31 M. Vogt 32	54.23	50 yard Butterfly		John Medici, 39 Lee Bettis, 37	26.86 29.35		
Christian, Varea,	D. Perez 33	1:06.30	J. Woods 52	30.54	Ed Heid, 39	29.61	Continued on pag	re 13
McCarthy, Shadbolt) disq,					Ray Niemi, 36 Dave Ebner, 35	30.39		
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MASTERS NOTES

1976 LONG COURSE NATIONALS - Well, the notice was sent from the National Office on changing the dates of the LC meet from AUG 20-22 to AUG 27-29 due to the conflict with the National Junior Olympic Meet but the voting card was not included. To date, six members of the National Masters Swimming Committee have written of their approval to change the date. Upon receiving my notice without the card I immediately called Lynn Jamison, Aquatics Administrator and asked what happened. They just forgot the card. He assured me that he would send the card but as of 2-6-76 the card has not yet been mailed. When you do get your card, please return them at once...... PUBLICITY - Sports Illustrated needs our help! They would like to help publicize Masters Swimming. So if you set a National Record, or win a lot of events in a meet, please send the material to Melissa Ludtke, Sports Illustrated, Time-Life Building, Rockerfeller Center, N.Y., NY 10020.... REFLECTIONS ON MEETS - It seems that Dick Mesirov hit a few nerves in his article on meets. Some of the older swimmers feel that they swim faster breaststroke then crawl stroke. This might well be, as I have not checked the times. One such swimmer wrote, "I feel very belittled that Dick would not consider me a true competitor. I felt that the article was directed to me personally, as I do swim Breaststroke and even Sidestroke in Freestyle events. I swim these events faster than I swim crawl stroke. I cannot see why I, or anyone like me, should be penalized and not be allowed to swim in Freestyle events. I would like to know where Dick Mesirov recieved the authority to decide what the time standards for the 1500 M and 1650 Yd Freestyle events should be." Well, I am sure that Dick had no certain person in mind but was just trying to make a few observations on how to improve our meets. He did not set any time standards for the 1500/1650 but just suggested some...... SPA GOSSIP COLUMN - Don Rankin wrote to me that when he was in New Jersey in August and September he was able to work our 6 days a week with the New Jersey Masters at Princeton. If anyone is in the area and wants to work out with a great group of people, call Tink Bolster at (609) 942-4222. Ken Krueger wrote: "I spent the summer traveling through Europe working (not swimming) with various coaches and national swimming teams in France, Switzerland, Belgium and Ireland. I was also talked into swimming in a small three nation meet (Germany, France, Switzerland) in France make. ing it a 4 nation meet. Luckily it was a 'minor' meet. I hadn't trained during the summer. They mentioned that I was an ex-American champion before my race. Thus all of the other backstrokers were looking at me. I could have never beaten them without strategy. I went out very slowly last at the 50, I went into and out of the turn hard (I was last at the turn) and sprinted 25 meters, psyching them out and winning easily. We had a banquet after the meet where I was presented with a trophy. It was all very nice. Plus I was given free tickets to see Count Basie at the casino in Evian that night."...Pedro Garcia now lives in Ecuador and writes that he has finally organized the first Ecuadorian Masters Championships held in October, 1975. As of September 28 he had over 100 entries. The Peruvian Masters plan on going to Ecuador in December for the first South American Masters Meet, and they are planning the South American Championships for 1976..... LOG AND GUIDE - A new booklet available for Masters Swimmers is a "Masters Swimmers Log and Guide" with 80 pages. It will be selling for \$3.00 plus postage. Dr. Paul Hutinger states, "I feel keeping a log has helped my training and performance and it could help others." For more information write to Paul at 815 N. Charles, Macomb, IL 61455..... 0*H*I*O MASTERS - June 22 through July 9 is the time the US Olympci Team is to be training at the Branin Natatorium in Canton, Ohio. The Masters group is organizing taxi service, direcots, drivers and opening thier homes for the accommodation of people. This is just one of the many ways in which Masters Swimmers help swimming!..... WARM-UP - Inadequate warm-up before a meet results in pulled muscles, spasms from the toxic effect of lactic acid in the system and a lack of oxygen. 800 yards is the minimum warm-up required to force the oxygen out to the muscle extremities. This info from Bill Burrell of Michigan Masters..... DEAR SWIM-MASTER: - While reading the New Year issue of Swim-Master, I noticed Dr. Wm. Haskell's article 'Effect on Athlete of Sex the Day of a Game'. Believing it to be a subject worth looking into, I carefully read down the page. It appeared to be a scientific analysis. And then came the third paragraph, which I must say, sent me into a rage of laughter (no, not adolescent giggling!) Here is that excerpt: "Peak expenditure of energy during coitus is approximately four to six times resting or six to eight kilo-calories per minute. Most athletes have an aerobic capacity at least two or 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." Now really Dr. Haskell, only a minute or two? Surely, the athlete has a certain advantage by not tiring quickly. With a small amount of selfcontrol, all of those training hours can hopefully be put to good use "off the field" as well. If this is true then I feel that Dr. Haskell's theory may only work well on HIGH BLOOD PRESSURE - I just heard about a Canton man who went blind from high blood pressure. He lost his sight in two nights while in bed asleep. Aging makes us swim slower as we all know. It seems to me that each swimmer should watch his or her own time and swim only to better personal times with some desire to reach the top ten times at some point. No matter how close each one should come to the top ten times the valuable lessons to be gained from losing to another opponent always make us better people. How to lose gracefully and take your loss with the same attitude as winning is a desireable goal. Masters swimming is not a matter of winning and losing. Masters is devoted to personal health and fitness with the competitive aspect as icing on the cake. I have observed evidence among our team members that unless a race is won, there is reluctance to enter the event. This is a disease that must be attacked directly head-on--and stopped dead in its tracks. Watching your times for each stroke you are able to swim in individual performance with hope for improvement. I'd like to see more of this attitude and would be delighted to hear about your results. Keep fit so you will not be a victim of high pressure blindness, or, be involved in an auto accident that could have been avoided if your reaction time was improved from better conditioning. I have noticed that during the icy weather this year I have yet to slip and fall. I have no idea how many broken arms have been prevented from being able to react faster resulting from improved physical conditioning. Each of you should give this some serious thought as you grow older. I doubt that there are many people in the masters program who enjoy poor health and being waited upon in old age. (0*H*I*O Masters February Newsletter)..... RULES - Some questions have been raised concerning the new legislation passed in New Orleans. If a person swam in the Masters program during 1975 could that person swim in the senior program this year as long as he does not swim Masters? Yes. The new rule became effective Jan. 1, 1976. The rule is not retroactive. In Dr. Arthur's column in Swimming World he mentioned the 20-24 year age group could be held on a local level which we'd like to do this year. Why they can be held locally but cannot be included in the Nationals is bewildering. The Masters Swimming Committee has voted on the inclusion of the 20-24 year olds each of the last three years - and each time the vote failed. There are too many college and international caliber swimmers still in this age group. However, just as we conduct 6 & under, 8 & under and 15 & over events at a local level

for age group swimming, we can conduct 20-24 for masters

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swimming. They would register for Masters and not be al-	Men 55-59	
lowed to swim in Senior competition	William Co.	
Five years ago the Masters swimmers held the 1st Waikiki	50 yard freestyle	20.20
Rough Water Swim. Later it was opened to all ages and due	Mel McKenzie, 59	39.30
to the size the Parks & Recreation Dept. and the AAU took	200 yard freestyle	
over. This event in its 6th year had 191 entries 70 of	Mel McKenzie, 59	3:36.83
which were Masters. We would still like to hold the event		
with everyone being able to swim and still keep it legal. Would changing the overall awards to Master and non-master	100 yard backstroke	
make it legal? Would a staggered start (master and non-	Mel McKenzie, 59	1:51.75
master) be sufficient or will swimming in the same ocean	Men 60-64	
on the same day be considered competing and contaminating?	50 yard freestyle	
I do not know of any AAU rules for Rough Water Swimming.	The state of the s	37.20
When conducting a rough water swim each event would be a	Jerry Donovan, 61	37.20
different event. Different age groups would be competing	500 yard freestyle	
against each other. The Masters are compting against other	Jerry Donovan, 61	9:05.32
Masters. Senior are compting against Senior. The awards	50 yard breaststroke	
should be for the different groupings. I do not think the	The state of the s	45.87
start - staggered or otherwise - would matter	Jerry Donovan, 61	47.07
Masters swimmers may now swim in "Senior Olympics" or any	100 yard breaststroke	
other non-sanctioned meet without jeopardy of suspension	Jerry Donovan, 61	1:43.19
from AAU activities, HOWEVER your AAU insurance will not	Men 75-79	
cover you, nor will your times be considered for AAU rec-	50 yard freestyle	
ords or Top Ten, nationally or locally		48.62
TOP TEN CORRECTIONS - Ted Haartz has sent me quite a few	R. E. Bosse, 79	40.02
letters since the Top Ten Times list was published with	50 yard breaststroke	
corrections, additions and deletions. We still are not	R. E. Bosse, 79	54.19
sure that all corrections are in. The Tabulation Committee is only as good as the information they are provided with.	100 yard breaststroke	
One case involves a man that had so secure his birth cer-		2:14.79
tificate for another reason and found that he was a year	R. E. Bosse, 79	2.14.79
older than he thought he was. With this information, he	200 yard breaststroke	
found that he changed age groups last summer and therefore	R. E. Bosse, 79	5:14.61
some of his times belonged in a different age group. Your		
Tabulation committee is trying very hard to please every-		

one and as we all realize - this is impossible. Too many mistakes are made on meet result sheets. One older man wrote that he couldn't possibly swim the times they had him listed for. It would be most helpful if more accurate reporting could be made. Please place a return address on all meet results so that if questions arise your tabulation committee will know who to contact...... ALL-AMERICAN - Due to the above problems we can never get

our All-American team selected in the year they actually achieve their standing because of our procedure in selecting the All-American team. It has been suggested that we

revert back to our original method of selecting the All-American team from the National Championships only..... MEET RESULTS - When submitting meet results for Swim-Master, please remember that they must be typed in a certain manner. Recently, I have sent back results that were not suitable for reporduction and asked that they be typed over. I cannot use blue copies or green - only black and preferably done with a carbon ribbon. Meet results from

only 25 yd and 50 mtr pools will be printed. Times done in

a 25 meter pool cannot be considered for Top Ten meter

YOU'RE AN OLD-TIMER (In Competitive Swimming) IF YOU CAN REMEMBER --- When boys and men were required to wear suits

that covered their chests; --- When the small-fry engaged

lian" and "American" crawls; --- When parents tried to discourage girl swimmers because "you'll develop bunchy muscles"; --- When you believed that no one could ever beat

in endless debate on the relative merits of the "Austra-

Johnny Weissmuller's records; --- When all outdoor pools closed at sunset because there was no outdoor lighting; ---

When the butterfly stroke was yet to be invented, and the collegiate backstroke event was at the odd distance of 150 yards; --- When pool managers required girls to wear caps and threatened to bar long-haired males if they didn't cut their hair or wear hairnets; --- When water polo was played

without nets - just a backboard; --- When all pools had foot baths between the shower room and the water; --- When you saw every new Esther Williams movie three times; ---

When, instead of shaving to reduce "body drag", you grew

long fingernails to give you "greater purchase" on the water; --- When starting blocks were only a dream......

SUBSCRIPTION FORM SWIM-MASTER THE OFFICIAL PUBLICATION OF THE MASTERS SWIMMING COMMITTEE One Year (9 issues)....\$ 6.00 (USA) (Canada, Mexico, P.R.).\$ 7.00 \$10.00 (Foreign) PLEASE PRINT NAME ADDRESS ZIP 2308 N.E. 19th Avenue Ft. Lauderdale, FL 33305



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FIRST CLASS







LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL V - No 2

1976 SWIM CALENDAR

New England AAU - Enid Uhrich, 25 Lafayette, Rd., Newton Lower Falls, MA 02162 MAR 2, MAR 21, APR 6, APR 24-25, MAY 4, JUN 1 Ohio Association - Roy Stickney, 235 North Remington Road, Bexley, OH 43209 FEB 15, MAR 28, APR 25, JUN 6, JUL 11, AUG 7-8 Oregon Association - Connie Wilson, 10315 SE 82nd, Portland, OR 97266 MAR 21, JUN 6, JUL 18 Pacific Northwest Association - Steve Engel, 2005 So. 308th, Federal Way, WA 98002 FEB 28-29, APR 3-4, JUN 12-13, AUG 13-15 Pacific Association - Dore Schwab, Gray Oaks Box 772, Ross, CA 94957
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MAR 27-28, APR 17 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 8/or 5 - (tentative schedule)
Minnesota Association - David J. Beardsley, 1380 Terrace Dr. #102, Roseville, MN 55113
FEB 16, MAR 15, APR 17, MAY 15
Visconsin Association - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
EB 14, MAR 20, APR 10, MAY 1
Fla. Gold Coast Association - Millie Bergeron, 2541 Boundbrook Blvd. #112, WPB, FL 33406
1AR 21, MAY 2
Southern Pacific Assn Don Rankin, 11731 Heathcliff Dr., Santa Ana, CA 92705
FEB 15, MAR 20, APR 23-25
Rocky Mt. Association - Dennis West,
FEB 16, FEB 29, MAR 13, MAR 28, APR 4, APR 15, FEB 20
Southern Pacific DIVING Schedule - Brud Cleaveland, 1520 Bay St., Santa Monica, CA 90405
FEB 15, MAR 14, APR 24-25, MAY 23, JUN 12-13, JUL 11, NOV 7
FEB 14-15 Metropolitan Assn James Forbes 8 Cambridge Ln., Bethpage, NY 11714
FEB 14-15 SWCS Miami - Bob Minahan, 16001 SW 92 Ave., Miami, FL 33157
EB 14-15 Corpus Christi - Charles Teas, 413 Claremore, Corpus Christi, TX 78412
EB 15 Long Beach, CA - Sally Ann Peterson, 2107 San Vicente, Long Beach, CA 90815
FEB 28 North Miami, FL - Lee Singleton, City Pool, 13150 NE 8 Ave., North Miami, FL
MAR 13 Gatorade S.C Russell Salmon, 1714 S. High St., Bloomington, IN 47401
MAR 14 Mid. Atl. Assn Dick Mesirov, 191 Presidential Blvd., Bala Cynwyd, PA 19004
MAR 20-21 San Antonio, TX - Neil Wilson, 8730 Bravo Valley, San Antonio, TX 78227
MAR 28 Fun & Fitness - Ellyn Morris, 4914 Fran Pl., Alexandria, VA 22312
APR 2-4 Southern Regional - R. E. Beach, Judicial Bldg. #402, St. Petersburg, FL 33701
APR 3 Yale University - Jane Hardy, 49 Wilson Ave., Rowayton, CT 06853
APR 3-4 York Dutch Masters Meet - Cal Schaffer, 2826 Eastwood Dr., York, PA 17402
APR 10-11 OHIO Championships - Tom Cloyes, 1642 Cleveland Ave., NW, Canton, OH 44703 APR 10-11 San Antonio, TX - Joanita Reed, Rte 3, Box 208 KK, San Antonio, TX 78218
APR 16-17 WIU - Dr. Paul Hutinger, 815 N. Charles, Macomb, IL 61455 APR 23-25 Michigan Champ Bill Burrell, 115 E. Miller Rd., Lansing, MI 48910
APR 23-25 Englewood Open - Jack Buchannan, 3800 S. Logan St., Englewood, CO
APR 24-25 Inland Empire Assn Harry Lewis, E. 944-39th, Spokane, WA 99203
APR 24 25 Kansas City, KS - Neal Scott, 7912 Roe Ave., Prairie Village, KS 66208
APR 25 So. Carolina Champ Bob Wilson, 201 Prentiss Ave., Greenville, SC 29605
MAY 1-2 Texas A&M - Will Worley, 1001 Village, College Station, TX 78218
MAY 8 3rd Annual Spring Open - Alice U. Jones, 2740 Watson Blvd., Endwell, NY 13760
MAY 14-16 NATIONAL SC CHAMPIONSHIPS - Guy Barnicoat, 25211 Pacifica, Mission Viejo, CA
MAY 14-16 NATIONAL DIVING - Ted Keller, SHOF, One Hall of Fame Dr., Ft. Lauderdale, FL
MAY 28-30 Florida Assn R.E. Beach (above)
JUL 9-11 WORLD CHAMPIONSHIPS **********DON'T KNOW WHERE YET *************