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WHY WE SWIM: RESULTS OF A QUESTIONNAIRE

by

Drs. Patti and Paul Hutinger Associate Professors Western Illinois University

A questionnaire developed by the writers was distributed at the short course nationals for Master Swimmers in May, 1975, causing alot of comments, some jokes, many questions, and a few indignant people! The questionnaire produced a national sample of Master Swimmers from 25 through the 70's, who participated in that meet, in addition to a few others who sent a zeroxed copy of a friend's questionnaire to us several weeks later.

It was both the best of questionnaires and the worst of questionnaires. While one respondent wrote, "Are you two swimmers? It doesn't sound like it," others wrote "keep up the good work". In response to that first question, the answer is "Yes, we both are swimmers representing a wide range of ability." One of us holds national records and numerous top-ten ratings, while the other holds the rather dubious distinction of often being the slowest swimmer in a meet. One of us has been swimming since high school while the other has been swimming for about three years.

The questionnaire, then, was designed to yield data from both the skilled, and the unskilled, the experienced swimmers and the ones who are new to the Masters program. Although some complained that the questionnaire was focused only on Master swimmers who are married, we feel that perhaps there was a greater builty-in age bias, i.e., the questions were aimed more at older swimmers rather than the 25-35 age group. The term "person who shares a primary relationship" was used so that the marriage factor would not necessarily be the most important relationship. A primary relationship could be a friend, a parent, or a child, as well as a spouse.

Since the project was exploratory and the first of its kind, the questions were designed to provide general information about Masters Swimmers. The items were openended, so even though it may have taken you a long time to fill it out, you were free to decide upon the direction of your answer in many cases. Forced-choice question responses would have limited the nature of the information gathered. The amount of date gathered is almost staggering, and will provide resources for several articles related to how we feel about Masters Swimming, the problems we have, and the changes we've made because of swimming.

Since nothing of this nature has been done with Masters Swimmers, our primary objective was to pull out information related to how you feel about yourselves since you have been participating in the program. Up until now, the most evident results have been in the realm of physiological and cardiovascular fitness, with a volume of details about the percentages at which we are inevitably declining in performance because we are getting older (even though there is disagreement about this too), but there are other important areas that are also touched and effected by swimming. Once a person makes a commitment, however small, to a fitness program, then behaves in terms of that commitment, it effects many other areas of his or her life. Although we have no evidence on this, it may be that the very act of filling out your questionnaire, or reading it over, started you thinking about some of these things.

Some of the things several of you have mentioned to us in the past few months led to this idea. Because we feel that the benefits of Masters Swimming do effect areas related to psychological and sociological aspects of functioning, including sexual activity, as well as physical activity, we attempted to document the presence or absence of the factors that we believed might be positive attributes of Masters Swimming. We enjoyed developing the questionnaire and evidently you had a good time filling it out, judging by the remarks and questions we've been hearing during the year.

Two-hundred and fifty-eight persons responded and returned the questionnaire, 150 men and 108 women. Many were afraid that their individual responses would be identified, but this was not possible. Responses to each item, across all questionnaires, were recorded by graduate research assistants who have no interest in Masters Swimming --- yet, provided by support from the Western Illinois University Research Council. They spent long hours tabulating results, item by item. Results for each item were blocked on the following factors: sex, record or non-record holder, and age (every 10 years, except for the 25-29 age group). Percentages were computed for many items, although work on this is still not complete, and means were computed for some responses. Detailed and complete results are not reported in this article, however they will be forthcoming. The purpose of this paper is only to provide general information about the questionnaire.

#### DIFFERENT THINGS TO DIFFERENT PEOPLE

There is a definite difference in the way younger swimmers and older ones view Masters swimming. Swimmers under 30 tend to view the competitive element as most important to them, while those who are older rate general and cardio-vascular fitness as top priority factors. One swimmer in the 25-29 group indicated that "the opportunity for good ex-athletes to be able to continue competing and working out -- the only difference between age group and master is age when the swimmers are in the vater. I think you have a pre-conceived idea about this program -- old recreators and not ex-competitors." (Note: we hope this person stays in the program long enough to discover some of the other benefits and rewards of Masters Swimming).

The results of our survey showed that the following major factors, arranged in order of importance, were motivational forces to begin Masters Swimming:

- 1. cardiovascular fitness
- 2. to improve body tone
- 3. for relaxation
- 4. for recreation
- to lose weight

Also included in the questionnaire was a choise which indicated that Masters Swimming provided opportunities for meeting members of the opposite sex. This was rated as a very low priority by almost all respondents, except for an interesting comment from one who indicated that he or she had rated that item as very low, however this person had met a member of the opposite sex at the meet in Ft. Lauderdale, fallen in love, and the couple is planning to be married. (Both had rated the particular item as very low!)

In spite of the fact that some Masters Swimmers want to be known as "swingers", or at least we get that impression from many comments and jokes about the questionnaire, 158 respondents (more than half) were still in their first and

only marriage, a rather impressive statistic in terms of present day divorce rates. Nearly one in three marriages end in divorce, according to recent figures cited by the O'Neills. Thirty-five of the sample had never married.

When asked about the level of sexual activity before you began training and at the present time, about 1 in 5 said it was higher (52), while 1 in 9 said it was less (31). Several mentioned that they were too tired after working out. Level of sexual activity was rated "about the same" by 165 respondents (about 3 out of 5), while some did not answer that item.

Frequency of intercourse ranged from 0 times per week for 8; once or twice a week for 106; three times a week for 35; 4 for 22; 5 for 14; 6 for 3; while two others reported considerably more activity.

As they participate in the program, swimmers' reports generally show that they tend to display the following characteristics:

- 1. their physical self-image becomes more positive
- they view themselves as younger, rather than older, dispite their actual age
- they see themselves as having more strength (endurance)
- 4. they are more relaxed
- 5. they are somewhat more self sufficient
- they are more physically active in pursuits of daily activities
- 7. they are in much better general physical condition
- they have greater control over their bodies, or perceive that they do
- they enjoy meeting other swimmers at meets and workouts, and express this enjoyment at contact with other people who show some concern
- some view Masters swimming meets as vacations, while others regard them as tension producing as well as "too-expensive"
- women's responses indicate sexual differences in several areas including employment, salaries, the way they view their participation

Generally, most of the respondents viewed Masters Swimming as being a positive force in their lives, although several attributed positive factors to other life experiences that were more important to them. One swimmer in the 60-69 age group summed it up this way: "For the older untrained swimmer, I think the satisfaction of learning new skills is very important. Becoming an 'athlete' late in life may be something one laughs at, but it still does alot for one's self esteem." Another views Masters Swimming as "icing on the cake of life." From the 20-29 group comes this recognition of the importance of adult fitness: "We need to encourage more people to set up Masters programs. The emphasis is on age group swimmers and adult fitness is sadly neglected. Most adults get little, if any exercise." Over the long haul then, Masters Swimming seems to be more than times and winning at meets but other things that may be more or less tangible, but nevertheless, important to people!

#### MEDICAL MATTERS FOR MASTERS

or

"Things the Doctor knows that even the Coach can't tell you"

WARM UP TIME? Most athletes and most swimmers in the Masters Program would probably agree that a warmup period prior to vigorous exercise is important. A sudden plunge into vigorous activity is well known to cause damage to muscles and tendons. Will it increase your performance or lower your time and what is the effect on the heart?

Two excellent studies have been published since 1973 which shed some light on the above questions. One study involv-

ed the use of a electrocardiographic stress test and the other study measured arterial blood pressure. The first study was conducted on 44 healthy men, age 20 to 52. All of these men had undergone near-maximal electrocardiographic stress testing and no signs of coronary artery disease had been detected. There was some difference in physical fitness in the group i.e. they varied all the way from competitive marathon runners to totally sedentary individuals. The laboratory experiment was conducted in the following manner; after several minutes of rest in the morning the men were asked to run on a treadmill at 9 miles per hour and a 30% grade for ten seconds without any prior warmup. Sisty-eight percent of the men had abnormal electrocardiographic changes immediately after the run. When two minutes of easy jogging in place preceded the sudden strenous exercise the abnormal electrocardiographic changes were eliminated or reduced in severity in almost all cases.

In the second study the arterial blood pressure was measured in ten healthy men who range in ages from 20 to 52 years. All men were assumed to have normal coronary arteries and their near maximal treadmill exercise electrocardiograms were normal. When sudden, strenous exercise was performed without prior warmup, arterial blood pressure showed an abnormal increase. This greatly increased oxygen demands of the heart and again produced abnormal electrocardiographic changes. The subjects were then given 15 to 20 minutes of warmup followed by 15 to 20 minutes of rest before the sudden exercise. This warmup eliminated or reduced the severity of the abnormal electrocardiographic changes in all cases.

The results of these two studies suggest that the adaptation of coronary blood flow to a rapid increase in cardiac work is not instantaneous and that periods of ischemia may occur in hearts without apparent vascular obstruction. Serious damage to the heart of course could occur. (A myocardial infarction can be produced by physiologic narrowing of the coronary artery without vascular obstruction). Adequate warmup i.e. more than two minutes of easy jogging can be effective in reducing the ischemia. These findings provide a physiological basis for performing warmup before sudden strenous activity. Although warmup is suggested for everyone it is most important for those who have a reduced oxygen supply to the heart because of vascular obstruction or because of anemia and many other conditions. Similarly, those who have excessive demands placed on their hearts because of such conditions as hypertension or aortic stenosis should not perform sudden exercise without adequate warmup.

How does all of this translate to swimming? To the best of my knowledge the study has not been conducted. It would appear valid to conclude that a warmup period is desireable, that it include a period of easy swimming somewhere between 15 and 20 minutes prior to sudden exercise.

Obvious questions which arise and remain unanswered would include such things as how long can you wait for your event after the warmup period; what is the effect of age; prior physical conditioning; cardiographic stress testing results; presence of other illnesses; etc.

References for the above are available.

If some of the terminology used is foreign to you or might require further definition, please tune in to next month's bulletin. Succeeding articles are intended to cover such topics as the importance, need for and extent of an Annual physical examination, electrocardiographic treadmill stress testing, series of aerobic training, latest knowledge on anerobic conditioning, etc.

BY

RON TAYLOR, M.D.

(Pacific Northwest Association Newsletter)

### BROTHERS AND THEIR MATES ALL MASTERS SWIMMERS

E. E. "Bud" Dallmann joined Masters swimming in October, 1971 at the 1st Houston Masters swimming meet. Virgil and Betty joined Masters swimming in October 1973. Bud was an outstanding Intercollegiate swimmer. He has participated in at least one National Masters meet every year since 1972. Bud has his own cheering section at meets in New Braunfels. You can hear "Come on Coach Dallmann" or "Go Coach Dallmann". Lillian Dallmann swam in her first Masters swimming meet in New Braunfels in June. She has an amazing personality - always cheerful, considerate, friendly and a great help in giving her services at Masters meets.

Last year Lillian had a different kind of stroke. She was in intensive care following a heart attack stroke. Later she was in a wheel chair and not given any hope of ever walking again. She now walks and swam her first Masters event - the 50 meter backstroke. She

and Bud are Grandparents. Virgil Dallmann was also an outstand-

Left to right: Mrs. Virgil (Betty) Dallmann, E.E. "Bud" Dallmann, Virgil Dallmann, Mrs. E.E. (Lillian) Dallmann

ing Intercollegiate swimmer. He is still a fine swimmer, often winning high point awards, even though he swims with a handicapped arm, due to an industrial accident. Masters Swimming has made he and Betty's lives more meaningful. They feel better with regular exercise and do enjoy the social affairs connected with the meets. They have four girls (two married) and one son. Virgil and Betty live in Houston and swim for Texas-Gulf Masters team.

# Programmer Strokes Way To National **Swim Medals**

Some folks jog, some play tennis, others exercise at a neighborhood gym or spa. As mainstay of her physical fitness program, lab advisory programmer Alice Jones swims. She also golfs, skiis, plays softball and basketball with considerable skill; but her biggest splash has been in competitive swimming.

Last month Alice swam her way to two third-places and two fourth-places in the National AAU Masters Short Course Championships held at Mission Viejo, Calif. She was one of the more than 800 swimmers from throughout the country to compete in the three-day event.

Organized six years ago as a physical conditioning program for swimmers 25 years of age and up, the Masters Championships divides competition into fiveyear age categories. Alice competed in the 35-39 age class, and while she represented the Union Aquatic Club, she paid her own expenses for the total trip.

To earn the four medals, she swam the 50 freestyle in 30.13; the 100 breaststroke in 1:29.32; the 100 freestyle in 1:08.71, and

the 200 freestyle in 2:33.57.

A native of Beaver, Pa., Alice had worked summers as a lifeguard and swim instructor while attending the University of Pittsburgh. After joining IBM in 1960, her interest in the sport lapsed until three years ago when several programming associates encouraged her to join the Union Aquatic Club and participate in the Masters program.

She explained that the objective of the Masters is not solely competition, but "to swim for your own satisfaction, gradually

'To swim in the Masters," Alice said, "it not necessary to compete in the championships but some amount of improving your stamina and speed." She competition is desirous because it forces you to work harder."

Alice points out one of the particular advantages of swimming is that it's an individual sport with "results directly related to the amount of effort you personally choose to put into it. As a sport, it teaches work discipline, time management, and self-motivation.

said participants find that regular work-

outs at the pool help people stay in shape

and provide a recreational outlet.

On a regular basis, she swims three or four nights a week, at least an hour at a time, and has competed successfully in three national championships. An offshoot of her swimming has been an interest in volunteer service as one of the coaches for the Boys Club swim team, a group of 70 nine-to-twelve boys and girls, and in addition, as assistant coach for the Maine Endwell High School girls swim team. She also officiates at junior high and high school swim meets as well as local and regional AAU meets.

Coaching young people has been particularly rewarding, Alice claims. "I feel coaching swimming is a way to work with youth and use my athletic background to the best advantage," she says. "It keeps me involved and I really enjoy seeing the kids progress." .

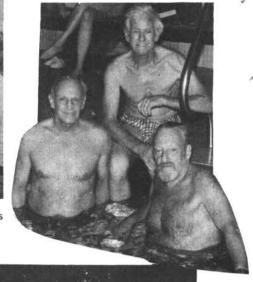




55 & Over - San Diego Masters 200 Yard Medley Relay Champions at SC Nationals Left to right: Bob Cowan (back), Tom Oakes (breast), Cliff Croome (fly), and Jerry Siefert (free)



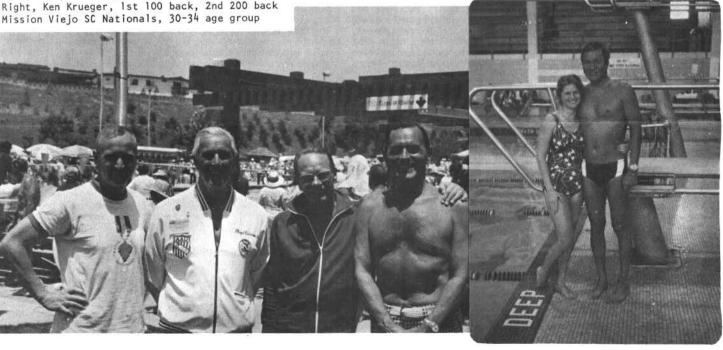
55 & Over - San Diego Masters 200 Yard Freestyle Relay Champions at SC Nationals Left to right: Jerry Siefert, Jorge Zorilla, Pete Lata and Cliff Croome



Left, Thompson Mann, 1st 200 back, 2nd 100 back Right, Ken Krueger, 1st 100 back, 2nd 200 back

## BICENTIAL '76 MAKES 50 YEARS OF SWIMMING FOR HAMILTON ANDERSON!

Ham Anderson, 62, started swimming in YMCA and Boy Scout Camp meets. He has held many records. In high school and Midwest AAU meets his specialty races were the 100 back and 200 free - being an All-Amercan in both events. Ham was one of the original Masters Swimmers, swimming in the first National meet held in Amarillo, Texas. Now is specialty events are the 400/500 and 1500/1650 frees. He has been the Gulf AAU Masters Chairman since 1971 and is the national chairman of the Masters Historian Committee. Ham was Masters All-American in 1975 and holds all of the records in his age group for the Gulf AAU Masters. At top, Ham (middle) again joins Bill Grant (left) and Frank Meyers (right) for more competition in Illinois.



FORMER YALE SWIMMING CAPTAINS AT THE AAU MASTERS NATIONAL SWIMMING CHAMPIONSHIPS HELD AT MISSION VIEJO, CALIFORNIA, MAY 14 - 16, 1976. SANDY GIDEONSE, 1956, LLOYD OSBORNE, 1932, ALAN FORD, 1945W, DICK LYON, 1945.

Newly wed Master swimmers Marynell & Tom Hetzel swim in College Station meet

# Pete Jurczyk Back into 'Swim' of Things at 70

By JERRY SHAW

News Tribune Sports Writer

You're never too old to start over again which is what 70-yearold Peter Jurczyk found out when he went back to swimming after a 50-year lavoff.

Jurczyk is one of the many swimmers in the Indian River Swim Club run by Bob Waymouth at Indian River Community College. The club is part of the Florida Association ot the AAU. It travels throughout Florida competing against other swim clubs.

Jurczyk's accomplishments in these events has enabled him to enter the Masters Tournament in Mission Viejo, Ca. on May 14-16. It is the national AAU championship for swimmers over 25 years of age.

Peter is in the 70-74-year-old age group. He has been in four meets winning 25 medals in 25 events and took home a trophy from the St. Petersburg regional meet in his age division

"I'm at my peak in the age group I'm in now," said Jurczyk is one of the youngest in his

He has already set four state records in the association for his division with a 50.7 time in the 50-yard backstroke a 1:52 6 time in the 100 backstroke, a 4:18.8 time in the 200 backstroke and a 2:09.6 time in the 100 individual

"I'll break most of them next time, I have improved," explained the confident Fort Pierce swimmer

He came to this area two years

ago from Seaside Heights, N. J. where he and his wife, Victoria, lived for 34 years. His neice mentioned something to him about the senior olympics and from there he got involved with the swim club where three of his

" . . . I was taking off a Few Seconds after Every Meet. When You Take off One Second, it's

Pete Jurczyk

grandchildren were swimming.

considered an

Achievement."

He swam a little bit up until his early twenties and when he came back it took some time to shape up again

"I was slow," he said on his return. "I kept improving my time after every meet. I was taking off a few seconds after every meet. When you take off one second, it's considered an

Jurczyk practices from two to three hours each day. His wife helps out at each event with the other ladies who work on the

scorekeeping at each meet

He is the only swimmer representing Fort Pierce at the Masters. He knows the competition will be tough at that tourna-

"In the meet there are quite a



Pete Jurczyk

few gold medal winners," he pointed out

After the meet a Mission Viejo Peter hopes to be at the World AAU championships which are right now, scheduled for East Lansing. Michigan on July 9-11.

# Jane Katz Gains Swimming Niche

By LENA WILLIAMS

At times, Jane Katz still wonders why she went to those overcrowded public swimming pools in Harlem and on the Lower East Side seven days a week. Twice she had been at-

tacked on her way home from the pool. And Sports women athletes were not only shunned but also discouraged

by the students and admin-istrators at the City College of New York when she at-tended that school from 1959 to 1963. "Maybe I did it because I

had water on the brain," she recently said. "God knows it wasn't because I loved walking home alone at night. And there wasn't any such thing as team spirit.
Women didn't even have a
swimming team at City back
in those days.
"We weren't allowed to
use the pool at school. There

were no coaches, no uni-forms and no money. In those days, women who competed in sports either kept quiet about it or shared their joys of victory with a few close friends."

Despite the frustrations, Jane Katz persevered. She helped establish a world-



Jane Katz

class women's synchronized swimming team at City Col-lege. She won the Ballinger Award as the outstanding senior woman swimmer in the Metropolities. senior woman sw the Metropolitan Athletic Union in 1959, 1960 and 1961. And now she sees a wel-coming of women's sports at her alma mater. Earlier this month, she became the first woman to be admitted to the C.C.N.Y. Sports Hall of Fame since timestimes. of Fame since its inception

of Fame since its irrecption 10 years ago.
"I hope my induction will serve as an incentive to those young women athletes who have wondered, "Why do I do it?" she said during the City College awards ceremony in Great Neck, L. I. "It is a great honor for me, but an even greater honor for womer's sports."

While she doesn't believe

While she doesn't believe that women were consciously excluded from the Hall of Fame, she points to many reasons for the failure to induct a woman.

"One, there weren't many opportunities for women to excel," she said. "Then women who did excel didn't do it at City. They wen't elsewhere. And finally, we must admit that male chauvinism still exists to a degree. It's gotten better, but it still exists."

Without sounding bitter, Miss Katz said she would have been a better swimmer had she received better coaching at City.

During a recent masters competition, an A.A.U. program designed for men and women swimmers 25 years and older, Miss Katz set a record of 5 minutes 56.93 record of 5 minutes 56.93 seconds for the 500-yard freestyle and 21:28.02 for the 1,650-yard freestyle. They were her best times, and she credits her performance to an improved stroke.

## Swimmer Finds Fountain of Youth

ON A RECENT WEEKEND, Skip Mann finally got a shot at Alan Ford, the national collegiate spring swimming cham-pion in the early 1940s. Ford, who com-peted for Yale when Mann was the swimming team captain at the University of 11linois, was seeded No. 1 and Mann No. 3 in the Masters championships at Mission Viejo, Calif. Thirty-two years after their college days, Ford and Mann were competing against each other for the first time. Mann confided that he would rather beat Ford than any man in the world because as a collegian he had envied the Ivy Leaguer.

Mann defeated Ford in the 50- and 100-yard freestyle and retained his title as the U.S.' No. 1 spring swimmer in his age class. A 50-year-old whippersnapper whipped Mann in the 100 and 200 breastreducing defending champion Mann to No. 2 in the nation in those

At age 51, the 5-foot-11, 170-pound Mann swims faster than he did as a collegian 32 years ago, outworks 30-year-olds (14-hour shifts are common), copes with the heavy stress in a stressful business far better than most executives and lives like a carefree dolphin.

You old huffers, puffers and worrywarts can enjoy that kind of life, too. All you have to do is swim one and a half hours five times a week. Swim until you ache. Wake up in the middle of the night in cold sweats. Hang in there. After a month or so, the aches and sweats will disappear, and maybe you can look like a 30-year-old despite 51 birthdays. A word of caution: Before you try the Skip Mann Plan for Everlasting Life, have all your vital organs tested by a physician.

MANN IS COLORADO'S Billy Graham of Masters swimming and he preaches the aquatic gospel everywhere he goes. reminding prospective converts that the program welcomes kids 25 years old and up. Some of the kids are 80 years old and still competing. Some couldn't swim a stroke at all until they were bitten by the Masters water bug. They have drowned mental hangups and assorted physical disorders. (Mann's wife, Louise, avoided a spinal operation by strengthening her back muscles in Masters competition.)

Masters swimming "is the closest thing

to an antiaging pill," according to Dr. Paul Hutinger who, naturally, is a Masters swimmer. Hutinger has written a convincing paper on the program and so has Mann. They tell us that Masters swimming benefits the cardiovascular system, lowers serum cholesterol, can prevent coronary disease, eliminates headaches, indigestion and cardiac discomfort, activates metabolism and can slow the aging process.

Ponce de Leon searched in vain for the fountain of youth that Masters siwmmers seem to have found. It wasn't exactly what Skip Mann was looking for three years ago. Between the ages of 25 and 48 he just dabbled in exercising and worried about it because he couldn't find the right kind for him. He tried running, handball, volleyball and aerobic exercises. He found them boring.

"THE THING that makes Masters swiming work is competition," Mann said. "You get peer pressures. The peers expect you to be there when the competitions start. You continually test yourself while you are having fun and improving your health-mentally and physically. You wind up with many new friends, attain a remarkable rapport with all kinds of people, gain three times more energy than you had before and you can handle daily stress much better.

At first reading, Mann's gospel sounds like a strange mixture of mysticism and medical science designed to convert the paranoid and prematurely decrepit into a squadron of Peter Pans, paddling blissfully to paradise. There's nothing mystical about Mann. He is a very practical and busy vice president of High Country Development Corporation that owns and operates 11 large inns (Holiday and Ramada). His Denver office is only slightly smaller than an Olympic-size pool. He is hounded day and night by business calls on company, home and automobile telephones.

He could be just another uptight cor-poration executive longing for longer lunches and martini breaks, popping Valium, brooding about blood-pressure tests and worrying about cardiograms. Instead, he's a healthy, happy, 51-year-old national swimming champion who can swim faster than he could at age 22.

I always believed swim-ming was based on the legs, not the arms. I was wrong," she said. "I used to overkick until my brother taught me how to use my arms in short-er distances. If I had known those things a few years ago, who knows what could have happened."

While the thought of what she might have lost over the years still haunts her, she is almost angered when she thinks of the hundreds of other frustrated female athletes who have walked the halls of City University un-noticed. Like the girl Jane met one day on campus wearing a track uniform.

"The girl said she had just won a rational event in a track meet at the Garden," Miss Katz recalled. "But she was very quiet about it, as if she didn't want anyone to hear her. You know, I never found out her name."

found out her name."

As part of her induction into the Hall, Miss Katz's name and accomplishments will be placed in the Wall of Champions, which is dedi-cated to the great athletes at City College. It wasn't too long ago that she stopped to glance at the Wall and said to herself how nice it would be to see a woman up there.

Miss Katz is an associate professor of health and phys-ical education at Bronx Community College, and belongs to the metropolitan mesters

swimming program on Long

At 33. she believes her career and her physical and mental health are better now than when she was a 25-year-old student at City Col-lege.

## National Champion

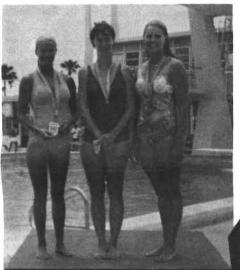
Jim Forbes, 50, of Bethnage just returned from California 2 gold and one bronze medals. He competed in the AAU 1976 National Masters Short Swimming pionships held at Mission Viejo, California, May 14, 15 and 16.

He won first place in his age group in the 100 yd. breaststroke with a time of 1-14.7 and 1st place in the 200Yds, breast stroke with a time of 2:49.9. He was fifth in the Individual Medley with a time of 1:13.38. Jim broke the national record for the 50 yd. breaststroke at Princeton University May 2, with a time of 33.067.

While in California he visited with his daughter Virginia Forbes at Ambassador College in Pasadena. She was given the trophy at her college for best swimmer of the year breaking 5 college records this year for her

# MASTERS DIVING-INDOOR NATIONALS

FT. LAUDERDALE, FLORIDA MAY 14-16, 1976



HALLYFAME POOL

CHICKS:

L. JUDITH COBLE 30.34 CHAMP C. MARSHA LUTZ 25-29 CHAMP

R. NANCY HOLT

25-29 RUMBER-UP



ED CRAREN NAT'L CHURMAN ONE METERCHAMP 45-49



HICKS: (INDIVIDUAL CLOWN DIVING)

L.JOE. MONE

NATE. HOLT

SID BROOKS, CHAMPION

TRUD CLEAVELAND

BILL CUNNINGHAM



YOUTH: L.NATE HOLT, 30-34 CHAMP; STEVE GREYMORNING 25-29 CHAMP. DICK LAWLER 40-44 CHAMP. JERRY ANDERSON 40-44 PRUDUER-UP; FRED FOX 35-39 CHAMP



XPERIENCE:
L.FRONTITED KELLER, MEET DIR.,
BILL MCALISTER GO-69 CHAMP, ISRUD CHAMELAND
50-59 CHAMP JUDY COBCE 30-34 CHAMP,
JIM MOORE 45-49 BRD, LEFT REAR: NAWY HOLT
JOE MONE 60-69, ?, ED CRARENJ 45-49 CHAMP,
JACK HARBOURNE 46-49 CHAMP JOHN SABLE
70-79 CHAMP, CHARLEDBHL 50-59, MARSHA LUTZ

MASTERS DIVING CHAMPIONSHIPS Fort Lauderdale, Florida	100m Butterfly J. Bauman 45 1:25	200 Mtr Butterfly Adrienne Pipes 42	200 Mtr Individual Med 4:01.85 Tom Ludwig 27	ley R. B. MacKenzie 48 2:32.88 Larry Larimore 48	1:09.70
May 15, 16, 1976	200m IM	200 Mtr Individual Med		2:54.40 Warren Keuhn 46 400 Mtr Preestyle	1:30.02
WOMEN ONE METER 25-29 Lt. Marsha Lutz USAF 347.30	J. Bauman 45 3:12	.51 MaryAnn Rasmussen 41 WOMEN 45-49	4:06.52 50 Mtr Freestyle Jon Bales 31	Neal Palmer 45 28.91 Tom Scotton 45	5:46.44
Nancy Holt, FL 328.30	100m Freestyle	50 Mtr Freestyle Helga Linnea Palmer 46	George Wright 33 33.92 Arthur Hale 34	29.63 Peter Buckley 45 30.49 Larry Larimore 48	5155.67
Judith Coble, PA 292.80	P. Rockwell 51 1:10 W. Baugher 54 1:15	.63 Jacqueline Smith 45 6.29 Janet Wolver 47	35.60 Jim Ferrell 34 40.15 Bill Berry 32	31.26 200 Mtr Backstroke 32.77 Neal Palmer 45	3:07.96
Rose Caplane, GCM 93.90 WOMEN THREE METER 25-29	200m Freestyle P. Rockwell 51 2:41	100 Mtr Freestyle Helga L. Palmer 46	John Schwarz 34 1:18.13 100 Mtr Freestyle	36.80 Jerry Cunningham 47 50 Mtr Breaststroke	3:15.46
Lt. Marsha Lutz, USAF 392.15 Nancy Holt, FL 354.50	W. Baugher 54 2:56 100m Butterfly	Jacqueline Smith 45 Janet Wolver 47 400 Mtr Freestyle	1:20.57 Jon Bales 31 1:32.92 George Wright 33 Arthur Hale 34	1:04.89 Larry Larimore 48 1:06.63 R. B. MacKenzie 48 1:11.35 Herb Nakama 46	39.33 40.00
Judith Coble, PA 281.60 MEN ONE METER 25-29	P. Rockwell 51 1:24 200m IM	Helga L. Palmer 46 200 Mtr Backstroke	6:28.13 Jim Ferrell 34 Ken Krueger 30	1:11.67 Luis Spamer 49 1:15.55 Warren Keuhn 46 1:19.60 too Mtr Breaststroke	40.85 46.76
Steve Greymorning, NY 334.90	P. Rockwell 51 3:13		3:17.01 John Schwarz 34 3:33.38 400 Mtr Freestyle	1:20.28 Herb Nakama 46	1:30.73
Nate Holt, FL 357.30	MEN 55-59 100m Freestyle	50 Mtr Breaststroke Jacqueline Smith 45	45.41 George Wright 33	5:28.13 Luis Spamer 49 5:45.77 Jerry Cunningham 47	1:30.74
Fred Fox, CA 333.90	L. Surles 58 1:16 N. Folker 58 1:31	.00 Janet Wolver 47	50.04 Jim Ferrell 34	6:18.14 warren keunn 45	1:49.81
Richard Lawler, TX 294.45 Jerry Anderson, FL 281.35	200m Freestyle L. Surles 58 2:57	Rita Mills 45  100 Mtr Breaststroke Jacqueline Smith 45	50 Mtr Breaststroke	36.53 Herb Nakama 46	3:01.02 3:24.10 3:31.99
Ed Craren, NE 273.65 Jack Harbourne, VA 265.50	N. Folker 58 3:26	.26 Helga L. Palmer 46 Janet Wolver 47	1:50.05 Jim Ferrell 34	38.76 200 Mtr Individual Me Tom Scotton 45	dley 3:06.07
Jim Moore, FL 209.55	MEN 60-64 Chuck Wilson 61	Rite Mills 45 200 Mtr Butterfly	2:01.00 Bill Berry 32	1:25.20 Herb Nakama 46 MEN 50-54	3:10.47
John Calhoun, FL 251.55 Brud Cleaveland, CA 227.25	100m Freestyle 1:20 200m Freestyle 3:45	.31 Anne Adams 48 .22 200 Mtr Individual Med	3:33.53 John Schwarz 34 11ey 200 Mtr Butterfly 4:25.01 Arthur Hale 34	3,42,51 Duane Draves 50	30.55
Bill McAlister, CA 209.80	100m Backstroke 1:44 200m IM 3:46	.45 Rita Mills 45 WOMEN 50-54	200 Mtr Individual Med George Wright 33	iley Jim Marcus 51	32.14 33.60
Joe Mone', CA 156.75 MEN THREE METER 25-29		50 Mtr Freestyle Dorothy LaChasse 52	Jon Bales 31 38.17 Bill Berry 32	2:59.94 John Itzel 54 3:21.15 Jack Gunningham 54 100 Mtr Freestyle	36.70 38.33
Steve Greymorning, NY 351.95 36-30 Nate Holt, FL 406.00	MOUNT SAN ANTONIO COLLEG	Joy McDaris 51 Grace Albus 52	41.91 MEN 35-39 46.45 50 Mtr Freestyle	Duane Draves 50 29.21 Richard Evans 50	1:08 53
Nate Holt, FL 406.00 35-39 Fred Fox, CA 386.20	Walnut, Calif - 50 Met June 19, 1976	er 100 Mtr Freestyle Dorothy LaChasse 52	John Rawlings 38	31.80 John Itzel 54	1:30.39
Hap Cordero, FL 234.30	50 Mtr Freestyle	Joy McDaris 51 Grace Altus 52	1:35.69 Richard LeRoy 35 1:45.42 Don Tice 37	34.90 Duane Draves 50 Jim Marcus 51	5:31.01 5:46.42
Rich Lawler, TX 309.00 Jerry Anderson 307.35	Joanne Menard 28 Marie Latham 27	33.05 Dorothy La Chasse 52 33.65 Grace Altus 52	7:16.22 Bill Page 35 8:06.07 John Rawlings 38	1:02.06 Richard Evans 50	6:00.36
Jack Harbourne, VA 281.35	100 Mtr Freestyle Lucy Johnson 29 1	109.64 Dorothy LaChasse 52	3:43.24 Bruce Hartwig 38	1:12.47 200 Mtr Backstroke	3:11.05
Ed Craren, NE 279.35 Jim Moore, FL 241.00	Joanne Menard 28 1 Marie Latham 27 1	114.20 Grace Altus 52 116.35 50 Mtr Breaststroke	4:22.53 Don Tice 37 Frederick Herr 39	1:18.23 John Itzel 54 1:24.55 50 Mtr Breaststroke Jack Burgan 53	41.10
50-59 Brud Cleveland, CA 244.10 Johnny Edwards, FL 203.75	Joanne Menard 28 5	Joy McDaris 51 154.30 Dorothy LaChasse 52	50.92 400 Mtr Freestyle 53.29 Bill Page 35	5:16.44 Jack Cunningham 54 6:42.26 John Itzel 54	51.77 53.69
Johnny Edwards, FL 203.75 60-69 Bill McAlister, CA 216.50	200 Mtr Backstroke	Joy McDaris 51 3126.83 200 Mtr Individual Me	1:52.34 Richard LeRoy 35 200 Mtr Backstroke dley Richard LeRoy 35	3:09.08 Jim Marcus 51	1:33.67
Charlie Diehl, FL 209.00 Joe Mone', CA 159.25	50 Mtr Breaststroke Joanne Menard 28	Grace Altus 52 47.55 Dorothy LaChasse 52	4.29.85 50 Mtr Breaststroke DQ John Rawlings 38	Lo R5 John Itzel 54	1:56.79
Jolly John Sable, CA 113.75	200 Mtr Butterfly Barbara Dunbar 27 2	women 55-59 143.82 50 Mtr Freestyle	Don Tice 37 100 Mtr Breaststroke	47.24 200 Mtr Butterily Jim Marcus 51	3:16.27
SID Brooks, FL 244	50 Mtr Freestyle	Bette Crowell 56 Viola Thompson 58	39.53 Frederick Herr 39 48.03 John Rawlings 38	1:34.50 Jack Burgan 53 1:36.07 200 Mtr Individual Med	edley 2:51.55
Bill Cunningham, FL 226 Brud Cleaveland, CA 214	Janet Royer 34 Barbara Wright 31 Christine Martin 34	35.36 100 Mtr Freestyle 38.89 Bette Crowell 56.	200 Mtr Individual Me 1:33.26 Richard LeRoy 35 1:36.72 MEN 40-44	3:28.91 Jim Marcus 51 Jack Burgan 53	3:10.03
Nate Holt, FL 210 Joe Mone', CA 168	Germaine Hall 30	39.98 Annetta Pfeiffer 58 42.49 Margaret George 59 103.45 Viola Thompson 58	1:36.72 1:44.07 <u>50 Mtr Freestyle</u> 1:45.00 Buddy Belshe 42	MEN 55-59 30.12 50 Mtr Preestyle	
MEN GRAND MASTER'S 45 & UNDER Nate Holt, FL 470.30 Rich Lawler, TX 449.90	100 Mtr Preestyle	Lorraine Peterson 58	1:59.63 David Lamott 40 Curt Miller 43	30.89 Luis Serrano 55	30.98
Jerry Anderson, FL 435.75 MEN SENIOR GRAND MASTERS 45+	Christine Martin 34 1 Barbara Wright 31 1	:30.16 Annetta Pfeiffer 58 :31.97 Margaret George 59	7:40.87 William Parks 40 7:53:42 Art Welch 43	31.33 Ernie Neben 55 31.65 Taylor Pletcher 55	34.37 37.60
John Calhoun, FL 327.15 Jack Harbourne, VA 287.75	Cathy Berry 31 2	128.66 Lorraine Peterson 58	8:55.70 100 Mtr Freestyle	33.94 100 Mtr Freestyle Bob Merrick 56 1:06.59 Robert Cowan 55	1:10.16
Bill McAlister, CA 280.85 Brud Gleaveland, CA 250.10	400 Mtr Freestyle Cathy Berry 31 10 50 Mtr Breaststroke	200 Mtr Backstroke Bette Crowell 56	Buddy Belshe 42 3:56.04 Joseph Klein 43	1:08.76 Don Rankin 59 1:11.44 Ernie Neben 55	1:17:19
TEAM CLOWN DIVING Carpenters - Miami 228	Janet Royer 34 Germaine Hall 30	47.07 Lorraine Peterson 58 47.07 50 Mtr Breaststroke 50.15 Rita Simonton 58	4:53.07 William Parks 40 Curt Miller 43 1:00.54 Edgar Frank 40	1:12.87 400 Mtr Freestyle 1:16.12 Don Rankin 59	5152.92
Johnny & Jimmy - Miami 204	Christine Martin 34 100 Mtr Breaststroke	54.34 100 Mtr Breaststroke Viola Thompson 58	2 00 20 Ron Richter 42	1:22.88 Robert Cowan 55	6:24.10
	Janet Royer 34 1 Germaine Hall 30 2	143.69 Lorraine Peterson 58	2:38.84 Buddy Belshe 42	200 Mtr Backstroke 5:15.92 Luis Serrano 55 5:48.74 Robert Cowan 55	3:19.20
Wisconsin Long Course - 50 Meters	Christine Martin 34	Rita Simonton 58 200 Mtr Individual Me	4124.80 Curt Miller 43	6:45.38 Tom Lind 58 Don Rankin 59	3:26.40
June 20, 1976	Janet Royer 34	3:25.28 Margaret George 59	4:12.09 Robert Gledt 42 4:17.78 50 Mtr Breaststroke	3:48.70 50 Mtr Breaststroke Tom Lind 58	40.12 42.69
WOMEN 25-29 100m Freestyle	50 Mtr Preestyle Marty Childs 36	35.93 Grace Deal 63	Wm. K. Davis 42 William Parks 40 52.70 David Lamott 40	35.22 Bob Merrick 56 38.52 Ernie Neben 55 40.59 100 Mtr Breaststroke	44.36
M. Brueggemeyer 26 1:39.9 N. Arnold 29 1:40.5	100 Mtr Freestyle	20 No Ruth Ridenour 61	1:00.63 Edgar Frank 40 Budd Symes 41	40.85 Tom Lind 58 41.51 Ernie Neben 55	1:32:09
S. Lewin 28 1:48.7 200m Freestyle	400 Mtr Freestyle	100 Mtr Freestyle Ruth Ridenour 61 100 Mtr Breaststroke	2:16.56 Ron Richter 42 Curt Miller 43	42.48 Bob Merrick 56 43.19 Don Rankin 59	1:37.5
S. Lewin 28 3:48.8	39 200 Mtr Backstroke 36 Betsy Jordan 39	Grace Deal 63 WOMEN 65-69	2:34.02 100 Mtr Breaststroke Wm. K. Davis 42	200 Mtr Butterfly 1:21.33 Don Rankin 59	3:45.16
M. Brueggemeyer 26 4:00.7	Marty Childs 36	45.14 Johnnie Belshe 67	William Parks 40 2:29.64 David Lamott 40	1:25.68 200 Mtr Individual M 1:32.57 Bob Merrick 56	3:21.17
N. Arnold 29 1:57.5	TOO MEL DIGGERATIONS	48.21 200 Mtr Backstroke Dorothea Cole 66	Edgar Frank 40 4,49.44 Budd Symes 41 5,51.10 Ron Richter 42	1:33.25 Tom Lind 58 1:33.52 MEN 60-64 1:42.52 50 Mtr Freestyle	3121.65
S. Lewin 28 2:07.1	70 Helen Geoffrion 37 1 200 Mtr Butterfly	MEN 25-29	200 Mtr Butterfly Art Welch 43	Reg Richardson 64 2:58.72 Walter Slike 62	32.64 50.31
N. Arnold 29 2:10.8 MEN 35-39	39 Betsy Jordan 39 Helen Geoffrion 37	3:33.80 50 Mtr Freestyle 3:57.41 Rick Wilson 29	29. 32 Robert Giedt 42	4:06.80 100 Mtr Freestyle edley Jim Eubank 60	1:12.11
Arnold Kleban 39 200m Freestyle 2:43.		Jerry Homstad 26 3:21.89 Rick MacDonald 25 3:49.22 100 Mtr Freestyle	32.36 William Parks 40	2:46.23 Reg Richardson 64 2:59.35 Walter Slike 62 3:08.78 400 Mtr Freestyle	1:15.15
100m Backstroke 1:22.0		Rick Wilson 29 Jerry Homstad 26	1:06.14 David Lamott 40 1:08.74 Joseph Klein 43	3:10.12 Jim Eubank 60 3:16.51 Walter Slike 62	5:52.81 9:05.0
MEN 45-49	Adrienne Pipes 42 Margrit Graef 44	37.98 Neil Speckman 28 42.04 400 Mtr Freestyle	1:20.64 Ron Richter 42	3:26.77 50 Mtr Breaststroke 3:46.31 Reg Richardson 64	45.86
P. Girdes 48 1:09.	MaryAnn Rasmussen 41	42.38 Rick Wilson 29 50 Mtr Breaststroke	5:30.51 Robert Gledt 42 MEN 45-49 32.20 R. B. MacKenzie 48	100 Mtr Breaststroke Reg Richardson 64	
200m Freestyle	Adrienne Pipes 42 MaryAnn Rasmussen 41	1:26.21 Tom Ludwig 27 1:35.45 Rick MacDonald 25 Neil Speckman 28	43.77 Peter Buckley 45	28.39 200 Mtr Butterfly 30.70 Walt Pfeiffer 62	11 17,44
	36 Margrit Graef 44	3:53.98 100 Mtr Breaststroke Tom Ludwig 27	46.21 Larry Larimore 48 Luis Spamer 49 1:15.85 Jerry Cunningham 47	30.85 <u>200 Mtr Individual N</u> 31.69 Walter Sl <u>ike 62</u> 34.03 MEN 65-69	5154.00
	50 Mtr Breaststroke MaryAnn Rasmussen 41 100 Mtr Breaststroke	59.56 Rick MacDonald 25 200 Mtr Butterfly	1:33.36 100 Mtr Freestyle	1:04.61 Frank Booth 65	32.19
J. Bauman 45 1:33.	14 100 Mtr Breaststroke Margrit Graef 44	1:49.35 Jerry Homstad 26	2:56.13 Peter Buckley 45	1:08.30 Ernest Hale 65	44.12

100 Mtm Presectule 100 Mtm Besketmake	50 Mtm Bookstmore	50 Mtr Butterriy	The second secon
100 Mtr Freestyle Frank Booth 65 1:14.14 Anne Adams 48	1:34.75 Richard LeRoy 35	36.41 Tom Lind 58 42.94 Bob Merrick 55	38.56 OREGON ASSOC'N CHAMPIONSHIPS 39.48 JUNE 5-6, 1976
Ernest Hale 65 2:09.17 Jacqueline Smith 45 400 Mtr Freestyle Rita Mills 45	1:39.31 Pat Geraghty 35 2:05.56 200 Mtr Breaststroke	400 Mtr Individual Medley	LAKE OSWEGO, OREGON 25.18 25 YARD POOL
Rufus Clark 65 7:52.92 200 Mtr Breaststroke 50 Mtr Breaststroke Jacqueline Smith 45	Frederick Herr 39 3:44.18 Pat Geraghty 35	3:50.00 Ernie Neben 55 7:	31.48 WOMEN 25-29
Rufus Clark 65 48.12 Helga Linnea Palmer 46 Ernest Hale 65 55.40 Rita Mills 45	3:58.25 50 Mtr Butterfly 4:08.12 Bill Page 35	31.05 MEN 60-64	31.81 50 yd Freestyle Judi Shaw 27 :29.26
100 Mtr Breaststroke Janet Wolver 47 Rufus Clark 65 1:47.94 50 Mtr Butterfly	4:11.13 Frederick Herr 39 100 Mtr Butterfly		32.81 100 yd Freestyle
Ernest Hale 65 2:41.45 Jacqueline Smith 45 200 Mtr Butterfly Janet Wolver 47	43.39 Frederick Herr 39 48.88 400 Mtr Individual Medl	ey Mel Maxwell 64	33.84 200 yd Freestyle Darlene Pohl 26 2:21.34
Alfred Guth 67 4:28.86 400 Mtr Individual Med Ernest Hale 65 5:44.08 Anne Adams 48	ey Patrick Schlup 36	5:44.13 200 Mtr Freestyle 6:05.26 Jim Eubank 60 2:	10.60 50 yd Backstroke
200 Mtr Individual Medley WOMEN 50-54 Alfred Guth 67 3:56.85 50 Mtr Freestyle	Bill Page 35	6:29.55 50 Mtr Backstroke	Danlene Pohl 26 :37.08
MEN 70-74 Tina Dickinson 54	46.43 Frank Reynolds 44	29.84 Reg Richardson 64	45.42 100 yd Hackstroke
50 Mtr Preestyle 200 Mtr Preestyle 58-37 Tina Dickinson 54 100 Mtr Freestyle 200 Mtr Breaststroke	3:51.70 Rudolf Graef 44	30.45 Reg Richardson 64 3:	52.08 200 yd Backstroke Susan Snyder 27 2:47.65
Charles Cushman 74 2:15.15 Tina Dickinson 54	Edgar Frank 40 4:10.87 Dick Campbell 42	34.76 Mel Maxwell 64	38.01 50 yd Breaststroke 47.08 Susan Snyder 27 :38.31
WOMEN 35 & Over 200 Mtr Medley Relay  SO Mtr Freestyle	200 Mtr Freestyle Bud Belshe 42	2:30.25 MEN 65-69	Judi Shaw 27 :42.58 Jane Lindgren :46.31
Santa Barbara SwimClub 3:13.47 Kita Simonton 57	42.97 Nino Cupaiuolo 41 Dick Campbell 42		.76 50 yd Butterfly Judi Shaw 27 :34.66
Rasmussen, Altus) Viola Thompson 30	4:20.34 50 Mtr Backstroke Rudolf Graef 44	Tom Monahan 65 34 38.13 Leonard Chapin 68 4	1.12 Darlene Pohl 26 2:42.35
200 Mtm Medley Relay Rita Simonton 57	53.96 Edgar Frank 40 Dick Campbell 42	43.44 Rufus Clark 65 4: 50.09 Louis McCreery 65 4:	3.70 100 yd I.M. 4.37 Susan Snyder 27 1:15.50
Los Angeles Masters 2:24.85 100 Mtr Butterfly Viola Thompson 58 (MacKenzie, Larrimore, 400 Mtr Individual Med	2:11.37 100 Mtr Backstroke	1:24.24 Frank Booth 65 3:0	Judi Shaw 27 1:24.24
MIXED 55 & Over Rita Simonton 57	8:42.45 Bud Belshe 42	1:26.14 Tom Monahan 65 3:28	3.41 50 yd Freestyle
Long Beach Swim Club 2:31.58 50 Mtr Backstroke	200 Mtr Breaststroke Nino Cupaiuolo 41	3:07.49 50 Mtr Backstroke	Jacque Coan 33 :37.48
(Neben, Simonton, Grace Deal 63 Merrick, Crowell) WOMEN 65-69	1:01.90 Bud Belshe 42 Edgar Frank 40	3:24.41 Louis McCreery 65 1:0	1.70 Karen Wagner 34 :40.28
50 Mtr Freestyle Johnnie Belshe 67	Jeff York 40 56.72 Ron Richter 42		8.99 Cathy Crichton 33 37:30.99 50 yd Backstroke
Dorothea Cole 66 50 Mtr Backstroke	1:01.79 50 Mtr Butterfly Frank Reynolds 44	32.58 200 Mtr Breaststroke	Jayne Chastain 30 :41.62
SANTA ANA MEET Dorothea Cole 66 Santa Ana, California Johnnie Belshe 67	1:04.47 Art Welch 43 1:06.56 Nino Cupaiuolo 41	37.30 Ernest Hale 65 5:1	7.97 Cathy Crichton 33 :48.88
June 6, 1976 - 50 Meter Pool 100 Mtr Backstroke	Rudolf Graef 44		8,65 Karen Wagner 34 1:44.68
WOMEN 25-29 Dorothea Cole 66 Johnnie Belshe 67 WOMEN 70-74	2:19.07 100 Mtr Butterity 2:38.51 Art Welch 43 Frank Reynolds 44	1,28,46 Leonard Chapin 68 5	4.33 50 yd Breaststroke Alice Zabudsky 31 :40.14
Harbara Dunbar 2/ 47.72 50 Mtr Freestyle	Nino Cupaiuolo 41	1:28.99 100 Mtr Butterfly Alfred Guth 67 1:5	6.54 Karen Wagner 34 :50.33
Lucy Johnson 29 30.90 Elizabeth Mauric 72 34.31 200 Mtr Freestyle	Bud Belshe 42	6:12.32 Ernest Hale 65 2:0 6:34.09 400 Mtr Individual Medley	0.90 Alice Zabudsky 31 1:29.74
200 Mtr Freestyle Elizabeth Mauric 72 Christine Schroeder 27 2:55.99 200 Mtr Breaststroke	Jeff York 40	7:43.23 Alfred Guth 67 8:1 7:49.50 MEN 70-74	200 yd Breaststroke
Marie Latham 27 3:08.80 Elizabeth Mauric 72 50 Mtr Backstroke 36 70 MEN 25-29	6:12.46 Ron Richter 42 MEN 45-49	50 Mtr Freestyle	Alice Zabudsky 31 3:11.34 0.10 50 yd Butterfly
Lucy Johnson 29 42 56 50 Mtr Freestyle	50 Mtr Freestyle Nesl Palmer 45	29.44 200 Mtr Freestyle	6 23 Jacque Coan 33 :43.24
Marie Latham 27 49.17 Daniel Beckman 28	29.50 Peter Buckley 45 30.80 Don Hubbard 49	33.13 200 Mtr Breaststroke	6 02 200 yd Butterfly
Lucy Johnson 29 1:21.08 David Dunbar 20	200 Mtr Freestyle		0.32 Alice Zabudsky 31 3:01.37 WOMEN 35-39
Barbara Dunbar 27 31.49 Daniel Beckman 20	Neal Palmer 45	2:49.05 200 Mtr Freestyle Relay	50 yd Freestyle Jan Shaw 37 :34,43
Marie Latham 27 37.74 Daniel Beckman 20	43.40 50 Mtr Backstroke Jerry Cunningham 47	Mission Viejo 2:0 41.47 (Graef, Cupaiuolo, LeRoy,	7.07 50 yd Backstroke Jan Shaw 37 :41,94
Barbara Dunbar 27 1:12.00 100 mtr Dacks 100	1:33.90 100 Mtr Backstroke Neal Palmer 46	1:22.49 Schlup) MEN 65 & Over	WOMEN 40-44 50 yd Freestyle
WOMEN 30-34  John Cook 27	35.07 Jerry Cunningham 47	1:33.93 200 Mtr Freestyle Relay	Jeanne Kennett 41 :41.71 9.88 100 yd Freestyle
Janet Royer 34 Christine Martin 34 Christine Martin 34 Christine Martin 34 September 31 September 34 Septembe	36.48 Jerry Cunningham 47 Tom Scotton 45	3:20.23 (Guth, Chapin, Hale, Mona 3:34.49	
50 Mtr Freestyle	Don Hubbard 49	3149.22 4100.66	Jeanne Kennett 41 3:29.61 Mary Goar 41 3:42.33
Janet Royer 34 3:08.53 Ken Krueger 30	28.23 50 Mtr Butterfly 28.23 Don Mubbard 49	35.18	50 yd Backstroke Connie Wilson 41 :37.51
Cathy Berry 31 5:43.66 George Wright 33	29.94 100 Mtr Butterfly	Bengal Invitational 1:34.77 June 5, 1976 50 Mtr Poo	Jeanne Kennett 41 :51.25
Cathy Berry 31 1:30.32 Bill Berry 32	36.93 400 Mtr Individual Me Tom Scotton 45	n n n initializa	Connie Wilson 41 1:21.79 50 yd Breaststroke
Janet Royer 34 43.90 200 Mtr Freestyle	2.21 83 MEN 50-54	Women 25-29 50 Meter Freestyle	Connie Wilson 41 :49.95
100 Mtr Butterfly John Bales 31	2:29.51 John Itzel 54	36.71 Susan Epps 28 37 50 Meter Backstroke	.66 Jeanne Kennett 41 :56.01
Janet Royer 34 1:40.41 George Wright 33 Christine Martin 34 1:43.86 Arthur Hale 34	3:00.22 Duane Draves 50	2:35.28 Susan Epps 28 41	.46 100 yd I.M. Jeanne Kennett 41 1:56,14
Janet Royer 34 7:25.92 50 Mtr Backstroke	3:10.65 Jim Marcus 51 29.54 50 Mtr Backstroke 29.54 John Itzel 54	Susan Epps 28 49	.45 200 yd I.M. Connie Wilson 41 3:29,39
WOMEN 35-39 Ken Krueger 30 200 Mtr Preestyle Arthur Hale 34	)/.01 too Mtr Backstroke	54.10 50 Meter Freestyle	WOMEN 50-54 .13 50 yd Freestyle
Marty Childs 36 3:00.30 Bill Berry 32 50 Mtr Backstroke John Bales 31	40.91 Jim Marcus 51 42.30 John Itzel 54	1:59.05 Diana Weber 33 51	145 Mary Anne Wolfe 50 :34.3e 100 yd Freestyle
Mary Taschner 39 36.70 100 Mtr Backstroke	1:34.48 Zim Marcus 51	3:19.57 Diana Weber 33 1:06	200 yd Freestyle
Marty Childs 36 3:31.09 Bill Berry 32 Helen Geoffrion 37 3:59.23 200 Mtr Breaststroke	Jack Burgan 53	3:27.54 Cnis Rojas 30 52	.68 Marquita Redston 5:02.68 .79 1650 yd Freestyle
50 Mtr Butterfly Helen Geoffrion 37 45.14 Bill Berry 32	3:100.19 Duane Draves 50 3:16.14 Jim Marcus 51	13.39 to Motor Buttonfly	Mary Anne Wolfe 50 29:37.75 Elfie Stevenin 54 46:44.58
Marty Childs 36 45.79 John Schwarz 34 100 Mtr Butterfly 50 Mtr Butterfly	J140.25 John Itzel 54	55.10 Men 30-34	50 yd Backstroke Mary Anne Wolfe 50 :43.49
Helen Geoffrion 37 1:48.26 Ken Krueger 30	27.50 Jim Marcus 51		3.15 50 yd Breaststroke Virginia Joslin 51 :58.61
Marty Childs 36 7:04.26 John Bales 31	32.56 Jack Burgan 53 33.21 400 Mtr Individual M		1.98 100 yd Breaststroke Virginia Joslin 51 2:07.51
WOMEN 40-44 Bill Berry 32	35.47 Duane Draves 50	6:15.10 50 Meter Butterily 6:27.14 Wally Fall 32	2.76 50 vd Butterfly Elfie Stevenin 54 1:27.01
Margrit Graef 44 48.19 John Schwarz 34	43.56 Jack Burgan 53 MEN 55-59	7:01.04 Men 35-39 50 Meter Freestyle	200 yd Butterfly
Margrit Graef 44 3:50.84 Arthur Hale 34	1:33.61 50 Mtr Freestyle Bob Merrick 55	31.19 50 Meter Backstroke	100 yd I.M.
Margrit Graef 44 50 Mtr Butterfly Margrit Graef 44 WOMEN 45-49 WOMEN 45-49 Margrit Graef 44 WOMEN 45-49 MOMEN 45-49	5:52.83 Luis Serrano 55 6:29.62 200 Mtr Preestyle	50 Meter Breaststroke	400 yd I.M.
50 Mtr Freestyle	8:10.91 Luis Serrano 55 Bob Merrick 55	2:47.75 Men 55-59	WOMEN 55-59 50 yd Freestyle
Jacqueline Smith 45	50 Mtr Backstroke 28.73 Luis Serrano 55		3.57 Eileen Biglin 58 :47.48
Janet Wolver 47 39.03 Bill Fage 35 200 Mtr Freestyle Richard LeRoy 35	31.02 Tom Lind 58	42.03 SO Meter Breaststroke	100 yd Freestyle Eileen Biglin 58 1:45.34
Helga Linnea Palmer 46 3:00.95 Fat delaghty 55	35.15 Tom Lind 50 Don Rankin 59	1:32.08	200 yd Freestyle Eileen Biglin 58 4:06.42
Jacqueline Smith 45 Janet Wolver 47  Janet Wolver 47  Jacqueline Smith 45  50.18 Patrick Schlup 36	2:18.37 Ernie Neben 55	1:44.02	50 yd Backstroke Eileen Biglin 58 1:08.58
Rita Mills 45 Tyy Page 45 105.82 Pat Geraghty 35	3:16.17 Tom Lind 58 Ernie Neben 55	3:27.75 3:29.74	
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	WOMEN 60-64		200 yd Butterfly		100 yd Breaststroke		100 ml free		MEN 25-29	
	50 yd Freestyle Clare Carey 64	:46.46	Stoddart Smith 32 100 yd I.M.	2:27.23	Neil Farnham 59	1:47.72	K. Juechter 39	1:24.09	50 yd. free	25,60
	100 yd Freestyle		Karl von Tagen 32 Howard Moore 31	1:00.45	200 yd Butterfly Earl Walter 55	3:10,35	200 yd. free J. Mackey 37	2:48.10	J. Reihan 26 100 yd. free	
Ĺ	Clare Carey 64 50 yd Backstroke	1:43.24	Jim Puterbough 31	1:14.37	100 yd I.M. Earl Walter 55	1:15,88	K. Juechter 39	3:18.50	R. T. Krier 29 200 yd. free	961.DO
	Clare Carey 64 WOMEN 65-69	: 55, 27	Cecil Kribs 34 200 yd I.M.	1:17.73	200 yd I.M. Earl Walter 55	2:55.45	S. Howard 35 C. Rossi 38	1:37.01	M. Ross 28 500 yd. free	2:10.10
	50 yd Freestyle Nicki Powers 68	:51.33	Howard Moore 31 Joe Lanza 32	2:21.22 2:38.65	400 yd I.M. Earl Walter 55	6:18.19	200 yd. back S. Howard 35	3:21.20	M. Ross 28 D. Jenkins 26	5:51.00 6:21.42
	Hazel Bressie 67 500 yd Freestyle	1:01.46	400 yd I.M. Joe Ianza 32	6:03.52	MEN 60-64	22122112	C. Rossi 38	3:30.50	1650 yd. free	20:26:65
	Hazel Bressie 67	17:35.80	MEN 35-39	0.00.02	50 yd Freestyle Don Stevenson 64	:32.01	50 yd. breast 1. Stine 37	41.00	M. Ross 28 D. Jenkins 26	22:01.74
	50 yd Backstroke Nicki Powers 68	1:07.14	50 yd Butterfly David Eng	138.39	Robert Schmidt 60 100 yd Freestyle	:36.81	B. Russell 36 C. Rossi 38	41.57	D. Jenkins 26	29,,60
	Hazel Bressie 67 50 yd Breaststroke	1:25.59	100 yd Butterfly David Eng	1:36.24	Don Stevenson 64 200 yd Freestyle	1:16.07	100 yd. breast I. Stine 37	1:28.60	R. Becker 26 100 yd. back	54.80
	Nicki Powers 68 Hazel Bressic 67	1:06.89	MEN 40-44 50 yd Freestyle		Don Stevenson 64	2:52.26	B. Russell 36	1:31.40	T. Ertel ?R	1:04.00
	100 yd Breaststroke		Robin Hesse 42	:27.69	50 yd Backstroke Syd Hendy 63	:43.38	S. Howard 35 200 yd. breast		D. Jenkins 26 200 yd. back T. Ertel 28	1:07.10
	Hazel Bressie 67 MEN 25-29	3:13,62	Jim Bigler 40 P.T. Tutmark 44	:29.11	100 yd Backstroke Syd Hendy 63	1:39.49	I. Stine 37 B. Russell 36	3:18.30 3:21.13	T. Ertel 28 50 yd. breast	2:15.80
	50 yd Freestyle Kim Lintner 26	:23.14	Brian Heard 41 100 yd Freestyle	:34.73	50 yd Breaststroke Robert Schmidt 60	:45.37	C. Rossi 38	3:41.97	R. Becker 26 100 yd. breast	St. His
	Robert Maestre 26 Louis Budge 27	:23.90	Robin Hesse 42 Jim Bigler 40	1:05.09	100 yd Breaststroke Robert Schmidt 60	1:49.81	50 yd. fly J. Mackey 37 I. Stine 37	36.40 37.40	R. Becker 26	1:70.70
	Tom Andersen 25 Ernie Glass 26	:24.40	P.T. Tutmark 44	1:21.55	50 yd Butterfly		100 yd. ind. medle;		200 yd. breast R. Becker 26	2:59.:4
	Doug Crichton 29	:30.23	200 yd Freestyle Robin Hesse 42	2:36.18	Don Stevenson 64 100 yd I.M.	:40.28	J. Mackey 37 I. Stine 37	1:23.60	50 yd. fly R. T. Krier 29	27.70
	100 yd Freestyle Robert Maestre 26	152.44	P.T. Tutmark 44 500 yd Freestyle	3:08.57	Don Stevenson 64 MEN 65-69	1:28,22	S. Howard 35 C. Rossi 38	1:33.00	100 yd. fly R. T. Krier 29	1:12.36
	Louis Budge 27 Gary Leach	:53.49	P.T. Tutmark 44 50 yd Breaststroke	8:29.57	50 yd Freestyle	:33.77	200 yd. ind. medle S. Howard 35		100 yd. ind. medl	
	Tom Andersen 25	:53.78	George Burgess 44	:37.81	Dana Thomas 69 100 yd Freestyle				R. T. Krier 29 T. Ertel 28	1:06.80
	Kim Lintner 26 Brian Douglass 27	1:15.71	Brian Heard 41 100 vd Breaststroke	:41.24	Dana Thomas 69 500 yd Freestyle	1:24.81	100 yd. free		200 yd. ind. medl T. Ertel 28	P:25.40
	200 yd Freestyle Robert Maestre 26	1:59.44	Brian Heard 41 200 yd Breaststroke	1:34.51	Max Strauss 66 50 yd Backstroke	10:07.61	B. Mohr 44 200 yd. free B. Mohr 44	1:16.55	R. T. Krier 29	6y 5:07.90
	Tom Andersen 25 Gary Leach	2:00.37	George Burgess 44 50 yd Butterfly	3:12.13	Bob Hunter 65 100 yd Backstroke	:58.93	B. Mohr 44	2:48.70	MEN 30-3	
	Bill Banholzer Brian Douglass 27	2:26.95	George Burgess 44 100 yd 1.M.	:36.26	Max Strauss 66	1:56.90	500 yd. free B. Mohr 44	7:41.00	50 yd. free	
	500 yd Freestyle	2:57.23	George Burgess 44	1:19.85	Bob Hunter 65 200 yd Backstroke	2:07.65	100 yd. ind. medle B. Mohr 44	1:28.80	D. Clingner 32 100 yd. free	25.64
	Tom Andersen 25 Doug Crichton 29	5:45.81 6:59.93	200 vd I.M. George Burgess 44	3:11.85	Bob Hunter 65 100 yd I.M.	4:30,18	B. Mohr 44	3:16.40	D. Clingner 57 50 yd. back	1:70.70
	Bill Banholzer 1650 yd Freestyle	7:05.00	MEN 45-49 50 yd Freestyle		Max Strauss 66 MEN 75-79	1:56.76	WOMEN 45-4	9	B. Rounds 34 J. Goetz 35	75.40
	Trond Williams 26 Doug Crichton 29	23:44.96 24:41.81	Eric Guest 46 Fred Sprenger 45	:28.42	1650 yd Freestyle	52:48.08	50 yd. free B. Turcotte 48	34.50	50 vd. breast	(29, 85)
	Bill Banholzer	25:59.20	Jim Snow 49	:32,60	Roy Webster MEN 80+	32:46.06	100 yd. free B. Turcotte 48	1:17.30	K. Simpson 30 B. Rounds 34	55,10
	William Kensey 50 yd Backstroke	33:20.12	Leo Haglund 48 100 yd Freestyle	:36,22	50 yd Freestyle Collister Wheeler 82	:45.10	R. Conrad 48 500 yd. free B. Brandstatter 48	1:57.45	J. Goetz 35 J. Balderson 54	36.45
	Jon Stout 29 100 yd Backstroke	:27.68	Fred Sprenger 45 Eric Guest 46	1:05.72	50 yd Breaststroke Collister Wheeler 82	:55,16	R. Conrad 48	10:46.20	D. Clingner 32 100 yd. breast	5:.47
	Jon Stout 29 200 yd Backstroke	1:01.65	Jim Snow 49 Leo Haglund 48	1:19.08	RELAYS 25 5 200 yd Freestyle Rela	UP	B. Turcotte 48	40.10	K. Simpson 30	1:07. 6
1	Jon Stout 29	2:19.86	200 ye Freestyle Fred Sprenger 45	2:24.52	J.Stout, L.Budge,	1:34.79	100 yd. back B. Turcotte 48	1:24.66	B. Rounds 34 J. Goetz 33	1:14.60
	50 yd Breaststroke Boug Adams 26	:31.50	Jim Snow 49	2:56,02	G. Leech, E.Glass		200 yd. back		J. Balderson 34 200 yd. breast	1:20,60
	Randy Harris 28 100 yd Breaststroke	:32,02	Leo Haglund 48 500 yd Freestyle	3:13.67	~~~~	~~~	B. Brandstatter 48 50 yd. breast R. Conrad 48		K. Simpson 30 B. Rounds 34	2:31.13 2:4H.85
	Doug Adams 26 Randy Harris 28	1:11.00	Fred Sprenger 45 Leo Haglund 49	6:27.47 9:04.78	WHITEFISH BAY		100 vd. breast	54.63	J. Balderson 34 50 yd. fly	5:08.93
	200 yd Breaststroke Doug Adams 26	2:38.00	1650 vd Freestyle Fred Sprenger 45	22:41.27	Whitefish Bay, Wi		R. Conrad 48 200 yd. brenst	2:05.40	B. Rounds 34	7.40
	Randy Harris 28	2:40.80	50 yd Backstroke		WOMEN 25- 50 yd. free	29	B. Brandstatter 48		J. Hilliard 31 D. Clingner 32	45.90
	50 yd Butterfly Kim Lintner 26	:26.12	Donlan Jones 46 200 yd Backstroke	:34.36	N. Arnold 29	35.00 7 35.10	R. Conred 48 100 yd. ind. medle	4:27.07	100 yd. fly J. Hilliard 51	1: 4.00
	Gary Leach Ernic Class 26	:26.75	Donlan Jones 46 50 yd Breaststroke	3:09.87	M. Brueggemeyer 2 100 yd. free		B. Turcotte 48 B. Brandstatter 40	1:29.89	200 yd. fly J. Hilliard 31	(179,90
	100 yd Butterfly Ernic Class 26	1:08.84	Don Van Rossen 47 Donlan Jones 46	:36.55	M. Brueggemeyer 2 N. Arnold 29	1:24.10	WOMEN 50-		J. Goetz 32	1:10.50
	100 yd I.M. Kim Lintner 26		Emmanuel Sang 45 100 yd Breaststroke	:42.21	200 yd. free M. Brueggemeyer 2	7 3:22.30	50 yd. free A. Irish 51	39.60	J. Balderson 54	1:20.00
	Doug Adams 26	1:02.45	Bon Van Rossen 47	1:18.48	500 yd. free M. Brueggemeyer 2		100 yd. free		D. Clingner 32 200 yd. ind. medl J. Hilliard 31	1; ***.70
	Tom Andersen 25 Randy Harris 28	1:07.58	Emmanuel Sang 45 200 yd Breaststroke	1:42.29	50 yd. back N. Arnold 29	43.10	A. Irish 51 200 yd. free	1:37.60	J. Hilliard 31 J. Goetz 33	11:54.10
	200 yd I.M. Boug Adams 26	2:19.21	Don Van Rossen 47 Emmanuel Sang 45	2:54.41 3:57.13	M. Brueggemeyer 2		500 yd. free	3:55.70	MEN 35-3	
	400 yd I.M. Ernie Glass 26	5:47.92	100 yd Butterfly Emmanuel Sang 45	2:01.61	100 yd. back N. Arnold 29	1:36.20	N. Lawrence 54	9:53.50	50 yd. free D. Holzhauer 29	7.1
	MEN 30-34 50 yd Freestyle		100 yd I.M. Don Van Rossen 47	1:15.62	N. Arnold 29	3:46.90	A Irich 51	52.50	A. L. Grant %	1.4
	Karl von Tagen 32	:22.82	Donlan Jones 46	1:20.17	WOMEN 30-	34	N. Lawrence 5:	4:31.70	h. Nordin 36 100 yd. free	
	Joe Lanza 32 Eldon Rose 34	129.32	200 yd I.M. Don Van Rossen 47	2:55.35	50 yd. free Trene David 32	27.90	N. Lawrence 53	1:04.80	D. Holzhauer 30 F. Hellmuth 38	120 000
	Bill Tate 30 Dave Copeland 33	:31.12	MEN 50-54 50 yd Freestyle		B. Bennett 33	28.80	100 vd Fly	1:10.30	A. L. Grant 34 K. Nordin 38	1:1".0
	100 yd Freestyle Karl von Tagen 32	:51.22	Jim Holland 52 Chuck Harrison 50	:28.49	C. Clingner 37	41.70	N. Vesely 53	3:38.00	200 yd. free P. Hellmuth 38	19,70. 0
	Bill Tate 30	1:15.25	100 yd Freestyle Jim Holland 52	1:06.57	P. Sengstock 33 200 yd. free I. David 32	1:20.61	200 rd and medl	6:09,46	J. Lenaway 37	1271.66
	200 yd Freestyle Cecil Kribs 34	2:39.06	Chuck Harrison 50	1:10.22	I. David 32 500 yd. free	2:50.06	N. Vesely 53	5:28.30	A. L. Grant % 500 yd. free	:37.90
	500 yd Freestyle Stuart Morris 32	6:57.39	Chuck Harrison 50	2:43.00	500 yd. free P. Sengstock 53	8:05.00	N	11:35.58	P. Hellmuth 38 J. Lendway 27	1 117.5
	1650 yd Freestyle Howard Moore 31	20,47.96	500 yd Freestyle Chuck Harrison 50	7:44.08	1650 yd. free I. David 32	23:24.78	WOMEN 55- 50 yd. fly J. Eppley 56		A. L. Grant 36 K. Nordin 58	7:07.HL
	Stuart Morris 32 50 yd Backstroke	23:43.13	John Runckel 1650 yd Freestyle	7:58.94	B. Bennett 33	34.00	J. Eppley 56	39.60	1650 yd. free P. Hellmuth 38	71140.41
	Cecil Kribs 34	: 34.65	Chuck Harrison 50 50 yd Butterfly	27:42.59	P. Sengstock 53 C. Clingner 31	42.60 53.10	o * Thhird's No	1:39.29	A. L. Grant 36	5:10:40
	100 yd Backstroke Howard Moore 31	1:03,62	Fred Eckhardt 50	:36,36	B. Bennett 33	1:13.30	J. Eppley 56	3:44.30	D. Holzhauer 34	5.8
	Cecil Kribs 34 200 yd Backstroke	1:21.51	100 yd Butterfly Fred Eckhardt 50	1:27.73	C. Clingner 31 200 yd. back	2:01.45	J. Eppley 56	3:30.55	K. Nordin 38 50 yd. breast	40. B
	Howard Moore 31 Cecil Kribs 34	2:19.71 2:54.84	200 yd Butterfly Fred Eckhardt 50	3:09.89	P. Sengstock 33	3:17.50	J. Eppley 56	7:25.98	J. Lendway 37 H. Viol 38	10.00
	50 yd Breaststroke Stuart Morris 32	:37.20	MEN 55-59 50 yd Freestyle		B. Bennett 33	1:27.70			J. Lendway 37	1:00
	Eldon Rose 34	:37.86	Thomas Shrewsbury 55 100 yd Freestyle	:31.16	50 yd. fly 1. David 32	29.50	ECC and Chan	12:08.24	H. Viol 38	1:34.31
	100 yd Breaststroke Eldon Rose 34	1:26.13	Neil Farnham 59	1:24,10	100 yd. fly I. David 32	1:09.26	ACEO and Cana	41:33.81	J. Lendway 27	1:44.44 1:50.41
	50 yd Butterfly Stoddart Smith 32	:26.84	50 yd Backstroke Earl Walter 55	:32.93	B. Bennett 33	2:38.89	fact and house		H. Viol AP	
	Karl von Tagen 32 Joe Lanza 32	:27.14	Thomas Shrewsbury 55 100 yd Backstroke	:40.56	WOMEN 35-	39	50 yd. breast E. John 65	59.60	50 yd. free	
	Stuart Morris 32 Bill Tate 30	:34.59	Neil Farnham 59 50 yd Breaststroke	1:39,44	50 yd. free J. Mackey 37 K. Juechter 39	30.50 37.30	100 yd. breast	55.35	D. Suhm 42 50 vd. breast	- V . W
	100 yd Butterfly Stoddart Smith 32	1:01.57	Thomas Shrewsbury 55	:50.08	n. odechter 37	27.30	E. John 65	2:03.50	D. Vear 44	47.7
	Total Company	*******			_					

100 yd. breast							
J. Furman 43	1:32.30	H. Howe 64	1:08.90	Women 40-44		200-yard Ind.Medley	1EN 45-49
200 yd. breast	1. 7 70	R. Carnes 64	1:10.73			Alice Jones 3/ 3:34.90	50-yard Freestyle
J. Furman 43	3:32:63	E. Sebastian 64	1:34.20	50 Yard Freestyle		WOMEN 40-44	Leo Tersmette 49 38.60
50 yd. fly D. Vear 44	B 5 5353	200 yd. free C. Wilson 61	2.25 70	Marilyn Williams(41) 50 Yard Backstroke	41.1	50-yard Backstroke Betty Pitts 44 44.10	James Pitts 45 1:00.00
D. Vear 44	31.00	H. Howe 64	2:35.30 2:37.80 3:27.40	Marilyn Williams(41)	48.6	100-yard Backstroke	200-yard Freestyle
100 yd. ind. medley	<u> </u>	E. Sebastian 64	3:27.40	50 Yard Breaststroke	40.0	Betty Pitts 44 1:43.80	Len Soldstone 46 2:15.10
D. Suhm 42	1:21.00	500 yd. free	2.5 ( . 10	Marilyn Williams(41)	56.3	WO'TEN 45-49	James Pitts 45 2:21.30
200 yd. ind. medley	L	H. Howe 64	7:01.50	112222	00.0	50-yard Freestyle	500-yard Freestyle
D. Vear 44	2:42.50	1650 yd. free		Women 45-49		Pat Clinton 48 33.20	George McVey 48 8:36,20
400 yd. ind. medley			1:51.17	77 13		100-yard Freestyle	50-yard Breaststroke
D. Vear 44	5:57.57	50 yd. back	Anna A	50 Yard Breaststroke		Pat Clinton 48 1:16.80	Len Goldstone 46 35.90
200 yd. free	* **	C. Wilson 61	37.40	Karly Legere(45)	49.5	200-yard Freestyle	George McVey 48 36.50
D. Vear 44	2:22.80	H. Howe 64	45.10			Pat Clinton 48 2:48.40	100-yard Breaststrole
MEN 45-49		200 yd. back		Men 25-29		50-yard Backstroke	George McVey 48 1:21.90
50 yd. free	274-1070-007		4:08.60	CWOOD ALL ROLL AND STREET STREET		Pat Clinton 48 39.90	200-yard Breaststroke
P. Girdes 48	26.80	50 yd. breast	75. 70	50 Yard Freestyle		100-yard Backstroke	Leo Tersmette 49 4:01.40
E. kirk 46	29.50	G. Trawicki 60	36.30	Jim Percy(25)	25.4	Pat Clinton 48 1:25.50	Jack Howell 46 34.00
100 yd. free	50.40	R. Carnes 64 100 yd. breast	40.45	Mike Jones(27)	26.7	50-yard Freestyle	Jack Howell 46 34.00 Leo Tersmette 49 46.10
R. White 49 F. Girdes 48	58.10 59.11		1:20.80	Charles Fairbanks(26) Ray Mut(27)	27.9 33.7	Ruth Lechner 62 54.00	100-yard Butterfly
E. hirk 46	1:05.87	200 yd. breast	1.20.00	May Muc(2/)	33.1	200-yard Freestyle	Len Goldstone 46 1:12,30
200 yd. free	1.07.07		3:03.37	50 Yard Backstroke		Ruth Lechner 62 4:24.10	Tack Howell 46 1:17.30
R. White 49	2:12.50	50 yd. fly		Ray Mut(27)	44.3	500-yard Freestyle	Leo Tersmette 49 1:59.30
P. Girdes 48	2:17.90	C. Wilson 61	34.20	50 Yard Breaststroke		Ruth Lechner 62 11:42.90	100-yard Ind. Medley
E. Kirk 46	2:37.00	G. Trawicki 60	39.50	Charles Fairbanks(26)	34.3	50-yard Breaststroke	Jack Howell 46 1:16.80
500 vd. free	500	200 yd. fly		Mike Jones(27)	36.2	Ruth Lechner 62 1:06.70	George 'tc''ey 48 1:23.70
M. Byers 48	6:43.30		3:29.40	Ray Mut(27)	47.2	MEN 25-29	Leo Tersmette 49 1:39.80
L. hirk 46	7:30.70	200 yd. ind. medley		50 Yard Butterfly		50-yard Freestyle	200-yard Ind Medley
1650 yd. free		C. Wilson 61	3:10.63	Jim Percy(25)	26.6	Tom Meade 28 21.40 Mike Cleary 26 23.80	Tack Howell 46 3:08.70
J. Bauman 45	23:05.34	MEN DO DE		Charles Fairbanks(26)	30.6	100-yard Freestyle	50-yard Breaststroke
N. Byers 48	23:41.21	500 yd. free		Mike Jones(27)	30.6	Tom Teade 28 49.50	Tim Forbes 50 33,80
50 yd. back R. White 49	70 00		8:20.53	Men 35-39		Bert Mason 27 52,50	100-yard Breaststroke
	32.70	1650 vd. free	0.20.	11011 -11-12		Brian Krause 26 52.70	Jim Forbes 50 1:16.50
N. Byers 48	1:18.60	1650 yd. free I. Merritt 72 57	7:13.89	50 Yard Freestyle		"like Cleary 26 54,40	200-yard Breaststroke
E. Korbai 46	1:25.40	C. Brown 70 1:10	0:04.85	Carlyn Cruzan(38)	27.0	200 usel Becoefule	Jim Porbes 50 2:56.20
200 yd. back	1.2 2.40	50 yd. back		50 Yard Breaststroke		Brian Krause 26 1:58.40	1E4 55-59
M. Byers 48	2:57.50	I. Merritt 72	59.70	Carlyn Cruzan(38)	32.3	Mike Cleary 26 2:02.10	50-yard Preestyle
50 yd. breast		C. Brown 70	1:03.10	50 Yard Butterfly		500-yard Freestyle	Robert Horigan 57 44.50
50 yd. breast G. Williams 48	35.65	100 yd. back	A 22	Carlyn Cruzan(38)	29.6	Brian Krause 26 5:48.70	100-yard Preestyle
100 yd. breast		C. Brown 70	2:52.47	TO SECURE TO SECURE		Tike Cleary 26 5:59.00	Robert Horigan 57 2:00.60
G. Williams 48	1:17.30	50 yd. breast 1. Merritt 72		Men 40-44		Russ Langevin 28 7:40.00	Robert Horigan 57 52.50
50 yd. fly R. White 49		1. Merritt 72	1:03.30	PK CONTRACTOR		50-yard Backstroke	100-yard Breaststroke
	30.20	200 yd. breast	Essance en	50 Yard Freestyle	110000000000000000000000000000000000000	John Vasko 25 29.50	CONTROL PROGRAMMENT CONTROL TO AND ADMINISTRATION OF THE PROGRAMMENT CONTROL TO ADM
Ł. Korbai 46	34.70		5:18.57	Julian Dyason(41)	26.9	100-yard Backstroke	Robert Horigan 57 2:07.50
100 yd. fly		RELAYS		Abba Kastin(41)	28.0	John Vasko 25 1:06.79	ME1 65-69
J. Bauman 45	1:11.47	WOMEN		50 Yard Backstroke	N 75 - 175 -	200-yard Backstroke	50-yard Precstyle
200 yd. fly	G 1681 684	200 yd. medley		Julian Dyason(41) 50 Yard Breaststroke	33.8	John Vasko 25 2:32.50	Joh Lechner 66 51.10
R. Kueny 45	2:39.18	Shabbona Sharks 35+ I. Stine		Julian Dyason(41)	33.3	50-yard Breaststroke	100-yard Freestyle
J. Bauman 45	2:52.70	R. Conrad		Abba Kastin(41)	37.5	Jim Perkins 26 30.10	John Lechner 66 2:06.50
100 yd. ind. medle	1:20.30	B. Brandstatter		Al Robelct(44)	1-4-9	100-yard Breaststroke	John Lechner 66 4:57.10
E. Korbai 46			3:43.70	50 Yard Butterfly		Russ Langevin 28 1:25.10	John Lechner 66 4:57.10 500-yard Freestyle
200 yd. ind. medle: J. Bauman 45	2:44.37	200 yd. free		Abba Kastin(41)	34.5	Tom Meade 28 25.50	John Lechner 66 13:38.70
L. Korbai 46	3:05.82	Shabbona Sharks 25+		Ab Robelot(44)	40.1	100-yard Butterfly	50-yard Backstroke
400 yd. ind. medlej		M. Brueggemeyer				Brian Krause 26 59.40	John Lechner 66 1:05.50
J. Bauman 45	5:52.01	N. Arnold		Men 50-54		100-yard Ind. Medley	200 yard Melley Pelav
:24400440000000000000000000000000000000		I. Stine	0.70.74	En Ville Paris Day		Jim Perkins 26 59.40	WOMEN 20 and up
MEN 50-54		B. Brandstatter 2	2:39.31	50 Yard Freestyle Harris Copenhaver(53)	24 -	Bert 1ason 27 1:02.20	Union Aquatic Club 3:31.00
50 yd. free							
		MEN				*1EN 30-34	(Vunk, Tones, Tatchell,
J. Schmidt 53	26.80	MEN 200 vd medley				50-yard Freestyle	Benninger)
T. Cloyes 54	27.10	200 yd. medley		Men 55-59		50-yarl Preestyle Bernie White 32 26.70	Benninger) Buffalo Y 3:16.81
T. Cloyes 54 W. Baugher 54	27.10 27.20	ZOO yd. medley Tosa 45+		Men 55-59		50-yarl Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Harly,
T. Cloyes 54 W. Baugher 54 R. Rauba 50	27.10 27.20 29.00	Tosa 45+ L. Surles			30.2	50-yarl Preestyle Bernie White 32 26.70 Len Delmolino 30 42.70 100-yard Preestyle	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser)
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53	27.10 27.20 29.00 39.30	ZOO yd. medley Tosa 45+ L. Surles P. Girdes		Men 55-59 50 Yard Freestyle		Bernie White 32 26.70 Len Delmolino 30 42.70 100-yard Freestyle John deBarbadillo 34 56.70	Benninger) Buffalo Y 3:16.81 (Dorgan,Crawford,Harly, Kaiser) VOMEN 25 and up
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 M. Numerowski 52	27.10 27.20 29.00	ZOO yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman	2:10.10	Men 55-59 50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59)		50-yard Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70 100-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20	Benninger) Buffalo Y 3:16.81 (Dorgan, Grawford, Harly, Kaiser) VOUNT 25 and up ACC 2:24,40
T. Cloyes 54 W. Baugher 54 R. Rauba 50 1. Valle 53 N. Numerowski 52 100 yd. free	27.10 27.20 29.00 39.30 42.40	200 yd. medley Tose 45+ L. Surles P. Girdes J. Bauman R. White	2:10.10	Men 55-59 50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Stelner(59) 50 Yard Breaststroke	30.2 42.5	50-yard Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle	Benninger) Buffalo Y 3:16.81 (Dorgan, Grawford, Harly, Kaiser) VOUNT 25 and up ACC 2:24.40 (Clinton, Tobie, Curley, Smith)
T. Cloyes 54  W. Baugher 54  R. Rauba 50  L. Valle 53  N. Numerowski 52  100 yd. free  F. Hutinger 51	27.10 27.20 29.00 39.30 42.40	200 yd. medley Tose 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+	2:10.10	Men 55-59 50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59)	30.2	50-yard Froestyle Bernie White 32 26.70 Len Delmolino 30 42.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) VOHEL 25 and up ACC 2:24.40 (Clinton, Tobie, Carley, Smith) HE: 25 and up
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 M. Numerowski 52 100 yd. free F. Hutinger 54 J. Schmidt 53	27.10 27.20 29.00 39.30 42.40 56.75 59.62	200 yd, medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway	2:10.10	Men 55-59 50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Faul Stelner(59) 50 Yard Breaststroke Joe Paul Steiner(59)	30.2 42.5	50-yard Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) VOUGE 25 and up ACC 2:24.40 (Clinton, Tobie, Curley,
T. Cloyes 54 W. Baugher 54 R. Rauba 50 1. Valle 53 N. Numerowski 59 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Yiol	2:10.10	Men 55-59 50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Faul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)	30.2 42.5 38.6	50-yard Froestyle Bernie White 32 26.70 Len Delmolino 30 42.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:38.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergman 31 33.20	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) VOHEL 25 and up ACC 2:24.40 (Clinton, Tobie, Carley, Smith) HE: 25 and up
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 55 N. Numerowski 52 100 yd. free F. Hutinger 54 J. Schmidt 53 W. Baugher 54 R. Rauba 50	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:04.60	200 yd, medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle		Men 55-59 50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)	30.2 42.5 38.6	50-yard Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) VOULL 25 and up ACC (Clinton, Tobie, Curley, Snith) ME: 25 and up Cornell University 1:46.50 (Gattert, Perkins, leade, Tason)
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 57 N. Numerowski 52 100 yd. free F. Hutinger 54 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Kumerowski	2:45.37	Men 55-59 50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)	30.2 47.5 38.6	50-yard Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Harly, Kaiser) VOMEN 25 and up ACC 2:24.40 (Clinton, Tobic, Cirley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, Tason) Buffalo Y 1:53.70
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:04.60 1:37.50 1:41.60	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+		Men 55-59 50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Faul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59) UNION ADUATIC CLUB TA SUMY Binghamton, MY	30.2 47.5 38.6	50-yard Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70 100-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40 T, Niu 31 . 40.00	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) NOUNT 25 and up ACC 2:24.40 (Clinton, Tobie, Curley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, Meade, Tason) Buffalo Y 1:53.20 (Vasko, Blaser, Tason,
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 54 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:41.60 2:10.34	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+ P. Girdes		Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNION ADUATIC CLUB 'M SUMY Binghamton, MY  WOMEN 25-29	30.2 47.5 38.6	50-yard Froestyle Bernie White 32 26.70 100-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 37.40 T. Niu 31 40.00	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Early, Kaiser) 109103 25 and up ACC 2:24.40 (Clinton, Tobie, Curley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'tason) Buffalo Y 1:53.20 (Vasko, Blaser, "ason, Krause)
T. Cloyes 54 W. Baugher 54 R. Rauba 50 1. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 54 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 54 J. Schmidt 53	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:04.60 1:37.50 1:41.60 2:10.34	200 yd, medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tose 45+ P. Girdes R. White		Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB 'IM SUNY Binghamton, IM  WO'MEN 25-29 50-yard Freestyle	30.2 47.5 38.6 STERS 5/8/76	50-yard Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70 100-yard Freestyle John deRarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 T. Niu 31 40.00 100-yard Breaststroke Barry Carlip 32 1:30.10	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Harly, Kaiser) VOUNT 25 and up ACC 2:24.40 (Clinton, Tobie, Cirley, Smith) MER 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'dason) Buffalo Y 1:53.20 (Vasko, Blaser, Mason, Krause) 200 yard Freestyle Relay
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 57 N. Numerowski 52 100 yd. free F. Hutinger 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:37.50 1:41.60 2:10.34 2:20.70 2:33.50	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Kumerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman	2:45.37	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB 'M SUNY Bindhamton, NY WOTEN 25-29 50-yard Preestyle Dianne Benninger 27	30.7 42.5 38.6 STERS 5/8/76	50-yard Froestyle Bornie White 32 26.70 Len Delmolino 30 42.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 100-yard Breaststroke Harry Carlip 32 7.13.10 T. Niu 31 1:29.00	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Early, Kaiser) 109181 25 and up ACC 2:24.40 (Clinton, Tobie, Curley, Smith) ME: 25 and up 11:25 and up 12:46.50 (Gantert, Perkins, leade, Tason) Buffalo Y (Vasko, Blaser, Mason, Rrause) 200 yard Freestyle Relay 100181 20 and up
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 M. Numerowski 59 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:04.60 1:37.50 1:41.60 2:10.34	200 yd. medley Tose 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Yiol L. Valle M. Exmerowski 200 yd. free Tose 45+ P. Girdes R. White J. Bauman L. Surles	2:45.37	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNION ADUATIC CLUB 'IA SUNY Binghamton, IA WOMEN 25-29 50-yard Preestyle Dianne Benninger 27 Mary Kaiser 25	30.2 47.5 38.6 STERS 5/8/76	50-yard Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40 T. Niu 31 40.00 100-yard Broaststroke Barry Carlip 32 1:13.10 T. Niu 31 1:29.90	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Harly, Kaiser) VOUNT 25 and up ACC 2:24.40 (Clinton, Tobie, Cirley, Smith) MER 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'dason) Buffalo Y 1:53.20 (Vasko, Blaser, Mason, Krause) 200 yard Freestyle Relay
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 Baugher 54 S00 yd. free	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:37.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles LIlinois Masters 45-	2:45.37	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Faul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN AGUATIC CLUB 'IA SUNY Binghamton, IN  WHEN 25-29 50-yard Preestyle Dianne Benninger 27 'lary Kaiser 25 100-yard Freestyle	30.2 47.5 38.6 38.6 5/8/76	50-yard Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70 100-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40 T. Niu 31 40.00 100-yard Breaststroke Barry Carlip 32 1:31.10 T. Niu 31 1:29.90 200-yard Breaststroke Barry Carlip 32 2:54.60	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Early, Kaiser) VOHEN 25 and up ACC 2:24.40 (Clinton, Tobie, Cirley, Shith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'tason) Buffalo Y 1:53.20 (Vasko, Blaser, 'tason, Krause) 200 yard Presstyle Relav HOTEN 20 and up Union Aduatic Club 2:18.30 (Benninger, 'unb, Jones, Catchell)
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 57 N. Numerowski 57 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 F. Hutinger 51 F. Hutinger 54 F. Hutinger 54	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:37.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters W. Baugher	2:45.37	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNION ADUATIC CLUB 'M SUNY Binghamton, NY  WOMEN 25-29 50-yard Freestyle Dianne Benninger 27 'ary Kaiser 25 100-yard Freestyle Sharon Smith 25	30.2 42.5 38.6 STERS 5/8/76 39.80 49.90	50-yard Froestyle Bernie White 32 26.70 Len Delmolino 30 42.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40 T. Niu 31	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) VOUGE 25 and up ACC 2:24.40 (Clinton, Tobic, Curley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, Tason) Buffalo Y 1:53.70 (Vasko, Blaser, Mason, Brause) 200 yard Freestyle Relaw HOTEN 20 and up (Benninger, Wunk, Jones, Catchell) Comtes 25 and up
T. Cloyes 54 W. Baugher 54 R. Rauba 50 1. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 54 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 54 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 54 J. Schmidt 53	27.10 27.20 29.00 39.30 42.40 59.62 1:03.50 1:37.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70 6:30.80	200 yd, medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tose 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters W. Baugher R. Rauba	2:45.37	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNION ADUATIC CLUB 'M SUNY Binghamton, NY  WOMEN 25-29 50-yard Freestyle Dianne Benninger 27 'ary Kaiser 25 100-yard Freestyle Sharon Smith 25	30.2 47.5 38.6 38.6 5/8/76	50-yard Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70 100-yard Freestyle John dekarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 40.00 100-yard Breaststroke Barry Carlip 32 7:40 T. Niu 31 129.90 200-yard Breaststroke Barry Carlip 32 2:54.60 T. Niu 31 3:18.90 30-yard Butterfly	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) 109181 25 and up ACC 2:24.40 (Clinton, Tobie, Curley, Smith) ME: 25 and up 11:25 and up 12:26 and up 13:37 (Gantert, Perkins, leade, 13:30.70 (Vasko, Blaser, Mason, 16 and up 16 of Washer, Washer 16 of Washer 16 of Washer 17:38 (Benninger, Wunk, Jones, Catchell) 19:38 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:31 10:3
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 54 R. Rauba 50 M. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 Schmidt 53 R. Rauba 50 W. Baugher 54 J. Schmidt 53 L. Valle 53 L. Valle 53	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:37.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Kumerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters W. Baugher R. Rauha J. Schmidt	2:45.37 1:47.89	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDM ADUATIC CLUB 'M SUMY Binghamton, M  WHEN 25-29 50-yard Preestyle Dianne Benninger 27 Mary Kaiser 25 100-yard Preestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle	30.2 42.5 38.6 STERS 5/8/76 39.80 49.90	50-yard Froestyle Bernie White 32 26.70 Len Delmolino 30 42.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40 T. Niu 31	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Early, Kaiser) VOHEN 25 and up ACC 2:24.40 (Clinton, Tobie, Cirley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, Tason) Buffalo Y 1:53.20 (Vasko, Blaser, Tason, Krause) 200 yard Preestyle Relay UNIVEN 20 and up UNION Aduatic Club 2:18.30 (Benninger, Tunk, Jones, Catchell) COLINTO, Tobie, Curley, CClinton, Tobie, Curley, (Clinton, Tobie, Curley,
T. Cloyes 54 W. Baugher 54 R. Rauba 50 1. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 54 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 R. Gody free F. Hutinger 54 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 54 500 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 54 L. Valle 54 L. Valle 54 L. Valle 55 L. Valle 55 L. Valle 56 L. Valle 57 L. Valle 58 L.	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:37.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70 6:06.31 6:30.80 10:25.87	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Kumerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters W. Baugher R. Rauha J. Schmidt	2:45.37	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Faul Steiner(59) 50 Yard Breaststroke Joe Faul Steiner(59)  UNIDN AGUATIC CLUB 'IA SUNY Binghamton, IN  WHEN 25-29 50-yard Freestyle Dianne Benninger 27 'lary Kaiser 25 100-yard Freestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Sharon Smith 25 Karen Curley 26 Karen Curley 26 Karen Curley 26	30.2 47.5 38.6 39.80 49.90 1:14.40 1:20.50	50-yard Froestyle Bornie White 32 26.70 Len Delmolino 30 42.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:15.80 50-yard Backstroke Stewart Bergmann 31 37.40 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40 100-yard Breaststroke Harry Carlip 32 1:30.10 T. Niu 31 1.29.90 200-yard Breaststroke Harry Carlip 32 1:31.10 T. Niu 31 3:18.90 30-yard Breaststroke Harry Carlip 32 2:54.60 T. Niu 31 3:18.90 30-yard Butterfly John deBarbadillo 34 Bernie White 32 29.00 100-yard Ind. Medley	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) 1001E3 25 and up ACC (Clinton, Tobie, Curley, Snith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'tason) Buffalo Y 1:53.20 (Vasko, Blaser, Mason, Brause) 200 yard Freestyle Relay Motion 20 and up Union Aquatic Club 2:18.80 (Benninger, Yunk, Jones, Tatchell) 1004E1 25 and up ACC (Clinton, Tobie, Curley, Smith)
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 57 N. Numerowski 52 100 yd. free F. Hutinger 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 53 1650 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 53 1650 yd. free F. Hutinger 51 W. Baugher 54	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:41.60 2:10.34 2:20.70 2:33.50 10:25.87 21:38.46 26:14.51	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Kumerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters W. Baugher R. Rauha J. Schmidt	2:45.37 1:47.89	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB 'M SUNY Binghamton, MY WHEN 25-29 50-yard Preestyle Dianne Benninger 27 'Mary Kaiser 25 100-yard Freestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Sharon Smith 25 Karen Curley 26 Sharon Smith 27 Karen Curley 26 Sharon S	30.2 47.5 38.6 STERS 5/8/76 39.80 49.90 1:14.40 1:20.50 2:48.90 3:05:00	50-yard Froestyle Bernie White 32 26.70 100-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40 T. Niu 31 40.00 100-yard Broaststroke Barry Carlip 32 1:13.10 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 1:31.90 50-yard Butterfly John deBarbadillo 34 28.20 Bernie White 32 100-yard Ind. Medley 100-yard Ind. Medley 11:03.50	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Early, Kaiser) 109103 25 and up ACC 2:24.40 (Clinton, Tobie, Curley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'tason) Buffalo Y 1:53.20 (Vasko, Blaser, 'tason, Krause) 200 yard Prestyle Relay 100108 20 and up Union Aquatic Club 2:18.30 (Benninger, 'unit, Jones, Catchell) 100408 25 and up Clinton, Tobie, Curley, Smith) MEN 25 and up
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 53 L. Valle 53 L. Valle 53 L. Valle 53 L. Baugher 54 L. Valle 53 L. Baugher 54 L. Valle 53	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:37.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70 6:06.31 6:30.80 10:25.87	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Kumerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters W. Baugher R. Rauha J. Schmidt	2:45.37 1:47.89	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDW ADUATIC CLUB 'M SUNY Binghamton, MY  WO'MEN 25-29 50-yard Preestyle Dianne Benninger 27 'Mary Kaiser 25 100-yard Preestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Sharon Smith 25 Karen Curley 26 500-yard Preestyle Sharon Smith 25 Karen Curley 26 500-yard Preestyle Wartha Gatchall 27	30.7 42.5 38.6 39.80 49.90 1:14.40 1:20.50 2:48.90 3:05.00	50-yard Freestyle Bernie White 32 26.70 Len Delmolino 30 42.70 100-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:15.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40 T. Niu 31 40.00 100-yard Breaststroke Harry Carlip 32 1:33.10 T. Niu 31 1:29.90 120-yard Breaststroke Harry Carlip 32 2:54.60 T. Niu 31 3:18.90 30-yard Butterfly John deBarbadillo 34 28.20 Bernie White 32 29.00 100-yard Ind, Medley Al Gentret 32 1:03.50 J. deBarbadillo 34 1:06.20	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser)  ACC 2:24.40 (Clinton, Tobie, Curley, Smith) ME: 25 and up  Cornell University 1:46.50 (Gantert, Perkins, leade, 'tason) Buffalo Y (Vasko, Blaser, Mason, Brause) 200 yard Freestyle Relay HOTEN 20 and up Union Aquatic Club 2:18.30 (Benninger, Mush, Jones, Gatchell) DOTEN 25 and up  ACC (Clinton, Tobie, Curley, Smith) MEM: 25 and up Cornell University 1:37.20
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 53 M. Baugher 54 J. Schmidt 53 L. Valle 53 L. Valle 53 M. Baugher 54 L. Valle 53 S. W. Baugher 54 L. Valle 53 S. W. Baugher 54 L. Valle 53	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:04.60 1:37.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70 6:06.31 6:30.80 10:25.87 21:38.46 26:14.51 36:48.75	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Kumerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters W. Baugher R. Rauha J. Schmidt	2:45.37 1:47.89	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNION ADUATIC CLUB 'M SUNY Binghamton, NY  WYMEN 25-29 50-yard Freestyle Dianne Benninger 27 'dary Kaiser 25 100-yard Freestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Sharon Smith 25 Karen Curley 26 500-yard Preestyle Martha Gatchell 27 Sharon Smith 25 Sharon Smith 25 Sharon Smith 25 Saron Smith 25 Sharon Smith 25	30.2 47.5 38.6 STERS 5/8/76 39.80 49.90 1:14.40 1:20.50 2:48.90 3:05:00	50-yard Froestyle Bornie White 32 26.70 100-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40 T. Niu 31 37.40 100-yard Breaststroke Barry Carlip 32 1:13.10 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 2:54.60 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 2:54.60 T. Niu 31 3:18.90 30-yard Butterfly John deBarbadillo 34 28.20 Bernie White 32 29.00 100-yard Ind. Medley NI Gentert 32 1:03.50 J. deBarbadillo 34 1:06.20 Stewart Bergmann 31 1:13.30	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) 109181 25 and up ACC 2:24.40 (Clinton, Tobie, Curley, Smith) MR: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'tason) Buffalo Y 1:53.70 (Vasko, Blaser, Mason, Rrause) 200 yard Presstyle Relay 100181 20 and up Union Aquatic Club 2:14.30 (Benninger, Wunk, Jones, Tatchell) 109181 25 and up ACC 2:17.10 (Clinton, Tobie, Curley, Smith) MRM 25 and up Cornell University 1:37.00 (Cance, Perkins, Mason, Chance, Perkins, Mason, Chance, Perkins, Mason,
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 53 So yd. free F. Hutinger 51 W. Baugher 54 L. Valle 53 So yd. back R. Enpley 53	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:41.60 2:10.34 2:20.70 2:33.50 10:25.87 21:38.46 26:14.51	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Rumerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles J. Bauman L. Surles J. Surles J. J. Saugher R. Rauha J. Schmidt P. Hutinger	2:45.37 1:47.89 + 1:47.91	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB 'IA SUNY Binghamton, IN  WO'MEN 25-29 50-yard Freestyle Dianne Benninger 27 Mary Kaiser 25 100-yard Freestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Sharon Smith 25 Karen Curley 26 500-yard Preestyle Martha Gatchell 27 Sharon Smith 25 Sound Preestyle Martha Gatchell 27 Sharon Smith 25	30.7 42.5 38.6 39.80 49.90 1:14.40 1:20.50 2:48.90 3:05.00 5:23.20 1:46.50	50-yard Freestyle Bernie White 32 26.70 100-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40 T. Niu 31 40.00 100-yard Breaststroke Harry Carlip 32 1:31.10 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 2:54.60 T. Niu 31 3:18.90 50-yard Butterfly John deBarbadillo 34 28.20 Bernie White 32 29.00 100-yard Ind. Medley Al Gantert 32 1:05.50 L deBarbadillo 34 1:06.20 Stewart Bergmann 31 1:13.30 Harry Carlip 32 1:15.20	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Early, Kaiser) VOUCH 25 and up ACC 2:24.40 (Clinton, Tobie, Cirley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'tason) Buffalo Y 1:53.20 (Vasko, Blaser, 'tason, Krause) 200 yard Preestyle Relay VOUCH 20 and up Union Aquatic Club 2:18.30 (Benninger, 'unk, Jones, Catchell) MONING 25 and up ACC 2:17.10 (Clinton, Tobie, Curley, Smith) MEE 25 and up Cornell University 1:37.20 (Lance, Perkins, 'ason, 'teade)
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T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 53 So yd. bree F. Hutinger 54 L. Valle 53 50 yd. breast T. Cloyes 54 M. Eppley 53 100 yd. breast T. Cloyes 54 M. Coloyes	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:41.60 2:10.34 2:20.70 2:33.50 0:25.87 21:38.46 26:14.51 36:48.75 35.30 4:02.80 36.06 36.39 1:19.20 3:06.80 1:20.50 2:54.52	200 yd. medley Tosa 45+ 1. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tose 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters W. Baugher R. Rauba J. Schmidt P. Hutinger  Mary Kannon Invitati May 22, 1976 Baton Rouge, Louisia Women 25-29  50 Yard Backstroke Susan Epps(28) 50 Yard Backstroke Diana Weber(32)	1:47.89 + 1:47.91 ional ana 30.7 37.4 43.5	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB TA SUNY Binghamton, IN  WOMEN 25-29 50-yard Preestyle Dianne Benninger 27 Mary Kaiser 25 100-yard Preestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Martha Gatchell 27 Sharon Smith 25 50-yard Preestyle Martha Gatchell 27 Sharon Smith 25 50-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 27 200-yard Ind, Medley Jartha Gatchell 27 200-yard Ind, Medley Jartha Gatchell 27 200-yard Ind, Medley Jartha Gatchell 27 200-yard Treestyle Barbara Tobey 31 Virginia Crawford 31 JOO-yard Breaststroke Wirginia Crawford 31 JOO-yard Breaststroke Barbara Tobey 31	30.7 47.5 38.6 38.6 39.80 49.90 1:14.40 1:20.50 2:48.90 3:05:00 6:23.20 1:46.50 46.60 35.50 1:24.70 1:38.50 2:38.80 36.50 43.00	50-yard Freestyle Bornie White 32 26.70 130-yard freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard freestyle Bernie White 32 2:15.80 50-yard Backstroke Stewart Bergmann 31 37.40 50-yard Breaststroke Harry Carlip 32 36.00 35.80 100-yard Breaststroke Harry Carlip 32 1:33.10 T. Niu 31 7.40 100-yard Breaststroke Harry Carlip 32 1:33.10 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 1:33.10 T. Niu 31 2:00 200-yard Breaststroke Harry Carlip 32 1:33.10 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 1:35.20 100-yard Butterfly John deBarbadillo 34 28.20 Bernie White 32 2:00 100-yard Ind. Medley Al Gantert 32 1:03.50 L. deBarbadillo 34 1:66.20 Stewart Bergmann 31 1:13.30 Harry Carlip 32 1:15.20 MNN 35-37 50-vard Freestyle Kevin Mullaney 35 2:29.40 100-yard Breaststroke Kevin Mullaney 35 1:55.60 200-yard Breestyle Kevin Mullaney 35 1:55.60 50-yard Breestyle Kevin Mullaney 35 39.40 50-yard Breestyle Kevin Mullaney 35 39.40 50-yard Preestyle Fill 40-44 50-yard Preestyle Dick Lance 44 29.90 Gene Beech 43 30.80 100-yard Preestyle Dick Lance 44 1:00.40	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) VOYES 25 and up ACC (Clinton, Tobie, Curley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'Iason) Buffalo Y 1:53.70 (Vasko, Blaser, Mason, Krause) 200 yard Preestyle Relay 1071EN 20 and up Union Aquatic Club 2:18.30 (Benninger, Munk, Jones, Gatchell) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Curley, Smith) MEN 25 and up ACC (Clinton, Tobie, Jones, Men 2:17.10 (Master, Willey, Men 2:24.00 (Maser, Brenner, Bowell, Crawford)  TEXAS A&M U. MASTERS COLLEGE STATION, TEX. MAY 1-2, 1976
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 J. Schmidt 53 R. Rauba 50 W. Baugher 54 J. Schmidt 53 L. Valle 53 So yd. breast T. Cloyes 54 M. Eppley 53 200 yd. breast T. Cloyes 54 M. Eppley 53 100 yd. breast T. Cloyes 54 M. Eppley 53 100 yd. breast T. Cloyes 54 M. Eppley 53 100 yd. breast T. Cloyes 54 200 yd. breast T. Cloyes 54 200 yd. breast T. Cloyes 54 200 yd. ind. medle T. Cloyes 54 200 yd. ind. medle J. Schmidt 53  MEN 55-52 50 yd. free L. Surles 58	27.10 27.20 29.00 39.30 42.40 59.62 1:03.50 1:44.60 1:37.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70 6:06.31 6:30.80 10:25.87 21:38.46 26:14.51 36:48.75 35.30 4:02.80 36.06 36.39 1:19.20 3:06.80 1:20.50 2:54.52	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters W. Baugher R. Rauba J. Schmidt P. Hutinger  Mary Kannon Invitati May 22, 1976 Baton Rouge, Louisie Women 25-29  50 Yard Freestyle Susan Epps(28) 50 Yard Backstroke Susan Epps(28) 50 Yard Breaststroke Susan Epps(28) 50 Yard Breaststroke Susan Epps(28) 50 Yard Backstroke Diana Weber(32) 50 Yard Backstroke Diana Weber(32) 50 Yard Breaststroke Diana Weber(32) 50 Yard Breaststroke	2:45.37 1:47.89 1:47.91 1:47.91 1:47.91 1:47.91 1:47.91 1:47.91	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB 'M SUNY Binghamton, IN  WYMEN 25-29 50-yard Freestyle Dianne Benninger 27 Mary Kaiser 25 100-yard Preestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Sharon Smith 25 Karen Curley 26 500-yard Preestyle Martha Gatchell 27 Sharon Smith 25 50-yard Backstroke Diane Benninger 27 50-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Ind. Medley Jartha Gatchell 27 200-yard Ind. Medley Jartha Gatchell 27 Vonyard Ind. Medley Jartha Gatchell 27 Joeyard Breastyle Barbara Tobey 31 Joeyard Breaststroke Barbara Tobey 31 V. Crawford 31	30.2 47.5 38.6 39.80 49.90 1:14.40 1:20.50 2:48.90 1:05.00 5:23.20 2:48.90 35.50 48.80 36.50 43.00 1:25.50 52.90	50-yard Freestyle Bernie White 32 26.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Stewart Bergmann 31 33.20 50-yard Breaststroke Harry Carlip 32 36.00 Stewart Bergmann 31 37.40 100-yard Breaststroke Harry Carlip 32 1:13.10 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 1:31.10 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 2:54.60 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 2:54.60 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 1:13.10 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 1:52.90 Lernie White 32 2:54.60 T. Niu 31 1:29.90 30.90 100-yard Breaststroke Harry Carlip 32 1:53.50 50-yard Ind. Medley Algantert 32 1:06.20 Stewart Bergmann 31 1:33.30 Harry Carlip 32 1:15.20 MEN 35-30 50-yard Ind. Medley Algantert 32 1:15.20 MEN 35-30 50-yard Preestyle Kevin Mullaney 35 1:35.00 50-yard Breaststroke Kevin Mullaney 35 1:35.00 50-yard Breaststroke Kevin Mullaney 35 1:35.00 50-yard Breaststroke For Mullaney 35 1:35.00 50-yard Breaststroke For Mullaney 35 1:35.00 50-yard Breastvle Dick Lance 44 20.90 Gene Beech 43 100-yard Preestvle Dick Lance 44 20.90 Gene Beech 43 100-yard Preestvle Dick Lance 44 1:00.40 Pickett Simpson 41 1:00.40 Pickett Simpson 41 1:00.80	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) VOYEN 25 and up ACC (Clinton, Tobie, Curley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'tason) Buffalo Y 1:53.20 (Vasko, Blaser, 'tason, Krause) 200 yard Preestyle Relay MOTEN 20 and up Union Aquatic Club 2:18.30 (Benninger, 'unk, Jones, Gatchell) POTEN 25 and up Cornell University 1:37.20 (Clinton, Tobie, Surley, Smith) MEN 25 and up Cornell University 1:37.20 (Cance, Perkins, 'tason, 'teade) Buffalo Y 1:31.10 (Vasko, Rlaser, Cleary, Krause) Union Aquatic Club 2:15.21 (Beech, White, Delmolino, Tersmette) 200 yard 'tixel Pree Relay 25+ Union Aquatic Club 2:23.30 (White, Yunk, Jones, Beech) Buffalo Y 2:24.00 (Blaser, Brenner, Bowell, Crawford)  TEXAS A&M U. MASTERS COLLEGE STATION, TEX. MAY 1-2, 1976 WOMEN 25-29
T. Cloyes 54 W. Baugher 54 R. Rauba 50 1. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 53 L. Valle 53 L. Valle 53 L. Valle 53 M. Eppley 53 200 yd. breast T. Cloyes 54 M. Eppley 53 100 yd. breast T. Cloyes 54 100 yd. ind. medle T. Schmidt 53  So yd. free T. Surles 58 100 yd. free T. Surles 58	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:41.60 2:10.34 2:20.70 2:33.50 6:30.80 10:25.87 21:38.46 26:14.51 36:48.73 35.30 4:02.80 36.06 36.39 1:19.20 3:06.80 1:20.50 2:54.52	200 yd. medley Tosa 45+ 1. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters 45- W. Baugher R. Rauba J. Schmidt P. Hutinger  Mary Kannon Invitati May 22, 1976 Baton Rouge, Louisia Women 25-29 50 Yard freestyle Susan Epps(28) 50 Yard Breaststroke Diana Weber(32) 50 Yard Breaststroke Dana Weber(32) 50 Yard Breaststroke Dana Weber(32) 50 Yard Breaststroke Dana Weber(32)	2:45.37  1:47.89  1:47.91  ional ana  30.7 37.4 43.5  55.9 44.8	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNION ADUATIC CLUB IM SUNY Binghamton, IN  WOMEN 25-29 50-yard Preestyle Dianne Benninger 27 Mary Kaiser 25 100-yard Freestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Martha Gatchell 27 Sharon Smith 25 Sharon Smith 27 Sharon Backstroke Diane Benninger 27 200-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 27 Sharon Smith 29 Sharon Smith 27 Sharon Smith 29 Sharon Smith 25 Sharon Smith 2	30.2 47.5 38.6 38.6 39.80 49.90 1:14.40 1:20.50 2:48.90 3:05.00 1:23.20 7:46.50 49.40 35.50 1:24.70 1:38.80 36.50 43.00 1:25.50 52.90 52.90	So-yard Freestyle	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Early, Kaiser) VOMEN 25 and up ACC 2:24.40 (Clinton, Tobie, Curley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'tason) Buffalo Y 1:53.20 (Vasko, Blaser, 'ason, Krause) 200 yard Presstyle Relay DOTEN 20 and up Union Aquatic Club 2:14.30 (Benninger, 'unit, Jones, Tatchell) 'DOTEN 25 and up ACC 2:17.10 (Clinton, Tobie, Curley, Smith) MEM 25 and up Cornell University 1:37.00 (Lance, Perkins, 'ason, Meade) Buffalo Y 1:41.10 (Vasko, Blaser, Cleary, Krause) Union Aquatic Club 2:15.21 (Beech, White, Delmolino, Tersmette) 200 varl "ixel Proc Relay 25+ Union Aquatic Club 2:72.30 (Mhite, Vunk, Jones, Beech) Buffalo Y 2:74.00 (Blaser, Brenner, Bowell, Crawford)  TEXAS A&M U, MASTERS COLLEGE STATION, TEX. MAY 1-2, 1976  WOMEN 25-29 50 Yd. Freestyle
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 54 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Reuba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 53 J. Schmidt 55 J. Schmid	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:44.60 2:10.34 2:20.70 2:33.50 2:36.70 6:06.31 6:30.80 10:25.87 21:38.46 26:14.51 36:48.72 35.30 4:02.80 36.06 36.39 1:19.20 3:06.80 1:20.50 2:54.52 28.30 1:05.29 2:32.60	200 yd. medley Tosa 45+ 1. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters W. Baugher R. Ranba J. Schmidt P. Hutinger  Mary Kannon Invitati May 22, 1976 Baton Rouge, Louisia Women 25-29  50 Yard Freestyle Susan Epps(28) 50 Yard Backstroke Susan Epps(28) 50 Yard Breaststroke Diana Weber(32) 50 Yard Breaststroke Diana Weber(32) 50 Yard Breaststroke Pat Thompson(34) Cris Rojas(30) Diana Maban(32)	2:45.37 1:47.89 + 1:47.91 ional ana 30.7 37.4 6 43.5	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB 'MA SUNY Binghamton, IN  WHEN 25-29 50-yard Freestyle Dianne Benninger 27 'Mary Kaiser 25 100-yard Freestyle Sharon Smith 25 Karen Curley 26 200-yard Freestyle Sharon Smith 25 Karen Curley 26 500-yard Freestyle Martha Gatchell 27 Sharon Smith 25 50-yard Breestyle Diane Benninger 27 50-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Ind. Hedley Jartha Gatchell 27 WMMEN 30-34 50-yard Freestyle Barbara Tobey 31 Virginia Crawford 31 100-yard Breaststroke Virginia Crawford 31 100-yard Breaststroke Wirginia Crawford 31 100-yard Breaststroke Barbara Tobey 31 V. Crawford 31 Freestyle	30.7 42.5 38.6 5/8/76 39.80 49.90 1:14.40 1:20.50 2:48.90 3:05.00 6:23.20 2:48.90 3:05.00 6:23.20 2:48.90 3:550 46.60 35.50 48.90 3:550 48.90 3:550 48.90 48.90 3:550 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48.90 48	50-yard Freestyle Bornie White 32 26.70 130-yard Freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard Freestyle Bernie White 32 2:35.80 50-yard Backstroke Barry Carlip 32 36.00 Stewart Bergmann 31 37.40 T. Niu 31 37.40 100-yard Breaststroke Barry Carlip 32 1:33.10 T. Niu 31 1:29.90 200-yard Breaststroke Barry Carlip 32 1:31.10 T. Niu 31 1:29.90 200-yard Breaststroke Barry Carlip 32 2:54.60 T. Niu 31 1:29.90 200-yard Breaststroke Barry Carlip 32 1:318.90 30-yard Butterfly Tohn deBarbadillo 34 28.20 Bernie White 32 29.00 100-yard Ind. Medley Al Gantert 52 1:03.50 J. deBarbadillo 34 1:03.50 J.	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) (Dorgan, Crawford, Early, Kaiser) MCC (Clinton, Tobie, Curley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, teade, 'tason) Buffalo Y 1:53.20 (Vasko, Blaser, Mason, Krause) 200 yard Freestyle Relay MOMEN 25 and up MINION 20 and up Union Aquatic Club 2:18.80 (Benninger, Yunk, Jones, Gatchell) MOMEN 25 and up Cornell University 1:37.00 (Clinton, Tobie, Curley, Smith) MEN 25 and up Cornell University 1:37.00 (Lance, Perkins, Mason, Meade) Buffalo Y 1:31.10 (Vasko, Blaser, Cleary, Krause) Union Aquatic Club 2:15.20 (Baech, White, Delmolino, Tersmette) 200 varl 'mixel Free Relay 2.5 + Union Aquatic Club 2:02.30 (Mhite, Yunk, Jones, Buech) Buffalo Y 2:74.00 (Blaser, Brenner, Bowell, Crawford)  TEXAS A&M U. MASTERS COLLEGE STATION, TEX. MAY 1-2, 1976  WOMEN 25-29 50 Yd. Freestyle S. Speight 27 29.43
T. Cloyes 54 W. Baugher 54 R. Rauba 50 1. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 53 So yd. free F. Hutinger 54 L. Valle 53 So yd. back R. Eppley 53 200 yd. back T. Cloyes 54 M. bappley 53 100 yd. breast T. Cloyes 54 100 yd. ind. medle T. Schmidt 53 100 yd. free 1. Surles 58	27.10 27.20 29.00 39.30 42.40 59.62 1:03.50 1:44.60 1:37.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70 6:06.31 6:30.80 10:25.87 21:38.46 26:14.51 36:48.75 35.30 4:02.80 36.06 36.39 1:19.20 3:06.80 1:20.50 2:54.52	200 yd. medley Tosa 45+ L. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters 45- W. Baugher R. Rauha J. Schmidt P. Hutinger  Many Kannon Invitati May 22, 1976 Baton Rouge, Louisie Women 25-29  50 Yard Freestyle Susan Epps(28) 50 Yard Backstroke Susan Epps(28) 50 Yard Breaststroke For And Breaststroke Diana Weber(32) 50 Yard Breaststroke Diana Weber(32) 50 Yard Breaststroke Fat Thompson(34) Cris Rojas(30) Diana Weber(32)	2:45.37  1:47.89  1:47.91  ional ana  30.7 37.4 43.5  55.9 44.8	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB 'M SUNY Binghamton, MY  WYMEN 25-29 50-yard Preestyle Dianne Benninger 27 'dary Kaiser 25 100-yard Preestyle Sharon Smith 25 Karen Curley 26 500-yard Preestyle Martha Gatchell 27 Sharon Smith 25 Sharon Smith 25 Sharon Smith 25 Soo-yard Preestyle Martha Gatchell 27 Soo-yard Backstroke Diane Benninger 27 50-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Ind. Medley Diane Benninger 27 200-yard Ind. Medley Diane Benninger 27 200-yard Ind. Medley Diane Benninger 27 200-yard Ind. Medley Diane Bronstinger 27 100-yard Preestyle Barbara Tobey 31 Virginia Crawford 31 100-yard Breaststroke Barbara Tobey 31 V. Crawford 31 100-yard Breaststroke Barbara Tobey 31 V. Crawford 31 100-yard Breaststroke Barbara Tobey 31 V. Crawford 31 100-yard Preestyle	30.2 47.5 38.6 38.6 39.80 49.90 1:14.40 1:20.50 2:48.90 3:05.00 1:23.20 7:46.50 49.40 35.50 1:24.70 1:38.80 36.50 43.00 1:25.50 52.90 52.90	So-yard Freestyle	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Early, Kaiser) VOYEST 25 and up ACC (Clinton, Tobie, Carley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'tason) Buffalo Y 1:53.20 (Vasko, Blaser, "ason, Krause) 200 yard Preestyle Relay HOTEN 20 and up Union Aquatic Club 2:14.30 (Benninger, "unk, Jones, Tatchell) 'DANC 2:17.10 (Clinton, Tobie, Curley, Smith) MEN 25 and up Cornell University 1:37.00 (Cance, Perkins, "ason, 'teade) Buffalo Y 1:31.10 (Vasko, Blaser, Cleary, Krause) Union Aquatic Club 2:15.27 (Beech, White, Delmolino, Tersmette) 200 vari "ixel Pree Relay 25+ Union Aquatic Club 2:02.30 (Mhite, Vunk, Jones, Baect.) Buffalo Y 2:74.00 (Blaser, Brenner, Bowell, Crawford)  TEXAS A&M U. MASTERS COLLEGE STATION, TEX. MAY 1-2, 1976  WOMEN 25-29 50 Yd. Preestyle S. Speight 27 S. Epps 25 32.44
T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 J. Schmidt 53 R. Rauba 50 W. Baugher 54 J. Schmidt 53 L. Valle 53 J. Schmidt 53 L. Valle 53 J. Schmidt 53 L. Valle 53 J. Schmidt 53 L. Valle 53 J. Cloyes 54 J.	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70 6:06.31 6:30.80 10:25.87 21:38.46 26:14.51 35.30 4:02.80 36.06 36.06 36.06 31.19.20 2:54.52 2:54.52	200 yd. medley Tosa 45+ 1. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters 45- W. Baugher R. Rauba J. Schmidt P. Hutinger  Mary Kannon Invitati May 22, 1976 Baton Rouge, Louisia Women 25-29  50 Yard freestyle Susan Epps(28) 50 Yard Breaststroke Fat Thompson(34) Cris Rojas(30) Diana Weber(32) 50 Yard Butterfly Cris Rojas(30) Diana Weber(32) 50 Yard Butterfly	2:45.37 1:47.89 + 1:47.91 ional ana 30.7 37.4 43.5 55.9 44.8 45.4 57.5	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB 'M SUNY Binghamton, IN  WOMEN 25-29 50-yard Preestyle Dianne Benninger 27 Mary Kaiser 25 100-yard Preestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Martha Gatchell 27 Sharon Smith 25 50-yard Preestyle Martha Gatchell 27 Sharon Smith 25 50-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 31 50-yard Freestyle Barbara Tobey 31 Virginia Crawford 31 100-yard Breaststroke Virginia Crawford 31 100-yard Breaststroke Barbara Tobey 31 V. Crawford 31 V.	30.7 47.5 38.6 39.80 49.90 1:14.40 1:20.50 2:48.90 3:05:00 6:23.20 1:46.50 48.60 35.50 1:24.70 1:38.50 2:38.80 36.50 43.00 1:25.50 5:20.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.50 1:25.5	50-yard Freestyle Bornie White 32 26.70 130-yard freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard freestyle Bernie White 32 2:35.80 50-yard Backstroke Barry Carlip 32 36.00 Stewart Bergmann 31 37.40 100-yard Breaststroke Harry Carlip 32 1:31.10 T. Niu 31 1:29.90 200-yard Breaststroke Harry Carlip 32 1:31.10 T. Niu 31 2:00-yard Breaststroke Harry Carlip 32 1:31.10 T. Niu 31 2:00-yard Breaststroke Harry Carlip 32 1:35.80 30-yard Breaststroke Harry Carlip 32 1:35.00 John Gebarbadillo 34 1:29.90 200-yard Butterfly John deBarbadillo 34 28.20 Bernie White 32 2:00 100-yard Ind. Medley NI Gentert 32 1:03.50 J. deBarbadillo 34 1:66.20 Stewart Bergmann 31 1:13.30 Harry Carlip 32 1:35.20 MEN 35-37 50-vard Freestyle Kevin Mullaney 35 2:29.40 100-yard Breaststroke Kevin Mullaney 35 1:35.00 50-yard Breaststroke Kevin Mullaney 35 1:35.00 50-yard Breaststroke Holk Lance 44 20.40 Field 0-44 50-yard Breastvlo Dick Lance 44 1:00.40 Field 0-44 50-yard Breastvlo Dick Lance 44 1:00.40 Field 0-44 50-yard Breastvlo Dick Lance 44 1:00.40 Field 0-44 50-yard Breaststroke Gene Beech 43 38.00 50-yard Breaststroke Gene Beech 43 39.60	Benninger) Buffalo Y 3:16.81 (Dorgan, Crawford, Early, Kaiser) (Dorgan, Crawford, Early, Kaiser) NCC (Clinton, Tobie, Curley, Smith) ME: 25 and up Cornell University 1:46.50 (Gantert, Perkins, Jeade, 'Tason) Buffalo Y 1:53.20 (Vasko, Blaser, Mason, Brause) 200 yard Freestyle Relay MOMEN 25 and up Clinton, Tobie, Curley, Smith) MEN 25 and up Clinton, Tobie, Curley, Smith) MEN 25 and up Cornell University 1:37.20 (Jance, Perkins, Tason, Meade) Buffalo Y 1:31.10 (Vasko, Blaser, Cleary, Krause) Union Aquatic Club 2:15.21 (Beech, White, Delmolino, Tersmette) 200 yard "ixed Prece Relay 2.5+ Union Aquatic Club 2:02.30 (Mhite, Vunk, Jones, Buech) Buffalo Y 2:24.00 (Blaser, Brenner, Bowell, Crawford)  TEXAS A&M U. MASTERS COLLEGE STATION, TEX. MAY 1-2, 1976  WOMEN 25-29 50 Yd. Freestyle S. Spelght 27 S. Epps 25 S. Epps 25 S. 24.43 S. Epps 25 S. 24.43 S. Epps 25 S. 24.43 S. Epps 25 S. 35.42
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T. Cloyes 54 W. Baugher 54 R. Rauba 50 L. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Reuba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 53 So yd. breast T. Cloyes 54 M. Eppley 53 200 yd. breast T. Cloyes 54 M. Eppley 53 100 yd. breast T. Cloyes 54 M. Eppley 53 100 yd. breast T. Cloyes 54 200 yd. free L. Surles 58 200 yd. free	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70 6:30.80 10:25.87 21:38.46 26:14.51 35.30 4:02.80 36.06 36.39 1:19.20 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80 3:06.80	200 yd. medley Tosa 45+ 1. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters 45- W. Baugher R. Rauba J. Schmidt P. Hutinger  Mary Kannon Invitati May 22, 1976 Baton Rouge, Louisia Women 25-29  50 Yard freestyle Susan Epps(28) 50 Yard Breaststroke Fat Thompson(34) Cris Rojas(30) Diana Weber(32) 50 Yard Butterfly Cris Rojas(30) Ummen 35-39	2:45.37 1:47.89 + 1:47.91 ional ana 30.7 37.4 43.5 55.9 44.8 45.4 57.5	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB IM SUNY Binghamton, IN  WHEN 25-29 50-yard Preestyle Dianne Benninger 27 Hary Kaiser 25 100-yard Freestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Martha Gatchell 27 Sharon Smith 25 Sharon Smith 25 Sharon Smith 25 Sharon Smith 25 50-yard Preestyle Martha Gatchell 27 Sharon Smith 25 100-yard Butterfly Karen Curley 26 100-yard Breastroke Wirginia Crawford 31 Virginia Crawford 31 100-yard Breaststroke Wirginia Crawford 31 100-yard Breaststroke Barbara Tobey 31 V. Crawford 31 DO-yard Freestyle Barbara Tobey 31 V. Crawford 31 DO-yard Breaststroke Julies Jones 37 Joo-yard Freestyle Alice Jones 37 Joo-yard Breaststroke Nice Jones 37 Joo-yard Breaststroke Julies Jones 37 Joo-yard Breaststroke Julies Jones 37 Joo-yard Breaststroke Julies Jones 37 Joo-yard Breaststroke	30.2 47.5 38.6 39.80 49.90 1:14.40 1:20.50 2:48.90 1:05.00 5:23.20 2:48.90 35.50 48.60 43.00 1:24.70 1:38.50 2:38.80 36.50 43.00 1:25.50 1:29.50 1:52.60 1:09.30 1:21.30	50-yard Freestyle Bornie White 32 26.70 130-yard freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard freestyle Bernie White 32 2:15.80 50-yard Backstroke Stewart Bergmann 31 37.40 Stewart Bergmann 31 37.40 100-yard Breaststroke Harry Carlip 32 36.00 37. Niu 31 3.70 200-yard Breaststroke Barry Carlip 32 1:33.10 T. Niu 31 122.90 200-yard Breaststroke Barry Carlip 32 2:54.60 T. Niu 31 3:18.90 200-yard Breaststroke Barry Carlip 32 2:54.60 T. Niu 31 3:18.90 200-yard Butterfly John deBarbadillo 34 28.20 Bernie White 32 2:00 100-yard Ind. Modley Al Gentert 32 1:03.50 J. deBarbadillo 34 1:06.20 Stewart Bergmann 31 1:13.30 Barry Carlip 32 1:5.20 Min 35-30 50-yard Freestyle Kevin Mullaney 35 1:05.60 200-yard Freestyle Kevin Mullaney 35 1:35.00 50-yard Butterfly Kavin Mullaney 35 1:35.00 50-yard Breaststroke Kovin Mullaney 35 1:35.00 50-yard Breastyle Dick Lance 44 29.40 Pickett Simpson 41 29.90 Fick Lance 44 29.40 Pickett Simpson 41 1:09.80 50-yard Breaststroke Gene Beech 43 30.80 100-yard Breaststroke Gene Beech 43 30.80 50-yard Butterfly Fickett Simpson 41 1:23.10	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Early, Kaiser)  NOCC 2:24.40 (Clinton, Tobie, Curley, Smith) MIX: 25 and up Cornell University 1:46.50 (Gantert, Perkins, leade, 'tason) Buffalo Y 1:53.20 (Vasko, Blaser, "ason, Krause) 200 yard Preestyle Relay HOWEN 25 and up Union Aquatic Club 2:14.30 (Benninger, "unk, Jones, Tatchell) 'myen' 25 and up Cornell University 1:37.00 (Clinton, Tobie, Curley, Smith) MIXI 25 and up Cornell University 1:37.00 (Cance, Perkins, "ason, 'teade) Buffalo Y 1:31.10 (Vasko, Blaser, Cleary, Krause) Union Aquatic Club 2:15.27 (Beech, White, Delmolino, Tersmette) 200 yard Mixel Pree Relay 25+ Union Aquatic Club 2:72.30 (Mite, Vunk, Jones, Buech) Buffalo Y 2:74.00 (Blaser, Brenner, Bowell, Crawford)  TEXAS A&M U. MASTERS COLLEGE STATION, TEX. MAY 1-2, 1976  WOMEN 25-29 50 Yd. Freestyle S. Epps 25 32.44 L. Carleson 26 35.02 M. Hetzel 29 44.15 100 Yd. Freestyle S. Dragloh 25 L. Rough 26 1:03.94
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Hutinger  Mary Kannon Invitati May 22, 1976 Baton Rouge, Louisie Women 25-29  50 Yard Freestyle Susan Epps(28) 50 Yard Backstroke Susan Epps(28) 50 Yard Breaststroke Tat Thompson(34) Cris Rojas(30) Diana Weber(32) 50 Yard Butterfly Cris Rojas(30) Diana Weber(32) 50 Yard Butterfly Cris Rojas(30) Women 35-39 50 Yard Backstroke	2:45.37 1:47.89 + 1:47.91 ional ana 30.7 37.4 43.5 55.9 44.8 45.4 57.5 41.6	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB 'M SUNY Binghamton, IN  WOMEN 25-29 50-yard Preestyle Dianne Benninger 27 Mary Kaiser 25 100-yard Freestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Martha Gatchell 27 Sharon Smith 25 Sharon Smith 25 Sharon Smith 25 Karen Curley 26 100-yard Preestyle Martha Gatchell 27 Sharon Smith 25 50-yard Breestyle Martha Gatchell 27 Sharon Smith 25 50-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 27 200-yard Helley Jartha Gatchell 27 WOMEN 30-34 50-yard Freestyle Barbara Tobey 31 Virginia Crawford 31 100-yard Breaststroke Barbara Tobey 31 V. 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MAY 1-2, 1976  WOMEN 25-29 50 Yd. Preestyle S. Speight 27 S. Epps 25 S. Speight 27 S. Epps 25 L. Carleson 26 M. Hetzel 29 100 Yd. Preestyle S. Draglot 25
T. Cloyes 54 W. Baugher 54 R. Rauba 50 1. Valle 53 N. Numerowski 52 100 yd. free F. Hutinger 51 J. Schmidt 53 W. Baugher 54 R. Rauba 50 M. Numerowski 52 L. Valle 53 200 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 R. Rauba 50 W. Baugher 54 500 yd. free F. Hutinger 51 J. Schmidt 53 L. Valle 53 L. Valle 53 L. Valle 53 L. Valle 53 So yd. bree F. Hutinger 54 L. Valle 53 50 yd. breast T. Cloyes 54 N. Eppley 53 50 yd. breast T. Cloyes 54 100 yd. ind. medle T. Schmidt 55  So yd. free T. Surles 58 100 yd. free T. Surles 58 105 yd. free T. Surles 58 106 yd. free T. Folker 58 TMEN 60-64 50 yd. free T. Folker 58 TMEN 60-64 50 yd. free T. Surles 64	27.10 27.20 29.00 39.30 42.40 56.75 59.62 1:03.50 1:41.60 2:10.34 2:20.70 2:33.50 2:36.70 6:06.31 6:30.80 10:25.87 21:38.46 26:14.51 36:48.75 35.30 4:02.80 36.06 36.06 36.06 36.39 1:19.20 2:54.52 2:54.52 2:54.52 2:32.60 7:06.90 28:35.23	200 yd. medley Tosa 45+ 1. Surles P. Girdes J. Bauman R. White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters 45- W. Baugher R. Rauba J. Schmidt P. Hutinger  Mary Kannon Invitati May 22, 1976 Baton Rouge, Louisia Women 25-29  50 Yard freestyle Susan Epps(28) 50 Yard Breaststroke Fat Thompson(34) Cris Rojas(30) Diana Weber(32) 50 Yard Butterfly Cris Rojas(30) Ummen 35-39	2:45.37 1:47.89 + 1:47.91 ional ana 30.7 37.4 43.5 55.9 44.8 45.4 57.5	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB 'M SUNY Binghamton, IN  WOMEN 25-29 50-yard Preestyle Dianne Benninger 27 Mary Kaiser 25 100-yard Freestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Martha Gatchell 27 Sharon Smith 25 Sharon Smith 25 Sharon Smith 25 Karen Curley 26 100-yard Preestyle Martha Gatchell 27 Sharon Smith 25 50-yard Breestyle Martha Gatchell 27 Sharon Smith 25 50-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 27 200-yard Helley Jartha Gatchell 27 WOMEN 30-34 50-yard Freestyle Barbara Tobey 31 Virginia Crawford 31 100-yard Breaststroke Barbara Tobey 31 V. Crawford 31 100-yard Breaststroke Barbara Tobes 31 V. Crawford 31 V. Crawford 31 V. Crawford 31 JOD-yard Breaststroke Alice Jones 37 500-yard Preestyle Alice Jones 37 100-yard Breaststroke Nille Jones 37 100-yard Breaststroke Nille Jones 37 100-yard Breaststroke	30.2 47.5 38.6 5/8/76 39.80 49.90 1:14.40 1:20.50 2:48.90 1:05.00 7:46.50 48.40 35.50 1:24.70 1:38.50 43.00 1:25.50 43.00 1:25.50 1:25.50 1:29.50 1:29.50 1:29.50 1:21.30	50-yard Freestyle Bornie White 32 26.70 130-yard freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard freestyle Bernie White 32 2:15.80 50-yard Backstroke Stewart Bergmann 31 37.40 Stewart Bergmann 31 37.40 100-yard Breaststroke Harry Carlip 32 36.00 37. Niu 31 3.70 200-yard Breaststroke Barry Carlip 32 1:33.10 T. Niu 31 122.90 200-yard Breaststroke Barry Carlip 32 2:54.60 T. Niu 31 3:18.90 200-yard Breaststroke Barry Carlip 32 2:54.60 T. Niu 31 3:18.90 200-yard Butterfly John deBarbadillo 34 28.20 Bernie White 32 2:00 100-yard Ind. Modley Al Gentert 32 1:03.50 J. deBarbadillo 34 1:06.20 Stewart Bergmann 31 1:13.30 Barry Carlip 32 1:5.20 Min 35-30 50-yard Freestyle Kevin Mullaney 35 1:05.60 200-yard Freestyle Kevin Mullaney 35 1:35.00 50-yard Butterfly Kavin Mullaney 35 1:35.00 50-yard Breaststroke Kovin Mullaney 35 1:35.00 50-yard Breastyle Dick Lance 44 29.40 Pickett Simpson 41 29.90 Fick Lance 44 29.40 Pickett Simpson 41 1:09.80 50-yard Breaststroke Gene Beech 43 30.80 100-yard Breaststroke Gene Beech 43 30.80 50-yard Butterfly Fickett Simpson 41 1:23.10	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Early, Kaiser)  NOTES 25 and up ACC (Clinton, Tobie, Curley, Smith) MI: 25 and up ACC (Clinton, Tobie, Curley, Smith) MI: 25 and up ACC (Smith) MI: 25 and up ACC (Smith) MI: 25 and up ACC (Smith) Buffalo Y (Vasko, Blaser, Mason, Krause) 200 yard Preestyle Relay MOMEN 20 and up Union Aquatic Club 2:14.39 (Benninger, Munk, Jones, Tatchell) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, MICH 25 and up ACC (Vasko, Blaser, Mason, MICH 25 and up ACC (Vasko, Blaser, Mason, MICH 25 and up ACC (Vasko, Blaser, Mason, MICH 25 and up ACC (Vasko, Blaser, MICH 25 and ACC (Vasko, Blaser, M
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White Shabbona Sharks 35+ J. Lendway H. Viol L. Valle M. Numerowski 200 yd. free Tosa 45+ P. Girdes R. White J. Bauman L. Surles Illinois Masters W. Baugher R. Rauba J. Schmidt P. Hutinger  Mary Kannon Invitati May 22, 1976 Baton Rouge, Louisie Women 25-29  50 Yard Freestyle Susan Epps(28) 50 Yard Backstroke Susan Epps(28) 50 Yard Breaststroke Tat Thompson(34) Cris Rojas(30) Diana Weber(32) 50 Yard Butterfly Cris Rojas(30) Diana Weber(32) 50 Yard Butterfly Cris Rojas(30) Women 35-39 50 Yard Backstroke	2:45.37 1:47.89 + 1:47.91 ional ana 30.7 37.4 43.5 55.9 44.8 45.4 57.5 41.6	Men 55-59  50 Yard Freestyle Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Backstroke Joe Paul Steiner(59) 50 Yard Breaststroke Joe Paul Steiner(59)  UNIDN ADUATIC CLUB 'M SUNY Binghamton, IN  WOMEN 25-29 50-yard Preestyle Dianne Benninger 27 Mary Kaiser 25 100-yard Freestyle Sharon Smith 25 Karen Curley 26 200-yard Preestyle Martha Gatchell 27 Sharon Smith 25 Sharon Smith 25 Sharon Smith 25 Karen Curley 26 100-yard Preestyle Martha Gatchell 27 Sharon Smith 25 50-yard Breestyle Martha Gatchell 27 Sharon Smith 25 50-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 26 100-yard Butterfly Karen Curley 27 200-yard Helley Jartha Gatchell 27 WOMEN 30-34 50-yard Freestyle Barbara Tobey 31 Virginia Crawford 31 100-yard Breaststroke Barbara Tobey 31 V. Crawford 31 100-yard Breaststroke Barbara Tobes 31 V. Crawford 31 V. Crawford 31 V. Crawford 31 JOD-yard Breaststroke Alice Jones 37 500-yard Preestyle Alice Jones 37 100-yard Breaststroke Nille Jones 37 100-yard Breaststroke Nille Jones 37 100-yard Breaststroke	30.2 47.5 38.6 5/8/76 39.80 49.90 1:14.40 1:20.50 2:48.90 1:05.00 7:46.50 48.40 35.50 1:24.70 1:38.50 43.00 1:25.50 43.00 1:25.50 1:25.50 1:29.50 1:29.50 1:29.50 1:21.30	50-yard Freestyle Bornie White 32 26.70 130-yard freestyle John deBarbadillo 34 56.70 Len Delmolino 30 1:28.20 200-yard freestyle Bernie White 32 2:35.80 50-yard Backstroke Barry Carlip 32 36.00 Stewart Bergmann 31 37.40 T. Niu 31 37.40 100-yard Breaststroke Barry Carlip 32 1:31.10 T. Niu 31 1:29.90 200-yard Breaststroke Barry Carlip 32 1:31.80 30-yard Breaststroke Barry Carlip 32 1:38.90 30-yard Breaststroke Barry Carlip 32 1:38.90 30-yard Breaststroke Barry Carlip 32 1:38.90 30-yard Breaststroke Barry Carlip 32 1:54.60 T. Niu 31 2:09.90 200-yard Butterfly John deBarbadillo 34 28.20 Bernie White 32 29.00 100-yard Butterfly Ale Barry Carlip 32 1:03.50 J. deBarbadillo 34 1:66.20 Stewart Bergmann 31 1:13.30 Barry Carlip 32 1:15.20 MEM 35-37 50-vard Freestyle Kevin Mullaney 35 2:29.40 100-yard Breaststroke Kevin Mullaney 35 2:29.40 100-yard Breaststroke Kevin Mullaney 35 1:35.00 50-yard Breaststroke Free Beech 43 30.80 100-yard Breaststroke Gene Beech 43 30.80 100-yard Breaststroke Gene Beech 43 30.80 50-yard Backstroke Gene Beech 43 30.80 50-yard Backstroke Gene Beech 43 30.60 50-yard Backstroke Gene Beech 43 30.60 50-yard Batterfly Fickett Simpson 41 1:09.80 50-yard Batterfly Fickett Simpson 41 33.20 100-yard Batterfly Fickett Simpson 41 1:23.10 100-yard Batterfly Fickett Simpson 41 1:23.10	Benninger) Buffalo Y 3:16.81 (Dergan, Crawford, Early, Kaiser)  NOTES 25 and up ACC (Clinton, Tobie, Curley, Smith) MI: 25 and up ACC (Clinton, Tobie, Curley, Smith) MI: 25 and up ACC (Smith) MI: 25 and up ACC (Smith) MI: 25 and up ACC (Smith) Buffalo Y (Vasko, Blaser, Mason, Krause) 200 yard Preestyle Relay MOMEN 20 and up Union Aquatic Club 2:14.39 (Benninger, Munk, Jones, Tatchell) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, Smith) MICH 25 and up ACC (Clinton, Tobie, Curley, MICH 25 and up ACC (Vasko, Blaser, Mason, MICH 25 and up ACC (Vasko, Blaser, Mason, MICH 25 and up ACC (Vasko, Blaser, Mason, MICH 25 and up ACC (Vasko, Blaser, MICH 25 and ACC (Vasko, Blaser, M

	waterway rates are							OO Vd Francisle	
5. Epps 25 L. Carleson 26		100 Yd. Individual Me P. Puckett 44	dley	D. Hioks 31	1:04.26 R	L. Kohel 41 L. Robb 42		3. Jones 51	7:59.19
M. Hetzel 29	1:39.93	P. Byrd 40	1:35.57	200 Yd. Backstroke	5	00 Yd. Freestyle	0 722 HS 1	D. Brown 51 J. VanBrummen 50	8:13.83
J. Stewart 27		J. Kohel 41 200 Yd. Individual Me		D. Hioks 31 50 Yd. Breaststroke	2:19.96	. Johnston 44 . Hetzel 40	6:59.58	1650 Yd. Freestyle	
J. May 28	2:29.75	P. Byrd 40	3:38.09	D. Hicks 31	30.23 F	B. Davis 41	8:10.60	G. Jones 51 50 Yd. Backstroke	27:41.87
S. Speight 27 L. Carleson 26	2:42.05	WOMEN 50-54 50 Yd. Freestyle		D. Bond 34		R. Kohel 41 C. Robb 42	8:40.76	A. Hellmann 54	33.78
M. Hetzel 29		E. Nicol 54	57.40	D. Bond 34	1:25.89	1650 Yd. Freestyle		D. Brown 51 S. Flanagan 51	38.16 43.22
J. Stewart 27	6:02.00	100 Yd. Freestyle E. Nicol 54	1:58.87	200 Yd. Breaststroke	3.10 70	G. Johnston 44 G. Hetzel 40	24:17.17	G. Jones 51	45.56
S. Dragich 25	6:31.20	B. Dallmann 52	2:27.21	50 Yd. Butterfly		J. George 40	25.33.29	A. Hellmann 54	1:15.21
J. May 28 S. Speight 27		200 Yd. Freestyle E. Nicol 54	4:20.98	D. Hicks 31	26.73	C. Robb 42 B. Davis 41		B. Stadig 54	1:26.69
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J. May 28	23:45.26	100 Yd. Breaststroke		D. Bond 34 100 Yd. Individual M		R. Kohel 41	44:90	B. Stadig 54	3:05.01
S. Speight 27 50 Yd. Backstroke	26:39.50	E. Nicol 54	2:07.98	To Utoko 31	1:04.22	C. Robb 42	48.29	D. Brown 51 G. Jones 51	3:29.32
L. Hough 26	34.80	B. Dallmann 52 200 Yd. Breaststroke		D. Bond 34 200 Yd. Individual N		J. George 40	1:20.41	50 Yd. Breaststroke	40.04
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S. Epps 25 J. May 28	38.15 40.57	WOMEN 60-64 50 Yd. Freestyle		D. Bond 34	3:05.67	C. Robb 42 200 Yd. Backstroke	1.55551	S. Flanagan 51	43.75
L. Carleson 26	47.43	C MaCenthy 63	37.3	3 c. Restrepo 35		J. George 40		V. Dallman 52 100 Yd. Breaststrok	50.34
M. Hetzel 29 100 Yd. Backstroke	52.49	100 Yd. Freestyle G. McCarthy 65		C. Cruzan 35		T. Hetzel 40 50 Yd. Breaststroke	3:15.84	J. VanBrummen 50	1:25.54
L. Hough 26	1:18.86	200 Yd. Freestyle		9 J. Jackson 39 R. Galindo 37	30.59	G. Johnston 44	36.34	B. Stadig 54	1:28.02
S. Dragich 25 J. May 28	1:21.37	G. McCarthy	3:48.3	7 M. Brody 37		R. Austin 41 B. Davis 41		S. Flanagan 51 G. Jones 51	1:55.83
M. Hetzel 29	1:55.47	500 Yd. Preestyle G. McCarthy 63	10:04.4	R. Geokle 39 0 100 Yd. Freestyle		R. Kohel 41	44.12	V. Dallmann 52	2:04.10
J. May 28	3:02.19	1650 Yd. Freestyle		A. Snider 38	58.09 59.20	R. Austin 41	1:22.08	J. VanBrummen 50	3:08.81
M. Hetzel 29	4:10.88	G. McCarthy 63 50 Yd. Backstroke	20:19.9	4 J. Barden 39 C. Restrepo 39	1:01.35	B. Davis 41	1:27.94	B. Stadig 54	3:12.71
50 Yd. Breaststrok		G. McCarthy 63	48.5	5 J. Jackson 39	1:05.52	T. Hetzel 40 200 Yd. Breaststrol	1:35.93	G. Jones 51 50 Yd. Butterfly	4:14.07
J. May 28 S. Speight 27	40.34	G. McCarthy 63	1:52.1	R. Galindo 37 9 R. Geckle 39		R. Austin 41	3:02.82	B. Stadig 54	54.27
L. Carleson 26	42.87	200 Yd. Backstroke		200 Yd. Freestyle		B. Davis 41	3:11.10 3:37.96	S. Flanagin 51 V. Dallmann 52	35.55 49.45
S. Epps 25 W. Blackledge 29	43.40		4:10.8	5 A. Snider 38 J. Jackson 39	2:15.66	T. Hetzel 40 50 Yd. Butterfly	2.71.25	100 Yd. Butterfly	
100 Yd. Breastroke		M. Anderson 61	50.7	2 R. Geckle 39	3:03.73	G. Johnston 44	33.85 38.87	H. Stadig 54	1:16.53
J. May 28 L. Carleson 26	1:28.66	M. Anderson 61		500 Yd. Freestyle	7.20 95	B. Davis 41 R. Kohel 41	43.51	G. Jones 51 100 Yd. Individual	
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200 Yrd. Breaststr	oke 3:19.57	G. McCarthy 63 MEN 25-29	47.4	2 R. Geckle 39	8:28.73	B. Davis 41	1:29.85	A. Hellmann 54 S. Flanagan 51	1:22.05
J. May 28 L. Carleson 26	3:30.50			J. Jackson 39	27:02.56	T. Hetzel 40	1:44.64	200 Yd. Individual	Medley
50 Yd. Butterfly		R. Scovill 25	24.8	3 M. Brody 37	29:15.44	100 Yd. Individual	Medley	B. Stadig 54 G. Jones 51	2:51.d2 3:40.67
J. Stewart 27 L. Hough 26	28.28	D. Levinson 26 J. Lamb 25	25.5	3 R. Geckle 39 2 50 Yd. Backstroke	29:21.10	G. Johnston 44 J. George 40	1:14.02	MEN 55-59 50 Yd. Freestyle	
S. Dragich 25	30.60	D. Mut 27	34.2	9 C. Cruzan 35	33.51	R. Austin 41	1:19.38	N. Moise 55	20.00
J. Stewart 27	1:03.14	L. Brinkley 29 100 Yd. Freestyle	35.4	7 J. Jackson 39 C. Restrepo 35	36.01 36.04	B. Davis 41	1:30.77	B. Dallmann 50	24.35
S. Dragich 25	1:12.17	K. Murphy 25	52.4	2 R. Geckle 39	41.23	R. Kohel 41 C. Robb 42	1:45.53	R. Nicol 55	30.86
J. Stewart 27	1:10.44	B. Anderson 26 R. Scovill 25	52.9 57.9	R. Galindo 37	45.29	200 Yd. Individual J. George 40	Medley	J. Steiner 57 J. Garrett 57	31.37
L. Hough 26	1:12.42	J. Lamb 25	58.6	J. Jackson 39	1:27.08	J. George 40 T. Hetzel 40	3:06.04	H. Rowlinson 57	34.67
S. Speight 27	1:19.54		1:21.5	R. Geckle 39	1:36.00	C. Robb 42	3:54.18	B. Dallmann 56	1:05.10
S. Epps 25 J. May 28	1:25.63			J. Jackson 39	3:14.28			N. Moise 55	1:05.20
200 Yd. Individual	2:28.44	B. Anderson 26	1:59.5	O R. Geakle 39	3:30.13	B. VanHouten	31.41	J. Garrett 57 J. Steiner 59	1:12.55
L. Hough 25 WOMEN 35-39 50 Yd. Freestyle	2,20,44	L. Brinkley 29 500 Yd. Freestyle	3:41.3	O Id. Breaststroke	32.45	J. Puckett C. Ruch 45	31.93 39.65	R. Nicol 55	1:16.5
50 Yd. Freestyle	44.24	B. Anderson 26	5:42.1		34.75	100 Yd. Freestyle		H. Rowlinson 57 200 Yd. Freestyle	1:18.85
D. Tuleen 36 K. Galindo 36	47.58		10:16.9	C. Restrepo 35	36.98	B. VanHouten 46 J. Puckett 46	1:11.73	B. Dallmann 56	2:20.35
100 Yd. Freestyle		B. Anderson 26	19.59.8	A. Snider 38 R. Galindo 37	27 22	200 Yd. Freestyle		N. Moise 55	2:32.74
D. Tuleen 36 200 Yd. Preestyle	1:43.37	50 Yd. Backstroke K. Murphy 25	27.3	5 M. Brody 37	38.18	J. Puckett 46	2:59.86	R. Nicol 55 J. Garrett 57	-:04.20
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D. Tuleen 36	1:00.36	100 Yd. Backstroke		C. Restrepo >>		B. VanHouten 46 1650 Yd. Freestyle	9:15.95	1650 Yd. Freestyle	
50 Yd. Breaststroi K. Galindo 36	ce	K. Murphy 25	59.2	R. Galindo 37	1.27.97	C. Ruch 45	28.16.77		24:25.46 27:55.43
D. Tuleen 36	52.14	D. Levinson 26 B. Anderson 26	1:06.8	M. Brody 37	1:28.09	J. Pickett 45	40.49	50 Yd. Backstroke R. Nicol 55	
100 Yd. Breaststr	3 KB	D Coortill 25	1:10.0	200 Yd. Breaststro			57.93	R. Nicol 55 J. Garrett 57	35.95 39.62
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WOMEN 40-44			31.5	C. Cruzan 35 C. Restrepc 35	30.51	50 Yd. Breaststrok	e	J. Garrett 57 H. Rowlinson 57	1:33.01
P. Puckett 44 P. Byrd 40		D. Levinson 26 J. Lamb 25	33.5 34.1	J. Barden 39				200 Yd. Backstroke	
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J. Kohel 41 200 Yd. Freestyle	2:23.44	J. Lamb 25 D. Mut 27	1:16.	C. Restrepo 33	1:17.22	C. Ruch 45 B. VanHouten 46	3:38.40	3. Dallmann 56 J. Steiner 59	39.79 41.91
J. Kohel 41	5:23.09	200 Yd. Breaststrok	0	7 Omnor 75	Medley 1:05.04	50 Yd. Butterfly	4.4	J. Garrett 5/	47.51
500 Yd. Freestyle P. Puckett 44		B. Anderson 26 R. Scovill 25	2:38.6	O C. Mestrepu 22	1:10.61	50 Yd. Butterfly C. Ruch 45	47 15	H. Rowlinson 57	50.85
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P. Puckett 44	43.92	D. Levinson 26	26.4	R. Galindo 37 J. Jackson 39	1:22:81	100 Yd. Butterfly C. Ruch 45	1:35.02	J. Steiner 59	1:39.50
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100 Yd. Backstroke P. Puckett 44		D. Levinson 20	1:00.	C. Cruzan 35 C. Restrepo 37	2:42:13	B. VanHouten 46 100 Yd. Individua. J. Puckett 46	1:30.91	B. Dallmann 56	5:11.44 >:36.69
J. Kohel 41	2:40.91	B. Anderson 26 100 Yd. Individual	1:07. Medley	U Calinda 37	3:07.40	The Administration Ac-		J. Steiner 59 J. Garrett 57	4:40.02
200 Yd. Backstrok	e	K. Murphy 25	1:00.	84 M. Brody 37 MEN 40-44			3123.40	N. Molse 55	35.14
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50 Yd. Breaststro	ke	J. Lamb 25			27.70	B. Stadig 54	30.71	J. Garrett 57	50.73 Mediev
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J. Kohel 41	1:25.23	B. Anderson 26	2:28.	46 C. Robb 42	33.10	S. Flanagan 51	33.15	R. Nicol 55 J. Steiner 59	1:20.61
P. Puckett 44	1:37.00	R. Scovill 25 J. Lamb 25	2:29.	D Vohel 41	33,24	D. Brown 51	1:09.2	J. Garrett 57	1:41.14
P. Byrd 40	1:42.9	MEN 30-34		7 Tobreton 44	56.89	J. VanBrummen 50	1:11.2	H. Rowlinson 57	1:50.79
P. Puckett 44	3:30.76	MEN 30-34 50 Yd. Freestyle 5 D. Hicks 31	24.	D Vohel 41	1:15.89	S. Flanagan 51 G. Jones 51	1:14.4	100 Yd. Freestyle	9 200 000
P. Byrd 40	3:53.0	7 D. Bond 34	32.	04 200 Vd. Freestyle		V Dellmann 52	1:29.6	) H. Anderson 62	1:10.14
P. Byrd. 40	44:0	100 Yd. Preestyle 5 D. Hicks 31	55.	64 G. Johnston 44		200 Yd. Freestyle S. Flanagan 51		H. Anderson 62	2:46.01
J. Kohel 41	1:10.9	2 50 Yd. Backstroke D. Hicks 31	28	5. T. Hetzel 40	2:29.2	D Brown 51		500 Yd. Freestyle H. Anderson 62	7:45.22
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H. Anderson 62 43.94	50 Backstroke B. Mosbrook 32 43.1	50 Backstroke R. Bober 25	** *
H. Anderson 62	100 Backstroke	J. Carpenter 27	27.5 31.8
MEN 65-69 50 Yd. Freestyle W. McCulley 67 31.73	50 Breaststroke	C. Fehn 26 100 Backstroke	36.7
W. McCulley 67 31.73 J. Coon 65 39.73	L. Combes 33 43.1 50 Butterfly	R. Bober 25 J. Carpenter 27	1:01.3
100 Yd. Freestyle	L. Combes 33 40.3 100 Indiv. Medley	R. Bober 25	2:18.4
J. Coon 65 1:34.21	L. Combes 33 1:28.3 WOMEN 35 - 39	C. Fehn 26	38.7
W. McCulley 67 3:26.00	50 Freestyle K. Ashley 38 41.9	50 Butterfly D. Watson 26	
W. McCulley 67 9:05.52	50 Backstroke K. Ashley 38 48.4	J. Quanrud 29 100 Butterfly	26.3 30.5
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100 Yd. Backstroke	50 Breaststroke G. Gurney 41 46.2	C. Fehn 26 400 Indiv. Medley	1:16.2
50 Yd. Breaststroke	WOMEN 45-49 100 Freestyle	D. Watson 26 MEN 30 - 34	5:17.4
J. Coon 65 43.55 W. McCulley 67 45.16	P. Welsh 46 1:12.6 S. Fussell 49 1:52.1	50 Freestyle R. Follit 33	25.3
100 Yd. Breaststroke J. Coon 65 1:41.84	200 Freestyle S. Fussell 49 4:01.7	R. Gardner 34 B. Farrell 34	27.8 29.5
W. McCulley 67 1:49.47 200 Yd. Breaststroke	500 Freestyle	100 Freestyle R. Follit 33	57.9
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50 Yd. Butterfly J. Coon 65 47.10	P. Welsh 46 1:23.4 E. Schappel 49 1:54.9	R. Gardner 34	1:04.2
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	E. Schappel 49 1:53.0 S. Fussell 49 1:59.7	R. Gardner 34 50 Breaststroke	1:14.9
New Orleans Area	WOMEN 50 - 54	B. Wilson 32 B. Farrell 34	34.9 43.1
Developmental Swim Meet 4-25-76 New Orleans, La.	50 Freestyle B. Smith 52 38.4	50 Butterfly D. Grant 32	31.1
Men- 25-29	100 Freestyle A. Grunst 51 1:58.2	100 Indiv. Medley	
100 9 1	500 Freestyle A. Grunst 51 11:06.3	B. Wilson 32 R. Gardner 34	1:09.1 1:17.6
100 Yard Freestyle Mike Jones (27) 1:02.07	50 Backstroke B. Smith 52 48.0	200 Indiv. Medley B. Wilson 32	2:37.7
100 Yard Breaststroke	100 Backstroke B. Smith 52 1:45.2	MEN 35 - 39 50 Freestyle	
Mike Jones(27) 1:21.17 Ray Mut(27) 2:01.35	200 Backstroke B. Smith 52 3:52.1	J. LeBourgeois 38 8. Robertson 39	25.2 25.7
50 Yard Butterfly Mike Jones(27) 33.1	50 Breaststroke L. Kyte 54 49.8	C. Smith 37 B. Mosbrook 39	28.6 28.8
Men= 35-39	A. Grunst 51 54.4 100 Breaststroke	L. Lee 39 M. Gee 35	29.5 29.6
100 Yard Freestyle	L. Kyte 54 1:49.9	100 Freestyle B. Robertson 39	56.1
Feter Loop 1:09.23	50 Butterfly A. Grunst 51 1:01.4	J. LeBourgeois 38 P. Lizon 37	57.3 59.3
Men- 40-44	100 Butterfly L. Kyte 54 2:11.5	M. Gee 39 L. Lee 35	1:07.2
100 Yard Freestyle Abba Kastin (41) 1:05,07	100 Indiv. Medley A. Crunst 51 2:05.1	B. Mosbrook 39	1:12.0
Bill Blessey(41) 1:09.41	200 Indiv. Medley L. Kyte 54 4:01.2	B. Robertson 39	2:12.6
Abba Kastin(41) 1:26.92	400 Indiv. Medley L. Kyte 54 8:19.7	J. LeBourgeois 38 M. Gee 39	2:16.8 2:42.7
Abba Kastin(+1) 36.0	WOMEN 55-59 50 Freestyle	500 Freestyle B. Robertson 39	6:30.8
Women- 25-29	V. Gest 57 37.6 100 Freestyle	50 Backstroke D. Rembert 39	32.0
100 Yard Freestyle	V. Gest 57 1:23.2 200 Freestyle	L. Lee 35 B. Mosbrook 39	37.2 39.3
Susan Epps(28) 1:16.73 100 Yard Breaststroke	V. Grst 57 3:37.2 50 Backstroke	D. Rembert 39	1:14.5
Susan Epps(78) 1:36.42	V. Gest 57 43.5	11 March 1 200	1:28.6
	100 Backstroke V. Gest 57 1:39.8	D. Bookowt 30	36.3 39.7
S. C. Masters Champs	WOMEN 60 - 64 200 Freestyle	50 Butterfly B. Robertson 39	28.6
4-25-76 Greenville, S.C. WOMEN 25-29	J. Meservey 61 4:03.1 500 Freestyle	100 Indiv. Medley	1:09.4
100 Freestyle M. Cox 26 1:08.2	J. Meservey 61 10:42.0 200 Backstroke	D. Rembert 39	1:10.7
200 Freestyle M. Cox 26 2:31.2	J. Meservey 61 4:17.7 100 Breaststroke	200 Indiv. Medley	
500 Freestyle M. Cox 26 7:09.2	J. Meservey 61 2:00.2 100 Individ. Medley	400 Indiv. Medley	2:41.3
50 Breaststroke M. Cron 25 41.0	J. Meservey 61 2:07.2 WOMEN'S 200 Free Relay	MEN 40 -44	6:10.3
F. Plemmons 26 41.7 100 Brbaststroke	25 + Oak Ridge Masters	50 Freestyle E. Mercer 42	29.5
M. Cron 25 1:29.2 F. Plemmons 26 1:31.1	(Neuman, Grunst, Fussell, Gurney) 3:15.9	<ol> <li>Boyer 43</li> <li>Treestyle</li> </ol>	31.5
50 Butterfly	45+ Oak Ridge Masters	K. Canterbury 40 E. Mercer 42	57.2 1:09.4
M. Cox 26 32.8 M. Cron 25 35.8 100 Butterfly	(Kyte, Meservey, Schappel, Smithe) 3:07.2	B. Boyer 43 500 Freestyle	1:16.9
F. Plemmons 26 1:24.0	WOMEN'S 200 Medley Relay Tar Heel Masters 25+	E. Mercer 42 B. Boyer 43	8:25.7 8:51.3
F. Plemmons 26 3:03.1	(Combes, Cron, Plemmons,	50 Backstroke	30.7
100 Indiv. Medley M. Cox 26 1:22.3	Oak Ridge Masters 45+	T. Reissing 40 E. Mercer 42	32.1 36.0
400 Indiv. Medley F. Plemmons 26 6:40.5	(Schappel, Meservey, Kyte, Smith) 3:22.2	4 4 4 4 4	42.5
WOMEN 30 - 34 50 Freestyle	MEN 25 - 29 50 Freestyle	K. Cantervury 40	1:06.1
B. Masbrook 32 33.6 100 Freestyle	D. Watson 26 23.7 J. Quanrud 29 26.8	E. Mercer 42	1:19.0
L. Combes 33 1:11.7 B. Mosbrook 32 1:21.9	J. Carpenter 27 28.6 100 Freestyle	200 Backstroke	2:39.9
200 Freestyle E. Mosbyook 32 3:05.5	D. Watson 26 52.8 J. Quanrud 29 57.6	t Johnson 43	3:30.1
500 Freestyle B. Mosbrook 32 8:20.1	500 Freestyle J. Quanrud 29 5:58.3	J. Huson 41	35.8 40.4
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J. Huson 41	1:24.5	MEN's 200 Medley Relay S. C. Masters 25+	
J. Johnson 43	1:35.8	S. C. Masters 25+ (@ibson, Wilson, Watson, Roy) 2	
OO Butterfly		Roy) 2	01.2
B. Lauer 41	31.8	5, C. Masters 33+	
100 Butterfly	1:05.0	(Mercer, Rembert,	
K. Canterbury 40 B. Lauer 41	1:20.2	Robertson, LeBourgeois) 2	04.4
100 Indiv. Medley	1.20,2	Oak Ridge Masters 35+ (Lizon, Lauer, Harris, Marshall) 2	
K. Canterbury 40	1:06.2	Marshall) 2	16.3
B. Lauer 41	1:10.5	Tar Heel Masters 35+	1913
T. Reissing 40	1:10.8	(Gee, Huson, Canterbury,	
J. Huson 41 200 Indiv. Medley	1:21.1	Tar Heel Masters 35+ (Gee, Huson, Canterbury, Simmons) 2	16.7
B. Lauer 41	2:40.5		~~
J. Huson 41	3:01.6	4th ANNUAL EAST	"Y"
400 Indiv. Medley		SPRING MEET	
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B. Lauer 41	5:54.2	WOMEN 25-29	
MEN 45 - 49		50 YD. FREESTYLE	
50 Freestyle E. Schnitzer 48	28.6	50 YD. FREESTYLE Linda Duval 25	1
100 11		100 YD, FREESTYLE Sandy Baker 26	
E. Schnitzer 48	1:07.3	Sandy Baker 26	1.
ter management and	1:07.7	50 YD, BACKSTROKE Sandy Baker 26	
200 Propertyle		100 Vn populamento	t
B. Harris 49	2:31.3	100 YD. BREASTSTROKE Pat Stinson 26	34
K. Dawson 43	2:42.9	50 YD, BUTTERFLY	
500 Freestyle B. Harris 49	6:55,6	Pat Stinson 26	- 1
E. Schnitzer 48	7:45.0	Pat Stinson 26 50 YD, BUTTERFLY Pat Stinson 26 WOMEN 30-34	
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B. Harris 49	36.3	300 AD PERFORMENT	
K. Dawson 45	37.5	Jill Keller 31	21
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K. Dawson 45	3:04.5	50 YD. BACKSTROKE Jill Keller 31	140
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B. Harris 49	1:15.3	50 YD, BUTTERFLY Jill Keller 31 WOMEN 55-59	
MEN 50 - 54		Jili Keiler ji	
50 Freestyle		SO YD. BACKSTROKE	
H. McAuley 53	26.6	Rose Steward SR	1.1
C. Simmons 53	30.4	100 YD. BACY STACKE	
100 Freestyle	1:01.2	NORTH 32-29  50 YD. BACKSTROKE  Rose Steward SA  100 YD. BACKSTROKE  Rose Steward SA  50 YD. BACKSTROKE  Rose Steward SA  Rose Steward SA	213
H. McAuley 53 B. Marshall 50	1:12.4	50 YIL BREALTH ROKE	
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H. McAuley 53 B. Marshall 50	2:41.0	so vo Biblish	1.0
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B. Marshall 50	37.8 44.6	Tom Wisener 26	1.0
H. McAuley 53	44.6	Jay Kelly 29	1
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H. McAuley 53	1:37.1	Niki Griporiev 2/	1
MEN 60 - 64		50 YD. BACK TELKE	
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C. Roy 62	1:23,1	Tom Wisener 26 Niki Orlsoriev 26 Niki Orlsoriev 26 Niki 30-34 50 Yu. FFRESTYLE Faul Berser 32 100 YU. BE-ANDELFORE	1 4
500 Freestyle C. Roy 62	8:56.5	DATE OF THE VIEW	1
50 Breaststroke		50 YU. PPRESTYLE	
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100 Breaststroke		Nichard Love 31	
C. Roy 62	1-41-0	Fichard Love 37	1:
MEN's 200 Free Relay		50 YD. BUT KEPLY	
Georgia Masters 25+ (Grant, Reissing, McAu	law.	Paul Rerger 32 EEL 30-49	T
(Grant, Reissing, MCAU Quanrud)	1:45.9	ELP 11-19	
Tar Heel Masters 25+	19-1005505	50 YD. FREESTYLE. Philip Keller 36	1.5
(Huson, Simmons, Gee,		Philip Keller 36 50 YD. BREASTSHOKE Philip Keller 36	1.3
Canterbury)	1:58.0	Fhilip Keller 36	1.17
Oak Ridge Masters 25+			
(Gardner, Johnson, Laue	r.	Philip Keller 3r	3.1
Marshall)	2:04.5	100 YL, PREESTYLE	
S. C. Masters 35+		100 YL, FREESTYLE	rgio Vil
(Mercer, LeBourgeois, Rembert, Robertson)	1:47.5	Don Dabeppo 4	110
ANTHORIE, RODELESON)	4-70-6	200 YD, FREEL YEL Don DaDerpo	120
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well as some from as far away as Alberta, Canada, were in attendance at the Oakville meet. The competing Americans did very well in all events and returned to the States with a fair amount of the Canadian 'gold'. The Canadian Amateur Swimming Association is currently formulating plans to possibly host a World Masters Swimming competition sometime in 1978 or 1979. P. Wayne Shadbolt, Conn. Masters





MISSION VIEJO MEET RESULTS? Where or where are they? I have written and called but still no meet results. Last week I was told that the Computer hadn't finished the meet results yet. If I receive a computerized copy, I might not be able to print them in Swim-Master until I have time to re-copy them. If all 800+ swimmers who swam in the meet will write and ask Mission Viejo for the meet results, perhaps we will get them - some day. Please do not write to me for them..... EXERCISE AND STRESS - Regular exercise improves a rat's cardiac response to stress, even though it may not affect the heart's performance at rest, according to studies at New York's Montefiore Hospital. A team headed by Dr. Michele Codini exposed 29 male rats to 150 minutes of swimming exercise each day for eight weeks, while 32 rats of the same age and genetic strain remained in their cages. Researchers then measured left ventricular pressure development, both under normal conditions and when the aorta was experimentally occluded. By comparing rats with the same heart weight and heart rate, they found that exercise increased ventricular pressure development and therefore improved pumping strength when the artery was blocked. If similar changes occur in humans, persons who exercise will probably have an advantage over sedentary individuals when the heart is under stress..... RULES FOR SWIMMING RECORDS - One of the requirements and Conditions for Swimming Records and/or Top Ten Times is the requirement that: Records or times must be achieved in the relevant stroke-event, i.e., a backstroke record must be set in a backstroke event, etc. Records set in freestyle events can be submitted only as freestyle records regardless of the stroke or strokes used..... MISSION VIEJO SOUVENIR PATCHES - There are a few patches left from our 1976 SC Championships. If you forgot to get yours while at the meet, please write to Don Rankin at 11731 Heathcliff Dr., Santa Ana, CA 92705 and order yours immediately! They are for sale at \$2.00 each or 3 for \$5.00 post paid by writing to Don..... NOTE TO SWIM-MASTER - Many of us would like to see meet directors give more useful and/or unusual awards. We are getting a large collection of ribbons, medals and trophies (many of which are very nice), but most end up in a closet in a shoe box or collecting dust on a shelf. At some of our Texas meets, a \$5.00 or \$7.50 entry fee is charged for up to 10 individual events plus relays, and one special award is given for the entire meet. Pewter mugs, paper weights and glasses have been awarded. I personally, would like to receive a T-Shirt or even a swim cap or towel for an award. One meet director even allowed contestants to choose a trophy or a towel. Jamie Stewart, Masters of South Texas..... ROUTINE STOP TESTS NERVES AND SECURITY - For President Ford and his White House and campaign staff, it was just another overnight stop in the hustings. But for the front desk man James Owen and the rest of the staff or the 150-room Hilton Inn at Laguna Hills, it was six days of chaos, punctuated with frustration. The White House party filed reservations for 145 of the Inn's 150 rooms and they stopped taking reservations as soon as they got the initial call. The White House Press corps were quartered in part of the first floor, leaving some rooms for a few regular hotel guests. The only room on the second floor that was not reserved for the White House party belonged to 82-year-old Mrs. Nellie Brown of Alexandriz, VA. Mrs. Brown, who said she is the oldest competitive swimmer in the United States, had been staying in the hotel for the past week while attending a swimming meet at Mission Viejo. When she heard the President was coming, she remained, hoping to meet Ford. Monday morning she got up at 6 a.m. in order to carry out her plan. It paid off. She was the first person the President met when he emerged from the Inn after shaking hands with an esti-

mated 200 campaign volunteer workers at a breakfast meet-

ing. "I challenged him to a swim,"the charming white-haired women told reporters, "but he said he didn't have time today. I also told him that I lived not too far from where he used to live before he became President."........

OLD STERNWHEELER'S MASTER'S MONTHLY SAYS: If circumstances are such that you must workout alone, here are some hints that might help:

1. Write the workout in advance on a little slip of paper, then bring it into the pool with you and do exactly what you've written down. Its too easy to change your mind when your arms get heavy. Writing it all down sort of commits you to it, and lightens the load carried by your self-

discipline.

2. When you write your workouts, set a minimum yardage and then construct a practice which will give you that yardage in a way that's easy on the brain, yet taxing to the body.

3. Short rest intervals are a good way to put on the yards. For example: 10 x 100, resting 15 sec. in between. 0r 6 x 200 (rest 30) or 20 x 25 (rest 10).

4. Each workout should include some speed work: all out 50's or 25's, done with enough rest so you can hold your

stroke and go at about race speed.

5. Warm-up is very important. Each practice should have a long easy swim at the beginning, with some kicking thrown in if practical, to get the old bod cranked up again. Here's a handy formula to help you set up your workouts.

Warm-up 400-800 800 EZ swim Bread & Butter Set 300-600 6 x 100 (15 sec rest) Distance Filler 200-400 400 IM fast/slow 100-200 2 x 50, 4 x 25 Sprints 400 EZ, EZ, EZ Cool Down 200-400 Total Yards 1200-2400

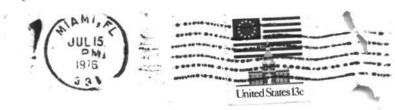
6. Find out how far you can go in your practice time, then

write workouts to fill your time: 2500 yards is better than 1650..... BEVERAGE CLUB CITES PUBLISHER - Herbert Zien, publisher of the Wisconsin Beverage Journal, was honored at the third annual testimonial dinner sponsored by the Greater Milwaukee Liquor and Beverage Club of the City of Hope. The \$50 a plate dinner was in the Bradley Pavilion of the Performing Arts Center, with proceeds earmarked for a medical research fellowship in Zien's name at the City of Hope Hospital in Los Angeles. Herb made the top ten in 1973. He had to retire from comeptitive swimming just before the LC Nationals in Chicago due to an artery blockage. In October of 1975 he had open heart surgery and came out with two by-passes and a pacemaker. He is working out gradually since last Feb. and is more or less testing himself for speed and stamina. He writes, "The way I feel is encouraging so with that and the OK of my cardiologist, I hope to get an OK to return to Masters Swimming. The main obstacle may be my doctor who is really not oriented on competitive sports. I just wish Capt. Ransom Arthur was my cardiologist."......

"ENTRE AMIS" (BETWEEN FRIENDS) - A few years ago, while visiting Hattiesburg, MI, this Connecticut Yankee had the pleasurable experience of being exposed to true southern hospitality. It was a long to be rememberd occasion. During the weekend of June 5-6, 1976, I was once again the recipient of this gracious treatment. But this time, it was from the members of the Oakville Aquatic Club in Oakville, Ontario, Canada. The club was the host to several Americans during their Third Annual Invitational Masters Swim Meet held in this city near Toronto. This year was the first time the meet was opened to international competition. As a result, American Master swimmers from as far south as Florida, as well as others representing A.A.U. Master Swim Teams from Connecticut, Delaware, New Jersey, New York, Ohio and Washington, DC, traveled north for the two day competition held in a brand new 25 meter, six lane pool at Queen Elizabeth High School. The Canadians are tremendously interested in the Masters Swim Program and so stated their thanks to the United States for instituting the idea in their welcoming remarks in the meet program. Even though the Canadian Olympic swimming trials were being held just outside of Oakville this same weekend, some 250 Canadian Master swimmers from all over the area, as



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## FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL V - No 6

# 1976 SWIM CALENDAR

	1770 SWIM CALLINDAIL
Hawaii Ass AUG I, SEF	sociation - Richard Merritt, 4326 Aukai Ave., Honolulu, HI 96816
Ohio Associ	iation - Roy Stickney, 235 North Remington Rd., Bexley, OH 43209
JUL 30 or	SSOCIATION - Dore Schwab, Gray Oaks, Box 772, Ross, CA 94957 AUG 1, SEP 11-12, OCT 9-10, NOV 20-21, DEC 4/5
Southern	Pacific Association- Don Rankin, 11731 Heathcliff Dr., Santa Ana, CA 92705 JG 14-15, AUG 29, SEP 18/19
JUL 18	Oregon - Connie Wilson, 10315 SE 82nd, Portland, OR 97266
18	Schaumburg, IL - Irene David, 1808 Epping Pl, Schaumburt, IL 60194
18	Celebrity - Dennis West, 8223 Marshall Ct., Arvada, CO 80003
24	NATIONAL LONG DISTANCE CHAMPIONSHIPS - Clifford S. Brown, N76 W22300 Cherry Hill Road, Sussex, WI 53089
23-25	WPB-LC - Don Short, 408 Lighthouse Dr., North Palm Beach, FL 33408
25	Bow Mar Lake Swim - Dennis West, above
25	Milwaukee LC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
30-31	LC - Mush Van Dolson, County of Nassau, Dept. of Rec. and Parks,
AUG 1	Eisenhower Park, East Meadow, NY 11554
JUL 31	Duke University - Dot Ressigue, Box 7, Tar Heel, NC 28392
JUL 31-Au	g   Bi-Centennial - Ray Chen, 9713 Digging Rd., Gaithersburg, MD 20760
AUG 7-8	Atlanta LC - Fred Stokes, 1654 Cody Circle, Tucker, GA 30084
8	Celebrity - Dennis West, above
13-15	Lawrence LC - David Schmidt, 712 Ohio, Lawrence, KS 66044
13-14	PNA - Steve Engel, 2005 S. 308th, Federal Way, WA 98002
14	Greensboro LC - Dot Ressigue, above
14-15	Conn. LC - Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162
20-22	
26-29	NATIONAL LC CHAMPIONSHIPS - Wade Barber, 7314 Whitehaven Dr., St. Louis, MO
SEP 3-5	MASTERS SUMMER DIVING CHAMPIONSHIPS - Ed Craren, Diving Coach, University of Nebraska, Lincoln, NE 68501
4	Lanai - Maui Channel Relay - Robert Rocheleau, 6229 Kawaihae Pl, Honolulu, HI
6	Waikiki Rough Water Swim - Aquatics Coordinator, Dept. of Pks & Rec, 650 S. King St., Honolulu, HI 96813
13-14	Fayette SC - Dot Ressigue, above
26	YMCA - Virginia Hildebrant, 5167 Robinhood Dr. Welloughby, OH 44094 (tentative
NOV 7	SPA Diving - Brud Cleaveland, 1520 Bay St., Santa Monica, CA
OHCH WA	TER (OCEAN) SWIMS - CALIFORNIA

ROUGH WATER (OCEAN) SWIMS - CALIFORNIA - AUG 1 Hermosa Beach;
AUG 7 Hermosa Beach; AUG 14 Santa Cruz; AUG 15 Laguna Beach; AUG 21 Santa Monica;
AUG 22 Long Beach; SEP 4 Maui Channel 6-person relay; SEP 6 Oceanside & Waikiki
Beach Honolulu; SEP 12 La Jolla; SEP 18 Sr. Olympics Ocean Aquatics at Zuma Beach;
SEP 19 San Diego Swim-Run-Swim. For info, send stamped, self-addressed envelope
to Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045.