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TRAINING ON 1500 YARDS A DAY AND STILL A WINNER?

by

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A pervasive myth related to yardage and performance has invaded Masters swimming. If you asked about it, most Master swimmers and coaches hold the somewhat erroneous idea that the only way to improve performance is to increase one's yardage. Since most Master swimmers are caught up in the activities necessary to carry on work and family responsibilities, we know that they have only limited training time available. Since this is almost universally the case with Master swimmers, many of them rationalize that because they only have 30 to 40 minutes a day, five days a week, they cannot possibly achieve a higher performance level.

Not so! There are some alternate methods of training that will bring results. In order to arrive at a satisfactory training program, the Master swimmer will do well to carefully consider percent effort (intensity) and its relationship to training yardage. Coaches of world class swimmers have found that by training at 80 per cent effort or higher, yardage may be reduced from 18,000 to 12,000 yards a day with an increase in performance. This same principle was used by the author in short course training from September, 1975 to May, 1976. The usual training yardage of 2,500 was reduced to 1,500 yards a day. The intensity of effort was maintained at 80 per cent for all but several hundred yards warm up and cool down. An example follows:

QUALITY TRAINING

200 yard warm up
10 x 50 crawl on 1:00 average :31.5
4 x 50 kick on 1:15 average :50
5 x 100 IM on 2:00 average 1:19
100 yards easy cool down

Total yardage: 1500 Total Time: 30-40 minutes

If you decide to try a similar training program, I recommend that six to eight weeks of distance swimming precede the higher intensity training. Gradually work into the quality training in order to avoid sore muscles.

High quality training, but lowered yardage, earned me 10 first place National Masters ratings for 1976 on the 25 yard course for the 50-54 age group. In addition, this same training was responsible for two personal best times in the 100 yard freestyle (:56.75) and the 200 yard breaststroke (2:46.4). I also had two good distance performances with a national record of 5:26.8 in the 400 yard IM and a 1650 yard time of 21:38. Quality training also seemed to give as good a capacity for repeat performance in meets as my earlier longer yardage training program. For example, in a meet at Whitefish Bay, Wisconsin, I swam a :56.75 100 yard freestyle, 2:10.34 200 yard freestyle, 6:06.31 500 yard freestyle, and a 21:38.46 for the 1650. These times were national first place times for the 50-54 age group for 1976.

The quality program has been advocated and practiced by coaches with world class swimmers, including Jack Nelson, Dick Jochums, and Don Talbot, the Canadian coach. The quality program I followed included only 25, 50, and 100 yard repeats since the race speed for all events except the 1650 was specifically practiced with that format. Longer distances such as 500 yard repeats are much easier to maintain even at 90 per cent effort. A 500 yard best time of 6:00 minutes would give a 6:35 for a

90 per cent effort and is much easier than doing 90 per cent effort of 10 x 50 on 1 minute at :28.5, based on a best 50 time of :25.8.

Be sure that you understand the following principles if and when you decide to embark upon a quality program. Very likely it can help you achieve the most out of your training.

1. Training should be close to race speed for your events. Since most events are 50, 100, and 200 yard events, the training should be one-fourth to one-half the race distance.

2. Specificity of training develops the physiological energy systems to their highest efficiency, especially the anaerobic system which is trained in the 1 to 30 second work intervals. This important performance system is not developed in the long slow distance training.

3. Stroke timing and efficiency is developed and enhanced by quality work. Both stroke timing and coordination are changed at different velocities, so the training speed must be similar to the specific one used in competition for the most positive effect.

4. The per cent effort for each 50 yards of a 200 yard event is between 80 to 85 per cent, so training should approximate this level of effort.

5. The distance per stroke (an important stroke efficiency concept) can be maintained in a race if the training is similar to the racing speed. Many swimmers overstroke and rush the recovery during the excitement of competition.

6. Training programs should be based on yardage and intensity, with a lower yardage and higher intensity program operating most effectively when training time is limited.

7. Use caution in adjusting to any drastic change in stress factors related to your training. Some individuals may have shoulder joint problems in training at a higher intensity.

In conclusion, remember that I performed at the same level, even improving some of my times, with a change from a daily yardage of 2,500 to one of 1,500 with higher intensity work based on 80 per cent effort. I also experienced less stress symptoms than during the previous year with the shorter, but higher quality workout.

World class coaches also use this training principle of intensity and yardage to design effective training programs. Remember too that higher intensity does not mean all out sprints! Master swimmers can profit by investigating the use of this principle in their own training. If you decide to try it, be sure to give the high quality program adequate time to demonstrate positive results. Don't make you decision about its effectiveness after only a one month trial. Give it time to work for you.

MASTERS SWIMMING NOTES

NATIONAL SHORT COURSE CHAMPIONSHIPS - Inquiries have been arriving about the SC meet. All letters are being filed and when the information is ready all letters will be answered. I do not anticipate the information being ready before March so please do not worry.....
(Continued on next page)

Often I am asked if Swim-Master takes ads. So far I have not taken ads as there is just so much room and I would rather use the space for our own news. However, when a friend of mine stopped by my office and showed me pendants (right) I thought perhaps you might be interested. If there was enough interest among the Masters Swimmers, they could make a special die with the word MASTERS on B. They are very pretty and would make nice high point awards or special awards.....

POSSIBLE NEW IDEA: Jan Moeller asks if the availability of a patch with "Top 10" printed thereon - and perhaps the event name - for a fee, of course, to those who wish to purchase them. Just a thought but a good incentive to try harder.....

ANSWER FOR JAN: Harry Fox, President of the O*H*I*O has designed a top 10 Masters Patch and would like to advertise and sell thru Swim master. Perhaps you could contact Harry, Jan, at 1616 Amherst St. NE, Massillon, OH 44646.....

IN MEMORIAM: Larry Smith, of Newton, MA, who died on Saturday 20 November 1976.....

PROBLEMS? - If any of you have specific problems on training or conducting meets effectively we would like to hear from you and perhaps some of our readers could help you. Many of these problems are common to a large number of us.

FOUND! - John Spannuth has been found! He is the Senior Physical Director at the Anderson, Indiana YMCA. He can be reached at (317) 644-7796 and write c/o YMCA, P.O. Box 231, Anderson, IN 46015. John in continuing with the US Swimming Foundation - but in his spare time.....

WORLD CHAMPIONSHIPS, 1977 - Arrangements for the proposed World Masters Swimming Championships tentatively arranged for Ecuador in October, 1977, have slowed down due to lack of communication. John D. Miller (Jack), a former competitor who lives in Puerto Rico (Vieques), is taking leadership to organize such a meet at that time in the 50 meter pool at San Juan. If this is something you would like to see develop, please drop notes to Jack, Ransom Arthur and June Krauser, who are enthusiastic about the proposed change.

John D. Miller June Krauser
Box 747 2308 N.E. 19th Ave.
Vieques, Puerto Rico 00765 Ft. Lauderdale, FL 33305

Ransom J. Arthur M.D.
11361 Isleta
Los Angeles, CA 90049

This will give Jack something to show officials in Puerto Rico that many will participate, and it will help June and Dr. Arthur in planning and it will provide a mailing list for entry blanks. If there is sufficient interest, Jack has assured me the meet can be arranged. This memo to All Masters Swimmers is from Harry Rawstrom.....

FROM CONNECTICUT - Yale University has been kind enough to allow the Connecticut Masters to use their facilities once a month at no charge for meets. And so the CT Masters voted to donate to the University a set of Moriarty back-stroke starting blocks in recognition of their support. Also, Paul Katz, who is not Yale's Assistant Swim Coach will be joining the Conn. Masters after waiting his 4 months unattached period.....

1977 AAU DIRECTORY - A special price of \$3.00 has been established for National Committee members for the 1977 AAU Directory.....

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ANNOUNCING - The Splash of Our Life! New Entry: John Otto Hetzel. Entry Date: December 4, 1977. Seed Time: 11:28 pm. Lap Length: 21 inches; Weigh In: 7 lbs 6-3/4 oz. Proud

Starters: Marynell & Tom Hetzel;.....

PENTATHALON: The DC Masters Swim Team runs a Pentathlon Swim Meet annually, and scores the swimmers in each event (50 back, breast, fly and free plus 100 IM) based on the time achieved compared to the 40-44 National Record. 1000 pts are earned for equaling the record, and 4 points (2 pts in the case of the 100 IM) are added or subtracted for each 0.1 second faster or slower than the record. The winner of the Pentathlon is the swimmer in each age group, with the greatest score. For ease of scoring, a swimmer programmed a computer to run 10 sets of tables (5 for men, 5 for women) containing the time and points for each event, and scores over a wide range. Other teams may wish to use these tables, and offer to run sets and mail to anyone requesting them.

If you feel it is worthwhile, the DC Masters will sell them at their cost, \$5.00, postpaid anywhere in the world. Checks should be made payable to DC Masters Swim Team and mailed to Arthur C. Smith III, 337 Chesapeake Dr., Great Falls, VA 22066. We have found that the tables greatly speed up scoring and reduce errors as well. If anyone has any questions, please contact Art.....

TOURS - It seems that several Masters Swimmers work for Travel Agencies and have arranged some special tours for Masters Swimmers. The 1977 AAU INTERNATIONAL SWIMALONG is scheduled for June 30-July 16 and visits 3 great cities Amsterdam, Copenhagen and Stockholm. If interested, write to Sarah Freschi, Mathews Travel Center, 15300 Ventura Blvd., Sherman Oaks, CA 91403. The other tour is the Masters Orient Swim Tour, July 16-31 to Japan and Hong Kong. If interested contact Margaret George, 112 So. Ave. 66 #24, Los Angles, CA 90042 (213) 257-2745.....

SOUTHERN AAU CHAMPIONSHIPS - by Joanne Marshall

Oak Ridge Masters and the Oak Ridge Recreation Department hosted the 4th Annual Southeastern A.A.U. Championships at the Oak Ridge Civic Center pool on November 6 and 7. A colorful 4-inch patch - depicting the atom for Oak Ridge, the mountains and lakes of East Tennessee and the swimming emblem, and reading "SEAAU Championships, Oak Ridge, Tennessee" were given to all participants in the meet. At the 2-day meet, six new national records were set and one tied. Dorothy Ressegue, 55, Tar Heel Masters, North Carolina set records 50 fly (38.4), 200 IM (3:05.4) and 400 IM (6:52.3). June Krauser, 50, Gold Coast Masters, Florida 200 Fly (3:02.2) and 400 IM (6:22.2). Irvin Merritt, 73, West Lafayette White Shards Masters, Indiana, 200 yd fly (5:34.6). Five 1975 All-Americans participated in the meet: Anne Grams (25-29), Dorothy Ressegue (50-54), John Crews (55-59), Mildred Anderson (60-64) and Irvin Merritt (70-79). High Point winners were Gretchen Drake and Rick Krogstrup (25-29), Bonnie Mosbrook and Gerry de Long (30-34), Natalie Johnson and Charles Bechtel (35-39), Rita-Al Jones and Gay Rosser & Kirk Canterbury (40-44), Nancy Logan and Norman Schueckler (45-49), June Krauser and John Woods (50-54), Dorothy Ressegue and Dick Lindauer (55-59), Mildred Anderson and George Silvera (60-64), Ruth Switzer (65-69) and Irvin Merritt (70-74). Dr. Crews was master of ceremonies at the Saturday evening banquet which featured Winnie Krogstrup's 1976 "Funny Film" starring the women of the Oak Ridge Masters team. Gay Rosser brought along his guitar this year, and for everyone's enjoyment played and sang. In summing it all up, Dr. John Crews, meet Director, says, "It was a fast meet, and competition was terrific for high-point awards in several divisions. The success of the meet was due to the great number of swimmers who traveled to Oak Ridge to take part in our 4th Annual Southeastern AAU Championships. We look forward to seeing all of you at our next meet!".....

1977 ALL AMERICAN SELECTION - All registered AAU Master Swimmers who are holders of first place in any Top Ten swimming event, as of the date of the last day of the Championship meet for that course, shall be declared an All American for that year. All top ten times, as well as national record times should be in the hands of the National Masters Records Chairman within 35 days from the date of the last day of the championship for that course.....



PICTURES

1 Women competing in St. Louis included: Louise Jones (55-59) Illinois Masters, Nancy Clark (60-64) DC Masters, Dawn Musselman (60-64) UNA, Joan Osborne (60-64) Humuhumu S.C.

2 COLLEGIATE SWIM CAPTAINS (RETREADED)
Frank Booth, Stanford, 1932
Ray Thompson, Naval Academy, 1933
Lloyd Osborne, Yale, 1932

3 The 1976 National Championship Relay for 65 & Over - Medley & Free
Herb Bender, Dr. Wilson Scott, Capt.
Ray Thompson and Dave McAfee representing the DC Masters

4 Masters Meet, Oct. 3, 1976 held in Phoenix, AZ

5 Showing their trophies are: Jane Katz, N.Y.C., best in meet; Glastonbury Swim Coach - Brian Gillie; Doris Hogan, MA, runner-up; Paul Katz, New Haven, best in meet for men



MASTERS — A strong desire to stay competitive and a love for swimming have pushed these seven Baton Rougeans to continuing their careers in the pool a bit further than others who simply leave the sport to the youngsters. They are in front Bunny Epps, Bobbie Scull, Chris Rojas and Ray

Mut. In the back row is Harris Copenhaver, Joe Paul Steiner and Carolyn Cruzan. They compete in regulation meets and have named themselves as the Baton Rouge Master Swimmers.

— Photo by Charles Gerald



"DO IT TOGETHER" - HUSBANDS & WIVES

SWIMMING IN NATIONAL CHAMPIONSHIPS AT ST. LOUIS

PICTURES - COURTESY OF LLOYD OSBORNE OF HAWAII

TOP TO BOTTOM ROW ONE

EDNA & HERB LANDON - RYALL MASTERS

SKIP & LOUISE MANN - ROCKY MTN. MASTERS

MORRIS & JEANNETTE EPPLEY - ILLINOIS MASTERS

ROBERT & RUTH BAKER - NORTHERN SHORES A.C.

WALT & ANNETTE PFEIFFER - CAL TECH

BUMPY & RITA-AL JONES - SUNCOAST MASTERS

TOP TO BOTTOM ROW TWO

NANCY & WATSON LAWRENCE - RYALL MASTERS

MICKEY & MATT SIELSKI - ILLINOIS MASTERS

HANK & KAREN ZENTGRAF - ROCKY MTN. MASTERS

FRANK & BUNNY HAVLICEK - ILLINOIS MASTERS

WADE & BARBARA BARBER - ST LOUIS MASTERS

JANIS & GRAHAM JOHNSTON - TEXAS GULF MASTERS

TOP TO BOTTOM ROW THREE

HY & EVIE GOLDMAN - SAN MATEO MARLINS

ROBIN & ELAINE KLEFFMAN - NORTHERN SHORES A.C.

JUDY & JIM GREEN - OAK RIDGE MASTERS

RUSS & GWEN DUNN - AUSSI

HAM & MILDRED ANDERSON - TEXAS GULF MASTERS

MIMS & GENE JENNINGS - ST. PETERSBURG REC. DEPT.

TOP TO BOTTOM ROW FOUR

DON & PEG GREETHAM - SOUTHERN OHIO MASTERS

VION & WARREN KAYE - NORTHERN SHORES A.C.

DOUG & BESS BARRIE - AUSSI

JUNE & BILL MOFFIT - GOLD COAST MASTERS

JOAN & LLOYD OSBORNE - HUMUHUMUNUKUNUKU S.C.

NANCY & FRANK CLARK - D.C. MASTERS

100 Meter Freestyle	1 Dorothy L. Messagie	55 IM	1:16.55	100 Meter Freestyle	1 Dorothy L. Messagie	55 IM	1:16.55	
2 Helen Hummer	55 IM	1:51.72	2 Eddie Goldstein	65 SPRD	1:43.91	7 Rocky Mountain Masters B	2:00.95	
3 Nancy Phillips	55 CMST	1:42.21	3 Eddie Goldstein	66 SMM	1:55.4	8 Michigan Masters	2:07.84	
4 Annette Pfeiffer	55 CT	1:42.21	4 Eddie Goldstein	67 DCM	1:01.59	9 St. Louis Masters	2:10.84	
5 Louise Jones	55 IM	1:45.05	5 Eddie Goldstein	68 UNA	2:02.95	10 Illinois Masters B	2:18.30	
6 Lori Gresham	55 SMM	2:09.95	6 Eddie Goldstein	65 SPRD	3:54.54	(Barber, Hilliard, Domitz, Rappleye)		
200 Meter Freestyle	1 Dorothy L. Messagie	55 TM	2:54.1	7 Eddie Goldstein	66 SMM	9:04.88	11 Northern Shores Aquatic Club B	2:23.79
2 Jeannette Eppley	55 IM	3:19.00	8 Eddie Goldstein	67 DCM	4:26.77	(R.Baker, B.Baker, Schulze, Earley)		
3 Annette Pfeiffer	55 CT	3:19.00	9 Eddie Goldstein	68 UNA	5:08.48	12 Shabbona Sharks Masters	5:52.13	
4 Louise Jones	55 IM	3:19.00	10 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Lindsey, Lendway, Knott)		
5 Anna Farrell	55 IM	3:19.00	11 Eddie Goldstein	66 SMM	1500 Meter Freestyle	(Campbell, Heling, Fisher, Zentgraf)		
6 Lori Gresham	55 CT	3:19.00	12 Eddie Goldstein	65 SMM	1500 Meter Freestyle	(Martin, Parks, Kruskalla, Kaye)		
1500 Meter Freestyle	1 Dorothy L. Messagie	55 TM	9:07.82	13 Eddie Goldstein	66 SMM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)	
2 Jeannette Eppley	55 IM	10:26.01	14 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
3 Nancy Fessel	55 IM	27:01.12	15 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
4 Louise Jones	55 IM	29:12.16	16 Eddie Goldstein	66 AUSSI	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
5 Anna Farrell	55 IM	33:32.50	17 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
100 Meter Individual Medley	1 Dorothy L. Messagie	55 CMST	4:06.74	18 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)	
2 Margaret George	55 SPRD	1:49.89	19 Eddie Goldstein	66 SMM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
3 Miriam C. Jennings	55 SPRD	1:57.55	20 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
4 Frances King	55 SLW	2:12.57	21 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
5 Bernice Havlicek	55 IM	2:30.07	22 Eddie Goldstein	66 AUSSI	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
6 Lori Gresham	55 IM	3:02.15	23 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
100 Meter Individual Medley	1 Nancy Phillips	55 CMST	3:59.00	24 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)	
2 Margaret George	55 CT	4:10.13	25 Eddie Goldstein	66 AUSSI	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
3 Miriam C. Jennings	55 SPRD	4:31.12	26 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
4 Loraine Peterson	55 CT	4:44.47	27 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
5 Frances King	55 SLW	5:24.49	28 Eddie Goldstein	66 AUSSI	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
100 Meter Backstroke	1 Nancy Phillips	55 DOM	1:42.18	29 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)	
2 Viola Thompson	55 CT	2:00.44	30 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
3 Margaret George	55 CT	2:04.02	31 Eddie Goldstein	66 AUSSI	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
4 Ruth Wunderlich	55 OM	2:20.03	32 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
5 Loraine Peterson	55 CT	2:31.52	33 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
100 Meter Individual Medley	1 Nancy Phillips	55 IM	2:40.59	34 Eddie Goldstein	66 AUSSI	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)	
2 Margaret George	55 DOM	3:54.85	35 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
3 Viola Thompson	55 CT	4:18.57	36 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
4 Ruth Wunderlich	55 OM	4:45.19	37 Eddie Goldstein	66 AUSSI	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
5 Frances King	55 SLW	5:35.97	38 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
50 Meter butterfly	1 Jeannette Eppley	55 IM	43.84	39 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)	
2 Viola Thompson	55 CT	47.05	40 Eddie Goldstein	66 AUSSI	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
3 Margaret George	55 CT	47.14	41 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
4 Ruth Wunderlich	55 OM	56.61	42 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
5 Annette Pfeiffer	55 CT	1:09.57	43 Eddie Goldstein	66 AUSSI	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
100 Meter butterfly	1 Jeannette Eppley	55 IM	1:20.31	44 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)	
2 Helen Hummer	55 IM	1:47.99	45 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
3 Viola Thompson	55 CT	1:50.39	46 Eddie Goldstein	66 AUSSI	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
4 Ruth Wunderlich	55 OM	2:02.74	47 Eddie Goldstein	67 DCM	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
5 Miriam C. Jennings	55 SPRD	2:22.04	48 Eddie Goldstein	68 UNA	1500 Meter Freestyle	(Maurer, Parks, Kruskalla, Kaye)		
100 Meter Individual Medley	1 Dorothy L. Messagie	55 TM	2:39.39	49 Eddie Goldstein	66 DOM	1:44.44	WOMEN 75-79	
2 Viola Thompson	55 CT	4:08.70	50 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Margaret George	55 CT	4:18.65	51 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Ruth Wunderlich	55 OM	4:35.58	52 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Miriam C. Jennings	55 SPRD	4:53.31	53 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
50 Meter butterfly	1 Dorothy L. Messagie	55 TM	2:39.39	54 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Viola Thompson	55 CT	4:08.70	55 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Margaret George	55 CT	4:18.65	56 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Ruth Wunderlich	55 OM	4:35.58	57 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Miriam C. Jennings	55 SPRD	4:53.31	58 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
50 Meter butterfly	1 Dawn Mieselman	63 PNA	36.23	59 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Nancy Clark	62 DOM	39.53	60 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Georgia McCarthy	62 OM	40.30	61 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Mickey Stelzki	61 AUSSI	43.02	62 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Janet Meserve	60 IM	45.16	63 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
6 Mildred Anderson	60 PNA	46.16	64 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
7 Dorothy Fraley	61 TOM	52.76	65 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
8 Lois Elert	61 TOM	1:01.90	66 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter Individual Medley	1 Dawn Mieselman	63 PNA	1:25.06	67 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Nancy Clark	62 DOM	1:35.88	68 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Mickey Stelzki	60 IM	1:50.04	69 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Georgia McCarthy	60 OM	1:06.62	70 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Janet Meserve	60 IM	1:17.77	71 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
6 Mildred Anderson	60 PNA	1:20.44	72 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
7 Dorothy Fraley	61 TOM	2:34.91	73 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
8 Lois Elert	61 PNA	2:48.10	74 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter butterfly	1 Dawn Mieselman	63 PNA	3:23.47	75 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Nancy Clark	62 DOM	35.73	76 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Georgia McCarthy	62 OM	40.30	77 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Mickey Stelzki	61 AUSSI	43.02	78 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Janet Meserve	61 OM	45.16	79 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
6 Mildred Anderson	60 IM	48.40	80 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
7 Dorothy Fraley	61 TOM	52.76	81 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
8 Lois Elert	61 PNA	51.33	82 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter Individual Medley	1 Dawn Mieselman	63 PNA	2:35.47	83 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Nancy Clark	62 DOM	3:12.75	84 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Georgia McCarthy	62 OM	3:52.38	85 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Mickey Stelzki	61 AUSSI	43.02	86 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Janet Meserve	61 OM	45.16	87 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
6 Mildred Anderson	60 IM	48.40	88 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
7 Dorothy Fraley	61 TOM	52.76	89 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
8 Lois Elert	61 PNA	51.33	90 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter butterfly	1 Dawn Mieselman	63 PNA	3:57.74	91 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Pat Matthiesen	60 SMM	4:07.12	92 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Georgia McCarthy	62 CT	4:38.88	93 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Dorothy Fraley	63 UNA	4:37.85	94 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Lois Elert	61 TOM	512.55	95 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter Individual Medley	1 Pat Matthiesen	60 MM	29:52.85	96 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Helen Offenhauser	64 CMST	33:42.64	97 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Georgia McCarthy	60 IM	35:12.38	98 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Dorothy Fraley	61 OM	35:14.96	99 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Mildred Anderson	60 CT	37:07.05	100 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
6 Lois Elert	62 CT	37:15.73	101 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
7 Mildred Anderson	62 OM	40:06.44	102 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter Individual Medley	1 Pat Matthiesen	60 MM	40:33.16	103 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Helen Offenhauser	64 CMST	42:03.81	104 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Georgia McCarthy	62 CT	42:10.54	105 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Dorothy Fraley	63 UNA	43:17.85	106 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Lois Elert	62 OM	43:22.22	107 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter butterfly	1 Pat Matthiesen	61 AUSSI	1:56.95	108 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Pat Matthiesen	60 SMM	56.83	109 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Georgia McCarthy	62 CT	56.83	110 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Dorothy Fraley	63 UNA	57.00	111 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Mildred Anderson	62 OM	57.00	112 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter Individual Medley	1 Pat Matthiesen	60 MM	2:36.25	113 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Helen Offenhauser	64 CMST	2:47.75	114 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Georgia McCarthy	62 CT	2:49.06	115 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Dorothy Fraley	63 UNA	4:57.56	116 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Mildred Anderson	62 OM	4:57.56	117 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter Individual Medley	1 Pat Matthiesen	60 MM	4:57.56	118 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Helen Offenhauser	64 CMST	4:57.56	119 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Georgia McCarthy	62 CT	4:57.56	120 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Dorothy Fraley	63 UNA	4:57.56	121 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
5 Mildred Anderson	62 OM	4:57.56	122 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter butterfly	1 Jean DeBorne	61 AUSSI	49.61	123 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Jean DeBorne	61 AUSSI	49.70	124 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Nancy Clark	62 DOM	56.83	125 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Jean DeBorne	61 IM	1:22.23	126 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter butterfly	1 Pat Matthiesen	60 SMM	2:15.49	127 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Pat Matthiesen	60 SMM	2:22.30	128 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Helen Offenhauser	64 CMST	2:36.25	129 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Helen Offenhauser	64 CMST	2:36.25	130 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter Individual Medley	1 Pat Matthiesen	60 MM	1:59.78	131 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle	
2 Pat Matthiesen	60 SMM	1:59.78	132 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
3 Helen Offenhauser	64 CMST	1:59.78	133 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
4 Helen Offenhauser	64 CMST	1:59.78	134 Eddie Goldstein	65 DOM	1:44.44	50 Meter Freestyle		
100 Meter Individual Medley	1 Pat Matthiesen	60 MM	1:59.7					

200 Meter Breaststroke	
1 Mike Kozler	27 TOSA 2:46.16
2 Allen L. Stark	27 TOSA 2:46.41
3 Fred Forshay, Jr.	27 TOSA 2:54.07
4 Art Michel	28 RMSC 2:54.94
5 Larry Chase	28 ZAC 2:55.01
6 Robert W. Baker	29 NSAC 2:55.67
7 Jim Wheeler	29 SLM 2:56.02
8 Tom Clegg	29 SLM 2:56.02
9 R. Bruce Anderson	27 CON 3:00.65
10 Harry Miller	25 AM 3:03.5
11 Steve Heck	26 CMS 3:06.71
12 Walter W. Woo	27 DCM 3:14.48
130 Meter Butterfly	
1 Fred Schlicher	26 USM 26.70
2 Steve Trembeld	26 PH 27.52
3 Bill Ryan	21 GS 28.55
4 Joe Kelly	26 UNA 28.80
5 William J. Harley	26 NSAC 28.80
6 Peter Fuerst, Jr.	27 TOSA 29.01
7 Robin T. Kleffman	26 NSAC 29.16
8 Mike Horan	26 SLM 29.21
9 Chris Kitchin	29 OM 29.33
10 Bill Fries	26 MY 29.40
11 Ed Rudolf	29 OC 29.57
12 John M. Salata	24 AUSSI 30.11
13 Richard Bordwell	26 NSW 30.49
142 Metre Individual Medley	
1 Fred Schlicher	26 USM 58.56
2 Paul Katz	26 PH 1:00.41
3 Danny Stern	27 HY 1:03.61
4 Jerry Lucas	26 RM 1:04.19
5 Bruce Fisher	26 RRM 1:04.68
6 Tom Fuerst, Jr.	27 TOSA 1:05.01
7 Todd Dryden	26 CMS 1:07.12
8 Ed Rudolf	29 OC 1:07.29
9 Joe Kelly	26 UNA 1:08.00
10 Robin T. Kleffman	26 NSAC 1:08.85
11 Bill Ryan	27 GS 1:09.89
12 Mike Horan	26 SLM 1:18.75
13 Richard Bordwell	29 NSAC 1:19.89
200 Meter Individual Medley	
1 Fred Schlicher	26 USM 2:16.11
2 Larry Chase	26 ZAC 2:15.7
3 Danny Stern	27 HY 2:26.28
4 Jerry Lucas	26 RM 2:28.08
5 Bruce Fisher	26 RRM 2:28.79
6 John Nelson	26 SLM 2:29.80
7 Fred Forshay, Jr.	27 FSA 2:32.85
8 Thomas A. Hodson	26 NSAC 2:33.05
9 Phil Glidson	25 KCM 2:33.93
10 Tom Ertel	25 SLM 2:34.79
11 Chris Holtzman	25 SLM 2:46.17
12 Bruce Rauffer	25 NSM 2:49.42
13 James Kerwin	26 TOSA 2:42.24
14 Tom Ertel	29 TOSA 2:46.44
15 Tom Ertel	29 TOSA 2:46.44
16 Ronald K. Prater	29 UNA 3:03.38
500 Meter Freestyle	
1 Tim Martin	33 RPM 56.02
2 Dan Sullivan	30 USA 56.59
3 Jim Green	33 RPM 57.01
4 Jim Clegg	34 DC 1:01.09
5 Ray Randall	32 DCM 1:03.74
6 Bob Rounds	34 NSAC 1:04.09
7 Kurt Pfister	30 MM 1:05.17
8 Kurt Pfister	30 SLM 1:05.85
9 Walter Meares	33 CEED 1:26.61
10 Leslie Bryant	34 AUSSI 55.90
1500 Meter Freestyle	
1 Tim Martin	33 RPM 2:07.27
2 Dan Sullivan	30 USA 2:07.51
3 George S. Hill, Jr.	32 UNA 2:08.35
4 Jim Clegg	34 DC 2:11.66
5 Fred Stokes	31 DMGA 26.49
6 Kurt Pfister	30 MM 28.63
7 Kurt Pfister	30 SLM 29.29
8 John Wanner	30 MM 29.80
9 Walter Meares	33 CEED 2:03.59
10 Leslie Bryant	34 AUSSI 2:12.61
50 Meter Freestyle	
1 Tim Martin	33 RPM 25.60
2 Dan Sullivan	30 USA 25.66
3 David B. Schmidt	30 UNA 25.66
4 M. Rounds	34 RMSC 27.29
5 Jon Dales	32 CT 27.75
6 Fred Stokes	31 DMGA 28.49
7 Kurt Pfister	30 MM 28.63
8 Kurt Pfister	30 SLM 29.29
9 Walter Meares	33 CEED 2:03.59
10 Leslie Bryant	34 AUSSI 55.90
100 Meter Freestyle	
1 Tim Martin	33 RPM 56.02
2 Dan Sullivan	30 USA 56.59
3 Jim Green	33 RPM 57.01
4 Jim Clegg	34 DC 1:01.09
5 Ray Randall	32 DCM 1:03.74
6 Bob Rounds	34 NSAC 1:04.09
7 Kurt Pfister	30 MM 1:05.17
8 Jon Dales	32 CT 2:32.2
9 John Wanner	30 TOSA 3:06.77
100 Meter Freestyle	
1 Dan Sullivan	30 USA 4:34.1
2 Tim Martin	33 RPM 4:44.2
3 Jim Green	34 DC 4:57.71
5 Fred Stokes	30 MM 5:11.98
6 Jon Dales	35 CT 5:29.26
7 Kurt Pfister	31 DCM 5:40.19
8 Steve Barber	31 TOSA 5:41.36
9 Leslie Bryant	34 AUSSI 7:22.15
1500 Meter Freestyle	
1 Dan Sullivan	34 DC 1:29.87
2 Dan Sullivan	30 USA 1:08.02
3 Jim Green	31 GRN 20:16.10
4 Edward Schmidt	30 SLM 23:45.85
5 Jon Dales	32 TOSA 24:25.01
100 Meter Backstroke	
1 Tim McCarthy	31 OC 1:14.08
2 Ray Randall	31 DCM 1:14.5
3 Steve Barber	31 IM 1:33.11
100 Meter Backstroke	
1 Tim McCarthy	32 DCM 1:15.84
2 Dan Sullivan	30 IM 1:16.25
3 Dennis West	31 RNM 1:16.32
4 Jon Wanner	32 TOSA 1:22.31
5 Ray Randall	35 DOM 1:23.62
6 Walter Meares	35 CEED 1:23.13
7 Kurt Pfister	31 GRM 1:25.84
8 Steve Barber	30 MM 1:26.28
100 Meter Breaststroke	
1 Dennis West	32 RPM 2:51.19
2 Bob Hansen	31 DCM 2:52.60
3 Ken Simpson	30 IM 2:53.28
4 Jon Wanner	31 GRM 2:54.07
5 Dennis West	31 RNM 2:54.94
6 Walter Meares	32 TOSA 2:56.88
7 Ray Randall	33 CEED 3:01.19
8 Steve Barber	32 DCM 3:04.65
9 Tim McCarthy	31 DC 3:05.19
100 Meter Breaststroke	
1 Dennis West	32 RPM 2:51.19
2 Tim McCarthy	31 DC 2:47.46
3 Fred Stokes	31 GRM 2:52.98
4 Bob Hansen	31 DCM 3:05.46
5 Steve Barber	31 IM 3:30.72
100 Meter Breaststroke	
1 Dennis West	31 DOM 2:51.19
2 Tim McCarthy	30 IM 2:51.58
3 Dennis West	31 RNM 2:52.58
4 Jon Wanner	32 TOSA 2:53.62
5 Dennis West	31 GRM 2:54.84
6 Walter Meares	32 TOSA 2:55.25
7 Kurt Pfister	30 MM 2:56.28
100 Meter Breaststroke	
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6 Walter Meares	32 TOSA 2:55.25
7 Kurt Pfister	30 MM 2:56.28
100 Meter Breaststroke	
1 Dennis West	31 DOM 2:51.19
2 Tim McCarthy	

100 Meter Backstroke	1 Paul Hultinger	51 IM 2:46.52	5 Ernest Draves	57 DCM 38.07	400 Meter Freestyle	1 Lloyd Osborne	67 NM 8:10.55	Hinegarde Masters
	2 Bill Morrissey	50 DCM 2:50.64	6 M. H. Chetrick	58 MM 39.51		2 Dan McFie	67 NM 7:05.80	San Mateo Marlins
	3 Harry Dodge	54 DCM 5:14.0	7 Edward Reed, Sr.	57 NEM 45.24		3 Gene Steinke, Sr.	67 NM 7:05.88	Cal Tech
	4 Givnn Jones	50 SMM 5:19.08	100 Meter Backstroke			4 Tom Ryerson	67 NM 7:05.88	1978
	5 Luis P. Vello	53 SSM 4:40.65	1 John C. Crews	56 ORM 1:02.05		5 Ray Thompson	65 DCM 7:15.30	Texas Gulf Masters
100 Meter Backstroke	1 Jim Borbas	50 MMN 1:27.53	2 Frank Huvalick	58 IM 1:19.67		6 Harry Stewart	67 UT 7:29.72	New Jersey Masters
	2 Skips Mann	51 MMN 1:28.03	3 M. H. Chetrick	56 MM 1:45.72		7 Harry Jagger	69 MAN 8:01.27	Kansas City Masters
	3 Matt Flanagan	50 DCM 1:29.41	4 Edward Reed, Sr.	57 NEM 1:45.07		8 Herb Bender	67 DCM 8:11.88	Oklahoma Masters S. C.
	4 William S. Simpson	52 TSC 1:30.43	5 Max Hambrouck	56 SLM 1:20.15		9 Bill McFie	67 NM 8:27.40	St. Petersburg Recreation Department
	5 Henry Lentzsch	51 NJM 1:34.05	100 Meter Individual Medley			10 Bill Morrissey	66 NJM 8:48.34	Connecticut Masters S. T.
	6 Bobby Hansen	50 TM 1:34.20	1 Lloyd Osborne	55 NSAC 3:04.35		11 Lloyd Osborne	67 NM 2:58.39	Shabbona Shores Master S. C.
	7 Art Lutzsch	50 TM 1:34.38	2 Frank Huvalick	50 IM 3:16.20		12 Gene Steinke, Sr.	67 IM 2:49.35	Cook Ridge Masters
	8 Art Kelley	50 SL 1:34.42	3 Earl Walter	55 UNA 3:21.73		13 Dave McFie	67 DCM 30:11.97	Royal Masters S. C. (Illinois)
	9 Douglas Strong	51 GS 1:41.62	4 Bob McDermott	55 RPM 3:44.62		14 Harry Jagger	69 MAN 52:15.94	Naval Academy
	10 Dick Powers	52 RPM 1:42.30	5 Max Hambrouck	55 SLM 4:11.28		15 John S. Newton	67 IM 35:35.18	Humuhumuhumuhuakapua S. C.
	11 Phil Kilian	52 SUSA 1:11.72	6 George Swanson	55 SLM 4:14.01		16 Herb Bender	67 DCM 35:36.00	Olympic Club (California)
	12 Leslie Russ	52 PCY 1:06.54				17 Harry Jagger	67 NM 35:36.00	Swiss Masters of San Jose
100 Meter Breaststroke	1 Jim Fonda	50 MMY 3:16.61				18 Bill Warner	66 NJM 35:18.18	Allegheny Mountain Masters
	2 Skip Mann	51 RPM 3:17.48						U. S. Navy
	3 Matt Flanagan	50 DCM 3:17.79						Southern Ohio Masters
	4 William S. Simpson	52 TSC 3:18.08						Ohio Phantoms
	5 Ramon J. Arthur	50 LAM 3:29.23						1978
	6 Art Lutzsch	51 NJM 3:34.54						Waukesha Wave Swim Club
	7 Art Kelley	50 SMM 3:34.83						20 Terrell Masters
	8 Bobby Hansen	50 TM 3:42.09						North Suburban YMCA (Illinois)
	9 Douglas Strong	51 GS 3:42.66						Dad's Club (Texas)
	10 Glynn Jones	52 PCY 6:12.14						Capital East Coast Devil (Virginia)
	11 Leslie Russ	52 PCY 6:12.14						Pacific Northwest Association
100 Meter Butterfly	100 Meter Individual Medley							Albany Ocean Class Gym (New York)
	1 Jim Fonda	50 TOSA 30.11						Santa Margarita S. C.
	2 Matt Flanagan	50 DCM 34.38						Masters of South Texas
	3 Art Lutzsch	52 IM 35.50						Santa Barbara S. C.
	4 Robert Maurer	50 SLM 35.20						U. S. Army
	5 Bobby Hansen	50 TM 37.20						Edwardsville
	6 Dick Mitchell	51 CMSC 37.36						Edgewater
	7 Art Kelley	50 SLM 37.51						Lafayette White Sharks (Indiana)
	8 Bobby Hansen	54 SGM 40.57						Midwest Athletic (Oregon)
	9 Lassio Russ	52 PCY 56.82						ROCCA (Florida)
100 Meter butterfly								Wichita Aquatic Club (New York)
	1 Jim Fonda	51 TOSA 30.11						Pleasant Hill (California)
	2 Matt Flanagan	50 DCM 34.38						Plaza Club Masters (California)
	3 Art Lutzsch	52 IM 35.50						Santa Clara S. C.
	4 Robert Maurer	50 SLM 35.20						Somerset Valley YMCA (New Jersey)
	5 Bobby Hansen	50 TM 37.20						St. Charles Park Dist. Masters (Illinois)
	6 Dick Mitchell	51 CMSC 37.36						Georgia Masters Swim Association
	7 Art Kelley	50 SLM 37.51						South Florida (Florida)
	8 Bobby Hansen	54 SGM 40.57						Union Aquatic Club (New York)
	9 Lassio Russ	52 PCY 56.82						University of Toronto
100 Meter butterfly								Cry Baby Club (Iowa)
	100 Meter Individual Medley							Columbus Aquatic Club (Maryland)
	1 Jim Fonda	51 IM 1:17.91						New York Athletic Club
	2 Perry J. Rockwell, Jr.	51 TOSA 1:18.64						Seattle Masters (Washington)
	3 Matt Flanagan	50 DCM 1:24.26						Seaside Masters (Oregon)
	4 Henry T. Lentzsch	51 NJM 1:25.11						Georgetown S. C.
	5 Ramon J. Arthur	50 FSC 1:26.18						Huntington Beach S. C. (California)
	6 Art Kelley	50 SMM 1:26.84						Huntville, Alabama Masters
	7 Art Kelley	50 SMM 1:26.84						Fox State Masters
	8 Bobby Hansen	51 RPM 1:27.02						Crawfish Master Swimmers (Louisiana)
	9 Lassio Russ	52 PCY 1:29.00						Emory YMCA (Indiana)
100 Meter Individual Medley								Montrose (Colorado)
	1 Jim Fonda	51 IM 2:47.85						San Diego County Swim Masters
	2 Perry J. Rockwell, Jr.	51 TOSA 3:00.76						Huntington YMCA (West Virginia)
	3 Matt Flanagan	50 DCM 3:05.62						Topeka Swim Club
	4 Henry T. Lentzsch	51 NJM 3:19.11						Springfield USA (Illinois)
	5 Ramon J. Arthur	50 FSC 3:19.26						City of Midland (Texas)
	6 Art Kelley	50 SMM 3:19.26						Yankee S. C. (Tennessee)
	7 Art Kelley	50 SMM 3:19.26						Oregon Club
	8 Bobby Hansen	51 RPM 3:19.26						Jacksonville, Illinois YMCA
	9 Lassio Russ	52 PCY 3:33.04						Lawrence Aquatic Hawks (Kansas)
50 Meter Freestyle								Los Angeles Masters
	1 Jim Fonda	50 MMSC 2:06.26						Northland Aquatic Club (Pennsylvania)
	2 Raymond I. Hakomaki	50 NSAC 1:07.37						City of Pittsburgh
	3 Harry W. Hawstrom	50 MM 1:08.05						New Jersey Air National Guard
	4 William Beugher	50 MM 1:08.20						Chicago State Masters
	5 Ernest Draves	50 IM 1:09.46						Sherwood Eddy (Illinois)
	6 Edward Reed, Sr.	50 NEM 1:13.06						Columbus S. C. (Missouri)
	7 George Sebastian	50 SMM 1:13.44						Fowl Crowley, Jr. YMCA
	8 Bill Dallmann	50 DCM 1:14.47						Wichita Swim Club (Kansas)
	9 Bob Acker	50 IM 1:15.08						
	10 Bud Dallmann	50 MDT 1:15.46						
	11 Dick Guido	50 IM 1:15.46						
	12 Francis Sykes	50 MMY 1:16.23						
	13 John Winters	50 AUSS 1:16.23						
	14 Harry Andersen	50 AUSS 1:16.23						
	15 Joseph McCarthy	50 AUSS 1:16.23						
100 Meter Freestyle								
	1 Jim Fonda	50 MMSC 1:06.26						
	2 Raymond I. Hakomaki	50 NSAC 1:07.37						
	3 Harry W. Hawstrom	50 MM 1:08.05						
	4 Frank McIlveen	50 MM 1:08.20						
	5 Art Kelley	50 IM 1:10.64						
	6 Dick Guido	50 IM 1:10.64						
	7 Ernest Draves	50 DCM 1:13.44						
	8 Bob Acker	50 IM 1:15.08						
	9 Bud Dallmann	50 MDT 1:15.46						
	10 Dick Guido	50 IM 1:15.46						
	11 Frank McIlveen	50 IM 1:15.46						
	12 Francis Sykes	50 MMY 1:16.23						
	13 John Winters	50 AUSS 1:16.23						
	14 Harry Andersen	50 AUSS 1:16.23						
100 Meter Breaststroke								
	1 Jim Fonda	50 TOSA 2:05.71						
	2 Harry W. Rawstrom	50 MM 2:05.74						
	3 William Beugher	50 IM 2:05.01						
	4 Bud Dallmann	50 MM 2:05.03						
	5 Dick Guido	50 IM 2:05.03						
	6 Ernest Draves	50 DCM 2:05.46						
	7 Art Kelley	50 IM 2:05.46						
	8 Bob Acker	50 IM 2:05.46						
	9 Bud Dallmann	50 MDT 2:05.46						
	10 Dick Guido	50 IM 2:05.46						
	11 Frank McIlveen	50 IM 2:05.46						
	12 Francis Sykes	50 MMY 2:05.46						
	13 John Winters	50 AUSS 2:05.46						
	14 Harry Andersen	50 AUSS 2:05.46						
100 Meter Freestyle								
	1 Jim Fonda	50 MMSC 2:44.47						
	2 John F. Drews	50 CRM 3:01.94						
	3 Harry W. Rawstrom	50 MM 3:01.94						
	4 William Beugher	50 IM 3:01.94						
	5 Ernest Draves	50 DCM 3:01.94						
	6 Art Kelley	50 IM 3:01.94						
	7 Bob Acker	50 IM 3:01.94						
	8 Bud Dallmann	50 MDT 3:01.94						
	9 Dick Guido	50 IM 3:01.94						
	10 Frank McIlveen	50 IM 3:01.94						
	11 Francis Sykes	50 MMY 3:01.94						
	12 John Winters	50 AUSS 3:01.94						
	13 Harry Andersen	50 AUSS 3:01.94						
100 Meter Individual Medley								
	1 Jim Fonda	50 MMSC 2:26.09						
	2 John F. Drews	50 CRM 2:26.18						
	3 Harry W. Rawstrom	50 FSC 2:47.44						
	4 William Beugher	50 IM 2:47.44						
	5 Ernest Draves	50 DCM 2:47.44						
	6 Art Kelley	50 IM 2:47.44						
	7 Bob Acker	50 IM 2:47.44						
	8 Bud Dallmann	50 MDT 2:47.44						
	9 Dick Guido	50 IM 2:47.44						
	10 Frank McIlveen	50 IM 2:47.44						
	11 Francis Sykes	50 MMY 2:47.44						
	12 John Winters	50 AUSS 2:47.44						
	13 Harry Andersen	50 AUSS 2:47.44						
100 Meter Breaststroke								
	1 Jim Fonda	50 UNA 1:25.54						
	2 Perry J. Rockwell	50 UNA 1:25.54						
	3 Dick Guido	50 MM 1:25.90						
	4 Bob Acker	50 CRM 1:34.04						
	5 Bud Dallmann	50 IM 1:34.04						
	6 Dick Guido	50 UNA 1:34.04						
	7 Perry J. Rockwell	50 UNA 1:34.04						
	8 Bob Acker	50 CRM 1:34.04						
	9 Bud Dallmann	50 IM 1:34.04						
	10 Dick Guido	50 UNA 1:34.04						
	11 Perry J. Rockwell	50 UNA 1:34.04						
	12 Bob Acker	50 CRM 1:34.04						
	13 Bud Dallmann	50 IM 1:34.04						
	14 Dick Guido	50 UNA 1:34.04						
	15 Perry J. Rockwell	50 UNA 1:34.04						
100 Meter Backstroke								
	1 Jim Fonda	50 UNA 1:21.06						
	2 Perry J. Rockwell	50 UNA 1:21.06						
	3 Dick Guido	50 MM 1:21.06						
	4 Bob Acker	50 CRM 1:21.06						
	5 Bud Dallmann	50 IM 1:21.06						
	6 Dick Guido	50 UNA 1:21.06						
	7 Perry J. Rockwell	50 UNA 1:21.06						
	8 Bob Acker	50 CRM 1:21.06						
	9 Bud Dallmann	50 IM 1:21.06						
	10 Dick Guido	50 UNA 1:21.06						
	11 Perry J. Rockwell	50 UNA 1:21.06						
	12 Bob Acker	50 CRM 1:21.06						
	13 Bud Dallmann	50 IM 1:21.06						
	14 Dick Guido	50 UNA 1:21.06						
	15 Perry J. Rockwell	50 UNA 1:21.06						
100 Meter Breaststroke								
	1 Jim Fonda	50 UNA 1:26.05						
	2 Perry J. Rockwell	50 UNA 1:26.05						
	3 Dick Guido	50 MM 1:35.16						
	4 Bob Acker	50 CRM 1:35.16						
	5 Bud Dallmann	50 IM 4:02.95						
	6 Dick Guido	50 UNA 1:35.16						
	7 Perry J. Rockwell	50 UNA 1:35.16						
	8 Bob Acker	50 CRM 1:35.16						
	9 Bud Dallmann	50 IM 4:02.95						
	10 Dick Guido	50 UNA 1:35.16						
	11 Perry J. Rockwell	50 UNA 1:35.16						
	12 Bob Acker	50 CRM 1:35.16				</td		

CORRECTIONS TO 1976 TOP TEN TIMES

WOMEN 30-34 LONG COURSE

50 mt Fly 1 S. Peterson 33 32.86

4 I. David 32 33.50

WOMEN 35-39 LONG COURSE

50 mt Free 8 B. Zaremski 39 34.70

200mt Free 7 B. Zaremski 39 2:57.50

1500 mt Free 5 B. Zaremski 39 24:56.60

WOMEN 55-59 LONG COURSE

50 mt Back 4 M. George 59 50.90

50 mt Fly 10 M. George 59 1:11.21

WOMEN 70-74 LONG COURSE

50 mt free 5 M. Brown 1:28.00

MEN 35-39 LONG COURSE

50 mt Back 1 N. McDonnell 35 32.23

100 mt back 1 N. McDonnell 35 1:12.41

MEN 40-44 LONG COURSE

50 mt Fly 7 W. Barber 41 32.42

MEN 45-49 LONG COURSE

50 mt Back 1 H. Martin 46 35.60

MEN 50-54 LONG COURSE

50 mt Brst 10 B. Simpson 53 43.40

MEN 55-59 LONG COURSE

400 mt IM 5 R. Hakomaki 7:22.80

MEN 60-64 LONG COURSE

1500 METER FREESTYLE

1. D. Rankin 60 *23:01.65

2. H. Sexton 61 25:15.00

3. A. Newman 60 25:46.70

4. D. Rowan 62 26:09.60

5. H. Anderson 62 26:30.00

6. G. Cumm 60 26:30.24

7. H. Howe 64 26:46.30

8. W. Pfleiffer 62 26:51.81

9. D. Malbrough 63 28:46.89

10. G. Silvers 62 29:04.40

MEN 65-69 LONG COURSE

200 mt Back Record: A. Hargrave '75 3:28.40

1. T. Monahan 3:47.85

2. T. Rinna 3:56.02

WOMEN 35+ Med. Relay 3:19.80

MEN 45+ Free Relay

Northern Shores AC 10th 2:28.56

(Boles, Bushong, Errede, Kaye)

100 yd Individual Medley

Barbara Dunbar 27 1:07.13

Chris Zamanigan 28 1:10.88

Debra Blair 25 1:11.28

Carol Collins 28 1:12.14

Kitten Grant 29 1:14.07

Janice Donegan 28 1:22.88

Ouija Nichols 44

WOMEN 30-34

50 yd Freestyle

Sally Ann Peterson 30 27.66

Sallie Humberger 34 31.50

Barbara Wright 31 35.11

Christine Martin 34 35.52

Cathy Berry 31 46.16

100 yd Freestyle

Cathy Berry 31 1:48.92

Cathy Berry 31 10:58.61

50 yd Backstroke

Sally Ann Peterson 30 35.23

Sallie Humberger 34 40.33

Barbara Wright 31 45.33

Christine Martin 34 46.40

Cathy Berry 31 1:03.35

50 yd Breaststroke

Sally Ann Peterson 30 36.60

Sallie Humberger 34 40.33

Christine Martin 34 47.55

Barbara Wright 31 51.85

WOMEN 30-34

50 yd Butterfly

Sally Ann Peterson 30 31.55

Sallie Humberger 34 35.06

Christine Martin 34 39.52

Barbara Wright 31 44.72

Cathy Berry 31 50.70

100 yd Individual Medley

Sally Ann Peterson 30 1:11.22

Sallie Humberger 34 1:25.65

Christine Martin 34 1:33.90

Barbara Wright 31 1:39.38

WOMEN 35-39

50 yd Freestyle

Janet Royer 35 30.30

Betsy Jordan 39 31.57

Marty Childs 36 32.51

Janice Gray 38 32.54

Doris Gilbert 39 33.82

Helen Geoffrion 37 34.98

Carol McCullough 35 39.45

500 yd Freestyle

Janice Gray 38 6:53.93

Janet E. Royer 35 7:04.93

50 yd Backstroke

Betsy Jordan 39 33.84

Marty Childs 36 40.24

Janice Gray 38 41.50

Doris Gilbert 39 42.14

Helen Geoffrion 37 42.14

Carol McCullough 35 49.92

50 yd Butterfly

Betsy Jordan 39 32.66

Janet E. Royer 35 34.77

Janice Gray 38 37.06

Helen Geoffrion 37 37.35

Doris Gilbert 39 39.03

Carol McCullough 35 45.23

100 yd Individual Medley

Betsy Jordan 39 1:17.31

Janet E. Royer 35 1:18.90

Janice Gray 38 1:20.26

Doris Gilbert 39 1:22.58

Margaret George 59 1:29.57

Carol McCullough 35 1:43.75

WOMEN 40-44

50 yd Freestyle

Janet Lamott 40 29.86

Adrienne Pipes 42 34.12

Evelyn Debes 40 34.52

Mary Connolly 41 AUS 35.46

Margrit Graef 44 37.56

Patricia Nielson 44 38.01

Barbara Ficker 42 40.17

Ouija Nichols 44 45.40

50 yd Backstroke

Janet Lamott 40 37.82

Evelyn Debes 40 39.36

Patricia Nielson 44 42.82

Adrienne Pipes 42 44.49

Debra Blair 25 44.98

Janice Donegan 28 48.05

Kitten Grant 29 59.51

Chris Schroeder 27 59.51

50 yd Breaststroke

Janet Lamott 40 41.61

Margrit Graef 44 42.36

Adrienne Pipes 42 45.58

Chris Zamanigan 28 49.30

Kitten Grant 29 52.49

Debra Blair 25 57.00

50 yd Butterfly

Janet Lamott 40 57.74

50 yd Freestyle

Barbara Dunbar 27 33.64

Chris Zamanigan 28 37.36

Carol Collins 28 40.44

Kitten Grant 29 42.84

Debra Blair 25 42.86

Chris Schroeder 27 47.09

Ouija Nichols 44 51.01

100 yd Individual Medley

Janet Lamott 40 1:19.34

Adrienne Pipes 42 1:29.77

Evelyn Debes 40 1:32.38

Margrit Graef 44 1:33.59

Barbara Ficker 42 1:37.52

Ouija Nichols 44 2:06.86

WOMEN 45-49

50 yd Freestyle

Helga Linnea Palmer 46 30.50

Jacqueline D. Smith 45 31.16

Anne Adams 48 32.07

Josie Sansom 48 AUS 33.81

50 yd Backstroke

Helga Linnea Palmer 46 43.01

Eric Freed 26

Josie Sansom 48 AUS 43.52

Arthur Balkie 29

50 yd Breaststroke

Josie Sansom 48 AUS 39.42

Corey Stanbury 25

50 yd Butterfly

Jacqueline D. Smith 45 40.75

Daniel Beckman 28

50 yd Freestyle

Jacqueline D. Smith 45 40.96

Bruce Johnson 25

50 yd Backstroke

Jacqueline D. Smith 45 41.10

Peter Marcos 27

50 yd Breaststroke

Jacqueline D. Smith 45 41.22

Bruce Johnson 25

50 yd Butterfly

Jacqueline D. Smith 45 41.37

Abe Gallaty 27 AUS

50 yd Freestyle

Jacqueline D. Smith 45 41.51

Don Havens 29

50 yd Backstroke

Jacqueline D. Smith 45 41.64

Eric Freed 26

50 yd Breaststroke

Jacqueline D. Smith 45 41.78

Arthur Balkie 29

50 yd Butterfly

Jacqueline D. Smith 45 41.92

Don Havens 29

50 yd Freestyle

Jacqueline D. Smith 45 42.06

Bruce Johnson 25

50 yd Backstroke

Jacqueline D. Smith 45 42.20

Eric Freed 26

50 yd Breaststroke

Jacqueline D. Smith 45 42.34

Arthur Balkie 29

50 yd Butterfly

Jacqueline D. Smith 45 42.51

Don Havens 29

50 yd Freestyle

Jacqueline D. Smith 45 42.64

Bruce Johnson 25

50 yd Backstroke

Jacqueline D. Smith 45 42.81

Eric Freed 26

50 yd Breaststroke

Jacqueline D. Smith 45 42.94

Arthur Balkie 29

50 yd Butterfly

Jacqueline D. Smith 45 43.07

Don Havens 29

50 yd Freestyle

Jacqueline D. Smith 45 43.21

Bruce Johnson 25

50 yd Backstroke

Jacqueline D. Smith 45 43.34

Eric Freed 26

50 yd Breaststroke

Jacqueline D. Smith 45 43.47

Arthur Balkie 29

50 yd Butterfly

Jacqueline D. Smith 45 43.60

Don Havens 29

50 yd Freestyle

Jacqueline D. Smith 45 43.73

Bruce Johnson 25

50 yd Backstroke

Jacqueline D. Smith 45 43.86

Eric Freed 26

50 yd Breaststroke

Jacqueline D. Smith 45 43.99

Arthur Balkie 29

50 yd Butterfly

Jacqueline D. Smith 45 44.12

Don Havens 29

50 yd Freestyle

Jacqueline D. Smith 45 44.25

Bruce Johnson 25

50 yd Backstroke

Jacqueline D. Smith 45 44.38

Eric Freed 26

50 yd Breaststroke

Jacqueline D. Smith 45 44.51

Arthur Balkie 29

50 yd Butterfly

Jacqueline D. Smith 45 44.64

Don Havens 29

50 yd Freestyle

Jacqueline D. Smith 45 44.77

Bruce Johnson 25

50 yd Backstroke

Jacqueline D. Smith 45 44.90

Eric Freed 26

50 yd Breaststroke

Jacqueline D. Smith 45 45.03

Arthur Balkie 29

50 yd Butterfly

Jacqueline D. Smith 45 45.16

Don Havens 29

50 yd Freestyle

Jacqueline D. Smith 45 45.30

Bruce Johnson 25

50 yd Backstroke

Jacqueline D. Smith 45 45.43

Eric Freed 26

50 yd Breaststroke

100 yd Individual Medley		100 yd Individual Medley		200 yd Freestyle		100 yd Freestyle		Neal R. Palmer 46	1:07.54
Neal Palmer 46	1:08.09	Reg Richardson 65	1:18.99	Ann Kay 42	2:31.37	Edie Goldman 66	1:49.08	Larry Larimore 49	1:11.40
Brockway Clark 46	1:10.74	Alfred Guth 38	1:36.73	Karen Morton 40	2:52.19	Edie Goldman 66	1:49.08	Richard Bennett 45	1:14.73
William Phillips 48	1:11.09	Ernest Hale 65	1:46.36	Cindy Baxter 44	2:52.49	100 yd Backstroke		MEN 50-54	
Larry Larimore 49	1:11.42	MEN 20-74		100 yd Backstroke		Bernice Wayne 66	2:01.69	John Jorgensen 51	26.94
Tom Scotton 46	1:12.42	Geoff Ryan 70 AUS	33.72	Cindy Baxter 44	1:22.56	100 yd Breaststroke		Dore Schwab 52	27.44
Gordon Gillin 45	1:14.14	Geoff Ryan 70 AUS	1:18.59	Laurie Hoey 41	1:33.07	50 yd Butterfly		Norm Buvick 51	27.68
Ken Kimball 46	1:14.28	Geoff Ryan 70 AUS		Cindy Baxter 44	1:33.07	Bernice Wayne 66	1:01.50	Dick Erlenkotter 54	31.94
Hal Nichols 47	1:19.17	MEN 60+		Laurie Hoey 41	1:29.65	100 yd Individual Medley		Edie Goldman 66	2:01.06
MEN 50-54		MEN 60+		WOMEN 70-74		100 yd Freestyle		John Jorgensen 51	1:00.50
50 yd Freestyle		50 yd Backstroke		Pat Bressee 40	30.15	50 yd Freestyle		Ed Kerswill 50	1:02.18
A. Arcidiacono 52	26.28	Thomas Lane 82	55.67	Ann Kay 42	24.28	Sylvia Bailey 70	50.72	Norm Buvick 51	1:05.71
Duane Draves 50	27.52			M.A. Rasmussen 41	46.67	50 yd Butterfly		Jack Cunningham 54	1:14.87
Jim Marcus 51	27.56			100 yd Individual Medley		Sylvia Bailey 70	1:11.59	Dick Erlenkotter 54	1:16.87
John Jorgensen 51	27.99	NORTH-SOUTH DUAL MEET		Pat Bressee 40	1:12.25	100 yd Individual Medley		Ed Kerswill 50	2:17.46
Jack Burgan 53	31.49	Atascadero, California		Mary Kaufman 40	1:26.56	Sylvia Bailey 70	2:11.40	John Jorgensen 51	2:20.22
Jim Marcus 51	1:01.27	October 2, 1976 25 yd pool		Laurie Hoey 41	1:28.45	100 yd Individual Medley		Jim Marcus 51	2:42.40
500 yd Freestyle				Cindy Baxter 44	1:39.86	Sylvia Bailey 70	2:11.40	Dick Erlenkotter 54	2:53.92
Jim Marcus 51	6:25.96	WOMEN 25-29		50 yd Butterfly		100 yd Individual Medley		Ed Kerswill 50	2:59.50
50 yd Backstroke		50 yd Freestyle		50 yd Butterfly		Sylvia Bailey 70	2:11.40	Robert Bradford 54	3:21.94
Duane Draves 50	22.54	Carol Collins 28	28.36	50 yd Freestyle		100 yd Individual Medley		Ed Kerswill 50	2:17.46
Jim Marcus 51	24.74	Arlene Campsell 29	29.98	50 yd Freestyle		Sylvia Bailey 70	2:11.40	John Jorgensen 51	2:20.22
John Jorgensen 51	35.53	Christina Colerlotka 26	35.97	Heila Linnes Palmer 46	30.28	100 yd Individual Medley		Jim Marcus 51	2:42.40
A. Arcidiacono 52	37.60	100 yd Freestyle		Jacqueline D. Smith 45	30.75	Sylvia Bailey 70	2:11.40	Dick Erlenkotter 54	2:53.92
Jack Burgan 53	42.50	Marianne Brems 27	58.12	Martha Knochenhaur 49	37.78	100 yd Individual Medley		Ed Kerswill 50	2:59.50
50 yd Breaststroke		Lucy Johnson 29	59.88	100 yd Freestyle		Sylvia Bailey 70	2:11.40	Robert Bradford 54	3:21.94
Jim Marcus 51	35.44	Frankie Toppel 28	1:01.03	Heila Linnes Palmer 46	1:12.13	200 yd Freestyle		Ed Kerswill 50	2:17.46
Duane Draves 50	36.48	Marianne Brems 27	2:04.53	Martha Knochenhaur 49	1:28.82	200 yd Freestyle		John Jorgensen 51	2:20.22
John Jorgensen 51	36.77	Lucy Johnson 29	2:15.12	100 yd Backstroke		200 yd Freestyle		Jim Marcus 51	2:42.40
Christina Colerlotka 26	3:17.87	Christina Colerlotka 26	3:17.87	Dorothy Osborne 47	1:31.43	100 yd Backstroke		Dick Erlenkotter 54	2:53.92
A. Arcidiacono 52	40.69	100 yd Freestyle		Nancy Meserve 47	1:38.02	100 yd Backstroke		Ed Kerswill 50	2:59.50
50 yd butterfly		Marianne Brems 27	1:09.98	Dorothy Osborne 47	1:50.34	100 yd Backstroke		John Jorgensen 51	3:21.94
Duane Draves 50	29.89	Frankie Toppel 28	1:11.80	100 yd Breaststroke		100 yd Backstroke		Dick Erlenkotter 54	3:21.94
A. Arcidiacono 52	31.19	Arlene Campsell 29	33.63	Dorothy Osborne 47	1:52.94	100 yd Backstroke		Ed Kerswill 50	2:17.46
Jim Marcus 51	32.36	Lucy Johnson 29	3:13.03	Nancy Meserve 47	36.05	Corey Stanbury 25		John Jorgensen 51	2:20.22
John Jorgensen 51	33.22	Frankie Toppel 28	1:19.90	Nancy Meserve 47	49.07	100 yd Breaststroke		Jim Marcus 51	2:42.40
Jack Burgan 53	33.92	Gail Dummer 25	1:26.97	100 yd Individual Medley		Corey Stanbury 25		Dick Erlenkotter 54	2:53.92
100 yd Individual Medley		Carol Collins 28	1:11.44	100 yd Individual Medley		100 yd Individual Medley		Ed Kerswill 50	2:59.50
Duane Draves 50	1:10.20	Arlene Campsell 29	1:19.57	50 yd Freestyle		100 yd Individual Medley		John Jorgensen 51	3:21.94
John Jorgensen 51	1:11.08	WOMEN 30-34		Shirley Erickson 52	30.12	50 yd Freestyle		Dick Erlenkotter 54	3:21.94
Jim Marcus 51	1:11.16	Sally Ann Peterson 30	1:19.85	Sally Scholz 52	33.58	200 yd Freestyle		Ed Kerswill 50	2:17.46
A. Arcidiacono 52	1:16.93	100 yd Individual Medley		100 yd Freestyle		200 yd Freestyle		John Jorgensen 51	2:20.22
Jack Burgan 53	1:18.79	Carol Collins 28	1:19.57	100 yd Freestyle		100 yd Freestyle		Jim Marcus 51	2:42.40
MEN 55-59		Arlene Campsell 29	1:19.85	Shirley Erickson 52	37.38	100 yd Freestyle		Dick Erlenkotter 54	2:53.92
50 yd Freestyle		WOMEN 30-34		100 yd Freestyle		100 yd Freestyle		Ed Kerswill 50	2:59.50
Jerry Sieferl 58	27.62	Sally Ann Peterson 30	26.91	Grace Altus 52	1:08.54	100 yd Freestyle		John Jorgensen 51	3:21.94
Paul Herron 56	27.90	Nancy Ridout 34	27.66	Grace Altus 52	1:14.97	100 yd Freestyle		Dick Erlenkotter 54	3:21.94
Robert Cowan 56	28.78	Veronica Mann 31	29.94	Grace Altus 52	1:27.20	100 yd Backstroke		Ed Kerswill 50	2:17.46
Frank Sykes 57 AUS	32.40	Judy L. Milner 33	30.42	Joyce Jones 50	1:28.00	100 yd Backstroke		John Jorgensen 51	2:20.22
John Winter 59 AUS	33.17	Sallie M. Humberger 34	30.42	Jeanne Rathburn 50	1:40.41	100 yd Backstroke		Jim Marcus 51	2:42.40
Les Mortimer 58 AUS	33.23	Joan Day 34	33.45	Joy McDarlis 51	2:35.50	100 yd Backstroke		Dick Erlenkotter 54	2:53.92
Joe McCarthy 56 AUS	36.50	Pat Kieselhorst 32	42.45	100 yd Breaststroke		100 yd Backstroke		Ed Kerswill 50	2:59.50
Frank Jacobs 56 AUS	49.28	Barbara Stephenson 34	1:40.03	100 yd Breaststroke		100 yd Backstroke		John Jorgensen 51	3:21.94
100 yd Freestyle		WOMEN 55-59		100 yd Breaststroke		100 yd Backstroke		Dick Erlenkotter 54	3:21.94
Les Mortimer 58 AUS	1:13.58	Nancy Ridout 34	1:02.37	Shirley Erickson 52	2:15.22	100 yd Backstroke		Ed Kerswill 50	2:17.46
Frank Sykes 57 AUS	1:14.52	Veronica Mann 31	1:07.24	Grace Altus 52	3:14.33	100 yd Backstroke		John Jorgensen 51	2:20.22
John Winter 59 AUS	1:20.43	Janet Day 34	1:18.93	Nan Limbaugh 51	3:18.21	100 yd Backstroke		Jim Marcus 51	2:42.40
Joe McCarthy 56 AUS	1:32.03	Frankie Toppel 28	2:00.03	Jeanne Rathburn 50	3:37.39	100 yd Backstroke		Dick Erlenkotter 54	2:53.92
500 yd Freestyle		100 yd Freestyle		100 yd Backstroke		100 yd Backstroke		Ed Kerswill 50	2:59.50
Frank Sykes 57 AUS	7:52.02	Nancy Ridout 34	2:18.09	Flo Carr 51	1:31.51	100 yd Backstroke		John Jorgensen 51	3:21.94
50 yd Backstroke		Veronica Mann 31	2:29.95	Flo Carr 51	1:40.61	100 yd Backstroke		Dick Erlenkotter 54	3:21.94
Paul Herron 56	32.79	Sally Jo Antonchuk 32	3:00.15	Nan Limbaugh 51	1:44.44	100 yd Backstroke		Ed Kerswill 50	2:17.46
Luis Serrano 55	35.72	Judy L. Milner 33	3:22.32	Grace Altus 52	1:46.70	100 yd Backstroke		John Jorgensen 51	2:20.22
Robert Cowan 56	36.12	Marie Seddon 30	1:41.30	Joyce Jones 50	1:49.25	100 yd Backstroke		Jim Marcus 51	2:42.40
Jerry Sieferl 58	37.45	Pat Kieselhorst 32	1:40.30	Nan Limbaugh 51	1:53.09	100 yd Backstroke		Dick Erlenkotter 54	2:53.92
Joe McCarthy 56 AUS	51.75	Barbara Stephenson 34	1:40.03	100 yd Breaststroke		100 yd Backstroke		Ed Kerswill 50	2:59.50
50 yd Breaststroke		100 yd Freestyle		100 yd Breaststroke		100 yd Backstroke		John Jorgensen 51	3:21.94
Paul Herron 56	36.26	Nancy Ridout 34	2:18.09	Flo Carr 51	1:53.06	100 yd Backstroke		Dick Erlenkotter 54	3:21.94
Jerry Sieferl 58	39.71	Veronica Mann 31	2:29.95	Flo Carr 51	1:40.97	100 yd Backstroke		Ed Kerswill 50	2:17.46
Robert Cowan 56	40.07	Sally Jo Antonchuk 32	3:00.15	Nan Limbaugh 51	1:44.44	100 yd Backstroke		John Jorgensen 51	2:20.22
50 yd butterfly		Judy L. Milner 33	3:22.32	Grace Altus 52	1:46.70	100 yd Backstroke		Jim Marcus 51	2:42.40
Paul Herron 56	31.13	Marie Seddon 30	1:41.30	Joyce Jones 50	1:49.25	100 yd Backstroke		Dick Erlenkotter 54	2:53.92
Robert Cowan 56	32.05	Sally Jo Antonchuk 32	1:40.30	Nan Limbaugh 51	1:53.09	100 yd Backstroke		Ed Kerswill 50	2:59.50
Jerry Sieferl 58	33.24	Barbara Stephenson 34	1:40.03	100 yd Individual Medley		100 yd Backstroke		John Jorgensen 51	3:21.94
100 yd Individual Medley		100 yd Freestyle		100 yd Individual Medley		100 yd Backstroke		Dick Erlenkotter 54	3:21.94
Paul Herron 56	1:09.20	Sally Ann Peterson 30	1:12.65	50 yd Freestyle		100 yd Backstroke		Ed Kerswill 50	2:17.46
Robert Cowan 56	1:16.46	Angela Konig 39	1:18.32	Sally Jo Antonchuk 32	1:18.32	100 yd Backstroke		John Jorgensen 51	2:20.22
Jerry Sieferl 58	1:17.59	WOMEN 55-59		WOMEN 55-59		100 yd Backstroke		Jim Marcus 51	2:42.40
MEN 60-64		Marie Seddon 30	1:36.00	50 yd Freestyle		100 yd Backstroke		Dick Erlenkotter 54	2:53.92
50 yd Freestyle		Jane McCollister ?	36.69	100 yd Freestyle		100 yd Backstroke		Ed Kerswill 50	2:59.50
Sid Simpson 61 AUS	28.39	Annetta Pfeiffer 58	37.43	100 yd Freestyle		100 yd Backstroke		John Jorgensen 51	3:21.94
Don Rankin 60	29.33	Janet E. Royer 35	29.96	100 yd Freestyle		100 yd Backstroke		Dick Erlenkotter 54	3:21.94
Bill Lough 61 AUS	31.56	Elisabeth Lampert 38	31.33	100 yd Freestyle		100 yd Backstroke		Ed Kerswill 50	2:17.46
Walter Slike 63	39.02	Angela Konig 39	31.50	100 yd Freestyle		100 yd Backstroke		John Jorgensen 51	2:20.22
100 yd Freestyle		Liz Roepke 35	30.80	100 yd Freestyle		100 yd Backstroke		Jim Marcus 51	2:42.40
Sid Simpson 61 AUS	1:05.91	Mary Hooper 36	36.37	100 yd Freestyle		100 yd Backstroke		Dick Erlenkotter 54	2:53.92
Bill Lough 61 AUS	1:20.30	Liz Roepke 35	31.76	100 yd Freestyle		100 yd Backstroke		Ed Kerswill 50	2:59.50
50 yd Backstroke		Elisabeth Lampert 38	32.74	100 yd Freestyle		100 yd Backstroke		John Jorgensen 51	3:21.94
Don Rankin 60	40.70	Walter Slike 63	49.92	100 yd Freestyle		100 yd Backstroke		Dick Erlenkotter 54	3:21.94
50 yd Breaststroke		Angela Konig 39	49.92	100 yd Freestyle		100 yd Backstroke		Ed Kerswill 50	2:17.46
Walter Slike 63	49.92	Mary Hooper 36	50.52	100 yd Freestyle		100 yd Backstroke		John Jorgensen 51	2:20.22
50 yd butterfly		Elisabeth Lampert 38	50.52	100 yd Freestyle		100 yd Backstroke		Jim Marcus 51	2:42.40
Don Rankin 60	39.12	Walter Slike 63	55.04	100 yd Freestyle		100 yd Backstroke		Dick Erlenkotter 54	2:53.92
50 yd Backstroke		Angela Konig 39	55.04	100 yd Freestyle		100 yd Backstroke		Ed Kerswill 50	2:59.50
Walter Slike 63	55.04	Gail A. Meehan 36	51.69	100 yd Freestyle		100 yd Backstroke		John Jorgensen 51	3:21.94
100 yd Individual Medley		Janet E. Royer 35	1:17.43	100 yd Backstroke		100 yd Backstroke		Dick Erlenkotter 54	3:21.94
Don Rankin 60	1:17.65	Gerda Paul 35	1:18.12	Isabella Foss 62	2:08.54	100 yd Backstroke		Ed Kerswill 50	2:17.46
Walter Slike 63	2:00.34	Carol Macpherson 38	1:26.89	Isabella Foss 62	2:21.09	100 yd Backstroke		John Jorgensen 51	2:20.22
50 yd Freestyle		50 yd butterfly		Ruth Ridenour 61	1:50.95	100 yd Backstroke		Jim Marcus 51	2:42.40
Reg Richardson 65	29.32	Gail A. Meehan 36	32.34	Ruth Ridenour 61	1:48.52	100 yd Backstroke		Dick Erlenkotter 54	2:53.92
Leonard Chaplin 68	36.44	Janet E. Royer 35	34.49	Maxine Merlino 64	1:49.02	100 yd Backstroke		Ed Kerswill 50	2:59.50
Alfred Guth 68	37.41	Gerda Paul 35	35.48	Ruth Ridenour 61	1:49.57	100 yd Backstroke		John Jorgensen 51	3:21.94
Ernest Hale 65	38.69	50 yd Freestyle		Pat Matthiesen 60	1:47.51	100 yd Backstroke		Dick Erlenkotter 54	3:21.94
100 yd Freestyle		50 yd butterfly		Maxine Merlino 64	1:47.51	100 yd Backstroke		Ed Kerswill 50	2:17.46

TOP TEN CHARMEN***MEET DIRECTORS***MASTERS CHARMEN*** SAVE THIS PAGE

Here are your 1976-77 addresses and regulations for eligibility for TOP TEN and for ALL AMERICAN:

1. Send THREE copies of each sanctioned meet to: Enid Uhrich, 25 Lafayette Road, Newton, Mass. 02162. She will distribute two of these copies to Ted Haartz and Ed Reed Sr. and keep one for her use. Do not send records to Ted Haartz.
2. All meets must take place on or before the last day of the National Championship for that course and the results must be in her hands no later than 35 days after the championship. All meet results must be prepared by sex and age group with the events in the following order. 50-100-200-500-1560 Free; 50-100-200 Back; 50-100-200 Breast; 50-100-200 Fly; 100-200-400 IM and similarly for long course.
3. On the top of each meet result please print the name and address of the person that should be contacted in case any questions arise. At the end of each season, when preparing the top ten list please include the date each event was swum by each name.
4. When preparing the meet results PLEASE use the entire first name and no nicknames. E.Jones and L.Jones can be the same person, called Elizabeth at one meet and Liz at the next. We have two B.Jordans in one age group, two S.Petersons in another and many other similar names. Also, please include the swimmer's exact age, if you know it.
5. Since the All American will be the fastest swimmer in each event, this time will have to be verified just like the records are verified. Therefore, check the time listed in the chart following these rules and be sure to include the actual time card or machine printout with the necessary three timers signatures or the referees signature for a machine printout if the time is faster than the one listed in the charts. YOU MUST HAVE A VERIFIED TIME TO BE CONSIDERED FOR EITHER A RECORD OR FOR ALL-AMERICAN.

SHORT COURSE WOMEN'S TIMES

EVENT	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 FR	25.5	26.6	26.9	27.9	29.5	30.5	31.5	35.5	41.5	50.2	1:01.8	1:29.9
100 FR	57.0	58.8	1:01.2	1:02.4	1:07.6	1:08.3	1:10.8	1:21.9	1:40.0	2:01.1	2:40.5	3:19.9
200 FR	2:05.5	2:14.7	2:19.9	2:19.2	2:36.8	2:41.0	2:45.3	3:07.4	3:47.9	4:30.2		7:02.3
500FR	5:35.8	6:08.9	6:18.0	6:23.3	6:57.0	7:02.7	7:44.9	8:44.1	10:09	13:55		18:58
1650FR	20:11	21:10	21:28	23:17	24:16	26:51	26:55	29:40	35:10	39:27	42:39	
50BK	31.4	31.4	33.9	36.3	36.8	39.6	42.6	43.3	53.2	1:16	1:14	1:53
100 BK	1:07.9	1:08.3	1:12.2	1:18.5	1:18.1	1:23.0	1:31.4	1:36.0	1:58.7	2:35.2	2:39.1	4:11.6
200BK	2:29.7	2:35.5	2:38.3	2:50.4	2:56.4	3:10.4	3:19.3	3:39.6	4:27.0	5:53.9		8:34.0
50BR	33.0	36.3	37.4	38.7	39.2	42.5	45.7	51.0	55.1	1:11	1:04	
100BR	1:10.7	1:19.3	L:23.9	1:24.8	1:24.5	1:31.0	1:40.5	1:56.4	2:05.8	2:43.4	2:34.3	
200BR	2:35.6	2:53.0	3:00.5	3:11.0	3:07.6	3:20.1	3:38.3	4:12.6	5:07.7	5:19.3	5:55.3	
50FL	28.2	28.9	30.6	30.3	33.6	36.8	39.5	48.2	55.7	1:17.8		
100FL	1:03.7	1:06.4	1:09.8	1:16.0	1:18.3	1:30.9	1:43.0	1:59.3	2:54.1			
200FL	2:30.2	2:41.5	2:54.9	2:56.5	3:02.4	3:47.1	3:48.0	4:40.5				
100IM	1:05.4	1:08.7	L:11.9	1:11.5	1:15.7	1:24.1	1:29.1	1:39.1	2:00.0			
200IM	2:24.0	2:32.8	2:38.9	2:51.9	2:49.0	3:06.0	3:14.9	4:00.7	4:47.0			
400IM	5:06.4	5:42.4	5:44.2	6:07.0	6:10.3	6:58.4	7:30.0	8:47.6				

PLEASE ADD THE FOLLOWING MEETS TO YOUR CALENDAR

FEB 26-27 Georgia SC - Curt Fehn, 2515 N.E. Expwy; Apt. R-16, Atlanta, GA 30345

MAR 12-13 Crawfish Open - Paul Hebert, Jr., 8438 Wartelle Ave., Baton Rouge, LA 70816

MEN'S SHORT COURSE TIMES

EVENT	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50FR	21.7	22.2	23.1	23.4	25.1	25.8	26.2	28.0	28.7	33.2	43.4	1:12.6
100FR	48.7	48.7	51.9	53.0	56.1	58.2	57.8	1:04.0	1:05.3	1:20.2	1:39.4	
200FR	1:48.4	1:51.6	1:54.5	1:58.7	2:05.7	2:10.7	2:12.0	2:24.2	2:36.1	3:09.3	3:44.5	
500FR	4:51.7	5:04.2	5:19.0	5:23.2	5:54.2	6:07.0	5:07.8	6:38.5	7:30.6	8:21.0	10:00	
1650FR	17:36	17:50	18:26	18:49	21:00	21:53	21:41	24:08	27:53	29:34	35:58	
50BK	26.2	26.6	28.2	28.7	30.7	31.6	32.9	36.2	36.3	48.0		
100BK	57.8	57.1	1:03.2	1:03.6	1:08.0	1:07.4	1:10.7	1:20.4	1:23.8	1:45.9		
200BK	2:08.5	2:11.5	2:22.7	2:25.0	2:31.2	2:27.2	2:41.1	2:54.8	3:11.6	4:09.0		
50BR	28.6	29.8	30.4	31.3	33.0	33.5	34.9	36.4	39.8	44.2	55.5	
100BR	1:03.6	1:05.3	1:06.5	1:07.3	1:11.9	1:15.4	1:18.6	1:18.9	1:30.1	1:38.4	2:06.8	
50FL	24.1	24.4	26.3	25.8	26.8	29.5	30.1	31.9	38.8	44.2		
100FL	53.0	56.8	58.4	1:03.1	1:03.4	1:06.0	1:11.4	1:19.7	1:37.3	2:17.0		
200FL	2:02.6	2:10.5	2:29.8	2:26.5	2:39.1	2:47.2	2:56.7	3:12.5	3:53.0			
100IM	56.1	57.2	1:01.7	1:02.3	1:05.1	1:08.0	1:09.7	1:14.1	1:28.4	1:40.7		
200IM	2:03.7	2:10.5	2:18.4	2:22.3	2:30.3	2:31.1	2:38.8	2:49.5	3:23.2	3:39.6		
400IM	4:34.7	4:49.3	5:02.7	5:03.7	5:34.5	5:29.8	5:50.8	6:18.0	7:29.2			

WOMEN'S LONG COURSE TIMES

EVENT	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50FR	29.7	30.3	31.0	32.2	34.2	35.5	35.9	39.6	48.9	1:02.2	1:15.3	1:44.5
100FR	1:05.1	1:09.3	1:09.1	1:13.4	1:19.0	1:20.3	1:22.5	1:35.9	1:55.5	2:25.9	3:03.4	3:43.7
200FR	2:24.7	2:35.5	2:35.5	2:55.1	2:59.0	3:09.9	3:20.0	3:27.8	4:17.1	5:12.5		7:07.5
400FR	5:03.4	5:31.1	5:38.7	6:08.6	6:20.2	6:52.2	6:55.0	7:46.8	9:01.7	11:20		16:40
1500FR	20:49	22:33	23:35	24:11	24:41	27:09	27:04	33:25	36:45	39:55	46:57	
50BK	36.40	36.10	38.10	41.20	42.30	46.60	49.90	58.00	1:01.8	1:26.5	1:20.2	2:13.0
100BK	1:22.2	1:22.3	1:23.8	1:33.6	1:34.8	1:44.1	1:48.9	2:02.4	2:17.3	3:08.2	3:08.0	4:37.6
200BK	2:56.0	2:27.2	3:00.2	3:22.6	3:07.8	3:37.6	3:57.7	4:07.8	4:56.4	6:31.9	5:54.1	
50BR	39.4	41.6	44.1	44.9	45.2	48.8	54.8	58.0	1:06.1	1:15.8		
100BR	1:28.9	1:31.1	1:37.2	1:35.8	1:40.0	1:46.4	1:58.4	2:03.9	2:20.9	3:03.0	3:29.9	
200BR	3:10.7	3:19.9	3:31.1	3:30.7	3:35.8	3:47.4	4:16.6	4:47.8	4:50.0	6:12.5		
50FL	32.0	32.4	34.9	37.7	40.7	42.6	46.1	56.7	1:08.5	1:17.6		
100FL	1:12.9	1:13.1	1:20.9	1:30.7	1:36.0	1:47.7	1:58.4	2:15.5	2:50.0	3:26.5		
200FL	2:50.8	2:53.0	3:29.0	3:21.6	3:33.6	4:06.5	4:25.0	5:24.4	8:46.2			
200IM	2:47.8	2:54.0	3:05.8	3:18.2	3:28.0	3:36.6	3:58.9	4:15.6	5:15.0	5:24.1		
400IM	6:13.1	6:31.6	7:00.9	7:04.4	7:14.1	7:57.7	8:34.5	10:12				

MEN'S LONG COURSE TIMES

EVENT	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50FR	25.2	25.8	25.9	27.5	28.4	29.7	30.0	32.3	32.9	36.7	44.3	2:04.9
100FR	57.6	58.6	58.9	1:01.4	1:04.4	1:07.3	1:07.4	1:12.8	1:15.0	1:28.0	2:00.4	
200FR	2:06.2	2:07.5	2:19.1	2:23.0	2:20.9	2:32.5	2:36.9	2:47.4	3:05.7	3:22.5	4:27.0	
400FR	4:34.3	4:37.7	5:00.7	5:07.8	4:53.1	5:32.9	5:30.1	5:54.7	6:05.8	7:13.1	9:48.7	
1500FR	18:09	19:29	19:48	21:32	19:22	22:28	22:01	25:75	28:50	40:30	39:52	
50BK	29.9	30.1	34.6	33.0	37.0	36.3	37.6	39.5	41.3	59.7	3:07.7	
100BK	1:08.1	1:07.3	1:14.6	1:14.4	1:19.3	1:20.4	1:26.5	1:28.7	1:41.3	2:07.7	6:19.7	
200BK	2:29.4	2:32.6	2:46.2	2:46.4	2:56.0	2:55.9	3:13.0	3:16.4	3:47.8	4:45.0	6:35.6	
50BR	34.3	35.1	36.1	37.4	37.4	40.4	41.0	42.5	46.3	52.4	1:08.1	
100BR	1:14.5	1:16.2	1:19.3	1:24.1	1:23.6	1:29.0	1:34.0	1:33.2	1:46.3	1:57.2	2:34.2	
200BR	2:48.5	2:52.6	2:54.2	3:07.4	3:07.6	3:17.4	3:28.5	3:28.6	4:05.3	4:21.0	5:41.4	
50FL	27.9	28.1	28.8	30.6	30.3	33.3	36.0	37.8	46.1	56.7	1:09.5	
100FL	1:03.6	1:06.3	1:14.6	1:15.6	1:16.7	1:18.5	1:28.8	1:37.7	1:56.5	2:46.9		
200FL	2:34.2	2:36.9	3:01.0	3:00.8	3:06.0	3:17.3	3:35.7	3:51.3	5:44.0	6:24.3		
200IM	2:25.7	2:32.0	2:41.3	2:44.1	2:52.1	2:51.5	3:06.8	3:11.1	3:56.8	4:22.0		
400IM	5:41.1	5:43.9	6:05.2	6:12.3	6:41.3	6:19.2	6:58.0	7:10.3	8:16.8	9:21.3		

* 200 BR
(SC) 2:24.2 2:25.2 2:26.9 2:34.1 2:38.5 2:50.7 2:56.9 2:59.1 3:29.6 3:40.6 5:02.0

1976 MASTERS ALL AMERICAN MEN'S AND WOMEN'S SWIMMING TEAMS

ALL AMERICAN SELECTIONS ANNOUNCED BY CHAIRMAN - BARBARA REEVE

WOMEN

25-29

Marianne Brems 27
Susan Byrne 26
Barbara Dunbar 27

30-34

Jane Katz 32
Jane Murphy 31
Jennifer Parks 32
Diana Todd 31
Susan Peterson

35-39

Betsy Jordan 39
Carol Macpherson 37
Ardith Mueller 35
Lynn Joseten 39
Lynne Weir 35

40-44

Cindy Baxter 43
Pat Bresee 40
Helen Buss 40
Anne McGuire 40

45-49

Anne Adams 47
Hilga Palmer 46
Barbara Reeve 47
Gail Roper 48
Carol Taylor 47
Ann Stanfel 45

50-54

Charlotte Costello 52
Ann Cuneo 50
June Krauser 50

55-59

Jeannette Eppley 56
Nancy Pessel 55
Jean Pieretti 55
Dorothy Ressiguiie 55

60-64

Mildred Anderson 61
Pat Matthiesen 60
Dawn Musselman 62
Joan Osborn 60
Nancy Clark

65-69

Celia Ballard 65
Dorothea Cole 66
Edie Goldman 65
Beatrice Wayne 66

70-74

Sylvia Bailey 70
Edna Landon 72
Elizabeth Mauric 71

75-79

Doris Hogan 75
Frances Watkins 78

80 & Over

Nellie Brown

MEN

25-29

Thomas Ludwig 27
Fred Schlicher 28

30-34

John Flanagan 30
Tim Garton 33
Ken Krueger 30

35-39

Ray Martin 39
Neal McDonnell 35
Paul Thompson 35

40-44

Sandy Gideonse 42
Burwell Jones 43

45-49

Graham Johnston 45
Robert Kueny 45
Bill Williams 45

50-54

Duane Draves 50
Jim Forbes 50
Paul Huttinger 51
Perry Rockwell 51

55-59

John Crews 56
Ray Hakomaki 55
Paul Herron 56
Jim Welch 58

60-64

Jim Eubank 60
John Higgins 60
Eugene Jennings 61
Walt Pfeiffer 62
Larry Smith 64

65-69

Frank Booth 65
Stanton Craigie 69
Arthur Hargrave 69
Bill Loughborough 65
Lloyd Osborne 67

70-74

Theodore Johnson 71
Al Kallunki 72
Winston Kratz 70
Harold Langner 73
Irvin Merritt 72

75-79

Clarence Ross 76

80 & Over

Collister Wheeler 82

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Happy New Year*

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM MEET SCHEDULE

VOL VI - No 1

NEW ENGLAND MASTERS SWIM CLUB - Joy Miller, 401 Essex St., Hamilton, MA 01936

JAN 16, JAN 30, FEB 8, MAR 8, MAR 20, APR 12, MAY 10, APR 23-24, JUN 7

INLAND EMPIRE ASSOCIATION - Harry Lewis, 944 E. 39th, Spokane, WA 99203

MAR 12-13, APR 30-MAY 1

PACIFIC NORTHWEST ASSOCIATION - Steve Engel, 2005 S. 308th, Federal Way, WA 98002

JAN 29-30, MAR 5-6, APR 2-3, JUN 4-5, JUL 16-17

OREGON ASSOCIATION - Connie Wilson, 10315 S.E. 82nd, Portland, OR 97266

JAN 15-16, FEB 26-27, APR 2-3, APR 22-24, JUN 11-12, AUG 12-14

NEW JERSEY ASSOCIATION - Bob Walden, 19 Hawthorne Dr., New Providence, RI 07974

JAN 29, FEB 12, FEB 26, APR 30-MAY 1

WISCONSIN ASSOCIATION - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108

JAN 8, FEB 12, MAR 12, APR 2

CORONADO MASTERS - 1019 7th St., Coronado, CA 92118

MAR 20, MAY 29, JUL 10

OHIO ASSOCIATION - Roy Stickney, 235 N. Remington Rd., Bexley, OH 43209

JAN 16, FEB 13, MAR 27, APR 24

JANUARY FIRST US ONE HOUR SWIM (Postal Meet) Individual and Team - Dale Petranech, #1112, 2059 Huntington Ave., Alexandria, VA 22303

JAN 8 Mid-Winter - Daniel Davis, 434 Mix Ave., Hamden, CT 06514

JAN 9 Ambassador College - Don Rankin, 11731 Heathcliff Dr., Santa Ana, CA 92705

JAN 14-16 Morrison H.S. - Jay Hasbrouck, 643 Genesee Ave., Morrison, IL 61270

JAN 22 DC Masters - Bob Husson, 3282 Aberfoyle Pl. NW, Washington, DC 22015

JAN 29-30 UNCC Masters - Richard Bober, 5415 Finsbury Pl., Charlotte, NC 28211

FEB 12 North Miami - Lee Singleton, City Pool, 13150 NE 8 Ave., North Miami, FL 33161

FEB 12-13 Topeka - Robert Schneider, 2537 Morningside, Topeka, KS 66614

FEB 13 Belmont Plaza - Sally Peterson, 2107 San Vicente Ave., Long Beach, CA 90815

FEB 19 Powell Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231

FEB 19-20 Winter Festival - Diane & Kevin O'Connor, 4922 Snowy Reach, Columbia, MD 21044

FEB 19-20 University of Oklahoma - Martin Brody, P.O. Box 14662, Oklahoma City, OK 73114

FEB 20 Shabonna Sharks - Ingrid Stine, 4119 N. Pittsburg, Chicago, IL 60634

FEB 27 Metro Inv. - James Forbes, 8 Cambridge Ct., Bethpage, NY 11714

MAR 13 St. Chas. Park Dist. - Meredith Scanlon, 71 McKinley, St. Charles, IL 60174

MAR 19 Van Wert Y - John Decker, 241 W. Main St., Van Wert, OH 45891

MAR 26-27 Branin Natatorium - OHIO Masters, P.O. Box 922, Massillon, OH 44646

APR 1-3 Southern SC - Robert E. Beach, c/o Judicial Bldg. #402, St. Petersburg, FL 33701

APR 2 April Fool's Meet - Jane Hardy, 49 Wilson Ave., Rowayton, CT 06853

APR 18-19 WIU - Dr. Paul Huttinger, Western Illinois University, Macomb, IL 61455

APR 30-MAY 1 State Meet - Beth Gabriel, 516 Ford St., Geneva, IL 60134

MAY 13-15 NATIONAL SC CHAMP. - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305

MAY 27-29 Southern LC - Robert E. Beach (above)