



SWIM-MASTER

VOL VI - No 4

USA NATIONAL PUBLICATION FOR MASTERS SWIMMER

MAY 1977

RELIEF FOR SHOULDER PAIN OR TENDONITIS

by Nancy Ridout, Novato, California

Many of us have experienced the sensations of severe shoulder pain or tendonitis. About the only advice given its sufferers is complete rest from whatever activity produced it and/or a shot of cortisone.

Having experienced tendonitis myself on several occasions, the latest, three weeks before the Short Course Nationals at Mission Viejo, neither of the above were what I wanted at that point.

Don Swartz, the former coach of the Marin Aquatic Club, gave me three exercises developed by Bob Fuller, a registered physical therapist and owner of Bob Fuller's Conditioning and Therapy in San Rafael, CA. I have used them since the first occurrence in 1974 and I can say without hesitation - they work!

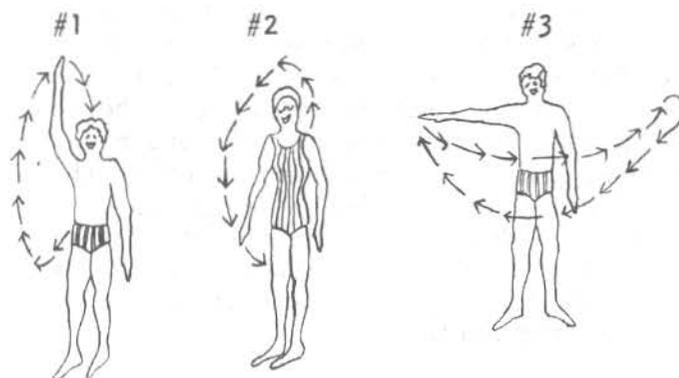
The writing of this article was prompted by the requests of several people in our Association who had heard that I knew of some exercises that might help, and they needed something. Perhaps there are more Masters who read Swim-Master who could benefit from them.

Pain from tendonitis is experienced as slight to severe pain in the shoulder joint. It occurs most often in the shoulder opposite the breathing arm, and it may extend down the arm or down the back as well.

It limits one's range of movement. Attempting across-the-body movements with that arm becomes painful. Weakness occurs when reaching the wrong way to lift or hold something. A warmup of 500 to 2,000 yards is needed before one can feel strength or power from that shoulder.

Man was made to propel himself by his legs, not his arms. That is why stress can occur here when we increase our yardage suddenly, work hard or harder with paddles, throw a ball more than we're used to, play more badminton, tennis, etc.

The exercises are illustrated (illustrations done by Laurie Hoey) and explained as follows:



#1 Backward arm circles as in straight arm backstroke. If you can't get all the way around, go as far as you can. Repeat circles for 1 min.

#2 Forward arm circles as in fly stroke. If you can't get all the way around, go as far as you can. Repeat circles for 1 min.

#3 Arm straight out from shoulder, palm down. Swing arm down, across and up to height of other shoulder, and back again. Repeat for 1 min.

All three exercises: 1) should be done with straight not stiff arms; 2) require gentle, not vigorous, arm movements; and 3) should be done with the arm(s) of the shoulder(s) affected.

The exercises should be done in succession: #1 for 1 min, then #2 for 1 min and then #3 for 1 min. For severe impairment, this series should be repeated three times for a total of nine minutes three times per day.

It shouldn't take much more than a week to be rid of the pain. However, in one case of which I know, it took two weeks. After the tendonitis is relieved, a maintenance schedule of once per day for nine minutes should be enough.

The exercises, though they may seem simple or unrelated, do work. If they are done properly and often enough, they will not only clear up the condition but keep it from recurring. And one doesn't have to stop training!

The tendency is to stop the exercises when the pain is gone. It happens to everyone. However, a daily maintenance schedule will keep you free from tendonitis in the shoulder and save you many problems.

Montreal, Quebec, Canada 1976

Submitted by Prof. Jane Katz, Associate Prof. of Health and Physical Education

Because of the unfortunate tragedy to the eleven slain Israeli athletes at the last Olympic Games in Munich, Germany, I feel that the "Olympic Spirit" in Montreal had been dealt a severe blow. Ideally, during the Olympic Games, for those two weeks out of every four years, man is supposed to forget that he has built up barriers between himself and his neighbors; and it is irrelevant whether these barriers are of a political, religious or racial nature. Hopefully, the spirit of the Olympic ideal will remain alive with the assistance of the people, organizations, and nations of the world.

One of the outstanding organizations that support this ideal is our International YMCA. During each Olympic Games a conference is held in conjunction with the events taking place. This summer, the Ninth World YMCA Health and Physical Education Consultation convened in Montreal, Canada, July 31 - August 2, 1976. Three main documents were shared. They were, A Philosophy with Respect of Sports, A Christian View of Sports, and Declaration on Fair Play.

The latter-most document I believe, has had a tremendous acceptance in our country already. The "Declaration of Fair Play" was prepared by the International Council of Sport and Physical Education (I.C.S.P.E.) in cooperation with the International Olympic Committee (IOC) and with the support of U.N.E.S.C.O. In it, responsibilities of competitors, parents, teachers, sports organizations, coaches, trainers, managers, medical officers, referees, public authorities, journalists, and spectators are included.

The document states that competitive sport can meet many of the physiological, psychological and social needs of man. In particular, it can provide people of all ages and all stations with opportunities for self-fulfillment and for enriching individual and group relationships. It can also help in different ways to improve the quality of life. However, sport, without fair play loses these potentials. This applies to whatever the level of competition.

In many countries, due to a greater affluence and expanded leisure time, especially in the United States, there is increasing scope for people to participate in competitive sport. Yet, at the same time, fair-play appears in-

creasingly to be under threat. Therefore, if competitive sport is to realize its potentials, including the fostering of international understanding this new allegiance of fair play is urgently needed. "Without fair play, sport is no longer sport."

In summary, sport can make a uniquely valuable contribution to the accomplishment of man and to the quality of his life. But it can only make this contribution if it is practised in full accordance with the ideals of fair play.*

Hopefully, with the assistance of organizations such as the International YMCA, the Spirit of the Olympic ideal will once again be rekindled.

* A copy of "Declaration on Fair Play" can be obtained from the National Council of YMCA of USA, 291 Broadway, New York, NY 10007.

WORLD CHAMPIONSHIPS

A recent letter dated April 15, 1977 was received from John and Ruthye Miller stating that it was an encouraging experience to be the target for so many letters from members of the Masters Swimming Association who responded to the appeal in Swim-Master and wrote to support the holding of the first INTERNATIONAL MASTERS AQUATIC CHAMPIONSHIPS. The encouragement found its way to those principals involved in the planning of such an affair and it now appears a final decision is in sight and the event will be held in San Juan, Puerto Rico, early in November 1977. More information when available.



SWIM-MASTER

SUBSCRIPTION FORM

One Year (9 issues)...\$ 6.00 (USA)
(Canada, Mexico, P.R.)...\$ 7.00
PLEASE PRINT \$10.00 (Foreign)

NAME _____

ADDRESS _____

ZIP _____

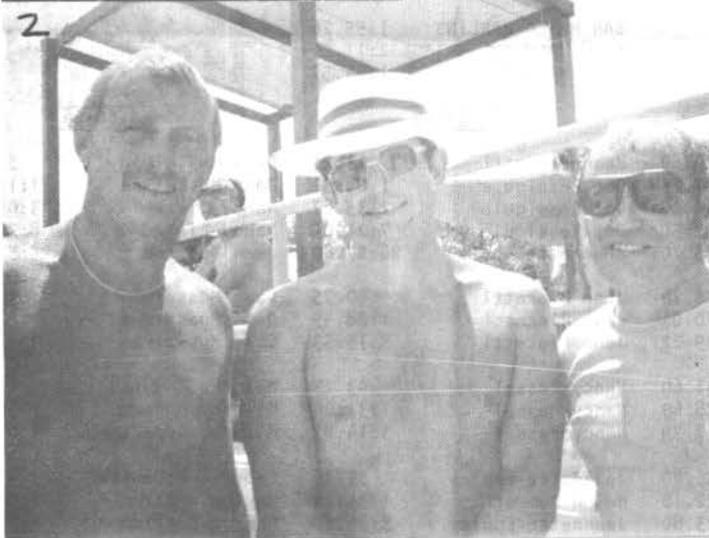
2308 N.E. 19th Avenue
Ft. Lauderdale, FL 33305

Southern Regional ST. Petersburg Florida



- 1 Bob Bober - Tar Heel Masters
- 2 1952 Olympians - Gay Rosser, Bump Jones, K. Pluntke
- 3 Masters swimmers from Canada including Tony Jarvis
- 4 Women Hi Pt Winners - Anne McGuire (40-44), Susan West-nedge (30-34), Rose Caplane (70-74), Virginia Gest (55-59), Boots Culbertson (35-39), Thelma Roach (45-49), Ruth Switzer (65-69) and Gretchen Drake (25-29)
- 5 Taylor Drysdale (1936 Olympian) and Ralph Coxhead
- 6 John Spannuth presenting Team High Point Trophy to the Suncoast Masters coach - Natalie Johnson with Scottie Holiday and George DeCarlo

- 7 Men Hi Pt Winners - Jack Bauerle (25) Cal Winn (35), Peter Jurczyk (70), Ted Haartz (45), George Silvera (60), Bob Harris (50), K.C. Dawson (30) and Bump Jones (40)



SHORT COURSE RECORDS

WOMEN 25-29

FREE	
50	Ellyn Morris 25.41
100	Nancy Ryan 55.16
200	Nancy Ryan 2:02.30
500	Marianne Brems 5:31.30
1650	Marianne Brems 19:23.92
BACK	
50	Nina Thompson 30.50
100	Nina Thompson 1:05.68
200	Nina Thompson 2:26.07
BREAST	
50	Sue Jones Roy 32.20
100	Sue Jones Roy 1:10.18
200	Lynn Colella Bell 2:32.40
FLY	
50	Jamie Stewart 28.10
100	Jamie Stewart 1:01.73
200	Barbara Dunbar 2:28.30
I.M.	
100	Frankie Toppel 1:04.88
200	Marianne Brems 2:23.20
400	Lynn Colella Bell 5:00.00
RELAYS	
F.R.	D.C. MASTERS 1:43.31
M.R.	D.C. MASTERS 1:58.01
Mixed	D.C. MASTERS 1:36.60

WOMEN 30-34

Diane Todd 25.31
Diane Todd 57.50
Nancy Ridout 2:13.33
Jane Katz 5:56.93
Jane Katz 20:28.05
Cathy McCullough 29.47
Nina Thompson 1:07.90
Jane Parks 2:27.64
Carol Skolnick 36.00
Ingrid Daland 1:17.50
Ingrid Daland 2:46.00
Valerie Pecce 28.36
Valerie Pecce 1:04.87
Jane Katz 2:33.55
Diane Todd 1:07.88
Jane Parks 2:30.89
Jane Katz 5:18.30

WOMEN 35-39

Lynne Weir 26.82
Joyce Burrell 59.53
Lynne Weir 2:16.26
Carol Macpherson 6:08.85
Carol Macpherson 21:17.78
Pat Bresee 31.80
Linda Gilchrist 1:11.20
Carol Macpherson 2:37.97
Anne McGuire 36.60
Ivanelle Hoe 1:18.10
Mary Jane Parks 2:50.41
Pat Bresee 28.76
Pat Bresee 1:08.37
Lynn Joesten 2:45.02
Pat Bresee 1:09.93
Carol Macpherson 2:36.03
Carol Macpherson 5:42.50
SAN MATEO MARLINS 1:55.26
D.C. MASTERS 2:11.21
D.C. MASTERS 1:44.57

WOMEN 40-44

Pat Bresee 27.50
Pat Bresee 1:01.32
Juanita Correa 2:17.12
Gail Roper 6:05.10
Helen Buss 21:25.46
Pat Bresee 32.50
Pat Bresee 1:11.49
Gail Roper 2:42.90
Anne McGuire 37.20
Gail Roper 1:19.03
Gail Roper 2:50.07
Pat Bresee 28.90
Pat Bresee 1:09.00
Gail Roper 2:50.00
Pat Bresee 1:09.70
Gail Roper 2:35.13
Gail Roper 5:44.40

WOMEN 45-49

FREE	
50	Gail Roper 28.50
100	Gail Roper 1:02.80
200	Gail Roper 2:19.50
500	Gail Roper 6:20.20
1650	Gail Roper 21:53.07
BACK	
50	Gail Roper 34.80
100	Gail Roper 1:15.30
200	Gail Roper 2:42.70
BREAST	
50	Gail Roper 36.90
100	Gail Roper 1:18.86
200	Gail Roper 2:54.70
FLY	
50	Gail Roper 30.70
100	Gail Roper 1:11.15
200	Gail Roper 2:42.30
I.M.	
100	Gail Roper 1:11.35
200	Gail Roper 2:34.41
400	Gail Roper 5:34.80
RELAYS	
F.R.	RINCONADA 2:07.57
M.R.	RINCONADA 2:27.15
Mixed	RINCONADA 1:50.08

WOMEN 50-54

Ann Curtis Cuneo 29.69
Ann Curtis Cuneo 1:07.25
Dot Resseguie 2:36.40
June Krauser 7:02.50
Dot Resseguie 25:13.10
Jeanne Merryman 38.74
Jeanne Merryman 1:20.04
Minna Hamner 3:09.22
Charlotte Costello 41.60
Charlotte Costello 1:28.69
Nancy Pessel 3:17.39
Charlotte Costello 36.40
June Krauser 1:22.10
Charlotte Costello 3:23.80
Dorothy Donnelly 1:21.19
June Krauser 3:02.90
Charlotte Costello 6:41.39

WOMEN 55-59

Jean Pieretti 31.21
Dot Ressiguie 1:08.51
Dot Ressiguie 2:35.87
Dot Ressiguie 7:21.05
Jeannette Eppley 26:27.80
Jean Pieretti 40.75
Jean Pieretti 1:28.49
Jean Pieretti 3:15.53
Nancy Pessel 43.25
Nancy Pessel 1:31.24
Nancy Pessel 3:14.87
Jeannette Eppley 39.20
Helen Hummer 1:34.24
Jeannette Eppley 3:39.10
Dot Resseguie 1:22.54
Dot Resseguie 3:07.12
Helen Hummer 7:25.70
LONG BEACH MASTERS 2:30.29
LONG BEACH MASTERS 2:57.00
LONG BEACH MASTERS 2:09.90

WOMEN 60-64

Dawn Musselman 33.42
Dawn Musselman 1:19.50
Nancy Clark 3:05.50
Nancy Clark 8:25.02
Jean Durston 28:57.82
Dawn Musselman 42.01
Dawn Musselman 1:31.08
Dawn Musselman 3:30.79
Mildred Anderson 49.58
Mildred Anderson 1:50.60
Mildred Anderson 4:01.14
Georgia McCarthy 47.42
Maxine Merlino 1:48.69
Maxine Merlino 4:01.59
Nancy Clark 1:38.97
Maxine Merlino 3:41.90
Maxine Merlino 7:55.09

WOMEN 65-69

FREE	
50	C. Ballard 41.27
100	C. Ballard 1:29.93
200	C. Ballard 3:34.00
500	Edie Goldman 10:05.90
1650	E. Bein 33:47.30
BACK	
50	Edie Goldman 52.50
100	Dorthea Cole 1:58.38
200	Dorthea Cole 4:13.06
BREAST	
50	Bernice Wayne 54.00
100	Rose Caplane 1:58.10
200	Rose Caplane 4:20.98
FLY	
50	Bernice Wayne 53.71
100	Bernice Wayne 2:12.50
I.M.	
100	Edie Goldman 1:54.28
200	Bernice Wayne 4:27.20
RELAYS	
F.R.	SAN MATEO MARLINS 2:38.91
M.R.	
Mixed	

WOMEN 70-74

Eleanor Anderson 46.82
Eleanor Anderson 1:51.45
Elizabeth Mauric 4:28.20
Elizabeth Mauric 11:35.60
Elizabeth Mauric 39:26.57
M. Myers 1:11.79
Frances Watkins 2:30.70
Sis Fogle 5:53.90
Doris Hogan 1:08.50
Elizabeth Mauric 2:34.58
Elizabeth Mauric 5:15.90
Sis Fogle 1:17.80

WOMEN 75-79

Doris Hogan 59.47
Doris Hogan 2:14.95
Frances Watkins 42:38.14
Pearl Miller 1:12.77
Frances Watkins 2:24.35
Doris Hogan 1:03.73
Doris Hogan 2:34.30
Doris Hogan 5:55.30

WOMEN 80 & OVER

Nellie Brown 1:29.90
Nellie Brown 3:19.90
Nellie Brown 7:02.30
Nellie Brown 18:57.91
Nellie Brown 1:52.20
Nellie Brown 4:11.60
Nellie Brown 8:34.00

	<u>MEN 25-29</u>		<u>MEN 30-34</u>		<u>MEN 35-39</u>		<u>MEN 40-44</u>	
<u>FREE</u>								
50	Ken Hamner	21.30	Robert Boyer	21.80	Steve Jackman	22.19	Don Hill	23.17
100	Fred Schlicher	46.62	Ken Walsh	48.27	Gary LaPrise	51.41	Don Hill	51.79
200	Fred Schlicher	1:43.71	Mike Garibaldi	1:49.75	Edward Hinshaw	1:53.88	Burwell Jones	1:55.82
500	Fred Schlicher	4:44.78	Mike Garibaldi	5:01.30	Paul Thompson	5:07.05	Burwell Jones	5:13.03
1650	William Babcock	16:56.86	Mike Garibaldi	17:45.71	Paul Thompson	17:36.29	Burwell Jones	18:25.66
<u>BACK</u>								
50	Fred Schlicher	25.37	Ken Krueger	25.37	Neal McDonnell	28.10	Yoshi Oyakawa	28.20
100	William Dorney	55.88	Ken Krueger	56.24	G. Chase	1:02.60	Yoshi Oyakawa	1:01.39
200	F. Bates	2:03.50	Thompson Mann	2:06.24	Neal McDonnell	2:14.42	Yoshi Oyakawa	2:16.38
<u>BREAST</u>								
50	Tony Bazant	28.57	Steve Rabinovitch	28.40	R. Neeves	30.13	Paul Reinke	30.90
100	Kip Pope	1:00.38	Tony Canlis	1:01.81	Chuck Maunz	1:05.79	Meredith Smith	1:06.90
200	Kip Pope	2:12.52	Chet Jastremski	2:18.27	Scott Roberts	2:26.63	Paul Reinke	2:29.61
<u>FLY</u>								
50	Fred Schlicher	23.59	Jim McGrath	24.00	Gary LaPrise	25.37	W. Dobler	25.45
100	Fred Schlicher	51.13	Jim McGrath	54.30	Burt Kanner	57.44	Sandy Gideonse	58.96
200	Fred Schlicher	1:57.60	A. Melamed	2:05.10	Dick Stewart	2:13.45	Kent Canterbury	2:25.02
<u>I.M.</u>								
100	Fred Schlicher	54.87	Ken Krueger	56.90	Jim Loofbourrow	1:00.99	Burwell Jones	1:00.13
200	Fred Schlicher	1:59.22	Lance Larson	2:05.47	Jim Loofbourrow	2:13.54	Burwell Jones	2:15.38
400	Fred Schlicher	4:26.90	John Flanagan	4:39.28	Dick Stewart	4:50.54	Burwell Jones	4:56.11
<u>RELAYS</u>								
F.R.	LOS ANGELES MASTERS	1:27.63			MICHIGAN MASTERS	1:34.52		
M.R.	LOS ANGELES MASTERS	1:39.25			MICHIGAN MASTERS	1:48.52		

	<u>MEN 45-49</u>		<u>MEN 50-54</u>		<u>MEN 55-59</u>		<u>MEN 60-64</u>	
<u>FREE</u>								
50	Hal Begel	24.16	Raymond Hakomaki	24.68	Raymond Hakomaki	25.20	M. Valentine	27.00
100	Hal Begel	55.30	Paul Hutinger	56.75	Jim Welch	57.68	Lyle Collett	1:02.90
200	Bob Miller	2:00.56	Paul Hutinger	2:10.34	John Crews	2:08.50	Jim Eubank	2:19.90
500	Bob Miller	5:29.38	W. Kaye	5:57.44	John Crews	5:58.77	Jim Eubank	6:22.99
1650	Bill Williams	19:21.94	John Crews	21:21.87	John Crews	21:18.85	Jim Eubank	22:31.91
<u>BACK</u>								
50	R.B. Mackenzie	30.18	Paul Hutinger	30.10	Paul Herron	31.49	Larry Smith	32.60
100	Bob Miller	1:04.18	Paul Hutinger	1:05.40	Paul Herron	1:09.30	Larry Smith	1:11.10
200	Bob Miller	2:20.69	Paul Hutinger	2:24.50	Paul Herron	2:30.70	Larry Smith	2:49.90
<u>BREAST</u>								
50	Roy Stickney	32.60	Jim Forbes	33.06	Ramon Rodriguez	33.12	George Trawicki	35.29
100	Robert Kueny	1:10.59	Jim Counsilman	1:13.60	Ramon Rodriguez	1:14.21	John Higgins	1:18.75
200	Robert Kueny	2:34.77	Jim Counsilman	2:45.60	Ramon Rodriguez	2:51.32	John Higgins	2:55.82
<u>FLY</u>								
50	Ed Emes	26.00	Perry Rockwell	27.76	John Crews	29.18	Walt Pfeiffer	30.20
100	Hal Begel	1:02.79	Perry Rockwell	1:04.75	John Crews	1:07.22	Walt Pfeiffer	1:16.67
200	Jim Craigie	2:35.06	Art Koblisch	2:42.80	John Crews	2:43.24	Walt Pfeiffer	3:06.80
<u>I.M.</u>								
100	Bob Miller	1:03.77	Paul Hutinger	1:04.76	Paul Herron	1:08.65	C. Wilson	1:12.89
200	Bob Miller	2:20.76	Paul Hutinger	2:26.68	Paul Herron	2:34.99	John Higgins	2:44.28
400	Paul Hutinger	5:22.80	Paul Hutinger	5:26.80	Paul Herron	5:46.08	Walt Pfeiffer	6:16.10
<u>RELAYS</u>								
F.R.	MICHIGAN MASTERS	1:42.32			SAN DIEGO CO. MAS.	1:51.83		
M.R.	D.C. MASTERS	1:56.08			SAN DIEGO CO. MAS.	2:11.17		

	<u>MEN 65-69</u>		<u>MEN 70-74</u>		<u>MEN 75-79</u>		<u>MEN 80 & OVER</u>	
<u>FREE</u>								
50	Lyle Collet	27.64	John McGuire	32.10	Clarence Ross	32.03	C. Wheeler	43.30
100	Lyle Collet	1:03.90	Clarence Ross	1:14.08	Clarence Ross	1:12.90	C. Wheeler	1:39.20
200	Lloyd Osborne	2:28.79	Clarence Ross	2:49.40	Clarence Ross	2:48.60	C. Wheeler	3:33.80
500	Lloyd Osborne	6:48.39	G. Langner	7:50.40	Clarence Ross	7:47.28		
1650	Lloyd Osborne	24:01.08	G. Langner	27:22.43	Clarence Ross	27:37.57		
<u>BACK</u>								
50	Arthur Hargrave	36.21	John Moore	46.50	E. Lyon	56.00	A. Oscamp	2:01.60
100	Arthur Hargrave	1:19.50	Al Kallunki	1:43.80	E. Lyon	2:11.09	A. Oscamp	4:07.95
200	Arthur Hargrave	3:02.11	John Moore	3:45.00				
<u>BREAST</u>								
50	George Muntz	36.64	Henry Strothmann	42.30	Richard Bosse	51.58	C. Wheeler	55.16
100	Sam Bernstein	1:29.51	Winston Kratz	1:34.42	John Whittemore	2:04.69	Joe Ross	2:48.30
200	H. Johnson	3:24.80	Al Kallunki	3:36.16	John Whittemore	4:53.29	Joe Ross	7:59.30
<u>FLY</u>								
50	H. Johnson	36.60	Al Kallunki	42.09				
100	Stanton Craigie	1:36.79	Al Kallunki	1:47.95				
200	N. Monson	3:46.90						
<u>I.M.</u>								
100	Lyle Collet	1:20.40	A. Kallunki	1:33.60				
200	Wm. Loughborough	3:18.87	R. Johns	3:35.86				
400	Al Guth	7:16.90	Al Kallunki	8:00.10				
<u>RELAYS</u>								
F.R.	MONCLAIR HILLS	2:15.55						
M.R.	LONG BEACH S.C.	2:38.82						

FOR THE RECORD

D C Masters Winter Meet
American University
January 23, 1977

Women 25-29

50 yd. Freestyle
Elynn Morris, 27 26.6
Catharine Norton, 25 29.4
Elis. McCorkle, 27 29.5
Sarah Gay, 28 36.5

500 yd. Free
Elynn Morris, 27 6:55.6
Tricia Engner, 26 7:40.6
Jeanne Mason, 25 7:41.2
Sarah Gay, 28 8:07.5

50 yd. Backstroke
Elis. McCorkle, 27 34.1
Jeanne Mason, 25 37.6

200 yd. Backstroke
Sue Schaffer, 29 2:49.4

50 yd. Breaststroke
Elis. McCorkle, 27 40.5
Sarah Gay, 28 50.2

200 yd. Breaststroke
Sue Schaffer, 29 2:59.8

50 yd. Butterfly
Catharine Norton, 25 31.2
Elynn Morris, 27 31.6
Elis. McCorkle, 27 32.0
Jeanne Mason, 25 32.4
Sarah Gay, 28 43.0

200 yd. Butterfly
Chris Ruppert, 25 2:30.1
Tricia Engner, 26 3:59.6

400 yd. Ind. Medley
Chris Ruppert, 25 5:21.5
Sue Schaffer, 29 5:41.4
Jeanne Mason, 25 6:22.2

Women 30-34

50 yd. Freestyle
Karen Martin, 31 27.9
Suzanne Bolton, 30 28.0
Nancy Kirkendall, 34 29.5
Marita Menaker, 34 38.9

50 yd. Backstroke
Diana Todd, 33 7:20.8
Martha Witebsky, 34 8:31.8

50 yd. Breaststroke
Karen Martin, 31 34.3
Nancy Kirkendall, 34 35.4
Suzanne Bolton, 30 37.0
Marita Menaker, 34 43.2

200 yd. Breaststroke
Suzanne Bolton, 30 2:54.6
Marita Menaker, 34 3:34.6

50 yd. Butterfly
Diana Todd, 33 37.1
Martha Witebsky, 34 44.1

200 yd. Butterfly
Diana Todd, 33 3:15.3
Martha Witebsky, 34 3:27.8

50 yd. Ind. Medley
Diana Todd, 33 30.4
Suzanne Bolton, 30 31.3
Nancy Kirkendall, 34 33.2
Karen Martin, 31 5:52.4

Women 35-39

50 yd. Freestyle
Julie Gideonse, 38 31.0
50 yd. Backstroke
36.0
50 yd. Breaststroke
41.0
50 yd. Butterfly
35.8

Women 40-44

50 yd. Freestyle
Nancy Brown, 40 31.4
Shirley Beheler, 33.2
Thekla Brunner, 40 33.8
Diane Loysk, 41 34.4

500 yd. Freestyle
Nancy Brown, 40 6:52.2
Diane Loysk, 41 9:00.8

50 yd. Backstroke
Shirley Beheler 42.5
200 yd. Backstroke
Nancy Brown, 40 2:51.2
50 yd. Breaststroke
Diane Loysk, 41 44.6
Thekla Brunner, 40 45.9
Shirley Beheler 48.1
50 yd. Butterfly
Shirley Beheler 40.1
Diane Loysk, 41 42.9
Thekla Brunner, 40 44.5

Women 45-49

50 yd. Freestyle
Betsy Johnson, 47 38.5
Mary Ann Treiber, 46 39.5
Eva Chamberlain, 46 57.5

50 yd. Backstroke
Betsy Johnson, 47 45.4
Mary Ann Treiber, 46 49.6
Eva Chamberlain, 46 54.7

200 yd. Backstroke
Betsy Johnson, 47 3:40.0
Eva Chamberlain, 46 4:19.8

50 yd. Breaststroke
Mary Ann Treiber, 46 54.2

Women 50-54

50 yd. Freestyle
Sarah Allnutt, 53 43.65
50 yd. Backstroke
Sarah Allnutt, 53 47.0
Maryann Dotson, 50 51.3
50 yd. Breaststroke
Maryann Dotson, 50 52.7
Sarah Allnutt, 53 53.4
200 yd. Breaststroke
K. Dotson, 50 4:07.4

Women 55-59

Nancy Pussell, 56
50 yd. Breaststroke
44.1
200 yd. Breaststroke
3:18.8
500 yd. Freestyle
8:39.1

Women 60-64

Susan Haywood, 62
50 yd. Freestyle
39.0
500 yd. Freestyle
8:35.1

Women 65-69

Rita Shepard, 67 49.0
Gertrude Abraham, 66 1:03.9

500 yd. Freestyle
Rita Shepard, 67 10:34.0
Gertrude Abraham, 66 13:52.5

50 yd. Backstroke
Gertrude Abraham, 66 1:13.7
200 yd. Backstroke
Rita Shepard, 67 4:29.6
50 yd. Breaststroke
Gertrude Abraham, 66 1:23.5

Men 25-29

50 yd. Freestyle
Dan Marx, 25 23.9
Al Lloyd, 28 24.1
Rich Ruppman, 28 25.6
Art Young, 25 26.4

500 yd. Freestyle
Jim Parker, 26 5:39.1
Paul Engner, 26 5:47.4
Mike Schneider-Lochner, 26 6:13.4
Rich Ruppman, 28 6:18.7

50 yd. Backstroke
Dan Marx, 25 32.0
Mike Schneiderlochner, 26 33.5
Art Young, 25 35.5

200 yd. Backstroke
M. Schneiderlochner, 26 2:34.4

50 yd. Breaststroke
Bob Long, 27 31.3
Art Young, 25 36.7

200 yd. Breaststroke
Bob Long, 27 2:38.1
Jim McDonnell, 25 3:09.2

50 yd. Butterfly
Dan Marx, 25 26.4
Paul Engner, 26 26.5
Art Young, 25 29.0
Bob Long, 27 29.6

200 yd. Butterfly
Blair Richards, 26 2:17.6
Paul Engner, 26 2:22.3
Jim Parker, 26 2:34.5
Mike Schneider-Lochner, 26 2:35.3

400 yd. Ind. Medley
Jim Parker, 26 4:55.5
Al Lloyd, 28 5:06.2
Jim McDonnell, 25 6:38.2

Men 30-34

50 yd. Freestyle
Bill Bacon, 30 23.4
Bob Williams, 34 24.1
Tom Murphy, 33 25.1
Tom Anderson, 30 25.3
Jim Myerberg, 34 25.6
Don Treacy, 34 27.1
Greg Belenky, 31 27.6
Mike Stoddard, 31 31.5
John Duff, 34 33.9

500 yd. Freestyle
John Flanagan, 30 5:19.7
Bob Williams, 34 5:52.3
Jim Myerberg, 34 5:58.7
Greg Belenky, 31 6:35.1
Walt Meares, 33 7:00.0

50 yd. Backstroke
Bill Bacon, 30 27.1
Ron Morgan - 30.6

200 yd. Backstroke
Ron Morgan - 2:26.2
Bill Bacon, 30 2:26.3
Greg Belenky, 31 3:04.4

50 yd. Breaststroke
Ron Greger, 32 33.2
Ron Morgan - 34.4
John Duff, 34 40.6
Michael Stoddard - 40.7

200 yd. Breaststroke
Ron Morgan - 2:47.7
Walt Meares, 33 2:49.7
Ron Greger, 32 2:51.7

50 yd. Butterfly
Bill Bacon, 30 25.5
John Flanagan, 30 25.6
Bob Williams, 34 26.2
Tom Murphy, 33 27.5
Don Treacy, 34 30.1
Jim Myerberg, 34 30.7

200 yd. Butterfly
John Flanagan, 30 2:07.5
400 yd. Ind. Medley
Bob Williams, 34 5:08.3
Bob Husson, 31 5:15.3
Walt Meares, 33 5:57.3
Tom Anderson, 30 5:59.1

Men 35-39

50 yd. Freestyle
Chuck Bechtel, 39 25.1
Mike Lauson, 36 27.6
Paul Sandler, 37 28.7
Floyd DeAndrade, 38 29.3
Skip Eschbacher, 37 30.7

500 yd. Freestyle
Dave Herzhey, 36 5:58.8
Joe Shanabrough, 35 6:15.2
Chuck Bechtel, 39 6:28.9
Floyd DeAndrade, 38 6:57.1
Art Smith, 37 7:12.8
Paul Sandler, 37 7:16.1
Robert Parke, 38 7:27.4
Skip Eschbacher, 37 7:57.0

Men 40-44

50 yd. Freestyle
Tim Anderson, 42 25.8
Skip Monsein, 42 26.7
J.R. Saunders, 40 27.0

500 yd. Freestyle
Sandy Gideonse, 42 5:54.2
Dale Petranec, 42 6:26.0
Nick Berenyi, 44 7:01.1
Ray Chen, 43 7:11.2
Tim Anderson, 42 7:11.8

50 yd. Backstroke
Skip Monsein, 42 29.3

200 yd. Backstroke
Skip Monsein, 42 2:28.7
Ray Chen, 43 2:49.1

200 yd. Breaststroke
Ray Chen, 43 2:57.2
J.R. Saunders, 40 3:11.5

50 yd. Butterfly
Tim Anderson, 42 29.8
J.R. Saunders, 40 31.9
Ray Chen, 43 32.4

200 yd. Butterfly
Dale Petranec, 42 2:55.4
Nick Berenyi, 44 3:14.0

400 yd. Ind. Medley
Sandy Gideonse, 42 5:20.2
Dale Petranec, 42 5:48.8
Nick Berenyi, 44 6:06.9
Skip Monsein, 42 6:07.9

Men 45-49

50 yd. Freestyle
Ed Ems, 47 25.9
Elmer Smith, 46 27.5
Charles Bonfield, 46 29.4
Art Mayer, 45 29.5
Bernard Haber, 47 34.0

500 yd. Freestyle
John Alleva, 48 5:58.5
Art Mayer, 45 6:58.0
Charles Bonfield, 46 7:07.0
Al Allen, 47 7:27.2
Charles Moyer, 46 8:08.4

50 yd. Backstroke
Art Mayer, 45 32.5
Ed Ems, 47 34.4
Mark Coughlin, 48 37.5
Charles Bonfield, 46 38.4
Charles Moyer, 46 52.6

200 yd. Backstroke
Art Mayer, 45 2:47.6
Mark Coughlin, 48 2:52.1

50 yd. Breaststroke
Elmer Smith, 46 32.1
Ed Ems, 47 35.7
Mark Coughlin, 48 36.9
Charles Moyer, 46 44.1

200 yd. Breaststroke
Elmer Smith, 46 2:42.6
Mark Coughlin, 48 2:58.7
Charles Moyer, 46 4:07.4

50 yd. Butterfly
Ed Ems, 47 26.4
Al Allen, 47 29.0
Elmer Smith, 46 29.5
John Alleva, 48 31.0
Chas. Bonfield, 46 35.4

200 yd. Butterfly
John Alleva, 48 2:48.3
Al Allen, 47 3:07.3

50 yd. Backstroke
Dave Herzhey, 36 27.9
Art Smith, 37 30.4

200 yd. Backstroke
Dave Herzhey, 36 2:19.0

50 yd. Breaststroke
Kip O'Connor, 37 34.2
Art Smith, 37 35.0
Mike Lauson, 36 36.3
Floyd DeAndrade, 38 42.4

200 yd. Breaststroke
Kip O'Connor, 37 2:48.8
Mike Lauson, 36 3:06.3

50 yd. Butterfly
Joe Shanabrough, 35 27.5
Chuck Bechtel, 39 28.3
Paul Sandler, 37 32.2
Mike Lauson, 36 37.1

200 yd. Butterfly
Joe Shanabrough, 35 2:36.8
400 yd. Ind. Medley
Gordon Knight, 36 5:43.0
Art Smith, 37 5:57.8

Men 40-44

50 yd. Freestyle
Tim Anderson, 42 25.8
Skip Monsein, 42 26.7
J.R. Saunders, 40 27.0

500 yd. Freestyle
Sandy Gideonse, 42 5:54.2
Dale Petranec, 42 6:26.0
Nick Berenyi, 44 7:01.1
Ray Chen, 43 7:11.2
Tim Anderson, 42 7:11.8

50 yd. Backstroke
Skip Monsein, 42 29.3

200 yd. Backstroke
Skip Monsein, 42 2:28.7
Ray Chen, 43 2:49.1

200 yd. Breaststroke
Ray Chen, 43 2:57.2
J.R. Saunders, 40 3:11.5

50 yd. Butterfly
Tim Anderson, 42 29.8
J.R. Saunders, 40 31.9
Ray Chen, 43 32.4

Men 45-49

50 yd. Freestyle
Ed Ems, 47 25.9
Elmer Smith, 46 27.5
Charles Bonfield, 46 29.4
Art Mayer, 45 29.5
Bernard Haber, 47 34.0

500 yd. Freestyle
John Alleva, 48 5:58.5
Art Mayer, 45 6:58.0
Charles Bonfield, 46 7:07.0
Al Allen, 47 7:27.2
Charles Moyer, 46 8:08.4

50 yd. Backstroke
Art Mayer, 45 32.5
Ed Ems, 47 34.4
Mark Coughlin, 48 37.5
Charles Bonfield, 46 38.4
Charles Moyer, 46 52.6

200 yd. Backstroke
Art Mayer, 45 2:47.6
Mark Coughlin, 48 2:52.1

50 yd. Breaststroke
Elmer Smith, 46 32.1
Ed Ems, 47 35.7
Mark Coughlin, 48 36.9
Charles Moyer, 46 44.1

200 yd. Breaststroke
Elmer Smith, 46 2:42.6
Mark Coughlin, 48 2:58.7
Charles Moyer, 46 4:07.4

50 yd. Butterfly
Ed Ems, 47 26.4
Al Allen, 47 29.0
Elmer Smith, 46 29.5
John Alleva, 48 31.0
Chas. Bonfield, 46 35.4

200 yd. Butterfly
John Alleva, 48 2:48.3
Al Allen, 47 3:07.3

Men 50-54

50 yd. Freestyle
Matt Flanagan, 50 28.4
Harry Dodge, 54 30.0
Guy Vissing, 53 33.0
John Gilbert, 52 39.5

500 yd. Freestyle
John Woods, 53 6:19.8
Harry Dodge, 54 7:52.6
Guy Vissing, 53 8:15.1
John Gilbert, 52 9:14.7

50 yd. Backstroke
John Woods, 53 32.0
Matt Flanagan, 50 35.5
Harry Dodge, 54 37.7

200 yd. Backstroke
John Woods, 53 2:39.2
Harry Dodge, 54 3:00.2

50 yd. Breaststroke
Matt Flanagan, 50 34.6
Guy Vissing, 53 46.3

200 yd. Breaststroke
Bill Phillips - 3:43.1
Matt Flanagan, 50 30.6
John Woods, 53 31.2

Men 55-59

50 yd. Freestyle
Harry Rawstrom, 59 28.0
G.S. Wiley, 56 28.7

500 yd. Freestyle
Harry Rawstrom, 59 6:50.7
50 yd. Backstroke
G.S. Wiley, 56 38.5
50 yd. Breaststroke
Harry Rawstrom, 59 38.3

Men 60-64

50 yd. Freestyle
Stan Laaki, 60 33.0

50 yd. Backstroke
John Higgins, 60 37.3
Stan Laaki, 60 44.8

50 yd. Breaststroke
John Higgins, 60 36.1
Stan Laaki, 60 49.1

200 yd. Breaststroke
John Higgins, 60 2:56.4

50 yd. Butterfly
Stan Laaki, 60 42.5

400 yd. Ind. Medley
John Higgins, 60 6:03.2

Men 65-69

50 yd. Freestyle
Ray Thompson, 65 30.9
Dave McAfee, 67 32.0
Howard Smith, 69 41.5

500 yd. Freestyle
Dave McAfee, 67 8:25.0
Howard Smith, 69 10:05.0

50 yd. Backstroke
Dave McAfee, 67 47.0

200 yd. Backstroke
Dave McAfee, 67 3:49.2

Men 70+

Stan Craigie, 70
200 yd. Butterfly 4:20.7
400 Ind. Medley 7:53.0

PACIFIC NORTHWEST ASSOCIATION
MASTERS MEET, Jan. 30, 1977
Mercer Island, Washington

WOMEN

25-29

50 Free
Linda Kulchinski-27 32.4
Sharon Howson-29 44.6

100 Free
Barb Lindsley-25 1:01.0
Linda Kulchinski-27 1:12.4

200 Free
Barb Lindsley-25 2:15.1

50 Back
Sharon Howson-29 48.4

50 Breast
Barb Banger-26 37.6
Linda Cochran-25 39.7
Margaret Kiely-25 42.9
Sharon Howson-29 1:05.3

100 Breast
Barb Banger-26 1:23.5
Linda Cochran-25 1:27.2

200 Breast
Barb Banger-26 3:06.5
Linda Cochran-25 3:19.8

50 Fly
Linda Kulchinski-27 38.2

100 Fly
Linda Kulchinski-27 1:30.0
Barb Lindsley-25 1:10.6
Linda Cochran-25 1:22.1
Linda Kulchinski-27 1:25.8

30-34

50 Free
Janet Russell-32 33.1
Carolyn Behse-33 34.5
Diana Kennerud-32 34.7

100 Free
Janet Russell-32 1:14.9
Susan Murphy-30 1:18.6
Diana Kennerud-32 1:19.8

50 Back
Jayne Chastain-31 38.7
Susan Murphy-30 41.3
Janet Russell-32 43.0
Deanna Petre-34 45.1

100 Back
Jayne Chastain-31 1:25.4
Margery Orell-30 1:30.0
Deanna Petre-34 1:35.1

200 Back
Jayne Chastain-31 3:08.8
Margery Orell-30 3:14.3

50 Breast
Carolyn Behse-33 37.9
Sue Dills-31 39.0
Gretchen Anderson-34 45.4
Deanna Petre-34 45.9

100 Breast
Margery Orell-30 1:32.6
Deanna Petre-34 1:39.1
Gretchen Anderson-34 1:39.7

200 Breast
Margery Orell-30 3:25.3

50 Fly
Carolyn Behse-33 41.6
Sue Dills-31 41.7
Diana Kennerud-32 42.8
400 I.M. 5:59.9

50 Free
Jean Abrams-38 32.6
Karen Kohler-36 34.4
Judy Harrison-37 37.0

100 Free
Karen Kohler-36 1:14.9
Jill Lakin-38 1:23.9
Jean Abrams-38 1:50.3
Karen Kohler-36 2:55.8

500 Free
Karen Kohler-36 7:47.1
Jean Abrams-38 7:58.5

50 Back
MaryLou Haugland-38 38.7
Karen Kohler-36 42.1

100 Back
MaryLou Haugland-38 1:24.1
Mary Jane Harader-36 1:32.0
Emily Blahous-39 1:36.8

200 Back
Mary Lou Haugland-38 3:03.8
Emily Blahous-39 3:17.8

50 Breast
Judy Harrison-37 40.9
Jill Lakin-38 45.3
Emily Blahous-39 46.1

100 Breast
Judy Harrison-37 1:29.8
Emily Blahous-39 1:39.4

200 Breast
Jill Lakin-38 3:37.2

50 Fly
Jean Abrams-38 34.5
MaryLou Haugland-38 37.4
Jill Lakin-38 41.7
MaryJane Harader-36 46.0

100 I.M.
Emily Blahous-39 1:31.0
Judy Harrison-37 1:33.1
Jill Lakin-38 1:34.3
MaryJane Harader-36 1:39.2

200 I.M.
MaryLou Haugland-38 2:49.8

40-44

50 Free
Juanita Correa-40 28.4
Shirley Lehman-41 34.5
Susan Dearborn-40 34.6
Sylvia Powell-41 44.4

100 Free
Susan Dearborn-40 1:22.0
Jean Snyder-41 1:31.0

200 Free
Juanita Correa-40 2:17.6
Jean Snyder-41 3:24.0

500 Free
Jean Snyder-41 9:07.3

50 Back
Juanita Correa-40 36.6
Shirley Lehman-41 46.7

50 Breast
Juanita Correa-40 44.5
Sylvia Powell-41 46.5
Shirley Lehman-41 47.0

100 Breast
Sylvia Powell-41 1:42.7
Susan Dearborn-40 1:47.4

200 Breast
Jean Snyder-41 3:56.0

50 Fly
Shirley Lehman-41 42.8
Jean Snyder-41 45.8

100 I.M.
Juanita Correa-40 1:17.4
Susan Dearborn-40 1:34.9

45-49

50 Free
Sally Henry-49 37.1
Janet Twhight-45 40.8
Jean Rummy-49 41.4
Roxi Latta-45 42.8

100 Free
Sally Henry-49 1:22.3
Janet Twhight-45 1:35.0
Jean Rummy-49 1:36.0

200 Free
Diane Williams-49 3:53.4

500 Free
Diane Williams-49 11:30.2

50 Back
Sally Henry-49 45.2

200 Back
Fat Dotson-49 3:24.5

50 Breast
Janet Twhight-45 48.7
Diane Williams-49 54.0

100 Breast
Fat Dotson-49 1:42.6

50 Fly
Roxi Latta-45 51.4
Janet Twhight-45 51.6
Jean Rummy-49 52.0

100 I.M.
Jean Rummy-49 1:49.0
Roxi Latta-45 1:55.9

200 I.M.
Janet Twhight-45 3:57.0
400 I.M. 6:53.9

50-54
Fat Dotson-49 3:53.9

50 Free
Maxine Carlson-57 45.3

50 Back
Maxine Carlson-57 50.8

200 Back
Maxine Carlson-57 4:07.4

50 Breast
Maxine Carlson-57 51.8

100 Breast
Maxine Carlson-57 1:52.0

60-64
50 Free Dawn Musselman-63 34.3
100 Free Dawn Musselman-63 1:16.2
Lee Holm-62 1:48.4
200 Free Lee Holm-62 3:59.1

<u>30 Back</u>		<u>100 Back</u>		Paul Fisher-46	1:11.3	First United States	James Becker	31	3895
Dawn Musselman-63	43.4	Harry Lewis-34	1:19.9	Steve Anson-48	1:14.3	One Hour Swim	Dennis Cole	32	3600
Lee Holm-62	1:27.9	Dick Adams-30	1:28.5	Bob Blumenthal-45	1:20.3	(Postal)	Brian Johnston	34	3075
<u>100 Back</u>		<u>50 Breast</u>		Steve Anson-48	2:53.8	<u>Women 25-29 Years</u>	Dale Jones	32	3455
Dawn Musselman-63	1:36.0	Jack Mosby-30	33.2	John Ofstad-46	2:57.5	Trich Whitehead	Randy Suye	32	3063
<u>200 Back</u>		James Miles-32	33.8	Bob Blumenthal-45	3:04.8	Linda Sadowski	Paul Carey	31	2840
Lee Holm-62	4:23.7	Paul Marcotte-30	33.8	John Ofstad-46	7:45.2	Karen Hastings	Harst Manzell	33	2740
<u>100 Breast</u>		Chip Coakley-30	36.2	Steve Anson-48	8:54.1	Sally King			
Dawn Musselman-63	2:00.8	<u>100 Breast</u>		John Ofstad-46	7:52.2	Susan Lewin	<u>Men 35-39 Years</u>		
65-69		James Miles-32	1:15.9	Robert Dorsey-45	7:52.2	Joan Rush	Paul Thompson	36	5115
<u>50 Free</u>		Paul Marcotte-30	1:16.4	Frank Russell-45	8:54.1	Karen Osterloh	William Wood	35	4820
Hazel Bressie-68	1:18.3	Jack Miller-34	1:17.9	John "Pat" Hill-49	35.3	Jennifer Powell	David Gifford	36	4635
<u>100 Free</u>		Chip Coakley-30	1:22.0	Steve Anson-48	44.1		Phillip Hellmuth	39	4365
Hazel Bressie-68	1:40.2	Dan Grigsby-32	1:40.7	<u>50 Breast</u>		<u>Women 30-34 Years</u>	Kenneth Nakano	35	3965
<u>50 Back</u>		Robert Remington-32	1:53.9	Jerry White-46	43.7	Janet Russell	Chuck Bechtel	39	3925
Hazel Bressie-68	1:22.0	<u>200 Breast</u>		John Ofstad-46	44.4	Sam Soller	Terry Botham	35	3650
<u>50 Breast</u>		Steve Engel-33	2:39.2	Steve Anson-48	45.6	Barbara J. Gore	Ken Nordin	39	3565
Hazel Bressie-68	1:27.9	Paul Marcotte-30	2:57.0	Winslow Whitman-47	46.2	Neville Johnson-48	Thomas Cashman	39	3545
<u>100 Breast</u>		Chip Coakley-30	3:07.9	<u>100 I.M.</u>		Barbara J. Gore	Charlie Ehliert	39	3535
Hazel Bressie-68	3:10.0	<u>50 Fly</u>		John Ofstad-46	1:30.2	Marge Crombie	Ken Schopp	37	3265
<u>Men</u>		Walt Ingram-34	27.7	Jerry White-46	1:36.9	<u>Women 35-39 Years</u>	William Sprinsky	37	3210
<u>25-29</u>		Jack Ridley-31	28.4	John Ofstad-46	3:29.2	Nancy Ridout	<u>Men 40-44 Years</u>		
<u>50 Free</u>		Coy Jones-30	28.9	Jerry White-46	3:35.6	Betsy Jordan	Jeff Zwicker	40	4650
Michael Kubicek-27	24.0	Steve Engel-33	29.0	Paul Fisher-46	34.0	Joan Domitrz	Joe Berthe	40	4340
Tom Cooper-28	24.0	Jack Mosby-30	30.0	100 I.M.		Judith Collins	Dale Petronech	42	4290
Rod Danz-27	24.5	Jack Miller-34	31.4	Jerry White-46	1:38.6	Julie Mackey	Gaither Rosser	43	4160
Jerry Gent-26	25.6	<u>100 I.M.</u>		Tom Taylor-46	2:58.0	Betty Hosking	William W. Holloway	43	3980
John Steiner-25	27.3	James Miles-32	1:06.2	Paul Fisher-46	3:04.4	Lin Jenkins	Fred Middleton	43	3945
Jeff Sandos-28	28.5	Jack Mosby-30	1:07.7	John Koruga-50	29.2	Nancy Schopp	John Schipper	41	3940
George Risch-27	28.8	Jack Ridley-31	1:08.0	John Steub-53	30.7	Bobbie Moore	David Lamont	41	3860
Ken Visser-26	30.3	Coy Jones-30	1:09.5	Warren Lindblad-50	34.1	Ingrid Stine	Ryan Chen	43	3775
<u>100 Free</u>		Paul Marcotte-30	1:17.3	Anton Holm-45	46.0	Judy Harrison	John Allen	44	3475
Ken Visser-26	56.3	Robert Remington-32	1:34.3	<u>100 Free</u>		Jill Oberweis	Gary Nelson	41	2900
Michael Kubicek-27	56.5	<u>200 I.M.</u>		John Staub-53	1:12.2	Lois Zuniga	Bob Keller	43	2750
John Steiner-25	1:01.4	Steve Engel-33	2:23.1	John Staub-53	2:50.1	Kim Fraser	Ray Ways	44	2725
Jerry Gent-26	1:03.2	Jack Ridley-31	2:26.6	<u>50 Free</u>		Rosalie Beasley	Larry Raisfeld	40	2640
Tom Hagen-25	1:04.8	Coy Jones-30	2:30.5	John Koruga-50	29.2	<u>Women 40-44 Years</u>			
Russell Hall-29	1:06.6	Harry Lewis-34	2:39.7	John Steub-53	30.7	Anne McGuire	Bob White	49	4100
George Risch-27	1:08.1	<u>35-39</u>		Warren Lindblad-50	34.1	Janet Lamott	Bob Schumacker	46	4100
Rick Hudson-29	1:24.0	<u>50 Free</u>		Anton Holm-45	46.0	Laurie Hoey	John Bauman	46	4085
<u>200 Free</u>		Jim Sloan-39	31.0	John Staub-53	1:12.2	Virginia Reister	Harlan Drake	48	3965
Ray Herschleb-29	2:08.5	Ray Jeffries-39	31.2	<u>200 Free</u>		Tania Selder	Dan Gruender	47	3840
John Steiner-25	2:16.0	<u>100 Free</u>		John Staub-53	2:50.1	Jean Sterling	Paul Girdes	49	3800
Tom Hagen-25	2:31.3	Joe Santry-36	1:02.8	John Staub-53	8:16.0	Mary Marenda	Peter Wishusen	46	3390
George Risch-27	2:35.8	Jim Sloan-39	1:13.9	Fred Eckhardt-50	8:29.1	Sudie Schumacker	Dale Maranda	49	3210
Wally Hampton-26	4:23.4	<u>200 Free</u>		Warren Lindblad-50	1:37.3	Karyl Dreys	Jim Happe	47	3115
<u>50 Free</u>		Michael Kazaras-36	2:29.9	Anton Holm-45	1:47.5	Virginia Hildebrandt	Bernie Andejewski	46	2516
John Steiner-25	6:18.0	Robert Crawley-35	2:47.0	<u>50 Fly</u>		Bobbie Lasota	Richard Van Nickerk	48	2190
Ray Herschleb-29	6:29.6	Ray Jeffries-39	3:04.4	Fred Eckhardt-50	37.7	<u>Men 50-54 Years</u>			
Rod Danz-27	6:35.4	<u>50 Free</u>		John Koruga-50	39.3	Reed Ringel	54	4155	
George Risch-27	7:22.2	Ron Jones-36	7:13.1	Fred Eckhardt-50	1:25.7	Frank Blair	51	4135	
Bob Apter-27	7:55.6	Terry Hanna-36	7:34.4	Edie Grunder	48	James Hershey	50	3600	
Wally Hampton-26	9:21.6	Robert Crawley-35	7:37.2	Pat Dotson	49	Ted Roach	51	3340	
<u>50 Back</u>		Ray Jeffries-39	9:48.4	Barbara Odone	47	John Killen	51	2955	
David Howson-29	32.5	<u>100 Back</u>		Martha Knockenhaver	49	Roy Stickney	50	2800	
Russell Hall-29	1:20.3	Jim Sloan-39	41.5	Janet Twilight	43	Frank Woodhead	50	2340	
<u>200 Back</u>		<u>100 Back</u>		Mary Tierney	48	Anton Holm	54	2250	
Chris Scott-28	2:48.5	Terry Hanna-36	1:30.5	D. Jean Clester	45	<u>Men 55-59 Years</u>			
<u>50 Breast</u>		<u>100 Breast</u>		Thelma Roach	48	Robert Cowan	56	3905	
Tom Cooper-28	30.8	Terry Hanna-36	1:27.6	Joyce Von der Baumen	45	Lynn Surlis	59	3705	
Chris Scott-28	32.1	Jim Sloan-39	1:40.9	Gretel Andejewski	46	Dick Lindauer	57	3610	
Ken Visser-26	33.9	<u>200 Breast</u>		Elizabeth Ditsworth	47	Robert Curt	56	3490	
Richard Leander-26	34.1	Terry Hanna-36	3:16.3	Lois Bowers	48	William Struthers	58	3440	
Dave Schulz-25	34.4	<u>50 Fly</u>		Maya Feldhuhn	47	William Gicking	56	3260	
Jeff Sandos-28	35.4	Ron Jones-36	30.5	Aleen Woodhead	47	Tan Holt	56	3185	
Rick Hudson-29	37.2	Joe Santry-36	31.4	<u>Women 45-49 Years</u>		William Shaw	57	2845	
Bob Apter-27	38.1	Michael Kazaras-36	31.7	June Krauser	50	<u>Men 60-64 Years</u>			
David Howson-29	45.7	Robert Crawley-35	38.2	Ann Cuneo	50	Harold Sexton	62	4060	
<u>100 Breast</u>		<u>100 Fly</u>		Ruthanne Dickerson	50	Herb Howe	64	3925	
Ken Visser-26	1:12.2	Joe Santry-36	1:17.7	Pore Schwab	54	Gary Weisenthal	62	3425	
Michael Kubicek-27	1:12.4	Robert Crawley-35	1:36.5	Kay Harrison	53	Chuck Wilson	61	3160	
Chris Scott-28	1:15.9	<u>100 I.M.</u>		Lois Keller	50	Bob Coyle	63	3060	
Richard Leander-26	1:17.2	Ron Jones-36	1:10.0	Eleanor Dominowski	50	Earl White	61	2811	
Bob Apter-27	1:23.3	Michael Kazaras-36	1:15.3	Frances Dickie	51	King Evers	62	2295	
Russell Hall-29	1:25.1	Robert Crawley-35	1:33.5	Mary McGlaughlin	53	<u>Men 65-69 Years</u>			
Rick Hudson-29	1:27.0	<u>100 Fly</u>		Madeleine Rondeau	50	Lloyd Osborne	67	3790	
<u>200 Breast</u>		Joe Santry-36	1:17.7	<u>Women 50-54 Years</u>		David McAfee	66	3225	
Richard Leander-26	2:56.3	Robert Crawley-35	1:36.5	Don Stevenson-64	31.9	Oscar Sigrift	68	2740	
Bob Apter-27	3:02.7	<u>100 I.M.</u>		Bob Musselman-61	42.2	William Warner	66	2695	
<u>50 Fly</u>		John Steub-53	2:48.4	<u>100 Free</u>		Meredith Scanlon	66	1850	
Dave Schulz-25	26.8	<u>40-44</u>		Don Stevenson-64	1:17.3	John Crider	65	1500	
Rod Danz-27	26.9	50 Free		John Downey-61	1:24.4	<u>Men 70-74 Years</u>			
Tom Cooper-28	27.0	Robert Wilder-42	28.0	Gene Caddey-63	2:50.8	Fred Lappe	72	3065	
Jerry Ruthrauff-26	29.8	Jim King-41	28.4	Lois Keller	2:54.5	Irvyn Merritt	73	2405	
David Howson-29	30.3	Kirk Adams-43	28.8	Eleanor Dominowski	3:08.6	Clifford Brown	70	1660	
Jerry Gent-26	30.5	William Petrowitch-42	31.3	Frances Dickie	51	<u>Men 75-79 Years</u>			
<u>100 Free</u>		Bob Toombs-40	33.9	Mary McGlaughlin	53	Ralph Fletcher	77	2590	
Dave Schulz-25	1:00.6	<u>100 Free</u>		Madeleine Rondeau	50	Wally Laury	75	2465	
Rod Danz-27	1:01.2	Robert Wilder-42	1:03.4	<u>Women 55-59 Years</u>		James Westby	75	1060	
Jerry Ruthrauff-26	1:17.4	Jim King-41	1:08.1	Jane Mcrollister	58	<u>TEAM</u>			
Russell Hall-29	1:18.8	George Krusz-41	1:09.2	Zada Taft	57	<u>Women's 25 +</u>			
<u>100 I.M.</u>		Wm. Petrowitch-42	1:09.5	Rose Stewart	58	1. East Y - 10.5 Pts.			
Tom Cooper-28	1:01.8	<u>50 Back</u>		<u>Women 60-64 Years</u>		(Jenkins, Zuniga, Powell)			
Ken Visser-26	1:07.6	Wm. Petrowitch-42	8:27.4	Joan Osborne	60	2. Oakville Masters - 10.5 Pts.			
<u>200 I.M.</u>		Bob Toombs-40	48.0	<u>Women 80 +</u>		(Smith, Fraser, Warner)			
Dave Schulz-25	2:19.1	<u>50 Free</u>		Nellie Brown	82	1550			
<u>50 Free</u>		John Allen-44	7:48.4	<u>Men 25-29 Years</u>					
Paul Murphy-33	23.1	George Krusz-41	8:03.3	Alek Shestakov	27	5115			
Jack Ridley-31	24.7	Wm. Petrowitch-42	8:27.4	Gary Niemeyer	29	4890			
James Miles-32	24.7	<u>50 Back</u>		Mike Trudeau	26	4760			
Walt Ingram-34	25.5	Bob Toombs-40	56.2	Larry Chase	28	4720			
Jack Mosby-30	25.9	<u>200 Breast</u>		Larry Markel	27	4680			
Tom Cooper-28	26.8	John Allen-44	2:59.5	James Kervin	26	4625			
Jerry Ruthrauff-26	29.8	Tom Foley-42	3:27.0	Mike Ross	28	4625			
David Howson-29	30.3	<u>50 Breast</u>		Michael S. Lockner	26	4525			
Jerry Gent-26	30.5	Bob Toombs-40	56.2	Dale Jenkins	27	4465			
<u>100 Free</u>		<u>200 Breast</u>		Mike Smith	28	4250			
Paul Murphy-33	53.3	Tom Foley-42	3:48.3	Frank Comerford	28	4025			
Jack Ridley-31	54.9	<u>50 Fly</u>		John Steiner	25	4000			
Steve Engel-33	57.2	Robert Wilder-42	3:05.5	Neil Abrey	29	3150			
Harry Lewis-34	1:01.7	<u>100 I.M.</u>		Tom Coughlin	25	2750			
Don Burton-30	1:04.2	Robert Wilder-42	1:14.9	<u>Men 30-34 Years</u>					
Eugene Young-34	1:09.6	Wm. Petrowitch-42	1:37.6	Doug Rice	31	5000			
<u>100 Free</u>		Tom Foley-42	1:37.6	Bill Mettler	30	4650			
Paul Murphy-33	53.3	<u>200 I.M.</u>		Richard Merritt	30	4530			
Jack Ridley-31	54.9	Tom Foley-42	3:28.5	Archie Hapai	30	4530			
Steve Engel-33	57.2	<u>400 I.M.</u>		Jeff Cooke	31	4825			
Harry Lewis-34	6:21.4	Tom Foley-42	7:38.9	John Zeigler	31	4285			
Don Burton-30	6:42.2	<u>50-69</u>		Rowland Stanley	34	4015			
Eugene Young-34	7:47.6	<u>50 Free</u>							
<u>50 Back</u>		Robert Dorsey-45	1:04.0						
Dick Adams-30	37.6	W. Andrychowicz-48	1:08.6						

Women's 45 +		WOMEN 40-44		200 YARD BREASTSTROKE		Gold Coast Masters 35+		50 YD BACKSTROKE	
1. Unattached Team - 6 Pts. (Cuneo, Dickerson, McColister)		50 YARD FREESTYLE Anne McGuire 42	33.1	Don Short 40	2:58.5	(Kern, Cavanaugh, Short, Rosser)		Lou Opie 41*	51.07
2. San Mateo Marlins - 15 Pts. (Orosco, Odone, Knockenhaver)		100 YARD FREESTYLE Anne LeHaire 40	1:14.8	100 YARD BUTTERFLY Cav Cavanaugh 41	28.1	200 YARD MIXED FREE RELAY North Miami Swim Team 25+	2:08.7	Vicki McVeigh 40	58.31
3. Oakville Masters - 24 Points (Von der Baumen, Dickie, Andrejewski)		50 YARD BACKSTROKE Anne LeHaire 40	42.7	50 YARD BUTTERFLY Herb Kern 44	29.6	(Thompson, Borken, Knupp, Roberts)		Ouja Nichols 44	59.06
4. Arizona Masters - 33 Pts. (Steward, Feldhuhn, Ditaworth)		50 YARD BREASTSTROKE Anne McGuire 42	37.7	100 YARD BUTTERFLY Gay Rosser 43	1:06.8			100 YD BACKSTROKE Evelyn Debes 41	1:30.76
TEAM		100 YARD BREASTSTROKE Anne McGuire 42	1:23.6	100 YARD INDIVIDUAL MEDLEY Cav Cavanaugh 41	1:11.4			200 YD BREASTSTROKE Barbara Ploker 43	3:52.61
Men's 25 +		200 YARD BREASTSTROKE Anne McGuire 42	3:10.5	200 YARD INDIVIDUAL MEDLEY Sheldon Monsein 42	1:15.4			50 YD BUTTERFLY Adrienne Pipes 42*	39.97
1. Humuhumunukunupua's - 12 Pts. (Rice, Niemeyer, Trudeau)		100 YARD INDIVIDUAL MEDLEY Anne LeHaire 40	1:19.9	50 YARD FREESTYLE Tom Whiteleather 46	28.6			M. A. Rasmussen 41	46.64
2. Livermore Group - 13 Pts. (Shestakov, Thompson, Comerford)		50 YARD FREESTYLE Anne McGuire 42	1:21.4	100 YARD FREESTYLE Snag Holmes 47	29.4			Barbara Ploker 43	49.62
3. Wisconsin Masters Aquatic Club - 25 Pts. (Kervin, Ross, Jenkins)		200 YARD FREESTYLE June Krauser 50	3:28.3	50 YARD BACKSTROKE Snag Holmes 47	1:17.5			Adrienne Pipes 42*	1:30.57
4. Arizona Masters - 30 Points (Mettler, Holloway, Nelson)		100 YARD FREESTYLE Edna Muntz 60	1:54.5	100 YARD BACKSTROKE Wm. Hoffman 46	55.0			M. A. Rasmussen 41	1:38.49
5. Oakville Masters - 41 Points (Smye, Van Nickerk, Manzel)		50 YARD BACKSTROKE Marge Jewett 62	1:58.2	200 YARD BACKSTROKE Bob Miller 47	1:07.3			400 YD INDIVIDUAL MEDLEY M. A. Rasmussen 41	7:26.50
Men's 35 +		100 YARD BACKSTROKE Marge Jewett 62	4:38.2	50 YARD BREASTSTROKE Fernando Lasa 48	39.7			50 YD FREESTYLE Helga Palmer 47	30.82
1. D.C. Masters - 16 Pts. (Petranach, Bechtel, Chen)		200 YARD BACKSTROKE Edna Muntz 60	2:00.5	100 YARD BREASTSTROKE Fernando Lasa 48	1:30.4			Janet Wolver 48	34.77
2. Wisconsin Masters Aquatic Club - 17 Pts. (Hellmuth, Girde, Nordin)		100 YARD BREASTSTROKE Edna Muntz 60	4:38.2	50 YARD BUTTERFLY Snag Holmes 47	31.4			Margrit Graef 45	36.44
3. Humuhumunukunupua's - 17 Pts. (Sexton, Makano, Cashman)		200 YARD BREASTSTROKE Marge Jewett 62	4:38.2	100 YARD BUTTERFLY Fernando Lasa 48	35.6			Elisabeth Garwood 49	39.84
4. Livermore - 28 Pts. (Schipper, Happe, Killeen)		50 YARD FREESTYLE ROSE CAPLANE 70	2:23.6	200 YARD BUTTERFLY Snag Holmes 47	1:32.6			Patricia Wolfe 46*	49.03
Men's 45 +		100 YD Freestyle	2:20.2	100 YARD INDIVIDUAL MEDLEY Snag Holmes 47	1:20.6			200 YD FREESTYLE Joanne Menard 28*	2:22.88
1. Wisconsin Masters Aquatic Club - 6 Pts. (White, Bauman, Drake)		50 YD Breaststroke	1:00.7	200 YARD INDIVIDUAL MEDLEY Bob Miller 47	2:32.9			Joanne Menard 28*	2:28.84
2. Unattached Team - 16 Pts. (Lappe, Schwab, Cort)		100 YD Breaststroke	1:13.5	50 YARD FREESTYLE Tom Eaton 50	34.5			Marie Lathan 28	2:51.35
3. Oakville Masters - 23 Pts. (Holt, White, Andejewski)		200 YD Breaststroke	4:58.4	100 YARD BREASTSTROKE Reed Ringel 54	39.0			Margrit Graef 45	3:07.62
Men's 55 +		100 YD Breaststroke	1:16.5	50 YARD BUTTERFLY Reed Ringel 54	38.2			Shirley Baird 45	3:48.02
1. Wisconsin Masters Aquatic Club - 6 Pts. (Howe, Surlas, Wilson)		200 YD Breaststroke	2:36.6	100 YARD INDIVIDUAL MEDLEY Reed Ringel 54	1:19.5			50 YD BACKSTROKE Janet Wolver 48	44.81
2. Lakeside Masters - 21 Pts. (Weisenthal, King, Tierney)		50 YARD FREESTYLE Lyle S. Roberts 26	1:16.5	200 YARD INDIVIDUAL MEDLEY Tom Eaton 50	34.5			Elisabeth Garwood 49	48.81
3. Pacuten River Aquatic Club - 26 Pts. (Stanley, Keys, Beasley)		100 YD FREESTYLE Charles Knupp 28	31.1	50 YARD BREASTSTROKE Reed Ringel 54	1:27.4			Shirley Baird 45	56.64
4. Alderwood "A" - 30 Pts. (Roach, Roach, McLaughlin)		200 YD FREESTYLE Charles Knupp 28	1:11.4	100 YARD BREASTSTROKE Stan Fisher 58	1:29.4			Patricia Wolfe 46*	57.27
5. Alderwood "B" - 34 Pts. (Abrey, Crombie, Woodhead)		50 YARD FREESTYLE Lyle S. Roberts 26	1:16.5	50 YARD BUTTERFLY Stan Fisher 58	1:29.4			100 YD INDIVIDUAL MEDLEY Helga Palmer 47	1:26.90
NORTH MIAMI MASTERS MEET		100 YD FREESTYLE K.C. Dawson 31	55.1	100 YARD INDIVIDUAL MEDLEY Arthur Knapp 56	2:16.2			Janet Wolver 48	1:34.30
25 Yd Pool	2-12-77	200 YD FREESTYLE K.C. Dawson 31	1:05.2	50 YARD BREASTSTROKE Ramon Rodriguez 57	35.9			Rita Mills 46	1:40.51
50 YARD FREESTYLE		50 YARD BACKSTROKE William A. Fries 34	28.9	100 YARD BREASTSTROKE Arthur Knapp 56	56.6			Patricia Wolfe 46*	2:05.91
100 YARD FREESTYLE		100 YARD BACKSTROKE William A. Fries 34	1:05.2	200 YARD BREASTSTROKE Arthur Knapp 56	1:19.1			50 YD BUTTERFLY Dorothy LaChasse 52	33.44
50 YARD BACKSTROKE		50 YARD FREESTYLE Terry Green 35	25.0	50 YARD BUTTERFLY Stan Fisher 58	1:38.1			Shirley Erickson 53	33.45
100 YARD BACKSTROKE		100 YD FREESTYLE Cal Winn 35	29.4	100 YARD INDIVIDUAL MEDLEY Stan Fisher 58	1:29.4			Lynn Orr 53*	36.34
200 YARD BACKSTROKE		200 YD FREESTYLE Douglas Messineo 36	28.0	50 YARD FREESTYLE George Silvera 63	31.4			Joanne Menard 28*	37.60
100 YARD INDIVIDUAL MEDLEY		50 YARD FREESTYLE Douglas Messineo 36	28.0	50 YARD BACKSTROKE George Silvera 63	41.3			Margrit Graef 45	47.41
50 YARD FREESTYLE		100 YARD FREESTYLE Tony Murgula 39	28.2	100 YARD BACKSTROKE George Silvera 63	1:31.2			Janet Wolver 48	42.81
100 YARD FREESTYLE		200 YARD FREESTYLE Richard T. Barrett 37	29.5	50 YARD BREASTSTROKE Joseph Kapit 61	40.8			Rita Mills 46	53.27
50 YARD BACKSTROKE		50 YARD FREESTYLE Richard Barrett 37	1:26.4	100 YARD BREASTSTROKE Joseph Kapit 61	1:30.9			Patricia Wolfe 46*	57.27
100 YARD BACKSTROKE		100 YARD FREESTYLE Mark Lewis 35	3:33.8	200 YARD BREASTSTROKE Joseph Kapit 61	1:30.9			100 YD INDIVIDUAL MEDLEY Helga Palmer 47	1:26.90
200 YARD BACKSTROKE		50 YARD BUTTERFLY Cal Winn 35	29.4	50 YARD FREESTYLE Joseph Kapit 61	40.8			Shirley Erickson 53	3:01.17
100 YARD INDIVIDUAL MEDLEY		100 YARD BUTTERFLY Douglas Messineo 36	38.4	100 YARD FREESTYLE Joseph Kapit 61	1:30.9			Patricia Wolfe 46*	57.27
50 YARD BUTTERFLY		50 YARD FREESTYLE Cav Cavanaugh 41	25.2	50 YARD FREESTYLE Joseph Kapit 61	40.8			50 YD BACKSTROKE Dorothy LaChasse 52	31.28
100 YARD BUTTERFLY		100 YARD FREESTYLE Gay Rosser 43	25.2	100 YARD FREESTYLE Joseph Kapit 61	1:30.9			Shirley Erickson 53	39.66
200 YARD BUTTERFLY		50 YARD FREESTYLE Herb Kern 44	26.3	50 YARD FREESTYLE Joseph Kapit 61	1:30.9			Kathleen Jones 51	45.58
100 YARD INDIVIDUAL MEDLEY		100 YARD FREESTYLE Sheldon Monsein 42	27.1	100 YARD FREESTYLE Joseph Kapit 61	1:30.9			Lynn Orr 53*	49.14
50 YARD FREESTYLE		50 YARD FREESTYLE Gay Rosser 43	56.2	50 YARD FREESTYLE George Silvera 63	35.4			Peggy Wise 52	45.40
100 YARD FREESTYLE		100 YARD FREESTYLE George Miller 44	1:07.9	100 YARD FREESTYLE Clifford Straus 64	41.6			200 YD FREESTYLE Shirley Erickson 53	2:46.52
50 YARD BACKSTROKE		50 YARD BACKSTROKE Sheldon Monsein 42	29.5	100 YARD FREESTYLE Clifford Straus 64	1:36.4			Lynn Orr 53*	3:01.17
100 YARD BACKSTROKE		100 YARD BACKSTROKE Charles Weatherbee 44	33.0	200 YARD FREESTYLE George Silvera 63	1:28.8			Patricia Wolfe 46*	3:26.57
200 YARD BACKSTROKE		50 YARD FREESTYLE Sheldon Monsein 42	1:06.1	50 YARD FREESTYLE George Silvera 63	31.4			50 YD BACKSTROKE Dorothy LaChasse 52	39.28
100 YARD INDIVIDUAL MEDLEY		100 YARD FREESTYLE Gay Rosser 43	56.2	100 YARD FREESTYLE Clifford Straus 64	1:36.4			Shirley Erickson 53	39.66
50 YARD FREESTYLE		50 YARD FREESTYLE Cav Cavanaugh 41	25.2	200 YARD FREESTYLE George Silvera 63	1:28.8			Kathleen Jones 51	45.58
100 YARD FREESTYLE		100 YARD FREESTYLE Gay Rosser 43	25.2	50 YARD FREESTYLE Clifford Straus 64	41.6			Lynn Orr 53*	49.14
50 YARD BACKSTROKE		50 YARD FREESTYLE Herb Kern 44	26.3	100 YARD FREESTYLE Clifford Straus 64	1:36.4			Peggy Wise 52	54.80
100 YARD BACKSTROKE		100 YARD FREESTYLE Sheldon Monsein 42	27.1	200 YARD FREESTYLE George Silvera 63	1:28.8			200 YD BACKSTROKE Dorothy LaChasse 52	1:28.97
200 YARD BACKSTROKE		50 YARD FREESTYLE Gay Rosser 43	56.2	50 YARD FREESTYLE Clifford Straus 64	41.6			Shirley Erickson 53	1:31.89
100 YARD INDIVIDUAL MEDLEY		100 YARD FREESTYLE George Miller 44	1:07.9	100 YARD FREESTYLE Clifford Straus 64	1:36.4			50 YD BUTTERFLY Joy McMaris 52	31.28
50 YARD FREESTYLE		50 YARD FREESTYLE Sheldon Monsein 42	1:06.1	50 YARD FREESTYLE Clifford Straus 64	1:36.4			Dorothy LaChasse 52	3:54.16
100 YARD FREESTYLE		100 YARD FREESTYLE Gay Rosser 43	56.2	100 YARD FREESTYLE Clifford Straus 64	1:36.4			50 YD BUTTERFLY Grace Altus 53	52.81
50 YARD BACKSTROKE		50 YARD FREESTYLE Cav Cavanaugh 41	25.2	200 YARD FREESTYLE George Silvera 63	1:28.8			100 YD BUTTERFLY Grace Altus 53	2:06.45
100 YARD BACKSTROKE		100 YARD FREESTYLE Gay Rosser 43	56.2	50 YARD FREESTYLE Clifford Straus 64	41.6			200 YD INDIVIDUAL MEDLEY Dorothy LaChasse 52	1:28.87
200 YARD BACKSTROKE		50 YARD FREESTYLE Herb Kern 44	26.3	100 YARD FREESTYLE Clifford Straus 64	1:36.4			Joy McMaris 52	1:33.47
100 YARD INDIVIDUAL MEDLEY		100 YARD FREESTYLE Sheldon Monsein 42	27.1	200 YARD FREESTYLE George Silvera 63	1:28.8			Grace Altus 53	1:51.71
50 YARD FREESTYLE		50 YARD FREESTYLE Gay Rosser 43	56.2	50 YARD FREESTYLE Clifford Straus 64	41.6			50 YD BACKSTROKE Betty Crowell 56	35.93
100 YARD FREESTYLE		100 YARD FREESTYLE George Miller 44	1:07.9	100 YARD FREESTYLE Clifford Straus 64	1:36.4			Annetta Pfeiffer 59	37.23
50 YARD BACKSTROKE		50 YARD BACKSTROKE Sheldon Monsein 42	29.5	200 YARD FREESTYLE George Silvera 63	1:28.8			Rita Simonon 58	39.91
100 YARD BACKSTROKE		100 YARD BACKSTROKE Charles Weatherbee 44	33.0	50 YARD FREESTYLE Clifford Straus 64	41.6			Lorraine Peterson 58	46.45
200 YARD BACKSTROKE		50 YARD FREESTYLE Sheldon Monsein 42	1:06.1	100 YARD FREESTYLE Clifford Straus 64	1:36.4			200 YD FREESTYLE Dorothy LaChasse 52	3:57.85
100 YARD INDIVIDUAL MEDLEY		100 YARD FREESTYLE Gay Rosser 43	56.2	200 YARD FREESTYLE George Silvera 63	1:28.8			50 YD BUTTERFLY Viola Thompson 59	3:57.85
50 YARD FREESTYLE		50 YARD FREESTYLE Cav Cavanaugh 41	25.2	50 YARD FREESTYLE Clifford Straus 64	41.6			100 YD BUTTERFLY Viola Thompson 59	43.07
100 YARD FREESTYLE		100 YARD FREESTYLE Gay Rosser 43	56.2	100 YARD FREESTYLE Clifford Straus 64	1:36.4			200 YD BUTTERFLY Rita Simonon 58	1:52.14
50 YARD BACKSTROKE		50 YARD FREESTYLE Herb Kern 44	26.3	200 YARD FREESTYLE George Silvera 63	1:28.8			100 YD INDIVIDUAL MEDLEY Betty Crowell 56	1:33.67
100 YARD BACKSTROKE		100 YARD FREESTYLE Sheldon Monsein 42	27.1	50 YARD FREESTYLE Clifford Straus 64	41.6			Annetta Pfeiffer 59	1:58.51
200 YARD BACKSTROKE		50 YARD FREESTYLE Gay Rosser 43	56.2	100 YARD FREESTYLE Clifford Straus 64	1:36.4			400 YD INDIVIDUAL MEDLEY Rita Simonon 58	7:36.83
100 YARD INDIVIDUAL MEDLEY		100 YARD FREESTYLE George Miller 44	1:07.9	200 YARD FREESTYLE George Silvera 63	1:28.8			50 YD FREESTYLE Margaret George 60	38.12
50 YARD FREESTYLE		50 YARD FREESTYLE Sheldon Monsein 42	1:06.1	50 YARD FREESTYLE Clifford Straus 64	41.6			Irene Van Vorst 64	40.30
100 YARD FREESTYLE		100 YARD FREESTYLE Gay Rosser 43	56.2	100 YARD FREESTYLE Clifford Straus 64	1:36.4			Evelyn McKeon 62	43.21
50 YARD BACKSTROKE		50 YARD FREESTYLE Cav Cavanaugh 41	25.2	200 YARD FREESTYLE George Silvera 63	1:28.8			Clementina Thomson 64*	52.26
100 YARD BACKSTROKE		100 YARD FREESTYLE Gay Rosser 43	56.2	50 YARD FREESTYLE Clifford Straus 64	41.6			Ruth Ridenour 62	58.32
200 YARD BACKSTROKE		50 YARD FREESTYLE Herb Kern 44	26.3	100 YARD FREESTYLE Clifford Straus 64	1:36.4			200 YD FREESTYLE Margaret George 60	3:18.59
100 YARD INDIVIDUAL MEDLEY		100 YARD FREESTYLE Sheldon Monsein 42	27.1	200 YARD FREESTYLE George Silvera 63	1:28.8			Irene Van Vorst 64	3:27.82
50 YARD FREESTYLE		50 YARD FREESTYLE Gay Rosser 43	56.2	50 YARD FREESTYLE Clifford Straus 64	41.6			Evelyn McKeon 62	3:39.20
100 YARD FREESTYLE		100 YARD FREESTYLE George Miller 44	1:07.9	100 YARD FREESTYLE Clifford Straus 64	1:36.4			Clementina Thomson 64*	4:10.49
50 YARD BACKSTROKE		50 YARD FREESTYLE Sheldon Monsein 42	1:06.1	200 YARD FREESTYLE George Silvera 63	1:28.8			Ruth Ridenour 62	4:28.90
100 YARD BACKSTROKE		100 YARD FREESTYLE Gay Rosser 43	56.2	50 YARD FREESTYLE Clifford Straus 64	41.6			50 YD BACKSTROKE Margaret George 60	44.93
200 YARD BACKSTROKE		50 YARD FREESTYLE Cav Cavanaugh 41	25.2	100 YARD FREESTYLE Clifford Straus 64	1:36.4			Grace Deal 64	53.89
100 YARD INDIVIDUAL MEDLEY		100 YARD FREESTYLE Gay Rosser 43	56.2	200 YARD FREESTYLE George Silvera 63	1:28.8				
50 YARD FREESTYLE		50 YARD FREESTYLE Cav Cavanaugh 41	25.2	50 YARD FREESTYLE Clifford Straus 64	41.6				
100 YARD FREESTYLE		100 YARD FREESTYLE Gay Rosser 43	56.2	100 YARD FREESTYLE Clifford Straus 64	1:36.4				
50 YARD BACKSTROKE		50 YARD FREESTYLE Herb Kern 44	26.3	200 YARD FREESTYLE George Silvera 63	1:28.8				
100 YARD BACKSTROKE		100 YARD FREESTYLE Sheldon Monsein 42	27.1	50 YARD FREESTYLE Clifford Straus 64	41.6				
200 YARD BACKSTROKE		50 YARD FREESTYLE Gay Rosser 43	56.2	100 YARD FREESTYLE Clifford Straus 64	1:36.4				
100 YARD INDIVIDUAL MEDLEY		100 YARD FREESTYLE George Miller 44	1:07.9	200 YARD FREESTYLE George Silvera 63	1:28.8				

Clementina Thomson 64* 1:02.14
Ruth Ridenour 62 1:22.09
100 yd BACKSTROKE
Maxine Merlino 64 1:41.44
200 yd BREASTSTROKE
Ruth Ridenour 62 6:00.12
50 yd BUTTERFLY
Maxine Merlino 64 48.77
Margaret George 60 52.94
Grace Deal 64 59.01
Clementina Thomson 64* 1:09.40
100 yd BUTTERFLY
Maxine Merlino 64 1:49.73
100 yd INDIVIDUAL MEDLEY
Margaret George 60 1:41.31
Maxine Merlino 64 1:41.31
Evelyn McKeon 62 1:58.70
Grace Deal 64 2:00.83
Clementina Thomson 64* 2:13.60
400 yd INDIVIDUAL MEDLEY
Maxine Merlino 64 7:54.68
WOMEN 15-19
50 yd FREESTYLE
Tilly Weil 68 57.35
Gretchen Doctor 67 1:00.48
50 yd BACKSTROKE
Dorothea Cole 67 58.77
Gretchen Doctor 67 1:02.13
100 yd BACKSTROKE
Dorothea Cole 67 2:04.66
200 yd BREASTSTROKE
Tilly Weil 68 5:09.11
50 yd BUTTERFLY
Gretchen Doctor 67 1:09.35
100 yd INDIVIDUAL MEDLEY
Gretchen Doctor 67 2:27.76
WOMEN 20-24
200 yd FREESTYLE
Elizabeth Mauric 72 4:36.50
200 yd BREASTSTROKE
Elizabeth Mauric 72 5:45.70
WOMEN 25-29
200 yd FREESTYLE RELAY
Santa Barbara S. C. 2:27.68
(LaChasse, Altus,
McDaria, Erickson)
200 yd FREESTYLE RELAY
Long Beach Masters 2:30.76
(Simonton, Van Vorst,
Merlino, Crowell)
WOMEN 30-34
50 yd FREESTYLE
Phillip Topar 26 23.44
Thomas Courtney 26 24.37
Don Nesbit 27 24.51
William Stoner 27 24.62
Chris Soughers 25 24.90
Pat McChesney 26* 25.06
Michael Smith 28* 25.46
Allan Rosen 28 25.86
Randy Ligh 26 25.94
David Dunbar 27* 26.27
200 yd FREESTYLE
Pat McChesney 26* 1:59.86
Jerry Homstad 27 2:07.65
Lawrence Troxell 27 2:08.74
Daniel Beckman 28 2:17.93
Allan Rosen 28 2:20.16
50 yd BACKSTROKE
Don Nesbit 27 28.48
Michael Smith 28* 29.78
Brent Laab 26 31.55
Daniel Beckman 28 33.24
100 yd BACKSTROKE
William Stoner 27 1:03.43
Brent Laab 26 1:10.36
Lawrence Troxell 27 1:11.96
200 yd BREASTSTROKE
Lawrence Troxell 27 2:32.45
Denny Bunn 27* 2:39.01
Daniel Beckman 28 3:02.52
50 yd BUTTERFLY
Phillip Topar 26 25.94
Thomas Courtney 26 25.77
Chris Soughers 25 25.85
Kia Lathrop 26 26.15
Denny Bunn 27* 26.44
Jerry Homstad 27 27.08
Michael Smith 28* 27.37
Pat McChesney 26* 27.62
Randy Ligh 26 29.31
David Dunbar 27* 31.03
100 yd BUTTERFLY
Phillip Topar 26 56.96
Chris Soughers 25 58.27
Kia Lathrop 26 58.28
Jerry Homstad 27 58.98
Thomas Courtney 26 59.25
Denny Bunn 27* 1:00.91
Michael Smith 28* 1:01.71
Lawrence Troxell 27 1:04.22
Daniel Beckman 28 1:14.72
100 yd INDIVIDUAL MEDLEY
Don Nesbit 27 1:01.89
Pat McChesney 26* 1:02.82
William Stoner 27 1:02.98
Denny Bunn 27* 1:03.13
Jerry Homstad 27 1:06.52
Jack Hoagland 26 1:07.85
Chris Soughers 25 1:08.41
Daniel Beckman 28 1:09.11
Brent Laab 26 1:15.17
David Dunbar 27* 1:18.09
400 yd INDIVIDUAL MEDLEY
Lawrence Troxell 27 4:55.81
Jack Hoagland 26 5:33.38
WOMEN 35-39
50 yd FREESTYLE
Robert Smith 33 23.68
Dan Omeara 30 24.02
Bill Dana 30 24.60
Martin Nielsen 31 25.17
Jon Bales 32 25.34
Curtis Mosso 34 25.42
Bill Krauss 32 26.63
Lee Johnson 33* 26.97
David Baxter 32* 27.57

Bill Berry 32 28.53
Martin Boyers 32* 29.53
Bruce Wasserman 30 29.99
Arthur Hale 34 29.99
David Bowman 33* 30.31
200 yd FREESTYLE
Bill Dana 30 1:56.36
Dan Omeara 30 2:00.64
Gregory Gwin 34* 2:14.33
Thomas Thomson 32 2:14.76
David Baxter 32* 2:28.57
Jim Thomson 34* 2:39.50
50 yd BACKSTROKE
Robert Smith 33 27.27
Paulo Figueiredo 30 28.25
Martin Boyers 32* 33.15
Arthur Hale 34 33.20
Bill Berry 32 37.87
David Bowman 33* 40.50
Bruce Wasserman 30 46.27
100 yd BACKSTROKE
Robert Smith 33 1:00.45
Paulo Figueiredo 30 1:03.06
Martin Boyers 32* 1:10.99
Curtis Mosso 34 1:14.24
200 yd BREASTSTROKE
Gregory Gwin 34* 2:41.38
Thomas Thomson 32 2:42.30
Bill Berry 32 2:49.12
Bill Krauss 32 2:51.65
50 yd BUTTERFLY
Robert Smith 33 26.28
Dave Frank 32 26.28
Paulo Figueiredo 30 26.54
Dan Omeara 30 27.79
Jon Bales 32 28.82
Curtis Mosso 34 29.06
Arthur Hale 34 30.38
Lee Johnson 33* 31.16
Martin Boyers 32* 31.31
Thomas Thomson 32 31.74
David Baxter 32* 32.13
David Bowman 33* 39.08
Jim Thomson 34* 41.52
100 yd BUTTERFLY
Paulo Figueiredo 30 59.18
Bruce Lundy 34 1:03.19
Curtis Mosso 34 1:05.25
Jon Bales 32 1:10.17
100 yd INDIVIDUAL MEDLEY
Dave Frank 32 1:00.79
Robert Smith 33 1:01.80
Dan Omeara 30 1:03.49
Martin Nielsen 31 1:05.69
Jon Bales 32 1:08.01
Gregory Gwin 34* 1:08.04
Thomas Thomson 32 1:08.41
Bill Berry 32 1:14.90
David Baxter 32* 1:15.32
David Bowman 33* 1:23.46
Jim Thomson 34* 1:27.47
400 yd INDIVIDUAL MEDLEY
Dan Omeara 30 5:07.03
Bruce Lundy 34 5:16.40
Jon Bales 32 5:51.47
WOMEN 40-44
50 yd FREESTYLE
Nap Cole 35 24.22
Bill Page 36 25.27
Jim Bannan 37* 25.50
William Clark 35 26.29
Frank Newquist 39 27.94
Rex Odell 39 27.94
Martin Bohan 38 30.52
John Schwarz 35 30.52
Frederick Schaar 38* 33.57
200 yd FREESTYLE
Steven Thraasher 35 2:00.62
Tom Lieser 35 2:13.24
William Clark 35 2:14.06
Jim Bannan 37* 2:15.90
Frank Newquist 39 2:17.50
50 yd BACKSTROKE
Tom Lieser 35 31.92
Nap Cole 35 32.50
Frank Newquist 39 36.36
Martin Bohan 38 39.92
Frederick Schaar 38* 43.47
100 yd BACKSTROKE
Steven Thraasher 35 1:05.12
200 yd BREASTSTROKE
Nap Cole 35 2:34.67
John Schwarz 35 3:08.85
Rex Odell 39 3:12.24
Frank Newquist 39 3:17.51
50 yd BUTTERFLY
George Worthington 39* 26.09
Steven Thraasher 35 26.83
Jim Bannan 37* 27.45
Nap Cole 35 27.92
Tom Lieser 35 29.37
Jeff Bryant 35 30.01
William Clark 35 31.77
100 yd BUTTERFLY
George Worthington 39* 58.33
Steven Thraasher 35 1:01.09
Bis Pyykko 38 1:06.69
Jim Bannan 37* 1:07.56
Daniel Levy 35 1:10.78
John Schwarz 35 1:26.68
100 yd INDIVIDUAL MEDLEY
Nap Cole 35 1:04.01
George Worthington 39* 1:04.57
Tom Lieser 35 1:10.92
Frank Newquist 39 1:11.99
William Clark 35 1:13.71
Rex Odell 39 1:15.67
John Schwarz 35 1:21.09
400 yd INDIVIDUAL MEDLEY
Steven Thraasher 35 5:07.34
Bill Page 36 5:28.19
WOMEN 45-49
50 yd FREESTYLE
Curt Miller 44 27.42
David Newquist 41 27.82
Paul McQuiston 42 27.99
Art Welch 44 28.36
Bill Kent 44 28.72
David Kan 42 29.29

Edgar Frank 40 29.46
Dick Campbell 43 30.26
200 yd FREESTYLE
Buddy Belsha 42 2:12.94
Mark Hoffer 41 2:29.38
Edgar Frank 40 2:36.99
David Kan 42 2:43.16
Dick Campbell 43 2:44.37
200 yd BACKSTROKE
Curt Miller 44 36.48
Edgar Frank 40 37.74
Dick Campbell 43 43.08
100 yd BACKSTROKE
Art Welch 44 1:20.24
200 yd BREASTSTROKE
Edgar Frank 40 2:54.48
Robert Rubin 40 3:01.86
Ron Richter 43 3:03.99
Blain Hightower 40 3:20.64
50 yd BUTTERFLY
Art Welch 44 30.93
Curt Miller 44 31.57
Mark Hoffer 41 32.94
Ron Richter 43 33.62
Juergen Richardt 42 36.08
100 yd BUTTERFLY
Art Welch 44 1:08.46
Ron Richter 43 1:18.93
David Newquist 41 1:31.92
100 yd INDIVIDUAL MEDLEY
Curt Miller 44 1:11.94
Mark Hoffer 41 1:16.71
Edgar Frank 40 1:18.18
400 yd INDIVIDUAL MEDLEY
Buddy Belsha 42 5:32.53
Art Welch 44 5:46.65
Curt Miller 44 6:12.26
WOMEN 50-54
50 yd FREESTYLE
Neal Palmer 46 25.66
Frank Reynolds 45 26.33
Larry Larimore 49 28.01
Gordon Gillin 46* 28.26
Hal Nichols 48 32.27
Gerald Martines 49 33.48
H. Lee Walters 46 36.97
200 yd FREESTYLE
Neal Palmer 46 2:13.94
Frank Reynolds 45 2:17.09
Gordon Gillin 46* 2:26.81
F. D. Gray 47 3:47.88
50 yd BACKSTROKE
Neal Palmer 46 31.19
Frank Reynolds 45 31.61
Stan McConnell 45 32.09
Rudolf Graef 45 33.08
Gordon Gillin 46* 34.18
Larry Larimore 49 34.38
Gerald Martines 49 44.23
H. Lee Walters 46 48.67
100 yd BACKSTROKE
Stan McConnell 45 1:11.51
Hal Nichols 48 1:19.67
Tom Scotton 46 1:25.70
200 yd BREASTSTROKE
Larry Larimore 49 2:54.31
Bud Schumacher 46* 2:55.98
Herb Nakasa 46 2:56.90
Tom Scotton 46 3:10.09
Hal Nichols 48 3:11.56
Warren Keuhn 47 3:30.57
50 yd BUTTERFLY
Stan McConnell 45 29.98
Bud Schumacher 46* 31.42
Rudolf Graef 45 33.40
Gordon Gillin 46* 34.97
Gerald Martines 49 38.10
100 yd BUTTERFLY
Bud Schumacher 46* 1:12.05
Herb Nakasa 46 1:17.27
Tom Scotton 46 1:21.88
100 yd INDIVIDUAL MEDLEY
Frank Reynolds 45 1:07.71
Rudolf Graef 45 1:11.21
Larry Larimore 49 1:12.16
Gordon Gillin 46* 1:13.48
Bud Schumacher 46* 1:14.79
Hal Nichols 48 1:18.72
Tom Scotton 46 1:19.41
Gerald Martines 49 1:29.65
400 yd INDIVIDUAL MEDLEY
Rudolf Graef 45 5:55.31
Bud Schumacher 46* 6:00.66
Tom Scotton 46 6:14.94
WOMEN 55-59
50 yd FREESTYLE
A. Arcidiacono 52* 26.14
Luis Spasser 50 28.17
Bill Selligman 51 29.48
Terence Read 52 43.28
200 yd FREESTYLE
Duane Draves 50 2:15.87
A. Arcidiacono 52* 2:30.57
Lou Silverstein 50* 2:33.91
Jack Burgan 54 2:42.57
Terence Read 52 3:46.97
50 yd BACKSTROKE
Duane Draves 50 32.87
A. Arcidiacono 52* 36.17
Terence Read 52 1:00.38
200 yd BREASTSTROKE
Jack Burgan 54 3:05.48
Jim Marcus 52 3:18.51
50 yd BUTTERFLY
Duane Draves 50 30.54
Bill Selligman 51 31.62
A. Arcidiacono 52* 32.05
Terence Read 52 1:13.50
100 yd BUTTERFLY
Bill Selligman 51 1:22.72
100 yd INDIVIDUAL MEDLEY
Duane Draves 50 1:11.04
Jack Burgan 54 1:22.34
Terence Read 52 2:16.69
400 yd INDIVIDUAL MEDLEY
Duane Draves 50 5:31.18
Lou Silverstein 50* 6:31.84
WOMEN 60-64
50 yd FREESTYLE RELAY
Long Beach Masters 1:39.03
(Smith, Figueiredo,
Rosen, Page)
Santa Barbara 1:39.99
(Omeara, Homstad, Mosso,
Troxell)
WOMEN 65+
Long Beach Masters 2:00.39
(Neben, Lind, Rankin,
Felderman)
200 yd FREESTYLE RELAY
MIXED 25+
200 yd FREESTYLE RELAY
Long Beach *A 1:43.62
(Frank Johnson, Hayes,
Smith)
San Diego Co. S. M. 1:47.85
(Dunbar, Partin,
Dunbar, McChesney)

MEN 55-59
50 yd FREESTYLE
Jerry Siefert 59* 26.94
Lyle Felderman 57 28.28
Bob Merrick 56 28.61
Robert Cowan 56* 28.69
Jorge Zorrilla 57* 29.08
Cliff Wright 55 32.78
200 yd FREESTYLE
Jerry Siefert 59* 2:31.59
Jorge Zorrilla 57* 2:34.01
Ernie Neben 56 2:37.68
Cliff Wright 55 2:51.78
50 yd BACKSTROKE
Paul Herron 56 31.76
Bob Merrick 56 35.01
Jerry Siefert 59* 36.71
Robert Cowan 56* 36.73
Jorge Zorrilla 57* 36.90
100 yd BACKSTROKE
Paul Herron 56 1:10.20
Robert Cowan 56* 1:16.88
Bob Merrick 56 1:20.11
Jorge Zorrilla 57* 1:25.57
Cliff Wright 55 1:34.30
200 yd BREASTSTROKE
Ernie Neben 56 2:59.50
Tom Lind 59 3:03.51
Bob Merrick 56 3:08.75
Robert Cowan 56* 3:21.76
50 yd BUTTERFLY
Robert Cowan 56* 32.04
Lyle Felderman 57 32.99
Tom Lind 59 33.83
Jerry Siefert 59* 34.74
Ernie Neben 56 37.27
100 yd BUTTERFLY
Tom Lind 59 1:25.62
100 yd INDIVIDUAL MEDLEY
Paul Herron 56 1:09.82
Tom Lind 59 1:17.39
Cliff Wright 55 1:27.73
400 yd INDIVIDUAL MEDLEY
Tom Lind 59 6:39.62
WOMEN 60-64
50 yd FREESTYLE
Cliff Croome 60* 29.41
Eldin Onsgard 64 32.83
Gene Wade 62 33.96
Walter Slike 63 38.14
200 yd FREESTYLE
Don Rankin 60 2:32.01
Eldin Onsgard 64 2:50.65
50 yd BACKSTROKE
Cliff Croome 60* 37.55
Eldin Onsgard 64 47.04
Walter Slike 63 50.94
200 yd BREASTSTROKE
Don Rankin 60 3:09.40
Walt Pfeiffer 63 3:09.43
50 yd BUTTERFLY
Cliff Croome 60* 34.40
Don Rankin 60 37.36
Gene Wade 62 38.03
Eldin Onsgard 64 45.48
100 yd BUTTERFLY
Walt Pfeiffer 63 1:24.20
100 yd INDIVIDUAL MEDLEY
Cliff Croome 60* 1:18.34
Walt Pfeiffer 63 1:21.90
Eldin Onsgard 64 1:34.04
400 yd INDIVIDUAL MEDLEY
Don Rankin 60 6:20.87
Walt Pfeiffer 63 6:23.06
WOMEN 65-69
50 yd FREESTYLE
Reg Richardson 65 29.12
Tom Monahan 66 30.94
Frank Butman 65 36.68
Ernest Hale 66 40.10
200 yd FREESTYLE
Louis Silverman 66* 3:41.55
Tom Monahan 66 37.54
Reg Richardson 65 38.01
100 yd BACKSTROKE
Tom Monahan 66 1:26.45
Ernest Hale 66 1:55.68
200 yd BREASTSTROKE
Reg Richardson 65 3:16.79
Rufus Clark 65 3:20.48
Bill McAllister 67* 4:22.43
50 yd BUTTERFLY
Reg Richardson 65 35.92
Ernest Hale 66 45.26
100 yd BUTTERFLY
Ernest Hale 66 2:05.67
100 yd INDIVIDUAL MEDLEY
Reg Richardson 65 1:17.59
400 yd INDIVIDUAL MEDLEY
Alfred Guin 66 7:33.59
WOMEN 70-74
50 yd FREESTYLE
Charles Cushman 75 51.65
200 yd BREASTSTROKE
Charles Cushman 75 4:50.77
WOMEN'S RELAYS
MIXED 25+
200 yd FREESTYLE RELAY
Long Beach Masters 1:39.03
(Smith, Figueiredo,
Rosen, Page)
Santa Barbara 1:39.99
(Omeara, Homstad, Mosso,
Troxell)
WOMEN 75-79
50 yd FREESTYLE
Charles Cushman 75 51.65
200 yd BREASTSTROKE
Charles Cushman 75 4:50.77
WOMEN'S RELAYS
MIXED 25+
200 yd FREESTYLE RELAY
Long Beach *A 1:43.62
(Frank Johnson, Hayes,
Smith)
San Diego Co. S. M. 1:47.85
(Dunbar, Partin,
Dunbar, McChesney)

Long Beach *B 1:52.62
(Rosen, Royer, Lathas,
Figueiredo)
Santa Barbara 1:55.36
(Troxell, Erickson,
Humberger, Omeara)
Coronado Masters 2:00.25
(Updegraff, Pipes,
Johnson, Worthington)
MIXED 55+
200 yd FREESTYLE RELAY
Cal Tech 2:24.87
(George, Pfeiffer,
Pfeiffer, Omeard)
Greater Lansing Masters
February 20, 1977
WOMEN 25-29
50 yd Freestyle 1:30.3
Jan Okony 1:37.9
Marye Ulrey 1:37.9
200 yd Backstroke 1:35.42
Jan Okony 1:47.0
Marye Ulrey 1:47.0
50 yd Breaststroke 1:37.7
Jan Okony 1:43.5
Marye Ulrey 1:43.5
100 yd Freestyle 1:29.20
Jan Okony 1:29.1
Marye Ulrey 1:29.1
200 yd Breaststroke 3:31.29
Marye Ulrey 3:31.29
200 yd Ind. Medley 2:50.0
Jan Okony 2:50.0
50 yd Freestyle - "M" 1:37.7
R. Clay 1:37.7
50 yd Backstroke - "M" 1:47.1
R. Clay 1:47.1
WOMEN 30-34
50 yd Freestyle 1:30.3
Letay King 1:37.2
100 yd Freestyle 1:07.06
Peggy Gunn 1:07.06
Letay King 1:07.06
200 yd Freestyle 2:42.1
Letay King 2:42.1
Peggy Gunn 2:42.1
50 yd Backstroke 8:27.26
C. Carol Shady 8:27.26
50 yd Backstroke 4:52.2
Carol Shady 4:52.2
50 yd Breaststroke 44.0
Carol Shady 44.0
Diane Maxson 44.0
100 yd Breaststroke 1:34.2
Carol Shady 1:34.2
200 yd Breaststroke 3:23.40
Carol Shady 3:23.40
200 yd Ind. Medley 2:41.5
Peggy Gunn 2:41.5
WOMEN 35-39
50 yd Freestyle 1:27.5
Joyce Burrell 1:27.5
100 yd Freestyle 1:05.29
Joyce Burrell 1:05.29
200 yd Freestyle 2:32.6
Joyce Burrell 2:32.6
50 yd Backstroke 1:35.14
Joyce Burrell 1:35.14
WOMEN 40-44
50 yd Freestyle 1:40.54
H. Donaldson 1:43.84
100 yd Freestyle 1:17.1
B. Smith 1:17.1
D. Ferguson 1:38.25
H. Donaldson 1:38.79
200 yd Freestyle 3:04.9
B. Smith 3:04.9
50 yd Freestyle 1:13.51
B. Smith 1:13.51
100 yd Breaststroke 1:44.7
H. Donaldson 1:44.7
200 yd Breaststroke 4:26.8
D. Ferguson 4:26.8
100 yd Breaststroke 1:59.6
D. Ferguson 1:59.6
50 yd Butterfly 1:35.9
B. Smith 1:35.9
MIXED 25-29
50 yd Freestyle 1:23.4
Bill Kloppe 1:24.6
Gery Carter 1:24.6
John Long 1:24.95
John Bullock 1:25.5
Jan. Clay 1:27.7
100 yd Freestyle 2:09.22
John Bullock 2:09.22
50 yd Freestyle 1:05.5
Kenneth Fruit 1:05.5
Bob Jones 1:05.0
50 yd Backstroke 1:30.4
John Bullock 1:30.4
Jim Clay 1:37.4
200 yd Backstroke 3:07.0
Jim Clay 3:07.0
50 yd Breaststroke 1:31.90
Rick Edwards 1:31.90
John Muldooney 1:31.76
Jim Clay 1:39.0
100 yd Breaststroke 1:03.50
Rick Edwards 1:03.50
John Muldooney 1:03.4

50 yd. Butterfly	
Greg Doerner	:27.20
Gary Carter	:27.49
John Dullock	:31.0
100 yd. Butterfly	
Bob Jones	:1:01.6
200 yd. Ind. Medley	
Rick Edwards	:2:20.59
50 yd. Freestyle - "M"	
L. Bridges	:28.65
R. Brown	:28.85
100 yd. Freestyle - "M"	
Roger Brown	:57.0
Men 30-34	
50 yd. Freestyle	
Bo Rhudy	:24.2
Richard Frederick	:24.64
100 yd. Freestyle	
Bo Rhudy	:54.5
Glenn Mortensen	:56.0
Phil Deegan	:1:05.9
500 yd. Freestyle	
Glenn Mortensen	5:51.6
Bo Rhudy	6:00.09
Tom Dudley	6:25.3
D. Cox	6:27.3
50 yd. Backstroke	
Byron Hanson	:29.96
D. Cox	:32.1
Tom Dudley	:32.34
200 yd. Backstroke	
Byron Hanson	:1:37.77
50 yd. Breaststroke	
Geo. Bunclman	:31.03
D. Cox	:33.0
Tom Dudley	:35.47
100 yd. Breaststroke	
Geo. Bunclman	:1:09.04
50 yd. Butterfly	
Richard Frederick	:27.5
Glenn Mortensen	:28.0
Jonathan Edelman	:31.0
Tom Dudley	:32.1
Byron Hanson	:33.5
100 yd. Butterfly	
Glenn Mortensen	:1:04.63
200 yd. Ind. Medley	
Glenn Mortensen	:2:30.05
Tom Dudley	:2:39.00
D. Cox	:2:43.9
Bo Rhudy	:2:44.3
Jonathan Edelman	:3:05.8
50 yd. Freestyle - "M"	
Daniel Kurmas	:26.9
Jim Hillman	:28.03
Jonathan Edelman	:28.34
L. Rubin	:29.2
A. Napp	:29.3
100 yd. Freestyle - "M"	
Daniel Kurmas	:1:01.7
Jonathan Edelman	:1:04.6
L. Rubin	:1:10.51
A. Napp	:1:11.50
50 yd. Backstroke - "M"	
Daniel Kurmas	:30.28
Jim Hillman	:34.4
A. Napp	:36.73
Jonathan Edelman	:37.9
L. Rubin	:45.3
Men 35-39	
50 yd. Freestyle	
Phil Deegan	:28.8
Robt. St. Claire	:29.1
100 yd. Freestyle	
Bob Pierce	:1:05.52
Robt. St. Claire	:1:13.63
500 yd. Freestyle	
Bob Pierce	:2:29.0
Sam Kasley	:3:15.48
Men 40-44	
50 yd. Freestyle	
Wu H. Hoddin	:55.55
Anthony Tashnick	:55.61
Um. Timken, Jr.	:61.2.8
Phil Deegan	:63.7.7
Bob Pierce	:7:03.8
50 yd. Breaststroke	
Bob Deaudoin	:35.0
Robt. St. Claire	:40.4
100 yd. Breaststroke	
Bob Deaudoin	:1:16.9
Robt. St. Claire	:1:30.98
200 yd. Breaststroke	
Robt. St. Claire	:3:36.5
50 yd. Butterfly	
Anthony Tashnick	:25.12
Um. Timken, Jr.	:28.27
100 yd. Butterfly	
Anthony Tashnick	:1:00.2
Rugh Hoddin	:1:01.3
Um. Timken, Jr.	:1:03.82
Bob Pierce	:1:24.1
200 yd. Ind. Medley	
Anthony Tashnick	:2:21.5
Rugh Hoddin	:2:21.9
Um. Timken, Jr.	:2:32.0
50 yd. Freestyle - "M"	
Sam Kasley	:33.9
100 yd. Freestyle - "M"	
Sam Kasley	:1:19.1
Men 40-44	
50 yd. Freestyle	
Wally Dobler	:25.1
Chas. Cremen	:32.5
100 yd. Freestyle	
R. Henderson	:1:07.3
Chas. Cremen	:1:14.4
500 yd. Freestyle	
Ed Campbell	:7:29.2
Chas. Cremen	:7:32.0
R. Henderson	:8:00.51
50 yd. Backstroke	
Wally Dobler	:32.2
Chas. Cremen	:46.0
50 yd. Breaststroke	
Ed Campbell	:39.6
200 yd. Breaststroke	
Ed Campbell	:3:23.0

200 YARD FREESTYLE	
Lisa Woodman 33	2:36.50
500 YARD FREESTYLE	
Lisa Woodman 33	7:06.40
WOMEN 35-39	
100 YARD BREASTSTROKE	
Jan Miller 38	1:30.60
200 YARD BREASTSTROKE	
Jan Miller 38	3:17.30
100 YARD INDIVIDUAL MEDLEY	
Jan Miller 38	1:26.70
200 YARD INDIVIDUAL MEDLEY	
Jan Miller 38	3:12.20
WOMEN 40-44	
50 YARD FREESTYLE	
Anne LeMaire 40	32.60
50 YARD BREASTSTROKE	
Anne McGuire 42	38.70
100 YARD BREASTSTROKE	
Anne McGuire 42	1:25.10
200 YARD BREASTSTROKE	
Anne McGuire 42	3:08.10
100 YARD INDIVIDUAL MEDLEY	
Anne LeMaire 40	1:20.30
200 YARD INDIVIDUAL MEDLEY	
Anne McGuire 42	2:56.40
400 YARD INDIVIDUAL MEDLEY	
Anne McGuire 42	6:20.80
WOMEN 45-49	
Dot Murray 47	
100 yd freestyle	1:40.50
200 yd freestyle	3:41.60
500 yd freestyle	10:03.00
WOMEN 50-54	
50 YARD FREESTYLE	
June Moffit 54	37.80
100 YARD FREESTYLE	
June Moffit 54	1:26.50
50 YARD BACKSTROKE	
June Moffit 54	49.60
100 YARD BACKSTROKE	
June Krauser 50	1:35.70
50 YARD BUTTERFLY	
June Krauser 50	36.60
100 YARD BUTTERFLY	
June Krauser 50	1:22.80
100 YARD INDIVIDUAL MEDLEY	
June Moffit 54	1:52.70
200 YARD INDIVIDUAL MEDLEY	
June Krauser 50	3:02.50
400 YARD INDIVIDUAL MEDLEY	
June Krauser 50	6:19.60
WOMEN 70-74	
ROSE CAPLANE 70	
100 yd freestyle	2:13.00
100 yd backstroke	2:17.00
50 yd breaststroke	1:00.00
100 yd breaststroke	2:09.00
200 yd breaststroke	4:51.00
Men 25-29	
50 YARD FREESTYLE	
Richard Olack 28	26.00
100 YARD BREASTSTROKE	
Richard Olack 28	1:16.00
100 YARD BUTTERFLY	
Richard Olack 28	1:18.50
50 YARD FREESTYLE	
Peter Prins 28	26.90
100 YARD INDIVIDUAL MEDLEY	
Peter Prins 28	1:05.50
100 YARD BUTTERFLY	
Lyce Roberts 26	1:09.90
Men 30-34	
50 YARD FREESTYLE	
Robert Clein 33	27.80
100 YARD FREESTYLE	
Ronald Michaels 34	1:10.50
200 YARD FREESTYLE	
K.D. Dawson 31	2:05.50
50 YARD FREESTYLE	
Gerry DeLong 33	2:17.00
100 YARD FREESTYLE	
Ronald Michaels 34	2:51.00
500 YARD FREESTYLE	
Ronald Michaels 34	8:14.20
50 YARD BACKSTROKE	
Charles Dugan 31	28.80
100 YARD BACKSTROKE	
Bill Fries 34	28.80
50 YARD FREESTYLE	
Bill Fries 34	1:04.30
100 YARD FREESTYLE	
Peter Betzer 34	1:05.00
200 YARD BACKSTROKE	
Bill Fries 34	2:25.20
50 YARD FREESTYLE	
Jose Vasallo 31	2:41.00
50 YARD BACKSTROKE	
Gerry De Long 33	31.70
100 YARD FREESTYLE	
Peter Betzer 34	32.00
100 YARD BUTTERFLY	
John Zeigler 31	33.00
100 YARD BREASTSTROKE	
John Zeigler 31	1:10.20
200 YARD BREASTSTROKE	
Peter Betzer 34	1:10.60
200 YARD BUTTERFLY	
John Zeigler 31	2:37.50
200 YARD FREESTYLE	
Jose Vasallo 31	2:38.20
50 YARD FREESTYLE	
K. C. Dawson 31	27.00
100 YARD FREESTYLE	
Robert Clein 33	29.00
100 YARD BUTTERFLY	
Jose Vasallo 31	30.40
200 YARD BUTTERFLY	
K. C. Dawson 31	2:14.00
100 YARD INDIVIDUAL MEDLEY	
Gerry De Long 33	1:02.70
200 YARD INDIVIDUAL MEDLEY	
Robert Clein 33	1:17.00
200 YARD INDIVIDUAL MEDLEY	
Gerry De Long 33	2:20.90
400 YARD INDIVIDUAL MEDLEY	
John Zeigler 31	2:27.90
500 YARD INDIVIDUAL MEDLEY	
John Zeigler 31	5:22.00
Men 35-39	
50 YARD FREESTYLE	
Cal Winn 35	24.50
100 YARD FREESTYLE	
Douglas Messineo 36	28.00
100 YARD FREESTYLE	
Richard Barrett 38	28.40
50 YARD FREESTYLE	
Cal Winn 35	54.20
100 YARD FREESTYLE	
Douglas Messineo 36	1:03.50
50 YARD BACKSTROKE	
Roy Rohe 38	33.10
100 YARD BACKSTROKE	
Richard Barrett 38	36.10

800 YARD BREASTSTROKE	
Roy Rohe 38	1:16.00
100 YARD BUTTERFLY	
Richard Barrett 38	1:26.00
50 YARD BUTTERFLY	
Douglas Messineo 36	37.50
100 YARD INDIVIDUAL MEDLEY	
Cal Winn 35	1:12.60
Men 40-44	
50 YARD FREESTYLE	
Gay Rosser 43	25.00
100 YARD FREESTYLE	
Gay Rosser 43	56.70
200 YARD FREESTYLE	
Gay Rosser 43	2:09.50
50 YARD BACKSTROKE	
George Miller 44	30.30
100 YARD BACKSTROKE	
George Miller 44	32.60
100 YARD BUTTERFLY	
C. Weatherbee 44	33.00
100 YARD BACKSTROKE	
George Miller 44	1:12.40
200 YARD BACKSTROKE	
George Miller 44	2:40.70
100 YARD BUTTERFLY	
C. Weatherbee 44	2:52.50
100 YARD BUTTERFLY	
Gay Rosser 43	1:04.20
100 YARD INDIVIDUAL MEDLEY	
C. Weatherbee 44	1:14.50
Men 45-49	
50 YARD FREESTYLE	
Tom Whiteleather 46	26.00
100 YARD FREESTYLE	
Dan Malone 46	27.10
100 YARD FREESTYLE	
Dan Malone 46	59.60
200 YARD FREESTYLE	
Tom Whiteleather 46	1:11.80
200 YARD FREESTYLE	
Dan Malone 46	2:10.30
500 YARD FREESTYLE	
Bob Beach 46	2:24.00
50 YARD FREESTYLE	
Bob Beach 46	6:21.50
50 YARD BACKSTROKE	
Gene Miller 48	9:53.00
50 YARD BACKSTROKE	
Snag Holmes 47	41.40
50 YARD BREASTSTROKE	
Fernando Lasa 48	40.50
100 YARD BREASTSTROKE	
Fernando Lasa	1:26.40
200 YARD BREASTSTROKE	
Fernando Lasa 48	3:18.50
50 YARD BUTTERFLY	
Snag Holmes 47	30.80
100 YARD BUTTERFLY	
Fernando Lasa 48	35.70
100 YARD BUTTERFLY	
Sang Holmes 47	1:22.00
100 YARD INDIVIDUAL MEDLEY	
Snag Holmes 47	1:18.50
200 YARD INDIVIDUAL MEDLEY	
Sang Holmes 47	3:14.30
Men 50-54	
50 YARD FREESTYLE	
Bill Moffit 52	27.30
100 YARD FREESTYLE	
Reed Ringel 54	27.90
100 YARD FREESTYLE	
Roland Hipsher 52	32.50
100 YARD FREESTYLE	
Bill Moffit 52	1:02.2
50 YARD FREESTYLE	
Reed Ringel 54	2:27.90
50 YARD FREESTYLE	
Reed Ringel 54	6:49.00
100 YARD FREESTYLE	
Reed Ringel 54	8:15.10
50 YARD BACKSTROKE	
Bill Moffit 52	32.40
100 YARD BACKSTROKE	
Roland Hipsher 52	36.30
100 YARD BACKSTROKE	
Bill Moffit 52	1:18.30
50 YARD BREASTSTROKE	
Roland Hipsher 52	1:25.10
50 YARD FREESTYLE	
Reed Ringel 54	40.00
100 YARD FREESTYLE	
Roland Hipsher 52	47.60
50 YARD BUTTERFLY	
Reed Ringel 54	33.90
Men 55-59	
50 YARD FREESTYLE	
Lavelle Stoinoff 44	32.90
100 YARD FREESTYLE	
Susan Dearborn 40	34.40
100 YARD FREESTYLE	
Jeanne Kennett 42	42.00
100 YARD FREESTYLE	
Connie Chambers 41	44.60
100 YARD FREESTYLE	
Mary Jane Harader 36	8:39.30
50 YARD BACKSTROKE	
Janeth Shaw 38	1:41.90
50 YARD BREASTSTROKE	
Carol Friedley 37	1:41.20
100 YARD BREASTSTROKE	
Carol Friedley 37	1:33.10
200 YARD BREASTSTROKE	
Carol Friedley 37	3:27.20
50 YARD BUTTERFLY	
Mary Jane Harader 36	1:47.60
100 YARD I.M.	
Carol Friedley 37	1:35.00
100 YARD BUTTERFLY	
Mary Jane Harader 36	1:39.20
WOMEN 40-44	
50 Yd Freestyle	
Lavelle Stoinoff 44	:32.90
100 Yd Freestyle	
Susan Dearborn 40	:34.40
100 Yd Freestyle	
Jeanne Kennett 42	:42.00
100 Yd Freestyle	
Connie Chambers 41	:44.60
100 Yd Freestyle	
Mary Jane Harader 36	:8:39.30
50 Yd Backstroke	
Janeth Shaw 38	:1:41.90
50 Yd Breaststroke	
Carol Friedley 37	:1:41.20
100 Yd Breaststroke	
Carol Friedley 37	:1:33.10
200 Yd Breaststroke	
Carol Friedley 37	:3:27.20
50 Yd Butterfly	
Mary Jane Harader 36	:1:47.60
100 Yd I.M.	
Carol Friedley 37	:1:35.00
100 Yd Butterfly	
Mary Jane Harader 36	:1:39.20
WOMEN 40-44	
50 Yd Freestyle	
Lavelle Stoinoff 44	:32.90
100 Yd Freestyle	
Susan Dearborn 40	:34.40
100 Yd Freestyle	
Jeanne Kennett 42	:42.00
100 Yd Freestyle	
Connie Chambers 41	:44.60
100 Yd Freestyle	
Mary Jane Harader 36	:8:39.30
50 Yd Backstroke	
Janeth Shaw 38	:1:41.90
50 Yd Breaststroke	
Carol Friedley 37	:1:41.20
100 Yd Breaststroke	
Carol Friedley 37	:1:33.10
200 Yd Breaststroke	
Carol Friedley 37	:3:27.20
50 Yd Butterfly	
Mary Jane Harader 36	:1:47.60
100 Yd I.M.	
Carol Friedley 37	:1:35.00
100 Yd Butterfly	
Mary Jane Harader 36	:1:39.20
WOMEN 40-44	
50 Yd Freestyle	
Lavelle Stoinoff 44	:32.90
100 Yd Freestyle	
Susan Dearborn 40	:34.40
100 Yd Freestyle	
Jeanne Kennett 42	:42.00
100 Yd Freestyle	
Connie Chambers 41	:44.60
100 Yd Freestyle	
Mary Jane Harader 36	:8:39.30
50 Yd Backstroke	
Janeth Shaw 38	:1:41.90
50 Yd Breaststroke	
Carol Friedley 37	:1:41.20
100 Yd Breaststroke	
Carol Friedley 37	:1:33.10
200 Yd Breaststroke	
Carol Friedley 37	:3:27.20
50 Yd Butterfly	
Mary Jane Harader 36	:1:47.60
100 Yd I.M.	
Carol Friedley 37	:1:35.00
100 Yd Butterfly	
Mary Jane Harader 36	:1:39.20
WOMEN 40-44	
50 Yd Freestyle	
Lavelle Stoinoff 44	:32.90
100 Yd Freestyle	
Susan Dearborn 40	:34.40
100 Yd Freestyle	
Jeanne Kennett 42	:42.00
100 Yd Freestyle	
Connie Chambers 41	:44.60
100 Yd Freestyle	
Mary Jane Harader 36	:8:39.30
50 Yd Backstroke	
Janeth Shaw 38	:1:41.9

100 yd Breaststroke	1:46.60
Janet Dana Twilight 45	
Dorothy Pierce 46	1:53.70
200 yd Breaststroke	
Diane Williams 49	4:08.30
Janet Dana Twilight 45	4:49.70
WOMEN 50-54	
50 yd Freestyle	
Virginia Joalin 51	1:44.60
50 yd Breaststroke	
Virginia Joalin 51	1:00.70
WOMEN 60-64	
50 yd Freestyle	
Dawn Musselman 63	1:34.50
100 yd Freestyle	
Dawn Musselman 63	1:16.20
200 yd Freestyle	
Dawn Musselman 63	3:10.30
50 yd Breaststroke	
Dawn Musselman 63	1:42.50
100 yd Breaststroke	
Dawn Musselman 63	1:36.90
MEN 25-29	
50 yd Freestyle	
Douglas Hunsicker 29	1:27.30
Robert Katz 29	1:27.40
Ed Woods 29	1:29.60
100 yd Freestyle	
Douglas Hunsicker 29	1:04.90
Ed Woods 29	1:06.10
50 yd Breaststroke	
Doug Crichton 29	1:36.70
100 yd Breaststroke	
Doug Crichton 29	1:18.70
200 yd Breaststroke	
Doug Crichton 29	2:49.80
MEN 30-34	
100 yd Freestyle	
Steven Barrett 30	1:57.10
200 yd Freestyle	
Steven Barrett 30	2:20.00
500 yd Freestyle	
Steve Engel 33	5:36.50
Steven Barrett 30	6:21.00
Stuart Morris 33	6:51.50
50 yd Breaststroke	
Stuart Morris 33	1:37.00
100 yd Breaststroke	
Michael Opton 33	1:12.60
Steve Engel 33	1:15.10
200 yd Breaststroke	
Michael Opton 33	2:42.70
Doug Atterbury 30	2:49.50
50 yd Butterfly	
Steven Barrett 30	1:30.60
100 yd Butterfly	
Steve Engel 33	1:02.80
100 yd I.M.	
Steve Engel 33	1:06.50
Doug Atterbury 30	1:11.00
200 yd I.M.	
Stuart Morris 33	2:50.10
MEN 35-39	
50 yd Freestyle	
Cecil Kribs 35	1:28.70
Ray Jeffries 39	1:34.80
David Friedley 37	1:36.40
100 yd Freestyle	
Charles Schaumburg 38	1:58.50
James Cross 35	1:00.10
Joe Santry 36	1:01.70
Dave Friedley 37	1:21.10
200 yd Freestyle	
Charles Schaumburg 38	2:21.60
Cecil Kribs 35	2:14.70
David Friedley 37	3:13.70
500 yd Freestyle	
David Eng 39	7:53.30
Ray Jeffries 39	8:32.00
50 yd Backstroke	
Cecil Kribs 35	1:36.20
100 yd Backstroke	
Charles Schaumburg 38	1:13.00
James Cross 35	1:20.90
Cecil Kribs 35	1:21.20
200 yd Backstroke	
Cecil Kribs 35	2:56.10
David Friedley 37	1:47.40
50 yd Butterfly	
Joe Santry 36	1:31.50
100 yd I.M.	
Charles Schaumburg 38	1:07.10
Joe Santry 36	1:11.40
200 yd I.M.	
Joe Santry 36	2:37.50
James Cross 35	2:52.40
MEN 40-44	
50 yd Freestyle	
Kirk Adams 43	1:29.50
Jim Bigler 41	1:29.80
George Krusz 41	1:30.70
Bill Chambers 44	1:33.80
P.T. Tutmark 44	1:34.10
Brian Heard 42	1:34.10
100 yd Freestyle	
Jim Bigler 41	1:06.90
George Krusz 41	1:08.70
P.T. Tutmark 44	1:16.20
200 yd Freestyle	
Kirk Adams 43	2:28.00
Jim Bigler 41	2:39.90
P.T. Tutmark 44	2:49.30
500 yd Freestyle	
Jim Bigler 41	7:17.20
P.T. Tutmark 44	7:46.00
George Krusz 41	7:50.00
50 yd Backstroke	
Bill Chambers 44	1:42.40
50 yd Breaststroke	
Brian Heard 42	1:42.60
Bill Chambers 44	1:55.10
100 yd Breaststroke	
Brian Heard 42	1:38.10
Bill Chambers 44	2:04.40
MEN 45-49	
50 yd Freestyle	
Lowell Neil 47	1:27.50
Eric Guest 47	1:28.40

100 yd Freestyle	1:05.60
Fred Sprenger 45	
Eric Guest 47	1:06.90
200 yd Freestyle	
Fred Sprenger 45	2:22.80
500 yd Freestyle	
Fred Sprenger 45	6:21.20
50 yd Backstroke	
Lowell Neil 47	1:32.80
50 yd Breaststroke	
Lee Mieson 49	1:37.20
100 yd Breaststroke	
Lee Mieson 49	1:21.90
200 yd Breaststroke	
Lee Mieson 49	3:02.90
50 yd Butterfly	
Lowell Neil 47	1:31.30
MEN 50-54	
50 yd Freestyle	
John Koruga 50	1:30.90
Chuck Harrison 51	1:32.10
James Snow 50	1:32.40
100 yd Freestyle	
James Snow 50	1:16.30
200 yd Freestyle	
Chuck Harrison 51	2:46.30
James Snow 50	2:53.00
500 yd Freestyle	
Chuck Harrison 51	7:41.50
50 yd Breaststroke	
James Snow 50	1:41.40
50 yd Butterfly	
Fred Eckhardt 50	1:37.00
100 yd Butterfly	
Fred Eckhardt 50	1:25.40
100 yd I.M.	
James Snow 50	1:29.30
Fred Eckhardt 50	1:30.00
200 yd I.M.	
Fred Eckhardt 50	3:18.10
MEN 55-59	
50 yd Freestyle	
Neil Farnham 59	1:34.60
100 yd Freestyle	
Neil Farnham 59	1:21.50
200 yd Freestyle	
Larry Straker 56	2:57.90
500 yd Freestyle	
Earl Walter 55	7:15.10
Jim McGregor 55	8:16.80
Larry Straker 56	8:35.10
50 yd Backstroke	
Larry Straker 56	1:37.70
Neil Farnham 59	1:44.30
100 yd Backstroke	
Neil Farnham 59	1:38.10
50 yd Breaststroke	
Neil Farnham 59	1:44.50
200 yd Breaststroke	
Earl Walter 55	3:07.50
100 yd I.M.	
Earl Walter 55	1:17.90
200 yd I.M.	
Earl Walter 55	2:50.20
MEN 60-64	
50 yd Freestyle	
Don Stevenson 64	1:33.10
100 yd Freestyle	
Don Stevenson 64	1:18.50
200 yd Freestyle	
John Downey 61	3:07.40
500 yd Freestyle	
John Downey 61	8:33.50
50 yd Backstroke	
Syd Henty 63	1:42.80
100 yd Backstroke	
Syd Henty 63	1:32.10
200 yd Backstroke	
Syd Henty 63	3:34.40
50 yd Butterfly	
Don Stevenson 64	1:42.50
100 yd I.M.	
Don Stevenson 64	1:30.90
MEN 65-69	
50 yd Freestyle	
Max Strauss 67	1:41.70
50 yd Backstroke	
Max Strauss 67	1:48.70
Bob Hunter 65	1:04.50
100 yd Backstroke	
Bob Hunter 65	2:14.00
200 yd Backstroke	
Bob Hunter 65	4:37.10
100 yd Breaststroke	
Max Strauss 67	1:52.40
RELAY 25+ MEN	
200 yd Freestyle	
Exhibition	1:48.30
Hunsicker, Opton Woods, Walter	
RELAY 35+	
The Other Team	2:05.00
Koruga, Straker Krusz, Adams	
RELAY 45+	
200 yd Medley Relay	
25+	
Exhibition	2:07.30
Hunsicker, Opton Katz, Walter	
35+	
The Other Team	2:42.50
Straker, Krusz Koruga, Jeffries	
200 yd Mixed Relay	
25+	
Exhibition	2:04.10
Santry, Wilson Chaustin, Cross	
Exhibition	
Shaw, Kennett, Atterbury, Barrett	2:07.20
Multnomah A.C. Morris, Crichton, Bigler, Stoinoff	2:10.80
35+	
The Other Team	2:08.00
Koruga, Harader, Dearborn, Adams	

THIRD METRO MASTERS	
INVITATIONAL 2-27-77	
LONG BEACH, NEW YORK	
WOMEN 25-29	
50 YARDS FREESTYLE	
S. Byrne 26	27.45
S. Ragus 26	32.97
A. Becker 29	36.70
P. Perlo 26	40.01
P. Marshall 26	46.73
100 YARDS FREESTYLE	
S. Ragus 26	1:13.14
P. Perlo 26	1:40.32
200 YARDS FREESTYLE	
S. Byrne 26	2:11.28
S. Ragus 26	2:31.44
50 YARDS BACKSTROKE	
P. Gioia 25	42.65
A. Becker 29	47.55
P. Marshall 26	55.12
100 YARDS BACKSTROKE	
S. Byrne 26	1:14.12
A. Becker 29	1:33.77
200 YARDS BACKSTROKE	
A. Becker 29	3:20.72
50 YARDS BUTTERFLY	
S. Byrne 26	30.36
P. Gioia 25	36.36
100 YARDS BUTTERFLY	
P. Gioia 25	1:25.00
50 YARDS I.M. MEDLEY	
S. Byrne 26	2:41.33
100 YARDS I.M. MEDLEY	
P. Gioia 25	1:29.41
WOMEN 30-34	
50 YARDS FREESTYLE	
P. Kassler 30	36.37
100 YARDS FREESTYLE	
J. Katz 33	2:17.49
P. Kassler 30	2:57.01
50 YARDS BACKSTROKE	
P. Kassler 30	43.19
100 YARDS BACKSTROKE	
J. Katz 33	2:13.85
J. Murphy 32	2:54.50
200 YARDS BACKSTROKE	
J. Murphy 32	2:56.40
50 YARDS BUTTERFLY	
P. Kassler 30	43.51
100 YARDS I.M. MEDLEY	
J. Katz 33	1:12.47
J. Murphy 32	1:17.76
P. Kassler 30	1:37.70
200 YARDS I.M. MEDLEY	
J. Katz 33	2:39.73
WOMEN 40-44	
50 YARDS FREESTYLE	
J. Puleston 41	43.5
100 YARDS FREESTYLE	
J. Puleston 41	1:33.84
200 YARDS FREESTYLE	
J. Puleston 41	3:19.42
50 YARDS BACKSTROKE	
J. Puleston 41	1:00.80
WOMEN 45-49	
50 YARDS FREESTYLE	
J. Soulier 45	35.48
H. Esposito 48	47.15
100 YARDS FREESTYLE	
H. Esposito 48	1:47.88
50 YARDS BACKSTROKE	
J. Soulier 45	40.70
B. Pitts 45	45.16
100 YARDS BACKSTROKE	
B. Pitts 45	1:40.15
200 YARDS BACKSTROKE	
T. Bolster 47	3:21.75
B. Pitts 45	3:33.28
50 YARDS BREASTSTROKE	
H. Esposito 48	54.26
100 YARDS BREASTSTROKE	
H. Esposito 48	2:06.27
200 YARDS BREASTSTROKE	
T. Bolster 47	3:31.91
H. Esposito 48	4:40.56
WOMEN 50-54	
50 YARDS FREESTYLE	
S. Neuteboom 50	43.38
B. Gannon 53	44.69
100 YARDS FREESTYLE	
S. Neuteboom 50	1:38.81
B. Gannon 53	1:47.75
50 YARDS BACKSTROKE	
C. Costello 54	41.17
100 YARDS BACKSTROKE	
C. Costello 54	1:31.84
200 YARDS BACKSTROKE	
S. Neuteboom 50	1:50.84
50 YARDS BUTTERFLY	
C. Costello 54	38.8
WOMEN 55-59	
50 YARDS FREESTYLE	
J. Pieretti 56	32.58
100 YARDS FREESTYLE	
D. Bannell 56	1:19.69
J. Pieretti 56	1:14.44
200 YARDS FREESTYLE	
D. Donnelly 55	2:55.3
50 YARDS BACKSTROKE	
J. Pieretti 56	42.84
100 YARDS BACKSTROKE	
S. Kessler 57	1:07.25
200 YARDS BACKSTROKE	
J. Pieretti 56	1:33.80
50 YARDS BUTTERFLY	
J. Pieretti 56	3:28.26
100 YARDS BUTTERFLY	
D. Donnelly 55	1:42.21
50 YARDS I.M. RELAY	
D. Donnelly 55	45.49
100 YARDS I.M. RELAY	
D. Donnelly 55	1:31.19

WOMEN 60-64	
50 YARDS FREESTYLE	
A. Harris 62	48.13
I. Censer 63	49.63
50 YARDS BREASTSTROKE	
I. Censer 63	1:06.66
WOMEN 65-69	
50 YARDS FREESTYLE	
K. Eschmann 69	47.711
50 YARDS BACKSTROKE	
K. Eschmann 69	1:00.86
WOMEN 8+ RELAYS	
200 YARDS MEDLEY RELAY	
1. METRO MASTERS 3:04.0	
(Pitts, Esposito, Costello, Neuteboom)	
MIXED RELAYS SHORT COURSE	
200 YARDS FREE RELAY 25+	
1. METRO MASTERS 1:53.65	
(Ragus, Kolonowski, D. Stern, J. Katz)	
200 YARDS FREE RELAY 45+	
1. METRO MASTERS 2:13.64	
"A" Team -----2:13.64	
(Young, Pitts, Costello, Neuteboom)	
2. METRO MASTERS	
"B" Team -----2:34.67	
(Soulier, Forbes, Gannon, McWilliams)	
MEN 25+ RELAYS	
200 YARDS MEDLEY RELAY	
1. METRO MASTERS 2:02.43	
(Collins, Kolonowski, Smith, Richman)	
MEN 35+ RELAYS	
200 YARDS FREESTYLE RELAY	
1. METRO MASTERS 1:55.46	
(Rice, Johnson, Silverstein, deBarbaddillo)	
2. JERSEY MASTERS 2:05.18	
(Sanborn, Abel, Lentzsch, Struthers)	
200 YARDS MEDLEY RELAY	
1. METRO MASTERS	
"A" Team -----2:10.22	
(Rice, Johnson, Silverstein, deBarbaddillo)	
2. JERSEY MASTERS 2:19.44	
(Sanborn, Abel, Lentzsch, Struthers)	
3. METRO MASTERS	
"B" Team -----2:30.28	
(Simon, Alexander, McWilliams, Brennan)	
MEN 45+ RELAYS	
200 YARDS FREESTYLE RELAY	
1. METRO MASTERS 1:56.99	
(Debes, Young, Forbes, Pitts)	
200 YARDS MEDLEY RELAY	
1. METRO MASTERS 2:16.8	
(Pitts, Forbes, Young, Tebbens)	
MEN 55+ RELAYS	
200 YARDS FREESTYLE RELAY	
1. METRO MASTERS 2:05.18	
(Orsini, Cronin, Cruickshank, Guido)	
200 YARDS MEDLEY RELAY	
1. METRO MASTERS 2:26.15	
(Guido, Barr, Cronin, Kovel)	
MEN 25-29	
50 YARDS FREESTYLE	
D. Marx 25	24.14
A. Harris 25	24.67
G. Tripp 26	25.52
A. Hamner 29	25.71
J. Collins 29	26.92
R. Wagenberg 29	27.50
K. Cullen 29	28.06
100 YARDS FREESTYLE	
D. Marx 25	53.68
A. Harris 25	55.97
R. Kaplan 25	56.66
J. Collins 29	59.90
A. Hamner 29	1:00.89
B. Wagenberg 29	1:01.39
B. Gross 29	1:02.35
200 YARDS FREESTYLE	
A. Harris 25	2:11.17
J. Collins 29	2:15.51
W. Lee 28	2:19.67
A. Hamner 29	2:20.50
50 YARDS BACKSTROKE	
J. Collins 29	31.88
P. Schwenker 28	33.78
R. Rokisky 26	34.02
100 YARDS BACKSTROKE	
R. Rokisky 26	1:17.12
200 YARDS BACKSTROKE	
W. Lee 28	2:35.47
P. Schwenker 28	2:45.08
50 YARDS BREASTSTROKE	
T. McGrath 29	32.53
K. Cullen 29	34.54
G. Tripp 26	34.72
P. Schwenker 26	34.84
100 YARDS BREASTSTROKE	
T. McGrath 29	1:13.08
K. Cullen 29	1:15.97
200 YARDS BREASTSTROKE	
P. Schwenker 28	2:59.46
50 YARDS BUTTERFLY	
D. Marx 25	26.66
A. Harris 25	26.91
B. Kolonowski 29	27.05
T. McGrath 29	28.10
R. Kaplan 25	28.27
B. Gross 29	29.10
A. Hamner 29	29.69
K. Cullen 29	31.42

50 YARDS BUTTERFLY	
J. Johnson 41	31.36
L. Silverstein 42	31.64
P. Simpson 41	32.94
J. Rice 40	33.57
H. Antonoff 44	42.98
100 YARDS BUTTERFLY	
L. Silverstein 42	1:16.98
P. Simpson 41	1:25.36
200 YARDS BUTTERFLY	
J. Johnson 41	3:04.18
100 YARDS IND. MEDLEY	
L. Silverstein 42	1:18.08
P. Simpson 41	1:20.98
MEN 45-49	
50 YARDS FREESTYLE	
J. Pitts 46	27.11
B. Young 47	29.26
R. Heineman 46	30.21
V. Michaelis 45	36.09
100 YARDS FREESTYLE	
J. Pitts 46	58.88
A. Tebbens 47	1:03.16
F. Bartlett 46	1:05.81
B. Young 47	1:05.82
R. McWilliams 48	1:18.37
200 YARDS FREESTYLE	
J. Pitts 46	2:20.25
A. Tebbens 47	2:22.26
F. Bartlett 46	2:25.74
B. Young 47	2:37.89
R. McWilliams 48	2:50.19
V. Michaelis 45	3:11.30
100 YARDS BACKSTROKE	
F. Bartlett 46	1:15.12
200 YARDS BACKSTROKE	
F. Bartlett 46	2:44.88
50 YARDS BREASTSTROKE	
J. Stahl 45	37.59
R. Heineman 46	39.91
R. McWilliams 48	42.77
100 YARDS BREASTSTROKE	
J. Stahl 45	1:23.08
R. Heineman 46	1:31.74
R. McWilliams 48	1:35.07
200 YARDS BREASTSTROKE	
J. Stahl 45	3:01.91
R. McWilliams 48	3:13.39
50 YARDS BUTTERFLY	
B. Young 47	33.04
100 YARDS IND. MEDLEY	
F. Bartlett 46	1:12.81
J. Stahl 45	1:16.81
R. Heineman 46	1:20.48
200 YARDS IND. MEDLEY	
J. Stahl 45	2:42.59
MEN 50-54	
50 YARDS FREESTYLE	
R. Sanborn 53	27.84
H. Dickler 51	30.37
J. Forbes 51	30.75
H. Fisher 52	34.40
100 YARDS FREESTYLE	
R. Sanborn 53	1:04.65
B. Brennan 54	1:14.98
J. Forbes 51	1:16.30
200 YARDS FREESTYLE	
H. Lentzsch 51	2:32.76
B. Brennan 54	2:53.53
50 YARDS BACKSTROKE	
R. Sanborn 53	32.64
100 YARDS BACKSTROKE	
R. Sanborn 53	1:12.90
50 YARDS BREASTSTROKE	
J. Forbes 51	34.46
H. Dickler 51	41.35
100 YARDS BREASTSTROKE	
J. Forbes 51	1:18.63
200 YARDS BREASTSTROKE	
J. Forbes 51	3:02.28
H. Lentzsch 51	3:13.73
50 YARDS BUTTERFLY	
H. Lentzsch 51	36.55
B. Brennan 54	39.66
100 YARDS BUTTERFLY	
H. Lentzsch 51	1:34.35
100 YARDS IND. MEDLEY	
H. Lentzsch 51	1:18.67
B. Brennan 54	1:26.05
200 YARDS IND. MEDLEY	
B. Brennan 54	3:21.78
MEN 55-59	
50 YARDS FREESTYLE	
S. Kovel 57	29.42
E. Cronin 56	30.04
W. Struthers 58	33.48
P. Orsini 57	34.03
E. Humsjo 58	36.99
100 YARDS FREESTYLE	
R. Guido 59	1:14.11
W. Struthers 58	1:18.95
P. Orsini 57	1:21.64
200 YARDS FREESTYLE	
R. Guido 59	2:52.05
W. Struthers 58	2:54.71
P. Orsini 57	3:05.19
50 YARDS BACKSTROKE	
S. Kovel 57	35.53
E. Cronin 56	37.70
R. Guido 59	38.12
W. Struthers 58	42.10
100 YARDS BACKSTROKE	
R. Guido 59	1:27.43
D. Brown 59	1:29.11
W. Struthers 58	1:36.77
200 YARDS BACKSTROKE	
R. Guido 59	3:07.80
D. Brown 59	3:14.43
50 YARDS BREASTSTROKE	
E. Cronin 56	37.07
E. Humsjo 58	47.23
50 YARDS BUTTERFLY	
E. Cronin 56	34.26
W. Varza 56	43.50
100 YARDS BUTTERFLY	
E. Cronin 56	1:19.69
W. Varza 56	1:59.58

100 YARDS IND. MEDLEY	
W. Varza 56	1:40.63
200 YARDS IND. MEDLEY	
W. Varza 56	3:47.89
MEN 60-64	
50 YARDS FREESTYLE	
J. Binder 64	45.94
100 YARDS FREESTYLE	
J. Binder 64	1:57.24
MEN 65-69	
50 YARDS FREESTYLE	
A. Cruickshank 66	32.32
C. Wood 68	37.06
H. Barr 67	37.15
J. Kernan 67	45.70
100 YARDS FREESTYLE	
A. Cruickshank 66	1:14.23
J. Kiernan 67	1:44.99
200 YARDS FREESTYLE	
A. Cruickshank 66	3:11.23
C. Wood 68	3:18.49
J. Kiernan 67	3:15.21
50 YARDS BACKSTROKE	
A. Cruickshank 66	43.49
100 YARDS BACKSTROKE	
A. Cruickshank 66	1:50.54
50 YARDS BREASTSTROKE	
H. Barr 67	44.27
100 YARDS BREASTSTROKE	
H. Barr 67	1:43.94
200 YARDS BREASTSTROKE	
H. Barr 67	3:55.65
MEN 70-74	
50 YARDS FREESTYLE	
G. Langner 73	38.01
S. Censor 70	47.38
A. Danielsson 74	49.69
100 YARDS FREESTYLE	
G. Langner 73	1:23.80
200 YARDS FREESTYLE	
G. Langner 73	3:00.40
A. Danielsson 74	4:29.85
50 YARDS BACKSTROKE	
G. Langner 73	55.71
100 YARDS BACKSTROKE	
A. Danielsson 74	50.03
S. Censor 70	57.61
200 YARDS BACKSTROKE	
A. Danielsson 74	1:58.76
50 YARDS BREASTSTROKE	
A. Danielsson 74	4:19.53
G. Langner 73	4:29.69
MEN 75-79	
50 YARDS FREESTYLE	
E. Lyon 76	52.59
50 YARDS BACKSTROKE	
E. Lyon 76	1:00.00
100 YARDS BACKSTROKE	
E. Lyon 76	2:13.36
50 YARDS BREASTSTROKE	
E. Lyon 76	1:09.84
100 YARDS BREASTSTROKE	
E. Lyon 76	3:11.50



In the swim
You're never too old to compete, or at least that's how Meredith Scanlon of St. Charles Masters Swim Club (right) felt after setting three records Sunday at Masters swim meet in St. Charles. And her mustachioed companion in competition must feel same way as he backstrokes his way toward finish.



Competition never gets old in Masters swim

By Barry Temkin

MEREDITH SCANLON smiled at the mention of competition. "It's the nature of the beast," she said, the gleam in her eyes proof enough that the competitive urge can burn as strongly in a "beast" of 66 as in one 28 years old.

"What do you think about me breaking three records," she asked an onlooker Sunday after she had completed her third backstroke race in the St. Charles Masters Swim Club's meet at Norris Recreation Center in St. Charles. "Isn't that awful? I might be the oldest gal in the meet, but it feels good—I feel like a million dollars."

It's that combination of competition, exercise, and enjoyment that lured about 200 swimmers from 12 Masters teams to Sunday's 31-event meet. Some joined a Masters program as soon after their collegiate swimming days as possible. (Competitors must be at least 25 and compete in five-year age groups.) Some, like Scanlon, resumed competitive swimming after a lapse of decades. And some never swam competitively until they joined Masters swimming.

SCANLON'S VAST experience in swimming is well documented by her 43 years teaching the sport and the backstroke medal from the 1960 Central AAU meet she has pinned on her robe. She swims about three miles a week but, as co-founder and secretary of the St. Charles club, is most enthused about spreading the group's gospel of fun, competition, and exercise.

"The first meet I went to in May of '78 we had two swimmers," she said. "The next time we had 4, then 8, now 21. Most of our people never had been in a swim meet in their lives before today. Any time we see people here we think should be in Masters, we poster them until they join. It's hard to convince good swimmers they can compete."

Those who are convinced take to Masters swimming with an enthusiasm that amazes recreation center aquatics director Bob Teichert.

"In talking with Masters swimmers there's no difference talking with high school kids. They want to know how to swim faster, get better turns. Regardless of age they talk the same way."

AS A YOUNG CLUB, St. Charles has not only enthusiasm but also all the charm that comes with a new enterprise, including only occasional group workouts. The B.R. Ryall YMCA Club of Glen Ellyn, on the other hand, has all the organization and well-developed esprit de corps you'd expect of a 70-member outfit that has won the state title each year since its inception in 1972. Ryall's more dedicated performers work out between 5:45 and 7:30 a.m. and again at night before the state meet, peak for major meets, and lift weights.

Dr. Ann Irish fit right into that program despite having a complete lack of competition swimming experience before she moved to Wheaton in November of 1975. "I really enjoy it," she said. "I couldn't swim 25 yards in the beginning, but it's as

competitive as you want to make it whether it's against other people or against the clock. And I've always sort of been that way. If you work out you might as well have goals."

And she doesn't think weight-lifting is a peculiar way for a 51-year-old ophthalmologist to reach those goals.

"I GET STRENGTH," she said, having already proved that with a back-labelling hand-hike. "It's not from weight as much as from repetition. I bench press 90 pounds 20 times for three sets, do 12 50-pound power squats, three sets; and then three sets of power L cleans. Monday through Saturday I work out anywhere from 45 minutes to a couple hours a day, and on Sunday I may work out with the dumbbells at home, and then I'll probably jog a couple miles."

Irish's three fitness Sunday were not only an indication of her fitness but also of the encouragement provided by teammates. "Competing is the greatest feeling in the world," said Nancy Stupka of Lombard, who is just as competitive today as she was 10 years ago when she was a Minnesota collegiate champion. "Plus you have teammates yelling for you, no matter what your ability. Encouragement is what keeps people going."

What also keeps them going is fun, whether the joy comes from staking the competitive furnace or simply getting wet. Notwithstanding the benefits of competition, Masters swimming is for anyone who wants the benefits of regular exercise and the fellowship of being on a team. Members don't even have to enter meets, though almost all do.

Indian Boundary to hold Masters swim meet

Indian Boundary YMCA in Downers Grove will play host to the 3d Masters Swim Meet March 27. Approximately 200 men and women from the Chicago area will compete in 50, 100 and 200-yard events by age groups that range from 25 to 80. Warmups begin at 8:15 a.m. and competition starts at 9:15 a.m. Spectators are welcome to attend the meet, which is expected to continue until 4 p.m.

"IT GIVES YOU something else to do than just swim laps," said Joan Davies of Bartlett, a member of the St. Charles club. "It's more fun to compete, you get nervous, so you're bound to swim faster."

David West, 45, of La Grange, a member of the state-wide Illinois Masters Club, finds he can only swim faster than two of his eight children (and the 12-year-old, barely), but the former De Paul University swimmer says he enjoys the meet too much to worry about his performance. "I might get competitive during the actual race, but it's more the carnival atmosphere, the social atmosphere at these meets," he said. "It's not a crisis thing, you don't have to give up the social life and booze the night before."



FAMILY PLAN



Thelma and Ted Roach--Part of a family affair.

They Swam Together, ... For 49 Miles



BOB CHICK
Sports Editor

Midway through the Masters Swim Meet at North Shore Pool, Thelma and Ted Roach had combined for six firsts, two seconds and a third. It was as if they were keeping all the awards in the family. And there are more at home like them.

The Roaches could have trotted out their family, four children and maybe even a couple of grandchildren. They swim as an entry. Some fathers wait for the day when they can field a basketball team of their sons. Roach came up with his own swimming team.

A summer ago the family gained national attention when they successfully swam Lake Ontario as a fund-raising event for Christmas Seals.

It started out as a rugged 32.2-mile journey. It wound up worse. Each Roach would swim an hour before being spelled. Then it dropped to 30 minutes and finally 15. Water temperature dipped as much as 20 degrees in some spots. Fog set in. The family struggled through the darkness and started with directions.

"When the sun started coming up we could see we were way out of our way," said Ted Roach, the father of this unusual clan. But the family kept at it. The 32.2-mile swim turned into 49 miles. Christmas Seals received \$20,000 in pledges. Roach was hoping for \$50,000.

"We don't do these things for publicity," he said. "And we don't accept any money. We don't take a cent." They even operate in secret.

Debbie Roach, 19, set out in what was a marathon swim two years before without a word of publicity. She wanted to subdue Lake Ontario. The lake-crossing had been tried by 100 others. Only 10 had made it. The great Florence Chadwick, among others, had failed. Swimming the English Channel is said to

be fairly easy next to conquering this body of water with its often squall-driven 10-foot waves.

Ted Roach had dampened his daughter's first attempt. "I told her if she could swim Lake Couching in under six hours she could try Lake Ontario. She did it in 8:35. I told her she'd have to wait."

Debbie practiced in the family's backyard pool, one of four children dug by hand and one the father finished up. A year later, now age 17, she was ready.

The swim took 18 hours, 32 minutes. Debbie Roach made it. She was now No. 11. Her time is fastest on record.

It was Debbie who got the family together for the relay-type swim across Lake Ontario last summer. She was the one who made the arrangements. But it was pop who had to nearly shut down his business for a week. All his children work for him, including two part-timers. That will include Michelle, 26, Teddy Jr., 24, Jo-Anne, 23, and Debbie, a high school senior.

They run a premium-redemption business and handle the accounts for General Pool and Colgate-Palmolive. Fifty cents and a hot top and they'll mail out your order.

The family swim of Lake Ontario is not the only team effort, so to speak. After that jaunt, they took on a nine-mile between-island competition in Hawaii. They were one of nine families competing and turned the course in slightly over five hours. It would have been the winning time the year before. This time, the oldest family in the competition, finished last.

Swimming, though, is not a grind. Just a pleasure. "Do you want to be a world's champion, or do you want to have fun? We want to have fun." And winning isn't apparently everything. Unless you are conquering a lake.



THE RULES

By William A. Lippman, Jr.

"AAU RULES SHALL GOVERN": What rules? Govern whom? How many times have you read that exacting, high-sounding phrase on entry blanks and then found that a lot of things were being done you couldn't find in the book?

Article III of the AAU Swimming Rules is entitled "Rules Applying To The Conduct Of All Swim Competition." It means just that—all swim competition sanctioned by and conducted by the Amateur Athletic Union and its association members.

In this column and elsewhere over the years we have agreed that some flexibility is necessary and desirable in the general swimming laws to adjust to the conditions, facilities and goals at issue. What may be possible, easy and natural in the Florida Gold Coast Association may be impractical, difficult or impossible in the Alaska Association. It's a big country and it's all different.

The Entry Blank is an enforceable document—a contract between the swimmer and those who conduct the competition. Once signed and agreed to, it is irrevocable, except under specified conditions spelled out in the AAU Swimming Rules. And it binds both parties equally to conform to it.

If those conducting a competition find it helpful, useful or necessary to wander from the written law and this variance is clearly stated in the entry blank, they have done their part. Nobody has to enter that competition. Their signature on the entry blank means they agree to its terms, including the variance. If they don't like the variance, they don't enter. It's that simple.

Not being the United States Government, with limitless employees and branches of enforcement, the AAU cannot check out the tens of thousands of AAU swim meets held across the country. Of necessity, it operates by the honor system. By and large, there are enough checks and balances in our overlapping competitive swimming activity, and enough honest law-abiding workers involved in it, to make the Swimming Rules a viable document at all levels. This makes us very happy.

There is one punitive avenue open to us. Recognition of national records, and even of National Age Group Ten Best Times, can be denied if it is found that the rules have not been followed. And that hurts.

Many AAU Associations have local regulations or procedures for various levels of competition that may vary somewhat from those found in the Swimming Rules. Usually these are in printed form and revised annually. We suggest that when such associations apply these variations to a meet, they do this: in the entry blank, after the phrase "AAU Rules To Govern," they should add "Except as Noted Herein," then clearly identify the meet procedure or conduct that differs from the Swimming Rules. In this way, when the Entry Blank is signed, it signifies understanding of and agreement to abide by the variance.

EDITORIAL by JUNE KRAUSER:

The most flagrant violations of these rules that I have observed at local meets are: 1) fewer than three timers per lane; 2) no stroke & turn judges; and 3) no lane place judges. Our times are important. We use our times for records, All-American and Top Ten Times Listing. Each swimmer should have the best actual time that he did! The time should be read the same way no matter where the race occurs - to the slowest tenth. The averaging of times seems difficult for most timers. The most flagrant violation of the stroke rules seems to be the scissors kick used in the breaststroke. THIS IS DEFINITELY AN ADVANTAGE. No matter what the age of

MASTERS CORNER



By Capt. Ransom J. Arthur

I received a very detailed and interesting letter from Ann Champ in which she discusses the perennial problem of maintaining motivation when people get older and slower. The motivational area does continue to be a central one for the Masters Program and one which is beset with many complex problems. As we all know, the Masters Program can provide a motivational spur for people to enter or get back into swimming. It can provide an external framework in which swimming can be accomplished with some particular goals in view. It also can provide a certain degree of companionship. Nevertheless, the primary motivation for continuing any physical fitness program must come from an inner wish of the individual to maintain an optimum level of health and vigor for his or her particular age, physical structure, and degree of infirmity. Staying with any of these programs requires a measure of self discipline. As I have said before, I also think it helps to like the water and to enjoy aquatics. For many of us swimming, perhaps in the ocean more than in a pool, is sufficiently enjoyable in itself that we would do it regardless of whether or not it was helpful to our health or whether or not there was any form of external reward in the form of Masters awards. As the years pass, there will be a retention in the program on a permanent basis of those individuals who have this kind of inner motivation and self discipline. There will always be some who will continue winning and they can add the excitement of victories to the motivational forces that keep them swimming. But for most people, their satisfactions will have to come from a sense of well being and a sense of accomplishment within the framework of their own capability.

One must take into account the variables which I mentioned above, that is, not only age, but also one's physical structure and one's level of disability, if any. In the youngest age group disability is not common. In the age groups over 50 and 60, it is routine. Swimming in spite of an impediment or handicap is something that we would all wish to see. Many people will find that a year or two of the Masters Program enjoyable and then will cease their participation. This shouldn't be seen as tragic. If these individuals gained pleasure from their time in the program then it was worthwhile in itself. Naturally, we would like to see them continue and make swimming a life long activity at whatever level of participation they wish, but this is a free nation and everyone is free to choose what he or she wishes to do with his leisure time. One can never net all of the fish in the sea but on the whole we've had a good harvest.

I continue to think it's important to stress to Masters swimmers that they alone should determine their level of participation and of effort. Many people enjoy and profit from going to every meet possible and competing once a month or more. Others may wish only to participate in one meet a year. Each is an appropriate use of the program. Some may seek national recognition, others merely to enjoy swimming as fast as they can go at the local level without any serious regard for national level times. This is good, too. The Masters Program, because it is made up of mature men and women, can have a relaxed and flexible approach which the frenetic programs for the young cannot duplicate. We encourage serious and disciplined swimming, but we also promote the enjoyment of aquatics as well.

the swimmer, he should be disqualified when observed doing a scissors kick during the breaststroke. Lane place judges or across the board judging is often important to decide when a back up time should be used if automatic equipment is being used. Let's follow the rules and be fair to everyone!



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



FIRST CLASS

**Have Your
Blood Pressure
Checked**

DORE SCHWAB
GRAY OAKS BOX 772
ROSS CA 94957

004SM
*

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL VI - No 4

SWIM CALENDAR

- NEW ENGLAND MASTERS SWIM CLUB - Joy Miller, 401 Essex St., Hamilton, MA 01936
MAY 10, JUN 7
- PACIFIC NORTHWEST ASSOCIATION - Steve Engel, 2005 S. 308th, Federal Way, WA 98002
JUN 4-5, JUL 16-17
- OREGON ASSOCIATION - Connie Wilson, 10315 S.E. 82nd, Portland, OR 97266
JUN 18-19, AUG 12-14
- CORONADO MASTERS - 1019 7th Street, Coronado, CA 92118
MAY 29, JUL 10
- HAWAII ASSOCIATION - Dave Drum, 99-1440 Aiea Hts. Dr., Aiea, HI 96701
MAY 8, JUN 19, JUL 24, JUN 5, JUL 10, AUG 14
- MAY 13-15 NATIONAL SC CHAMP - June Krauser, 2308 NE 19 Ave., Ft. Lauderdale, FL 33305
- MAY 14-15 Topeka SC - Linda Haglar - Topeka YMCA, Topeka, KS 66603
- MAY 15 Rio Hondo Jr. Col. - Hal Nichols, 4854 Halkett Av, Rosemead, CA 91770
- MAY 21-22 NATIONAL DIVING CHAMP - John Riley, 5731 N. Spahn Av, Lakewood, CA 90713
- MAY 22 So. CA Maccabiah Seniors - Sid Shapiro, 5870 W. Olympic Blvd, Los Angeles, CA
- MAY 27-29 Southern LC - Robert E. Beach, c/o Judicial Bldg. #402, St. Petersburg, FL 33701
- MAY 27-30 Virginia Masters Swim Camp - P.O. Box 6545, Charlottesville, VA 22906
- MAY 28-29 Dad's Club - Jo May, 1405 Pine Chase, Houston, TX 77055
- JUN 3-5 PA SC Champ - Davis Aquatic Masters, P.O. Box 921, Davis, CA 95616
- JUN 4-5 Oakville Inv - Ken Allen, 132 Cross St., Oakville, Ontario, Canada
- JUN 17-19 NATIONAL YMCA MASTERS - Lollie Keller, 25 Park St., Montclair, NJ 07042
- JUN 18-19 Wichita LC - Dianne Compton, 308 S. Belmont, Wichita, KS 67218
- JUL 2 Rough Water - Huntington Beach SC, P.O. Box 123, Huntington Bch, CA 92648
- JUL 15 NMBSC LC - Larry Holley, 607 S.W. 4 Court, Hallandale, FL 33009
- JUL 23 NATIONAL LONG DISTANCE CHAMP - Clifford S. Brown, N76W22300 Cherry Hill Rd.,
Sussex, WI 53089
- AUG 13-14 SMS LC - Nat Johnson, 520 Givens St., Sarasota, FL 33581
- AUG 25-28 NATIONAL LC CHAMP - Jack Zappone, N 1311 Superior, Spokane, WA 99202
- SEP 3 Maui Channel Swim - Jim Caldwell, 275 Makaweli Pl, Honolulu, HI 96825
- SEP 5 Waikiki Rough Water Swim - Dept. of P&R, 650 S. King St., Honolulu, HI 96813

DIVING CALENDAR

- MAY 7 Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011
- MAY 21-22 NATIONAL INDOOR - John Riley, 5731 North Spahn Ave., Lakewood, CA 90713
- JUN 11-12 Senior Olympics - Warren Blaney, 5225 Wilshire Blvd., #302, Los Angeles, CA
- JUL 10 Felix Grossman, 17960 Rancho Ave., Encino, CA 91316
- AUG 13 John Samuelson, 230 Dolphin Cove Ct., Del Mar, CA 92014
- SEP 10 Lyle Draves, 5732 Geyser Ave., Tarzana, CA 91356
- OCT 8 Fred Fox, 30162 Branding Iron Rd., San Juan Capistrano, CA 92675
- NOV 6 Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011