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## 1978 Long Course National Masters Swimming Championships

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The Providence Sunday Journal, September 3, 1978



Journal-Bulletin Photo by MICHAEL DELANEY

**STILL AFLOAT:** Steve Clark, former Olympian, relaxes after setting record in Masters Swimming Championships at Brown yesterday. Story below.

## Ex-Olympian swims, wins



By STEVEN KRASNER

Journal-Bulletin Sports Writer

PROVIDENCE — Swimming in the Olympics is the ultimate reward for young people who dedicate themselves to the sport.

Practices are long and hard, a seemingly never-ending series of lap after lap after lap. Some are lucky enough to make the Olympic team. Some aren't. After they are through with competitive swimming, though, most of them have one thing in common — they never want to see a pool again.

But not Steve Clark, a lawyer from San Francisco. At the age of 16, Clark was a member of the United States swim team in the 1960 Games in Rome. Four years later, he was a member of three gold-medal-winning relay teams at the 1964 Games in Tokyo.

And now, at the age of 35, Clark still likes to hop into the pool for a race now and then.

"I FEEL GOOD WHEN I swim," said Clark yesterday, shortly before winning the 100-meter freestyle in the 35-39 division of the National AAU Masters Long-Course Swimming Championships at Brown's pool.

"Most people I know (from the Olympics) don't want to get back in the water," he added. "They don't have the good memories I do. I had a good time when I was swimming. I had coaches who made it fun."

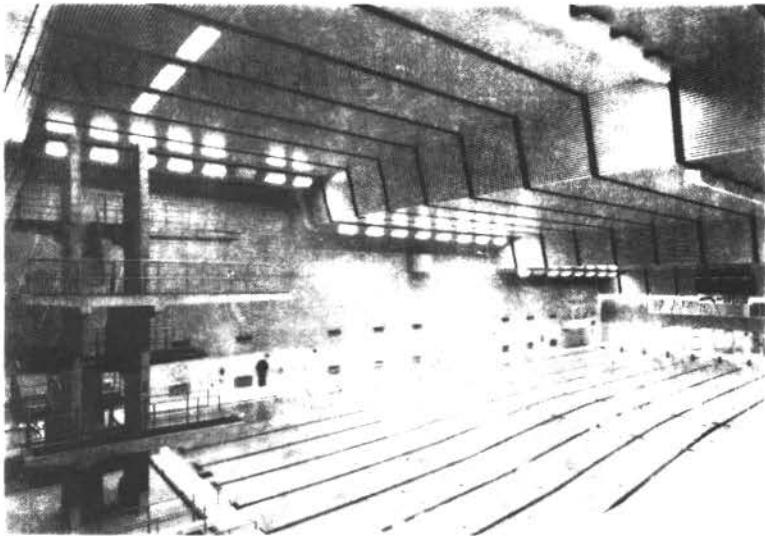
But Clark did give up competitive swimming for a while.

"I stopped when I was 21," he said. "I graduated from school (Yale) and I went on to law school. It was kind of an appropriate time to make the break."

Six months ago, he decided to get back into competitive swimming, with the Masters.

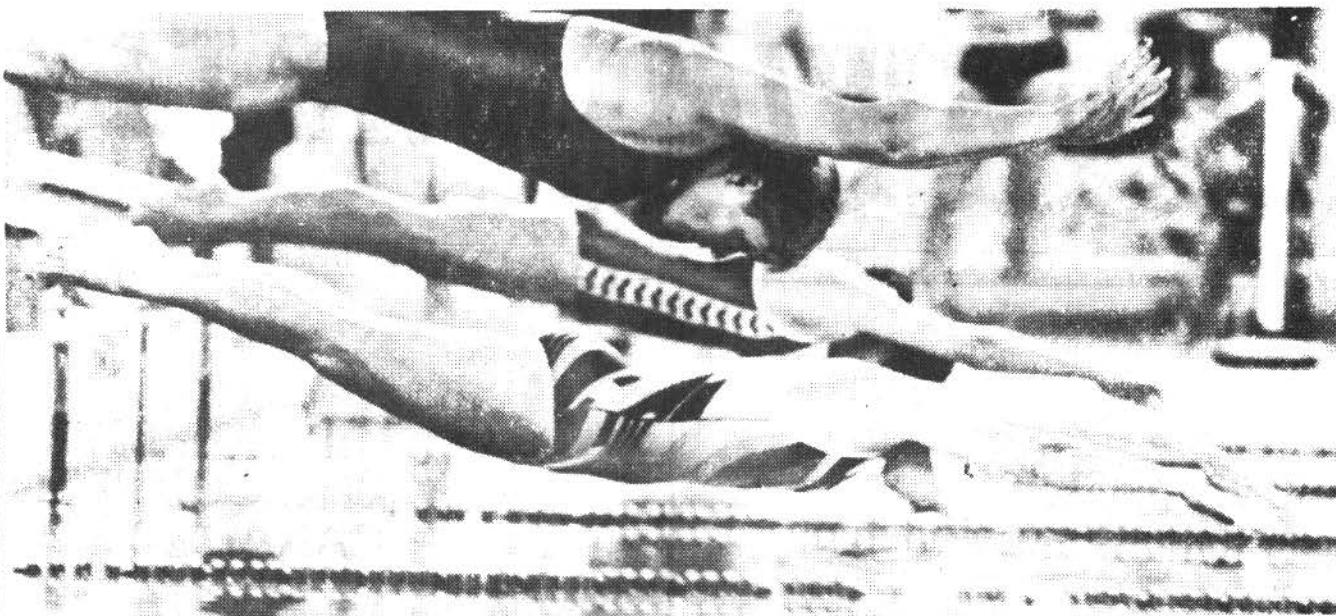
"The nice thing about the Masters is that you don't get the butterflies," he said. "Some people might, but I don't. There's not much emphasis on winning. The rules are nice and liberal. They encourage people to participate. It's fun. People have a good time."

## 1ST SENIOR AGE DIVISION AQUATIC COMPETITION CANADA 1978



The first MASTERS AQUATIC CHAMPIONSHIPS brought out swimmers from ten countries - Australia, Austria, Canada, France, Germany, Great Britain, Ireland, Japan, United States and Venezuela. Approximately 410 people competed in Swimming, Diving, Water Polo and Synchronized Swimming. Competitions were held at the Etobicoke Olympium with a 50 meter olympic size pool and a 25 yard pool, a double gym that converts into a roller arena and a fitness club - one of the finest facilities in Canada.

One of the surprises was to discover how long the Germans have had Masters Swimming! Richard Reinhardtler of Dusseldorf, a 66-year-old engineer, told me that Senior (Masters) swimming started after World War II. All swimming is done by "clubs". Mr. Reinhardtler's club has approximately 2000 members - all age groups - all four aquatic sports and includes officials among their members. Events for Senior swimmers were conducted on the first day of meets. Approximately ten years ago the number of Seniors had grown to such proportions that the Federation had to schedule separate meets. They now conduct a three day national championship meet plus local meets. They have 9 classifications and stop with 65-70 - using the same age groupings as we do. Next year they already have 46 competitions scheduled out of 52 week-ends. There has been very little communication among older swimmers throughout the world because many Swimming Federations have only recently become aware of the program. We hope this can be corrected in the near future.



— Star photo by Frank Lennon

## THEIR GLORY DAYS ARE JUST BEGINNING

THE TORONTO STAR  
Fri., Aug. 25, 1978

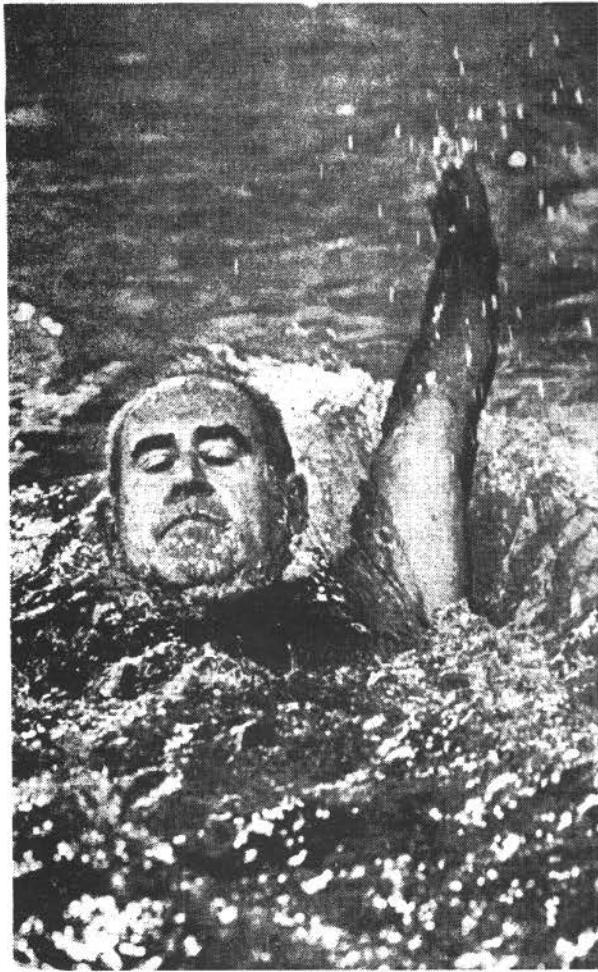
More than 400 athletes from 10 countries are competing in first-ever world senior-age aquatic championships this week at Etobicoke Olympium. They range in

age from 25 to 80-plus and include a few former Olympians. For many others, this meet represents a new high in sports; they have taken up swimming, diving,

water polo or synchronized swimming late in life. Here, American J. M. Sherman (nearest water) hits the pool en route to victory in 100 metre breast stroke.

The Providence Journal, Friday, Sept.

## Swimmers master age in nationals



— Journal-Bulletin Photo by GEORGE E. ROONEY

ON THE MOVE: John Higgins, a Rhode Island native, en route to victory in 200-meter backstroke in 60-64 age group yesterday at Brown's Smith Swim Center. Higgins posted a triple.

By PAUL KENYON

Journal-Bulletin Sports Writer

PROVIDENCE — It was 43 years ago when John Higgins started going to the Brown University pool to try to break national and world swim records.

Yesterday, John Higgins was back in the pool at Brown again, still setting national swim records.

Higgins, the Rhode Island native who went on to fame as an Olympic swimmer and swim coach at the Naval Academy, was one of the stars yesterday in the opening day of the four-day National AAU Masters Long-Course Swimming Championships at the Smith Swimming Center.

Higgins won three events in his age-group, the 200-yard breastroke, 200-yard backstroke and the 400-yard individual medley.

Even with his accomplishments, it was easy not to notice him. At 62-years-old, he is not that much above the average age of the 527 competitors from throughout the United States, England, Venezuela and Canada taking part in this eighth annual event.

There was an 85-year-old woman, Nellie Brown, swimming the 50-meter freestyle in 1:37.82. There was a 50-year-old woman who is the mother of 14 children, Tink Bolster of Princeton, N.J., setting a national record in her age division in the 200-yard breastroke.

THERE WAS Jim Edwards of Providence winning a gold medal in the 55-60-year-old division in the 200-meter backstroke. There was Clarence Ross of New Jersey celebrating his 79th birthday by winning his division of the 200-yard backstroke in record time.

There were former Olympians, doctors, lawyers, housewives and retired people, all having a good time, cheering each other on, but at the same time trying as hard as they ever did to come out on top.

And John Higgins has always been very good at coming out on top in swim meets.

Higgins grew up in Providence, on Public Street, went to Central High and swam a lot at the Providence YMCA, and later, and most prominently, at the Olney-

ville Boys' Club. Joe Whatmough, then the coach at the Olneyville Club, took Higgins under his wing and developed him into one of the top swimmers in the country.

IN HIS TIME, Higgins was a world record holder in the breastroke.

"That was in 1935, I went up to the Brown pool — that's the old Brown pool, not this beautiful one here, the old two-lane job — and they wanted me to try for a world record," Higgins was recalling with pleasure.

"I did it. I set the world record. One of the records I set stood for 12 years."

He went on to the 1936 Olympics where he settled for fourth place in his specialty, then Ohio State University and the Navy. He was in the Navy until 1954 and was the swim coach at Annapolis until 1973 when he retired from coaching. He kept his job — and he still has it — as aquatics director at the Academy.

He returned "home" this week partially to visit his sister, Mrs. Betty Schaffner of Warwick (he's staying at her home during the meet) but just as importantly to earn more swimming honors.

THE STILL VERY-FIT athlete won his division titles (competition is held by divisions, with five-year brackets starting with the youngest, 25 through 80 and older) in the backstroke where his 3:11.25 broke the national record for 60-64-year-olds by four seconds; in the breastroke where his 3:27.69 was six seconds behind the record he set last year, and the individual medley where his 6:57.11 was six seconds better than the national record.

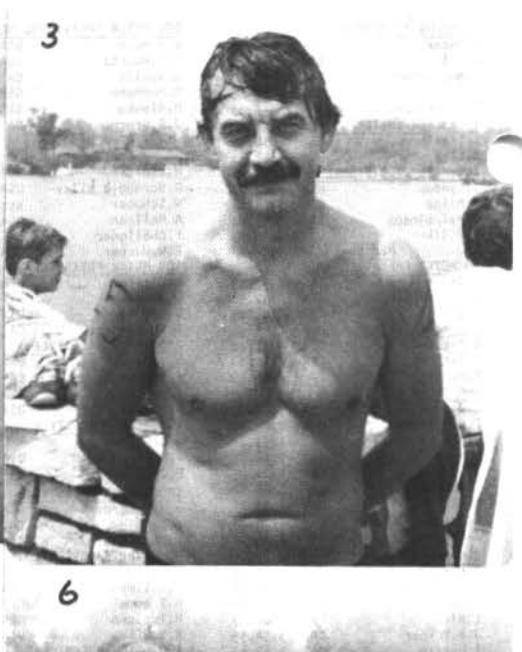
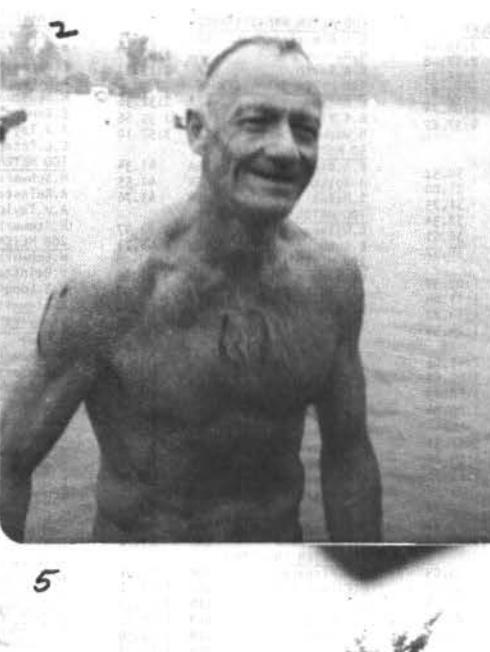
Other major winners included Dr. Burwell "Bump" Jones of Sarasota, Fla., who at 45 not only won his division but had better times than most of the younger swimmers in the 200 back (2:40.81), 50 free (28.09) and 400 IM (5:40.60).

Steve Clark, a three-time Olympic gold medalist who is now a 35-year-old San Francisco attorney, won his division in the 50 free with a 25.66 and Fred Schlicher, 30, of New Mexico, probably the top Master's swimmer in the country, did a 5:01.45 in the 400 IM.



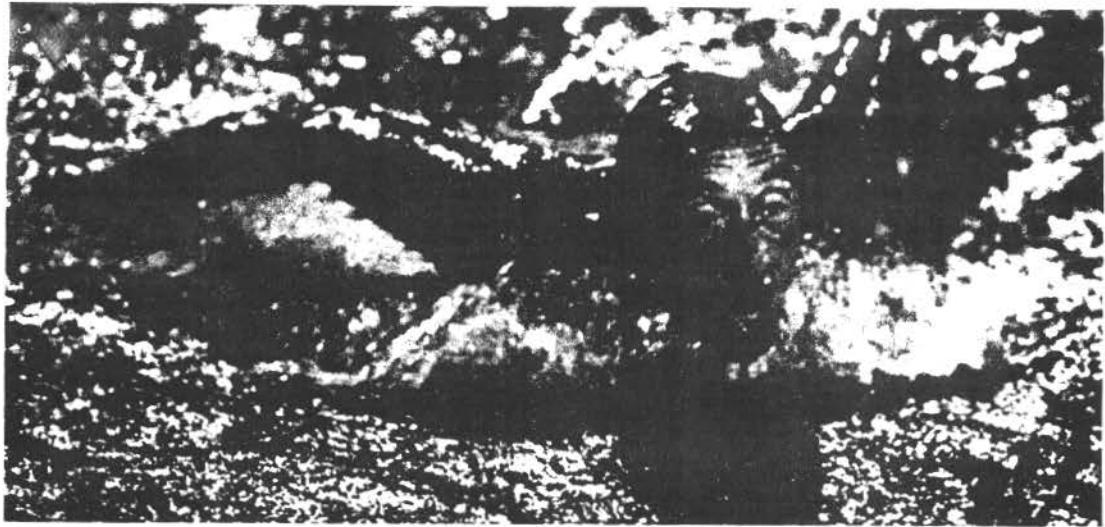






#### LONG DISTANCE SWIMMING

1. James Kervin
2. Bob Coyle
3. Al Coxon
4. Laura & Steve Barber
5. Sandy Brown & Dave Brown
6. Dale Petranech & Kip Kimbrough
7. Pat & Jim Matthiesen & Edie Gruender
8. Irene David
9. Herb Kern
10. Vi- Dan Gruender - Clarence Ross
11. Dave Casebolt
12. Jane Winn



# He's still in the swim at age 51

By BILL REYNOLDS

**I**F YOU were going to write your memoirs, this morning wouldn't be in them. It's misty, sluggish; dark clouds that seem close enough to touch bring the world in closer. A nice morning to pull the covers over your head and say forget it.

But no extra winks for Win Wilson. Here it is shortly after 7, Providence just beginning to stretch its legs for another day, and already he's been in the blue-green water of the Smith Swimming Center, the Brown University natatorium, for a half hour. No matter that a couple of days before he had swum the roughly two miles from Newport to Jamestown in Save the Bay's annual swim, only to follow that with a rigorous workout the next day. Or that now, having just finished one of a series of 100-meter jaunts on his practice schedule, he is holding onto one end of the pool, his goggles high on his forehead, searching for breath as his lungs curse at him. Let everyone else sleep: mornings are for workouts.

"The whole society tells us we're spectators," he will say later, "so we drink too much, smoke too many cigarettes, get fat."

"It's really unbelievable," says a woman in a white bathing cap at the pool's edge, as she watches Wilson and two others make haste for the other end. "He's 51."

You wouldn't know it to look at him. He may be 51 but his body tells

chronological lies. It is long and angular, the muscles smooth and firm, the body of a 30-year-old who knows the way to the gym. "There," he says, returning, once again taking off the goggles and rubbing the chlorine out of his eyes. "That's all the quality work."

But he's far from finished. There will be a few lengths holding on to a red board, kicking his feet as he goes up and back, up and back. Then up and back again. Then there are 10 more 100-meter swims, this time with weighted gloves on his hands. This followed by 15 more 100s, done freestyle this time. All of these he does against the clock, known in the sport as "interval work," with very little rest in between. Hit the edge of the pool, catch a few breaths, and back again. Then do it again as the clock starts pushing toward 8 and the pool, which an hour before had been almost cathedral-quiet, begins to fill up with kids waiting for the beginning of the Brown Swim Camp. Again and again, so that when he finally climbs out of the water and heads for the empty locker room he has done about 2,500 meters. Which should get anyone's blood circulating.

**T**here are few guys in the country his age doing what he did this morning," says Jim Edwards moments later. Edwards, a Providence attorney and a national swimmer himself in the 55-59 group, is perhaps the pioneer of masters swimming in Rhode Island, having been involved for about seven years. "That's a workout," he adds.

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It is also a sport where the performances seem to improve daily. Records are turned over almost as quickly as pages of the calendar. Better athletes, better coaching, better conditioning — all make for better times. Masters swimming is a reaction to this. Formed in 1970, it enables people to compete in their own age groups. Obviously, a 50-year-old isn't going to beat a 20-year-old even if he trades his feet for fins. But now, someone 50 can train hard, improve, make some noise in his age group.

And think of the possibilities for late bloomers. You might be beating me now, goes the scenario, but wait until I'm 60. One old gal is allegedly upset because the top category stops at 84. There's no doubt that masters swimming is growing, the beneficiary of the current boom in participatory sports and the growing realization that sports can be a lifetime thing.

"People are learning that you can keep doing the things you once did," says Wilson. "For years we've been told that you can't do these things past a certain age. Well, you can."

**H**e should know. Until about four years ago he was your typical weekend athlete in his late '40s, trying to keep himself from being buried beneath the avalanche of the Good Life. He skied, played tennis, even surfed, but he still worried about the shape he was in. "I wanted to get back into shape," he recalls, "and I couldn't get into jogging. Swimming just seemed like a good way to do it."

The obvious question is why. It all sounds so Spartan. Why do he and the other 35 to 40 masters swimmers in the state put themselves through all the training, the endless laps, the early hours, the sacrifice? Why do something the majority of your non-swimming friends think is crazy? There's no money in it. There's no fame. Masters swimming exists in a publicity vacuum, gets about as much ink as squash or roller derby.

**W**ilson says it is a commitment. You can be committed to a sport, just as you can be committed to a family or a job. You set objectives, he says, and then you go out and reach them. "I have friends who say I'm an absolute idiot, a nut," he says with a wry smile. "But this is what I do. That's just the way it is."

Judy Puleston, a masters swimmer from Barrington, views them all as "being in a group but no one ever asks why we're in it." In some respects it's a form of bonding, similar to people who were in the Army together, played on a team, shared a common experience. From different backgrounds, occupations, ages, they can relate to one another. And the unofficial guru is Wilson. For if Jim Edwards is the pioneer, Wilson is the Big Kahuna, the symbolic leader of the pack.

"He really is a super swimmer," says Puleston. "Right up there in every event he enters."

"The competition keeps me going," he says. "It's what I point to. I enjoy the workouts, but after too many of them in a row you have to gear them to meets." He enters about seven a year: at least one national, the Easters every spring in Princeton, New Jersey, and a few in New England. "It's a lot of the same faces," he admits, "but I still get just as psyched for the big ones as I did in school."

He is back in the water now, sliding along smoothly, finding the rhythm. Sometimes he feels sluggish, he says, uncomfortable, like a piece of machinery that could use a good tune-up. Like the couple of times he has entered eight-mile marathons and got swept up in the ultimate boredom of it all, eventually feeling as if his body was wearing out. That's when it's work.

But then there are times like now. Times when he's in the water and he's concentrating on his strokes and it's effortless. Those times when all the training and early hours and deserted pools come together, and it doesn't matter how old you are because you know you can swim forever. □







200 mtr breaststroke	8 L Katz 57 MNY 1:56.04	200 mtr backstroke	1 J HIGGINS 62 USN 3:11.25*	1500 mtr freestyle	1 L HIGGINS 62 HU 26:34.45
1 T Haartz 50 NE 3:08.36*	9 L Valle 55 SS 2:07.41	200 mtr backstroke	2 D Rowan 64 MAM 3:11.44	2 W Bowersock 65 OAA 29:01.04	
2 J Forbes 52 MNY 3:23.16	200 mtr backstroke	3 J Merrill 61 CON 3:11.50	3 D McFee 69 DC 29:16.73		
3 G McFey 51 NI 3:24.22	1 J EDWARDS 55 NE 3:07.33	4 R Guido 61 MNY 3:24.86	4 W Stinson 69 OMS 30:07.79		
4 G Cunningham 53 TAM 3:29.49	2 A Hellman 56 MOS 3:17.19	5 C Wilson 63 WM 3:24.74	5 W Loughborough CON 30:33.82		
5 R Arthur 52 IA 3:34.97	3 W Uhrich 58 NE 3:23.03	6 C Croome 61 SDC 3:38.75	6 J Newton 69 JM 31:14.02		
6 H Kivi 54 3:35.49	4 G Wiley 57 DC 3:39.44	7 S Pudell 62 CON 3:48.81	7 R Coyle 65 JM 31:53.93		
7 G Mellick 53 MAM 3:38.78	5 D Eakin 58 NE 3:53.50	8 F Tillotson 63 SPM 3:51.04	8 A Abraham 67 DC 39:12.04		
8 E Struckus 53 NUS 3:47.75	6 L Katz 57 MNY 4:03.68	9 W Struthers 60 JM 4:17.69	9 J Lechner 69 NOR 4:44.58		
9 R Fletcher 53 CON 4:10.81	7 L Valle 55 SS 4:39.33				
100 mtr butterfly					
1 T Haartz 50 NE 33.30	1 T CLOYES 56 IM 1:35.75	100 mtr breaststroke	1 L HIGGINS 62 USN 1:33.48	1 S WEINBERG 65 JM 1:42.47	
2 W Wilson 51 NE 34.79	2 W Baugher 57 IM 1:36.87	200 mtr backstroke	2 E Blackledge 62 KLN 1:36.21	2 W Coyle 65 JM 1:45.43	
3 G Cunningham 53 TAM 38.89	3 A Brainer 55 SPR 1:37.26	100 mtr breaststroke	3 C Wilson 63 WM 1:37.58	3 J Cooley 67 JM 1:50.29	
4 E Struckus 53 NE 41.30	4 E Reed 59 NE 1:52.71	200 mtr backstroke	4 F Havlicek 60 IM 1:39.42	4 O Wulff 66 NE 1:51.33	
5 D Sullivan 51 JM 49.03	5 R Wright 57 NE 1:57.31	100 mtr breaststroke	5 E Neilson 61 MAM 1:43.89	5 J Preuss 67 MNY 1:57.19	
100 mtr butterfly	6 G Wiley 57 DC 1:59.50	200 mtr backstroke	6 D Erion 64 NE 1:47.91	6 D McFee 69 DC 2:00.47	
1 W WILSON 51 NE 1:18.56		100 mtr breaststroke	7 A Newman 62 JK 1:48.98	7 J Lechner 69 NOR 2:43.35	
2 T Haartz 50 NE 1:20.25		200 mtr backstroke	8 S Pudell 62 CON 1:52.38		
3 G Cunningham 53 TAM 1:36.79		100 mtr breaststroke	9 B Slavin 60 CON 2:18.22		
4 J Forbes 52 MNY 1:43.02		200 mtr backstroke	10 E Kelly 64 NE 2:18.67		
200 mtr individual medley		100 mtr breaststroke			
1 T Haartz 50 NE 217.59	1 R HAKOMAKI 57 NSA 3:25.88	1 L HIGGINS 62 USN 3:27.69			
2 J Woods 54 AMM 3:02.01	2 T Cloyes 56 3:35.42	200 mtr backstroke	2 E Blackledge 62 RIN 3:33.49		
3 R Tannehill 50 NI 3:04.60	3 A Brainer 55 SPR 3:36.67	100 mtr breaststroke	3 C Wilson 63 WM 3:34.55		
4 N Schueckler 51 NI 3:18.80	4 L Antonelli 58 NE 4:09.70	200 mtr backstroke	4 B Neilson 61 MAM 3:43.04		
5 L Silverstein 52 AM 3:27.46	5 E Reed 59 NE 4:22.54	100 mtr breaststroke	5 A Newman 62 JK 3:55.77		
6 M Coughlin 50 DC 3:28.33	6 D Eakin 58 NE 4:29.76	200 mtr backstroke	6 S Pudell 62 CON 4:11.21		
7 H Lentz 50 JM 3:28.14		100 mtr breaststroke	7 D Erion 64 NE 4:14.57		
400 mtr individual medley		200 mtr backstroke	8 H Anderson 64 TG 4:34.01		
1 T Haartz 50 NE 6:31.91*	7 E Draves 59 DC 41.87	100 mtr breaststroke	9 B Slavin 60 CON 5:00.70		
2 R Tannehill 50 NI 6:47.39		50 mtr butterfly	1 F HAVLICEK 60 IM 37.13		
3 N Schueckler 51 NI 7:24.04		200 mtr breaststroke	2 E Jennings 63 SPR 38.03		
4 L Silverstein 52 AM 7:26.20		100 mtr breaststroke	3 J Welch 60 HU 38.21		
5 H Lentz 50 JM 7:44.04		200 mtr backstroke	4 R Knapp 62 CON 38.22		
6 D Sullivan 51 JM 8:07.86		100 mtr breaststroke	5 W Grant 64 SL 38.79		
Men 55-59		200 mtr backstroke	6 D Roman 64 MAM 38.89		
50 mtr freestyle		100 mtr breaststroke	7 C Croome 61 SDC 41.13		
1 R HAKOMAKI 57 NSA 29.37		200 mtr backstroke	8 S Pudell 62 CON 49.57		
2 J Florance 55 SOM 30.02		100 mtr breaststroke	9 H Steeven 62 NE 1:04.79		
3 J Schmidt 55 IM 30.28		50 mtr butterfly	1 F HAVLICEK 60 IM 37.13		
4 W Baugher 57 IM 30.55		200 mtr breaststroke	2 E Jennings 63 SPR 38.03		
5 G Wiley 57 DC 31.08		100 mtr breaststroke	3 J Welch 60 HU 38.21		
6 T Cloyes 56 31.10		200 mtr backstroke	4 R Knapp 62 CON 38.22		
7 W Pearson 57 IM 31.46		100 mtr breaststroke	5 W Grant 64 SL 38.79		
8 J Cousens 55 SMS 31.59		200 mtr backstroke	6 D Roman 64 MAM 38.89		
9 E Draves 59 DC 33.05		100 mtr breaststroke	7 C Croome 61 SDC 41.13		
10 R Sanborn 55 JM 33.74		200 mtr backstroke	8 S Pudell 62 CON 49.57		
11 E Reed 59 NE 33.96		100 mtr breaststroke	9 H Steeven 62 NE 1:04.79		
12 R Feldman 56 DC 34.05		50 mtr butterfly	1 F HAVLICEK 60 IM 37.13		
13 W Brannin 55 MNY 34.84		200 mtr breaststroke	2 E Jennings 63 SPR 38.03		
14 R Wright 57 NY 35.36		100 mtr breaststroke	3 J Welch 60 HU 38.21		
15 J Tyler 55 VSC 36.82		200 mtr backstroke	4 R Knapp 62 CON 38.22		
16 H Anderson 55 OH 44.27		100 mtr breaststroke	5 W Grant 64 SL 38.79		
17 L Valle 55 SS 44.68		200 mtr backstroke	6 D Roman 64 MAM 38.89		
Men 60-64		100 mtr breaststroke	7 C Croome 61 SDC 41.13		
50 mtr freestyle		200 mtr backstroke	8 S Pudell 62 CON 49.57		
1 J SCHMIDT 55 IM 1:07.35		100 mtr breaststroke	9 H Steeven 62 NE 1:04.79		
2 J Florence 55 SO 1:07.59		50 mtr butterfly	1 F HAVLICEK 60 IM 37.13		
3 R Hakomaki 57 NSA 1:08.80		200 mtr breaststroke	2 E Jennings 63 SPR 38.03		
4 W Baugher 55 IM 1:12.55		100 mtr breaststroke	3 J Welch 60 HU 38.21		
5 J Edwards 55 NS 1:13.88		200 mtr backstroke	4 R Knapp 62 CON 38.22		
6 J Cousens 55 SMS 1:14.07		100 mtr breaststroke	5 W Grant 64 SL 38.79		
7 B Eric 59 CON 1:15.28		200 mtr backstroke	6 D Roman 64 MAM 38.89		
8 G Wiley 57 DC 1:15.31		100 mtr breaststroke	7 C Croome 61 SDC 41.13		
9 R Sanborn 55 JM 1:15.71		200 mtr backstroke	8 S Pudell 62 CON 49.57		
10 E Draves 59 DC 1:16.67		100 mtr breaststroke	9 H Steeven 62 NE 1:04.79		
11 W Brennan 55 MNY 1:19.88		50 mtr butterfly	1 F HAVLICEK 60 IM 37.13		
12 E Reed 59 NE 1:22.02		200 mtr breaststroke	2 E Jennings 63 SPR 38.03		
13 E Schofield 55 CON 1:23.20		100 mtr breaststroke	3 J Welch 60 HU 38.21		
14 R Wright 57 JM 1:23.52		200 mtr backstroke	4 R Knapp 62 CON 38.22		
15 J Tyler 55 VSC 1:24.66		100 mtr breaststroke	5 W Grant 64 SL 38.79		
16 H Anderson 58 OH 1:26.68		200 mtr backstroke	6 D Roman 64 MAM 38.89		
17 L Valle 55 SS 2:03.17		100 mtr breaststroke	7 C Croome 61 SDC 41.13		
200 mtr freestyle		200 mtr backstroke	8 S Pudell 62 CON 49.57		
1 J CREWS 58 TM 2:33.73		100 mtr breaststroke	9 H Steeven 62 NE 1:04.79		
2 J Schmidt 55 IM 2:37.85		50 mtr butterfly	1 F HAVLICEK 60 IM 37.13		
3 B Erich 59 CON 2:46.75		200 mtr breaststroke	2 E Jennings 63 SPR 38.03		
4 J Edwards 55 NI 2:47.40		100 mtr breaststroke	3 J Welch 60 HU 38.21		
5 W Baugher 57 IM 2:52.66		200 mtr backstroke	4 R Knapp 62 CON 38.22		
6 J Cousens 55 SMS 2:57.06		100 mtr breaststroke	5 W Grant 64 SL 38.79		
7 R Sanborn 55 JM 2:57.81		200 mtr backstroke	6 D Roman 64 MAM 38.89		
8 G Wiley 57 DC 3:08.98		100 mtr breaststroke	7 C Croome 61 SDC 41.13		
9 L Antonelli 59 NE 3:12.71		200 mtr backstroke	8 S Pudell 62 CON 49.57		
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11 W Brennan 55 MNY 3:15.02		50 mtr butterfly	1 F HAVLICEK 60 IM 37.13		
12 J Tyler 55 VSC 3:24.06		200 mtr breaststroke	2 E Jennings 63 SPR 38.03		
13 L Katz 57 MNY 3:36.69		100 mtr breaststroke	3 J Welch 60 HU 38.21		
14 H Anderson 58 CH 3:42.31		200 mtr backstroke	4 R Knapp 62 CON 38.22		
400 mtr freestyle		100 mtr breaststroke	5 W Grant 64 SL 38.79		
1 J CREWS 58 TM 5:24.99		200 mtr backstroke	6 D Roman 64 MAM 38.89		
2 J Schmidt 55 5:46.08		100 mtr breaststroke	7 C Croome 61 SDC 41.13		
3 J Edwards 55 NE 5:53.40		200 mtr backstroke	8 S Pudell 62 CON 49.57		
4 B Erich 59 CON 5:59.65		100 mtr breaststroke	9 H Steeven 62 NE 1:04.79		
5 W Baugher 57 IM 6:22.99		50 mtr butterfly	1 F HAVLICEK 60 IM 37.13		
6 J Cousens 55 SMS 6:36.45		200 mtr breaststroke	2 E Jennings 63 SPR 38.03		
7 E Draves 59 DC 6:41.02		100 mtr breaststroke	3 J Welch 60 HU 38.21		
8 J Florence 55 SOM 6:51.68		200 mtr backstroke	4 R Knapp 62 CON 38.22		
9 R Sanborn 55 JM 6:53.50		100 mtr breaststroke	5 W Grant 64 SL 38.79		
10 W Brennan 55 MNY 6:54.43		200 mtr backstroke	6 D Roman 64 MAM 38.89		
11 L Antonelli 59 NE 6:57.03		100 mtr breaststroke	7 C Croome 61 SDC 41.13		
12 E Schofield 55 CON 7:05.32		200 mtr backstroke	8 S Pudell 62 CON 49.57		
13 L Katz 57 MNY 7:27.23		100 mtr breaststroke	9 H Steeven 62 NE 1:04.79		
14 D Eakin 58 NE 7:55.97		50 mtr butterfly	1 F HAVLICEK 60 IM 37.13		
15 H Anderson 58 OH 8:15.03		200 mtr breaststroke	2 E Jennings 63 SPR 38.03		
16 L Valle 55 SS 9:28.76		100 mtr breaststroke	3 J Welch 60 HU 38.21		
500 mtr freestyle		200 mtr backstroke	4 R Knapp 62 CON 38.22		
1 J CREWS 58 TM 21:30.12*		100 mtr breaststroke	5 W Grant 64 SL 38.79		
2 J Edwards 55 NE 23:53.00		200 mtr backstroke	6 D Roman 64 MAM 38.89		
3 J Schmidt 55 IM 23:49.14		100 mtr breaststroke	7 C Croome 61 SDC 41.13		
4 B Erich 59 CON 24:08.59		200 mtr backstroke	8 S Pudell 62 CON 49.57		
5 W Baugher 57 IM 27:30.96		100 mtr breaststroke	9 H Steeven 62 NE 1:04.79		
6 E Schofield 55 CON 27:31.45		50 mtr butterfly	1 F HAVLICEK 60 IM 37.13		
7 L Katz 57 MNY 31:15.94		200 mtr breaststroke	2 E Jennings 63 SPR 38.03		
8 H Anderson 58 CH 34:37.63		100 mtr breaststroke	3 J Welch 60 HU 38.21		
9 J Handz 58 NE 40:14.53		200 mtr backstroke	4 R Knapp 62 CON 38.22		
100 mtr backstroke		100 mtr breaststroke	5 W Grant 64 SL 38.79		
1 J EDWARDS 55 NE 1:26.18		200 mtr backstroke	6 D Roman 64 MAM 38.89		
2 R Sanborn 55 JM 1:27.80		100 mtr breaststroke	7 C Croome 61 SDC 41.13		
3 W Pearson 57 IM 1:32.00		200 mtr backstroke	8 S Pudell 62 CON 49.57		
4 G Wiley 57 DC 1:35.54		100 mtr breaststroke	9 H Steeven 62 NE 1:04.79		
5 W Uhrich 58 NE 1:38.03		50 mtr butterfly	1 F HAVLICEK 60 IM 37.13		
6 E Schofield 55 CON 1:45.83		200 mtr breaststroke	2 E Jennings 63 SPR 38.03		
7 R Wright 57 NE 1:53.79		100 mtr breaststroke	3 J Welch 60 HU 38.21		



# MASTERS SWIMMING NOTES

MEET RESULTS - We will be starting a new Short Course season now that the Long Course Nationals are over! My thanks for all those meet results and please keep them coming! However, please see that ONLY originals are sent for reproducing in Swim-Master. Please note the results of the Masters Aquatic Championships that are located on pages 3, 4 and 5. I used 32 spaces with elite type and skipped no spaces. Use this as a guide for typing your meet results.....

1979 NATIONAL CHAMPIONSHIPS - To date a Short Course bid has been received from Hawaii located in Zone I and a Long Course bid has been received from St. Louis. Canton, Ohio also bid for the Long Course Championships but they are located in Zone III. Anyone else interested in bidding for these two Championship meets please contact Ted Haartz, 155 Pantry Rd., Sudbury, MA 01776.....

1978 NATIONAL AAU CONVENTION - The Convention will be headquartered at the San Antonio Convention Center, South Alamo and Market Streets, from November 26 through December 2. The three Convention Hotels, The Menger, La Mansion, and Hilton Palacio del Rio, are all within easy walking distance of the Convention Center. The meeting schedule is not yet available but hopefully the Masters Swimming Committee meeting will be held on Monday or Tuesday. The 1979 National Championship meet sites will be decided at this meeting. Anyone wishing to attend this meeting will have to be a Registered Delegate, Alternate, Committee Member or Guest.....

SENIOR AQUATIC INVITATIONAL - CANADA 1978 QUESTIONNAIRE - An interesting Questionnaire was conducted at the Masters Aquatic Championships and the following results were obtained from 80 turned back. 1. How did you learn about this meet? Swim-Master - 25%; word of mouth - 55%; mailings - 12%; and advertising - 7%. 2. With the exception of Canada - US no one had taken part in a Masters meet outside of their own country. 3. Reasons why you take part in a Masters Program: 1) personal fitness; 2) to improve times & techniques; 3) enjoy meets; 4) sense of achievement; 5) social; 6) travel; and last 7) winning awards. 4. 50% were aware that F.I.N.A. does not allow international competition for Masters. 5. 90% do not agree with F.I.N.A. 6. The word 'Masters' does not translate but 79% thought we should use it and not try and translate the word. 7. Should the Masters Program be restricted to amateurs? 20% yes and 74% no. 8. Most felt that anyone should be allowed to participate in Masters with 59% being ex-competitors; 14% ex-swim coaches; 6% swim coaches; 11% were instructors of other aquatic programs; and 19% were life guards. 9. 92% thought an international body should be formed to co-ordinate the various national Masters Programs made up of the various National Chairmen. 10. This body should try and reach an agreement with F.I.N.A. so that Masters can have International Competition. 100% wished to have future International meets. 11. The philosophy of the Masters Program should be: 1) 47% - a universal keep fit program; 2) 21% - aquatics for fun and making friends; 3) 16% - encourage the competitive spirit in adults; 4) 14% - get better as you get older; and 5) 2% - aquatics for weight reduction.....

THOUGHTS ON A MASTERS SWIM CLINIC - by Vel Perry, Phillips 66 Master Swimmer. "I first heard about Masters Swimming during the cold months of 1976, when I decided to get in the water and rid myself of fat knees and too-rounded contours. Also, there were the ever-present frustrations of being a mother, wife, cook, chauffeur, etc. that needed an outlet. Little did I know that two years (and not all that much swimming) later I would be a participant in the first week long Masters Clinic to be held within a not-so-easy driving distance from Bartlesville, OK, at Western Illinois University. My meet times (all five meets) hadn't been bad but I had no idea what I was doing in the brief time span between the sound of the gun and the finish. Let me tell you, I've had an eye opening, mind boggling experience. I've learned that physiologically I'm capable. Average strength and good lungs. I've been shown and told the proper stroke mechanics, and given

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ways to train in and out of the water. I've had my swimming strokes videoed and criticized (constructively), my blood pressure taken, my body fat analysed, my reaction time clocked and my desireable weight computed. I've had my lung volume predicted, my speed potential measured and my flexibility extended. I came home with a head full of facts, a body filled with extreme muscle fatigue and an allover oxygen depletion. This punishment did not guarantee me that I will be forever healthy, swim faster or live longer but ask me 'Would I go Again?' 'You bet your kickboard, I would!' ".....

THE FAMILY DOCTOR - G. Timothy Johnson, M.D. - Dear Reader: Now that jogging and marathon running are so popular, I'm receiving more questions about running and how it may relate to arthritis in stressed leg and hip joints. Recently, in an issue of The Physician and Sports Medicine, that same question was asked of the magazine's staff by a doctor in Florida. The answer, by Dr. Thomas B. Quigley of the Harvard Medical School was short and sweet: "Acceleration of wear and tear on weight-bearing joints is almost invariably accompanied by pain and effusion. Therefore, it seems reasonable to advise those over age 60 whose hips, knees or ankles become painful or swollen after running to seek other equally beneficial activities, such as swimming, which does not involve pedative weight loading." Basically, it's just a matter of common sense. If your joints bother you from running, do something else, some other form of exercise that will keep your cardiovascular system fit. There are, of course, some dedicated running enthusiasts who will disagree, but this advice seems sensible to me.....

I MADE IT IN SWIM-MASTER - Now you can wear it on your chest! T-Shirts are now available for \$5.00 in different colors and styles. For information and order blanks write to:

Sacramento Association of Masters  
400 W. Silver Eagle Rd.  
Sacramento, CA 95834

TOP FIVE PINS - If your name is among those listed in either the Short Course or Long Course Top Five List you are eligible for a "Top Five" pin. The Jersey Masters Swim Club has the pins for sale at \$3.00. Please write to Bob Coyle, President Jersey Masters, 96 Parkview Drive, Bloomfield, NJ 07003. You are eligible if you were in the Top Five within the last five years.....

CONGRATULATIONS - Two San Mateo Marlins were married in May. Frank Pisciotta and Ann Stanfel. Look out for that new name in the Top Ten Times!.....

FROM THE NAUTILUS AQUATIC CLUB NEWSLETTER - Thought while driving to a Masters swim meet on a Sunday morning at 5:30 am. That slogan engraved on the Post Office Building applies just as pertinently to us.. "Neither rain nor snow nor gloom of night shall stay these Master Swimmers from their appointed meets."

# SWIM-MASTER

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VOL II - No 7

## SWIM CALENDAR

SEP	23	Swim-Run-Swim, Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045
	23-24	M.U.T.S. SC - Lou Mantrom, 9345 Heatherdale Dr., Dallas, TX 75231
	24	YMCA - Virginia Hildebrant, 5167 Robinhood Dr., Willoughby, OH 44094
	30-1	North Florida
OCT	1	Catalina Island 3 mi - Betty Talbot, above
	1	Leatherstocking Open - Jane Johnsgren, c/o ACC Gym, Cooperstown, NY 13326
	7-8	Southern States Swim Clinic - Dr. Jim Dennis, Ath. Dept., Heritage Hall, USC, Los Angeles, CA 90007
	14-15	Houston - Ham & Mildred Anderson, 506 Bolivar, Bellaire, TX 77401
	21	1978 Otter Masters - R.J. Williamson, Torre House, Rag Hill, Aldermaston, Reading, England RG7 4NX
	22	Cal Tech - Curt Mosso, 5597 Camino Dr., Santa Barbara, CA 93105
	27-28	SC - Bob Gerstung, P.O. Box 261, Glastonbury, CT 06033
	28-29	York "Dutch" Meet - Cal Schaeffer, 47 E. Philadelphia St., York, PA
	28-29	SOUTHEASTERN - Ellen Schappel, 932 W. Outer Dr., Oak Ridge, TN 37830
NOV	4-5	DC - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	18-19	Gold Coast - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
	19	Lawrenceville Biathlon - Dan Sullivan, 495 Watchung Av, Bloomfield, NJ 07003
DEC	3	Pentathlon - Harry Rawstrom, Swim Coach, Carpenter Sports Bldg., U. of Del., Newark, DE 19711
JAN	26-28	U. of MD - Tom Levickas, 9 Mallow Hill Rd., Baltimore, MD 21229
MAR	17	6th International Senior Swim Competition - Pool Hurth near Colone Gert Fuchs, BenfleetstraBe 11, 5023 Weiden, Germany
APR	7-8	Australian National Championships - Gary Stutsel, 299 Bexley Rd., Bexley North, N.S.W., Australia 2207
JAPAN - MASTERS SWIMMING FESTIVAL - Katsou Uzawa, SWIMMING LIFE, Tobiuo Service Co., Ltd., Sanrin-Shibuya Bldg., 3-26-20, Shibuya, Shibuya-Ku, Tokyo Japan - OCT		
DIVING - Bill McAlister, 14407 Road 23-1/2, Madera, CA 93637 OCT 14, NOV 4		
PACIFIC ASSOCIATION - Leroy Craig, P.O. Box 649, Ross, CA 94957		
SEP 23-24, OCT 7-8, OCT 28-29, NOV 5		

Many thanks to Enid Uhrich, Ed Reed and Ted Haartz who rushed me the results of the 1978 Long Course National Championships so that we could have them for this issue along with the results of the Masters Aquatic Championships held in Canada. And thanks to Debbie Roach who let me have a copy of the Canadian results so that I could type them up for this issue.