



# SWIM-MASTER

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## FOOD FOR THOUGHT: THE VEGETARIAN SIDE

By Professor Joyce Bloom



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Photography by Gerard Mandarino

Masters swimmers, as a group, are generally thought of as energetic aware of their bodies, and enthusiastic about health and fitness. They train in the pool and perhaps include jogging in their regimen. They compare times for the different strokes and distances, and plan impressive schedules of meet competitions. They exercise their muscles to build strength and to increase flexibility. Another concern with respect to improving the level of personal fitness is nutrition. One school of thought is food for thought: the vegetarian side. The vegetarian choice is becoming increasingly popular among athletes (and non-athletes) for ecological, philosophical, humanitarian and health reasons.

Ecologically, it is cheaper and more efficient to feed the world with plant food than to feed the world with flesh food, or animals raised on plant food. Animal protein is therefore known as second-hand protein in the food chain.

Philosophically, vegetarianism is consistent with ahimsa, non-violence or the respect for living creatures as taught by Ghandi and Schweitzer. Ahimsa is a practical application of the philosophy of non-killing.

From the humanitarian point of view, vegetarianism extends ahimsa to species other than homo sapiens. The modern word, specism, is defined as the use of one species by another for purposes which are hurtful. The life which these animals are born to are generally not free-roaming. They spend their entire lives in small pens, for no end other than to reach physical maturity as quickly as possible, aided by artificial techniques. For man to eat animals is a practical example of specism.



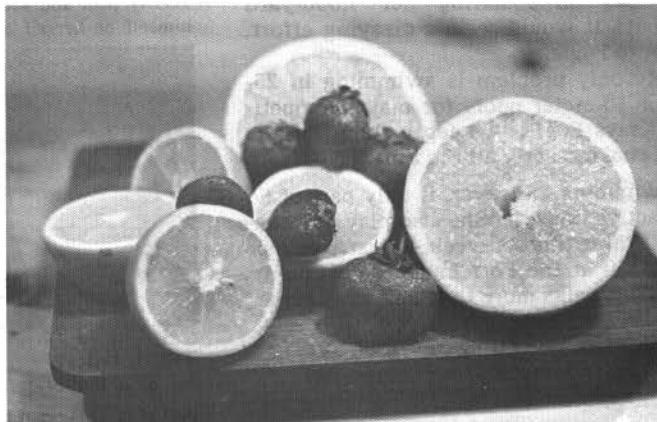
A myriad of health reasons abounds in favor of consideration of vegetarianism. Knowledge about maximizing net problem utilization by combining foods, or following the principles of chemistry to obtain complete amino acids is necessary before an attempt is made to transform one's diet. In Diet for a Small Planet, Lappe suggests menus which add whole grains; or legumes to nuts and seeds to provide complete proteins. Particular consideration should be given to vitamin B-12. A lacto-ovovegetarian diet includes milk products and eggs and does supply this vitamin. Meatless diets (meat refers to red meat, poultry, fish and mollusks) have been shown to be lower in cholesterol. When intelligently planned, a balanced vegetarian diet can also result in lower levels of body fat, a point which is of considerable interest to masters athletes. Additionally, the vegetarian diet is, by definition, high in fiber content. Fiber is recognized as a necessary dietary item. Vegetarian diets consistently avoid the hormones and other chemicals which the animal products of the agribusiness complex are injected and fed in order to stimulate rapid weight gain. Studies have shown that these chemicals are related to cancer in humans. Problems in meat inspection make some meat products suspect. Preservatives, additives, and coloring added to processed meat further reduces its purity.

Masters swimmers are keenly aware of their skeletal muscles - the outside of their bodies. Wise athletes are concerned about their chemical processes - the inside of their bodies as well. To a great extent, the food choices an individual makes determine his level of personal health.

Most importantly, an athlete is a human being. Two basic elements are implied therein. First, a human being can always learn more about self-improvement. Second, a human being is free to choose from options based on new knowledge. For ecological, philosophical, humanitarian and health reasons, consider one of your choices: The vegetarian side.



Photography by Peter Smallman



# 5 World Records No Sweat for Fogle

By PETER F. JEFF  
Herald Sports Writer

Florence (Sis) Fogle doesn't understand all the fuss folks make over her.

"I'm just an old lady," she said.

The 75-year-old Fort Lauderdale woman isn't too impressed with the five world swimming records she set recently for her 75-79-year-old age group in a meet in St. Petersburg.

She didn't even realize she had broken the women's 50-meter butterfly by three minutes and 31 seconds. The previous record was 4:57.06.

"That can't be right. Your figures are way off," she chided a reporter who informed her of her record-shattering performance. "You don't know much about swimming, do you?"

A QUICK CHECK of the record books verified that her 1:26.18 effort did indeed break the record by that 3½-minute margin.

"I don't pay attention to records. I just enjoy the water," said Fogle, now ranked the best among an estimated 20 swimmers around the world still competing in her age division.

Swimming 1,000 yards a day, nine to 10 months a year since moving to South Florida 27 years ago, Fogle has set more than a dozen national age-group records. Her most recent national records were also world marks since she swam in events measured in meters for the first time. Meters are the only recognized measure for world records.

Fogle broke the 50-meter freestyle record by three seconds in clocking a 1:07.8. She trimmed four seconds off the 100-meter freestyle mark by swimming it in 2:31.11; 14 seconds off the 200-freestyle; and 92 seconds off the 400-freestyle.

"I STARTED swimming as a seven-year-old in Lake Michigan and I've been swimming ever since," said Fogle, still dripping wet from her morning swim in her 10-yard pool at her home along Middle River.

In her practices at home, Fogle has to make 100 turns during her 1,000-yard workouts. It would seem a dizzying effort, but not to Fogle.

"My only problem is swimming in 25-yard or 50-meter pools for major competitions," says Fogle. "I keep looking for the end of pool too early all the time."

Swimming, however, is only part of Fogle's active lifestyle. She also plays 18 holes of golf three times a week — last week she broke 100 at the Fort Lauderdale Country Club. She walks more than half the course.

ON GOLF DAYS, she only swims 600 yards in the morning. But she still takes her daily late afternoon two-mile walk. And she still has the time and the energy to clean her spacious home.

"I just finished scrubbing the kitchen floor on my hands and knees," Fogle said Wednesday before her swim. "Housework isn't all that hard. I had a maid up until January, but I found that I could do more work at home myself."

Fogle also enjoys caring for her rose bushes almost daily. When she finds the time, she likes to keep her hands busy crocheting, knitting and tatting.

"I have to stay active," says Fogle. "I've always been that way."

## A swimmer who's older — and faster

By Art Ballou  
Special to The Globe

As far as the masters swimming program is concerned, Ted Haartz is chairman of the board — both in the water and out of it.

The Sudbury resident is national AAU masters chairman. He also is owner of five national championships and two national records. Clearly, Ted Haartz is a "can do" executive.

The most remarkable facet of Haartz's achievements is that at 50 years of age he is turning in times for his events better than his times 30 years ago when he swam on the Tufts varsity team.

Championships are nice, records are nice, but to people in the masters program steady improvement is even more important, according to Haartz.

There will be upwards of 200 competitors in the New England masters championship meet at the Harvard University pool and each entry will be competing against himself or herself as much as against the opposition, Haartz claims.

"People can finish seventh, eighth or ninth in a race and yet be satisfied because their time was better than they were able to do a year ago," Haartz explained. "Don't misunderstand me. There is plenty of competitive urge and desire to win, and I was as happy as a kid with my firsts in the nationals at Providence and with New England taking the team championship."

TED HAARTZ  
... older and better

"But, the competition is only part of it. This program is helping people to feel better, to look better and to live longer. That's what the masters program is all about and it's a lot more important than firsts or records," he said.

What enables a swimmer to be faster at 50 than he was at 20? Some kind of physical phenomenon, this man Haartz?

"Far from it," he responds, with a chuckle. "I'm no freak. I'd say it is due to consistent training, getting into shape and staying in shape. Swimming is something to which I have become intensely dedicated. I've been at it on a regular basis now for almost 20 years. When you do something as often as I do — just about every day — and over such a long period of time, you are almost sure to improve."

Haartz was away from competitive swimming for quite a while at that. He would go for a swim now and then like anyone else, but it was a noontime businessmen's swim session initiated at the Waltham Boys Club in 1960 that got him keyed up again.

"First thing I knew I was spending a full hour in the pool and liking it. Then, along came the masters program and I was hooked. Now, Haartz, a breast stroke specialist,

swims at least a mile a day, practically every day of the year, usually at the Wayland Town House pool, a site that is also utilized by many other masters program participants.

One of these is Tom Lyndon of Waltham, president of the New England Masters Swimming Club.

Lyndon, a varsity swimmer at Bowdoin 25 years ago, won three national championships in the 100, 200 and 1500-meter freestyle events last August at the Brown University pool. He didn't better his college times, as Haartz did, but he was within fractions of a second in the shorter distances and only seconds off in the 1500.

"The master program has done things like that for a lot of us," Lyndon said.

The masters program was founded in 1952 by Navy Capt. Random Arthur, MD, who is now a professor at UCLA. At Providence, founder Arthur was swimming in his 16th national masters championships, finishing fifth in the 200-meter breaststroke, which Haartz won.

The masters program is geared for persons 25 years of age and up. And up frequently goes high into the 70s. Doris Hogan, 77, for example, figures to add more titles to her collection in the New Englands.

There never has been a recession in the history of the masters program. Instead, national chairman Haartz is able to report steady growth all over the country.

"This is strikingly true here in New England," he said. "Meets which were drawing 30 or 35 entries a couple of years ago, now attract 85 or 90. And, I am constantly receiving letters from people who are delighted to learn of this opportunity to compete again." (The masters program accepts persons 20-25 in the program, but they are not officially able to compete until they reach 25.)

"My mail gets pretty heavy," Haartz admitted. "If it weren't for the help my wife, Lee, gives me in handling correspondence, there's no way I could swing this national chairmanship job."

Lee was on the swimming team during her college years at Jackson, but swims just for fun now. The Haartzes' two sons, Douglas, 20, and Andy, 18, are both into the sport. Ted swims and plays water polo at North Adams State, and Andy swims for Keene (N.H.) State.

Haartz points out that one does not have to swim a mile a day or win titles as he does to enjoy the masters program or the sport of swimming.

"I consider swimming the best conditioner for people of all ages. Superb exercise, yet easy on the joints. No impact, no pounding."

And, Doris Hogan had a pertinent observation. "When I come to Harvard for the New Englands, I won't be treated as an old lady. I'll be just one more competing swimmer."

## YOUR BREASTS by abby avin belson

THE PERFECT BREAST SPORT - SWIMMING FIRMS THE MUSCLES THAT SUPPORT YOUR BREASTS, WHILE THE WATER FREES THEM FROM THE PULL OF GRAVITY.

The ideal images of breasts that women and men have favored - from the lush, golden orbs of Titan's earthy goddesses to the tiny rises of the Sixties', model Twiggy - are just starting to give way to the realities of anatomy, self-awareness and health. "Now there is a diminishing concern with outside concepts of perfection, and women are more able to take pleasure in bodies that meet their own standards," says Dr. Shirley Zussman, the psychotherapist and sex therapist who wrote Getting Together (William Morrow). To reinforce that pleasure, here is a new perspective on breast care and health:

**BEAUTY AND THE BREAST** - "The shape of breasts that women usually long for is an idealized, transient phenomenon of the mid-teens," says breast surgeon Dr. Peter Pressman, a consultant at the Guttman Diagnostic Breast Institute in New York. Firm, high, proud symbols of youth and sexuality, breasts tend to lower after the teens due to the downward pull of gravity that stretches skin elastin. "The number one solution," says Dr. Pressman, "is to stop worrying. The lowering of breasts is part of the normal maturing process." You can minimize it, he suggests, by wearing a bra, which helps counteract gravity's tug. The right bra offers a second, more supportive skin.

**SPORTS - NATURAL BEAUTY SHAPERS** - "Most sports-women have firm breasts," notes Dr. Willibald Nagler, who heads the department of rehabilitation medicine at the New York Hospital - Cornell University Medical Center. That is because exercise burns the surplus fat which helps tug breasts downward. Some sports - cross country skiing, swimming - also demand rhythmic arm movements which tighten the chest muscles that support the breasts. Swimming offers further sag prevention because, while water cradles the breasts, they are free from gravity's pull. Female athletes do need one basic piece of gear to get the full benefits for breasts and avoid harming them - a good bra. Without its holding power, activities such as tennis and running can actually encourage sagging by tearing the tissues that hold breasts together. A well-fitting bra that moves with the body is a must to prevent "jogger's nipples," the soreness that occurs from nipple friction against clothes. This irritation can be prevented by a cotton-lined bra. (SELF Magazine, March 1979)

## OLD STERNWHEELER'S

# Masters Monthly

Reprinted from May issue.

If circumstances are such that you must workout alone, here are some hints that might help:

1. Write the workout in advance on a little slip of paper, then bring it into the pool with you and do exactly what you've written down. It's too easy to change your mind when your arms get heavy. Writing it all down sort of commits you to it, and lightens the load carried by your self-discipline.
2. When you write your workouts, set a minimum yardage and then construct a practice which will give you that yardage in a way that's easy on the brain, yet taxing to the body.
3. Short rest intervals are a good way to put in the yards. For example: 10 x 100, resting 15 sec inbetween. Or 6 x 200 (rest 30 sec) or 20 x 25 (rest 10 sec).
4. Each workout should include some speed work: all out 50's or 25's, done with enough rest so you can hold your stroke and go at about race speed.
5. Warm-up is very important. Each practice should have a long easy swim at the beginning; with some kicking thrown in if practical, to get the old bod cranked up again.

Here's a handy formula to help you set up your workouts:

Warm-up	400-800 yds	800 EZ
Bread & Butter Set	300-600 yds	6x100 15s
Distance Filler	200-400	400 IM
Sprints	100-200	2x50, 4x25
Cool Down	200-400	400 EZ, EZ
Total Yards	1200-2400	2400

6. Find out how far you can go in your practice time, then write workouts to fill your time: 2500 yards is better than 1650.

### SAMPLE WORKOUTS

300 Swim	400 Warm-up	1000 Swim non-
200 IM Kick	3 Sets:	stop
100 P, Restricted breathing	75 Kick	6 x 25 K Fast
7 x 100 on 3:00 descend last 4	100 Swim EZ	4 x 25, no breath
	50 Kick	
200 IM, 1 arm	100 Swim Mod.	150 EZ Choice
100 EZ	25 Kick	10 x 50 on 1:00
8 x 25 IM order	100 Swim 80%	100 EZ
100 EZ	350 EZ Pull	

# NATIONAL AAU MASTERS SHORT COURSE CHAMPIONSHIPS MISSION VIEJO, CALIFORNIA



Four weeks ago we had a record 1020 people entered in our 1979 National AAU Short Course Masters Swimming Championships held at Mission Viejo, CA. 954 people came (some entered and did not show up) and made 5000 splashes. Thirteen foreign teams were entered with the farthest away being from Perth, Australia. I am sure that most enjoyed the meet and the hospitality of Mission Viejo. The main complaint was the lack of a preprinted, pre-seeded heat sheet. Our Masters Swimming Rules (page 79) states, "(f) All events 200 yards/meters or less shall be preseeded with the fastest heats swum first within each age group..." The definition of Pre-Seeded Heats (page 10) states, "swimmers are arranged in heats in events according to submitted times and heat sheets are prepared prior to the day of competition..." The majority of the Masters Swimming Committee voted that this is what they want at their National Championships and I do not think it is asking too much to give the people that spend so much money and travel so far a Heat Sheet! Next complaint was the lack of timers. This is just poor organization. It takes a lot of effort to line up timers ahead of time for a large meet. Swimmers that wish to volunteer to time while at the meet are always welcome. (Any wishing to volunteer for the meet in Ft. Lauderdale next year, please write.) Third complaint was the abundance of empty lanes. This can be eliminated to a great degree by pre-

seeding the meet. If there are 3 extra swimmers in one age group and four in the next age group they can be combined to save time. This input should be considered for running a better meet. The results have been completed but they were given to a California magazine before they were sent to the members of the Masters Executive Committee and the representatives of participating teams. Hopefully, the team scoring has also been done as stated in our rules.



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**PICTURES 1 - CAPTAIN RANSOM J. ARTHUR, M.D. AWARD** - The purpose of this award is to honor Ransom J. Arthur, M.D., who, by his sacrifice, perseverance and dedication to improving the health of the adults of this nation through swimming, established the Masters Swimming Program. The award is presented to the person who, in the last year, has done the most to further the objective of Masters Swimming; that is, to encourage physical fitness through competitive swimming of adults. This award was first presented six years ago in Santa Monica, CA, to our founder, Captain Ransom J. Arthur, M.D. Five years ago, our recipient was our editor of the Swim-Master, June Krauser. In 1975, the award was presented to the late Hal Onusseit. Ted Haartz, our Masters Chairman, was the recipient in 1976. 1977's recipient was Dr. Paul Hutinger, and last year Ham and Mildred Anderson received the award. This year's recipient has been involved in water sports for a great part of her life as a coach, water safety instructor and an inspirational figure. She has been an active participant in the Masters Swimming Program, holding national and Pacific Association records and placing in the Top 10. By her participation, she has generated a great deal of publicity through newspapers and magazines for the Masters Program. By her perseverance and dedication, she has molded the San Mateo Master Marlins into one of the top Masters Swim Teams in the nation. She has held and is presently holding a number of committee posts with the Pacific Association Swim Committee. Anyone who knows her will testify that through her enthusiasm, hard work and ability, she has promoted Masters Swimming to its fullest and that she typifies the type of person the Ransom J. Arthur Award seeks to honor. This year's recipient is ZADA TAFT. Here we have Zada Taft accepting the Ransom J. Arthur Award from Ted Haartz. There is a large trophy on display at the Swimming Hall of Fame and Zada's name will be added to the list of recipients.

2 - Marynell, John and Tom Hetzel (photography by Mildred Anderson). Tom Hetzel has swum the English Channel many times and writes, "Bit of interesting news. I'll not be swimming it this year but going over as Doc Counsilman's trainer. Should be an interesting summer."

3 - Marianne Brems has written a book titled SWIM FOR FITNESS. She says, "Swimming is the almost perfect exercise - the ultimate aerobic. It's the exercise that people choose after trying others. Swimming exercises all parts of your body - including the heart and lungs - and can be as gentle or as strenuous an exercise as you wish. You can swim no matter what your age or what kind of shape you're in and you won't pull a ligament or become overheated. The water is even good for your complexion." Marianne shows us how to begin with those first strokes and build a fitness program that will last a lifetime.

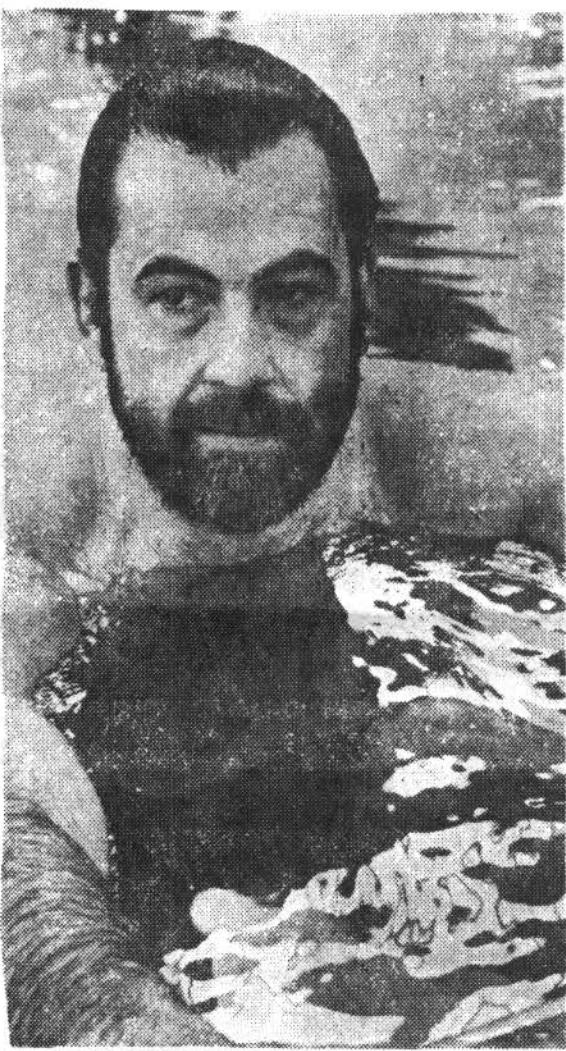
## PICTURES ON OPPOSITE PAGE

- 4 - The Bosses - Don Rankin (V-C) and Ted Haartz (Chairman)
- 5 - A Counter - Tom Boak from Texas
- 6 - Meet Go-For - Pat Schlup from Irvine, CA
- 7 - Trojan Coach - Peter Daland and June Krauser
- 8 - A Counter - Lloyd Osborne from Hawaii
- 9 - Swimmer - Manuel Sanquini, MD from Tarrytown, NY
- 10 - Coaching Duet - Carol Macpherson and Cindy Baxter of Rinconada Masters

- 11 - A Timer - James Welch of Hawaii
- 12 - Puzzel Player - Harry Rawstrom of the U of Delaware
- 13 - Sister & Brother - Jane and Paul Katz
- 14 - The Family - Chuck and Jaonne Menard with daughter Caroline and friend Bill Nolan - all from Arizona
- 15 - A Swimmer - Jane McCollister of San Rafeal, CA
- 16 - "Father" - Ransom J. Arthur, MD - moving to Oregon
- 17 - Breaststrokers - Anne McGuire of Delray, FL and Sylvia Eisele of Canada
- 18 - The Travelers - Barbara Wilson of Australia and friend
- 19 - The Cold Ones - Cynthia Bruce and Fred Schlicher



# Nationals



— Post photos by Jim McNay

## Water exercises

Hydrocalisthenics is a complicated term for performing calisthenics in water. Exercise in the pool "develops long, tight muscles," says Frank Elm, who has coached top AAU and Olympic swimmers.

"Water denies gravity, its buoyancy removes the stress and strain associated with land exercise," adds George Haines, former Olympic swim coach and consultant to Phillips Petroleum, sponsor of AAU senior swimming.

"The body's joints and nerves aren't forced together. Instead, movement through the water acts like a massage, relaxing the pressures," Haines says.

# Richard Lawler: At 43 he keeps diving, aiming for title at 65

By ELIZABETH BENNETT  
Post Reporter

Houston insuranceman Richard Lawler is 43 years old, an age when most athletes have long ago given up any dreams of making the Olympics or playing center court at Wimbledon. But Lawler is, in his own words, "just scratching the surface" of what he plans to do between now and the year 2000, when his goal is to win, at age 65, the world masters diving competition.

"And I'm not thinking of tottering to the diving board," says Lawler, dead seriously. "I'm thinking about diving at least as well as I'm doing now."

Because the fact is that he's getting better all the time, says Lawler, and he's got the records to prove it. In July 1977, he won the AAU's overall grand masters diving championship, beating out some 25-year-olds and former Olympians in the process. After that smashing victory, he told Fortune magazine, "I felt like I could leap buildings in a single bound."

IN BOTH 1976 AND 1978 he placed second in the same competition, again beating out much younger men for the award. (In AAU diving competition, the masters category begins at age 21.) And he's "definitely better" than he was at the University of Texas, where he made all-American as a diver more than two decades ago.

How is that possible?

The coaching is better ("I hate for my old coach to hear that"), and the (diving) boards are better, says Lawler, a soft-spoken, modest man. And today he's "doing harder dives and continuing to learn." And he works at least as hard today at his sport as he did as a college student and is also more aware of such things as diet.

"Instead of chicken-fried steak and gravy I order a chef's salad," he explains. At 5'10 and 160 pounds, Lawler mainly eats salads, "and I try to stay away from sugars and fats."

HE'S NEVER SMOKED AND only has "an occasional drink." And about four times a week he works out for an hour and a half each time at the Dad's Club YMCA with three diving buddies. "We practice for six local meets a year and two national meets," says Lawler. "And we rest every other day. It's a bit strenuous."

He jogged "for years," adds Lawler, but gave it up eventually because it caused him back problems. Now he swims for fitness and to warm up — about 10 minutes "hard" — before each workout.

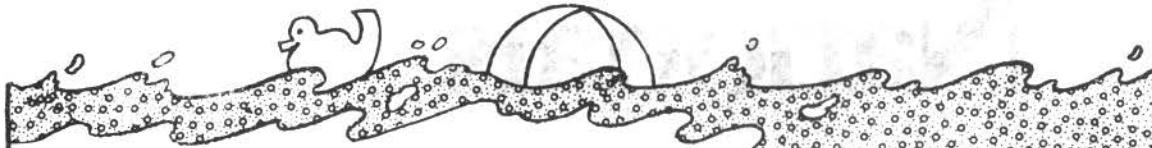
Father of two daughters — one graduating from UT in May and the other 11 years old — Lawler has always been fascinated with diving. The coach at Hamilton Jr. High in Houston invited him, at age 13, to join the diving team, and at 15 he won the state championship. Except for "about a five-year layoff" during his early married years, he's been diving regularly ever since and struggling to be No. 1. Why, at this age, does he continue to work at it so hard? And why is it so important to him?

"A LOT OF THESE questions would take Dr. Freud to answer," he says with a grin. "But I get to feeling pretty miserable when I'm away from it too long. I feel like I'm deteriorating."

To a degree, Lawler admits, what he's doing "is sensation-seeking, with a risk aspect, although I'm NOT interested in getting hurt." (He does "tip my toes and brush my hair regularly" on the board, he says.) "But there is a level that that anyone can dive successfully."

His real fascination in diving today is finding out how good he can really get, says Lawler. What he's doing now and what he hopes to eventually do is "the difference between somebody in a local dancing school and" — he gropes for words — "a prima ballerina, I guess. AAU has age groups up into the 70s" — and the competition is tough.

And Lawler plans to still be around then and competing with the best of them. Diving, for him, is "definitely a lifetime pursuit. That's my current plan."



## For the Record



9TH ANNUAL SOUTHERN REGIONAL SHORT COURSE MEET RESULTS	
ST. PETERSBURG, FLORIDA	
APRIL 6, 7, & 8, 1979	
WOMEN 25-29	
50 YD FREESTYLE	
JOANNE WEBER 25	SPR 27.99
ANN RICHARDSON 28	NFM 28.06
CAREN POTTER 25	GM 28.27
DIANNE ENWALL 29	NFM 30.62
PAMELA CRAY 25	SPR 32.26
LISA WATSON 25	GM 32.34
MIMIE JENNINGS 27	SPR 33.18
KANDY DONNELLY 28	SMS 35.48
AMY CHAPPEL 27	NFM 36.21
RITA SICKENDIECK 27	SGO 36.28
BECKIE AUSTIN 28	SPR 37.69
MARY E CARRUTHERS 25SMS	SPR 38.32
100 YD FREESTYLE	
JOANNE WEBER 25	SPR 58.74
ANN RICHARDSON 28	NFM 59.65
CAREN POTTER 25	GM 103.11
CATHY ENGELHARDT 27	GCM 106.74
JANE ALBERTSON 27	NFM 108.46
PAMELA CRAY 25	SPR 110.36
JANET DUGAN 27	GCM 110.53
DIANNE ENWALL 29	NFM 110.99
FRANCES GREENE 26	GM 116.17
MARY E CARRUTHERS 25SMS	123.41
200 YD FREESTYLE	
DOT WISE 27	MM 203.97
ANN RICHARDSON 28	NFM 211.05
JOANNE WEBER 25	SPR 211.14
BARB FRANCESCHINI 29GCM	215.26
PAM GEIGER 26	SPR 212.09
CATHY ENGELHARDT 29	GCM 212.67
WENDY CIMARNO 25	CESC 221.01
JANE ALBERTSON 27	NPM 231.48
JANET DUGAN 27	GCM 239.30
LISA WATSON 25	GM 243.21
DIANNE ENWALL 29	NFM 246.65
FRANCES GREENE 26	GM 3100.99
MARY E CARRUTHERS 25SMS	3110.18
500 YD FREESTYLE	
DOT WISE 27	MM 5139.55
ANN RICHARDSON 28	NFM 5445.52
JOANNE WEBER 25	SPR 5152.92
PAM GEIGER 26	SPR 612.60
CATHY ENGELHARDT 29	GCM 622.00
JANE ALBERTSON 27	NPM 6155.15
JANET DUGAN 27	GCM 7106.16
LISA WATSON 25	GM 7137.57
FRANCES GREENE 26	GM 7447.84
MARY E CARRUTHERS 25SMS	8:26.10
1650 YD FREESTYLE	
JOANNE WEBER 25	SPR 20:08.04
BARB FRANCESCHINI 29GCM	20:31.18
GRETCHEN DRAKE 29	OHI 20:36.75
PAM GEIGER 26	SPR 21:34.43
CATHY ENGELHARDT 29	GCM 21:51.14
JANET DUGAN 27	GCM 24:31.20
REBECCA WALCH 28	SMS 24:39.99
LISA WATSON 25	GM 26:13.00
DIANNE ENWALL 29	NFM 27:14.50
FRANCES GREENE 26	GM 28:13.60
MARY E CARRUTHERS 25SMS	30:05.00
50 YD BACKSTROKE	
JANE ALBERTSON 27	NFM 45.81
LIN CROCKETT 27	GM 52.18
THEA STORCH 29	EPSV 57.30
100 YD BACKSTROKE	
JANE ALBERTSON 27	NFM 119.14
DOT WISE 27	MM 120.55
LISA WATSON 25	GM 123.37
DIANNE ENWALL 29	NFM 125.86
JANICE KRAUSER 27	GCM 128.41
200 YD BACKSTROKE	
DOT WISE 27	MM 2126.81
JOANNE WEBER 25	SPR 2144.89
JANE ALBERTSON 27	NFM 2149.49
LIN CROCKETT 27	GM 2155.60
REBECCA WALCH 28	SMS 3400.77
LISA WATSON 25	GM 3103.26
DIANNE ENWALL 29	NFM 3113.64
JANICE KRAUSER 27	GCM 3115.53
50 YD BREASTSTROKE	
KANDY DONNELLY 28	SMS 45.81
AMY CHAPPEL 27	NFM 52.18
THEA STORCH 29	EPSV 57.30
100 YD BREASTSTROKE	
JANE ALBERTSON 27	NFM 119.14
DOT WISE 27	MM 120.55
LISA WATSON 25	GM 123.37
DIANNE ENWALL 29	NFM 125.86
JANICE KRAUSER 27	GCM 128.41
200 YD BREASTSTROKE	
DOT WISE 27	MM 2126.81
JOANNE WEBER 25	SPR 2144.89
JANE ALBERTSON 27	NFM 2149.49
LIN CROCKETT 27	GM 2155.60
REBECCA WALCH 28	SMS 3400.77
LISA WATSON 25	GM 3103.26
DIANNE ENWALL 29	NFM 3113.64
JANICE KRAUSER 27	GCM 3115.53
50 METRES BUTTERFLY	
1.N.L=North Lodge,Victoria	309(30)
2.E=Ettalong,N.S.W.	252 (33)
3.F=Adelaide Masters,S.A.	213 (26)
4.S=GSt George,N.S.W.	163 (24)
5.W=Eastern Suburbs/Woolbrah	(18)
6.N.=Narooma,N.S.W.	162
7.T=Tamworth,N.S.W.	142 (14)
8.C=Canberra,A.C.T.	137 (17)
9.GS=Cronulla/Sutherland,NSW	131 1/2 (18)
10.H=Hills,N.S.W.	94 (15)
11.I=Geeelong,Victoria	79 (9)
12.EP=Ervertown Park,Queensland	69 (6)
13.M=Melson Bay,N.S.W.	62 (6)
14.L=Lane Cove,N.S.W.	56 (13)
15.B=Blacktown,N.S.W.	48 (12)
16.M=Melville,Western Aust.	46 (7)
17.H=Hunter,N.S.W.	46 (7)
18.N=Narooma,N.S.W.	32 (4)
19.Q=Hibiscus Gardens,Q'land	28 1/2 (3)
20.B=Bellarat,Victoria	26 (4)
21.NZ=New Zealand Masters	16 (4)
22.PtM=Port Macquarie,N.S.W.	12 (1)
23.P=Fuckapuny,Victoria	10 (1)
24.L=Lanestown,Tasmania	9 (1)
25.C=Caroline,Western Aust.	6 (1)
26.O=Oakley,Queensland	5 (1)
27.A=Atlantis,South Australia	3 (2)
INDEX TO CLUBS in order of placings	
100 metres Individual Medley	
1.K.Vickery 55 E	1.32.76
2.R.Harris 59 E	1.39.82
3.R.Stevens 57 S	1.40.91
4.T.Koelberg 56 H	1.47.34
5.S.Walker 55 A	1.54.84
6.N.Ilsley 55 NL	2.18.44
50 metres Backstroke	
1.B.McClintock 71 Ma	1.39.02
2.C.Treu 70 B	3.22.48
100 metres Backstroke	
1.B.McClintock 71 Ma	2.03.53
2.C.Treu 70 B	1.39.02
50 metres Breaststroke	
1.F.Griffiths 71 PtM	34.36
2.R.Yuan 73 Ma	36.92
3.W.McClintock 71 Ma	43.35
4.E.Walther 73 Ma	51.18
5.C.Treu 70 B	1.04.77
100 metres Breaststroke	
1.F.Griffiths 71 PtM	34.36
2.R.Yuan 73 Ma	36.92
3.W.McClintock 71 Ma	43.35
4.E.Walther 73 Ma	51.18
5.C.Treu 70 B	1.04.77
100 metres Freestyle	
1.F.Ryan 73 Ma	7.12.15
50 metres Backstroke	
1.B.McClintock 71 Ma	55.23
2.C.Treu 70 B	55.23
100 metres Backstroke	
1.B.McClintock 71 Ma	2.03.53
2.C.Treu 70 B	1.39.02
50 metres Breaststroke	
1.F.Ryan 73 Ma	56.96
2.E.Walther 73 Ma	58.15
100 metres Breaststroke	
1.F.Ryan 73 Ma	56.96
2.E.Walther 73 Ma	58.15
50 metres Freestyle	
1.F.Wilson 76 E	46.31
100 metres Breaststroke	
1.E.Walther 73 Ma	2.09.79
2.B.McClintock 71 Ma	2.23.90
100 metres Individual Medley	
1.B.McClintock 71 Ma	4.55.54
100 metres Backstroke	
1.B.McClintock 71 Ma	2.03.53
2.C.Treu 70 B	1.39.02
50 metres Breaststroke	
1.F.Ryan 73 Ma	56.96
2.E.Walther 73 Ma	58.15
100 metres Backstroke	
1.B.McClintock 71 Ma	2.03.53
2.C.Treu 70 B	1.39.02
50 metres Breaststroke	
1.F.Ryan 73 Ma	56.96
2.E.Walther 73 Ma	58.15
100 metres Backstroke	
1.B.McClintock 71 Ma	2.03.53
2.C.Treu 70 B	1.39.02
50 metres Breaststroke	
1.F.Ryan 73 Ma	56.96
2.E.Walther 73 Ma	58.15
100 metres Backstroke	
1.B.McClintock 71 Ma	2.03.53
2.C.Treu 70 B	1.39.02
50 metres Breaststroke	
1.F.Ryan 73 Ma	56.96
2.E.Walther 73 Ma	58.15
100 metres Backstroke	
1.B.McClintock 71 Ma	2.03.53
2.C.Treu 70 B	1.39.02
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1.F.Ryan 73 Ma	56.96
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1.B.McClintock 71 Ma	2.03.53
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100 metres Backstroke	
1.B.McClintock 71 Ma	2.03.53
2.C.Treu	

50 YD BUTTERFLY		T GROTTENDIECK 34 gSGO 2:54.53	500 YD FREESTYLE	JUNE KRAUSER 52 GCM 2:46.49
GRETCHEN DRAKE 29 OHI 30.39	ELKE HOPP 30 gLSC 3:09.50	NATALIE CLEMENT 40 SMS 9:06.96	JUNE KRAUSER 52 SMS 3:10.76	TILDE EICKER 59 gLSK 1:36.52
JOANNE WEBER 25 SPR 31.88	50 YD BUTTERFLY	CARLENE DANART 41 NFM 9:30.47	MARY LOGAN 52 SSS 1:42.31	EDITH HOFF 59 gSSG 1:48.08
BARB FRANCESCHINI 29GCM 31.88	PAT HARRIS 31 MM 29.94	1650 YD FREESTYLE	LILLIAN KYTE 57 TM 1:48.60	BARDI DENDY 58 SMS 1:59.67
LIN CROCKETT 27 GM 31.93	BARBARA WEST 31 GCM 31.74	ANNE MCGUIRE 44 GCM 24:17.63	JOAN GLARATON 51 NFM 10:00.55	ZELDA GRIFFIN 56 SMS 2:00.20
CAREN POTTER 25 GM 33.78	YVONNE CATTRALL 30 gESC 32.43	BARB CULBERTSON 41 SMS 29.06.75	1650 YD FREESTYLE	LENA DUNWORTH 56 SMS 2:07.89
DIANNE ENWALL 29 NFM 34.75	LIZ CRAWFORD 30 gESC 32.53	NATALIE CLEMENT 40 SMS 31:28.84	JUNE KRAUSER 52 GCM 24:59.92	DOTTIE STEWART 58 SMS 2:16.43
REBECCA WALCH 28 SMS 34.82	ELKE HOPP 30 gLSC 34.11	BARB CULBERTSON 41 SMS 42.32	50 YD BACKSTROKE	ELEANOR BRAININ 55 SPR 2:57.67
LISA WATSON 25 GM 34.91	BERTHA WILLIAMS 31 NFM 34.88	JULIE NAGEL 42 SPR 46.84	JUNE AUGUSTINE 54 SPR 55:55.90	200 YD BREASTSTROKE
JANICE KRAUSER 27 GCM 35.26	SUSAN WESTNEDGE 33 GM 35.70	MARY THOMAS 43 SPR 49.96	BLANCHE JACOB 51 GCM 37.91	TILDE EICKER 59 gLSK 3:32.50
RITA SICKENDIECK 27gSGO 36.14	KAY BARBERIO 33 SMS 37.61	CARLENE DANART 41 NFM 52.59	MARY LOGAN 52 SMS 42.81	EDITH HOFF 59 gSSG 3:46.89
KANDY DONNELLY 28 SMS 38.26	MARTHA ROSE 30 SPR 39.68	100 YD BACKSTROKE	INGE TREMEL 54 gSCH 46.22	LILLIAN KYTE 57 TM 3:54.90
PAMELA GRAY 25 SPR 38.96	100 YD BUTTERFLY	SARAH CULBERTSON 41 SMS 1:46.27	JOAN GLARATON 51 NFM 49.08	ERIKA VOGLSANG 59 gDM 3:57.59
MIMSLIE JENNINGS 27 SPR 39.54	PAT HARRIS 31 MM 1:07.53	JULIE NAGEL 42 SPR 1:48.41	URSULA KUMMERT 51 SMS 49.34	BARDI DENDY 58 SMS 4:31.78
100 YD BUTTERFLY	ELKE HOPP 30 gLSC 1:24.31	MARY THOMAS 43 SPR 1:55.11	HELEN REED 52 SMS 52.61	DOTTIE STEWART 58 SMS 4:46.77
GRETCHEN DRAKE 29 OHI 1:07.54	KAY BARBERIO 33 SMS 1:30.63	200 YD BACKSTROKE	JEAN LANGDON 50 SMS 58.57	ELEANOR BRAININ 55 SPR 6:19.41
DOT WISE 27 MM 1:07.63	BART HARRIS 31 MM 2:33.89	BARB CULBERTSON 41 SMS 3:23.75	100 YD BACKSTROKE	50 YD BUTTERFLY
BARB FRANCESCHINI 29GCM 1:11.11	KAY BARBERIO 33 SMS 3:29.91	JULIE NAGEL 42 SPR 3:41.40	BLANCHE JACOB 51 GCM 1:25.57	ZELDA GRIFFIN 56 SMS 46.72
CATHY ENGELHARDT 29 GM 1:13.23	100 YD I.M.	50 YD BREASTSTROKE	MARY LOGAN 52 SMS 1:35.34	MARY J SCHAFER 56 OHI 47.32
REBECCA WALCH 28 SMS 1:21.55	BARBARA WEST 31 GCM 1:11.66	GISELA FISCHER 41 gLSC 37.28	INGE TREMEL 54 gSCH 49.22	LILLIAN KYTE 57 TM 50.00
JANICE KRAUSER 27 GCM 1:24.78	YVONNE CATTRALL 30 gESC 1:11.76	ANNE MCGUIRE 44 GCM 38.00	JOAN GLARATON 51 NFM 51.00	ERIKA VOGLSANG 59 gDM 55.07
LISA WATSON 25 GM 1:27.06	BERTHA WILLIAMS 31 NFM 1:14.80	BARB CULBERTSON 41 SMS 39.26	URSULA KUMMERT 51 SMS 51.32	BARDI DENDY 58 SMS 51.33
200 YD BUTTERFLY	SUSAN WESTNEDGE 33 GM 1:16.56	MARY THOMAS 43 SPR 46.67	HELEN REED 52 SMS 52.61	GRACE LAWTON 55 SMS 1:03.99
GRETCHEN DRAKE 29 OHI 2:33.82	NATALIE CLEMENT 40 SMS 47.26	200 YD BACKSTROKE	JEAN LANGDON 50 SMS 58.57	MARCI DECARLO 58 SMS 1:05.48
BARB FRANCESCHINI 29GCM 2:38.21	TRISH STUDEMANN 30 gSGO 1:16.84	CARLENE DANART 41 NFM 1:01.21	100 YD BACKSTROKE	50 YD BUTTERFLY
CATHY ENGELHARDT 29 GM 2:48.23	ELKE HOPP 30 gLSC 1:21.70	JULIE NAGEL 42 SPR 1:41.40	BLANCHE JACOB 51 GCM 1:25.57	ZELDA GRIFFIN 56 SMS 46.72
REBECCA WALCH 28 SMS 3:04.05	TRISH STUDEMANN 30 GM 1:21.79	50 YD BREASTSTROKE	MARY LOGAN 52 SMS 1:35.34	MARY J SCHAFER 56 OHI 47.32
DIANNE ENWALL 29 NFM 3:21.22	200 YD I.M.	GISELA FISCHER 41 gLSC 37.28	INGE TREMEL 54 gSCH 49.22	LILLIAN KYTE 57 TM 50.00
JANICE KRAUSER 27 GCM 3:29.59	BARBARA WEST 31 GCM 1:11.66	ANNE MCGUIRE 44 GCM 38.00	JOAN GLARATON 51 NFM 51.00	ERIKA VOGLSANG 59 gDM 55.07
100 YD I.M.	YVONNE CATTRALL 30 gESC 1:11.76	BARB CULBERTSON 41 SMS 39.26	URSULA KUMMERT 51 SMS 51.32	BARDI DENDY 58 SMS 51.33
GRETCHEN DRAKE 29 OHI 1:10.12	BERTHA WILLIAMS 31 NFM 1:14.80	MARY THOMAS 43 SPR 46.67	HELEN REED 52 SMS 52.61	GRACE LAWTON 55 SMS 1:03.99
JOANNE WEBER 25 SPR 1:11.67	SUSAN WESTNEDGE 33 GM 1:21.52	NATALIE CLEMENT 40 SMS 47.26	JEAN LANGDON 50 SMS 58.57	MARCI DECARLO 58 SMS 1:05.48
ANN RICHARDSON 28 NFM 1:14.98	TRISH STUDEMANN 30 GM 1:21.79	CARLENE DANART 41 NFM 1:01.21	100 YD BACKSTROKE	50 YD BUTTERFLY
LIN CROCKETT 27 GM 1:18.87	400 YD I.M.	JULIE NAGEL 42 SPR 1:41.40	BLANCHE JACOB 51 GCM 1:25.57	ZELDA GRIFFIN 56 SMS 46.72
MIMSLIE JENNINGS 27 SPR 1:24.55	HEIDI VOGEL 35 gESC 3:17.43	50 YD BREASTSTROKE	MARY LOGAN 52 SMS 1:35.34	MARY J SCHAFER 56 OHI 47.32
DIANNE ENWALL 29 NFM 1:26.90	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	INGE TREMEL 54 gSCH 49.22	LILLIAN KYTE 57 TM 50.00
KANDY DONNELLY 28 SMS 1:31.81	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	JOAN GLARATON 51 NFM 51.00	ERIKA VOGLSANG 59 gDM 55.07
AMY CHAPPER 27 SPR 1:35.97	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	URSULA KUMMERT 51 SMS 51.32	BARDI DENDY 58 SMS 51.33
200 YD I.M.	WOMEN 35-39	MARY THOMAS 43 SPR 46.67	HELEN REED 52 SMS 52.61	GRACE LAWTON 55 SMS 1:03.99
GRETCHEN DRAKE 29 OHI 2:32.45	50 YD FREESTYLE	GISELA FISCHER 41 gLSC 37.28	JEAN LANGDON 50 SMS 58.57	MARCI DECARLO 58 SMS 1:05.48
JOANNE WEBER 25 SPR 2:36.44	DIANA TODD 35 DCM 26.79	NATALIE CLEMENT 40 SMS 47.26	100 YD BACKSTROKE	50 YD BUTTERFLY
BARB FRANCESCHINI 29GCM 2:41.84	LISA WOODMAN 36 GCM 29.49	CARLENE DANART 41 NFM 1:01.21	BLANCHE JACOB 51 GCM 1:25.57	ZELDA GRIFFIN 56 SMS 46.72
PAM GEIGER 26 SPR 2:47.87	MARNY HOUGH 37 UNA 33.31	JULIE NAGEL 42 SPR 1:41.40	MARY LOGAN 52 SMS 1:35.34	MARY J SCHAFER 56 OHI 47.32
JANE ALBERTSON 27 NFM 2:53.08	JOAN LESKOVITZ 35 UNA 33.75	50 YD BREASTSTROKE	INGE TREMEL 54 gSCH 49.22	LILLIAN KYTE 57 TM 50.00
REBECCA WALCH 28 SMS 2:58.37	HEIDI VOGEL 35 gESC 34.98	GISELA FISCHER 41 gLSC 37.28	JOAN GLARATON 51 NFM 51.00	ERIKA VOGLSANG 59 gDM 55.07
400 YD I.M.	PAULA CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	URSULA KUMMERT 51 SMS 51.32	BARDI DENDY 58 SMS 51.33
DOT WISE 27	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	HELEN REED 52 SMS 52.61	GRACE LAWTON 55 SMS 1:03.99
GRETCHEN DRAKE 29 OHI 5:24.48	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	JEAN LANGDON 50 SMS 58.57	MARCI DECARLO 58 SMS 1:05.48
ANN RICHARDSON 28 NFM 5:30.03	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	100 YD BACKSTROKE	50 YD BUTTERFLY
WENDY CIMARNO 25 gESC 5:36.93	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	BLANCHE JACOB 51 GCM 1:25.57	ZELDA GRIFFIN 56 SMS 46.72
BARB FRANCESCHINI 29GCM 5:37.79	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	MARY LOGAN 52 SMS 1:35.34	MARY J SCHAFER 56 OHI 47.32
JOANNE WEBER 25 SPR 5:43.48	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	INGE TREMEL 54 gSCH 49.22	LILLIAN KYTE 57 TM 50.00
PAM GEIGER 26 SPR 5:48.33	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	JOAN GLARATON 51 NFM 51.00	ERIKA VOGLSANG 59 gDM 55.07
JANE ALBERTSON 27 GM 5:48.82	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	URSULA KUMMERT 51 SMS 51.32	BARDI DENNY 58 SMS 51.33
REBECCA WALCH 28 SMS 6:05.87	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	HELEN REED 52 SMS 52.61	GRACE LAWTON 55 SMS 1:03.99
DIANNE ENWALL 29 NFM 6:49.88	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	JEAN LANGDON 50 SMS 58.57	MARCI DECARLO 58 SMS 1:05.48
WOMEN 30-34	50 YD FREESTYLE	GISELA FISCHER 41 gLSC 37.28	100 YD BACKSTROKE	50 YD BUTTERFLY
50 YD FREESTYLE	DIANA TODD 35 DCM 26.79	NATALIE CLEMENT 40 SMS 47.26	BLANCHE JACOB 51 GCM 1:25.57	ZELDA GRIFFIN 56 SMS 46.72
BARBARA WEST 31 GCM 29.05	LISA WOODMAN 36 GCM 29.49	CARLENE DANART 41 NFM 1:01.21	MARY LOGAN 52 SMS 1:35.34	MARY J SCHAFER 56 OHI 47.32
BERTHA WILLIAMS 31 NFM 29.50	MARNY HOUGH 37 UNA 33.31	JULIE NAGEL 42 SPR 1:41.40	INGE TREMEL 54 gSCH 49.22	LILLIAN KYTE 57 TM 50.00
KATHLEEN LAMEIER 30 GNY 30.73	JOAN LESKOVITZ 35 UNA 33.75	50 YD BREASTSTROKE	JOAN GLARATON 51 NFM 51.00	ERIKA VOGLSANG 59 gDM 55.07
MARTHA ROSE 30 SPR 30.91	HEIDI VOGEL 35 gESC 35.78	GISELA FISCHER 41 gLSC 37.28	URSULA KUMMERT 51 SMS 51.32	BARDI DENNY 58 SMS 51.33
ELKE HOPP 30 gLSC 31.05	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	HELEN REED 52 SMS 52.61	GRACE LAWTON 55 SMS 1:03.99
S WESTNEDGE 33 GM 31.21	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	JEAN LANGDON 50 SMS 58.57	MARCI DECARLO 58 SMS 1:05.48
JULIA McKNIGHT 34 SPR 35.57	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	100 YD BACKSTROKE	50 YD BUTTERFLY
100 YD FREESTYLE	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	BLANCHE JACOB 51 GCM 1:25.57	ZELDA GRIFFIN 56 SMS 46.72
BARBARA WEST 31 GCM 1:04.12	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	MARY LOGAN 52 SMS 1:35.34	MARY J SCHAFER 56 OHI 47.32
BERTHA WILLIAMS 31 NFM 1:04.28	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	INGE TREMEL 54 gSCH 49.22	LILLIAN KYTE 57 TM 50.00
SUSAN WESTNEDGE 33 GM 2:31.12	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	JOAN GLARATON 51 NFM 51.00	ERIKA VOGLSANG 59 gDM 55.07
KATHLEEN LAMEIER 30 GNY 2:34.97	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	URSULA KUMMERT 51 SMS 51.32	BARDI DENNY 58 SMS 51.33
KAY BARBERIO 33 SMS 2:52.60	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	HELEN REED 52 SMS 52.61	GRACE LAWTON 55 SMS 1:03.99
500 YD FREESTYLE	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	JEAN LANGDON 50 SMS 58.57	MARCI DECARLO 58 SMS 1:05.48
BARBARA WEST 31 GCM 6:30.92	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	100 YD BACKSTROKE	50 YD BUTTERFLY
SUSAN WESTNEDGE 33 GM 6:50.29	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	BLANCHE JACOB 51 GCM 1:25.57	ZELDA GRIFFIN 56 SMS 46.72
TRISH STUDEMANN 30 GM 2:30.40	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	MARY LOGAN 52 SMS 1:35.34	MARY J SCHAFER 56 OHI 47.32
KATHLEEN LAMEIER 30 GNY 2:31.12	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	INGE TREMEL 54 gSCH 49.22	LILLIAN KYTE 57 TM 50.00
MARY THOMAS 31 NFM 2:31.47	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	JOAN GLARATON 51 NFM 51.00	ERIKA VOGLSANG 59 gDM 55.07
500 YD FREESTYLE	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	URSULA KUMMERT 51 SMS 51.32	BARDI DENNY 58 SMS 51.33
BARBARA WEST 31 GCM 6:30.92	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	HELEN REED 52 SMS 52.61	GRACE LAWTON 55 SMS 1:03.99
SUSAN WESTNEDGE 33 GM 6:54.48	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	JEAN LANGDON 50 SMS 58.57	MARCI DECARLO 58 SMS 1:05.48
1650 YD FREESTYLE	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	100 YD BACKSTROKE	50 YD BUTTERFLY
TRISH STUDEMANN 30 GM 23:19.58	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	BLANCHE JACOB 51 GCM 1:25.57	ZELDA GRIFFIN 56 SMS 46.72
SUSAN WESTNEDGE 33 GM 23:28.80	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	MARY LOGAN 52 SMS 1:35.34	MARY J SCHAFER 56 OHI 47.32
KAY BARBERIO 33 SMS 26:00.93	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	INGE TREMEL 54 gSCH 49.22	LILLIAN KYTE 57 TM 50.00
RITA SPECHT 31 SMS 29:03.42	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	JOAN GLARATON 51 NFM 51.00	ERIKA VOGLSANG 59 gDM 55.07
50 YD BACKSTROKE	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	URSULA KUMMERT 51 SMS 51.32	BARDI DENNY 58 SMS 51.33
MARTHA ROSE 30 SPR 34.20	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	HELEN REED 52 SMS 52.61	GRACE LAWTON 55 SMS 1:03.99
LIZ CRAWFORD 30 gESC 34.74	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	JEAN LANGDON 50 SMS 58.57	MARCI DECARLO 58 SMS 1:05.48
PAT HARRIS 31 MM 35.35	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	100 YD BACKSTROKE	50 YD BUTTERFLY
BARBARA WEST 31 GCM 35.35	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	BLANCHE JACOB 51 GCM 1:25.57	ZELDA GRIFFIN 56 SMS 46.72
YVONNE CATTRALL 30 gESC 35.76	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	MARY LOGAN 52 SMS 1:35.34	MARY J SCHAFER 56 OHI 47.32
BERTHA WILLIAMS 31 NFM 38.13	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	INGE TREMEL 54 gSCH 49.22	LILLIAN KYTE 57 TM 50.00
KATHLEEN LAMEIER 30 GNY 41.59	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	JOAN GLARATON 51 NFM 51.00	ERIKA VOGLSANG 59 gDM 55.07
100 YD BACKSTROKE	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	URSULA KUMMERT 51 SMS 51.32	BARDI DENNY 58 SMS 51.33
MARTHA ROSE 30 SPR 34.20	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	HELEN REED 52 SMS 52.61	GRACE LAWTON 55 SMS 1:03.99
YVONNE CATTRALL 30 gESC 34.74	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	JEAN LANGDON 50 SMS 58.57	MARCI DECARLO 58 SMS 1:05.48
100 YD FREESTYLE	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	100 YD BACKSTROKE	50 YD BUTTERFLY
T GROTTENDIECK 34 gSGO 37.12	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	BLANCHE JACOB 51 GCM 1:25.57	ZELDA GRIFFIN 56 SMS 46.72
ELKE HOPP 30 gLSC 38.29	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	MARY LOGAN 52 SMS 1:35.34	MARY J SCHAFER 56 OHI 47.32
BERTHA WILLIAMS 31 NFM 38.32	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	INGE TREMEL 54 gSCH 49.22	LILLIAN KYTE 57 TM 50.00
SUSAN WESTNEDGE 33 GM 38.48	PAUL CRISP 36 gESC 4:00.98	MARY THOMAS 43 SPR 46.67	JOAN GLARATON 51 NFM 51.00	ERIKA VOGLSANG 59 gDM 55.07
JULIA McKNIGHT 34 SPR 46.35	PAUL CRISP 36 gESC 4:00.98	GISELA FISCHER 41 gLSC 37.28	URSULA KUMMERT 51 SMS 51.32	BARDI DENNY 58 SMS 51.33
100 YD BREASTSTROKE	PAUL CRISP 36 gESC 4:00.98	ANNE MCGUIRE 44 GCM 38.00	HELEN REED 52 SMS 52.61	GRACE LAWTON 55 SMS 1:03.99
YVONNE CATTRALL 30 gESC 41.56	PAUL CRISP 36 gESC 4:00.98	BARB CULBERTSON 41 SMS 39.26	JEAN LANGDON 50 SMS 58.57	MARCI DECARLO 58 SMS 1:05.48
BARBARA WEST 31 GCM 41.69	PAUL CRISP 36 gESC			

100 YD BACKSTROKE	STATEN BITTING 26	SPR	34.45	200 YD BACKSTROKE	CHARLES DUGAN 33	GCM	2:27.47	50 YD BACKSTROKE	PETER BETZER 36	SPR	29.02					
SALLY SHEPPARD 67	SMS	2:05.15	HUGH BROWN 29	SPR	36.80	BRUCE BARTLING 31	SPP	2:29.21	DICK CAMPBELL 39	SMS	29.58					
M GOTTSCHALK 69	eSCD	2:08.08	JOHN NEWMAN 26	NFM	39.50	JOHN ZEIGLER 33	G	2:31.35	C. CHRISTENSEN 41	MM	30.85					
200 YD BACKSTROKE	PERRY HAALAND 27	GCM	40.19	BILL PODEWITZ 32	SMS	2:55.67	RUSSELL CALLEN 35	G	32.10	E. LESKOVITZ 42	UNA	37.78				
SALLY SHEPPARD 67	SMS	4:21.40	C. BROUGHTON 27	NFM	40.82	JOHN TEECH 37	G	32.34	JACK BEATTIE 44	NFM	1:00.15					
50 YD BREASTSTROKE	C. MILLENBERGER 27	NFM	1:03.49	50 YD BREASTSTROKE	SCOTT GUTHRIE 34	NFM	30.63	DALY CHOTE 39	cESC	32.57	SCOTT FLANAGAN 40	NFM	1:00.28			
M GOTTSCHALK 69	eSCD	57.22	RICK MOREHEAD 29	SMS	1:07.26	JIM DONNELLY 30	SMS	32.09	R. LAMEIER 37	GNY	33.88	CHARLES WIGGIN 41	GM	1:00.29		
100 YD BREASTSTROKE	CHRIS CHAPPEL 27	NFM	1:07.60	CHRIS CHAPPEL 27	NFM	1:21.38	JOHN ZEIGLER 33	G	32.11	R. COYENDALL 42	CM	1:01.16				
M GOTTSCHALK 69	eSCD	2:06.05	HUGH BROWN 29	SPR	1:21.38	TOM PEEK 31	NFM	32.33	ROY JONES 44	NFM	1:04.38					
200 YD BREASTSTROKE	JOHN NEWMAN 26	NFM	1:25.47	GEARGE BURKE 30	SMS	35.71	B. MEINTJIES 38	NFM	36.15	ROY JONES 44	NFM	1:04.38				
M GOTTSCHALK 69	eSCD	4:38.26	C. BROUGHTON 27	NFM	1:26.10	MARTIN TIER 33	SMS	35.90	ED TRAUSNECK 35	G	38.05					
WOMEN 70-74			C. MILLENBERGER 27	NFM	1:31.06	DAN RICHARDSON 31	SMS	36.63	100 YD BACKSTROKE	DICK CAMPBELL 39	SMS	1:04.34				
50 YD FREESTYLE	RUTH SWITZER 71	SMS	45.90	PETE ENWALL 30	UVA	43.53	PETER BETZER 36	SPR	1:04.84	E. LESKOVITZ 42	UNA	2:08.25				
MARIAN MCKECHANIE 74	SPR	50.12	C. MILLENBERGER 27	NFM	2:23.81	SCOTT GUTHRIE 34	NFM	1:08.72	C. CHRISTENSEN 41	MM	2:10.60					
100 YD FREESTYLE	RUTH SWITZER 71	SMS	1:42.10	JIM DONNELLY 30	SMS	1:10.00	RUSSELL CALLEN 35	G	1:10.97	PETER TAFT 43	DM	2:13.28				
MARIAN MCKECHANIE 74	SPR	1:50.18	WES BASTIE 26	NFM	2:25.59	JOHN ZEIGLER 30	G	1:10.17	SCOTT FLANAGAN 40	NFM	2:14.18					
200 YD FREESTYLE	Lenny Smallly 28	SMS	2:51.79	LENNY SMALLY 28	SMS	1:16.14	DALE CHOTE 39	cESC	1:13.56	DON SHORT 42	GCM	2:16.78				
RUTH SWITZER 71	SMS	3:40.96	HUGH BROWN 29	SPR	3:00.03	B. MEINTJIES 38	NFM	1:17.37	R. COYENDALL 42	CM	2:17.10					
MARIAN MCKECHANIE 74	SPR	3:54.69	PERRY HAALAND 27	GCM	3:11.74	ED TRAUSNECK 35	G	1:24.02	ROY JONES 44	NFM	2:25.42					
500 YD FREESTYLE	JOHN NEWMAN 26	NFM	3:18.78	C. BROUGHTON 27	NFM	3:29.06	100 YD BACKSTROKE	PETER BETZER 36	SPR	2:21.66	500 YD FREESTYLE	R. COYENDALL 42	CM	6:14.13		
RUTH SWITZER 71	SMS	9:49.93	ROB MCKAY 26	GCM	24.43	DICK CAMPBELL 39	SMS	2:22.07	C. CHRISTENSEN 41	MM	6:14.53					
MARIAN MCKECHANIE 74	SPR	10:08.04	GARY BASTIE 28	NFM	25.16	SCOTT GUTHRIE 34	NFM	2:31.56	SCOTT FLANAGAN 40	NFM	6:17.12					
1650 YD FREESTYLE	RUTH SWITZER 71	SMS	33:17.02	MIDGE MESSICK 25	NFM	25.76	JOHN ZEIGLER 30	G	2:39.08	ROY JONES 44	NFM	6:13.24				
MARIAN MCKECHANIE 74	SPR	35:14.04	C. MILLENBERGER 27	NFM	25.83	CHIP JONES 30	SPR	2:46.30	RAY BURNS 43	SPR	7:23.27					
50 YD BACKSTROKE	ALBERT PEAK 27	NFM	56.45	ALBERT PEAK 27	NFM	26.04	50 YD BREASTSTROKE	PETER BETZER 36	SPR	31.53	1650 YD FREESTYLE	R. COYENDALL 42	CM	2:13.88		
Rose Caplane 72	GCM	2:04.91	JOHN WOODS 25	NFM	26.10	R. STANLEY 36	MM	31.70	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07				
RUTH SWITZER 71	SMS	1:12.97	M. HENRIKSON 25	SPR	26.64	GERRY DE LONG 35	GCM	31.87	50 YD BREASTSTROKE	PETER BETZER 36	SPR	31.56				
100 YD BACKSTROKE	STEVE CHENEY 27	SPR	27.66	GEORGE BURKE 30	SMS	3:03.88	RUSSELL CALLEN 35	G	33.14	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07			
MARIAN MCKECHANIE 74	SPR	2:01.02	GEORGE BURKE 30	SMS	3:11.91	JOHN ZEIGLER 33	G	33.31	50 YD BACKSTROKE	PETER BETZER 36	SPR	31.56				
ROSE CAPLANE 72	GCM	2:19.80	ANDY FINLEY 27	NFM	29.11	DALE CHOTE 39	cESC	33.48	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07				
200 YD BACKSTROKE	DICK BELL 29	SPR	29.62	GEORGE BURKE 30	SMS	3:14.70	B. MEINTJIES 38	NFM	33.56	50 YD BACKSTROKE	PETER BETZER 36	SPR	31.56			
MARIAN MCKECHANIE 74	SPR	4:29.63	100 YD BACKSTROKE	JOHN ZEIGLER 33	G	2:31.53	ED TRAUSNECK 35	G	33.73	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07			
ROSE CAPLANE 72	GCM	4:54.60	SCOTT GUTHRIE 34	NFM	2:33.80	PETER BETZER 36	SPR	31.53	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07				
50 YD BREASTSTROKE	C. MILLENBERGER 27	NFM	56.45	JIM DONNELLY 30	SMS	2:37.51	RUSSELL CALLEN 35	G	33.86	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07			
RUTH SWITZER 71	SMS	112.97	CHIP JONES 30	SPR	2:40.60	JOHN ZEIGLER 30	G	2:40.60	50 YD BACKSTROKE	PETER BETZER 36	SPR	31.53				
100 YD BREESTROKE	LENNY SMALLY 28	SMS	1:06.94	50 YD BREASTSTROKE	JOHN ZEIGLER 33	G	2:41.33	JOHN ZEIGLER 33	G	2:41.33	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07		
MARIAN MCKECHANIE 74	SPR	2:01.02	ROB MCKAY 26	GCM	55.22	SCOTT GUTHRIE 34	NFM	2:44.50	JOHN ZEIGLER 33	G	2:44.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
ROSE CAPLANE 72	GCM	2:29.37	GARY BASTIE 28	NFM	56.49	JOHN ZEIGLER 33	G	2:45.50	JOHN ZEIGLER 33	G	2:45.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
100 YD BREESTROKE	JOHN WOODS 25	NFM	59.58	WES BASTIE 26	NFM	59.58	DALE CHOTE 39	cESC	2:46.50	JOHN ZEIGLER 33	G	2:46.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07
MARIAN MCKECHANIE 74	SPR	2:10.94	LENNY SMALLY 28	SMS	1:06.94	JOHN ZEIGLER 33	G	2:47.50	JOHN ZEIGLER 33	G	2:47.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
ROSE CAPLANE 72	GCM	2:29.37	100 YD BACKSTROKE	JOHN ZEIGLER 33	G	2:48.50	JOHN ZEIGLER 33	G	2:48.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07			
100 YD I.M.	JOHN WOODS 25	NFM	2:18.89	ROB MCKAY 26	GCM	55.22	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07
MARIAN MCKECHANIE 74	SPR	2:10.94	C. MILLENBERGER 27	NFM	57.25	GARY BASTIE 28	NFM	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
Men 25-29			RICK MOREHEAD 29	SMS	58.53	WES BASTIE 26	NFM	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
50 YD FREESTYLE	ALBERT PEAK 27	NFM	1:00.44	LENNY SMALLY 28	SMS	3:00.57	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07
C. MILLENBERGER 27	NFM	2:23.81	ROB MCKAY 26	GCM	55.22	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
Albert Peak 27	NFM	2:23.81	GARY BASTIE 28	NFM	56.49	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
MARIAN MCKECHANIE 74	SPR	1:12.25	WES BASTIE 26	NFM	57.26	ROB MCKAY 26	GCM	55.22	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
100 YD BACKSTROKE	JOHN WOODS 25	NFM	1:30.75	LENNY SMALLY 28	SMS	3:01.32	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07
ROSE CAPLANE 72	GCM	2:29.37	100 YD BACKSTROKE	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07
100 YD I.M.	JOHN WOODS 25	NFM	2:18.89	ROB MCKAY 26	GCM	55.22	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07
MARIAN MCKECHANIE 74	SPR	2:10.94	C. MILLENBERGER 27	NFM	57.25	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
50 YD FREESTYLE	RICK MOREHEAD 29	SMS	50.51	RICK MOREHEAD 29	SMS	51.16	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07
RICH MOREHEAD 29	SMS	51.16	SCOTT McMillen 25	NFM	51.76	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
SCOTT McMillen 25	NFM	51.76	SCOTT McMillen 25	NFM	52.32	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
D. MACWHINNEY 25	NFM	52.32	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
CHRIS CHAPPEL 27	NFM	2:08.78	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
STATEN BITTING 26	SPR	2:09.53	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
ALICE PEAK 27	NFM	2:10.86	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
ANDY FINLEY 27	NFM	2:13.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
HUGH BROWN 29	SPR	2:20.11	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
JOHN NEWMAN 26	NFM	2:48.39	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
500 YD FREESTYLE	BILL GEST 29	SMS	512.64	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07
WES BASTIE 26	NFM	512.86	WES BASTIE 26	NFM	51.76	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
SCOTT McMillen 25	NFM	517.49	SCOTT McMillen 25	NFM	51.76	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
H. HUDDLESTON 27	NFM	514.73	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
STATEN BITTING 26	SPR	6:26.79	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
ALICE PEAK 27	NFM	6:37.79	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
JOHN NEWMAN 26	NFM	55.21	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
PERRY HAALAND 27	GCM	58.78	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
CHRIS CHAPPEL 27	SPR	19:11.61	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
ROB MCKAY 26	GCM	21:20.56	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
CHRIS CHAPPEL 27	SPR	19:10.51	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
ROB MCKAY 26	GCM	21:20.56	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
CHRIS CHAPPEL 27	SPR	19:10.51	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	50 YD BACKSTROKE	DICK CAMPBELL 39	SMS	2:22.07	
Pat Wheeler 27	SPR	22:59.45	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2:49.50	JOHN ZEIGLER 33	G	2					

YD BACKSTROKE	R. SCHADENBERG 46gSSC	1:08.94	100 YD BUTTERFLY	SNAG HOLMES 50 GCM	1:25.10	50 YD BREASTSTROKE	PETER FRUCHT 60gSCH	44.59	JAMES PIERCE 71 NMS	NAGEL, NAGEL, THOMAS, RISHER
GEORGE MILLER 46 GCM	1:10.17	HANS HELLMANN 51 SMS	1:27.54	JOHN BROWN 64 SPR	45.48	200 YD BREASTSTROKE	H. STROTHMANN 73 JM	3:47.67	45+ 200 YD FREESTYLE RELAY	GCM "A" 1:59.97
GAY ROSSER 45 GCM	1:11.95	DICK GLICK 51 NFM	1:39.26	F. TILLOTSON 64 SPR	53.20	SIG LOEFFLER 73 NMS	4:40.62	ROSSER, HOLMES, BRUCE, JACOBS	2:07.08	
WEST DUPES 47 SPR	1:38.67	200 YD BUTTERFLY	SNAG HOLMES 50 GCM	3:17.24	100 YD BREASTSTROKE	JOHN BROWN 64 SPR	1:40.60	KRAUSER, ANDRESEN, MILLER,	AHMUNDSEN	
200 YD BACKSTROKE	GEORGE MILLER 46 GCM	2:34.66	DICK GLICK 51 NFM	3:53.06	F. TILLOTSON 64 SPR	1:48.34	SMS "A"	2:14.91		
R. SCHADENBERG 46gSSC	2:49.88	100 YD I.M.	CHUCK THOMAS 51 SMS	1:12.15	200 YD BREASTSTROKE	JOHN BROWN 64 SPR	3:47.60	GOTCH, REED, LOGAN, THOMAS	GOTCH, REED, LOGAN, THOMAS	
CHAS KOHNKEN 47 SPR	3:05.96	DICK GLICK 51 NFM	1:21.66	F. TILLOTSON 64 SPR	4:08.45	50 YD BUTTERFLY	H. STROTHMANN 73 JM	3:50.94	GSCH 2:37.38	
WEST DUPES 47 SPR	3:53.27	100 YD I.M.	CHUCK THOMAS 51 SMS	1:12.15	JOHN BROWN 64 SPR	1:40.60	LURSEN, LURSEN, TREMMEL,	LURSEN, LURSEN, TREMMEL		
50 YD BREASTSTROKE	DICK WELLS 49 MCS	3:1.69	DICK GLICK 51 NFM	1:22.59	F. TILLOTSON 64 SPR	1:48.34	TREMMEL	TREMMEL		
NORMAN BISHOP 46 GM	36.97	HANS HELLMANN 51 SMS	1:28.63	200 YD BREASTSTROKE	JOHN BROWN 64 SPR	3:47.60	NPM	NPM		
CHAS KOHNKEN 47 SPR	43.25	GERD HOFFMANN 54 gPSV	1:29.80	F. TILLOTSON 64 SPR	4:08.45	50 YD BUTTERFLY	H. STROTHMANN 73 JM	3:50.94	STOKER, STOKER, GLARATON,	
100 YD BREASTSTROKE	ROLAND HIPSHER 54SMS	1:20.12	ROLAND HIPSHER 54SMS	1:40.20	JOHN BROWN 64 SPR	1:40.60	BUCK	BUCK		
DICK WELLS 49 MCS	1:24.77	ALEX BODOR 53 NFM	1:46.78	F. TILLOTSON 64 SPR	1:48.34	50 YD BREASTSTROKE	H. STROTHMANN 73 JM	3:50.94	HIPSHER, LANGDON, LAWTON,	
NORMAN BISHOP 46 GM	1:24.77	200 YD I.M.	CHUCK THOMAS 51 SMS	1:12.15	JOHN BROWN 64 SPR	3:47.60	HELLMANN	HELLMANN		
200 YD BREASTSTROKE	CHUCK THOMAS 51 SMS	3:00.97	DICK GLICK 51 NFM	1:23.59	F. TILLOTSON 64 SPR	4:08.45	SPR	SPR		
NORMAN BISHOP 47 GM	3:06.49	100 YD I.M.	CHUCK THOMAS 51 SMS	1:12.15	JOHN BROWN 64 SPR	1:40.60	3:15.21	JOHN McGuire, Malone, Augustine,		
JIM GOTCH 46 SMS	3:17.49	DICK GLICK 51 NFM	1:23.59	F. TILLOTSON 64 SPR	1:48.34	100 YD I.M.	SHAW			
CHAS KOHNKEN 47 SPR	3:31.36	100 YD BUTTERFLY	CHAS DUNWORTH 63 SMS	3:45.54	JOHN BROWN 64 SPR	3:47.60	55+ 200 YD FREESTYLE RELAY	55+ 200 YD FREESTYLE RELAY		
50 YD BUTTERFLY	GAY ROSSER 45 GCM	27.51	HERB MCAULEY 56 GM	28.16	F. TILLOTSON 64 SPR	4:08.45	SMS "A"	2:16.48		
GEORGE MILLER 46 GCM	29.93	ROB AMUNDSEN 56 GCM	28.56	JOHN COUSENS 56 SMS	1:47.13	JOHN McGuire, Malone, Augustine,	JOHN McGuire, Malone, Augustine,			
R. SCHADENBERG 46gSSC	31.82	A. BRAININ 56 SPR	32.02	200 YD I.M.	JOHN BROWN 64 SPR	1:47.13	SHAW	SHAW		
DICK WELLS 49 MCS	32.65	M. WELLFORD 57 SMS	32.14	F. TILLOTSON 64 SPR	3:49.87	JOE SCHEU 75 SMS	2:19.55			
JIM GOTCH 46 SMS	34.31	H. HOFFMANN 59 gSCB	33.56	JOHN BROWN 64 SPR	4:01.05	STAN BATES 76 SMS	2:30.28			
WEST DUPES 47 SPR	38.85	JOE LEIKHIM 55 GCM	41.51	200 YD I.M.	F. TILLOTSON 64 SPR	7:46.19	200 YD FREESTYLE	200 YD FREESTYLE		
100 YD BUTTERFLY	GAY ROSSER 45 GCM	1:04.45	HERB MCAULEY 56 GM	25.59	JOHN McGuire 75 SPR	3:27.22	JOHN McGuire, Malone, Augustine,	JOHN McGuire, Malone, Augustine,		
200 YD BUTTERFLY	DICK WELLS 49 MCS	2:41.31	ROB AMUNDSEN 56 GCM	28.16	SIG LANGNER 77 SMS	4:31.93	BRAININ, MANFREDI, COOPER,	BRAININ, MANFREDI, COOPER,		
GAY ROSSER 45 GCM	2:41.31	JOHN COUSENS 56 SMS	28.56	JOE SCHEU 75 SMS	5:50.48	AUGUSTINE	AUGUSTINE			
100 YD I.M.	HERB MCAULEY 56 GM	1:13.47	A. BRAININ 56 SPR	32.02	50 YD FREESTYLE	HUGO ERNEN 66 gISK	29.85	SMS "B"	2:51.53	
NORMAN BISHOP 46 GM	1:18.30	M. WELLFORD 57 SMS	32.14	F. HERMANN 69 gSPV	31.39	JOHN McGuire 75 SPR	35.02			
JIM GOTCH 46 SMS	1:19.31	H. HOFFMANN 59 gSCB	33.56	JOHN BROWN 64 SPR	3:36.74	PERC DECREMER 75 GCM	39.87			
CHAS KOHNKEN 47 SPR	2:57.75	JOE LEIKHIM 55 GCM	41.51	200 YD I.M.	JOHN BROWN 64 SPR	1:47.13	PERC DECREMER 75 GCM	43.83		
50 YD BUTTERFLY	HERB MCAULEY 56 GM	3:01.14	HERB MCAULEY 56 GM	25.59	F. TILLOTSON 64 SPR	3:49.87	100 YD FREESTYLE	100 YD FREESTYLE		
NORMAN BISHOP 46 GM	3:01.34	JOHN COUSENS 56 SMS	28.56	JOHN BROWN 64 SPR	4:01.05	JOE SCHEU 75 SMS	2:19.55			
MEN 55-59	HERB MCAULEY 56 GM	2:41.31	50 YD FREESTYLE	HUGO ERNEN 66 gISK	1:07.64	STAN BATES 76 SMS	2:30.28			
50 YD FREESTYLE	HERB MCAULEY 56 GM	26.27	ROB AMUNDSEN 56 GCM	1:03.62	JOHN McGuire 75 SPR	7:46.19	200 YD FREESTYLE	200 YD FREESTYLE		
HANS HELLMANN 51 SMS	31.67	JOHN COUSENS 56 SMS	1:04.45	HUGO ERNEN 66 gISK	1:07.64	JOE SCHEU 75 SMS	5:50.48			
KIRBY MALONE 50 SPR	35.20	A. BRAININ 56 SPR	32.02	JOHN BROWN 64 SPR	1:09.78	50 YD FREESTYLE	50 YD FREESTYLE			
ROLAND HIPSHER 54SMS	34.60	M. WELLFORD 57 SMS	32.14	E. SCHOFIELD 65 MN	1:16.89	HUGO ERNEN 66 gISK	29.85			
D.R. LAPLATNEY 50SPR	34.60	H. HOFFMANN 59 gSCB	31.05	GEORGE SILVERA 65SMS	1:19.11	F. HERMANN 69 gSPV	31.39			
ALEX BODOR 53 NFM	36.45	JOE LEIKHIM 55 GCM	41.51	200 YD FREESTYLE	HUGO ERNEN 66 gISK	1:07.64	JOHN McGuire 75 SPR	9:55.55		
HOWARD STOKER 53 NFM	38.22	HERB MCAULEY 56 GM	25.59	JOHN BROWN 64 SPR	1:09.78	SIG LANGNER 77 SMS	12:25.72			
100 YD FREESTYLE	HERB MCAULEY 56 GM	1:01.73	JOHN COUSENS 56 SMS	23.36	E. SCHOFIELD 65 MN	2:18.24	JOE SCHEU 75 SMS	15:27.99		
CHUCK THOMAS 51 SMS	26.27	50 YD FREESTYLE	HERB MCAULEY 56 GM	25.59	WALTER MURPHY 66SPR	2:14.53	1650 YD FREESTYLE	1650 YD FREESTYLE		
HANS HELLMANN 51 SMS	31.67	JOHN COUSENS 56 SMS	26.27	WALTER MURPHY 66SPR	2:14.53	JOHN McGuire 75 SPR	34:22.50			
KIRBY MALONE 50 SPR	35.20	50 YD FREESTYLE	HERB MCAULEY 56 GM	25.59	JOHN BROWN 64 SPR	1:09.78	JOE SCHEU 75 SMS	5:46.04		
ROLAND HIPSHER 54SMS	34.60	JOHN COUSENS 56 SMS	26.27	E. SCHOFIELD 65 MN	1:16.89	50 YD FREESTYLE	50 YD FREESTYLE			
D.R. LAPLATNEY 50SPR	34.60	50 YD FREESTYLE	HERB MCAULEY 56 GM	25.59	GEORGE SILVERA 65SMS	1:19.11	JOHN McGuire 75 SPR	51.68		
ALEX BODOR 53 NFM	36.45	JOHN COUSENS 56 SMS	26.27	200 YD FREESTYLE	HUGO ERNEN 66 gISK	2:35.71	PERC DECREMER 75 GCM	52.18		
HOWARD STOKER 53 NFM	38.22	50 YD FREESTYLE	HERB MCAULEY 56 GM	25.59	JOHN BROWN 64 SPR	2:48.24	JOHN RISHER 76 SPR	1:03.66		
100 YD FREESTYLE	HERB MCAULEY 56 GM	1:01.73	JOHN COUSENS 56 SMS	26.27	E. SCHOFIELD 65 MN	2:58.24	STAN BATES 76 SMS	1:07.66		
CHUCK THOMAS 51 SMS	28.47	50 YD FREESTYLE	HERB MCAULEY 56 GM	25.59	GEORGE SILVERA 65SMS	3:05.65	JOE SCHEU 75 SMS	1:09.08		
F.W. HUEBNER 52 gFVF	2:39.16	JOHN COUSENS 56 SMS	27.33	200 YD FREESTYLE	HUGO ERNEN 66 gISK	1:14.35	SIG LANGNER 77 SMS	1:14.35		
SNAG HOLMES 50 GCM	2:40.25	50 YD FREESTYLE	HERB MCAULEY 56 GM	25.59	100 YD BACKSTROKE	JOHN McGuire 75 SPR	1:57.64	100 YD BACKSTROKE	100 YD BACKSTROKE	
D.R. LAPLATNEY 50SPR	2:57.87	JOHN COUSENS 56 SMS	27.33	JOHN BROWN 64 SPR	1:08.48	PERC DECREMER 75 GCM	2:08.48			
HOWARD STOKER 53 NFM	3:12.25	50 YD FREESTYLE	HERB MCAULEY 56 GM	25.59	JOHN BROWN 64 SPR	2:29.91	JOHN RISHER 76 SPR	2:29.91		
50 YD BUTTERFLY	D.R. LAPLATNEY 50SPR	8:03.75	JOSEF KOSER 57 gSCB	37.00	E. SCHOFIELD 65 MN	2:58.24	STAN BATES 76 SMS	2:36.74		
KIRBY MALONE 50 SPR	8:22.94	JOSEF KOSER 57 gSCB	37.33	JOHN BROWN 64 SPR	3:10.43	JOE SCHEU 75 SMS	2:40.40			
HOWARD STOKER 53 NFM	8:31.17	JOSEF KOSER 57 gSCB	37.33	E. SCHOFIELD 65 MN	3:05.43	SIG LANGNER 77 SMS	3:13.26			
1650 YD FREESTYLE	HERB MCAULEY 56 GM	2:41.31	JOSEF KOSER 57 gSCB	37.33	100 YD BACKSTROKE	JOHN McGuire 75 SPR	4:30.71	200 YD BACKSTROKE	200 YD BACKSTROKE	
CHUCK THOMAS 51 SMS	28.47	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	PERC DECREMER 75 GCM	5:32.43			
F.W. HUEBNER 52 gFVF	2:39.16	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	JOHN RISHER 76 SPR	5:41.41			
SNAG HOLMES 50 GCM	2:40.25	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	JOE SCHEU 75 SMS	6:02.36			
D.R. LAPLATNEY 50SPR	2:57.87	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	SIG LANGNER 77 SMS	6:53.58			
HOWARD STOKER 53 NFM	3:12.25	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	100 YD BACKSTROKE	100 YD BACKSTROKE			
50 YD BUTTERFLY	D.R. LAPLATNEY 50SPR	8:03.75	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	PERC DECREMER 75 GCM	50.06		
KIRBY MALONE 50 SPR	8:21.94	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	JOHN McGuire 75 SPR	1:04.92			
HOWARD STOKER 53 NFM	8:31.17	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	SIG LANGNER 77 SMS	1:32.59			
100 YD BACKSTROKE	HERB MCAULEY 56 GM	1:15.26	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	100 YD BACKSTROKE	100 YD BACKSTROKE		
CHUCK THOMAS 51 SMS	1:16.12	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	JOE SCHEU 75 SMS	3:21.34			
KIRBY MALONE 50 SPR	1:26.35	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	200 YD BACKSTROKE	200 YD BACKSTROKE			
SNAG HOLMES 50 GCM	1:27.01	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	PERC DECREMER 75 GCM	4:30.71			
SCOTT RAMSEY 51 SPR	1:29.83	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	JOHN McGuire 75 SPR	5:52.40			
ROLAND HIPSHER 54SMS	1:37.25	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	SIG LANGNER 77 SMS	6:52.50			
200 YD BACKSTROKE	HERB MCAULEY 56 GM	2:56.53	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	65+ 200 YD FREESTYLE RELAY	65+ 200 YD FREESTYLE RELAY		
CHUCK THOMAS 51 SMS	2:59.26	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	SPR	2:41.59			
F.W. HUEBNER 52 gFVF	3:17.91	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	AAU Masters Diving results	AAU Masters Diving results			
SNAG HOLMES 50 GCM	3:17.91	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	San Joaquin Valley Invitational	San Joaquin Valley Invitational			
DICK GLICK 51 NFM	3:17.91	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	April 28-29, 1979 Madera, Cal	April 28-29, 1979 Madera, Cal			
ROLAND HIPSHER 54SMS	3:18.07	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	1 Meter Diving	1 Meter Diving			
HANS HELLMANN 51 SMS	35.85	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Women 21-29	Women 21-29			
CHUCK THOMAS 51 SMS	38.00	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Women 30-39	Women 30-39			
DICK GLICK 51 NFM	39.01	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Marsha Lutz, USAF	Marsha Lutz, USAF			
GERD HOFFMANN 54 gPSV	40.45	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Women 50-59	Women 50-59			
KIRBY MALONE 50 SPR	44.20	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Patty Fulton, Mission Viejo	Patty Fulton, Mission Viejo			
PAUL REINZ 52 gSCB	47.60	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Women 60-69	Women 60-69			
ALEX BODOR 53 NFM	47.60	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	John Sable, No. Hollywood	John Sable, No. Hollywood			
HOWARD STOKER 53 NFM	55.64	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Men 30-39	Men 30-39			
100 YD BREASTSTROKE	HERB MCAULEY 56 GM	1:21.92	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Richard Hurley, Redwood City	Richard Hurley, Redwood City		
HANS HELLMANN 51 SMS	1:26.00	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Men 50-59	Men 50-59			
KIRBY MALONE 50 SPR	1:39.59	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Peter Baer, Los Angeles	Peter Baer, Los Angeles			
200 YD BREASTSTROKE	HERB MCAULEY 56 GM	3:07.74	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Men 60-69	Men 60-69		
CHUCK THOMAS 51 SMS	3:09.69	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Bill McAlister, Madera	Bill McAlister, Madera			
GERD HOFFMANN 54 gPSV	3:24.11	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Floyd Stauffer, Downey	Floyd Stauffer, Downey			
ALEX BODOR 53 NFM	41.96	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Men 70 & over	Men 70 & over			
HOWARD STOKER 53 NFM	55.64	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Don Davis, Plintridge	Don Davis, Plintridge			
100 YD BREASTSTROKE	HERB MCAULEY 56 GM	1:21.92	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	John Sable, No. Hollywood	John Sable, No. Hollywood		
HANS HELLMANN 51 SMS	1:26.00	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Men 21-29	Men 21-29			
KIRBY MALONE 50 SPR	1:39.59	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Patrick Eaton, Clovis	Patrick Eaton, Clovis			
200 YD BREASTSTROKE	HERB MCAULEY 56 GM	3:07.74	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Paul Smith, San Diego	Paul Smith, San Diego		
CHUCK THOMAS 51 SMS	3:09.69	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Men 40-49	Men 40-49			
GERD HOFFMANN 54 gPSV	37.25	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Gary Bagley, Los Angeles	Gary Bagley, Los Angeles			
KIRBY MALONE 50 SPR	41.85	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Fred Fox, San Diego	Fred Fox, San Diego			
ROLAND HIPSHER 54SMS	41.96	JOSEF KOSER 57 gSCB	37.33	JOSEF KOSER 57 gSCB	37.33	Men 50-59				

# MASTERS SWIMMING NOTES

DAVIS AQUATIC MASTERS - Four National and 40 Pacific Association records were bettered during the three-day Pacific Association Masters Swimming Championships held in Davis, CA on March 31 and April 7-8. Patti Scott-Baier bettered two National and four PA Assn. records, Carolyn Johnson of Los Altos broke six PA rec., while Jane McCollister of Tamalpais and Ed Moran of Reno each broke four PA records. The host Davis Aquatic Masters coached by Dave Scott swam to the team title by totaling 1541 points. San Mateo Marlins were second with 998, Walnut Creek was third with 751 and Sacramento was fourth with 542. The meet attracted 382 swimmers from 30 clubs in Northern CA and Nevada and was co-sponsored by the Anheuser-Busch Company.....

POPE: POOL - Workman are racing to finish a 40 by 82 foot swimming pool for the Pope at his Castel Gondolfo summer residence. Before he became pope, he was a keen skier, canoeist and swimmer - but since his election, he has only been able to take occasional walks in the garden.....

LITTLE KNOWN FACT - (from Nautilus Aquatic Club Newsletter) - The first person to swim the English Channel had webbed feet. (For the very, very young swimmers, the first swimmer to negotiate the English Channel was Captain Matthew Webb in 1875.).....

RECORDS AND TOP TEN - Just a reminder from Ted Haartz that any meets held after May 7, 1979 will be considered for next year's records and Top Ten. And, speaking of records, the ones published in the last issue of Swim-Master should have been 1978 Records instead of 1979..

LETTER FROM ROBERTA KRESCH - I loved my first issue of Swim-Master. I'm one of those people who after being told I might not walk again after back surgery, got into the pool and low and behold a miracle! I never competed in any athletic event in my life and this year I won 2 medals swimming for the Jersey Masters at the Eastern Championships. I can't tell you how proud I am and so grateful for this program. Age 37.....

TOP TEN PATCHES - Write to Harry Fox at new address: 0\*H\*I\*0 Masters, P.O. Box 8513, Canton, OH 44711.....

NATIONAL MASTERS SWIMMING PATCH - This newly designed AAU Masters Swimming Patch is still availabel for \$2.00. Just send your orders to June Krauser, 2308 N.E. 19th Avenue, Fort Lauderdale, FL 33305.....

NATIONAL LONG COURSE CHAMPIONSHIPS - Information should be out in a couple of weeks. Note the new address in Swim Calendar. Also, dates are different - Thurs. through Sunday.....

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ADDRESS \_\_\_\_\_

Mail To: SWIM-MASTER  
2308 NE 19 Ave., Ft. Lauderdale, FL 33305

OLD STERNWHEELER'S MASTERS MONTHLY - Judy Collins is singing on the radio, and I am reminded that she lost a bunch of weight, and gave her career a big boost with a new self-image, all with swimming. (Her new album has a photo of her new image, wearing nothing but a smile) but she freely gives swimming the credit for helping to turn her life upward and onward.....

SWIMMING WORLD - My apologies to Swimming-World for not having given a credit line to them for the picture of Jamie Stewart on page 4 of the May 1979 issue. Will try and do better.....

LETTER FROM SUE KREPLIN - I was laid up with a staph infection in the hospital for two weeks - out of commission for eight. Since I could not do anything, my arthritis is thriving with no exercise and I gained 15 lbs. Never knew swimming could be so beautiful - especially as I lay in bed watching the IV's drip-drip-drip. Just waiting for Sunday - I can go in!!! Whoopee.....

WORLD BEST CHANGE - Please correct the Women's 55-59 100 Mtr Breaststroke by removing Peg Pickens' name from first place and moving the next four up and adding 5th to be G. Orosco with a time of 1:55.00.....

LETTER FROM GARY STUTSEL, NATIONAL SECRETARY, AUSTRALIAN UNION OF SENIOR SWIMMERS - The fifth

National Swim of AUSSI was held at the North Sydney 50 m pool on April 21-22 and proved to be the most successful yet. 301 people swam in an average of 5 events each and produced a wealth of statistics. 68 new Australian Records and 54 times which would have made the 1978 World's Best list. Fears of slower times, as this was the first occasion on which the Nationals have been held in a LC pool, proved completely unfounded. The superb weather, the comfortable water (76°) and the keen competition inspired even the slowest swimmers to shave seconds off their previous times. The World listing is creating a lot of interest, especially as so many of our members cannot afford the time or money to travel overseas. Keep up the good work with Swim-Master, as a tool of communication it is tops.....

# SWIM-MASTER

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

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## LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

### SWIM CALENDAR

VOL VIII-No 5 JUNE 1979

JUN	8-10	YMCA Nationals - Western YMCA, 850 S. Rolling Rd., Baltimore, MD 21228
	8-10	Canadian Nationals (25 m) - Tom Brady, 265 Vance Dr., Oakville, Ont. Canada
	9-10	LC - M. Bradley Levinson, Metairie YMCA, 3726 Houma Blvd., Metairie, LA 70002
	9-10	SC - U. of Montana, Missoula, MT
	10	Oregon AAU - Earl Walter, 3904 SW 57 Ave., Portland, OR 97225
	23	SPA LC - Margaret George, 159 S. Allen, #106, Pasadena, CA 91106
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JUL	1	50 Yd Masters Open - Jack Mathews, 816 10 Ave., Box 23, Grinnell, IA 50112
	7-9	LC - Earl Walter, 3904 SW 57 Ave., Portland, OR 97225
	8	1500 Mtr - Dave McAfee, 510 Broad St., Falls Church, VA 22046
	13-15	LC - Nat Clement, 5632 Granada Dr., #138, Sarasota, FL 33581
	14-15	LC - Jamie Stewart & Fran Woolsey, 4630 Woolridge Rd., Corpus Christie, TX 78413
	15	SPA LC - Margaret George, 159 S. Allen, #106, Pasadena, CA 91106
	21	NATIONAL AAU MASTERS LONG DISTANCE SWIMMING CHAMPIONSHIPS (2 mi) - Dale Petranech, 2059 Huntington Ave., #1112, Alexandria, VA 22303
	22	NATIONAL AAU MASTERS MARATHON SWIM (10 mi) - Bob Griffith, 1225 Catalina Ave., Seal Beach, CA 90740
	28	SPA LC - Margaret George, 159 S. Allen, #106, Pasadena, CA 91106
	28	LC - Dot Ressegue, P.O. Box 7, Tar Heel, NC 28392
	29	Coronado - Alicia Horst, 571 Marina Ave., Coronado, CA 92118
AUG	4-5	DC LC - Dave McAfee, 510 Broad St., Falls Church, VA 22046
	4-5	LC "Hot'lanta" - Jeff Archambault, 15 Shellbark Rd., Decatur, GA 30035
	5	LC - O*H*I*O Masters, P.O. Box 8513, Canton, OH 44711
	11	Powel Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	11-12	LC - Chris Scott, 2512 P Street, Sacramento, CA 95616 (916) 451-3311
	11-12	SPA Regional Meet - Margaret George, 159 S. Allen, #106, Pasadena, CA 91106
	23-26	NATIONAL LONG COURSE CHAMPIONSHIPS - % National Masters, P.O. Box 406, Dearborn Hts., MI 48127 Paul Bartashuk (313) 846-3971
	26	5 Km - Lake Ontario - Ted Roach, Box 339, Pt. Credit, Ontario L5G 4L9 Canada
	27	12 Km Relay " " " " "
SEP	9	National AAU Long Distance Open Water Champ. (3 mi) - Dave Lamott, 2425 Palermo Dr., San Diego, CA 92106
	16	PA SC - Verne Scott, 646 Elmwood Dr., Davis, CA 95616
	30	YMCA - Virginia Hildebrant, 5167 Robinhood Dr., Willoughby, OH 44094
OCT	7	Leatherstocking Open - Jane Johngren, c/o ACC Gym, Cooperstown, NY 13326
	7	West End Y - Virginia Hildebrant, 5167 Robinhood Dr., Willoughby, OH 44094
NOV	18	Pentathlon - Harry Rawstrom, Carpenter Sports Bldg., U. of Del., Newark, DE 19711
MAY	16-18	NATIONAL SHORT COURSE CHAMPIONSHIPS - Ft. Lauderdale, FL - SHOF Pool -
	1980	June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
		MASTERS DIVING - Bill McAlister, 14407 Road 23-1/2, Madera, CA 93637
	JUN 16, JUL 8, AUG 24-27 (Nationals), SEP 8-9, SEP 24, OCT 13	OCEAN SWIMS every weekend, June 23 to Sept. 15. Various events of 1/2 mile, 1 mi, 2 mi, 3 mi, 10 mi, Biathlons, Triathlons, and Run-Swim-Runs. Send self-addressed stamped envelope to Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045. (213) 670-3251.
		*Mail 3 copies of meet results to: Enid Uhrich, 25 Lafayette Rd., Newton Lwr Fls, MA 02162*