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I Swam For My Life

by Arthur Hargrave

It happened at 5:15 p.m., Tuesday May 15th, 1971. A multi-ton boulder retaining wall, four feet away and parallel to our home, suddenly collapsed (within seconds of my having stood up after planting) and not only smashed me against the house as though I had been shot out of a cannon, but piled rubble up to my armpits. Hours later, with the help of firemen, police, neighbors, and two doctors, I had been excavated, hospitalized, X-rayed, sedated and put to bed where I was to remain for 33 days, recovering from nine fractures in my pelvis and a few other related inconveniences.

"Grim," might be one way to put it.

A year later, major surgery on a rampant diverticulitis situation resulted in my being privileged to finance the construction of a new wing for the hospital — or so it seemed.

And then a few years beyond that I was cautioned to "take it easy" due to an aortic insufficiency.

"Crummy," I muttered to myself and anyone else willing to listen. "This bum health routine has got to stop — somehow — but how?"

At this soon-to-be-turning-point in my life, Frank Walton, a keen half century friend with whom I had been a competitive swimmer in Berkeley High School and the San Francisco Olympic Club during part of the twenties and thirties, spoiled my day one night by implying I looked twenty pounds overweight, which I was, and added insult to injury by

asking whether my last will and testament had been updated recently.

"What you should do," admonished Frank, "is to become involved in the Masters."

"Masters? Masters what?"

"The National Swim Masters," was his rejoinder. (He had just set national records in two events).

And so began a glorious chapter in my life. From a tank-full of material Frank provided, I learned a lot about the Swim Masters. Now, five years later I can say with conviction, that that was when I started to swim for my life — and it worked.

Health can be a precarious proposition for anyone anytime, but after 65, and sometimes before, it can graduate into a demanding, commanding, number one topic of conversation. Any inspiration, therefore, to upgrade a deteriorating assembly of aching muscles and tired hormones, is or should be greeted with open arms. For me: affirmative.

I promptly became a student of what the Masters Swim Program is all about, and here's the story.

Nine years ago Captain Ransom J. Arthur, M.D. was on duty at the U.S. Navy Neuropsychiatric Research Unit in San Diego, and for good measure, coached the San Diego U.S. Naval Training Swimming team. Putting action where his knowledge was, Captain Arthur conceived and launched a physical fitness program that soon lured thousands of men and women out of their lethargy and into a pool. He named it "The National Masters Swimming Program." It proposed to:



1. Provide local and national swimming competition (under AAU) jurisdiction) by 5-year interval age brackets beginning at 25 up to "80 and over."
2. Motivate adults of all ages to swim regularly by inspiring an awareness and sense of pride in attaining physical fitness.
3. Furnish a measuring device for recording improvement by frequent time trials and official competition.
4. Renew friendships established in years past, replacing old rivalry with new rapport. And for newcomers by the thousands, who had never raced during their salad days, to open up a whole new wondrous world of improved health — and physical exhaustion.

"Well — that's the idea behind it all," Ransom Arthur doubtless said to someone. "But will it work?"

Will it work? Any chance of failure was immediately put to rest when scores of experienced long-ago competitors and officials enthusiastically rallied to the cause. Forty-nine rugged

swimmers (35 men and 14 women from 11 clubs) showed up for the first National Masters held in Amarillo in May of 1970, including the super-dedicated Mildred and Hamilton Anderson who have competed in every National Swim Masters meet since. One hundred and thirty seven were on the mark the following year. At successive meets, the number skyrocketed to a point where this August close to six hundred swimmers from 101 clubs all over the country and abroad were on the blocks at the 1979 Long Course meet held in Dearborn.

The Die is Cast

So — inferring from Frank Walton's indiscreet innuendo that I was growing old, whereas in reality I was only 67, I decided to do something drastic: start swimming daily and hard, despite a layoff of nearly forty years.

Knowledgable athletic competitors approaching the late afternoon (if not evening) of life are well aware that after a few decades without competition it can often require more than a year of serious training to attain maximum efficiency for any given age bracket — worse yet, that beyond the half way mark of an average life, a natural attrition of a few percent in swimming speed per year takes place, no matter how intensive the training. A 50 year old who can swim a 100 yard freestyle in 57 flat will have to train like mad to stay under 59 a few years later. Beyond 65 years (with the possible exception of Clarence Ross who without doubt has been the greatest Masters Swimmer in his age brackets from one 5-year span to another) most contestants find that a drop of five percent per year is not unusual. Such backward progress, be it in Masters track, tennis, or swimming, can be discouraging to a degree, but it is a minuscule price to pay for the more likely reward of pushing the horizon of one's life span a hairline or much more

beyond what it might otherwise have been.

The Experts Agree

In his paper on "Swimming and Cardiovascular Fitness," Dr. Ransom Arthur points out that coronary risk factors are most often associated with one or several conditions such as increased age, being a male, hypercholesterolemia, obesity, poor diet, a family history of coronary disease, smoking, and among too many more to make pleasant reading, a low level of physical activity.

On the happier side, June Krauser, sparkplug of the Gold Coast Masters in Ft. Lauderdale, many-time winner in National Masters swimming events and able editor of *Swim Master*, wrote a penetrating article on "Conditioning." Her thesis reminds that "swimming is one of the most healthful forms of exercise and a constant program of conditioning proves beneficial to the cardiovascular-respiratory system."

According to 36 year old Masters swimmer and frequent winner, Dr. Phillip Whitten, in his recent article in *Parade*, "swimming exercises all the muscles of the body and because most weight is supported by the water, there is little wear and tear on the joints."

Nor is that all: in commenting upon the popularity of jogging, Dr. Thomas B. Quigley of the Harvard Medical School wrote, "acceleration of wear and tear on weight-bearing joints is almost invariably accompanied by pain effusion. Therefore, it seems reasonable to advise those over 60 whose hips, knees and ankles become painful after running, to seek equally beneficial activities, such as swimming, which does not involve pedative weight loading."

Such documentation attesting to the value of swimming as a worthy opponent to getting old early has been similarly endorsed by many advocates of better health through exercise.

Hold the Bus — I Want On!

The bait was too great to resist. After a mere four months (instead of the more appropriate year) of training, I entered the 1974 Long Course meet in Santa Clara. Uncertain whether I could even hold a respectable pace in the 1500 meter freestyle event, I garnered the silver medal behind Lloyd Osborne — long ago Captain and champion at Yale and today, dean of the Masters Swim team in Hawaii, and a "many gold medal winner" in every meet in which he competes. Flushed with the success of that noble effort, I went on to win gold medals and set new national records in the 100 and 200 meter backstroke.

Obviously, at this point I was into the Masters, hook, line, sinker and half the pier with all of the zeal of some contemporaries who are spending the better part of their late lives lawn bowling, curling or with electric trains. Titles, records, medals and ribbons became par for the course as I entered local meets. Being named a National Masters All-American that year and in others that followed merely increased my desire to train harder and do better. At the 1977 Long Course meet in Spokane I entered seven events (including two relays) and came home with a delightful array of seven gold medals.

But . . . Suddenly!!

A near critical setback came upon the scene in April of 1978. I had long been aware of the aortic insufficiency problem and changed doctors a half dozen times trying to find one who would scoff and say "nonsense," but none did. One even assured me I simply could not possibly swim as fast as my times indicated, adding that numerous medical reports could prove it; furthermore that if and when my valve did go to pot it would probably do so with a vengeance. And it did! Like switching off a light, it did! Of a sudden on one day at the start of my routine workout, I groped for breath

and stopped after three laps en-route to an intended thousand yard goal. Something had to be dreadfully wrong. I could feel and hear blood wheezing and rushing back into my lungs. That afternoon my doctor said "take a deep breath" and pronounced me "bad." The next day came an emergency angiogram and two days later open heart surgery.

All went well. With the permission and even urging of the surgery team, I swam cautiously in a mid-July meet and went all out in one held in August, setting five new national records (50, 100 and 200 meter freestyle and 100 and 200 meter backstroke).

Pushing Back the Clock

Thanks to aggressive research by June Krauser into the fastest Masters times from countries on

several continents and the veritable library of thousands of times set by competitors in the United States, compiled by Ted Haartz, Masters Records and Tabulation Chairman, I was accorded the honor of being listed as Number One among the 1978 World's Best in six events, age bracket 70 to 74.

50 meters freestyle	35.11
100 meters freestyle	1:23.50
200 meters freestyle	3:17.60
50 meters backstroke	43.00
100 meters backstroke	1:36.10
200 meters backstroke	3:30.10

Presumptuous though it is, I have listed the events and times as a special treat for parents by the hundreds and their heroic 12 and 13 year olds who can chortle with glee at the realization that such times are indeed child's play — and they are — for many children. The times that pre-teen-

agers, to say nothing of high schoolers, turn in these days would make Duke Kahanomoku and Johnny Weissmuller cringe with embarrassment. My 50 meter free in 35.11 or 100 meter back in 1:36.1 wouldn't even win an all-day sucker at a Santa Claus party, still, and even so, I only wish I could be on hand to congratulate each of today's toddlers when they are able to better those times (and many will, of course) a half century from now.

That is the story of how I swam for my life. There is little doubt in my mind nor in the opinion of several doctor friends that for me the Swim Masters has been a life-lengthener if not a life-saver. □

Issue 49 WELL-BEING

Swimming Dean, 56, Logs His 1,000th Mile; Now He's a Dolphin

United Press International
BY MICHAEL WESTER

Lubbock — Larry Graves admits there are those who swim faster, farther and longer than he does, but probably no one does it with more deliberation and purpose. Graves, 56, has just swum his 1,000th mile.

As dean of arts and sciences at Texas Tech University, he does not claim any outstanding athletic achievements. He just believes in finding something that's good for you, and sticking with it.

"I have found that my exercise program of 1,250 yards swimming every day is just what I need to feel the way I want to feel," he said. "I'm not trying to set any records. I'm not trying to compete with anyone. It's just that I have found an exercise program exactly suited to my physical requirements."

Swimming is more than recreation for Graves. He says the program has restored his energy, his feeling of well being and his enthusiasm for work.

"I swim 25 laps a day in the pool at the university men's gym. I log the distance of the 40-minute swim, and so far this year I've swum 112 miles. That gives me over 1,000 miles of swimming."

Graves said the swimming program has lowered by 10 or 12 his heartbeat rate per minute.

"The key is finding an exercise program you like and doing it to maintain good physical condition," Graves said. "The swimming program has restored my good health. My energy and enthusiasm are at a new high, and I'm enjoying my job more than ever before."

SCOTLAND'S FIRST MASTERS MEET

Scotland held its first-ever Masters' swimming meet at Greenock and engendered so much interest from those taking part that it looks like becoming a very popular annual fixture. So much so, that City Vending (Edinburgh), the sponsors, have asked that arrangements go ahead for next year when it is anticipated that it will become an official Scottish Masters Championships. The FINA permit professionals to take part in Masters competitions so that one anticipates that even more of the stars of the past will compete. (On the theme why do the ASA not fall into line and allow professionals to take part in Masters meets in England?)

There were some very famous names among the Greenock medalists. Like TV personalities *Ronnie Burns* and *Athole Still* in the 45-49 group. Both won gold but their 110 yds freestyle was the highlight. *Ronnie* edged out *Athole* in 1:7.3 to 1:7.4. In the same group *Bob Sreenan's* wife *Mary* (a past champion as *Mary Fiddler*, of Warrington) was also a gold medal winner. *Ally MacGregor*, in the 30-34 group and still a Warrender stalwart, had a golden time: his 58.4 for 110 yds freestyle was the fastest of the meet. His club coach, *Ian Curry*, also a winner (25-29 years) and his 110 yds freestyle was 59.6. A winner in the same group was *Ian Milne*, an ex-Dundee internationalist. *Sandy Galletly*, of Perth, still winning (35-39) and his 110 yds freestyle was 1:4.0. *Terry Boyes*, ex-British internationalist from York, had five wins (40-44), his 110 yds freestyle 1:3.2.

THE BACKSTROKE - by John Naber, Olympic Gold

The first thing to remember in the backstroke is the body position. The hips have to be just below the water surface. The shoulders have to be like a speed boat, straight in the water. The body should be as high in the water surface as possible. The head has to be tucked just a little bit so you can see where you're going and go straight. The shoulders have to rotate so that on recovery there's no resistance. The hips should ride at water level and the legs must boil the water. If you splash and bring bubbles underwater you're not kicking water, you're kicking air.

As I describe the process of swimming backstroke I will use 7 two-word phrases to picture what I'm doing. The first is barbecue skewer. This is what I try to think about when I try to keep my body on top of the water with my shoulders rotating. I think of a barbecue skewer going down through my head and I'm rotating around the spit, back and forth, so that my body is going straight down the pool. My shoulders are rotating on an imaginary axis that runs right down the back of my shoulder blades and right through my legs.

Speedo panel. When you're on a barbecue skewer, as you're rotating you want to be able to see your Speedo Panel come out of the water. You should be able to see just above the hips; that part comes just a little bit out of the water on rotation.

Rifle barrel. This is what I think of to make sure my shoulders are rotating. On the recovery I look down my arm as if it were a rifle barrel. There's no way to look down your arm if your shoulder is out of place. The shoulder has to be right beneath the chin. On every recovery you're looking right down the rifle barrel. There's no way to look down the barrel without also looking down the fingertips or the knuckles as well as the shoulder, and you cannot do that unless you rotate the whole way.

Little finger, must enter the water first. This is the critical part of the stroke. If you were to hit with the back of your hand and go under water, you'd have to turn your hand around to start the pull. This is a waste of time.

Arm wrestling. The push phase of the backstroke is similar to arm wrestling. At the end of the pull the arm should be in the position one would assume to begin an arm wrestling match. The push requires the identical motion.

Shot put - is what happens at the end of the stroke. When you arm wrestle and push down the

end of the push is all in the wrist. You push the water toward your feet.

Boiling water. That's the way to interpret the kick. No bubble, but the water boils. You kick underwater and your toes come very close to breaking the surface - but not out of the water, which would create bubbles.

One word of caution - don't try to master all seven phrases at once. If you practice one at a time, you master one at a time, and then it will become a habit. If you practice them all at once you are not going to master any one of them. You're going to be practicing bad habits. So just concentrate on one at a time until it becomes natural, easy and smooth.

ANN JANNARONE: 98 POUND JOCK! by L. Dooman

If you were at the Nationals at Brown and were surprised to see a pretty slip of a swimmer doing the breaststroke in a 65 and over Mixed Free Relay, you were in on Ann Jannarone's debut. Paralyzed with fright and gibbering to everyone that she would wreck the relay, she zipped along on her lap to help the relay team win a gold and break the National record by 20 sec. Prior to this event, she swam her very first competitive event, the 200 meter breaststroke. She puts her coming in first down to daughter Nancy's yelling "Go Mom Go" as she went into her last turn. She also carried home 2 bronze medals for the 100 breast and 100 back. The most amazing part of this success story, is that due to a skiing accident 30 years ago, Ann has little mobility in her arm and almost no feeling and strength in her hand. The accident did, on Dr.'s orders, force her to start swimming every day. The therapy must have worked because besides swimming, she plays tennis and captains the Ridgewood Country Club team, (gripping the racket with only her 3 last fingers) and has returned to skiing. I asked her if she dared to use the tow (which caused her accident) and she said that she avoided it until one day a deaf boy asked her "why aren't you using the lift?". "Well", Ann said, "you can't go to the bother of explaining a thing like that to a deaf boy, so I went back to the tow". This positive attitude ran all through her recovery period and is probably responsible for her amazing the Drs. who felt her arm would never be sport-worthy again. Her husband is a VP with Con Ed and she has 5 children. When asked if her husband swims also, she answered, "yes, regularly. Every 4th of July". Son Jack was being interviewed by the NASA psychiatrist about his family. He described his father as competent, capable and went into great detail. In describing his mother, he chuckled and said, "oh, she's just a Jock".

BUTTERLY AND BREASTSTROKE STROKE DRILLS

by Nancy Begley, Women's Varsity Swimming Coach, Western Illinois University

Stroke drills are the important building blocks of proper stroke mechanics. When a stroke is broken down, it allows swimmers to give their full effort and concentration to that one important part of their stroke. Building strong parts of a stroke leads to an even stronger whole stroke. Drills should be done often in order to be effective so that the ideas sink into the swimmer's mind permanently. Doing stroke drills in early season before too many bad habits can be reinforced through long yardage conditioning is preferable. After doing a week of fly drills, one of my swimmers told me she forgot how she used to swim fly. Good Result -- she lost a lot of her bad habits and developed some new positive ones! Following are some of our favorite drills.

BUTTERFLY

1. Dolphin Kick with Fins. This is especially good for those swimmers who are stiff or have unnatural kick with too much knee bend. This can be done either under water or on top. Kicking hard with fins also builds leg strength.
2. Dive Over the Lane Line. This drill is best done in the shallow end. The swimmer should go under water and then explode up and over the lane line, the arms should simulate the butterfly arm action. The object is to clear the lane line and to perform the proper arm mechanics (recovery and entry). The swimmer must also utilize the head action of 'up and down' in order to clear the lane line.
3. Dolphin Drill. This drill is similar to the one above but done several times in a row. Remember to go to the bottom every time with the hands and then the feet meet the hands on the bottom. Then explode to the surface, simulating the fly arm action. Take your breath of air as you explode upward and before plunging under again.
4. Underwater Push Drill. This drill works on the underwater part of your butterfly stroke. Position is prone, elbows are GLUED to your side and float legs. The complete action of this drill is performed under the water. Bring the hands toward the face, then push till the hands meet the thighs. Bring your hands back to the face and repeat for an entire length.
5. Finish and Recovery Drill. This drill works on the finish of the butterfly stroke which is easy to slide right through, especially when a swimmer becomes tired. The action is similar to the drill immediately above with the elbows at your sides. Bring your hands toward the face, push hands toward and past the thighs, flicking both hands out of the water. Relax and do not stiffen up the lower half of your body.

BREASTSTROKE

1. Leg Kick Drill. This drill develops a full and strong kick. The emphasis is on bringing the feet up to the buttocks and then exploding through the kick. The position is prone with the arms at the swimmer's side. The legs are brought up and the swimmer grabs the ankles momentarily before the push - explosion of the kick. I often ask the swimmers to put their heads under to see if their feet are in good position for the push phase of their kick.
2. Ankle Flex-Point Drill. This puts more stress on the ankles for the power in the kick instead of those knees. The swimmers use a kick board, and while kicking, put an emphasis on flexing their feet as much as possible when the feet are drawn up and on pointing their feet as hard as possible on the finish of the kick, ending with their feet touching.
3. Underwater Pull with Fins. This drill works on the lungs and strengthening the underwater pull. The swimmer takes 2 or 3 underwater pull strokes at every turn to get used to that "need air desperately" feeling often experienced when doing the 200 breast or during the 400 IM.
4. Breast Pull with Fins. This drill involves pulling breaststroke while dolphin kicking with fins. This is done at a very fast pace. Do not wait to fit in a dolphin kick because the object is fast turnover. The swimmer can also experience the feeling of riding high, and the feeling of the bow wave and going over it on the recovery of the pull. We do this at 25, 50, 75 and 100 yard distances with our purpose being fast speed. I have one breaststroker who swims a 1:13, but she can pull 100 yards in this drill at 1:09.

For the Record

JANUARY 19, 1980

MICHIGAN MASTERS SWIM MEET, BERKLEY HIGH SCHOOL,

WOMEN 25-29	
50 yd Free	
J. Runkel	:28.02
C. Potter	:28.73
L. Juergens	:31.2
E. Gibbs	:35.3
C. Acker	:35.39
100 yd Free	
C. Potter	1:04.556
L. Juergens	1:09.5
J. Asselin	1:14.8
G. Champagne	1:19.9
200 yd Free	
G. Champagne	2:44.9
500 yd Free	
C. Potter	6:44.47
C. Martin	6:47.41
Belanger	6:48.57
J. Asselin	7:28.998
E. Gibbs	8:09.86
C. Acker	8:19.95
50 yd Back	
J. Runkel	:34.534
P. Shook	:46.51
100 yd Back	
E. Gibbs	1:34.041
P. Shook	1:39.90
100 yd Breast	
G. Champagne	1:22.788
C. Martin	1:27.717
S. Simblest	1:41.9
200 yd Breast	
G. Champagne	2:58.4
C. Martin	3:04.454
E. Gibbs	3:21.988
S. Simblest	3:34
50 yd Fly	
C. Martin	:34.3
L. Juergens	:34.5
J. Asselin	:39.7
S. Simblest	:41.9
30-34	
50 yd Free	
S. Thomas	:29.05
100 yd Free	
S. Thomas	1:04.985
100 yd Breast	
C. Rhudy	1:33.25
U. Kahn	1:38.785
50 yd Fly	
S. Thomas	:31.502
400 yd Ind. Medley	
S. Thomas	6:56.3
35-39	
50 yd Free	
J. Burrell	:28.76
S. Kovach	:37.8
100 yd Free	
J. Burrell	1:06.318
U. Kahn	1:27.771
S. Kovach	1:32.8
200 yd Free	
C. Rhudy	3:10.584
U. Kahn	3:11.979
500 yd Free	
U. Kahn	8:10.53
C. Rhudy	8:17.24
S. Kovach	9:53.86
50 yd Back	
J. Burrell	:36.5
C. Rhudy	:44.8
S. Kovach	:53.65
200 yd Breast	
C. Rhudy	3:25.3
U. Kahn	3:29.997
40-44	
50 yd Free	
F. Hall	:36.56
100 yd Free	
F. Hall	1:22.723
T. Orbeck	1:33.605
200 yd Free	
T. Orbeck	3:30.162
500 yd Free	
T. Orbeck	9:19.76
45-49	
50 yd Free	
F. Berg	:48.9
G. Bettinghaus	:57.0
100 yd Free	
C. Bettinghaus	2:10.348

50 yd Back	
F. Berg	:49.58
C. Bettinghaus	1:10.5
100 yd Breast	
F. Berg	2:11.01
200 yd Fly	
J. Garbus	3:43.7
400 yd Ind. Medley	
J. Garbus	7:10.916
50-54	
50 yd Free	
A. Brandon	:40.4
D. Ferguson	:42.84
C. Billingham	:43.0
100 yd Free	
M. Davidson	1:35.923
D. Ferguson	1:41.438
200 yd Free	
C. Billingham	3:12.440
500 yd Free	
C. Billingham	8:01.21
A. Brandon	9:40.55
50 yd Back	
D. Ferguson	:48.196
M. Davidson	:48.34
C. Billingham	:49.997
100 yd Back	
M. Davidson	1:46.960
D. Ferguson	1:52.189
55-59	
100 yd Breast	
L. Runkel	1:52.90
200 yd Breast	
L. Runkel	3:59.5
60-64	
50 yd Free	
M. Eubank	:41.26
200 yd Free	
M. Eubank	3:16.574
50 yd Back	
M. Eubank	:44.9
100 yd Back	
M. Eubank	1:37.984
65-69	
50 yd Back	
R. Brown	1:08.98
MEN	
25-29	
50 yd Free	
D. Carter	:23.33
B. Lee	:24.31
W. Frederick	:24.31
P. Morgavero	:24.78
M. Thompson	:26.9
C. Dawson	:29.27
K. Nitz	:29.0
100 yd Free	
D. Carter	:49.579
B. Lee	:54.309
S. Becraft	:56.584
P. Morgavero	:59.304
M. Thompson	1:02.118
K. Nitz	1:05.679
C. Dawson	1:07.093
200 yd Free	
B. Lee	2:02.007
S. Schwartz	2:07.325
S. Becraft	2:08.398
K. Nitz	2:27.563
M. Thompson	2:31.739
500 yd Free	
S. Schwartz	6:05.7
D. Carter	6:06.033
J. Crause	6:47.574
50 yd Back	
W. Frederick	:34.074
100 yd Back	
S. Schwartz	1:07.429
100 yd Breast	
A. Casanova	1:16.67
200 yd Breast	
A. Casanova	2:51.851
50 yd Fly	
B. Lee	:27.513
C. Dawson	:31.6
K. Nitz	:37.7
30-34	
50 yd Free	
C. Dobyns	:25.99
W. Gaines	:26.06
D. Kipple	:26.4
T. Hodges	:34.5

100 yd Free	
R. Henlotter	:55.631
C. Dobyns	:55.761
W. Gaines	:59.826
T. Hodges	1:18.604
200 yd Free	
R. Henlotter	2:06.1
A. Rapp	2:50.1
500 yd Free	
C. Dobyns	5:55.01
R. Lorenz	6:06.746
W. Gaines	6:59.84
A. Rapp	7:24.782
T. Hodges	8:34.212
50 yd Back	
E. Gray	:29.0
D. Kipple	:29.4
R. Lorenz	:29.6
A. Rapp	:38.54
100 yd Back	
E. Gray	1:04.859
A. Rapp	1:26.325
100 yd Breast	
R. Henlotter	1:10.6
200 yd Breast	
R. Henlotter	2:32.342
50 yd Fly	
W. Brown	:26.629
E. Gray	:28.1
R. Lorenz	:28.754
200 yd Fly	
W. Brown	2:15.433
400 yd Ind. Medley	
W. Brown	5:13.225
35-39	
50 yd Free	
A. Rhudy	:24.49
J. Morley	:25.4
W. Graves	:27.26
T. Morley	:29.1
S. Heath	:30.2
100 yd Free	
A. Rhudy	:55.012
J. Morley	:55.481
W. Graves	1:07.100
S. Heath	1:08.096
200 yd Free	
J. Morley	2:07.228
A. Rhudy	2:07.54
J. Hershey	2:36.749
S. Heath	2:47.949
R. Olson	2:50.417
500 yd Free	
R. Pohlonski	5:55.664
J. Morley	5:51.071
A. Rhudy	5:52.589
J. Edelman	6:55.312
R. Olson	8:04.851
50 yd Back	
J. Hershey	:37.7
100 yd Breast	
G. Runciman	1:12.9
T. Spear	1:15.817
J. Hershey	1:17.7
J. Edelman	1:20.543
R. Olson	1:35.071
200 yd Breast	
G. Runciman	2:43.731
T. Spear	2:44.524
J. Hershey	2:51.494
J. Edelman	2:59.54
R. Olson	3:29.09
50 yd Fly	
W. Graves	:29.9
G. Runciman	:30.531
S. Heath	:38.19
200 yd Fly	
H. Roddin	2:15.721
T. Spear	2:21.510
W. Graves	3:16.92
400 yd Ind. Medley	
H. Roddin	5:04.325
T. Spear	5:20.131
R. Pohlonski	5:21.833
J. Edelman	6:00.167
40-44	
50 yd Free	
R. Magee	:26.91
J. Radloff	:27.8
100 yd Free	
P. Magee	1:01.617
J. Radloff	1:04.287
D. Askenazy	1:10.630
F. Mosdale	1:20.984
200 yd Free	
P. Magee	2:25.167
D. Askenazy	2:39.761
F. Mosdale	3:10.445

500 yd Free	
R. Martin	6:05.143
P. Magee	6:49.4
D. Askenazy	7:21.80
F. McShade	8:29.537
50 yd Back	
T. Ketzler	:32.5
100 yd Back	
T. Ketzler	1:13.457
200 yd Breast	
R. Martin	2:55.396
50 yd Fly	
J. Badloff	:32.81
D. Askenazy	:39.7
45-49	
50 yd Free	
W. Dobler	:24.7
R. Lamb	:31.5
100 yd Free	
W. Dobler	:55.833
D. Hildum	:58.646
200 yd Free	
T. Koenig	2:23.542
500 yd Free	
W. King	6:11.53
T. Koenig	6:23.46
W. Dobler	6:29.84
D. Hildum	6:37.348
50 yd Back	
D. Hildum	:33.2
T. Brown	:34.7
100 yd Back	
W. Dobler	1:11.012
D. Hildum	1:13.683
T. Brown	1:18.498
100 yd Breast	
T. Brown	1:27.456
E. Birkhimer	1:33.28
K. Cook	1:34.811
200 yd Breast	
T. Koenig	2:47.882
200 yd Fly	
E. Birkhimer	3:50.73
50 yd Fly	
T. Koenig	:30.692
R. Lamb	:37.14
E. Birkhimer	:39.98
400 yd Ind. Medley	
T. Brown	6:42.121
E. Birkhimer	7:44.551
50-54	
50 yd Free	
R. Heritier	:26.3
200 yd Free	
R. Heritier	2:13.167
M. Jaque	2:25.08
500 yd Free	
R. Heritier	6:08.48
M. Jaque	6:23.965
C. Moss	6:24.22
A. Johnson	7:23.82
50 yd Back	
A. Johnson	:35.978
M. Jaque	:37.5
100 yd Back	
R. Heritier	1:15.624
A. Johnson	1:20.674
M. Jaque	1:23.627
50 yd Fly	
C. Moss	:29.531
200 yd Fly	
C. Moss	2:43.87
400 yd Ind. Medley	
C. Moss	5:41.844
55-59	
50 yd Free	
R. Evans	:37.0
100 yd Free	
R. Evans	1:25.722
500 yd Free	
W. Morgan	9:12.897
R. Evans	9:20.612
50 yd Fly	
R. Evans	:43.5
60-64	
50 yd Free	
D. Wuerfel	:30.37
A. Berg	:31.9
H. Davidson	:37.25
J. Bingham	:43.1
100 yd Free	
D. Wuerfel	1:09.627
H. Davidson	1:22.412
200 yd Free	
A. Berg	3:06.869
500 yd Free	
B. Burrell	6:40.277
A. Berg	8:12.34
H. Davidson	8:43.26

50 yd Back	
B. Burrell	:34.1
D. Wuerfel	:35.823
A. Berg	:41.68
100 yd Breast	
J. Bingham	1:41.50
200 yd Breast	
B. Burrell	3:09.226
J. Bingham	3:37.143
65-69	
50 yd Free	
E. Brown	:33.4
E. Conlan	:37.8
R. Martin	:37.9
L. Hughes	:38.8
100 yd Free	
E. Brown	1:19.995
W. Boylan	1:29.614
E. Conlan	1:30.598
L. Hughes	1:34.358
R. Martin	1:34.981
500 yd Free	
E. Brown	8:35.504
50 yd Back	
H. Braden	:56.912
L. Hughes	:59.928
100 yd Back	
E. Conlan	1:49.88
100 yd Breast	
H. Braden	1:57.01
W. Boylan	2:00.9
70-74	
500 yd Free	
A. Rosenkrantz	10:40.897
P.N.A. MASTERS SWIM MEET	
Shoreline Pool, Seattle, WA	
January 27, 1980	
WOMEN 25-29	
50 Yd. Free	
Susan Elliot 29	1:39.53
100 Yd. Free	
Susan Elliot 29	1:31.92
200 Yd. Free	
Pam Glynn 25	3:58.41
500 Yd. Free	
Pam Glynn 25	10:16.09
50 Yd. Back	
Liz Neils 27	1:40.85
Sonja Stenberg 29	1:53.40
100 Yd. Back	
Karen Unruh 29	1:15.50
Liz Neils 27	1:25.53
200 Yd. Back	
Karen Unruh 29*	2:44.62
Liz Neils 27	3:03.24
Sonja Stenberg 29	4:14.59
50 Yd. Breast	
Mary Beth Phelan 28	1:34.13
Liz Neils 27	1:44.73
100 Yd. Breast	
Mary Beth Phelan 28	1:14.83
Liz Neils 27	1:41.42
200 Yd. Breast	
Mary Beth Phelan 28	2:45.93
Sonja Stenberg 29	3:52.60
100 Yd. I. M.	
Karen Unruh 29	1:17.21
WOMEN 30-34	
50 Yd. Free	
Donna Burkhardt 33	1:29.37
Louise Feasel	1:31.26
Katherine Crandell 31	1:32.09
Dianna Campbell 30	1:32.49
100 Yd. Free	
Donna Burkhardt 33	1:04.88
Carol Murray 34	1:15.28
Jeanette Roshan 33	1:21.98
200 Yd. Free	
Arlene Justesen 32*	2:20.08
Carol Murray 34	2:47.89
Dianna Campbell 30	2:48.53
Evelyn Williams 30	2:50.50
500 Yd. Free	
Katherine Crandell 31	6:57.88
Arlene Justesen 32	6:65.94
Maureen Williams	8:15.38
50 Yd. Back	
Louise Feasel	1:33.10
Donna Burkhardt 33	1:35.27
Bonnie Gunkel 32	1:45.71
Lynda Bloomquist 33	1:46.31
100 Yd. Back	
Louise Feasel *	1:11.87
Donna Burkhardt 33	1:16.68
Evelyn Williams 30	1:22.55
Arlene Justesen 32	1:22.91
Lynda Bloomquist 33	1:42.50

200 Yd. Back		WOMEN 60-64		50 Yd. Breast		200 Yd. Breast		400 Yd. I. M.	
Louise Feasel *	2:43.94	50 Yd. Free		Steve Harrell 32	1:35.99	200 Yd. Breast		Gene Cadday 66	7:11.41
Evelyn Williams 30	3:11.61	Maxine Carlson 60	1:45.93	Gary Johnson 31	1:38.90	50 Yd. Fly		MEN 75-79	
Lynda Bloomquist 33	3:26.27	100 Yd. Free		200 Yd. Breast		Jim Sherrod 49	1:36.88	50 Yd. Free	1:41.36
50 Yd. Breast		Catherine Bye 61	1:57.43	Steve Harrell 32	2:57.04	Tom Foley 45	1:40.48	John Robinson 76	
Katherine Grandell 31	1:38.74	200 Yd. Free		50 Yd. Fly		100 Yd. I. M.	1:27.92	100 Yd. Free	1:40.72
Arlene Justesen 32	1:41.24	Catherine Bye 61	4:19.45	Pete Klein 31	1:27.09	Tom Foley 45		John Robinson	
Evelyn Williams 30	1:42.08	50 Yd. Back		Allen Fitz 30	1:29.92	400 Yd. I. M.			
Bonnie Gunkel 32	1:44.85	Maxine Carlson 60	1:51.22	Robert Cunningham 32	1:31.81	Tom Foley 45	6:47.70		
100 Yd. Breast		100 Yd. Breast		Steve Harrell 32	1:35.76	MEN 50-54			
Katherine Grandell 31	1:23.91	Maxine Carlson 60	1:55.35	100 Yd. Fly		50 Yd. Free		East Y Fall BC Masters Meet	
Jeanette Rosham 33	1:39.32	WOMEN 65-69		Dan Rueff 32	1:03.99	John Koruga 53	1:30.61	Short Course 25 yds.	
200 Yd. Breast		50 Yd. Free		Steve Harrell 32	1:18.04	Steve Anson 51	1:35.01	East Y pool Tucson Arizona	
Katherine Grandell 31	3:04.38	Marion Mueller 67	1:56.22	200 Yd. I. M.		James Mason 54	1:39.33	November 10 & 11, 1979	
Carol Murray 34	3:31.98	200 Yd. Free		Dan Rueff 32	2:26.58	100 Yd. Free			
Jeanette Rosham 33	3:45.51	Marion Mueller 67	4:35.79	400 Yd. I. M.	2:40.88	John Koruga 53	1:09.33		
50 Yd. Fly		50 Yd. Back		Robert Cunningham 32	5:29.68	James Mason 54	1:38.08		
Diane Sapien 30	1:34.96	100 Yd. Back		400 Yd. I. M.		200 Yd. Free			
Dianna Campbell 30	1:40.66	Marion Mueller 67	2:03.25	Dan Rueff 32		Steve Anson 51	3:03.71		
100 Yd. I. M.		200 Yd. Back		MEN 35-39		James Mason 54	4:04.22		
Louise Feasel	1:22.00	Marion Mueller 67	4:17.12	50 Yd. Free		500 Yd. Free			
Arlene Justesen 32	1:23.01	WOMEN 25-29		Jim Miles 35	1:24.85	Steve Anson 51	8:35.13		
Evelyn Williams 30	1:24.93	50 Yd. Free		Bob Spiger 39	1:32.90	Winslow Whitman 50	9:48.85		
Carol Murray 34	1:25.46	Steve Randle 25	1:24.37	Bob Spiger 39	1:15.51	Bill Castner 52	1:38.05		
Lynda Bloomquist 33	1:40.43	Rick Ingraham 25	1:24.70	200 Yd. Free		100 Yd. Back			
200 Yd. I. M.		Dick Hagen 29	1:25.38	Jim Miles 35	2:17.93	Bill Castner 52	1:28.89		
Lynda Bloomquist 33	3:28.01	Terry Ludwig 29	1:25.59	Harry Lewis 37	2:16.42	50 Yd. Breast			
WOMEN 40-44		100 Yd. Free		Bob Spiger 39	2:49.62	Winslow Whitman 50	1:42.12		
50 Yd. Free		Morre Rude 25	1:52.77	500 Yd. Free		Steve Anson 51	1:44.69		
Sue Dearborn 42	1:35.00	Terry Ludwig 29	1:55.51	Alan Harrison 36	6:11.58	100 Yd. Breast			
Florence Miller	1:36.17	Pete Carder 28	1:57.26	Harry Lewis 37	6:21.77	Winslow Whitman 50	1:38.35		
Carol Craig 42	1:41.08	Rick Ingraham 25	1:58.03	John Countryman 36	8:00.26	James Mason 54	1:59.60		
Margie LeskaJon 41	1:45.81	Dick Hagen 29	1:59.60	100 Yd. Back		50 Yd. Fly			
100 Yd. Free		Eric Bean 27	1:09.99	Robert Remington 35	1:23.25	John Koruga 53	1:39.11		
Sue Dearborn 42	1:17.66	200 Yd. Free		50 Yd. Breast		Bill Castner 52	1:42.25		
Florence Miller	1:23.28	Morre Rude 25	2:01.05	Jim Miles 35	1:32.76	100 Yd. I. M.			
200 Yd. Free		Pete Carder 28	2:07.09	Alan Harrison 36	1:33.28	John Koruga 53	1:26.03		
Sue Dearborn 42	2:53.99	Rick Ingraham 25	2:07.73	100 Yd. Breast		James Mason 54	2:01.65		
Florence Miller	2:56.77	500 Yd. Free		Alan Harrison 36	1:12.32	MEN 55-59			
400 Yd. Free		Morre Rude 25	3:37.85	John Countryman 36	1:29.59	50 Yd. Free			
Chaya Amlad 41	8:52.69	Pete Carder 28	6:10.13	200 Yd. Breast		James Worrel 57	1:31.99		
50 Yd. Back		Mark Jaeger 26	6:10.87	Alan Harrison 36	2:45.11	David Stone 55	1:33.84		
Florence Miller	1:47.40	50 Yd. Back		John Countryman 36	3:10.17	100 Yd. Free			
Margie LeskaJon	1:55.62	Mark Roehig 29	1:33.30	50 Yd. Fly		David Stone 55	1:17.30		
100 Yd. Back		100 Yd. Back		Walt Ingram 37	1:28.19	James Worrel 57	1:18.33		
Chaya Amlad 41	1:35.66	Gary Hafer 28	1:00.79	Jim Miles 35	1:29.52	200 Yd. Free			
Marietta James 40	1:48.52	Mike Koenig	1:04.93	Robert Remington 35	1:36.10	David Stone 55	2:55.98		
200 Yd. Back		Mark Roehig 29	1:14.81	Bob Spiger 39	1:42.33	Aubrey Dodd 57	3:21.39		
Marietta James 40	3:56.83	200 Yd. Back		100 Yd. Fly		100 Yd. Back			
50 Yd. Breast		Mike Koenig 28	2:30.34	Walt Ingram 37	1:02.79	Aubrey Dodd 57	1:44.55		
Sue Dearborn 42	1:47.10	50 Yd. Breast		Harry Lewis 37	1:18.67	50 Yd. Breast			
Chaya Amlad 41	1:47.12	Steve Randle 25	1:33.12	200 Yd. Fly		James Worrel 57	1:40.78		
100 Yd. Breast		Gary Hafer 28	1:33.26	Harry Lewis 37	3:01.63	100 Yd. Breast			
Chaya Amlad 41	1:42.92	Mark Jaeger 26	1:33.33	100 Yd. I. M.		James Worrel 57	1:30.26		
Sue Dearborn 42	1:44.94	Dick Hagen 29	1:37.25	Jim Miles 35	1:05.03	Aubrey Dodd 57	1:54.07		
100 Yd. Fly		Rick Ingraham 25	1:37.84	Robert Remington 35	1:17.13	100 Yd. I. M.			
Chaya Amlad 41	1:43.21	200 Yd. Breast		200 Yd. I. M.		James Worrel 57	1:31.38		
WOMEN 45-49		Monte Kintner 25	1:06.98	Robert Remington 35	2:49.01	Aubrey Dodd 57	1:42.59		
50 Yd. Free		Mark Jaeger 26	1:16.07	400 Yd. I. M.		MEN 60-64			
Nadine Whitehall 45*	1:32.34	Jerry Ruthrauff 29	1:19.28	Harry Lewis 37	5:49.34	50 Yd. Free			
200 Yd. Free		200 Yd. Breast		Robert Remington 35	6:14.01	Bill Odman 60	1:29.78		
Marty Dabrock 45	2:57.84	Jerry Ruthrauff 29	2:54.35	MEN 40-44		100 Yd. Free			
500 Yd. Free		50 Yd. Fly		50 Yd. Free		Bill Odman 60	1:07.78		
Nadine Whitehall 45*	7:30.00	Gary Hafer 28	1:25.75	Don Ruckman 43	1:27.25	500 Yd. Free			
Janet Twilight 48	8:40.25	Don Williams 26	1:27.37	Jim Dukelow 40	1:28.96	Bill Odman 60	6:59.01		
50 Yd. Back		Steve Randle 25	1:27.40	Dale White 43	1:30.58	50 Yd. Back			
Nadine Whitehall 45	1:42.90	Gordon Unruh 27	1:27.75	George Roberts 41	1:31.21	Fred Wiggin 64	1:39.37		
Janet Twilight 45	1:51.36	Jerry Ruthrauff 29	1:31.40	100 Yd. Free		100 Yd. Back			
100 Yd. Back		Don Williams 26	1:02.23	Don Ruckman 43	1:02.78	Fred Wiggin 64	1:26.55		
Marty Dabrock 45	1:38.80	Morre Rude 25	1:03.72	Dale White 43	1:06.79	200 Yd. Back			
50 Yd. Breast		200 Yd. Fly		Jim Dukelow 40	1:08.13	Fred Wiggin 64	3:06.27		
Nadine Whitehall 45*	1:43.90	Gordon Unruh 27	2:34.80	George Roberts 41	1:14.00	50 Yd. Fly			
50 Yd. Fly		100 Yd. I. M.		200 Yd. Free		Bill Odman 60	1:35.90		
Nadine Whitehall 45*	1:34.15	Gary Hafer 28	1:59.82	Dale White 43	2:32.04	100 Yd. I. M.			
100 Yd. I. M.		Steve Randle 25	1:04.19	500 Yd. Free		Fred Wiggin 64	3:12.86		
Marty Dabrock 45	1:34.08	Gordon Unruh 27	1:06.40	Dale White 43	7:00.69	MEN 65-69			
200 Yd. I. M.		Fick Ingraham 25	1:07.21	50 Yd. Back		50 Yd. Free			
Janet Twilight 48	3:42.44	Terry Ludwig 29	1:08.69	Jim Dukelow 40	1:35.70	Gene Crosssett 66	1:32.79		
400 Yd. I. M.		Jerry Ruthrauff 29	1:16.45	Don Ruckman 43	1:36.97	Karl Frederick 65	1:33.77		
Janet Twilight 48	7:45.53	200 Yd. I. M.		50 Yd. Fly		George Eldridge 67	1:48.90		
WOMEN 50-54		Gary Hafer 28 *	2:12.11	Jim Dukelow 40	1:31.44	100 Yd. Free			
50 Yd. Free		Steve Randle 25	2:26.56	Don Ruckman 43	1:33.37	Gene Crosssett 66	1:19.79		
Maryann Burke 34	1:55.30	400 Yd. I. M.		100 Yd. I. M.		George Eldridge 67	1:52.20		
Laurel Reid 53	1:55.82	Eric Bean 27	5:37.80	Don Ruckman 43	1:13.08	Gene Crosssett 66	3:04.77		
Marnetta Stratford 54	1:12.05	MEN 30-34		MEN 45-49		George Eldridge 67	4:06.99		
50 Yd. Back		50 Yd. Free		50 Yd. Free		Gene Crosssett 66	1:19.79		
Laurel Reid 53	1:02.31	Allen Fitz 30	1:25.22	Jim Sherrod 49	1:02.19	200 Yd. Back	3:37.17		
Marnetta Stratford	1:14.54	Dale Kirkpatrick 33	1:27.04	Joseph Opferman 45	1:27.43	Gene Cadday 66	1:27.43		
100 Yd. Back		Gary Johnson 31	1:29.56	100 Yd. Free		50 Yd. Back			
Marnetta Stratford	2:46.93	100 Yd. Free		Robert Dorse 48	1:00.64	Eugene Cadday 66	1:42.03		
200 Yd. Back		Pete Klein 31	1:53.89	Jim Sherrod 49	1:02.19	200 Yd. Back			
Maryann Burke 54	4:13.20	Allen Fitz 30	1:59.85	Joseph Opferman 45	1:27.55	Gene Cadday 66	1:27.55		
Marnetta Stratford	5:52.70	Dale Kirkpatrick 33	1:01.22	500 Yd. Free		Gene Cadday 66	1:27.55		
50 Yd. Breast		Tim Wright 32	1:07.34	Tom Taylor 49	1:48.91	50 Yd. Breast			
Marnetta Stratford	1:53.01	500 Yd. Free		50 Yd. Back		Karl Frederick 65 *	1:39.91		
WOMEN 55-59		Tim Wright 32	7:16.47	Jim Sherrod 49	1:42.90	George Eldridge 67	1:08.00		
50 Yd. Free		Allen Fitz 30	7:18.46	Tom Foley 45	1:43.59	100 Yd. Breast			
Muriel Flynn 56 *	1:40.27	100 Yd. Back		100 Yd. Back		50 Yd. Fly			
50 Yd. Back		Dan Rueff 32	1:13.51	Tom Foley 45	1:33.48	Karl Frederick 65	1:31.11		
Muriel Flynn 56	1:52.57	Robert Cunningham 32	1:19.10	100 Yd. Breast		200 Yd. Fly			
50 Yd. Breast		200 Yd. Back		Tom Taylor 49	1:20.60	Gene Cadday 66	3:35.71		
Muriel Flynn 56	1:51.12	Dan Rueff 32	2:38.28	100 Yd. I. M.		Karl Frederick 65	1:27.07		
100 Yd. Breast		Robert Cunningham 32	2:57.64						
Muriel Flynn 56	1:54.08								

<u>100 YARD BREAST</u>		
1. Lin Jenkins 38	1:29.55	
2. Karon Gay 37	2:03.00	
3. Margaret Torborg 36	2:22.71	
<u>50 YARD FLY</u>		
1. Lin Jenkins 38	39.64	
2. Karon Gay 37	55.70	
<u>100 YARD FLY</u>		
1. Lin Jenkins 38	1:30.48*	
<u>100 YARD IND. MEDLEY</u>		
1. Lin Jenkins 38	1:22.30	
<u>200 YARD IND. MEDLEY</u>		
1. Lin Jenkins 38	3:01.45	

<u>WOMEN 40-44</u>		
<u>50 YARD FREE</u>		
1. Patricia Bravence 42	41.72	
2. Catherine Dunford 43	59.20	
<u>100 YARD FREE</u>		
1. Patricia Bravence 42	1:35.07	
<u>200 YARD FREE</u>		
1. Patricia Bravence 42	3:42.66	
<u>50 YARD BACK</u>		
1. Patricia Bravence 42	46.49	
2. Catherine Dunford 43	1:09.31	
<u>100 YARD BACK</u>		
1. Patricia Bravence 42	1:43.40	
<u>50 YARD BREAST</u>		
1. Catherine Dunford 43	1:15.88	
<u>50 YARD FLY</u>		
1. Patricia Bravence 42	52.29	
2. Catherine Dunford 43	1:15.95	

<u>WOMEN 45-49</u>		
<u>Pam Breesee 45</u>		
50 Yd free	45.43	
100 Yd. Free	1:48.58	
200 Yd. Free	4:12.73	
50 Yd. Back	55.87	
50 Yd Breast	1:03.55	
50 Yd Fly	1:04.10	
100 Yd Ind Medley	2:05.95	

<u>WOMEN 50-54</u>		
<u>Edie Greunder 51</u>		
200 Yd. Free	2:57.85	
100 Yd. Breast	1:46.46	
50 Yd Fly	39.99	

<u>WOMEN 55-59</u>		
<u>50 YARD FREE</u>		
1. Jean Petrits 56	52.03	
<u>100 YARD FREE</u>		
1. Barbara Golseth 59	1:37.86	
2. Jean Petrits 56	1:57.42	
<u>200 YARD FREE</u>		
1. Barbara Golseth 59	3:31.02	
<u>50 YARD BACK</u>		
1. Barbara Golseth 59	47.95	
<u>100 YARD BACK</u>		
1. Barbara Golseth 59	1:47.84	
<u>50 YARD BREAST</u>		
1. Barbara Golseth 59	53.62	
<u>100 YARD BREAST</u>		
1. Barbara Golseth 59	1:53.65	
<u>50 YARD FLY</u>		
1. Barbara Golseth 59	55.05	
<u>100 YARD FLY</u>		
1. Barbara Golseth 59	2:04.95	
<u>100 YARD IND. MEDLEY</u>		
1. Barbara Golseth 59	1:49.23	
<u>200 YARD IND. MEDLEY</u>		
1. Barbara Golseth 59	3:56.81	

<u>WOMEN 60-64</u>		
<u>Rose Steward 61</u>		
200 Yard Free	4:22.80	
50 Yard Back	1:11.41	
100 Yard Breast	2:47.46	
50 Yard Fly	1:21.24	
200 Yard Ind. Medley	5:36.20	

<u>WOMEN 65-69</u>		
<u>Rina Dolgin 69</u>		
200 Yard Free	7:00.31	
100 Yard Back	3:08.32*	

<u>MEN 24-29</u>		
<u>50 YARD FREE</u>		
1. Dave Ridings 27	25.14	
2. Matt Welch 26	30.78	
<u>100 YARD FREE</u>		
1. Dave Ridings 27	55.48	
2. Don Edgell 27	55.72	
<u>200 YARD FREE</u>		
1. Don Edgell 27	2:06.61	
<u>100 YARD BACK</u>		
1. Dave Ridings 27	1:09.46	
2. Don Edgell 27	1:12.47	
3. Matt Welch 26	1:24.49	
<u>50 YARD BREAST</u>		
1. Dave Ridings 27	32.29	
<u>100 YARD BREAST</u>		
1. Matt Welch 26	1:45.40	
<u>50 YARD FLY</u>		
1. Don Edgell 27	29.01	
<u>100 YARD FLY</u>		
1. Don Edgell 27	1:05.16	

<u>100 YARD IND. MEDLEY</u>		
1. Dave Ridings 27	1:02.70	
<u>MEN 30-34</u>		
<u>50 YARD BREAST</u>		
1. Paul Coleman 31	37.24	
<u>MEN 45-49</u>		
<u>Cal Phillips 47</u>		
50 Yd Free	27.56	
100 Yd. Free	1:08.06	
100 Yd. Back	1:20.07	
50 Yd. Breast	40.70	
100 Yd Ind. Medley	1:17.99	

<u>MEN 50-54</u>		
<u>200 YARD FREE</u>		
1. Dan Greunder 50	2:39.68	
2. Ted Harris 50	3:09.35	
<u>100 YARD BREAST</u>		
1. Dan Greunder 50	1:18.60	

Southern Connecticut
Mid-Winter Invitational
1/5/1980

<u>WOMEN 25-29</u>		
<u>100yd. FREESTYLE</u>		
Darcey Fazio 25	1:16.90	
<u>200yd. FREESTYLE</u>		
Darcey Fazio 25	3:08.80	
<u>500 yd. FREESTYLE</u>		
Darcey Fazio 25	7:59.85	
<u>50yd. BUTTERFLY</u>		
Linda Lichter 29	36.55	
<u>100yd. BUTTERFLY</u>		
Linda Lichter 29	1:30.49	
<u>100yd INDIVIDUAL MEDLEY</u>		
Linda Lichter 29	1:26.33	
Darcey Fazio 25	1:27.42	

<u>WOMEN 30-34</u>		
<u>50yd. FREESTYLE</u>		
Janit Romayko 34	33.51	
Karen DiGeorffio 31	35.51	
Nancy Offenhauser 31	36.95	
<u>100yd FREESTYLE</u>		
Christe Slimak 31	1:04.02	
Dristina King 32	1:06.31	
Janit Romayko 34	1:13.20	
<u>200yd FREESTYLE</u>		
Kristina King 32	2:25.66	
Nancy Offenhauser 31	3:05.96	
<u>500yd FREESTYLE</u>		
Kristina King 32	6:25.90	
Christie Slimak 31	6:47.91	
<u>50 yd. BACKSTROKE</u>		
Bethany Franco 32	37.33	
Karen DiGeorgio 31	42.60	
Cheryl VanSyckle 31	46.13	
<u>200yd BACKSTROKE</u>		
Nancy Offenhauser 31	3:23.96	
<u>50yd. BREASTSTROKE</u>		
Christie Slimak 31	35.60	
Cheryl VanSyckle 31	40.19	
Janit Romayko 34	44.14	
<u>100yd. BREASTSTROKE</u>		
Christie Slimak 31	1:17.37	
Cheryl Van Syckle 31	1:29.50	
<u>50yd. BUTTERFLY</u>		
Kristina King 32	33.14	
Bethany Franco 32	36.60	
Karen DiGeorgio 31	39.95	
Nancy Offenhauser 31	46.55	
<u>200yd BUTTERFLY</u>		
Kristina King 32	2:59.40	
<u>100yd. INDIVIDUAL MEDLEY</u>		
Bethany Franco 32	1:20.82	
Janit Romayko 34	1:27.17	
Nancy Offenhauser 31	1:39.94	
<u>200yd. INDIVIDUAL MEDLEY</u>		
Bethany Franco 32	3:05.22	

<u>WOMEN 35-39</u>		
<u>50yd. FREESTYLE</u>		
Pam Mockler 35	31.87	
<u>50yd. BREASTSTROKE</u>		
Jane Murphy-Sherman 35	38.53	
Pam Mockler 35	44.70	
<u>100yd. BREASTSTROKE</u>		
Jane Murphy-Sherman 35	1:24.97	
<u>200yd. BREASTSTROKE</u>		
Jane Murphy-Sherman 35	2:57.27	
<u>200yd. INDIVIDUAL MEDLEY</u>		
Jane Murphy-Sherman 35	2:51.59	
<u>WOMEN 40-44</u>		
<u>100yd. FREESTYLE</u>		
Judy Parker 43	1:21.86	
<u>500yd. FREESTYLE</u>		
Judy Parker 43	7:35.60	
<u>50yd. BACKSTROKE</u>		
Judy Parker 43	42.70	
<u>200yd. INDIVIDUAL MEDLEY</u>		
Judy Parker 43	3:16.16	

<u>Women 45-49</u>		
<u>50yd. FREESTYLE</u>		
Ronnie Kamphausen 45	28.58	
Ann Degan 45	47.64	
<u>200yd. FREESTYLE</u>		
Ronnie Kamphausen 45	2:31.10	
<u>500yd. FREESTYLE</u>		
Betty Pitts 48	9:53.85	
<u>50yd. BACKSTROKE</u>		
Betty Pitts 48	48.92	
Ann Degan 45	55.14	
<u>100yd. BACKSTROKE</u>		
Ronnie Kamphausen	1:19.53	
Betty Pitts 48	1:42.14	
<u>200yd. BACKSTROKE</u>		
Ronnie Kamphausen 45	2:55.28	
Betty Pitts 48	3:43.25	
<u>50yd. BREASTSTROKE</u>		
Ann Degan 45	52.55	

<u>Women 50-54</u>		
<u>50yd. FREESTYLE</u>		
Margorie Martin 50	33.22	
Sieta Neuteboom 53	42.52	
<u>100yd. FREESTYLE</u>		
Sieta Neuteboom 53	1:34.60	
<u>200yd. FREESTYLE</u>		
Margorie Martin 50	2:49.03	
<u>100yd. BACKSTROKE</u>		
Margorie Martin 50	1:31.25	
<u>50yd. BREASTSTROKE</u>		
Margorie Martin 50	47.38	
Sieta Neuteboom 53	48.40	
<u>100yd BREASTSTROKE</u>		
Sieta Neuteboom 53	1:48.02	
<u>200yd BREASTSTROKE</u>		
Sieta Neuteboom 53	3:47.06	
<u>50yd. BUTTERFLY</u>		
Margorie Martin 50	43.91	

<u>WOMEN 55-59</u>		
<u>50yd. FREESTYLE</u>		
Dorothy Donnelly 58	32.95	
Nancy Phillips 58	35.98	
<u>100yd. FREESTYLE</u>		
Dorothy Donnelly 58	1:21.32	
Nancy Phillips 58	1:21.49	
<u>500yd. FREESTYLE</u>		
Nancy Phillips 58	8:04.22	
<u>50yd. BACKSTROKE</u>		
Nancy Phillips 58	43.00	
Dorothy Donnelly 58	44.55	
<u>50yd. BUTTERFLY</u>		
Dorothy Donnelly 58	47.39	
<u>100yd. INDIVIDUAL MEDLEY</u>		
Nancy Phillips 58	1:36.52	

<u>WOMEN 66-69</u>		
<u>50yd. FREESTYLE</u>		
Agnes Romayko 65	50.55	
<u>100yd. FREESTYLE</u>		
Helen Offenhauser 67	1:36.02	
Agnes Romayko 65	1:59.60	
<u>200yd. FREESTYLE</u>		
Helen Offenhauser 67	3:25.03	
<u>50yd. BUTTERFLY</u>		
Helen Offenhauser 67	1:04.00	
<u>100yd. BUTTERFLY</u>		
Helen Offenhauser 67	2:08.50	
<u>200yd. BUTTERFLY</u>		
Helen Offenhauser 67	5:05.59	

<u>WOMEN 70-74</u>		
<u>50yd. FREESTYLE</u>		
Kathleen Eschmann 72	44.96	
<u>100yd. FREESTYLE</u>		
Kathleen Eschmann 72	1:42.97	
<u>50yd. BACKSTROKE</u>		
Kathleen Eschmann 72	59.50	
<u>100yd. BACKSTROKE</u>		
Kathleen Eschmann 72	2:07.45	
<u>100yd. INDIVIDUAL MEDLEY</u>		
Kathleen Eschmann 72	2:20.80	

<u>MEN 25-29</u>		
<u>50yd. FREESTYLE</u>		
Mark Beckwith 28	23.79	
Bill Geoghegan 29	23.80	
David Norton 27	26.99	
Tom King 26	27.21	
Randy Rokisky 28	27.64	
<u>100yd. FREESTYLE</u>		
Bill Geoghegan 29	52.90	
Mark Beckwith 28	52.88	
Jeff Postman 26	54.25	
Warren Gove 25	56.23	
Jonathan Mellite 27	58.58	
Tom King 26	1:01.92	
<u>200yd. FREESTYLE</u>		
Bill Geoghegan 29	2:02.10	
Warren Gove 25	2:06.94	
Tom King 26	2:14.57	
<u>500yd. FREESTYLE</u>		
Jonathan Mellite 27	6:45.77	
<u>50yd. BACKSTROKE</u>		
Randy Rokisky 29	33.07	
Dennis Galli 25	35.17	
<u>100yd. BACKSTROKE</u>		
Mark Beckwith 28	1:05.32	
Jeff Postman 26	1:08.17	
Warren Gove 25	1:10.76	
Tom King 26	1:18.85	

<u>200yd. BACKSTROKE</u>		
Randy Rokisky 29	2:45.90	
Tom King 26	2:51.36	
<u>50yd. BREASTROKE</u>		
Dennis Galli 25	35.05	
Tom King 26	37.89	
<u>200yd. BREASTROKE</u>		
Dennis Galli 25	2:48.45	
<u>50yd. BUTTERFLY</u>		
Mark Beckwith 28	26.47	
Jonathan Mellitz 27	27.49	
Jeff Postman 26	27.52	
Dennis Galli 25	30.06	
David Norton 27	27.67	
Randy Rokisky 29	30.90	
<u>100yd. BUTTERFLY</u>		
Mark Beckwith 28	59.51	
Jeff Postman 26	1:02.90	
Jonathan Mellitz 27	1:03.35	
<u>100yd. INDIVIDUAL MEDLEY</u>		
Randy Rokisky 29	1:09.73	

<u>MEN 30-34</u>		
<u>50yd. FREESTYLE</u>		
Homer Lane 30	22.76	
Stephen Broker 32	24.20	
Jim Conlon 32	24.86	
<u>100yd. FREESTYLE</u>		
Homer Lane 30	51.08	
Jim Conlon 32	53.61	
Joseph Coplan 34	56.47	
<u>200yd. FREESTYLE</u>		
Homer Lane 30	2:01.82	
Joseph Coplan 34	2:07.64	
Jim Conlon 32	2:09.66	
<u>500yd. FREESTYLE</u>		
Stephen Broker 32	5:37.68	
Parker Wheat 33	5:45.00	
<u>50yd. BACKSTROKE</u>		
Parker Wheat 33	27.00	
Homer Lane 30	28.53	
Stephen Broker	29.63	
<u>100yd. BACKSTROKE</u>		
Stephen Broker 32	1:03.78	
<u>200yd. BACKSTROKE</u>		
Stephen Broker 32	2:24.33	
<u>100yd. BREASTSTROKE</u>		
Parker Wheat 33	1:07.29	
<u>100yd. INDIVIDUAL MEDLEY</u>		
Parker Wheat 33	57.41	
Homer Lane 30	1:00.32	
<u>200yd. INDIVIDUAL MEDLEY</u>		
Parker Wheat 33	2:09.82	

<u>MEN 35-39</u>		
<u>50yd. FREESTYLE</u>		
Jack Geoghegan 37	23.69	
Daniel Davis 37	24.54	
Ned Daly 35	24.83	
Micheal Lonergan 36	25.86	
Michael Service 37	26.68	
Mike O'Hara 38	26.75	
Steve Alexander 38	29.16	
Douglas Chelford 38	33.78	
<u>100yd. FREESTYLE</u>		
Jack Geoghegan 37	52.38	
Ned Daly 35	54.49	
Daniel Davis 37	55.36	
Micheal Lonergan 36	56.78	
Mike O'Hara 38	1:00.91	
Michael Service 37	1:04.06	
Douglas Chelford 38	1:26.01	
<u>200yd. FREESTYLE</u>		
Ned Daly 35	2:08.65	
Daniel Davis 37	2:10.58	
Mike O'Hara 38	2:17.85	
<u>500yd. FREESTYLE</u>		
Mike O'Hara 38	6:25.81	
Carl Hecht 38	8:41.72	
Fred Gordon 37	8:42.30	

<u>50yd. BACKSTROKE</u>		
Michael Lonergan 36	33.70	
Steve Alexander 38	43.10	
<u>100yd. BACKSTROKE</u>		
Michael Lonergan 36	1:15.64	
<u>200yd. BACKSTROKE</u>		
Carl Hecht 38	3:28.04	
<u>50yd. BREASTROKE</u>		
Steve Alexander 38	34.87	
Michael Service 37	37.03	
<u>100yd. BREASTSTROKE</u>		
Abe Melamed 35	1:09.50	
Steve Alexander 38		

Kidney patient takes care — not to miss anything

Rocky Mountain News March 8, 1975



'The biggest problem was psychological, emotional. I knew I could handle the physical things ... I hate it when I'm treated like I'm handicapped'

By MIKE MADIGAN
News Staff

FRASER — Five nights a week, Dick Strickland swims in the Masters program at the Denver Athletic Club.

Every weekend he can during the summer he crews on his brother's 22-foot sailboat at Lake Dillon.

For a half dozen days last summer he worked at playing golf for the first time.

As often as possible during the winter, he skis cross country, every once in a while entering a race, like last Saturday's Governor's Cup near here and Wednesday's cross country event in the Handicap Nationals.

But 365 days a year, for the last five years, Dick Strickland has lived as a kidney transplant patient with artificial hips.

"I SKIED DOWNHILL for 20 years," said the 36-year-old Denver native, "and after I had the transplant, and they gave me the steel hips, I knew I wasn't going to be doing any downhill skiing so I asked the doctor what I could do.

"I guess I was looking for a way to stay competitive."

After Strickland underwent the kidney transplant he refused to have his life limited by dependence on a kidney machine, and so in order to avoid rejection of the new organ he said he agreed to go on an anti-rejection medication. However, the deal was not a one-way street. Strickland knew that while the medication would give him mobility, its history also indicated a tendency to eat away at other parts of the body, and it went to work on his hips.

Degeneration made it necessary for him to have steel hips implanted. Now the drug has attacked his knees. But he maintains his independence, swallows his pain, and vows he'll live his life.

Two and a half years ago, Strickland started by swimming.

"I took back on it, and I could only swim 50 yards. Now, last week I swam a mile in competition," he said. "I started when I noticed that after sitting at a desk for eight hours a day I was really tuckered out. So I'd go swim every night and I felt so much better.

"They put me on a program when I started — swim 100 yards a day. I hated it. It was like getting in and out of a shower. But I stuck with it. I just passed 250 total miles swimming," he said smiling broadly, proudly.

So now he is planning on entering the Masters Nationals swimming meet later this year in California. There is no qualifying.

"Anyone over 25 who wants to can enter. We have a lot of fun," said Strickland. "It seems like everyone is always trying to

help each other out. The really good swimmers are always coming to me and asking if they can help me with anything."

BUT STRICKLAND'S favorite recreation is skiing. In addition to participating in this week's Handicap Nationals at Winter Park, he finished fourth in last Saturday's Governor's Cup 2-kilometer race for the handicapped at Devil's Thumb Ranch. And last year in the Nationals he won his class.

"I guess it goes back to high school, I did a little racing and I was on the junior ski patrol at Berthoud Pass," he said. "I remember, I never could carry one of those toboggans. But if there was an accident we'd carry the skis down, or be an extra hand to help hold a splint.

"What thrilled me last year when I got the results was I beat five or six kids, juniors, and that really made me feel good. I'll never forget, too, they had a guy in the race who had MS (multiple sclerosis) and, boy, my heart went out to him. It took him 35 minutes to get around the course. But he had the right idea — just finish it."

Strickland is a draftsman for Stearns-Roger, a local engineering company, and some of the men he works with talked him into trying golf last summer.

"I almost gave it up. It took me three rounds before I could get all the way around a nine-hole course without my hips hurting. We each put in \$6 for closest-to-the-hole and things like that. It made it interesting, yet everybody could afford it."

BUT NEITHER THE first frustrations of swimming, nor the realization that skiing couldn't be the same any more, nor the real pain he faced in golf have been the most taxing new experiences for Strickland. The toughest thing was just meeting the next day.

"The biggest problem was psychological, emotional," he said. "I knew I could handle the physical things. But getting back into society was very hard.

"I hate it when I'm treated like I'm handicapped, I like to be treated like a normal person. Maybe I can see some handicapped people's problem. They're afraid to go out and try to ski or swim because they might not be able to do it, or could get hurt. I know I always ask myself before I do anything 'Is it anything physical,' like running, because I don't have any cartilage in my hips. I don't have those shock absorbers in there.

"But now," said Strickland, "I've got so that the way things are, I'm doing more than I've ever done before."



NEWS PHOTO BY JOHN GORDON

Dick Strickland makes his way in the Governor's Cup.

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MASTERS NOTES
SWIMMING

SUBSCRIPTION RATE INCREASE - Five increases in printing costs in 1979 necessitates an increase in the subscription rate for SWIM-MASTER. As of January 1, 1980 the rate will be \$7.00 per year (USA) and \$11.00 per yr (Foreign). This rate is for 9 issues. Anyone sending last yrs rate will receive only 7 issues unless the additional \$1.00 is received immediately upon receipt of this notice. Check the address label for renewal date. If it says 380, this is your last issue unless you renew now!.....

ALL-AMERICAN ADDITIONS - Ted Haartz takes full credit for omissions in the All-American list published in VOL IX - No 1 and apologizes to those whose names appear below:

W 40-44	M. Spencer	Anyone wishing an All-
M 30-34	M. Haake	American Patch & Cer-
M 30-34	J. Katis	tificate please send
M 30-34	A. Shestakov	your name and address
M 40-44	J. Bohan	with a check to A.A.U.
M 45-49	R. Bennett	for \$3.00 to Ted
M 25-29	G. Hidle	Haartz, 155 Pantry

Rd., Sudbury, MA 01776.....

EXCUSES GALORE! (PNA Newsletter) - Heard after the last meet: "My 100 Back would have been better if I could have kept out of the lane lines." "MY 100 Free would have been better if I had remembered to look for the walls." "I would do better if I didn't have to get up at 5 every morning for workouts." "I would do better if I could get to workouts more often." "I could have done better if I hadn't been five months pregnant.".....

From Lisa Berryman, former MAC swimmer not at U.C. Davis

*There's no thrill in easy sailing
When the Sky is clear and blue,*

*There's no joy in merely doing
Things which anyone can do.
But there is some satisfaction
That is mighty sweet to take,
When you reach a destination
That you thought you couldn't make.....*

DEFINITIONS OR RULES It is hard to believe that in some sections of the country meet directors are still using one (1) event for all four strokes! The definition for Event is - any race or series of races in a given stroke or distance. The definition for Race is - any single swimming competition, (i.e.) timed final. So we cannot have an "open" 200 or a "choice" 200. We DO have a 200 free, 200 back, 200 breast and 200 fly. These are each separate races and must be swum separately. Just to give everyone a fair shake - please.....

ANOTHER PLEA FOR THE 200 FLY & 400 IM IN THE NATIONALS - (letter rec'd) I received the entry form for the 1980 Short Course Nationals, and I was shocked, dismayed, and angry to see that the schedule of events contains no 400 yd IM and no 200 yd butterfly. Is this perhaps an oversight in the printing of the information? If, in fact, it is not an error, I wish to voice my disappointment in the Nationals program which seems very 'Mickey Mouse' when not afforded the importance or prestige of offering the complete schedule of swimming events normally known to competitive swimmers. If we as Masters competitors are concerned with the betterment of our competitiveness and with the respect we command from the rest of the sports world, we must be concerned with presenting our top meets each season as truly representative of the full scope of skills of the participants. The 1980 Nationals without a 400 IM and without a 200 fly will certainly diminish the caliber of the meet.....

NEW ENGLAND MASTERS MEN EDGE BROWN WOMEN'S VARSITY 11/10/79 - By winning the final freestyle relay (Webster, Moran, Larson, and Wilson) the NEM men clinched a close win over Dave Roach's Brown women's team. The women, who "swam through" this unofficial annual encounter with our men, were generally tired and did not turn in the times that they were to do against YALE on December 1st. Nevertheless, they showed impressive depth, particularly in the backstroke and the longer freestyle events. The days of our giving the Brown women a close fight with a team consisting of men over 40 are long gone.....

FROM THE OLD STERNWHEELER'S MASTERS MONTHLY - Thought for the day: "When the going gets tough, the sprinters get out." *Did you hear about the fish who went to Medical School? He wanted to become a Plastic Surgeon. *What do you get when you cross a Galaxy with a Toad? Star Warts. *Want more? I'll bet you're waiting with bacon breath.....

SWIM-MASTER

June Krauser, Editor
2308 N.E. 19th Avenue
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SWIM CALENDAR

VOL IX - No 3

MARCH - APRIL 1980

MAR	15-16	SC - Mrs. J. Whitcomb, 1981 Villafane Dr., Pensacola, FL 32503
	15-16	SC - Lisa Watson, 1466 E. Druid Valley Dr., Atlanta, GA 30329
	15-16	SC & Diving - John George, 913 E. 10, Edmond, OK 73034
	15-16	Los Altos - Jean Howe, 264 Avalon Dr., Los Altos, CA 94022
	16	SC Hurth - Gert Fuchs, Benfleetstraße 11, 5000 Köln 40, West Germany
	22	Westfield YMCA - Jim McCarthy, 138 Ferris Place, Westfield, NJ 10709
	23	Midland Masters - Jim Work, 3409 Lawndale, Midland, MI 48640
	26-29	Nat. Champ. for Blind Athletes - Dr. David Beaver, Western 111. U., Macomb, IL
	29-30	Rinconada SC - Cindy Baxter, 740 Clara Dr., Palo Alto, CA 94303
	29-30	SC - Thomas D. Boak, Jr., 2720 N. Logrun Cir., The Woodlands, TX 77380
APR		Hawaiian Postal Relays - Jerry Bennett, 45-090 Namoku St., Kaneohe, HI 96744
	5	Northern Masters at Gateshead, Tyne & Wear, England - Ronnie Burns, 1 The Dell, Fulbeck, Morpeth, Northumberland, Great Britain
	11-12	SC - Rick Hill, Plantation Swim Team, 8609 Wesport Rd., Louisville, KY 40222
	11-13	Southern Regional - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
	12	Yale - Steve Broker, 76 Diamond St., New Haven, CT 06515
	12	Pentathlon - David McAfee, 510 E. Broad St., Falls Church, VA 22046
	18-20	Canadian LC Champ. - Henry Rechel, 1131 Hunterston Rd., N.W. Calgary, Alta. T2K 4M9 Canada
	19-20	SC - Bill Kloppe, 213 Osceala Ave., Nashville, TN 37209
	19-20	Harvard - Tom Lyndon, 54 Walnut St. #7, Waltham, MA 02154
	19-20	Michigan Finals - Bill King, 3620 Greenway, Royal Oak, MI 48073
	19-20	York Dutch - Cal Schaeffer, 36 N. Beaver St., York, PA 17401
	19-20	"A Day With Doc"- Carol Peffley, 4219 Deckard Dr., Bloomington, IN 47401
	25-27	SC - Jack Buchannan, 29195 Histed Dr., Evergreen, CO 80439
	25-27	East Coast - Bob Macionis, Bridgewater Com. Pool, Box 6300, Bridgewater, NJ 09907
	26-27	O*H*1*0 - Meet Director, P.O. Box 8513, Canton, OH 44711
	22-26	Masters Swim Camp - US Sports Camps, P.O. Box 6546, Charlottesville, VA 22906
MAY	16-18	NATIONAL SHORT COURSE CHAMPIONSHIPS - Ft. Lauderdale, FL - SHOF Pool June Krauser, 2308 N.E. 19 Ave., Ft. Lauderdale, FL 33305 (SASE PLEASE)
	23-25	YMCA Masters National Championships - Cal Schaeffer, 36 N. Beaver, St., York, PA
	23-25	St. Pete LC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
JUN	13-14	Sarasota LC - Natalie Clement, 4528 Falcon Ridge Dr., Sarasota, FL 33583
JUL	25-27	LC - Leslie Samuels, Metairie YMCA, 3726 Hauma Blvd., Metairie, LA 70002
AUG	29-Sep 1	NATIONAL LC CHAMPIONSHIPS - Santa Clara, CA - Cindy Baxter (above)
CENTRAL AAU - APR 4-5, APR 20, MAY 2-4		
OREGON AAU - Earl Walter, 3904 SW 57 Ave., Portland, OR 97225 MAR 16, APR 4-5, MAY 3-4 JUN 8, JUL 11-12, AUG 13-14		
CORONADO MASTERS - Alicia Horst, 24 The Point, Conorado, CA 92118 MAR 16, MAY 25, JUL 27, OCT 19, DEC 7		
WISCONSIN AAU - John Bauman, 9717 Saratoga Dr., Caledonia WI 53108 MAR 22, APR 12-13		
OHIO AAU - Roy Stickney, 499 N. Columbia Ave., Bexley, OH 43209 - MAR 23, APR 20		
1980 DIVING CALENDAR - APR 26 - Bill McAllister, 14407 Rd. 23-1/2, Madera, CA 93637		
	MAY 24-25	Indoor Nationals - David McKeehan, 1320 Voss Rd., Houston, TX 77055
	JUN 14	- Paula Jean Pope, 415 Del Norte Rd., Ojai, CA 93023
	JUL 13	- Felix Grossman, 17960 Rancho Ave., Encino, CA 91316
	AUG 29-31	- Bill McAllister (above)
	OCT 18	- Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011
Mail 3 copies of meet results to: Enid Uhrich, 25 Lafayette Rd., Newton Lwr Falls, MA 02162		