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CARDIOVASCULAR EXERCISE PRESCRIBED FOR DEPRESSION

by Dr. Paul Hutinger, Professor
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Depression is the most common psychopathology treated by physicians and many times underlies physical complaints. The usual methods of treatment have included drugs, psychophysiology, and psychotherapy. However, the staff at the University of Virginia has been impressed with the benefits many depressed patients have derived from systematic periods of regular exercise such as jogging, swimming, walking, and tennis. They also found exercise was effective in decreasing depressed moods of mentally healthy people. Addiction to drugs, smoking, and alcohol was overcome by many students who adopted exercise into their life style. Most Masters swimmers have reported a feeling of well being associated with a regular training program.

The study conducted at the U. of VA consisted of 176 normal subjects in phase one. They were given 10 weeks of jogging, 3 times a week, 30 minutes a day. They were evaluated with resting heart rates at the beginning and end of the 10 weeks. The subjects kept a journal of their training, recording pulse rates before and after exercise, also making notations about mood and amount of sleep. All the subjects demonstrated a statistically significant improvement (5% level or better) in their depression scores in three psychological tests except 17 members of a high school softball team and the control group.

Phase two of the study included 101 clinically depressed students, 406 normal, with 54 in a control group. Several different psychological tests were used including the Minnesota Multiphasic Personality Inventory Depression Scale. Generally the depressed subjects improved to the level of normal subjects who did not exercise. For example, the Anger/Hostility level was rated 10 for the depressed and 7 for the norms at the beginning of the 10 weeks and were 7 for the depressed and 5 for the norms at the end of the ten weeks.

Depressed persons usually withdraw from activity and isolate themselves so the most difficult task is to motivate the person to activity. The researchers felt that the daily records kept by

the subjects were very important. (I have long advocated that Masters swimmers keep a log and have devised and printed a special log that is available.) Many individuals delude themselves about the actual amount of time and care they give their bodies. Studies have demonstrated that people are inaccurate in statements of time spent in recreational activities and training sessions. Using friends and spouses for verification of statements subjects made on questionnaires, many errors were found. A written log is the only accurate method to record activity time. The Virginia researchers summarized their findings as follows. I have noted any special applications to Masters Swimmers.

1. Physical fitness is associated with a feeling of well-being and reduced depression.
2. Physical and psychological benefits of exercise occur regardless of age.
3. Competition during training and games should be minimized for maximum psychological gains. (Some Masters swimmers should not compete in high level meets.)
4. Physical exertion on the job does not yield the benefits of a training program. Persons who do manual work on their job are not automatically fit.
5. Biological benefits from training are associated with changes in brain amines, salt metabolism and muscle neuronal activity.
6. A history of the depressed patient's motor activity is useful in prescribing an exercise program and should be used as a starting point.

Several other examples of the benefits of exercise in treatment of depression are of interest. Dr. Thaddeus Kostrubola, a psychiatrist in San Diego, employs running in the treatment of his patients reporting outstanding and rewarding successes. In a recent issue of *Omni* magazine, Wallace Ellerbrook, MD, presents data that suggest that negative emotional states may be the critical component of all common diseases--even cancer. He states that anxiety is a common term, one of the mainstays of psychiatry. It is defined as an emotion. It is not. It is a compound of two things: awareness of ambiguity and a depressive reaction to this awareness. Dr. Ellerbrook feels you should identify the onset of depressive feelings in yourself. If you learn how your head works and how to work your

head, you can live longer, healthier and happier lives.

A recent letter from a Master swimmer in her 60's who has had many health problems which included depression, stated that her doctor no longer gives her drugs for her depression but prescribes swimming. She claims that she feels better and sleeps better when swimming regularly.

In summary, the Master swimmer should establish training as a high priority, especially if depression is a problem. Time and money will be saved in the long term if you spend time on your swim training program, as better mental health along with physical health will be the bottom line.

CRUSADERS WITH A MESSAGE ARE OFTEN GIANT-SIZE BORES, BUT NOT SO BRIAN, 59, AND MERLE DUFFY, 54, OF SANDGATE, AUSTRALIA.....

Their message to anyone who cares to listen is that even though you might be on the dust heap of life, tangled up in problems, and almost a physical wreck, you can still make the grade at almost whatever age. Brian has been there and come back. But there is no pushy pomposity about outstanding athletic achievements they have both won in the fifth decade of their lives. Both are leaders among veteran swimmers, and Brian is a winner in veteran track. They're tremendously grateful that Brian was able to pull himself up by his own bootlaces and anyone who wants to listen will be told the unvarnished story and how they can do the same if they want to badly enough.

Ten years ago Brian was all but submerged in personal problems. "Merle suggested I try swimming each morning as a gentle way of conditioning my body gradually towards fitness and stimulating the body system to help me to a better outlook on life," said Brian, "and to make sure of it she came with me every time. When I started, competitive sport was the furthest thought from my mind, but with progress I started to think: 'if I'm going to keep fit this way, why not have some incentive?' So I started with veteran runners."

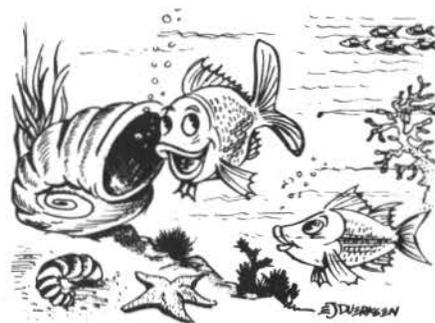
Brian says he is sure if it were not for his wife's encouragement and support in exercise, he would not be living a sane life today. Merle's way of helping Brian was to get started back into sport herself. She had been a promising Queensland swim champion in 1939, but her opportunity to compete in the Olympic Games was cut short by the outbreak of war. Out of swimming for 25 years, she started on her own comeback. Having no idea of the fastest times in her age group she joined the Australian Union of Senior

Swimmers International and entered the national championships in 1977 in Sydney. The events were held on one day over a period of four hours. Merle competed in 400m, 100m, and 50m freestyle; 50m backstroke, 100m backstroke, all in four hours. She won the 400m event in national record time of 6 min 59.5 sec and went on to set national records in her remaining events.

Similarly, Brian won everything in his age group in the nationals in 1977. 400m freestyle, 50m backstroke, 50m freestyle, 25m backstroke and 25m freestyle all in one afternoon. In 1979 he also took all the titles in veteran swimming for Queensland and a week before that came second in 100m track, handicapped by a pulled muscle. In running, Brian recently competed in the State Veteran Athletics championships. He came second in the 55-59 year section of the 100m.

In general there is no danger from vigorous exercise for young people below the age of 30 without heart or respiratory disease. For the over-35 sedentary age group a history check and examination should be carried out by a medico. Also, free of charge at the National Heart Foundation of Australia, is a cholesterol, triglycerides and blood pressure check followed by a lecture by a doctor advising how to combat high blood pressure etc. This lecture also includes correct nutritional diet. "I cannot emphasise enough the dangers of sprinting for the sedentary unfit person who after a few weeks jogging begins to feel that drive to try himself out over a short burst. Those participating in an exercise training program should observe the following rules:

1. Increase in exercise should be gradual and non-competitive.
2. Never exercise vigorously if you are suffering from an infection, are feeling unwell, after a heavy meal, or in extremes of environmental temperature.
3. Exercise should be stopped if you develop undue weakness or exhaustion or develop pain or tightness in the chest, shoulder or arm.



New Directions For United States Swimming

With 1980, Competitive Swimming moves into a new era. The sport is coming of age—challenged with high standards, an optimistic future, and a new face to present to the world. The accomplishments of American Swimming in the past have been great. It's the sport that has won more gold medals in Olympic competition than any other. Each season the times get faster, records are broken, the depth in the program is more far reaching. With our new organization, new name, new logo, and all, there's no reason to believe that Swimming in the United States is not going to make even greater strides in the future.

What is the proposed name of the new Swimming organization?

United States Swimming, Inc.

How is it different from the Competitive Swimming Committee of the AAU?

Competitive Swimming in this country has been developed under the AAU-held franchise, and the sport has been run by a committee of the AAU. After August, 1980 Swimming in this country will be independent. It is separately incorporated, has its own Board of Directors, and its own House of Delegates. In other words, Swimming manages Swimming under the new organization.

What programs does United States Swimming offer?

There are thousands of Americans of all ages engaged in Competitive Swimming. United States Swimming offers varied programs — from learning to swim all the way to the polished Olympian. Athletes come from nearly 4,000 local amateur clubs in 60 member associations, schools and colleges, YMCA/YWCA and city recreation programs, and country club leagues.

Age Group Swimming emerged in 1949 as local swimming associations designed and implemented competition for young athletes as the first step for dedicated swimmers who strive for the gold and personal recognition. With over 150,000 registered swimmers, it is the

Age Group program which produces the reservoir of talent leading to American supremacy in worldwide competition.

Our best athletes compete in local, regional and national meets and championships. From there they go on to represent the United States in international competitions such as the Pan American Games, World Swimming Championships, World University Games, and ultimately the Olympic Games.

Junior and Senior National Championships held at the end of each winter and summer swimming season offer the top athlete the challenge of competing against the best our country has to offer.

Who makes up United States Swimming?

United States Swimming includes all those involved in the sport: the athlete, the coach, the official, the administrator — all those volunteers and professionals, who make United States Swimming what it is.

United States Swimming is composed locally of committees in 60 Associations which carry on the work of offering local and regional competition, registering swimmers, conducting clinics, raising funds.

Nationally, it is composed of representatives from the local committees, active athletes, and at-large members, as well as eligible organizations involved in Swimming at all levels.

What is the role of the AAU after 1980?

When the international franchise for Aquatics is transferred to United States Aquatic Sports, Inc. (USAS) in August, the AAU will be an organization which services amateur sports in the United States, both locally and nationally. United States Swimming has contracted for services with the AAU. Service contracts are in various stages of development between Local Swimming Committees and AAU Associations.

What is the relationship of



Swimming to the other aquatic sports?

Swimming, Diving, Synchronized Swimming, and Water Polo are sister sports. There is only one international federation which controls aquatic sports worldwide. That is FINA (Federation Internationale De Natation Amateur). Because of this there is only one international franchise for all four aquatic sports. Each sport will operate independently except in those areas where it is necessary to have the agreement of all four sports to carry out duties as the franchise holder.

What is United States Aquatic Sports, Inc. (USAS)?

United States Aquatic Sports, Inc. (USAS) is the name of the corporation which will actually hold the franchise for Aquatics after August 1, 1980. The functions of the Corporation will be carried out by a Board of Trustees made up of the boards of directors from each of the four sports.

What are the functions of United States Aquatic Sports, Inc.?

The major function of this Corporation as the franchise holder in the United States for Aquatic Sports will be to "protect" that franchise by insuring that each sport carries out the duties and responsibilities required by FINA, duties relating to programs, eligibility requirements, rules for competition, financial responsibility, etc. In addition, USAS will host the annual convention for the Aquatic Sports and represent all four sports in international matters.

How can I join United States Swimming?

Many types of memberships are available, both individually and as a group. Funds from these memberships help support both local and national programs.

Where can I write for more information about United States Swimming?

For more information on United States Swimming, write to: United States Swimming, 3400 West 86th St., Indianapolis, IN 46268.

GIVING UP COFFEE: ONE MAN'S EXPERIENCE

BY Ray Chen

Is coffee bad for you? Many people don't want to know. They will complain that first smoking, then fatty foods, and then sugars have been incriminated as causing various diseases. Now, if coffee is taken away, what else is there left to enjoy? (You could answer, sex and alcohol. Married people live longer than singles, and so do those who imbibe in moderation as opposed to teetotalers.)

It is estimated that 95% of the adult population drinks coffee or tea regularly and hence is addicted to caffeine. Withdrawal symptoms like headache, irritability, decreased mental performance, and craving for caffeine can result. Caffeine is present in coffee, tea, "cola" drinks, and things like Dr. Pepper, Mr. Pibb, and Mountain Dew. Caffeine-like material is also present in chocolate.

Nobody knows exactly how caffeine stimulates the nervous system, increases the heart rate and blood pressure, or causes increased urine production. In micro-organisms, caffeine causes mutations by interfering the genetic mechanism. Most organisms have DNA-repair mechanisms which protect them from mutations and cancer; caffeine is known to inhibit these repair mechanisms. Caffeine also causes breaks in chromosomes and increases the frequency of sister chromatid exchanges. Although you might expect caffeine to cause cancer, this has never been proven. You cannot do the same experiment they did when rats were given huge doses of saccharin; caffeine is a drug, and a large dose would give rats convulsions before they got cancer. There have been some articles which actually purport to show that coffee enhances human performance. Unfortunately, these studies were done with subjects who normally drink coffee every day. This is like saying that whiskey is good because it prevents tremors and horrible dreams; this is true if the subject is an alcoholic. The objectivity of scientists can be questioned if they themselves enjoy coffee and are anxious to show that it is harmless.

Among the untoward effects of caffeine are insomnia, nervousness and anxiety, peptic ulcer, excessive urination, ringing in the ears, and heart palpitations. Less well documented are long term personality changes, darkening of the skin, and early ageing. A higher incidence of heart attacks and atherosclerosis among heavy coffee drinkers has been reported, but most people don't want this to be true. Heavy coffee drinking has been linked to fibrocystic disease of the breast, a precursor of breast cancer. A similar mechanism may underlie nodular prostatic

hypertrophy in males. Caffeine is well-known to cause irregular heart rhythm; usually this takes the form of skipped beats or tachycardia. Since fatalities during heart attacks are usually due to disturbances in rhythm, the combination of caffeine and a heart attack would seem to increase the chance of death.

Well-meaning hospital volunteers can often be seen passing out coffee and cookies to outpatients in the waiting rooms. Better they should give out gum and cigarettes.

Caffeine is a powerful drug which acts on several organ systems. There are about 100-150 milligrams of caffeine per cup of coffee, and some people may ingest nearly 1000 milligrams a day. Their bodies are probably habituated to the drug, because this large a dose in someone who has not previously been exposed to caffeine could be fatal. What are the long term effects of chronic ingestion of this drug? Can it be good to take a drug which causes mutations and has all these nervous system and circulatory effects?

It seemed to me that it was more likely that caffeine was bad for you than good, so about 8 years ago, I gave it up cold turkey. I had withdrawal symptoms for at least a year, but in retrospect there have been some benefits. One notices the absence of headaches, insomnia, and the unreasonable feeling of always being pressed for time. Nervousness and anxiety under stress situations is much diminished, and sudden swings in emotion and mood no longer occur. It seems that I require less sleep, and graying of the hair is much delayed in comparison with my contemporaries and my brother, when he was my age. Last month, a couple of people underestimated my age by over 10 years. All these benefits could be imaginary; I know of no solid scientific evidence as yet, but I did not want to wait. Since we suspect that mental and physical performance is influenced by minute amounts of nutrients, there can be little doubt that these huge daily quantities of caffeine may be deleterious. I am the only adult I know who avoids all caffeine for scientific reasons, although some people do not drink coffee or tea for religious reasons, e.g., the Mormons, who have a low incidence of heart disease and cancer and a greater longevity.

For the Record

METRO MASTERS MEET
3/9/80 BETHPAGE, N.Y.
WOMEN 25-29

50 Yds. Freestyle
Lynda McKenna 29 31.8
100 Yds. Freestyle
Anne Sullivan 25 1:00.3
Lynda McKenna 29 1:19.3
50 Yds. Backstroke
Anne Sullivan 25 30.8
100 Yds. Backstroke
Anne Sullivan 25 1:06.4
50 Yds. Breaststroke
JudyAnn Williams 25 40.2
100 Yds. Breaststroke
JudyAnn Williams 25 1:24.2
50 Yds. Butterfly
JudyAnn Williams 25 33.4
100 Yds. Butterfly
JudyAnn Williams 25 1:18.1
100 Yds. Ind. Medley
JudyAnn Williams 25 1:16.4
Linda McKenna 29 1:28.5

Women 30-34
50 Yds. Freestyle
Karen DiGeorgio 31 35.0
50 Yds. Backstroke
Karen DiGeorgio 31 42.3
100 Yds. Ind. Medley
Karen DiGeorgio 31 1:33.4

WOMEN 35-39
50 Yds. Freestyle
Gerry Hahn 37 34.1
100 Yds. Freestyle
Gerry Hahn 37 1:19.3

WOMEN 45-49
50 Yds. Freestyle
Jacquie Soulier 48 36.5
Maxine Nellen 47 42.4
Barbara Stanley 47 43.5
Lois Osowitz 46 44.6
100 Yds. Freestyle
Jacquie Soulier 48 1:23.7
Barbara Stanley 47 1:35.7
50 Yds. Backstroke
Jacquie Soulier 48 40.4
Betty Pitts 48 45.6
Barbara Stanley 47 47.3
Maxine Nellen 47 54.1
100 Yds. Backstroke
Jacquie Soulier 48 1:32.4
Betty Pitts 48 1:42.6
Barbara Stanley 47 1:53.2
50 Yds. Breaststroke
Maxine Nellen 47 49.0
100 Yds. Ind. Medley
Barbara Stanley 47 1:57.0
Maxine Nellen 47 1:57.1

WOMEN 50-54
50 Yds. Freestyle
Sieta Neuteboom 53 42.2
Hedy Esposito 51 42.6
100 Yds. Freestyle
Sieta Neuteboom 53 1:34.8
Hedy Esposito 51 1:43.6
50 Yds. Backstroke
Sieta Neuteboom 53 55.0
50 Yds. Breaststroke
Sieta Neuteboom 53 48.8
Hedy Esposito 51 50.6
MaryAnn O'Toole 52 1:29.5
100 Yds. Breaststroke
Sieta Neuteboom 53 1:47.2
Hedy Esposito 51 1:54.5

WOMEN 55-59
50 Yds. Breaststroke
Charlotte Costello 57 42.6
100 Yds. Breaststroke
Char. Costello 57 1:31.6
50 Yds. Butterfly
Charlotte Costello 57 37.4
100 Yds. Ind. Medley
Char. Costello 57 1:25.8

MEN 25-29
50 Yds. Freestyle
Ben vonPentz 25 24.6
Randy Rokisky 29 27.3
Peter Grau 29 31.8
Michael McKenna 28 33.7
100 Yds. Freestyle
Ben vonPentz 25 53.8
Randy Rokisky 29 1:02.6
Michael McKenna 28 1:15.9
50 Yds. Backstroke
Ben vonPentz 25 28.3
Randy Rokisky 29 33.5
Peter Grau 29 40.3
100 Yds. Backstroke
Ben vonPentz 25 1:04.7
Randy Rokisky 29 1:14.1

50 Yds. Breaststroke
Ben vonPentz 25 34.6
Peter Grau 29 40.2
Gary Andreassen 28 45.8
100 Yds. Breaststroke
Ben vonPentz 25 1:13.9
Michael McKenna 28 1:29.4
Gary Andreassen 28 1:42.4
50 Yds. Butterfly
Ben vonPentz 25 28.2
100 Yds. Butterfly
Ben vonPentz 25 1:07.3
100 Yds. Ind. Medley
Ben vonPentz 25 1:02.3
Randy Rokisky 29 1:12.3
Peter Grau 29 1:25.7
Gary Andreassen 28 1:40.2

MEN 30-34
50 Yds. Freestyle
Richard Arluck 34 24.0
Barry Eames 32 25.9
Jeffrey Lynn 30 26.6
Michael Kadner 30 31.1
100 Yds. Freestyle
Richard Arluck 34 54.4
Barry Eames 32 59.8
Jeffrey Lynn 30 1:02.2
100 Yds. Breaststroke
Michael Kadner 30 1:29.3
100 Yds. Ind. Medley
Michael Kadner 30 1:28.8

MEN 35-39
50 Yds. Freestyle
Michael Longergan 36 25.7
Michael Service 37 27.0
Steve Alexander 39 28.4
50 Yds. Backstroke
Paul Smith 35 28.0
Michael Lonergan 36 35.0
100 Yds. Backstroke
Paul Smith 35 1:03.8
50 Yds. Breaststroke
Steve Alexander 39 35.2
Michael Lonergan 36 37.1
100 Yds. Breaststroke
Steve Alexander 39 1:17.2
Michael Service 37 1:34.6
50 Yds. Butterfly
Michael Lonergan 36 30.05
100 Yds. Ind. Medley
Paul Smith 35 1:08.0
Michael Lonergan 36 1:10.7
Steve Alexander 39 1:17.0

MEN 40-44
50 Yds. Freestyle
Jim Johnsen 44 27.6
Ben Simon 42 29.5
Jim Rice 43 31.19
Stan Adler 44 32.8
100 Yds. Freestyle
Jim Johnsen 44 1:02.4
Jim Rice 43 1:10.8
Ben Simon 42 1:13.7
50 Yds. Backstroke
Drury Gallagher 41 30.8
Jim Johnsen 44 35.0
Ben Simon 42 38.0
100 Yds. Backstroke
Drury Gallagher 41 1:06.8
Ben Simon 42 1:21.0
Neil Wortmann 44 1:25.4
50 Yds. Breaststroke
Drury Gallagher 41 31.7
Stan Adler 44 39.4
Ben Simon 42 39.47
John Ruman 42 43.7
100 Yds. Breaststroke
Drury Gallagher 41 1:10.6
Ben Simon 42 1:30.6
Neil Wortmann 44 1:30.8
John Ruman 42 1:36.5
50 Yds. Butterfly
Ben Simon 42 32.6
Jim Rice 43 33.4
John Ruman 42 39.1
100 Yds. Butterfly
Ben Simon 42 1:17.5
Neil Wortmann 44 1:24.9
John Ruman 42 1:32.41
100 Yds. Ind. Medley
Drury Gallagher 41 1:02.9
Jim Johnsen 44 1:12.1
Neil Wortmann 44 1:18.5
Ben Simon 42 1:19.0
John Ruman 42 1:33.6

MEN 45-49
50 Yds. Freestyle
Jim Pitts 49 27.0
John Pasquale 45 27.5
Robert Nellen 47 30.3
Andy Ianarella 46 31.5
John Appel 49 33.5

100 Yds. Freestyle
John Pasquale 45 1:09.0
Andy Ianarella 46 1:11.5
John Appel 49 1:16.5
50 Yds. Backstroke
Jim Pitts 49 38.4
Robert Nellen 47 40.4
50 Yds. Breaststroke
Leon Silverstein 45 34.3
John Stahl 48 38.5
Jim Pitts 49 39.0
John Appel 49 47.4
100 Yds. Breaststroke
Leon Silverstein 45 1:14.6
John Stahl 48 1:25.2
50 Yds. Butterfly
Leon Silverstein 45 31.8
Jim Pitts 49 33.5
John Stahl 48 34.6
100 Yds. Butterfly
Eugene Sikes 48 1:31.5
100 Yds. Ind. Medley
Leon Silverstein 45 1:14.4
Jim Pitts 49 1:16.4
John Stahl 48 1:16.9
Robert Nellen 47 1:24.6
Eugene Sikes 48 1:28.5

MEN 50-54
50 Yds. Freestyle
Art Tebbens 50 27.8
Bill Young 50 28.6
100 Yds. Freestyle
Art Tebbens 50 1:02.2
Bill Young 50 1:05.0
50 Yds. Backstroke
Art Tebbens 50 36.9
50 Yds. Breaststroke
Jim Forbes 54 33.8
100 Yds. Breaststroke
Jim Forbes 54 1:18.9
50 Yds. Butterfly
Art Tebbens 50 30.6
Bill Young 50 33.2
100 Yds. Ind. Medley
Art Tebbens 50 1:16.4
Bill Young 50 1:18.3
Jim Forbes 54 1:18.7

MEN 55-59
50 Yds. Freestyle
Robert Mihalko 56 32.7
100 Yds. Freestyle
Robert Mihalko 56 1:15.0
50 Yds. Backstroke
Robert Mihalko 56 48.2
50 Yds. Breaststroke
Edward Cronin 59 37.9
100 Yds. Breaststroke
Edward Cronin 59 1:25.7
50 Yds. Butterfly
Robert Mihalko 56 35.0
100 Yds. Butterfly
Edward Cronin 59 1:20.2

MEN 60-64
50 Yds. Freestyle
Richard Guido 62 33.2
Wm. Struthers 61 34.7
100 Yds. Freestyle
Richard Guido 62 1:12.6
Wm. Struthers 61 1:20.0
50 Yds. Backstroke
Wm. Rowe 64 36.0
Richard Guido 62 40.3
Wm. Struthers 61 41.7
100 Yds. Backstroke
Wm. Rowe 64 1:21.1
Richard Guido 62 1:30.3
Wm. Struthers 61 1:42.0
50 Yds. Breaststroke
Ed Blackledge 64 38.5
100 Yds. Breaststroke
Ed Blackledge 64 1:25.4
50 Yds. Butterfly
Ed Blackledge 64 36.5
100 Yds. Butterfly
Ed Blackledge 64 1:35.5
100 Yds. Ind. Medley
Ed Blackledge 64 1:21.8
Wm. Rowe 64 1:28.7

MEN 65-69
50 Yds. Freestyle
Gerson Sobel 69 32.0
Allan Cruickshank 69 34.2
John Preuss 68 38.5
Wilson Schnell 65 38.9
100 Yds. Freestyle
Gerson Sobel 69 1:12.8
Al Cruickshank 69 1:22.9
John Preuss 68 1:27.3
Wilson Schnell 65 1:35.4
50 Yds. Backstroke
John Preuss 68 47.3
Joseph Hughes 69 58.1
100 Yds. Backstroke
John Preuss 68 1:52.1

50 Yds. Breaststroke
Joseph Hughes 69 51.2
Wilson Schnell 65 54.3
50 Yds. Butterfly
Allan Cruickshank 69 47.3
100 Yds. Ind. Medley
Al Cruickshank 69 1:42.3

MEN 70-74
100 Yds. Backstroke
Oscar Sigrist 71 1:37.1
100 Yds. Breaststroke
Oscar Sigrist 71 1:40.4
50 Yds. Butterfly
Oscar Sigrist 71 43.8
100 Yds. Ind. Medley
Oscar Sigrist 71 1:30.2

MEN 75-79
50 Yds. Freestyle
James Burns 76 42.3
100 Yds. Freestyle
James Burns 76 1:46.6
50 Yds. Backstroke
James Burns 76 1:05.3
100 Yds. Backstroke
James Burns 76 2:36.5

HAWAIIAN ASSOCIATION A.A.U.
University of Hawaii Pool
Hunumuhurukunukuua'a S.C.
March 9, 1980

WOMEN
25-29
50 Yds. free
Beverly Gonczar 28 32.64
100 Yds. breast
Beverly Gonczar 28 1:43.04

30-34
50 Yds. free
Susan Coolidge 33 29.84
100 Yds. breast
Susan Coolidge 33 1:19.56
50 Yds. fly
Susan Coolidge 33 34.76
100 Yds. I.M.
Susan Coolidge 33 1:12.14

35-39
50 Yds. free
Patricia Quinjano 35 31.22
100 Yds. free
Patricia Quinjano 35 1:12.89
Susan Schenck 38 1:58.47
200 Yds. free
Susan Schenck 38 4:15.99
500 Yds. free
Patricia Quinjano 7:45.60
Susan Schenck 11:07.50
50 Yds. back
Carin Vanderbush 39 35.69
100 Yds. back
Carin Vanderbush 39 1:20.99

45-49
50 Yds. free
Felicia Clarke 49 38.62
100 Yds. free
Felicia Clarke 45 1:31.00
50 Yds. breast
Bonnie Eyre 47 46.86
100 Yds. breast
Bonnie Eyre 47 1:45.41

55-59
500 Yds. free
Kay Harrison 56 8:43.77
50 Yds. breast
Kay Harrison 56 47.80
100 Yds. breast
Kay Harrison 56 1:44.08
200 Yds. breast
Kay Harrison 56 3:51.65

65-69
500 Yds. Free
HWR Zweifol 67 12:09.93
70-74
50 Yds. free
Hazel Montgomery 75 50.83
100 Yds. free
Olive Newton 72 2:47.38
200 Yds. free
Olive Newton 72 5:45.98
500 Yds. free
Olive Newton 72 15:08.15
50 Yds. back
Hazel Montgomery 73 59.36
50 Yds. breast
Hazel Montgomery 73 1:06.25
200 Yds. breast
Jeffy Bennett 71 6:20.18
50 Yds. fly
Jeffy Bennett 71 1:05.82
100 Yds. fly
Jeffy Bennett 71 2:36.67
100 Yds. I.M.
Jeffy Bennett 71 2:35.74

75-79	100 yd. back		200 Yd. Breast		200 Yd. Back		100 Yd. Back	
50 yd. free	Bernt Jonsson 50	1:21.19	Gail Singh 27	2:54.0	Harletta James 40	3:56.9	Marion Nueller 68	1:59.0
Eleanor Anderson 75	59.76		Sonja Stenberg 29	3:47.0	50 Yd. Breast		200 Yd. Back	
			100 Yd. I. M.		Nilah Edington 40	5:4.9	Marion Nueller 68	4:13.5
50 plus	100 yd. I. M.		Marilyn Grindrod 28	1:27.9	WOMEN 45-49		50 Yd. Breast	
50 yd. free	Fred Frask 52	1:26.03	Karen Fairchild 25	1:27.9	100 Yd. Free		Dawn Musselman 66	1:56.0
Jamie Cameron 80	1:26.03		200 Yd. I. M.		Joy Ross 46	1:34.1	100 Yd. I. M.	
100 yd. free	Fred Frask 52	2:51.67	Gail Singh 27	2:34.4	200 Yd. Free		Dawn Musselman 66	1:44.9
Jamie Cameron 80	3:22.33		WOMEN 30-34		Joy Ross 46	3:23.6	MEN 25-29	
50 yd. back	55-59		50 Yd. Freestyle		500 Yd. Free		50 Yd. Free	
Jamie Cameron 80	2:26.66		Julie Horne 30	1:30.3	Nadine Whitehall 45	*7:16.1	Steve Handle 25	1:23.4
			Evelyn Williams 30	1:32.0	Barty Dabrock 45	8:00.3	Rick Ingraham 26	1:24.9
			Jayne Chastain 34	1:32.2	50 Yd. Back		Jim Flynn 26	1:25.0
			Dotty Carpenter 32	1:35.1	Connie Wilson 45	1:38.0	Leif Johnson 27	1:25.4
			Jeanette Rosham 33	1:35.9	100 Yd. Back		Bob Busk 26	1:25.7
			100 Yd. Free		Connie Wilson 45	1:21.7	100 Yd. Free	
			Julie Horne 30	1:07.7	Joy Ross 46	1:52.3	Norre Rude 25	1:51.9
			Evelyn Williams 30	1:13.9	200 Yd. Back		Leif Johnson 27	1:53.8
			Dotty Carpenter 32	1:18.9	Connie Wilson 45	3:02.7	Jim Flynn 26	1:55.9
			Jeanette Rosham 33	1:27.5	Barty Dabrock 45	3:49.5	Rick Ingraham 26	1:56.3
			Heather Oesting 31	1:33.0	50 Yd. Breast		200 Yd. Free	
			200 Yd. Free		Janet Twilight 48	1:49.2	Norre Rude 25	1:56.1
			Julie Horne 30	2:31.7	Kathryn McElvaine 46	1:55.8	Leif Johnson 27	2:02.3
			Dotty Carpenter 32	1:42.0	100 Yd. Breast		Jim Flynn 26	2:05.2
			500 Yd. Free		Janet Twilight 48	1:49.0	Rick Ingraham 26	2:06.6
			Arlene Justesen 32	6:57.8	200 Yd. Breast		500 Yd. Free	
			Heather Oesting 31	9:29.7	Joy Ross 46	3:35.8	Norre Rude 25	5:30.5
			50 Yd. Back		50 Yd. Fly		Leif Johnson 27	5:45.1
			Jayne Chastain 34	1:35.9	Nadine Whitehall 45	1:35.6	Jim Flynn 26	5:52.5
			Evelyn Williams 30	1:37.5	Kathryn McElvaine 46	1:01.2	50 Yd. Back	
			Arlene Justesen 32	1:38.6	100 Yd. Fly		Mike Krattli 29	1:30.9
			Heather Oesting 31	1:47.9	Nadine Whitehall 45	*1:24.9	Bill Magyar 28	1:31.8
			Phyllis Mansfield 34	1:51.9	Janet Twilight 48	2:04.5	Bob Busk 26	1:34.9
			100 Yd. Back		200 Yd. Fly		100 Yd. Back	
			Jayne Chastain 34	1:21.7	Marty Dabrock 45	*3:37.4	Gary Hafer 29	1:57.9
			Evelyn Williams 30	1:23.5	100 Yd. I. M.		Bill Magyar 28	1:11.2
			Katherine Crandell 31	1:26.5	Nadine Whitehall 45	*1:25.6	200 Yd. Back	
			200 Yd. Back		Janet Twilight 48	1:46.1	Gary Hafer 29	2:10.8
			Jayne Chastain 34	2:58.5	Kathryn McElvaine 46	2:03.8	Mike Krattli 29	2:39.0
			50 Yd. Breast		200 Yd. I. M.		50 Yd. Breast	
			Katherine Crandell 31	1:40.4	Nadine Whitehall 45	*3:09.0	Steve Handle 25	1:32.9
			Jayne Chastain 34	1:43.3	WOMEN 50-54		50 Yd. Fly	
			Jeanette Rosham 33	1:44.7	50 Yd. Free		Bill Magyar 28	1:28.7
			100 Yd. Breast		Laurel Reid 53	1:55.1	Rick Ingraham 26	1:28.8
			Katherine Crandell 31	1:28.7	Maryan Burke 54	1:53	100 Yd. Fly	
			Arlene Justesen 32	1:29.6	Norma Larson 54	1:56.7	Gary Hafer 29	1:58.5
			Jeanette Rosham 33	1:37.4	Marnetta Stratford 54	1:12.1	Ray Brown 25	1:05.5
			200 Yd. Breast		100 Yd. Free		200 Yd. Fly	
			Katherine Crandell 31	3:10.1	Judy Allen 50	1:49.6	Ray Brown 25	2:53.9
			Jeanette Rosham 33	3:16.6	500 Yd. Free		100 Yd. I. M.	
			Phyllis Mansfield 34	4:27.4	Maryan Burke 54	11:16.5	Norre Rude 25	1:00.6
			50 Yd. Fly		50 Yd. Back		Steve Handle 25	1:03.3
			Janie Sapien 30	1:33.9	Patricia Dotson 53	1:43.7	Leif Johnson 27	1:06.3
			Dianne Campbell 30	1:42.0	Laurel Reid 53	1:57.9	Rick Ingraham 26	1:07.2
			Heather Oesting 31	1:54.4	Marnetta Stratford 54	1:17.8	Ray Brown 25	1:07.5
			100 Yd. Fly		100 Yd. Back		Mike Krattli 29	1:11.2
			Janie Sapien 30	1:21.9	Maryan Burke 54	1:59.5	200 Yd. I. M.	
			200 Yd. Fly		Marnetta Stratford 54	2:39.9	Bill Magyar 28	2:31.4
			100 Yd. I. M.		200 Yd. Back		Ray Brown 25	2:32.2
			Janie Sapien 30	3:18	Marnetta Stratford 54	5:45.7	MEN 30-35	
			Arlene Justesen 32	1:21.3	50 Yd. Breast		50 Yd. Free	
			Janie Sapien 30	1:22.8	Marnetta Stratford 54	1:47.0	John Arnold 32	1:25.5
			Cindy Brewster 24	1:25.7	100 Yd. Breast		Allen Fitz 31	1:25.5
			Lynda Bloomquist 33	1:39.4	Maryan Burke 54	2:25.3	Dale Kirkpatrick 33	1:27.7
			Heather Oesting 31	1:44.2	Judy Allen 50	1:55.2	Phillip Aldrich 31	1:28.6
			200 Yd. I. M.		200 Yd. Breast		Russ Hall 32	1:29.2
			Katherine Crandell 31	3:00.4	Patricia Dotson 53	*3:37.5	100 Yd. Free	
			Janie Sapien 30	3:05.6	Judy Allen 50	4:14.5	Jeff Tinius 34	1:55.6
			WOMEN 35-39		50 Yd. Fly		Allen Fitz 31	1:59.0
			50 Yd. Free		Patricia Dotson 53	1:39.7	Dale Kirkpatrick 33	1:01.0
			Carolyn Behse 36	1:34.0	100 Yd. Fly		John Arnold 32	1:02.0
			Carol Anne Podell 36	1:38.3	Patricia Dotson 53	*1:31.2	Phillip Aldrich 31	1:12.8
			Susanne Donaldson 39	1:48.7	WOMEN 55-59		200 Yd. Free	
			50 Yd. Back		50 Yd. Free		Jeff Tinius 34	2:06.1
			Diana Kennerud 35	1:40.2	Muriel Flynn 57	*1:38.7	John Arnold 32	2:27.0
			50 Yd. Breast		100 Yd. Free		Phillip Aldrich 31	2:48.3
			Maryanne Marriett 36	1:52.3	Muriel Flynn 57	*1:30.4	500 Yd. Free	
			Carol Anne Podell 36	1:53.9	50 Yd. Back		Allen Fitz 31	6:54.4
			100 Yd. Breast		Muriel Flynn 57	1:50.3	50 Yd. Back	
			Carolyn Behse 36	1:25.6	100 Yd. Breast		Coy Jones 33	1:33.4
			Diana Kennerud 35	1:30.2	Muriel Flynn 57	1:50.6	Russ Hall 32	1:35.0
			Carol Anne Podell 36	1:59.5	100 Yd. I. M.		Dale Kirkpatrick 33	1:38.0
			Maryanne Marriett 36	2:00.6	Muriel Flynn 57	*1:44.7	100 Yd. Back	
			100 Yd. I. M.		WOMEN 60-64		Coy Jones 33	1:15.1
			Diana Kennerud 35	1:22.0	50 Yd. Back		Russ Hall 32	1:16.4
			Carolyn Behse 36	1:25.9	Maxine Carlson 60	1:52.4	200 Yd. Back	
			200 Yd. I. M.		50 Yd. Breast		Coy Jones 33	2:43.6
			Diana Kennerud 35	3:02.4	Maxine Carlson 60	1:52.4	Robert Remington 35	3:00.4
			WOMEN 40-44		200 Yd. Breast		50 Yd. Breast	
			50 Yd. Free		Maxine Carlson 60	*4:07.0	Steve Harrell 32	1:36.1
			Juanita Correa 44	1:28.5	WOMEN 65-69		200 Yd. Breast	
			Florence Miller 43	1:35.2	50 Yd. Free		Steve Harrell 32	2:52.8
			100 Yd. Free		Dawn Musselman 66	1:35.3	50 Yd. Fly	
			Juanita Correa 44	1:03.5	Marion Nueller 68	1:57.2	Allen Fitz 31	1:28.7
			Florence Miller 43	1:18.4	100 Yd. Free		Phillip Aldrich 31	1:33.6
			200 Yd. Free		Lee Holm 65	1:57.3	Steve Harrell 32	1:34.7
			Juanita Correa 44	2:20.8	200 Yd. Free		100 Yd. Fly	
			Florence Miller 43	2:56.1	Lee Holm 65	4:13.1	Jeff Tinius 34	1:07.0
			Jane Custer 41	3:35.7	Marion Nueller 68	4:28.7	Allen Fitz 31	1:12.4
			50 Yd. Back		500 Yd. Free		David Olson 34	1:18.2
			Florence Miller 43	1:46.7	Lee Holm 65	11:14.3	200 Yd. Fly	
			Marietta James 40	1:47.4	50 Yd. Back		David Olson 34	3:04.6
			100 Yd. Back		Dawn Musselman 66	1:43.5	100 Yd. I. M.	
			Harletta James 40	1:45.9	Marion Nueller 68	1:56.4	Phillip Aldrich 31	1:17.0
							Jeff Tinius 34	1:07.2

200 Yd. I. M.
 Russ Hill 32 2:35.9
 Steve Harrell 32 2:57.9
MEN 35-39
 50 Yd. Free
 Jim Miles 35 :24.8
 Glen Irwin 36 :26.1
 Larry Richardson 39 :27.0
 Ken Kennerud 39 :28.9
 100 Yd. Free
 Jim Miles 35 :58.3
 Larry Richardson 39 1:01.7
 Richard Durlinger 39 1:08.6
 Ken Kennerud 39 1:12.9
 200 Yd. Free
 Harry Lewis 38 2:20.4
 Henry Nakagawa 38 2:39.7
 500 Yd. Free
 Alan Harrison 36 6:03.2
 Harry Lewis 38 6:27.7
 Richard Durlinger 39 7:23.9
 50 Yd. Back
 Walt Reid 39 :33.4
 100 Yd. Back
 Richard Durlinger 39 1:20.3
 Robert Remington 35 1:21.9
 50 Yd. Breast
 Alan Harrison 36 :32.6
 Walt Reid 39 :34.3
 Robert Remington 35 :35.3
 100 Yd. Breast
 Alan Harrison 36 1:12.6
 Jim Miles 35 1:14.1
 Walt Reid 39 1:15.4
 Robert Remington 35 1:16.2
 Ken Kennerud 39 1:26.4
 200 Yd. Breast
 Alan Harrison 36 2:42.4
 Robert Remington 35 2:50.3
 50 Yd. Fly
 Walt Ingram 37 :28.0
 100 Yd. Fly
 Walt Ingram 37 1:04.9
 200 Yd. Fly
 Walt Ingram 37 2:44.0
 100 Yd. I. M.
 Jim Miles 35 1:04.7
 Glen Irwin 36 1:12.5
 Larry Richardson 39 1:16.1
 Ken Kennerud 39 1:18.4
MEN 40-44
 50 Yd. Free
 George Roberts 42 :30.7
MEN 45-49
 50 Yd. Free
 Robert Dorse 48 tie :27.0
 Jim Sherrod 49 :27.0
 100 Yd. Free
 Robert Dorse 48 1:01.1
 Jim Sherrod 49 1:03.3
 James Davies 45 1:03.4
 Kirk Adams 45 1:05.7
 200 Yd. Free
 Kirk Adams 45 2:27.1
 Robert Dorse 48 2:28.9
 Jim Sherrod 49 2:32.9
 500 Yd. Free
 Kirk Adams 45 6:39.6
 200 Yd. Back
 Jim Sherrod 49 3:25.9
 50 Yd. Breast
 Tom Foley 45 :42.7
 100 Yd. Breast
 Tom Foley 45 1:32.5
 50 Yd. Fly
 James Davies 45 :31.5
 100 Yd. Fly
 James Davies 45 1:16.2
 Tom Foley 45 1:31.6
 200 Yd. Fly
 James Davies 45 *3:02.5
 100 Yd. I. M.
 Jim Sherrod 49 1:19.0
 Tom Foley 45 1:23.2
 200 Yd. I. M.
 Tom Foley 45 3:07.4
MEN 50-54
 50 Yd. Free
 Walt Andrychowicz 50 * :30.5
 John Koruga 53 :30.8
 100 Yd. Free
 Matthew Wang 51 1:31.0
 50 Yd. Back
 John "Pat" Hill :35.4
 Bill Castner 52 :37.6
 John Koruga 53 :41.8
 100 Yd. Back
 Bill Castner 52 1:28.9
 200 Yd. Back
 Bill Castner 52 3:29.0
 50 Yd. Breast
 Matthew Wang 51 :40.1
 100 Yd. Breast
 Matthew Wang 51 1:26.7

200 Yd. Breast
 Matthew Wang 51 3:13.8
 50 Yd. Fly
 John Koruga 53 :38.1
 100 Yd. I. M.
 John Koruga 53 1:29.7
MEN 55-59
 50 Yd. Free
 James Worrel 57 :32.7
 David Stone 55 :33.6
 100 Yd. Free
 David Stone 55 1:17.5
 James Worrel 57 1:18.9
 200 Yd. Free
 David Stone 55 2:57.5
 50 Yd. Breast
 James Worrel 57 :41.9
 100 Yd. Breast
 James Worrel 57 *1:29.6
 200 Yd. Breast
 James Worrel 57 *3:21.4
MEN 60-64
 50 Yd. Free
 Milton Johnson 63 :48.3
 100 Yd. Free
 Milton Johnson 63 2:02
 50 Yd. Back
 Fred Wiggin 64 :41.0
 100 Yd. Back
 Fred Wiggin 64 1:28.0
 200 Yd. Back
 Fred Wiggin 64 3:07.3
 50 Yd. Breast
 Fred Wiggin 64 :43.3
MEN 65-69
 50 Yd. Free
 Francis Jowett 69 :32.3
 Robert Churchill 66 :42.8
 George Eldridge 67 :44.8
 100 Yd. Free
 Gene Caddey 66 1:17.6
 Robert Churchill 66 1:41.8
 George Eldridge 67 1:51.1
 200 Yd. Free
 Gene Caddey 66 3:02.6
 Robert Churchill 66 3:51.9
 George Eldridge 67 3:54.8
 500 Yd. Free
 George Eldridge 67 10:38.4
 50 Yd. Back
 Francis Jowett 69 :46.3
 50 Yd. Breast
 Karl Frederick 66 :40.6
 Francis Jowett 69 :48.8
 Robert Churchill 66 :59.7
 George Eldridge 67 1:09.8
 100 Yd. Breast
 Karl Frederick 66 1:29.8
 50 Yd. Fly
 Karl Frederick 66 :38.9
 Francis Jowett 69 :43.9
 100 Yd. Fly
 Gene Caddey 66 1:32.0
 Karl Frederick 66 1:33.8
 100 Yd. I. M.
 Gene Caddey 66 1:29.9
 Francis Jowett 69 1:36.2
MEN 60+
 200 Yd. Free
 Robert Simmonds 86 4:30.1
 500 Yd. Free
 Robert Simmonds 86 12:22.9
RELAYS
 WOMEN - 200 Yd. Free
 35+
 PNA "C" 2:57.6
 J. Custer, N. Edington
 S. Donaldson, Podell
 45+
 PNA "E" * 3:08.6
 D. Musselman, L. Reid
 N. Larson, M. Flynn
 PNA "D" 3:23.3
 M. Carlson, M. Burke
 L. Holm, N. Mueller
 WOMEN - 200 Yd. Medley
 25+
 PNA "L" 2:51.3
 S. Stenberg, MB Phelan
 N. Dabrock, K. Crandell
 PNA "E" 3:36.2
 N. Larson, L. Reid
 H. Flynn, J. Hosham
 35+
 PNA "C" 3:23.8
 K. McElvaine, C. Podell
 J. Luster, N. Edington
 MEN - 200 Yd. Free
 25+
 PNA "D" 1:57.8
 T. Foley, M. Krattli
 S. Harrell, D. Kirkpatrick

PNA "E" 2:01.9
 B. Vernon, J. Sherrod
 D. Stone, T. Caspell
 45+
 PNA "C" 2:29.9
 G. Caddey, F. Wiggen
 M. Wong, M. Podell
 MEN - 200 Yd. Medley
 25+
 PNA "E" 1:55.4
 M. Rude, R. Ingraham
 B. Marshall, S. Randle
 PNA "L" 2:00.8
 G. Hafer, G. Irwin
 L. Richardson, A. Fitz
 PNA "C" 2:03.0
 J. Davies, J. Tinius
 P. Aldritt, J. Miles
 PNA "D" 2:09.7
 M. Krattli, D. Kirkpatrick
 J. Arnold, S. Harrell
 35+
 PNA "C" 2:34.7
 N. Johnson, M. Wang
 H. Lewis, D. Dale?
 MIXED - 200 Yd. Free
 25+
 PNA "L" M. Dabrock-45 2:01.5
 K. Crandell-31
 A. Fitz-31
 G. Hafer-29
 PNA "E" 2:16.8
 R. Ingraham, B. Vernon
 D. Musselman, P. Mansfield
 PNA "F" 2:29.9
 H. Oesting, J. Twilight
 G. Caddey, J. Koruga
 35+
 PNA "L" 2:20.9
 J. Allen 50, M. James 40
 G. Irwin 36, L. Richardson 39
 45+
 PNA "E" 3:00.0
 D. Stone, J. Sherrod
 L. Reid, N. Larson
 PNA "C" 3:13.9
 M. Johnson 63, M. Wong 51
 H. Stratford 54, K. McElvaine

MEN 25-29
 50 YD FREESTYLE
 STEVE CHENEY 28 SPA 26.77
 DORON LEVIN 29 SPA 27.83
 500 YD FREESTYLE
 DORON LEVIN 29 SPA 6:46.06
 100 YD BACKSTROKE
 STEVE CHENEY 28 SPA 1:08.87
 50 YD BUTTERFLY
 STEVE CHENEY 28 SPA 29.48
MEN 30-34
 50 YD FREESTYLE
 RICKE MOREHEAD 30 FLA 23.08
 CHIP JONES 31 SPA 25.35
 BRUCE BOYER 33 SPA 26.73
 DAN DEVINE 32 SPA 34.47
 500 YD FREESTYLE
 BRUCE BARTLING 32 SPA 5:39.53
 JIM DONNELLY 31 UNA 6:27.96
 CHIP JONES 31 SPA 6:34.40
 100 YD BACKSTROKE
 DAN RICHARDSON 32 SPA 1:14.53
 100 YD BREASTSTROKE
 RICKE MOREHEAD 30 FLA 1:07.69
 DANIEL BRENDEL 31 SPA 1:09.56
 JIM DONNELLY 31 UNA 1:10.05
 CHIP JONES 31 SPA 1:16.85
 50 YD BUTTERFLY
 RICKE MOREHEAD 30 FLA 26.60
 DAN RICHARDSON 32 SPA 29.56
 400 YD I.M.
 JIM DONNELLY 31 UNA 5:25.04
 BRUCE BOYER 33 SPA 5:31.50
MEN 35-39
 50 YD FREESTYLE
 JACK PYHEL 35 SPA 26.13
 CARL PLASKETT 38 SPA 29.63
 500 YD FREESTYLE
 JACK PYHEL 35 SPA 6:02.54
 100 YD BACKSTROKE
 PETER BETZER 37 SPA 1:12.08
 100 YD BREASTSTROKE
 PETER BETZER 37 SPA 1:10.03
 400 YD I.M.
 PETER BETZER 37 SPA 5:31.50
 CARL PLASKETT 38 SPA 6:32.87
MEN 40-44
 W.C. BALLARD 42 SPA 7:54.95
 500 YD FREESTYLE
MEN 45-49
 50 YD FREESTYLE
 ART PATTEN 49 SPA 30.25
 500 YD FREESTYLE
 BOB BEACH 49 SPA 6:20.36
 CHARLES KOHNKEN 48 SPA 6:39.35
 100 YD BREASTSTROKE
 ART PATTEN 49 SPA 1:39.19
 50 YD BUTTERFLY
 ART PATTEN 49 SPA 37.54
 400 YD I.M.
 CHARLES KOHNKEN 48 SPA 6:32.82
MEN 50-54
 50 YD FREESTYLE
 SCOTT RAMSEY 52 SPA 36.84
 500 YD FREESTYLE
 KIRBY MALONE 51 SPA 7:39.01
 100 YD BACKSTROKE
 RALPH COXHEAD 51 SPA 1:13.06
 KIRBY MALONE 51 SPA 1:26.74
 SCOTT RAMSEY 52 SPA 1:32.21
MEN 55-59
 ABRASHA BRAININ 57 SPA 1:24.20
 100 YD BREASTSTROKE 1:24.20
 50 YD BUTTERFLY 39.26
MEN 60-64
 JOHN AUGUSTINE 61 SPA 9:28.52
 500 YD FREESTYLE 49.05
 50 YD BUTTERFLY
MEN 65-69
 50 YD FREESTYLE
 EUGENE JENNINGS 65 SPA 29.94
 100 YD BACKSTROKE
 FRANK TILLOTSON 65 SPA 1:33.73
 50 YD BUTTERFLY
 FRANK TILLOTSON 65 SPA 46.60
 400 YD I.M.
 EUGENE JENNINGS 65 SPA 7:20.52
MEN 70-74
 50 YD FREESTYLE
 WM. MALLOY 70 SPA 37.32
 500 YD FREESTYLE
 WM. MALLOY 70 SPA 10:26.59
 JAMES PIERCE 72 MMM 10:31.56
 100 YD BREASTSTROKE
 JAMES PIERCE 72 MMM 2:05.73
MEN 75-79
 JOHN MCGUIRE 76 SPA 39.20
 50 YD FREESTYLE 39.20
 100 YD BACKSTROKE 1:57.55
 50 YD BUTTERFLY 53.04

76-year-old Merritt 'Masters' swimming

By **BOB SCOTT**
Staff Sports Writer

Irv Merritt is alive and well, thank you. And he's swimming up a storm, too.

The 76-year-old West Lafayette swimmer has gained state and national fame for his exploits in the Amateur Athletic Union. He regularly swims and wins in the Masters category — age 75-79.

Merritt also had a few AAU firsts in 1979. He was the only swimmer in his age group to swim the 200-yard and 200-meter butterfly, and the 400-yard individual medley.

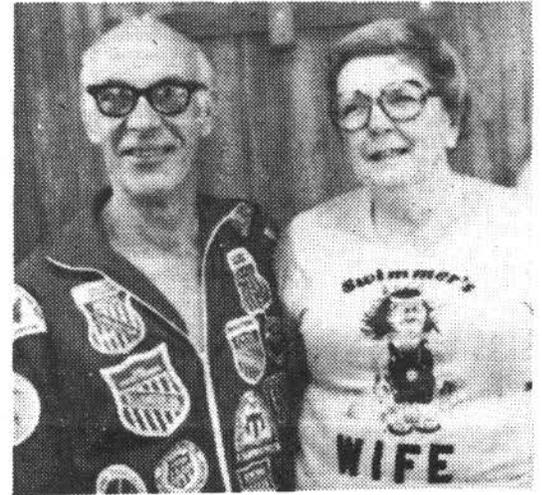
An AAU All-American, Merritt finished in the Top Ten last year in 31-of-33 long- and short-course national events.

"Right now I'm getting back into the scene after minor surgery. Within reason, I'll try to get to as many meets as possible this year," said Merritt.

The elderly swimmer is almost evangelical with his pitch for a healthy America, but he is a solid example that exercise pays off.

"Swimming in the Masters is possible for anyone 25 years or older. We swim for fun and fitness. If you have the urge to compete, you can, but improving your health and heart is the main goal for most of us.

"People shouldn't sit and watch the boob tube all the time. Swim, run or walk, and stay healthy," said Merritt. Anybody want to argue with the man?



—Photo by JoAnne Marshall

THE MERRITT TEAM
Irv Merritt and wife Mary Rose

MEN SHORT COURSE OPEN RECORDS

	40-44	65-69
50 Back		34.50
100 Back		1:17.19
200 Back		2:51.09
50 Brst	29.66	
100 Brst	1:04.53	
200 Brst	2:23.01	

WOMEN SHORT COURSE OPEN RECORDS

	35-39	60-64	70-74
50 Free			40.92
100 Free			1:34.21
200 Free			3:33.25
500 Free			9:25.54
1650 Free			32:48.03
50 Back		39.52	
100 Back		1:30.14	
200 Back		3:19.24	
50 Brst		47.10	
100 Brst	1:14.78	1:44.04	
100 I.M.			1:57.44

WOMEN LONG COURSE OPEN RECORDS

	25-29	30-34	35-39	60-64	70-74
50 Free					47.51
100 Free	1:01.72				1:45.78
200 Free	2:18.88				3:58.11
400 Free					8:29.55
1500 Free					33:45.40
50 Back				45.49	
100 Back				1:42.62	
200 Back				3:50.37	
100 Brst	1:23.11	1:24.88			
200 Brst	3:02.60	3:06.22			
50 Fly					1:06.43
200 I.M.					4:49.14

- 1 NORMAN, OK MASTERS MEET: Jim Gibbs, Pat Puckett, Linda McHenry and Joan Galvin
- 2 NORMAN, OK MASTERS MEET: Bill Williams, Mildred Anderson and Alan Blank



SHORT COURSE RECORDS

WOMEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 Free	25.24	25.31	26.26	27.50	28.50	29.69	30.64	33.16	33.89	41.40	58.77	1:07.20
100 Free	55.16	57.00	59.03	1:00.90	1:02.80	1:07.25	1:08.51	1:16.20	1:17.10	1:37.80	2:11.82	2:20.80
200 Free	2:00.91	2:05.66	2:11.68	2:14.80	2:19.50	2:30.60	2:35.87	2:54.85	2:59.30	3:40.96	4:42.06	5:49.49
500 Free	5:25.68	5:37.74	5:49.35	6:05.10	6:20.20	6:52.77	7:21.05	8:01.08	8:37.75	9:40.58	11:54.83	18:14.24
1650 Free	18:46.60	19:23.98	19:46.80	21:05.69	21:53.07	23:45.90	25:35.02	27:35.92	29:02.80	33:17.02	39:19.98	44:18.61
50 Back	29.12	29.47	30.50	32.50	34.80	37.20	39.60	40.80	41.70	54.80	1:07.02	1:08.24
100 Back	1:02.78	1:07.90	1:08.66	1:11.49	1:15.30	1:19.18	1:26.37	1:30.30	1:32.70	1:56.35	2:21.41	2:23.68
200 Back	2:20.44	2:27.24	2:31.51	2:39.62	2:42.70	2:50.00	3:08.20	3:21.52	3:29.90	4:27.30	6:09.95	5:44.14
50 Brst	32.20	32.10	35.23	36.60	36.90	39.81	40.00	47.20	49.70	59.01	1:03.73	1:24.08
100 Brst	1:10.18	1:09.58	1:15.72	1:19.03	1:18.86	1:28.20	1:30.51	1:45.10	1:46.20	2:09.00	2:34.07	3:06.11
200 Brst	2:32.40	2:35.26	2:41.13	2:50.07	2:54.70	3:12.07	3:14.87	3:40.84	3:53.08	4:51.00	5:42.31	-----
50 Fly	27.34	28.03	28.52	28.90	30.70	34.10	35.90	41.36	46.56	1:01.69	1:18.47	4:08.33
100 Fly	1:01.12	1:02.62	1:03.34	1:09.00	1:11.15	1:19.27	1:27.26	1:43.77	1:48.06	2:29.90	-----	-----
200 Fly	2:15.24	2:21.80	2:27.45	2:49.89	2:42.30	3:01.20	3:21.68	3:51.18	3:54.85	5:37.90	-----	-----
100 I.M.	1:03.99	1:05.20	1:08.42	1:09.70	1:11.35	1:17.19	1:22.54	1:34.45	1:36.60	2:11.40	6:27.14	6:12.57
200 I.M.	2:18.53	2:20.88	2:31.00	2:35.13	2:34.41	2:51.31	3:05.40	3:30.49	3:36.14	4:54.20	-----	13:54.42
400 I.M.	4:56.24	5:16.41	5:23.20	5:36.00	5:34.80	6:11.42	6:43.56	7:29.76	7:36.40	10:37.90	-----	-----
200 F.R.	1:43.31		1:55.26		2:07.57		2:25.77		3:09.91			
200 M.R.	1:58.01		2:11.21		2:27.15		2:54.03		3:39.21			
200 M.F.R.	1:35.07		1:40.81		1:49.98		1:58.59		2:27.27			

MEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 Free	21.30	21.73	22.19	23.15	22.85	24.68	25.20	26.28	27.64	30.14	32.03	41.37
100 Free	46.62	48.27	49.18	51.20	52.33	55.41	56.84	58.21	1:03.90	1:07.75	1:12.90	1:39.20
200 Free	1:43.71	1:47.02	1:50.82	1:51.63	1:57.09	2:07.31	2:08.50	2:10.87	2:28.10	2:36.40	2:48.60	3:33.80
500 Free	4:44.78	4:54.53	5:04.02	5:06.01	5:18.25	5:50.78	5:58.77	6:08.60	6:46.59	7:09.74	7:47.28	10:54.00
1650 Free	16:56.86	17:17.99	17:34.73	17:56.77	18:31.86	20:13.06	20:58.39	21:05.79	23:26.43	25:54.97	27:30.40	39:46.00
50 Back	24.93	25.37	27.17	28.20	29.45	29.70	31.48	32.60	35.44	36.30	45.80	53.40
100 Back	53.76	56.24	56.84	1:00.20	1:01.59	1:05.40	1:09.30	1:11.10	1:17.92	1:20.80	1:42.60	1:58.67
200 Back	1:57.01	2:04.53	2:07.80	2:15.89	2:15.70	2:24.50	2:30.70	2:47.37	2:52.76	3:03.60	3:57.42	4:26.40
50 Brst	27.81	28.40	28.84	30.40	29.87	32.19	33.12	35.01	36.52	38.50	46.36	52.00
100 Brst	1:00.38	1:01.81	1:04.04	1:06.77	1:06.62	1:11.68	1:14.21	1:18.30	1:24.25	1:29.84	1:36.35	2:06.86
200 Brst	2:12.52	2:18.27	2:21.32	2:28.84	2:32.14	2:41.43	2:51.32	2:54.09	3:07.17	3:33.10	3:50.69	4:58.70
50 Fly	23.48	23.87	25.12	25.45	25.88	26.91	29.18	30.70	31.14	37.60	42.90	57.00
100 Fly	51.00	52.28	55.40	57.93	1:00.07	1:04.75	1:07.22	1:15.98	1:18.98	1:37.68	1:50.85	2:26.75
200 Fly	1:57.60	2:00.22	2:07.59	2:17.40	2:21.89	2:31.90	2:43.24	3:01.75	3:07.48	3:47.95	5:31.54	-----
100 I.M.	54.37	55.80	57.59	59.62	59.60	1:04.53	1:07.84	1:11.28	1:16.94	1:23.35	1:37.75	2:09.09
200 I.M.	1:59.11	2:01.32	2:06.94	2:12.80	2:12.90	2:26.68	2:34.99	2:44.22	2:55.09	3:25.73	3:47.85	-----
400 I.M.	4:26.90	4:35.80	4:45.35	4:56.11	5:03.09	5:22.90	5:44.39	5:53.40	6:26.16	7:17.13	10:04.18	-----
200 F.R.	1:27.63		1:31.76		1:41.52		1:48.33		2:08.59			
200 M.R.	1:39.25		1:44.12		1:56.08		2:08.47		2:28.91			

LONG COURSE RECORDS

WOMEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 Free	28.22	29.45	30.12	31.56	31.75	33.70	34.63	36.23	38.40	50.15	1:06.70	1:14.07
100 Free	1:03.98	1:05.54	1:08.00	1:10.67	1:09.85	1:17.45	1:16.55	1:25.86	1:32.60	1:54.50	2:02.44	2:49.37
200 Free	2:20.00	2:22.80	2:27.97	2:35.00	2:38.20	2:56.80	2:54.10	3:23.47	3:41.52	4:11.73	4:24.30	5:26.82
400 Free	4:57.65	5:01.50	5:10.73	5:22.40	5:36.70	6:09.52	6:23.80	7:18.14	7:35.00	9:01.80	9:29.52	15:17.93
1500 Free	19:19.62	20:02.93	20:42.04	21:23.78	23:01.60	24:19.40	26:02.31	29:00.31	29:57.60	34:35.06	36:11.35	48:13.90
50 Back	33.33	34.58	35.15	38.10	39.70	41.18	41.59	46.50	47.50	56.04	1:15.01	1:25.47
100 Back	1:13.37	1:16.88	1:19.89	1:24.30	1:26.14	1:31.66	1:38.90	1:44.68	1:50.80	2:08.20	2:17.74	2:45.47
200 Back	2:37.14	2:48.07	2:51.84	3:01.75	3:07.02	3:15.01	3:31.62	3:57.74	4:00.40	4:55.05	4:54.81	10:49.53
50 Brst	36.22	38.08	40.80	41.89	43.00	45.10	47.20	49.40	55.80	1:08.28	1:19.90	-----
100 Brst	1:21.07	1:25.02	1:29.51	1:33.86	1:29.80	1:40.70	1:40.19	1:52.50	2:03.56	2:32.16	2:52.50	-----
200 Brst	3:00.47	3:05.60	3:11.60	3:21.17	3:15.85	3:40.75	3:34.85	4:17.64	4:24.50	5:47.12	6:04.29	-----
50 Fly	30.81	32.16	33.03	34.40	36.00	38.67	41.57	47.18	54.54	1:11.80	1:26.18	8:36.30
100 Fly	1:08.38	1:12.02	1:13.40	1:24.25	1:21.32	1:31.24	1:40.30	1:58.50	2:01.18	2:38.76	-----	-----
200 Fly	2:41.08	2:41.67	2:58.04	3:05.80	3:16.40	3:29.54	3:46.33	4:31.50	4:28.41	6:17.42	-----	-----
200 I.M.	2:38.52	2:46.40	2:51.47	3:06.13	2:55.61	3:18.40	3:29.39	3:59.10	4:08.50	5:24.10	-----	26:35.46
400 I.M.	5:35.29	5:57.61	6:04.18	6:26.90	6:29.10	6:58.70	7:42.12	8:28.68	8:36.37	12:00.40	-----	-----
200 F.R.	2:00.09		2:09.88		2:19.85		2:36.98		4:13.90			
200 M.R.	2:18.50		2:28.23		2:46.82		3:08.15		5:03.90			
200 M.F.R.	1:50.06		1:57.17		2:04.41		2:15.26		3:05.21			
MEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 Free	24.20	24.50	25.56	26.47	26.25	28.51	28.56	29.63	30.30	34.10	35.95	49.16
100 Free	54.38	55.51	56.63	58.91	1:02.44	1:04.47	1:06.23	1:05.60	1:11.89	1:18.80	1:24.16	1:52.97
200 Free	2:04.00	2:01.26	2:08.57	2:09.08	2:15.33	2:25.59	2:29.71	2:30.39	2:49.10	2:59.33	3:13.40	4:15.10
400 Free	4:28.65	4:31.01	4:33.14	4:38.82	4:48.49	5:14.20	5:24.47	5:28.90	5:59.67	6:25.30	7:05.95	9:30.30
1500 Free	17:40.50	18:05.49	18:06.20	18:41.90	19:07.05	21:07.66	21:30.12	22:03.54	25:07.50	26:05.88	28:36.98	37:05.50
50 Back	28.76	29.21	28.04	32.63	33.30	34.95	34.61	37.60	39.42	40.60	48.66	59.54
100 Back	1:03.61	1:05.00	1:03.00	1:10.67	1:14.66	1:16.10	1:19.67	1:20.74	1:30.37	1:33.92	1:51.56	2:12.99
200 Back	2:18.87	2:19.85	2:19.40	2:40.18	2:40.81	2:46.52	2:56.55	3:09.41	3:22.25	3:29.67	4:28.65	5:05.23
50 Brst	32.20	32.31	33.55	35.22	33.91	37.83	39.90	39.96	43.10	44.40	51.20	58.81
100 Brst	1:06.87	1:09.30	1:15.49	1:18.79	1:15.47	1:23.71	1:29.00	1:31.77	1:36.50	1:47.83	1:58.20	2:26.30
200 Brst	2:33.04	2:33.51	2:48.11	2:55.73	2:54.31	3:06.72	3:25.09	3:21.95	3:36.04	3:59.76	4:27.35	5:40.12
50 Fly	26.04	26.70	28.00	28.50	29.50	29.97	33.30	35.03	38.26	45.60	49.34	58.97
100 Fly	58.24	58.94	1:03.67	1:07.20	1:11.93	1:13.36	1:22.05	1:30.90	1:33.81	1:55.75	2:17.03	-----
200 Fly	2:13.14	2:14.24	2:29.94	2:39.50	2:59.68	3:06.25	3:16.24	3:37.44	3:45.66	4:44.24	6:49.16	-----
200 I.M.	2:15.55	2:18.78	2:27.04	2:29.70	2:37.60	2:47.11	3:01.52	3:03.96	3:24.35	3:43.95	4:21.51	-----
400 I.M.	4:54.80	5:01.43	5:24.26	5:38.01	5:37.40	6:12.17	6:31.18	6:57.10	7:22.09	8:26.15	10:08.45	-----
200 F.R.	1:40.61		1:46.69		1:53.12		2:00.28		2:26.59			
200 M.R.	1:55.80		2:02.60		2:11.51		2:24.42		2:52.04			

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MASTERS NOTES
SWIMMING

FROM MANUEL SANGUILY TO ALL SWIMMERS WHO PLAN TO COME TO FORT LAUDERDALE FOR THE NATIONALS -

1. Please bring a sun screen. 2. Please bring a wide brim hat. 3. Please plan to stay out of the sun as much as possible especially if you have not been exposed to strong sun for several weeks. 4. Please drink a lot of fluids to replace what you are going to lose because of heat & humidity. Please feel free to contact either Dr. Reines or myself if you have any problems during the meet.

TO ALL MASTERS SWIMMERS COMING TO THE NATIONALS IN FORT LAUDERDALE -

The Honoree Ceremonies at the International Swimming Hall of Fame are Wednesday and Thursday, May 14-15, immediately preceding the Masters Nationals. The SHOF needs a head count on those wishing to attend the induction banquet at Pier 66 on Wednesday evening, May 14th, and also the 'Paddlewheel Queen' steady dinner/dancing cruise the following evening, Thursday, May 15. R.S.V.P. right away: ISHOF, One Hall of Fame Dr., Ft. Lauderdale, FL 33316. Phone 305-462-6536. Cost of the banquet is \$15.00 each, and the dinner cruise is \$16.50 each, both payable on arrival. But, reservations are needed for the head count. While at the Masters Nationals, take advantage of the opportunity to join the ISHOF as a member, get on the mailing list for newsletters, announcements, invitations, etc. You should be a member and support YOUR SHOF! For those not attending the Masters Nationals, we certainly hope you have already seen the Hall of Fame, or plan to do so. For membership information write to ISHOF, address above. Thanks from all of us in swimming!.....

MY 800-800 - I forgot to include in the entry blank for the Nationals: Make checks payable to Gold Coast Masters Swim Club. If you are still going to enter, please make your check payable to GCMSC, thank you.....
CAPTAIN RANSOM J. ARTHUR AWARD 1980 COMMITTEE MEMBERS - Robert E. Beach, Chairman, 545 First Ave. N., St. Pete., FL 33701; Jeff Archambault, (25-29) 15 Shellback Rd., Decatur, GA 30035; Don Heining (30-39) 1478 Meadowmoor Rd., Salt Lake City, UT 84117; Connie Wilson (40-49) 8383 SE Battin Rd., Portland, OR, 97266; Dorothy Resseguie (50-59) Rt 1, Box 7, Tar Heel, NC 28392; Reg Richardson (60-69) 915 Flora Vista Dr., Santa Barbara, CA 93109; David H. McAfee, (70-79) 510 E. Broad St., Falls Church, VA 22045; Ted Haartz (ZoneA) 155 Pantry Rd., Sudbury, MA 01776; June F. Krauser (Zone B) 2308 NE 19 Ave., Ft. Laud., FL 33305; Paul W. Hutinger (ZoneC) 815 N. Charles, Macomb, IL 61455; and Zada Taft (Zone D) 2911 Naples, Half Moon Bay, CA 94019.....

RULES - My, My, but people can sure try hard to get around any rule they don't like! Or, they can strictly enforce a rule that really doesn't even pertain to Masters Swimming. Until we have our own rule book - including the rules for registration, representation, conducting meets, swimming the strokes, etc., we only have the Competitive SWimming rules to follow - with our few exceptions. Soon, our exceptions will be greater and then we will have to write our own book. The following three examples come to mind at this time: 1) You may represent ONLY one Club at a time. Your AAU card cannot list TWO Clubs for Swimming. The only time that you may represent two clubs is when the first club does not have the sport you wish to compete in. i.e., you may represent one club for SW and another club for TF but YOU MAY NOT HAVE TWO CLUBS LISTED ON YOUR AAU CARD FOR swimming. 2) The rule where we allow Men & Women to be combined for the purpose of not having anyone swim alone or filling up the lanes is being abused and might have to be changed. It is not fair to place the sexes together IF there are enough women for their heats and enough men for their heats. It is most difficult to swim a sprint diving in next to someone who swamps you on the dive. 3) When you combine the age groups and seed on Time, all heats should be seeded with the fastest time in the center lane. There can be no gripes when you seed each event and heat correctly. 4) That rule put in about listing the ages of everyone on the relay was put in for Senior Swimming in particular so that if a 13-14 age group relay swimming in a Senior event breaks a record in that age group, then the recorders can pick it up from the results. In Masters Swimming, the youngest swimmer decides what relay you enter and it is not necessary to list all those ages..

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 IX - No 4

MAY 1980

- MAY 2-4 Eastern Canadian Nationals - Pointe Claire Masters S.C., 482 St. Louis Ave.,
Pointe Claire, Quebec H9R 2A8 Canada
- 3 SC - San Mateo Marlins, Ray Taft, 57 E. 40th Ave., San Mateo, CA 94403
- 16-18 NATIONAL SHORT COURSE CHAMPIONSHIPS - Ft. Lauderdale, FL - SHOF Pool
Entries close May 1 - NO LATE ENTRIES ACCEPTED - June Krauser (above)
- 18 SC - Vickie Good, 667 Asbury Lane, Fairfield, CA 94537
- 18 SC - Iowa - Jack Mathews, Box 23, Grinnell, IA 50112
- 23-25 YMCA Masters National Champ. - Cal Schaeffer, 36 N. Beaver St. York, PA
- 23-25 St. Pete LC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
- 31 PA SC Relays - Verne Scott, 646 Elmwood Dr., Davis, CA 95616
- JUN 14-15 Sarasota SC - Natalie Clement, 4528 Falcon Ridge Dr., Sarasota, FL 33583
- 15 SPA LC - Mike Gilmore, P.O.Box 5901, Santa Monica, CA 90405
- 21 SC IA - Jack Mathews, Box 23, Grinnell, IA 50112
- 21-22 LC - Winnie MacKenzie, 1445 Civic Dr., Walnut Creek, CA
- 28 Biathlon - Ed Spilka, SO S.F. P&R Dept., P.O. Box 711, S. San Francisco, CA 94080
- 28 SPA LC Irvine - Mike Gilmore, P.O. Box 5901, Santa Monica, CA 90405
- JUL 12 SPA LC Santa Barbara - Mike Gilmore (above)
- 12-13 PA LC - Nancy Ridout, 580 Sunset Pky., Novato, CA 94947
- 19 25 Mtr - Jack Mathews, Box 23, Grinnell, IA 50112
- 25-27 LC - Leslie Samuels, Metairie YMCA, 3726 Hauma Blvd., Metairie, LA 70002
- 27 SPA - LC - Alicia Horst, 24 The Point, Coronado, CA 91228
- AUG 2-3 LC - Ann Badgerow, 824 Kyle St., San Jose, CA 95127
- 2-3 NATIONAL LONG DISTANCE CHAMPIONSHIPS - Ann Pittenger, RR 2, Huntington, IN 46750
- 10 LC - Vickie Good, 667 Asbury Ln., Fairfield, CA 94537
- 17 Biathlon - Redwood Shores, 350 Marine World Pky., Redwood City, CA 94064
- 29-Sep 1 NATIONAL LC CHAMPIONSHIPS, Santa Clara - Cindy Baxter, 740 Clara Dr.,
Palo Alto, CA 94303 (415) 326-6630
- 30 Maui Channel Relays, HI
- MAY 2- CENTRAL AAU - May 2-4
- OREGON AAU - Earl Walter, 3904 SW 57 Ave., Portland, OR 97225 MAY 3-4, JUN 8, JUL 11-12,
AUG 13-14
- CORONADO MASTERS - Alicia Horst, 24 The Point, Coronado, CA 91228 MAY 25, JUL 27, OCT 19,
DEC 7
- 1980 DIVING CALENDAR - MAY 24-25 Indoor Nationals - David McKeehan, 1320 Voss Rd., Houston, TX
- 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 McAlister, 14407 Rd. 23-1/2, Madera, CA 93637
- 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*