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TECHNICAL RULES AND CODE OF REGULATIONS MASTERS SWIMMING

I. OBJECTIVES OF MASTERS SWIMMING PROGRAMS

- (A) To offer the opportunity to continue conditioning or reinstitute conditioning in those 25 years of age and over who were formerly athletes or swimming enthusiasts.
- (B) To encourage and promote physical fitness and improvements in health in those older individuals not previously involved in competitive or recreational programs.
- (C) To offer encouragement to individuals, clubs, organizations, and communities in the organizing and conducting of life-long physical, recreational, and competitive masters programs.
- (D) To enhance fellowship amongst participants in masters programs.
- (E) To stimulate interest in masters programs at all levels of involvement—physical educators, clubs, organizations, recreation directors, communities medical societies, and higher educational institutions.
- (F) To stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

II. GOALS OF MASTERS SWIMMING PROGRAMS

- (A) To outline safe masters programs in swimming for individuals 25 years of age or over, taking cognizance of previous swimming prowess or participation, non-participation, gradual programming, physical condition, and 'medical wellness' of proposed participants.
- (B) To propose proper swim training for older age groups.
- (C) To consider programs which will provide goals towards which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.
- (D) To set up proper age and ability groupings in the establishment of masters swimming programs, with well-planned balancing of events, and limitation of duration and stresses of competitive programs with relation to these factors.
- (E) To promote adequate medical examination, and certification of participants for masters programs, and suggest minimal requirements (standardized otherwise).
- (F) To seek assistance for research programs in the medical aspects of masters programs, and coordinate, if possible, present programs in these areas.

III. CODE OF REGULATIONS OF THE MASTERS SWIMMING COMMITTEE OF THE AAU, INC.

(A) Membership

- (1) The membership of the Masters Swimming Committee of the AAU, Inc. hereinafter sometimes referred to as the Corporation, shall consist of two classes: group members and individual members.
- (2) Group members are swimming clubs with masters swimmers, and any other organizations interested in masters swimming. Every swimming club which competes in masters swimming competition sponsored by the Corporation shall be members of the respective Local Sports Committee and/or the Corporation.
- (3) Individual members are those individuals who register with the Corporation and are deemed eligible for competition in masters swimming.
- (4) All members of the Board of Governors and Board of Directors, and all members of any committee of the Corporation must hold an individual membership in the Corporation.

(B) Board of Governors

- (1) The Board of Governors of the Corporation shall consist of the following:
 - (a) Each LSC is entitled to one member; and if the LSC has a registration of over 300 athletes in masters swimming it is entitled to one additional member, and if over 1,000, a third member.
 - (b) All members of the Rules Committee and the chairman of any other committee appointed by the President shall be at-large members if not already members.
 - (c) Each allied body of the AAU may appoint one member, provided it is actively engaged in masters swimming activity.
 - (d) The President of the Corporation shall be empowered to appoint up to ten percent of the total membership as at-large members of the Board of Governors.
 - (e) All members of the Board of Governors shall remain until their successors are selected, except that membership may be terminated by resignation filed with the Secretary.
- (2) The powers of the Board of Governors shall be as follows:
 - (a) To admit to group membership or individual membership any organization or person eligible under this code and who applies.
 - (b) To prescribe and amend the code for the government of the Corporation.
 - (c) To impose and enforce penalties for any violation of the code of the Corporation.
 - (d) To call regular and special meetings of the Corporation and to fix the time and place for holding all meetings not fixed by this code.
 - (e) To collect the dues and/or funds of the Corporation and to expend the same.
 - (f) To institute, locate, conduct and manage all national championships.
 - (g) To explain, define, and interpret any provisions of this code or other rules of the Corporation, including the rules of competition.

(C) Meetings of the Board of Governors

- (1) The annual meeting of the Board of Governors shall be held at such time and place, within or without the State of Ohio, as may be fixed in the notice of such meeting.
- (2) Special meetings of the Board of Governors may be held at any time, pursuant to a resolution of either the Board of Directors or the Board of Governors.
- (3) A written notice of all annual and special meetings of the Board of Governors, stating the time, place and preliminary agenda, shall be given to each member of the Board of Governors by mailing the same to each member's last known address at least three (3) weeks prior to the meeting date.
- (4) Each member of the Board of Governors shall have one vote on each matter submitted to the Board of Governors of the Corporation for his vote, consent, waiver, release or other action. There shall be no voting by proxy.
- (5) A quorum shall consist of those members of the Board of Governors present and voting.

(D) Officers

- (1) The elected officers of the Corporation shall be a President, a Vice-President, a Secretary and a Treasurer. No person may concurrently hold more than one of such offices.
- (2) All officers of the Corporation shall be elected by the members of the Board of Governors at annual meetings held in odd numbered years. Elected officers shall hold office for two years, or until their successors are elected and qualified.
- (3) Vacancies in any office of the Corporation may be filled for the expired term by the Board of Directors at any meeting of the Board of Directors.

- (4) The duties of the officers shall be as follows:
- (a) The President orders meetings of the Corporation as provided in the Code and presides at all meetings of the Corporation. He has the right to exercise all the duties pertaining to his office in accordance with the Code. He is an ex-officio member of all committees.
 - (b) The Vice-President has duties as assigned to him by the President and has all the powers and performs the duties of the President if he is unable or incapable of performing such duties.
 - (c) The Secretary shall make proper arrangements for:
 - (i) Keeping the records of the Corporation and the Board of Governors.
 - (ii) Conducting all official correspondence of the Corporation.
 - (iii) Issuing all official notices of all meetings of the Board of Governors and Board of Directors.
 - (iv) Shall serve as Secretary of the Board of Governors and the Board of Directors.
 - (d) The Treasurer shall:
 - (i) Receive all moneys of the Corporation and deposit same to accounts in the name of the Corporation.
 - (ii) Pay all bills approved by a duly authorized officer or by the Board of Governors, provided same is within the authorized current budget of the Corporation.
 - (iii) Turn over to the Finance Committee or Board of Governors when requested all money, accounts, books, papers, vouchers and records pertaining to his office for audit or other purposes.
 - (iv) Prepare an annual financial report to be presented to the Board of Governors at the annual meeting.
 - (v) Receive monthly moneys and statements from the National AAU for memberships received.

(E) Board of Directors

- (1) The Board of Directors of this Corporation shall consist of:
 - (a) The President, the Vice-President, the Secretary and the Treasurer.
 - (b) One representative from each Zone.
 - (c) Past Presidents not already on the Board.
 - (d) The Chairman of the following committees: Historian, Membership/Registration, Medicine, Rules, Records, Tabulation Men, Tabulation Women and Championship.
 - (e) The Legal advisor.
- (2) Directors shall be elected or appointed for a two year term.
- (3) The Board of Directors of the Corporation shall at all times be composed of individuals at least 80% of whom are at the time of their election active masters swimmers in the United States.
- (4) Any vacancies that may occur on the Board of Directors caused by death, resignation or otherwise, shall be filled by a majority vote of the remaining members thereof, from among the members of the Board of Governors for the unexpired term.
- (5) The Board of Directors shall have the authority to act for the Corporation between meetings of the Board of Governors.
- (6) Meetings of the Board of Directors shall be held at any time or place, within or without the State of Ohio, pursuant to resolution of the Board of Directors or to a call signed by the President or any three Directors. Two (2) weeks written notice of such meeting shall be given to each Director. Notice of any meeting may be waived in writing either before or after such meeting. Special matters may be voted upon by the Board of Directors by mail, but no action can thus be taken without the endorsement of a majority of all Directors.
- (7) The presence of a majority of the Directors shall constitute a quorum at any meeting of the Board of Directors.
- (8) Each member of the Board of Directors shall have one vote with the exception of the Past Presidents and the Committee Chairmen. The Past Presidents shall have, collectively, one vote. The Committee Chairmen shall have, collectively, one vote.
- (9) The election of Zone members to the Board of Directors shall be based upon the zones in which the proposed Directors maintain his or her legal residency.
- (10) Members of the Board of Governors of each LSC (with one vote per LSC) in each zone shall meet at the annual meeting for the purpose of electing one member of the Board of Directors from each zone.

(F) Committees

- (1) The Finance Committee shall consist of the Treasurer, who shall serve as chairman, and three (3) members appointed by the President for two-year terms. With the approval of the Board of Governors and under the supervision of the Board of Directors, the Finance Committee shall prepare the annual budget, invest assets of the Corporation and seek sources of revenue.
- (2) The Sports Medicine Committee shall consist of the chairman appointed by the President for a two-year term, and others who can stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.
- (3) The Rules Committee chairman shall be appointed by the President for a two-year term. The chairman shall choose from the Board of Governors 10 members with at least 2 members from each Zone. The Rules Committee considers and recommends for adoption, adoption as amended, or rejection to the Board of Governors all rule proposals submitted by members of the national masters swimming committee and association masters swimming committees. A proposed amendment to a sports rule may not be adopted unless it is first submitted to the Rules Committee in writing and in the proper form by the deadline established by the chairman of the Rules Committee. Any rule proposals not submitted in this way must be passed by a two-thirds vote of the Board of Governors at the annual meeting.
- (4) The Records Committee shall consist of the chairman, appointed by the President for a two-year term, and as many members as necessary to carry out the duties of the committee appointed by the Chairman. The duties of this committee are to establish a standardized process of recording and verifying times. Records shall be kept in the following categories.
 - (a) American Masters Records
 - (b) U.S. Open Masters Records
 - (c) National Championship Records
- (5) The Tabulation committees shall consist of the chairman for Women and the chairman for Men, appointed by the President for a two year-term, and as many members as to carry out the duties of the committees appointed by the chairmen. The ten best times in each event shall be published annually.
- (6) The Championship Committee shall consist of the chairman, appointed by the President for a two-year term, and one member from each of the four zones, a representative of the Sports Medicine Committee, and any other members the chairman shall deem necessary to carry out the work of the committee. Duties of the committee include receiving bid proposals for national championships, coordinating the date and site with other national swimming championships, and reviewing the bids and making recommendations for the award to the Board of Directors. In addition the Championship Committee shall serve in an advisory capacity to the winners of the bids for each championship and shall endeavor to maintain a consistent approach to the running of all national championships, including the production of pre-meet and post-meet literature and results.
- (7) The Nominating Committee shall consist of the four elected zone representatives with the chairman being selected from among the members for two year terms on a rotating basis. They will, a) canvas qualified and interested persons, b) present a slate at least one month before the Annual Meeting. Additional nominees will be accepted at the Annual Meeting upon nomination of a person by two (2) delegates to the Board of Governors and with the written consent of the nominee(s).
- (8) The Membership/Registration committee shall consist of the chairman appointed by the President for a two year term and one member from each of the four zones. Duties of the committee include preparing regulations and fees for Membership and Registration to present to the Board of Governors.
- (9) The President may establish any other committees which are deemed necessary to carry out the duties of the President.

(G) Financial

- (1) The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of January in each year.
- (2) The Treasurer shall prepare annual financial reports showing the income and disbursements of the Corporation which shall be sim-

ilar to those reports required of nonprofit organizations by section 6056 of the Internal Revenue Code of 1954 (or corresponding provision of any subsequent tax laws). Such annual financial reports shall be made available for inspection by members of the general public at the Corporation's principal office on request made within 180 days after notice of its availability.

- (3) Fees shall be as established by the Board of Governors.
- (H) **Indemnification**
- (1) Each person who is or was a director, officer, or employee of the Corporation (including the heirs, executors, administrators, or estate of such person) shall be indemnified by the Corporation to the full extent permitted by the Nonprofit Corporation Law of the State of Ohio against any liability cost or expense incurred by him in his capacity as director, officer, or employee, or arising out of his status as a director, officer or employee (including serving at the request of the Corporation as a director, trustee, officer, employee or agent of another corporation).
 - (2) The Corporation may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost or expense. For the purpose of the Article X, references to 'the Corporation' include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.
- (I) **Dissolution**
- (1) If deemed advisable by the members, the Corporation may be dissolved pursuant to the applicable provision of the Corporation laws of the State of Ohio.
 - (2) Upon the dissolution of the Corporation, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of the Corporation, dispose of all the assets of the Corporation exclusively for the purposes of the Corporation or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary or scientific purposes as shall at Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).
- (J) **Amateur Athletic Union**
- (1) The Corporation shall be the Standing Sport Supervising Committee of the Amateur Athletic Union of the United States, Inc., for the sport of Masters Swimming.
 - (2) The Corporation shall be governed by the rules and regulations of the Amateur Athletic Union of the United States, Inc., except where those rules and regulations are in conflict with these Regulations, in which case these Regulations control.
- (K) **Amendments**
- (1) These regulations may be altered, amended, or repealed and new regulations may be adopted only at the Annual Meeting of the Board of Governors, provided such notice of any proposed change is given at least fifteen (15) days prior to such meeting, by the affirmative vote of a majority of the Board members present and voting. A two-thirds vote shall be necessary if the regulation was not submitted in this way.
 - (2) A majority of the members of the Board of Governors present at a legal meeting can alter, amend, or repeal the technical rules that follow.

IV. RULES FOR MASTERS SWIMMING

(A) **Eligibility**

- (1) Masters competition is open to all AAU registered athletes 25 years of age and older no longer engaged in amateur competition. Once an athlete registers as a Masters swimmer and competes in a Masters swimming event, he is thereafter restricted to competing in **Masters events only** and is no longer eligible for senior competition.
 - (2) Those swimmers registered for Masters meets may participate in non-AAU aquatic activities, meetings, exhibitions, demonstrations, etc., without jeopardy to their eligibility to swim in AAU Masters competition. However, any times achieved in non-sanctioned activities will not be recorded for official purposes and cannot be used for district rankings, district or national top ten, All-American status, or qualification times for Masters AAU National meets if qualification times become necessary in the future.
- (B) **Age Groups**--25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90 and older for individual events; Relays, 25 and over, 35 and over, 55 and over, 65 and over, 75 and over. Note: A 20-24 age group will be added at such time as this category is accepted by FINA.

- (C) **Age Determining Date**--The eligibility of a participant for a particular age group will be determined by his age as of the first day of the meet.
- (D) **Entry Fees**--Entry fees for Masters events shall not be more than \$2.00 per individual event and \$5.00 per relay event. A surcharge of up to \$2.00 per swimmer may be charged to help defray costs when automatic timing is being used.
- (E) **Swimming Rules**--Articles 1, 2, and 3 of the U.S. Swimming Technical Rules to govern all Masters competitions with the following exceptions:
 - (1) Times shall not be subject to the provisions of Article 8, as it concerns placement in such race.
 - (2) Times may be submitted for Masters records only.
 - (3) The breaststroke kick or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race.
 - (4) Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
 - (5) The forward start may be taken from the starting block, the pool deck or a push from the wall.
 - (6) Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet.
 - (7) All masters events shall be conducted on a timed final basis.
 - (8) Any swimmer or relay team not reporting for or competing in an event shall not be penalized.
 - (9) Willing competitors may be swum two (2) in a lane in the 1650 yard and the 1500 meter freestyle. Such heats will be seeded by time, fastest first and these heats completed before the heats with a single competitor per lane. Separate timing will be required for each swimmer.
- (F) **Times**--The ten best times nationally in each division shall be published annually for the events listed under Section G below:
 - (1) All times must be made in actual sanctioned AAU Masters competitive meets or events.
 - (2) Times to be considered for records and Top Ten listing must be made on or before the last day of the National Championship for that course and forwarded to the Masters Records Chairman within 35 days from the date of the last day of the National Championship for that course.
 - (3) Each Association is responsible for reporting the top ten times in each event made in its association area only, even though the times were made by swimmers from other Associations.
 - (4) To be considered for Top Ten (National) or for Records (National): all relays must include the name of the registered swim club and the full name and age of each swimmer. For all individual events the results must contain the full name and age of each swimmer.
- (G) **Events**--The following events may be conducted for each age group:
 - Short Course (25 yards)
 - 50-100-200-500-1650 yard Freestyle
 - 50-100-200 yards Backstroke
 - 50-100-200 yards Breaststroke
 - 50-100-200 yards Butterfly
 - 100-200-400 yards Individual Medley
 - 200 yards Medley Relay
 - 200 yards Freestyle Relay
 - 200 yards Mixed Freestyle Relay (2 female and 2 male)
 - 200 yards Mixed Medley Relay (2 female and 2 male)

- Long Course (50 meters)
- 50-100-200-400-1500 meters Freestyle
- 50-100-200 meters Backstroke
- 50-100-200 meters Breaststroke
- 50-100-200 meters Butterfly
- 200-400 meters Individual Medley
- 200 meters Medley Relay
- 200 meters Freestyle Relay
- 200 meters Mixed Freestyle Relay (2 female and 2 male)
- 200 meters Mixed Medley Relay (2 female and 2 male)

Note: It is not necessary to conduct all of the above events in meets. However, each age division should include the shorter distances (freestyle, backstroke, breaststroke and butterfly event plus the individual medley and relays).

(H) National Championship Meets

- (1) National AAU Masters Swimming Championships shall be awarded in the following categories:
 - (a) Men's and Women's Short Course Swimming Championships.
 - (b) Men's and Women's Long Course Swimming Championships.
- (2) The Short Course meet shall be held between April 1 and May 30.
- (3) The Long Course meet shall be held between July 15 and September 15.

Note: Check national senior dates and national junior dates for conflict.

- (4) The following rotation system shall be used when awarding the National Championships:

Year	Zone A (NORTH-EAST)	Zone B (SOUTH-ERN)	Zone C (CENTRAL)	Zone D (WEST-ERN)
1981	Long Course		Short Course	
1982		Short Course		Long Course
1983	Short Course		Long Course	
1984		Long Course		Short Course
1985	Long Course		Short Course	

- (5) Competitors may enter and swim in a maximum of 6 individual events in a four-day National meet with a maximum of 3 individual events per day. Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet. Each team shall be limited to no more than three relays in each event in each age group.
- (6) All events 200 yards/meters or less shall be pre-seeded, with the fastest heats swum first within each age group. All events over 200 yards/meters may be deck-seeded on time only, with the fastest times in the first heat, the second fastest times in the second heat, etc. Competitors shall be swum two (2) in a lane in the 1650 yard and the 1500 meter freestyle, when only one course (7, 8, 9, or 10 lanes) is available for the event. Such heats will be seeded by time, fastest first. Separate timing will be required for each swimmer.
 - (a) The 1650 yd/1500 mtr freestyle shall be deck-seeded.
 - (b) On those occasions when only one pool is used for both men's and women's events, the 1650 yd/1500 mtr freestyle shall be deck-seeded with heats apportioned and alternated by sex.
- (7) Entry fees for National Championship meets shall be \$3.00 for individual events and \$8.00 for relays. A \$10.00 per person surtax per swimmer may be charged (for national championship meets only) to be used by the meet sponsor to help pay meet expenses. A banquet or appropriate social event may be conducted for an additional fee. Participation in this event is optional.
- (8) Four-Day program for championship meets -- (Women's events shall precede Men's).

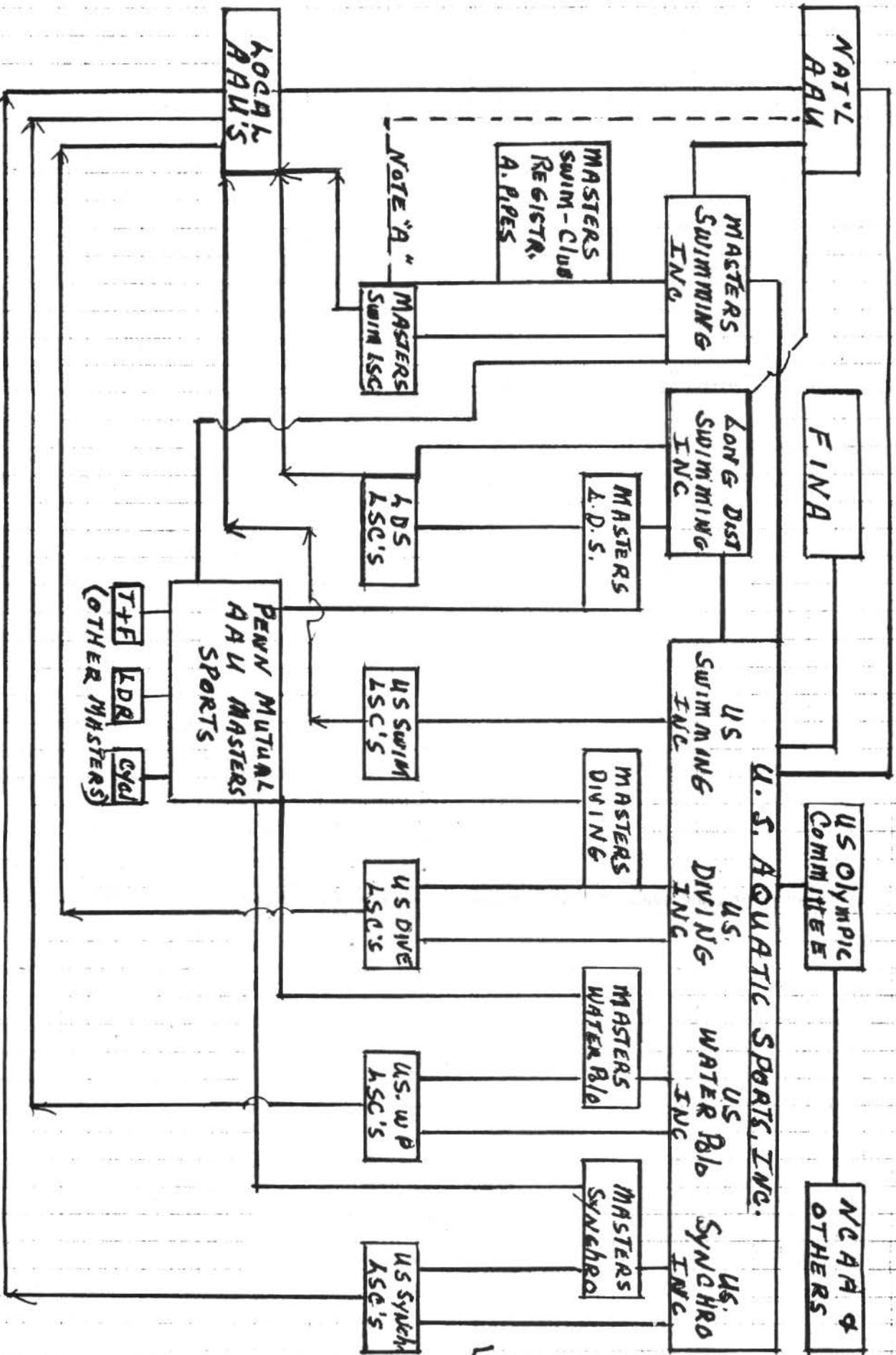
Short Course	Long Course
	1st day
200 yd back	200 m back
100 yd breast	100 m breast
50 yd free	50 m free
200 yd fly	200 m fly
100 yd I.M.	400 m free
500yd free	200 m medley relay
200 yd medley relay	
	2nd day
200 yd breast	200 m breast
100 yd fly	100 m fly
50 yd back	50 m back
100 yd free	100 m free
200 yd I.M.	200 m I.M.
200 yd free relay	200 m free relay
200 yd mixed medley relay	200 m mixed medley relay

	3rd day
200 yd free	200 m free
50 yd breast	50 m breast
100 yd back	100 m back
50 yd fly	50 m fly
400 yd I.M.	400 m I.M.
200 yd mixed free relay	200 m mixed free relay
	4th day
1650 yd free	1500 m free

- (9) All top finishers in each race will be given awards regardless of the nationality of the swimmer. Duplicate awards will NOT be given, except in the case of ties, as provided in 223.9(2) of the Competitive Swimming Rules. The number of event awards given will be determined by the number of lanes used in the pool. Medal awards will be awarded one through six and appropriate awards will be awarded 7 and beyond. No team trophies shall be awarded at Masters National Championship meets. Team scoring will be compiled for recognition for the National AAU Award. Meet results and team scores shall be published by the meet sponsor within 30 days and distributed to members of the Masters Executive Committee and representatives of participating teams.
- (10) Each individual who wins a short course or long course Championship shall be awarded an AAU Masters Championship patch. Swimmers winning more than one Championship may purchase additional patches for each additional championship event won.
- (11) A General Open Meeting will be held on the night before the first day of the meet.
- (12) There will be no splitting of age groups into A.M. and P.M. sessions; i.e., 25-29 through 40-44 in A.M. and 45-49 through 90 plus in P.M. However, at the meet director's discretion, swimmers whose seed times will inordinately delay the progress of the meet, may be seeded individually in an outside lane with mechanical timing thus allowing the continued sequence of the regularly seeded heats.
- (13) When the depth of the swimming course varies, the male and female contestants shall share equal time in the deep end of the pool.
- (14) Entry times must be submitted for all individual events and relays.
- (I) **Records**--The fastest time by an American swimmer in each event in Masters competition is to be recognized as an American Masters Record. Should a foreign swimmer be credited with the fastest time attained in Masters competition, the foreign swimmer shall not be credited with an American Masters Record, but shall be recognized by being credited with a U.S. Open Masters Record.
- (J) **National Recognition of Achievement**--The registered AAU Masters Swimmer with the fastest listed time for an individual event for that season that is listed in the National Top Ten Times shall be declared the All-American in that event for the year. All top ten times, as well as national record times should be in the hands of the National Masters Records Chairman within 35 days from the date of the last day of the championship for that course.
- (K) **Medical Examination**--Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check-up immediately prior to Masters competition in order to insure his physical readiness for participation. Medical evaluation forms are available upon request by writing to the National AAU Aquatics Office.

EDITOR'S NOTE: You will find these rules in the 1981 Technical Rules & Code Regulations for United States Swimming. The book may be purchased from United States Swimming, Inc., 3400 West 86th Street, Indianapolis, IN 46268. On page 2 under (F) (3) are the regulations for submitting changes to these rules. The 1981 deadline for these changes will be June 30th. The Rules committee will vote on the proposals and those receiving a majority of the members voting will be presented to the National Masters Swimming Committee at Snowbird, Utah.

AQUATICS RELATIONSHIP CHART



NOTE "A" MASTERS SWIMMER REGISTRATION BY NAT'L AAU WHEN AGREEMENT CANNOT BE REACHED WITH LOCAL AAU. \$1.00 SURCHARGE

Think you're too old to run, ski and swim? Think again

by RON SOMERS
Daily News correspondent

At an age when most athletes have long since retired from active participation in sports, Yaro Mucha is still going strong. In fact, the 50-year-old Anchorage resident, who is a grandfather, claims he is running faster now than at any other time in his life.

Actually that's not surprising when you realize how much effort he puts into staying in shape. He swims, runs, and cross country skis seven days a week, year round.

All this fitness has made Mucha the winner of the All-Around Title for the 1980 Nautilus Biathlon-Triathlon Series, a grueling series of events including distance running, bicycle racing and swimming. He is also holder of many Alaska records in the Masters swimming program. Some of his swimming times have placed him just below the top ten nationally for 50 to 54 year old men.

"I'm not hopped up about my records though," he claims with a trace of pride showing through his modest demeanor. He says he's more concerned with getting other middle-aged men and women active in sports. "People say when you reach a certain age you're not supposed to do anything. That's a bunch of baloney," he asserts. "You've got to get out of the house and run, bike, ski or swim to get the tension out of your body after eight hours at the office, no matter what your age."

A typical week of training for Mucha goes like this: On Monday he's up at five a.m. to swim 2500 yards at the Dimond High pool under the guidance of Aurora Swim Club coach Steve Zack. He swims a variety of interval workouts to keep things interesting. Tuesday he's back for another workout at the pool. On Wednesday he jogs four to five miles, then runs intervals at the West High track. This is followed by another swimming workout on Thursday, a four or five-mile run on Friday (sometimes accompanied by his dog Wolfie), and swimming again on Saturday.

He reserves Sundays for long runs of up to 13 miles.

His philosophy is completely the opposite of the pro sports belief that winning is everything. "The best athlete in the U.S.," says Mucha, "is the athlete who is enjoying life, is mentally adjusted, and is able to cope with stress because of his participation in sports."

He states that a year round fitness program is the best antidote for what he terms middle age stress. Mucha says he was suffering from a drooping chest, a stomach that stuck out, and the pressures of being a "suburban daddy", when at the age of 36 he decided to get back in shape again. He was also frightened by the agony of several older male relatives who had strokes because of their sedentary life style. Mucha figured why pay the doctor thousands of dollars to treat you after you've ruined yourself by not keeping fit. So he joined the Nordic Ski Club in the mid 1960's and rediscovered the joys of fitness. With his clubmates he skied all winter, ran all summer, and played soccer in the fall.



Anchorage Daily News/Marc Olson

Yaro Mucha

Mucha had been active in sports as a youngster. At the age of seven he joined the Czechoslovak Gymnastics Club back in Cleveland. In high school in the late 1940's he played tennis and received All-America recognition with the state champ East Tech High swim team.

He participated in the National AAU Swimming Championships during those years, but never made the finals. In college he continued his swimming and tennis playing. Meanwhile, he was still competing for the Czechoslovak Gymnastics Club as an all-around gymnast. He quit sports at 28 to devote time to his family, and was inactive for eight years until his athletic rebirth at 36.

Mucha becomes a bit defensive though, when he discusses his athletic history. He's afraid it will put other middle-agers off. "People say to me, 'But Yaro, you have a background in sports. That's why you can run and ski and swim at your age.' I don't want people to think that they can't get started in sports just because they don't have my background," he insists.

He cites Marcie Grove, chairperson of the Alaska Masters Swimming program, as an example of someone who started swimming in middle age with no previous athletic background. "Too many people don't take up sports because they're ashamed of their appearance," Mucha says. "But they shouldn't be. Don't worry if you're overweight, awkward or slow," he advises. "The proudest thing you can do is try. If you're overweight you do have to do something about it."

Mucha manages to make statements like this without coming across as preachy or condescending. He seems genuinely concerned about

prove a thin slice everyday."

Does Mucha entertain any thoughts of retiring as he enters his second half century of life? Definitely not. "I want to maintain a healthy, creative life," he states. He admits that secretly he would like to achieve more recognition in the National Master Swimming program, but says, "I won't get bent out of shape if I don't."

In the meantime Yaro Mucha continues to run, swim and ski, run, swim and ski...

Another benefit of training that he discusses only half jokingly is increased sexual frequency. "If you have the opportunity," he laughs.

Mucha stresses moderation in his training. "You don't have to be in races to enjoy it," he explains. He subscribes to the theory that competition is a motivating factor to help you improve, but it is not a necessary part of a fitness program. "Everyone has their limits," he cautions. "Moderation is the key. I can't overemphasize this. You can't get in shape or improve your conditioning overnight. You im-

people his age letting their bodies deteriorate.

He speaks enthusiastically of the benefits of his workouts. "Not only is your blood pressure lowered, your heart and lungs strengthened, but you feel mellow," he says. There are psychological rewards, too, according to Mucha, such as increased self-esteem and confidence. "You don't have to lean on drugs or alcohol to support your emotional needs," he says. "But don't get me wrong," he adds quickly, smiling, "I'm not a square guy. I enjoy a glass of wine or a beer with my friends."

FOR THE RECORD

1980 TOP TEN (REVISED) TO INCLUDE RESULTS FROM OHIO MASTERS LC 8-10-80 and 8-16/17-80

<u>Women 40-44</u>	
50 meter free	4. 32.93 L. Rustad 42
50 meter back	5. 42.60 L. Rustad 42
<u>Women 45-49</u>	
50 meter free	1. 33.53 J. Bruner 46
100 meter free	8. 6:35.87 J. Bruner 46
50 meter back	2. 42.44 J. Bruner 46
100 meter back	9. 1:44.16 A. Champ 45
200 meter back	9. 3:43.22 A. Champ 45
50 meter breast	1. 43.50 J. Bruner 46
100 meter breast	1. 1:30.34 J. Bruner 46
50 meter fly	9. 1:51.55 B. Christian 47
200 meter breast	1. 3:33.86 J. Bruner 46
50 meter fly	9. 3:58.91 E. Christian 47
400 meter free	3. 37.62 J. Bruner 46
100 meter fly	7. 44.63 B. Kakos 49
200 meter fly	3. 1:38.14 J. Bruner 46
<u>Women 50-54</u>	
50 meter free	7. 38.13 B. Russ 53
100 meter free	7. 1:26.51 B. Russ 53
200 meter free	10. 2:04.52 B. Russ 53
400 meter free	7. 7:00.05 B. Russ 53
<u>Women 55-59</u>	
50 meter breast	9. 55.14 M. Culhane 58
100 meter breast	10. 2:04.52 M. Culhane 58
200 meter breast	8. 4:28.35 M. Culhane 58
<u>Women 60-64</u>	
400 meter free	10. 8:37.13 G. Fusselman 60
100 meter fly	6. 2:19.84 R. Wunderlich 61
200 meter fly	8. 5:35.29 R. Wunderlich 61
400 meter IM	10. 9:58.26 R. Wunderlich 61
<u>Women 65-69</u>	
200 meter free	8. 4:33.86 J. Meservey 65
400 meter free	7. 9:33.37 J. Meservey 65
100 meter back	8. 2:17.95 J. Meservey 65
200 meter back	6. 4:38.51 J. Meservey 65
100 meter breast	5. 2:25.93 J. Meservey 65
200 meter breast	4. 5:06.87 J. Meservey 65
<u>45+ Womens Freestyle Relays</u>	
5. 2:51.79 Ohio Masters	
<u>Hill-Kakos-Ferguson-Waite</u>	
<u>45+ Womens Medley Relays</u>	
4. 3:11.97 Ohio Masters	
<u>Ferguson-Christian-Kakos-Waite</u>	
<u>45+ Mixed Freestyle Relays</u>	
8. 2:25.59 Pittsburgh Y Masters	
<u>Woods-Smith-Hertzberg-Bruner</u>	
<u>Men 25-29</u>	
50 meter back	10. 31.97 B. Rader 28
<u>Men 30-34</u>	
100 meter back	5. 1:09.94 B. Tinsley 30
50 meter breast	7. 1:11.11 L. Chase 31
<u>Men 50-54</u>	
50 meter breast	5. 39.72 R. Stickney 53
<u>Men 55-59</u>	
400 meter free	2. 5:46.96 J. Woods 56
100 meter fly	3. 1:29.86 J. Woods 56
<u>Men 60-64</u>	
50 meter back	2. 40.32 H. Liber 61
3. 40.49 D. Volk 63	

<u>100 meter back</u>	
2. 1:28.18 H. Liber 61	
3. 1:30.63 D. Volk 63	
<u>200 meter back</u>	
4. 3:21.38 H. Liber 61	
<u>50 meter breast</u>	
4. 42.78 P. Krup 62	
<u>100 meter breast</u>	
8. 1:42.71 P. Krup 62	
<u>200 meter breast</u>	
9. 3:54.22 P. Krup 62	
<u>50 meter fly</u>	
10. 39.56 P. Krup 62	
<u>100 meter fly</u>	
4. 1:36.15 P. Krup 62	
<u>200 meter fly</u>	
3. 3:47.44 P. Krup 62	
<u>Men 65-69</u>	
<u>100 meter fly</u>	
6. 1:58.16 J. Donovan 66	
<u>200 meter IM</u>	
5. 3:54.28 J. Donovan 66	
<u>Men 70-74</u>	
<u>50 meter free</u>	
4. 35.35 L. Osterling 70	
<u>100 meter free</u>	
5. 1:28.21 L. Osterling 70	
<u>200 meter free</u>	
6. 3:28.14 L. Osterling 70	
<u>400 meter free</u>	
4. 7:35.08 L. Osterling 70	
<u>Men 75-79</u>	
<u>50 meter free</u>	
7. 47.33 J. Wallace 75	
<u>100 meter free</u>	
4. 1:45.74 J. Wallace 75	
<u>200 meter free</u>	
5. 4:06.62 J. Wallace 75	
<u>400 meter free</u>	
6. 9:02.33 J. Wallace 75	
<u>Men 80+</u>	
<u>50 meter free</u>	
6. 1:19.30 I. Kastin 85	
<u>100 meter free</u>	
2. 3:26.11 I. Kastin 85	
<u>SEVENTH ANNUAL PENTATHLON</u>	
<u>CITY OF INDUSTRY 27 SEPT 1980</u>	
<u>WOMEN 25-29</u>	
<u>50 YARD FREESTYLE</u>	
DEBBIE BRADBURY 28	28.44
JILL SWANSON 25	28.69
DEBRA BLAIR 29	28.79
CAROL WALSH 26	28.90
SHERRY KITTRELL 28	29.06
LISSA JOERGER 25	32.14
<u>50 YARD BACKSTROKE</u>	
CAROL WALSH 26	34.13
JILL SWANSON 25	34.58
DEBRA BLAIR 29	35.27
LISSA JOERGER 25	37.13
SHERRY KITTRELL 28	39.35
DEBBIE BRADBURY 28	39.93
<u>50 YARD BREASTSTROKE</u>	
CAROL WALSH 26	35.92
DEBRA BLAIR 29	37.74
DEBBIE BRADBURY 28	39.54
LISSA JOERGER 25	41.51
JILL SWANSON 25	41.52
SHERRY KITTRELL 28	45.48
<u>50 YARD BUTTERFLY</u>	
DEBBIE BRADBURY 28	30.27
CAROL WALSH 26	31.46
DEBRA BLAIR 29	31.76
LISSA JOERGER 25	33.04
JILL SWANSON 25	33.17
SHERRY KITTRELL 28	33.68
<u>100 YARD INDIVIDUAL MEDLEY</u>	
CAROL WALSH 26	1:10.40
DEBRA BLAIR 29	1:11.46
JILL SWANSON 25	1:13.68
DEBBIE BRADBURY 28	1:14.98
LISSA JOERGER 25	1:17.18
SHERRY KITTRELL 28	1:17.84
<u>PENTATHLON SCORE</u>	
CAROL WALSH 26	3:20.81
DEBRA BLAIR 29	3:25.02
JILL SWANSON 25	3:31.64
DEBBIE BRADBURY 28	3:33.16
LISSA JOERGER 25	3:41.00
SHERRY KITTRELL 28	3:45.41
<u>WOMEN 30-34</u>	
<u>50 YARD FREESTYLE</u>	
LUCY JOHNSON 33	27.21
BARBARA DUNBAR 31*	27.45
NANCY HARRIS 30	28.25
MIMI FRANK 33	29.44
BARBARA ROLLINS 33	32.78
KATHERINE WATSON 32*	35.01

MARY LOU CAPPEL 31	36.16
BARBARA BOOKER 33	39.65
<u>50 YARD BACKSTROKE</u>	
MIMI FRANK 33	32.56
LUCY JOHNSON 33	33.08
BARBARA DUNBAR 31*	34.33
NANCY HARRIS 30	38.31
KATHERINE WATSON 32*	39.34
MARY LOU CAPPEL 31	42.55
BARBARA ROLLINS 33	43.49
BARBARA BOOKER 33	54.20
<u>50 YARD BREASTSTROKE</u>	
NANCY HARRIS 30	35.12
BARBARA DUNBAR 31*	37.23
MIMI FRANK 33	38.38
LUCY JOHNSON 33	38.64
BARBARA ROLLINS 33	42.26
MARY LOU CAPPEL 31	46.30
KATHERINE WATSON 32*	49.06
BARBARA BOOKER 33	56.93
<u>50 YARD BUTTERFLY</u>	
LUCY JOHNSON 33	29.75
BARBARA DUNBAR 31*	30.19
NANCY HARRIS 30	31.74
MIMI FRANK 33	32.30
BARBARA ROLLINS 33	41.03
KATHERINE WATSON 32*	45.85
MARY LOU CAPPEL 31	46.43
BARBARA BOOKER 33	48.89
<u>100 YARD INDIVIDUAL MEDLEY</u>	
LUCY JOHNSON 33	1:08.69
BARBARA DUNBAR 31*	1:09.51
MIMI FRANK 33	1:11.55
NANCY HARRIS 30	1:12.93
BARBARA ROLLINS 33	1:26.70
KATHERINE WATSON 32*	1:29.37
MARY LOU CAPPEL 31	1:30.60
BARBARA BOOKER 33	1:47.00
<u>PENTATHLON SCORE</u>	
LUCY JOHNSON 33	3:17.37
BARBARA DUNBAR 31*	3:18.71
MIMI FRANK 33	3:24.23
NANCY HARRIS 30	3:26.35
BARBARA ROLLINS 33	4:06.26
KATHERINE WATSON 32*	4:18.63
MARY LOU CAPPEL 31	4:22.04
BARBARA BOOKER 33	5:06.67
<u>WOMEN 35-39</u>	
<u>50 YARD FREESTYLE</u>	
JANET E ROYER 39	29.51
SALLIE HUMBERGER 38	31.95
KATHE POLOS 37	32.36
BARBARA STEPHENSON 38	1:05.81
<u>50 YARD BACKSTROKE</u>	
KATHE POLOS 37	37.49
SALLIE HUMBERGER 38	40.70
JANET E ROYER 39	40.83
BARBARA STEPHENSON 38	1:13.87
<u>50 YARD BREASTSTROKE</u>	
JANET E ROYER 39	38.79
SALLIE HUMBERGER 38	39.60
KATHE POLOS 37	45.19
BARBARA STEPHENSON 38	1:12.33
<u>50 YARD BUTTERFLY</u>	
JANET E ROYER 39	32.24
KATHE POLOS 37	34.85
SALLIE HUMBERGER 38	36.11
BARBARA STEPHENSON 38	1:10.41
<u>100 YARD INDIVIDUAL MEDLEY</u>	
JANET E ROYER 39	1:15.50
KATHE POLOS 37	1:19.97
SALLIE HUMBERGER 38	1:22.65
BARBARA STEPHENSON 38	2:34.87
<u>PENTATHLON SCORE</u>	
JANET E ROYER 39	3:36.87
KATHE POLOS 37	3:49.86
SALLIE HUMBERGER 38	3:51.01
BARBARA STEPHENSON 38	7:17.29
<u>WOMEN 40-44</u>	
<u>50 YARD FREESTYLE</u>	
HELEN GEOFFRION 41	37.14
<u>50 YARD BACKSTROKE</u>	
HELEN GEOFFRION 41	44.97
<u>50 YARD BREASTSTROKE</u>	
HELEN GEOFFRION 41	42.30
<u>50 YARD BUTTERFLY</u>	
HELEN GEOFFRION 41	38.92
<u>100 YARD INDIVIDUAL MEDLEY</u>	
HELEN GEOFFRION 41	1:31.46
<u>PENTATHLON SCORE</u>	
HELEN GEOFFRION 41	4:14.79
<u>WOMEN 45-49</u>	
<u>50 YARD FREESTYLE</u>	
MARGRIT GRAEF 48	36.51
MALCHIA S. OLSHAN 49	38.43
<u>50 YARD BACKSTROKE</u>	
MARGRIT GRAEF 48	42.26
MALCHIA S. OLSHAN 49	51.73
<u>50 YARD BREASTSTROKE</u>	
MARGRIT GRAEF 48	41.38
MALCHIA S. OLSHAN 49	52.78
<u>50 YARD BUTTERFLY</u>	
MARGRIT GRAEF 48	42.60
MALCHIA S. OLSHAN 49	50.93

<u>100 YARD INDIVIDUAL MEDLEY</u>	
MARGRIT GRAEF 48	1:28.83
MALCHIA S. OLSHAN 49	1:45.10
<u>PENTATHLON SCORE</u>	
MARGRIT GRAEF 48	4:11.58
MALCHIA S. OLSHAN 49	4:58.97
<u>WOMEN 50-54</u>	
<u>50 YARD FREESTYLE</u>	
JANET WOLVER 51	34.90
<u>50 YARD BACKSTROKE</u>	
JANET WOLVER 51	46.83
<u>50 YARD BREASTSTROKE</u>	
JANET WOLVER 51	46.30
<u>50 YARD BUTTERFLY</u>	
JANET WOLVER 51	43.79
<u>100 YARD INDIVIDUAL MEDLEY</u>	
JANET WOLVER 51	1:33.27
<u>PENTATHLON SCORE</u>	
JANET WOLVER 51	4:25.09
<u>WOMEN 55-59</u>	
<u>50 YARD FREESTYLE</u>	
DOROTHY LACHASSE 56	32.86
JOY MCDARIS 55	36.61
MARJORIE CROOME 58*	40.67
<u>50 YARD BACKSTROKE</u>	
DOROTHY LACHASSE 56	40.47
JOY MCDARIS 55	45.92
MARJORIE CROOME 58*	51.30
<u>50 YARD BREASTSTROKE</u>	
JOY MCDARIS 55	43.45
DOROTHY LACHASSE 56	45.21
MARJORIE CROOME 58*	56.83
<u>50 YARD BUTTERFLY</u>	
DOROTHY LACHASSE 56	43.54
JOY MCDARIS 55	45.97
MARJORIE CROOME 58*	47.44
<u>100 YARD INDIVIDUAL MEDLEY</u>	
DOROTHY LACHASSE 56	1:27.35
JOY MCDARIS 55	1:31.40
MARJORIE CROOME 58*	1:44.97
<u>PENTATHLON SCORE</u>	
DOROTHY LACHASSE 56	4:09.43
JOY MCDARIS 55	4:23.35
MARJORIE CROOME 58*	5:01.21
<u>WOMEN 60-64</u>	
<u>50 YARD FREESTYLE</u>	
BETTE F. CROWELL 60	36.11
RITA SIMONTON 62	39.35
VIOLA THOMPSON 62	41.76
MARGARET GEORGE 63	42.41
<u>50 YARD BACKSTROKE</u>	
BETTE F. CROWELL 60	44.56
MARGARET GEORGE 63	46.56
RITA SIMONTON 62	46.72
VIOLA THOMPSON 62	50.61
<u>50 YARD BREASTSTROKE</u>	
BETTE F. CROWELL 60	46.20
VIOLA THOMPSON 62	48.45
RITA SIMONTON 62	49.79
MARGARET GEORGE 63	50.70
<u>50 YARD BUTTERFLY</u>	
VIOLA THOMPSON 62	44.15
BETTE F. CROWELL 60	44.21
RITA SIMONTON 62	47.94
MARGARET GEORGE 63	53.40
<u>100 YARD INDIVIDUAL MEDLEY</u>	
BETTE F. CROWELL 60	1:33.24
RITA SIMONTON 62	1:40.23
VIOLA THOMPSON 62	1:40.30
MARGARET GEORGE 63	1:45.67
<u>PENTATHLON SCORE</u>	
BETTE F. CROWELL 60	4:24.32
RITA SIMONTON 62	4:44.03
VIOLA THOMPSON 62	4:45.27
MARGARET GEORGE 63	4:58.74
<u>WOMEN 65-69</u>	
<u>50 YARD FREESTYLE</u>	
MAXINE MERLINO 68	36.74
GRACE W DEAL 67	44.66
RUTH RIDENOUR 65	51.30
<u>50 YARD BACKSTROKE</u>	
MAXINE MERLINO 68	45.83
GRACE W DEAL 67	55.59
RUTH RIDENOUR 65	1:05.85
<u>50 YARD BREASTSTROKE</u>	
MAXINE MERLINO 68	50.10
GRACE W DEAL 67	1:00.25
RUTH RIDENOUR 65	1:02.51
<u>50 YARD BUTTERFLY</u>	
GRACE W DEAL 67	57.99
RUTH RIDENOUR 65	1:11.93
<u>100 YARD INDIVIDUAL MEDLEY</u>	
MAXINE MERLINO 68	1:39.28
GRACE W DEAL 67	1:59.50
RUTH RIDENOUR 65	2:10.53
<u>PENTATHLON SCORE</u>	
GRACE W DEAL 67	5:37.99
RUTH RIDENOUR 65	6:22.12
<u>WOMEN 70-74</u>	
<u>50 YARD FREESTYLE</u>	
GRETCHEN DOCTER 70	51.35
<u>50 YARD BACKSTROKE</u>	
GRETCHEN DOCTER 70	1:02.93
<u>50 YARD BREASTSTROKE</u>	
GRETCHEN DOCTER 70	1:08.69

TOM LIND 62	37.28
CLIFF CROOME 63*	38.21
50 YARD BREASTSTROKE	
TOM LIND 62	35.40
BOB MERRICK 60	36.45
CLIFF CROOME 63*	38.41
DON RANKIN 64	57.00
50 YARD BUTTERFLY	
BOB MERRICK 60	32.47
TOM LIND 62	33.52
CLIFF CROOME 63*	34.44
100 YARD INDIVIDUAL MEDLEY	
BOB MERRICK 60	1:12.73
TOM LIND 62	1:16.70
CLIFF CROOME 63*	1:20.66
PENTATHLON SCORE	
BOB MERRICK 60	3:24.16
TOM LIND 62	3:34.62
CLIFF CROOME 63*	3:41.60

<u>MEN 65-69</u>	
50 YARD FREESTYLE	
REG RICHARDSON 69	30.18
GENE WADE 65	33.53
ERNIE HALE 69	42.71
50 YARD BACKSTROKE	
REG RICHARDSON 69	39.13
ERNIE HALE 69	48.78
GENE WADE 65	55.25
50 YARD BREASTSTROKE	
REG RICHARDSON 69	40.37
ERNIE HALE 69	44.05
GENE WADE 65	46.13
50 YARD BUTTERFLY	
REG RICHARDSON 69	38.54
GENE WADE 65	39.66
ERNIE HALE 69	42.85
100 YARD INDIVIDUAL MEDLEY	
REG RICHARDSON 69	1:22.21
GENE WADE 65	1:40.89
ERNIE HALE 69	1:44.73
PENTATHLON SCORE	
REG RICHARDSON 69	3:50.43
GENE WADE 65	4:35.46
ERNIE HALE 69	4:43.12

<u>MEN 70-74</u>	
50 YARD FREESTYLE	
BILL SHOTT 70	30.14
LEONARD A. CHAPIN 72	36.52
DON NEEPE 71	37.91
ALFRED GUTH 72	38.95
CONRAD SKARSTEN 72	48.60
50 YARD BACKSTROKE	
BILL SHOTT 70	43.01
ALFRED GUTH 72	48.59
DON NEEPE 71	49.14
LEONARD A. CHAPIN 72	55.04
50 YARD BREASTSTROKE	
BILL SHOTT 70	41.50
ALFRED GUTH 72	46.28
CONRAD SKARSTEN 72	1:00.54
DON NEEPE 71	1:13.16
LEONARD A. CHAPIN 72	DISQ
50 YARD BUTTERFLY	
BILL SHOTT 70	41.10
ALFRED GUTH 72	44.97
LEONARD A. CHAPIN 72	47.49
DON NEEPE 71	55.53
100 YARD INDIVIDUAL MEDLEY	
BILL SHOTT 70	1:28.06
ALFRED GUTH 72	1:40.09
LEONARD A. CHAPIN 72	1:49.37
DON NEEPE 71	2:12.36
PENTATHLON SCORE	
BILL SHOTT 70	4:03.81
ALFRED GUTH 72	4:38.88
DON NEEPE 71	5:48.10

<u>MEN 75-79</u>	
50 YARD FREESTYLE	
CHARLES CUSHMAN 78	54.70
50 YARD BACKSTROKE	
CHARLES CUSHMAN 78	1:21.53
50 YARD BREASTSTROKE	
CHARLES CUSHMAN 78	54.85
50 YARD BUTTERFLY	
CHARLES CUSHMAN 78	1:05.64
100 YARD INDIVIDUAL MEDLEY	
CHARLES CUSHMAN 78	2:28.04
PENTATHLON SCORE	
CHARLES CUSHMAN 78	6:44.76

<u>MEN 45+</u>	
200 METER FREESTYLE RELAY	
INDUSTRY HILLS	1:50.09
CURT MILLER, NEAL PALMER, ROY SORGE, JAMES WILLIAMSON	
* DENOTES NON SPAAAU SWIMMER	

PROGRAMMED BY CURTIS MOSSO

TRUCKEE WINTER MEET
December 6, 1980 25 yard pool
Truckee, California

WOMEN 25-29

50 yard freestyle	
Mary Saal 27	30.21
Micheline Clark 27	32.53
Jane Lewton 29	33.18
100 yard freestyle	
Carol Lee 25	59.50
Mary Saal 27	1:09.10
Jane Lewton 29	1:13.28
200 yard freestyle	
Carol Lee 25	2:08.11
Mary Saal 27	2:28.72
50 yard backstroke	
Jane Green 27	37.80
Micheline Clark 27	42.04
50 yard breaststroke	
Micheline Clark 27	40.16
Jane Lewton 29	45.29
100 yard breaststroke	
Micheline Clark 27	1:27.92
50 yard butterfly	
Jane Green 27	32.34
Mary Saal 27	37.30
Micheline Clark 27	39.34
100 yard butterfly	
Carol Lee 25	1:10.09
Jane Green 27	1:11.50
100 yard individual medley	
Jane Green 27	1:16.68
Jane Lewton 29	1:29.06
200 yard individual medley	
Jane Green 27	2:42.95

WOMEN 30-34

50 yard freestyle	
Sally Ann Peterson 34	29.64
Valerie Hartmann 33	34.72
100 yard freestyle	
Molly Leamon 31	1:04.40
Valerie Hartmann 33	1:19.06
200 yard freestyle	
Molly Leamon 31	2:22.32
Suzanne Angioli 32	2:51.01
50 yard backstroke	
Suzanne Angioli 32	1:41.68
Dorothy Bozek 34	1:50.45
50 yard breaststroke	
Sally Ann Peterson 34	37.97
Dorothy Bozek 34	40.73
Valerie Hartman 33	47.59
100 yard breaststroke	
Molly Leamon 31	1:26.98
Dorothy Bozek 34	1:34.14
50 yard butterfly	
Dorothy Bozek 34	44.95
100 yard butterfly	
Suzanne Angioli 32	1:40.37
100 yard individual medley	
Molly Leamon 31	1:15.39
Dorothy Bozek 34	1:30.33
200 yard individual medley	
Molly Leamon 31	2:42.95

WOMEN 35-39

50 yard freestyle	
Tanya Armstrong 37	34.66
Judy Berman 36	49.00
50 yard backstroke	
Tanya Armstrong 37	36.23
100 yard backstroke	
Tanya Armstrong 37	1:21.80
50 yard breaststroke	
Tanya Armstrong 37	45.37
100 yard breaststroke	
Judy Berman 36	2:06.16
100 yard individual medley	
Judy Berman 36	2:10.71

WOMEN 40-44

50 yard freestyle	
Mary Aker 44	38.43
Marilyn Turville 42	44.64
Betty Patterson 40	50.31
100 yard freestyle	
Dot Werry 44	1:17.40
Mary Aker 44	1:25.37
Marilyn Turville 42	1:38.10
50 yard backstroke	
Marylou Jaquith 40	41.35
Mary Aker 44	42.54
100 yard backstroke	
Dot Werry 44	1:37.67
50 yard breaststroke	
Marylou Jaquith 40	43.81
Marilyn Turville 42	54.79

100 yard breaststroke	
Marylou Jaquith 40	1:33.53
Dot Werry 44	1:45.97
50 yard butterfly	
Marylou Jaquith 40	39.46
100 yard butterfly	
Dot Werry 44	1:35.89
100 yard individual medley	
Dot Werry 44	1:30.26

WOMEN 45-49

100 yard freestyle	
Pamela Dillon 45	1:18.16
200 yard freestyle	
Joan Smith 49	3:03.37
100 yard backstroke	
Pamela Dillon 45	1:30.75
50 yard breaststroke	
Irma Reimer 48	47.12
100 yard breaststroke	
Pamela Dillon 45	1:39.59
Irma Reimer 48	1:41.34
50 yard butterfly	
Irma Reimer 48	47.33
Joan Smith 49	49.08
100 yard butterfly	
Joan Smith 49	1:56.51
100 yard individual medley	
Pamela Dillon 45	1:28.83
Joan Smith 49	1:50.10

WOMEN 50-54

50 yard freestyle	
Anita Hazen 53	36.75
100 yard freestyle	
Anita Hazen 53	1:19.12
200 yard freestyle	
Anita Hazen 53	2:51.95
50 yard breaststroke	
Anita Hazen 53	47.50

WOMEN 65-69

50 yard freestyle	
Ivy Browne 65	44.13
100 yard freestyle	
Ivy Browne 65	1:40.64
200 yard freestyle	
Ivy Browne 65	3:47.94
50 yard backstroke	
Ivy Browne 65	56.48

MEN 25-29

50 yard freestyle	
William Drulias 28	24.66
Brian Brown 25	26.51
Gary R. Hart 29	26.83
Stephen Cook 28	34.54
100 yard freestyle	
Clark Frentzen 27	59.64
Gary R. Hart 29	1:00.64
Paul Lovegren 27	1:03.14
200 yard freestyle	
Clark Frentzen 27	2:11.32
Gary R. Hart 29	2:25.99
Stephen Cook 28	3:28.47

50 yard breaststroke

Duncan Muffett 28	32.17
Brian Brown 25	33.17
Gary R. Hart 29	34.11
Paul Lovegren 27	38.38
Stephen Cook 28	44.97
100 yard breaststroke	
Duncan Muffett 28	1:13.69
Paul Lovegren 27	1:24.69
Stephen Cook 28	1:41.21
50 yard butterfly	
William Drulias 28	28.19
Brian Brown 25	29.94
Duncan Muffett 28	31.02
100 yard individual medley	
William Drulias 28	1:03.98
Gary R. Hart 29	1:11.66
200 yard individual medley	
Clark Frentzen 27	2:54.16

MEN 30-34

50 yard freestyle	
Craig Meacham 33	25.01
Cliff Mosher 30	27.11
William Krissoff 34	28.09
Albert Balinget 32	31.14
Frank Blazic 34	32.82
100 yard freestyle	
Craig Meacham 33	55.52
William Krissoff 34	1:01.09
Albert Balinget 32	1:15.15
200 yard freestyle	
Craig Meacham 33	2:05.68
Frank Blazic 34	2:24.23
50 yard backstroke	
Albert Balinget 32	43.49

50 yard breaststroke	
William Krissoff 34	34.25
Frank Blazic 34	37.15
Cliff Mosher 30	39.24
Albert Balinget 32	41.49
50 yard butterfly	
Cliff Mosher 30	26.86
William Krissoff 34	28.86
Stephen Goldfield 34	29.81
Frank Blazic 34	29.93
100 yard butterfly	
Steve Goldfield 34	1:09.37
100 yard individual medley	
Steven Goldfield 34	1:10.79
William Krissoff 34	1:11.46
Frank Blazic 34	1:14.04
200 yard individual medley	
Steven Goldfield 34	2:35.51

MEN 35-39

50 yard freestyle	
Raymond 39	33.58
100 yard freestyle	
Harry Davis 39	57.00
50 yard backstroke	
Raymond Ganjia 39	41.97
100 yard backstroke	
Jeffrey McCreary 37	1:05.22
50 yard breaststroke	
Harry Davis 39	33.45
Raymond Ganjia 39	34.88
100 yard breaststroke	
Harry Davis 39	1:14.85
Raymond Ganjia 39	1:19.13
100 yard individual medley	
Jeffrey McCreary 37	1:03.66
Harry Davis 39	1:08.70
200 yard individual medley	
Jeffrey McCreary 37	2:24.66

MEN 40-44

50 yard freestyle	
Robert Duncan 40	28.75
Robert Hamilton 43	36.72
100 yard freestyle	
Robert Duncan 40	1:04.40
Conrad VonBlankenburg40	1:10.50
200 yard freestyle	
Robert Duncan 40	2:26.54
Conrad VonBlankenburg40	2:45.69
50 yard backstroke	
Robert Duncan 40	32.65
100 yard backstroke	
Robert Duncan 40	1:18.99
50 yard breaststroke	
Conrad VonBlankenburg40	39.62
Henry Renna 43	39.72
Robert Hamilton 43	40.31
100 yard breaststroke	
Henry Renna 43	1:34.12
Robert Hamilton 43	1:34.83
50 yard butterfly	
Conrad VonBlankenburg40	33.72
Robert Hamilton 43	43.83
100 yard individual medley	
Robert Hamilton 43	1:37.40
200 yard individual medley	
Conrad VonBlankenburg40	3:15.37

MEN 45-49

50 yard backstroke	
Ray Pedersen 46	39.40
100 yard backstroke	
Ray Pedersen 46	1:26.89
50 yard breaststroke	
Jack Oakes 46	43.24
100 yard breaststroke	
Jack Oakes 46	1:37.52
MEN 50-54	
100 yard freestyle	
Norm Myers 51	1:08.86
200 yard freestyle	
Norm Myers 51	2:32.00
50 yard breaststroke	
Norm Myers 51	38.23
100 yard breaststroke	
Norm Myers 51	1:24.77
100 yard individual medley	
Norm Myers 51	1:23.83

MEN 55-59

50 yard freestyle	
George Cunningham 55	32.37
100 yard freestyle	
George Cunningham 55	1:14.73
Robert Hall 59	1:35.18
200 yard freestyle	
Robert Hall 59	3:53.91
50 yard backstroke	
Robert Hall 59	56.27

100 yard backstroke
 George Cunningham 55 1:33.59
 Robert Hall 59 2:07.28
 50 yard breaststroke
 George Cunningham 55 38.14
 100 yard breaststroke
 George Cunningham 55 1:24.42
 100 yard butterfly
 Robert Hall 59 2:03.25

MEN 60-64

50 yard freestyle
 Edward Moran 62 29.84
 Richard T. Smith 60 30.31
 100 yard freestyle
 Edward Moran 62 1:08.96
 200 yard freestyle
 Richard T. Smith 60 2:30.78
 Edward Moran 62 2:33.34
 Dar Wheeler 64 2:58.43
 50 yard backstroke
 Edward Moran 62 37.28
 100 yard backstroke
 Edward Moran 62 1:22.97
 50 yard breaststroke
 Dar Wheeler 64 38.33
 Richard T. Smith 60 40.02
 100 yard breaststroke
 Dar Wheeler 64 1:33.30
 50 yard butterfly
 Richard T. Smith 60 42.74
 100 yard individual medley
 Richard T. Smith 60 1:24.09

MEN 65-69

50 yard freestyle
 George White 66 39.73
 200 yard freestyle
 George White 66 3:36.60
 50 yard backstroke
 George White 66 52.84
 100 yard breaststroke
 George White 66 2:05.13
 200 yard individual medley
 George White 66 4:19.64

Men 70-74

50 yard freestyle
 Benton Wood 70 31.44
 100 yard freestyle
 Benton Wood 70 1:12.85
 100 yard breaststroke
 Benton Wood 70 1:51.19
 100 yard individual medley
 Benton Wood 70 1:28.04

MIXED FREESTYLE RELAY

19-24
 Walnut Creek Masters 2:24.00
 Kayser, Blazic, Angioli,
 O'Brien
 25-34
 Truckee-Tahoe Masters 1:50.60
 Saal, Drulias, Peterson,
 Meacham
 Sacramento (UNOF) 1:54.22
 Hart, Lee, Frentzen, Werry
 Richmond Aq. Masters 2:00.01
 Lewton, Goldfield, Mosher,
 Armstrong
 Truckee-Tahoe Masters 2:00.53
 Krissoff, Jones, Jacquith,
 Muffett (UNOF)
 45-54
 Sacramento Masters 2:19.53
 Dillon, Reimer, Myers,
 Peterson

OMITTED IN ERROR FROM 45-49 MEN

50 yard-freestyle
 Ray Pedersen 46 28.89
 100 yard freestyle
 Ray Pedersen 46 1:07.24

OHIO ASSOCIATION
 FEB. 1, 1981
 COLUMBUS ACADEMY
 COLUMBUS, OHIO

200 Yard Freestyle W25-29
 1. 02:19.42 Patricia McCain 27
 500 Yard Freestyle W25-29
 1. 06:16.81 Patricia McCain 27
 100 Yard Backstroke W25-29
 1. 01:15.12 Patricia McCain 27

200 Yard Backstroke W25-29
 1. 02:42.73 Patricia McCain 27

100 Yard Breaststroke W25-29
 1. 01:44.07 Judy Zaunbrecher 27

200 Yard Breaststroke W25-29
 1. 03:46.25 Judy Zaunbrecher 27

100 Yard Individual Medley W25-27
 1. 01:34.16 Judy Zaunbrecher 27

100 Yard Freestyle W35-39
 1. 01:11.43 Barb Grant 37

50 Yard Backstroke W35-39
 1. 00:38.19 Barb Grant 37

50 Yard Butterfly W35-39
 1. 00:35.73 Barb Grant 37

50 Yard Freestyle M25-29
 1. 00:25.94 Eric Wells 28
 2. 00:26.84 T.K. Cellar 28
 3. 00:38.1 Josepa Abraham 29

100 Yard Freestyle M25-29
 1. 00:59.45 T. K. Cellar 28
 2. 01:36.88 Josepa Abraham 29
 3. 01:39.29 Jim Hartman 29

200 Yard Freestyle M25-29
 1. 02:18.93 Steve Molk 26
 2. 04:04.46 Jim Hartman 29

500 Yard Freestyle M25-29
 1. 06:34.93 Steve Molk 26

50 Yard Backstroke M25-29
 1. 00:54.87 Josepa Abraham 29

50 Yard Breaststroke M25-29
 1. 00:32.95 T.K. Cellar 28
 2. 01:04.88 Jim Hartman 29

100 Yard Breaststroke M25-29
 1. 01:13.93 T.K. Cellar 28

50 Yard Butterfly M25-29
 1. 00:27.85 E. Wells 28
 2. 00:29.89 Steve Molk 26

50 Yard Freestyle M30-34
 1. 00:25.51 Jon Lewis 31
 2. 00:25.78 Richard Tompkins 34

100 Yard Freestyle M30-34
 1. 00:56.86 Jon Lewis 31
 2. 01:00.52 Ronald Bank 33

200 Yard Freestyle M30-34
 1. 02:59.24 Dan Harkless 31

50 Yard Backstroke M30-34
 1. 00:32.75 Larry Yamahiro 34

50 Yard Breaststroke M30-34
 1. 00:32.80 Jon Lewis 31
 2. 00:33.25 Dan Harkless 31
 3. 00:38.99 Larry Yamahiro 34

100 Yard Breaststroke M30-34
 1. 01:12.72 Larry Yamahiro 34
 2. 01:14.51 Dan Harkless 31

200 Yard Breaststroke M30-34
 1. 02:44.77 Dan Harkless 31
 2. 02:44.79 Larry Yamahiro 34

50 Yard Butterfly M30-34
 1. 00:28.22 Richard Tompkins 34

100 Yard Butterfly M30-34
 1. 01:02.43 Richard Tompkins 34

100 Yard Individual Medley M30-34
 1. 01:05.13 Richard Tompkins 34
 2. 01:13.13 Ronald Bank 33

200 Yard Individual Medley M30-34
 1. 02:31.59 Richard Tompkins 34
 2. 03:01.64 Ronald Bank 33

400 Yard Individual Medley M3034
 1. 06:28.39 Larry Yamahiro 34

100 Yard Freestyle M35-39
 1. 01:04.92 John Penn 37

50 Yard Backstroke M35-39
 1. 00:32.63 John Penn 37

200 Yard Backstroke M35-39
 1. 02:56.45 John Penn 37

50 Yard Butterfly M35-39
 1. 00:28.90 Thomas McTernan 37

100 Yard Butterfly M35-39
 1. 01:09.25 Thomas McTernan 37

100 Yard Individual Medley M35-39
 1. 01:12.88 Thomas McTernan 37
 2. 01:26.02 John Penn 37

200 Yard Individual Medley M35-39
 1. 03:14.16 Thomas McTernan 37

400 Yard Individual Medley M35-39
 1. 06:11.58 Thomas McTernan 37

50 Yard Freestyle M40-44
 1. 00:28.00 Norman Traeger 41

100 Yard Freestyle M40-44
 1. 01:06.67 Norman Traeger 41

50 Yard Breaststroke M40-44
 1. 00:37.71 Dave Hull 41

100 Yard Breaststroke M40-44
 1. 01:22.07 Dave Hull 41
 2. 01:28.93 Fred Davidorf 41

50 Yard Butterfly M40-44
 1. 00:35.62 Fred Davidorf 41

50 Yard Freestyle M45-49
 1. 00:27.8 Parker Smith 48

100 Yard Freestyle M45-49
 1. 01:04.14 Parker Smith 48

50 Yard Backstroke M45-49
 1. 00:37.30 Parker Smith 48

100 Yard Backstroke M45-49
 1. 01:28.36 Parker Smith 48

50 Yard Breaststroke M45-49
 1. 00:36.16 Ed Lesko 48

50 Yard Breaststroke M45-49
 2. 00:36.54 Ed Gass 47

100 Yard Breaststroke M45-49
 1. 01:21.75 Ed Gass 47

50 Yard Butterfly M45-49
 1. 00:33.47 Ed Lesko 48

100 Yard Butterfly M45-49
 1. 01:14.92 Ed Lesko 48

100 Yard Individual Medley M45-49
 1. 01:16.70 Ed Lesko 48

50 Yard Freestyle M55-59
 1. 00:27.84 John Woods 57

100 Yard Freestyle M55-59
 1. 01:03.71 John Woods 57

200 Yard Freestyle M55-59
 1. 02:57.71 Robert McCain 59

100 Yard Backstroke M55-59
 1. 01:29.65 Robert McCain 59

200 Yard Backstroke M55-59
 1. 03:22.18 Robert McCain 59

50 Yard Butterfly M55-59
 1. 00:31.52 John Woods 57

100 Yard Individual Medley M55-59
 1. 01:14.11 John Woods 57

50 Yard Freestyle M60-64
 1. 00:32.6 Paul Crago 60

100 Yard Freestyle M60-64
 1. 01:24.50 Paul Crago 60

50 Yard Butterfly M60-64
 1. 00:40.27 Paul Crago 60

100 Yard Butterfly M60-64
 1. 01:34.99 Paul Crago 60

100 Yard Individual Medley M60-64
 1. 01:34.89 Paul Crago 60

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Swimming News

CAPTAIN RANSOM J. ARTHUR AWARD - This award was created to honor the person who in the past year who has done the most to further Masters Swimming. Nominations for the year 1980 may be made to any of the following committee members: Robert E. Beach, Chairman, 545 First Ave. No., #400, St. Petersburg, FL 33701; Dot Wise, 307 Newberg Ave., Catonsville, MD 21228; Bill Barthold, 505 Dixie Trail, Mill Valley, CA 94941; Barbara Zaremki, 9931 Lee Ct., Leewood, KS 66206; Skip Mann, 4420 Marigold Ln., Littleton, CO 80123; Dawn Musselman, 1712 Valley Ave. NE #32, Puyalup, WA 98371; Lloyd Osborne, 128 Kaapuni Dr., Kailua, HI 96734; Clarence Ross, 13 Elston Rd., Upper Montclair, NJ 07043; Ted Haartz, 155 Pantry Rd., Sudbury, MA 01776; Paul Hutinger, 815 N. Charles, Macomb, IL 61455; Ham & Mildred Anderson, 506 Bolivar, Bellaire, TX 77401; and Zada Taft, 57-E 40th Ave., San Mateo, CA 94403.

SUB-MASTERS/ 20-24 AGE GROUP - FR: Ted Haartz - The question of the 20-24 year-old age group is once again causing friction between U.S. Swimming and Masters Swimming. It is contrary to International rules (FINA), our rules, and our agreement with U.S. Swimming to register this age group as 'Masters Swimmers'. U.S. Swimming governs all open amateur competition regardless of age or ability; whereas 'Y' Masters is 'closed' competition, ours is an open program and we must abide by our rules. Under 25's who have been allowed to swim 'unofficially' should be made aware of the consequences in that they cannot return to the Seniors 'open' program, nor are they a recognized unit of the Masters program. As you are aware, this age group is not included in the National program and cannot have any official status in the regional meets. The official entry forms and published meet results are not to include this age group since to do so implies an official sanction which is not there. The National Committee is cognizant that there is a body of young adults between 20 and 24 who (a)

are considered professionals - coaches, (b) are social swimmers, (c) have never belonged to an AAU club or team, (d) work full time and swim on a limited basis, and (e) can not or do not want to compete with their peers in the 'Seniors'. It is unfortunate that we cannot offer these people an official position in Masters Swimming at the present time. Any swimming they do with us must be done on an unofficial and unsanctioned basis. We are working with U.S. Swimming to consider alternatives to this situation. Your cooperation in adhering to our rules will help keep these frictions at a minimum.....

SWIMMING FOR TOTAL FITNESS - A PROGRESSIVE AEROBIC PROGRAM by Jane Katz, Ed.D., with Nancy P. Bruning - This approximately 350 page book with 102 black-and-white line drawings and charts is finally out! It has everything you need to enjoy nature's perfect exercise. Fundamental and advanced techniques for the crawl, backstroke, breaststroke, butterfly and sidestroke, plus dives, in-the-water starts, and turns. A progressive swim-for-fitness program, with over 80 workouts gradually increasing from 100 yards to 2 miles. Plus hydrocalisthenics, dry-land exercises, questions and answers, swim equipment, workout logs, and more. This book sells for \$10.95 and is a Doubleday Dolphin Book.....

CORRECTIONS - Would you believe I made two mistakes in the last issue! On page 2 in the first line of the second column the word NOT should be the word NOW which completely changes the meaning. It should have been -- we are now insisting -- not -- we are not insisting --. So look up the new rules for submitting records. The second error occurs in the Women's Long Course Records for 35-39 - the 1500 meter freestyle time should be 20:25.14 not 20:02.93.....

INAUGURAL SWIM MEET IS SUCCESS - Twenty-six ardent swimmers on a beautiful November day in the Hail 9 pool made local history by racing in the first Madinat Al-Jubail Al-Sinaiyah Inaugural Swim Meet in Saudi Arabia. Events ranged from 25 meters to 1000 meters with two, 200-meter relays. Some of the times posted were close to the times in certain age group categories as recorded in the USA Masters Swimming Top Ten. Entrants were from Saudi Arabia, Denmark, Australia, UK, and USA. B.J. Hansen organized and ran the meet and wrote that they were sorry but the laws of the Kingdom forbid mixed participation and so there was only male competition.....

WHERE THEY ARE NOW - Many of you will remember John Spanuth. For those that do not, John ran the first two National Masters Championships in Amarillo, TX back in 1970 and 1971 and was instrumental in getting the AAU to recognize the Masters Swimming Program in the fall of 1971. John has been overseas for the past two years coaching, etc. Upon his return, he came to Ft. Lauderdale to visit a friend and was looking for a job somewhere in the US when an opportunity sprung at him in Ft. Lauderdale. He is now the Supervisor of Pools for the City of Ft. Laud....

SWIM-MASTER

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June Krauser, Editor
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SWIM CALENDAR

VOL X - No 3

MARCH - APRIL 1981

MAR	13-15	Australian Champ. at Perth - Glenys McDonald, 5 Fortis Place, Carine 6020 Australia
	14-15	Rinconada SC - Cindy Baster, 740 Clara Dr., Palo Alto, CA 94303
	21-22	SC & Diving - Andy Knapp, Rt. 1, Box 314, Harrah, OK 73045
	22	SC - Upper Main Line Y, John Sallade, 1416 Berwyn-Paoli Rd., Berwyn, PA 19312
	21	SC - Culver City - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA 93105
	21-22	SC - Georgia - Lisa Watson, 1502 Druid Valley Dr., Atlanta, GA 30329
	27-28	SC - Tar Heel Masters - Brad Procton, 53-D Vinegar Hill Dr., Greensboro, NC 27410
	28	SC - IEA Masters - Becky Shuford, 213 N. 63rd, Yakima, WA 98908
	29	SC - Los Altos/Mt. View - Cathy Schulbach, 1921 Rock St., Mountain View, CA 94040
APRIL		Hawaiian Postal Relays - Jerry Bennett, 45-090 Namoku St., Kaneohe, HI 96744
	3-5	Southern Regionals - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
	4	N.S.W. State Lub LC - Sydney - Gary Stutsel, 299 Bexley Rd., Bexley No. 2207 Aus.
	11	SC - Virginia DiFederico, Parks & Rec Dept, 776 NE 125 St., North Miami, FL 33161
	4-11-12	PA Champ. - Verne Scott, 646 Elmwood Dr., Davis, CA 95616
	11-12	Ontario Champ. - Beth Whittall, P.O. Box 413, Schonberg, Ontario L0G 1T0 Canada
	11-12	SC - Texas - Joanita Reed, Rt 20, Box 208 KK, San Antonio, TX 78218
	11-12	SC - Hugh & Jane Moore, 6629 E. 47th St. S., Derby, KS 67037
	12	SC - Jim Perkins, Cornell U. Ath. Dept., Box 729, Ithaca, NY 14850
	24-26	SC Champ. - Charles Moss, 2206 Cranbrook Dr., Midland, MI 48640
	25-26	SC - Canton, OHIO - Meet Director, 0*H*1*0 Masters, P.O. Box 8513, Canton, OH 44711
	25-26	SC - NC State U. - Dot Ressigüe, Rt. 1, P.O. Box 7, Tar Heel, NC 28392
	25-26	SC - Bill Kloppe, 213 Osceola Ave., Nashville, TN 37209
	25-26	SC - Harvard - David Eskin (Tom Lyndon, 54 Walnut St. #7, Waltham, MA 02154
	25-2-3	SC - SPA Regionals - Mike Gilmore, P.O. Box 5901, Santa Monica, CA 90405
MAY	1-3	East Coast Champ - Bob Macionis, Bridgewater ComPool, Box 6300, Bridgewater, NJ
	1-3	Canadian Masters National Champ - B.M. McVean, 521 Oxford St., Winnipeg, Manitoba
	2-3	SC - Texas A&M - Will Worley, 1001 Village Dr., College Station, TX 77840
	9	SC - Tamalpais - Nancy Ridout, 580 Sunset Pky., Novato, CA 94947
	9-10	SC - Region Six - c/o Lynne Weir, 23033 Bristol Ct., Birmingham, MI 48010
	15-17	YMCA Nationals - Bob Knoebel, A.D., Westport YMCA, Westport, CT 06880
	23-26	US MASTERS NATIONAL SC - Irvine, CA - Margaret George, 159 So. Allen #106, Pasadena, CA 91106 (213) 449-8634-evenings
	29-31	LC - St. Pete - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
	30-31	LC - Dads Club - Stan Flanagan, 1954 Woodvine, Houston, TX 77055
	23	Triathlon - Michelene Cyphers, YMCA, Westside Branch, 3400 N. Mueller, Bethany, OK
JUN	6	Triathlon - Ralph Kendrick, 2840 Summerdays Ct., San Jose, CA 95132
	7	LC - Vickie Good, 667 Asbury Lane, Fairfield, CA 94533
	20-21	LC - Walnut Creek - Winnie McKenzie, 1445 Civic Dr., Walnut Creek, CA 94596
JUL	11-12	LC - Nancy Ridout, 580 Sunset Pky., Novato, CA 94947
	18	LC - M.E. Lyons YMCA - Jan C. Huneke, O.D., 1158 Asbury Rd., Cincinnati, OH 45320
AUG	13-16	US MASTERS NATIONAL LC - Darlene Ferguson, P.O. Box 8513, Canton, OH 44711
OREGON ASSOCIATION		- Earl Walter, 3904 SW 57 Ave., Portland, OR 97221 APR 11-12, JUN 6, JUN 20-21, JUL 12
DC MASTERS		- Dave McAfee, 510 E. Broad St., Falls Church, VA 22046 APR 11, JUL 12, AUG 2-3
WISCONSIN ASSOCIATION		- John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108 APR 10-12
CORONADO MASTERS		- Alicia Horst, 24 The Point, Coronado, CA 92118 JUN 7, AUG 2, OCT 18, DEC 6
1981 UNITED STATES AQUATIC SPORTS CONVENTION		- Snowbird, Utah - Sept 29 - Oct. 3
1982 US MASTERS NATIONAL SC		- WOODLANDS, TX 1982 US MASTERS NATIONAL LC - Portland, OR
*****Mail 3 copies of meet results to:		Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162*****