



SWIM-MASTER

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HOW TO DO THE 200 YARD BUTTERFLY

by Ray Chen

I recently did the 200 fly for the first time, so I can write this article with great authority.

The 200 yd fly is something like running a marathon. They talk of "hitting the wall" in marathoning after running 20 of the 26 miles. This is the moment when your body has used up its supply of glycogen. In the 200 yd fly, you feel that you have "hit the wall" at about 37 yards. The glycogen you have stored up by carbohydrate loading for 3 weeks is finally gone, and the body now turns to alternative sources of energy. This will include the leftover turkey sandwich and beer from last night, as well as the wine and Polish sausage you had for breakfast.

After the first 50 yards, you look to see if your counter is still there. The secret of the second 50 yards is to take a deep breath and a very long glide after pushing off. I noticed some people gliding to the center of the pool without taking a stroke, but they sometimes black out. You really should attempt to stroke before the body stops, because then the legs sink, and you could be left standing in your lane. With practice, you should be able to do one length of the pool with no more than 3 strokes.

Of course, leg action is very important in the 200 yard fly, especially since the arms stop working altogether after a while. Luckily, in Masters Swimming, you do not have to do the dolphin kick, which was invented, of course, by some sea creatures and not suited for use by primates. The frog kick, or an alternate butt-and-frog kick is highly recommended.

After the first 100 yards, your counter yells "Fore" which is a signal to get the hell out of there, because he is practicing his golf swing. The third 50 yards should be a time for relaxation, since you want to save yourself for a final sprint. Some people, in fact, plan their race so as to start off easily, slow down

in the middle, and quit when the going gets tough. Actually, you should remember that you should save something for the 1650, which follows the 200 fly in about 4 minutes. You want to save something for the 1650, or else you will go so slow as to ruin everybody's chance of seeing the Sunday football games on educational TV.

At the end of 150 yards, try to convince the timer that you have actually done 8 lengths. Your counter has probably left for the day, and sometimes this will work, especially since so much time has elapsed.

In the last 50 yards, because of the increased weight of the arms, you may find yourself swimming backwards. If this occurs, turn around and remember to reverse your kick as well. Alternatively, to get the arms out of the water, I find that an exaggerated bobbing motion of the trunk is helpful. One achieves this motion by driving the frog kick while pointing the head down. When the body starts upward, pretend you are drowning and reach for the life preserver ahead with both arms. This usually works, because you may actually be drowning.

For the final 25 yards, I would recommend forgetting about appearances. Hitherto, you have been using good form, so as to be a good influence on some of the younger swimmers in the audience. However, if oxygen is the factor, I would simply discard all that you have learned. Push the frog kick harder, and shorten your stroke. If you get the elbows out of the water, you can often influence the stroke-and-turn judge to think you got the whole arm out. Try to breathe only when the head is out of the water. Concentrate on the applause which is going to greet you when you finish, especially because of the people who have been waiting so long for the next heat.

The best part of finishing the 200 yard fly is that there are seldom more than 2 other weird people in your age group who entered, and so you wind up with a medal!

A Master Taper

by Tom Schweer
Head Swimming Coach
Western Illinois University

In the entire sport of swimming there is perhaps nothing cloaked in more mystique than the taper. This undoubtedly stems from the fact that in many cases an entire season's training rests on the effectiveness of "the taper." Seemingly, in many people's eyes, it is the taper that is solely responsible for changing a season's training into record swims. This could not be farther from the truth.

First a little history. The concept of the taper was actually stumbled up. Many coaches were finding that a vast majority of their swimmers were actually achieving better times in intramural and fraternity swim meets a few weeks after the collegiate season than they did at the NCAA championships. As can be imagined, this phenomenon came under close scrutiny. It was suspected that since either no training, or at the most, very limited training was undertaken by the athletes after the NCAA's, the only factor contributing to increased performance was the athlete's chance to rest. At that time the trend was to swim the athletes hard right up to the day of the championship meet as the coaches were afraid to rest the athletes for fear of losing all that hard earned conditioning. So the logical step was to reduce the yardage or taper off the yardage. Hence, the term "taper."

The problem that now arises is how do you, as your own coach, plan an effective taper.

The most important factor is not how long you should rest and what you should do during that time, but what you did before you started

your taper. If you did not have a well rounded training regimen you cannot expect the taper to make up for any deficiencies. Probably the most common mistake is the idea that as you start your taper you increase the amount of short repeat, high speed swims (sprint 50's, 25's, hard broken repeats). The hope being to now develop your speed. This type of training will definitely develop your speed, but without a doubt, will put the body under more physical stress than any other type of training. Most college swimmers will tell you the most exhausting type of workout they do during the year is sprint related, long rests, repeats, (i.e., 8 x 50 with 6 minute rests or 6 x 100 with 10 minute rest; all hard). This type of anaerobic training facilitates speed by overloading muscle tissue and forcing the body to adapt to high levels of blood lactates (the experience felt towards the end of a hard race; "burning" muscles, tightening up, "dying," is largely caused by a build up of lactic acid in the muscle tissue and the inability of the body to sustain work in that state). But it also takes at least three days to recover from this type of exercise. So you can see if you're trying to rest, this is not the type of training to be doing. It should have been done three or four weeks before the start of the taper.

Now, how do you know how long to rest? There are basically three considerations to make. First, how long have you been training, consistently? The longer your training regimen has been the longer it will take to be rested due to the accumulation of fatigue; secondly, how much intensity have you incorporated into your workouts? The higher the intensity the longer you will need to rest. Both of these factors

MASTER SWIMMERS LANE 4

(A Master Taper continued) are weighed to give you an idea of how tired you are. Next, you need to consider the distance of your race. In general, the shorter the race distance, the longer the time you should rest. All three of these parameters should be weighed objectively to give an honest assessment of how long the taper should last. This step is crucial. Honest self-appraisal is needed now. It takes guts to admit that your training has been erratic, or that you are overly tired.

An effective way for the Master Swimmer to get a starting point for the length of taper is to take 1 the number of consecutive weeks practiced or seven, whichever is less, and add to it the first digit of your average workout distance. 10 weeks practiced, 3500 per day. Example:

$$\begin{array}{r} \frac{1}{2}(10 \text{ weeks}) + 3500 = \text{Days of Taper} \\ 5 + 3 = \text{Days} \\ 8 = \text{Days} \end{array}$$

Now, this figure must be adjusted depending upon your self-appraisal. You can add or subtract a few days depending on how you feel and what your race distances are.

What you do during this time is also important. Cut down your yardage gradually to about 20% of normal volume the day before the race.

Gradually decrease the length of sets while increasing rest periods. Cut down on all race pace swimming, sprinting, and broken swims. All race pace swimming and all-out sprinting should cease 4 days prior to competition. In place of these activities you should swim sets working on swimming long smooth, and fast, without strain. Play with your speed within each repeat (build up 25's, 50's and 100's; fartlek 100's). Try to feel strong in the water without

over exerting. Experiment with the warm-up you will use on race day. Whatever you do at this point, don't panic and decide you need "1 more hard workout." The day prior to the meet should consist only of a warm up and 1 or 2 pace 100's, 50's and 25's, concentrating on feel for the water. **NO ALL OUT SWIMMING.** During your taper try to swim long, loose, and fast, but without strain. It takes guts to rest.

Lastly, there is no doubt that the mental aspect of the taper is very important. During the taper all negative feelings must be eliminated. Accent the positive. Use visualization techniques to program a successful swim. You must believe in your abilities to swim fast if you want to swim fast. If you are "going for" age group records, state, or national titles, or even personal bests and have never tried "shaving down" you might want to give it a shot. Although the amount of drag reduced by shaving down is actually minimal, the psychological boost and kinesthetic after effect it gives is unbelievable. (We feel the ritual is so important that we never let our swimmers go to a full taper and not shave down.)

Remember, a taper is controlled rest, and only you can determine how much rest you need. What works for one doesn't work for all, so experiment and keep track of what works. (Keep a training log book.) With a little work and common sense you'll also have a Master Taper. Swim fast!

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SUN LIFE MASTER SWIMMING A SUCCESS

THE SWIMMING TIMES JANUARY 1982

There can be no doubt that the Sun Life Master's competition held at York last November was a huge success, it had plenty of spectator appeal and was welcomed by swimmers from many parts of the world.

Although on this occasion only 200 swimmers turned out for the competitions, many older swimmers came to observe and the avalanche of competitors must come in future years. Like its counterpart National Age Group swimming, it may start small but will without a doubt grow into giant proportions.

Many 'older' swimmers who came to observe the competitions, agreed that here was one ASA competition which would allow them to get out their swimming costumes and trunks, and start training once more. This must be good for the health of the Nation and it gives an incentive for many of our swimming fraternity to carry on in the sport.

The competitions were opened by *Mr Alfred Turner OBE, AIB, Treasurer of the ASA and the 1983 President of the ASA.* He was accompanied by the Lord Mayor of York and Executive members of Sun Life Assurance, the sponsors for the event. *Peter Pummell, Marketing Executive of Sun Life* not only helped *Bert Thompson,* the North Eastern Counties President present the medals, he also swam in the competitions.

Open Forum 'Master Swimming here to Stay'

In order to get the opinions of the competitors, the Management Committee held a buffet/dance and an 'Open' forum in the City Arms Hotel. This was a great success and thoroughly enjoyed by the visiting West German party.

The 'Top Table' were given plenty of ideas for the future of Master Swimming in this country (a) That the competition should be held under FINA Laws, this would allow the professionals to swim against the amateurs. This had the overwhelming support of all the amateurs present. (b) That the competitions should be held in their correct Age Groupings and not all competitors swimming, as at York, in time classification. (c) In the older groupings there was a 10 year gap (F) 50 to 60 years and it was felt that this gap was too wide. Also the (G) group, 60 years and over group was incorrect, at York there were 75 year olds swimming against 60 year youngsters; a 70 and over group would correct this.

One thing that everyone was unanimous about, that was Master swimming is a success, and is here to stay.



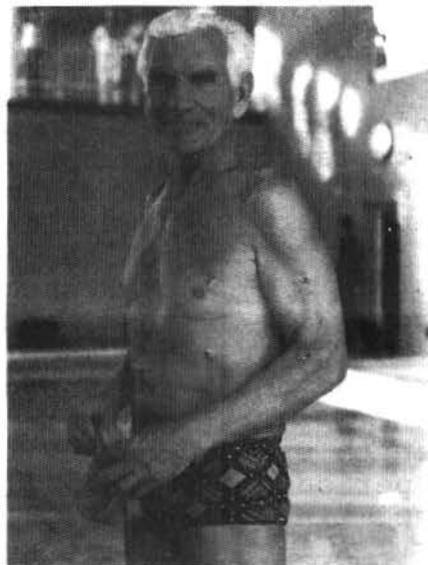
Terry Boyes (centre) once more on the ASA Rostrum.

Many International swimmers, once more win ASA medals

It was good to see many of our swimming stars from the 1950's back into action, *Terry Boyes,* one of the great swimmers in the British team at that time, collected four gold medals in the (E) 45 to 49 year group. Terry has flown all over the world to get Master competition and has won many American titles. His comment on the standard of the swimming at York was 'I thought I had all the Master swimming to myself in this country, now its going to be really tough to win medals next year'. Amongst the men swimmers, and in the younger age groups, most of our past International stars once more turned out to compete. These names must strike a cord to many of our swimming supporters, *John Heward, Bobby Lord, Geoff Thwaites, Wilson Mills, Dougie Brown, Roddy Frame, Ron Roberts, Ronnie Burns, Alan Clarkson and Athole Still.*

An ASA President and an Olympic Diver compete in the Masters

The competition attracted at least one ASA President; *Fred Latimer* from the North East has been doing some canny training at Newcastle, unfortunately on this occasion he did not make the medal rostrum. Further North, from Scotland, came *Peter Heatley, CBE* who was a finalist in the 1948 Olympic Highboard. Peter had better luck than Fred, he picked up a silver and a bronze medal at the competitions. He has just finished his year as the Chairman of the Great Britain Federation and he is Chairman of the Scottish Sport Council.



Heinz Arendt, 1936 Olympic Games Finalist

1936 Olympic 1500m swimmer can still win Master medals

From West Germany came a party of Master swimmers and they certainly showed they take their Master swimming seriously, they won 14 gold medals and many placed medals. In the party was a young 70 year old, *Heinze Arendt,* who as a young man, swam in the 1500m and 400m freestyle in the Olympic Games in Berlin. He told me that he swam against *Bobby Leivers* and *Norman Wainright,* top British swim stars of that era. Heinz swam in the 1500m final, and battled his way

through the semi finals becoming the 'fastest loser' to qualify for the final. He was seventh in the final at 19:59, with *Bobby Leivers* sixth in 19:57.4, the event being won by *Norburu Terad* of Japan in 19:13.7. Heinz has kept himself very fit by swimming in Master competitions and at York won the 60 years and over 400m freestyle in 5:50.70. He said he has enjoyed his visit to British swimming and will compete again. An American Master champion, *John Bricker* visited York and took away placed medals in the (G) group - 60 years and over.

Channel swimmer wins gold in Masters

From the programme it was difficult to see how many previous Women Internationals were to take part in the competitions, in the programme they used their married names. At York their past expertise showed and they won many golds. *Christine Jarvis* 1976 Olympic Games in Montreal, made a welcome return to Britain and won the (C) 35 to 39 years, 100m breaststroke. Christine now has a young daughter, who she hopes will train in the sunshine of California.

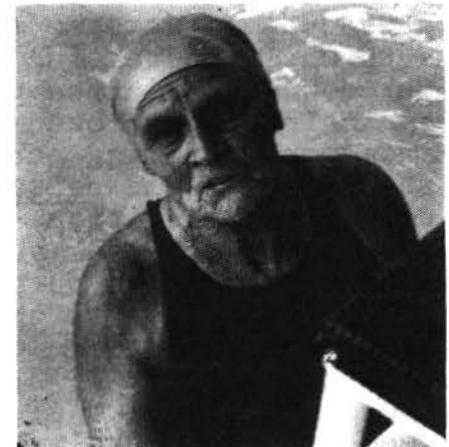
Its tough swimming the Channel but *Eileen Fenton* showed true Yorkshire grit, winning the Womens' (E) 45 to 49 years 400m freestyle and she was also placed in other events. Eileen, is just recovering from a nasty operation on her feet and only with difficulty could she make the rostrum. Shows how tough Master swimmers are.

Two previous international stars won medals, *Janet Franklin* and *Susan Shrimpton* from the West Country. *Susan Spence,* once a young Age Group swimmer, won medals for Hull in the (A) group, 25 to 29 years.

World record Master swimmers win gold

Many ladies in the older age groups, in particular, *Willy van Rysel,* and *Vivienne Cherriman,* follow the world Master circuits and hold World records. *Willy van Rysel* in the world 65 to 69 group, has many world records, as does *Vivienne Cherriman* in the 75 to 79 year group, she is a spritely 75 year old, who received a special 'outstanding' swimmer award in the Australian Pacific Masters.

At York, *Willy* won gold in the 50m backstroke and butterfly, *Vivienne* was not so fortunate. Both ladies had to swim



A young 75 year old World Master Swimmer Vivienne Cherriman.

against much younger opponents, swimming in the 60 and over group.

**SUNLIFE MASTERS
CHAMPIONSHIPS**
York, November 21st/22nd, 1981

WINNERS

Groups:-A-25 to 29 years. B- 30 to 34 years C- 35 to 39 years D- 40 to 40 years. E- 45 to 49 years. F- 50 to 60 years. F- 50 to 60 years G- 60 years and over.

MEN

100m Freestyle		
(A) W. Mills	RN Beckenham	0:56.61
(B) D. Brown	York City	0:58.66
(C) R. C. Lord	Coventry	0:59.29
(D) R. G. Stokes	Rushmoor	1:01.71
Mens 50m Freestyle		
(E) T. Boyes	York City	0:27.56
(F) C. A. Ward	Stockton	0:30.60
(G) R. Roberts	Otter	0:29.83
Mens 400m Freestyle		
(A) W. Mills	Beckenham	4:16.67
(B) G. R. Thwaites	Granta	4:36.51
(C) R. Lord	Coventry	4:39.75
(D) R. G. Stokes	Rushmoor	4:55.49
(E) T. Boyes	York City	4:54.56
(F) P. Pedlow	Hitchin	5:24.26
(G) H. Arendt	Bruhler	5:50.71
50m Backstroke		
(E) T. Boyes	York City	0:33.35
(F) C. A. Ward	Stockton	0:34.74
(G) H. Pfeifer	SG Jserlohn	0:38.71
100m Backstroke		
(A) T. Clark	Camphill Ed.	1:05.79
(B) K. Rosen	TV Rodenkitchen	1:06.85
(C) R. Lord	Coventry	1:11.57
(D) C. Hardy	Loughborough	1:12.47
50m Breaststroke		
(E) G. Dieckvess	Bremischer	0:35.79
(F) P. C. Jervis	Retford	0:35.69
(G) H. Pfeifer	Jserlohn	0:41.26
100m Breaststroke		
(A) J. Heward	Leeds	1:11.44
(B) S. Bratt	Thornbury	1:14.27
(C) R. J. Apel	Kettering	1:13.66
(D) M. Bracewell	Southport	1:18.55
50m Butterfly		
(E) M. Strate	Labenfeld	0:30.38
(F) G. Unkel	Lutteringhauser	0:35.94
(G) H. Pfeifer	SG Iserlohn	0:30.20
100m Butterfly		
(A) T. J. Clark	Camphill Ed.	1:01.72
(B) S. Bratt	Thornbury	1:06.19
R. T. Lord	Coventry	1:06.99
R. Lloyd Mostyn	Otters	1:10.34
4 x 25m Individual Medley		
(A) W. Mills	Beckenham	1:03.00
(B) G. R. Thwaites	Cambridge Granta	1:07.00
(C) R. T. Lord	Coventry	1:08.93
(D) M. B. Bracewell	Southport	1:11.16
(E) T. Boyes	York City	1:10.11
(F) B. A. F. Bell	Modernians	1:25.51
(G) H. Pfeifer	Jserlohn	1:22.79

WOMEN

50m Freestyle		
(D) R. Tautz	SC Huerth	0:36.76
(E) J. Asher	Norwich SW.	0:36.46
(F) M. Pfannmueller	Frankfurt	0:39.26
100m Freestyle		
(A) J. Pill	Oxford	1:05.15
(B) J. Shrimpton	Exeter	1:08.94
(C) B. O. Coshall	Dartford	1:12.05
400m Freestyle		
(A) S. Hudson	Durham	5:01.87
(B) U. Reimer	Langenfeld	5:17.66
(C) E. Bromwich	Rugby	5:49.45
(D) F. Connolly	Bracknell	5:58.60
(E) E. Fenton	Wakefield	7:47.84
(F) E. Rauner	Ronsdorfer	7:21.24
50m Breaststroke		
(D) F. Connolly	Bracknell	0:33.96
(E) O. Sutton	Brent	0:51.05
(F) E. Rauner	Konsdorf	0:49.33
100m Breaststroke		
(A) S. A. Hudson	Durham City	1:22.53
(B) C. Ilman	California	1:23.45
(C) E. Bromwich	Rugby	1:25.02
50m Backstroke		
(D) M. Arnold	Mansfield	0:36.62
(E) J. Asher	Norwich Swan	0:42.75
(F) W. van Rysel	B.L.D.S.A.	0:44.59
100m Backstroke		
(A) S. Spence	Haltenprice	1:17.96
(B) J. A. Franklin	Tiverton	1:15.39
(C) S. Fidoe	Colchester	1:23.39
100m Butterfly		
(A) J. C. Lewis	Newburn	1:21.54
(B) S. J. Shrimpton	Exeter	1:17.26
(C) E. Bromwich	Rugby	1:25.06
50m Butterfly		
(D) F. Connolly	Bracknell	0:38.66
(E) J. Asher	Norwich	0:40.56
(F) W. van Rysel	B.L.D.S.A.	0:53.00
4 x 25m Individual Medley		
(A) S. A. Hudson	Durham	1:12.84
(B) J. A. Franklin	Tiverton	1:16.12
(C) E. Bromwich	Rugby	1:21.75
(D) F. Connolly	Bracknell	1:24.39
(E) J. Asher	Norwich	1:35.69
(F) B. D. Condon	B.L.D.A.S.A.	1:51.63

SAMPLE WORKOUTS

500 Swim
4 x 50 Kick (:20)
200 Pull
200 RB- breathe every
3rd pull
5 x 200 - 4th & 8th
lengths change stroke

600 EZ K,P,& S
4 x 125 (:30)
4 x 75 on 2:00
5 x negative split 100's:
(2nd 50 faster than 1st
50)
6 x 50 on 1:10
200 EZ Cool Down

500 Swim
8 sets of: 25 Kick
50 Swim
6 x 75: Free/Breast/Free
200 Restricted Breathing
4 x 100 Descending Set

400 EZ
400 IM: Kick 1st 25
Each Right arm only 2nd 25
Stroke: Left arm only 3rd 25
Swim 4th 25

Locomotive to 4 & down
200 EZ
6 x 50 on 1:00
150 EZ Choice

300 Warm-up
30 x 50 on 1:00-1:15 as follows:
1-5 EZ
6-10 Steady & strong
11-16 Descend
17 & 18 Restricted Breathing
19-24 Moderate & steady
25-30 Descending & Fast

500 Swim
400 IM Kick
600 S- even # 100's RB,
odd # 100's EZ
5 x 50 on 2:00
6 x 25 on :45

1200 yds. "On the House"
warm-up
Broken 500 swim, rest
:10 between 100's
(subtract :40 to get
your 500 time)
300 Cool Down

10 x 50 EZ Warm-up
10 x 50 Alt K & P
10 x 50 Non-specialty
10 x 50 Descending set

300 Swim
20 x 25 on :40
200 EZ Kick
20 x 25 on :30
200 EZ Pull

400 EZ
400 Moderate
400 Fast
200 Kick
100 Pull
20 x 25 (:15)

500 EZ Swim
200 Kick
1650 non-stop
for time if
you wish.

News has just reached us that the next Pan Pacific Master tournament will be held in Sydney, Australia, April 9th/12th and in Brisbane on April 15th/17th, 1982. Write to AUSSI, P.O. Box 456, Sutherland 2232, Australia.

FOR THE RECORD

ARKANSAS MASTERS
SWIM CLUB
February 7, 1982
Little Rock, Arkansas

RESULTS Women 25-29

50 Yard Freestyle		
Rebecca Smith	28	28.1
Karen Pryor	28	29.7
Melanie Springmeyer	28	34.1
Rebecca B. Cloutier	26	34.2
Sandra Roberts	26	34.7
Carol Swan	28	41.1
100 Yard Freestyle		
Rebecca B. Cloutier	26	1:17.5
Sandra Roberts	28	1:24.4
200 Yard Freestyle		
Rebecca Smith	28	2:28.4
Rebecca B. Cloutier	26	2:53.6
500 Yard Freestyle		
Rebecca B. Cloutier	26	7:58.1
50 Yard Backstroke		
Rebecca Smith	28	34.7
Karen Pryor	28	35.9
Melanie Springmeyer	28	43.7
100 Yard Backstroke		
Renee Mann	25	1:49.3
Carol Swan	28	1:54.9
50 Yard Breaststroke		
Melanie Springmeyer	28	44.98
100 Yard Breaststroke		
Melanie Springmeyer	28	1:39.51
200 Yard Breaststroke		
Carol Swan	28	4:11.3
50 Yard Butterfly		
Rebecca Smith	28	31.8
Karen Pryor	28	32.1
Melanie Springmeyer	28	39.5
Rebecca B. Cloutier	26	40.1
100 Yard Individual Medley		
Karen Pryor	28	1:14.9
Melanie Springmeyer	28	1:31.1
Rebecca B. Cloutier	26	1:32.6
Sandra Roberts	26	1:33.3
Renee Mann	25	1:47.9
Women 30-34		
50 Yard Freestyle		
Elizabeth Stricklin	30	37.3
50 Yard Backstroke		
Elizabeth Stricklin	30	42.8
50 Yard Breaststroke		
Elizabeth Stricklin	30	45.5
Women 40-44		
50 Yard Freestyle		
Laura Lane Breaux	41	32.0
100 Yard Freestyle		
Laura Lane Breaux	41	1:14.3
200 Yard Freestyle		
Laura Lane Breaux	41	2:53.9
50 Yard Backstroke		
Laura Lane Breaux	41	44.8
50 Yard Breaststroke		
Laura Lane Breaux	41	45.2
Women 200 Yard Medley Relay		
Age Group 25+		
Unattached	2:39.05	
(Smith, Roberts, Stricklin, Mann)		
Men 200 Yard Freestyle Relay		
Age Group 25+		
UAC Masters	1:56.4	
(Haynes, Fred, Nestrud, Turner)		
Arkansas Masters	1:58.4	
(Miller, Bokony, William, Pierce)		
Over The Hill Gang	2:12.6	
(Martin, Wise, Purifoy, Matthews)		
UAC Masters	2:24.8	
(Swan, Sarker, Swann, Williamson)		
Men 200 Yard Medley Relay		
Unattached	1:58.2	
(Martin, Fuplon, Hearick, Peterson)		
UAC Masters	2:00.8	
(Haynes, Barden, Williamson, Turner)		
Unattached	2:07.96	
(Millier, Bokony, Williams, Pierce)		
Men 25-29		
50 Yard Freestyle		
Paul Barden	28	27.08
200 Yard Freestyle		
Marsden Furlan	27	2:13.8
Fred Schlegel	29	2:50.9
500 Yard Freestyle		
Bruce Bokony	29	7:47.8
Fred Schlegel	29	8:08.0

100 Yard Backstroke		
Marsden Furlan	27	1:06.3
200 Yard Backstroke		
Brent Peterson	26	2:25.3
50 Yard Breaststroke		
Paul Barden	28	35.8
100 Yard Breaststroke		
Fred Schlegel	29	1:46.3
50 Yard Butterfly		
Bruce Bokony	29	31.4
100 Yard Individual Medley		
Doug Martin	28	1:02.0
Bruce Bokony	29	1:15.9
Men 30-34		
50 Yard Freestyle		
Paul Blair	32	24.05
Dennis Wilson	33	24.9
Allen Saunders	33	25.8
Sammy Turner	31	26.0
Richard Nestrud	33	26.7
Steve Haynes	30	26.7
Steve Barden	30	27.3
100 Yard Freestyle		
Paul Blair	32	57.05
Sammy Turner	31	59.8
Allen Saunders	33	1:00.6
Richard Nestrud	33	1:02.2
Ron Bank	34	1:02.8
Walter Herrick	31	1:03.6
200 Yard Freestyle		
Walter Herrick	31	2:18.5
Richard Nestrud	33	2:22.2
400 Yard Freestyle		
Richard Nestrud	33	5:37.0
50 Yard Backstroke		
Alan Pierce	32	32.3
100 Yard Backstroke		
Alan Pierce	32	1:17.15
Jim Miller	31	1:23.5
200 Yard Backstroke		
Jim Miller	31	3:04.0
50 Yard Breaststroke		
Dennis Wilson	33	32.2
Sha Williamson	30	34.8
Bruce Williams	31	35.2
Steve Haynes	30	39.0
100 Yard Breaststroke		
Dennis Wilson	33	1:09.10
Bruce Williams	31	1:20.8
Steve Haynes	30	1:27.5
200 Yard Breaststroke		
Dennis Wilson	33	2:40.2
Steve Haynes	30	3:15.5
50 Yard Butterfly		
Paul Blair	32	26.02
Richard Nestrud	33	29.0
Steve Barden	30	30.2
100 Yard Individual Medley		
Paul Blair	32	1:02.9
Dennis Wilson	33	1:04.6
Sha Williamson	30	1:07.15
Sammy Turner	31	1:11.3
Richard Nestrud	33	1:13.0
200 Yard Individual Medley		
Ron Bank	34	2:48.2
Jim Miller	31	3:04.2
Men 35-39		
50 Yard Freestyle		
Hugh McCastlain	38	27.8
Sam Martin	35	35.01
100 Yard Freestyle		
Hugh McCastlain	38	1:00.6
Don Setlief	36	1:27.7
200 Yard Freestyle		
Hugh McCastlain	38	2:13.8
400 Yard Freestyle		
Don Setlief	36	6:57.4
500 Yard Freestyle		
Hugh McCastlain	38	6:14.0
100 Yard Backstroke		
Don Setlief	36	1:48.2
200 Yard Backstroke		
Larry Williams	37	5:23.0
50 Yard Breaststroke		
Rick Field	39	33.35
Tom Purifoy	37	55.5
Rick Field	39	1:13.50
100 Yard Breaststroke		
Don Setlief	36	1:45.5
Larry Williams	37	2:46.04
50 Yard Butterfly		
Hugh McCastlain	38	30.6
200 Yard Individual Medley		
Larry Williams	37	5:35.0
Men 40-44		
50 Yard Freestyle		
J. Mayne Parker	40	29.2

50 Yard Backstroke		
Charles Matthews	42	35.4
J. Mayne Parker	40	42.00
100 Yard Backstroke		
Charles Matthews	42	1:21.8
200 Yard Backstroke		
Charles Matthews	42	2:54.1
50 Yard Breaststroke		
J. Mayne Parker	40	44.86
50 Yard Butterfly		
J. Mayne Parker	40	40.2
100 Yard Individual Medley		
Charles Matthews	42	1:15.5
J. Mayne Parker	40	1:30.5
200 Yard Individual Medley		
Charles Matthews	42	2:57.0
Men 45-49		
50 Yard Freestyle		
Benny Wise	45	32.9
100 Yard Freestyle		
Barry Lawrence	49	1:09.4
Benny Wise	45	1:18.9
200 Yard Freestyle		
Barry Lawrence	49	2:41.2
Benny Wise	45	3:06.02
400 Yard Freestyle		
Barry Lawrence	49	6:00.00
Benny Wise	45	6:43.6
50 Yard Backstroke		
Benny Wise	45	43.9
50 Yard Butterfly		
Benny Wise	45	44.1
100 Yard Butterfly		
Benny Wise	45	1:50.1
Men 50-54		
50 Yard Freestyle		
Felix Swan	55	36.2
Paul R. Hinrichs	59	39.3
50 Yard Backstroke		
Felix Swan	55	44.2
100 Yard Backstroke		
Felix Swan	55	1:12.5
Men 65-69		
50 Yard Freestyle		
Chuck Nestrud	66	43.3
Southern Connecticut		
Mid-Winter Invitational		
1/9/82		
Sanction # 82-01 25 yd.		
Women 25-29		
50 yd. Freestyle		
Julie Ridge 25		31:23
Mary Day 27		31:68
Loren Padugho 26		32:57
100 yd. Freestyle		
Sharon Burlingame 25		1:02:83
Julie Ridge 25		1:10.08
Darcy Fazio 27		1:13.62
200 yd. Freestyle		
Mary Day 27		2:34.22
Darcy Fazio 27		2:44.13
50 yd. Backstroke		
Sharon Burlingame 25		31:73
Mary Day 27		36:37
Julie Ridge 25		41:29
100 yd. Backstroke		
Sharon Burlingame 25		1:08.66
200 yd. Backstroke		
Claudia Brisson 28		2:53.28
50 yd. Breaststroke		
Nancy Bellantone 27		35:88
Martha Delaney 27		40:00
100 yd. Breaststroke		
Nancy Bellantone 27		1:19.08
200 yd. Breaststroke		
Darcy Fazio 27		3:15.82
50 yd. Butterfly		
Sharon Burlingame 29		30:26
Nancy Bellantone 27		32:22
Mary Day 27		34:67
Martha Delaney 27		36:05
Darcy Fazio 27		41:00
100 yd. Individual Medley		
Sharon Burlingame 25		1:09.04
Nancy Bellantone 27		1:10.92
Mary Day 27		1:18.44
Claudia Brisson 28		1:18.47
Martha Delaney 27		1:18.88
200 yd. Individual Medley		
Nancy Bellantone 27		2:38.27
Women 30-34		
50 yd. Freestyle		
Suzanne Rague 31		29:75
Loraine Walter 34		32:83
100 yd. Freestyle		
Suzanne Rague 31		1:04.30

200 yd. Freestyle		
Suzanne Rague 31		2:17.37
100 yd. Backstroke		
Christie Slimak 33		1:17.36
Loraine Walter 34		1:40.58
200 yd. Backstroke		
Patty Spector 31		3:26.09
50 yd. Breaststroke		
Patty Spector 31		41:52
50 yd. Butterfly		
Christie Slimak 33		34:11
100 yd. Butterfly		
Christie Slimak 33		1:19.35
Lois Weiner 33		1:37.96
200 yd. Butterfly		
Lois Weiner 33		3:31.80
100 yd. Individual Medley		
Christie Slimak 33		1:12.57
Loraine Walter 34		1:31.44
Patty Spector 31		1:34.25
400 yd. Individual Medley		
Lois Weiner 33		7:05.24
Women 35-39		
50 yd. Freestyle		
Georgia Miller 35		28:75
Mary Revaz 37		30:81
Barbara Sautter 36		33:46
Judy Aronow 35		37:57
100 yd. Freestyle		
Georgia Miller 35		1:09.34
Mary Revaz 37		1:11.24
Judy Aronow 35		1:26.67
200 yd. Freestyle		
Judy Aronow 35		3:23.10
50 yd. Backstroke		
Barbara Sautter 36		42:44
50 yd. Breaststroke		
Mary Revaz 37		40:86
Barbara Sautter 36		45:69
Judy Aronow 35		46:13
100 yd. Breaststroke		
Mary Revaz 37		1:31.50
Barbara Sautter 36		1:38.60
100 yd. Individual Medley		
Georgia Miller 35		1:15.70
Women 40-44		
50 yd. Freestyle		
Rita Hocheners 42		32:10
Ann Martin 43		32:84
Sue Fossett 41		33:46
Katharine Grunigen 40		35:79
Johann Cummings 40		40:12
100 yd. Freestyle		
Ann Martin 43		1:14.20
Sue Fossett 41		1:18.14
Katharine Grunigen 40		1:19.32
200 yd. Freestyle		
Katharine Grunigen 40		2:57.82
50 yd. Backstroke		
Ann Martin 43		41:54
Sue Fossett 41		42:14
100 yd. Backstroke		
Sue Fossett 41		1:35.13
50 yd. Breaststroke		
Katharine Grunigen 40		46:09
100 yd. Breaststroke		
Rita Hochenberg 42		1:27.04
200 yd. Breaststroke		
Rita Hochenberg 42		3:05.10
100 yd. Individual Medley		
Rita Hochenberg 42		1:24.78
Women 45-49		
50 yd. Freestyle		
Ronnie Kamphausen 47		28:72
Miriam Brown 46		30:49
Patricia Moynahan 47		40:56
Barbara Stanley 48		42:46
Martha Lloyd 45		43:91
100 yd. Freestyle		
Ronnie Kamphausen 47		1:05.62
Patricia Moynahan 47		1:31.38
Barbara Stanley 48		1:43.05
200 yd. Freestyle		
Laverne Adams 47		2:45.92
Adeline Quinn 46		3:19.02
Barbara Stanley 48		3:36.12
Martha Lloyd 45		3:36.83
50 yd. Backstroke		
Ronnie Kamphausen 47		36:51
Adeline Quinn 46		47:36
Patricia Moynahan 47		47:70
Barbara Stanley 48		1:07.89
100 yd. Backstroke		
Laverne Adams 47		1:27.40
Patricia Moynahan 47		1:50.12
Barbara Stanley 48		1:58.53
200 yd. Backstroke		
Laverne Adams 47		3:10.13
Adeline Quinn 46		3:34.07
50 yd. Breaststroke		
Judy Parker 45		44:29

<u>100 yd. Breastroke</u>	
Judy Parker 45	1:40.55
<u>100 yd. Butterfly</u>	
Judy Parker 45	1:36.78
<u>100 yd. Individual Medley</u>	
Adeline Quinn 46	1:36.81
<u>200 yd. Individual Medley</u>	
Judy Parker 45	3:28.08
Adeline Quinn 46	3:46.30
<u>400 yd. Individual Medley</u>	
Judy Parker 45	7:04.22
<u>Women 50-54</u>	
<u>50 yd. Freestyle</u>	
Marjorie Martin 52	32:49
June Eravener 50	36:54
Hedy Esposito 53	45:25
<u>100 yd. Freestyle</u>	
Marjorie Martin 52	1:16.30
June Eravener 50	1:27.16
Hedy Esposito 53	1:41.75
<u>200 yd. Freestyle</u>	
Marjorie Martin 52	2:47.25
Hedy Esposito 53	3:47.80
<u>500 yd. Freestyle</u>	
Hedy Esposito 53	9:58.01
<u>50 yd. Backstroke</u>	
Betty Pitts 50	44:68
<u>100 yd. Backstroke</u>	
Marjorie Martin 52	1:29.07
Betty Pitts 50	1:37.59
<u>200 yd. Backstroke</u>	
June Eravener 50	3:20.99
Betty Pitts 50	3:29.53
<u>50 yd. Breastroke</u>	
Marjorie Martin 52	45:53
Hedy Esposito 53	54:34
<u>200 yd. Breastroke</u>	
June Eravener 50	3:35.33
<u>100 yd. Individual Medley</u>	
June Eravener 50	1:32.99
<u>Women 55-59</u>	
<u>50 yd. Freestyle</u>	
Charlotte Costello 59	34:41
Sieta Neuteboom 55	42:64
<u>100 yd. Freestyle</u>	
Charlotte Costello 59	1:18.35
Sieta Neuteboom 55	1:39.31
Renee Landauer 58	1:53.92
<u>200 yd. Freestyle</u>	
Ruth Billard 58	2:49.45
<u>500 yd. Freestyle</u>	
Ruth Billard 58	7:43.39
<u>100 yd. Backstroke</u>	
Ruth Billard 58	1:24.83
Renee Landauer 58	1:54.90
<u>200 yd. Backstroke</u>	
Ruth Billard 58	3:01.18
<u>50 yd. Breastroke</u>	
Charlotte Costello 59	42:29
Sieta Neuteboom 55	48:83
<u>100 yd. Breastroke</u>	
Charlotte Costello 59	1:37.11
Sieta Neuteboom 55	1:48.44
<u>200 yd. Butterfly</u>	
Renee Landauer 58	4:48.30
<u>100 yd. Individual Medley</u>	
Renee Landauer 58	2:02.35
<u>200 yd. Individual Medley</u>	
Renee Landauer 58	4:10.50
<u>Women 60-64</u>	
<u>50 yd. Freestyle</u>	
Dot Donnelly 60	31:42
Nancy Phillips 60	35:72
<u>100 yd. Freestyle</u>	
Dot Donnelly 60	1:11.64
<u>500 yd. Freestyle</u>	
Nancy Phillips 60	8:16.30
<u>50 yd. Backstroke</u>	
Dot Donnelly 60	42:28
Nancy Phillips 60	43:45
<u>100 yd. Backstroke</u>	
Nancy Phillips 60	1:35.22
<u>200 yd. Backstroke</u>	
Nancy Phillips 60	3:20.94
<u>100 yd. Individual Medley</u>	
Dot Donnelly 60	1:24.38
<u>Women 65-69</u>	
<u>50 yd. Freestyle</u>	
Marie Wicklun 67	38:87
<u>100 yd. Freestyle</u>	
Marie Wicklun 67	1:27.46
Helen Offenhauser 69	1:39.73
<u>50 yd. Backstroke</u>	
Marie Wicklun 67	45:99
<u>100 yd. Backstroke</u>	
Marie Wicklun 67	1:39.13
<u>200 yd. Backstroke</u>	
Marie Wicklun 67	3:33.16

<u>100 yd. Breastroke</u>	
Helen Offenhauser 69	2:22.20
<u>50 yd. Butterfly</u>	
Helen Offenhauser 69	1:02.94
<u>200 yd. Butterfly</u>	
Helen Offenhauser 69	5:29.80
<u>100 yd. Individual Medley</u>	
Helen Offenhauser 69	2:00.97
<u>Women 70-74</u>	
<u>100 yd. Backstroke</u>	
Evelyn Somers 74	2:33.72
<u>200 yd. Backstroke</u>	
Evelyn Somers 74	5:28.25
<u>50 yd. Butterfly</u>	
Evelyn Somers 74	7:38.50
<u>100 yd. Individual Medley</u>	
Evelyn Somers 74	2:51.52
<u>200 yd. Individual Medley</u>	
Evelyn Somers 74	5:55.00
<u>Women 25+</u>	
<u>200 yd. Medley Relay</u>	
Day 27	2:29.82
Brissott 27	
Weiner 33 (Metro Masters)	
Ridge 25	
<u>Women 45+</u>	
<u>200 yd. Medley Relay</u>	
Pitts 50	2:54.01
<u>Neuteboom 55</u>	
Costello 56 (Metro Masters)	
Quinn 46	
<u>200 yd. Mixed Relay-25+</u>	
Slimak 33	1:58.69
Shulman 35	
Fazio 27 (Conn. Masters)	
Wagner 35	
<u>Men 25+</u>	
<u>200 yd. Free Relay</u>	
O'Keefe 31	1:36.24
Hintlian 32	
Dalrymple 31 (NYAC Team)	
Darcy 28	
<u>Men 35+</u>	
<u>200 yd. Free Relay</u>	
Smith 37	1:37.70
Gallagher 42	
Wemple 35 (Metro Masters(A))	
Fulop 40	
<u>NYAC Team</u>	
Harris, 35	1:41.33
Harris 39	
Bender 42	
Gulotta 35	
<u>Metro Masters (B)</u>	
Huber 40	2:04.84
Young 52	
Alexander 40	
Forbes 55	
<u>Men 45+</u>	
<u>200 yd. Free Relay</u>	
Johnson 46	1:52.17
Tebbens 52	
Pitts 51	
<u>Metro Masters (A)</u>	
Silverstein 47	
NYAC "A" Team	
Hoppi 45	2:15.73
Ellis 49	
Golden 51	
Podor 58	
<u>Metro Masters (B)</u>	
Guido 64	2:34.87
Danielson 79	
Herbst 53	
Stern 46	
<u>Men 65+</u>	
<u>200 yd. Free Relay</u>	
Moorman 65	2:15.73
Brinke 65	
Funke 66	
Ross 66	
<u>Men 25+</u>	
<u>200 yd. Medley Relay</u>	
O'Keefe 31	1:46.74
Hintlian 32	
Dalrymple 31 (NYAC)	
Darcy 28	
<u>Metro Masters</u>	
Kolonkowski 33	2:00.68
Alexander 37	
Gall 27	
Reese 27	
<u>Men 35+</u>	
<u>200 yd. Medley Relay</u>	
Smith 37	1:48.63
Gallagher 42	
Wemple 35 (Metro Masters A)	
Fulop 40	

<u>NYAC</u>	
Gulotta 35	2:00.46
Harris 39	
Bender 42	
Harris 35	
<u>Connecticut Masters</u>	
Thornberg 43	2:15.50
Scherzer 44	
Laux 40	
Geoghegan 39	
<u>Metro Masters B</u>	
Appelbaum 43	2:21.10
Huber 40	
Ianarella 47	
Stevler 48	
<u>Men 45+</u>	
<u>200 yd. Medley Relay</u>	
Stern 46	2:05.95
Silverstein 47	
Johnson 46 (Metro Masters A)	
Pitts 51	
<u>Metro Masters B</u>	
Tebbens 52	2:17.13
Young 52	
Wortman 46	
Gulla 45	
<u>NYAC</u>	
Miller 45	2:19.92
Golden 51	
Ellis 49	
<u>Connecticut Masters</u>	
Voght 46	2:39.98
Marks 51	
Schofield 56	
Gafford 51	
<u>Men 55+</u>	
<u>200 yd. Medley Relay</u>	
Guido 64	2:20.27
Forbes 55	
Rowe 65 (Metro Masters)	
Sobel 71	
<u>NYAC</u>	
Moorman 65	2:46.31
Durrer 70	
Podor 59	
Ross 66	
<u>Men 25-29</u>	
<u>50 yd. Freestyle</u>	
Spencer Reese 27	23:84
Ken Berg 25	24:32
Thomas Haines 28	25:10
Robert Darcy 28	26:14
R. Webber 25	26:92
Dan Earley 27	30:17
Paul Costa 26	30:40
<u>100 yd. Freestyle</u>	
Charles Lang 25	52:39
Spencer Reese 27	53:81
Ken Berg 25	56:63
Michael Vernon 28	58:09
Kevin Hoffman 25	59:20
Dan Shea 26	1:05.96
Dan Earley 27	1:08.82
<u>200 yd. Freestyle</u>	
Michael Vernon 28	2:11.02
<u>500 yd. Freestyle</u>	
Dennis Galli 27	8:03.18
<u>50 yd. Backstroke</u>	
R. Webber 25	29:67
Dennis Galli 27	36:45
<u>100 yd. Backstroke</u>	
R. Webber 25	1:03.00
Kevin Hoffman 25	1:15.41
Dennis Galli 27	1:21.53
<u>200 yd. Backstroke</u>	
R. Webber 25	2:23.42
Dennis Galli 27	2:58.95
<u>50 yd. Breastroke</u>	
Kevin Delaney 29	30:90
Stephen Bergethon 25	31:12
Robert Darcy 28	31:98
Ken Berg 25	33:79
Dan Shea 26	37:28
Paul Costa 26	37:65
<u>100 yd. Breastroke</u>	
Bergethon Stephen 25	1:06.79
Robert Darcy 28	1:12.43
Ken Burg 25	1:18.68
Paul Costa 26	1:25.24
<u>200 yd. Breastroke</u>	
Stephen Bergethon 25	2:31.01
Dennis Galli 27	2:52.61
<u>50 yd. Butterfly</u>	
Spencer Reese 27	27:29
Ken Burg 25	28:32
Kevin Hoffman 25	28:52
R. Webber 25	29:96
Robert Darcy 28	30:92
Dan Earley 27	35:06

<u>100 yd. Butterfly</u>	
Kevin Hoffman 25	1:03.70
Dan Earley 27	1:24.04
<u>200 yd. Butterfly</u>	
Kevin Hoffman 25	2:40.25
<u>100 yd. Individual Medley</u>	
Charlie Lang 25	1:02.29
Robert Darcy 28	1:05.92
Ken Burg 25	1:07.13
R. Webber 25	1:08.25
Michael Vernon 28	1:09.23
Thomas Haines 28	1:10.79
Dan Earley 27	1:22.18
Loren Psuano 26	1:24.83
<u>200 yd. Individual Medley</u>	
Michael Vernon 28	2:34.50
<u>400 yd. Individual Medley</u>	
Stephen Bergethon 25	5:26.34
<u>Men 30-34</u>	
<u>50 yd. Freestyle</u>	
Bob Dalrymple 31	22:72
Peter O'Keefe 31	23:34
Bill Geoghegan 31	23:66
Fred Dalby 32	26:81
Phillip Prather 33	27:70
Zarko Sustovic 33	27:82
Roy Gilleo 30	28:34
Jim Berrie 30	28:74
Joe Kurtz 33	42:69
<u>100 yd. Freestyle</u>	
Bob Dalrymple 31	50:97
Bill Geoghegan 31	52:98
Phil Prather 33	1:01.19
Fred Dalby 32	1:03.57
John J. Moore 32	1:05.68
Jim Berrie 30	1:10.19
<u>200 yd. Freestyle</u>	
Bill Geoghegan 31	2:04.78
Phil Prather 33	2:21.36
Jim Berrie 30	2:39.57
<u>500 yd. Freestyle</u>	
Peter O'Keefe 31	5:20.96
Jim Berrie 30	7:32.63
<u>50 yd. Backstroke</u>	
Peter O'Keefe 31	26:67
<u>100 yd. Backstroke</u>	
Joe Kurtz 33	2:31.78
<u>200 yd. Backstroke</u>	
Warren Altney 31	3:08.63
<u>50 yd. Breastroke</u>	
Varney Hintlian 32	32:97
Marko Sustovic 33	37:22
<u>50 yd. Butterfly</u>	
Peter O'Keefe 31	25:15
Bob Dalrymple 31	25:25
Fred Dalby 32	30:22
Zarko Sustovic 33	34:37
<u>100 yd. Butterfly</u>	
Varney Hintlian 32	1:02.42
Fred Dalby 32	1:07.86
<u>200 yd. Butterfly</u>	
Douglas Walther 34	2:12.59
Bob Kolonkowski 33	2:17.46
Varney Hintlian 32	2:23.71
<u>100 yd. Individual Medley</u>	
Bob Kolonkowski 33	1:04.67
Fred Dalby 32	1:10.39
Roy Gilleo 30	1:21.91
<u>200 yd. Individual Medley</u>	
Peter O'Keefe 31	2:09.22
Varney Hintlian 32	2:21.06
Bob Kolonkowski 33	2:23.02
John Moore 32	2:45.47
Warren Altney 31	2:59.02
<u>Men 35-39</u>	
<u>50 yd. Freestyle</u>	
W.B. Wemple 35	23:67
Ted Bears 36	25:20
Daniel Davis 39	25:33
Richard Alexander 37	25:38
Charlie Gulotta 35	25:59
Thomas Wagner 35	26:85
Doug Nelson	26:97
Bob Lamoin 36	29:69
<u>100 yd. Freestyle</u>	
Jack Geoghegan 39	51:00
W.B. Wemple 35	52:08
Charlie Harris 39	57:07
Daniel Davis 39	57:15
Richard Alexander 37	57:90
Ted Bears 36	58:71
Thomas Wagner 35	59:27
Steven Barbee 35	1:01.81
Charles Horosan 37	1:02.38
Doug Nelson 39	1:04.00
Bob Lamoin 36	1:11.39

40-yd. Breaststroke	
Stanley Pudell 65	41:10
Murray Eager 65	42:08
Herb P. 'e 68	45:70
Wilson Schnell 66	54:34
100 yd. Breaststroke	
Murray Eager 65	1:36.93
Frank Moorman 65	2:01.88
Stanley Pudell 65	1:38.97
200 yd. Breaststroke	
Murray Eager 65	3:44.90
50 yd. Butterfly	
Stanley Pudell 65	47:27
100 yd. Individual Medley	
John Sautter 67	1:26.66
200 yd. Individual Medley	
John Sautter 67	3:21.26

Men 70-74	
50 yd. Freestyle	
Gerson Sobel 71	32:19
100 yd. Freestyle	
Gerson Sobel 71	1:15.39
200 yd. Freestyle	
Gerson Sobel 71	3:02.84
50 yd. Breaststroke	
Dr. G. Durrer 70	56:61
100 yd. Breaststroke	
Dr. G. Durrer 70	2:13.81
200 yd. Breaststroke	
Gustov Durrer 70	5:02.73
Men 75-79	
50 yd. Freestyle	
August Danielsson 79	49:49
100 yd. Freestyle	
G.H. Langer 78	1:31.01
100 yd. Backstroke	
G.H. Langer 78	2:07.70
200 yd. Backstroke	
G.H. Langer 78	4:31.28
50 yd. Breaststroke	
August Danielsson 79	53:11
100 yd. Breaststroke	
August Danielsson 79	2:02.91
200 yd. Breaststroke	
G.H. Langer 78	4:20.32
August Danielsson 79	4:35.58
50 yd. Butterfly	
Stanton Craigie 75	43:37
100 yd. Butterfly	
G.H. Langer 78	2:48.82
100 yd. Individual Medley	
Stanton Craigie 75	1:42.82
200 yd. Individual Medley	
Stanton Craigie 75	3:58.00
400 yd. Individual Medley	
Stanton Craigie 75	9:02.12

PLEASANT VALLEY
PLEASANT VLLY, CA 16 JAN. 1981

WOMEN 25-29

50 YARD FREESTYLE

SANDY NEILSON 25	24.92
KIMBERLY W MOGALIAN 25	25.59
BARBARA HELD 28	26.99
BARBARA BELOGORSKY 29	27.72
LORI SCOTT 25	27.86
DAWN FRADY 27	27.95
ALLISON JOLLY 25	30.01
HANNAH MYERS 27	31.24
LINDA KRENZEL 27*	32.91
MONICA FAY 27	34.09
DEBORAH MACCALLUM 29	36.59
SHARON BERMAN 25*	50.92
100 YARD FREESTYLE	
SANDY NEILSON 25	54.70
KIMBERLY W MOGALIAN 25	55.06
BARBARA HELD 28	59.32
BARBARA BELOGORSKY 29	59.53
DAWN FRADY 27	1:01.77
ALLISON JOLLY 25	1:07.13
HANNAH MYERS 27	1:08.99
MONICA FAY 27	1:14.88
DEBORAH MACCALLUM 29	1:15.68
LINDA KRENZEL 27*	1:16.53
SHARON BERMAN 25*	1:53.54
100 YARD BACKSTROKE	
HANNAH MYERS 27	1:21.12
MONICA FAY 27	1:26.16
LINDA KRENZEL 27*	1:29.00
100 YARD BREASTSTROKE	
LORI SCOTT 25	1:15.31
MONICA FAY 27	1:36.65
ALLISON JOLLY 25	1:38.51
50 YARD BUTTERFLY	
SANDY NEILSON 25	28.23
KIMBERLY W MOGALIAN 25	28.38
BARBARA HELD 28	28.74

LORI SCOTT 25	29.06
DAWN FRADY 27	30.35
BARBARA BELOGORSKY 29	31.69
ALLISON JOLLY 25	35.34
HANNAH MYERS 27	35.35
DEBORAH MACCALLUM 29	42.27
MONICA FAY 27	43.31
SHARON BERMAN 25*	DISQ
200 YARD INDIVIDUAL MEDLEY	
KIMBERLY W MOGALIAN 25	2:21.69
LORI SCOTT 25	2:29.10
BARBARA BELOGORSKY 29	2:33.08
ALLISON JOLLY 25	2:59.84

WOMEN 30-34

50 YARD FREESTYLE

DEBBIE BRADBURY 30	28.58
NANCY HARRIS 32	28.71
MERRILLEE FORD 30	29.14
LINDA J. BAIRD 34	31.59
DORIS J. RYDER 34	32.95
KATHY KINDRON 30*	39.82
100 YARD FREESTYLE	
NANCY HARRIS 32	1:02.71
DEBBIE BRADBURY 30	1:04.77
MERRILLEE FORD 30	1:06.26
LINDA J. BAIRD 34	1:12.87
DORIS J. RYDER 34	1:14.77
KATHY KINDRON 30*	1:34.08
100 YARD BACKSTROKE	
KATHERINE WATSON 34	1:22.76
LINDA J. BAIRD 34	1:28.70
DORIS J. RYDER 34	1:30.01

100 YARD BREASTSTROKE

NANCY HARRIS 32	1:18.56
KATHERINE WATSON 34	1:47.20
50 YARD BUTTERFLY	
MERRILLEE FORD 30	30.29
DEBBIE BRADBURY 30	30.91
NANCY HARRIS 32	32.59
LINDA J. BAIRD 34	37.02
DORIS J. RYDER 34	38.64
KATHERINE WATSON 34	46.02
200 YARD INDIVIDUAL MEDLEY	
LINDA J. BAIRD 34	2:58.83
KATHERINE WATSON 34	3:09.40

WOMEN 35-39

50 YARD FREESTYLE

DIANA TODD 38	26.59
ANN HAMMOND 39*	34.07
SUSAN ZONANA 35	38.35
JO ANNE MILLER 36	40.38
SARA EMMONS 39	42.03
BARBARA KINDRON 38*	42.06
JAN KLEIN 38	42.16
MIDGE BRADFORD 36*	43.59
PAULETTE COLLINS 36*	52.06
BARBARA STEPHENSON 39	1:00.41
100 YARD FREESTYLE	
DIANA TODD 38	1:00.29
ANN HAMMOND 39*	1:23.00
SUSAN ZONANA 35	1:28.08
JO ANNE MILLER 36	1:29.09
SARA EMMONS 39	1:34.91
JAN KLEIN 38	1:36.27
BARBARA KINDRON 38*	1:41.09
BARBARA STEPHENSON 39	2:30.15
100 YARD BACKSTROKE	
ANN HAMMOND 39*	1:39.27
JAN KLEIN 38	1:56.66
SUSAN ZONANA 35	1:57.74
BARBARA STEPHENSON 39	2:49.57
100 YARD BREASTSTROKE	
BARBARA KINDRON 38*	1:43.50
ANN HAMMOND 39*	1:50.06
JAN KLEIN 38	1:56.41
SARA EMMONS 39	2:03.90
BARBARA STEPHENSON 39	DNF
50 YARD BUTTERFLY	
DIANA TODD 38	30.77
JO ANNE MILLER 36	48.36
BARBARA KINDRON 38*	51.20

WOMEN 40-44

50 YARD FREESTYLE

HELEN GEOFFRION 43	35.69
EVA LOPEZ 40	38.86
NANCY KENNEDY 44	43.84
100 YARD FREESTYLE	
ANN CARLYLE 41	1:30.30
EVA LOPEZ 40	1:32.25
NANCY KENNEDY 44	1:34.51
100 YARD BREASTSTROKE	
HELEN GEOFFRION 43	1:38.53
ANN CARLYLE 41	1:45.43
NANCY KENNEDY 44	1:46.37
EVA LOPEZ 40	1:54.10
50 YARD BUTTERFLY	
HELEN GEOFFRION 43	41.82
ANN CARLYLE 41	50.34
200 YARD INDIVIDUAL MEDLEY	
ANN CARLYLE 41	3:41.13

WOMEN 45-49

50 YARD FREESTYLE

MARCIA ROWLAND 48*	38.73
100 YARD FREESTYLE	
MARCIA ROWLAND 48*	1:32.61
100 YARD BACKSTROKE	
MARCIA ROWLAND 48*	1:58.28
100 YARD BREASTSTROKE	
MARCIA ROWLAND 48*	DISQ

WOMEN 50-54

50 YARD FREESTYLE

JACQUELINE DUNLOP 50	32.14
HELGA HAYES 54	40.38
MALCHIA S. OLSHAN 50	40.66
100 YARD FREESTYLE	
HELGA HAYES 54	1:28.50
MALCHIA S. OLSHAN 50	1:32.21
100 YARD BREASTSTROKE	
JACQUELINE DUNLOP 50	1:35.02
HELGA HAYES 54	1:45.81
MALCHIA S. OLSHAN 50	1:48.31
50 YARD BUTTERFLY	
JACQUELINE DUNLOP 50	41.47
MALCHIA S. OLSHAN 50	45.86
200 YARD INDIVIDUAL MEDLEY	
MALCHIA S. OLSHAN 50	3:43.56

WOMEN 55-59

50 YARD FREESTYLE

SHIRLEY ERICKSON 58	36.59
GRACE ALTUS 58	38.93
RUTH H. BAAR 59	39.68
CAROLA FISCHER 58	44.60
100 YARD FREESTYLE	
SHIRLEY ERICKSON 58	1:20.55
GRACE ALTUS 58	1:25.50
RUTH H. BAAR 59	1:26.09
100 YARD BACKSTROKE	
SHIRLEY ERICKSON 58	1:34.66
RUTH H. BAAR 59	1:45.21
CAROLA FISCHER 58	1:51.51
100 YARD BREASTSTROKE	
SHIRLEY ERICKSON 58	1:45.72
GRACE ALTUS 58	1:58.43
50 YARD BUTTERFLY	
SHIRLEY ERICKSON 58	41.86
GRACE ALTUS 58	48.37
200 YARD INDIVIDUAL MEDLEY	
GRACE ALTUS 58	3:45.27

WOMEN 60-64

50 YARD FREESTYLE

L. LORRAINE THOMAS 64	1:10.13
100 YARD FREESTYLE	
L. LORRAINE THOMAS 64	1:23.95
100 YARD BACKSTROKE	
RITA SIMONTON 63	1:44.94
L. LORRAINE THOMAS 64	DISQ
50 YARD BUTTERFLY	
RITA SIMONTON 63	50.52
200 YARD INDIVIDUAL MEDLEY	
RITA SIMONTON 63	3:41.39

WOMEN 65-69

50 YARD FREESTYLE

EDNA HESTAL 65*	47.25
100 YARD FREESTYLE	
EDNA HESTAL 65*	1:43.49
RUTH RIDENOUR 67	2:05.30
100 YARD BACKSTROKE	
EDNA HESTAL 65*	2:09.52
RUTH RIDENOUR 67	2:18.28
100 YARD BREASTSTROKE	
EDNA HESTAL 65*	2:07.70
50 YARD BUTTERFLY	
RUTH RIDENOUR 67	1:08.08
200 YARD INDIVIDUAL MEDLEY	
RUTH RIDENOUR 67	4:49.90

WOMEN 75-79

50 YARD FREESTYLE

KATHERINE PELTON 76	1:00.16
100 YARD FREESTYLE	
KATHERINE PELTON 76	2:17.85
100 YARD BACKSTROKE	
KATHERINE PELTON 76	2:37.85
100 YARD BREASTSTROKE	
KATHERINE PELTON 76	2:29.97
50 YARD BUTTERFLY	
KATHERINE PELTON 76	1:05.18
200 YARD FREESTYLE RELAY	
SANTA BARBARA SWIM	2:03.72
HARRIS, FAY, KRAKOWIAK, FORD	
SANTA BARBARA SWIM	2:46.16
J. KLEIN, A. CARLYLE, K. KINDRON, M. OLSHAN	
200 YARD FREESTYLE RELAY	
SANTA BARBARA SWIM	2:33.05
RUTH BAAR, GRACE ALTUS, HELGA HAYES, SHIRLEY FRECKSAS	

MIXED 25+

200 YARD MEDLEY RELAY

HUENEME MASTERS	2:05.48
LARRY REFFAELDI, TOM DEVANE, HANNAH MYERS, GIL RAMIREZ	
MIXED 45+	
200 YARD FREESTYLE RELAY	
LONG BEACH MASTERS	2:23.21
ART WELCH, WOODY BOWERSOCK, CAROLA FISCHER, RITA SIMONTON	
MIXED 55+	
200 YARD FREESTYLE RELAY	
SANTA BARBARA	2:50.74
H.S. BECKER, JIM WILLIAMSON, RUTH RIDENOUR, EDNA HESTAL	
MEN 25+	
200 YARD MEDLEY RELAY	
INDUSTRY HILLS	2:03.94
JOHN TOWNSEND, TOM WHEELER, CURT BLAMEY, MARK RICHARDS	
INDUSTRY HILLS	2:10.38
ED FARRELL, KEVIN MCREYNOLDS, CALVIN PATTON, PAUL PESQUERA	
MEN 35+	
200 YARD FREESTYLE RELAY	
SANTA BARBARA	1:45.36
HARRY LINDEN, CURT MOSSO, GLYN DAVIES, DAN OMEARA	
SANTA BARBARA	2:01.88
RONALD FINN, DENNIS HOLST, JACK MARSHALL, JOHN RIDLAND	
PLEASANT VALLEY	2:24.77
OKE SHANNON, JOHN RICHMOND, ALAN BRADFORD, JOHN COLLINS	
MEN 55+	
200 YARD FREESTYLE RELAY	
GLENDALE Y MASTERS	2:03.76
GIL BROWN, ED ALLEN, ED SHOTT, BOB MERRICK	

MEN 25-29

50 YARD FREESTYLE

TOM DEVANE 26*	23.61
MARK ELLIOT 28	23.85
MICHAEL GILMORE 28	24.09
JOHN TOWNSEND 28	24.36
DON CURTIS 28	24.60
ROBERT FUKUTOMI 27	25.28
MARK RICHARDSON 28*	25.80
KEVIN MCREYNOLDS 28	26.64
GREG HARRISON 29	26.73
LANCE H YOUNGER 26	30.01
MICHAEL STEINBAUM 28	31.31
TOM LARIOS 29*	38.37
100 YARD FREESTYLE	
MARK ELLIOT 28	52.09
THOMAS H. WENKSTERN 28	52.96
MICHAEL GILMORE 28	53.41
JOHN TOWNSEND 28	54.19
THOMAS BRADLEY 25	55.20
KEVIN MCREYNOLDS 28	59.84
MICHAEL STEINBAUM 28	1:09.46
LANCE H YOUNGER 26	1:13.24
TOM LARIOS 29*	1:25.68
100 YARD BACKSTROKE	
JOHN TOWNSEND 28	1:04.97
MICHAEL GILMORE 28	1:05.34
ROBERT FUKUTOMI 27	1:07.80
THOMAS BRADLEY 25	1:08.71
GREG HARRISON 29	1:09.77
100 YARD BREASTSTROKE	
GREG HARRISON 29	1:08.19
TOM DEVANE 26*	1:10.65
RICHARD CLAXTON 26*	1:14.05
MARK ELLIOT 28	1:15.59
ROBERT FUKUTOMI 27	1:16.00
MARK RICHARDSON 28*	1:16.24
MIKE SUTTLE 28	1:19.35
LANCE H YOUNGER 26	1:30.31
50 YARD BUTTERFLY	
MARK ELLIOT 28	26.45
MICHAEL GILMORE 28	26.79
TOM DEVANE 26*	27.43
MARK RICHARDSON 28*	27.46
ROBERT FUKUTOMI 27	28.31
RICHARD CLAXTON 26*	28.58
GREG HARRISON 29	29.99
200 YARD INDIVIDUAL MEDLEY	
THOMAS H. WENKSTERN 28	2:18.99
MARK ELLIOT 28	2:22.91
GREG HARRISON 29	2:23.53
JOHN TOWNSEND 28	2:31.43
MEN 30-34	
50 YARD FREESTYLE	
TIM MCCONICA 31*	23.36
TOM WHEELER 32	24.51
CALVIN PATTON 30	24.99
JIM FARRELL 32	25.30
STEPHEN WASHBURN 34	27.34
STEWART MIMS 34*	27.41
EDWARD BREEDON 32	27.63
GIL RAMIREZ 31	29.78
PAUL S. PESQUEIRA 31	29.90
STEPHEN A. GWILLIM 32*	33.59
JOHN P. COLLINS 34*	36.66

<u>100 YARD FREESTYLE</u>	
TIM MCCONICA 31*	50.88
TOM WHEELER 32	54.31
JIM FARRELL 32	54.41
TOM F. OLSON 31*	55.72
ALAN HARTLEY 34	1:00.58
STEWART MIMS 34*	1:04.02
STEPHEN WASHBURN 34	1:05.18
GIL RAMIREZ 31	1:09.60
STEPHEN A. GWILLIM 32*	1:23.30
<u>100 YARD BACKSTROKE</u>	
CALVIN PATTON 30	1:08.73
STEWART MIMS 34*	1:14.14
ALAN HARTLEY 34	1:14.90
STEPHEN WASHBURN 34	1:22.00
STEPHEN A. GWILLIM 32*	1:39.22
JOHN P. COLLINS 34*	1:59.52
<u>100 YARD BREASTSTROKE</u>	
ALAN HARTLEY 34	1:15.14
PAUL S. PESQUEIRA 31	1:20.41
STEPHEN A. GWILLIM 32*	1:42.16
JOHN P. COLLINS 34*	1:55.34
<u>50 YARD BUTTERFLY</u>	
TIM MCCONICA 31*	25.63
CALVIN PATTON 30	25.95
CURTIS BLAMEY 31	27.50
JIM FARRELL 32	27.65
TOM WHEELER 32	28.53
ALAN HARTLEY 34	28.97
STEPHEN WASHBURN 34	29.24
EDWARD BREEDON 32	29.60
JOHN P. COLLINS 34*	39.97
<u>200 YARD INDIVIDUAL MEDLEY</u>	
JIM FARRELL 32	2:23.54
CALVIN PATTON 30	2:25.65
CURTIS BLAMEY 31	2:32.09
STEPHEN WASHBURN 34	2:57.99
<u>MEN 35-39</u>	
<u>50 YARD FREESTYLE</u>	
LARRY RAFFAELLI 38	24.02
DAN O'MEARA 35	24.31
HARRY LINDEN 38	25.98
JOHN M. MARSHALL 39*	30.25
ALAN R. BRADFORD 39*	34.26
WILLIAM HAMILTON 39	43.75
<u>100 YARD FREESTYLE</u>	
DAN O'MEARA 35	53.71
LARRY RAFFAELLI 38	54.74
GLYN DAVIES 37	58.22
CURT MOSSO 39	59.06
THOMAS THOMSON 37	1:00.99
JOHN M. MARSHALL 39*	1:10.77
ALAN R. BRADFORD 39*	1:22.11
<u>100 YARD BACKSTROKE</u>	
LARRY RAFFAELLI 38	1:05.48
DAN O'MEARA 35	1:07.89
THOMAS THOMSON 37	1:13.97
<u>100 YARD BREASTSTROKE</u>	
THOMAS THOMSON 37	1:10.81
DAN O'MEARA 35	1:12.78
GLYN DAVIES 37	1:17.13
HARRY LINDEN 38	1:17.47
JOHN M. MARSHALL 39*	1:26.38
WILLIAM HAMILTON 39	1:48.91
<u>50 YARD BUTTERFLY</u>	
LARRY RAFFAELLI 38	26.18
HARRY LINDEN 38	28.65
CURT MOSSO 39	28.74
GLYN DAVIES 37	29.49
THOMAS THOMSON 37	30.88
JOHN M. MARSHALL 39*	36.75
<u>200 YARD INDIVIDUAL MEDLEY</u>	
DAN O'MEARA 35	2:17.20
GLYN DAVIES 37	2:27.88
THOMAS THOMSON 37	2:30.93
CURT MOSSO 39	2:31.49
<u>MEN 40-44</u>	
<u>50 YARD FREESTYLE</u>	
JACK MIYAGAWA 42	29.53
DENNIS W. HOLST 40*	29.59
JAN E. TAVARES 42*	31.62
RONALD FINN 44	32.82
DAVID SWENSON 43	35.16
<u>100 YARD FREESTYLE</u>	
DENNIS W. HOLST 40*	1:09.98
JACK MIYAGAWA 42	1:11.88
RONALD FINN 44	1:14.97
JAN E. TAVARES 42*	1:15.10
DAVID SWENSON 43	1:22.94
<u>100 YARD BACKSTROKE</u>	
DENNIS W. HOLST 40*	1:18.16
<u>100 YARD BREASTSTROKE</u>	
DENNIS W. HOLST 40*	1:26.17
JAN E. TAVARES 42*	1:31.84
DAVID SWENSON 43	1:34.91
RONALD FINN 44	1:35.64
<u>50 YARD BUTTERFLY</u>	
JAN E. TAVARES 42*	36.45
JACK MIYAGAWA 42	37.77
DAVID SWENSON 43	43.21
<u>MEN 45-49</u>	
<u>50 YARD FREESTYLE</u>	
PETER R. TAFT 45	25.57
STEVEN SCHOFIELD 49	27.66

HERB SUSKIN 47	28.47
ALEX ROGIC 45	29.05
ED FARRELL 49	29.64
ART WELCH 49	29.67
JOHN Q. RICHMOND 48*	35.24
<u>100 YARD FREESTYLE</u>	
PETER R. TAFT 45	56.77
JERRY MCNAMEE 47	58.59
ALEX ROGIC 45	1:04.48
ART WELCH 49	1:04.60
JOHN RIDLAND 48	1:05.24
STEVEN SCHOFIELD 49	1:05.45
HERB SUSKIN 47	1:09.53
<u>100 YARD BACKSTROKE</u>	
JOHN RIDLAND 48	1:14.16
ART WELCH 49	1:19.58
HERB SUSKIN 47	1:31.12
<u>100 YARD BREASTSTROKE</u>	
JERRY MCNAMEE 47	1:16.22
STEVEN SCHOFIELD 49	1:26.34
ED FARRELL 49	1:28.90
ART WELCH 49	1:35.51
HERB SUSKIN 47	1:36.27
<u>50 YARD BUTTERFLY</u>	
PETER R. TAFT 45	28.80
ART WELCH 49	30.65
STEVEN SCHOFIELD 49	30.73
JOHN RIDLAND 48	33.47
HERB SUSKIN 47	35.44
<u>200 YARD INDIVIDUAL MEDLEY</u>	
JERRY MCNAMEE 47	2:31.38
JOHN RIDLAND 48	2:42.34
ART WELCH 49	2:46.91
<u>MEN 50-54</u>	
<u>50 YARD FREESTYLE</u>	
ROY SORGE 50	27.35
AKIVA D. HARRIS 50	39.48
<u>100 YARD FREESTYLE</u>	
ROY SORGE 50	1:02.09
AKIVA D. HARRIS 50	1:42.32
<u>100 YARD BACKSTROKE</u>	
W.J. (BILL) HEBERT 51	1:18.54
<u>100 YARD BREASTSTROKE</u>	
ROY SORGE 50	1:32.76
AKIVA D. HARRIS 50	1:56.17
<u>50 YARD BUTTERFLY</u>	
ROY SORGE 50	31.23
W.J. (BILL) HEBERT 51	34.66
<u>200 YARD INDIVIDUAL MEDLEY</u>	
W.J. (BILL) HEBERT 51	3:01.91
<u>MEN 55-59</u>	
<u>50 YARD FREESTYLE</u>	
JIM F. WILLIAMSON 57	29.45
C. FRED SCHMIDT 55	31.78
<u>100 YARD FREESTYLE</u>	
JIM F. WILLIAMSON 57	1:04.63
C. FRED SCHMIDT 55	1:17.92
<u>100 YARD BACKSTROKE</u>	
C. FRED SCHMIDT 55	1:42.94
<u>100 YARD BREASTSTROKE</u>	
DONALD HESTER 55	1:19.21
JIM F. WILLIAMSON 57	1:27.02
C. FRED SCHMIDT 55	1:34.36
<u>50 YARD BUTTERFLY</u>	
DONALD HESTER 55	32.09
JIM F. WILLIAMSON 57	35.20
C. FRED SCHMIDT 55	41.19
<u>MEN 60-64</u>	
<u>50 YARD FREESTYLE</u>	
BOB MERRICK 61	28.14
HERMAN BECKER 64	35.95
<u>100 YARD FREESTYLE</u>	
BOB MERRICK 61	1:02.81
HERMAN BECKER 64	1:24.25
<u>100 YARD BACKSTROKE</u>	
HERMAN BECKER 64	1:43.03
<u>100 YARD BREASTSTROKE</u>	
BOB MERRICK 61	1:20.66
HERMAN BECKER 64	1:54.84
<u>50 YARD BUTTERFLY</u>	
BOB MERRICK 61	33.77
<u>MEN 65-69</u>	
<u>50 YARD FREESTYLE</u>	
WOODY BOWERSOCK 68	29.24
<u>100 YARD FREESTYLE</u>	
WOODY BOWERSOCK 68	1:11.95
WALTER SLIKE 68	1:48.13
<u>100 YARD BACKSTROKE</u>	
WOODY BOWERSOCK 68	1:33.31
WALTER SLIKE 68	2:31.17
<u>50 YARD BUTTERFLY</u>	
WOODY BOWERSOCK 68	40.13
<u>200 YARD INDIVIDUAL MEDLEY</u>	
WOODY BOWERSOCK 68	3:27.18
<u>MEN 70-74</u>	
<u>50 YARD FREESTYLE</u>	
BILL SHOTT SR. 72	29.89
HENRY AKOLA 71	42.68
<u>100 YARD FREESTYLE</u>	
BILL SHOTT SR. 72	1:11.99
HENRY AKOLA 71	1:37.11
<u>100 YARD BACKSTROKE</u>	
BILL SHOTT SR. 72	1:49.32

<u>100 YARD BREASTSTROKE</u>	
BILL SHOTT SR. 72	1:37.06
HENRY AKOLA 71	1:55.96
<u>50 YARD BUTTERFLY</u>	
BILL SHOTT SR. 72	40.60
* DENOTES NON SPAAAU SWIMMER	
PROGRAMMED BY CURTIS MOSSO	
FALL LONG DISTANCE	
INDUSTRY HILLS, CA 1 NOV. 1981	
<u>WOMEN 19-24</u>	
<u>500 YARD FREESTYLE</u>	
LUCY SZATROWSKI 23*	6:01.77
KIMBERLY B. ACEVES 20	6:32.72
CHERYL KAY JONES 22	7:03.91
<u>400 YARD INDIVIDUAL MEDLEY</u>	
CHERYL KAY JONES 22	6:35.40
<u>WOMEN 25-29</u>	
<u>500 YARD FREESTYLE</u>	
KIMBERLY W MOGALIAN 25	5:31.29
<u>1650 YARD FREESTYLE</u>	
SHERRY KITTRELL 29	23:05.04
<u>400 YARD INDIVIDUAL MEDLEY</u>	
KIMBERLY W MOGALIAN 25	5:02.33
<u>WOMEN 30-34</u>	
<u>500 YARD FREESTYLE</u>	
LINDA J. BAIRD 34	6:49.71
KATHERINE WATSON 33	7:18.00
<u>1650 YARD FREESTYLE</u>	
KATHERINE WATSON 33	26:28.53
<u>400 YARD INDIVIDUAL MEDLEY</u>	
LINDA J. BAIRD 34	6:11.36
KATHERINE WATSON 33	6:42.88
<u>WOMEN 35-39</u>	
<u>1650 YARD FREESTYLE</u>	
ELLEN K. SHOCKRO 39	25:14.99
<u>WOMEN 40-44</u>	
<u>500 YARD FREESTYLE</u>	
JANET E ROYER 40	6:24.80
<u>WOMEN 50-54</u>	
<u>500 YARD FREESTYLE</u>	
ANNE ADAMS 53	6:55.10
JANET WOLVER 52	8:04.83
<u>400 YARD INDIVIDUAL MEDLEY</u>	
ANNE ADAMS 53	6:22.64
<u>WOMEN 55-59</u>	
<u>500 YARD FREESTYLE</u>	
SHIRLEY ERICKSON 58	8:07.13
<u>1650 YARD FREESTYLE</u>	
SHIRLEY ERICKSON 58	27:38.32
DOROTHY LACHASSE 57	28:07.09
<u>400 YARD INDIVIDUAL MEDLEY</u>	
SHIRLEY ERICKSON 58	7:18.18
<u>WOMEN 60-64</u>	
<u>500 YARD FREESTYLE</u>	
RITA SIMONTON 63	8:27.84
<u>1650 YARD FREESTYLE</u>	
VIOLA THOMPSON 63	31:05.14
<u>400 YARD INDIVIDUAL MEDLEY</u>	
RITA SIMONTON 63	7:44.17
<u>WOMEN 65-69</u>	
<u>500 YARD FREESTYLE</u>	
MAXINE MERLINO 69	8:48.85
<u>400 YARD INDIVIDUAL MEDLEY</u>	
MAXINE MERLINO 69	7:48.89
<u>WOMEN 75-79</u>	
<u>500 YARD FREESTYLE</u>	
KATHERINE PELTON 76	12:26.29
ELIZABETH MAURIC 77	12:29.57
<u>1650 YARD FREESTYLE</u>	
ELIZABETH MAURIC 77	42:35.46
<u>400 YARD INDIVIDUAL MEDLEY</u>	
KATHERINE PELTON 76	10:56.42
<u>MEN 19-24</u>	
<u>500 YARD FREESTYLE</u>	
LIVE SUNDIUS 22	5:44.59
<u>1650 YARD FREESTYLE</u>	
DAVE SUNDIUS 22	19:51.21
<u>400 YARD INDIVIDUAL MEDLEY</u>	
DAVE SUNDIUS 22	5:08.07
<u>MEN 25-29</u>	
<u>500 YARD FREESTYLE</u>	
WILLIAM J. PENN 29	5:13.31
JOHN TOWNSEND 28	5:44.04
MICHAEL GILMORE 28	5:59.41
<u>1650 YARD FREESTYLE</u>	
WILLIAM J. PENN 29	17:39.59
JOHN TOWNSEND 28	20:19.38
PHILIP BIAS 27	20:52.10
PAUL MCNAMARA 28	22:06.60
<u>400 YARD INDIVIDUAL MEDLEY</u>	
JOHN TOWNSEND 28	5:13.79
MICHAEL GILMORE 28	5:17.62



<u>MEN 30-34</u>	
<u>500 YARD FREESTYLE</u>	
TOM COURTNEY 31	5:32.68
MIKE MOFFET 32	5:58.40
CURTIS BLAMEY 31	6:12.99
STEPHEN WASHBURN 34	7:39.23
<u>1650 YARD FREESTYLE</u>	
TOM COURTNEY 31	19:39.80
STEPHEN WASHBURN 34	27:13.60
<u>400 YARD INDIVIDUAL MEDLEY</u>	
STEPHEN WASHBURN 34	6:31.57
<u>MEN 35-39</u>	
<u>500 YARD FREESTYLE</u>	
STEPHEN SAYLOR 39	5:47.62
RICHARD MICHAELS 36	6:02.11
ARTHUR HALE 39	7:01.80
JIM STEWART 39	7:28.07
<u>1650 YARD FREESTYLE</u>	
BILL DAMM 35	18:33.72
STEPHEN SAYLOR 39	20:37.70
RICHARD MICHAELS 36	21:30.77
JON (BULLET) BALES 37	22:22.69
<u>400 YARD INDIVIDUAL MEDLEY</u>	
STEPHEN SAYLOR 39	5:42.54
RICHARD MICHAELS 36	5:56.68
ARTHUR HALE 39	6:15.53
JIM STEWART 39	6:42.29
<u>MEN 40-44</u>	
<u>500 YARD FREESTYLE</u>	
LANCE LARSON 41	5:16.29
T. (TEX) HARASZTI 40	5:33.90
BILL PAGE 41	5:50.41
<u>1650 YARD FREESTYLE</u>	
LANCE LARSON 41	18:50.68
BURT KANNER 42	19:55.66
<u>400 YARD INDIVIDUAL MEDLEY</u>	
LANCE LARSON 41	4:47.80
T. (TEX) HARASZTI 40	4:52.33
BILL PAGE 41	5:22.56
<u>MEN 45-49</u>	
<u>500 YARD FREESTYLE</u>	
ART WELCH 49	6:13.60
ALEX ROGIC 45	6:28.89
<u>1650 YARD FREESTYLE</u>	
BRAD STURTEVANT 48	19:49.60
JERRY MCNAMEE 47	19:56.82
ART WELCH 49	22:02.10
<u>400 YARD INDIVIDUAL MEDLEY</u>	
JERRY MCNAMEE 47	5:37.14
ART WELCH 49	5:43.40
<u>MEN 55-59</u>	
<u>500 YARD FREESTYLE</u>	
DUANE L. DRAVES 55	6:18.82
JIM MARCUS 56	6:40.11
FRED SCHMIDT 55	7:38.68
<u>1650 YARD FREESTYLE</u>	
DUANE L. DRAVES 55	22:32.46
JIM MARCUS 56	22:49.36
FRED SCHMIDT 55	27:30.10
<u>400 YARD INDIVIDUAL MEDLEY</u>	
JIM MARCUS 56	5:43.67
DUANE L. DRAVES 55	5:46.01
<u>MEN 60-64</u>	
<u>500 YARD FREESTYLE</u>	
BOB MERRICK 61	6:45.65
HERMAN BECKER 64	8:04.62
<u>1650 YARD FREESTYLE</u>	
BOB MERRICK 61	24:17.22
HERMAN BECKER 64	27:46.14
<u>MEN 65-69</u>	
<u>1650 YARD FREESTYLE</u>	
DON RANKIN 65	31:29.28
<u>MEN 70-74</u>	
<u>500 YARD FREESTYLE</u>	
REG RICHARDSON 70	7:27.16
ERNIE HALE 70	9:44.73
<u>1650 YARD FREESTYLE</u>	
LEONARD A. CHAPIN 73	29:51.61
ERNIE HALE 70	33:54.92
<u>400 YARD INDIVIDUAL MEDLEY</u>	
ERNIE HALE 70	8:39.49
<u>MEN 75-79</u>	
<u>500 YARD FREESTYLE</u>	
SHELDON WHITE 76	9:35.65
<u>1650 YARD FREESTYLE</u>	
SHELDON WHITE 76	35:00.66
* DENOTES NON SPAAAU SWIMMER	
PROGRAMMED BY CURTIS MOSSO	

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Swimming News

SWIMMING HALL OF FAME BUILDING FUND - As reported in the last issue, the SHOF has run out of space and must find ways to finance its new addition. We hope to have a Masters Area in the new addition in order to have Masters Swimming represented in our International Swimming Hall of Fame. After one month we have had a total of 32 people donate to the Masters Swimming Area for a total of \$1850. We hope that many more will donate in the months to come. All contributions are tax-deductible no gift is too small to be noted. Checks to to be made out to ISHOF, One Hall of Fame Drive, Ft. Lauderdale, FL 33316.....

ALL AMERICANS - When you send your \$5.00 to Ted Haartz for patch and certificate, please make out your check to United States Masters Swimming and send to 155 Pantry Road, Sudbury, MA 01776.....

1982 RULE BOOK - The new books are now out and so far two mistakes have surfaced. On page 148, at the top for the year 1982, SC is in Zone B and LC is in Zone D. And on page 149 the events for the First Day are incorrect. They have 4 meter events listed under SC and 5 yd events listed under LC besides leaving out the 100 m breast. Please, don't panic breaststrokers, you will get your three breaststroke events!....

MUSCLE STRENGTH by Patti Fischer - The condition or strength of a muscle depends on its size and quality. When a muscle is used, it hypertrophies or grows and strength increases, capillary function increases, size increases, and the muscle is in a state of tonus. If a muscle is not used regularly, atrophy results and the conditions gained in hypertrophy reverse. This is known as the "law of use and disuse." In order to maintain or increase a desired amount of strength, regular exercise routines are essential. Muscular strength is defined as the

amount of force that can be exerted by a particular muscle. Physiologically, a muscle will increase in strength only if the workload is beyond what is normally required of it. This is the principle of overload. There are three points to remember when trying to build strength in swimming: 1) There must be an overload on a muscle. The resistance used on the muscle must increase as the strength capacity of the muscle increases. Overloading can be established through increasing repetitions, increasing the time spend exercising/training, increasing the speed or interval, and increasing the resistance on a muscle by using pull buoys, hand paddles, and rubber tubing. 2) There must be regular three times a week interval practice. 3) The development of strength is specific to the muscle or muscles involved in the exercise/training. Exercise/training activities should be planned to localize and strengthen weak muscle areas.....

QUESTION - I am 42 and just starting in the Masters swimming program. Why aren't there more short distances in meets like the 25 yards in all strokes? (From MASTERS SWIMMERS LANE 4) **ANSWER:** This would seem logical, except that the shorter distance and the higher speed puts a great strain on the human body. This is especially dangerous to someone over 40 years of age who is just beginning to train. Research has demonstrated abnormal heart EKGs in the laboratory on normal hearts with a short, all-out performance. The heart rate for short sprints goes to a maximum of 180 to 200 beats per minute while a swim of 200 or 500 yards keeps it more in the range of 150 to 160 beats per minute. The benefits of the Masters program, or of any fitness training, are found in aerobics (with oxygen), 200 yard swims and over, rather than anaerobic 50 and 100 yard swims. As an older adult, you are better off training and competing in the longer distances. This training develops the aerobic energy systems which enable the body to transport and deliver a greater amount of oxygen to the tissues. Don't confuse a race with training distances, however.....

NOTE: LANE 4 subscription, 6 issues \$10, and mail to Paul Hutinger, Department of Men's P.E., Western Illinois University, Macomb, IL 61455....

FROM THE NAUTILUS AQUATIC CLUB NEWSLETTER: Running and jogging are a current fad. Some sociologists say the fad will go the way of ear-wiggling and hula-hoops. Meanwhile, consider the numerous advantages swimmers have over runners: You never get hit by a speeding motorcycle or a reckless bicyclist; You never inhale nauseating bus fumes; You never get painful blisters on the soles of your feet; You never have to wear a sweatband around your head in a race; You never get bitten by stray dogs; You never go home with black-and-blue ribs, thanks to jabbing elbows; and You're never arrested for jay-walking.

SWIM-MASTER

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

VOL XI - No 3

MARCH - APRIL 1982

MAR	20-21	SC - Bill Carrow, P.O. Box 1150, Raleigh, NC 27602
	20-21	SC - Region 8 - Andy Knapp, 1020 Timberridge, Harrah, OK 73045
	21	SC - John Sallade, Upper Main Line Y, 1416 Paoli Rd., Berwyn, PA 19312
	21	SC - Plainview Rec Dept, c/o Ann Degnan, 1 Central Square, Plainview, CT 06062
	27	SC - 1650 - Michael Murphy, 7136 B Rolling Bend, Baltimore, MD 21207
APR	2-4	SC - Region IV - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
	2-4	SC - I.E.A. Masters Swimmers, 944 E. 39 Ave., Spokane, WA 99203
	3	SC - Christie Slimak, 17 Cavasin Dr., East Lyne, CT 06333
	3-4	SC - Harry Rawstrom, Coach Ret., Carpenter Sports Bldg, U of DE, Newark, DE 19711
	10	DCM Pentathlon - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	10	SC - Cecil Whitiker, AD, 776 NE 125 St., Parks & Rec Dept, North Miami, FL 33161
	10	SC - Janet Royer, 11834 S. Colima Rd., Whittier, CA 90604
	17	Triathlon - Westside Y, 3400 N. Mueller, Bethany, OK 73008
	24	EOMAC - SC - Alec Monro, 63 Jackson Ave., Toronto, Ont. M8X 2J7 Canada
	24-25	NE Champ. - Dave Eskin, 66 Audubon Dr., Chestnut Hill, MA 02167
	24-25	SC - Masters Swim Team, IRCC, 3209 Virginia Ave., Ft. Pierce, FL 33450
	17-18	SC - Joanita Reed, Rt. 20 Box 208 KK, San Antonio, TX 78218
30-May	1-2	SC - Jan Truchan, c/o B.R. Ryall Y, 49 Deicke Dr., Glen Ellyn, IL 60137
30-May	1-2	Region XII - I.E.A. Masters Swimmers, 944 E. 39 Ave., Spokane, WA 99203
	24	SC - Ronald J. Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	2-4	SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
MAY	1	SC - Neal Craven, 5014 Bennington Dr., Greensboro, NC 27410
	1-2	SC - Texas A & M - Will Worley, 1001 Village Dr., College Station, TX 77840
	1-2	SC - Diane Frederick, P.O. Box 8513, Canton, OH 44711
	2	SC 1650 - Janet Royer, 11834 S. Colima Rd., Whittier, CA 90604
	2	SC - F.A.S.T. Masters, P.O. Box 12507, University Station, Gainesville, FL 32604
	7-9	SC YMCA NATIONALS - South Hills YMCA, 79 McMurray Rd., Pittsburgh, PA 15241
	8-9	SC - Janet Royer, 11834 S. Colima Rd., Whittier, CA 90604
	14-15	SC - Madeleine Lyle, 3516 E. Fair Place, Littleton, CO 80121
	21-24	US MASTERS NATIONAL SC - Thomas D. Boak Jr., 2720 N. Logrun, Woodlands, Houston, TX
	28-30	LC - Region IV - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
JUN	5-6	Ian Holt, 1272 Napier Crescent, Oakville, Ont. L6H 2A4 Canada
	13-14	LC - Natalie Clement, 4528 Falcon Ridge Dr., Sarasota, FL 33583
	26-27	LC - SKWIM, Great Valley, NY 14741
	20-26	SKWIM Masters Development Program '82, Great Valley NY 14741
JUL	23-25	LC - Concepts Co, Dick Guido, 8 Shell Dr., Glen Cove, NY 11542
AUG	8-14	SKWIM Masters Development Program '82, Great Valley, NY 14741
	12-15	NATIONAL MASTERS SPORTS FESTIVAL - The Penn Mutual Life Ins. Co., 530 Walnut St., Philadelphia, PA 19172
	26-29	US MASTERS NATIONAL LC - Barbara Frid, Swim Cellar, 10230 SW Pky., Portland, OR 97225
SEP	18-19	SC - Naples, FL
NOV	13-14	GCM Fall Swim Meet - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
CORONADO	- May 30, Aug 1, Oct 17, Dec 5	- Alicia Horst, 24 The Point, Coronado, CA 92118
NEW ENGLAND	- Mar 21, Apr 18, May 30	- Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162
OREGON	- Apr 9-10, Jun 26-27, Jul 30-31, Aug 1	- Earl Walter, 3904 SW 57 Av, Portland, OR 97221
SOUTHEASTERN	- May 14, May 1-2	- NAC Masters, 213 Osceola Ave., Nashville, TN 37209
KENTUCKY	- Apr 2-3, Aug 21-22, Oct 23-24	- Joanne Tingley, 2107 Eastview Ave, Louisville, KY
NEW JERSEY	- Mar 27, Apr 10, Apr 30-May 1-2	-
PACIFIC	- Mar 20, Mar 28, Apr 4, Apr 16-18, May 2, June 19-20, Jul 16-18, Jul 31, Aug 15, Oct 2, Oct 23-24, Nov 7, Nov 13, Dec 4	- Verne H. Scott, 646 Elmwood Dr., Davis, CA 95616