



# SWIM-MASTER

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NUTRITION AND EXERCISE: The Health Twins

© 1978 Dr. Kenneth Krueger, D.R.H.

Poor eating habits and the sedentary living of modern life have produced various diseases and disabilities, such as, obesity, chronic low back strain, high blood pressure, weak abdominal muscles and increased susceptibility to cardiovascular disease. This article will briefly discuss the two ways to health--Nutrition and Exercise. There are millions of people who exercise regularly and think this alone will save them from heart attacks or delay the aging process. It has been proven that regular vigorous exercise will do this to a great extent, however, in conjunction with proper nutrition, the beneficial aspects are multiplied, as will be seen in this article. Conversely, there are million of "health food addicts" who believe these same benefits will come from merely eating properly. Again, the combination of proper nutrition and regular vigorous exercise has a compounding effect leading to a more healthful, vigorous life.

**EXERCISE** Exercise is important for both physical and mental health. Most people in modern society do not get enough exercise. Our bodies were built to move--away from beasts, to hunt and so on for the thousands of years of primitive man. Yet modern civilization is a sedentary one. Man leaves home in a car, walks a few steps to the office, sits, returning home via the car, sits, eats, drinks and watches television. Quite a contrast to our lengthy active heritage, which only slowly ended with the advent of locomotion (car, train plane) at the turn of the century.

It is tremendously gratifying to see the American adults' revitalized interest in exercise. These people come from all walks of life, from secretaries to presidents. They run, swim, play volleyball, racketball, tennis, etc. The best for the heart are swimming and running. People exercise for various reasons: to slow the aging process, to release tension, to improve cardiovascular-respiratory systems, it's the 'in-thing', or it invigorates them. For whatever reason, a daily exercise program is beneficial. The key is to start out easily, then slowly build both the duration and intensity of

the exercise.

"Little things Mean A Lot." Simple things, like the stairs rather than the elevator or walking/biking to the store, can start you on your way to fitness. Then progress to leisurely half-hour walks/swims before a meal. (This will decrease the appetite.) Whatever form of exercise that is chosen, whether tennis, running or swimming, increase the duration and intensity slowly. The minimum level you want to work up to is one-half hour of working your heart to 70-80% of its maximum. This helps delay the aging process. To find your maximum heart rate per minute, take 220 minus your age. Your workout would then be 70-80% of that for one-half hour. Always take 5-10 minutes to get the lactic acid out of your muscles, so you won't be sore afterwards, i.e. warm-downs. These warm-up/downs consist of slow, easy movements which stretch the muscles. Exercise at least three times per week and enjoy the "lively feelings". However, exercise alone will not ward off heart attacks, strokes or improve performance. There have been highly trained athletes who have suffered heart attacks, e.g. an editor of "Runners World" while running a marathon and some Masters Swimmers at the National Championships. Vigorous exercise alone did not prevent these sad cases. In conjunction with proper nutrition they might have been avoided.

**NUTRITION 1. VITAMIN E.** This important "heart vitamin" has been refined out of our modern breads man's primary source of alpha-tocopherol (Vit E). Coronary thrombosis, heart attacks, did not exist before 1900. Around that time modern milling techniques came into being. This eliminated the wheat germ and with it 87% of seven vitamins including Vitamin E, 88 % of the trace minerals, and 84% of the bulk minerals. Bleaching of the flour then eliminates the remaining Vitamin E. It has been found that Vitamin E. is an effective anti-thrombin, that is, it prevents or dissolves fresh clots in the veins without interfering with normal clotting of cuts and other forms of trauma. Thus it is a strong deterrent to coronary thrombosis (heart attack) and phlebitis. In combination with Vitamin C, Vitamin E reverses the prevents atherosclerosis. Some other known benefits of Vitamin E to athletes, as well as sedentary adults, are: 1) It reduces oxygen requirements of tissues and cells. 2) It enlarges small blood vessels. 3) It promotes collateral circulation.



## FORMER INTERNATIONAL STARS DOMINATE THE 'MASTERS'

### Sun Life/ASA Masters Competitions, Blackpool, October 22nd/24th

For the second year in succession, the Amateur Swimming Association staged its 'Age Group' Masters competitions. Once more it was ably sponsored by the Sun Life Assurance Company, but the venue changed from the old historic town of York, to the bright and breezy seaside town of Blackpool.

For many of the 1982 competitors, swimming in the salty waters of Derby Baths, it must have been a trip down memory lane. Many of those competing this year, reflected upon the grim battles they had in the 1960's and 70's for International and National honours.

As these competitions require the venue to be in a 25m baths, the Blackpool Corporation built a hefty boom across their 50m pool, and it proved very successful. The competitions were opened by the President of the Amateur Swimming Association, Mr Alfred Turner OBE, AIB, this must have been a pleasing task, as Blackpool is his home town. He was assisted during the competitions, by the Mayor of Blackpool and his Lady, Mr Peter Pummell Marketing Director of Sun Life Assurance, together with many District and County Presidents who made medal presentations.

### ASA Master events extended

The Northern Counties Management Committee, so used to dealing with International and National events, took the extended Masters competition in their stride. The age groups were from 25 years and over, to 75 years and over; including for the first time, team events.

It was unfortunate that many of last year's champions could not defend their titles in the 1982 Masters. A new ruling came into force in 1982: "Those swimmers taking part in any Masters competitions, which were governed by FINA Rules, could not take part in ASA Masters". This ruled out swimmers taking part in the Scottish Masters and those competing in many overseas events. It was unfortunate that those affected could not take part, but no doubt, at the next ASA Council Meeting, this matter will be raised and debated upon.

Despite the loss of the 'professionals' there was a very good entry with many of the events creating exciting swimming. Master Age Group is a natural progression from our youthful 'Age Group' events and should have an exciting future.

### Many ex-International swimmers return to the scene of their former triumphs

Blackpool, for many years after the war, was the Mecca for National and International swimming. Last month, in the sun lounge of the baths, groups of these swimmers managed to recount their former triumphs. Master swimming must be a nostalgic affair, and they have not lost

their zest for capturing titles. Swimmers like, Roddy Frame, Ron Roberts, John Martin Dye, Bob Lord, Geoff Thwaites, Duncan Brown, Alan Clarkson, Pippa Jones, Sylvia Platt and Sue Shrimpton added ASA medals to their previous collections. Roddy Frame, (Scarborough) a former York City Bath Club International, was as keen as ever to win titles. He won the six of them, 100m butterfly and individual medley plus the 50m events for freestyle, backstroke, breaststroke and butterfly. Standing on the rostrum for the 100m freestyle, in which he got the silver, he said in his usual jocular fashion "I am not accustomed to standing in second place". It shows how keen many former champions want to get back into swimming. Many of them have been training for months for the Masters, and in doing so, they are carrying out the objective of Master swimming—to keep older people fit.

Yorkshire had a good share of the Mens titles, Duncan Brown won three gold, Bryan Bulmer one, and the York City Baths club took the 4 x 50m Mens freestyle team. John Martin Dye and his wife Cordelia, returned home to Watford with a box full of medals and Ron Roberts, who won two titles, still has the same smooth flowing stroke he used to win championships years ago.

If there had to be a 'Man of the Meet' it would have gone to Derrick Gummell of Luton. Derrick, in the 55 years to 59 year group, won no less than seven gold, one silver and one bronze.

In the Ladies events, Pippa Jones (Coventry) only just out of International swimming, was in good form in the 25 to 29 year group. Pippa won five gold medals and two silver. An International who is no stranger to Blackpool, was Lancashire lass, Sylvia Rogers; in her heyday she was backstroke swimmer Sylvia Platt. She won four gold medals and in winning the 100m backstroke, her time of 1:15.63 was not far short of her International standard.

Sue Shrimpton (Exeter) was one of the few swimmers who could defend their 1981 titles. At Blackpool she was in good form and dominated her group, winning six gold medals and a silver.

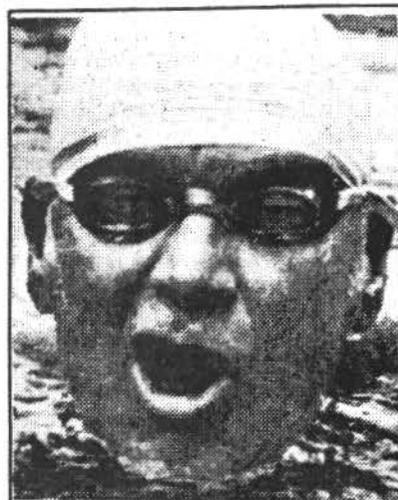
### District Presidents win gold

Stella Margetts and Roy MacAlister both have held the high office of District and County President. Stella, from the West, won the 50m freestyle and backstroke in 'J' group whilst Roy, from the North East, in 'H' group won 2 gold, a silver and bronze. Swimming in the 'older' groups these two swimmers showed the way that many other District Presidents could emulate.

### 1983 Masters

These will be held at Nuneaton on October 21st-23rd.—So get training.

R.H.B.



Swimming goggles: Bad fit can be a headache.

## Pain's cause was right before him

BOSTON — (AP) — "Goggle migraine" has joined the list of maladies that may befall people who exercise.

It results from wearing swimming goggles that are too tight, and it was named by one of its victims, Dr. Alan Pestronk of Johns Hopkins School of Medicine.

Pestronk, 36, says he "began swimming three times per week to combat aging." After two months of this, he started having throbbing headaches an hour or two after the exercise.

He discussed the problem with his father, Seymour, a sporting goods retailer in New York. His father said his customers often complain of headaches after using poorly fitting goggles.

Pestronk stopped wearing the goggles for several months and was headache-free. Then he got up the courage to do an experiment on himself. He put the goggles back on and got another headache.

"I now use goggles with a single soft rubber rim that fits around both eyes and does not require a very tight head strap to be water tight," he reported. "There has been no recurrence of my migraine headaches."

Pestronk shared his experience with the medical world in a letter published in the New England Journal of Medicine.

# Golden Age fitness personified in film star Buster Crabbe at 72

BY FRED FERGUSON  
United Press International

NEW YORK — The young receptionist in our office couldn't believe it.

"Buster Crabbe?" she said. "That guy from those old movies? It couldn't be. He looks too young."

Buster Crabbe, gold medal winner at the 1932 Los Angeles Olympics, star of 80 Westerns and many other movies, is living proof of what he stopped by to preach — the benefits of keeping fit after 55.

He's 72, and you might say, going on 40.

There's some steel in the hair, a few crinkles about the eyes, but as she said, "He looks fantastic!"

He still swims 1½ to 3 miles a day, works out in a gym when he has a chance, goes biking, too, and would admittedly bite at a film role if the right script comes along.

He's preaching physical fitness for senior citizens much as he did for young people in the 22 years after moving East from Hollywood in 1951 for his TV children's show and later when he operated a boys' summer camp in the Adirondacks.

"My concern is not the fellow that reaches retirement at 65 and has been looking forward to it all his life — to go fishing, play golf, all the things he's always wanted to do. He goes out and does them," Crabbe said.

"It's the guy whose work has been his life. Suddenly it stops. He decides it's all over for him. I try to get him into the swim. I'm sorry. I know that's a lousy pun. But it goes say it."

Crabbe works full time for the cereal company sponsor promoting the Nov. 10-15 Golden Age Games in Sanford, Fla.

He's not talking about just men. He also means the housewife who has really been sedentary in later years. And he's not about to suggest that they jog.

"I'm against jogging," he said to a reporter who just bragged of his jogging. "There's the pull of gravity. Think what all that jolting does. The legs, the hips, are what you've got to watch out for. And the back."

He gets up and does an imitation of someone stooped with, uh, age — or jogging.

"Of course, with these guys my age out there running 10 miles, and having the time of their lives, and enjoying every minute of it, who am I to tell them? I think they're great.

"The secret is to raise the pulse rate. It's the only way you can exercise the heart. And the heart's the most important thing.

"One thing I want to say. You must check with your doctor first.

"Walk at first. That's great exercise. Do it at your own pace, though, to start.

"Swimming's always been my thing. I don't think



Buster Crabbe

there's any better exercise. You don't have that excuse you had years ago. Anywhere you go, there's a pool. The YMCA, YWCA, YMHA, community pool, health club, you name it. It's hard to find a place that doesn't have a pool.

"Whatever you do, you've got to make it a habit. I do it every day. But that's because I want to. You don't have to. But you do have to do it at least three times a week.

"Three things, I tell them. Enjoy life. Rest well. Perform well. And I make them believe they can do it."

"Now, the first thing. Take a hot shower. It raises the body temperature. Starts the blood flowing. Loosens you up.

"Next, I'm a big believer in stretching exercises. You don't even have to get up to start. You can do some in bed — leg crossovers, knees to chest, like that.

"Sitting, pick up a wastebasket with your feet, legs stretched. Hold it there. Then do it again.

"I like situps. But cheat at first. Get someone to hold your legs or hook them under a bed or do it with your knees up. Don't try to touch your knees with your elbows with your hands behind your head. Stretch your arms out over your head and use the leverage.

"Standup stretches. Lean against a wall with your hands and stretch. Stand in a doorway and push your hands against the sides."

That's for starters. You've got to take it from there. Golfing is good — the walking, that is, he said. Riding a golf cart doesn't do much.

"You should see them at the Golden Age Games," he said. "Even people in wheelchairs, doing their thing."

There are 2,000 contestants this year, in everything from track and field, cycling, basketball, golf, swimming, sailing and tennis through canoeing, bowling, bridge, billiards and croquet.

"We want to make it a truly national event," Crabbe said.

Of 45 million Americans over 55, estimates are that only 30 percent exercise. He wants to up the percentage.

He relishes telling how, as a native of Hawaii who started swimming at age 4, he was chosen for the U.S. Olympic team while still in high school, competed in Amsterdam in 1928, and won the 400-meter gold medal in swimming at Los Angeles in 1932 while still a star on the University of Southern California team.

That led to a contract with Paramount to appear in *King of the Jungle* when "Johnny Weissmuller was doing Tarzan for MGM and they wanted someone to compete."

"I was in 80 Westerns or more and a lot of others. That's not counting the serials. I did Flash Gordon, Buck Rogers, Billy the Kid. My big break was when Randy Scott wanted to do something more serious and I got roles being considered for him. The westerns, they were Grade B, C and sometimes D, of course, but some were good ones, Zane Grey stories — *Drift Fence*, *Arizona Raider*, *Arizona Mahoney*, *Thundering Herd*."

Buster lives with his wife, Virginia, who he met on the beach at Waikiki in 1923, in North Scottsdale, Ariz. They have a daughter, son and seven grandchildren.

# RESULTS

Results of  
C. Department of Recreation  
Masters Swim Meet  
29 January 1983  
Washington D.C.  
Inction No. 83-2(25 Yd Pool)  
Meet Director  
Alfonso Allen  
9812 Muirfield Dr.  
Upper Marlboro Md. 20772  
41-743-4358/4723/4510/4250

## Men 25-29

<u>50 Yds Freestyle</u>		
Deborah Cain	26	26.27
Anita Callahan	25	26.73
Susan Skiff	28	26.74
Betty Myers	25	27.88
Susan Lipsey	25	28.27
Jeannie Crouse	26	30.72
Helga Hufner	26	33.72
<u>100 Yds Freestyle</u>		
Deborah Cain	26	58.50
Anita Callahan	25	1:00.17
Susan Lipsey	25	1:02.85
Jeannie Crouse	26	1:11.86
Helga Hufner	26	1:17.46
<u>200 Yds Freestyle</u>		
Elaine Hochuli	27	2:09.15
Deborah Cain	26	2:10.26
Anita Callahan	25	2:12.67
<u>500 Yds Freestyle</u>		
Elaine Hochuli	27	5:39.33
Barbara Bowman	28	6:00.78
<u>50 Yds Backstroke</u>		
Betty Myers	25	36.80
<u>50 Yds Backstroke Novice</u>		
Helga Hufner	26	41.88
<u>100 Yds Backstroke</u>		
Deborah Cain	26	1:13.43
Helga Hufner	26	1:36.24
<u>50 Yds Breaststroke</u>		
Susan Lipsey	25	34.95
Sandy Doyle	29	38.00
Jacelyn Damercheli	27	38.22
Frankie Loebenstein	27	41.11
<u>50 Yds Breaststroke Novice</u>		
Jeannie Crouse	26	43.01
<u>100 Yds Breaststroke</u>		
Carol Rubino	25	1:15.46
Susan Lipsey	25	1:16.52
Sandy Doyle	29	1:19.98
Barbara Bowman	28	1:20.13
Marie Wagner	26	1:24.72
Frankie Loebenstein	27	1:28.48
<u>200 Yds Breaststroke</u>		
Carol Rubino	25	2:45.16
Susan Lipsey	25	2:50.63
Sandy Doyle	29	2:51.92
Marie Wagner	26	3:05.68
Jacelyn Damercheli	27	3:06.16
Frankie Loebenstein	27	3:12.50
<u>50 Yds Butterfly</u>		
Elaine Hochuli	27	28.13
Anita Callahan	25	30.50
<u>50 Yds Butterfly Novice</u>		
Jacelyn Damercheli	27	33.28
Jeannie Crouse	26	34.36
<u>100 Yds Butterfly</u>		
Susan Skiff	28	1:03.74
Elaine Hochuli	27	1:04.70
Anita Callahan	25	1:06.76
<u>200 Yds Butterfly</u>		
Elaine Hochuli	27	2:21.17
Carol Rubino	25	2:28.62
Jacelyn Damercheli	27	3:09.66
<u>100 Yds Individual Medley</u>		
Deborah Cain	26	1:05.11
Susan Skiff	28	1:06.37
Barbara Bowman	28	1:09.33
Susan Lipsey	25	1:12.74
Betty Myers	25	1:14.73
Sandy Doyle	29	1:16.37
Jacelyn Damercheli	27	1:19.48
Marie Wagner	26	1:23.72
Helga Hufner	26	1:31.72
<u>200 Yds Individual Medley</u>		
Deborah Cain	26	2:23.20
Carol Rubino	25	2:29.07
Marie Wagner	26	3:02.46
<u>Women 30-34</u>		
<u>50 Freestyle</u>		
Patricia Haffey	31	29.40
Bonnie Ross	31	D Q

<u>100 Yds Freestyle</u>			
Patricia Haffey	31	1:04.45	
Lynn Paenta	31	1:08.64	
<u>200 Yds Freestyle</u>			
Patricia Haffey	31	2:24.39	
Nancy Polisky	33	2:28.23	
<u>50 Yds Backstroke</u>			
Pam Kloote	30	33.87	
Patricia Haffey	31	36.73	
<u>100 Yds Backstroke</u>			
Pam Kloote	30	1:15.96	
Patricia Haffey	31	1:21.11	
<u>200 Yds Backstroke</u>			
Pam Kloote	30	2:47.91	
Patricia Haffey	31	2:48.34	
<u>50 Yds Breaststroke</u>			
Diddo Clark	33	36.07	
Nancy Polisky	33	38.81	

<u>100 Yds Breaststroke</u>			
Diddo Clark	33	1:17.92	
Nancy Polisky	33	1:25.55	
Lynn Paenta	31	1:32.14	
<u>200 Yds Breaststroke</u>			
Diddo Clark	33	2:51.62	
<u>50 Yds Butterfly</u>			
Bonnie Ross	30	29.74	
Nancy Polisky	33	32.85	
Pam Kloote	30	33.56	
Lynn Paenta	31	34.06	
<u>100 Yds Individual Med.</u>			
Nancy Polisky	33	1:17.08	
Lynn Paenta	31	1:21.71	
<u>200 Yds Individual Med.</u>			
Bonnie Ross	30	2:32.96	
Nancy Polisky	33	2:47.35	

<u>Women 35-39</u>			
<u>50 Yds Freestyle</u>			
Elizabeth Winings	37	32.05	
Maureen Lindsey	35	38.57	
Joan Lawrence	37	40.06	
<u>50 Yds Backstroke</u>			
Carol Chidester	38	32.77	
Maureen Lindsey	35	48.08	
<u>100 Yds Backstroke</u>			
Carol Chidester	38	1:10.47	
<u>200 Yds Backstroke</u>			
Carol Chidester	38	2:29.51	
Lynne Bragg	36	2:56.09	
<u>100 Yds Breaststroke</u>			
Marge Ramanauskas	37	1:20.49	
Joan Lawrence	37	1:38.94	
<u>100 Yds Butterfly</u>			
Marge Ramanauskas	37	1:13.22	
Elizabeth Winings	37	1:27.07	
<u>100 Yds Individual Medley</u>			
Lynne Bragg	36	1:15.68	
Joan Lawrence	37	1:37.73	
<u>200 Yds Individual Medley</u>			
Marge Ramanauskas	37	2:43.27	
Lynne Bragg	36	2:50.21	

<u>Women 40-44</u>			
<u>50 Yds Freestyle</u>			
Nancy Kirkendall	40	30.40	
<u>100 Yds Freestyle</u>			
Nancy Kirkendall	40	1:08.87	
Charlene Burke	41	1:14.47	
<u>200 Yds Freestyle</u>			
Nancy Kirkendall	40	2:36.22	
Judith Collins	43	2:59.04	
<u>500 Yds Freestyle</u>			
Judy Decker	40	6:48.51	
Nancy Kirkendall	40	6:51.67	
Charlene Burke	41	7:36.01	
Judith Collins	43	7:41.83	
<u>50 Yds Backstroke</u>			
Nancy Kirkendall	40	38.14	
<u>100 Yds Backstroke</u>			
Charlene Burke	41	1:28.46	
<u>200 Yds Backstroke</u>			
Charlene Burke	41	3:07.04	
Judith Collins	43	3:22.60	
<u>50 Yds Breaststroke</u>			
Joann Leilich	44	37.01	
Judy Decker	40	37.41	
<u>100 Yds Breaststroke</u>			
Joann Leilich	44	1:20.05	
Judy Decker	40	1:24.82	
<u>200 Yds Breaststroke</u>			
Joann Leilich	44	2:54.38	
<u>200 Yds Butterfly</u>			
Judith Collins	43	3:28.76	
<u>100 Yds Individual Medley</u>			
Joann Leilich	44	1:18.80	
Judy Decker	40	1:19.21	
Charlene Burke	40	1:27.05	
<u>200 Yds Individual Medley</u>			
Judith Collins	43	3:19.21	

## Women 45-49

<u>500 Yds Freestyle</u>			
Nancy Brown	46	6:34.48	
<u>200 Yds Backstroke</u>			
Nancy Brown	46	2:50.26	
<u>50 Yds Butterfly</u>			
Nancy Brown	46	33.34	
<u>Women 50-54</u>			
<u>100 Yds Freestyle</u>			
MaryAnn Treiber	52	1:30.37	
<u>200 Yds Freestyle</u>			
Barbara Glancy	51	3:20.64	
<u>50 Yds Backstroke</u>			
Barbara Glancy	51	1:01.92	
<u>200 Yds Backstroke</u>			
MaryAnn Treiber	52	3:48.14	
<u>100 Yds Breaststroke</u>			
Barbara Glancy	51	1:53.25	
<u>200 Yds Individual Medley</u>			
Barbara Glancy	51	3:40.87	

<u>Women 55-59</u>			
<u>50 Yds Freestyle</u>			
Jeanne Merryman	59	33.78	
<u>500 Yds Freestyle</u>			
Hathilde Huber	55	9:33.19	
<u>50 Yds Backstroke</u>			
Jeanne Merryman	59	40.77	
<u>100 Yds Backstroke</u>			
Jeanne Merryman	59	1:32.85	
<u>200 Yds Backstroke</u>			
Jeanne Merryman	59	3:20.09	
<u>50 Yds Breaststroke</u>			
Sarah Allnutt	59	46.13	
<u>100 Yds Breaststroke</u>			
Sarah Allnutt	59	1:38.53	
<u>50 Yds Butterfly</u>			
Jeanne Merryman	59	40.56	
<u>100 Yds Individual Medley</u>			
Sarah Allnutt	59	1:38.92	

## Women 60-64

<u>50 Yds Freestyle</u>			
Betty Hickok	64	1:05.54	
<u>100 Yds Freestyle</u>			
Mini Lee	62	1:24.63	
Betty Hickok	64	2:29.95	
<u>200 Yds Freestyle</u>			
Betty Hickok	64	5:35.72	
<u>500 Yds Freestyle</u>			
Mini Lee	62	8:13.48	
Betty Hickok	64	16:06.07	
<u>50 Yds Backstroke</u>			
Betty Hickok	64	1:13.37	
<u>50 Yds Backstroke Novice</u>			
Betty Hickok	64	1:15.88	
<u>100 Yds Backstroke</u>			
Mini Lee	62	1:47.53	
Betty Hickok	64	2:45.55	
<u>200 Yds Backstroke</u>			
Betty Hickok	64	6:23.14	
<u>100 Yds Breaststroke</u>			
Mini Lee	62	1:44.09	
<u>100 Yds Butterfly</u>			
Mini Lee	62	2:00.17	
<u>100 Yds Individual Medley</u>			
Mini Lee	62	1:40.00	

## Women 65-69

<u>50 Yds Freestyle</u>			
Mary Lathram	67	46.07	
<u>100 Yds Freestyle</u>			
Mary Lathram	67	1:46.03	
<u>50 Yds Backstroke</u>			
Mary Lathram	67	51.33	
<u>200 Yds Backstroke</u>			
Mary Lathram	67	4:22.18	
<u>Women 70-74</u>			
<u>50 Yds Freestyle</u>			
Marie Kelleher	70	45.10	
<u>100 Yds Freestyle</u>			
Marie Kelleher	70	1:49.72	
<u>200 Yds Freestyle</u>			
Marie Kelleher	70	4:06.91	
<u>500 Yds Freestyle</u>			
Marie Kelleher	70	10:52.58	
<u>50 Yds Backstroke</u>			
Marie Kelleher	70	1:01.37	
<u>100 Yds Backstroke</u>			
Marie Kelleher	70	2:21.64	
<u>50 Yds Breaststroke</u>			
Marie Kelleher	70	1:05.17	
<u>200 Yds Breaststroke</u>			
Elsa Mattila	72	4:30.34	
<u>100 Yds Butterfly</u>			
Elsa Mattila	72	2:12.90	
<u>100 Yds Individual Medley</u>			
Elsa Mattila	72	2:01.90	
<u>200 Yds Individual Medley</u>			
Elsa Mattila	72	4:22.88	

## Women 75-79

<u>50 Yds Breaststroke Novice</u>			
Maureen Harvey	78	2:44.70	
<u>50 Yds Backstroke</u>			
Maureen Harvey	78	2:05.29	

## MEN 25-29

<u>50 Yds Freestyle</u>			
Charles Wight	29	22.32	
Alan Rickard	25	24.27	
Leon Wells	27	25.58	
<u>100 Yds Freestyle</u>			
Ted Kanamine	27	49.10	
Charles Wight	29	49.47	
Alan Rickard	25	54.33	
Leon Wells	27	58.30	
Wout Kymell	28	1:07.93	
<u>200 Yds Freestyle</u>			
Ted Kanamine	27	1:52.97	
Alan Rickard	25	2:03.01	
Dave Blum	29	2:14.60	
Wout Kymell	28	2:31.21	
<u>500 Yds Freestyle</u>			
Dave Blum	29	5:42.69	
Wout Kymell	28	6:42.23	
<u>100 Yds Backstroke</u>			
Ted Kanamine	27	59.68	
Nick Burly	28	1:03.63	
Robert Mabley	26	1:15.05	
Leon Wells	27	1:17.75	
Mark Trenor	28	1:17.75	
Wout Kymell	28	1:24.79	
<u>200 Yds Backstroke</u>			
Nick Burly	28	2:20.54	
<u>50 Yds Breaststroke</u>			
Dave Blum	29	35.22	
<u>50 Yds Breaststroke Novice</u>			
Robert Mabley	26	38.85	
Donny Harting	26	43.09	
<u>100 Yds Breaststroke</u>			
Charles Wight	29	1:05.90	
Leon Wells	27	1:14.28	
Dave Blum	29	1:16.60	
<u>200 Yds Breaststroke</u>			
Dave Blum	29	2:45.66	
<u>50 Yds Butterfly</u>			
Ted Kanamine	27	24.43	
Craig Davidson	27	25.13	
Alan Rickard	25	29.82	
<u>50 Yds Butterfly Novice</u>			
Robert Mabley	26	31.18	
Wout Kymell	28	40.83	
<u>100 Yds Butterfly</u>			
Ted Kanamine	27	54.88	
Craig Davidson	27	56.35	
Nick Burly	28	59.02	
Leon Wells	27	1:19.59	
<u>200 Yds Butterfly</u>			
Ted Kanamine	27	2:01.41	
Nick Burly	28	2:15.22	
<u>100 Individual Medley</u>			
Craig Davidson	27	1:00.85	
Alan Rickard	25	1:07.54	
Leon Wells	27	1:09.12	
Nick Burly	28	1:09.54	
<u>200 Yds Individual Medley</u>			
Nick Burly	28	2:20.40	
Alan Rickard	25	2:25.11	
<u>MEN 30-34</u>			
<u>50 Yds Freestyle</u>			
Frank Shafroth	33	25.41	
Larry Wagner	31	25.46	
Jim Breiner	31	27.61	
Mark Lipsey	34	32.19	
<u>100 Yds Freestyle</u>			
Larry Wagner	31	57.28	
Joe Merkle	32	1:00.35	
Steve Hogan	34	1:02.94	
<u>200 Yds Freestyle</u>			
Tom Platt	33	2:04.94	
<u>500 Yds Freestyle</u>			
Frank Shafroth	33	6:33.28	
Toby Shannon	34	7:21.96	
Jim Breiner	31	7:30.92	
<u>50 Yds Backstroke</u>			
Jim Breiner	31	37.11	
<u>100 Yds Backstroke</u>			
Tom Platt	33	1:05.00	
Steve Hogan	34	1:16.71	
<u>50 Yds Breaststroke</u>			
Adrian Haywood	30	35.52	
Bill Doyle	34	35.71	
Mark Lipsey	34	37.90	

<u>100 Yds Breastroke</u>	
Don Anderson	31 1:06.03
Tom Platt	33 1:10.39
Michael Ehrlinger	30 1:12.71
James Williams	30 1:17.14
Bill Doyle	34 1:18.81
Mark Lipsey	34 1:26.32
<u>200 Yds Breastroke</u>	
Don Anderson	31 2:27.07
Michael Ehrlinger	30 2:40.36
James Williams	30 2:53.40
Allen Hamers	30 3:04.43
Mark Walters	30 3:07.34
Mark Lipsey	34 3:13.45
<u>50 Yds Butterfly</u>	
Arrian Haywood	30 26.32
Joe Merkle	32 28.07
Mark Walters	30 28.24
Allen Hamers	30 28.79
Larry Wagner	31 29.54
<u>100 Yds Butterfly</u>	
Arrian Haywood	30 1:01.35
Don Anderson	31 1:04.41
Mark Walters	30 1:05.04
<u>200 Yds Butterfly</u>	
Mark Walters	30 2:33.46
Toby Shannon	34 3:39.45
<u>200 Yds Individual Medley</u>	
Don Anderson	31 2:16.29
Mark Walters	30 2:42.56
Allen Hamers	30 2:43.62
<u>MEN 35-39</u>	
<u>50 Yds Freestyle</u>	
Larry Curran	39 23.28
Bill Stage	35 24.73
Anthony Young	38 26.18
Barry Bluefield	35 26.21
David Schwartz	38 26.56
Julius Carallo	35 28.55
Gerald Edlin	36 30.68
<u>100 Yds Freestyle</u>	
Larry Curran	39 53.75
Bill Stage	35 54.57
Anthony Young	38 56.87
David Schwartz	38 58.84
Julius Carallo	35 1:07.54
Gerald Edlin	36 1:12.61
<u>200 Yds Freestyle</u>	
Anthony Young	38 2:11.98
Bill Stage	35 2:12.30
Frank Jiordano	36 2:55.30
<u>500 Yds Freestyle</u>	
Jim Vincent	35 5:53.40
Anthony Young	38 5:54.51
Julius Carallo	35 7:18.29
Frank Jiordano	36 8:07.34
<u>50 Yds Backstroke Novice</u>	
Julius Carallo	35 36.09
<u>100 Yds Backstroke</u>	
Jim Vincent	35 1:06.39
Bill Stage	35 1:10.90
<u>200 Yds Backstroke</u>	
Jim Vincent	35 2:26.93
<u>50 Yds Breastroke</u>	
Michael Peterson	35 32.03
Gerald Edlin	36 38.45
<u>50 Yds Breastroke Novice</u>	
Gerald Edlin	36 38.11
Julius Carallo	35 41.97
<u>100 Yds Breastroke</u>	
Michael Peterson	35 1:10.65
<u>50 Yds Butterfly</u>	
Anthony Young	38 23.20
Bill Stage	35 28.77
Barry Bluefield	35 29.36
David Schwartz	38 32.29
<u>100 Yds Butterfly</u>	
Anthony Young	38 1:05.39
Barry Bluefield	35 1:09.29
<u>100 Yds Individual Medley</u>	
Bill Stage	35 1:03.58
Michael Peterson	35 1:08.06
David Schwartz	38 1:13.55
<u>MEN 40-44</u>	
<u>50 Yds Freestyle</u>	
Kenneth Novell	40 24.35
Bill Newman	43 25.81
Jess Brown	41 27.27
Lee Bettis	44 28.32
Sammuel Wilmoth	40 30.62
<u>100 Yds Freestyle</u>	
Kenneth Novell	40 55.87
Bill Newman	43 58.35
Terry Gemstein	40 1:00.57
Lee Bettis	44 1:02.22
Ted Murray	42 1:06.07

Robert Parke	44 1:10.58
Sammuel Wilmoth	40 1:11.87
<u>200 Yds Freestyle</u>	
Kenneth Novell	40 2:12.11
Bill Newman	43 2:19.14
Jess Brown	41 2:22.83
Robert Parke	44 2:36.80
Ted Murray	42 2:37.03
Sammuel Wilmoth	40 2:47.52
<u>500 Yds Freestyle</u>	
Jess Brown	41 6:29.42
Robert Parke	44 7:15.07
Ted Murray	42 7:32.38
Sammuel Wilmoth	40 7:57.29
<u>50 Yds Backstroke</u>	
Tom Calomeris	40 27.87
Arthur Smith	43 30.55
David Diehl	41 31.97
Lee Bettis	44 35.36
Sammuel Wilmoth	40 36.36
<u>50 Yds Backstroke Novice</u>	
Edward Morgan	43 49.08
<u>100 Yds Backstroke</u>	
Lee Bettis	44 1:16.13
Jess Brown	41 1:20.48
Sammuel Wilmoth	40 1:29.03
<u>200 Yds Backstroke</u>	
Arthur Smith	43 2:19.71
David Diehl	41 2:55.96
<u>50 Yds Breastroke</u>	
Edward Morgan	43 40.97
<u>100 Yds Breastroke</u>	
Terry Gemstein	40 1:10.72
Edward Morgan	43 1:37.61
<u>50 Yds Butterfly</u>	
Tom Calomeris	40 25.67
Kenneth Novell	40 27.93
Arthur Smith	43 28.48
Jess Brown	41 29.54
Edward Morgan	43 34.39
Sammuel Wilmoth	40 39.19
<u>50 Yds Butterfly Novice</u>	
David Diehl	41 35.33
<u>100 Yds Butterfly</u>	
Kenneth Novell	40 1:06.73
Ted Murray	42 1:22.48
Edward Morgan	43 1:25.23
Sammuel Wilmoth	40 1:43.47
<u>200 Yds Butterfly</u>	
Ted Murray	42 3:16.92
Edward Morgan	43 3:25.02
<u>100 Yds Individual Medley</u>	
Jess Brown	41 1:13.35
Edward Morgan	43 1:31.33
<u>200 Yds Individual Medley</u>	
Edward Morgan	43 3:18.06
<u>MEN 45-49</u>	
<u>50 Yds Freestyle</u>	
Charles Bechtel	45 24.65
James Johnson	47 27.88
George Murray	46 30.54
<u>100 Yds Freestyle</u>	
Charles Bechtel	45 55.09
Robert Benson	47 1:05.73
<u>200 Yds Freestyle</u>	
James Johnson	47 2:17.34
Carl Russ	47 2:26.01
<u>500 Yds Freestyle</u>	
Chuck Wilmore	48 6:48.80
Robert Benson	47 7:06.03
Don Walter	47 8:34.41
<u>50 Yds Backstroke</u>	
Charles Bechtel	45 31.23
Richard Hay	45 35.00
<u>50 Yds Backstroke Novice</u>	
Don Walter	47 52.99
<u>100 Yds Backstroke</u>	
Carl Russ	47 1:18.20
Richard Hay	45 1:21.58
<u>200 Yds Backstroke</u>	
Bill VanBalen	53 4:02.30
<u>50 Yds Breastroke</u>	
Kenneth Flynn	53 37.97
<u>100 Yds Breastroke</u>	
Alan Eckert	52 1:53.94
<u>200 Yds Breastroke</u>	
Kenneth Flynn	53 3:18.33
<u>50 Yds Butterfly</u>	
Edward Enes	53 28.00
Alfonso Allen	53 29.36
Kenneth Flynn	53 35.10
<u>100 Yds Butterfly</u>	
Alfonso Allen	53 1:10.68
<u>100 Yds Individual Medley</u>	
Edward Enes	53 1:15.39
Kenneth Flynn	53 1:23.17
Alan Eckert	52 1:41.95

<u>MEN 55-59</u>	
<u>50 Yds Freestyle</u>	
Bill Campbell	59 30.60
Jay Blowers	55 34.54
<u>100 Yds Freestyle</u>	
Roger Franks	55 1:05.55
Bill Campbell	59 1:15.53
Jay Blowers	55 1:17.55
<u>200 Yds Freestyle</u>	
Jay Blowers	55 2:57.90
<u>500 Yds Freestyle</u>	
Jay Blowers	55 8:06.55
<u>50 Yds Breastroke</u>	
Roger Franks	55 37.49
Bill Campbell	59 40.83
Jim Ferguson	58 42.30
<u>100 Yds Breastroke</u>	
Jim Ferguson	58 1:38.55
<u>100 Yds Individual Medley</u>	
Roger Franks	55 1:13.88
Jim Ferguson	58 1:39.50
Jay Blowers	55 1:40.24
<u>200 Yds Individual Medley</u>	
Jim Ferguson	58 3:43.56
<u>MEN 60-64</u>	
<u>50 Yds Freestyle</u>	
Ranjan Borra	61 47.65
<u>100 Yds Freestyle</u>	
Ranjan Borra	61 1:56.10
<u>200 Yds Freestyle</u>	
Birch Davidson	64 2:21.25
<u>50 Yds Backstroke</u>	
Ranjan Borra	61 54.35
<u>100 Yds Backstroke</u>	
Ranjan Borra	61 2:25.52
<u>50 Yds Breastroke</u>	
Birch Davidson	64 36.64
George Szego	63 41.33
Ranjan Borra	61 1:12.59
<u>100 Yds Breastroke</u>	
George Szego	63 1:33.05
<u>200 Yds Backstroke</u>	
Carl Russ	47 2:46.27
Richard Hay	45 2:53.59
Chuck Wilmore	48 3:00.31
<u>50 Yds Breastroke</u>	
Chuck Wilmore	48 37.22
Richard Hay	45 37.67
<u>50 Yds Breastroke Novice</u>	
George Murray	46 39.72
Don Walter	47 48.00
<u>100 Yds Breastroke</u>	
Hans Reichelt	46 1:12.23
Ray Chen	49 1:23.34
Chuck Wilmore	48 1:24.10
Walter Brown	47 1:41.63
Don Walter	47 1:45.77
<u>200 Yds Breastroke</u>	
Hans Reichelt	46 2:39.09
William Jones	45 2:42.03
Chuck Wilmore	48 3:05.74
Ray Chen	49 3:10.66
<u>50 Yds Butterfly</u>	
Charles Bechtel	45 28.71
<u>50 Yds Butterfly Novice</u>	
George Murray	46 36.44
<u>200 Yds Butterfly</u>	
William Jones	45 2:35.60
Ray Chen	49 3:16.11
<u>100 Yds Individual Medley</u>	
Hans Reichelt	46 1:08.90
James Johnson	47 1:09.49
Richard Hay	45 1:14.68
Ray Chen	49 1:16.63
George Murray	46 1:26.23
Carl Russ	47 1:27.00
<u>200 Yds Individual Medley</u>	
William Jones	45 2:28.45
Carl Russ	47 2:41.57
Ray Chen	49 2:51.95
<u>MEN 50-54</u>	
<u>50 Yds Freestyle</u>	
Edward Enes	53 26.90
Kenneth Flynn	53 28.38
Tom Dewey	51 32.34
Alan Eckert	52 38.60
<u>100 Yds Freestyle</u>	
Edward Enes	53 58.94
Tom Dewey	51 1:12.30
Alan Eckert	52 1:32.16
<u>200 Yds Freestyle</u>	
Tom Dewey	51 2:46.32
Alan Eckert	52 3:06.65
<u>500 Yds Freestyle</u>	
John Alleva	54 6:07.43
Kenneth Flynn	53 7:24.08
Tom Dewey	51 7:24.67

<u>50 Yds Backstroke</u>	
Bill VanBalen	53 50.47
<u>100 Yds Backstroke</u>	
Alan Eckert	52 1:54.47
Bill VanBalen	53 1:57.62
<u>200 Yds Backstroke</u>	
George Szego	63 3:49.07
<u>50 Yds Butterfly</u>	
Birch Davidson	64 32.29
<u>100 Yds Individual Medley</u>	
Birch Davidson	64 1:12.46
<u>200 Yds Individual Medley</u>	
Birch Davidson	64 2:49.38
<u>MEN 65-69</u>	
<u>50 Yds Freestyle</u>	
Francis Miller	69 40.05
<u>100 Yds Freestyle</u>	
Charles Smith	68 1:24.20
Francis Miller	69 1:33.58
<u>200 Yds Freestyle</u>	
Charles Smith	68 3:09.88
Les Finnegan	68 3:39.00
<u>500 Yds Freestyle</u>	
Norris Fluke	65 7:39.81
Charles Smith	68 8:31.96
Francis Miller	69 9:26.98
Les Finnegan	68 10:19.55
<u>50 Yds Backstroke</u>	
Les Finnegan	68 52.79
Francis Miller	69 DQ
<u>100 Yds Backstroke</u>	
Francis Miller	69 1:54.31
<u>200 Yds Backstroke</u>	
Norris Fluke	65 3:15.94
Charles Smith	68 3:53.01
Les Finnegan	68 4:00.05
<u>200 Yds Breastroke</u>	
Norris Fluke	65 3:36.69
Charles Smith	68 4:00.35
<u>200 Yds Individual Medley</u>	
Norris Fluke	65 3:15.88
<u>MEN 70-74</u>	
<u>50 Yds Freestyle</u>	
Bert Kassell	70 32.15
<u>100 Yds Freestyle</u>	
Kelly Lemmon	70 1:13.90
Bert Kassell	70 1:17.34
<u>200 Yds Freestyle</u>	
Bert Kassell	70 3:13.10
<u>500 Yds Freestyle</u>	
Bert Kassell	70 8:51.45
<u>50 Yds Breastroke</u>	
Kelly Lemmon	70 1:27.01
<u>200 Yds Breastroke</u>	
Kelly Lemmon	70 3:17.32
<u>MEN 75-79</u>	
<u>100 Yds Freestyle</u>	
Stanton Craigie	76 1:23.78
<u>200 Yds Backstroke</u>	
Stanton Craigie	76 3:52.13
<u>100 Yds Butterfly</u>	
Stanton Craigie	76 DQ



GOLD COAST MASTERS FALL SWIM MEET  
Nov. 13-14, 1982 Ft. Lauderdale  
Florida SHOF Pool 25 Yard  
Sanction 502-6

WOMEN 25-29

<u>50 yd FREESTYLE</u>	
Melinda Whitcomb 26	25.38
Daren Waite 26	26.99
Liana Silsby 28	29.61
Gail Grossman 27	30.94
Petie Maguire 29	31.01
Susan Ragan 27	39.20
Jan VanNewkirk 28	42.39
<u>100 YD FREESTYLE</u>	
Liana Silsby 28	1:05.58
Anne Healey 27	1:11.74
Susan Ragan 27	1:33.17
Jan VanNewkirk 28	1:37.64
<u>200 YD FREESTYLE</u>	
Laurie Emerson 27	2:11.39
Gail Grossman 27	2:25.10
Liana Silsby 28	2:26.80
Anne Healey 27	2:36.43
Jan VanNewkirk 28	3:30.96
<u>500 YD FREESTYLE</u>	
Laurie Emerson 27	5:45.16
Liana Silsby 27	6:49.70
Anne Healey 28	7:58.73
Jan Van Newkirk 28	9:34.95
<u>50 YD BACKSTROKE</u>	
Denise Swan 27	37.14
Liana Silsby 28	38.80
Casey Egan 28	45.52
Jan VanNewkirk 28	56.81
<u>100 YD BACKSTROKE</u>	
Laurie Emerson	1:15.74
Denise Swan 27	1:18.45
<u>200 YD BACKSTROKE</u>	
Gail Grossman 27	2:55.46
<u>50 YD BREASTSTROKE</u>	
Melinda Whitcomb 26	33.18
Karen Waite 26	36.60
Petie Maguire 29	41.64
Susan Ragan 27	48.73
<u>100 YD BREASTSTROKE</u>	
Susan Ragan 27	1:46.20
<u>200 YD BREASTSTROKE</u>	
Karen Waite 26	2:53.82
Susan Ragan 27	Disq.
<u>50 YD BUTTERFLY</u>	
Liana Silsby 28	32.59
Denise Swan 27	35.81
<u>100 YD BUTTERFLY</u>	
Melinda Whitcomb 26	1:00.60
Karen Waite 26	1:07.19
Laurie Emerson 27	1:07.99
<u>200 YD BUTTERFLY</u>	
Laurie Emerson 27	2:26.52
<u>100 YD INDIVIDUAL MEDLEY</u>	
Melinda Whitcomb 26	1:03.86
Karen Waite 26	1:10.18
Liana Silsby 28	1:21.46
<u>400 YD INDIVIDUAL MEDLEY</u>	
Melinda Whitcomb 26	5:03.01
Laurie Emerson 27	5:16.85
<u>WOMEN 30-34</u>	
<u>50 YD FREESTYLE</u>	
Charlene Cook 33	32.56
Joan Davis 33	32.77
Elena Eckley 30	39.36
<u>100 YD FREESTYLE</u>	
Charlene Cook 33	1:15.36
Elena Eckley 30	1:34.57
<u>500 YD FREESTYLE</u>	
Elena Eckley 30	9:51.86
<u>50 YD BACKSTROKE</u>	
Joan Davis 33	44.13
Elena Eckley 30	50.10
<u>100 YD BACKSTROKE</u>	
Elena Eckley 30	1:50.29
<u>200 YD BACKSTROKE</u>	
Joan Davis 33	3:31.04
Elena Eckley 30	3:58.35
<u>50 YD BUTTERFLY</u>	
Charlene Cook 33	38.17
Joan Davis 33	39.20
<u>100 YD INDIVIDUAL MEDLEY</u>	
Charlene Cook 33	1:24.91
Joan Davis 33	1:28.23
Elena Eckley 30	1:44.77
<u>WOMEN 35-39</u>	
<u>50 YD FREESTYLE</u>	
Lisa Woodman 39	28.93
Joan Myers Leskovitz 38	33.49
Penny Potter 35	34.95
<u>100 YD FREESTYLE</u>	
Lisa Woodman 39	1:04.71
Joan Myers Leskovitz 38	1:13.63
Penny Potter 35	1:14.86

<u>200 YD FREESTYLE</u>	
Anne Grams 35	2:11.44
Lisa Woodman 39	2:25.15
Penny Potter 35	2:45.19
Joan Myers Leskovitz 38	2:48.15
<u>500 YD FREESTYLE</u>	
Anne Grams 35	5:59.99
Lisa Woodman 39	6:29.96
Penny Potter 35	7:32.32
<u>50 YD BACKSTROKE</u>	
Anne Grams 35	35.89
<u>100 YD BACKSTROKE</u>	
Anne Grams 35	1:16.45
<u>200 YD BACKSTROKE</u>	
Anne Grams 35	2:41.85
<u>50 YD BREASTSTROKE</u>	
Penny Potter 35	41.74
<u>100 YD BREASTSTROKE</u>	
Anne Grams 35	1:21.66
Penny Potter 35	1:33.22
<u>200 YD BREASTSTROKE</u>	
Anne Grams 35	2:49.69
Penny Potter 35	3:19.92
<u>50 YD BUTTERFLY</u>	
Lisa Woodman 39	33.33
Joan Myers Leskovitz 38	42.17
<u>100 YD BUTTERFLY</u>	
Lisa Woodman 39	1:16.80
<u>200 YD BUTTERFLY</u>	
Lisa Woodman 39	2:56.36
<u>100 YD INDIVIDUAL MEDLEY</u>	
Joan Myers Leskovitz 38	1:35.95
<u>200 YD INDIVIDUAL MEDLEY</u>	
Anne Grams 35	2:34.13
<u>400 YD INDIVIDUAL MEDLEY</u>	
Anne Grams 35	5:15.01
Lisa Woodman 39	6:14.72
<u>WOMEN 40-44</u>	
<u>PAT THOMAS 43</u>	
<u>50 yd freestyle</u>	
50 yd backstroke	43.08
50 yd breaststroke	49.98
50 yd butterfly	43.71
100 yd breaststroke	1:38.78
50 yd butterfly	45.48
100 yd ind. medley	1:45.91
<u>WOMEN 45-49</u>	
<u>500 yd FREESTYLE</u>	
Anne McGuire 48	7:15.46
Peggy Dwyer 46	7:29.72
<u>50 YD BREASTSTROKE</u>	
Anne McGuire 48	38.77
<u>100 YD BREASTSTROKE</u>	
Anne McGuire 48	1:27.08
<u>200 YD BREASTSTROKE</u>	
Anne McGuire 48	3:08.19
<u>200 YD BUTTERFLY</u>	
Anne McGuire 48	3:09.49
<u>100 YD INDIVIDUAL MEDLEY</u>	
Anne McGuire 48	1:22.43
Peggy Dwyer 46	1:29.35
<u>200 YD INDIVIDUAL MEDLEY</u>	
Anne McGuire 48	3:02.41
Peggy Dwyer 46	3:12.43
<u>400 YD INDIVIDUAL MEDLEY</u>	
Anne McGuire 48	6:25.61
<u>WOMEN 50-54</u>	
<u>50 YD FREESTYLE</u>	
Margaret Timmins 52	30.75
Cynthia Bruce 54	31.33
Jean Langdon 53	42.13
Dorothy Goode 53	43.72
<u>100 YD FREESTYLE</u>	
Margaret Timmins 52	1:08.85
Cynthia Bruce 54	1:15.03
Jean Langdon 53	1:33.23
<u>200 YD FREESTYLE</u>	
Margaret Timmins 52	2:37.89
Jean Langdon 53	3:22.63
Dorothy Goode 53	3:30.49
<u>500 YD FREESTYLE</u>	
Jean Langdon 53	9:05.11
<u>50 YD BACKSTROKE</u>	
Cynthia Bruce 54	36.45
<u>100 YD BACKSTROKE</u>	
Cynthia Bruce 54	1:20.84
<u>200 YD BACKSTROKE</u>	
Jean Langdon 53	4:13.91
<u>50 YD BREASTSTROKE</u>	
Cynthia Bruce 54	40.54
<u>100 YD INDIVIDUAL MEDLEY</u>	
Cynthia Bruce 54	1:20.00
<u>WOMEN 55-59</u>	
<u>50 YD FREESTYLE</u>	
Grace Yonkers 59	52.45
Adriane Acenbrack 55	1:07.06
<u>100 YD FREESTYLE</u>	
Adriane Acenbrack 55	2:03.36
<u>200 YD FREESTYLE</u>	
June Krauser 56	2:52.66
Grace Yonkers 59	4:03.76
Adriane Acenbrack 55	4:29.09

<u>500 YD FREESTYLE</u>	
June Krauser 56	7:09.76
<u>50 YD BACKSTROKE</u>	
Grace Yonkers 59	56.96
<u>100 YD BACKSTROKE</u>	
Grace Yonkers 59	2:12.33
<u>200 YD BACKSTROKE</u>	
Grace Yonkers 59	4:29.34
<u>50 YD BREASTSTROKE</u>	
Grace Yonkers 59	1:00.29
Adriane Acenbrack 55	1:08.64
<u>100 YD BREASTSTROKE</u>	
Adriane Acenbrack 55	2:31.15
<u>200 YD BREASTSTROKE</u>	
Adriane Acenbrack 55	5:17.49
<u>50 YD BUTTERFLY</u>	
June Krauser 56	39.16
Grace Yonkers 59	1:03.75
<u>100 YD BUTTERFLY</u>	
June Krauser 56	1:30.60
<u>200 YD BUTTERFLY</u>	
June Krauser 56	3:10.51
<u>100 YD INDIVIDUAL MEDLEY</u>	
Grace Yonkers 59	2:21.91
<u>200 YD INDIVIDUAL MEDLEY</u>	
Grace Yonkers 59	4:47.76
<u>400 YD INDIVIDUAL MEDLEY</u>	
June Krauser 56	6:43.43
<u>WOMEN 60-64</u>	
<u>VIRGINIA ZYLSTRA 63</u>	
<u>50 yd freestyle</u>	
200 yd freestyle	49.14
50 yd breaststroke	4:25.83
100 yd butterfly	1:04.02
100 yd butterfly	2:26.48
100 yd ind. medley	2:09.85
<u>WOMEN 65-69</u>	
<u>50 YD FREESTYLE</u>	
Kay Schimpf 65	48.65
<u>100 YD FREESTYLE</u>	
Kay Schimpf 65	1:40.86
Anne Wilder 69	2:11.76
<u>200 YD FREESTYLE</u>	
Kay Schimpf 65	3:41.83
<u>500 YD FREESTYLE</u>	
Anne Wilder 69	13:14.78
<u>50 YD BACKSTROKE</u>	
Kay Schimpf 65	52.19
Anne Wilder 69	1:12.93
<u>100 YD BACKSTROKE</u>	
Kay Schimpf 65	1:52.99
<u>200 YD BACKSTROKE</u>	
Kay Schimpf 65	3:51.06
<u>50 YD BREASTSTROKE</u>	
Kay Schimpf 65	56.60
<u>100 YD BREASTSTROKE</u>	
Kay Schimpf 65	2:01.15
<u>200 YD BREASTSTROKE</u>	
Kay Schimpf 65	4:20.23
<u>50 YD BUTTERFLY</u>	
Anne Wilder 69	1:04.45
<u>200 YD INDIVIDUAL MEDLEY</u>	
Anne Wilder 69	5:36.26
<u>WOMEN 70-74</u>	
<u>50 YD FREESTYLE</u>	
Ruth Switzer 74	47.45
<u>100 YD FREESTYLE</u>	
Ruth Switzer 74	1:45.60
Eva Bein 72	2:03.71
<u>200 YD FREESTYLE</u>	
Ruth Switzer 74	3:47.01
<u>500 YD FREESTYLE</u>	
Eva Bein 72	10:48.46
<u>50 YD BACKSTROKE</u>	
Eva Bein 72	59.35
<u>100 YD BACKSTROKE</u>	
Eva Bein 72	2:07.51
<u>200 YD BACKSTROKE</u>	
Eva Bein 72	4:17.63
Ruth Switzer 74	5:32.02
<u>WOMEN 75-79</u>	
<u>SALLY SCOTT 75</u>	
<u>50 yd backstroke</u>	
100 yd backstroke	1:03.94
200 yd backstroke	2:37.36
200 yd breaststroke	5:19.31
200 yd breaststroke	6:22.43
50 yd butterfly	1:41.12
100 yd butterfly	3:32.92
200 yd butterfly	7:49.17
100 yd ind. medley	2:44.56
200 yd ind. medley	6:11.25
400 yd ind. medley	12:55.80
*****	
<u>MEN 25-29</u>	
<u>50 YD FREESTYLE</u>	
Roland Staeb 29	24.44
Jim Hagen 29	24.96
Robert Maughan 29	25.34
Jonathan diDonato 29	26.22
Eric Saltzman 26	28.03
Eric Ranspach 25	29.76

<u>100 YD FREESTYLE</u>	
Roland Staeb 29	54.55
Scott McMillen 29	55.08
Robert Maughan 29	57.16
Jonathan diDonato 29	58.35
<u>200 YD FREESTYLE</u>	
Roland Staeb 29	2:01.44
Jim Hagen 29	2:05.21
Jonathan diDonato 29	2:11.04
<u>500 YD FREESTYLE</u>	
Scott McMillen 29	5:30.47
Jim Hagen 29	5:38.37
William Zenga 27	5:55.65
<u>50 YD BACKSTROKE</u>	
Scott McMillen 29	29.21
<u>100 YD BACKSTROKE</u>	
Scott McMillen 29	1:04.22
Roland Staeb 29	1:07.56
<u>200 YD BACKSTROKE</u>	
William Zenga 27	2:25.53
<u>50 YD BREASTSTROKE</u>	
William Zenga 27	31.16
Eric Saltzman 26	33.80
Jim Gross 26	34.31
Robert Maughan 29	34.54
<u>100 YD BREASTSTROKE</u>	
William Zenga 27	1:09.17
Jim Gross 26	1:15.77
Robert Maughan 29	1:17.35
<u>200 YD BREASTSTROKE</u>	
William Zenga 27	2:36.89
Jim Gross 26	2:51.20
<u>50 YD BUTTERFLY</u>	
Robert Stremmel 26	24.99
Roland Staeb 29	27.65
Antar Williams 25	28.69
Robert Maughan 29	30.52
Jim Gross 26	33.33
<u>100 YD BUTTERFLY</u>	
Antar Williams 25	1:05.93
Jonathan diDonato 29	1:06.07
<u>200 YD BUTTERFLY</u>	
Robert Stremmel 26	2:03.95
Jonathan diDonato 29	2:51.25
<u>100 YD INDIVIDUAL MEDLEY</u>	
Jim Hagen 29	1:02.49
Roland Staeb 29	1:03.04
Robert Maughan 29	1:05.84
Antar Williams 25	1:06.77
<u>200 YD INDIVIDUAL MEDLEY</u>	
Scott McMillen 29	2:15.46
Roland Staeb 29	2:18.42
Jim Hagen 29	2:19.17
William Zenga 27	2:19.74
Antar Williams 25	2:31.59
<u>400 YD INDIVIDUAL MEDLEY</u>	
William Zenga 27	5:22.39
<u>MEN 30-34</u>	
<u>50 YD FREESTYLE</u>	
Bob Slama 32	23.75
Jeff Carpentier 31	24.28
Jon McMillan 34	35.48
<u>100 YD FREESTYLE</u>	
Jeff Carpentier 31	54.64
Steve Trumbull 30	1:03.65
<u>200 YD FREESTYLE</u>	
Jon McMillan 34	2:16.34
<u>500 YD FREESTYLE</u>	
Charles S. Ward 30	5:56.73
Steve Trumbull 30	6:20.99
Jeff Carpentier 31	6:26.65
<u>50 YD BACKSTROKE</u>	
Wayne King 30	28.03
Harry Ackerman 33	29.68
Joe Reid 33	30.49
Bob Slama 32	30.58
<u>100 YD BACKSTROKE</u>	
Harry Ackerman 33	1:04.08
Joe Reid 33	1:07.50
<u>200 YD BACKSTROKE</u>	
Harry Ackerman 33	2:22.16
Joe Reid 33	2:26.43
Jon McMillan 34	2:45.11
Peter Markos 33	3:03.86
<u>50 YD BREASTSTROKE</u>	
Joe Reid 33	30.79
Peter Markos 33	35.88
<u>100 YD BREASTSTROKE</u>	
Joe Reid 33	1:07.07
Wayne King 30	1:12.41
<u>200 YD BREASTSTROKE</u>	
Joe Reid 33	2:34.17
Charles S. Ward 30	2:42.17
Peter Markos 33	3:08.15
<u>50 YD BUTTERFLY</u>	
Bob Slama 32	25.52
Wayne King 30	26.77
Jeff Carpentier 31	27.06
Joe Reid 33	29.10

100 YD BUTTERFLY

Bob Slama 32	1:00.62
Jeff Carpentier 31	1:05.91
<u>100 YD INDIVIDUAL MEDLEY</u>	
Harry Ackerman 33	1:04.92
Charles Ward 30	1:05.45
Bob Slama 32	1:05.93
Jon McMillan 34	1:09.65
Peter Markos 33	1:22.21
<u>400 YD INDIVIDUAL MEDLEY</u>	
Joe Reid 33	5:18.92
Peter Markos-33--	6:39.94

MEN 35-39

<u>50 YD FREESTYLE</u>	
Doug Buchan 39	23.60
Jim Manchester 35	23.93
Lee Stauffer 36	25.68
Ronald Krier 36	25.97
Warren Morgan 38	26.95
John Weller 37	27.05
Vincent Gallo 39	28.99
Eddy Vinent 38	29.15
Bill Smith 36	31.12

100 YD FREESTYLE

Doug Buchan 39	52.15
John Maguire 35	55.63
Lee Stauffer 36	56.87
Warren Morgan 38	1:01.16
Eddy Vinent 38	1:09.25
<u>200 YD FREESTYLE</u>	
William Dorney 35	1:54.33
Ronald Krier 36	2:17.42
Lee Stauffer 36	2:17.59
Warren Morgan 38	2:24.72

500 YD FREESTYLE

Gerry DeLong 39	5:50.78
Warren Morgan 38	6:59.14
Eddy Vinent 38	7:41.06
<u>50 YD BACKSTROKE</u>	
John Maguire 35	28.73
<u>200 YD BACKSTROKE</u>	
William Dorney 35	2:09.88

50 YD BREASTSTROKE

Jim Manchester 35	31.50
Ronald Krier 36	33.86
Vincent Gallo 39	35.91
Bill Smith 36	37.86
Eddy Vinent 38	40.28
Bill Grams 39	41.33
<u>100 YD BREASTSTROKE</u>	
Gerry DeLong 39	1:09.89
Jim Manchester 35	1:11.15
Bill Smith 36	1:24.95
Vincent Gallo 39	1:25.56
Bill Grams 39	1:28.65

200 YD BREASTSTROKE

Ronald Krier 36	2:54.82
Bill Smith 36	3:10.46
Bill Grams 39	3:15.38
<u>50 YD BUTTERFLY</u>	
Jim Manchester 35	25.86
John Maguire 35	25.95
Doug Buchan 39	26.30
Gerry DeLong 39	27.40
Lee Stauffer 36	29.47
Eddy Vinent 38	30.94
Bill Smith 36	34.97

100 YD BUTTERFLY

Joel Burns 36	55.38
Gerry DeLong 39	59.10
John Maguire 35	59.44
Doug Buchan 39	1:00.50
<u>100 YD INDIVIDUAL MEDLEY</u>	
John Maguire 35	1:01.81
Joel Burns 36	1:02.24
Gerry DeLong 39	1:03.75

200 YD INDIVIDUAL MEDLEY

Gerry DeLong 39	2:20.98
Jim Manchester 35	2:27.27
Bill Smith 36	3:04.32
<u>400 YD INDIVIDUAL MEDLEY</u>	
William Dorney 35	4:41.01
Gerry DeLong 39	5:06.34
Ronald Krier 36	6:00.36

MEN 40-44

<u>50 YD FREESTYLE</u>	
Cal Winn 41	23.25
Jon C. Schmid 42	26.94
William J. Fowler 41	30.00
George Doerffel Jr. 44	30.35
<u>100 YD FREESTYLE</u>	
Cal Winn 41	54.16
Jon Schmid 42	1:01.29
George Doerffel, Jr. 44	1:08.23
William J. Fowler 41	1:13.13
<u>200 YD FREESTYLE</u>	
Jon Schmid 42	2:23.43
<u>500 YD FREESTYLE</u>	
William J. Fowler 41	8:35.03
<u>50 YD BACKSTROKE</u>	
Jon Schmid 42	30.74
Cal Winn 41	32.45
George Doerffel Jr. 44	38.79

100 YD BACKSTROKE

Jon Schmid 42	1:09.50
<u>200 YD BACKSTROKE</u>	
Jon Schmid 42	2:35.30
<u>50 YD BREASTSTROKE</u>	
Cal Winn 41	33.50
George Doerffel Jr. 44	36.94
<u>100 YD BREASTSTROKE</u>	
George Doerffel 44	1:28.66
<u>50 YD BUTTERFLY</u>	
Cal Winn 41	26.31
Phil Bradford 40	32.50

100 YD BUTTERFLY

Cal Winn 41	1:01.29
<u>100 YD INDIVIDUAL MEDLEY</u>	
Cal Winn 41	1:02.64
George Doerffel Jr. 44	1:18.23
<u>MEN 45-49</u>	
<u>50 YD FREESTYLE</u>	
Ernie Leskovitz 45	26.45
John F. Risher 46	27.99
Nestor Miyares 47	28.27
Phil Drake 47	29.04
George Mann 45	29.13
Demetrios Bonaros 45	38.64

100 YD FREESTYLE

Ernie Leskovitz 45	56.43
George Mann 45	1:03.91
Phil Drake 47	1:06.92
<u>200 YD FREESTYLE</u>	
Ernie Leskovitz 45	2:08.89
George Mann 45	2:21.96
Phil Drake 47	2:28.69
<u>500 YD FREESTYLE</u>	
Ernie Leskovitz 45	5:47.85
George Mann 45	6:21.94

50 YD BACKSTROKE

John F. Risher 46	32.67
Demetrios Bonaros 45	50.44
<u>50 YD BREASTSTROKE</u>	
Nestor Miyares 47	31.75
Phil Drake 47	37.06
George Mann 45	41.42
Demetrios Bonaros 45	47.09
<u>100 YD BREASTSTROKE</u>	
Nestor Miyares 47	1:11.69
Demetrios Bonaros 45	1:55.37

50 YD BUTTERFLY

Ernie Leskovitz 45	28.43
Nestor Miyares 47	28.75
John F. Risher 46	30.74
Phil Drake 47	33.41
<u>100 YD BUTTERFLY</u>	
Ernie Leskovitz 45	1:02.92
John F. Risher 46	1:16.07
<u>200 YD BUTTERFLY</u>	
George Mann 45	3:42.58

100 YD INDIVIDUAL MEDLEY

Ernie Leskovitz 45	1:11.67
John F. Risher 46	1:12.43
Phil Drake 47	1:14.38
<u>400 YD INDIVIDUAL MEDLEY</u>	
Ernie Leskovitz 45	5:48.32
George Mann 45	6:37.44

MEN 50-54

<u>50 YD FREESTYLE</u>	
Harold Ferris 51	28.78
Art Friedland 52	29.08
George Busse 50	31.07
Al Tyson 54	31.42
David Berggren 52	36.27
<u>100 YD FREESTYLE</u>	
Dan Malone 52	58.28
Art Friedland 52	1:06.43
Harold Ferris 51	1:08.97
George Busse 50	1:09.42

200 YD FREESTYLE

Art Friedland 52	2:40.16
Harold Ferris 51	2:44.60
George Busse 50	2:45.66
Al Tyson 54	2:56.76
David Berggren 52	3:17.56
<u>500 YD FREESTYLE</u>	
Dan Malone 52	5:59.89
Art Friedland 52	7:31.57
George Busse 50	7:37.73

50 YD BACKSTROKE

Harold Ferris 51	40.75
Al Tyson 54	46.01
Art Friedland 52	59.96
<u>100 YD BACKSTROKE</u>	
Art Friedland 52	1:24.82
Al Tyson 54	1:37.55
<u>200 YD BACKSTROKE</u>	
Art Friedland 52	3:02.17
<u>50 YD BREASTSTROKE</u>	
Herb Kern 50	36.93
David Berggren 52	40.07
Al Tyson 54	42.35
Harold Ferris 51	43.80
<u>100 YD BREASTSTROKE</u>	
Al Tyson 54	1:34.06
Harold Ferris 51	1:48.25

200 YD BREASTSTROKE

Al Tyson 54	3:23.23
David Berggren 52	3:25.93
<u>50 YD BUTTERFLY</u>	
Herb Kern 50	30.26
Harold Ferris 51	37.70
Al Tyson 54	40.99
<u>200 YD BUTTERFLY</u>	
Herb Kern 50	2:51.46

100 YD INDIVIDUAL MEDLEY

Harold Ferris 51	1:26.96
<u>200 YD INDIVIDUAL MEDLEY</u>	
Herb Kern 50	2:38.09
Al Tyson 54	3:20.26
<u>400 YD INDIVIDUAL MEDLEY</u>	
Herb Kern 50	5:49.39

MEN 55-59

<u>50 YD FREESTYLE</u>	
Chuck Thomas 55	26.35
John Calhoun 57	29.52
Ace Acenbrack 57	29.59
John Pandak 56	30.29
<u>100 YD FREESTYLE</u>	
Chuck Thomas 55	1:00.38
John Calhoun 57	1:08.25
Ace Acenbrack 57	1:10.01
John Pandak 56	1:12.84

200 YD FREESTYLE

Irving Katz 58	2:27.83
John Calhoun 57	2:36.22
John Pandak 56	2:42.97
<u>500 YD FREESTYLE</u>	
Irving Katz 58	7:07.47
John Calhoun 57	7:18.58

50 YD BACKSTROKE

Ace Acenbrack 57	36.63
<u>100 YD BACKSTROKE</u>	
Chuck Thomas 55	1:13.39
<u>200 YD BACKSTROKE</u>	
Irving Katz 58	2:41.21
Ace Acenbrack 57	3:17.80
<u>50 YD BREASTSTROKE</u>	
Chuck Thomas 55	36.61
Ace Acenbrack 57	43.27

50 YD BUTTERFLY

John Pandak 57	35.41
<u>100 YD BUTTERFLY</u>	
John Pandak 57	1:22.82
<u>200 YD BUTTERFLY</u>	
Irving Katz 58	2:55.58
John Pandak 57	3:13.19
<u>100 YD INDIVIDUAL MEDLEY</u>	
Chuck Thomas 55	1:11.35
Ace Acenbrack 57	1:25.58
<u>200 YD INDIVIDUAL MEDLEY</u>	
Irving Katz 58	2:41.78
<u>400 YD INDIVIDUAL MEDLEY</u>	
Irving Katz 58	5:55.10

MEN 60-64

<u>SAL FREDDO 63</u>	
50 yd backstroke	47.84
50 yd breaststroke	45.62
100 yd breaststroke	1:53.72
200 yd breaststroke	4:08.86
50 yd butterfly	42.41
<u>MEN 65-69</u>	
<u>50 YD FREE STYLE</u>	
John Johnston 67	33.57
Doc Schofield 68	33.80
Ed Twardowski 66	37.04
Dan Anthony 69	39.43
Norman Skjersaa 66	43.03

100 YD FREESTYLE

John Johnston 67	1:18.67
Doc Schofield 68	1:19.34
Norman Skjersaa 66	1:36.97
<u>200 YD FREESTYLE</u>	
John Johnston 67	3:05.15
Doc Schofield 68	3:10.94
Ed Twardowski 66	3:19.07
Frank H. Tillotson 67	3:27.91
Norman Skjersaa 66	3:37.54

500 YD FREESTYLE

Doc Schofield 68	8:24.52
<u>50 YD BACKSTROKE</u>	
Frank H. Tillotson 67	43.96
John Johnston 67	44.63
Norman Skjersaa 66	59.96
<u>100 YD BACKSTROKE</u>	
Frank H. Tillotson 67	1:39.52
Norman Skjersaa 66	2:18.20

200 YD BACKSTROKE

Frank H. Tillotson 67	3:33.14
Norman Skjersaa 66	3:53.26
<u>50 YD BREASTSTROKE</u>	
John Johnston 67	41.49
Ed Twardowski 66	45.26
Dan Anthony 69	54.74
Norman Skjersaa 66	56.59
<u>100 YD BREASTSTROKE</u>	
John Johnston 67	1:39.71
Norman Skjersaa 66	2:07.24

200 YD BREASTSTROKE

John Johnston 67	3:45.18
Frank H. Tillotson 67	4:02.48
<u>50 YD BUTTERFLY</u>	
John Johnston 67	38.90
<u>100 YD INDIVIDUAL MEDLEY</u>	
John Johnston 67	1:27.64
Norman Skjersaa 66	2:03.10

200 YD INDIVIDUAL MEDLEY

John Johnston 67	3:26.57
Norman Skjersaa 66	4:33.50
<u>400 YD INDIVIDUAL MEDLEY</u>	
Clifford Straus 70	7:46.23

MEN 70-74

<u>50 YD FREESTYLE</u>	
Carl Lindstrand 71	32.33
Bill Stinson 73	35.55
Joseph Wargo 70	40.52
George Doerffel Sr. 73	41.47
Roy Soll 70	50.28
<u>100 YD FREESTYLE</u>	
Carl Lindstrand 71	1:11.56
Roy Soll 70	1:59.18

200 YD FREESTYLE

Carl Lindstrand 71	2:55.07
<u>500 YD FREESTYLE</u>	
Bill Stinson 73	8:59.85
Roy Soll 70	12:18.49
<u>50 YD BACKSTROKE</u>	
Bill Stinson 73	47.35
George Doerffel Sr. 73	47.67
Joseph Wargo 70	56.37

100 YD BACKSTROKE

Carl Lindstrand 71	1:36.28
George Doerffel Sr. 73	1:48.25
Bill Share 73	1:48.57
Joseph Wargo 70	2:22.75
<u>200 YD BACKSTROKE</u>	
William Share 73	3:48.06
George Doerffel Sr. 73	4:16.43

50 YD BREASTSTROKE

Bill Share 73	45.54
Bill Stinson 73	45.65
Joseph Wargo 70	48.30
George Doerffel Sr. 73	1:04.46
<u>100 YD BREASTSTROKE</u>	
Bill Share 73	1:43.05
Joseph Wargo 70	2:03.40

200 YD BREASTSTROKE

Bill Share 73	3:51.64
<u>50 YD BUTTERFLY</u>	
Bill Stinson 73	42.88
<u>100 YD BUTTERFLY</u>	
Clifford Straus 70	1:43.23
Bill Stinson 73	1:43.53
<u>200 YD BUTTERFLY</u>	
Clifford Straus 70	3:57.97
Bill Stinson 73	4:07.53

100 YD INDIVIDUAL MEDLEY

Bill Stinson 73	1:36.83
Clifford Straus 70	1:39.79
<u>200 YD INDIVIDUAL MEDLEY</u>	
Clifford Straus 70	3:41.69
Bill Stinson 73	3:49.63

OFFICIAL ENTRY BLANK FOR INDIVIDUAL EVENTS

1983 UNITED STATES MASTERS SWIMMING NATIONAL SHORT COURSE CHAMPIONSHIPS

PLEASE PRINT

MAY 28-29-30-31, 1983

FT. LAUDERDALE, FL

First Name _____	Initial _____	Last Name _____	Age <sup>**</sup> _____	Date of Birth _____	Sex _____
Street Address _____			A.C. _____	Telephone No. _____	
City _____		State _____	Zip Code _____	USMS Registration No. _____	
Name of Club you Represent _____			Name of Association _____		

ENTRY DEADLINE: All entries must be RECEIVED by Thursday, April 28, 1983. \*As of 1st day of Meet.

Event No.	WOMEN	TIME and EVENT	MEN	Event No.
		<b>SATURDAY, May 28, 1983 9:00 a.m.</b>		
1		200 yard backstroke		2
3		100 yard breaststroke		4
5		50 yard freestyle		6
7		200 yard butterfly		8
9		100 yard individual medley		10
11	see relay form	200 yard medley relay	see relay form	12
13		500 yard freestyle		14
		<b>SUNDAY, May 29, 1983 9:00 a.m.</b>		
15		200 yard breaststroke		16
17		100 yard butterfly		18
19		50 yard backstroke		20
21		100 yard freestyle		22
23		200 yard individual medley		24
25	see relay form	200 yard freestyle relay	see relay form	26
27	see relay form	200 yard mixed medley relay	see relay form	28
		<b>MONDAY, May 30, 1983 9:00 a.m.</b>		
29		200 yard freestyle		30
31		50 yard breaststroke		32
33		100 yard backstroke		34
35		50 yard butterfly		36
37		400 yard individual medley		38
39	see relay form	200 yard mixed freestyle relay	see relay form	40
		<b>TUESDAY, May 31, 1983 9:00 a.m.</b>		
41		1650 yard freestyle		42

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# 1983 UNITED STATES MASTERS SWIMMING NATIONAL SHORT COURSE CHAMPIONSHIPS

Dates: May 28-29-30-31, 1983

Location: Swimming Hall of Fame Municipal Pool, 501 Seabreeze Ave., Ft. Lauderdale, FL

Sanctioned by: Florida Gold Coast Association of United States Masters Swimming, Inc.

Filling out Entry Blank on other side: There are no qualifying standards for this meet. Please enter your best time or a reasonable estimated time in the space next to the event(s) you wish to swim and in the correct sex column. DO NOT ENTER WITH "NO TIME". You may enter and swim in a maximum of 6 individual events with a maximum of 3 individual events per day. This does not include relays. If you enter more than three events on one day, the first three events entered will be considered as the events officially entered.

Eligibility: This meet is open to all USMS registered swimmers 25 years of age and older as of May 28, 1983. Each swimmer must possess a current USMS registration card. If a swimmer wishes to represent a Team or Club, then both the swimmer and the Team or Club must be registered in the same association. If there is a question about your affiliation, you will be entered as "unattached". All Foreign entries must send a travel permit with entries and fees.

Conduct of Meet: Seeding will be by age group and by sex, with the fastest swimmers first in each age group. Slower swimmers will be placed in empty lanes in another age group after at least one full heat has been seeded in each age group. Events 200 yards or less shall be pre-seeded. The 500 yd free, 400 yd I.M. and 1650 yd free will be deck seeded on time only, with the fastest times in the first heat, the second fastest times in the second heat, etc. Consult your program for heat and lane assigned to you. Any swimmer who fails to report to the proper lane in the correct heat of his/her event will be considered scratched from that event and will not be permitted to swim that event at another time. NO DECK ENTRIES ACCEPTED.

Age Groups: 25-29, 30-34, etc. to 80-84, 85-89, and 90+. All events are swum youngest to oldest. Awards: National Masters Medlas will be awarded for first place through eights place in all events, in each age group. Individual Team Scoring: 9-7-6-5-4-3-2-1.

Fees: \$3.00 per individual event plus a \$10.00 surcharge per swimmer. Fees must be included with this Entry Blank. An entry will not be considered complete until the check clears the bank. If there is any question about an entrant's check, full cash payment will be required before being allowed to swim. NOTE: Requests for refunds will be accepted if made in writing to the Meet Director and received prior to April 28, 1983.

Banquet: A Masters Banquet with Musical Reflections by Margaret Timmins will be held on Sunday, May 29th in the Ballroom of the Holiday Inn Oceanside at 7:30 p.m., preceded by a social hour (Cash Bar). This sit-down dinner with music will be limited to the first 600 responses. Remit price of \$12 per person with Entry Blank.

Number of individual events entered	_____	x \$3.00 =	_____
Meet surcharge (required of all swimmers)	_____	=	10.00
Number of Banquet Tickets (optional)	_____	x \$12.00=	_____
TOTAL FEES DUE (do not send cash)			\$ _____

Checks Payable: GOLD COAST MASTERS Mail Entry Blank and Fees to: June F. Krauser, Meet Director, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305. You must enclose a self-addressed, stamped envelope or postcard which will be returned to you as proof of your entry receipt.

Entry Deadline: All entries must be RECEIVED by Thursday, April 28, 1983. Entries received after April 28th will be returned to the sender. THIS DEADLINE WILL BE ENFORCED.

Release from Liability: I, the undersigned participant, intending to be legally bound, do hereby waive all rights to claims for loss or damages against United States Masters Swimming, Inc., Gold Coast Masters Swim Club, Florida Gold Coast Masters Swimming Committee, the City of Fort Lauderdale, the meet committee or any officiating individual of the meet, as a condition of my participation in the meet.

Date \_\_\_\_\_ Signature \_\_\_\_\_

# SWIM-MASTER SUBSCRIPTION FORM

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

## Swimming News

SHORT COURSE NATIONALS - Just received word that the hotel across from the pool is now accepting reservations for May. The name is Lauderdale Surf Hotel, 440 Seabreeze Ave., Ft. Lauderdale, FL 33316 and (305) 462-5555 is the phone number. So if you are having trouble getting into the Holiday Inn or Bahia Mar, try the Lauderdale Surf. Rates are \$40 single or double with \$5 per extra person.....

MAJOR ERRORS IN LONG COURSE TOP TEN FOR 1982 -

These errors occurred because the results sent out for the LC Nationals were incorrect. The results were typed from uncorrected meet results instead of the corrected copy from which the medals were awarded. After the errors were discovered, the swimmers had to be contacted to find their fastest time in 1982 OR else 300 meet results would have to be checked. After putting the results from the National Championships in the computer, the computer kept only the swimmer's fastest time! Because of the time involved in correcting ALL wrong times, only the 1st place times were corrected for the records. This points out that our TOP TEN TIMES can only be as good as the results reported are correct. IF YOU FIND ERRORS OF MAJORITY IMPORTANCE IN MEET RESULTS PLEASE REPORT THEM TO THE MEET DIRECTOR AS QUICKLY AS POSSIBLE. - Enid Uhrich.....

SWIMMING THROUGH YOUR PREGNANCY - by Jane Katz, Ed.D.; Foreword by Desider J. Rothe, M.D. and illustrations by Mona Mark. Because of the buoyancy and protection water provides mother and fetus, swimming is the perfect exercise for pregnant women. In this week-by-week, trimester to-trimester program, designed by AAU Masters Swimmer Jane Katz in consultation with an obstetrician and childbirth instructor, women are shown how to keep fit during pregnancy, how to prepare for giving birth through Dr. Katz's

unique Waterworks exercises, and how to get back into shape after the baby arrives. Also included are family swim tips, pointers on how to introduce an infant to the water, plus an introduction to the techniques and benefits of synchronized swimming for the new mother. Jane Katz, Ed.D., promoted her first book 'Swimming for Total Fitness', on many talk shows, including "Today", "Hour Magazine", and "Good Morning, Washington". She has also been featured in major newspapers among them the 'New York Times' and the 'Washington Post'. She currently holds several Masters World Records and is professor of health and physical education at Bronx Community College of the City University of New York.....

MASTERS SWIMMING by Vivienne Cherriman - England -

If you are getting ancient but still you love to swim

Or if the doctor told you to exercise that limb, Then become a masters swimmer and enter in the Meets

It doesn't seem to matter if you win or meet defeat

For you will try to better the time you put up last

And you will be delighted though it may not be that fast.

If you are glad you entered no matter how you do And love to meet your rivals and many others too, There is an instant liking for others in the swim Whether its for racing or just to keep in trim, You'll find it grows upon you in no uncertain way To get that swim in daily is the main point of the day.

As we have always know it, to take part is the thing, But if you're deadly serious of course you'll aim to win

Then this means dedication and may not be for you For some it is a challenge but others not their cue,

For all it is a pleasure its sad to do without So come on all you swimmers and cast away your doubt.....



\*\*\* For some, sports is a therapy, an escape into the universal mind of man. The mundane acts of living are surpassed. This is the true reward, not the medal for surpassing your competitors. Sport is not a question of the meaning of life, but an answer... e.e.\*\*\*

philosophy  
for masters:

# SWIM-MASTER

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June Krauser, Editor  
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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

## SWIM CALENDAR

VOL XII - No 3

MARCH - APRIL 1983

MAR	19	SC - Janet Royer, 11834 S. Colima Rd., Whittier, CA 90604
	19	SC - Jan C. Huneke, O.D., 1158 Asbury Rd., Cincinnati, OH 45230
	19-20	SC - Kim S. Davis, P.O. Box 5628, Hilton Head Island, SC 29938
	20	SC - Roberta Turcotte, Buehler YMCA, P.O. Box 367, Palatine, IL 60067
	20	SC - Dorothy Donnelly, 5 Piggott Lane, Avon, CT 06001
	20	SC - John Killeen, 1528 Campus Dr., Berkeley, CA 94708
	19	SC - 1650 - Marge Ramanouskas, 6441 Lenhart St., Baltimore, MD 21207
	20	SC - 1650 - U of M, Dan Malone, 100 Palm Ave., Palm Island, Miami Beach, FL 33139
	25-27	SC - Region II - Harry Rawstrom, University of Delaware, Newark, DE 19711
	26-27	SC - Region 8 - Laura Tull, 1713 Dublin Rd., Oklahoma City, OK 73120
	26-27	SC - Joanita Reed, Rt. 20, Box KK, San Antonio, TX 78218
	27	SC - Ray Nelson, 1203 Sunset Rd., Wheaton, IL 60187
APR		Hawaiian Postal Relays - Kay Harrison, 98-487 Koauka Lp. B-1003, Aiea, HI 96701
	8-10	SC - Region IV - Harold Ferris, 1116 44th Ave. N.E., St. Petersburg, FL 33703
	8-10	SC - Oregon Masters, 8383 SE Battin Rd., Portland, OR 97266
	9	SC - Christie Slimak, 253 Summer Hill Rd., Madison, CT 06443
	9	SC - John Ponshil, P.O. Box 549, Los Altos, CA 94022
	9	SC - Pentathlon - Dave McAfee, 510 E. Broad, Falls Church, VA 22046
	9-10	SC - Nancy Stupka, 17W728 Butterfield, 213 Oakbrook Terrace, IL 60181
	16-17	SC - Hugh & Jane Moore, 6629 E. 47 St. S., Derby, KS 67037
	16-17	SC - Region VI - Nick Kakos, P.O. Box 8513, Canton, OH 44711
	15-17	SC - Jim Work, 3409 Lawndale, Midland, MI 48640
	15-17	Canadian SC Nationals, Chris Pieczora, 590 Rathburn Rd., Etobicoke, Ontario, Canada
	10	SC - Toni Bischoff, 5379 Vinewood Ct., Columbus, OH 43229
	16-17	SC - Joanne G. Tingley, 2107 Eastview Ave., Louisville, KY 40205
	16,23-24	SC - Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947
	23-24	SC - NE Champ. - Dave Eskin, 66 Audubon Dr., Chestnut Hill, MA 02167
	23	SC - Cicil Whitaker, 776 NE 125 St., North Miami, FL 33161
	23	SC - Cal Schaeffer, 2826 Eastwood Dr., York, PA 17402
	29-May 1	SC - IL Champ - Bruce Haffner, 2626 Lakeview, Chicago, IL 60614
	29-May 1	SC - Delores Wentis, 537 Sunnybrook Terr., Port St. Lucie, FL 33452
	29-May 1	SC - Region XII - Oregon Masters, 8383 SE Battin Rd., Portland, OR 97266
	30-May 1	SC - Region III - Mary Sigler, 1032 Davidson Rd., Nashville, TN 37205
	30-May 1	SC - GIMSA - IU Masters, P.O. Box 1, Bloomington, IN 47401
	30-May 1	SC - Texas A&M - Will Worley, 1001 Village Dr., College Station, TX 77840
MAY	6-8	SC - Charles Weidanz, P.O. Box 6, Mountain Lakes, NJ 07046
	13-14	YMCA MASTERS NATIONAL SWIMMING & DIVING CHAMPIONSHIPS Joseph C. Polito, 57 W. Jefferson St., Joliet, IL 60431
	14-15	SC - Vickie Good, 2168 Calder Pl., Fairfield, CA 94533
	28-31	UNITED STATES MASTERS SWIMMING SHORT COURSE CHAMPIONSHIPS - SHOF POOL June F. Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
JUN	4	LC - Vickie Good, 2168 Calder Pl., Fairfield, CA 94533
	18-19	LC - Kerry O'Brien, 125 Player Ct., Walnut Creek, CA 94598
	25-26	LC - Venice, Florida
JUL	15-17	LC - Mike Cobarrubias, P.O. Box 3026, San Jose, CA 95156
	15-17	LC - Region IV - St. Petersburg, Florida
	31	LC - Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45230
AUG	25-28	UNITED STATES MASTERS SWIMMING LONG COURSE CHAMPIONSHIPS - IUPUI NATATORIUM
		WISCONSIN MASTERS - Apr 15-17 - John Bauman, 9717 Saratoga Dr., Caledonia, WI
		CORONADO MASTERS - May 29, Jul 31, Oct 16, Dec 4 - Alicia Coleman, 24 The Point, Coronado, CA
		ARKANSAS MASTERS - Mar 26, Apr 16, Jul 9, Aug 13, Oct 8 - Ronald J. Bank, 80 Pebble Beach Dr. Little Rock, AR 72212