



# SWIM-MASTER

VOL XII - No 4

USA NATIONAL PUBLICATION FOR MASTERS SWIMMING

MAY 1983

## MASTERS SWIMMING FOR HEALTH AND VIGOR!!

by Joseph Schultz, Director Westmont Park District, Chicago Masters Swim Coach

Park Districts and/or agencies across the country are rapidly discovering a new recreational activity which can be offered to that difficult-to-program age group: men and women 25 years of age and older. Although many people may visualize a competitive swimmer as a sleek and muscular teenager, more and more people are beginning to see the sport of competitive swimming as a healthful and enjoyable activity for persons past the tender years of adolescence. The term "Masters Swimming" is the name endorsed by the AAU in 1971 for the age-group swimming program for adults. Park districts with swimming facilities would do well to consider including a Masters swimming team in their aquatic programs for many very good reasons.

First, the program has proven to be very enjoyable for the participants; a factor which is obviously a prerequisite for the success of any activity or sport. Because the Masters are usually combined into a team (which may be quite small) there quickly develops a camaraderie which many swimmers relish as much as the swimming itself. Also, teams compete among themselves at practice sessions and against other teams at regularly scheduled Masters swimming meets; which add greatly to the enthusiasm of the participants. Trophies, medals and ribbons enhance the personal satisfaction derived from individual hard work and team effort.

In addition to the pleasurable aspects of competitive swimming, the health benefits of a regulated swimming program have been proven and are indisputable. Obviously, swimming is vigorous physical exercise, but it is more than just that. Swimming is the ideal form of exercise because it involves all of the muscles of the body. Swimmers are not subject to the injuries and numerous ailments which plague participants in other sports, such as running, tennis, gymnastics, or football. More importantly, swimming has been proven to be a serious deterrent to that great killer of the middle-aged, coronary disease! Also, evidence has been documented which demonstrates that competitive swimming, among adults, actually delays the aging process. All

of the criterion which doctors use to measure the physiological age of the body demonstrated that the typical 49 year old Masters swimmer was significantly younger health-wise than the typical non-swimmer of the same age. So, besides keeping the body trim and firm, this activity can actually lengthen your life.

Setting up a Masters swim program can really be as simple or as involved as you care to make it. The number of swimmers need not be large, and if no regular coach is available, perhaps a knowledgeable member of the group could serve as a combination coach/swimmer. If your group is very large then of course, you would want to make the entire pool available to them regularly. For a small team (about fifteen or less) however, simply roping off two lanes of the pool for Masters swimmers will probably suffice. Work out times should be left up to the swimmers as much as possible. Usually they opt for early morning or noon work-out times, or some other arrangement which doesn't interfere with normal working hours. Masters competition is open to anyone possessing a USMS Registration card, which are available from the USMS Registration Chairman of your district.

The enthusiasm of starting a training program must be buffered with caution however. Progress in both distance and speed should always be achieved gradually. The swimmer starts at his own endurance level and should never press himself to exhaustion. For most people, however, progress occurs at a pleasingly rapid rate. Swimmers should be encouraged to secure a physician's consent before embarking upon the competitive swimming course, just as should be done by anyone considering starting any strenuous physical exercise.

The Masters swim team can be a great asset for any aquatic program. Adults are actively involved in swimming, instead of being spectators or merely parents of young swimmers. This can be a boon to the park district in many ways. Support for bond issues, citizens action groups, plus increased revenues from swimming meets, are just a few of the ways that come to mind. Physical exercise is vital to good health, and Masters Swimming insures that exercise doesn't stop after high school or college.

###

# For some, swimming is a second love

## ■ Results, 2-C

By RICK STROUD  
St. Petersburg Times Correspondent

Lisa Woodman will leave the Southern Region masters swimming meet with more than a handful of medals, but a national title still seems out of reach. Like so many others who discover the pool sometime after their youth, Woodman spent most of her life playing another sport.

In the water the confidence sinks, but natural ability keeps putting her back on the winning platform.

"I've never had a background as a swimmer," Woodman said after finishing the women's 200-yard freestyle for the Gold Coast masters team. "I don't think I could ever win a national title. Those go to the people who have been swimming all their lives."

Woodman is not one of them. In her hometown of Hampshire, England, she helped her

## swimming

Queen Anne's tennis team to a Junior Wimbledon title. After graduating from college she wanted to see the world and was hired as a deckhand on a small sailboat which made trans-Atlantic trips. Several years later Woodman was living on a boat in the Caribbean when she met her husband Ron, a travel writer for *Playboy* magazine.

The marriage brought her to Miami, where Woodman owned a tennis school. But seven years ago she grew tired of watching her children swim and decided to join them. Three years later, she finished second at the nationals in the 1,650-yard freestyle.

And even at age 40, Woodman is looking for more challenges.

"Even though I don't do it particularly well,

I love the fly stroke," Woodman said, despite having won six titles Friday and Saturday in freestyle events. "It's particularly hard to learn it this late, it's one of those things you need to learn when you're young. You've got to have a gut check every time you do it."

When it comes to endurance, Woodman has all the credentials. Marathon running is another hobby and friends will tell you she is capable of breaking the 10-kilometer record for her age group. Later this year, Woodman will put her youthful body through a triathlon test at the Iron Man competition in Fort Lauderdale.

"The only thing about it is that with swimming and running you can depend on yourself," Woodman said. "But with the bicycle, anything can happen."

"When you're 40, you have to think about conservation. Let's face it, we're doing this for our health and our looks, and it can take away from both. Plus I'm a little vain anyway. I don't want to ruin my legs."



(1) GOLD COAST MASTERS SWIMMERS - Lisa Woodman, Laurie Emerson, Patti Smith; (2) ST. PETERSBURG MASTERS - Eugene Jennings, June Augustine, John Augustine; (3) HAPPY TO TURN 60 - Peg Morrison; (4) SWIMMING FAMILY - Anne Grams, Billy and Bill Grams; (5) ALL THE WAY FROM TRINIDAD - Joey Kaufmann; (6) CENTRAL FLORIDA - Jack Beattie; (7) SOUTH CAROLINA WHIRLWIND - Nick Berenyi; (8) INDIAN RIVER'S FINEST - Peter Jurczyk and the Mrs.; (9) OFFICIAL & SWIMMER - Frank Tilliston; (10) NATIONAL RECORD BREAKER - Bill Dorney; (11) FLORIDA ASSOCIATION CHAIRMAN - John Maguire.



## First Person

### Swimming the Channel

ASHBY T. HARPER '39

**T**HINGS HAD gone well all day, but as it grew dark last August 28 the scene became eerily reminiscent of one that had taken place a year before. On August 9, 1981, I had set out to swim across the English Channel, from Dover, England, to Cape Gris-Nez, France, 21 miles away, with my wife and Pete Barney, the Albuquerque Academy swimming coach, traveling alongside on a 20-foot fishing boat. For six hours my stroke rate held steady ("like a metronome," they told me later) at 60 per minute, I was averaging two miles per hour, and the 61° water had not yet begun to take its toll.

At 1 p.m., just after my sixth hourly feeding of tea and fructose, I vomited violently. Although we did not realize it at the time, that was the beginning of the end. For the last three hours of the swim, unable to hold anything on my stomach, I grew steadily weaker. My stroke rate dropped from 60 to 52, and again to 46. In the last hour—little of which I remember—I began to shiver, was so disoriented that I kept veering off course, and finally became incoherent.

At 7:15 p.m., after I had been in the water for 12 hours and had come within three miles of the French coast, Pete recognized that to let me continue was to risk watching me go under. With the help of the pilot and the Channel Swimming Association's observer, he pulled me into the boat, where I lost consciousness for almost two hours. My wife said that I felt like a corpse.

Now, a year later, I was again three miles from Cape Gris-Nez, in my second attempt to become the oldest man—by seven years—ever to swim the Channel. My determination to try it again had not been warmly endorsed. "I think you're nuts," wrote one Princeton classmate, while another said, "I admire your spirit but question your intelligence."

Again it was growing dark, again I was beginning to feel the cold, and again the flood tides off the French coast had brought my forward progress almost to a halt. I couldn't help wondering if the cold, the tides, and the exhaustion would dash the dream I'd held since December 1980, when I began training for the first attempt. That swim, despite its near-disastrous result, persuaded me that I needed to make only one change in my training program in order to succeed: I had to

Ashby T. Harper '39 has been headmaster of the Albuquerque (N.M.) Academy since 1964. A letterwinner in football, swimming, and baseball at Princeton, he did not again swim competitively until becoming involved in the masters program eight years ago.

condition my body to endure 14 or 15 hours in the chilling water of the Channel, where 61° or 62° is generally the highest summer temperature. I was convinced that if I could do that, if I got good weather on the day of the swim, and if I could avoid seasickness, then I could make it.

I arranged to spend the first three weeks of July in a small town at the northern end of Lake Michigan. I swam six or seven miles a day, and the water temperature did not exceed 63° until the last week. Following two more weeks of training in the Atlantic at Stone Harbor, New Jersey, I flew to England on August 2. The cold-water training paid off: in 1981 my fingers were so numb after each workout in the Channel that I was unable to tie my shoelaces, but in 1982 I swam five or six miles a day with relatively little discomfort.

Another important difference the second time around was Ray Dixon, the young English fisherman I engaged as my pilot. The fee for such services can range from \$1,000 to \$1,500—the swimmer pays the full amount even if he lasts only two hours—and before long my 1981 pilot had convinced me that he was hoping to make an easy \$1,200. Every time we talked, he stressed how wide the Channel was, emphasized that to resist the cold one must have good circulation and plenty of body fat, and invariably concluded by asking how old I was and how much I weighed. In sharp contrast, Dixon was knowledgeable, enthusiastic, and above all confident that I could make it.

#### "Don't Take Me Out"

My son Dave arrived 10 days before the swim, and I reviewed with him the instructions I had prepared: he was to give me hourly feedings (a cup of Ensure Plus, a chocolate-flavored, high-calorie diet supplement) and to record each hour the condition of the sea, the water temperature, and the miles swum. Written with the 1981 experience very much in mind, the instructions concluded, "I want to go all the way. Don't take me out unless I'm out of my head, or unless I'm not making any progress at all."

We scheduled the attempt for August 26, but a wind of over 20 knots was predicted, and Ray called the night of the 25th to postpone the swim. On the 27th the Channel was again too rough, and Dave and I waited out the weather in the Folkestone Hotel, six miles west of Dover on the Channel. That night at 9, Ray called and told us a 12- to 18-hour period of light winds was forecast for the next day. "We're going, Ashby!" he exclaimed.

At 7:40 the next morning, Ray's dinghy came ashore at Shakespeare Beach to take Dave out to the pilot boat. I gave what I hoped looked like a confident wave to the photographers, waded in, and started swimming toward France.

All went well for nine hours. I felt strong, had no seasickness problems, and was not cold. The swells were manageable, only about a foot and a half high. At around 11 a big passenger ferry came nearby—Ray told Dave they rarely do so—and the people on board cheered as I turned to look. At 2 p.m. Dave told me we were halfway, and I said, "That's what I thought. This is where I started getting sick last year." Referring to one of the half-dozen other swimmers who had set out from Shakespeare Beach that morning, Ray responded, "That German breaststroker is just behind us. You don't want a breaststroker to beat you, do you?" Dave told me afterward that I was a mile ahead of the German and widening the gap.

#### *My Son by My Side*

The sun stayed out all day long, and at 4:30 my confidence soared when I caught my first glimpse of the French coast. In 1981 it had been shrouded in haze and I never saw it. At the 5 p.m. feeding, Dave told me that I was only three miles from Cape Gris-Nez, but the tide was sweeping me up the coast toward Calais. Three hours later I was still almost two miles from the coast, and, as I learned later, Dave and Ray were beginning to wonder if I could hang on long enough to reach shore.

By now it was dark. Ray supplemented every feeding with plenty of encouragement, but I was beginning to feel the cold, and as in 1981, was having trouble staying close to the boat. After they lost sight of me for several minutes, Dave decided to swim the last mile with me. I got a tremendous lift when I saw him jump into the water, and I knew then that with my son beside me I was going to make it.

At 9:35 Dave walked and I stumbled onto the beach just west of Cape Blanc-Nez, about seven and a half miles east of Cape Gris-Nez. We shook hands silently. According to Dave, my only words before the dinghy came to take us back out to the pilot boat were, "Dear Lord!"

We crossed back to Dover that night and talked with people from AP and UPI. I called my wife, and then went to bed at 2:30. We had breakfast as usual at 8:30 in the Folkestone Hotel, except that this time the proprietors and employees greeted us in the dining room with a champagne toast.

The route we had laid out was 20.6 miles long, but the actual distance swum was 28.5 miles, mostly because of the flood tides close to France. The total time in the water was 13 hours and 52 minutes. I will always remember Ray, the Channel, the boat, the tides, and those last hours of darkness, but the greatest memory of all will be that of Dave next to me, stroke for stroke, through the final mile. □

1983

# HOUR SWIM

WOMEN 25-29

REC: Carol Lee 27. 1983 ARD 5145

1 LEE, CAROL 27 ARD 5145

2 SWAYMAN, M. SYDNEY 29 LLM 5148

3 KILLINGSWORTH, K. 27 WAL 4848

4 LASELL, CHRIS 26 WAL 4825

5 RICHCREEK, HELEN 28 WAL 4798

6 MATTISON, PATRICIA 29 GYM 4798

7 KELLY, KAREN 26 PNA 4798

8 KLOPP, VICTORIA 29 HAM 4675

9 ROBINSON, DEBBIE 28 TAR 4658

10 LATHAM, TERRI 27 SPA 4625

11 MIURA, D. KIKO 27 PNA 4565

12 WEBER, JOANNE 29 STA 4468

13 BREEDER, ROBYN 26 UNO 4445

14 MAHIN-STEADMAN N 28 JER 4435

15 HELMUTH, SUSAN 27 NEM 4438

16 WHELAN, FRANCES 27 AIM 4488

17 HARRIS, HOPE E 28 AS 4375

18 ADAMS, KATHERINE 26 FAB 4375

19 KOEPP, BARBARA 25 CLE 4345

20 HELEY, ANN 25 NOV 4275

21 WAMBISBANS, JANET 28 PST 4238

22 CAMPFIELD, JEANNE 28 PST 4215

23 BURLINGAME, SHARO 26 NEM 4158

24 DUNN, DEBBIE 27 PST 4135

25 MCCLINTOCK, TRACY 28 PNA 4128

26 KEMPER, NANCY 25 SDG 4658

27 YELMOOKAS, ANN M. 28 NEM 4625

28 MORENO, LISA 27 SBS 4688

29 RODGERS, KAREN 28 UNO CAN 3998

30 SALMON, ANNEKE 26 BOB CAN 3938

31 FAIZO, DARCY 28 CON 3888

32 HOOVER, JILL 29 DCM 3855

33 HOLLAND, MARTI 27 PLN 3858

34 STOBBAUGH, TERI L. 28 TOP 3828

35 LOAQUE, AVERIL 29 NMM 3808

35 HIELKE, PATRICIA 29 NAP 3808

37 FOX, JOANNE 28 MOV 3648

38 CAVANAGH, KIM 25 CAL CAN 3598

39 NORBURY, DIANE 25 NOR AUS 3575

40 SCOTT, JOANNE 29 HAM CAN 3588

41 DUIGG, SUSAN 27 UNA 3475

42 WATSON, LESLEY 25 UNO CAN 3468

43 LEGGIE, MARY 25 BLE 3435

44 SCHOTT, MARGARET 27 MID 3395

45 McCARTHY, CLARE 26 NEM 3375

46 OLSEN, DEBBIE 27 CAL CAN 3365

47 MARGOLIN, AMY 25 PAM 3355

48 MADILL, BONNIE 26 SCA CAN 3335

48 HUNTER, HEATHER 26 SCA CAN 3335

48 ROBERTS, CAROL 25 NOR CAN 3335

51 HAGEN, NANCY 26 SPA 3265

52 HOLLOWAY, CAROL 27 NOR CAN 3256

52 TOBIN, MAUREEN 27 VAL 3258

54 RICHARDSON, JULIA 26 CAL CAN 3178

55 BERNASCONI, SUSAN 27 HUN AUS 3155

56 ROSE, MICHELLE 26 CON 3118

57 BEAUMET, TERI 25 IND 3485

58 DODSON, MARY E. 29 KET 3875

59 BIBIGOS, SHELLEY 29 UMP 3865

60 BURNELL, JENNIFER 27 COM CAN 2968

61 PATERSON, DONNA 28 NOR CAN 2735

61 CARLON, PAULA 29 HAM AUS 2735

63 DOELZ, LOIS 29 PLN 2615

64 ROLLING, JANET 27 OKL 2565

65 MOTLEY, JANE 27 GCA CAN 2488

66 DRAPER, JO-ANN 29 CAL CAN 2358

WOMEN 30-34

REC: Heidi Ernst 30. 1983 LON 5150

1 ERNST, HEIDI 30 LON 5150

2 DUNBAR, BARBARA 33 SDS 5008

3 LINDSEY, BARBARA 31 PNA 4685

4 BREHS, MARIANNE 33 SMM 4686

5 LE STRANGE, MISSY 38 DAY 4525

6 GREENWOOD, GAIL 38 CON 4498

6 CRANDELL, KATHRINE 34 PNA 4498

6 WALSH, STEPHANIE 33 NEM 4498

9 PALOZZI, ANN 38 NEM 4438

10 SLIMAK, CHRISTIE 34 CON 4415

11 ALLSUP, LYNN 34 MID 4310

11 HARRIS, NANCY 33 SBS 4310

11 RAUGÉ, SUZANNE 32 MMY 4310

14 NICOLE, PAMELA 31 LBM 4258

15 CAMPBELL, DIANE 34 LAD 4125

16 BARNES, KAREN L. 34 OKL 4098

17 DODDY, PATTI 38 CAL CAN 3998

18 HAERTEL, SALLY 31 PLN 3909

19 RUNGE, KAY 38 IND 3855

20 LENDMAN, JAN 38 NEM 3825

21 WECHSLER, DEBBIE 32 IND 3818

22 MACCALLUM, DEBORAH 38 SBS 3725

23 DAVID, JOAN L. 34 MIA 3625

24 ANGIOLELLI, SUZANNE 34 WAL 3618

25 MOORE, JANE A. 32 MMV 3605

26 PETERS, SUSAN 31 UNA 3600

27 BARTLETT, ANITA 34 GLE 3565

28 WASCOM, MARILYN 34 ANG 3548

29 MASTERTON, JASMINE 33 GRN 3508

29 GAUCHER, KAREN 32 DAR 3508

31 BIBBS, EDIE 38 MIC 3425

32 LITTLEFIELD, JANET 33 LAD 3335

33 URQUHART, MARY H. 34 KET 3259

34 CHENERI, SUZANNE 30 CAL CAN 3178

35 NANNINEN, DENISE 33 COO AUS 3855

36 HOLMES, ANITA 38 BAR 2985

37 MONTIVIDES, JUDI 31 SMA 2975

38 GIRDAR, SUSAN 34 UVM 2965

39 RICHARDSON, HAZEL 30 COO AUS 2948

40 CARLETTI, CHRISTI 33 LHD 2988

41 CARRON, DEBORAH 38 CLE 2858

42 BERNER, JUDY 32 DCM 2755

43 FISHER, SYDNEY 34 LAD 2798

44 BOEDNER, VIRGINIA 34 FLI 2678

45 BLASCO, BARBARA 30 KET 2375

46 ALLARD, ANDREA 32 GCA CAN 1868

WOMEN 35-39

REC: Jane Katz 39. 1983 MMY 4610

1 KATZ, JANE 39 MMY 4610

2 ECKER, KATI 35 CCM 4558

3 SANDOK, SUSAN G. 35 MIC 4375

3 KING, KRISTINA 35 SMM 4375

5 JUSTEBEN, COOKIE 35 HUB 4265

6 McHENRY, LINDA 35 MVR 4215

7 COLLETT, NAN 39 LAD 4865

8 LANG, KAREN 35 DAV 4818

9 WATSON, KATHERINE 35 IND 3995

10 CLARK, MIMI 39 IND 3998

11 BAIRD, LINDA J. 35 IND 3985

12 WINN, RUTH 39 TAM 3885

13 STORM, BONNIE 37 LAD 3875

14 REES, HELEN 36 CAN AUS 3855

15 PLESNER, JAN 36 UMP 3755

16 ROMAYO, JANIT 37 CON 3675

17 WARTA, KATHIE 38 LLM 3658

18 KLEIBER, GAYNOR 39 SCA CAN 3638

19 BUCCINO, VICKI 36 PST 3685

20 SVANSON, ANN 37 UNA 3555

21 YUNKER, CAROL M. 35 JER 3558

22 GILLIES, JUDY 35 AIM 3525

23 ASTENBAUER, PAT 35 GRA 3348

24 BRADLEY, MARIANNE 39 CLE 3188

25 BARNITZ, CAROL 35 DUK 3175

26 ORDEMAN, CAROL 39 LAD 3176

27 NEWTON, MARGARET 36 UNA 3125

28 STEWART, BELYNDA 36 MAR 3088

28 REVAZ, MARY E. 38 NEM 3888

30 VANGSTAD, CLAUDIA 35 UNA 3824

31 SOH, JACQUELINE 39 NOR AUS 2985

32 RUTZON, UNITA 37 TAR AUS 2848

33 XLEIN, JAN 37 18 2925

34 PEACHEY, FRANCES 34 18 2928

35 STEWART, ALLISON 36 CON 2865

36 CONKLIN, KAREN 36 UMP 2839

37 BISSELL, KATHY 36 UNA 2725

38 GODFREY, LINDA 35 4NE 2718

39 CROSIER, SANDY 36 JMF 2668

40 PRICE, ROSEMARY 35 NOR AUS 1898

WOMEN 40-44

REC: Nancy Ridout 40. 1982 TAM 4525

Nancy Ridout 41. 1983 TAM 4525

WOMEN 45-49

REC: LaYelle Stoinoff 49. 1982 UNA 44

(Portland, Oregon)

WOMEN 50-54

REC: LaYelle Stoinoff 50. 1983 MUL 4

WOMEN 55-59

REC: Joan Osborne 55. 1982 HUM 3200

WOMEN 60-64

REC: Jane McCollister 63. 1982 TAM 3

21 BRAESSER, MAUREEN 58 GRA 2856

22 MORRISEY, MARY 52 GRA 2808

23 LYNN, ESTHER 56 NEM 2675

24 MAGREGOR, HENRI 53 CAL CAN 2625

25 WRIGHT, JANE 56 LAD 2568

26 MC GUIRE, JEAN M. 51 NEM 2568

27 MULDER, TREES 56 NOR AUS 2498

28 ZAUSS, NEVERLY 53 KET 2425

29 KING, CARINA 50 TAR AUS 2258

30 DAWSON, BUNNY 54 LAD 2235

31 HUBER, NORMA 51 CLE 2275

32 SCHROEDER, ADDIE 51 LAD 2268

33 WELSH, CORAL 50 HUN AUS 2168

34 MORGAN, LOUISE 52 UNA 1625

35 HORN, CAROL 50 UMP 1620

WOMEN 65-69

REC: Geri Orozco 56. 1979 SMM 3930

WOMEN 70-74

REC: Ruth Switzer 73. 1982 SUN 3185

1 OFFENHAUSER, HELEN 70 CON 3648

2 BEIN, EVA 72 MET 2958

3 DOLCE, JULIA 73 STP 2700

4 JOHNSTON, BEE 73 RIN 2696

5 MULLER, EVA 74 JER 2625

6 COOPER, RUTH 74 DCM 2525

7 ABRAHAM, GERTRUDE 72 DCM 2435

8 WEIL, INGE 76 LBL 2175

9 HOPKINS, DOROTHY 73 UNA 2128

10 JONES, BETTY 73 UNA AUS 2118

11 ZWEIFEL, RUTH 78 HUM 2108

12 EGEDAL, ELIZABETH 73 UNA 1425

WOMEN 75-79

REC: Vivienne Cherriman 75. 1983

BLD GTB 710

1 CHERIMAN, VIVIENNE 75 BLD GTB 3158

2 MAURIC, ELIZABETH 78 IND 2425

3 LANDON, EDNA 78 RYA 2365

4 SOMERS, EVELYN 75 CON 2328

5 PELTON, KATHERINE 77 IND 2268

6 MCKECHNIE, MARIAN 78 STP 2845

7 BARN, PAULINE 78 UNA 1675

WOMEN 80-84

REC: Nellie Brown 84. 1978 DCM 1620

L Florence Bl. 1978 1600

No entries in 1983

WOMEN 85-89

REC: Nellie Brown 89. 1983 DCM 1200

1 BROWN, NELLIE C. 89 DCM 1200

WOMEN 90 & over

REC: Luella Tyra 90. 1983 IND 975

9 TYRA, LUILLA 90 IND 975

MEN 25-29

11 HECHTLEPPF, DR. M.	36 VAM	4495	27 SIMMONS, FREDERICK	45 NEM	3875	16 FORD, KENNETH	69 COO AUS	2988	Women 75+
12 PYHEL, HELMUT J.	38 STP	4473	28 JENNINGS, STEPHEN	45 IND	3851	17 MILLER, FRANCIS J.	69 DCM	2978	1. Industry Hills
12 CUNNINGHAM, GARY	35 PLN	4475	29 SMITH, RONALD	46 LNA	3841	18 ANNES, MAURICE	67 SMA	2958	(Katie Hilton 37, Elizabeth, 74)
14 KING, DAVID W.	35 NEM	4435	30 PUSHI, SANDOR	46 PAC	3751	19 LUTHER, ALEXANDER	67 NEM	2925	Maurice 70, Int Tyro 30)
15 RUS, JAN	35 IND	4425	31 COOKE, WILHARD	46 SWA	3725	20 DELEN, EDWARD	68 SMA	2886	Men 25+
15 BRADFORD, BILL	36 PLN	4425	31 BURNS, RAYMOND	47 SPR	3725	21 McCARTHY, WILLIAM	65 NEM	2668	Rec: 15,935 Tamalpais Aquatic Masters
17 SCHACHT, PETE	36 NEM	4485	33 EHINGER, DONALD	46 NIA	3658	22 WOLCUT, STANLEY R.	67 LLM	2648	(Kenyon, Plotkin, Winn)
18 HATTEMER, DENIS	36 GLE	4389	33 BURON, ROBERT	45 LHM	3658	23 DELANEY, CARROLL	68 DCM	2468	2. New England Masters "A"
19 BIONDI, JOE	39 STP	4375	35 PENSON, ROBERT	47 DCM	3638	24 BARRIE, DOUG	67 COO AUS	2185	(Todd Bryan 32, Dave Bright 29, Frank McQuigan 34)
20 HAWN, CHUCK	36 COO AUS	4370	36 VOGT, BRUCE	46 CON	3608	25 MC GUIRE, CLINTON	65 NEM	2088	3. Mishawaka YMCA Masters
21 CUNNINGHAM, MIKE	36 MAR	4300	38 ROSENBAUM, WALTER	45 FAS	3608	26 LUNA, MAX	67 IND	1985	(Hauflaire, Sager, Humphries)
21 HARGOLIS, MICHAEL	35 UNA	4389	38 WATSON, PETER	45 TAW AUS	3485	27 BROODHEAD, JEFF	66 BCA AUS	1855	4. Walnut Creek Masters
21 EVELING, TERRY W.	35 RYA	4299	40 TRUSTY, NORMAN	49 BLD GTB	3449	Men 70-74			14,350
21 EASTWOOD, LESTER	35 RYA	4299	41 NEWSTEAD, GRAHAM	46 UNA	3415	REC: Herbert Howe 70, 1983 WIS 3845			1. New England Masters "A"
22 FING, JACK	36 VAR	4285	42 ZIRNHOLD, DONALD	49 UNA	3385	1 HOWE, HERBERT	70 WIS	3845	(Todd Bryan 32, Dave Bright 29, Frank McQuigan 34)
26 HECKLAW, MICHAEL	39 DAV	4225	43 WAITE, ARNOLD M	46 UNA	3108	2 STARR, LEE LINCOLN	73 AZM	3435	2. Mishawaka YMCA Masters
27 MAGUIRE, JOHN P.	36 STP	4150	44 JAMES, CHARLES	47 HUN AUS	3168	3 MCPAEE, DAVE	73 DCM	3335	(Hauflaire, Sager, Humphries)
27 URBAN, ED.	38 LAD	4150	45 OSBORN, CHARLES	46 KET	3125	4 NEWTON, JOHN	74 ILL	3118	3. Walnut Creek Masters
27 HARRIS, MIKE	35 UNA	4150	46 WAHL, WILLIAM	46 SHA	3065	5 MORRISON, JOHN L.	71 TAM	3078	14,350
28 LAMB, RICHARD	36 JER	4135	47 DUNN, PENNEY	47 ETT AUS	3068	6 BIGRIST, OSCAR	74 JER	2928	4. Industry Hills "A"
31 BOLLENBACH, EDW.	36 UNA	4075	48 VARSA, JOHN PETER	47 DUL	3025	7 SILVERMAN, LOUIS P.	72 UNA	2825	(Chasta, Courtney, Mickelson)
32 SNOW, RICK	39 NBM	4025	49 STROUPE, MIKE	45 RAL	2958	8 BRADEN, HOWARD	72 MIC	2700	5. Santa Barbara Swim Club
33 LAUER, PETER	39 UNA	4000	50 HARNESS, NORM	46 COO AUS	2835	9 JOHNSTON, WILLARD	72 RIN	2698	13,775
34 BRADLEY, RICHARD	39 DSU	3945	51 BAYHAN, JOHN J.	46 WAL	2848	10 WARNER, BILL	72 JER	2656	6. Connecticut Masters
35 SNOAD, MICHAEL J.	39 CAN AUS	3845	52 HOOCHING, BRUCE	45 NOR AUS	2785	11 WALTZL, FRED	70 STP	2628	(Black, Shea, Geoghegan)
36 CARALLO, JULIUS	35 MET	3855	53 VON CERNNA, IVAN	47 COO AUS	2665	12 ABRAHAM, ALBERT	71 DCM	2608	7. Piranha Swim Team
37 NESSEL, EDWARD	37 UNA	3855	54 OXFORD, MORRIS	48 TAW AUS	2575	13 CASSELMAN, H. LES	70 UNA	2508	(Abcock, Vreeland, Topper)
38 KARPET, ROBERT	37 HUN AUS	3856	Men 50-54			14 REINER, EDWARD G.	70 DCM	2295	8. Jersey Masters
38 CAREY, JOHN	39 UNA	3856	REC: Graham Johnson 50, 1982 UNA 476			15 BOURNE, JACK	72 COO AUS	1665	12,920
40 MCHENRY, JAMES	38 MVN	3834	REC: Houston, Texas 40, 1982 UNA 476			Men 75-79			12,875
41 FRASER, TONY	36 COO AUS	3825	REC: Clarence Ross 50, 1980 JER 343:			REC: Arthur Rule 76, 1982 RIN 3460			12,715
42 KEYS, JEFFREY	35 IND	3809	1 VANLILL, ROLAND	76 MDM	3125	1 VANLILL, ROLAND	76 MDM	3125	11. Industry Hills "B"
43 GUISE, RICHARD RAY	35 UNA	3698	2 STROTHMANN, HENRY	77 JER	2850	2 STROTHMANN, HENRY	77 JER	2850	(Allard, Hale, Turner)
44 CURRY, JAMES P.	39 JER	3665	3 ROGERS, JACK	75 NOR AUS	2825	3 ROGERS, JACK	75 NOR AUS	2825	12. Terrapin Masters
45 INGRAM, DON	39 MIA	3575	4 VOGT, MAXWELL	76 JER	2625	4 VOGT, MAXWELL	76 JER	2625	(Clifford, Stiefel, Frederick)
45 PLOPPER, CHARLES	38 DAV	3575	5 BORGHETTY, HECTOR	76 JER	1845	5 BORGHETTY, HECTOR	76 JER	1845	Men 35+
47 ORDEMANN, WALT	38 LAD	3558	Men 80-84			REC: Clarence Ross 80, 1980 JER 343:			1. Illinois Masters
48 TIGGS, DAVE	35 IND	3558	REC: Bob Simmonds 80, SKT 2380			REC: Bob Simmonds 80, SKT 2380			(Jon Sheldon 37, Dave Gifford 42, Dave Casebolt 41)
49 TOBIN, BILL	38 UNA	3475	No entries in 1983.			No entries in 1983.			2. Plano Wetcats
50 HEFFERNAN, PATRIC	38 TAM	3455	Men 85-89			Men 85-89			(Light, Cunningham, Bradford)
51 HARRIS, ALLEN	37 NEM	3464	REC: Bob Simmonds 80, SKT 2380			REC: Bob Simmonds 80, SKT 2380			3. Rinconada Masters
52 BOYS, ALLAN	35 HUN AUS	3398	No entries in 1983.			No entries in 1983.			4. St. Pete Masters
52 HOEHN, FRED	36 NAP	3385	REC: Hugh Winn 40, 1982 TAM 5170			REC: Hugh Winn 40, 1982 TAM 5170			13,350
54 MACARTHY, BARRY	35 SDS	3350	REC: Hugh Winn 40, 1982 TAM 5170			REC: Hugh Winn 40, 1982 TAM 5170			1. New England Masters
55 MATTHEWS, THOMAS	35 TOP	3340	REC: Jim Welch 60, 1979 HUN 4435			REC: Jim Welch 60, 1979 HUN 4435			(John Sheldon 37, Dave Gifford 42, Dave Casebolt 41)
56 HILBERT, RILLY	37 MVN	3255	1 WILSON, WINTHROP	35 NEM	4330	1 WILSON, WINTHROP	35 NEM	4330	2. Plano Wetcats
57 MCCARTHY, MICHAEL	35 NEM	3225	2 TRASK, FRED	35 HUM	4135	2 TRASK, FRED	35 HUM	4135	(Light, Cunningham, Bradford)
58 MESMER, JOHN	35 GRA	3200	3 JORDENSEN, JOHN	35 CON	4050	3 JORDENSEN, JOHN	35 CON	4050	3. Rinconada Masters
59 DINGLE, JOHN	36 COO AUS	3199	4 VICKERY, KEVIN	35 ETT AUS	3905	4 VICKERY, KEVIN	35 ETT AUS	3905	4. St. Pete Masters
60 LONG, KENNETH CL.	37 HUN AUS	3194	5 MATHEWS, MEL	35 NEM	3935	5 MATHEWS, MEL	35 NEM	3935	5. New England Masters "A"
61 MC CARTHY, J. BAR'IT	37 UNA	3185	6 KATZ, IRVING	35 NEM	3935	6 KATZ, IRVING	35 NEM	3935	(Walsh, Helmrich, Palozzi)
62 ERWIN, JAMES	35 JER	3162	7 HARRIS, LEONARD	35 TAU	3925	7 HARRIS, LEONARD	35 TAU	3925	6. Industry Hills "A"
63 RYAN, BOB	35 MAM	3148	8 BROWN, GIL	35 BLE	3715	8 BROWN, GIL	35 BLE	3715	(McMurray, Rus, Reys)
64 VIGUE, RICHARD	38 UNA	3148	9 LARIMORE, LARRY	35 IND	3425	9 LARIMORE, LARRY	35 IND	3425	7. Hunter AUSS, Australia
65 FORDYCE, PETER	37 NOR AUS	3135	10 WESTENBERG, DIRK	35 SBS	3428	10 WESTENBERG, DIRK	35 SBS	3428	(Karpel, Ford, Hawthorne)
Men 40-44			11 SCOTT, VERNE	35 DAV	3268	11 SCOTT, VERNE	35 DAV	3268	8. Jersey Masters
REC: Hugh Winn 40, 1982 TAM 5170			12 MCGINTOSH, ALEX	35 JER	3495	12 MCGINTOSH, ALEX	35 JER	3495	(Lamb, Curry, Brunson)
1 WINN, HUGH O.	41 TAM	3068	13 SIMPSON, WILLIAM	35 TOP	3405	13 SIMPSON, WILLIAM	35 TOP	3405	9. Industry Hills "C"
2 GEOGHEGAN, JACK	40 CON	3058	14 CRAMER, JOE	35 DAL	3375	14 CRAMER, JOE	35 DAL	3375	(Tiggs, Miyagawa, Chevreffis)
3 SAYLOR, STEPHEN	40 TRD	41915	15 CONKLIN, DON W.	35 LDM	3370	15 CONKLIN, DON W.	35 LDM	3370	Men 45+
4 WIEKOLK, BEN	42 SDS	4088	16 DODD, EDWARD	35 NOR AUS	3558	REC: 13,175 D.C. Masters 1980			1. New England Masters
5 GIFFORD, DAVID	42 LLL	3795	17 KEEGAN, EDWARD	35 NOR AUS	3558	REC: 13,175 D.C. Masters 1980			(Alan Johnson 45, John Jerome 50, Tom Lyndon 51)
6 LIGHT, COLIN	41 PLN	4685	18 DODD, EDWARD	35 NOR AUS	3558	1. New England Masters	12,795		2. Wisconsin Masters Ag Club 12,625
7 CASEBOLT, DAVE	41 LLL	4583	19 FARNISH, JOHN	35 LDM	3558	2. Wisconsin Valley Masters	11,675		(Helmuth, Middleton, Kuern)
8 PRICE, KENT	41 UNA	4520	20 BARNES, EDWARD	35 LDM	3558	3. Missouri Valley Masters	10,750		3. Santa Barbara Swim Club 12,185
9 ROTHSCHILD, MIKE	40 WIS	4510	21 DODD, EDWARD	35 LDM	3558	4. North Lodge Auss, Australia	10,640		(Timbrook, Martin, Woestenburg)
10 LANE, DUKE	40 UNA	4498	22 KUCHINSKI, BERNARD	35 LDM	3558	5. Michigan Masters	12,125		4. Michigan Masters
11 DUNCAN, BOB	43 RIN	4335	23 SIBERSKI, FRANK	35 CON	3175	5. San Diego Swim Masters	12,025		(Moss, Koenig, Hoover)
12 BERGSTROM, ROBERT	41 FUL	4295	24 KEMOF, THOMAS	35 PHL	3135	6. Walnut Creek Masters	11,950		(Brown, Milliman, Smith)
13 TIMBROOK, STEVEN	44 SDS	4255	25 LENNON, BILL	35 COO AUS	3038	7. Industry Hills	11,775		(Jennings, Kent, Larimore)
14 NEUNZIG, KURT	40 MVN	4250	26 BRAZIEL, ROGER T.	35 LDM	2975	8. Connecticut Masters	11,705		(Coykendall, Vogt, Duffy)
14 SMITH, ARTHUR	43 DCM	4258	27 HASON, ROBERT P.	35 LDM	2950	9. SPRI Masters	11,385		(Kohnken, Burns, Beach)
16 LENDWAY, JEROME	44 SHA	4175	28 JAHRLING, RAY	35 LDM	2850	10. New England Masters "B"	10,905		(Reyna, Bergquist, Puleston)
17 WILLIS, PETER	42 NOR AUS	4136	29 RIVERS, WAL	35 LDM	2716	11. North Lodge Auss	9,845		(Malcolm, Donovan, Rogers)
18 POPE, JAMES	40 VAM	4105	30 CHEVREFILS, ANDRE	35 IND	2450	12. Jersey Masters	9,845		(Yunker, Hamilton, Muller)
19 McMURRAY, JAMES	41 IND	4066	Men 50-54			13. Conox Blueback Davids	8,865		(Woodruff, McIntosh, O'Toole)
20 BISHOP, DICK	42 UNA	4006	REC: Winthrop Wilson 55, 1983 NEM 45			14. Rinconada Masters			Men 55+
21 FORD, ROBERT	43 HUN AUS	3995	REC: Winthrop Wilson 55, 1983 NEM 45			15. New England Masters	12,505		1. New England Masters
22 ANSTY, BARRY	43 GCA AUS	3965	REC: Winthrop Wilson 55, 1983 NEM 45			16. Wal-Mart Masters	12,505		(Win Wilson 55, Jim Edwards 60, Irving Katz 59)
23 SHAW, KEITH	43 GCA AUS	3965	REC: Winthrop Wilson 55, 1983 NEM 45			17. San Mateo Marlins	11,450		2. Wisconsin Masters Ag Club 12,625
24 MULLIKEN, BILL	43 CHU	3925	REC: Winthrop Wilson 55, 1983 NEM 45			18. Connecticu Masters	11,505		(Selmer, Duncan, Fassbender)
25 KRIES, RICHARD	44 BIM	3916	REC: Winthrop Wilson 55, 1983 NEM 45			19. North Lodge Auss	10,640		3. Santa Barbara Swim Club 12,185
26 FREDERICK, RICHARD L.	40 UNA	3905	REC: Winthrop Wilson 55, 1983 NEM 45			20. Rinconada Masters	10,365		(Timbrook, Martin, Woestenburg)
27 HAHN, RICHARD	40 NEM	3906	REC: Winthrop Wilson 55, 1983 NEM 45			21. Industry Hills	10,200		4. Michigan Masters
28 STEUKE, GUY	41 UNA	3885	REC: Winthrop Wilson 55, 1983 NEM 45			22. Industry Hills	10,150		(Moss, Koenig, Hoover)
29 WEIDMAN, KENNETH	43 NEM	3798	REC: Winthrop Wilson 55, 1983 NEM 45			23. Industry Hills	10,150		5. Connecticut Masters
30 KLINE, MICHAEL H.	43 CLE	3688	REC: Winthrop Wilson 55, 1983 NEM 45			24. North Lodge Auss	9,745		(Reyna, Bergquist, Puleston)
31 DOWLING, JOSEPH M	43 UNA	3678	REC: Winthrop Wilson 55, 1983 NEM 45			25. Jersey Masters	9,745		(Malcolm, Donovan, Rogers)
32 HART, KEITH	43 HUN AUS	3678	REC: Winthrop Wilson 55, 1983 NEM 45			26. Jersey Masters	9,745		(Yunker, Hamilton, Muller)
33 SAMUELS, BOB	42 LAD	3666	REC: Winthrop Wilson 55, 1983 NEM 45			27. Rinconada Masters	9,685		(Woodruff, McIntosh, O'Toole)
34 HARRIES, KEITH	40 OKL	3650	REC: Winthrop Wilson 55, 1983 NEM 45			28. Jersey Masters	9,685		(Conox, Gagnon, Davis)
35 AGNEW, DREW	42 CAL CAN	3595	REC: Winthrop Wilson 55, 1983 NEM 45			29. Rinconada Masters	9,685		(Struthers, Siegrist, Warner)
36 HAMILTON, BILL	40 SDS	3578	REC: Winthrop Wilson 55, 1983 NEM 45			30. Wal-Mart Masters	9,685		Men 65+
37 GOHRES, FRANKLIN	40 WAL	3565	REC: Winthrop Wilson 55, 1983 NEM 45			31. Rinconada Masters	9,685		1. Rinconada Masters
38 STEWART, WAYNE L.	42 TAM	3510	REC: Winthrop Wilson 55, 1983 NEM 45			32. Santa Barbara Swim Club	9,600		(Aldo Dabosa 65, Ed Blackledge 67, Willard Johnston 72)
39 MARTIN, PHILIP	42 UNA	3508	REC: Winthrop Wilson 55, 1983 NEM 45			33. San Mateo Marlins	9,230		2. Jersey Masters
40 SMITH, DAVID	42 UNA	3508	REC: Winthrop Wilson 55, 1983 NEM 45			34. Arizona Masters	8,485		(Newman, Overeem, Loyce)
41 COYENDALL, ROBT.	45 HIL	3502	REC: Winthrop Wilson 55, 1983 NEM 45			35. D.C. Masters	8,485		3. D.C. Masters
42 COYENDALL, ROBT.	45 HIL	3502	REC: Winthrop Wilson 55, 1983 NEM 45			36. Lincolnland Masters	8,380		(McAfee, Miller, Abraham)
43 COYENDALL, ROBT.	45 HIL	3502	REC: Winthrop Wilson 55, 1983 NEM 45			37. Wal-Mart Masters	8,380		4. Lincolnland Masters
44 COYENDALL, ROBT.	45 HIL	3502	REC: Winthrop Wilson 55, 1983 NEM 45			38. Wal-Mart Masters	8,380		(Mojsik, Annes, Olen)
45 COYENDALL, ROBT.	45 HIL	3502	REC: Winthrop Wilson 55, 1983 NEM 45			39. Wal-Mart Masters	8,380		Men 75+
46 COYENDALL, ROBT.	45 HIL	3502	REC: Winthrop Wilson 55, 1983 NEM 45			40. Wal-Mart Masters	8,380		1. Rinconada Masters
47 COYENDALL, ROBT.	45 HIL	3502	REC: Winthrop Wilson 55, 198						

Maryland Masters  
Sixth Annual Winter Swim Meet  
February 26-27, 1983  
Sanction #0051  
Pool length - 25 yards

**WOMEN 25-29**

**50 Yd. Freestyle**

Deborah Cain 26

Gina Dick 25

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Kim Hansen 26

Jeanne Crouse 26

Maureen Kilgarriff 25

Jeanne Crouse 26

Sandra Irving 29

Judy Cox 29

Jody Lausch 29

Thea Cunningham 28

Marie Wagner 26

Helga Hufner 26

Sally Bach 29

**100 Yd. Freestyle**

Deborah Cain 26

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Diane Cayce 26

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

Thea Cunningham 28

Marie Wagner 26

Helga Hufner 26

Sally Bach 29

**200 Yd. IM**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Diane Cayce 26

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

Thea Cunningham 28

Marie Wagner 26

Helga Hufner 26

Sally Bach 29

**400 Yd. IM**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

Thea Cunningham 28

Marie Wagner 26

Helga Hufner 26

Sally Bach 29

**50 Yd. Backstroke**

Deborah Cain 26

Maureen Kilgarriff 25

Gina Dick 25

Judy Cox 29

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Diane Cayce 26

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

Thea Cunningham 28

Marie Wagner 26

Helga Hufner 26

Sally Bach 29

**100 Yd. Backstroke**

Deborah Cain 26

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**200 Yd. Backstroke**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**400 Yd. Backstroke**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**50 Yd. Butterfly**

Deborah Cain 26

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**100 Yd. Butterfly**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**200 Yd. Butterfly**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**400 Yd. Butterfly**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**50 Yd. Breaststroke**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**100 Yd. Breaststroke**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**200 Yd. Breaststroke**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**400 Yd. Breaststroke**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**50 Yd. Freestyle**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**100 Yd. Freestyle**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**200 Yd. Freestyle**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**400 Yd. Freestyle**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**50 Yd. Backstroke**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**100 Yd. Backstroke**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**200 Yd. Backstroke**

Deborah Cain 26

Elaine Hochuli 27

Susan Skiff 28

Anita Callahan 25

Barb Bowman 25

Kim Muse 29

Judy Cox 29

Jeanne Crouse 26

Sandra Irving 29

Jody Lausch 29

**400 Yd. Backstroke**

Deborah Cain 26

Elaine Hochuli 27



Menneth Lynn	53	33.51	100 Yd. IM	George Mikulski	62	1:59.32	MEN 80-84	Paul McCleary	51	50 Yd. Freestyle	Anita Callahan	25	2:19.85	
Daniel Goodsaid	52	32.20	George Mikulski	62	2:01.59	Dale Stayton	61	50 Yd. Freestyle	Patty Hecht	26	2:27.98	Barry Stiefel	33	3:15.14
Jim Seckman	52	35.19	MEN 65-69	50 Yd. Freestyle	52.89	100 Yd. Freestyle	Jeanne Crouse	26	2:06.77	John Tierney	30	3:28.54		
John Decker	52	36.43	HARRY Rawstrom	66	2:04.30	200 Yd. Freestyle	Jeanne Crouse	26	4:50.29	200 yd. Butterfly	Tony Shannon	34	3:47.35	
100 Yd. Backstroke			Leo Winterling	69	28.90	WOMEN'S RELAYS	Jeanne Crouse	26		200 yd. Backstroke	George Corrigan	30	2:15.91	
Alfonso Allen	53	1:07.07	Walt Sompayrac	69	32.78	254 Freestyle Relay	Anita Callahan	25		100 yd. Breaststroke	Steve Hogan	34	2:40.50	
Raymond Sneed	53	1:21.57	Vladimir Hudak	65	37.70	MARYLAND Masters	1:47.39		2:43.35	MEN 35-39	200 yd. Freestyle	Barry Stiefel	33	
200 Yd. Backstroke			Harry Rawstrom	66	47.77	Rubin 25, Bowman 28,			1:28.42	John Tierney	30	3:15.14		
Eimer Smith	52	2:43.51	Muse 29, Ross 31			Muse 29, Ross 31			2:30.63	200 yd. Breaststroke	Tony Shannon	34	3:28.54	
Daniel Goodsaid	52	3:18.24								200 yd. IM	George Corrigan	30	3:47.35	
100 Yd. IN										200 yd. IM	Steve Hogan	34	2:15.91	
Bill Clinton	51	1:11.09	George Pitts	65	1:07.34					200 yd. Breaststroke	MEN 35-39	2:40.50		
Jim Seckman	52	1:17.03	Leo Winterling	69	1:13.89					200 yd. IM	Walter Meares	39	2:52.91	
Kenneth Flynn	53	1:17.64	Walt Sompayrac	69	1:20.27					200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:17.61
Forest Sullivan	53	1:20.95	HARRY Rawstrom	66	1:24.80					200 yd. IM	Walter Meares	39	1:19.97	
Raymond Sneed	53	1:22.01	Walt Sompayrac	69	2:39.35					200 yd. IM	200 yd. Breaststroke	Walter Meares	39	2:59.98
Alan Eckert	52	1:40.02	Harry Rawstrom	66	3:06.69					200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:05.08
Robert Rudolph	50	1:51.40	Walt Sompayrac	69	3:18.65					200 yd. IM	Walter Meares	39	2:52.91	
200 Yd. IM			Les Finnegan	69	3:49.61					200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:17.61
Bill Clinton	51	2:37.60	Norris Fluke	65	7:26.24					200 yd. IM	Walter Meares	39	1:19.97	
Paul Geithner	52	2:57.12	Walt Sompayrac	69	8:40.70					200 yd. IM	200 yd. Breaststroke	Walter Meares	39	2:59.98
Daniel Goodsaid	52	3:00.33	100 Yd. Backstroke							200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:05.08
400 Yd. IM			George Pitts	65	39.12					200 yd. IM	Walter Meares	39	2:52.91	
Elmer Smith	52	5:42.54	Harry Rawstrom	66	40.48					200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:17.61
Bill Clinton	51	5:46.95	Walt Sompayrac	69	46.97					200 yd. IM	Walter Meares	39	1:19.97	
Art Meyer	51	6:27.00	100 Yd. Backstroke		55.27					200 yd. IM	200 yd. Breaststroke	Walter Meares	39	2:59.98
MEN 55-59			Lei Winterling	69	56.21					200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:05.08
50 Yd. Freestyle			Vladimir Hudak	65	59.18					200 yd. IM	Walter Meares	39	2:52.91	
John Woods	59	27.60	100 Yd. Backstroke		1:41.54					200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:17.61
Francis Hall	56	22.36	Walt Sompayrac	69						200 yd. IM	Walter Meares	39	1:19.97	
Paul Kretschmer	55	32.50	200 Yd. Backstroke							200 yd. IM	200 yd. Breaststroke	Walter Meares	39	2:59.98
Calvin Barnes	59	34.04	Norris Fluke	65						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:05.08
James Ferguson	53	35.11	Les Finnegan	69						200 yd. IM	Walter Meares	39	2:52.91	
100 Yd. Freestyle			50 Yd. Breaststroke							200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:17.61
John Woods	59	1:01.51	50 Yd. Breaststroke							200 yd. IM	Walter Meares	39	1:19.97	
Raymond Thayer	56	1:07.17	Harry Rawstrom	66						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	2:59.98
Francis Hall	56	1:10.12	Cal Schaeffer	65						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:05.08
Jay Blowers	55	1:15.51	Lei Winterling	69						200 yd. IM	Walter Meares	39	2:52.91	
Calvin Barnes	59	1:16.37	Walt Sompayrac	69						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:17.61
James Ferguson	53	1:23.12	Vladimir Hudak	65						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:19.97
200 Yd. Freestyle			100 Yd. IM							200 yd. IM	Walter Meares	39	2:59.98	
John Woods	59	2:19.96	Walt Sompayrac	69						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:05.08
Raymond Thayer	56	2:31.14	100 Yd. Backstroke							200 yd. IM	Walter Meares	39	2:52.91	
Calvin Barnes	59	2:45.07	Walt Sompayrac	69						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:17.61
Paul Kretschmer	55	2:53.04	200 Yd. Backstroke							200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:19.97
500 Yd. Freestyle			Norris Fluke	65						200 yd. IM	Walter Meares	39	2:59.98	
Calvin Barnes	59	3:04.04	Les Finnegan	69						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:05.08
100 Yd. Breaststroke			50 Yd. Breaststroke							200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	2:52.91
John Woods	59	3:09.99	50 Yd. Breaststroke							200 yd. IM	Walter Meares	39	1:17.61	
Raymond Thayer	56	3:11.14	Cal Schaeffer	65						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:19.97
Francis Hall	56	3:15.57	Lei Winterling	69						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	2:59.98
Jay Blowers	55	3:15.51	Walt Sompayrac	69						200 yd. IM	Walter Meares	39	1:05.08	
Paul Kretschmer	55	3:16.37	200 Yd. Breaststroke							200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:17.61
500 Yd. Freestyle			Norris Fluke	65						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:19.97
Calvin Barnes	59	3:24.90	Lei Winterling	69						200 yd. IM	Walter Meares	39	2:59.98	
100 Yd. Backstroke			Walt Sompayrac	69						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:05.08
Calvin Barnes	59	3:24.90	200 Yd. Backstroke							200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	2:52.91
100 Yd. Breaststroke			Norris Fluke	65						200 yd. IM	Walter Meares	39	1:17.61	
John Woods	59	3:24.90	Cal Schaeffer	65						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:19.97
Francis Hall	56	3:24.90	Lei Winterling	69						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	2:59.98
Raymond Thayer	56	3:24.90	Walt Sompayrac	69						200 yd. IM	Walter Meares	39	1:05.08	
Paul Kretschmer	55	3:24.90	200 Yd. Breaststroke							200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:17.61
500 Yd. Breaststroke			Norris Fluke	65						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:19.97
Paul Kretschmer	55	3:24.90	Cal Schaeffer	65						200 yd. IM	Walter Meares	39	2:59.98	
50 Yd. Backstroke			Lei Winterling	69						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:05.08
Paul Kretschmer	55	3:24.90	Walt Sompayrac	69						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	2:52.91
50 Yd. Breaststroke			200 Yd. IM							200 yd. IM	Walter Meares	39	1:17.61	
Paul Kretschmer	55	3:24.90	Cal Schaeffer	65						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:19.97
50 Yd. IM			Lei Winterling	69						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	2:59.98
John Woods	59	31.11	Walt Sompayrac	69						200 yd. IM	Walter Meares	39	1:05.08	
Paul Kretschmer	55	33.76	200 Yd. IM							200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:17.61
Francis Hall	56	39.89	Norris Fluke	65						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:19.97
Calvin Barnes	59	42.11	Cal Schaeffer	65						200 yd. IM	Walter Meares	39	2:59.98	
James Ferguson	58	46.19	Bert Kassell	70						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:05.08
100 Yd. IM			David McAffee	73						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	2:52.91
Roger Franks	56	1:12.86	Wilhelm Ossa	73						200 yd. IM	Walter Meares	39	1:17.61	
Roger Franks	56	1:20.62	100 Yd. IM							200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:19.97
Paul Kretschmer	55	1:20.62	Cal Schaeffer	65						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	2:59.98
200 Yd. IM			Lei Winterling	69						200 yd. IM	Walter Meares	39	1:05.08	
Roger Franks	56	1:20.62	Walt Sompayrac	69						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:17.61
100 Yd. IM			200 Yd. IM							200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:19.97
Roger Franks	56	1:20.62	Norris Fluke	65						200 yd. IM	Walter Meares	39	2:59.98	
MEN 60-64			Cal Schaeffer	65						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:05.08
50 Yd. Freestyle			Lei Winterling	69						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	2:52.91
Charles Harris	61	31.40	Walt Sompayrac	69						200 yd. IM	Walter Meares	39	1:17.61	
Donald Crawford	63	36.02	200 Yd. IM							200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:19.97
George Mikulski	62	40.80	Norris Fluke	65						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	2:59.98
Dale Stayton	61	41.98	Cal Schaeffer	65						200 yd. IM	Walter Meares	39	1:05.08	
100 Yd. Freestyle			Lei Winterling	69						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:17.61
Charles Harris	61	1:12.55	Walt Sompayrac	69						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	1:19.97
Ranjan Borra	61	1:53.65	200 Yd. IM							200 yd. IM	Walter Meares	39	2:59.98	
Charles Harris	61	1:27.51	Bert Kassell	70						200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:05.08
Donald Leatherman	71	1:29.58	David McAffee	73						200 yd. IM	100 yd. Breaststroke	Ken Bergquist	38	2:52.91
Charles Harris	61	1:27.51	Wilhelm Ossa	73						200 yd. IM	Walter Meares	39	1:17.61	
Charles Harris	61	1:27.51	100 Yd. IM							200 yd. IM	200 yd. Breaststroke	Walter Meares	39	1:19.97
Charles Harris	61	1:27.51	Walt Sompayrac	69		</								

Results of Third Annual  
Triad Masters Swim Meet,  
March 4, March 5, 1983.  
Greensboro, North Carolina.  
Sanction Number 133442  
(25 yd. pool) Meet Director:  
Jane Nicolai, 919/498-4873

**WOMEN 25-29**

50 yds Freestyle

Randall Morrow 27 28.24

Kathy Englar 25 29.49

Bets Woodard 28 30.99

Lynn Palmgren 28 31.55

Linda Pfautz 27 33.34

Holly Schofield 26 36.47

100 yds Freestyle

Debbie Robinson 29 1:04.46

Randall Morrow 27 1:03.99

Holly Schofield 26 1:17.10

200 yds Freestyle

Randall Morrow 27 2:19.58

Peagy Butler 28 2:30.63

Becky Waibel 28 2:42.24

500 yds Freestyle

Debbie Robinson 29 5:55.44

Kathy Englar 25 6:53.35

1650 yds Freestyle

Debbie Robinson 29 20:17.73

50 yds Backstroke

Randall Morrow 27 33.69

Margo Nowak 29 44.02

Martha Royster 28 44.24

100 yds Backstroke

Kathy Englar 25 1:19.61

200 yds Backstroke

Jane Nicolai 26 2:36.95

Randall Morrow 27 2:46.04

Kathy Englar 25 2:49.32

50 yds Breaststroke

Bets Woodard 28 37.72

Linda Pfautz 27 42.00

Holly Schofield 26 42.80

100 yds Breaststroke

Lynn Palmgren 28 1:27.21

Debbie Robinson 29 1:29.67

Linda Pfautz 27 1:32.17

Holly Schofield 26 1:33.33

Becky Waibel 28 1:35.39

200 yds Breaststroke

Holly Schofield 26 3:24.87

50 yds Butterfly

Martha Royster 28 38.50

100 yds Butterfly

Peggy Butler 29 1:13.96

Jackie Gillis 28 1:21.26

200 yds Butterfly

Peggy Butler 29 2:59.29

Jackie Gillis 28 3:16.87

100 yds Individual Medley

Jane Nicolai 26 1:10.39

Jackie Gillis 28 1:18.98

Lynn Palmgren 28 1:19.94

Becky Waibel 28 1:25.33

Martha Royster 28 1:30.20

Margo Nowak 29 1:34.22

200 yds Individual Medley

Jane Nicolai 26 2:33.93

Jackie Gillis 28 2:56.44

400 yds Individual Medley

Jane Nicolai 26 4:23.17

Jackie Gillis 28 6:17.26

**WOMEN 30-34**

100 yds Freestyle

Sandra Cathey 33 1:16.21

200 yds Freestyle

Leslie Milan 30 2:20.57

Linda Shurtliff 31 2:41.85

Sandra Cathey 33 2:49.97

500 yds Freestyle

Missy Willoughby 30 6:16.34

Linda Shurtliff 31 7:22.35

1650 yds Freestyle

Missy Willoughby 30 21:39.74

Linda Shurtliff 31 24:59.95

200 yds Backstroke

Leslie Milan 30 2:48.66

50 yds Breaststroke

Missy Willoughby 30 36.09

100 yds Breaststroke

Missy Willoughby 30 1:16.59

Sandra Cathey 33 1:30.57

Linda Shurtliff 31 1:35.83

200 yds Breaststroke

Sandra Cathey 33 3:16.84

50 yds Butterfly

Linda Shurtliff 31 42.51

200 yds Butterfly

Linda Shurtliff 31 4:20.81

100 yds Individual Medley

Missy Willoughby 30 1:09.87

Leslie Milan 30 1:16.44

Sandra Cathey 33 1:25.90

200 yds Individual Medley

Missy Willoughby 30 2:33.98

Leslie Milan 30 2:44.43

**WOMEN 35-39**

50 yds Freestyle

Beverly George 35 33.18

100 yds Freestyle

Beverly George 35 1:16.58

50 yds Breaststroke

Beverly George 35 44.08

50 yds Freestyle

Judy Decker 40 31.41

Betsy Durrant 41 33.57

100 yds Freestyle

Nancy Lowden 41 1:15.77

Dawn Stroupe 44 3:03.75

200 yds Freestyle

Judy Decker 40 2:33.18

Nancy Lowden 41 2:51.34

500 yds Freestyle

Nancy Lowden 41 7:45.84

50 yds Backstroke

Betsy Durrant 41 39.03

100 yds Backstroke

Betsy Durrant 41 1:26.61

200 yds Backstroke

Betsy Durrant 41 3:06.47

50 yds Breaststroke

Judy Decker 40 37.91

Dawn Stroupe 44 44.93

100 yds Breaststroke

Judy Decker 40 1:25.13

Betsy Durrant 41 1:29.46

Dawn Stroupe 44 1:36.25

200 yds Breaststroke

Dawn Stroupe 44 3:27.71

50 yds Butterfly

Judy Decker 40 36.08

100 yds Individual Medley

Nancy Lowden 41 1:31.14

200 yds Individual Medley

Nancy Lowden 41 3:19.64

50 yds Backstroke

Stephanie Day 52 1:00.45

100 yds Backstroke

Stephanie Day 52 2:14.89

50 yds Breaststroke

Stephanie Day 52 55.57

100 yds Breaststroke

Stephanie Day 52 2:07.27

WOMEN 60-64

Stephanie Day 61 3:02.01

500 yds Freestyle

Dorothy Ressequie 61 8:11.33

500 yds Freestyle

Dorothy Ressequie 61 2:11.79

50 yds Backstroke

Rosa Joy Downs 60 1:03.02

Rosa Joy Downs 60 2:16.90

50 yds Breaststroke

Rosa Joy Downs 60 56.70

50 yds Butterfly

Rosa Joy Downs 60 1:12.15

100 yds Individual Medley

Rosa Joy Downs 60 2:17.09

WOMEN 65-69

Nancy Clark 68 9:03.95

200 yds Mixed Freestyle Relay

25 AND OVER

Raleigh Area Masters-A 1:53.75

Richard Forsyth, Linda Shurtliff, Leslie Milan, Mark Modjeska

Durham Aquatic Masters 1:54.65

Kathy Englar, Becky Waibel, Alan Waibel, Bryan Volpp

Tarheel Masters-A 1:56.00

Dennis Watson, Bets Woodard

Peggy Butler, Kick Fahey

Tarheel Masters-B 2:02.88

John Kortheuer, Lewis Patrice

Margo Nowak, Jane Nicolai

35 AND OVER

Virginia Area Masters 2:04.54

James Pope, Charles Wilmore

Judy Decker, Betsy Durrant

45 AND OVER

Raleigh Area Masters 2:09.82

Linda Shurtliff, Ben Cuker

Mark Modjeska, Leslie Milan

Durham Aquatic Masters 2:10.74

Kathy Englar, Missy Willoughby

Bryan Volpp, David Ray

Raleigh Area Masters-B 2:13.91

Dawn Stroupe, Tom Duke, Kirk Rydland, Beverly George

200 yd Mixed Medley Relay

35 AND OVER

Raleigh Area Masters 2:19.85

James Pope, Charles Wilmore

Judy Decker, Betsy Durrant

45 AND OVER

Raleigh Area Masters 2:37.45

Rosa Downs, Stephanie Day, Fred Haynie, Robert Fearn

200 yds Mixed Medley Relay

50 yds Freestyle

Missy Willoughby 30 6:16.34

Linda Shurtliff 31 7:22.35

1650 yds Freestyle

Missy Willoughby 30 21:39.74

Linda Shurtliff 31 24:59.95

200 yds Backstroke

Leslie Milan 30 2:48.66

50 yds Breaststroke

Missy Willoughby 30 36.09

100 yds Breaststroke

Missy Willoughby 30 1:16.59

Sandra Cathey 33 1:30.57

Linda Shurtliff 31 1:35.83

200 yds Breaststroke

Sandra Cathey 33 3:16.84

50 yds Butterfly

Linda Shurtliff 31 42.51

200 yds Butterfly

Linda Shurtliff 31 4:20.81

100 yds Individual Medley

Missy Willoughby 30 1:09.87

Leslie Milan 30 1:16.44

Sandra Cathey 33 1:25.90

200 yds Individual Medley

Missy Willoughby 30 2:33.98

Leslie Milan 30 2:44.43

**WOMEN 40-44**

50 yds Freestyle

Beverly George 35 33.18

100 yds Freestyle

Beverly George 35 1:16.58

50 yds Breaststroke

Beverly George 35 44.08

50 yds Freestyle

Judy Decker 40 31.41

Betsy Durrant 41 33.57

100 yds Freestyle

Nancy Lowden 41 1:15.77

Dawn Stroupe 44 3:03.75

200 yds Freestyle

Judy Decker 40 2:33.18

Nancy Lowden 41 2:51.34

500 yds Freestyle

Nancy Lowden 41 7:45.84

50 yds Backstroke

Betsy Durrant 41 39.03

100 yds Backstroke

Betsy Durrant 41 1:26.61

Allen Lee 26 1:12.56

Ben Cuker 29 1:19.10

200 yd Breaststroke

Bryan Volpp 25 2:28.93

Allen Lee 26 2:35.75

## "MASTERS MEDIA MANIPULATION"

by Dr. Ken Krueger

All media-newspapers, magazines, radio, T.V. - are always looking for human interest stories (individual or group), calendar of events, etc. This is especially true of the smaller local versions. Often local newspapers print press releases verbatim. Larger newspapers often rewrite a press release or send a reporter for an interview.

Radio talk shows are a great place to expound the benefits of swimming. Most radio stations will put on a calendar of events - WHEN, WHERE, WHO, etc. But they must be notified first. If you have a very interesting story or group, TV would be interested. Let them know. You've nothing to lose by trying.

Example: Mt. San Antonio College has a "Nutrition and Exercise (swim)" class taught by yours truly. Many of my students are tri-athletes or Masters Swimmers (mostly Trojan Swim Club members). All of them are fitness advocates. Our youngest is 13, our oldest, 83. I've worked with cardiac patients, injured world class track athletes, orthopedic/chiropractic cases, obese adults, beautiful people...the gamut. Obviously the variety is interesting.

I've spread the word through the media about my "Nutrition and Exercise" class, the Trojan Swim Club and Masters Swimming. We are continually in the local newspapers, periodically in the larger ones, various radio stations and have even been on NBC-TV. To accomplish this, I've written a plethora of press releases/articles emphasizing one point (well being), an individual (a student working out with half a heart), or the group (National Champion Trojan Swim Club/the class), or part of the class (the triathletes or pregnant women).

How can an individual use the media? Eg. John Doe from Podunk, CA has never competed before, but enters a Masters meet. He places 8th. Interesting? With some details, possibly. Here is an everyday person who has never competed in anything, learned to swim at 55 because of a heart attack, has polio leg. John attends his first meet after 3 months of training. He meets other Masters swimmers who help him from simple things like where to check in, to helping him with his stroke technique. John goes out to dinner with a few of these "Masters" etc. He finds Masters Swimming is not merely an excuse to train harder, but great for comraderie and exchange of views on training, diet, why Reagan hasn't shut down the Dept. of Energy as promised, Beethovens Ninth, ad infinitum.

All individual Masters/Fitness swimmers can write their own story/press release whether they live in Podunk, CA or New York, NY. Note: the smaller the paper, the longer the story may be! Following: a simple standarized formula: Let others know who great it is to be fit!

### PUBLICITY

RADIO - When writing radio spots, try to get your message on the "Local" community news station. Keep your message at one of three levels:

10 seconds = 20 words  
20 seconds = 50 words  
30 seconds = 75 words

Write your spot on an  $8\frac{1}{2} \times 11$  white bond paper. One message per page. Do not hyphenate at end of line, don't separate sentences with a series of dots, don't abbreviate, and don't staple on the copy. Stations will not donate free advertising for a commercial business. Send copy at least 15 days prior to the first day you want it run.

NEWSPAPER - On all your articles: 1) address envelope to City Editor-Community News, and/or Sports Editor; 2) state "Immediate Release", and 3) have a stop date on article. Keep all your articles to between 3 to 5 paragraphs. Each paragraph can have 3 or 4 sentences. Remember, newspapers use the "Inverted Cone" approach to articles (they chop off from the bottom). Within the first three paragraphs state your story as clearly and with as much interest as possible.

### WORLD'S SHORTEST COURSE IN EDUCATIONAL JOURNALISM

- 1) Type your story on one side of the paper only, using  $8\frac{1}{2} \times 11$  paper.
- 2) Double space.
- 3) Leave the top third of the first page blank, except for source information.
- 4) Source information should be at the top left corner of the first page and should include:
  - a) The full name and address of your organization, the Writer's name, a telephone number (night and day if necessary) where the writer can be reached.
  - 5) End each page with a complete paragraph.
  - 6) Make it short. If a second page is necessary, always indicate "MORE" at the bottom of the first page.
  - 7) Use any of the following marks to indicate the end of the story #30-XXX\*\*\*
  - 8) Leave generous margins all around.
  - 9) Consider the deadlines of the local press when planning and writing your story. Get the story in as far in advance as possible.
  - 10) Send the news to your local reporter, by name.
  - 11) Always use first and last names, and completely identify every person mentioned.
  - 12) Go easy on the adjectives.
  - 13) Use short words, short sentences, short paragraphs.
  - 14) If you don't see your story in print when you expect it, ONE follow-up call to the reporter is acceptable. Find out why it didn't run. You

# SWIM-MASTER

## SUBSCRIPTION FORM

New       Renewal

ONE YEAR - NINE ISSUES

USA - \$ 8.00

FOREIGN - \$ 12.00

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

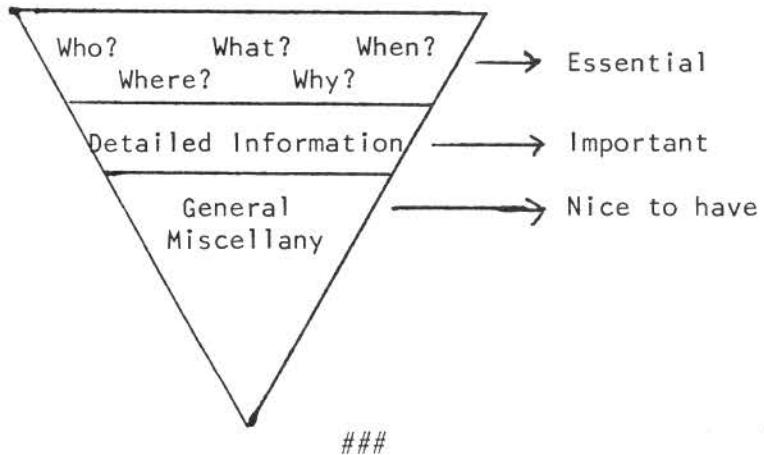
STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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

Con'd. from page 10

You may learn something that will help you next time.

When editors cut a story because of space limits, they begin at the bottom of your story. The following is an example of the order your story should follow:



# Swimming News



75 & OVER RECORD BREAKING RELAY - This picture just arrived from Hawaii. L to R, Hazel Montgomery, Anderson, Pearl Miller and I don't remember! At least they look like they're having fun.....



SHOF HOSTS A RECEPTION FOR ART LINKLETTER - Art was in town for less than 24 hours but spent one hour with us at the SHOF. (Above: Wally Spence, Art, June Krauser). It might be noted that Art was a Champion backstroker in the Pacific Assn. a while back. His grandson recently played water polo for UCLA.....

SHORT COURSE NATIONALS - What can I say. Entries have started coming in. Swimmers are complaining about the entry deadline. Instead of sending in the ORIGINAL Entry Blank (and keeping the zerox) I am getting the zerox (two pieces of paper). All of the volunteers want to be BIG CHIEF. Gets harder and harder to find timers, runners, etc. I will be most happy to see the month of June arrive even though I will be a year older. (Many years older after this meet).....  
DID YOU KNOW???????

That if you cut your calories by 400/day and swim 30 minutes/day it will take you 20 days to lose 5 pounds??? (Assuming that you weigh 154 pounds when you start)



# SWIM-MASTER

June Krauser, Editor  
2308 N.E. 19th Avenue  
Ft. Lauderdale, FL 33305

BULK RATE  
U.S. POSTAGE  
PAID  
Hollywood, FL  
PERMIT 972

**swim today...**  
**swim for the health of it!**

**LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH**

## SWIM CALENDAR

VOL XII - No 4

MAY 1983

### APRIL

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 (Indian River)  
29- May 1 SC - Region XII - Oregon Masters, 8383 SE Battin Rd., Portland, OR 97266  
30- May 1 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  
30- May 1 SC - SPA Champ. - Janet Royer, 11834 S. Colima Rd., Whittier CA 90604

MAY 6-8 SC - Charles Weidanz, P.O. Box 6, Mountain Lakes, NJ 07046  
8 SC - SPA 1650 Champ. - Janet Royer, 11834 S. Colima Rd., Whittier, CA 90604  
8 Breadbasket Zone Champ. - E. K. Kelly, 1400 Dean Ave., Des Moines, IA 50316  
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 - Dick Campbell, 7614 Peninsular Dr., Sarasota, FL 33581  
25-26 LC - Guy Darissee, Schroeder A.C., 9250 N. Green Bay Rd., Brown Deer, WI 53209  
24-25 SC - Schmertz Mem. Champ., Ocean County College, (John Stauff), Toms River, NJ  
26 LC - Millie & Mary Campbell, 5000 YMCA Dr., Cincinnati, OH 45242

JUL 2-3 LC - Dianne Brummel, 7123 Horner Apt. C, St. Louis, MO 63117  
15-17 LC - Mike Cobarrubias, P.O. Box 3026, San Jose, CA 95156  
15-17 LC - Region IV - St. Petersburg, FL  
23-24 LC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108  
30 LC - (San Jose) Chris Carriere, 410 Castro Ct., Campbell, CA 95008  
31 LC - Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45230

AUG 6-7 LC - Region III - John Zeigler, 2468 Ellis Court, Snellville, GA 30278 (Atlanta)  
14 LC - (Solano) - Vickie Good, 2168 Calder Pl, Fairfield, CA 94533  
25-28 UNITED STATES MASTERS SWIMMING LONG COURSE CHAMPIONSHIPS - INDIANAPOLIS, IN

OCT 8 SC - (Walnut Creek) - Kerry O'Brien, 125 Player Ct., Walnut Creek, CA 94598  
NOV 6 SC - Sacramento Pentathlon - Norm Myer, P.O. Box 8205, Sacramento, CA 95818  
12-13 SC - GCM Fall Swim Meet - June Krauser, 2308 N.E. 19th Ave., Ft. Laud., FL 33305  
19-20 SC - Bob Madrigal, 506 Baden #3, South San Francisco, CA 94080

DEC 3 SC - (Truckee) - Sally Peterson, PO Box 1880, Truckee, CA 95734  
CORONADO MASTERS - May 29, Jul 31, Oct 16, Dec 4 - Alicia Coleman, 24 The Point, Coronado, CA  
ARKANSAS MASTERS - Jul 9, Aug 13, Oct 8 - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212

#####