

APPENDIX A

UNITED STATES MASTERS SWIMMING, INC.

Note: This appendix is the responsibility of the United States Masters Swimming Committee, and is inserted in this Code by agreement between United States Swimming and United States Masters Swimming.

DEFINITIONS

Association—a group of athletic clubs in a certain geographic area which has been recognized as an affiliated subsidiary member of USMS (Appendix C).

Club—any organization or group of permanent character that actively promotes and/or participates in sports or games.

District—the geographic territory of an Association.

Zone—a geographic section of the country that includes all Associations within the area. There are seven zones divided as follows:

Colonies—Adirondack, Connecticut, (Maine), Maryland, Metropolitan, Mid-Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia

Cow & Oll—Arkansas, Border, Gulf, Oklahoma, South Texas, Southwestern, West Texas

Dixie—Florida Gold Coast, Florida, Georgia, North Carolina, South Carolina, Southeastern, Southern

Breadbasket—Iowa, Midwestern, Minnesota, Missouri Valley, North Dakota, Ozark, South Dakota

Heartland—Allegheny Mountain, Central, Indiana, Kentucky, Lake Erie, Michigan, Ohio, West Virginia, Wisconsin

Continental Divide—Arizona, Colorado, Montana, New Mexico, Utah, Wyoming

Oceana—Alaska, Central California, Hawaiian Island Empire, Oregon, Pacific, Pacific NW, Snake River, Southern Pacific, Pacific SW

Region—the 60 LMSCs are divided into 15 regions (See 106.14 of this Code).

LSC—Local Swimming Committee; a division of United States Swimming, Inc., with supervisory responsibilities within the geographic territory of an Association.

LMSC—Local Masters Swimming Committee; a division of United States Masters Swimming, Inc., with supervisory responsibilities within the geographic territory of an Association.

LDMSC—Long Distance Masters Swimming Committee, the Masters section of the Long Distance Committee of USS.

USMS—United States Masters Swimming, Inc., the entire national organization.

MSI—Masters Swimming International

USS—United States Swimming, Inc., the entire national organization.

FINA—Federation Internationale de Natation Amateur, the world governing body for swimming, diving, water polo and synchronized swimming.

Registration—refers to the registration of an individual member of the Corporation deemed eligible for competition in Masters swimming (25 years of age and older).

Sanction—the written approval of an LMSC to authorize registered Masters swimmers to participate in a specific competition, demonstration, clinic, exhibition or Swim-A-Thon.

I. OBJECTIVES OF UNITED STATES MASTERS SWIMMING PROGRAMS

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

and other preventable debilitating processes.

II. GOALS OF UNITED STATES MASTERS SWIMMING PROGRAMS

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

III. CODE OF REGULATIONS OF THE UNITED STATES MASTERS SWIMMING COMMITTEE

(A) Membership

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

(B) Board of Governors

- (1) The Board of Governors of the Corporation shall consist of the following:
 - (a) Each LMSC is entitled to one member; and if the LMSC has a registration of over 300 swimmers in masters swimming it is entitled to one additional member, and for each additional 500 registered swimmers, one or more member. Figures shall be determined by the records of the Registrar for the previous year or June 15th of the current year, whichever is the greater.
 - (b) All members of the Rules Committee and the chairman of any other committee appointed by the President shall be at-large members if not already members.
 - (c) The President of the Corporation shall be empowered to appoint up to ten percent of the total membership of the Board of Governors as at-large members of the Board of Governors.
 - (d) All members of the Board of Governors shall remain until their successors are selected, except that membership may be terminated by resignation filed with the Secretary.
- (2) The powers of the Board of Governors shall be as follows:
 - (a) To admit to group membership or individual membership any organization or person eligible under this code and who applies.
 - (b) To prescribe and amend the code for the government of the Corporation.
 - (c) To impose and enforce penalties for any violation of the code of the Corporation.
 - (d) To call regular and special meetings of the Corporation and to fix the time and place for holding all meetings not fixed by this code.
 - (e) To collect the dues and/or funds of the Corporation and to expend the same.
 - (f) To institute, locate, conduct and manage all national championships.

- (g) To explain, define, and interpret any provisions of this code or other rules of the Corporation, including the rules of competition.

(C) Meetings of the Board of Governors

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

(D) Officers

- (1) The elected officers of the Corporation shall be a President, a Vice-President, a Secretary and a Treasurer. No person may concurrently hold more than one of such offices.
- (2) All officers of the Corporation shall be elected by the members of the Board of Governors at annual meetings held in odd numbered years. Elected officers shall hold office for two years, or until their successors are elected and qualified.
- (3) Vacancies in any office of the Corporation may be filled for the expired term by the Board of Directors at any meeting of the Board of Directors.
- (4) The duties of the officers shall be as follows:
 - (a) The President orders meetings of the Corporation as provided in the Code and presides at all meetings of the Corporation. He has the right to exercise all the duties pertaining to this office in accordance with the Code. He is an ex-officio member of all committees.
 - (b) The Vice-President has duties as assigned to him by the President and has all the powers and performs the duties of the President if he is unable or incapable of performing such duties.
 - (c) The Secretary shall make proper arrangements for:
 - (i) Keeping the records of the Corporation and the Board of Governors.
 - (ii) Conducting all official correspondence of the Corporation.
 - (iii) Issuing all official notices of all meetings of the Board of Governors and Board of Directors.
 - (iv) Shall serve as Secretary of the Board of Governors and the Board of Directors.
 - (d) The Treasurer shall:
 - (i) Receive all moneys of the Corporation and deposit same to accounts in the name of the Corporation.
 - (ii) Pay all bills approved by a duly authorized officer or by the Board of Governors, provided same is within the authorized current budget of the Corporation.
 - (iii) Turn over to the Finance Committee or Board of Governors when requested all money, accounts, books, papers, vouchers and records pertaining to his office for audit or other purposes.
 - (iv) Prepare an annual financial report to be presented to the Board of Governors at the annual meeting.
 - (v) Receive monthly moneys and statements.

(E) Board of Directors

- (1) The Board of Directors of this Corporation shall consist of:
 - (a) The President, the Vice-President, the Secretary and the Treasurer.
 - (b) Each member of the Zone Committee.
 - (c) Past Presidents not already on the Board.
 - (d) The Chairman of the following committees: Historian, Membership/Registration, Medicine, Rules, Records, Tabulation, Legislation, Planning, International Masters Swim-

ming, Long Distance Swimming and Championship.

(e) The Legal advisor.

(f) An ex-officio member from U.S. Swimming.

- (2) Directors shall be elected or appointed for a two year term.
- (3) The Board of Directors of the Corporation shall at all times be composed of individuals at least 80% of whom are at the time of their election active masters swimmers in the United States.
- (4) Any vacancies that may occur on the Board of Directors caused by death, resignation or otherwise, shall be filled by a majority vote of the remaining members thereof, from among the members of the Board of Governors for the unexpired term.
- (5) The Board of Directors shall have the authority to act for the Corporation between meetings of the Board of Governors.
- (6) Meetings of the Board of Directors shall be held at any time or place, within or without the State of Ohio, pursuant to resolution of the Board of Directors or to a call signed by the President or any three Directors. Two (2) weeks written notice of such meeting shall be given to each Director. Notice of any meeting may be waived in writing either before or after such meeting. Special matters may be voted upon by the Board of Directors by mail, but no action can thus be taken without the endorsement of a majority of all Directors.
- (7) The presence of a majority of the Directors shall constitute a quorum at any meeting of the Board of Directors.
- (8) Each member of the Board of Directors shall have one vote with the exception of the Past Presidents. The immediate Past President shall have one vote and all other Past Presidents shall be ex-officio members. Ex-officio members shall have voice but no vote.

(F) Executive Committee

- (1) The Executive Committee of this Corporation shall consist of:
 - (a) The President, Vice President, Secretary and Treasurer
 - (b) Zone Chairman
 - (c) The Legal Advisor
 - (d) The immediate Past President
- (2) The Executive Committee shall have the authority to act for the Corporation between meetings of the Board of Directors.

(G) Committees

- (1) The Finance Committee shall consist of the Treasurer, who shall serve as an ex-officio member, and members including a chair appointed by the President for two-year terms. With the approval of the Board of Governors and under the supervision of the Board of Directors, the Finance Committee shall prepare the annual budget, invest assets of the Corporation and seek sources of revenue.
- (2) The Sports Medicine Committee shall consist of the chairman appointed by the President for a two-year term, and others who can stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.
- (3) The Rules Committee chairman shall be appointed by the President for a two-year term. The chairman shall choose from the Board of Governors 10 members with at least 1 member from each Zone. The Rules committee recommends to the Board of Governors at its Annual Meeting rule changes for the improvement of the sport. Such recommendations shall be based on proposals submitted to the Rules Committee in writing and in the proper form by the deadline established by the chairman of the Rules Committee. The committee's recommendations shall require majority approval by the Board of Governors members present and voting at the Annual Meeting in order to be adopted. Any rule proposals not submitted and recommended in this way must be passed by a two-thirds vote of the Board of Governors at the annual meeting.
- (4) The Records Committee shall consist of the chairman, appointed by the President for a two-year term, and as many members as necessary to carry out the duties of the committee appointed by the Chairman. The duties of this committee are to establish a standardized process of recording and verifying times. Records shall be kept in the following categories.
 - (a) American USMS Records

- (b) Open USMS Records
(c) USMS National Championship Meet Records
- (5) The Tabulation committee shall consist of the chairman, appointed by the President for a two-year term, and as many members as necessary to carry out the duties of the committees appointed by the chairmen. The ten best times in each event shall be published annually.
- (6) The Championship Committee shall consist of the chairman, appointed by the President for a two-year term, and one member from each of the zones, a representative of the Sports Medicine Committee, and any other members the chairman shall deem necessary to carry out the work of the committee. Duties of the committee include receiving bid proposals for national championships, coordinating the date and site with other national swimming championships, and reviewing the bids and making recommendations for the award to the Board of Directors. In addition the Championship Committee shall serve in an advisory capacity to the winners of the bids for each championship and shall endeavor to maintain a consistent approach to the running of all national championships, including the production of pre-meet and post-meet literature and results.
- (7) The Nominating Committee shall be the Zone Committee. They will a) canvas qualified and interested persons, b) present a slate at least one month before the Annual Meeting. Additional nominees will be accepted at the Annual Meeting upon nomination of a person by two (2) delegates to the Board of Governors and with the written consent of the nominee(s).
- (8) The Membership/Registration committee shall consist of the chairman appointed by the President for a two year term and one member from each of the zones. Duties of the committee include preparing regulations and fees for Membership and Registration to present to the Board of Governors.
- (9) The Legislation Committee shall consist of the chairman, appointed by the president for a two-year term. The chairman shall choose from the Board of Governors 14 members, with at least 2 member from each zone. The Legislation Committee may initiate and shall consider proposed amendments to all parts of the Code except those relating to Section V, Masters Swimming Rules, and shall present them to the annual meeting of the Board of Governors with recommendations.
- (10) The Planning Committee shall consist of the chairman, appointed by the president for a two-year term, one member from each of the zones, and the other members as may be appropriate. The committee will prepare and revise an appropriate and long range plan including short and long range objectives dealing with the vitality and quality of the organization; meet promotion, sponsorship and other concerns of interest to Masters Swimming. Such a plan would include guidelines and/or criteria that would be used in improving the administrative organization; organizing and conducting national and regional meets; soliciting, administering and evaluating the sources and uses of extramural support; and other appropriate matters.
- (11) The International Swimming Committee shall consist of the Chairman, appointed by the president for a two-year term, and other members as may be appropriate. The committee will encourage, promote and coordinate Masters swimming on an international basis, and shall be empowered to bid for MSI Championship Meets.
- (12) The Long Distance Masters Swimming Committee shall consist of a chairman appointed by the president for a 2 year term, plus one representative from each USMS zone and three at-large members. The chairman will be the USMS representative to the USS Long Distance Swimming Committee. Each LMSC is entitled to membership on the USS Long Distance Swimming Committee.
- (13) The Zone Committee shall consist of a representative from each zone elected by the members of the Board of Governors of each LMSC in each zone at the Annual Meeting for a two-year term. Zone representatives shall be a resident of their zone and a change of residency by a Zone Representative out of the Zone shall cause a vacancy. In the event a vacancy exists, the

President shall appoint a member of the Zone to fill the unexpired term. The Zone Representatives shall select the chairman of the committee from within or without the committee. The committee shall carry out the responsibilities assigned to it by the 1) Policies of the Board of Governors, 2) the President, 3) the Code of USMS, and 4) the stated need of the LMSC's.

- (14) The President may establish any other committees which are deemed necessary to carry out the duties of the President.
- (H) Financial
- (1) The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of September in each year.
- (2) The Treasurer shall prepare annual financial reports showing the income and disbursements of the Corporation which shall be similar to those reports required of nonprofit organizations by section 6056 of the Internal Revenue Code of 1954 (or corresponding provision of any subsequent tax laws). Such annual financial reports shall be made available for inspection by members of the general public at the Corporation's principal office on request made within 180 days after notice of its availability.
- (3) Fees shall be as established by the Board of Governors.
- (I) Indemnification
- (1) Each person who is or was a director, officer, or employee of the Corporation (including the heirs, executors, administrators, or estate of such person) shall be indemnified by the Corporation to the full extent permitted by the Nonprofit Corporation Law of the State of Ohio against any liability cost or expense incurred by him in his capacity as director, officer, or employee, or arising out of his status as a director, officer or employee (including serving at the request of the Corporation as a director, trustee, officer, employee or agent of another corporation).
- (2) The Corporation may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost or expense. For the purpose of the Article X, references to "the Corporation" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.
- (J) Dissolution
- (1) If deemed advisable by the members, the Corporation may be dissolved pursuant to the applicable provision of the Corporation laws of the State of Ohio.
- (2) Upon the dissolution of the Corporation, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of the Corporation, dispose of all the assets of the Corporation exclusively for the purposes of the Corporation or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary or scientific purposes as shall at Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).
- (K) Appeals
- (1) Review Section - The Review Section of United States Masters Swimming shall consist of the following:
- (a) Registration chairman and each zone representative
- (2) Procedure - The Review Section shall follow the rules of due process as defined in the United States Swimming Code (Appendix D) and its actions shall be binding.
- (3) Appeal from Review Section - The appeal may be made to the Board of Directors of USMS.
- (L) Amendments
- (1) These regulations may be adopted only by the affirmative majority vote of the members of the Board of Governors present and voting at the Annual Meeting after being submitted to the Board of Governors in writing by any one of the standing committees, or provided notice of any such change is submitted by the Board of Directors at least fifteen (15) days prior to such meeting. A two-thirds vote of the present and voting members of the Board of Governors shall be necessary for passage if the proposed regulation was not submitted in one of these ways.

- (2) An amendment may be proposed only by a local Masters Swimming Committee, a duly constituted committee or the board of Directors. All proposed amendments to Rules for Masters Swimming (Part V) shall be considered by the Rules Committee for report and recommendation to the Board of Governors, and all other proposed amendments to the Code shall be considered by the Legislation Committee for report and recommendation to the Board of Governors, in such form as to show the entire section as it will read if adopted, with any changes in language underlined if new and lined out if deleted.
- (3) All proposed amendments to the Code other than Part V (Rules for Masters Swimming) shall be submitted to the chairman of the Legislation Committee not less than 75 days prior to the first day of the annual meeting of the Board of Governors.
- (4) All proposed amendments to Part V shall be submitted to the Rules Chairman not less than 90 days prior to the first day of the annual meeting of the Board of Governors.
- (5) A proposed amendment may be modified in any manner by the Board of Governors while under consideration, but such modification must be germane to the subject matter of the proposed amendment.
- (6) All proposed amendments to the United States Masters Swimming Code of Regulations and Rules for Masters Swimming shall be published and mailed to all members of the Board of Governors not less than one month prior to the annual meeting of the Board of Governors.
- (7) A majority of the members of the Board of Governors present at a legal meeting can alter, amend, or repeal the technical rules for Masters Swimming in Section V.
- (8) All amendments approved as prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at time of adoption.

IV. ATHLETES AND ATHLETIC EVENTS

Refer to Appendix C for LMSC Territories and registration codes.

- (A) **Membership of athletes**—all swimmers competing in events sanctioned by Masters swimming must be registered.
 - (1) Athlete registration is for a calendar year period. Swimmers applying for registration on or after Nov. 1 will be issued a registration card valid through Dec. 31 of the following year.
 - (2) Athlete registration forms may be obtained from the registration chairman of the LMSC. The form, fully completed, shall be submitted with the applicable fee to the registration chairman of the LMSC, who shall issue a registration card.
 - (3) The annual registration fee is composed of the following elements:
 - (a) A national fee established by the Board of Directors or the Board of Governors.
 - (b) A local fee established by the LMSC.
- (B) **Sanctions**—All Masters Swimming and Long Distance Masters Swimming competition must be sanctioned by the LMSC within whose territorial limits the event is held.
 - (1) **Requirements**
 - (a) No sanction of any event will be granted with the word "Olympic", or any derivative thereof, is used in any manner in connection with said event unless consent is obtained from USS.
 - (b) All sanctions must be signed by the LMSC's registration chairman or his designee, and a record thereof must be retained in a book kept for such purpose.
 - (c) The following clause will appear on all sanction application forms and on all forms upon which official sanctions are granted: "The undersigned agrees to hold United States Masters Swimming and the Local Masters Swimming Committee free and harmless from any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs."
 - (d) Application for sanctions must be accompanied by a copy of the entry blank and applicable fee.
 - (e) The sanction fee shall be as established by the LMSC.
 - (f) No further sanction will be given to any organization which has failed to conduct said meet as stated on the entry blank.

- (C) **Conditions**—All sanctioned events are subject to the following conditions:
 - (1) No swimmer's entry will be accepted unless he is registered.
 - (2) The registration number of each swimmer must accompany the entry blank and his affiliation must be displayed after his name on the heat sheet or in the program.
 - (3) Entry blanks and programs must bear the statement: "Held under the sanction of United States Masters Swimming, Inc.", and include an appropriate address for the LMSC.
- (D) **Competition Outside the United States**
 - (1) A current USMS registration card shall serve as a valid travel permit.
 - (2) Any competitor touring in a foreign country may also obtain from the national Masters Swimming registration chairman or his designee, a written authoritative permission to compete in such country.
- (E) **Representation**
 - (1) In order for a swimmer to compete as a representative of a club or other organization, that organization must be a member in good standing of the LMSC and United States Masters Swimming, Inc.
 - (2) A swimmer need not reside in the LMSC territory in which the club he represents is located but must be registered in that LMSC.
 - (3) To transfer representation from one club/organization to another, a swimmer must serve sixty (60) consecutive days without having represented any club/organization in competition, regardless of his residency.
 - (4) When transferring from one LMSC to another, a swimmer shall present a transfer from his previous LMSC indicating his last date of competition.
 - (5) An unattached competitor is a registered swimmer who represents no club or other organization.
 - (6) All applications for changes of registration (including transfers) must be accompanied by a reasonable fee to be determined by the local registration committee in the LMSC in which the swimmer will be registered after the change of registration.
 - (7) There shall be one registration per individual swimmer permitted at any one time.

V. RULES FOR MASTERS SWIMMING

- (A) **Eligibility**
 - (1) Masters competition is open to all USMS registered athletes 25 years of age and older. Refer to Article 43, Section 343.11.
 - (2) Those swimmers registered for Masters meets may participate in non-USMS aquatic activities, meetings, exhibitions, demonstrations, etc., without jeopardy to their eligibility to swim in USMS competition. However, any times achieved in non-sanctioned activities will not be recorded for official purposes and cannot be used for association rankings or national top ten, All-American status, or qualification times for USMS National meets if qualification times become necessary in the future.
- (B) **Age Groups**—25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90 and older for individual events; Relays, 25 and over, 35 and over, 45 and over, 55 and over, 65 and over, 75 and over. Effective Jan. 1, 1986 the 20-24 age group will be added. Age grouping for Relays will be changed to: 20 and over, 30 and over, 40 and over, 50 and over, 60 and over, 70 and over, 80 and over. Note: A 20-24 age group will be added at such time as this category is accepted by FINA.
- (C) **Age Determining Date**—The eligibility of a participant for a particular age group will be determined by his age as of the last day of the meet.
- (D) **Entry Fees**—Entry fees for local Masters events shall be set by the LMSC. Entry fees for regional championships cannot exceed fees specified for national championships in Section (H)(7). A surcharge of up to \$2.00 per swimmer may be charged to help defray costs when automatic timing is being used.
- (E) **Swimming Rules**—Articles 1, 2, and 3 of U.S. Swimming Technical Rules as amended to govern all Masters competitions with the following exceptions:
 - (1) Times shall not be subject to the provisions of Article 8, as it

concerns placement in such race.

- (2) Times may be submitted for Masters records only.
- (3) The breaststroke kick or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race.
- (4) Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
- (5) The forward start may be taken from the starting block, the pool deck or a push from the wall.
- (6) Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet.
- (7) All masters events shall be conducted on a timed final basis.
- (8) Any swimmer or relay team not reporting for or competing in an event shall not be penalized.
- (9) Willing competitors may be swum two (2) in a lane in the 1650 yard and the 1500 meter freestyle. Such heats will be seeded by time, fastest first and these heats completed before the heats with a single competitor per lane. Separate timing will be required for each swimmer.
- (10) It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group shall not be seeded into outside lanes. They shall be moved in one lane, or given the center lane in the next slowest heat, whichever is the most appropriate placement.
- (11) False Starts (for 1984)

- (a) Short Course—If, in the starter's opinion, a false start has been committed, he shall give a signal to recall the swimmers. The false start shall be called on the individual and not on the field. Any swimmer charged with two false starts must be disqualified and shall not swim the event.
- (b) Long Course—If, in the starter's opinion, a false start has been committed, he shall give a signal to recall the swimmers. The first two false starts in a race shall be charged to the entire field, not to the individual swimmer. Any swimmer committing a false start after these two false starts have been called on the field shall be disqualified and shall not swim the event.

(F) Times—The ten best times nationally in each division shall be published annually for the events listed under Section G below:

- (1) All times must be made in actual sanctioned USMS competitive meets of events.
- (2) Times to be considered for records and Top Ten listing must be made on or before the last day of the National Championship for that course and forwarded to the Masters Records Chairman within 35 days from the date of the last day of the National Championship for that course.
 - (a) Exception: If the national long course championship ends before Aug. 31, times to be considered for records and Top Ten listing for long course will be extended to and include the date of Aug. 31.
- (3) Each Association is responsible for reporting the top ten times in each event made in its association area only, even though the times were made by swimmers from other Associations.
- (4) To be considered for Top Ten (National) or for Records (National): all relays must include the name of the registered swim club and the full name and age of each swimmer. For all individual events eligibility is based on current registered USMS swimmers as noted on the entry card and the results must contain the full name and age of each swimmer.
- (5) National records shall be published in the 1983 USS Rules and Regulations, and all subsequent USS rulebooks.

(G) Events—The following events may be conducted for each age group Short Course (25 yards)

- 50-100-200-500-1650 yards Freestyle
- 50-100-200 yards Backstroke
- 50-100-200 yards Breaststroke
- 50-100-200 yards Butterfly
- 100-200-400 yards Individual Medley
- 200 yards Medley Relay
- 200 yards Freestyle Relay
- 200 yards Mixed Freestyle Relay (2 female and 2 male)
- 200 yards Mixed Medley Relay (2 female and 2 male)

Long Course (50 meters)

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

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

(H) National Championship Meets

(Recommended for all Championship Meets when possible)

- (1) USMS Championships shall be awarded in the following categories:
 - (a) Men's and women's short course swimming championships, which shall be held between April 15 and May 31.
 - (a) Men's and women's long course swimming championships, which shall be held between August 1 and September 15.

Note: Check national junior and senior dates for conflict.

- (2) The official name shall be ____ (insert year) ____ United States Masters Swimming National ____ (insert Short or Long) ____ Course Championships.

- (3) Awarding of a Championship Meet.

- (a) The USMS Championship Committee shall be responsible for the solicitation of bids in accordance with the zone rotation system hereinafter set forth, and shall present to the Board of Governors at the annual meeting held at least two years prior to the date being awarded a list of all approved bidders for each short and long course championship.

- (b) Awarding of a Championship Meet.

- (i) A National Championship shall be awarded only to an LMSC, or a team with the endorsement of the LMSC, which is in current good standing in USMS, Inc. In either event the facility to be used must be in accordance with the facility standards which have been adopted by USMS, Inc.
- (ii) The Championship Committee shall provide a bidder with the appropriate bid documents, financial statements from previous championships, and all other information pertaining to the policies and procedures of running a Championship Meet.
- (iii) All bids for a Championship Meet shall be returned to the chairperson of the Championship Committee no less than 30 days prior to the annual meeting.
- (iv) Prior to the annual meeting, the Championship Committee shall certify each bid for compliance with its policies and procedures, including facility standards.
- (v) At the annual meeting of the Board of Governors, those bids which are certified shall be presented. The awarding of the bid shall be made by majority vote of the Board of Governors.
- (vi) In the event that suitable bids are not received from the designated zone 30 days prior to the annual meeting, then the chairperson of the Championship Committee shall notify all Zone Chairmen that bidding is open to all zones, provided the bids comply with paragraphs (i) and (ii) above, and are received prior to the start of the annual meeting of USMS, Inc.
- (vii) Failure of the Championship Committee to receive a suitable bid from the proper zone shall negate the rotation system for that meet only, and shall not affect the future normal rotation.
- (viii) While the procedures for awarding National Championships need to be clarified and followed whenever

possible, it is in the best interest of Masters Swimming to rotate the awarding of National Championships. The Championship Committee shall have the right to override the procedures set forth above with the concurrence of the Board of Governors.

- (ix) The Championship Committee shall provide such assistance and guidance necessary to provide for uniformity in Championship Meet production. Out of pocket expenses for services shall be reimbursed by the recipient of the bid.
 - (x) Successful bidders of National Championships will pay to United States Masters Swimming, Inc., prior to the beginning of the meet, a fee of \$1.00 per individual participant in the meet.
- (4) National Championships shall be awarded using the three zone system as set forth in Article 5, Section 105.6 of the Technical Rules of USS.

YEAR	ZONE I -	ZONE II -	ZONE III -
	WEST	CENTRAL	EAST
1985	—	SC	LC
1986	LC	—	SC
1987	SC	LC	—
1988	—	SC	LC
1989	LC	—	SC
1990	SC	LC	—

(5) Conduct of National Championships will be governed under the technical rules of USMS, Inc.

- (a) A general meeting of the Board of Governors, members of the Championship Committee, organizing personnel, interested officials, coaches, and swimmers shall be held the evening prior to the first day of the meet. The meeting date, time, and location shall be included in the official meet information. The Chairman of this meeting shall be the President of USMS, Inc. or his designee, and the governing body shall be the USMS, Inc. Board of Governors. Business pertinent to the operation of the championships and the conduct of the events shall be considered and finalized at this meeting. Changes may be effected in the conduct of the meet to fit the situation. Since changes can be made, it is the obligation of every swimmer or his representative to arrive with enough time to complete his registration and to appraise himself of any changes which have been made. It shall be the Meet Director's responsibility to post in conspicuous places at the pool, registration area, and head-quarter's area notices of changes prior to the start of the first days' competition.
- (b) Meet Director—shall follow the technical rules of USMS, Inc. and the policies and procedures established by the Championship Committee with regard to the planning for and executing the requirements of a Championship Meet.
- (c) The entry form for both individual and relay events and meet information shall be prepared according to the direction of, and approved in advance of printing by, the Championship Committee. No other form may be used.
- (d) Computerization—it is suggested that the organization conducting the championship shall compile entry lists, heat sheets, entry cards, and final results, by computer.
- (e) Heat Sheets—listing heat and lane assignments for pre-seeded events and entry list by time (fastest to slowest) for deck-seeded events shall be made available to all swimmers at the time of registration.
- (f) Warm-up Schedule—a list of times when the competition pool, and other facilities will be available for warm-up, will be provided in the pre-meet information.
- (g) Protest Procedure
 - (i) Protests against judgment decisions of starters, stroke, turn, and relay takeoff judges, may only be considered by the referee of the meet.
 - (ii) Protests affecting the eligibility of an individual or a team to compete, or protests arising from the competition itself, shall be handled by a panel of five persons comprised of one representative each from the Championship Committee, Registration Committee, and

Rules Committee, plus two swimmers selected from other than the host team by the other three panel members. This panel shall be chaired by the representative from the Championship Committee. Protests shall be submitted in writing, heard by the panel, and decisions rendered, no later than the last day of competition. Opportunity shall be afforded both the party lodging the protest and the party charged a chance to be heard. The decision of the panel shall be final.

- (iii) Any protests made following the close of competition shall be directed to the chairperson of the Championship Committee for resolution.
- (h) The deadline for receipt of entries for National Championship Meets shall be not more than 30 days prior to the first day of competition.
 - (i) Competitors may enter and swim in a maximum of 6 individual events in a four-day National Meet, with a maximum of 3 individual events per day. Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet. Each team shall be limited to no more than three relays in each event in each age group. All competitors including members of relay teams must fill out and sign the appropriate entry form.
- (j) Seeding
 - (i) All events 200 yards/meters or less shall be pre-seeded, with fastest heats swum first within each age group.
 - (ii) If, in any group, there are not enough swimmers for a complete heat, all swimmers in that age group shall be seeded in adjacent lanes for pre-seeded events.
 - (iii) Events over 200 yards/meters except for the 1650 yards/1500 meters may be pre-seeded as in (i) above, or may be deck-seeded on time only, with the fastest times in the first heat, the second fastest times in the second heat, etc.
 - (iv) The 1650 yards/1500 meters freestyle shall be deck-seeded. On those occasions when only one pool is used for both men's and women's events, heats shall be apportioned and alternated by sex. Willing competitors shall be swum two to a lane when only one course (7, 8, 9, or 10 lanes) is available for the event. Such heats will be seeded by time, fastest first, and these heats completed before the heats with a single competitor per lane.
 - (v) All information regarding seeding must be stated on the entry form.
- (k) If more than one course is to be used in a National Championship Meet, then each course must have its own automatic timing system. When the depth of the course(s) varies, then male and female contestants shall share equal time in the deep end of the pool. Commencing with year 1983, women's events shall be scheduled in the deeper course on days one and three in odd years, and alternate every year thereafter. In the event that both courses are the same, then it shall not affect the rotation.
- (l) Entry fees for National Championships shall be \$3.00 for individual events and \$8.00 for relays. A \$10.00 surcharge may be charged to be used by the meet sponsor to help pay meet expenses. A banquet or social event may be conducted for an additional fee. Participation in this event is optional.
- (m) Four day program for Championship Meets (Women's events shall precede Men's events).

Short Course	Long Course
1st Day	
200 yd Back	200 mtr Back
100 yd Breast	100 mtr Breast
50 yd Free	50 mtr Free
200 yd Fly	200 mtr Fly
100 yd IM	200 mtr Med Relay
200 yd Med Relay	400 mtr Free
500 yd Free	

2nd Day

200 yd Breast	200 mtr Breast
100 yd Fly	100 mtr Fly
50 yd Back	50 mtr Back
100 yd Free	100 mtr Free
200 yd IM	200 mtr IM
200 yd Free Relay	200 mtr Free Relay
200 yd Mixed Med Relay	200 mtr Mixed Med Relay

3rd Day

200 yd Free	200 mtr Free
50 yd Breast	50 mtr Breast
100 yd Back	100 mtr Back
50 yd Fly	50 mtr Fly
400 yd IM	400 mtr IM
200 yd Mixed Free Relay	200 mtr Mixed Free Relay

4th Day

1650 yd Free	1500 mtr Free
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- (n) All top finishers in each race will be given awards regardless of the nationality of the swimmer. Duplicate awards will NOT be given except in the case of ties. The number of awards given will be determined by the number of lanes used in the pool. Medal awards will be awarded one through six, and appropriate awards will be awarded seven and beyond.
- (o) Each individual who wins a short course or long course championship shall be awarded a USMS Championship patch. Swimmers winning more than one championship may purchase additional patches for each additional championship won.
- (p) Team scoring will be tabulated in three categories: 1) WOMEN'S—women's individual and women's relay events; 2) MEN'S—men's individual and men's relay events; and 3) COMBINED—women's, men's and mixed relay events. USMS will provide team awards to the winners of the categories scored above. Meet results and team scores shall be published within thirty days of the last day of the meet, and distributed to members of the USMS Board of Directors, representatives of participating teams, and USMS top ten national recorders.
- (q) There will be no splitting of age groups into AM and PM sessions. However, at the meet director's discretion, swimmers whose seed times will inordinately delay the progress of the meet may be seeded individually in an outside lane with mechanical timing, thus allowing the continued sequence of the regularly scheduled heats.
- (r) USMS individual and club registration numbers must be submitted on all entry forms together with entry times. "No time" for swimming events and "Pending" for registration number will not be permitted.
- (s) National Championship Meets will include and welcome foreign swimmers on the same basis as U.S. swimmers except that they may not qualify for USMS top ten and All-American awards.
- (t) The Meet Director of each National Championship Meet shall submit a written evaluation to the chairperson of the Championship Committee within 90 days of the end of competition. This evaluation shall include a complete financial report, copies of meet information, entry forms, heat sheets, and final results, and any other information which may be helpful to future Meet Directors.

(l) Swimming Records

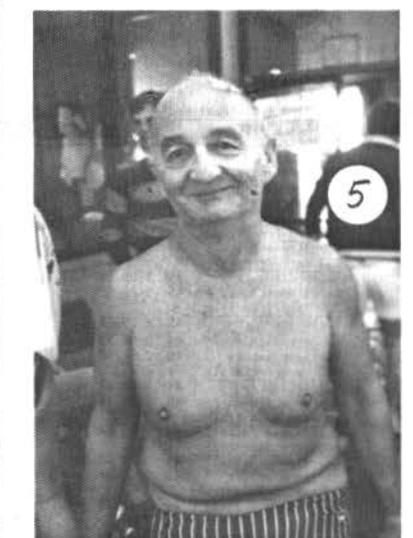
- (1) Classification
 - (a) American USMS Record—The fastest time by a USMS registered swimmer in each event in USMS sanctioned competition.
 - (b) Open USMS Record—The fastest time by any swimmer in each event in USMS sanctioned competition.
 - (c) USMS National Championship Meet Record—The fastest

time in each event at the SC and LC National Championship meets.

- (2) Recognized distances and strokes as listed in Section V (G).
- (3) Requirements
 - (a) Records must be made in accordance with all pertinent rules of Masters Swimming.
 - (b) A record can only be made in still water.
 - (c) Records established by a swimmer in the first leg of a relay race shall be acceptable as individual performances provided that all applicable rules have been complied with.
 - (d) Records set outside the United States shall be applied for on official record application forms and are subject to all pertinent requirements.
 - (e) Record must be achieved in the relevant stroke/event, i.e., a backstroke record must be set in a backstroke event, etc. Records set in freestyle events can be submitted only as freestyle records regardless of the stroke or strokes used.
 - (f) Split times recorded by completely automatic officiating equipment shall be official for all purposes provided the swimmer completes the full scheduled distance of the event.
 - (g) Record times registered by automatic equipment shall be submitted in hundredths of a second (two decimal places). If times are tied to 100ths seconds, the results shall be declared a tie and records shared by each swimmer thus tied.
 - (h) When a record is claimed, an official record application form shall be filled out, signed by the designated officials, and transmitted immediately following performance, with all supporting data, including official meet results, the primary printout tape and/or a copy of the entry card with the timers' signatures to the national records chairman. Responsibility for this lies with either the records chairman, the recorder of records or the official scorer of the meet.
- (J) MSI Championship Meets—(long course only)
 - (1) U.S.M.S. affiliate fee to M.S.I. is due each January 1 (for calendar year).
 - (2) MSI Records—Details of U.S.M.S. long course National Meet results shall be supplied to MSI.
- (K) National Recognition of Achievement—The registered USMS swimmer with the fastest listed time for an individual event for that season that is listed in the National Top Ten Times shall be declared the All-American in that event for the year. All top ten times, as well as national record times should be in the hands of the National USMS Records Chairman within 35 days from the date of the last day of the championship for that course.
- (L) Medical Examination—Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check-up immediately prior to Masters competition in order to insure his physical readiness for participation. Medical evaluation forms are available upon request by writing to the National AAU Aquatics Office.
- (M) Medical Equipment—Meet directors are encouraged to investigate the use of appropriate EMT equipment and personnel for all meets.

NOTE: These are essentially our rules as they will appear in the 1984 USS Rules Book. Save this section until you receive your new Rule Book.

OAK RIDGE '83



PICTURES BY
JOANNE & BILL MARSHALL
(see next page)

PICTURES FROM PREVIOUS PAGE

- (1) 11th **SS CHAMPIONSHIPS**, Oak Ridge, TN, Oct. 30 & 31. Meet officials Bruce Tomkins, Ken Preston, Dirk Van Hoosen, Ken Vander Bluis.
- (2) Susi Chandler, Pat Mattson.
- (3) Catherine Winterroth.
- (4) John Crews, Marshall Parker, Charlie Gentry.
- (5) Bert Sproffkin.
- (6) Ben Van Houten, Libby Kittrell, Mark Preston, Bob Lindenschmidt.
- (7) Roxanne Motter, Winn Kennedy; in front, Hilary Johnson, David Hutson.
- (8) Bill Lauer, Don Hastings; in front, David Vogel, Bob Hill, Gary Hallock.
- (9) Jessie Watson, Grace Ruckstuhl, Kitty Fisher, Dotty Whitcomb, Don Barrett; in back, Larry Peck.
- (10) Julie & Pete Sints.
- (11) Barbara Whitner, Rosalyn McKeown-Loe.
- (12) Hugh Nash, Sara Jane Gordon, Eric Youngquist.
- (13) Mike Morris, Jim Alexander, Milton Gee, Rick Bauschard.
- (14) Geneva Kahrs, Libby Poole.
- (15) Maria Rawlings, Casey Claflin, Charlie Gentry, Lisa Watson.
- (16) Debby & Mary Dowlen, Charles Pesavento, George Fissette, Jan Pesavento.
- (17) **OHIO: Nick Kakos with team high-point trophy; Betty Kakos, Marianne & Doug Brogan, Harry Andersen, John Dally, Dudley Beatty, Darlyne Ferguson, Rick Bauschard, Barbara Whitner, Bob Lamb, Betty Russ.**

RESULTS

October 29 and 30, 1983
Oak Ridge, Tennessee
(25 Yard Pool)

WOMEN 25-29

50 Yard Freestyle		
Sara Jane Gordon	25	36.47
100 Yard Freestyle		
Debbie Robinson	29	59.82
Gail O'Malley	28	1:13.36
Sara Jane Gordon	25	1:20.39
200 Yard Freestyle		
Mary Dowlen	28	2:28.98
Debby Dowlen	26	2:36.12
Gail O'Malley	28	2:42.16
Lisa Watson	29	2:47.17
Sara Jane Gordon	25	2:55.50
500 Yard Freestyle		
Debbie Robinson	29	5:47.29
Debby Dowlen	26	7:02.60
Gail O'Malley	28	7:04.58
Lisa Watson	29	7:15.51
Sara Jane Gordon	25	7:44.47
50 Yard Backstroke		
Lisa Watson	29	40.44
Sara Jane Gordon	25	44.02
100 Yard Backstroke		
Debbie Robinson	29	1:15.67
Lisa Watson	29	1:23.76
Susan Elmore	29	1:30.17
Sara Jane Gordon	25	1:35.44
200 Yard Backstroke		
Sara Jane Gordon	25	3:14.54
Susan Elmore	29	3:21.67
Debbie Robinson	29	3:27.04
50 Yard Breaststroke		
Mary Dowlen	28	37.83
100 Yard Breaststroke		
Mary Dowlen	28	1:22.94
Sara Jane Gordon	25	1:44.39
200 Yard Breaststroke		
Debbie Robinson	29	2:53.40
Mary Dowlen	28	2:58.22
50 Yard Butterfly		
Mary Dowlen	28	34.57
Lisa Watson	29	38.94
Debby Dowlen	26	39.58
Sara Jane Gordon	25	44.15
100 Yard Butterfly		
Gail O'Malley	28	1:28.76
200 Yard Butterfly		
Mary Dowlen	28	2:51.38
100 Yard Individual Medley		
Mary Dowlen	28	1:14.51
Debby Dowlen	26	1:27.40
Gail O'Malley	28	1:29.33
200 Yard Individual Medley		
Mary Dowlen	28	2:42.29
Sara Jane Gordon	25	3:14.33
WOMEN 30-34		
50 Yard Freestyle		
Merrell Williams	34	26.99
Debbie Sutton	30	27.70
Susi Chandler	32	27.72
Catherine Winterroth	30	28.22
Molly Leamon	34	29.10
Ann Sims	31	31.97
Connie Boughan	32	32.80
Hilary Johnson	31	33.71
Jan Smith	32	39.66
100 Yard Freestyle		
Susi Chandler	32	1:00.15
Merrell Williams	34	1:00.33
Catherine Winterroth	30	1:01.84
Molly Leamon	34	1:03.08
Ann Sims	31	1:13.10
Sandra Cathy	34	1:13.63
Hilary Johnson	31	1:23.23
200 Yard Freestyle		
Susi Chandler	32	2:10.92
Catherine Winterroth	30	2:11.79
Sandra Cathy	34	2:54.33
500 Yard Freestyle		
Susi Chandler	32	5:48.83
Pat Mattson	30	5:50.59
Catherine Winterroth	30	5:52.15
Jan Pesavento	31	6:02.50

50 Yard Backstroke		
Jan Pesavento	31	33.29
Debbie Sutton	30	33.45
Pat Mattson	30	36.47
Molly Leamon	34	37.51
Connie Boughan	32	37.89
100 Yard Backstroke		
Jan Pesavento	31	1:11.43
Debbie Sutton	30	1:16.16
Pat Mattson	30	1:17.12
Merrell Williams	34	1:17.95
Molly Leamon	34	1:19.20
Connie Boughan	32	1:26.98
200 Yard Backstroke		
Jan Pesavento	31	2:31.66
Pat Mattson	30	2:39.70
Connie Boughan	32	3:38.63
50 Yard Breaststroke		
Pat Mattson	30	35.10
Debbie Sutton	30	35.10
Merrell Williams	34	35.71
Molly Leamon	34	38.91
Connie Boughan	32	39.31
Linda Whitney	33	40.16
Hilary Johnson	31	40.31
Sandra Cathy	34	41.93
Ann Sims	31	42.00
100 Yard Breaststroke		
Pat Mattson	30	1:15.76
Debbie Sutton	30	1:16.59
Merrell Williams	34	1:17.94
Jan Pesavento	31	1:18.48
Molly Leamon	34	1:22.97
Ann Sims	31	1:27.41
Hilary Johnson	31	1:28.84
Connie Boughan	32	1:29.34
Sandra Cathy	34	1:32.41
200 Yard Breaststroke		
Pat Mattson	30	2:44.82
Jan Pesavento	31	2:47.39
Merrell Williams	34	2:51.07
Ann Sims	31	3:07.35
Sandra Cathy	34	3:21.08
Connie Boughan	32	3:23.29
50 Yard Butterfly		
Susi Chandler	32	29.20
Merrell Williams	34	29.92
Debbie Sutton	30	31.43
Molly Leamon	34	32.35
100 Yard Butterfly		
Susi Chandler	32	1:03.73
200 Yard Butterfly		
Susi Chandler	32	2:19.67
100 Yard Individual Medley		
Susi Chandler	32	1:07.62
Jan Pesavento	31	1:08.92
Merrell Williams	34	1:09.11
Debbie Sutton	30	1:11.27
Molly Leamon	34	1:13.06
Connie Boughan	32	1:22.61
Sandra Cathy	34	1:25.11
Linda Whitney	33	1:24.97
200 Yard Individual Medley		
Susi Chandler	32	2:24.79
Jan Pesavento	31	2:29.41
Molly Leamon	34	2:36.68
Sandra Cathy	34	3:10.14
400 Yard Individual Medley		
Susi Chandler	32	5:10.05
Jan Pesavento	31	5:20.65
Molly Leamon	34	5:39.74
Sandra Cathy	34	6:55.71
WOMEN 35-39		
50 Yard Freestyle		
Winnie Prall	35	31.20
Jessie Watson	37	32.09
Katie Cottrell	38	37.87
Kathryn Fisher	36	43.18
100 Yard Freestyle		
Winnie Prall	35	1:11.67
Jessie Watson	37	1:21.51
Katie Cottrell	38	1:26.99
Kathryn Fisher	36	1:37.85
200 Yard Freestyle		
Winnie Prall	35	2:16.21
Diana Antonini	37	2:24.83
Winnie Prall	35	2:42.62
Kathryn Fisher	36	3:28.33

500 Yard Freestyle		
Carrie Thornthwaite	38	6:11.98
Diana Antonini	37	6:26.32
Winnie Prall	35	7:20.99
Condit Lotz	35	7:46.01
Kathryn Fisher	36	9:02.99
50 Yard Backstroke		
Carrie Thornthwaite	38	34.46
Diana Antonini	37	38.34
100 Yard Backstroke		
Carrie Thornthwaite	38	1:22.93
Condit Lotz	35	1:29.78
Jessie Watson	37	1:32.05
200 Yard Backstroke		
Carrie Thornthwaite	38	2:41.17
Diana Antonini	37	2:51.82
Condit Lotz	35	3:10.08
50 Yard Breaststroke		
Diana Antonini	37	39.71
Jessie Watson	37	39.74
Katie Cottrell	38	43.46
Condit Lotz	35	47.45
Kathryn Fisher	36	54.36
100 Yard Breaststroke		
Jessie Watson	37	1:29.86
Katie Cottrell	38	1:36.47
Kathryn Fisher	36	1:59.39
200 Yard Breaststroke		
Diana Antonini	37	3:03.76
Jessie Watson	37	3:23.66
Katie Cottrell	38	3:32.91
50 Yard Butterfly		
Carrie Thornthwaite	38	31.36
Winnie Prall	35	36.79
Jessie Watson	37	38.00
100 Yard Butterfly		
Carrie Thornthwaite	38	1:15.16
Winnie Prall	35	1:25.84
200 Yard Butterfly		
Carrie Thornthwaite	38	2:42.58
Winnie Prall	35	3:25.85
100 Yard Individual Medley		
Diana Antonini	37	1:17.07
Winnie Prall	35	1:23.43
Janet Gross	35	1:26.06
Jessie Watson	37	1:32.02
Katie Cottrell	38	1:37.16
200 Yard Individual Medley		
Carrie Thornthwaite	38	2:36.77
Diana Antonini	37	2:45.83
Winnie Prall	35	3:12.28
Katie Cottrell	38	3:32.70
400 Yard Individual Medley		
Carrie Thornthwaite	38	5:35.68
Diana Antonini	37	5:57.41
Winnie Prall	35	6:50.54
WOMEN 40-44		
50 Yard Freestyle		
Barbara Whitner	40	30.98
Pat Maley	40	33.33
100 Yard Freestyle		
Pat Maley	40	1:10.22
200 Yard Freestyle		
Pat Maley	40	2:36.01
500 Yard Freestyle		
Pat Maley	40	6:43.50
100 Yard Backstroke		
Barbara Whitner	40	1:21.92
500 Yard Breaststroke		
Barbara Whitner	40	39.35
Tita Arnold	42	39.37
Pat Maley	40	42.92
100 Yard Breaststroke		
Barbara Whitner	40	1:25.27
Tita Arnold	42	1:25.97
Pat Maley	40	1:33.71
200 Yard Breaststroke		
Tita Arnold	42	3:05.19
Barbara Whitner	40	3:08.67
Pat Maley	40	3:21.35
50 Yard Butterfly		
Barbara Whitner	40	33.96
100 Yard Butterfly		
Pat Maley	40	1:33.79
100 Yard Individual Medley		
Barbara Whitner	40	1:14.47
Tita Arnold	42	1:23.79
Pat Maley	40	1:29.13
200 Yard Individual Medley		
Barbara Whitner	40	2:46.11
Pat Maley	40	3:09.20
WOMEN 45-49		
50 Yard Freestyle		
Georgianna Russell	49	37.17
100 Yard Freestyle		
Susan Cox	45	1:05.68
Georgianna Russell	49	1:22.92
200 Yard Freestyle		
Susan Cox	45	2:29.23
Georgianna Russell	49	3:01.30
Marianne Brogan	48	3:11.50
500 Yard Freestyle		
Susan Cox	45	6:48.07
Marianne Brogan	48	8:32.35
50 Yard Backstroke		
Georgianna Russell	49	43.17
200 Yard Backstroke		
Georgianna Russell	49	3:19.48
Marianne Brogan	48	3:39.44
50 Yard Breaststroke		
Georgianna Russell	49	46.78
200 Yard Breaststroke		
Georgianna Russell	49	3:40.44
Marianne Brogan	48	3:52.15
50 Yard Butterfly		
Susan Cox	45	36.81
Marianne Brogan	48	49.26
100 Yard Butterfly		
Susan Cox	45	1:22.98
Marianne Brogan	48	1:54.60
200 Yard Butterfly		
Susan Cox	45	3:05.02
Marianne Brogan	48	4:17.55
100 Yard Individual Medley		
Susan Cox	45	1:19.40
Georgianna Russell	49	1:32.91
Marianne Brogan	48	1:36.24

200 Yard Individual Medley		
Susan Cox	45	2:53.56
Georgianna Russell	49	3:21.65
Marianne Brogan	48	3:29.76
400 Yard Individual Medley		
Susan Cox	45	6:15.20
Georgianna Russell	49	7:08.24
Marianne Brogan	48	7:46.55
WOMEN 50-54		
50 Yard Freestyle		
Roxanne Motter	51	31.75
Betty Kakos	52	38.13
Dotty Whitcomb	54	42.55
Grace Ruckstuhl	50	42.87
100 Yard Freestyle		
Roxanne Motter	51	1:11.40
Betty Kakos	52	1:32.75
Dotty Whitcomb	54	1:38.96
200 Yard Freestyle		
Roxanne Motter	51	2:37.01
Grace Ruckstuhl	50	3:46.68
500 Yard Freestyle		
Roxanne Motter	51	7:02.12
Betty Kakos	52	9:20.93
Grace Ruckstuhl	50	9:46.06
50 Yard Backstroke		
Dotty Whitcomb	54	47.24
Grace Ruckstuhl	50	48.34
Betty Kakos	52	48.56
100 Yard Backstroke		
Roxanne Motter	51	1:26.18
Grace Ruckstuhl	50	1:46.81
Dotty Whitcomb	54	1:49.30
200 Yard Backstroke		
Roxanne Motter	51	3:06.20
Grace Ruckstuhl	50	3:53.29
50 Yard Breaststroke		
Betty Kakos	52	48.01
Dotty Whitcomb	54	55.51
50 Yard Butterfly		
Roxanne Motter	51	37.39
Betty Kakos	52	43.18
100 Yard Butterfly		
Betty Kakos	52	1:50.02
Grace Ruckstuhl	50	2:00.45
100 Yard Individual Medley		
Roxanne Motter	51	1:23.07
Betty Kakos	52	1:35.16
Grace Ruckstuhl	50	1:46.75
200 Yard Individual Medley		
Betty Kakos	52	3:41.02
Grace Ruckstuhl	50	3:52.72
400 Yard Individual Medley		
Betty Kakos	52	7:49.75
Grace Ruckstuhl	50	8:13.64
WOMEN 55-59		
50 Yard Freestyle		
Betty Russ	56	32.72
Betsy Montgomery	58	37.04
Bobbe Smith	59	39.45
Joanne Marshall	59	46.60
Darlyne Ferguson	55	48.17
100 Yard Freestyle		
Betty Russ	56	1:14.18
Betsy Montgomery	58	1:23.55
Eileen Schappel	57	1:28.51
200 Yard Freestyle		
Betty Russ	56	2:41.32
Betsy Montgomery	58	2:56.69
Joanne Marshall	59	3:42.24
Darlyne Ferguson	55	4:11.75
500 Yard Freestyle		
Betty Russ	56	7:24.07
Betsy Montgomery	58	8:06.95
Eileen Schappel	57	8:25.70
Joanne Marshall	59	9:57.88
50 Yard Backstroke		
Bobbe Smith	59	46.26
Betsy Montgomery	58	48.16
Joanne Marshall	59	58.29
100 Yard Backstroke		
Bobbe Smith	59	1:44.60
Betsy Montgomery	58	1:44.61
Darlyne Ferguson	55	2:10.44
200 Yard Backstroke		
Betty Russ	56	3:13.60
Betsy Montgomery	58	3:52.60
Darlyne Ferguson	55	4:51.07
50 Yard Butterfly		
Betty Russ	56	39.00
Eileen Schappel	57	51.22
100 Yard Butterfly		

Milton Gee	46	3:02.06
400 Yard Individual Medley		
Jim Davies	49	6:17.71
MEN 50-54		
50 Yard Freestyle		
John Kortheuer	52	26.96
Reid Patterson	51	27.14
Bob Lamb	51	31.38
Doug Brogan	51	34.80
Jimmy Noonan	51	35.64
100 Yard Freestyle		
John Kortheuer	52	1:00.92
Doug Brogan	51	1:11.63
Bob Lamb	51	1:21.81
200 Yard Freestyle		
Doug Brogan	51	2:45.87
Jimmy Noonan	51	3:12.02
Bob Lamb	51	3:31.53
500 Yard Freestyle		
John Kortheuer	52	6:51.28
Doug Brogan	51	7:56.81
50 Yard Backstroke		
NTCK Kakos	53	39.15
Bob Lamb	51	41.56
Jimmy Noonan	51	42.10
John Johnson	50	44.83
100 Yard Backstroke		
NTCK Kakos	53	1:30.79
John Johnson	50	1:36.81
Jimmy Noonan	51	1:38.15
Bob Lamb	51	1:51.03
200 Yard Backstroke		
John Johnson	50	3:24.73
NTCK Kakos	53	3:27.21
Jimmy Noonan	51	3:41.74
50 Yard Breaststroke		
John Kortheuer	52	32.13
Nick Kakos	53	41.62
John Johnson	50	42.41
Doug Brogan	51	43.04
Bob Lamb	51	45.87
Jimmy Noonan	51	47.05
100 Yard Breaststroke		
John Kortheuer	52	1:11.45
Nick Kakos	53	1:29.39
John Johnson	50	1:35.89
200 Yard Breaststroke		
NTCK Kakos	53	3:27.29
John Johnson	50	3:30.41
Doug Brogan	51	3:36.48
50 Yard Butterfly		
John Kortheuer	52	30.07
Nick Kakos	53	36.51
Jimmy Noonan	51	42.42
Doug Brogan	51	42.81
100 Yard Butterfly		
John Kortheuer	52	1:10.59
Doug Brogan	51	1:51.41
200 Yard Individual Medley		
John Kortheuer	52	1:07.87
NTCK Kakos	53	1:22.73
Doug Brogan	51	1:24.55
Bob Lamb	51	1:32.27
John Johnson	50	1:33.52
Jimmy Noonan	51	1:34.79
400 Yard Individual Medley		
NTCK Kakos	53	3:08.32
Doug Brogan	51	3:22.87
Jimmy Noonan	51	3:31.49
John Johnson	50	3:37.83
400 Yard Individual Medley		
NTCK Kakos	53	6:53.83
Jimmy Noonan	51	7:43.91
MEN 55-59		
50 Yard Freestyle		
Eric Youngquist	55	28.56
Bill Marshall	57	31.87
Bob Hill	55	36.63
100 Yard Freestyle		
Eric Youngquist	55	1:02.37
Bill Marshall	57	1:13.96
Bob Hill	55	1:26.53
Don Dunning	57	1:32.54
200 Yard Freestyle		
Eric Youngquist	55	2:18.96
Bill Marshall	57	2:55.35
Bob Hill	55	3:23.82
500 Yard Freestyle		
Eric Youngquist	55	6:23.04
John Daily	55	7:26.19
Bill Marshall	57	8:14.87
Don Dunning	57	9:30.07
50 Yard Backstroke		
John Daily	55	40.39
Bill Marshall	57	44.16
100 Yard Backstroke		
John Daily	55	1:26.95
200 Yard Backstroke		
Eric Youngquist	55	3:08.34
John Daily	55	3:11.55
50 Yard Breaststroke		
John Daily	55	38.78
Bill Marshall	57	44.65
100 Yard Breaststroke		
John Daily	55	1:28.17
Bill Marshall	57	1:43.42
200 Yard Breaststroke		
Eric Youngquist	55	3:05.47
John Daily	55	3:19.07
50 Yard Butterfly		
John Daily	55	37.57
Bill Marshall	57	38.57
100 Yard Butterfly		
Eric Youngquist	55	1:32.40
100 Yard Individual Medley		
Eric Youngquist	55	1:18.10
John Daily	55	1:18.30
Bill Marshall	57	1:30.25
200 Yard Individual Medley		
Eric Youngquist	55	2:51.52
Bill Marshall	57	3:27.18
400 Yard Individual Medley		
Eric Youngquist	55	6:08.45
John Daily	55	6:52.22
MEN 60-64		
John Crews	64	29.23
Don Greetham	62	30.51

Harry Andersen	64	39.65
Robert Clark	63	41.59
100 Yard Freestyle		
John Crews	64	1:04.10
Don Greetham	62	1:10.11
Harry Andersen	64	1:29.11
Robert Clark	63	1:38.14
200 Yard Freestyle		
John Crews	64	2:24.06
Don Greetham	62	2:46.07
Harry Andersen	64	3:29.07
Robert Clark	63	3:48.92
500 Yard Freestyle		
John Crews	64	6:39.53
Don Greetham	62	7:50.28
Harry Andersen	64	9:32.54
Robert Clark	63	10:35.87
50 Yard Backstroke		
DTCK L'Indauer	64	1:30.56
200 Yard Backstroke		
DTCK L'Indauer	64	3:08.34
Alex Curtis	63	3:17.83
50 Yard Breaststroke		
John Crews	64	40.46
100 Yard Breaststroke		
John Crews	64	1:26.51
50 Yard Butterfly		
John Crews	64	32.40
Don Greetham	62	40.19
100 Yard Butterfly		
John Crews	64	1:12.80
100 Yard Individual Medley		
John Crews	64	1:14.87
Don Greetham	62	1:26.75
200 Yard Individual Medley		
John Crews	64	2:51.58
MEN 65-69		
50 Yard Freestyle		
Mike Silverman	68	42.18
Dudley Beatty	68	43.08
Bill Charlton	67	50.46
100 Yard Freestyle		
Jerry Donovan	69	1:24.32
Mike Silverman	68	1:36.53
Dudley Beatty	68	1:41.43
Sizer Chambliss	69	1:46.55
Bill Charlton	67	1:56.54
200 Yard Freestyle		
Jerry Donovan	69	3:02.67
Dudley Beatty	68	3:45.71
500 Yard Freestyle		
Jerry Donovan	69	8:04.89
John Reeve	66	9:08.22
Dudley Beatty	68	10:10.52
Sizer Chambliss	69	11:45.54
50 Yard Backstroke		
John Reeve	66	48.71
Mike Silverman	68	1:01.94
100 Yard Backstroke		
John Reeve	66	1:45.33
50 Yard Breaststroke		
Bert Sproffkin	66	45.53
Sizer Chambliss	69	1:01.62
Dudley Beatty	68	1:02.67
100 Yard Breaststroke		
Bert Sproffkin	66	1:42.22
Dudley Beatty	68	2:23.82
200 Yard Breaststroke		
Bert Sproffkin	66	3:42.53
Jerry Donovan	69	3:56.08
50 Yard Butterfly		
Jerry Donovan	69	49.42
John Reeve	66	53.89
Mike Silverman	68	1:00.19
100 Yard Butterfly		
Jerry Donovan	69	1:58.32
200 Yard Butterfly		
Jerry Donovan	69	4:17.34
100 Yard Individual Medley		
Jerry Donovan	69	1:43.69
John Reeve	66	1:43.79
Mike Silverman	68	1:59.36
200 Yard Individual Medley		
Jerry Donovan	69	3:42.97
400 Yard Individual Medley		
Jerry Donovan	69	7:54.63
MEN 75-79		
50 Yard Freestyle		
Earnest Briscoe	76	37.76
Virgil Miracle	78	48.88
100 Yard Freestyle		
Earnest Briscoe	76	1:29.42
50 Yard Backstroke		
Earnest Briscoe	76	57.14
Virgil Miracle	78	59.98
TEAH STANDINGS		
Oak Ridge Masters	840	
OHIO	707	
Nashville Aquatic Club	441	
Tarheel Masters	389	
Georgia Masters	269	
Charleston Masters	264	
Lexington Masters	240	
Pensacola Swim Masters	215	
Knoxville Westside YMCA	192	
Southwest Ohio Masters	177	
Northside Atlanta YMCA	160	
Chattanooga Masters	133	
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Mobile YMCA Masters	61	
Dyersburg-Martin Masters	57	
Crimson Tide Masters	56	
Southside Aquatic Club	48	
Gold Coast Masters	25	
Triad Area Masters	21	
Northern Florida Masters	19	
Rocky Mountain Masters	16	

Marina Masters Swim Meet		
Ventura, CA	9 Oct. 1983	
WOMEN 25-29		
50 Yard Freestyle		
Catherine Neville 26*	26.72	
Anne Wade 25	29.80	
Margaret Warner 29	32.01	
Cathi Bedwell 28	33.15	
Darlene Lesonske 26*	33.80	
Noaa Robb 29*	36.75	
Lynne McGinnis 27*	44.19	
Kathy Longacre 28	44.44	
200 Yard Freestyle		
Catherine Neville 26*	2:06.80	
Elizabeth Poncelet 29	2:27.67	
Margaret Warner 29	2:34.04	
Lynne McGinnis 27*	3:28.48	
100 Yard Backstroke		
Catherine Neville 26*	1:10.91	
Elizabeth Poncelet 29	1:26.01	
Noaa Robb 29*	1:34.08	
Kathy Longacre 28	1:51.37	
Lynne McGinnis 27*	2:01.44	
50 Yard Breaststroke		
Margaret Warner 29	40.06	
Anne Wade 25	42.61	
Cathi Bedwell 28	48.25	
Noaa Robb 29*	46.56	
Darlene Lesonske 26*	49.75	
Lynne McGinnis 27*	59.23	
100 Yard Breaststroke		
Catherine Neville 26*	1:06.34	
Elizabeth Poncelet 29	1:16.28	
Margaret Warner 29	1:21.39	
100 Yard Individual Medley		
Anne Wade 25	1:16.01	
Elizabeth Poncelet 29	1:19.81	
Cathi Bedwell 28	1:28.37	
Lynne McGinnis 27*	1:52.31	
WOMEN 30-34		
50 Yard Freestyle		
Ann Jordan 34	30.67	
Narreen Murphy 33*	34.47	
200 Yard Freestyle		
Ann Jordan 34	2:28.18	
Barbara Colavito 30	3:40.11	
100 Yard Backstroke		
Nonica Danenhov 30	1:16.11	
50 Yard Breaststroke		
Nonica Danenhov 30	37.00	
Narreen Murphy 33*	46.54	
200 Yard Breaststroke		
Narreen Murphy 33*	3:38.75	
100 Yard Butterfly		
Nonica Danenhov 30	1:11.06	
Ann Jordan 34	1:22.66	
WOMEN 35-39		
50 Yard Freestyle		
Sandy Young 35	35.44	
100 Yard Freestyle		
Sandy Young 35	1:45.58	
50 Yard Backstroke		
Sandy Young 35	46.36	
100 Yard Backstroke		
Sandy Young 35	1:41.39	
100 Yard Individual Medley		
Sandy Young 35	1:34.45	
WOMEN 40-44		
50 Yard Freestyle		
Bonnie Brady 42	37.51	
100 Yard Freestyle		
Bonnie Brady 42	3:04.73	
Ann Carlyle 42	3:17.22	
100 Yard Backstroke		
Bonnie Brady 42	1:38.08	
50 Yard Breaststroke		
Helen Geoffrion 44	44.12	
Bonnie Brady 42	51.19	
200 Yard Breaststroke		
Helen Geoffrion 44	3:31.36	
100 Yard Butterfly		
Janet Royer 42	1:07.97	
100 Yard Individual Medley		
Helen Geoffrion 44	1:31.25	
Bonnie Brady 42	1:36.55	
WOMEN 45-49		
50 Yard Freestyle		
Garcia Rowland 50	37.78	
200 Yard Freestyle		
Garcia Rowland 50	3:09.56	
100 Yard Backstroke		
Garcia Rowland 50	1:49.63	
50 Yard Breaststroke		
Garcia Rowland 50	51.75	
100 Yard Individual Medley		
Garcia Rowland 50	1:42.01	
WOMEN 55-59		
50 Yard Freestyle		
Shirley Erickson 59	36.62	
Grace Altus 59	39.37	
Phyllis Bonura 57	42.71	
200 Yard Freestyle		
Shirley Erickson 59	2:58.72	
Grace Altus 59	3:00.56	
100 Yard Backstroke		
Shirley Erickson 59	1:36.92	
Phyllis Bonura 57	2:01.01	
50 Yard Breaststroke		
Anne Adams 55	43.53	
Grace Altus 59	55.01	
Phyllis Bonura 57	59.83	
200 Yard Breaststroke		
Anne Adams 55	3:25.37	
100 Yard Butterfly		
Shirley Erickson 59	1:41.53	
Grace Altus 59	1:50.44	
100 Yard Individual Medley		
Anne Adams 55	1:22.00	
Shirley Erickson 59	1:33.66	
Grace Altus 59	1:44.73	
Phyllis Bonura 57	1:58.61	
WOMEN 60-64		
50 Yard Freestyle		
Isabella Hiller 62	1:12.61	
200 Yard Freestyle		
Isabella Hiller 62	5:36.70	

50 Yard Breaststroke		
Isabella Hiller 62	1:54.55	
WOMEN 65-69		
200 Yard Freestyle		
Beth Hidenour 68	8:10.80	
50 Yard Breaststroke		
Beth Hidenour 68	1:10.39	
200 Yard Breaststroke		
Beth Hidenour 68	5:12.37	
100 Yard Individual Medley		
Beth Hidenour 68	2:24.47	
WOMEN 70-74		
50 Yard Freestyle		
Irene Van Tost 70	45.11	
50 Yard Breaststroke		
Irene Van Tost 70	58.17	
100 Yard Individual Medley		
Irene Van Tost 70	2:08.53	
WOMEN 75-79		
50 Yard Breaststroke		
Katherine Peltton 78	1:09.77	
100 Yard Butterfly		
Katherine Peltton 78	2:39.88	
100 Yard Individual Medley		
Katherine Peltton 78	2:35.06	
WOMEN 80-84		
50 Yard Freestyle		
Elizabeth Knabe 81	1:34.03	
100 Yard Backstroke		
Elizabeth Knabe 81	4:47.00	
50 Yard Breaststroke		
Elizabeth Knabe 81	2:34.51	
MEN 25-29		
50 Yard Freestyle		
Tom Devane 28	23.45	
Doug Orloff 29	24.51	
Don Doran 26	28.00	
Thomas Shuck 29	29.54	
200 Yard Freestyle		
Tom Devane 28	2:02.99	
Doug Orloff 29	2:05.42	
Don Doran 26	2:08.27	
Brian Cohn 25	2:09.66	
Thomas Shuck 29	2:25.92	
100 Yard Backstroke		
William P. Burns 28	1:11.01	
Edward Radesacher 26*	1:15.97	
Thomas Shuck 29	1:23.00	
50 Yard Breaststroke		
Edward Radesacher 26*	34.44	
200 Yard Breaststroke		
Edward Radesacher 26*	DISQ	
100 Yard Butterfly		
Brian Cohn 25	1:06.84	
Don Doran 26	DISQ	
100 Yard Individual Medley		

SWIM-MASTER

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Swimming News

NATIONAL LONG COURSE TEAM RESULTS

WOMEN		NASH	63	STL	115		
LOL	427	TJC	63	MINN	109	RELAYS	530
GIMSA	419	LAM	57	JMST	107	LOL	328
OHIO	283	GWSJ	52	SWOH	96	GIMSA	166
MAM	250	PNW	52	MAM	95	OHIO	142
CONN	216	NAM	48	LBM	86	NEM	86
STL	196	WCM	45	LAKE	83	DCM	80
SPRD	188	CHES	43	SBM	81	MICH	79
SMM	184	HUMU	43	SMM	72	TOC	74
OREG	180	WISC	43	WCM	65	STL	54
MICH	175	MVM	42	MOB	59	LEX	52
DCM	161	RMM	35	OAK	55	MAM	43
NEM	159	PCL	34	TAMA	52	LAKE	39
MMNY	140	SAND	32	MDM	50	SMM	39
ARIZ	129			SPRD	50	PLNT	36
GCM	109	MEN		VAM	49	OREG	33
LEX	108	LOL	792	OKLA	47	JMST	32
UPIT	100	TOC	447	YPIT	46	OAK	32
SWOH	94	NEM	414	MARI	45	WISC	26
MDM	93	GIMSA	340	NEBR	42	MINN	26
OAK	85	OHIO	274	LAM	41	TAMA	24
SWM	82	MICH	273	TERR	41	SWM	24
TAMA	81	HUMU	227	LEX	40	SPRD	23
MARI	76	LONE	216	SAND	38	SWOM	22
SCM	75	WISC	192	CRIM	36	CONN	19
JMST	68	MMNY	169	PASA	31	MMNY	14
LAK	67	RMM	154	RINC	31	GAMB	12
SCAR	65	CONN	148	SCAR	31	ARIZ	1
VAM	64	NELA	129	GCM	29	OKLA	
		DCM	124	PNW	28		
		TROJ	118	TARH	28		

Ed Allen 68	49.70
Herman Becker 66	50.17
<u>200 YARD BREASTSTROKE</u>	
Tom Lind 65	3:10.84
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Tom Lind 65	1:20.88
John Rapin 69	1:47.56
<u>MEN 70-74</u>	
<u>50 YARD FREESTYLE</u>	
Woody Bowersock 70	29.94
Jack White 73	40.12
<u>200 YARD FREESTYLE</u>	
Woody Bowersock 70	2:56.81
<u>100 YARD BACKSTROKE</u>	
Woody Bowersock 70	1:35.11
<u>50 YARD BREASTSTROKE</u>	
Woody Bowersock 70	46.64
Jack White 73	52.73
<u>MEN 75-79</u>	
<u>50 YARD FREESTYLE</u>	
Sheldon White 78	45.64
<u>200 YARD FREESTYLE</u>	
Sheldon White 78	4:02.99
* Denotes non SPMA swimmer	

Programmed by Curt Mosso

<u>WOMEN 25+</u>	
<u>200 YARD MEDLEY RELAY</u>	
Central Coast Masters	
Kathy Bedwell	
Nancy Roberts	
Ann Jordan	
Maureen Murphy	2:44.47

<u>MIXED 35+</u>	
<u>200 YARD MEDLEY RELAY</u>	
Trojan Swim Club	
B. Brady	
B. Hebert	
F. Schmidt	
A. Adams	2:38.00

<u>MEN 25+</u>	
<u>200 YARD FREESTYLE RELAY</u>	
Marina Masters	
Jim McConica 32	
Ton DeVane 28	
Don Dorman 26	
Jeff Dann 30	1:44.17

<u>MEN 35+</u>	
<u>200 YARD MEDLEY RELAY</u>	
Marina Masters	
Brook Sturtevant 37	
Bill Allmen 42	
Larry Raffaelli 40	
Chuck Engel 39	2:05.92

TOP TEN RELAYS - For reasons unknown the compilation has never been submitted and thus has not been printed! It is not possible to print what has not been received. Hopefully, this will be corrected next year.

SWIM-MASTER

June Krauser, Editor
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SWIM CALENDAR

VOL XIII - No 1

JANUARY 1984

JANUARY	One Hour Swim - Arthur Smith, 337 Chesapeake Dr., Great Falls, VA 22066
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7	SC - Joe Condon, 810 Stadium Dr., Greencastle, IN 46135
14	SC - Peg McCallum, 785 Nilles Rd., Fairfield, OH 45014
14	SC - Emmell Hines, 3855 Holman, Houston, TX 77004
14	SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
15	SC - Monty Karnes, Flint YMCA, Flint, MI
15	SC - Jan Soderstrom, 7112 Meadow Lane, Gary, IL 60013
25	SC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
28	SC - Tobias Boedeker, 4545 Marshall, Kettering, OH 45425
28	SC - Tom Brown, P.O. Box 1628, Monterey, CA 93941
28-29	SC - Jim Bell, Philosophy Dept. LET 259, U.S.F., Tampa, FL 33620
29	SC - Alfonso Allen, 9812 Muirfield Dr., Upper Marlboro, MD 20772
29	SC - Gib Younger, 1828 Tano Lane, Mt. Prospect, IL 60056
29	SC - 1650 - Peggy Erlenkotter, 9 Meadow Park Ave. W., Stamford, CT 06905
FEB	4 SC - Joan Diercks, 5254 Broadway, Indianapolis, IN 46220
4	SC - Ray & Zada Taft, 2911 Naples, Half Moon Bay, CA 94019
4-5	SC - Kris Wingenroth, 531 Greenbriar #8, Houston, TX 77005
5	SC - Ed Edwards, 4063 Newcastle, Sylvania, OH 43560
11	SC - Ed Levy, 7979 Symphony, Cincinnati, OH 45242
12	SC - Mary Jo La Du, 1215 Church St., Evanston, IL 60201
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26	SC - Ingrid Stine, 4119 N. Pittsburgh, Chicago, IL 60634
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3	SC - Paul Windroth, 16700 Valley View Rd., Eden Prairie, MN
3	SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
4	SC - Pentathlon & Diving - Peggy Erlenkotter, 9 Meadow Park Ave. W., Stamford, CT 06905
10	SC - David R. Stephens, 5957 Lakeview Dr. #D, Indianapolis, IN 46224
10-11	SC - L. W. Retzner, 4517 Main St., Naperville, IL 60532
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17	SC - Bobbie Turcotte, Buehler YMCA, P.O. Box 367, Palatine, IL 60067
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18	SC - Ann Degnan, Rec Dept, Town Hall, Plainville, CT 06062
18	SC - Charlie Moss, Dow Chemical, Midland, MI
24	SC - Don La Frenz, 1594 Portland, Berkeley, CA
24	SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
24-25	SC - Laura Tull, 1713 Dublin Rd., Okla. City, OK 73120
25	SC - Donald Kretschman, 1206 E. Dawes, Wheaton, IL 60187