

VOL XIV-No

1984 ALL AMERICANS

Sandy Neilson Beth Lutz Kimberly Worthen Diane Cayce Lindley Doughty Lisa Tubergen Naywon Alexander

J. Katterman

Nancy Nitardy

WOMEN 25-29

Karen Melick Carol Rubino <u>WOMEN 30-34</u> Jacki Hirsty Susan Palelia Brenda Lee Dot Wise-Munger Gayle Benty Christine Prosch Barbara Held Susanne Chandler

WOMEN 35-39 Sharon Wise Barbara Dunbar Brooke Dick Julie Corman Susan Walsh Ginger Pierson Anne Page C. Ferris-Johnson Carol Chidester Marianne Brems

WOMEN 40-44 Nancy Ridout Diana Todd Judy Decker Jane Katz Carol Chidester Dorothy Burke Jane Murphy Sherman Ardeth Mueller Betty Bennett Judy Weir Linda Marsteller Joann Leilich

WOMEN 45-49 Juanita Correa Helen Buss Susan Cox Betsy T. Jordan Joann Leilich Ivanell Hoe Susan Rittenhouse Susan Munn Jayne Bruner Ronnie Kamphausen WOMEN 50-54 Jayne Bruner Lavelle Stoinoff Ronnie Kamphausen Ann Pisciotta Gail Roper

WOMEN 55-59 Clara Walker Anne Adams Betty Russ Gail Roper June Krauser

WOMEN 60-64 Dorothy Donnelly Margaret Morrison Dorothy LaChasse Catherine Williams Charlotte Costello Patsy Weiss Jeannette Eppley Shirley Erickson Jeanne Merryman Betty Christian

WOMEN 65-69 Louise Kelley Jane McCollister Mardie Brown Yvonne Frischhertz Gertrud Zint Helen Hummer Viola Thompson Rita Simonton Marie Wicklun

WOMEN 70-74 Dawn Musselman Lenore Wingard Maxine Merlino Nancy Clark Marie Wicklun Win Kennedy

WOMEN 75-79 Julia Dolce Ruth Switzer Johnnie Belshe Rita Shephard Katherine Pelton Jewel Cooke

WOMEN 80-84 Martha Keller

Marion McKechnie Elizabeth Mauric Ella Peckham Anna Bauscher

Ella Peckham

MEN 25-29 Dix OzTer Robert Bugg Rob Copeland Michael Bottom Tom Wolf R. J. McDonald Mathew Kanzler James Belardl James Belardl James Montgomery John Gavlik Andrew Miller Mark Schuman Richard Hess

MEN 30-34 Fred Hubbell James Griffith Jim McConica Wm. Penn Don Farmer Steve Stocksdale Fred Ferroggiaro Doug Ryerson Bill Vickery Greg Harrison John Foote Bruce Mallette Don Gilchrist Bob Janis Todd Bryan Mike McIntyre Clay Evans Chester Miltenberger Mark Chatfield Robert Clark D. Hannula

MEN 35-39 Bill Barthold Bill Babcock Frank Warner Tod Spleker Clay Kolar Mal Jester Fred Schlicher Donald Havens Richard Thomas William Wemple

MEN 40-44 Timothy Garton Jack Geogheghan Cleon Wingard Phillip Whitten Chuck Ogilby Bruce Fowler Steve Clark Lance Larson Robert Smith Dick Woodrow

MEN 45-49 Edward Hinshaw Frank McKinney Cyrus Hopkins Hans Reichelt George Worthington Dave Costill Jeff Farrell Charles Bechtel Bill Stewart Drury Gallagher Tony Tashnick Bert Peterson Risto Pykko

MEN 50-54 Donald Hill Graham Johnston Donald Brown Manuel Sanguily John Masters Wally Dobler Brad Sturtevant Bill Yorzyk

MEN 55-59 Boyd Johnson Bob Heritier Win Wilson Roger Franks Ted Haartz Frank Piemme Aaron Kurtzman Mm. Phillips Peter van Dijk Paul Hutinger Ed Emes Charles Moss

MEN 60-64 Peter Powlison John Woods Edward Hall Irving Katz Barton Greenberg Edward Rudloff Herbert McAuley John Richards

JAN 1985

MEN 65-69 Birch Davidson Andrew Holden Jim Welch Edward Moran Ray Taft Aldo da Rosa Paul Krup David Volk Albert Vandeweghe

HEN 70-74 Kelly Lemmon Herbert Howe Gary Weisenthal David Rowan Bennett Allen William Grant Walt Pfeiffer

MEN 75-79 Lyle Collett Lloyd Osborne Art Hargrave Herb Eisenschmidt Dan Dotterweich Bill Share Bill Stinson Maurice Young John Wallace

MEN 80-84 Gus Langner Alvin Kallunki Thomas Cureton Joseph Scheu John Anderson

MEN 85-89 Fred Allen Paul Spangler Charles Fletcher Jack Blumberg

MEN 90+ Collister Wheeler

































12th SE CHAMPIONSHIPS, Oak Ridge, TN; Oct. 27-28, 1984

(1) Bentley Marane, Roxanne Motter, Susi Chandler, Pat and Greg Mattson; (4) Yoshi Oyakawa, Burwell Jones and Peter Sintz; (5) Bobbe Smith, Charlie Gentry and Jim McKay; (7) Mark Petry, Dorothy Riordan, Marie Struttmann, Bill Tingley, Mary Jane Marty and David Cannon: (9) David Gibson, Mike Morris, Wayne Stevenson and Dirk Van Hoesen; (36) Scott Guthrie, Richard Bauschard and Barbaro Whitner; (12) Ed Hall and John Crews; (13) Jon Goyert, Mike Ehinger, Jim Green and Bryant; (14) Jeannine Donahue, Frances Bell, Jack Ryan, Chuck Bentley Marane and Anita Armistead; (16) John and Ardell Daily, John Woods and Bill Dunlap; (21) Mary Lee Watson, Tom Willingham and Jean Kaplan; (22) Bill Lauer, Jean Fox and Wang Lau; (24) Ernie Briscoe and Bert Sprofkin; (27) Bernie White, Kirk Canterbury, Sandra Cathey and Richard Bober; (28) Bill and Joanne Marshall, "Mike" and Yoshi Oyakawa; (29) A.B. and Janet Meservey.

Pictures courtesy of Bill and Joanne Marshall. ${\bf 2}$

SOUTHEASTERN MASTERS CHAMPIONSHIPS October 27 and 28, 1984 Oak Ridse, Tennessee Sanction #105-DW-84 (25 yd. pool) WOMEN 25-29 50 Md. Freestyle Cheryl Poole 28 Nancy C. Goeken 26 27.68 28.77 30.78 Nancy C. Goeken 26 Anne K. Houston 27 Gail O'Malley 29 Nancy Minturn 27 <u>100 Yd. Freestyle</u> Cheryl Poole 28 Angela Webster 25 Nancy C. Goeken 26 Janet Walberg 29 33.79 1:01.86 1:01.86 1:02.72 1:03.65 1:07.35 1:10.78 Anne K. Houston 27 Debra Nesbitt 26 1:19.88 200 Yd. Freestyle Cheryl Poole 28 Nancy C. Goeken 26 2:18.61 2:20.17 2:27.95 2:53.43 Mary Dowlen 29 Sara Jane Gordon 26 500 Yd. Freestyle Mary Dowlen 29 Janet Walberg 29 6:33.89 6:58.66 7:26.88 Sara Jane Gordon 26 Debra Nesbitt 26 7:53.05 50 Yd. Backstroke Nancy C. Goeken 26 Angela Webster 25 33.78 35.26 36.85 39,24 Mary Dowlen 29 Anne K. Houston 27 Gail O'Malley 29 45.12 100 Yd. Backstroke Nancy C. Goeken 26 Mary Dowlen 29 Janet Walberg 29 1:14.97 1:18.50 1:22.57 1:29.01 Janet Walberg 29 Anne K. Houston 27 Gail O'Malley 29 Sara Jane Gordon 26 200 Yd. Backstroke Mary Dowlen 29 Sara Jane Gordon 26 1:33.13 1:34.79 2:49.38 3:21.05 50 Yd. Breaststroke Mary Dowlen 29 Anne K. Houston 27 Debra Nesbitt 26 38.49 38.8 50.63 100 Yd. Breaststroke Anne K. Houston 27 Sara Jane Gordon 26 Nancy Minturn 27 1:24.86 1:44.50 1:51.91 200 Yd. Breaststroke Mary Dowlen 29 Sara Jane Gordon 26 3:01.07 3:33.48 50 Yd. Butterfly Angela Webster 25 Nancy C. Goeken 26 Cheryl Poole 28 Anne K. Houston 27 31.31 32.12 32.57 34.38 100 Yd. Butterfly Nancy C. Goeken 26 Sara Jane Gordon 26 1:13.59 Sara Jane Gordon 26 1:31.80 200 Yd. ButterTly Sara Jane Gordon 26 3:15.36 100 Yd. Individual Medley Nancy C. Goeken 26 1:13.76 Cheryl Poole 28 1:14.66 Angela Webster 25 1:14.77 Anne K. Houston 27 1:16.93 Gail O'Malley 29 1:26.43 Dara Jane Gordon 26 1:28.22 Debra Nesbitt 26 1:37.29 200 Yd. Individual Medley 200 Yd. Individual Medley Nancy C. Goeken 26 2:41.20 Anne K. Houston 27 2:53.88 Anne K. Houston 27 Gail O'Malley 29 3:05.48 Sara Jane Gordon 26 3:11.45 400 Yd. Individual Medley Mary Dowlen 29 5:53.53 Sara Jane Gordon 26 6:38.58 Gail O'Malley 29 6:39.87 Gail O'Malley 29 WOMEN 30-34 50 Yd. Freestyle Beth L. Brenner 31 Colleen Miller 33 Karen Minser 30 26.46 30.06 30.06 30.11 33.13 39.81 Ann Sims 32 Trudy Jo Kerlin 32 Jan Smith 33 Jan Smith 33 100 Yd. Freestyle Susi Chandler 33 Beth L. Brenner 31 Ann Sins 32 Karen Minser 30 59.48 1:00.87 1:05.68 1:08.09 Karen Minser 30 Mary Jane Marty 34 200 Ma. Freestyle Suai Chandler 33 Jan Pesavento 32 Ann Sims 32 Lisa L. Watson 30 Trudy Jo Kerlin 32 Mary Jane Marty 34 500 Mi. Freestyle Patricia Matison 31 Susi Chandler 33 Lisa L. Watson 30 Trudy Jo Kerlin 32 1:28.22 2:08.19 2:08.19 2:13.86 2:22.42 2:35.20 2:53.16 3:34.67 5:41.02 5:48.67 bisa L. Watson 30 Trudy Jo Kerlin 32 50 Yd. Backstroke Jan Pesavento 32 Beth L. Brenner 31 Rosalyn McKeown-Ice 32 7:46.12 32.11 32.11 33.17 37.71 38.04 38.33 39.40 Colleen Miller 33 Ann Sims 32 Karen Minser 30 Lisa L. Watson 30 Jan Smith 33 39.43 100 Yd. Backstroke Jan Pesavento 32 Beth L. Brenner 31 1:10.52

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Lisa L. Watson 30 Colleen Miller 33 Ann Sims 32 1,21,21 1:24.64 200 Yd. Backstroke Jan Pesavento 32 Lisa L. Watson 30 2:37.26 2:49.91 50 Yd. Breaststroke 35.15 35.17 37.91 39.63 39.71 40.95 Jan Pesavento 32 Patricia Mattson 31 Beth L. Brenner 31 Ann Sims 32 Karen Minser 30 Colleen Miller 33 Golleen Miller 33 Trudy Jo Kerlin 32 Jan Saith 33 100 Yd. Breaststroke Patricia Mattson 31 Jan Pesavento 32 44.25 51.63 1:14.61 1:16.03 1:22.62 1:23.66 Beth L. Brenner 31 Ann Sims 32 Colleen Miller 33 Colleen Miller 33 Mary Jane Marty 34 200 Yd. Breaststroke Patricla Mattson 31 Jan Pesavento 32 Ann Sims 32 Mary Jane Marty 34 50 Yd. Butterfly Susi Chandler 33 Beth L. Brenner 31 Karen Minser 30 Colleen Miller 33 1:30.76 1:40.46 2:42.27 2:53.53 3:37.95 28.77 29.81 33.34 36.47 38,61 Karen Minser 30 Colleen Miller 33 Lisa L. Watson 30 Marcy Cassady 32 39.35 40.81 Trudy Jo Kerlin 32 100 Yd. Butterfly Susi Chandler 33 1:02.81 Subi Chandler 33 200 Yd. Butterfly Susi Chandler 33 100 Yd. Individual Medley Susi Chandler 33 Jan Pesavento 32 2:20.18 1:06.99 1:07.40 1:09.86 Beth L. Brenner 31 Patricia Mattson 31 1:10.39 Ann Sims 32 1:14.68 Ann Sims 32 Karen Minser 30 Colleen Miller 33 Marcy Cassady 32 Trudy Jo Kerlin 32 Mary Jane Marty 34 Jan Saith 33 200 Yd. Ladutian 1:19.00 1:19.04 1:30.97 1:32.53 1:40.05 1:44.34 Jan Saith 33 1:44,34 200 Yd. Individual Medley Sumi Chandler 33 2:24,81 Fatricia Mattson 31 2:28,73 Jan Penavento 32 2:32.19 400 Yd. Individual Medley Susi Chandler 33 5:08.48 WOMEN 35-39 WORM 35-35 50 Yd. Freestyle Diana G. Antonini 38 Jessie E. Watson 38 Winifred Prall 36 Sandra Cathey 35 100 Yd. Freestyle Winifred Prall 36 Sandra Cathey 35 Gayle Brown 36 Mirtam C. Gaitakill 3 30.37 30.73 31.24 34.74 1:12.08 1:17.02 Miriam C. Gaitskill 39 Katie Cottrell 39 1:23.60 Anne Grams 37 Winifred Prall 36 Jessie B. Watson 38 500 Yd. Freestyle Anne Grams 37 2:24.16 2:42.94 2:46.14 Anne Grams 37 Diana G. Antonini 38 Winifred Frall 36 Miriam C. Gaitskill 39 50 Yd. Backstroke Diana G. Antonini 38 Sandra Cathey 35 100 Yd. Backstroke Jessie B. Watson 38 Sandra Cathey 35 200 Yd. Backstroke Diana G. Antonini 38 Jessie B. Watson 38 Jessie B. Watson 38 Jessie B. Watson 38 6:08.94 6:29.98 8.18.28 38.41 42.30 1:28.45 1:33.62 2:50.08 3:17.47 50 Yd. Breaststroke Jessie B. Watson 38 Anne Grams 37 Diana G. Antonini 38 39.08 39.70 39.96 41.87 Diana G. Antonini 38 Sandra Cathey 35 Xatie Cottrell 39 100 Yd. Breaststroke Anne Graas 37 Diana G. Antonini 38 Jessie B. Watson 38 Sandra Cathey 35 Gayle Brown 36 43.92 1:24.37 1:26.48 1:30.22 1:44.53 Gayle Brown 36 200 Yd. Breaststroke Anne Graas 37 Diana G. Antonini 38 Jessie B. Watson 38 50 Yd. Butterfly Anne Graas 37 Winffred Frail 36 Jessie B. Watson 38 Senter Gabay 35 3:00.59 3:24.15 31.50 36.45 36.88 Jessie B. Watson 36 Sandra Cathey 35 Miriam C. Gaitskill 39 <u>100 Yd. Butterfly</u> Winifred Frall 36 Sandra Cathey 35 Miriam C. Gaitskill 39 <u>200 Yd. Butterfly</u> Anne Grams 37 Winifred Frall 36 100 Yd. Individual Meddi 40.48 43.72 1:28.77 1:38.53 2:39.08 Vinifred Prall 30 100 Yd, Individual Medley Anne Grams 37 1:13.35 1:16.81 Diana G. Antonini 38 Winifred Prall 36 1:21.70

Jessie B. Watson 38 1122.36 Sandra Cathey 35 1125.88 Miriam C. Gaitskill 39 1135.39 Gayle Brown 36 1139.45 200 Yd. Individual Medley Anne Grams 37 2138.04 Diana G. Antonini 38 2147.32 Winifred Prall 36 3102.54 2:38.04 2:47.32 3:02.54 3:03.03 Vinifred Prall 36 3:02.54 Jessie B. Watson 38 3:03.03 Sandra Cathey 35 3:06.79 Miriama C. Gaitakill 39 3:28.31 400 Yd. Individual Medley Anne Grams 37 5:134.00 Diana G. Antonini 38 5:57.88 Vinifred Prall 36 6:36.21 Miriama C. <u>Gaitakill 39</u> 7:32.81 <u>VOMEN 40-14</u> 50 Yd. Freestyle 50 Id. Freestyle Barbara Whitner 41 Nancy Lowden 42 31.10 34.60 36.13 Nancy Lowden 42 Bentley Marane 41 Becky Frotwell 41 100 Yd. Freestyle Barbara Whitner 41 Mancy Lowden 42 Bentley Marane 41 Becky Frotwell 41 200 Yd. Freestyle 38.69 1:11,46 1:15.55 1:25.61 200 Yd. Freestyle Nancy Lowden 42 Bentley Marane 41 2:46.51 2:58.12 500 Yd. Freestyle Nancy Lowden 42 Bentley Marane 41 7:32.59 50 Yd. Backstroke Barbara Whitner 41 37.98 43.63 46.28 Nancy Lowden 42 Bentley Marane 41 Becky Fretwell 41 49.64 100 Yd. Backstroke Barbara Whitner 41 1:22.08 50 Yd. Breaststroke Barbara Whitner 41 Nancy Lowden 42 39.17 44.75 Joo Yd. Breaststroke Barbara Whitner 41 Nancy Lowden 42 Becky Fretwell 41 200 Yd. Breaststroke Barbara Whitner 41 1:24.98 1:42.90 2:03.69 3:06.93 Nancy Lowden 42 50 Yd. Butterfly Barbara Whitner 41 3134.43 33.70 100 Yd. Individual Medley Barbara Whitner 41 1:17.03 Barbara whither 41 1117.03 Nancy Lowden 42 1132.02 200 Yd. Individual Medley Barbara Whither 41 2:45.20 Nancy Lowden 42 3:26.98 WOMEN 45-49 50 Yd. Freestyle Jean Fox 49 Barbara Hansen 4? 32.73 33.77 100 Yd. Freestyle Susan B. Cox 46 1:06.14 Jean Fox 49 1:15.09 200 Yd. Freestyle Susan B. Cox 46 2:27.44 Jean Fox 49 500 Yd. Freestyle Susan B. Cox 46 3:08.29 6:42.25 50 Yd. Backstroke Susan B. Cox 46 Jean Fox 49 38.36 39.37 41.61 Barbara Hansen 47 100 Yd. Backstroke Jean Fox 49 1:32.49 Barbara Hansen 47 1:39.41 200 Yd. Backstroke Jean Fox 49 3:35.29 50 Yd. Breaststroke Barbara Hansen 47 50 Yd. Butterfly Susan B. Cox 46 51.09 35.98 100 Yd. Butterfly Susan B. Cox 46 1:24.71
 Susan B. LOX 40
 11/24.74

 200 3d. Butterfly
 3404.34

 Susan B. Cox 46
 3404.34

 100 7d. Individual Medley
 350an B. Cox 46

 Susan B. Cox 46
 119.21

 Barbara Hansen 47
 1137.41
 Daroara hansen 47 1137.41 200 34. Individual Medley Susan B. Cox 46 2150.97 400 74. Individual Medley Susan B. Cox 46 6105.44 WOMEN 50-54 <u>NOMEN 50-</u> 50 Yd. Freestyle Roxanne Motter 52 Rita-Al Jones 51 Jeannine Donahue 51 Jean Kaplan 50 30.92 37.95 39.89 42.05 100 Yd. Freestyle Roxanne Motter 52 Rita-Al Jones 51 1:08.44 1:20.27 Rita-Al Jones 51 Jeannine Donahue 51 Jean Kaplan 50 200 Yd. Freestyle Roxanne Kotter 52 Rita-Al Jones 51 Grace Ruckstuhl 51 500 Yd. Freestyle Roxanne Motter 52 Rita-Al Jones 51 Grace Ruckstuhl 51 50 Yd. Backstroke 1:35.04 2:34.99 3:01.92 6:45.77 8:10.99 9:57.05 50 Yd. Backstroke Roxanne Motter 52 Rita-Al Jones 51 37.67 44.87 47.52 49.18 Jean Kaplan 50 Grace Ruckstuhl 51 Jeannine Donahue 51 51.94 3

100 Yd. Backstroke Roxanne Motter 52 Rita-Al Jones 51 Jean Kaplan 50 Grace Ruckstuhl 51 1:20.74 1:36.99 1.45 04 1:49.47 Grace Ruckstuhl 51 200 Yd. Backstroke Roxanne Motter 52 Hita-Al Jones 51 Grace Ruckstuhl 51 50 Yd. Breaststroke Jean Kaplan 50 100 Yd. Breaststroke Rita-Al Jones 51 Jean Kaplan 50 Jeannine Donahue 51 200 Yd. Breaststroke 3:00.79 3:20.84 3:51.34 53.41 1:47.45 1:54.27 1:55.57 200 Yd. Breaststroke Grace Ruckstuhl 51 50 Yd. Butterfly Roxanne Motter 52 Rita-Al Jones 51 4:39.84 35.90 44.44 Jean Kaplan 50 100 Yd. Butterfly Grace Ruckstuhl 51 58.68 2:08.19
 Ioo Yd. Individual Medley

 Roxanne Motter 52
 1:21.55

 Rita-Al Jones 51
 1:35.40
 Grace Ruckstuhl 51 200 Yd, Individual Medley Grace Ruckstuhl 51 4+00.05 400 Yd, Individual Medley Roxanne Motter 52 6432.35 Grace Ruckstuhl 51 8+28.84 WOREN 55-59 WOREN VILS WOREN 55-5 50 Yd. Freestyle Betay Montgomery 59 Dotty Whitcomb 55 100 Yd. Freestyle Betay Montgomery 59 Dotty Whitcomb 55 Dotty Whitcomb 55 Betay Montgomery 59 50 Yd. Backstroke Dotty Whitcomb 55 Betay Montgomery 59 200 Yd. Backstroke Dotty Whitcomb 55 Betay Montgomery 59 50 Yd. Backstroke Dotty Whitcomb 55 Betay Montgomery 59 50 Yd. Breaststroke 37.30 44.18 1123.26 1:38.29 3:00.17 47.91 49.50 1:50.11 1:51.01 3:56.08 50 Yd. Breaststroke Dotty Whitcomb 55 100 Yd. Breaststroke Dotty Whitcomb 55 200 Yd. Breaststroke Dotty Whitcomb 55 WOMEN 50-64 50 Yd. Preaststroke 54,42 2:06.36 4:18.71 WOMEN 60-64 50 Yd. Preestyle Mary Lee Vatson 63 Ruth C. Mattina 63 100 Yd. Preestyle Mary Lee Vatson 63 Ruth C. Mattina 63 Antta F. Armistead 63 200 Vd Pressive 41.10 41.64 1:27.41 1:41.09 Anita F. Armisteai 200 Yd. Freestyle Mary Lee Watson 63 500 Yd. Freestyle Mary Lee Watson 63 50 Yd. Backstroke Mary Lee Watson 63 3:09.29 8:28.18 46.45 100 Yd. Backstroke Mary Lee Watson 63 1:41.73 Mary Lee Watson 63 1 200 Yd. Backstroke Mary Lee Watson 63 3 100 Yd. Breaststroke Mary Lee Watson 63 2 200 Yd. Breaststroke Mary Lee Watson 63 4 200 Yd. Individual Medley Mary Lee Watson 63 3 3:33.27 2:10.18 4:41.39 3:59.52 WOMEN 65-69 Frances Bell 66 Frances Bell 66 50 yd breaststroke 100 yd breaststroke 200 yd breaststroke <u>WOMEN 70-74</u> 1:14.78 2:38.04 5:26.08 YOMEN 70-50 Yd. Backstroke Dorothy Riordan 72 100 Yd. Backstroke Dorothy Riordan 72 200 Yd. Backstroke Janet Meservey 70 1:18.44 2:58.73 4:25.54 50 Yd. Breaststroke Janet Meservey 70 1:01.34 Janet Meservey /0 Dorothy Riordan 72 <u>100 Yd. Breaststroke</u> Janet Meservey 70 Dorothy Riordan 72 <u>200 Yd. Breaststroke</u> Janet Meservey 70 2:13.28 2:49.75 4:45.98 Dorothy Riordan 72 6:12.87 Derothy Riordan 72 6:12.87 50 Yd. Butterfly Janet Meservey 70 1:14.75 100 Yd. Individual Medley Janet Meservey 70 2:14.15 Dorothy Riordan 72 2:48.04 Karla Nagel 84 100 yd freestyle 3:17.67 50 yd breaststroke 1:51.59 WOMEN 200 YARD FREE MELAYS 25+ 25+ Oak Ridge Masters "A" 1:52,21 Susi Chandler 33 Susi Chandler 33 Rosalyn McKcown-Ice 32 Beth L. Brenner 31 Anzela Webster 25 Oak Ridge Masters "B" Karen Minser 30 Jan Smith 33 2:08.76

Gayle Brown 36 Barbara Hansen 47 Jean Fox 49	2:12.21
Nancy C. Goeken 26 WOMEN 200 YARD MEDIEY	100 T 100
25+	HELAYS
Rosalyn McKeown-Ice 32 Susi Chandler 33	2:10.05
Angela Webster 25 Beth L. Brenner 31 KWSY Masters	2133.64
Jean Fox 49 Gayle Brown 36 Nancy C. Goeken 26 Barbara Hansen 47	
200 YARD MIXED FREE N	SLAYS
	1:40.09
Beth L. Brenner 31 Dirk Van Hoesen 35 David A. Gibson 38 Charleston Masters	1:46.45
David A. Parler 28 Jan Pesavento 32 Cheryl Poole 28	2.6.6
Stroh's Strokers Larry Shields 27 Marcy Cassady 32 Colleen Miller 33	1:54.47
John Johnson 51 Mary D. Martin 33 Karen Minser 30	2:03,25
Nancy C. Goeken 26 Kenneth D. Church 35	2:10.88
Bruce A. Tomkins 33 Judie S. Herron 35 Nancy Minturn 27	2:20.67
Mike Ehinger 38 35+ MAC Masters Sandra Cathey 35 Bernie White 41 Nancy Lowden 42	1:58.08
Skip Brannen 35	3100.20
Jeannine Donahue 51	
45+	2:04.50
John P. Crews 65 Roxanne Motter 52	2:14.17
William L. Marshall 58 Ruth C. Mattina 63 MEN 200 YARD FREE RE	
MEN 200 YARD FREE REI	LAYS
Skip Brannen 35 Richard Bober 33	1:35.03
Tom Younger 28 Marc Hunt 28 Stroh's Strokers Ed Miller 34 Kenneth J. Miller 46	1:40.78
David H. Ashton 27 David A. Briggs 31	1:40.85
Chris Farrugia 28 Bill Balchunas 33	1:41.28
Steve Barden 39 John S. Lawrance 38 Virginia Masters Gerrit Goodman 28 Doug Wellman 41	1:45.30
Ed Green 38 Feter Vitaliano 40 Oak Ridge Masters "A" Jim Green 39 Jim McKay 42	1:49.18
Robert Lindenschmidt 3	1
Steve Hebble 26 Charleston Masters Bill Lawson 40 David A. Parler 28	1:49.66
Bruce A. Tomkins 33 Mike Ehinger 38 John Johnson 51	2:19.46
William L. Marshall 58 35+ Oak Ridge Masters Wayne Stevenson 39 Dirk Van Hoesen 35 David A. Gibson 38	1137.67
Dirk Van Hoesen 35 David A. Gibson 38 Michael Morris 41	

KWSY Masters Kenneth D. Church 35 Jeff Baldwin 37 Wang Lau 47 Robert M. Hill 56	2:03.78
Abdert N. Hill 50 <u>45+</u> MAC Masters John Kortheuer 53 Milton Gee 47 Jim Alexander 46	1:50.66
Kirk Canterbury 48 55+ Oak Ridge Masters John P. Crews 65 John Beeve 67 Bob McBride 62 Neyer D. Silverman 69	2:28.80
Meyer D. Silverman 69 MEN 200 YARD MEDLEY H 25+	ELAYS
25+ MAC Masters Richard Bober 33 Tom Younger 28 Marc Hunt 28	1:49.75
Skip Brannen 35 Mountain Olympic Club Kem Battle 32 Russ Danielson 30 Steve Barden 39	
John S. Lawrance 38 Pensacola Swim Masters Chris Farrugia 28 Tom Deagan 34	1:56.76
Peter Mullen 41 Bill Balchunas 33 Stroh's Strokers Ed Miller 34 David A. Briggs 31	1:57.40
Kenneth J. Miller 46 David H. Ashton 27 Virginia Masters Doug Wellman 41 Gerrit Goodman 28	2:01.68
Ed Green 38 Peter Vitaliano 40 Charleston Masters David A. Parler 28 Bill Lawson 40 George R. Fisette 43	2:01.76
Ben S. Gibbs 34 Dak Ridge Masters Wayne Stevenson 39 Steve Hebble 26 Robert Lindenschmidt 3	2105.03
Jon Goyert 33 Crimson Tide Masters Bill Dunlap 55 Jack Ryan 32 James Moon 42	2121.91
Wilson Myers 32 <u>35+</u> Cak Ridge Masters Jim McKay 42 Dirk Van Hoesen 35 David A. Gibson 38	1:51.13
David A. Gibson 38 Wayne Stevenson 39	
KWSY Masters Kenneth D. Church 35 Wang Lau 47 Bill Lauer 50 Jeff Baldwin 37	2:12.23
45+ MAC Masters Kirk Canterbury 48 Milton Gee 47 John Kortheuer 53 Jim Alexander 46	2:03.21
55+ Oak Ridge Masters John P. Crews 65 Sizer Chambliss 70 John Reeve 67 Bob McBride 62 <u>MEN 25-29</u>	3114,68
50 Yd. Freestyle Tom Younger 28 Marc Hunt 28 Jim Norman 27	22.74 23.84 24.55 25.36
David H. Ashton 27 Leo Murphy 25 Mark Petry 27 100 Yd. Freestyle Tom Younger 28	25.30 25.73 25.74 51.05
Jia Norman 27 Marc Hunt 28	54.94 55.00
David H. Ashton 27 Gerrit Goodman 28	57.62 57.67
Leo Murphy 25 Steve Hebble 26	57.90 1100.21
200 Md. Freestyle Marc Hunt 28	2:03.72
Leo Murphy 25 Jim Norman 27	2:09.03
500 Yd. Freestyle	
Marc Hunt 28 Leo Murphy 25	5:57.84 6:06.78
50 Yd. Backstroke Tom Younger 28 Mark Patry 22	27.05 29.52
Mark Petry 27 Marc Hunt 28 David A. Parler 28	29.52 30.14 30.28
Leo Murphy 25	32.34
100 Yd. Backstroke Tom Younger 28 Mark Petry 27	1:00.06
David A. Parler 28 Marc Hunt 28	1:06.04
Leo Murphy 25 200 Yd. Backstroke	1:13.22
Mark Petry 27 David A. Parler 28	2:23.33 2:23.68

50 Yd. Breaststroke Tom Younger 28 David A. Parler 28 30.20 31.74 31.91 32.89 Chris Farrugia 28 Gerrit Goodman 28 Jim Norman 27 33.65 Steve Hebble 26 100 Yd. Breaststroke Tom Younger 28 Chris Farrugia 28 David A. Parler 28 Larry Shields 27 200 Yd Breaststroke 1:07.60 1:10.69 1:15.34 200 Md. Breaststroke David A. Parler 28 2:36.16 Larry Shields 27 Leo Murphy 25 2:48.37 50 Yd. Butterfly Tom Younger 28 Marc Hunt 28 23.91 26.80 26.84 27.74 28.36 Chris Farrugia 28 Larry Shields 27 Jin Norman 27
 Jim Forman 27
 28.36

 100 Yd. Butterfly
 70a Younger 28
 54.00

 David A. Parler 28
 1:14.42
 1:14.42

 100 Yd. Individual Medley
 70a Younger 28
 56.97

 David A. Parler 28
 1:03.13
 1:03.13

 March Hurt 28
 4.02
 1:03.13
 54.00 1:03.13 Marc Hunt 28 Mark Petry 27 Jim Norman 27 1:05.21 Gerrit Goodman 28 1:07.27 Steve Hebble 26 1:07.66 200 Yd. Individual Medley Tom Younger 28 2:15.72 David A. Parler 28 2:22.83 2:22.83 Gerrit Goodman 28 Leo Murphy 25 Steve Hebble 26 MEN 30-34 2:31.27 2:39.94 50 Yd. Freestyle Kem Battle 32 Bill Balchunas 33 Russ Danielson 30 23,66 23.72 24.11
 Exit Balchumas 33
 23.72

 Russ Danielaon 30
 24.11

 Ed Miller 34
 24.66

 David A. Briggs 31
 25.62

 Wilson Myers 32
 25.89

 Charles R. Shonkwiler 31
 27.17

 Jack Ryan 32
 27.48

 Ben S. Gibbs 34
 27.53

 Wallson Horson, Jr. 32
 30.71

 N. Robert Anderson 32
 33.57

 Bruce A. Towkins 33
 35.99

 100 Yd. Freestyle
 53.00

 Kem Battle 32
 55.32

 Ed Miller 34
 56.47

 Jack Ryan 32
 1101.37

 Robert Lindenschmidt 31
 11.02.64
 53.00 54.17 54.17 Jack Ryan 32 Robert Lindenschaldt 31 1:02.64 Wallace Johnston, Jr. 32 1:08.70 Fetr Fuess 31 1:08.70 Fetr Fuess 31 1:08.96 Fat York 30 1:09.96 Fat York 30 3:09.96 Richard Bober 33 Russ Danie 431-N. Robert Anderson 32 1:18.02 200 <u>74</u>. Freestyle Richard Bober 33 2:00.53 Russ Danielson 30 2:01.53 Wilson Myers 32 2:05.76 Ed Miller 34 2:11.50 Charles R. Shonkwiler 31 2:17.54 Jack Ryan 32 2:30.08 Wallace Johnston, Jr. 32 2:34.11 Peter Fuess 31 2:37.21 N. Robert Anderson 32 3:05.42 500 <u>74</u>. Freestyle 500 Yd. Freestyle Richard Bober 33 Wilson Myers 32 5:24.92 5: 51.72 Ed Miller 34 6:18.59 Charles R. Shonkwiler 31 6:29.99 Jack Ryan 32 7:04.52 Jack Ryan 32 7:04.52 Wallace Johnston, Jr. 7:05.20 saliace Johnston, Jr. ?: 50 Yd. Backstroke William Timpley 34 Richard Bober 33 Kem Battle 32 Charles R. Shonkwiler 31 Ed Miller 34 Jack Ryam 32 Gregory Mattaon 33 26.95 27.25 28.41 31.96 32.56 37.90 38.26 40.08 Jack Ryan 32 37.90 Gregory Mattson 33 38.26 Wallace Johnston, Jr. 32 40.08 Bruce A. Toskins 33 40.36 100 Y4. Backstroke Willias Tingley 34 57.95 Richard Bober 33 59.48 Kes Battle 32 1:01.71 Charles R. Shonkviler 31 1:09.69 Ed Miller 34 1:14.88 Jack Ryan 32 1:25.00 Bruce A. Toskins 33 1:30.73 Jack Ryan 32 Bruce A. Tonkins 33 200 Yd. Backstroks William Tinzley 34 Richard Bober 33 Charles R. Shonkwiler 31 2:34.35 O X8 50 Yd. Breaststroke Bill Balchunas 33 David A. Briggs 31 30.25 31.76 Kem Battle 32 Ed Miller 34 Jack Ryan 32 33.93 33.99 Tom Deagan 34 Ben S. Gibbs 34 Gregory Mattson 33 34.81 35.03 38.78 39.22 39.68 40.17 42.00 Russ Danielson 30 Bruce A. Tomkins 33 Peter Fuess 31 N. Robert Anderson 32 100 Yd. Breaststroke David A. Briggs 31 1:11.17 Tom Deagan 34 Ben S. Gibbs 34 1:17.02 1:17.07

Jack Ryan 32 N. Robert Anderson 32 1:23.72 Bruce A. Tomkins 33 200 Yd. Breaststroke David A. Brigge 31 Feter Fuess 31 1:34.20 2,40.08 3:10.33 N. Robert Anderson 32 3124.82 50 Yd. Butterfly Bill Balchunas 33 Kem Battle 32 25.75 25.81 26.33 26.99 28.06 Richard Bober 33 Jon Goyert 33 Jon Goyert 33 Wilson Myers 32 Russ Danielson 30 Ed Miller 34 David A. Briggs 31 Tom Deagan 34 Jack Ryan 32 Bruce A. Tomkins 33 N. Robert Anderson 32 100 Vd Buttarfly 28.23 28.44 28.84 30.24 31.13 35.84 100 Yd. Butterfly Kem Battle 32 56.51 Richard Bober 33 59.27 1:38.56 Richard Bober 33 59.27 Bruce A. Tomkins 33 1:38.56 200 Yd. Butterfly Richard Bober 33 2:17.08 100 Yd. Individual Medley Kem Battle 32 1:00.76
 Kem Battle 32
 1:00.76

 Richard Bober 33
 1:02.52

 David A. Briggs 31
 1:04.43

 Russ Danielson 30
 1:05.25

 Wilson Myers 32
 1:07.29

 Ed Miller 34
 1:07.39

 Jack Ryan 32
 1:11.14

 Robert Lindenschmidt 31
 1:11.2

 Tom Descen 34
 1:12.23

 Robert Lindenschmidt 31
 1:11.74

 Tom Deagan 34
 1:12.23

 Peter Fuess 31
 1:20.15

 Wallace Johnston, Jr. 32
 1:22.47

 Gregory Mattson 33
 1:23.48

 Bruce A. Tomkins 33
 1:28.48

 N. Robert Anderson 32
 1:29.06

 200 Yd. Individual Medley
 Kem Battle 32
 2:17.40

 David A. Briggs 31
 2:28.45
 400 Yd. Individual Medley
 400 Yd. Individual Medley William Tingley 34 4:46,74 Richard Bober 33 5:02.97 MEN 35-3 50 Yd. Freestyle Dirk Van Hoesen 35 Skip Brannen 35 22.75 22.75 24.84 24.88 25.30 27.30 29.03 29.03 Skip Brannen 35 David A. Gibson 38 Wayne Stevenson 39 Ton Willingham 39 Charles New 37 Jeff Baldwin 37 Kenneth D. Church 35 Joe Byrne 38 John R. Gibson 37 30.07 33.23 John R. Gibson 37 100 Yd. Freestyle Dirk Van Hoesen 35 Skip Brannen 35 Kim Molvig 36 David A. Gibson 38 Ed Green 38 Tom Willingham 39 Kenneth D. Church 35 Charles New 37 Jeff Baldwin 37 200 Yd. Freestyle 52.19 55.47 56.68 56.98 1:00.11 1:07.16 1:08.17 200 Yd. Freestyle Skip Brannen 35 Scott Guthrie 39 2:06.71 2:11.16 Charles New 37 Kenneth D. Church 35 Joe Býrne 38 John R. Gibson 37 2:28.25 2:32.41 2:46.30 2:56.17 500 Yd. Freestyle Skip Brannen 35 Jim Green 39 5152.30 6105.28 Jim Green 39 Scott Guthrie 39 Tom Willingham 39 Charles New 37 Kenneth D. Church 35 Mike Ehinger 38 Jeff Baldwin 37 John R. Ciberr 37 6:12.53 6:35.31 7:00.93 7:09.02 7:20.35 John R. Gibson 37 8:05.64 50 Yd. Backstroke Skip Brannen 35 29.64 Skip Brannen 35 John S. Lawrance 38 Jim Green 39 Tom Willingham 39 30.66 34.74 36.51 36.52 37.22 Tom Willingham 39 John Zeigler 38 John R. Glbson 37 Joe Byrne 38 100 Yd. Backstroke Chuck Gantner 39 John S. Lawrance 38 Skip Brannen 35 John Zeigler 38 John R. Gibson 37 200 Yd. Backstroke John S. Lawrance 38 Skip Brannen 35 39.09 1:03.74 1:04.55 1:05.63 1:15.15 1:26.72 2:18.54 Skip Brannen 35 John Zeigler 38 Steve Barden 39 2:40.42 2:41.03 2:43.07 Jim Green 39 50 Yd. Breastatroke Dirk Van Hoesen 35 29,46 29.46 29.74 32.79 33.15 33.72 36.79 37.73 39.62 Scott Guthrie 39 Chuck Gantner 39 Steve Barden 39 John Zeigler 38 Jeff Baldwin 37 Tom Willingham 39 Charles New 37 100 Yd. Breaststroke Scott Guthrie 39 Steve Barden 39 1:07.49 1:11.07 John Zeigler 38 Jeff Baldwin 37 1:12.70 Charles New 37 Mike Ehinger 38 1:24.82 1:30.98

200 Yd. Breaststroke Dirk Van Hoesen 35 2:30.88 Scott Guthrie 39 Steve Barden 39 2:36.35 2136.59 Steve Barden 39 John S.JEwrance 38 John Zeigler 38 Jeff Baldwin 37 Mike Ehinger 38 50 Yd. Butterfly David A. Gibson 38 Skip Brannen 35 Scott Guthrie 39 Lohn S. Lawrence 38 2:41.77 2:58.31 3:29.53 26.89 John S. Lawrance 38 Jim Green 39 Wayne Stevenson 39 Kenneth D. Church 35 Joe Byrne 38 Joe Byrne 38 100 Yd. Butterfly Skip Brannen 35 John S. Lawrance 38 1:02.50 1:02.62 Jim Green 39 David A. Gibson 38 1:02.89 1:09.47 John Zeigler 38 Kenneth D. Church 35 1.13.74 1,23.39 200 Yd. Butterfly John S. Lawrance 38 Jim Green 39 2:21.33 2:21.61 2:36.61 John Zeigler 38 John Zeigler 38 2 Kim Molvig 36 2 Kenneth D. Church 35 3 100 Yd. Individual Medley Dirk Van Hoesen 35 Chuck Gantner 39 1 Scott Guthrie 39 1 John S. Lawrance 38 1 Kim Molvig 36 1 2.48 01 3:28.98 1:02.26 1:04.21 1:04.50 Skip Brannen 35 Ed Green 38 1.06.85 1:09.27
 Ed Green 36
 1109.27

 Steve Barden 39
 1109.50

 Jin Green 39
 1109.79

 Wayne Stevenson 39
 111.97

 Tom Willingham 39
 115.07

 John R. Gibson 37
 1123.58

 Kenneth D. Church 35
 1124.22

 Mike Ebineer 38
 1126.40

 200 Yd. Individual Medley
 216.39

 Scott Guthrie 39
 2129.29

 Steve Barden 39
 2129.30

 John 5. Lawrance 38
 2142.49

 Kenneth D. Church 35
 3107.58

 John S. Lawrance 38
 4146.99

 John S. Lawrance 38
 5119.32

 Jin Green 39
 5125.96
 Steve Barden 39 1:09.50 Jim Green 39 Kenneth D. Church 35 John R. Gibson 37 MEN 40-44 5:25.96 6: 53.63 7:02.97 50 Yd. Freestyle Richard Bauschard 40 Feter V. Sintz 44 Michael Morris 41 George R. Fisette 43 Bernie White 41 James Moon 42 James Moon 42 Bill Lawson 40 100 Yd. Freestyle Richard Bauschard 40 Peter V. Sintz 44 Michael Morris 41 George R. Fisette 43 Doug Wellman 41 Feter Vitaliano 40 1:00.15 Bernie White 41 1:02.15 Bernie White 41 Bill Lawson 40 James Moon 42 200 Yd. Freestyle Feter V. Sintz 44 Richard Bauschard 40 George R. Fisette 43 Bernie White 41 Douglas A. Koop 43 500 Yd. Freestyle 1:10.01 1:11.73 1:59.01 1:59.63 2:24.93 Sol Yd. Freestle Peter V. Sints 44 Richard Bauschard 40 Doug Wellman 41 Peter Vitaliano 40 George R. Fisette 43 5132.84 5: 50.50 6154.69 6:55.53 John Cabelka 42 Douglas A. Koop 43 Bill Lawson 40 2.02.28 7:12.63 50 Yd. Backstroke Jin McKay 42 Richard Bauschard 40 George R. Fisette 43 Douglas A. Koop 43 David R. Cannon 42 James Moon 42 100 Yd. Backstroke Richard Bauschard 40 1:08.71 Jim McKay 42 Jim McKay 42 Doug Wellman 41 Douglas A. Koop 43 David R. Cannon 42 James Moon 42 1:09.54 1:13.27 1:24.52 1:30.53 1132.91 200 Yd. Backstroke Jim McKay 42 2,45.29 James Moon 42 3:27.80 50 Yd. Breaststroke Feter Vitaliano 40 Jim McKay 42 Jim McKay 42 Bill Lawson 40 George R. Fisette 43 David R. Cannon 42 James Moon 42 100 Yd. Breaststroke Richard Bauschard 40 Bill Lawson 40 4

88.00	200 Yd. Breaststroke Bill Lawson 40	3:07.07
36.35	David R. Cannon 42	3:08.98
36.59 36.65	50 Yd. Butterfly Richard Bauschard 40	26.91
1.77 58.31	Peter V. Sintz 44 George R. Fisette 43	27.15 27.48
58.31 29.53	George R. Fisette 43 Michael Morris 41	27.48 28.51
	Bernie White 41	20 00
26.67	John Cabelka 42	30.44 31.83
27.50	Douglas A. Koop 43 James Moon 42	40.36
27.94	Bill Lawson 40	41.22
28.60	100 Yd. Butterfly Peter V. Sints 44	1:01.80
34.11		1:05.34
37.09	Bernie White 41 George R. Fisette 43	1:07.07
02.50	Douglas A. Koop 43	1:14.99
02.62	John Cabelka 42	1:21.65
02.89	200 Yd. Butterfly Peter V. Sintz 44	2:23.94
13.74	John Cabelka 42	3:14.45
23.39	100 Yd. Individual Medl Richard Bauschard 40	ey 1:02.12
21.33	Peter V. Sintz 44	1:05.97
21.61	Peter V. Sintz 44 Michael Morris 41	1:07.93
36.61 48.01	Doug Wellman 41 Bernie White 41 John Cabelka 42	1:09.28
28.98	John Cabelka 42	1:11.32
58.89	Jim McKay 42 George R. Fisette 43	1:12.01
02.26	Peter Vitaliano 40	1:13.36
04.21	David R. Cannon 42	1:21.99
04.50 04.94	Bill Lawson 40 James Moon 42	1:24.87
06.85	200 Yd. Individual Medl Richard Bauschard 40	ey
09.27	Richard Bauschard 40	2:19.30 2:26.56
09.50 09.79 11.97	Peter V. Sintz 44 Michael Morris 41	2:35.67
11.97	Bernie White 41	2:40.66
15.07 23.58	George R. Fisette 43	2:48.32
24.22	Douglas A. Koop 43	2:49.55
26.40	John Cabelka 42 Douglas A. Koop 43 400 Yd. Individual Medl Peter V. Sintz 44 John Cabelka 42	ey 5.12 65
16.39	John Cabelka 42	6:14.86
26.78	Douglas A. Koop 43 MEN 45-49	6:21.98
29.29 29.36	50 Yd. Freestyle	
30.61	Charile Gentry HO	25.63
42.49	Peter Lizon 46 Kenneth J. Miller 46	26.45
01.30	Kirk Canterbury 48	26.77
46.99	Milton Gee 47	29.52
19.32 25.96	Wang Lau 47 Jim Alexander 46	30.07 30.27
53.63	Jim Alexander 46 100 Yd. Freestyle Kenneth J. Miller 46	
02.97	Kenneth J. Miller 46 Kirk Canterbury 48	57.71 58.47
	Charlie Gentry 48	58.51
24.20	Peter Lizon 46	1:01.96
25.05 25.73	Jim Alexander 46 Wang Lau 47	1:03.41
26.03	Milton Gee 42	1107.60
26.71 31.11	John E. Eberly 47 200 Md. Freestyle Kirk Canterbury 48	1:07.80
32.29	Kirk Canterbury 48	2:06.14
	Kenneth J. Miller 46 Charlie Gentry 48	2:13.66 2:20.17
53.08 53.76	Jim Alexander 46	2.27.47
56.62 59.85	Milton Gee 47	2:30.30 2:31.43 2:32.99
59.85	Wang Lau 47 John E. Eberly 47	2:31.43
00.17		0.000 000
02.15	Kirk Canterbury 48 Kenneth J. Miller 46	5:41.66
10.01	Wang Lau 47	6148.74
	Jim Alexander 46	6:49.08
:59.01	John E. Eberly 47 Milton Gee 47	6:50.65
:24.41	Charlie Gentry 48	6:59.89
124.93 129.81	Charlie Gentry 48 50 Yd. Backstroke Kirk Canterbury 48	30.79
	Charlie Gentry 48	30.79 31.00 36.34
:32.84 :50.50	Peter Lizon 46 Jim Alexander 46	38.11
151.39	100 Vd Becketroke	<i></i>
154.69	Charlie Gentry 48	1:11.00
155.53	Andrew J. Still 46 Peter Lizon 46	1:18.45
:07.78	200 Md. Backstroke	
:12.63	Peter Lizon 46 200 Yd. Backstroke Kirk Canterbury 48 Andrew J. Still 46 50 Yd. Breaststroke Wang Lau 47 Milton Cee 47 Charlie Gentry 48 Jim Alexander 46 100 Yd. Breaststroke	2:28.71 2:56.48
30.40	50 Yd. Breaststroke	
30.40 31.41 37.06	Wang Lau 47	33.07
57.07	Charlie Gentry 48	35.25 36.83
43.55	Jim Alexander 46	40.90
43.81	100 Yd. Breaststroke Wang Lau 47 Milton Gee 47	1:13.69
:08.71	Milton Gee 47	1:18.85
109.54	Charlie Gentry 48 200 Yd. Breaststroke	1:22.92
124.52 130.53	200 Yd. Breaststroke Wang Lau 47	2:43.42
130.53 132.91	Milton Gee 47 50 Yd. Butterfly	2158.05
1 Ja 1 74	Kenneth J. Miller 46	29.08
145.29	Charlie Centry 48	29.73
:27.80	Wang Lau 47 John E. Eberly 47	31.57 31.70 32.37 34.40
34.01	Peter Lizon 46	32.37
35.47 37.61 38.62	Milton Gee 47 Jim Alexander 46	34.40
38.62	100 Yd. Butterfly	
39.70 46.81	John E. Eberly 47	1:06.85
	Jim Alexander 46 100 Yd. Butterfly Kirk Canterbury 48 John E. Eberly 47 Jim Alexander 46 200 Yd. Butterfly	1:30.30
1:15.18	200 Yd. Butterfly Kirk Canterbury 48	2:34.03
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S 4								
100 Yd. Individual Medley		100 Yd. Butterfly		HEN 75-79	Men 25-	29	200 Yd. Freesty	le
	1:11.69	John Daily 56	1:35.27	50 Md. Freestyle	50 Yd. Free	style	arry Lawrence	52
	1:12.87	100 Yd. Individual Medle John Daily 56	1:19.89		.80 Jon Rynning .79 Don Neal		500 Yd. Freesty Donaid Cameron	54
	1:15.76	Robert M. Hill 56	1:59.21	100 Yd. Freestyle	Hugh Duffy	28 130.17	50 Yd. Backstro	oke
Milton Gee 47 200 Yd. Individual Medley	1:17.38	400 Yd. Individual Medle John Daily 56	x 6:56.68	Earnest H. Briscoe 77 1:27 Virgil A. Miracle 79 1:53		AN	arry Meyer 100 Yd. Backstr	54
Kirk Canterbury 48	2:24.60	MEN 60-64		200 Yd. Freeatyle	Don Neal	25 1:01.60	Larry Meyer	54
	2:49.46 2:50.99	50 Yd. Freestyle John M. Woods 61	27.58	Earnest H. Briscoe ?? 3:48	.01 Hugh Duffy 200 Yd. Fre		50 Yd. Breastst	troke 52
Jim Alexander 46	2157.57	Edward D. Hall 63	27.67	500 Md. Freestyle Earnest H. Briscoe 77 10:25	.23 Don Neal	25 2:27.23	Richard Hobby 200 Yd. Ind. M	
400 Yd. Individual Medley Kirk Canterbury 48	5:09.84	Bob McBride 62 Robert H. Clark 64	32.93	50 Yd. Backstroke	500 Yd. Fre	estyle	Donald Cameron	
MEN 50-54		Nicolas Latto 60	55.30	Earnest H. Briscoe 77 59 Virgil A. Miracle 79 1:00		shans 25 6:39.62		
50 Yd. Freestyle Yoshi Oyakawa 51	25.87	100 Yd. Freestyle	1:01.68	100 Md. Backstroke	Jack Oberho			
John Kortheuer 53	26.61	John M. Woods 61 Bob McBride 62	1:23.96	Earnest H. Briscoe 77 2:13 Virgil A. Miracle 79 2:20				
Jimmy R. Noonan 52	36.54	Robert H. Clark 64	1:48.51	50 Yd. Breaststroke	Bradley We			
100 Yd. Freestyle Burwell Jones 51	57.65	200 Yd. Freestyle Bob McBride 62	2159.63	Earnest H. Briscoe 77 1:07	100 Yd. Bad	28 137.83		
Bill Lauer 50	1:00.26	Robert H. Clark 64	3:58.50	Cak Ridge Masters	864 Bradley We	Ishans 25 1:12.60		
	1:00.55	Nicolas Latto 60 500 Yd. Freestyle	5:59.60	MAC Masters (N.C.)	731 Hugh Duffy 356 50 Yd. Brea	28 1:28.14		
Bill Locke 53	1:37.57	Bob McBride 62	8:50.58		356 50 Yd. Brei 342 Hugh Duffy	28 :39.65	(*)	
200 Yd. Freestyle Burwell Jones 51	2:07.55	50 Md. Backstroke Edward D. Hall 63	33.24	Georgia Masters	266	100 Yd. Ind. Medley	1:07.39	
Bill Lauer 50	2:17.30	John M. Woods 61	33.81			Bradley Welshans 25 Jack Oberholtzer 28	1:08.52	
	2:22.76	Robert H. Clark 64	1:11.82	OHIO Masters	234	200 Yd. Ind. Medley	0.75.40	
Jimmy R. Noonan 52 500 Yd. Freestyle	3:16.62	Nicolas Latto 60 100 Yd. Backstroke	1:15.68		222 189	Jack Oberholtzer 28 Mep 30-34	2:35.49	
Burvell Jones 51	5:45.26	Edvard D. Hall 63	1:15.51	Mountain Olympic Club (N.C.)	183	50 Yd. Freestyle		
	6:30.12 7:10.25	John M. Woods 61 Robert H. Clark 64	1:19.89 2:53.55		159	Chuck Letzig 31	:25.36	
50 Yd. Backstroke		Nicolas Latto 60	2154.44	Crimson Tide Masters	131	Gary Oliver 34	:37.33	
Yoshi Oyakawa 51 Burwall Jones 51	29.41	200 Yd. Backstroke		Montgomery Masters (N.C.)	77	100 Yd. Freestyle	:55.52	
Burvell Jones 51 John Kortheuer 53	29.93 34.84	Edward D. Hall 63 50 Yd. Breaststroke	2:50.22	YMCA of Pittsburgh Mobile "Y" Masters		John T. Baber 34 Gary Öliver 34	1:26.35	
Bill Lauer 50	35.70	John N. Woods 61	38.13	Greenville YMCA (S.C.)	56	200 Yd. Freestyle		
Jimmy R. Noonan 52 John Johnson 51	43.27	Edward D. Hall 63 Robert H. Clark 64	38.22	St. Fetersburg Masters North Florida Masters	56 42	Fred Schlegel 31 500 Yd. Freestyle	2:59.42	
100 Yd. Backstroke		100 Yd. Breaststroke		Northside Y Whales (Ga.)	40	Fred Schlegel 31	7:56.82	
	1:06.66	Edward D. Hall 63 200 Yd. Breaststroke	1:23.29	Virginia Nasters Bowling Green Olympians (Ky)		50 Yd. Backstroke Chuck Letzig 31	:31.05	
John Johnson 51	1:37.73	John M. Woods 61	3:11.91	Springfield Y Masters (Ohio)	21	100 Yd. Backstroke		
200 Yd. Backstroke Yoshi Oyakawa 51	2:36.53	Edward D. Hall 63 50 Yd. Butterfly	3:32.61	Chattanooga Swim Masters New England Masters	14	Fred Schlegel 31 50 Yd. Breaststroke	1:26.19	
Nicholas M. Berenyi 52	2:59.99	John M. Woods 61	31.29	Dyersburg-Martin Masters		Theodore Loska 32	:34.06	
	3:27.66	Edward D. Hall 63	32.01			Gary Oliver 34	:43.34	
50 Yd. Breaststroke	31,36+39	100 Yd. Butterfly John M. Woods 61	1:14.66	ARKANSAS MASTERS SWIM	CLUB	100 Yd. Breaststroke Theodore Loska 38	1:14.46	
John Kortheuer 53	31.69	100 Yd. Individual Medle		FALL SHORT COURSE MEET Little Rock, Ark. Sand	tion #105	Gary Oliver 34		
Burvell Jones 51 Nicholas M. Berenyi 52	33.08 38.14	Edward D. Hall 63 John M. Woods 61	1:12.28	October 6, 1984 25 yo	. Indoor	Fred Schlegel 31 50 Yd. Butterfly	1152.00	
John Johnson 51	42.93	200 Yd. Individual Medle	y	Women 25-29		John T. Baber 34	128.86	
Jimmy R. Noonan 52 100 Yd. Breaststroke	48.84	Edward D. Hall 63 John M. Woods 61	2:43.84 2:44.31	50 Yd. Freestyle Becky Streble 25	:28.92	100 Yd. Butterfly John T. Baber 34	1:02.73	
John Kortheuer 53	1:10.63	MEN 65-69		Tracy Bowers 28	:34.55	100 Yd. Ind. Medley		
	1:36.51	50 Yd. Freestyle John P. Crevs 65	30.59	Cheryl Duffy 25 100 Yd. Freestyle	:37.75	Chuck Letzig 31 Theodore Loska 32		
200 Yd. Breaststroke		Meyer D. Silverman 69	41.67	Becky Strehle 25	1:08.00	Men 35-39		
	2:57.37 3:33.49	William J. Charlton 68 100 Yd. Freestyle	47.92	Deborah Strehle 28 200 Yd. Freestyle	1:13.87	50 Yd. Freestyle	126.68	
50 Yd. Butterfly	2122149	John P. Crews 65	1:05.12	Becky Strehle 25	2:30.06	Doug Rawn 3 Ron Bank 3	127.03	
Burwell Jones 51	28.93	Meyer D. Silverman 69	1:39.27	Cheryl Duffy 25 500 Yd. Freestyle	3:21.13	Mike Parnell 3		
Bill Lauer 50 Jimmy R. Noonan 52	30.71 42.56	William J. Charlton 68 200 Yd. Freestyle	1:54.52	Becky Strehle 25	7:17.56	Bill Sledd 3 100 Yd. Freestyle	132.10	
100 Yd. Butterfly		John P. Crevs 65	2:26.74	Debra Strehle 28	7:33.26	Ron Bank 3		
	1:06.20	John Reeve 67 William J. Charlton 68	3:27.55 4:31.69	50 Yd. Backstroke Tracy Bowers 28	:39.01	Mike Parnell 3 Bill Sledd 3		
Bill Lauer 50	1:10.74	500 Yd. Freestyle		100 Yd. Ind. Medley		200 Yd. Freestyle	C 020122102420	
200 Yd. Butterfly Bill Lauer 50	2:56.68	John P. Crews 65 John Reeve 67	6:40.84 9:28.40	Becky Strehle 25 Women 30-34	1:20.78	Marvin Schwartz 3		
	3:09.45	50 Yd. Backstroke		50 Yd. Freestyle	1000	Ron Bank 3 500 Yd. Freestyle		
100 Yd. Individual Medley Burwell Jones 51	1:04.51	John Reeve 67	48.07 59.51	Jerri Rotenbenry 33 Pat Miller 32			6 5:48.75	
	1:07.89	Meyer D. Silverman 69 100 Yd. Backstroke	ACTIVATION (1997)	200 Yd. Freestyle		50 Vd. Backstroke Sam Brooks 3	7 :40.01	
	1:12.08	John Reeve 67	1:46.86	Kathy Bay 33	2:43.32	100 Yd. Backstroke		
	1:33.59	Bert Sprofkin 67 200 Yd. Backstroke	1:52.39	500 Yd. Freestyle Kathy Bay 33	7:26.02	Sam Brooks 3/	1:28.00	
200 Yd. Individual Medley	¥.	John Reeve 67	3150.63	50 Yd. Breaststroke	:46.80	50 Yd. Breaststroke Doug Rawn 39		
Burwell Jones 51 John Kortheuer 53	2:27.79 2:35.61	Bert Sprofkin 67 50 Yd. Breaststroke	4108.34	Pat Miller 32 100 Yc. Breaststroke	140.00	Mike Parnell 37		
Bill Lauer 50	2:42.04	John P. Crews 65	39.86	Pat Miller 32	1:42.46	Bill Sledd 37 Sam Brooks 37		
Nicholas M. Berenyi 52 Jimmy R. Noonan 52	2:51.09 3:33.37	Bert Sprofkin 67 100 Yd. Breaststroke	47.16	50 Yo Butterfly Pat Miller 32	144.89	100 Yd. Breaststroke		
John Johnson 51	3:39.36	Bert Sprofkin 67	1:44.71	Women 35-39		Doug Rawn 35 Mike Parnell 35		
400 Md. Individual Medley	5:17.84	200 Yd. Breaststroke	3122.28	50 Yd. Freestyle Cancyce McKee 35	:45.03	Bill Sledd 3	1:29.38	
	6:00.10	John P. Crews 65 Bert Sprofkin 67	3:48.66	Hope Vowell 39		Sam Brooks 3		
Nicholas M. Berenyi 52	6:13.35	50 Yd. Butterfly		100 Yd. Freestyle	2100.90	200 Yd. Breaststrok Mike Parnell 3	7 3:05.96	
MEN 55-59 50 Yd. Freestyle		John P. Crews 65 100 Yd. Butterfly	31.80	Hope Vowell 39 200 Yd. Freesyle		50 Yd. Butterfly		
William L. Marshall 58	31.90	John P. Grews 65	1:15.52	Hope Vowell 39	4:19.63	Mike Parnell 3 100 Yd. Ind. Medley		
Bill Dunlap 55 Robert M. Hill 56	34.94 38.06	100 Yd. Individual Medl John P. Crews 65	ey 1:17.85	500 Yd. Freestyle Hope Vowell 39	12:11.81	Doug Rawn 3	9 1:07.97	
100 Yd. Freestyle	mondat	John Reeve 67	1:49.52	50 Yd. Breaststroke		Sam Brooks 3 200 Yd. Ind. Medley		
William L. Marshall 58 Robert N. Hill 56	1:14.44	Meyer D. Silverman 69 200 Yd. Individual Medl	2:03.71 ev	Hope Vowell 39 100 Yd. Ind. Medley	1:10.10	Doug Rawn 3	9 2:32.76	
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Birmingham Post-Herald

Gold medals make Shannon a master of the pool at age 51

By Ray Melick Post-Herald Reporter

In 1952, a freshman swimmer for the University of North Carolina had a dream — of national championships, gold medals, the Olympics.

"I remember watching the 1952 Olympics and thinking, 'I can do that," said Larry Shannon. "I can still remember the 200-meter freestyle times. The last qualifying time was 2:12. As a freshman, I was doing 2:16, so I thought that 2:12 was well within the realm of what I could do."

Four years later, his times had improved dramatically. But, unfortunately, every one else had improved even more dramatically, to a point that left the Birmingham native farther away from the Olympics in 1956 than he had been in 1952.

So he forgot about the dream, graduated from college, went off to fight a war in Korea, and eventually returned home to Birmingham and became a dentist.

That's why this year — an Olympic year, appropriately enough — has been such a shock. Last January, nearly 30 years after his last competitive swim meet. Shannon found himself stepping back on the starting blocks in a Masters swim meet in Tuscaloosa. Two weeks ago, barely six months later, he was back in North Carolina, winning three gold medals, his first national championships, as well as three silvers at the U.S. Masters National Long Course Swimming Championships.

"I was absolutely surprised," said Shannon, an amazingly youthful-looking 51-year-old who grew

up swimming in the old Hollywood Country Club pool "because it was the only pool around," next door to the Shades Valley YMCA where he swims now.

"It was beyond my wildest dream to win a gold medal at a national championship after swimming only eight months. But it was a feeling just like it was 30 years ago. Getting on that starting block, I was just as scared as I was back then. The feeling, the thrill was right there, just like it used to be."

Swimmers from all over the United States and Canada, and from as far away as Peru and Europe, converged on Raleigh, N.C., for the Masters' championship. The Masters' program was created in 1972 for people over 25 years of age, with swimmers competing in five-year age groups, 25-to-29, 30-34, 35-39, right on up to 85-and-over.

Shannon had been working out at the Shades Valley YMCA for about a year when he was recruited by the Masters' group there because "they told me they needed some old people," he said. "That's what they said, 'old people. We need points in the older age groups."

At North Carolina, he had lettered four years in swimming, and was captain of the swim team his senior year. He was never an All-American or a national champion, but his team did place third in the nationals one year.

the nationals one year. But since those days, Shannon really never had thought about competitive swimming again until he was talked into the swim meet in Tuscaloosa. However, while there he realized that he could still compete, especially against people his own age. He set some goals and began working, swimming for an hour in the morning, then putting in eight hours at his dental practice, before returning to the pool for another hour in the evening.



Training with the 30 or so other swimmers in the Masters' program at Shades Valley, Shannon began getting himself back into competitive shape. His times started coming down, and, with the encouragement of his teammates and other swimmers he had met at meets around the Southeast, made up his mind to try the National Long Course Championships.

Still, he was intimidated. He was swimming against people he'd only heard about from other swimmers, or whose names he'd read on the draw sheets. He was seeded 107th.

"I swam three events (the 50meter freestyle, 400-meter freestyle and 100-meter butterfly), and finished second in all three," Shannon said. "It took me three events to realize I was just a little bit away from winning. I got beat by 7/100ths of a second in the 50. In the 100 fly I was half a bodylength ahead going into the last 25 meters and lost by a touch.

"The next event was the 100 freestyle, not my best event. With about 25 meters to go, I looked over and I was in fifth place. I said to myself, 'Well, you going to be second place all of your life, or what are you going to do?' And at that point, it was just like there was no tiredness. I went on and won by about a half foot, and I was on such a high that I went on and won the next two events."

He won the 100 free in 1:05.81, the 200 free in 2:30.31 and the 50 meter fly in 32.55. Not only were those times far better than any time he'd recorded leading up to the tournament, they were amazingly close to his times in college.

"In college, I did 2:16 in the 200 freestyle," he said. "I won in 2:30 last week, about 14 seconds slower than in college. I did 1:02 for the 100 meter freestyle in college, and did 1:05 (for the same event) at the Nationals. That wasn't bad for a 30year layoff. "I swam so much faster in this meet than I'd been swimming all summer, it was like night and day, a whole different ballgame. In fact, I didn't have any business swimming that fast. My goal was just to get a medal. I never thought about winning."

Exercise had kept Shannon in average physical condition over the years, but competitive swimming has added a tone that makes him appear much younger than his 51 years. While he could easily pass himself off as 10 or 15 years younger, in the Masters program, he wouldn't want to.

"It's called 'aging up," he said. "You look forward to aging up, from age 59 to 60, or age 49 to 50. Because what you're doing is moving up into another age group where you are swimming against people 51, 52, 53 and 54. That makes you the youngest guy in the age group. And one of the things everyone was saying to me, afer I won these medals, was watch out for next year, so-and-so's coming up."

Needless to say, Shannon is evangelical about the Masters' program. While the Shades Valley group is small, he is hoping it will continue to grow. The largest Masters' group in the state is in Tuscaloosa, where the Crimson Tide Masters has over 200 members.

"It's just great exercise for anybody," Shannon said. "About half of our group are really competitive, and the other half don't even want to be. They work out with us, and then swim laps. They swim for health.

"We have a 65-year-old guy here that swims. He didn't swim in college. He was a Seal (a diver) in the Navy in the second World War. Every time I come back from a meet, he wants to see the results to see how fast they swam in the 65-year-old group. Then he gets in the pool to see if he can do those times. One day, he's going to do those times and then he's going to want to compete.

"There's a great camaraderie. You make a lot of good friends, and the attitude isn't cut-throat like it is in college swimming."

And unlike the young Olympic medal winners fresh out of the Los Angeles games, Shannon isn't about ready to hang up his trunks with his gold. He isn't sure what his goals will be right now, but he knows he isn't going to stop swimming.

"I never felt better in my life than I do now," he said. "I feel like a different person."

MASTERS SWIMMING INTERNATIONAL

WORLD RECORDS AT JUNE '84

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MASTERS SWIMMING INTERNATIONAL

WORLD RECORDS AT JUNE '84

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60/	TIME	35.68(82)	1.20.10(81)	3.00.61(81)	6.34.26(81)	15.47.06(84)	26.21.54(80)	43.83(8)	1.39.48 (84)	3.36.9384
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30/	TIME	36.18 (84)	1.21.11 (79)	3.00.74(84)	31.31(83)	1.09.91(81)	2,33.32(81)	2.38.49(e)	5.43.12 (81
/	NAME	K. GIBSON	Y. CATTROLL	K. GIBSON	K. SHEDRON	C. RUPPERT	C. RUPPERT	C. RUPPERT	C. RUPPERT
/34	COUNTRY	AUST	CANADA	AUST	V. 5.A.	U.S.A.	V.S.A.	V. S.A.	V.S.A.
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/39	COUNTRY	U.S.A.	CANADA	CANADA	U.S.A.	U. 5.A.	U.S.A.	U.S.A.	U.S.A.
¥	TIME	40.53 (83)	1.27 69 (83)	3.13.07(83)	32.16 (83)	1.13.77(83)	2.52.70(83)		5.55.13(8:
40/	NAME	J. LEILICH	M. SENFTLEBEN			A.MUELLER	A.MUELLER	A.MUELLER	
144	COUNTRY	U. 5.A	WERT GERMANY	the second	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
151	TIME	39 88(85)	1.29.80 (74)		34.07(83)		and the second se	2.55.61/74	6.29.10 (7-
45/	NAME	J BRUNER	G ROPER	G.ROPER	J.BRUNBR	G. ROPER	H.BUSS	G. 20PBR	G ROPER
149	COUNTRY	U.S.A.	U.S.A.	U.S.A.	N.S.A	U.S.A.	U.S.A.	U.S.A.	U S.A.
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50/	NAME	G ROPER	G ROPER	G. ROPER	G.ROPER	G.ROPER	G ROPER	G ROPER	G ROPER
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55/	NAME	E.WALKER	P. PICKENS	N.PESSEL	A ADAMS	A.ADAMS	J KRAUSER	C.WALKER	C. WALKER
/59	COUNTRY	U.S.A.	U.S.A.	V J.A.	VSA.	U.S.A.	U 3.A.	V.5.A.	V.S.A.
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60/	NAME	C.COSTELLO	C.COSTELLO			JEPOLEY	JEPPLEY	D. RESSIGUIE	
164	COUNTRY	U-5.A.	U.S.A.	U. S.A.	UJA	V.5.A.	V.S.A.	U.S.A.	U.S.A.
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/79	COUNTRY		AUST.	ENGLAND	ENGLAD	U.S.A.	U.S.A.	ENGLAND	J S A.
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/	NAME	EPECKHAM	E.PECKHAM	EPECKNAM	EPECKHAM	EPECKHAM	EPECKHAM	E PECKHAN	E PECKHAM
184	COUNTRY	V.S.A.	U.S.A.	U.S.A.	USA.	USA.	U.S.A.	USA.	J.3 A.
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COPING AT NATIONALS

Reprinted from DC Masters WAVE MAKER

Two of our champion swimmers, Jacki Hirsty and Tom Wolf, share some of their thoughts on mental preparation for nationals.

Tom Wolf: Baseball great Yogi Berra once said of his sport that it was 90% mental and the rest was physical. You've probably come to the same conclusion about racing at nationals. One or two mental slips and the race can get away from you. The challenge becomes one of mental preparation as well as physical. There are many aspects to mental preparation. They range from your state of mind during the meet to preparing your race strategies. Let's begin by looking at racing strategies. These should be planned out well in advance and exercised at prior meets and during your taper. In long course swimming, no race is just a complete explosion of arms and legs. The first few strokes of any distance should be spent establishing your stroke. Then you must decide when to start accelerating and how much. I find it useful to count strokes and plan my acceleration at certain stroke counts in the race. Acceleration in long course swimming should be a gradual, build up process versus a sudden change in effort. Think about your race strategy when you're away from the pool and practice it during your taper so it becomes automatic. Some people have gotten to the point where they can actually picture themselves performing the race exactly the way they want it to happen. What about right before the race? The term "psyching up" means different things to different people. Pumping up your adrenalin and letting your nervous system run amok can cause your racing strategy to fly right out the window. The end result is sometimes referred to as "thrashing". All you energy and attention is spent on driving your arms and legs as fast as they can go instead of on your stroke and strategy. Also, don't decide to try something drastically new just because you saw someone else do is successfully the day before. Trying a new start or turn is something you should do in practice and in less important meets first. You may successfully perform your new turn but it may throw some other part of your strategy off because it took more energy than you thought it would. The last piece of mental preparation can be summed up by asking yourself "Am I in control of the meet?" You should be relaxed at all times. There is no reason to be worrying about when you have to race, am I going to have enough time for warmup or will I have enough time to eat. The night before each race, sit down with the meet program and figure out what time you have to race. Once you've done that, you can map out your meal and warmup plans.

Allow some spare time for each activity so if something unexpected happens, you don't start panicking. Maybe you'll run into an old friend or the waitress is a little slow. Nationals should be an enjoyable and memorable experience. A lot of hard work and long hours have gone into the physical preparation for your races. Spend a few minutes thinking about your game plan.

J.J. Hirsty: The first word that come to mind when I think about tapers and mental preparation for big meets is CONFIDENCE. That is immediately followed by WORRY! However, a slight imbalance (towards confidence) is all one needs to win the mind war. I have a well-tested imbalancing routine consisting of 3 steps. Acknowledging the doubts is the first step. EVERYONE questions his or her physical preparation when considering the entire season. There was always one day missed of one set that could have been faster (or many sets for some of us!). The next step is reasoning the doubts away. I have done this by keeping a log of my workouts, recording good repeat times and marking (in red) those sets that were expecially memorable (successful, not just painful). When self-doubting time arrives, I flip through my log. Seeing all those yards (and yards and yards!) accomplished highlighted by lots (we hope) or red dots, dispells the doubt. Voila! Like magic, the scale now tips towards feeling confident. Hey, I've done the work! I deserve to win my races! Finally, I release my imagination to visualize this conviction. Mental imagery is a great tool for instilling confidence by establishing familiarity which brings a feeling of comfort. I watch myself approach the race with enthusiasm and control. I see my competitors, looking scared, knowing they don't have the red dots I have. And then I see an explosion of energy when I hit the water and an unharnessed surge for the finish. Wow, waht a great feeling awaits a) the winner, b) me, c) all of the above. Now, at race time I am in familiar territory. have learned my lines. I can shut down mental functions if doubts surface--I just replay my video slo-m0. Each race becomes another opportunity to realize my fantasies. A setback in one makes my determination greater for the next one. With each one I become more comfortable balancing on the "edge". A word of warning in conclusion here: Once one finds a successful routine, that "thrill of victory" is addictive!

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To err is human, and to blame it on somebody else is even more human.

Forgive your enemies - but remember their names. * * *

One of the first signs of bureaucracy is when the first person to answer the phone can't help you.

Learning by doing, swimming by thinking

Have you ever told a swimmer to make a change in his stroke, and 10 minutes later found him back to his old tricks? If your answer is yes, this column will describe an alternative method for coaching your swimmer. A recent experience changed my coaching methods dramatically, and I would like to share that event with you.

During a workout, I asked my Masters team to maintain a constant pace on a set of ten 50s, and also to use two fewer arm strokes on each length. Immediately after the set I got the swimmers from two lanes together, and sent the other three lanes off on another set. I asked the two lanes what they had done to accomplish the task I had given them. I received a variety of responses such as "I pushed off harder," "I kicked harder," "I glided more in front," "I emphasized the sculling motions," "I streamlined," and "I couldn't do it."

I then asked them questions like, "In your opinions, which are the most effective ways of accomplishing the task," "How did these methods feel," or, "Can you summarize what we have discussed?" After the five-minute talk, they rejoined the workout, and I repeated the process with another group of people. The best thing about this process was that both the swimmers and I had fun. They also gained insight into how they could modify their own swimming to get increased distance per stroke.

During that set they concentrated on how to maintain pace using fewer strokes. They had to process the data and come up with a solution. Basically,

Experiential coaching teaches swimmers to think for themselves – and it's fun, too

I had encouraged them to actually "think" rather than do what I told them to do. I could have easily asked them to practice each of these tasks; but I suggest it's more successful to let them discover and experience it for themselves.

I call this group processing type of learning "experiential coaching," and it is derived from my work in teaching adults about stress management, exercise prescription and weight control. If I were to simply lecture to my classes on what to do, they would politely listen, but no "lights" would turn on in their heads. If they actually experienced the concepts I want to teach them, the

"TAKE YOUR MARK"

by Brian S. Frid

This starter's command becomes most important this year as the 'One False Start' rule becomes one of our Masters Swimming Rules. The technical rule states that "...when all swimmers are motionless in (the) starting position, (the starter) gives starting signal. If, in his opinion, a false start has been committed, the starter shall give a signal to recall the swimmers. With the concurrence of the Deck Referee, the false start shall be called on the individual(s). Any swimmer who commits or causes a false start shall be disqualified and shall not be permitted to swim the event." This rule is applied in both long course and short course competition. There are important considerations involved in the interpretation of this rule and its practical application. First of all, a starter may five "relief to" (i.e. not charge) any swimmer. Secondly, an assigned Deck Referee must concur before a disqualification may be This rule has had a significant impact on two areas of charged. competition in USS swimming. The length of meets as been cut considerable and as swimmers have become accustomed to the rule, there are very few false starts. Further, times are continuing to get faster, swimmers are not complaining about the rule (nor are coaches), and it is my own personal opinion that starts may become faster as the sw mimers concentrate on the start signal and their own start, rather than being possibly distracted by other swimmers on the blocks.

entire room would shine. There is a large movement in education for this experiential type of learning. "Experiential coaching" is just an extension of this concept into the swimming pool.

Here are some guidelines on how to use experiential coaching:

1) Decide on the specific concept you want to teach the swimmer(s) (e.g., how to increase distance per stroke). It is often best to have a small group of swimmers, perhaps one lane.

2) Devise a drill, a problem, a game or some process for them to do (e.g., swim 10×50 and try to decrease the number of arm strokes by two).

3) After the set, take three to five minutes to discuss what happened. Ask for each swimmer's input and be positive in responding to what they say. If it is wrong, you can say, "Billy, that's a good observation, but it may not be entirely correct . . ."

4) After all swimmers have had input, encourage them to make further comments and generalizations about what they have learned (e.g., which were the most effective methods for accomplishing the task?).

5) Have them summarize what they discovered. Your role here is simply to clarify. Resist the temptation to offer your independent input. If they missed a major point, let it go. Maybe next time they will discover that missed point.

6) Don't be afraid to use the method with younger children. Experiential learning was originally developed for primary-school-age children. You just need to develop smaller and easier tasks than those used for adults.

Experiential coaching accomplishes three important things for swimmers:

- it helps them develop a feel for the water;
- it requires them to experiment and try different things; and
- it allows and encourages them to incorporate new ideas learned in these experiments into their strokes.

There are two major benefits of this type of learning: first, you are encouraging the swimmers to "think" and figure out solutions for themselves; and second, it's lots of fun for everyone involved.

If you would like to know more about this style of coaching, please write me at SWIMMING TECHNIQUE, P.O. Box 45497, Los Angeles, Calif. 90045. O

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Swimming News

PHYSIOLOGICAL CHARACTERISTICS OF WOMEN MASTERS SWIMMERS - Submitted by Gail M. Dummer, Michigan State University. From 1970-1981, my colleagues and I conducted a study of the physiological and psychological characteristics of female masters swimmers. Our subjects were 92 female swimmers aged 24-72 from MD, VA, DE, NJ, PA and DC. Each subject completed a series of tests including (a) an exercise tolorence test, (b) blood glucose levels during exercise, (c) muscular strength and muscular endurance measurers, (d) flexibility assessments, (e) body composition tests, (f) respiratory measurers, (g) question-questionnaire concerning competitive swimming background. Our findings are now beginning to appear in print in professional journals. The articles now published or in press include: 1) Physiological Characteristics of Female Masters Swimmers. The Physician and Sportsmedicine, 9, 75-78. 2) Body Composition and Physiological Responses of Masters Female Swimmers 20-70 Years of Age, Research Quarterly for Exercise and Sport, 55, 278-284. 3) Age-Related Differences in Muscular Strength and Muscular Endurance Among Female Masters Swim-Research Quarterly for Exercise and mers. Sport. 4) Muscular Strength and Flexibility of Two Female Masters Swimmers in the Eighth Decade of Life. The Journal of Orthopaedic and If you are interes-Sports Physical Therapy.

ted in our findings, you should be agle to locate these journals in university of medical libraries. ATTENTION LMSC CHAIRMEN - FROM USMS REGISTRAR -Your registrars should have received the first quarter report by now. Please contact them if you have not received your copy. The following associations have not paid their 1985 Registration Fees nor sent in their list of officers: ALASKA, CENTRAL, FLORIDA (pd, but no list), GEORGIA, INDIANA, IOWA, MISSOURI VALLEY (pd, but no list), NEW JERSEY (pd, but no list), NORTH DAKOTA, PACIFIC (pd, but no list), POTOMAC VALLEY (pd, but no list), SAN DIEGO - INPERIAL, SOUTH TEXAS, SOUTHEASTERN, SPA, SOUTHWESTERN (pd, but no list), If not paid promptly, meets from these association may not be considered eligible for Top Ten!!!..... LONG COURSE ERRATA (TOP TEN LIST) 40-44 200 fly W add Ida Hlavacek 4:01.81 2:26.81 70-74 100 Brs W change Hildabuel to 60-64 100 Bac W change Williams to 1:39.83 60-64 200 Fre M delete Cick Collins 2:27.24 50-54 200 fly M add Herb Kern 3:29.06 80-84 200 IM M add Thomas Cureton 5:23.90 55-59 200 IM W change Krauser to 3:34.14 60-64 400 FR M add James Edwards 6:02.86 40-44 200 FR W change Decker to 2:59.75 SHORT COURSE ERRATA (TOP TEN LIST) 50-59 50 BA M B. Johnson new record 30.34 70-74 1650 FR M K.Lemmon 25:04.60 70-74 50 FL M K.Lemmon 34.80 2:06.74 35-39 200 FR W M. Brems 40-44 1650 FR W delete Judy Weir 6:41.55 45-49 400 IM W Adrienne Pipes 11 11 W delete R. Kamphausen 55-59 100 FL W C. Derr 1:39.50 65-69 100 FR W A. Etienne 1:29.70 60-64 50 BR W record belongs to B. Christian 75-79 200 FL W E Somers 8:05.60 " 200 BK W E Somers 5:59.61 OMMISSIONS FROM YMCA NATIONALS 25-29 1650 FR W Cindy Collins 18:59.08 11 11 19:16.46 W Sarah Eicher 30-34 200 BA W Pam Vanderberg 2:32.48 40-44 100 BR W Barb Whitner 1:22.43 11 200 BR W Barb Creher 3:03.09 50-54 1650 FR W Phillis Wilson 26:40.45 60-64 100 BA W Jeanne Merryman 1:32.36 65-69 100 BA W Vi MacDonald 1:51.24 25-29 John Tudor (50 FR 21.15, 100 FR 46.60, 200 FR 1:47.25, 50 FL 23.27, 100 FL 53.25, 100 IM 53.29) 11 1650 FR M Michael Grimmer 17:49.40 11 Robert Dixon (50 BA 26.25, 100 BA 57.45) 30-34 Jay Magee (50 BR 28.82, 100 BR 1:03.81) 11 200 BA M Robert Thomas 2:02.31 35-39 27.82 50 BA M Matt Powers 11 50 FL M Dennis Ryan 25.54 1:08.44 40-44 100 BR M Terry Gernstein 11 200 FL M Tom Spear 2:17.63 45-49 R. Johnston (50 BR 31.86, 200 BR 2:42.04) 28.31 11 50 BA M Jerry Dolbey U. 1:05.49 100 IM M Frank McKenny -11-



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

swim today ...

swim for the health of it!

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL	XIV -	SWIM CALENDAR
JAN	<u> </u>	No 1 ONE HOUR SWIM - DC Masters - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	19	SC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	19	SC Relays - Gary Carter, 12 Lilium Court, The Woodlands, TX 77380
		SC - Jim Bell, Philosophy Dept., CPR-259, U of So. Florida, Tampa, FL 33620
	19-20	
	20	SC - Sue Collins, Ohio Wesleyan U., Delaware, OH 43015
	20	SC - Alfonso Allen, DC Dept. of Rec., 9812 Muirfield, Upper Marlboro, MD 20870
	25-27	SC - John Kanevey, 15528 E. Hampden Cir., Aurora, CO 80013
FEB	2-3	SC - Kris Wingenroth, 5310 Greenbriar #8, Houston, TX 77005
	8-10	the set of
	9	SC - Ed Levy, 7979 Symphony Dr., Cincinnati, OH 45242
	9	SC - Bill Parks, 420 E. 57th #31, Loveland, CO 80537
	16	SC - Andy Knapp, 1020 Timberidge Rd., Harrah, OK 73045
	16	1500 M - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	16-17	SC - David A. Parler, 1639-F Juniper St., Charleston, SC 29407
		SC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
	23	SC - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	23-24	SC - Barbara Protzman, 22 Walden Mill Way, Baltimore, MD 21228
	23-24	
	23-24	SC - Chris Carey, 6421 Crestview, Orlando, FL 32810
and the second se	24	SC - Ingrid Stine, 4119 N. Pittsburg, Chicago, IL 60634
MAR		SC - Jim Montgomery, P.O. Box 821002, Dallas, TX 75382
	9-10 10	SC - Skippy Mattson, %Dynamo Swim Ctr., 3119 Shallowford Rd., Chamblee, GA 30341 Clinic & Meet - Michael Meyers, 123 Hoover Lane, McMurray, PA 15317
	10	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	16	SC - Dr. Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45230
	16	SC - Emmet Hines, 3855 Holman, Houston, TX 77004
	16	SC - Dottie Whitcomb, 1981 Villafane Dr., Pensacola, FL 32503
	16-17	SC - Ann Degnan, Rec Dept, Town Hall, Plainvillt, CT 06062
	17	SC - DCM - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	23	SC - Jim Malley, 1805 S. Shields #G7, Ft. Collins, CO 80526
		SC - Region 8 - Karen Barnes, 12317 Teakwood Rd., Edmond, OK 73034
		SC - Southern Regionals - St. Petersburg, FL
	29-31	SC - Harry Rawstrom, Carpenter Sports Bldg., U of Delaware, Newark, DE 19711
	30	SC - Joanita Reed, Rt. 20, Box 208 KK, San Antonio, TX 78218
MAY	9-12	USMS NATIONAL SC CHAMPIONSHIPS - Brown Deer, WI - Pam Mai, N47 W5450 Spring Ct.,
	7 20	Cedarburg, WI 53021 Canadian Championships 25 M SC - Paul Boulding, 869 Hector Ave., Winnipeg,
	7-20	Manitoba, Canada R3M 2E7
_	25	SC - Jeroen Kok, 2201 NW 122nd #2609, OKC, OK 73120
	8-14	Masters Games, Ruby Richmond, Box 1985 Station P, Toronto, Canada M5S 2Y7
1	7-20	USMS NATIONAL LC CHAMPIONSHIPS - Brown University, Providence, RI
		Anne Page, 399 Summer Ave., Reading, MA 01867 MASTERS - Feb 2, Feb 17, Mar 9, Mar 23, Champ Apr 12-14
WISC	ONSIN	MASIERS - Feb 2, Feb 1/, Mar 9, Mar 23, Champ Apr 12-14
<i>ццц</i> і		John Bauman, 9717 Saratoga Dr., Milwaukee, WI 53108
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