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PSYCHOLOGICAL PREPARATION FOR CHAMPIONSHIP TRAINING AND COMPETITION

by John Flanagan

How many times have we arrived at the final meet of the season and found ourselves swimming times that we had either done in the local meets or even in practice? We usually blame this on our taper, which we just happened to miss by 36 hrs, or the coach neglecting to give us that final stroke correction which would have made us five seconds faster in the 100 free. The real culprit here is not in the physical preparation for the meet but the lack of psychological preparation.

I would like to present some simple steps that may enhance your performance at the next championship level meet. These tools must be practiced daily though, and the sooner you begin the more confident and competent you will become with these techniques. In order, they are Relaxation, Concentration, Visualization and finally, Acutalization. They must be in this order and none may be left out or maximum performance cannot be achieved.

RELAXATION is the first step in the process. We often fail to achieve peak performance because we are 'too tight', too nervous, too anxious or too tense. We may end up tensing every muscle in the body instead of just contracting those necessary. Peak performance occurs when your mind and body are allowed to combine in a free flowing experience.

There are many relaxation techniques available. Two suggested readings would be The Relaxation Response (W. Morrow & Co., 1975) and Behavior Therapy Techniques (Pergammon, 1966). I will present here a simple practice method.

1) Sit quietly in a comfortable position.

2) Close your eyes. 3) Relax all your muscles deeply, begin at your feet and progress slowly up to your facial muscles. One group at a time and keep them relaxed. 4) Breathe through your nose and become aware of your breathing. Count your breaths silently. 5) Continue for 10-15 minutes. Remain passive and you will soon feel very relaxed. Once you have mastered simple relaxation you are ready to move on to the next critical step in the championship preparation.

CONCENTRATION is the uninterrupted connection between two things. We must learn to enhance our ability to focus on one thing or one idea and to block out all unnecessary distraction. The obvious benefit to us as swimmers will be the ability to block out negative thoughts, the crowd, the competition, a possible injury, or poor pool conditions, and then focus on the important thing--swimming fast. As we know, worry is one of the great inhibitors of peak performance. If you can learn to view competition in a less worrisome way, or if you can come up with concentration strategies which are more absorbing than the worry, you will be well on your way to consistent performance at your optimum level.

Here's a simple concentration excercise. When you have gotten into a relaxed state, pick an object such as a lamp or vase and focus your attention totally on this object. Exclude all other thoughts or feelings or body sensations. Eliminate all distractions and keep them out, focus only on the chosen object. Close your eyes and picture the object in every detail. Practice this simple technique and you will soon learn to handle more complex ideas and images and eventually cast out any anxiety problems that you may have. Only the important things can ten be focused on.

Now that you have mastered the first two techniques, RELAXATION and CONCENTRATION, the third and most important step must be learned and practiced. This technique is VISUALIZATION or mental imagery. It is a known fact that our mind cannot differentiage between fact and fantasy. So with mental imagery, we have the ability to stimulate our system through mental pictures of what we want to accomplish during the race. So in essence, we are testing the circuits. We are plugging in a positive performance program to our brain and nervous system so that our body can follow it.

When you practice this technique, you must be in a relaxed and concentrated state of mind in a

quiet spot with very little distraction. View yourself as if you were in a motion picture starring you as a champion swimmer. Imagine seeing yourself warming up, swimming up and down the pool with easy but powerful strokes. You get out of the pool and towel off and ready yourself for the race. As you see yourself stepping onto the blocks, you see a confident and physically perfect individual. The training really shows up now in your physique. Every muscle shows and you are extremely poised. The starter calls the swimmers to their marks. Bang the gun sounds, and you dive and survace before anyone. Your first strokes are strong and powerful, and you instantly pull ahead of the competition. A perfect turn at the far end and you're sprinting for home. You touch and then the others finish. The Timing Board reads, Lemmon DCM 26.92, a new national record, and your goal has finally been reached. In this description of a 50 yard free race, only the very positive aspects of the race are imagined. We must work hard to make sure worrisome thoughts, such as a missed turn, I'm not totally prepared, I've had a cold for a week, the pool's a little warm, don't enter into our thought patterns for these things too can be imprinted and will haunt you on the day of the race.

The final step is ACTUALIZATION or the doing of the race itself. If you have done your homework both in and out of the pool, have physically and mentally prepared yourself for the race, then you will enjoy the optimum benefits of your labors.

"Whom have we conquered? None but ourselves. Have we won a Kingdom? No and yes. We have achieved an ultimate satisfaction, fulfilled a destiny to struggle and to understand, never this last without the other."--George Mallory

Reprinted from DC Masters WAVE-MAKER

MASTERS SWIM CAMP TO BE HELD IN MAY

A Masters Swim Camp will be held at the University of Virginia on Memorial Day weekend, May 22-26. The camp will feature the latest training methods, weight training in swimming, swimming physiology, training films, video taping, swimming psychology and stroke mechanics. A number of noted clinicians will be featured including Head Coach at U Va., Mark Bernardino and Don Easterling, Head Coach at North Carolina State U. Contact Virginia Cavalier Swim Camp, Inc., University Hall P.O. Box 3785, University of Virginia, Charlottesville, VA 22903. Cost of the camp is \$175 and includes dormitory room on campus, meals at athlectic dining facility, seminars and training sessions.

ALL AMERICAN TEAM

U.S. Swimming **Masters Long Distance Swimming** 1985 All American Team

MEN

25-29

Paul Amuth Lincoln Diang Mark Heinrich Jeff Land Perry Lange

30-34

Mark Bernardino Fred Ferroggiaro Dale Keith Mike Trudeau

35-39

Bill Damm Patrick Dixon Bob Kolonkowski John Osterloh Kevin Polansky John Shrum

40-44

Phillip Gibbs Tex Haraszti Phil Hengen Hugh Winn Ben Wisckol

45-49

Herb Barthels Tom Begley Roger Bosveld Kirk Canterbury Edward Hinshaw Burt Kanner

50-54

Robert Beach Don Brown Barney Hugerford Burwell Jones William Lauer Dale Petranech **Brad Sturtevant**

55-59

George Erk Daniel Gruender Edward Schaner Forrest Sullivan Win Wilson

60-64

Calvin Barnes Bill Bell Bradley Cassidy Glynn Jones Harvey Yurak

65-69

Aldo Da Rosa Birch Davidson Bill Struthers

Herbert Howe John Morrison Dexter Woodford

75-79

Alfred Guth Lee L. Starr Charles A. Wood

80-84

Gus Langner

85.89

Clarence Ross

WOMEN

25.29

Linda Bingler Deborah Caine Karen Chequer Pfeiffer Cindy Collins Traci A. Dries Kim Griffis

30-34

Paige Gorham Elaine Hochuli Sherry L Kittrell Patricia Mattson

35.30

Karen Barnes Marilyn Brahms Marianne Brems Barbara Brand Joan Diercks Katherine Watson

40-44

Jane Katz Jane Murphy Sherman Nancy Ridout Janet Rover

45-49

Patricia Bresee Joan Jeter Faith W Lyman Patricia Tullman

50-54

Ann Prisciotta Marjorie Jones Lavelle Stornoff Nadine Whitehall

55-59

Edie Gruender Marianne Hagan Dorothy Laporte Gail Roper

60-64

Dorothy Lachasse Ruth Manfredi Hazel Turner Madeline Zillmer

65-69

Barbara Golseth Jane McCollister Rose Steward Zada Taft

70.74

Helen OffenHauser 75.79

Eva Bein

Julia Dolce

80-84

Elizabeth Mauric





TEXAS STATE MEET IN ALAMO HEIGHTS

UPPER LEFT: Tom Boak, USMS President, tied for Hi-Point 40-44 age group

UPPER RIGHT: Huddie Clark Murray, Hi-Point winner in 25-29 division and team mate Meg Jorn, runner-up

LOWER LEFT: Hamilton Anderson, Hi-Point winner in his division with Bud Dallmann

LOWER RIGHT: Lone Star swimmers Steve Odrobina, Hi-Point winner in 55-59 and Allen Hellman, Hi-Point winner in 60-64 age group

ERIC JOHNSON, FA FASTEST CHANNEL

Eric Johnson, Midland, TX coach, swam the Channel from France to Dover in a little over 8 hrs. in 1985. Eric is 27 and missed swimming in the 1980 Olympics. He won Hi-Point in the 25-29 age group at the Texas State Meet. Thomas Hetzel was Eric's coach for his Channel swim.

JUSTUS AQUATIC CENTER MEET тор то воттом

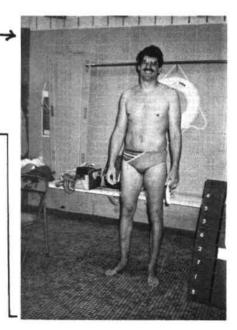
Chris Carey - Meet Director

Boca Raton Masters - Bill Kirkland, Coach and Tom Boyd

Florida visitor, Irving Katz from New England Masters

Coaches - Richalie Cramner, Ft. Lauderdale and George Bole, St. Petersburg

Gold Coast Masters swimmers - Andy Weinkle, Lisa Woodman and Cal Winn



1986 RESULTS

U.S. Masters Hour Swim National Championships

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2	CHE	QUE	-PF	EIFFE	R, K27	LOS		5100	42
4	MEA	ER,	MAR	GUERI	TE 26	GRE		4890	44 45
6	BLA	HA,	SHA	RON 2	A 28	DAV		4840	46
7	ROS	TS,	NAN	CY 29 MERED	ITH25	SWI		4750 4750	48
10	DOW	NS,	JE	NNE 2	3	LAD		4730	50 51
11	LAW	LOR,	MJ	RNIE	29	CON		4600	52
13	PAU	LSON	1, 1	NNE 2	9	LOS		4550	54 55 56
	WIL	LIAN	us,	MARTH	A 27	BUR		4550	55 56
17	MOO ERN	RE,	JOI	NNE 2	6	LOS		4480	57
18	DOW	NS, BERT	BEI	I 23 JISA S	27	CHI		4475	
20	CUR	RIER	ARC	COBIN CE 25	25	SOU		4430	W
22	BACA	, A	LLI	SON 2	7 28	MEX		4290	R
24	STAI	TON	, M	ARTHA	28	NEM		4280	
26	G00	DWIN	I, S	ANDY	26	CCM		4165	
28	GRO	SKO	PF,	AMY 2	7 Z6	WIS		4100	
30	CAR	EY,	JEN	NIFER	27 A 28	GAM		4075	
31	ROB	ERTS	S, I	IBBY	26 LN 26	UNA		4005	
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35	YUS	E, 1	CAR	25	20	UNA		3925	1
30	LEV	ITA	, ,	ARAH	26	NEM		3900	1
38	RAB	IREZ E, P	AR!	THA 26	7	JER SEA		3875	1
40	FER	REIF	RA,	INGRI	D 27	SBS		2795	1
42	HOG	BERG	3, /	MY 25		NEM		3715	1
44	NEL	SON	CI	RISTI	NA 27	SDS		3670	2
45	SHA	W, I	SE,	GRACE	29	LOS		3655	. 2
47	SCO	TT,	NAI	NCY 26	7	OKL	15	3615	2 2
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52 53	WOL	FE.	MI	CHELLE	29	GRE		3500	2
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13	ST	EAD	MAN	NANC	Y 31	JE	R	4295 4275	
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17	RO	HRS	, M	UREEN	30	JE	R	4085	
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KELLEY, NANCY W 32
CALLOW, PATRICIA 31
CAREY, CHRIS 32
WALTER, ANN 32
MASON, NANCY 32
GILBERT LYN 30
ROFF, DENISE 31
GRAHAM ELIZABETH 34
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                                GRAHAM, ELIZABETH 34
McLEOD, KATHY 32
JONES, LYNN 32
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                     JONES, LYNN 32 ROG 2790
FENISEY, LAURA A 31 UNA 2750
GOLDBERG, JENNIE 31 COL 2740
MCCAFFREY, MARGARET33 AUR 2735
FERRINS, CYNTHA 32 LAX 2650
WYNKOOP, DIANE 30 UNA 2650
LEIPER-SEBALD, SUB 33 SWI 2550
JAHNKE, SUE B 33 CCM 2450
BUTLER, LEE 34 HIL AUS 2310
                                                                                                                                                                                                                                                                                                                        2790
             WOMEN 35 to 39
          REC: Barbara Dunbar 36, 1986 SDS 4790
1 DUNBAR, BARBARA 36 SDS 4790
2 HARE, FRAN 35 EMP 4690
3 WALSH, STEPHANIE 36 NEM 4495
4 FOREMAN, TRUDI 37 MEX 4385
5 BURKHART, DONNA 39 TAM 4355
6 CASEY, KATHERINE 37 PNA 4340
7 GETTLING, JAMET 37 SOU 4320
LEBSACK, MEL 37 CON 4320
LEBSACK, MEL 37 SOU 4320
1 RUBIN, KAREN 35 IND 4310
10 ZIMMET, CHRISTINE 38 EMP 4290
11 RAGUE, SUZANNE L. 35 EMP 4275
13 KELLEY, MARY E. 36 NEM 4170
14 GLUNN, JUDY 37 WAL 4165
13 KELLEY, MARY E. 36 NEM 4170
15 BRAND, BARBARA 36 CHE 4145
16 ECKER, KAETI 38 UNA 4100
17 PRALL, WINIFRED J 38 GAM 4990
18 BROWNSTEIN, LUNN 39 STP 86
18 BROWNSTEIN, LUNN 39 STP 87
10 WILBY, MARGARET 35 COA 400
12 BUCCION, VICTORIA 39 BOL 4020
13 BRUCKNER, SANDRA 36 REN 300
14 MCDERNOTT, SUSAN 35 CON 3970
15 WATSON, KATHERINE 38 IND 3965
16 VON BRIESEN, SUSAN 36 JER 3915
17 GOODMAN, LOIS 38 IND 3900
18 LOTZ, CONDIT C 37 GAM 3835
19 HAMSON, GERI 37 ROG 3790
10 NIGH, ROSEMARY 39 LAD 3190
17 PALMER, FRANCE 35 GRF CAN 3630
18 TEPE, LINDA 38 IND 3905
19 HANSON, GERI 37 ROG 3790
10 NIGH, ROSEMARY 39 LAD 310
18 MARSTON, ANNE 38 SDS 375
31 WACHTEL, MARY 35 LAD 3500
MACARTNEY, DARRY 38 SEA 3500
31 MARSTON, ANNE 38 SDS 375
34 WACHTEL, MARY 35 LAD 3500
MACARTNEY, DARRY 38 SEA 3500
36 MOORE, JANE A 35 PNA 3300
37 RUGGIERO, LINDA 38 SEA 3500
38 GUIST, CONNE 39 UNA 2055
44 LINN, ANNE 35 UNA 2055
44 TIERREY, DIANNE 38 HIL AUS 3070
45 MALHOYT, CHRISTINE 37 UNA 2075
47 BODGRER, VIRGINIA 37 FILL 2895
48 HUNTER, WERDY 35 HIL AUS 2745
49 HUNTER, WERDY 35 HIL AUS 2745
      46 REID, DIANNE 37 HIL AUS 2925
47 BOEGNER, VIRGINIA 37 FLI 2895
BURT, VICKIE 37 UNA 2895
50 FRIEDMAN, SHERRY 38 NBM 2725
51 GOUGH, GABRIELLE 38 GRF 2700
52 MCKINNON, PATRICIA 37 SBS 2630
53 COLLOM, DIANE 36 HIL AUS 2615
54 BLOTZKE, DEANETTE 37 UNA 2500
55 MGGUINNESS, ELIZ 36 HIL AUS 2490
56 SHUTTLEMORTH ROBYN37 HIL AUS 2445
                 WOMEN 40 to 44
                 REC: Jane Katz 40, 1984 MMY 4695
        1 ROYER, JANET E 44 IND
2 FERRIS-JOHNSON, C 40 LOS
3 RIDOUT, NANCY 44 TAM
4 MACFARLANE, J. 42 MEX
5 SVANSON, ANN V. 40 DCM
6 JENSEN, BEVERLY 44 VAM
7 MALEY, PAT 42 SM
8 REINIKAINEN, V. 43 MEX
9 CLARK, MIMI 42
10 REDPATH, ELIZABETH 44 CHI
11 KIRKENDALL, NANCY 43 DCM
12 CHENG, MARY 43 UNA
13 RYAN, PAT 41 LIN
15 NOVESKY, BONNIE 44 LIN
16 PREDETTE, ANN 40 NEM
17 WINN, RUTH 42
18 ROMAYKO, JANIT 40 CON
19 JEBIAN, WINIFRED 42
17 TERNEK, JUDITH 42 GAM
19 JEBIAN, WINIFRED 42
17 TERNEK, JUDITH 42 GAM
21 TARRANE, BENTLEY 42 GAM
22 STAUBER, MARCELLA 40 LOS
23 LOCKE-PADDON, TERR 41 GRE
24 WHALEN, VIRGINIA 43
25 KINNEY, JANET 44 WAL
26 ROBERTSON, PRISC. 44 LAD
27 BOUCHIER, TERRY 40 LAD
28 TRYON, GEORGIANNA 40 MET
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29 POWELL, ANNE H. 43
BERMER, BARBARA 42
31 HANN, NANCY 42
WITTENBERG, MARY 43
         33 BELL, ROSE ANN 42
34 AUTH, GLORIA 42
                                                                                                                                                                                  LAD
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        34 AUTH, GLORIA 42 OKL
35 MAMSON, CAROLE 41 LAD
36 SCULLY, KATHERINE 40 CON
37 WITEBSKY, MARTHA 43 UNA
38 VON DER HUDE, C. 41 UNA
38 VON DER HUDE, C. 41 UNA
40 MACHOREK, NANCY 40 YUB
41 EDMUNDS, NIKKI 44 LAD
42 BRADLEY, MARIANNE 42 CLY
43 CUPIT, KITTY 43 TSU
44 ISELIN, SHIRLEY 42 CON
45 ORMOSEN, SHARON 42 YUB
46 FREELAND, MARY 42 MIL
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         45 ORMOSEN, SHARON 42 YUB
46 FREELAND, MARY 42 MIL
47 MARKS, JUDITHG 42 CON
48 TILLSON, JUDY 44 GRE
49 DREW, HELEN 40 HIL AUS
50 CONNOLLY, DIANA L 41 YUB
DAWRON, PATRICIA 40 YUB
52 HUGHES, CAROL 43 SIT
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         WOMEN 45 to 49
      REC: Lavelle Stoinoff 49, 1982 UNA 4430 (Portland, OR)
1 JETER, JOAN 46
2 JENKINS, CHARLOTTE 47 TAM 4100
3 ROEPKE, ELIZABETH 45 SMM 4070
4 MUNN, SUSAN L 47 DAY 4010
5 MARTIN, ANN W 47 CON 3885
6 BOBERSKI, ROBERTA 45 WES 3650
7 GLENN, SYLVIA I 48 CCM 3725
8 STINE, INGRID 46 LIN 3725
8 STINE, INGRID 48 YUB 3525
10 DURHAM, TETA 47 SMM 3520
11 PARRETT, JUDY 48 VAL 3415
12 ANSON, SUSAN 45 MIL 3400
14 CHERMON, LUISE 47 UNA 3360
15 HEWITT, HALLE 47 LAD 340
16 TUCKER, KAY 45 CON 3300
17 HALL, PRIDENCE 47 MIC 3290
18 LEVINE, MARINA 49 MIC 3220
18 CHULL, MARY 49 MIC 3220
18 SCHULL, MARY 49 MIC 3220
18 CHURL, MARY 49 MIC 3220
19 SCHULL, MARY 46 MIL 2925
20 AKER, MARY 49
21 BOSTICK, LINN 45
21 DICKINSON, MARTHA 46 SBS 2560
22 SERINEY, JOAN 46
23 GASTON, INGRID 46
24 MAFEN, LODIE 46
25 MONTALBANO, BETTY 46 LIN 2600
20 MINNE, SALLY 49
31 MASTERSON, BERTHA 48 CFM 2350
32 ELIASON, NARTHA 48 CFM 2350
33 BUJOLD, BERNICE 45
                                                                                                                                                                                                                                        4165
4100
4070
4010
                1 JETER, JOAN 46
        WOMEN 50 to 54
    REC: Lavelle Stoinoff 50, 1983 UNA 4400 (Portland, OR)
                            STOINOFF, LAVELLE 53 MUL
KAY, ANN 51
CHRISTENSEN, ANN 51
WHITEHALL, NADINE 51 ORE
WILSON-PHYLLIS 52
MORSE, TERRY 30
GRAVENER, JUNE 54
GRIFFIN, BETTY 54
BROCKWELL, KAY 50
MONROE, DONNA 52
WATSON, JACK 53
ROBBINS, SUZANNE E52
VELESTON, JUDY 50
NEM
WRIGHT, JANE 53
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                            PULESTON, JUDY 50
WRIGHT, JANE 53
KAYADAS, JANET 54
EBBING, PEGGY 52
CARLTON, THEA 54
VAN FLEIN, MARGARET50
HUNT PATRICIA A 54
JONES, MARGERY C 52
HEYSTEE, RENIE 53
LYMAN, ESTHER 53
WINNIE, MARGARET 52
BUTTERFIELD. JOAN 53
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         23 WINNIE, MARGARET 52 PNA
24 BUTTERFIELD, JOAN 53 UNA
25 FRYE, PATRICIA 50 UNA
PACKARD, ELIZABETH52 TOP
27 VAN DIJK, MARIANNE 52 ROG
28 BERTSCH, COLETTE 53 LAA
                                                                                                                                                                                                                                               2445
                 REC: Gail Roper 56, 1986 UNA 4050
         1 ROPER, GAIL 56
2 WALKER, CLARA 59
3 DOTSON, PATRICIA 58
4 RILEY, LEAR 58
5 HAZEM, ANITA L. 58
5 GRUENDER, EDIE 57
7 MORTON, CAROL 50
8 BENNETT, BERNADETTES LOS
9 BOLSTER, TINK 57
PISCIOTTA, ANN M 55
12 MACBETH, NANCY 56
12 MACBETH, NANCY 56
13 OMENS, BARBARA 56
14 BOGATKO, LISA 56
14 BOGATKO, LISA 56
15 BARNES, NANCY S. 57
16 WOLVER, JANET 56
18 MCINTYRE, JOAN 57
19 COLLINS, GAY 55
18 MCHILLAN, BETTY T 56
18 MCINTYRE, JOAN 57
19 COLLINS, GAY 55
10 KNOCKENNAVER, M. 58
20 AGOSTIMO, IRENE 59
21 LAPORTE, DOROTHY 56
22 DAGOSTIMO, IRENE 59
23 BLICKFELDT, BETH 59
24 ESPOSITO, HERD 57
HUBER, MATHILDE 58
TREIBER, MARY ANN 55 DCM
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27 CLARK, LOTTE 56 CLY
28 HEIGHAM, KATHARINE57 NEM
29 DIXON, KATHY 58 NEM
30 HOSKINSOM, RUTH A.56 CLY
DAMSON, BUNNY 57 LAD
31 HARMON, LORRAINE 56 KET
34 BRANDSTATTER, B. 58 LIN
35 RABENOLD, JEAN 57 UNA
36 DITSWORTH, JEAN 56 UNA
37 ADAMS, PATRICIA 58 HL
38 DEVOE, RAE 57 CFM
39 FLAUGHER, GRORGIA 57 IND
4 FLAUGHER, GRORGIA 57 IND
4 FLAUGHER, GRORGIA 57 IND
                                                                                                                                              2865
                                                                                                                                               2640
                                                                                                                                              2600
                                                                                                                                               2590
                                                                                                           HIL AUS
                                                                                                                                            2515
                                                                                                                                              2355
 38 DEVOE, RAE 57 CFM
39 FLAUGHER, GEORGIA 57 IND
40 GRUENDER, JEANE 57 TOP
41 RAPKAY, ELLY 59 COC
42 STOVER, LORETA 57 JER
43 EDDY, OPAL 58 ETT
44 YEOMANS, JUNE 55 GRE
45 McKENZIE, ALICE 56 GRE
                                                                                                                                              2325
                                                                                                         TOP
COO AUS
JER
ETT AUS
GRF CAN
GRE
  WOMEN 60 to 64
 REC: Shirley Erickson 62, 1986 SBS 3725
      1 ERICKSON, SHIRLEY 62 SBS
2 ALTUS, GRACE 62 SBS
3 BLACKLEDGE, NAN 61 RIN
4 LACHASSE.DOROTHY 61 SBS
3 BLACKLEDGE, NAN 61
4 LACHASSE, DOROTHY 61
5 STINSON, SANDY 63
6 HOSCKKE-L. LILG 63
7 PHILLIPS, NANCY 64
0 PELLETIER, ESTHER 60
10 DONNELLY, DOROTHY 61
12 DUNN, BETTY C 60
13 CHRISTIANSEN, E. 61
13 CHRISTIANSEN, E. 61
15 TURNER, HAZEL 62
16 HEINONEN, EILLEBANN 64
17 MARIENTHAL, GLORIA 60
18 HOTTINGER, ANAMARY 63 RMM
19 LANDAUER, RENEE 62
20 BERGETHON, FRISC. 63
21 RANSON, EMILY 60
22 KIMMEL, DOROTHY 64
23 BOWEN, ELLEN 61
24 BRESSLER, CORRINE 60
25 THOMPSON, LILLIAN 64
26 MCCORMACK, BETTY 60
27 WYGANT, ALICE L 64
VUB
                                                                                                         TSV GER
                                                                                                                                             3100
                                                                                                                                             2950
                                                                                                                                             2950
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2930
2915
2845
2825
2785
                                                                                                                                              2735
                                                                                                                                              2685
                                                                                                                                             2415
                                                                                                                                             2400
WOMEN 65 to 69
 REC: Jane McCollister 66, 1985 TAM 3430
           MCCOLLISTER, JANE 67 TAN
TAFT, ZADA 66
LEE, MINI 55
DCM
EWBANK, MERLYN E.66
BROWN, MARDLE 68
PIERETTI, JEAN 65
REEVES, MARY JANE 68
WAL
BTIENNE, AUDREY 69
ZUNT, GERTRUD T. 68
CICHANSKI, FRANCES 68
STP
GOLSETH, BARBARA 66
AZM
EMBUN RACHEL M. 66
CFM
11 CICHANSH, RANGES 66 AZM
12 GOLSETH, BARBARA 66 AZM
13 ERWIN, RACKEL M. 66 CFM
14 SIDORSKY, FRIEDA 69 WAL
15 LAX, PAT 65
16 MATTHIESEN, PAT 69 SM
17 GARTON, MARY 67 HIL
18 KELLOGG, MARY-MARG69 MAN
19 DITTMAN, PAULINE 69 NIA
18 HERZER, POLLY 65 AZM
22 SCHULTZ, DOROTHY 67 TAM
22 SCHULTZ, DOROTHY 67 TAM
23 BELL, FRANCES 68 CTM
24 RAYMOND, ROBY 65
25 SCHNEIDER, ELIZ 66 UNA
                                                                                                                                             2735
                                                                                                                                             2575
2480
2455
2455
2420
2400
2260
                                                                                                                                              2235
      WOMEN 70 to 74
      REC: Ruth Switzer 73, 1982 SUN 3185
REC: Ruth Switzer 73, 1982 SUN 3185

1 DURSTON, JEAN 71

2 CLARK, BARBARA 70

3 ROUNASSET, HELEN 70

4 ROMAYKO, AGNES 71

6 ROMAYKO, AGNES 71

6 BUEL, HILDA 71

7 KENNEDY WIN 72

8 COOPER, RUTH 74

9 THOMSON, CLEMENTINA73 SDS

10 MORRIS, DORREN 73

10 WOLCH, MYRTLE W 70

11 WOLCH, MYRTLE W 70

12 ZIPPERLING, ILSE 72

VSG GER 1920

13 GORDON, JUDITH 73

AZM 1895
 WOMEN 75 to 79
  REC: Vivienne Cherriman 75, 1983 BLD GTB
     1 JOHN, ELIZABETH W.75 WIS
   1 JOHN, ELIZABETH W.75
2 THOMPSON, ANNE M 76
3 BURNS, ELIZABETH 75
4 BARNUM, CATHERINE 77
6 DZIADUS, ELIZ 75
CON
     WOMEN 80 to 84
      REC: Elizabeth Mauric 80, 1985 IND 2275
     1 MAURIC, ELIZABETH 81 IND
2 PELTON, KATHERINE 80 IND
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3725

3370

MEN 70 to 74	WOMEN 55+	MEN 65◆	200 yd. free
REC: Herbert Howe 72, 1985 WIS 3925	REC: 10,875 New England Masters, 1986 (Clara Walker 59, Marjorie Martin 56, Joan McIntyre 57)	REC: 11,380 San Mateo Master Marlina 1986 (Fred Taioli 65, Ray Taft 66, Edw. Moran 67)	Janit Romayko, 40 2.49.65 Judith Marks, 42 4.01.11
1 SCHOFIELD, DOC 72 MAR 3800 2 HOWE, HERBERT M. 73 WIS 3745 3 NEWMAN, AUSTIN 70 JER 3660	1. New England Masters "A" 10,875 (Clara Walker 59, Marjorie Martin 56, Joan McIntyre 57)	1. San Mateo Master Marlins 11,380 (Fred Taioli 65, Ray Tafr 66, Edw. Moran 67)	1000 yd. free Janit Romayko, 40 15.00.41 Judith Marks 18.49.06
4 ZIPPERLING, WERNER 72 VSG GER 3510 5 RONAN, DAVE 72 MAM 3405 6 OVEREEM, HENRY 70 JER 3320	 Santa Barbara Swim Club 10,610 (LaChasse, Altus, Erickson) San Mateo Master Marlins 10,300 (Pisciotta, Barnes, Knockenhauer) 	Middle Atlantic Masters 10,380 (Davidson, Rowan, Schaeffer) Jersey Masters 9,805 (Newman, Coyle, Overeem)	50 yd. back Barbara Sautter, 40 42.39
7 THORNBURG, CARL 73 CLY 3300 8 STINSON, JOHN 73 CCM 3170	4. Connecticut Masters "A" 9 355	 St. Pete Masters "A" 9,780 (Vaidrne, Molvie, Tillotson) 	50 yd. breast Barbara Sautter, 40 42.91
9 WESTERFIELD, DICK 70 UNA 3165 10 TILLOTSON, FRANK 71 STP 3140 11 MORRISON, JOHN L 74 TAM 3075	(Donnelly, Phillips, Pieretti) 5. New England Masters "B" 9.225 (Pelletier, Brown, Burrill) 6. Arizona Masters "B" 9.170	5. St. Pete Masters "B" 8,740 (Mitchell, Walbolt, Vhbich) 6. St. Pete Masters "C" 7,720	100 yd. I.M.
11 MORRISON, JOHN L 74 TAM 3075 SAPP, BYRON 72 UNA 3075 13 DOWNEY, JOHN J 70 PNA 3050	(Mantredi, Laporte, Golseth) 7. Newport Beach Masters 8,585	(Stinson, Wickel, Briscoe)	
14 ANNES, MAURICE 70 LIN 2990 15 MITCHELL, JAMES 73 STP 2955	(Jobson, Dixon, Marienthal) 8. Connecticut Masters "B" 8,450 (Heinonen, Bergethon, Landauer)	MEN 75+	Women 50-54 50 yd. free
16 WALBOLT, FRED B 73 STP 2935 17 COYLE, ROBERT 72 JER 2825	9. Atizona Masters "C" 7,695 (Kimmel, Ditsworth, Steward)	REC: 8,905 Long Beach Masters 1986 (John Burnside 76, Leonard	Sally Nicolai, 53 32.86 100 yd. free
18 FORD, KENNETH 72 COO AUS 2790 19 MILLER, FRANCIS J. 72 DCM 2765	WOMEN 65+	Chapin 77, Alfred Guth 77) 1. Long Beach Masters 8,905	Sally Nicolai, 53 1.16.37
20 WOJCIK, STANLEY P 70 LIN 2675	REC. 8,850 San Mateo Master Marlins, 1986 (Audrey Etienne 69, Patricia	(John Burnside 76, Leonard Chapin 77, Alfred Guth 77)	1000 yd. free Ronnie Kamphausen,52 13.30.31
MEN 75 to 79	Matthiesen 68, Zada Taft 66)	***************************************	200 yd. back June Gravener, 54 3.14.00
REC: Arthur Rule 76, 1982 RIN 3460	 San Mateo Master Marlins 8,850 (Audrey Etienne 69, Patricia Matthiesen 68, Zada Taft 66) 		50 yd. breast
1 McAFEE, DAVID 76 DCM 3290 2 BURNSIDE, JOHN 76 LBM 3015	 Walnut Creek Masters 8,675 (Reeves, Durston, Sidorsky) 		200 yd. breast
2 BURNSIDE, JOHN 76 LBM 3015 3 CHAPIN, LEONARD 77 LBM 3010 4 GUTH, ALFRED 77 LBM 2880	 Industry Hills 7,080 (Mauric, Pelton, Clark) 	St.Patricks Invitational Plainville, Connecticut	Sally Nicolai, 53 3.27.46 June Gravener, 54 3.33.16
5 VANLILL, ROLAND 79 MDM 2830 6 SIGRIST, OSCAR 77 JER 2815	MEN 25+	Mar. 8-9, 1986 #86-08	50 yd. fly Sally Nicolai, 53 39.94
7 STINSON, BILL 76 STP 2790 8 STARR, FRANK 75 CLY 2690	REC: 15,995 Chicago Masters, 1986 (Charles Green 25, Mark	Women 25-29	100 yd. fly
9 BRADEN, HOWARD 75 UNA 2475 10 BRISCOE, EARNEST H. STP 2445	Rubino 26, Brian Murray 25)	50 yd. free Barbara Crowder, 28 26.91	200 yd. fly
11 VEST, EUGENE B 79 CHI 1250	1. Chicago Masters "B" 15,995 (Charles Green 25, Mark Rubino 26, Brian Murray 25)	Barbara Cornett, 25 26.99 100 yd. free	June Gravener, 54 3.43.38 200 yd. I.M.
	 Chicago Hasters "A" 14,725 (Johnson, Sencion, Kesslering) 	Barbara Crowder, 28 56.98 Sarah Eicher, 29 59.35	June Gravener, 54 3.22.10
MEN 80 to 84	(Uhlir, Johnston, Judelson)	200 yd. free Barbara Crowder, 28 2.04.52	Women 55-59 Jean Rabenold, 58
REC: Clarence Ross 80, 1980 JER 3435	(Williams, Davis, Acker) 5. Wisconsin Masters 13.795 (Hackert, Justinger, Joneth)	Barbara Cornett, 25 2.12.43	100 yd. free 1.47.94 50 yd. back 1.00.60
1 LANGNER, GUS 82 CON 3180	6. Middle Atlantic Masters 13.510 (Schailey, Kane, Gibbs)	1000 yd. free Barbara Cornett, 25 12.25.70	50 yd. breast 1.01.84
	(Winokur, Peck, Matyko) 8. Rogue Valley Masters Swimming12,570	50 yd. back Sarah Eicher, 29 33.61	Women 60-64
MEN. 85 to 89	(Runquist, Frownfelter, Mather)	200 yd. back	50 yd. free Dot Donnelly, 64 33.1
REC: Clarence Ross 85, 1985 JER 3240	MEN 35+ REC: 15,140 Caltech Masters 1982	Sue Langenhan, 28 2.24.98 Barbara Cornett, 25 2.33.07	100 yd. free Nancy Phillips, 64 1.23.91
1 FLETCHER, RALPH 86 UNA 2240	(Brad Sturtevant 48, Burt Kanner 42, Bill Damm 35)	50 yd. breast Barbara Cornett, 25 38.05	200 yd. free Nancy Phillips, 64 3.02.95
1986 TEAM RESULTS	1. New England Masters "A" 15,110 (Fred Schlicher 37, Kim	50 yd. fly Sue Langenhan, 28 29.81	1000 free Dot Donnelly,64 17.53.06
And the state of t	Holvig 37, Todd Bryan 35) 2. Caltech (Damm, Strutevant, Kanner)	100 yd. fly Barbara Crowder, 28 1.03.52	50 yd. back
WOMEN 25+ REC: 14,465 Walnut Creek Masters 1983	3. Chicago Mastera "A" 14,185 (Haffner, Wood, Christensen) 4. New England Masters "B" 13,995	Sue Langenhan, 28 1.05.38 Barbara Cornett, 25 1.09.56	Nancy Phillips, 64 43.19 Dot Donnelly, 64 45.99
(Killingsworth, Lasell, Richcreek)	(Asquith, McQuiggan, Bourassa) 5. Jersey Hasters "A" 12 720	100 yd. I.M.	100 yd. back Nancy Phillips,64 1.36.31
1. Los Altos Masters 14,130	(Goldblatt, Gerlich, Nessel) 6. Chicago Masters "B" 12,650 (Fergus, Lambert, Santamaria) 7. Connecticut Masters 12,480	Sue Langenhan, 28 1.06.24 1.07.14	50 yd. breast Dot Donnelly, 64 49.10
(Joanne Ernst 26, Karen Chequer-Pfeiffer 27, Anne Paulson 29)	(Geogehegan, Drejer, Crumbine) 8. Auburn Master Swimmers 12,395	Women 30-34	50 yd. fly Dot Donnelly, 64 46.69
2. New England Masters "A" 13,845 (Crowder, Helmrich, Walsh)	(Reeve, Hendrix, Stevens) 9. Jersey Masters "B" 11.275 (Windus, Roeschke, Buchert)	50 yd. free Suzi Haylon, 31 28.39	100 yd. I.M.
3. Georgia Masters 13,785 (Mattson, Stroup, Watson)	9	Gail Palmer, 30 33.29 Ann Larsen-Parish,30 44.04	FIGURE 2000 CONTRACTOR AND
4. Chicago Masters 13,700 (Brown, Lambert, Redpath)	MEN 45+	100 yd. free	Women 70-74 50 yd. free
5. Connecticut Masters 13,190 (Greenwood, Wian, Sebsack) 6. Jersey Masters 12,255	REC: 13,650 Chicago Masters, 1986 (Bill Mulliken 46, Sam Koolstra 50 John LeBourgeois 47)	Suzi Haylon, 31 1.04.82 Gail Palmer, 30 1.16.40	Helen Offenhauser,73 53.59 100 yd. free
(Ramirez, Rohrs, Steadman) 7. DC Masters 11,865	 Chicago Masters (Bill Mulliken 46, Sam 	1000 yd. free Diane Wian, 32 12.25.66	H. Offenhauser, 73 2.02.40 200 yd. free
(Hoover, Svanson, Kirkendall) 8. New England Masters "B" 11,745	Kooistra 50, John Le Bourgeois 47) 2. DC Masters 12,885	Gail Greenwood, 32 12.30.19 50 yd. back	Marie Wicklun, 71 3.32.20 1000 yd. free
(O'Carroll, Healy, Hogberg) 9. Yuba City Racquet Club 10,505 (Gilmore, Taylor, Banta)	(Smith, McGinley, Berris) 3. Connecticut Masters (Atkins, Coykendall, Comenda)	Gail Palmer, 30 40.67 50 yd. breast	Agnes Romayko, 72 24.05.94
10. Central Florida Masters 9,460 (Easterling, Carey, Erwin)	4. St. Pete Masters 12,440 (Beach, Burns, Kohnken) 5. New England Masters "A" 12,425	Gail Palmer, 30 41.30	50 yd. back Marie Wicklun, 71 48.52
WOMEN 35+	(Johnson, Newstead, Lyndon) 6. Industry Hills 11 895	Anne Larsen-Parish,30 46.42 100 yd. breast	H. Offenhauser, 73 1.01.29 100 yd. back
REC: 13,255 Empire State Masters, 1986 (Francis Hare 35, Christine	(Miyagawa, Patrick, Kent) 7. New England Masters "B" 11,806 (Elliot, McDonald, Little)	Gail Palmer, 30 1.29.31 Ann Larsen-Parish,30 1.51.61	Marie Wicklun, 71 1.45.45 200 yd. back
Zimmet 38, Suzanne Rague 35)	8. DC Dept of Recreation 11,755 (Annan, Reichelt, Jones) 9. Los Altos Masters 11,735	200 yd. breast Ann Larsen-Parish, 30 3.56.49	Marie Wicklun, 71 3.34.99 100 yd. I.M.
 Empire State Masters 13,255 (Francis Hare 35, Christine 	(Downs, Kilbourne, Lenartz)	50 yd. fly	H.Offenhauser, 73 2.19.92
Zimmet 38, Suzanne Rague 35) 2. Industry Hills "A" 12,785 (Royer, Rubin, Clark)	(Shay, Cheadle, Benson) 11. Middle Atlantic Masters 10,950 (Mihara, Callahan, Gladfelter) 12. Jersey Masters 9,100	Suzi Haylon, 31 32.26 100 yd. I.M.	Women 75~79
3. Tamalpais Aq. Masters 12,445 (Berkhart, Ridout, Winn) 4. Los Altos Masters 11,625	(Woodruff, Harrington, Stover)	Suzi Haylon, 31 1.13.96 Gail Palmer, 30 1.25.09	Elizabeth Dziadus, 75 50 yd. free 1.15.19
(Johnson, Jebian, Bennett) 5. Georgia Masters Whales (Prall, Lotz, Marane) 6. Industry Whales (Prall, Lotz, Marane)		200 yd. I.M. Suzi Haylon, 31 2.43.54	50 yd. back 1.24.90 50 yd. breast 1.42.27
(Goodman, Tepe, Watson)	MEN 55+ REC: 12.505 New England Masters 1983	Women 35-39	
7. Laders Oaks 10.440 (Novesky, Robertson, Hewitt) 8. New England Masters 10.160	REC: 12,505 New England Masters 1983 (Win Wilson 55, Jim Edwards 60, Irving Katz 59)	100 yd. free	Men 25-29 50 yd free
(Freedette, Hann, Puleston) 9. Connecticut Masters 9,055 (laelin, Romayko, Marks)	 New England Masters "A" 12,325 (Win Wilson 58, Irv Katz 62, 	Jerianne Donnelly,36 1.04.29 1000 yd. free	Bill Hyatt, 29 23.08 Jim Bernhardt, 26 23.09
WOMEN 45+	Jim Edwards 63) 2. Humuhumunukunukuapuas 12,040 (Mathews, Trask, Welch)	Mel Lebsack, 37 13 18.81	100 yd free Bill Hyatt, 29 51.60
REC: 11.740 San Diego Swim Masters 1984	3. Connecticut Masters 11,640 (Duffy, Schofield, Ouchakoff) 4. Oreson Masters 11,095	Women 40-44 50 yd. free	Jim Bernhardt, 26 52.50 John Herd, 29 54.44
(Janet Lamott 48, Betsy Jordan 46, Adrienne Pipes 49)	(Guest, Young, Terulli) 5. New England Masters "B" 10,390 (Haartz, Brier, Abrams)	Barbara Sautter, 40 32.83 Judith Marks, 42 50.48	Tom Moore, 28 1.09.60 200 yd free
 Tamalpais Aquatic Masters 11,460 (Charlotte Jenkins 47, Anne Christensen 51, Terry Morse 50) 	6. Jersey Masters 9,965 (Paul, Harris, Schwartz)	100 yd. free Janit Romayko, 40 1.14.19	John Herd, 29 1.58.13 Richard Korby, 25 2.05.25
2. Connecticut Masters 10,610 (Gravener, Tucker, Martin) 3. Industry Hills 9,410		Judith Marks, 42 1.41.65	Tom Moore, 28 2.43.40
(Wolver, Collins, Haffen) 4. DC Masters 9,390	É	5	
(Griffin, Huber, Treiber)		*	

1000 yd free									
George Missailidis,2		100 yd breast	4 45 45	50 yd breast	02 02	100 YO BREAST	1.00 04	200 YO BACK Robert Williams 43	5.05 8.
John Herd, 29 Richard Korby, 25	11.15.13 11.55.85	Mike Laux, 44 50 yd fly	1.15.43	Stanley Pudell, 70 John Sautter, 71	42.87	Bary Rumble 26* Bill Walsh 28	1:08.06 1:09.96 1:09.88 1:20.49 1:21.51 1:22.49 1:22.28	COLVE BY EACH 42 100 MT BUTTER 42 100 MT BUTTER 42 100 MT BUTTER 43 100 MT	2:93.5:
Tony Pizzolla, 38	14.45.78	Waldemar Drejer, 41		100 yd breast		Bant Hoppie 29 Stede Behan 20 Lanny Stant 20	1117.55	100 At Billers	1:03.71
50 yd back		Alex Kaali-Nagy,42 Rick Roy, 40	28.08	Stanley Pudell, 70 50 yd fly	1.42.60	Larny Stahl 26 Andrew DeMott 27	1:21.5	Fobert Will ans 43	1:07.88
Bill Hyatt, 29 200 yd back	28.05	100 yd flv	30.32	John Sautter, 71	46.87	Andrew DeMott 27 Ton Loney 27 Mike Masterson 26	1:24.3:	Focent Will Lans 42	2:20,88
Richard Korby 25	2.24.47	Mike Laun, 44	1.03.13	100 yd I.M.		100 YD BUTTEFFLY		190 YO FREE	
50 yd breast	22 70	100 yd I.M. Rick Roy, 40	1.10.13	John Sautter, 71	1.33.38	Mark Heinrich 28	59.70	DI Lanley 40	100.32
Richard Korby, 25 Tom Moore, 28	32.78 39.93	Alex Kaali-Nagy,42	1.07.10	Men 80-84 - Gus Lan	gner	Gary Rumble 26* 8*/an Thompson 26	59.81 59.98		
50 yd fly		200 yd I.M. Mike Laux, 44	2 20 50	50 yd free	40.90	Mike Wiltgen 27	1:00.79	Ber wiscko 45	6:11:5- 6:12.78
Tom Moore, 28 100 yd I.M.	39.08	MINE LOUX, 44	2.28.60	100 yd free 200 yd free	1.29.69 3.16.88	Tor Loney 27	1::5.51	Fete Ridd'e 47 103 YD 8454 46	1:08:35
Tom Moore, 28	1.22.13	Men 45-49		4 5 5 5	17.22.02	200 VI BUTTERFLY Scott Sermand 27	2:12.75	BET W. SEROT 45	
200 yd I.M. John Herd, 29	2 10 21	50 yd free Ray Thornberg, 46	32.31	200 yd back 100 yd fly	5.05.89	200 YE INDIVIDUAL MEDLEY		Fete Riddle 47	1118.40
John Herd, 29	2.18.31	100 yd free	32.31	100 yu riy	3.06.43	Mark Heinrich 28	2:09.33	Fete Riddle 47 200 YO INDIVIDUAL MEDIES Een Wischo 45 Bill Earley 49	2:32.42
Men 30-34		Lawrence Conti,49 1000 yd free	1.13.69	***************************************	******	Mike Wiltgen 27 Brec Bonano 28*	2:13.40		2:37.59
50 yd free Bob Crowder, 30	22.57	Bob Coykendall,49	13.34.63			Stephen Harns 29	2:21.78	MEN 50-54 100 YO FREE	
Gil Olson, 30	24.81	50 yd back		MEET: Coronado, CA (25vd) DATE: 3/9/86: Sanction 1 MEET IIRECTOR: Admiente (120-MC-C1	Pete Ressler 28	2:23.19	John Goode 52 Tom Hillary 50 200 YD FREE	1162.33
100 yd. free		Ray Thornberg, 46 50 yd breast	43.12	MEET TIRECTOR: Admienne	Pipes	Jeff Anderson 29 Bill Walsh 28	2:24.09 2:30.85	200 YD FREE	
Bob Crowder, 30 Gil Olson, 30	50.13 54.03	Ray Thornberg, 46	44.66	WCMEN 25-29		Tom Loney 27	2:37.84		2:14.31
Mark Griffin, 32	1.05.4	50 yd fly	20 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	UCMPN 25-29 180 YE FREE Lathy New Tile 28 Loni Cole 29 500 YD FREE Lathy New Tile 26 100 YD SACH LON	56.04 1:12.51	Steve Behar 29	2:47.11	Jim Kassher 54 500 YD FREE Dave Drum 50	
200 yd free Gil Olson, 30	2.00.64	Lawrence Conti, 49 Ray Thornberg, 46	37.06 46.21	Lori Cole 29 500 YD FREE	1:12.51	MEN: 30-34		Jir Kassner 54 1000 YD FREE	5:10.53 7:55.78
1000 yd free	2.00.04	100 yd fly		Cathy Nev Tie 26	5:28.70	100 YD FREE		Dave Lamott 50 100 YD BASK	13:55.61
Al Germain, 34	12.03.87	Lawrence Conti, 49 100 yd I.M.	1.30.79	Lor Tole 25	1:35.18	Walt Greigo 32 Andrew Chen 31	54.81 55.31	John Goode 52	1:10:14
Gil Olson, 30 Richard Gowen, 32	12.04.11	Lawrence Conti, 49	1.32.15	Cathy Neville 28	2:12.66	William Bernatz 33	55.63	Tom Hillary 50 100 YD BREAST	1:35.61
Paul Rabenold, 33	14.26.90	Ray Thornberg, 46	1.35.45	WOMEN 33-34		Jerry Hicks 32	1:03.48	Dave Drum 50 Tim Kassner 54	:18.84 :39.29 1:33.30
Alan Bader, 30 50 yd. back	15.33.85	Men 50-54		Markiyn As Fink 31 100 YD FREE 130 YL BUT EPFLY	57.19	Richard Schulman 31	1:04.61	Tom Hillary 50 100 YD BUTTERFLY	1:33.30
Gil Olson, 30	31.85	1000 yd free		200 YD TYDIOICEAL MEDLEY	1:09.81 2:31.78	Mark Tiehes 33 200 YD FREE	1100110	Ton Hillary ST 200 YD INDIVIDUAL MEDLEY John Bocce RT 400 YD INDIVIDUAL MEDLEY Tom Hillary SU	1:34.71
50 yd breast		Mel Siebold, 51 Arnie Green, 54	13.23.93		210110	Mark Mussler 30	1:57.93	John Goode 52	2:48.80
Steve Bergethon, 30 100 yd breast	30.60	100 yd back	1.16.45	U012 35-39 100 YD FFEE Jan's Bloomquist 37		Jeffrey Keeny 30	2:42.21	Tom Hillary 50	6:50.96
Steve Bergethon, 30	1.06.33	200 yd back	2.48.69	Jan's Bibomquist 37	1:23.75	Robert Coulton 32 500 YD FREE	2:49.36		
Tom Nosal, 30	1.11.4	200 yd breast 100 yd I.M.	3.10.10 1.17.04	100 YD BACK Rather he Watson 38* 200 YD BUTTERFLY	1:30.39	Mike Nelson 32	5:10.49	MBN 55-59 100 YO FREE Ren Kimpall 55	1:02.13
Steve Bergethon, 30	2.26.50	200 yd I.M.	2.55.07	Barbara 5. Dunbar 37	2:20.26 3:35.21	Mark Wussler 30	5:27.97	200 YD FREE	
50 yd fly	2.20.30	Men 55-59		Barbara G. Dunbar 37 Katherine Watson 38* 203 YD INDIVIOLUL HEDLEY Barbara G. Dunbar 37 400 YD INDIVIDUAL MEDLEY		Thomas Long 30 Walt Greigo 32	5:50.75	Fred Trask 58*** Gordon Gillin 55 500 YD FREE	2:25.15
Gil Olson, 30	29.54	1000 yd. free		Barbara 3. Gunbar 37	2129.72	Jerry Hicks 32	6:34.44	500 YD FREE Fred Trask 50***	6:51.55
Mark Griffin, 32 100 yd fly	29.73	John Duffy, 55	14.43.25	Ratherine Watson 38*	6:50.28	Mark Tiehes 33	6:52.91 8:18.93	Ken Kimball 55	6134.50 7124.60
Bob Crowder, 30	56.19	Hamilton Milroy, 55 50 yd fly	31.91	Francesca Condon 44		Robert Coulton 32 1000 YD FREE	0110.73	Gordon Gillin 55 183 YD BACK Gordon Gillin 55	1:23.95
Tom Nosal, 30 Steve Bergethon, 30	1.01.47	100 yd fly	1.14.74	100 YD FREE	1:21.02	Jeffrey Keeny 30	15:12,43	200 YD B4CK	1123.70
Mark Griffin, 32	1.12.71	200 yd f1y	2.59.20	100 YO BREAST	1:34.36	Bob Duffield 33	1:07.39	200 YD BACK Ken Kimbal 55 100 YD BREAST Gordon Gillin 55 200 YD INDIVID M. MEDLEY	2:45.18
200 yd fly	2 10 65	Men 60-64		WO1EN 45-49		Mark Tiehes 33	1:19.20	Gordon Gillin 55	1:30.53
Tom Nosal, 30 Mark Griffin, 32	2.19.65 3.06.31	100 yd free		Betsy Jordan 49 1880 YD FREE	14:43.00	Richard Schulman 31	1:29.51	Gorcon Gillin 55	2:54.12
100 yd I.M.		Jim Edwards, 63 Val Ouchakof, 62	1.09.16	IUC YO BACK	1:15.95	100 YD BREAST W. Illiam Bernatz 33	1:12.02	MEN 35-69	
Bob Crowder, 30 200 I.M.	1.00.66	200 yd free	1.24.01	499 YD INDIVIOUAL MEDLEY	6:17.56	Andrew Chen 31	1:14.77	1000 YD FRIE	18:56.71
Tom Nosal, 30	2.16.14	Jim Edwards, 63	2.33.77	100 \(\frac{\text{WOMBN: 50-54}}{\text{CFRCE}}\) Janet Lamott 50		Thomas Long 30	1:19.29	100 YD BACK Tiff Crosm: 69 100 YD BUTTEPFLY	
		Y.M. Naci, 61	3.55.53	200 VD EREE	1:10.33	Robert Coulton 32 100 YD BUTTERFLY	1:32.38	100 YD BUTTEPFLY	1:30.53
Men 35-39 50 yd free		1000 yd free Jerry Jarrold, 64	13.43.67	Adrienne Proes 51 500 YD FREE Janet Lampit 50	2:47.97	Walt Greigo 32	1:02.80	200 YD INDIVIDUAL MEDLEY	1:30.45
Warren Altneu, 36	30.52	Val Ouchakof, 62	17.54.29	Janet Lamott 50	2:54.81 7:41.87	Richard Schulman 31	1:13.34	Cliff Croome 69	3:11.62
100 yd free Steve Ronis, 39	1.02.48	50 yd back Val Ouchakof, 62	45.24	Adriente Pipes 51 100 YD BACK		200 YD BUTTERFLY Mike Nelson 32	2:06.15	MEN 75-79 Leonard Chapin 77*	
1000 yd free	1.02.40	100 yd back	43.24	Janet Lambtt 50	1:26.64	200 YD INDIVIDUAL MEDLEY		500 YD FREE	9:03.04
Paul McClintock, 35	11.43.45	Y.M. Naci, 61 200 yd back	1.56.30	WOMEN 60-64 Alicia Coleman 60 200 YD FREE 100 YD BACK 130 YD BREAST		Mike Nelson 32 Walt Greigo 32	2:09.85	RELAYS 200 YD MEDLEY RELAY MIXED IIP YES. & under	
Doug Walther, 38 Paul Epstein, 39	12.20.06 14.53.91	Jim Edwards, 63	3.05.51	100 YO BACK	3:12.86 1:36.33 1:36.79	Bob Duffield 33	2:32.75	MIXED 119 yrs. & under	
50 yd back		Val Ouchakof, 62	3.34.40		1:36.79	Jerry Hicks 32	2:43.08	Cathy Neville 28, Bill	1:55.34
Bob Cahill, 38 100 yd back	33.50	50 yd breast Val Ouchakof, 62	51.57	Maxine Merling 73*		MEN 35-39		San Diego Swim Masters Cathy Neville 28, Bill Walsh 28, Mike Nelson 32, Marilyn AS Fink 31 (119)	
Bob Cahill, 38	1.12.68	200 yd breast		100 YO FREE 400 YO INDIVIDUAL MEDLEY	1:31.77	100 YD FREE			
200 yd back Bob Cahill, 38	2.34.72	Val Ouchakof, 62 Y.M. Naci, 61	3.56.79 4.25.99		8107.14	Brook Cross 35*	55.19	MEN 200+ San Diego Swim Masters	2:01.52
200 yd breast	2.34.72	100 yd fly	4.25.55	MEN 25-29		Dave Butler 38 Romald Marcikic 36	1:04.54	B:11 Earley 49, Lloyd Skramstad 51, Dave Drum 51 Ken Kimball 55 (205yrs)	,
Warren Altneu, 36	3.13.11	Ray Lavendier, 60	1.20.79	MEN 25-29 100 T FREE Mark Heinrich 28 Mike Wiltgen 27	50.97	Mike Jones 38	1:08.52		
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YOUR SHOULDER

INTRODUCTION - The great majority of swimmers are interested in their shoulders. All swimmers have teammates with shoulder trouble. Up to 65% of age-group swimmers will have shoulder trouble. For the masters swimmers, aging joints and bones are on nothing short of a collision course with modern training techniques.

WHAT IS THE SHOULDER? - The shoulder is a place. It is an area of the body with which we are all familiar, but the anatomy of the shoulder is very complex. Doctors and anatomists refer to it as the "shoulder girdle". It is a loosely constructed and mobile mechanism of bones and tissues which has the least stability of any joint in the body The only "real" (with a big ligament) connection of the shoulder to the trunk is at the end of the clavicle where it touches the breastbone (sternum). The shoulder consists of two bones, the sternum (breastbone) and clavicle (collarbone) attached to two bones, the humerus (upper arm) and scapula (shoulder blade). It comprises five joints which are logically divided into two groups. The first group comprises two joints: 1) the shoulder or scapulo-humeral joint in which the long bone of the arm meets the scapula and 2) the subdeltoid joint (a special kind of joint called a physiological joint). The scond group comprises three joints: 3) the scapulo-thoracic joint 4) the acromioclavicular joint in which the end of the clavicle touches the end of the scapula and 5) the sterno-clavicular joint. The shoulder involves eleven major motor muscles (trapezius, rhomboid, levator scapulae, serratus anterior, pectoralis minor & major, subclavius, supraspinatus, infraspinatus, deltoid, teres minor & major, latissimus dorsi), each of which works in unique ways to move the arm. The construction of the shoulder joint is amazing. The shoulder is the most mobile of all the "joints" in the body, allowing movement in three planes in space and on three axes (three degrees of freedom). Each of the muscles is connected by tendons to the bones. The bones are connected to each other by ligaments. Force exerted by the muscles causes movement of the shoulder. Some of the spaces in which the movement of the tendons take place are small and space is tight. The biceps tendon is the tendon used in swimming which is the most likely to cause trouble.

SHOULDER PAIN - Pain is both simple and complex. In all cases, however, pain is our body sending our head a message. Someone must be home to receive the message. The swimmer must think about the pain and try to understand what is happening. Shoulder pain is a broad subdivision of the many aches and pains we feel as we work and play. Pain can be good or bad ("it hurts so good"). You must learn to discriminate among the many pain signals you get as an athlete. Muscle pain in swimmers is usually not a serious problem. Very few of the water or dryland exercises cause serious muscular pain. Aches after a hard set are normal and seldom is enough. imply serious muscular injury. Weight training causes many way in which new and stronger muscle is built. Swimmers should generally train only with lighter weights. Visible bruises on the skin from torn muscles is unheard of in normal swimmers and should probably be attended to midically.

Pain-which feel s like it is coming from inside the shoulder. on top of the shoulder, which hurts when pressed with a finger, or which occurs in a position or motion is the subject of our concern. If you get this pain, stop what you are doing and elicit the pain. You don't need to stop swimming altogether, but stop what causes the pain if you can identify it. You need to think carefully about when the pain occurs. Is the pain constant or intermittent? Does it occur during all workouts or just some? Does it happen when you try to sprint? Does it occur when you exceed a certain percent effort in frrestyle or stroke? Does it occur when sleeping or driving if your arms are fixed in a particular position? The answers to these and other questions will help find the cause and inspire either a cure or control. You must be aware that very few physicians understand the fine points of stroke mechanics, stroke flaws, and precipitants of shoulder problems as applied swimming specifically. You must work with the doctor so that you may be helped without being told to quit altogether.

DIAGNOSIS - You can only make a diagnosis of the source of the pain if you are trained in anatomy, physiology, and the selective testing required to differentiate the highly varied sources of shoulder pain. Usually, only the orthopedic surgeon, sports medicine specialist, trainer, or physical therapist with specialized knowledge can help. Some things can be cured easely, others not. The source of pain is important because, as we will see later, prevention and treatment can be made specific to the problem. The best treatment regimen follows a careful and thorough diagnosis arrived at by a careful history and physical examination, with such laboratory work and X-rays as are appropriate. X-rays, for example, can tell bony spurs and calcium deposits, each of which may warrant a surgical intervention. An arthroscopic examination is occasionally required, but not so often in the shoulder as in the knee, because the shoulder is so complex.

WHAT IS IT CALLED? - The names for what is wrong with a swimmer's shoulder can be confusing. There are so many structures in the shoulder, tendons, ligaments, bursae, muscles, blood vessels, nerves, and bones. Any one or a combination of these can be hurt, inflamed, degenerated, torn, coated with a calcium deposit, or otherwise injured. The most common occurence is stress of the tendon to the biceps muscle. This tendon passes in a narrow groove. This tendon swells and causes stress on some of the surrounding tissues. These swell even more and the problem gets worse and worse. A doctor might callthis "tendinitis". With one or two other symptoms it could be called bursitis. It could progress to be called a "rotator cuff tear" if other surrounding tissues were damaged. As a matter of fact, three different good physicians might call the same thing by three different names. There are too many structures all close together. Simon (1975) and Booth & Marvel (1975) are clear in their statements that the names for the problem cause too much confusion. Swimmers' shoulder

small (internal) tears in the muscle, but this is the normal WHO GETS SHOULDER PAIN? - You do, or you wouldn't be so interested. Many people are subject to shoulder pain. Modern swimming training is extremely stressful, even on children. Nearly 65% of age group swimmers have some sort of shoulder trouble from time to time. The masters swimmers has the

added problem of aging. The repetitive motions in swimming every stroke, even correctly, place the masters swimmers at risk to develop one of the class of injuries known as overuse syndromes. Most swimming related shoulder problems fall into this category. The author, however, gave himself his own shoulder trouble in a differnet, but not uncommon way. In medical school I played intramural football. I tried out for quarterback and without proper long warm-up tried to throw a long pass. I simultaneously completed the pass of 55 yards and ended my already dim hopes of being quarterback. I wound up on the line where I belonged. Similar things can happen in softball, moving furniture, carrying groceries, and raking the yard. When swimmers taper (rest for a championship meet), they have excess energy and want to do something; anything. Probabilities of injury from recreational sports increase dramatically during a taper. For masters swimmers, I suggest sex. Luckily, I do not coach swimmers under 25 years of age.

CAUTIONS, WARNINGS, AND HOPE - Stroke flaws increase the probability of injury. Proper modern storkes are designed to produce as much force as possible that is directed toward forward motion, balance, and symmetry. Freestyle and backstroke are the main culprits, since they can be completed asymmetrically. Butterfly and breaststroke can, generally speaking, not be legally completed asymmetrically and are not the cause of the problem, although they can exacerbate an existing one. When a swimmer breathes to one side in freestyle, the roll is forced to that side. The roll to the opposite side must be either learned or natural. If there is not an equal symmetric roll, the arm on the nonbreathing side will be forced to pull in a contorted manner to propel the swimmer forward. This will produce extra stress on the shoulder. This increases the likelihood of shoulder trouble. Breaststroke pull produces the greatest shoulder stress (but not necessarly injury) of an exercise of which I am aware that uses no equipment (pull buoy optional). Susceptible shoulders will be stressed. The butterfly produces intermediate levels of stress, when swum correctly. It is always symmetric and forces are applied ' evenly, for the most part. When swum slowly, butterfly is neither stressful nor beneficial, except for the psychological benefits. Other training devices can increase the stress on shoulders. Hand paddles are flat (curved, serrated etc.) plastic plates which strap on the hand. They have greater surface area than the hand. They can cause serious shoulder pain, since much greater force is required to pull them through the water at the swimmers accustomed hand speed. Drag suits are swim suits with pockets on the outside of them. The pockets are designed to catch water, increase resistance, and build strength. They too can stress the shoulders. Stretch cords are pieces of surgical tubing tied to a web belt attahced to the swimmer's waist. If the appropriate length of cord is found (empirically), it can be a great challenge to swim to the other end of the pool. As the cord is stretched, it provides increasing resistance. This develops explosive sprint speed, but is very stressful. The apparatus described above (drag suits, paddles, etc.) can be a problem. Masters swimmers should never sprint with paddles. Sprinting with paddles is the single most likely thing to cause injury of which I am aware. Warm-up and slower swimming is fine with them if you are not susceptible.

careful because of increased stress. No one can say for certain why you have shoulder trouble now unless you had a particular injurious event. If you are in a modern training program, you are doing a lot of yardage. As recently as 1962, NCAA qualifiers were doing 3000-4000 yards a day. Finalists did 6000-7000 and were regarded as quite extreme. Today, 6000 yards is considered a short training distance for each of about 13 practices per week. This is the norm. Totals of 100,000 yards a week are common among seniors. Totals of 20,000 a week are increasingly common among masters swimmers. This can subject the masters swimmers to overuse syndrome. Any sudden increment in your distance per day can cause immediate sholder trouble. A change should be gradual. When I go from short course USMS training of 4000 a day for 5 days a week to long course of 6000 meters 5 days a week with age groupers, I need a plan. The change is required because of availability of pools and training quality. I tell the coach in advance that I have trouble, but that I will start at 3500 meters and increase by 100 per day until I get to 6000. This has worked so far. Weights and dry land exercises can cause trouble if not done correctly. Heavy weights have no place in swimming training, but some people will do them anyway. Heavy weights can cause injury easily. Light weights when repeated many times can cause overuse syndrome. Older people should not do weights without their physician's approval. Weight training is best doen under competent supervision. Many stretaching regimens on television and in magazines you read are dangerous and can cause injury. Swinging and bouncing as stretching have no place in adult regimens. Slow and easy gradual stretching is best. It is hurts, stop. Get good advice. Physical therapists, physicians, and certified fitness instructors can help. Stretching is a part of what most swimmers should do as their warm-up. Inadequate warm-up is a cause of injury. It is important to warm-up to be ready to put out at the time your practice starts. You must be ready to swim hard at the appointed hour. You waste your time and money if you don't work. Start with slow long stretching of your limbs and trunk. Get in the water and paddle. Kick a little, swim a little then warm-up. To be warmed up you must show it. Quantify it. See if you can get to your peak 500 speed on a descending set of 50's, 100's etc. Warm-down is important. You must warm-down long and slow to get the lactic acid out of your muscles to prevent the blood from rushing to your legs and pooling there. This is most important in older people. Soreness can, in part, be prevented by warm-down. Injury probably can't be prevented, but discomfort can surely be avoided.

Drag suits are not as likely to cause any trouble, but be

AGING AND THE SHOULDER - As we get older our body becomes less flexible. Our bones tend to get a little more brittle. Some women lose a lot of bone mass through osteoporosis. The effect of swimming on these changes in adult athletes has not been studied in a rigorous scientific way, but preliminary indications are that swimming may indeed reverse some of these changes. The loss of flexibility, however, has not been shown to be reversed by any good studies. The studies are hard to do, however. There are too many problems associated with the proper design of the experiment. My belief, however, is that a regular program of careful supervised stretching and other flexibility exercises will reverse many

age associated changes in flexibility. The effect of agingon strength is clear. We lose muscle mass and strength at and after age 35. Some of this muscle mass protects against injury. There are special rehabilitative exercises that are given to patients with shoulder problems to protect against reinjury. Some properly supervised weight training is appropriate.

WHAT MAKES IT WORSE? - Any of the things discussed above has the capacity to make it worse. A failure to have a plan for swimming, a plan for healing, and a plan for rehabilitation is much more potentially insidious than anything else. Have distance and training goals for each part of the year. Do not suddenly change your plants just to "get ready" or to go along with wild and nutty ideas. A favorite nutty idea is "Fort Lauderdale Day", in which the gang may want to do 50 or 100 fifties to commemorate the old days in college. training in the Hall of FAme Pool on Christmas vacation. This may harm many swimmers if done incorrectly. Plan your training year with goals in mind. Work to execute your plan. When you see your doctor, try to understand the plan for treatment and rehabilitation. Ask if you are confused or unclear about the strategy. Follow through with the plan. Take the medicine. Do the rehabilitation exercises. Medicine is practiced best when the team of doctor, physical therapist, and injured athlete work together.

HOW DO WE CURE IT? - The treatment of choice is rest. A period of diminished intensity of training with competent coaching to correct stroke faults. Not swimming at all, however, causes shoulder pain. That doesn't make any sense, you say. Well, it's true. Any abrupt change in the amount you swim does something. The nature of the effect is different. Stopping swimming with a shoulder injury is usually awful. Active motion is required to keep the shoulder working right. The best type of adaptation is to swim at medium speed until you develop a little pain and then stop. Hire the age group or college coach for an hour every week or two if you need to. They are accustomed to private lessons and coaching. Expect to pay about \$20-30 per hour. It will pay off in more dividends than the old AT&T! Kicking or one-arm swimming may be good also. One arm swimming is usually done in the correctly rolled position. Kicking without a board is helpful. Locking your arms in fixed position on a kickboard may hurt. The topic is discussed extremely will by Aronen (1985). Stretching, flexibility, and endurance are needed to be built and maintained in injured shoulder. Remember, 2500 slow freestyle is rest. An adjunct to rest is ice. Ice tends to limit swelling after injury. Swelling will cause further injury. For example, if you had been doing 6000 yards a day, a typical resting prescription might be to stretch and warm-up slowly. Then do long and slow stroke drills for a total of 3000 yards. This would be followed by 15-20 minutes of icing. This would maintain full range of motion and flexibility, while keeping some aerobic (cardiovascular and pulmonary) benefit. The next step in treatment is anti-inflammatory drugs. This first and best drug is aspirin. Unfortunately, aspirin is neither sexy nor cool. Aspirin is like Pablum. Patients are shocked at the anti-inflammatory does: "1) take two aspirin every four hours. 2) increase to three every four hours. 3) in-

crease to four every four hours. 4) increase to four every three hours. 5) if you experience ringing in your ears, back off to the lower dose that stops ringing. 6) Continue this for ten days." Some patients have sensitive stomachs and can't take aspirin. Most adults are driven crazy by the prospect of such a regimen. The cost per day is cheapest for aspirin, but compliance is hoped for. I have had gretest $_{\mathsf{TM}}$ success, with a drug that can be taken once a day, Feldene ... Motrin is as good, but needed three times a day. There are a few different anti-inflammatories. Ask your doctor. Ask your pharmacist about the price per day of treatment. I think they are all similar except for aspirin which can be as low as 20 cents per day. The next treatment modality often considered is the injuction of steroid preparations into the shoulder. I am firmly opposed to this in nearly allcases. The injuections weaken the tendons and predispose to injuries which can be permenent. Some authors claim that the aging adult has reduced hearling, but none of the data comes from aging trained athletes with increased muscle mass and blood flow. Patients who have chronic arthritis and other disorders should carefully consult with a specialist before treatment. Steroid injuctions are common among professional athletes. Their goals and priorities are not health and conditioning, rather money available to them for a short period in their life, with many time constraints and pressures. Swimming has, up to now, not been blessed (cursed?) by either a large financial base or great media attention. Transcutaneous electrical nerve stimulation (TENS) is the application of an electrical charge to the skin which flows through the tissues around the shoulder. The exact mechanism of the therapeutic effect is unclear, but many swimmers have found relief with few complications. It requires the cooperation of a physical therapist who knows the technique and has the equipment available. Surgical correction of the chronic swimmers shoulder may be appropriate. Some chronic shoulder problems can be corrected with surgery. Some swimemrs can return to figorous levels of competition after surgery. Surgery should be attempted only for disabling conditions in which the swimmer is highly motivated to continue and has tried for at least a year to manage shoulder pain through more conservative medical correction. Not all surgical corrections will make the shoulder ready to endure swimming training. It requires the expertise of an orthopedic surgeon experienced in treating swimmers' shoulder.

QUACKS, DUCKS, AND THE SHOTGUN - In hunting, if it looks like a duck, quacks like a duck, and flies with a duch, you may go ahead and pull out the shotgun and shoot it. Looking for good care in the rehabilitation of the shoulder is not that simple. Human maladies get better, get worse, or stay the same- often all by themselves. If You have acold you will get over it in 10 to 14 days 95% of the time. If the voodoo doctor rubs bat oil on your chest, holds your hand, and chants, you will get over the cold in 10 to 14 days 95% of the time. You may just get better in spite of the treatment. It is important to treat the shoulder according to principles which first do no harm. The next thing is to apply carefully tested principles which can be shown to do good. The next is to maintain motion and restore function. It is important to understand that there are no magic formulas and healing

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your shoulder is complicated. Since doctors have no magic cures, swimmers with shoulder pain often look to others who claim to know the truth. In 1984-1985 a typical group of masters swimmers was surveyed informally and confidentially They were found to be using DMSO, aspirin, all the antiprostaglandin inhibitors, herbal potions, naprapathy, injections, etc. Among the group was only one legitimate prescription from a licensed practitioner. Problems whichcan't be solved are common to physicians, but upsetting to members of a highly technologically advanced society. Faith healers and others appeal to forces and powers about which modern scientific medicine knows very little. Practitioners of unscientific medicine prey on the fact that the patient, the physician, and all of technology can't always fix a sore shoulder. There are many people willing to accept money from people who hope for cures. The alternate practitioners have points of view that have not been scientifically tested or medically proven. Presumably, they are well meaning, but while some practices are innocuous, others are dangerous. DMSO, for example causes cancer. Some forms of unauthorized injections coupled with other "Eastern" body positioning can cause permanent damage. Overdoses and "mega" doses of vitamins are not recommended and there is no evidence that they will help. We will all be better off is swimmers understand that their physician is trying to balance a process in which the body is being stressed in extreme ways by training that was unheard of until just recently. Patience will help as all members of the treatment team arrive at a balance solution for each swimmer's shoulder and swimming training.

by ROSS W. LAMBERT, JR., M.D.

Swimming News

GETTING WET - Poem by Nancy Steadman-Martin, Surf Lifesaving Association

The hardest part of a swim workout is getting wet,

I take too much time getting my goggles set.

I feel the water with my toe and it feels much too cold,

I see someone dive right in - boy is he bold.

I take out my paddles, kickboard and fins,

Now the water is up to my shins.

I now notice that the chlorine smells awfully strong.

I wonder if swimming in this water would be wrong.

"Should I use the bathroom again?" I ask myself.

Then I remember a masters' meet coming up real soon.

So I hop in and now the water is up to my waist,

Mommy always told me watch out for haste.

One more minute while I adjust my cap and suit,

I now dunk under and yell out a toot.

I push off the wall and start on my way,

There must be see easier sport to begin my

There must be an easier sport to begin my day. A few laps later and I'm enjoying my swim,

I realize there's more to this than just keeping trim.

I swear that tomorrow I won't delay,

But that's what I say every day!

MEMORIAL SERVICE - Dawn Musselman passed away on Saturday, April 5th. A Memorial Service was held on April 14th. A letter to Dawn dated March 20th from Hugh Moore, president of PNA stated, "On behalf of the Pacific Northwest Association of Masters Swimmers, I would like to inform you that you are to receive the Dawn E. Musselman Inspirational Swimmer award. This award is to be presented annually to a PNA swimmer who has inspired fellow swimmers. Since you have been an inspiration to amny of your fellow swimmers, the award has been established in your name. You have encouraged your teammates at the Tacoma Y during workouts. You have been willing to share your training methods and other ideas. The hand-crafted items that you have made and given to others have often cheered the recipient. Your support of novice swimmers in the PNA has helped many decide to continue their efforts. Your sportsmanship at local, national, and international meets serves as an example for all.

M.S.I. NEWS - The official newsletter of Masters Swimming International is available for US \$4.50 for four issues a year. Also now available are the 1985 M.S.I. TOP TEN TIMES (LC Meters - 50 m pools frest water) for \$3.00. Send your money and requests to Margaret G. Samson, 49 North Altadena Drive, Pasadena, CA 91107 USA.

CALL FOR LEGISLATION - The Legislation Committee is responsible for reviewing and recommending changes to our Code (except Part V, Rules of Competition). Proposed changes to the Code must be submitted to the Legislation Committee by July 1, 1986 to be considered at the National Convention in September. (Changes received after that date can only be considered as "emergency" legislation and require a 90% affirmative vote at the Convention to pass.) If you wish to recommend changes, you must submit the change to your Local Masters Swimming Committee (LMSC) and, if the LMSC approves, have them submit the change to me showing the existing language with dashes through the deleted words and the new language underlined. Submit to Arthur C. Smith III, 337 Chesapeake Drive, Great Falls, VA 22066.



June Krauser, Editor 2308 N.E. 19th Avenue Ft. Lauderdale, FL 33305 BULK RATE U.S. POSTAGE PAID HOLLYWOOD FL PERNIF 972

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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

	VIII	SWIM CALENDAR	MAY 1000
	X V -	NO 4	MAY 1986
		USMS SC NATIONALS - Mike Corash, 3209 Virginia Ave., Ft. Pierce, FL	
		EP 15 - 10 K Postal Swim - Dorothy Laporte, 1207 E. North Shore Dr.	#134, Tempe, A
	25 31	LC - Pentathlon - Alicia Coleman, 24 The Point, Coronado, CA 92118	OK 73060
	31	SC - John Spannuth, Cleveland County YMCA, 1001 Halley Ave., Norman SCM - Sue McFarlane, 4 Lorie Lane, Saratoga Springs, NY 12866	, UK /3009
		1 - LC - Stan Flanagan, 1954 Woodvine, Houston, TX 77055	
111N	6-8	SCM - G. Edward Rudloff, Sr., 4399 Fairway Dr., Rohnert Park, CA 94	928
		LC - Albert Minn, 1337 Lower Campus Rd., Honolulu, HI 96822-2370	520
	13-14	LC - Kerry O'Brien, 5517 Nebraska Dr., Concord, CA 94521	
	13-15	LC - Carrie Thornthwaite, 5101 Maryland Way, Brentwood, TN 37037	
	14	LC - Tom Dunning, 11200 SE 6th, Bellevue, WA 98004	
	14	CLINIC at the University of Alabama, Contact Judy Meyer below	
		LC - Judy Meyer, P.O. Box 3522, University, AL 35486	
		LC - Deb Walker, 7223 Turnstone Rd., Sarasota, FL 34242 (meet at V	enice, FL)
	21	LC - Ken Anson, 1116 E. Oklahoma, ENid, OK 73701	Zennosome# Discuss.
	27-29	LC - Nancy R. Polisky, 7444 Tanglewood Rd., Richmond, VA 23225	
	28	1500 M - Barry Dayton, 221 N. Washington, Park Ridge, IL 60068	
	28	LC - Chris Carriere, 410 Castro Ct., Campbell, CA 95008	
	28-29	LC - Mary Lee Watson, Maryland Farms, Nashville, TN 37205	
JUL	5-6	LC - Sally Ann Peterson, Box 9122, Truckee, CA 95737	
	12-16	1st FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS c/o Japan Masters	Swimming Assn
		Showa Bldg. 301, 2-7-12, Kanda Jimbo-cho, Tokyo 101, Japan	
	12-13	LC - David A. Parler, 1639-F Juniper St., Charleston, SC 29407	
	12-13	LC - Chris Gray, 837 Princeton Ct., Woodland, CA 95695	
	18-20	SCM - Chris Carey, 6421 Crestview, Orlando, FL 32810	
	25-27	LC - Dean Drury, 1000 Webster St., Fairfield, CA 94533	2.762
	26	John Spannuth, Cleveland County YMCA, 1001 Halley Ave., Norman, OK	73069
AUG	3	LC - Alicia Coleman, 24 The Point, Coronado, CA 92118	
	2-3	LC - Pieter Cath, 35400 Bainbridge Rd., Solon, OH 44139	
	16-17	LC - Dick Cheadle, 8919 Prince Caspian Ct., Burke, VA 22015	005
CED	21-24	USMS LC NATIONALS - Barbara Frid, 10214 SW Parkway, Portland, OR 97	
2FL	13-14	Decathlon, North Florida Masters, P.O. Box 6606, Tallahassee, FL 32	
	17-21	USMS CONVENTION, Amfec Hotel, Ft. Worth, TX (1987-Atlanta, 1988-St.	
OCT	27	N/S/Oceana Zone - Steve Schofield, 9740 Yolanda, Northridge, CA 913	24
JCI	12	SC - Kerry O'Brien, 5517 Nebraska Dr., Concord, CA 94521 SC - Alicia Coleman, 24 The Point, Coronado, CA 92118	
NOV		SC Pentathlon - Dot Werry, P.O. Box 8205, Sacremento, CA 95818	
NOV	8-9	SC - San Francisco State U. Pool, San Francisco	
DEC	1000	SC - Sally Ann Peterson, Box 9122, Truckee, CA 95737	
DLO	7	SC - Long Events - Alicia Coleman, 24 The Point, Coronado, CA 92118	
MAY	1987 -	USMS SC NATIONALS - Stanford University, Palo Alto, CA	
		USMS LC NATIONALS - The Woodlands, TX	
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