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11	Photos by Mildred and Hamilton Anderson
12	Official Interpretation of New USS Stroke Rules (Butterfly and Breaststroke - shoulders may drop)
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8	The big splash - by Gene Sapakoff (about Joseph Kurtzman)
8	Uhrichs take national titles, by Larry Bugg (about Bill and Enid Uhrich)
9	Individual Medley by George Bole
9	What is a Workout? by George E. Bole
10	Masters Swimming International World Records - Long Course - January 1, 1987 (no names)
11	Swimming News - Would You Believe ..There was this duck race .. (Excerpted from May 1978 Swimming World and Junior Swimmer, illustration by Harriot Manley)
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10	Alternative Goals by Bert Peterson
10	Editor's note by June Krauser
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11	Success Story - Stanley Pudell
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2-6	Results - Short Course Nationals Stanford University, Los Altos, CA; 5/15-18/1987 (only to 8th place - and no team scores)
7	Swim champ makes waves in keeping seniors in shape by Ron Bukley, staff writer (about Anne McGuire)
8	1986 USS Long Distance Masters All Americans
9	The Swimmer's "Psyche-Up" by Dr. Sharon M. Colgan
9	Thoughts for the Month - February
10	How To Avoid Workouts, Or The Continuous Taper - The Fantum (from Conn. Masters)
10	Training by Jay Fitzgerald
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11	Swimming News - World Top Ten Times (patches);
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11	Peter Powlison, 65, swimming master (July 12, 1987 Honolulu, The Sunday Star Bulletin & Advertiser)
11	First FINA Masters Swimming Committee Meeting, May 11-14, 1987
12	Fear - Its Importance - And the Answers In Masters Swimming by George E Bole
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11	Swimming News - Answers
11	Sun Up To Sundown Swim Raises \$25,000 For Make-A-Wish Foundation
11	Breaststroke Rule SW7
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