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## BUCK DAWSON'S HISTORICAL/HYSTERICAL HIGHLIGHTS

By: Buck Dawson

Reprinted from ASCA Newsletter:

I was delighted when ASCA asked me to write an ISHOF historical column as a regular feature.
Certainly our swimming history is not all jokes, but it's the funny experiences that we remember most. Most of us can recall a morning workout when a swimmer stumbles in half asleep and takes off his robe only to find that he'd forgotten his suit.

Swimming has a sense of humor that goes beyond those endless training sessions and the further back we go in swimming history, the funnier it becomes. Since most people are much more interested in swimmers than in swimming, the characters in swimming will be the subject of this column. There seems to be a fine line between historical and histerical, and between the Hall of Fame and the Hall of Shame.

While most of these sketches will focus on swimmers from our past, this first column is a brag sheet about famous people who were swimemrs. After all, if your friends don't care about what you do in the pool you can at least let them know how many famous people did it in the pool before you made your splash.

I guess we'd be hard pressed to bring people in off the street to see swimming history in the Hall of Fame if we didn't have swimmers who have since made it big in the movies, government or the business world. Who else but a swimmer, Ben Franklin, has his picture on the \$100 bill and who else but a swimmer signed the bill as Secretary of the Treasury, William E. Simon? Bill Simon is also President of the Hall of Fame. past President of the U.S. Olympic Committee and was a damn good prep school swimmer before he got out of the pool to do all that other stuff. Mr. Franklin is even more amazing. In addition to that \$100 bill that everybody understands, just add water and you'll find the first water skier when he took off his clothes and pulled himself across a lake by kite. He was also the first American to use fins and to do stunts and figures (synchronized swimming) on an international trip. He amazed the guests on a boat trip down the Thames by taking off his clothes (Ben was always taking off his clothes) and amusing his friends with water stunts. He was

the first American Swim coach and later proved with canal boats and canals what we have finally figured out for ourselves, that deep water is faster than shallow water.

Ben Franklin was not the first statesman to swim. That honor belongs to either Plato or Alexander the Great know as the Great Long Distance Swimmer. Plato, the swimming philosopher, said "hey man, any Greek who can't swim isn't educated," but it was Lord Byron much later who swam across the Hellespont on some kink of a wager to prove that Leander was no flake, when he decided to swim across and catch Hero (a girl, this was long before the equal rights amendment so Hero was still Hero instead of Heronic).

Copying the Greeks, Julius Caesar stipulated in his recruiting posters that any Roman soldier had to swim to be in Caesar's personal legion. Leonardo de Vinci, another Roman, invented hand paddles although it was never been quite clear whether he was using them in the water to wash off the paint or to swim faster. He may have been the first swimmer with tendonitis.

River swims were a big deal long before the 50 meter pool. Louis XI swam every day in the Seine, Charlemange (without his armor) in the English Channel, and John Quincy Adams in the Potomac. A female reporter who was having trouble getting Admas to talk sat on his clothes which he had removed for his daily swim. The reporter said, "Now Mr. President, no interview, no clothes". "Very well madam, ready or not here I come," said Adams as he emerged from his swim as the reporter fled in terror. Chairman Mao, as late as 1966. performed a well publicized swim in the Yangtse near Peking. He was reproted to have swum 9.3 miles down river in 65 minutes which would certainly be some kind of chinese fire drill for a 72 year old man.

One of the most unique swims was made by Lotte Moore Schommel (inventor of the grease suit) who swam down river from the state house in Albany to Gracy Mansion in New York City carrying a message in her bathing cap from Governor Al Smith to Mayor Jimmy Walker. Forty years later, Julie Ridge left the nudy play, Old Calcutta, to be the

Continued on next page

first person to swim around Manhattan twice." Julie reversed the trend in this article by putting her clothes back on for the swim. Winston Churchill swam for his team at Harrow and Barry Goldwater did the same at Stanton. John F. Kennedy was on the first Harvard University team that beat Yale but he saved his swimming heroics for a P.T. boat rescue in WWII. Franklin Roosevelt played softball water polo and swam to stay fit after Polio made anything but water exercise impossible for him. Cousin Teddy liked cold ocean swims and William Howard Taft, who was our largest UIS. President weighing 300 pounds, once got himself stuck in a bathtub. That became his aquatic feat. Finally our current president, Ronald Reagan, was a life-quard who has 22 saves to his record.

So these are a few of the swimmers who made a political impression in the world. In the next issue, I will write about swimmers who have made it big in the movies, sports and television.

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### YOUR MUSCLES GO TO POT WHEN YOU STOP TRAINING

Ann Svanson sent me an interesting article for translation into layman-understandable English. The paper is entitled: "Muscle Changes During De-Training: What happens to muscle composition after training is stopped?". The authors are 6 people headed by Dr. Dave Costill, a well-known exercise physiologist and a top ten Masters swimmer in the 45-49 group. Since many collegiate swimmers take a month off after their conference championships, the question arises, "Is this good practice? Do the muscles go soft during the layoff?" The authors did a study to answer these questions.

Eight highly trained swimmers averaging 21 yrs of age and used to swimming 10,900 yards a day were the subjects. Their muscle composition and blood chemistries were measured during training and each week for 4 weeks after training was abruptly stopped. Somehow or other, Dr. Costill and associates persuaded the swimmers to have needle biopsies taken each week from their deltoid muscles. What this means is that a hollow needle is stuck into the muscle and a small piece (35-55 milligrams) is removed for microscopic and biochemical study. In addition, each week the swimmers did a 200 yd free at 90% followed by having their blood taken for measurement of lactic acid concentration.

The scientists found that after only I week of inactivity, there was a big drop in the muscle respiratory capacity, or QO2. (The QO2 is the amount of oxygen which can be used by a given amount of muscle in an hour, and is a measure

of how efficiently muscle can burn fuel.) This quantity went from 5174 to 2559 after only 1 week, and stayed low in weeks 2 and 4. For comparison, non-swimmers who never trained, had QO2 values averaging 1849. Another finding was that the de-trained swimmers had higher lactic acid levels after their 90% effort 200 yd free. Whereas they averaged levels of 4.2 when fully trained, after I week the level was 6.3, and after 4 weeks, it was 9.7. This meant that the effort was more anerobic and less aerobic. In other words, the body was less efficient in moving oxygen to the muscles, because with enough oxygen, less lactic acid would have formed. In addition, with better circulation. lactic acid is moved out more efficiently and metabolized.

The authors mention other people's data showing that de-training has little effect on the whole body oxygen uptake capacity of swimmers, expressed as VO2max. This quantity is similar to the QO2, but refers to the whole body; it is usually measured by having a person exercise on a treadmill. A highly trained person can move a lot of blood and oxygen through the lungs and will have a high  $V02_{max}$ . The question then arises, how can the 002 fall by more than 50% and there is no change in  $V02_{max}$ ? The answer is probably that the VO2<sub>max</sub> decreases more gradually and VO2max is a reflection of muscles used in running. If the VO2<sub>max</sub> were measured using only the shoulder muscles, there would be a drop in the swimmers.

The main conclusions derived fromthis study are: 1) muscle respiratory capacity drops markedly in I week after cessation of training. transport is measurably decreased after 1 week and is still falling at 4 weeks. Glycogen content of the muscles was also noted to fall on de-training.

The implied significance of these findings is that it is not good to stop training altogether. Ann Svanson says that this "might be of interest to many of our swimmers, as I know many of them take several weeks off after Nationals -- or at other times!"

While the paper is a very good one, I wonder whether the swimmers also recovered very rapidly from de-training. Perhaps it is even good to de-train adn then re-train. When you carbohydrate load, you are supposed to first deplete your system of glycogen adn then suddenly eat a lot of spaghetti. The body tries to replace the glycogen and ends up storing a greater-than-usual amount. This "overshoot" phenomenon could conceivably operate when swimmers de-train and then re-train. However, we will have to await more \_\_\_\_studies from Dr. Costill or others. Parenthetic-

ally, one hopes that similar studies can be done without taking muscle biopsies frequently from such trained athletes. There are modern techniques using nuclear magnetic resonance and positron emission tomography which could possibly spare the subjects this kind of trauma. (Reprinted from DC Masters Wavemaker)

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## WHAT YOU NEED TO KNOW ABOUT A TRAINING DIET

Why is carbohydrate important for performance? Fatigue is common after hard physical training day-after-day, especially when you work out twice a day. You might blame your exhaustion on a "bad day". But if you are always tired it might be due to your diet.

When you exercise, you draw on energy stored as carbohydrate in muscles. This energy comes from the foods you have eaten. During a two-hour workout, you can easily use up all your stored carbohydrate. Unless you are eating enough foods high in carbohydrate, the carbohydrate level in your muscles will not be replenished for the next day's training.

Suppose you eat a diet low in carbohydrate. After just three days of two-hour workouts, your muscle carbohydrate can be nearly used up. You are a candidate for fatigue. However, on a high carbohydrate diet after the same workouts, your muscle carbohydrate level can be almost as high as it was before you began training. So you can have the energy to train and compete at your top performance level by eating a diet high in carbohydrate throughout the season.

REMEMBER - Cereals, breads, pasta, muffins, pancakes, rolls, and other grain products are high in carbohydrate. All fruits and vegetables are also good sources of carbohydrate. Yogurt, milk shakes, cocoa, and ice cream all contain carbohydrate. With the exception of dry beans and peas, foods from the Meat Group are low in carbohydrate. Cakes, pies, cookies, soft drinks, and other sugary foods are high in carbohydrate but low in most other nutrients.

# MASTERS SWIMMING CAMPS

Do you have the time, money, and inclination to spend 3-5 days in total immersion in masters swimming? Camps are not only for kids, you know, and lately there seem to be many masters swimmers who enjoy "working vacations," gaining new or honing old skills, exhausting workouts, and the great fun and fellowship that is the hallmark of masters swimming. The following is a list of camps that were in successful operation last year. If you know of other camps for masters swimmers, send the information to the USMS National Office so that we can update our files.

ALABAMA - Don Gambril Swim Camps, Inc., University of Alabama, Tuscaloosa. One week and 3 day weekend packages available during June and July. Contact: Don Gambril Swim Camps, Inc., 2 Old North River Place, Northport, AL 35406.

CALIFORNIA - Rick Rowland Swim and Water Polo Camp, Pepperdine University, Malibu, CA. Contact: Rick Rowland Swim and Water Polo Camp, 25731 W. Cline Rd., Calabasas, CA 91302.

FLORIDA - Mission Bay Aquatic Training Center, Boca Raton, FL. One week and 2-3 day weekend camps during June and July. Contact: Mission Bay Aquatic Training Center Masters Program, 10333 Diego Drive South, Boca Raton, FL 33428.

NEW YORK - Masters Swim Clinic, University of Rochester, Zornow Sports Center, Rochester, NY. Contact: Pat Skehan, Zornow Sports Center, University of Rochester, Rochester, NY 14627.

VIRGINIA - Virginia Swim Camps, Eastern Connecticut University, Willimantic, CT. Contact: Ron Good, P.O. Box 70, Quinque, VA 22965.

### ATTENTION: WORLD TRAVELERS

Margaret Samson, editor of Masters Swimming International (MSI) News, is accepting registrations for meet information for the 2nd FINA/MSI World Masters Swimming Championships to be held in Brisbane, Australia October 8-14, 1988. To receive meet information, send your name, age group, club, address, both home and work telephone numbers and a self-addressed, stamped envelope to:

Margaret Samson Publicity Officer, MSI 49 North Altadena Drive Pasadena, CA 91107, USA

Phone: (818)793-2582

MSI News is prepared to assist swimmers with meet information, advice and assistance, conditions to be expected, help with remittances, finding roommates and providing for special needs.

The most recent issue of MSI News lists over 17 international meets. If you plan to travel internationally and are interested in competing in masters swimming meets, contact Margaret Samson for meet information or for a subscription (\$5 in US dollars) to MSI News. Be sure to enclose a self-addressed, stamped envelope with each request.

# CAFFEINE: CAN IT HELP IMPROVE MY (SWIMMING) PERFORMANCE?

Masters swimming records are getting broken with great regularity these days. How do they do it? What's the big secret? The endless search for the competitive edge often leads athletes to try just about anything in an attempt to improve on their best time. Recently, caffeine has been touted as an ergogenic aid, (something which will assist or improve exercise capabilities). Does it work? What is it supposed to do? Can it be of any harm?

A great deal of research has been done on caffeine in an attempt to determine whether or not this drug, which is freely available in varioux beverages (coffee, tea, cola) as well as over-the-counter pills (ie Wake-Ups, No-Doze, etc.) will improve performance. It is a known fact that caffeine is a central neryous system stimulant. Many of us use it to wake us up in the morning (and in some cases, to keep us going all day!). Students who have neglected their studies have been known to use caffeine to keep themselves awake all night, cramming for an exam, (only to fall asleep as the exam begins). This arousal, which caffeine is known to effect, may somehow be linked to improved athletic performance. At least that is what some people would have us believe.

In a research study published in 1979, it was clearly shown that ingestion of caffeine (250 mg one hour before exercise and another 250 mg divided between the start of exercise and at 15 minute intervals during the exercise), increased work output for trained cyclists riding bicycle ergometers for a two hour period (lvy et al, 1979). It was concluded in this study that the caffeine improved the exercise performance by permitting greater work output without increasing the rate of using carbohydrates (blood glucose and muscle glycogen) in the exercising muscles. It is known that caffeine will increase the rate of release of free fatty acids from adipose tissue, resulting in a greater availability of fats for metabolism. The extra work accomplished by the cyclists was apparently done using these extra fats, so the rate of depletion of glycogen was not altered at the higher work rate. If you have read this far don't stop now!

This single research study is not the final answer on whether or not caffeine will improve your performance. Other researchers have conducted similar studies with less than convincing results. In 1985, a

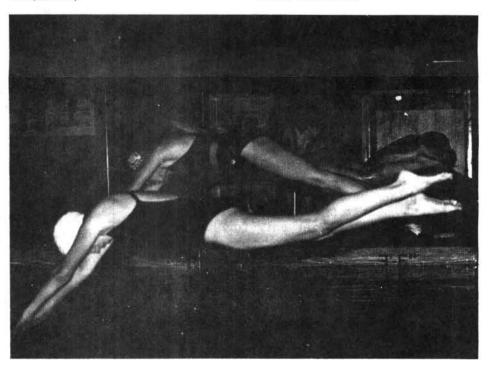
study was published which showed no change in substrate utilization with caffeine ingestion (400 mg) 60 minutes prior to exercise (Casal and Leon, 1985). Subjects in this study were trained marathon runners and the exercise they were required to do was to run on a treadmill at 75% of their maximal oxygen uptake (about 244 meters per minute). This was not quite as fast as they would go while competing in a marathon.

Now what do you do? One study says go for it, the other says don't bother. Actually, there are other studies as well, but no conclusive argument can be presented. To make matters worse (for us), researchers don't seem to be interested in swimmers (swimming mills are not very common). Another point is worth considering. These studies have emphasized endurance performance, where the event time is measured in hours and minutes rather than minutes, seconds and tenths of seconds. In competitive swimming, where most events are of a sprint nature, and even the 1500 meter swim is relatively short in comparison, it is unlikely that increased fat metabolism is going to help. In other words, the metabolic effects of caffeine - if they are real - would be unlikely to assist the swimmer in any event; 1500 meters or shorter (unless it takes you a couple of hours to complete it!).

There are also other factors to consider. Caffeine, as mentionned above, is a central nervous system stimulant. One thing caffeine will do is stimulate the sympathetic nervous system, which will then stimulate the heart. That may be OK up to a certain point, but 400 mg of caffeine can result in cardiac arrhythmias. Anyone with consideration for their cardiovascular system should avoid this kind of antagonism. You don't need it! Also, caffeine is a diuretic. This has two potentially negative consequences:

- dehydration can be a result, and dehydration is known to impair physical exercise performance, and
- the starter won't hold up the meet while you go relieve yourself...

In conclusion, there appears to be very little evidence to suggest that you should take caffeine in an effort to improve your swimming performance. There are probably more negative aspects than positive ones. I would like to leave you with a poorly guarded secret which will likely be of considerable benefit in helping you improve your swimming. This "secret" has helped many great athletes acquire international fame and big endorsement contracts. Futhermore, this is probably the secret used by many of these masters athletes who are setting new records at a blistering pace. TRAIN HARDER...



RESULTS SOUTHEASTERN MASTERS CHAMPIONSHIPS	DEBBIE R. WILSON 32 MUL MARTI WHITNEY 34 GNM CHERYL BINGHAM 33 DRM 30-34 WOMENS 50 YD BREAST	2.45.87 2.56.36 3.22.62	WINIFRED S. PRALL 38 GM 1.22 JUDIE S. HERRON 37 ORM 1.26 CRYSTALL. RYMER 39 CMC 1.37 35-39 WOMENS 200 VD IM	LUCILLE GRIFFIN 48 VM 3.08.85
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JENNIFER A. METZEL 27 SST 1-12-03 MARY ELLEM PALKER 28 SST 1-13-93 LINDA SHIELL 28 GPAC 1-34-77	35-39 WOMENS SOO YO FREE SUSANNE E CHANDLER 35 BYM WINIFED S. PRALL 38 GM GAIL S. TOMINATSU 35 YM COLLEEN P. HILLER 35 SST	7:69:83	MARY PAT MALEY 43 SWOM 1.37	55-59 WOMENS 200 YD FREE
25-29 MOMENS 100 YD IM  MARY ELLEN PALKER 28 SST 1.13-26 DAN B. MEDEL 26 BYM 1.13-74 JENNIFER A. METZEL 27 SST 1.14-73 LAURIE MERT 27 MAC 1.23-16	35-39 WOMENS 50 YD BACK	7:53:52	MARY PAT MALEY 43 SWOM 3.27. 40-44 WOMENS 100 YD IM	90 MARILYN C. GRENDER 55 VM 3.28.27 DORIS C. COLEY 55 GPAC 4.04.26 55-59 MONENS 500 VD FREE
JENN IFER A. WETZEL 27 SST 1.14.73 LAURIE WERT 27 MAC 1.23.16 25-29 WOMENS 200 YD IM	COLLEEN P. MILLER 35 SST CONSTANCE M BOUGHAM 35 GM SANDRA CATHEY SANDRA CATHEY CRYSTAL L. RYMER 39 CMC	39.12 39.74 41.21 44.91	JESSIE B. WATSON 40 GPAC 1-20 MARY PAJ HALEY 43 SWDM 1-28 KATIE COTTRELL 43 DRN 1-28 SHERRY K. 880WN 42 CMC 1-33 MARY A. WEAD 44 MAR 1-43 MARY A. WEAD 44 MAR 1-43	27 MARILYN C. GRENDER 55 VM 9-14-07 54 ANGELA COZZARIN 56 BYM 13-21-28 50 55-59 MOMENS 50 VD BACK
JENNIFER A. WETZEL 27 SST 2.39.84 25-29 WOMENS 400 YD IM	35-39 WOMENS 100 YO BACK	1.28.56		71 13 DOTTY WHITCOMB 57 GPAC 47-20 13 WARILYN C. GRENDER 55 VM 54-55 ANGELA COZZARIN 56 BYM 1-14-73
JENNIFER A. WETZEL 27 SST 5.38.13 30-34 WOMENS 50 YD FREE	COLLEEN P. MILLER 35 SST CONSTANCE M BOUGHAM 35 MAC SANDRA CATHEY CRYSTAL L. RYMER 39 CMC 35-39 WOMENS 200 YD BACK	1.30.30	40-44 WOMENS 200 VD IM  JESSIE B. WATSON 40 GPAC 3.03. MARY PAT HALEY MIRIAM C GAITSKILL 41 GM 3.34.	55-59 WOMENS 50 YO BREAST
SANDY BAXTER 32 SST 26.61 DEBBLE R. WILSON 32 NDC 29.75 ANN N. SINS NO. 34 NDM 31.35 HILARY K. JOHNSON 34 BYM 33.02 SMARON R. FLEENOR 33 BYM 34.67		3.11.24	45-49 WOMENS 50 YD FREE	BETTY GOODLEN 57 CM 1.05.82
30-34 WOMENS 100 YD FREE	35-39 WOMENS 50 YO BREAST CONSTANCE M BOUGHAM35 GM COLLEEN P. MILLER 35 SST	40.02	" LUCILLE GRIFFIN 48 VM 30. SALLY W. MENK 48 GPAC 33. HAE YUNG POPKIN 46 GNM 44. 45-49 WOMENS 100 VD FREE	27 55-59 MOMENS 100 YD BREAST 27 DORIS C. COLEY 55 GPAC 1-45-31 MARILYN C. GRENDER 55 YM 1-48-0-7 BETTY G. DOMLEN 57 CM 2-25-7 ANGELA COZZATIN 56 BYN 3-05-58
DEBBIE R. WILSON 32 MOC 1.03.43 ANN M. SIMS 34 MON 1.07.16 HARTI WHITNEY 34 GNM 1.09.81 HILARY K. JOHNSON 34 6YM 1.17.36 SHAROM R. FLEEMOR 33 8YM 1.20.73	CONSTANCE M BOUGHAM35 GM COLLEEN P. MILLER 35 SST SANDRA CATHEY 37 MAC JUDIE S- HERRON 37 ORM GAILS TOMINATSU 35 VM CRYSTAL L. RYMER 39 CMC	40.56 41.38 42.89 45.30	SALLY N. MENK ELIZABETH C HOSKIN 47 CMC 1-44 HAE YUNG POPKIN 46 GNM 1-44.	31 ANGELA COZZATIN 36 BW 3:65.58 28 55-59 WOMENS 200 YD BREAST
30-34 WOMENS 200 YD FREE	35-39 WOMENS 100 YD BREAST	1-17-96	45-49 WOMENS 200 YD FREE SALLY W. MENK 48 GPAC 3.01.	MARILYN C. GRENDER 55 YM 3-7-52 DORIS C. COLEV 55 GPAC 3-51-39 19 BETTY G. DOWLEN 57 CM 5-30-63
PATRICIA A MATTSON 33 GM 2-16-56 ANN N. SIMS 34 MGM 2-17-66 HARTI MHITNEY 34 GNM 2-31-21 SANOY BAXTER 32 SST 2-32-38 HARRIN R. FLEENOR 33 GM 3-16-15	SUSANNE E CHANDLER 35 BYM CONSTANCE MEDOUGHAM 35 GM SANDRA CETHE BOUGHAM 35 GM JUDIE S. HERRON 37 GRA GAIL S. TOMINATSU 35 CM GRYSTAL L. RYMEN 39 CMC JEANNE SCANNAPIEGO 39 CMC	1-29-07 1-32-82 1-33-32 1-38-69 1-49-65 1-53-08	45-49 WOMENS 500 YO FREE SALLY M. MENK 48 GPAC 8.17	가게 가장 가장 하는 그 아이를 하는데
30-34 WOMENS 500 YD FREE	35-39 WOMENS 200 YD BREAST	1.53.08	45-49 WOMENS 50 YD BACK LUCILLE GRIFFIN 48 YM 35. 45-49 WOMENS 200 YD BACK	97 DORIS C. COLEY 55 GPAC 1-46.87 MARILYN C. GRENDER 55 VM 1.51.87
PATRICIA A MATTSON 33 GH 5.50.05 WAN M. SIGHT 34 HOM 6.431.92 HARTI WHITNEY 34 GM 6.43.04 CANDY BAXTER 32 ST 7.23.01 CHERL BINGHAM 33 GM 8.34.90	CONSTANCE M BOUGHAM 35 GM SANDRA CATHER 37 MAC SUDIE S - HERRON 37 ORM GALLS - TONING SU 35 VM CRYSTAL L RYMER 39 CMC	3.22.51	LUCILLE GRIFFIN 48 VM 2-47.	BETSY J MONTGOMERY 61 MOM 36.91
30-34 WOMENS 50 YD BACK MARY COULEN 31 CM 34-97 PATRICIA A HATTSON 33 GM 35-30	35-39 WOMENS 50 YD FLY	22-27		86 60-64 MOMENS 100 YO FREE 00 BETSY J MONTGOMERY 61 MOM 1-22-29
MARY DOMLEN HATTSON 31 CM 34-97 PATRICIA MATTSON 32 GM 37-30 2ANOV BAXTER 32 GM 37-30 DEBBIE R. MILSON 32 MOC 38-32 DEBBIE R.	SUSANNE E CHANDLER 35 8YM WINTFRED S. PRALC 38 GM COLLEEN P. MILLER 35 SST CRYSTAL L. RYMER 39 CMC 35-39 WOMENS 100 YD FLY	29.67 35.57 36.31 45.70	45-49 WOMENS 100 YO BREAST SALLY M. MENK 48 GPAC 1.37. HAE YUNG POPKIN 46 GMM 1.57.	60-64 WOMENS 200 YD FREE  JUNE F. KRAUSER 60 CGM 2-51-55 52 BETSY J MONTGOMERY 61 MON 2-56-72 68 JOANNE F. MARSHALL 62 ORM 3-50-16
30-34 MOMENS 100 YD BACK	FUE AND F F GUILDING TO A C THE	1.24.99	45-49 WOMENS 200 YO BREAST SALLYUNG MENKIN 48 GPAC 3:35	60-64 WOMENS 500 YO FREE
MARY DOWLEN 31. CM 1-16-70 DEBBIE R. WILSON 32 MOC 1-20-65 SANDY BAXTER 32 SST 1-24-39 MARTI WHITNEY 34 GNM 1-25-46 CHERYL BINGHAM 33 ORM 1-37-35	FUEANNE E CHANDER DE DE	2.23.15 3.08.97 3.21.34	45-49 WOMENS 50 YD FLY	JOANNE F. MARSHALL 62 DRM 10.05.56
30-34 WOMENS 200 YD BACK	35-39 WOMENS 100 YO IM		LUCILLE GRIFFIN 48 VM 35. SALLY M. HENK 48 GPAC 48. 45-49 HOMENS 100 YD FLY	60-64 WOMENS 100 YD BACK
PATRICIA A MATTSON 33 GM 2-37-95 MARY DOMLEN 31 CM 2-49-18	COLLEGY P. MILLER 35 SST	1.20.12	5 LUCILLE GRIFFIN 48 VM 1.23.	49 BETSY J MONTGOMERY 61 MOM 1.51.72

60-64 WOMENS 200 YD BACK		25-29 MENS 50 YD BREAST			30-34 MENS 200 YO IM		TOM WILLINGHAM 41 GNM VINCENT GALLO 42 GCM	1.04.23
BETSY J MONTGOMERY 61 MOM 3.	18.52 53.25	DIRK CRANDELL 28 BYM MATTHEW A- PAINTER 27 LM WENDELL H. TAYLOR 29 BM	28.27 30.46 30.90		MIKE PHILLIPS 30 GNM LOUIS WAMP 30 SST DAVID A. PARLER 30 CM	2.17.73 2.18.86 2.21.53	VINCENT GALLO 42 GCM 40-44 MENS 200 YO FREE	1.04.88
50-64 HOMENS 200 YD BREAST	h	WENDELL H. TAYLOR 29 BM  JDE SHAKE 28 SST  STEVEN T. HEBBLE 28 ORM	30.90 31.23 35.39		DAVID A. BRIGGS 33 SST	2.26.40	DOUG BUCHAN 43 GCM DOUG HELLERSON 40 GNM SCOTT GUTHRIE 40 CM JOHN ZEIGLER 40 GM	2.07.90 2.08.60 2.10.37
JUNE F. KRAUSER 60 GCM 3.	32.44	SCOTT FLEMING 29 DRM DAVID HAMILTON 28 GNM	38.03		30-34 MENS 400 YD IM LOUIS WAMP 30 SST	5.01.02		2.19.67
JUNE F. KRAUSER 60 GCM	40.54	25-29 MENS 100 YD BREAST	1.20		DAVID A. PARLER 30 CM 35-39 MENS 50 YD FREE	5.01.02	BERNARD WHITE 43 MAC PHILLIP W. PARRIS 43 BYM	2.28.67
JUNE F. KRAUSER 60 GCM 1.3	30.02	DIRK CRANDELL 28 BYM MATTHEW A. PAINTER 27 LM WENDELL H. TAYLOR 29 BM JOE SHAKE 28 SST STEVEN T. HEBBLE 28 DRM	1.03.60 1.06.79 1.07.54 1.12.19		RICHARD BOBER 35 MAC	24.34	40-44 MENS 500 YD FREE DOUG BUCHAN 43 GCM	5.54.72
60-64 WOMENS 200 YD FLY	30.02	STEVEN T. HEBBLE 28 DRM SCOTT FLEMING 29 DRM	1.12.19		ED NILLER CHARLES E. HENSLEE 38 BYM JAMES L. BAGWELL 37 MAC	24.34 25.09 25.99 28.20	SCOTT GUTHRIE 41 CM DOUG HELLERSON 40 GNM	5.56.70
JUNE F. KRAUSER 60 GCM 3.1 60-64 WOMENS 100 YD IM	15.62	25-29 MENS 200 YD BREAST	*******		JAMES L. BAGWELL 37 MAC JOHN R. GIBSON 39 UNTN UDSEPH D. ABRAHAM 35 BAY	28.61 33.60 34.74	TOM WILLINGHAM 41 GNM	6.29.04
	29.45	DIRK CRANDELL 28 BYM MATTHEW A. PAINTER 27 LM	2.29.43		35-39 MENS 100 YD FREE		40-44 MENS 50 YD BACK WAYNE L. STEVENSON 41 DRM PHILLIP W. PARRIS 43 BYM	33.70
60-64 WOMENS 200 YD IM	40.92	25-29 MENS 50 YD FLY	224 42		RICHARD BOBER 35 MAC JOHN W. WOODWARD 35 BYM ED MILLER 36 SST JAMES L. BAGWELL 37 MAC	53.73 55.36 57.02	WAYNE L. STEVENSON 41 DRM PHILLIP W. PARRIS 43 BYM JOHN ZEIGLER 40 GM WILLARD G. NEVE 40 CMC	35.72 36.12 39.82
	16.52	WENDELL H. TAYLOR 29 BM LUCE SHAKE 28 SST DIRK CRANDELL 28 BYM	26.49 26.71 27.13 27.78		CHARLES E. HENSLEE 38 BYM	1.03.00 1.03.26 1.24.10 1.26.81	40-44 MENS 100 YD BACK	
JUNE F. KRAUSER 60 GCM 6.3	38.29	MILLIAM R. LUEHRING29 GM MATTHEW A. PAINTER 27 LM CHRIS GRAY 27 KWSY	27.78 29.11 29.13		JOHN B. KLINE 35 GM	1.26.81	JOHN ZEIGLER 40 GM WAYNE L. STEVENSON 41 DRM	1.17.38
65-69 WOMENS 50 YD FREE		STEVEN T. HEBBLE 28 ORM 25-29 MENS 100 YD FLY	30.03		35-39 MENS 200 YD FREE BOB COUCH 39 CTM	1.59.31	40-44 MENS 200 YD BACK	
MARY LEE WATSON 65 GNM 4 65-69 WOMENS 100 YD FREE	40-21	CHRIS GRAY 27 KWSY	1.03.27		JOHN W. WOODWARD 35 BYM CHARLES E. HENSLEE 38 BYM UAMES L. BAGWELL 37 MAC	2.05.22 2.31.58 2.32.41	JOHN ZEIGLER 40 GM 40-44 MENS 50 YD BREAST	2.50.37
	25.76	25-29 MENS 200 YD FLY CHRIS GRAY 27 KWSY	2.14.17		BRUCE A. TOMKINS 35 DRM JOHN R. GIBSON 39 UNTN	3.00.76 3.05.59 3.14.47	SCOTT GUTHRIE 41 CM JOHN ZEIGLER 40 GM	31.38 32.64 33.72
65-69 WOMENS 200 YD FREE	I I Care	25-29 MENS 100 YD IM			35-39 MENS 500 YD FREE	22.10.10	VINCENT GALLO 42 GCM STEVE BARDEN 41 MOC BERNARD WHITE 43 MAC	33.72 34.05 40.31
MARY LEE WATSON 65 GNM 3.1 65-69 WOMENS 500 YD FREE	10.22	DIRK CRANDELL 28 BYM SCOTT P. PLACE 28 BYM CHRIS GRAY 27 KWSY	59.13 59.76 59.80		RICHARD BOBER 35 MAC BOB COUCH 39 CTM JAMES L. BAGWELL 37 MAC	5.29.59 5.33.61 6.50.00 7.57.09	WAYNE L. STEVENSON 41 DRM 40-44 MENS 100 YD BREAST	40.82
	11.56	MATTHEW A. PAINTER 27 LM	1.00.43		JOSEPH D. ABRAHAM 35 BAY JOHN R. GIBSON 39 UNTN	8.03.85	SCOTT GUTHRIE 41 CM	1.12.35
44RY LEE WATSON 65 GNM	50.67	JOE SHAKE 28 SST WILLIAM R. LUEHRING 29 GM STEVEN T. HEBBLE 28 ORM	1.05.31			8.33.67	JOHN ZEIGLER 40 GM STEVE BARDEN 41 MOC VINCENT GALLO 42 GCM	1.12.39 1.13.23 1.14.28
65-69 WOMENS 100 YO BACK		25-29 MENS 200 YD 1M			35-39 MENS 50 YD BACK RICHARD BOBER 35 MAC	28.11	40-44 MENS 200 YD BREAST	5040505550
MARY LEE WATSON 65 GNM 1.4 65-69 WOMENS 200 YD BACK	43.13	CHRIS GRAY 27 KWSY SCOTT P. PLACE 28 BYN MATTHEW A. PAINTER 27 LM	2.10.09		MICHAEL BRYANT 35 BYM	28-11 31-05 32-83 36-39 37-45	JOHN ZEIGLER 40 GM VINCENT GALLO 42 GCM	2.38.30
	38.38	SCOTT P. PLACE 28 BYM MATTHEN A. PAINTER 27 LM WENDELL H. TAYLOR 29 BM MILLIAM R. LUEHRING29 GM STEVEN T. HEBBLE 28 ORM	2.11.75 2.14.94 2.20.03 2.31.86 2.45.00		CHARLES E. HENSLEE 38 BYM JOHN R. GIBSON 39 UNTN BRUCE A. TOMKINS 35 ORM JOSEPH D. ABRAHAM 35 BAY	37.45 38.93 42.87	40-44 MENS 50 YD FLY DAYLD A- GIBSON 40 ORM	27.01
65-69 WOMENS 100 YD BREAST		25-29 MENS 400 YD IM	2443200		JOSEPH D. ABRAHAM 35 BAY 35-39 MENS 100 YD BACK	48.28	SCOTT GUTHRIE 41 CM	27.01 27.50 27.89
MARY LEE WATSON 65 GNM 2.0 65-69 WOMENS 200 YD BREAST	06.82	CHRIS GRAY SCOTT P. PLACE 28 BYM	4.44.73		RICHARD BOBER 35 MAC	1.00.86	WAYNE L. STEVENSON 41 ORM	27.89 29.00 32.12
	17-15	30-34 MENS 50 YD FREE			CHARLES E. HENSLEE 38 BYM REM 5. SCHUIL 39 GNM	1-24-19	SCOTT GUTHRIE 41 CM BERNARD WHITE 43 MAC	1.03.10
65-69 WOMENS 100 YD IM MARY LEE WATSON 65 GNM 1.4	46.47	TOM YOUNGER 30 SST LOUIS WAMP 30 SST DAVID A. BRIGGS 33 SST WILLIAM RASMUSSEN 31 SST	22.97 23.46 24.93		JOHN R. GIBSON 39 UNTN JOSEPH D. ABRAHAM 35 BAY	1.48.76	BERNARD WHITE 43 MAC 40-44 MENS 200 YD FLY	1.07.36
70-74 WOMENS 50 YD FREE		TIMOTHY J MCCOLLUM 31 UNTN			35-39 MENS 200 YD BACK	2.14.72	JOHN ZEIGLER 40 GM	2.36.30
WIRGINIA K. ZEPP 71 CM L.: 70-74 WOMENS 100 YD FREE	19.94	UEFFREY PALKER 30 SST LARRY DAVIS 34 BYM WILSON SIMS. JR. 33 MOM	25.36 25.44 27.38 27.38 29.16		RICHARD BOBER 35 MAC REM S. SCHUIL 39 GNM JOHN R. GIBSON 39 UNIN	2.16.43 3.02.26 3.19.40 3.23.10	40-44 MENS 100 YD IM	1.05.97
	55.07	30-34 MENS 100 YD FREE	27110		BRUCE A. TOMKINS 35 ORM JOSEPH D. ABRAHAM 35 BAY	4.02.46	SCOTT GUTHRIE 41 CM DOUG HELLERSON 40 GMM BERNARD WHITE 43 MAC WAYNE L. STEVENSON 41 ORM DAVID A. GIBSON 40 ORM	1.06.75
70-74 WOMENS 500 YD FREE	Electricism	TOM YOUNGER 30 SST LOUIS WAMP 30 SST DAYID A. BRIGGS 33 SST PAT YORK 32 BYM	51.28 53.05 55.22		35-39 MENS 50 YD BREAST ED MILLER 36 SST	34.04 35.54	MAYNE L. STEVENSON 41 DRM DAVID A. GIBSON 40 DRM 40-44 MENS 200 YD IM	1.13.10
JANET T. MERSERVEY 72 DRM 11.	28.00	DAVID A. BRIGGS 33 SST PAT YORK 32 BYN TIMOTHY J MCCOLLUM 31 UNIN	56.81 59.21		ED MILLER 36 SST JOHN W. MOODWARD 35 BYM BRUCE A. TOMKINS 35 ORM GREGORY D MATTSON 35 GM	35.54 39.47 39.83		2.29.75
JANET T. MERSERVEY 72 DRM	58.34	TIMOTHY J MCCOLLUM 31 UNTN FREDRICK C FARMER 31 UNTN WILSON SIMS, JR. 33 MOM	1.08.98		JOHN R. GIBSON 39 UNTN 35-39 MENS LOO YD BREAST	46.98	BERNARD WHITE 43 MAC	2.29.75 2.29.84 2.42.06
70-74 WOMENS 100 YD BACK JANET T. MERSERVEY 72 ORM 2.0	08.02	30-34 MENS 200 YD FREE TIMOTHY J MCCOLLUM 31 UNTN	2 14 00			1.12.16	45-49 MENS 50 YD FREE KENNETH MILLER 48 SST	25. 91
70-74 WOMENS 200 YD BACK		PAT YORK 32 BYM WILSON SIMS, JR. 33 MOM	2-14-00 2-14-21 2-42-21		BRUGE A. WEAVER 35 GNM MICHAEL BRYANT 39 MOC ED MILLER 36 SST DAVID VOGEL 39 KWSY	1.16.55 1.19.05 1.36.40	KENNETH MILLER 48 SST JOHN E- EBERLY 49 SST MILTON GEE 49 MAC ROY L- GARRETT 46 MAM	25.91 27.35 29.19 29.67
JANET T. MERSERVEY 72 DRM 4.: 70-74 WOMENS 50 YD BREAST	22.57	30-34 MENS 500 YD FREE			35-39 MENS 200 YD BREAST	2 24 21	ROY L. GARRETT 46 MAM ANDREW J. STILL 48 BYM 45-49 MENS 100 YD FREE	31.05
	01.21	DAVID A. PARLER 30 CM PAT YORK 32 BYM TIMOTHY J MCCOLLUM 31 UNTN WILSON SINS, JR. 33 MOM	5.54.98 6.28.90 6.36.36 7.40.50		BRUCE AD WEAVER 35 GNM	3.26.53	KENNETH MILLER 48 SST JOHN E- EBERLY 49 SST ROY L- GARRETT 46 MAM	57.97
- 1846 B. 1844 B. 1851 B. 1854 B. 1864	36.97	WILSON SIMS, JR. 33 MOM 30-34 MENS 50 YD BACK	7.40.50		35-39 MENS 50 YD FLY RICHARD BOBER 35 MAC	26.86	ROY L. GARRETT 46 MAM 45-49 MENS 200 YD FREE	57.97 1.05.83 1.08.16
70-74 WOMENS 100 YD BREAST JANET T. MERSERVEY 72 ORM 2.	19.78	TCM YOUNGER 30 SST DAVID A- PARLER 30 CM JEFFREY PALKER 30 SST	26.32 31.01		JOHN W. WOODWARD 35 BYM ED MILLER 36 SST MICHAEL BRYANT 39 MOC	26.86 27.73 28.80 29.28		2.12.99
70-74 WOMENS 200 YO BREAST		JEFFREY PALKER 30 SST LARRY DAVIS 34 BYM WILSON SIMS, JR. 33 MOM	31.12 36.18 43.56		MICHAEL BRYANT 39 MOG JOHN FREDERIC 35 KWSY JAMES L. BAGWELL 37 MAC CHARLES E. HENSLEE 38 BYM BRUCE A. TOMKINS 35 ORM JOHN R. GIBSON 39 UNTN	29. 28 29. 95 31. 13 32. 25 39. 42	KENNETH MILLER 48 SST JOHN E. EBERLY 49 SST MILTON GEE 49 MAC ROY L. GARRETT 46 MAM	2.12.99 2.30.94 2.33.66 2.40.17
JANET T. MERSERVEY 72 ORM 5. VIRGINIA K. ZEPP 71 CM 9.	01.74	30-34 MENS 100 YD BACK	23.70		BRUCE A. TOMKINS 35 ORM JOHN R. GIBSON 39 UNTN	39.42	45-49 MENS 500 YD FREE	
19-24 MENS 50 YD FREE ADAM LIGHT 21 BYM	37.96	TOM YOUNGER 30 SST	1.00-19		35-39 MENS 100 YD FLY MICHAEL BRYANT 39 MOC	1.04.19	KENNETH MILLER 48 SST DONALD W. HASTINGS 45 KWSY JOHN E. EBERLY 49 SST ROY L. GARRETT 45 MAM DOUG JEFFORDS 45 GNM	6.20.81 6.28.75 6.54.90 7.23.16
19-24 MENS 100 YD FREE		TOM YOUNGER DAVID A. PARLER JEFFREY PALKER JEFFREY PALKER JO GNM LARRY DAVIS JO GNM LARRY DAVIS JO GNM LARRY DAVIS	1.13.32		MICHAEL BRYANT 39 MOC ED MILLER 36 SST JOHN FREDERIC 35 KMSY JAMES L. BAGWELL 37 MAC DAVID VOGEL 39 KMSY	1.10.45 1.12.30 1.13.61	DOUG JEFFORDS 46 MAM	7.23.16 8.15.39
	25.14	30-34 MENS 200 YD BACK	7271/0 60		DAVID VOGEL 39 KWSY 35-39 MENS 200 YD FLY	1.31.25	45-49 MENS 50 YD BACK KENNETH MILLER 48 SCT	34 50
19-24 MENS 200 YD BREAST ADAM LIGHT 21 BYM 3.	45.12	TOM YOUNGER 30 SST DAVID A. PARLER 30 CM	2.16.62	15		3.04.51	KENNETH MILLER 48 SST ANDREM J. STILL 48 BYM JOHN E. EBERLY 49 SST BOB KOENIG 49 BAY ROY L. GARRETT 46 MAM	34.79 34.79 36.20
19-24 MENS 100 YD IM	42.24	30-34 MENS 50 YD BREAST FOM YOUNGER 30 SST	29.85		JAMES L. BAGWELL 37 MAC REM S. SCHUIL 39 GNM DAVID VOGEL 39 KWSY	3.16.57 3.26.52	ROY L. GARRETT 49 BAY 45-49 MENS 100 YD BACK	37.16 42.63
25-29 MENS 50 YD FREE	.43.26	TOM YOUNGER 30 SST MIKE PHILLIPS 30 GNM 10AVID A- BRIGGS 33 SST 10AVID A- PARLER 30 CM LARRY LOVELACE 32 UNIN LARRY DAVIS 34 BYM	29.85 30.61 31.47 31.68		35-39 MENS 100 YD IM BOB COUCH 39 CTM	1.03.25		1-18-13
DIRY CRANDELL 28 BYM STITI PLEATER 100 28 BYM JOE STARK LUEHRING 29 SM WENDELL H. TAYLOR 29 SM STEVEN T. HEBBLE 28 ORM STEVEN T. HEBBLE 28 ORM STOTT FLEMING 29 ORM	33:95		34.46		BDB C QUCH JOHN W. WOODWARD 35 8 YM ED MILLER 36 SST JAMES L BACHEL 37 MAC CHARLES E. HENSLEE 38 BYM REN.S. SCHULL 39 UNIN JOHN R. GIBSON 39 UNIN	1.03.25 1.05.72 1.07.90 1.13.46		1.18.13 1.19.98 1.28.27
JOE SHAKE 28 SST WENDELL H. TAYLOR 29 BM	23.95	30-34 MENS 100 YD BREAST FOR YOUNGER 30 SST	1-07-75		JAMES L. BAGNELL 37 MAC CHARLES E. HENSLEE 38 BYM REM S. SCHULL 39 GNM JOHN R. GIBSON 39 UNTN	1.16.16	JOHN E. EBERLY 49 SST	3.00.84
	26.54	DAVID A. BRIGGS 33 SST DAVID A. PARLER 30 CM	1.07.75		35-39 MENS 200 YD IM		JOHN E. EBERLY 49 SST BOB KOENIG 49 BAY ROY L. GARRETT 46 MAM	3.21.57
25-29 MENS 100 YD FREE SCOTT P. PLACE 28 BYM	51.01	30-34 MENS 200 YD BREAST	2 32 07		BOB COUCH 39 CTM ED MILLER 36 SST REM S- SCHUIL 39 KMSY DAVID VOGEL 39 KWSY	2.21.05 2.38.28 3.03.03	45-49 MENS 50 YD BREAST MILTON GEE 49 MAC DONALD W. HASTINGS 46 KWSY	33.86 34.07
SCOTT P. PLACE 28 BYM UDE SHAKE LUEHRING29 GM HILLIAM R. LUEHRING29 GM STEVEN T. HEBBLE 28 GRM 1. DAVID HAMILTON 28 GRM 1.	51.01 53.47 53.89 00.76	DAVID A. PARLER 30 CM STEVE BARDEN 31 MOC DAVID A. BRIGGS 33 SST	2-32-07 2-37-42 2-38-15		DAVID VOGEL 39 KWSY	3.16.45	45-49 MENS 100 YD BREAST	34.07
DAVID HAMILTON 28 GNM 1. 25-29 MENS 200 YD FREE	17.03	30-34 MENS 50 YD FLY			35-39 MENS 400 YD IM RICHARD BOBER 35 MAC BRUCE A. WEAVER 35 GNM	5.06.34 5.07.19	MILTON GEE DONALD W. HASTINGS 46 KWSY	1.16.85
	55.79 08.49	TOM YOUNGER 30 SST LOUIS HAMP 30 SST WILLIAM RASMUSSEN 31 SST TIMOTHY J MCGOLLUM 31 UNIN	24.23 25.47 27.75 29.88		BOB COUCH 39 CTM DAVID VOGEL 39 KWSY	5.10.93	45-49 MENS 200 YD BREAST	******
25-29 MENS 500 YD FREE		TOM YOUNGER LOUIS WAMP WILLIAM RASHUSSEN TIMOTHY J MCCOLLUM LARRY DAVIS PAT YORK 30 SST 30 SST 31 SST 31 UNIN 32 BYM 32 BYM	30.59 31.14		BRUCE A. TOMKINS 35 ORM 40-44 MENS 50 YD FREE	7.55.99	DONALD W. HASTINGS 46 KWSY MILTON GEE 49 MAC	2-54-04
SCOTT P. PLACE 28 BYM 5- CHRIS GRAY 27 KWSY 5- MATTHEW A. PAINTER 27 LM 5- DAVID HAMILTON 28 GNM 8-	07.92 09.08 51.13	30-34 MENS 100 YD FLY			DOUG BUCHAN 43 GCM	24.33 25.05 25.05	45-49 MENS 50 YD FLY KENNETH MILLER 48 SST	20 00
DAVID HAMILTON 28 GNM 8.	53.21	TOM YOUNGER 30 SST LOUIS WAMP 30 SST	57-15 57-62		DOUG HELLERSON 40 GRM DAVID A. GIBSON 40 ORM SCOTT GUTHRIE 41 CM BERNARD WHITE 43 MAC	25.05 25.07 25.62	KENNETH MILLER DONALO M. HASTINGS 46 KWSY JOHN E. EBERLY 49 SST MILTON GEE 49 MAC	29.08 29.23 31.11
	28.03	30-34 MENS 200 YD FLY LARRY LOVELACE 32 UNIN	2.20.28		DOUG BUCHAN 43 GCM MAYNE L. STEVENSON 41 ORM DOUG HELLERSON 40 GMM DAVID A. GIBSON 40 ORM SCOTT GUTHRIE 41 CM BERNARD WHITE 43 MAC PHILLIP W. PARRIS 43 BYM MILLARD G. NEVE 40 CMC	25.62 27.29 29.00 32.65	BUB RUENIG 49 BAY	33:13
	28.03 30.22 31.30	LARRY LOVELACE 32 UNITN LOUIS WAMP 30 SST 30-34 MENS 100 YD IM	2.24.10		40-44 MENS 100 YD FREE		45-49 MENS 100 YD FLY DONALD W. HASTINGS 46 KWSY JOHN E. EBERLY 49 SST	1.10.37
25-29 MENS 100 YD BACK MATTHEW A. PAINTER 27 LM 1.	.04.13	TOM YDUNGER 30 ST MILE PHILLIPS 30 GNM LARRY LOVELACE 32 UNIT LOUIS WAMP 30 STT DAVID A BRIGGS 33 SST JARRY DAVIS 34 BYM JEFFREY PALKER 32 BYM 32 BYM	1-00-55		DOUG BUCHAN 43 GCM SCOTT GUTHRIE 41 CM DOUG HELLERSON 40 GNM	54.67 56.79	45-49 MENS 200 YD FLY	1-17-60
DIRK CRANDELL 28 BYM 1. DAVID HAMILTON 28 GNM 1.	.35.61	AUM YDUNGER 30 SST MIKE PHILLIPS 30 GNM LARRY LOVELACE 32 UNTN LOUIS WAMP 10 SST DAVID ALBIEGS 33 SST JEFFREY PALKER 30 SST JEFFREY PALKER 30 SST PAT YORK 32 SYM	58-08 1-00-55 1-02-33 1-02-98 1-03-96 1-11-21 1-11-62 1-12-54		DAVID A. GIBSON 40 ORM	54.67 56.79 57.70 58.90 59.92 1.00.33 1.03.72	DONALD W. HASTINGS 46 KWSY MILTON GEE 49 MAC	2.43.68
25-29 MENS 200 YD BACK CHRIS GRAY 27 KWSY 2.	.23.07	DEFFREY PALKER 30 SST PAT YORK 32 BYM	1.11.62	6.	STEVE BARDEN 41 MOC BERNARD WHITE 43 MAC	1:03:72		
	10000000			-				

45-49 MENS 100 YO IM		55-59 MENS 50 YD BREAST		WOMEN'S	RESULTS		30-34			
KENNETH MILLER 48 SSI DDNAID W. HASTINGS 46 KWSY MILTON GFE BOB KOENIG 49 BAY JOHN E. EBERLY 49 SST	1.12.03 1.12.13 1.15.34 1.17.91 1.32.17	JOHN D. KORTHEUER 55 MAC JIM NELSON 57 DRM WILLIS MODRE 59 CMC LOUIS F. DUNLAVY 59 CTM	31.78 38.17 44.17 48.21	5	FALL SWIM CLASS 0 yd. Freestyle		1 2 3	Anne Campbell Barbara Spieth Rebecca Pauledes	34 34 30	2:26.67 2:31.58 2:32.12
45-49 MENS 200 YD IM		JOHN D. KORTHEUER 55 MAC JIM NELSON 57 ORM	1:11:23	Place Name 20~24 1 Jennifer I	Age turns 23	Tim 26.52	35-39 1	Anne Healey	31	2:36.00
DONALD W. HASTINGS 46 KWSY MILTON GEE 49 MAC BOB KDENIG 49 BAY 45-49 MENS 400 YD IM	2.41.25 2.53.04 3.01.08	55-59 MENS 200 YO BREAST JIM NELSON 57 DRM	3.27.91	2 Diane Blyt 25-29		26.66	2 3 4	Cynthia Jones Sharon Wise Patricia Ellis Julia Hoellein	39 35 39	2:15.44 2:38.88 3:11.96
DONALD W. HASTINGS 46 KWSY BOB KOENIG 49 BAY 50-54 MENS 50 YD FREE	5.59.99 6.53.57	JOHN D. KORTHEUER 55 MAC LOUIS F. DUNLAVY 59 CTM JIM. NELSON. 57 ORM	29.46 36.23	1 Brenda Car 2 Marie Ward 3 Lori Smith	1 28	26.28 27.83 30.71	1	Pat Maley	43	2:31.40
YOSH DYAKAWA 53 SHOM WILLIAM F. ROBERTSM50 MAC LARRY SHANNON 53 BM KIRK CANTERBURY 50 MAC WILLIAM LAUER 52 KWSY	26.38 26.50 26.81 26.87 27.69	JOHN D. KORTHEUER 55 MAC DUNE ST. DUNE AVY 59 CTM 11 M NELSON 57 ORM 659 CMC 70 CMC 755-59 NENS 100 YD FLY	36.42 44.05 51.26	4 Leslie Lec 5 Lori Heidr 6 Liz Hanes		31.02 31.24 31.33	55-59 1 2	Carol Perguson Sonia Harris	55 59	2:56.57 4:49.02
JIMMY R. NOONAN 54 UNIN 50-54 MENS 100 YD FREE	27.69 36.86	JOHN D. KORTHEUER 55 MAC JIM NELSON 57 DRM	1.09.86	1 Mary Ann S 2 Frances Gr	regerson 31	27.45 28.16	1	Joanne Marshall	62	3:43.52
YOSH CYAKAWA 53 SHOM KIRK CANTERBURY 50 MAC HILLIAM LAUER 52 KWSY LARRY SHANNON 53 BM	58.10 59.24 1.01.07 1.01.61	JOHN D. KORTHEUER 55 MAC LOUIS F. DUNLAVY 57 DRM JIM NESSON 57 DRM	1:27:32	3 Susan Fra 4 Ann Krug 5 Anne Heale 6 Elizabeth	32 ry 31	28.26 29.09 29.49 29.93	20-24	500 yd. Pree		9
50-54 MENS 200 YD FREE KIRK CANTERBURY 50 MAC WILLIAM F. ROBERTSW50 MAC	2.07.58	ROBERT F. HILL 58 KWSY 55-59 MENS 200 YD IM	1.31.39	7 Wendy Harn 8 Pam Noble 9 Rebecca Pa	ey 32 31 suledes 30	31.38 32.05 32.21	1 2 25-29	Gina Gerding Clare Weinland	23 24	5:43.16 6:36.65
YOSH OYAKAMA 53 SWOM WILLIAM LAUER 52 KWSY LARRY SHANSUN 53 BM JIMMY R. NGONAN 54 UNIN	2.13.94 2.21.95 2.28.42 3.15.73	JIM NELSON 57 ORM 60-64 MENS 50 YD FREE	3.26.10	10 Mary Kelle 11 Patricia I 35-39		33.39 34.68	1 2 3	Amy Lepping Cathy Schuster Joanie Imler	26 25 28	5:15.14 6:49.80 7:18.96
W 54 MENS 500 YD FREE KIRK CANTI HBURY 50 MAC WILLIAM F RUSERISU 50 MAC	5.58.78 6.14.34	JOHN M. WOODS ROBERT W. MCBRIDE 64 ORM WILSON SIMS HOWARD W. STOKER 61 MOM 61 MOM	27.89 33.33 38.38 40.18	1 Sharon Wis 2 Sally Hasbr 3 Meegan Wil	cook 38 son 38	27.54 27.90 30.69	30-34 1 2	Anne Campbell Barbara Spieth	34 34	6:20.83 6:33,45
LARRY SHAUNON 53 BM JIMMY R. NOONAN 54 UNIN 50-54 MENS 50 YD HACK	6.14.34 6.59.76 8.59.43	60-64 MENS 100 YD FREE JOHN M. HOODS ROBERT W. MCBRIDE 64 DRM	1:20:41	4 Gail Dumma 5 Julia Hoel 40-44		35.92 40.79	35-39 1 2	Cynthia Jones Lorraine Shaffer	36 39	6:10.23 7:28.50
YOSH DYAKAWA 53 SHON MILLIAM LAUER 52 KWSY JIMM R. NOONAN 54 UNIN JIPH JOHNSON 53 ORM	29.40 37.24 42.57 44.93	60-64 MENS 200 YD FREE WILLIAM L. MARSHAU 60 ORM ROBERT W. MCBRIDE 64 ORM	2.59.44 3.01.45	1 Sharon Rec 45-49		34.20	3 40-44	Julia Hoellein	39	8:20.65
YOSH UYAKAHA 53 SHOM WILLIAM LAUER 52 KHSY	1.05.85	JOHN M. WOODS 63 DC ROBERT W. MCGRIDE 64 ORM HOWARD W. STOKER 61 UNIN	6.31.53	1 Ingrid Sti 50-54 1 Anne Johns		33.04	1 2 3	Pat Maley Sara Sachs Sharon Receveur	43 41 41	6:40.07 7:13.77 8:19.82
JIMMY R. NOONAN 54 UNTN JOHN JOHNSON 53 ORM 50-54 MENS 200 YD BACK	1.20.38 1.34.73 1.39.85	60-64 MENS 50 YD BACK	33.07	2 Mary Anna 55-59		51.80	50-54 1 2	Margaret Wirt Mary Anna Moeller	50 53	9:01.50 12:25.77
YOSH OYAKANA 53 SHOM JOHN JOHNSON 53 DRM JIMY R. NOONAN 54 UNTN 50-54 MENS 50 YD BREAST	2.39.67 3.32.90 3.40.92	JOHN M. WDDDS 63 DC WILLIAM L. MARSHALL 60 DRM WAYNE S MONTGOMERY 61 MOM HOWARD W. STOKER 61 UNTN 60-64 MENS 100 YD BACK	44.47 48.12 1.01.77	1 Carol Pare 2 Paula Cros 60-64		33.97 39.51	1	Joanne Marshall	62	9:47.32
HANG LAJ 50 KWSY LARRY SHANNON 53 BM JOHN JOHNSON 53 ORM JIMMY R. NOONON 54 UNIN	33.33 35.83 43.60 49.01	WILLIAM L MARSHALL 60 ORM WAYNE S MONTGOMERY 61 MOM HOWARD W. STOKER 61 UNTN	1.40.06 1.49.66 2.07.54	1 Joanne Mar 2 Lois Ormon 3 Suzanne Ga	id 62	49.58 50.20 54.22	20-24	1000 yd. Free Theresa Pohlmann	estyle 21	13:58.40
50-54 MENS 100 YD BREAST WANG 1AU 50 KWSY		60-64 MENS 200 YD BACK WILLIAM L MARSHALL 60 DRM WAYNE S MONTGOMERY 61 MDM	3.34.44 3.59.98 4.42.64	65-69 1 Louise Do 75-79	novan 68	35.29	2 3 25-29	Lisa Coffman Maria Tamer	22 24	14:31.61 14:51.53
LARRY SHANNON 53 BM JOHN JOHNS ON 53 ORM 50~54 MENS 200 YD BREAST	1.13.00 1.23.19 1.36.37	60-64 MENS 50 YD BREAST		1 Audre Gib	os 79 yd. Freestyle	1:39.73	1 2 3	Amy Lepping Brenda Cartwright Clare Weinland	26 26 28	10:43.51 12:20.81 13:23.30
JOHN JOHNSON 50 KMSY 50-54 MENS 50 YD FLY	3.32.33	JOHN M. WODDS 63 DC WILLIAM L MARSHALL 60 DRM HOWARD W. STOKER 61 UNIN WAYNE S MONTGOMERY 61 MOM	38.82 44.93 50.35 51.59	20-24 1 Tina Mari 2 Jennifer	e Childress 22 Burns 23	57.58 58.19	4 5 30-34	Joanie Imler Leslie Voit	28 25	14:24.41 15:18.39
50-54 MENS 50 YD FLY  KIRK CANTERBURY WILLIAM F ROBERTSON 50 MAC LARRY SHANNON 53 BM WILLIAM LAUER 52 KMSY WANG LAU	29.27 29.79 30.75 31.14	60-64 MENS 100 YD BREAST WILLIAM L. MARSHALL 60 DRM HOWARD W. STOKER 61 UNTN WAYNE S MONIGOMERY 51 MOM	1.45.93 1.51.41 2.00.23	3 Marie Tam 25-29	er 24	1:11.12	1 2 3	Fran Gregerson Anne Campbell Barbara Spieth	31 34 34	12:20.80 13:06.04 13:14.54
JIRMY R. NOONAN 54 UNIN 50-54 MENS 100 YD FLY	43.78	60-64 MENS 200 YD BREAST JOHN M. WOODS 63 DC WILLIAM L. MARSHALL 60 ORM HOWARD W. STOKER 61 UNIN	3.18.51	l Brenda Ca 2 Leslie Le 3 Liz Hanes 4 Lori Heid	Count 28 27	59.40 1:08.95 1:09.38 1:10.69	4 35-39	Janice Fountain	33	15:56.58
KIRK CANTERBURY MILLIAM LAUER S2 KWSY LARRY SHANNON 50-54 MENS 200 YD FLY	1.10.40	HOMARD W. STOKER 61 UNIN 60-64 MENS 50 YD FLY JOHN M. WOODS 63 DC	4.00.09	5 Leslie Vo 30-34	it 25	1:12.85	1 2 3 40-44	Cynthia Jones Chavette Fye Gail Dummer	36 35 35	12:43.04 16:19.00 16:35.90
KIRK CANTERBURY 50 MAC 50 KWSY WILLIAM LAUER 52 KWSY LARRY SHANNON 53 BM	2.36.67 2.47.38 2.57.74 3.10.39	WILLIAM L. MARSHALL 60 ORM 60-64 MENS 100 YD FLY	34.14 39.93	1 Mary Ann 2 Frances G 3 Susan Fra 4 Anne Heal	regerson 31 ncis 33	58.94 1:01.05 1:02.66 1:06.30	1 2 3	Pat Maley Mary Pohlmann Sharon Receveur	43 41 41	13:22.17 14:16.53 17:07.27
50-54 MENS 100 YD IM	1.08.18	JOHN M. WOODS 63 DC 60-64 MENS 100 YD IN	1.19.22	5 Ann Krug 6 Anne Camp 7 Wendy Har	vey 32	1:06.89 1:07.13 1:08.79	45-49 1	Ingrid Stine	47	16:24.01
KIRK CANTERBURY 50 MAC WILLIAM F. ROBERTSON 50 MACY WILLIAM LAUER 50 KMSY WANG LAU 50 KMSY LARRY SHANNON 53 BM JOHN JOHNSON 53 DRM	1.09.70 1.11.67 1.12.54 1.12.69 1.34.55	JOHN M. WOODS 63 DC WILLIAM L MARSHALL 60 ORM 60-64 MENS 200 YD IM	1.15.44	8 Elizabeth 9 Rebecca P 10 Pam Noble 11 Patricia	auledes 30 31	1:09.28 1:11.89 1:13.99 1:17.09	50-54 1	Mary Anna Moeller	53	24:55.76
JIMMY R. NOONAN 54 UNTN 50-54 MENS 200 YD IM	1.37.82	JOHN M. WOODS 63 DC WILLIAM L MARSHALL 60 DRM 65-69 MENS 50 YD FREE	2.47.60 3.31.44	12 Mary Kell 13 Janice Fo 14 M.Kitty G	untain 33	1:19.06 1:28.14 1:33.48	55-59 1 2	Carol Perguson Mary Jane Mullins	55 55	16:28.98 18:38.34
KIRK CANTERBURY 50 MAC WANG LAU 50 KWSY WILLIAM LAUER 52 KWSY JOHN JOHNSON 53 DRM	2-28-08 2-39-08 2-44-56 3-41-56	JIM JOHNSON 66 CMC 65-69 MENS 200 YD FREE JIM JOHNSON 66 CMC	34.94	1 Sally Has 2 Patricia	Ellis 35	1:01.72 1:08.58	1 2	Joanne Marshall Gladys Olsen	62 60	19:17.61 19:56.22
50-54 MENS 400 YD IM KIRK CANTERBURY 50 MAC 55-59 MENS 50 YD FREE	5.13.14	65-69 MENS 500 YD FREE JIM JOHNSON . 66 CMC	9.26.22	3 Meegan Wi 4 Julia Hoe 5 Cathy Hol	llein 39	1:10.40 1:28.58 1:34.45	3 65-65 1	Lois Ormond . Louise Donovan	62	25:57.51 16:50.69
JOHN D. KORTHEUER 55 MAC RICHARD C. BREITEN-57 BM	26.50 30.27 30.66 31.31 32.01 39.46	65-69 MENS 50 YD BREAST JIM JOHNSON 66 CMC	59.25	1 Mary Pohl 2 Sara Sach	s 41	1:09.85 1:14.88	75-79 1	Audre Gibbs	79	37:08.14
55-59 MENS 100 VD FREE	32.01	65-69 MENS 100 YO IM  JIM JOHNSON 66 CMC  80-84 MENS 50 YD FREE	1.53.43	3 Sharon Re 55-59 1 Carol Per	rguson 55	1:18.88	20-24	50 yd. Backs		
JOHN D. KORTHEUER 55 MAC LOUIS F. DUMLAVY 59 CTM WILLIS MOORE 57 ORM JIM NELSON 57 ORM RICHARD C. BREITEN 57 BM ROBERT F. HILL 250 58 KMSY	1.12.39 1.13.35 1.16.25	VIRGIL A. MIRACLE 81 ORM 80-84 MENS 100 YD FREE	50.28	2 Paula Cro 60-64 1 Joanne M		1:33.77	1 2 3 25-29	Theresa Pohlmann Jennifer Burns Diane Blythe	21 23 23	32.09 32.66 33.98
55-59 MENS 200 YD FREE	1.16.25	VIRGIL A. MIRACLE BI ORM 80-84 MENS 50 YD BACK VIRGIL A. MIRACEL BI DRM	1.01.35	2 Lois Ormo 3 Suzanne ( 65-69		2:01.43 2:09.06	1 2 3	Beth Mauer Leslie LeCount Lori Heidrich	28 28	30.40 37.23
ROBERT F. HILL 58 KWSY 55-59 MENS 500 YD FREE JIM NELSON 57 ORM ROBERT F. HILL 58 KWSY	3.25.16 8.30.86 9.17.84	80-84 MENS 100 YO BACK VIRGIL A. MIRACLE BI DRM	2.16.87	1 Louis Dor 75-79		1:21.90	4 30-34	Lori Smith	25 27	37.60 38.85
ROBERT F. HILL 58 KWSY 55-59 MENS 50 YD BACK	9-17-84	***************************************		1 Audre Gil	obs 79 0 yd. Freestyle	3:25.24	1 2 3	Mary Graves Susan Francis Nan Witcher	30 33 31	34.51 35.62
LOUIS F. DUNLAVY 59 CTM RICHARD C. BREITEN-57 BM WILLIS MODRE FELD 59 CHC ROBERT F. HILL 58 KWSY	38.89 40.11 42.78 55.72			20-24 1 Tina Chi 2 Gina Gero		2:04.45 2:06.77	4 5 6	Anne Healey Pam Noble Mary Kelley	31 31 30	35.73 37.54 44.87 47.99
55-59 MENS 100 YD BACK	2 22 22			3 Lisa Ann 25-29		2:17.14	35-39	Sally Hasbrook	38	37.12
JOHN D. KORTHEUER 55 MAC LOUIS F. DUNLAVY 59 CTM WILLIS MOORE 59 CMC	1.16.30 1.30.30 1.33.91	7		1 Amy Lepp: 2 Cathy Sci 3 Leslie Vo	nuster 28	1:58.71 2:31.40 2:46.96	2 3 4	Lorraine Shaffer Gail Dummar Cathy Holdt	39 35 39	39.21 44.12 47.29

40-44				6u-e	24			25. 3							
1 50-5-	Mary Pohlmann	41	36.62	1	Gladys Olsen		60 1:53,82	35-3	Sally Hasbrook	38	1:14.10	50-54			
1	Ann Champ	51	38.75	20-2	200 yd. Breas	ststrok	e	2	Lorraine Shaffe Bev Arnold	37	1:23.34	1 2	Yosh Oyakawa Irvin Collins	53 51	25.59 29.37
55-5	Water-own a series			1	Gina Gerding	3	23 2:37.53	4 40-44	Cathy Holdt	39	1:48.31	3 4	Lee Parkinson Robert Kast	51 52	30.00 32.04
1 2	Mary Jame Mullins Sonia Harris	55 59	45.81 1:01.36	2 30-3	Caroline Thompson	n 2	24 2:43.80	1	Susan Jewell	43	1:27.91	5 6	Jim Meek Maury Poulter	54 54	36.35 37.60
60-6-	<u>.</u>			1		9	3:14.09	50-54	Sharon Receveur	41	1:37.87	55-5 Plac	59		
75-79	Suzanne Gardner	64	1:00.79	2	Camille Dean Patricia Baldwin	. 3	34 3:22.76 31 3:31.37	1	Ann Champ	51	1:24.14	1	Donel Dietzer	Age 55	Time 30.71
1	Audre Gibbs	79	2:08.62	35-3			3.32.31	•2	Anne Johnson Mary Moeller	50 53	1:37.02 2:23.30	2	Ivan Chalfie Bill Webber	55 56	31.73 49.00
	100 yd. Backst		2.00.02	1 2	Meegan Wilson Gail Dummer		3:02.75 3:22.06	55-59				60-6			
20-24		7261	.0072074998	3	Bev Arnold Cathy Holdt	3	7 3:31.91	1 2	Carol Taylor Mary Mullins	57 55	1:33.18	1 2	Jack Florance William Marshall	63 60	26.82 31.84
1 25-29	Theresa Pohlmann	21	1:13.72	45-4	the state of the s		9 3:47.94	3 60-64	Carol Ferguson	55	1:38.35	3	Doug Strong Burr Lamar	61 62	33.41 34.11
1	Beth Mauer	28	1:04.02	1	Ingrid Stine	4	7 3:22.43	1	Lois Ormand	62	2:19.20	65-6			
2 30-34	Leslie Boit	25	1:27.44	50-5	Margaret Wirt	5	0 2-20 22	75-79				1 2	Robert Donovan Irving Heath	65 68	31.32 45.92
1	MaryAnn Stevens	33	1:09.86	55-59		2	0 3:38.32	1	Audre Gibbs 200 yd. Ind	79 Modlay	4:08.02	75-7			43172
3	Mary Graves Nan Witcher	30 31	1:17.01	1	Carol Taylor	5	7 3:26.03	20-24	200 70. 210	. redicy		1 2	John Maxwell Don Zemlock	78 78	40.00 1:07.94
4 35-39	Anne Campbell	34	1:24.19	60-64	Gladys Olsen	60	2.50.10	1 2	Jennifer Burns Caroline Thompso	23 vn 74	2:24.52		100 yd. Fr		
1	Chavette Fye	35	1:42.66		50 yd. Butt		3:50.19	3	Tina Childress Lisa Ann Etnyre	22	2:27.27 2:30.26	20-2			
40-44				Place		Ag	e Time	25-29	men rear manyee	**	2.30.20	1 25-2	Chris Long	24	59.87
1 55-59	Mary Pohlman	41	1:21.37	20-24	Diane Blythe	23	30.22	1 2	Beth Mauer Mary Chris Curl	28 29	2:21.27 2:22.98	1	Sam Blythe	27	52.14
1	MaryJane Mullins	55	1:41.52	2 3	Lisa Ann Etnyre Theresa Pohlmann	22	30.67	35-39	.my data car	23	2122.30	3	Mark Petry Bill Jordan	29 27	54.53 55.08
2	Sonia Harris 200 yd. Backst	59 roke	2:12.48	25-29		•••	34.90	1 2	Cynthia Jones Bev Arnold	36 37	2:44.36 3:41.22	5	Jil Telford Wales Whitewell	29 26	57.13 59.93
20-24	TOO PO. DOLLAR	TONE		1 2	Amy Lepping Mary Chris Curl	26 29		40-44			3.41.22	6 7	Darrell Pope John Vasu	29 29	1:00.94
1	Theresa Pohlmann	21	2:38.71	3	Marie Ward Lori Heidrich	28 25	32.05	1 2	Pat Maley Susan Jewell	43 43	2:59.20	9	Patrick Curl Marion Douglass	29 29	1:06.11
25-29	Beth Mauer	28	2:17.99	5	Lori Smith	27		45-49	,		3,10,32	10 30-3	Richard Korfhage	26	1:52.95
2	Leslie Voit Lori Smith	25 27	3:09.56 3:10.35	30-34	Mary Ann Stevens	33	29.76	1	Ingrid Stine	47	3:14.71	1	Bill Vickery	32	50.80
30-34	The state of the s	27	3:10.33	2	Ann Krug Mary Grave	32 30	33.40 35.24	50-54	Mary Moeller	53	5:08.65	3	Mark Lambart Gary Halbestadt	33 32	56.07 57.56
1 2	Mary Graves Anne Campbell	30 34	2:46.93 2:48.75	35-39		50	33.24	60-64	1	3.5	3.00.03	5	Jim Knox Gary Sivak	31 33	58.44 58.95
40-44	The compacts		2140.75	1 2	Sharon Wise Cynthia Jones	39 36	30.46 30.61	1	Gladys Olsen	60	3:51.95	7	David Bixler Paul Noltemeyer	30 30	1:01.72
1 2	Mary Pohlmann Pat Maley	41	2:52.21 3:17.34	3 4	Lorraine Shaffer Chavette Fye	39 35	34.15 42.86	20-24	400 yd. Ind.	Medley		35-39	Titalia awww.nei		227-11
50-54	THE PALLEY	43	3:17.34	40-44		-	42.00	1	Caroline Thompson	1 24	5:11.80	2	Tim O'Neil Harland Young	39 37	56.06 1:03.73
1 2	Margaret Wirt MaryAnna Moeller	50 53	3:46.49 4:56.19	1 2	Susan Jewell Sharon Receveur	43 41	38.87 42.07	25-29				4	Thomas Grant Mark Standring	35 35	1:04.84
55-59			4130.23	50-54			12.01	2	Amy Lepping Beth Mauer	26 28	4:47.59 4:53.73	6	Michael Mahoney Joe Abraham	37 35	1:07.12 1:16.62
1 2	MaryJane Mullins Sonia Harris	55 59	3:32.56 4:45,90	1	Anne Champ	51	37.42	3 30-34	Mary Curl	29	4:59.72	40-4	_	**	- an regard see
60-64		(55)	1.250252	55-59	Mary Jane Mullins	55	42.73	1	Mary Stevens	33	5:07.19	2 3	Steven Crane Jim Leffler Paul Howell	40	1:01.53
1	Gladys Olsen	60	3:57.06	60-64	1,000 <b>4</b> 0.000 000 000 000 000 000 000 000 000		******	2 35-39	Anne Campbell	34	5:46.84	45-4		40	1:13.21
25-29	50 yd. Breast	stroke		1	Lois Ormond	62	1:01.18	1	Gail Dummer	35	6:44.86	1 2	Bill Mulliken Jerry Myers	47 48	58.15
1 2	Joanie Imler Lori smith	28	38.98	20-24	100 yd. Butter	rfly		1	Dan Malan	43	6:09.68	3	Chris Stack Richard Dooley	45 45	58.76 59.91
30-34	BORI SHICH	27	45.63	1 2	Caroline Thompson	24	1:06.73	2	Pat Maley Mary Pohlmann	41	6:14.68	5	Richard Schen Walter Carnahan	46 49	1:01.50 1:07.52 1:07.77
	Camille Dean Frances Gregerson	34 31	33.24	25-29	Lisa Ann Etnyre	22	1:07.89	50-54	Margaret Wirt	50	7:23.42	7	Larry Isom	46	1:12.57
3	Ann Krug Elizabeth Taylor	32 32	35.51 37.27	1	Mary Chris Curl	29	1:04.11	2	Mary Moeller	53	10:38.79	50-54	Yosh Ovakawa	53	57.27
35-39	assembli laylor	34	39.45	30-34	Barbana Galash	24		55-59 1	Carol Taylor	57	6:30.61	2 3	Irvin Collins Francis Connelly	51	1:07.84
	Meegan Wilson Sally Hasbrook	38	37.04	35-39	Barbara Spieth	34	1:19.93	20-24	EVENT- 50 yd.			4 5	Jim Meek Maury Poulter	54 54	1:24.55
3	Gail Dummer Bev Arnold	38 35	38.14 40.78	1 2	Cynthia Jones Patricia Ellis	36	1:12.19	Place	Name	Age	Time	55-59	And the section at the street of the section	34	1.20.19
5	Cathy Holdt	37 39	43.09 49.71	35-39	Patricia Ellis	35	1:21.62		Thris Long	24	27.08	1 2	Donel Dietzer Orris Bender	55 57	1:09.11
50-54	Anne Champ	51	40.05	1	Lorraine Shaffer	39	1:21.42	25-29 1 I	Bill Jordan	27	23.92	3	Bill Webber	56	1:48.54
2	Margaret Wirt Anne Johnson	50	40.95 43.46 47.77	1	Ingrid Stine	47	1:30.66	2 .	Dim Telford Mark Miller	29 28	24.66 26.37	60-64	Jack Florance	63	1:03.92
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	Lois Ormond	62	58.55	30-34	No.	200	-2022	1 1	tick Hofstetter	30	22.27	1	John Maxwell	78	1:40.46
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40-44		0.44		3	Mary Chris Curl Clare Weinland	29 28	1:06.52 1:19.58	1 0	oug Church	42	28.78	35-39	Harland Young	37	2:23.97
1 45-49	Susan Jewell	43	1:36.57	30-34	Nan Witches	27	1014 45	3 F	im Leffler aul Howell	40 42	31.27 32.21	2 3	Michael Mahoney Mark Standring	37 35	2:27.49 2:32.62
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50-54	Margarat Wise	50	1.36 00	4 5	Elizabeth Taylor Mary Graves Wendy Harvey	32 30	1:19.21 1:20.15	2 E	erry Myers Sill Mulliken hris Stack	47 45	26.34 26.81	1	Jim Leffler	40	2:36.88
2	Margaret Wirt Anne Johnson	50	1:36.89	6 7	Susan Francis Patricia Baldwin	32 33 31	1:22.34 1:22.62 1:29.96	4 J	eremiah Farrell ichard Schen	48 46	27.90 30.21	3	Steve Goldenburg Paul Howell	40	2:40.39 2:44.36
55-59	Carol Taylor	57	1:34.01	8	Mary Kelley Chavette Fye	30 35	1:31.41	6 W	alter Carnahan arry Isom	49 46	30.29	45-49	Mail Colitoral	48	2-17 25
	wisco	30	2101101	ā		~			*		1000	2	Mel Goldstein Chris Stack	48 45 49	2:11.28 2:14.99 3:22.62
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1	1 [	Jack Florance	63	2:40.48		Joe Abraham		48.02	1	Mike Slowey	28	29.31	5			
1	4 V				2	Paul Zerkel	41	34.92	1 2	Bruce Lazarus	32	34.14 41.19	1 2	Rick Hofstetter	30	24.84
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Control   Cont				3:55.08	3 4	Larry Isom Waller Clements	46 49	43.64 49.72	2	Mel Justak	37	34.80	35-39			
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1	25-29				2	Larry Good Lee Perkinson	52 51	34.79 38.81	2	Steve Goldenburg	40	38.93	2	Chris Rivers	40	30.01
1	2	John Vasu	29	6:34.02	5	Francis Connelly	51	39.37		Ernie Alix	47	36.94			47	29.40
Section   Sect	4	Richard Korfhage	26	11:16.83	55-59				2	Bob Patterson Jeremiah Farrell	48	44.84			50	27.32
Depth   Depth   Part   Part   Depth	2				2				4				2 3	Lee Parkinson	51	34.87
	1				1	Dick Upsall	62	35.93	1 2	Lee Parkinson	51	35.74	1			
Pack   Section   1	40-44				1	Irving Heath	68	57.74					60-64	74		
Bell   Millow   1	2				1	Edward Shea	72	36.12	2	Orris Bender	57	49.04	2			
Learly from   4	1 2				-			1:21.77	60-64	Art Kelley	60	41.98	1	Boyd Sigler	71	1:33.23
Larry Good   24   643, 14   1   200   Recommond   24   91, 25   15   15   15   15   15   15   15		Larry Isom	46	7:42.65	20-24	100 yd. Back	stroke		2			43.90		A.E. Gilsdorf	76	53.48
Mary Powder   5   9, 27, 27   1   Nork Nerry   27   10, 10, 10   1   1   1   1   1   1   1   1   1	2	Jim Meek	54	8:48.08		Don Macdonald	24	58.68	1	Robert Donovan	65	43.22	25-29		terfly	
Real   Methods   Second   Se	4				2				1	Paul Menzies	70	44.42	2	Michael Lemke	29	1:02.32
Dick Upwall   \$\frac{1}{2}\$   \$\text{Nillam Rightall   \$\frac{1}{2}\$   \$\text{115,157}\$   \$\text{115,157}	1	Bill Webber	56	11:14.04	-	Dave Engelbert	30	1:03.12	1				30-34			
Second State   1	1				1					Don Zemlock	78		2	John Burczak	32	1:01.39
Serry Decorate   Part   Serr	distribution of the same	Edward Shea	72	7:29.57	3					427			1	William Timmer		
	2			8:51.77	1	Tom Finnegan	40	1:07.84	2	Richard Korfhage	26	1:53.58	40-44			
Sephen Fincher 27   13   13:09,24   50-54   13:09,24		Chris Long	24	13:14.67	1				2	Bruce Lazarus	32	1:13.50		Chris Rivers	40	1:04.72
Sche   Variety   29   13120.00   1   104.78   1   1   104.78   1   1   104.78   1   1   104.78   1   1   1   1   1   1   1   1   1		Stephen Fischer	27	13:09.24	3				4	Paul Noltemeyer				Ernie Alix	47	1:10.92
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1   Dave Englehert   30   12:14.49   50-44   1   Orris Bender   57   1:15.76   1   5   Falle Alix   49   1:19.20   7   1:20.35	6	Mark Ward	29	14:47.25	4				4							
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1   12.00   1.	35-39				1	Dick Upsall	62	1:25.63	3	Med Obrey	47	2:01.35	-	Michael Lemke	29	2:23.22
Book   Section   13   11:41,78   1   200	2 3	Edwin Pyle Don Sager	37 36	11:22.87 11:43.36	1	Edward Shea	72	1:21.29						Michael Graves		3:27.73
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1 Larry Good 52 13:44.70 1 Tom Finnegan 40 2:34.28 30-34 2 Charles Houck 54 19:50.70 2 Doug Landgraf 41 2:36.75 1 Bruce Lazarus 32 2:42.46 4 Jim Telford 29 1:06.77 2 Doug Landgraf 41 2:58.63 2 Dennis Mattingly 32 2:46.69 5 Darrell Pope 29 1:11.76 6 Males Whitewell 26 1:13.45 2 Bob Terry 59 15:16.41 45-49 1 Jeremiah Farrell 48 3:03.58 3 3 James Rytaa 34 2:49.73 6 Males Whitewell 26 1:13.45 2 Mel Justak 37 2:55.94 8 Chris Tompkins 26 1:20.80 1 Milliam Marshall 60 16:34.57 50-54 2 Mel Justak 37 2:55.94 1 Bill Vickery 32 57.10 2 Burr Lamar 62 16:40.50 1 Yosh Oyakawa 53 2:34.51 4 Mike Carter 36 3:11.74 2 Dave Engelbert 30 1:03.32 2 James Rytaa 34 1:14.51 2 James Rytaa 34 1:14.51 3 James Rytaa 37 3:10.17 3 James Rytaa 37 1:03.38 3 James Rytaa 34 1:14.51 3 James Rytaa	50-54				40-44				2				1	Dave Oplinger	28	1:02.45
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1   Jeremiah Farrell   48   3:02.41   1   Clay Kolar   37   2:27.76   30-34   2   Enhier Marshall   60   16:34.57   50-54   2   Burr Lamar   62   16:40.50   1   Yosh Oyakawa   53   2:34.51   4   Mike Carter   36   3:11.74   2   Dave Engelbert   30   1:03.32   3   James Kytaa   34   1:14.51   3   James Kytaa   34   3:14.51   3   James Kytaa   34   3:14.51   3   James Kytaa   34   Ji.14.51   3   James Kytaa   34   Ji.18.51   3   James Kytaa   34   Ji.18.51	1				4	Doug Church			3				6	Wales Whitewell Mark ward	26 29	1:13.45 1:15.26
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1 Jerry Donovan 72 17:37.84 55-59  50 yd. Backstroke  1 Bob Terry  59 3:26.13 1 Ernie Alix 47 3:01.22 35-39  Bob Patterson 47 3:10.17 25-39  1 Clay Kolar 37 1:03.38 20-24	2				2	Larry Good			4				2	Dave Engelbert James Kytaa	30 34	1:03.32
20-24 2 Edwin Pyle 37 1:04.39	1			17:37.84			59	3:26.13	1				35-39			
	20-24 1	Don Macdonald	24	26.84				9		Francis Connelly	51	3:54.21	2	Edwin Pyle	37	1:04.39

4	William Timmer	35 37	1:14.10
5	Michael Mahoney	37	1:16.99
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1 2 3	Bob Patterson Waller Clements Med Obrey	47 49 47	1:20.76 1:51.72 1:54.24
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55-59			
60-64	Ivan Chalfie	55	1:22.63
1 2	Jack Florance Burr Lamar	63 62	1:21.95
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1	Boyd Sigler	71	2:43.62
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1	Dave Engelbert	30	2:18.78
2	John Burczak James Kytaa	32 34	2:30.58
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1	Doug Strong	61	3:22.49
70-74			
1 2	Jerry Donovan Boyd Sigler	72 71	3:50.59 5:49.84
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1 2	Dave Engelbert James Kytaa	30 34	5:01.01 5:57.43
35-39			
1	Bill Tingley	36	4:43.45
2	Bill Tingley Clay Kolar Rick Walton	37 35	4:56.81 5:03.15
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	THE RESERVE AND ADDRESS OF THE PERSON NAMED IN		





- Pictures by Pat Maley

  A Meet Directors Mel Goldstein,
  Dave Costill, Bob Thomas

  B Indiana Mark Ward, Sally Hasbrook, Bob Terry, John Vasu,
  Joanie Imier

  C Ozark Penny Taylor, Art
  Kelley

  D Lakeside Row 1 Richard
  Korfhage, Amy Lepping, Al Gilsdorf, Row 2 Duck Voit, Gina
  Gerding, Caroline Thompson,
  Carol Ferguson, Sharon Receveur

  E Lokside Row 1 Pat Curl,
  Larry Isom, Row 2 Lynn &
  Richard Scheu, Chris Rivers

  F Ohio Row 1 Jack Florance,
  Joe Sachs, Patty & Bob Kast,
  Row 3 Ed Pyle

  G Lincoln Row 1 Barb Spieth,
  Louise & Jerry Donovan, Row 2 Cindy Jones, Sonia Harris, Dick
  Upsall, Burr Lamar, Gladys
  Olson, Clay Kolar



DAK RIDGE, TN MEET Pictures by Joanne & Bill Marshall

- (1) Yoshi & Mike Oyakawa
- (2) Mike Phillips, Susi Chandler
- (3) Mary Dowlen, Howard Stoker
- (4) Montgomery Masters Wilson Sims, Sr., Wilson Sims, Jr., Ann Montgomery Sims, Wayne & Betsy Montgomery
- (5) Gold Coast Masters Vincent Gallo, June Krauser, Doug Buchan
- (6) Bill Marshall, Andrew Still
- (7) Jim Bagwell, Ed Miller, Richard Bober, Ruth Bagwell (2nd) Merry Robertson, Kirk Canterbury, Mil-ton Gee, Sandra Cathey, Bernie White
- (8) Pat Maley, Joe Abraham
- (9) Tom Younger, Judith Kattermann, David Parler, Ed Miller, Louie Wamp, John Eberly, Colleen Mil-ler, Jennifer Wetzel, Scott Guth-rie, Bentley Marane
- Linda Shiell, Sally Menk, Jessie Watson, Doris Coley, Nancy Ed-lund, Grace Ruckstuhl
- 11) Mike Phillips, Louie Namp, David Hamilton
- 12) Louise & Chip Taylor, Richard Breitenfeld, Larry Shannon

# SWIM-MASTER

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ALL AMERICANS - The listing of All-Americans for 1986 will contain SC, LC and SCM Top Ten Time first place winners. We will have to wait for the SC meter Top Ten Times before compiling the list..... DID YOU KNOW - Scott Guthrie's motorcycle racing feats continue. He set four (4) more motorcycle world speed records in August, and in October designed and tuned (John Long of Miami rode) the cycle that captured the US national championship for the fastest class of raod racing. He now currently holds thirteen (13) World speed records, and plans to return for more this coming August..... DAVID VOLK, LENS DESIGNER - Dr. David Volk. 69. an opthalmologist died in January, from complications after open-heart surgery. Dr. Volk invented lenses that are used worldwide. Since 1946, he had received more than 18 U.S. patents. He also conceived methods of producing his inventions. David was a resident of Pepper Pike, Ohio..... STUPID SWIMMING JOKES - Why did the swimmer wear his cap and goggles to the bar? (He heard there was a pool room in back). Why did the golfer decide to start swimming? (He figured that if he took that many strokes on the course, he would have good endurance for swimming). Why didn't the farmer take his rabbit to the pool? (He didn't want to get his hare wet).....

## CALENDAR

APR 1-4	- AUSSI Nationals, Perth AUSTRALIA
4-5	- SC - Region VIII - Ron Banks (501) 224-7571 - Ft. Smith, AR
7-8	- US Senior Athletic Games 50 & over - Judy Meyer, POB 3088, Boca Raton, FL 33431
11	- SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
11-12	- SC - Dick Joanis, P.O. Box 19845, Raleigh, NC 27619
11-12	- SC - South Central Zone - Larry Wood (214) 445-2125 - Irving, TX
12	- SCM- Bill Steuart, 330 W 20 Ave., San Mateo, CA 94403
24-26	- Swedish Swimming Federation, Idrottens Hus, S-123 87 Farsta, SWEDEN
	- SC - Jay Fitzgerald, P.O. Box 2672, Santa Clara, CA 95051
25	- SC - Cal Schaeffer, 2826 Eastwood Dr., York, PA 17402
25	- SC - Paul Blair (501) 225-5748 - Little Rock, AR
25	- SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
25-26	- SC - Breadbasket Zone - Wayde Mulhern (612) 784-7020
25-26	- SC - Judy Meyer, Mission Bay ATC, POB 3088, Boca Raton, FL (305) 488-2001
25-26	- SC - DIXIE ZONE - John Brucato, 213 Osceola Ave., Nashville, TN 37209
ARKANSAS -	Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	Feb 14-1500 m, Mar 7-sc, Apr 4/5-sc, Jun 20-1500 m, Jul 25-1c
SAN DIEGO I	MPERIAL - SDSM - Dunbar, 5703 La Jolla Hermosa Ave., La Jolla, CA 92037
	Feb 28, Apr 11
	ASTERS ASSOCIATION - Alicia Coleman, 24 The Point, Coronado, CA 92118
	Mar 8-sc, May 31-1c, Aug 2-1c, Oct 11-sc, Dec 6-sc
	USMS SC NATIONALS - P.O. Box 809, Los Altos, CA 94023 (Fri-Mon) May 15-18
	USMS LC NATIONALS - The Woodlands, TX (Fri-Mon) Aug 21-24
	USMS SC NATIONALS - Austin, TX - May 19-25 (Thur-Sun)
	USMS LC NATIONALS - Buffalo, NY Aug 25-28 (Thur-Sun)
OCT 1988	2nd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS, Australia Oct. 8-14 contact:
	Margaret Samson, 49 North Altadena Drive, Pasadena, CA 91107
AUG 1990	3rd WORLD MASTERS SWIMMING CHAMPIONSHIPS, Rio De Janeiro, Brazil - Aug 7-12
##########	<i>ŧ####################################</i>



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



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## LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

*****	~~~~	****	CIA/IAA CALENDAD	
	XVI -		SWIM CALENDAR	FEB 1987
FEB	7		Ed Nessel, YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	
	7 0	SC -	Pentathlon - OMS, 18478 Timber Grove Ct., Lake Oswego, OR 97034	
	7-8 8	SC -	Larry Wood, 1912 N. Irving Hts., Irving, TX 75061 Pentathlon - Joann Leilich, 4913 Kingston Dr., Annandale, VA 22003	
	8		Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108	
	8		Jack Mathews (515) 236-3668 - Iowa City, IA	
	8		Relays - Bill Steuart, 330 W 20 Ave., San Mateo, CA 94403	
	8		Harry Grogan, PO Box 15388, Seattle, WA 98115	
			Ken Hickey, 905 Muldoon Rd. A-35, Anchorage, AK 99504	
	14		Mary Lou Jaworski (501) 664-4268 - Little Rock, AR	
	14 14-15		OMS, 18478 Timbergrove Ct., Lake Oswego, OR 97034 David A. Parler, 1639-F Juniper St., Charleston, SC 29407	
			Leo Letendre (314) 394-6395 - St. Louis, MO	
			Tina Wolfe - Cascade S.C., P.O. Box 15388, Seattle, WA 98115	
	15		Stephanie Walsh, 27 E. Central Ave., Apt. J-5, Paoli, PA 19301	
		SCM-	Central Florida Masters, Chris Carey, 6421 Crestview Rd., Orlando,	FL 32810
			Cathi Covert, 10521 SW 107 St., Miami, FL 33176	
			Kris Wingenroth, 5310 Greenbriar #8, Houston, tX 77005	
	28 28		Carol M. Remen, 3805 Magnolia Dr., Palo Alto, CA 94306 50 & Over - Aqua Crest in Delray Beach, FL - (305) 964-4822 for Reg	ristration
28			Stephen E. Brown, P.O. Box 786, Laurel, MD 20707	gistiation
MAR			M. L. Ebert, 425 Bridgetown Pike, Langhorne, PA 19047	
	1		Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108	
	1		Jack Mathews (515) 236-3668 - Iowa City, IA	
	7		Ron Banks (501) 224-7571 - Ft. Smith, AR	
	7 14		Woody Acton (405) 848-9802 - Stillwater, OK - Marge Rudie, 100 Taunton Ave., Catonsville, MD 21228	
	14		Carol M. Remen, 3805 Magnolia Dr., Palo Alto, CA 94306	
	14		Emit Hines, 3855 Holman, Houston, TX 77004	
			CT Masters	
			Bob Anderson, 4549 H Northside Pky., Atlanta, GA 30339	
			- Alice Hlinak, MuhlivsstraBe 49a, D-2300 Kiel, West Germany	
	14		Bill Kirkland, 710 NW 37 St., Ft. Lauderdale, FL 33309 ic - Judy Meyer, %MBATC, P.O. Box 3088, Boca Raton, FL 33431 (305)	100 2001
	15 15		athlon - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108	+00-2001
	20-22		Zone 1 Champ., Ben Van Dyk, 7 Joel Rd., South Yarmouth, MA 02664	
	21		Shamrock Sports Fest - Forest Sullivan, 1752 N. Woodhouse Rd., Va.	Bch, VA
	21	SC -	Andy Knapp, 1020 Timberridge Rd., Harrah, OK 73045	
	21-22		Roger Bird (913) 831-3355 - Kansas City Blazers Meet	
			elays - Lucille Griffin, Rt 2 Box 42, Newport, VA 24128	
	27-29 28		Southern Regional SC Championships, St. Petersburg, FL John Killeen, 1528 Campus Dr., Berkeley, CA 94708	
	28		Jim Montgomery, 3503 Fairmount Ave., Dallas, tX 75219	
			Maury Schott, 2205 New Garden Rd., Apt. 2901, Greensboro, NC 27410	
	29		Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108	
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