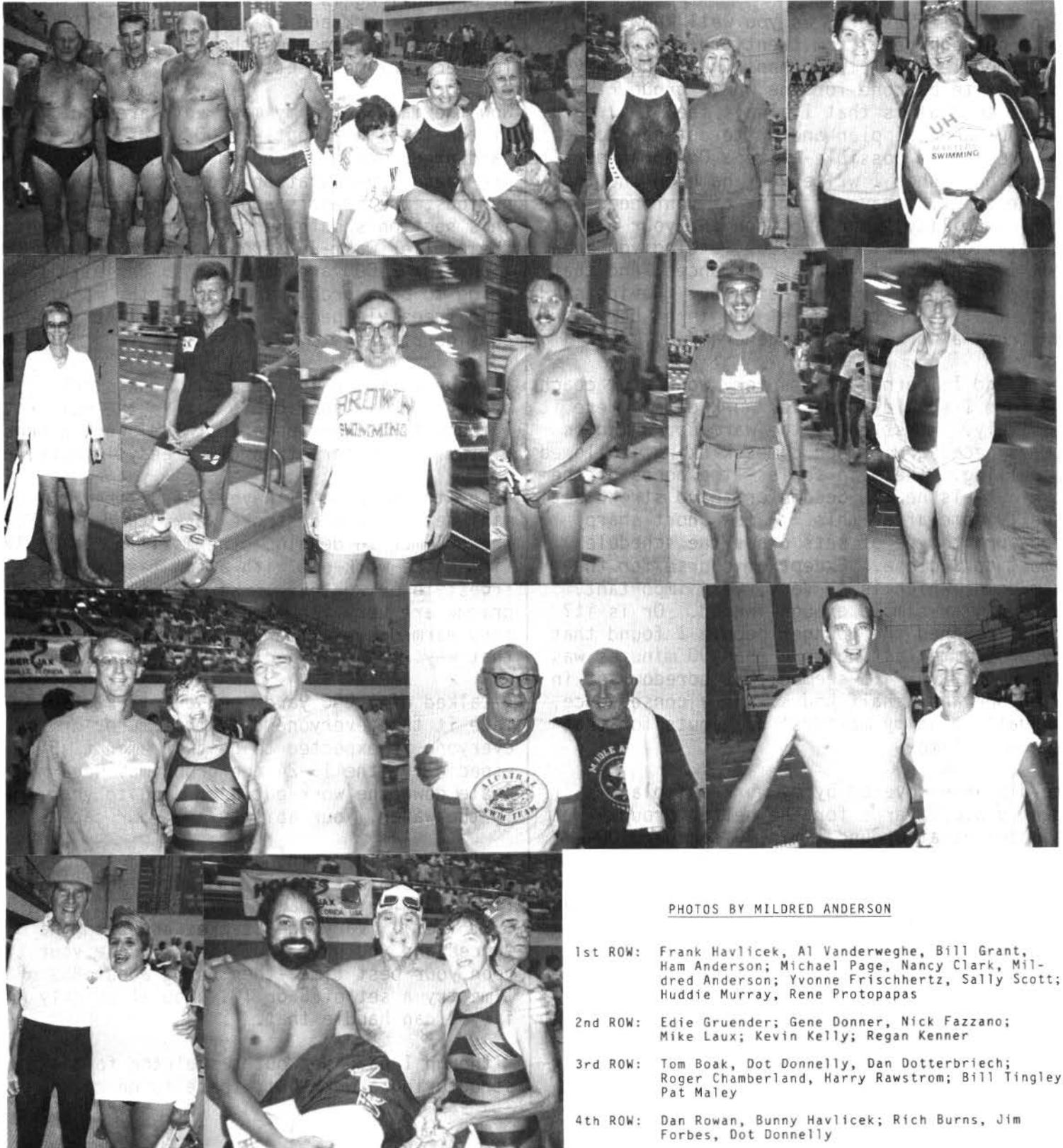




NATIONAL LONG COURSE CHAMPIONSHIPS



PHOTOS BY MILDRED ANDERSON

- 1st ROW: Frank Havlicek, Al Vanderweghe, Bill Grant, Ham Anderson; Michael Page, Nancy Clark, Mildred Anderson; Yvonne Frischhertz, Sally Scott; Huddie Murray, Rene Protopapas
- 2nd ROW: Edie Gruender; Gene Donner, Nick Fazzano; Mike Laux; Kevin Kelly; Regan Kenner
- 3rd ROW: Tom Boak, Dot Donnelly, Dan Dotterbrich; Roger Chamberland, Harry Rawstrom; Bill Tingley, Pat Maley
- 4th ROW: Dan Rowan, Bunny Havlicek; Rich Burns, Jim Forbes, Dot Donnelly

WORK-OUT

By George Bole

For most of my long career in coaching I have been constructing work-outs for juniors, for seniors, for Internationals and for Olympians. For the last four years, I have extended my range to include Masters, of all ages and abilities.

With St. Pete Masters, as you well know, I write out anywhere from twenty to forty work-out schedules daily. Perhaps you wonder why I don't write but one for the whole group. My answer to that is that I always feel that each work-out sheet I plan and write out has to be as personal as possible--like a Doctor's prescription. When I write your name on the top of the sheet, I have to think of your needs, of your capability, your ambition and your nearest competition. It is my way of letting you know that I am aware of your performances, and that I care enough to try and help you. Having said that, I will now try to let you in on how I construct a work-out in a general way.

Years ago I learned from a very wonderful coach the form I should adopt for work-outs. Here it is simply. First comes the warm-up, which is always necessary. Then comes kicking, followed by pulling. The main series--the bones of the work-out--is next. Second or third stroke sets usually come after this. A few short sharp wind-sprint type of sets draws the schedule almost to a close. Except of course for the warm down, which is so very, very important. There it is--simple enough indeed. Or is it? When I coached the younger people I found that any programme lasting more than 90 minutes was not productive. It seemed that boredom set in after one and a half hours. As a consequence, I usually plan my masters' work-outs for that length of time.

The distance covered by my work-out plan is usually 5,000 yards for the better groups--main series at around 1 min 30 sec per 100--4000 yards per hour. My other work-outs are tailored accordingly. I like to make my warm-up distance about 11% of the total work-out and I try to keep that item constant. The swimmers know, every day, what the warm-up yardage is. Kicking may vary but usually a similar distance but I break this up into short repeats with short rests and expect good intensity of effort. Kicking longer distances develops into a social conversational time and loses value as an exercise.

Pulling varies. Sometimes I ask for a straight distance--a little more than the previous items--but using it as a breath holding exercise (or hypoxic--as it is called today). This would consist of breathing every third, fourth, fifth or seventh stroke per 50, per 100 or per 200. I do not like to use paddles for this exercise, I prefer buoys and tube. In certain cases I do allow paddles of the smaller size. I've had many shoulder problem children using paddles. Breast-stroke pulling is a favorite of mine. The swimmer has to work and if he or she pulls wide he or she will strengthen the triceps which is good for recovery movements.

Now the main set. My main sets are usually 40% of the total work-out--2,000 yards of a 5,000 yard programme. Depending on the season, i.e., pre-season, preparation, competitive and taper periods, the repeats and rest times will vary. This section should be of higher quality than the earlier warm-up aerobic work. The combinations for 2,000 are many and so variety is never going to be a problem. Most of the main set is done freestyle because of yardage and fitness considerations.

If your swimming includes all four strokes, then medley work is applicable within the main set. I found from experience that I.M. work produces fitter competitors than all freestyle work.

After the main set I have always liked to do a mini-set of second stroke work, thereby allowing the swimmer to develop other skills. Usually I finish the work-out with a few fast sprints--freestyle or whatever. Warm-downs in my programme are very very important. Without a good easy warm-down swimmers' aching muscles stay that way. Warm-down clears the waste.

I talked of 5,000 yard work-outs. Please don't take it that everyone does that much, or that everyone is expected to do that amount. Similarly especially, the 19-24 age group may need more. Scale down the work-out according to your time in the water, your ability and your capability.

As I have said, using a 25 yard pool allows for so many combinations of distances and strokes (i.e., 25 fly, 50 back, 75 breast, 100 free as an I.M. item). Vary the strokes and keep the distances and you have four items. Base your times upon your best time--then using about 85% of that time try a set of 5 or 10. You'll quickly know if you can handle that.

Although I have set out a skeleton format for structuring a work-out, there is no reason why

(after the set warm-up) you should not change the order of the work-out. You may want to kick after the main set, or whatever. Be flexible, not boring.

I forgot to mention drills. More and more drills are becoming part of work-outs. If you include drills, do them well. They are meant to improve the strokes. Work so they do.

Warm-ups, kicking and pulling drills cause no accumulation of lactic acid in the muscles and develop aerobic capacity. Drills, technique swims and warm downs clear the lactic acid build up. Long work with short rest and low intensity train the break-point capacity of the lactate response. Medium work, with equal rest with high intensity trains the aerobic capacity and produces accumulation of lactic acid. Short work with long rest and very high intensity is anaerobic training with maximum lactate production. Although some decades ago we were not so technical nor so sophisticated as the last paragraph would lead one to believe, our basic concept of the work-out was not too far astray. The thought of that reminds me of gray's line from "Elegy in a Country Churchyard": "Let not ambition mock their honest toil."

(reprinted from LAP LINES, St. Petersburg Masters - editor - Frank H. Tillotson)

#####



By Sheri Brownstein, Health Fitness Specialist
Do you find this picture amusing? Unfortunately, it is not all that uncommon an approach to fat loss. The weight conscious individual wishing to reduce fat in a particular area will try every passive spot reducer imaginable.

First of all, everyone should be aware of the dangers associated with dehydration methods. 'Hot suits' or plastic sweat suits thought to aid in weight reduction depletes the body of

water thus preventing muscles from working efficiently. The steam bath, sauna, whirlpool and body wrap also dehydrate you into feeling thinner. As soon as fluids are replaced, the body weight returns. Other alternatives to exercise such as the pulley belts, vibrating machines and other spot reducers do not disperse fat, but instead tenderize it.

Another myth lies beneath the fat: The ability to reduce fat from one particular area of the body. Needless to say, a billion leg lifts will not slim thighs and a million sit-ups will not get rid of that spare tire. These exercises may strengthen the muscles in that area but the reduction of fat is achieved through aerobic activity, such as walking, biking, or swimming.

Exercise is not all 'No Pain, No Gain'. Activity that allows your heart to reach its target rate for 20-30 minutes at least 3 times a week is a proven stress reducer. This is also one of the most efficient ways to lose fat and gain self-confidence.

Consuming foods low in fat is another way to trim extra inches. The combination of low-fat foods and aerobic activity is the most efficient way to lose extra inches, lower cholesterol and blood pressure, and improve your cardiovascular system. (also from LAP LINES)

#####

STAYING HEALTHY

Sore Shoulders - Prevention: Easy stretching before and after workout. A good warm-up before workout. Treatment: Ice, aspirin and persistence. Sit with a plastic bag filled with ice on your shoulder for 20 min twice a day. Take 2 aspirin 3 to 4 times daily. Keep this treatment up until the pain is gone and two days after. During Training: Pull with just a buoy (no tube, no paddles).

Leg Cramps - Prevention: Easy stretching before workout. Lots of potassium in your diet (bananas, orange juice, potatoes, green vegetables). Treatment: Stretch the muscle by flattening your foot and slowly pulling your toes toward the front of your leg, or any standard calf stretches against the wall. During training: Don't do any more hard kicking during that workout (you can pull instead).

Colds - Prevention: Take good care of yourself! Lots of vitamin C (orange juice, fruits), plenty of rest, good eating habits, stay warm during meals and after workouts. Treatment: Rest, lots of fluids, aspirin, decongestants. During training: Try to continue training if you can. Swim easy during workouts. (from the WET SET)

FREESTYLE Tom Lyndon

TRAVELLING IN THE FAST LANE...From time to time I think about- fantasize, if you will- what Masters swimming would be like if it were driven by the forces that "play" an integral part in major league pro sports. What if we were travelling in that really fast lane of agents, trades, and hard to imagine bank accounts. Money is the first, last, (and some say) only thing in those sporting enterprises. Some say that virus has already been injected into our ranks. Consider a very small dose.

Holmes Lumber in Jacksonville is putting it up for selected Masters swimmers' expenses to Brisbane. The amounts are said to be in the the mid three digit range. At the Buffalo Nationals, the anointed few swimming under the Holmes banner were in first place after the first two days. Holmes was in first place in the professional league, while the rest of us were battling it out in the amateur league. It brings a smile. It also brings a wince.

These Holmes swimmers had some bemoaning how Masters was inexorably altered, much as if the Holmes pros were the guys in charge on the Planet of the Apes. Suddenly, the geographical justification for our clubs and teams was pushed aside by an elitist gathering from all over the country that owed its allegiance to something other than what we said it was all about. It was swimming under the banner of the almighty buck. So much for Local Masters Swim Committees and Zones, the odd names given to the federation of U.S. Masters Swimming. So much for the purity of swimming for the sport of it. So much for the camaraderie. So much less for a chance to beat these subsidized, East German type athletes.

Many of us might concede we were miffed not to be tapped for inclusion on the team. I felt the hard feelings had more to do with pride than corruption of the sport. While the Holmes dollars might assist you out of the breakdown lane, they certainly would not propel you into the fast lane. All things considered, I think this significant but modest infusion of dollars into Masters will be beneficial. I expect Holmes will generate some publicity out of Australia that will be good.

I calmly wrote all the above nonjudgementally. Then, I realized if one of our club's longtime fastlaners, such as Fred Schlicher, had defected, I would be in a snit over the now revealed mercenary failings of the ungrateful, self centered, and warped former friend. It is a tough one to call. Yet it is light years away from monkeying around on the planet of million dollar contracts and players to be named later.

Consider these facets of that other world and appreciate what we are spared in our barely defiled Garden Of Eden.

The Farm System: Your time in the 200 IM is improving but not enough to move you up to the big league. You only attend the little meets in little places. Furthermore, you

really don't like being assigned to the North Dakota conference. You know you could swim faster if you didn't have to swim in not so good pools, stay in not so good accommodations, and eat fast food all the time. But the ownership thinks otherwise.

Trades: Imagine a telephone call saying you've been traded from North Dakota to Mississippi- starting tomorrow.

\$ Incentives: Your contract stipulates that you get additional dollars whenever you make the Top Ten or place in the the first three at Nationals. If you fail to do the above, you may be docked pay.

Endorsements: You can't wear those Arena suits that fit so well and bring you luck in the big races, because you've signed on with Calvin Klein's new line of jeans suits, some of which feature only one leg covered ala Florence Griffith-Joiner, America's top track gun at Seoul.

Living in the Fast Lane: Jetting about will seriously impede your training schedule. You just can't pop into most pools in a new city and take over their fast lanes. You might end up circle swimming with some guy possessing enormous wing span or be told you're making too much splash. How do you think "shaved down" will be received by the in group? All that sleep you need will not impress.

Too Much Money: You may end up with an enormous wad, but will it bring what your heart desires, which should include happiness? It can slip through your fingers and alter your status. Joe Louis ended up a sideshow in Caesar's Palace in Las Vegas. Ted Williams hawks for a bread company. Bill Bradley ended up working in Congress.

Substance Abuse: The N.Y. Jets' allpro linebacker, Lawrence Taylor, is benched for thirty days. Others are barred for a year or even forever. Angel Myers, three event Olympic swimming qualifier, is dropped for steroids, which her father-doctor-coach claims are only her birth control pills. Some of us would feel seriously deprived without an occasional joint or steady diet of Dr. Roc's best. Regardless of how you feel about these and other substances, how would you like your chemical proclivities made public and/or controlled by others?

Media Coverage: Barbara Walters wants to work you over after Geraldo Rivera gets through. You can't even go to the supermarket without seeing your picture in the checkout line- hopefully in *People* instead of the *National Inquirer*. This lack of privacy as a public figure- a piece of meat, if you will- can be very grim. Don't perform on the field up to snuff and get mauled by reporters. Pile up a car while inebriated. It's prime time news. Juicy parts of your private life's deviation from the straight and narrow are literally shouted from the roof tops.

Be thankful that you can go to the pool when you want, swim in the races you choose, and swim those races the way you want to. After it's over, you can return to the rest of your life bouyed up but not beholding. 9/88

RESULTS

JULY 88 SIMI VLY/EL CAMINO LCM
SIMI VALLEY, CA 24 JULY 1988
88-14 50 Meter Pool

WOMEN 19-24

100 METER FREESTYLE	
Barbara D. Snell 23	1:07.76
200 METER BACKSTROKE	
Erika J. Faulkner 24	3:12.84
50 METER BUTTERFLY	
Barbara D. Snell 23	35.79
Erika J. Faulkner 24	39.74

WOMEN 25-29

50 METER FREESTYLE	
Jody A. Adams 25	33.32
100 METER FREESTYLE	
Jody A. Adams 25	1:12.81
J S. McAllister 29	1:19.80
50 METER BACKSTROKE	
Jeanne S. McAllister 29	44.06
200 METER BACKSTROKE	
J S. McAllister 29	3:34.90
100 METER BREASTSTROKE	
J S. McAllister 29	1:52.58
50 METER BUTTERFLY	
Jody A. Adams 25	34.55
Jackie Royer 26	40.04

WOMEN 30-34

50 METER FREESTYLE	
Karen Melick 31	32.05
Michele T.R. Nichols 31	34.51
100 METER FREESTYLE	
M T.R. Nichols 31	1:16.86
Judy Mangani 33	1:20.53
E M. Walters 32	1:28.78
200 METER BACKSTROKE	
E M. Walters 32	4:01.00
100 METER BREASTSTROKE	
Karen Melick 31	1:24.20
Judy Mangani 33	1:39.29
E M. Walters 32	1:59.95
50 METER BUTTERFLY	
Judy W. Reuter 34	36.88
Elizabeth M. Walters 32	49.75

WOMEN 35-39

50 METER FREESTYLE	
Bonnie M. Adair 35	28.81
100 METER FREESTYLE	
Bonnie M. Adair 35	1:07.14
Cindy Schilling 35	1:11.69
Judy A. Bloore 35	1:24.59
Cynthia Perkins 35	1:49.37
50 METER BACKSTROKE	
Cindy Schilling 35	39.00
Judy A. Bloore 35	45.41
Cynthia Perkins 35	57.81
100 METER BREASTSTROKE	
Judy A. Bloore 35	1:54.29
50 METER BUTTERFLY	
Bonnie M. Adair 35	31.73
Cindy Schilling 35	32.99
200 METER BUTTERFLY	
Judy A. Bloore 35	3:51.99

WOMEN 40-44

50 METER FREESTYLE	
Lois Goodman 41	41.31
100 METER FREESTYLE	
Lois Goodman 41	1:32.86
Ann Harris 43	1:42.72
50 METER BACKSTROKE	
Linda J. Tepe 41	43.52
Lois Goodman 41	49.39
200 METER BACKSTROKE	
Lucy Johnson 41	3:13.52
Lois Goodman 41	3:56.19
Ann Harris 43	4:30.41
100 METER BREASTSTROKE	
Linda J. Tepe 41	1:46.99
Ann Harris 43	2:34.67
50 METER BUTTERFLY	
Linda J. Tepe 41	43.23
Lois Goodman 41	55.75
Ann Harris 43	1:03.04
200 METER BUTTERFLY	
Lucy Johnson 41	3:07.82
Linda J. Tepe 41	3:41.58

WOMEN 50-54

50 METER FREESTYLE	
Barbara W. Friedrich 51	42.09
Sylvia J. Glenn 50	42.23
100 METER FREESTYLE	
Jeanne Little 51	1:21.42
Rita May 52	2:17.07
50 METER BACKSTROKE	
Sylvia J. Glenn 50	51.68
Barbara W. Friedrich 51	53.01
100 METER BREASTSTROKE	
Sylvia J. Glenn 50	1:58.09

50 METER BUTTERFLY

Jeanne Little 51	39.65
Sylvia J. Glenn 50	50.58

200 METER BUTTERFLY

Jeanne Little 51	3:45.03
------------------	---------

WOMEN 55-59

50 METER FREESTYLE

Jacqueline Dunlop 57	38.83
Gay Collins 58	42.36

100 METER FREESTYLE

Jacqueline Dunlop 57	1:32.88
Malchia S. Olshan 57	1:34.12
Gay Collins 58	1:37.64

50 METER BACKSTROKE

Jacqueline Dunlop 57	48.35
Gay Collins 58	51.68
Malchia S. Olshan 57	58.16

200 METER BACKSTROKE

Malchia S. Olshan 57	4:11.11
Gay Collins 58	4:18.30

50 METER BUTTERFLY

Gay Collins 58	50.25
Malchia S. Olshan 57	52.99

WOMEN 60-64

50 METER FREESTYLE

Virginia T. Clift 62	53.60
----------------------	-------

100 METER FREESTYLE

Anne B. Adams 60	1:25.19
Grace Altus 64	1:35.75

50 METER BACKSTROKE

Virginia T. Clift 62	1:01.13
Grace Altus 64	1:02.32

200 METER BACKSTROKE

Grace Altus 64	4:34.84
----------------	---------

100 METER BREASTSTROKE

Grace Altus 64	2:15.15
----------------	---------

50 METER BUTTERFLY

Anne B. Adams 60	41.40
Grace Altus 64	54.96

WOMEN 65-69

100 METER FREESTYLE

Maurine E. Kornfeld 66	1:46.20
------------------------	---------

200 METER BACKSTROKE

Maurine E. Kornfeld 66	4:58.74
------------------------	---------

50 METER BUTTERFLY

Maurine E. Kornfeld 66	1:13.62
------------------------	---------

WOMEN 70-74

50 METER FREESTYLE

Julia Krashen 73	1:22.74
------------------	---------

100 METER FREESTYLE

Ruth Ridenour 73	2:32.42
Sharon G. Smith 70	3:02.50
Julia Krashen 73	3:10.54

50 METER BACKSTROKE

Sharon G. Smith 70	1:40.77
Julia Krashen 73	1:50.56

200 METER BACKSTROKE

Rita Simonton 70	4:17.03
------------------	---------

100 METER BREASTSTROKE

Ruth Ridenour 73	3:11.05
------------------	---------

MEN 19-24

50 METER FREESTYLE

Jerry S. Shandrew 22	26.64
----------------------	-------

50 METER BUTTERFLY

Jerry S. Shandrew 22	29.51
----------------------	-------

MEN 25-29

50 METER FREESTYLE

Frank A. Wasko 27	26.54
Alan Berlin 29	27.43
Jeffrey S. Haber 25	30.60
Russell L. Abber 28	31.26
James C. Owens 27	32.69
Steve Martin 29	33.93

100 METER FREESTYLE

William J. Purcell 27	57.13
Frank A. Wasko 27	59.06
Alan Berlin 29	1:00.66
Jeffrey S. Haber 25	1:09.26
Jon T. Glezen 28	1:10.79
James C. Owens 27	1:13.77

50 METER BACKSTROKE

Patrick W. Herrera 29	30.92
Jon T. Glezen 28	42.92
Steve Martin 29	43.27

200 METER BACKSTROKE

Patrick W. Herrera 29	2:34.64
Jon T. Glezen 28	3:30.84

50 METER BUTTERFLY

Patrick W. Herrera 29	1:20.95
Jeffrey S. Haber 25	1:23.20
Steve Martin 29	1:31.14
Ron O. Milner 26	1:36.21
James C. Owens 27	1:38.47

MEN 30-34

50 METER FREESTYLE

Frank A. Wasko 27	27.37
Jeffrey S. Haber 25	30.02
James C. Owens 27	35.80
Russell L. Abber 28	38.93
Jon T. Glezen 28	39.32

200 METER BUTTERFLY

Ron O. Milner 26	2:28.97
------------------	---------

MEN 30-34

50 METER FREESTYLE

Brian K. Jones 31	25.04
Donald Wedermann 34	26.86
Elliott Marshall 32	31.44

100 METER FREESTYLE

Michael J. Blatt 32	58.95
Brian K. Jones 31	1:01.78
Donald Graham 33	1:05.10
Randy S. Miller 30	1:05.98
Michael Heather 34	1:07.27
John P. Thomas 34	1:20.14

50 METER BACKSTROKE

Donald Graham 33	32.58
Michael J. Blatt 32	35.37
Elliott Marshall 32	44.04

200 METER BACKSTROKE

Donald Graham 33	2:44.53
Randy S. Miller 30	2:52.31
John P. Thomas 34	4:07.66

50 METER BUTTERFLY

Donald Graham 33	29.30
Michael Heather 34	30.08
Michael J. Blatt 32	31.48
John P. Thomas 34	46.36

200 METER BUTTERFLY

Randy S. Miller 30	2:49.29
John P. Thomas 34	4:39.91

MEN 35-39

50 METER FREESTYLE

Jeff Strnad 35	28.41
Dale E. Rodin 36	31.43

100 METER FREESTYLE

Jeff Strnad 35	1:04.86
Barry T. Douglas 35	1:10.88
Paul K. Hupka 36	1:15.60

200 METER BACKSTROKE

Jeff Strnad 35	2:39.10
----------------	---------

100 METER BREASTSTROKE

Dale E. Rodin 36	1:40.18
------------------	---------

50 METER BUTTERFLY

Gary M. Izumo 37	29.06
Barry T. Douglas 35	37.10
Dale E. Rodin 36	37.19

200 METER BUTTERFLY

Jeff Strnad 35	2:31.89
----------------	---------

MEN 40-44

50 METER FREESTYLE

Mike D. Rohrback 41	29.97
Ron R. Rinker 40	DISQ

100 METER FREESTYLE

Mike D. Rohrback 41	1:06.29
Ron R. Rinker 40	1:13.72
Dennis M. McNulty 42	1:15.34
Wayne A. Smith 40	1:25.65

50 METER BACKSTROKE

Wayne A. Smith 40	40.12
Ron R. Rinker 40	41.17
Dennis M. McNulty 42	41.86

200 METER BACKSTROKE

Mike D. Rohrback 41	3:03.89
---------------------	---------

MEN 45-49

50 METER FREESTYLE

Tegze (Tex) Haraszti 47	29.01
Gary McDowell 45	42.56

100 METER FREESTYLE

T (Tex) Haraszti 47	1:03.67
Gary McDowell 45	1:35.82

50 METER BACKSTROKE

Tegze (Tex) Haraszti 47	35.02
Gary McDowell 45	52.11

200 METER BACKSTROKE

T (Tex) Haraszti 47	2:46.78
Gary McDowell 45	4:07.80

100 METER BREASTSTROKE

T (Tex) Haraszti 47	1:21.92
---------------------	---------

MEN 50-54

50 METER FREESTYLE

Jeff Farrell 51	26.65
-----------------	-------

100 METER FREESTYLE

Jeff Farrell 51	1:01.51
Peter R. Taft 52	1:07.88

200 METER FREESTYLE

James A. Jeffers 54	1:47.56
---------------------	---------

50 METER BUTTERFLY

Jeff Farrell 51	30.84
James A. Jeffers 54	49.31

MEN 55-59

50 METER FREESTYLE

Robert Congelliere 59	30.59
Bill Hebert 57	35.06

100 METER FREESTYLE

Steven Schofield 56	1:13.29
Bill Hebert 57	1:18.42
Parry O'Brien 56	1:20.21

50 METER BACKSTROKE

Parry O'Brien 56	43.51
------------------	-------

<u>1500 METER FREESTYLE</u>		<u>200 METER FREESTYLE</u>		<u>100 METER BACKSTROKE</u>		<u>200 METER FREESTYLE</u>	
Jamie L. Smith 24	20:54.25	Lisa M. Jones 38	2:47.65	Gail P. Roper 59*	1:48.39	A. Goldschmidt 25	2:12.47
Helene P. Lavine 23	23:40.96	Judy A. Bloore 35	3:06.50	Gay Collins 58	2:03.40	Gregory T. Baxter 29	2:12.84
<u>100 METER BACKSTROKE</u>		Kathy Sullivan 36	3:24.41	Ruth Bostrom 56	2:18.20	Greg K. Holland 28	2:15.00
Susan Fairless 20*	1:18.07	Helen S. Ashley 38	3:54.59	<u>50 METER BREASTSTROKE</u>		James P. Ferstel 28	2:19.17
Jamie L. Smith 24	1:23.86	Jeanne K. Cho 38	3:59.62	Gail P. Roper 59*	46.74	Patrick W. Herrera 28	2:19.30
Erika J. Faulkner 24	1:27.93	<u>1500 METER FREESTYLE</u>		100 METER BUTTERFLY		John Butterfield 28	2:23.36
Sabrina K. Manhart 24	1:32.14	Kim T. Shockley 36	22:17.53	Malchia S. Olshan 57	1:58.19	Gary A. Bell 26	2:25.58
<u>100 METER BUTTERFLY</u>		Lisa M. Jones 38	23:43.37	Gay Collins 58	2:06.05	Ron O. Milner 26	2:27.48
Susan Fairless 20*	1:18.48	Cynthia Perkins 35	33:09.44	<u>200 METER INDIVIDUAL MEDLEY</u>		Mitchell H. Spencer 28	2:34.12
<u>200 METER INDIVIDUAL MEDLEY</u>		<u>100 METER BACKSTROKE</u>		Malchia S. Olshan 57	3:52.36	Bill Cohen 28	2:50.81
Jamie L. Smith 24	2:56.66	Monica Buvick 35*	1:25.45	<u>WOMEN 60-64</u>		James K. Dobyns 25	3:04.86
Erika J. Faulkner 24	3:17.05	Judy A. Bloore 35	1:28.34	<u>50 METER FREESTYLE</u>		Ali Taghdir 29	3:07.37
<u>WOMEN 25-29</u>		Kathy Sullivan 36	1:44.80	Anne B. Adams 60	37.84	<u>1500 METER FREESTYLE</u>	
<u>50 METER FREESTYLE</u>		<u>50 METER BREASTSTROKE</u>		<u>200 METER FREESTYLE</u>		A. Goldschmidt 25	18:15.66
Judith A. Terhar 29	35.67	Monica Buvick 35*	43.78	Anne B. Adams 60	3:07.62	Ron O. Milner 26	19:18.98
Kathleen M. Bender 27	36.02	Bonni B. Johnson 39	57.72	Grace Altus 64	3:37.50	Patrick W. Herrera 28	19:37.87
Tracy A. Becker 29	42.68	Helen S. Ashley 38	1:05.62	<u>1500 METER FREESTYLE</u>		Chris E. Haskell 29	23:52.73
<u>200 METER FREESTYLE</u>		Jeanne K. Cho 38	1:10.00	Anne B. Adams 60	25:55.32	James K. Dobyns 25	DISQ
P Dursthoff 28	2:30.84	<u>200 METER BREASTSTROKE</u>		Grace Altus 64	28:20.56	<u>100 METER BACKSTROKE</u>	
Judith A. Terhar 29	2:36.14	Judy A. Bloore 35	4:05.95	<u>50 METER BREASTSTROKE</u>		A. Goldschmidt 25	1:07.50
Susan Nolte 27*	2:41.29	100 METER BUTTERFLY		Eleanor A. Brown 62	1:11.62	Patrick W. Herrera 28	1:10.35
Jody A. Adams 25	2:44.15	Kim T. Shockley 36	1:37.24	<u>100 METER BUTTERFLY</u>		Frank A. Wasko 27	1:13.27
Michelle A. Luce 28	2:51.34	Judy A. Bloore 35	1:40.04	Grace Altus 64	2:18.99	Gary A. Bell 26	1:16.36
Jackie Royer 26	2:57.16	<u>200 METER INDIVIDUAL MEDLEY</u>		<u>200 METER INDIVIDUAL MEDLEY</u>		Gary A. Rumble 29	1:19.97
Kyong H. Lee 25	3:09.03	Monica Buvick 35*	2:55.60	Anne B. Adams 60	3:39.31	Ron O. Milner 26	1:23.91
Tracy A. Becker 29	3:23.46	Judy A. Bloore 35	3:23.85	<u>WOMEN 65-69</u>		<u>50 METER BREASTSTROKE</u>	
<u>1500 METER FREESTYLE</u>		Lisa M. Jones 38	3:26.21	<u>50 METER FREESTYLE</u>		Patrick W. Herrera 28	36.26
P Dursthoff 28	20:54.78	<u>WOMEN 40-44</u>		Ruth H. Baar 65	39.97	Michael G. Martin 29	36.70
Donette L. Dunaway 25	21:36.21	<u>50 METER FREESTYLE</u>		Betty A. Usher 66	49.47	Gary S. Nevill 29	37.11
Michelle A. Luce 28	23:53.37	Diana F. Todd 44	32.87	<u>200 METER FREESTYLE</u>		Jeffrey S. Haber 25	38.56
<u>100 METER BACKSTROKE</u>		Janet Gettling 40*	33.23	Ruth H. Baar 65	3:30.42	John Butterfield 28	39.80
Nancy S. Meece 28	1:30.50	Jackie N. Bloom 42	43.42	Lillian N. Thompson 67	4:58.15	Gary A. Rumble 29	40.16
Michelle A. Luce 28	1:35.84	<u>200 METER FREESTYLE</u>		<u>1500 METER FREESTYLE</u>		David E. Guggenheim 29	42.46
Kyong H. Lee 25	1:45.72	Janet Gettling 40*	2:42.73	Ruth H. Baar 65	30:17.81	<u>200 METER BREASTSTROKE</u>	
<u>50 METER BREASTSTROKE</u>		Lois Goodman 41	3:19.61	Betty A. Usher 66	32:46.71	David E. Guggenheim 29	3:34.38
Jackie Royer 26	44.89	P F. McKinnon 40	4:17.68	<u>100 METER BACKSTROKE</u>		<u>100 METER BUTTERFLY</u>	
Kathleen M. Bender 27	46.70	<u>1500 METER FREESTYLE</u>		Lillian N. Thompson 67	3:10.73	Frank A. Wasko 27	1:02.98
Tracy A. Becker 29	59.30	Jackie N. Bloom 42	28:00.41	<u>50 METER BREASTSTROKE</u>		James P. Ferstel 28	1:07.32
<u>100 METER BUTTERFLY</u>		P F. McKinnon 40	34:18.47	Sandy Stinson 65	51.64	Gary A. Rumble 29	1:08.37
Jackie Royer 26	1:30.95	Linda J. Tepe 41	1:40.73	Lillian N. Thompson 67	1:26.67	Ron O. Milner 26	1:08.87
Nancy S. Meece 28	1:34.43	Lois Goodman 41	1:51.54	<u>200 METER BREASTSTROKE</u>		Jeffrey S. Haber 25	1:09.12
<u>200 METER INDIVIDUAL MEDLEY</u>		<u>50 METER BREASTSTROKE</u>		Lillian N. Thompson 67	6:27.51	Mitchell H. Spencer 28	1:13.56
Judith A. Terhar 29	2:53.42	Janet Gettling 40*	41.08	<u>100 METER BUTTERFLY</u>		Bill Cohen 28	DISQ
P Dursthoff 28	2:58.28	Diana F. Todd 44	43.83	Sandy Stinson 65	2:01.45	<u>200 METER INDIVIDUAL MEDLEY</u>	
Jody A. Adams 25	3:05.42	Linda J. Tepe 41	48.53	<u>200 METER INDIVIDUAL MEDLEY</u>		Greg K. Holland 28	2:30.00
Susan Nolte 27*	3:07.74	Lois Goodman 41	57.35	Sandy Stinson 65	3:59.50	Gregory T. Baxter 29	2:31.17
Nancy S. Meece 28	3:11.20	Suzanne Bongiorno 42	59.22	Lillian N. Thompson 67	6:30.22	A. Goldschmidt 25	2:31.70
Kathleen M. Bender 27	DISQ	Jackie N. Bloom 42	1:00.33	<u>WOMEN 70-74</u>		Michael G. Martin 29	2:38.85
Tracy A. Becker 29	DISQ	P F. McKinnon 40	1:10.82	<u>50 METER FREESTYLE</u>		Jeffrey S. Haber 25	2:41.47
<u>WOMEN 30-34</u>		<u>200 METER BREASTSTROKE</u>		Sharon G. Smith 70	1:23.24	Mitchell H. Spencer 28	2:47.88
<u>50 METER FREESTYLE</u>		Janet Gettling 40*	3:24.68	<u>1500 METER FREESTYLE</u>		Ali Taghdir 29	3:29.24
C. Shigaki-Iwamoto 33	33.13	Linda J. Tepe 41	3:46.67	Rita Simonton 70	28:46.45	John Butterfield 28	DISQ
Vaune Kadlubek 30	33.56	Suzanne Bongiorno 42	4:29.60	Edna Hesthal 71	33:12.04	<u>MEN 30-34</u>	
Donna L. Petty 32	38.42	<u>100 METER BUTTERFLY</u>		<u>50 METER FREESTYLE</u>		Brian K. Jones 31	25.72
Melinda A. Kalin 31	38.97	Diana F. Todd 44	1:23.40	Sharon G. Smith 70	3:37.86	Paul D. Buvick 31	27.25
Marguerite M. Taylor 31	39.31	Linda J. Tepe 41	1:37.41	<u>50 METER BREASTSTROKE</u>		Bruce L. Howell 31	27.69
Debbie Gehrke 30	40.50	Lois Goodman 41	2:02.98	Sharon G. Smith 70	2:00.69	Christopher Nolte 31*	28.38
Pamela Hathaway 32	41.16	<u>200 METER INDIVIDUAL MEDLEY</u>		<u>200 METER INDIVIDUAL MEDLEY</u>		Joseph S. Dansereau 30	28.47
Kim Jackman 33	45.31	Janet Gettling 40*	3:02.39	Rita Simonton 70	4:19.59	Elliott Marshall 32	31.26
<u>200 METER FREESTYLE</u>		Lois Goodman 41	3:51.97	<u>WOMEN 75-79</u>		Kent J. Stephenson 34	38.19
Vaune Kadlubek 30	2:37.35	<u>WOMEN 45-49</u>		<u>50 METER FREESTYLE</u>		<u>200 METER FREESTYLE</u>	
E M. Walters 31	3:16.89	<u>200 METER FREESTYLE</u>		Maxine Merlino 75	45.39	Christopher Nolte 31*	2:18.95
M M. Taylor 31	3:25.25	Lin Jenkins 46*	3:09.88	Margaret R. Carr 76	1:20.83	Randy S. Miller 30	2:20.08
Kim Jackman 33	3:35.17	Barbara Stephenson 46	8:03.46	<u>100 METER BACKSTROKE</u>		Barron A. Cudda 33	2:25.44
<u>1500 METER FREESTYLE</u>		<u>1500 METER FREESTYLE</u>		Maxine Merlino 75	2:09.35	<u>1500 METER FREESTYLE</u>	
Pamela Hathaway 32	25:58.00	Mimi Clark 45	25:09.53	Margaret R. Carr 76	3:04.70	Steven H. Lewis 34	18:41.64
E M. Walters 31	27:04.36	<u>100 METER BACKSTROKE</u>		<u>200 METER BREASTSTROKE</u>		Robert J. Ross 33	19:59.68
Debbie Gehrke 30	31:55.46	Lin Jenkins 46*	1:42.45	Maxine Merlino 75	4:49.52	Randy S. Miller 30	20:19.43
<u>100 METER BACKSTROKE</u>		<u>50 METER BREASTSTROKE</u>		<u>100 METER BUTTERFLY</u>		Barron A. Cudda 33	20:54.38
C. Shigaki-Iwamoto 33	1:20.13	Barbara Stephenson 46	1:50.31	Maxine Merlino 75	2:20.80	Larry A. Scheiber 34	22:57.75
Donna L. Petty 32	1:26.13	<u>200 METER BREASTSTROKE</u>		<u>MEN 19-24</u>		John P. Thomas 34	24:49.14
Colleen M. Nagle 30	1:27.48	Lin Jenkins 46*	3:41.73	<u>50 METER FREESTYLE</u>		Robert S. Stone 32	26:09.80
Pamela Hathaway 32	1:49.62	Barbara Stephenson 46	9:13.32	Matthew J. Lum 24	25.98	<u>50 METER BREASTSTROKE</u>	
E M. Walters 31	1:50.11	<u>100 METER BUTTERFLY</u>		Barry T. Schab 20	27.78	Bruce L. Howell 31	33.84
<u>50 METER BREASTSTROKE</u>		Lin Jenkins 46*	1:39.48	<u>200 METER FREESTYLE</u>		Paul D. Buvick 31	34.43
C. Shigaki-Iwamoto 33	43.03	Ann M. Carlyle 47	1:57.43	Pierre Delisle 24	2:16.19	David T. McGue 32	34.89
Donna L. Petty 32	44.05	<u>200 METER INDIVIDUAL MEDLEY</u>		Barry T. Schab 20	2:16.65	Elliott Marshall 32	39.77
Vaune Kadlubek 30	45.97	<u>WOMEN 50-54</u>		<u>1500 METER FREESTYLE</u>		Kent J. Stephenson 34	45.90
Melinda A. Kalin 31	48.29	<u>50 METER FREESTYLE</u>		Pierre Delisle 24	19:17.22	John P. Thomas 34	47.16
Marguerite M. Taylor 31	50.07	Sylvia J. Glenn 50	41.75	Barry T. Schab 20	20:06.38	<u>200 METER BREASTSTROKE</u>	
Debbie Gehrke 30	51.69	Rita May 52	4:41.56	David L. Polsky 19	20:42.90	David T. McGue 32	2:58.69
Pamela Hathaway 32	52.98	<u>WOMEN 55-59</u>		<u>50 METER BREASTSTROKE</u>		Elliott Marshall 32	3:17.22
<u>200 METER BREASTSTROKE</u>		Sylvia J. Glenn 50	55.33	David L. Polsky 19	37.83	John P. Thomas 34	3:46.03
Donna L. Petty 32	3:28.08	<u>100 METER BACKSTROKE</u>		<u>200 METER BREASTSTROKE</u>		<u>100 METER BUTTERFLY</u>	
Melinda A. Kalin 31	3:51.64	Sylvia J. Glenn 50	3:18.61	David L. Polsky 19	2:57.77	Robert J. Ross 33	1:08.64
Debbie Gehrke 30	4:06.75	Rita May 52	4:41.56	<u>100 METER BUTTERFLY</u>		Paul D. Buvick 31	1:08.77
E M. Walters 31	4:07.14	Sylvia J. Glenn 50	1:57.43	Matthew J. Lum 24	1:01.40	Barron A. Cudda 33	1:14.49
<u>100 METER BUTTERFLY</u>		<u>WOMEN 55-59</u>		Pierre Delisle 24	1:15.16	John P. Thomas 34	2:00.71
Donna L. Petty 32	1:32.35	<u>50 METER FREESTYLE</u>		<u>MEN 25-29</u>		<u>200 METER INDIVIDUAL MEDLEY</u>	
Colleen M. Nagle 30	1:36.58	Gail P. Roper 59*	36.79	James P. Ferstel 28	25.35	Bruce L. Howell 31	2:28.80
Melinda A. Kalin 31	1:44.12	Malchia S. Olshan 57	44.42	Gary S. Nevill 29	25.44	Christopher Nolte 31*	2:38.46
<u>200 METER INDIVIDUAL MEDLEY</u>		Ruth Bostrom 56	58.78	Frank A. Wasko 27	26.66	Randy S. Miller 30	2:43.79
C. Shigaki-Iwamoto 33	2:54.99	<u>200 METER FREESTYLE</u>		Gary A. Rumble 29	26.75	Barron A. Cudda 33	2:49.35
E M. Walters 31	3:47.79	Malchia S. Olshan 57	3:18.04	Michael G. Martin 29	27.61	John P. Thomas 34	3:31.27
<u>WOMEN 35-39</u>		Gay Collins 58	3:40.44	John Butterfield 28	28.44	<u>MEN 35-39</u>	
<u>50 METER FREESTYLE</u>		Ruth Bostrom 56	4:36.54	Gary A. Bell 26	28.82	James R. Kriss 38	27.23
Monica Buvick 35*	32.31	<u>1500 METER FREESTYLE</u>		Jeffrey S. Haber 25	30.89	Steven M. Pyle 37	27.70
Lisa M. Jones 38	35.62	Gail P. Roper 59*	24:25.88	Bill Cohen 28	31.48	Steve B. Clark 35	28.45
Kim T. Shockley 36	35.86	Malchia S. Olshan 57	26:24.28	David E. Guggenheim 29	31.70	Neil Korostoff 39	29.40
Bonni B. Johnson 39	46.73	Gay Collins 58	30:24.30	Ali Taghdir 29	32.63	Gary Lech 36	31.57
Helen S. Ashley 38	48.43						
Jeanne K. Cho 38	54.82						

200 METER FREESTYLE	
Steven M. Pyle 37	2:14.77
Steve B. Clark 35	2:17.28
Neil Korostoff 39	2:17.82
Jeff Strnad 35	2:19.16
James R. Kriss 38	2:28.71
Robert A. Rosen 38	2:35.23
1500 METER FREESTYLE	
Jeff Strnad 35	19:03.03
Steven M. Pyle 37	19:15.11
Steve B. Clark 35	19:23.90
Steven C. Dutter 36	DNF
100 METER BACKSTROKE	
Steve B. Clark 35	1:15.38
Robert A. Rosen 38	1:24.69
50 METER BREASTSTROKE	
Gary Lech 36	42.01
200 METER BREASTSTROKE	
Gary Lech 36	3:35.56
100 METER BUTTERFLY	
Jeff Strnad 35	1:08.61
Steven M. Pyle 37	1:10.30
James R. Kriss 38	1:15.44
200 METER INDIVIDUAL MEDLEY	
Steve B. Clark 35	2:39.44
Robert A. Rosen 38	2:55.97
MEN 40-44	
50 METER FREESTYLE	
Rick L. Goeden 40	29.69
James A. Crawford 42	33.53
200 METER FREESTYLE	
Rick L. Goeden 40	2:58.93
100 METER BACKSTROKE	
Phil D. Ashley 43	1:24.51
50 METER BREASTSTROKE	
William N. Craig 43	37.26
Paul Shane 41	38.02
Rick L. Goeden 40	40.23
Phil D. Ashley 43	40.44
James A. Crawford 42	43.54
200 METER BREASTSTROKE	
James A. Crawford 42	3:32.37
100 METER BUTTERFLY	
Gary Langendoen 42	1:04.70
200 METER INDIVIDUAL MEDLEY	
Phil D. Ashley 43	2:54.69
Paul Shane 41	2:59.68
MEN 45-49	
50 METER FREESTYLE	
Jim Stewart 46	32.72
Mike Dwight 46	34.47
John J. Zupun 47	42.87
Bill H. Hamilton 46	45.66
200 METER FREESTYLE	
Tom K. Lieser 46	2:41.56
Jim Stewart 46	3:09.11
Bill H. Hamilton 46	3:22.25
John J. Zupun 47	3:26.50
1500 METER FREESTYLE	
Gary McDowell 45	27:09.02
John J. Zupun 47	27:59.49
100 METER BACKSTROKE	
Tom K. Lieser 46	1:26.34
Jim Stewart 46	1:40.10
50 METER BREASTSTROKE	
Mike Dwight 46	44.91
John J. Zupun 47	52.16
Bill H. Hamilton 46	53.01
200 METER BREASTSTROKE	
John J. Zupun 47	4:13.95
200 METER INDIVIDUAL MEDLEY	
Tom K. Lieser 46	3:01.30
Jim Stewart 46	3:34.64
MEN 50-54	
50 METER FREESTYLE	
Jeff Farrell 51	27.19
Peter R. Taft 52	29.94
John E. Cosby 51	44.09
200 METER FREESTYLE	
Jeff Farrell 51	2:23.51
Peter R. Taft 52	2:35.14
Barry A. Fasbender 51	2:46.59
John E. Cosby 51	4:11.48
1500 METER FREESTYLE	
Barry A. Fasbender 51	22:50.39
Keith Martin 51	27:44.10
John E. Cosby 51	34:54.21
100 METER BACKSTROKE	
Barry A. Fasbender 51	1:31.47
50 METER BREASTSTROKE	
Jeff Farrell 51	36.01
James A. Jeffers 54	44.22
John E. Cosby 51	1:03.05
200 METER BREASTSTROKE	
Jeff Farrell 51	3:17.79
Barry A. Fasbender 51	3:37.39
James A. Jeffers 54	3:58.42
John E. Cosby 51	5:36.65
100 METER BUTTERFLY	
Barry A. Fasbender 51	1:27.76
James A. Jeffers 54	1:53.78
200 METER INDIVIDUAL MEDLEY	
Jeff Farrell 51	2:46.11

MEN 55-59	
50 METER FREESTYLE	
Bob Best 55	30.54
Frank E. Reynolds 56	30.95
Robert Congelliere 59	31.06
Parry O'Brien 56	34.33
Bill Hebert 57	34.65
200 METER FREESTYLE	
Frank E. Reynolds 56	2:38.55
Bill Hebert 57	3:01.41
Parry O'Brien 56	3:05.18
1500 METER FREESTYLE	
Frank E. Reynolds 56	22:32.48
Bill Hebert 57	26:01.33
100 METER BACKSTROKE	
Parry O'Brien 56	1:45.75
50 METER BREASTSTROKE	
Bob Best 55	37.33
Parry O'Brien 56	49.39
200 METER BREASTSTROKE	
Bob Best 55	3:12.62
100 METER BUTTERFLY	
Bob Best 55	1:27.68
Frank E. Reynolds 56	1:30.90
Bill Hebert 57	1:43.15
200 METER INDIVIDUAL MEDLEY	
Bob Best 55	3:03.37
Parry O'Brien 56	3:38.90
MEN 60-64	
50 METER FREESTYLE	
Frank Plemme 63	31.10
Louis Lippitt 64	1:00.61
200 METER FREESTYLE	
Frank Plemme 63	2:47.77
Leland (Lee) C Arth 63	3:05.30
1500 METER FREESTYLE	
Frank Plemme 63	23:24.60
L (Lee) C Arth 63	24:34.29
W. Jason Walker 64	29:40.29
Louis Lippitt 64	42:46.27
100 METER BACKSTROKE	
Frank Plemme 63	1:38.54
Leland (Lee) C Arth 63	1:44.19
50 METER BREASTSTROKE	
W. Jason Walker 64	52.36
Louis Lippitt 64	1:10.52
200 METER BREASTSTROKE	
W. Jason Walker 64	4:16.04
Louis Lippitt 64	5:35.38
100 METER BUTTERFLY	
Leland (Lee) C Arth 63	1:42.43
W. Jason Walker 64	2:14.70
200 METER INDIVIDUAL MEDLEY	
Frank Plemme 63	3:14.95
W. Jason Walker 64	4:03.54
MEN 65-69	
50 METER FREESTYLE	
Jurgen B. Schmidt 65	32.77
Stanton H. Clift 67	58.47
200 METER FREESTYLE	
Jurgen B. Schmidt 65	2:56.84
Bob Merrick 68	3:01.99
Peter Lee 65	3:18.23
1500 METER FREESTYLE	
Jurgen B. Schmidt 65	25:02.42
Bob Merrick 68	26:27.82
50 METER BREASTSTROKE	
Stanton H. Clift 67	1:51.55
100 METER BUTTERFLY	
Bob Merrick 68	1:43.75
Peter Lee 65	2:15.38
200 METER INDIVIDUAL MEDLEY	
Bob Merrick 68	3:29.13
Peter Lee 65	3:49.31
MEN 70-74	
50 METER FREESTYLE	
Ed Allen Jr. 72	39.61
1500 METER FREESTYLE	
Herman Becker 70	31:46.50
100 METER BACKSTROKE	
Ed Allen Jr. 72	2:02.27
50 METER BREASTSTROKE	
Ed Allen Jr. 72	1:00.65
MEN 75-79	
50 METER FREESTYLE	
Reg Richardson 76	37.43
200 METER FREESTYLE	
Reg Richardson 76	3:27.63
100 METER BACKSTROKE	
Reg Richardson 76	1:59.65
50 METER BREASTSTROKE	
Reg Richardson 76	50.43
John Stinson 75	57.04
100 METER BUTTERFLY	
John Stinson 75	1:56.01
200 METER INDIVIDUAL MEDLEY	
John Stinson 75	3:59.86
WOMEN 100+	
200 METER FREESTYLE RELAY	
Las Vegas Masters	
Peggy-Lynn Dursthoff 28	
Michelle A. Luce 28	
Nancy S. Meece 28	
Vaune Kadlubek 30	2:13.49

Westside Masters	
Sabrina K. Manhart 24	
Kim T. Shockley 36	
Helene P. Lavine 23	
C. Shigaki-Iwamoto 33	2:14.02
WOMEN 160+	
200 METER FREESTYLE RELAY	
Central Coast Masters	A
Tracy A. Becker 29	
Jackie N. Bloom 42	
Ruth Bostrom 56	
Lisa M. Jones 38	2:57.59
WOMEN 200+	
200 METER FREESTYLE RELAY	
Central Coast Masters	B
Margaret R. Carr 76	
Lillian N. Thompson 67	
Helen S. Ashley 38	
Donna L. Petty 32	3:42.93
WOMEN 240+	
200 METER FREESTYLE RELAY	
Santa Barbara Swim Club	A
Gay Collins 58	
Grace Altus 64	
Malchia S. Olshan 57	
Ruth H. Baar 65	2:53.34
MIXED 120+	
400 METER MEDLEY RELAY	
Las Vegas Masters	
Peggy-Lynn Dursthoff 28	
Steven M. Pyle 37	
David T. McGue 32	
Vaune Kadlubek 30	5:30.15
MIXED 240+	
400 METER MEDLEY RELAY	
Santa Barbara Swim Club	
Gay Collins 58	
Reg Richardson 76	
Jeff Farrell 51	
Ruth H. Baar 65	6:58.02
MEN 100+	
200 METER FREESTYLE RELAY	
Santa Barbara Swim Club	B
A. Goldschmidt 25	
Gregory T. Baxter 29	
John Butterfield 28	
Matthew J. Lum 24	1:48.04
Westside Masters	
David L. Polsky 19	
Robert A. Rosen 38	
Gary A. Bell 26	
Greg K. Holland 28	1:53.17
MEN 120+	
200 METER FREESTYLE RELAY	
Central Coast Masters	C
Phil D. Ashley 43	
Paul D. Buviak 31	
Ron O. Milner 26	
Brian K. Jones 31	1:50.84
Santa Barbara Swim Club	
Joseph S. Dansereau 30	
Gary Lech 36	
Kent J. Stephenson 34	
Barry T. Schab 20	2:04.76
MEN 160+	
200 METER FREESTYLE RELAY	
Central Coast Masters	D
James K. Dobyns 25	
John E. Cosby 51	
James A. Jeffers 54	
Louis Lippitt 64	2:57.47

* Denotes non SPMA swimmer
 Programmed by Curt Mosso

RESEARCH
DON'T WAIT TO EAT
 When should you eat to refuel after a race or intense workout? "Immediately—within the first 15 minutes after a bout of vigorous physical activity," says Keith Wheeler, Ph.D., manager of research and education for sports nutrition at Ross Laboratories in Columbus, Ohio. "This is one of the most critical nutrition periods for athletes, yet it is the one most often ignored."
 The body is in a breakdown state after intense exercise, and the sooner you can return to the building state, the faster and more complete your recovery will be. "Right after a long workout the body is most receptive to producing muscle glycogen," says Wheeler, "and glycogen provides the fuel to exercise again later."
 Wheeler's research showed that when athletes downed a concentrated liquid carbohydrate drink immediately after exercise, the rate of muscle glycogen refueling was twice as fast as when they waited 2 hours to refuel. Keeping the muscles stocked with carbohydrates leads to better subsequent training sessions or races.

DIRTY POOL
 Imagine what it would feel like to swim through disinfectant, to dive into water mixed with a cleansing compound so caustic it could kill nearly any microorganism it touched. That's just what happens every time you jump into a swimming pool that has been dosed with a load of chlorine. No wonder you often pay for your day at the pool with a nasty case of red, itching, burning eyes.
 Before long, however, you may be able to plunge with impunity—that is, if the work of a team of researchers at Auburn University turns out to be as good as it now looks. The research group, headed by chemist Dave Worley, has come up with a new disinfecting agent that has none of the irritating properties of common chlorine, and just a pinch of it can clean a poolful of water.
 What makes chlorine so searing is its tendency to oxidize, or bind chemically with, organic materials. While this is what allows it to slay microorganisms so effectively, these molecular couplings can produce decidedly unpleasant effects when they take place on your skin, in your eyes, or in other mucous membranes. What the Auburn group was hoping to develop was a more discriminating form of chlorine that would know when to kill and when to quit.
 They found it in a complex molecule they dubbed ABC, a compound that includes methyl groups, bromine, and chlorine. "ABC is much more stable than chlorine alone," says microbiologist Deibert Williams, a member of the Auburn group. "Chlorine is a part of the compound, so it still reacts with organic substances, but it does so much more slowly."
 Williams explains that the methyl groups anchor the chlorine so that it becomes far less free ranging and reactive. This allows it just enough chemical clout to kill dangerous microbes but stops it before it can do any further damage.
 Such gentle disinfecting could please not only the people who use pools but also the people who maintain them. Ordinarily, water must be dosed with chlorine once a day to keep bacteria at bay. But ABC's chlorine is released so slowly that a single treatment can last several months. "A pound of ABC would cost you more than a pound of chlorine," says Worley, "but it would sure last longer."
 "That's true," says Liz Applegate, Ph.D., "but how many athletes want to sit down and eat six oranges after a hard run? I'd recommend a post-race meal that includes a variety of foods—such as whole-grain muffins, pancakes or cereals or a plate of pasta with fruit or veggies. That way, you will not only be replenishing carbohydrates, but also the essential nutrients not found in most sports drinks."
 OFFERED BY
 PETER BEEFER

TEAM CHARACTERS

by

Larry R. Jones

If, as they say, variety is the spice of life, then the mix of different types of swimmers involved in Masters Swimming should be hotter than the ripest jalapenos. Every time I go to a meet I am impressed with the great difference in participants - not just their ages, but their backgrounds, abilities, body shapes, ways of preparing themselves for races and on and on. So it with Masters Swimming that it tends to bring out and build friends and comrades out of a wide diversity of the young and the less young, the wealthy and those struggling to make ends meet. They've mixed all together and we are the better for it.

This applies, as far as the building of long lasting friendships, even more so to the members of your own team with whom you workout on a regular basis. However, this close regular contact with such a diverse group of people often allows one to note various aberrations, habits, eccentricities, maybe even personalities disorders that, when reflected upon, can be either amusing or downright scary.

With so many options, it is difficult to know where to begin. First a word about this article. My research is based upon an in-depth study of the complex socio-political makeup of a swim team in general. (Note: An in depth study is scientific jargon for shooting the breeze about the oddballs you know with a couple of other friends and consuming not less than a six pack of beer yourself. Anything less than a six pack is only theory based upon one's own musings.)

The following is a listing and brief description of some of the more frequently observed traits one can find lurking within the waters of the local swim team.

1. **The Fudger** - You know this guy. He's the one that tells you he: a) was an All-American in college; b) taught Pablo Morales how to swim or; c) has personal bests that he would need a speedboat to even come close to. A subspecies to this type is the person who, during workout, leaves 2-4 seconds before the interval begins and upon finishing the interval deducts another 2-4 seconds because "it took that long to see the clock". This guy's setting PR's in the middle of workout that he couldn't score in a meet. The problem with a lot of these people is they are often misled into believing their own mistakes or liberties with the truth - at least this stuff is harmless.

2. **The Cheerleader** - Another obvious character floating around is the guy or gal who is always the outgoing, gregarious, good willed, high-spirited, back slapping, "great race" cheerleader. Sometimes, probably due to a slight bit of malevolence on our part, we'd like to see this person a little down, depressed, uninspired, so that we can return the favor and take our turn with the pom poms. But this won't happen - these people are committed. To their credit this type usually leads by example, so it's hard to fault them. But once, just once, after you've been last off the starting

blocks, after you've swallowed your goggles on your dive, after you swam so poorly that the post-meet party was nearly over by the time you finished your race. Just once you wish he wouldn't come up to you and say "Great Race"!

3. **The Jester** - Everyone's run into this one. He's the Steve Martin with water wings, Robin Williams on a kickboard. This condition can be permanent or situational. Some people have just had a great day, they're feeling up and their own good humor echos in their quips. For others you won't turn them off, and it's not all good humor.

You know this person, he's the one, when another swimmer asks "what's the warmup?", who jumps in with "that's the first part of the workout where you swim slow and easy to get loose and ready for the hard sets".

Generally, though we're appreciative of the momentary relief from our worries. The quick laugh in between laps can briefly distract us from the pain of the hard set that Coach has us swimming. And there's always an easy out. You can just duck underwater and you're soundproofed your ears.

Say did you hear the one about...

4. **The Party Animal** - Ever share a lane with someone that had drank his lunch that day, or had partied too hard the previous night? Before you hop in you might not know of their prior excesses, but once you've swam with them for a short while it becomes very evident, as the water reeks of alcohol. It can be annoying to have someone else's bad habits forced upon you like this, but it's not nearly as bad as swimming a workout the morning after a team party. On these occasions the water, and I use that term loosely, can be pretty potent. Maybe throw in a couple of giant olives, or a big lemon twist and the swimmer's laps are all the stirring this over-sized cocktail would need. Now I'm not trying to say that the pool is 150 proof alcohol afterwards but rumor has it that the later swimmers are carded for ID⁵ by the life guards.

Take heed, and if you happen to be swimming after recently inbibing, be kind to your swimmates and at least warn them of your conditions so they can opt for a "dry" lane if they are abstaining.

5. **The Territorial Animal** - The squatters of the old west have nothing on these people. They know what they want and they guard it with a ferocity previously known only to pit bulls.

This person has a favorite lane and makes a bee-line for it every day. Anyone who trespasses in their God-given territory soon realizes they might have made a mistake. I pity the fool who accidently stumbles into this hornets nest. Why do these people have such a strong feeling about this small body of water? Inquiring minds want to know.

The reason for their behavior are not clear cut. One lane, generally, is seemingly as good as another (outside lanes excepted). Maybe it's habit, or just that they are more at ease and comfortable in familiar surroundings. Or maybe they just want to be crabby. But for whatever reason they

are there, day in and day out. So a word of warning, don't violate their territory without expecting reprisal. Shredded pool buoys and missing kickboards may only be the beginning.

6. **The Rebel** - This character type takes many different forms. What it boils down to, though, is this: these people don't want to swim the coach's workout, they don't want to swim that many yards. So they invent several varying strategies to aid them in editing the workout. Some people do this regularly, others only when they are tired or the workout is particularly tough. The strategies? Here are a few:

a. Showing up late for workout - "My meeting ran late", "I got caught in traffic", "extra-terrestrials stole my car battery". These are just a few of the excuses offered by the latecomers. Some are legit. But some people are consistent about being late and I see only one logical explanation. They just don't want to swim so far.

b. Standing in the lane while other swim - anything for a break. They adjust their goggles, play with pool buoys, talk business or twiddle their thumbs. Usually, this person will swim the first 50 or 100 of the set, then stop and do their tinkering, then jump back in after first asking "how many have we done, 8 or 9?" Goal accomplished, this guy fresh from his rest, proceeds to tear up the remainder of the workout.

c. Leaving workout early because of a prior engagement - "The(Rockets/Astros) game starts at 7:30 so I've got to leave now", "I've got to pick up the kids in ten minutes, gotta go", "Ron and Nancy having me over for dinner, so I can't be late". These are some of the reasons for an early exit that we hear (and sometimes tell). Often the reasons are real, but there is a dramatic increase in these hurried farewells during the more rigorous workouts.

d. Refusal - This is the real up-front rebel. No phony excuses, merely a face to face refusal to do any more. This can be by a workout that is too hard or just a child-like need to test the coach's control. These people have probably seen one to many "Just Say No" commercial.

7. **The Drafter** - We've all been tickled by this guy. He's the tailgater who, instead of leaving at the 5 or 10 second interval, leaves right behind you and as so close your shadow is worried about job security. If you have athlete's foot, odds are this guy will develop athlete's hand. This type makes every flip turn an exercise in precision, knowing that mere inches the wrong way can result in severe head bashing. The phrase "too close for comfort" was coined by this man.

Some people adhere to the old wives tale that his reason for doing this is the benefit of an easier workout due to his riding in your wake. But we know the real reasons. He's ill -- an acute case of foot fetish.

8. **The Kamikaze** - We've all run into this guy before. Literally. He's the guy that before you hop in the lane with him, makes you want to double-check to see if your major medical policy is current. To put it nicely, this guy swims

with reckless abandon. People in the next lane aren't even safe due to his wild, erratic arm swing.

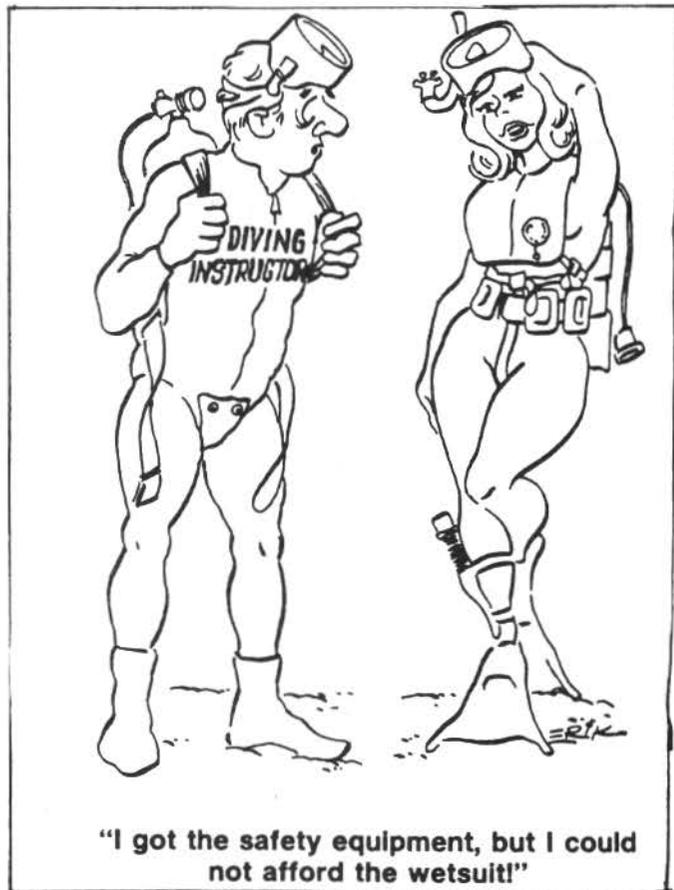
These people attack swimming with a Rambo passion--take no prisoners. Some are real self-sacrificing. They will crash into you head to head if it is necessary to make the kill. You can almost hear them chanting "tora, tora, tora" before the moment of impact.

Others value their own life, so they use their arms and legs to inflict the damage. When they're really out for the big kill, they bring out the heavy artillery - the hand paddles. Numerous swimming careers have been cut short. Promising swimmers snuffed out by these samurai in Speedo's.

I can't end this part of the article in good conscience without first offering my most sincere apologies to anyone who has had the misfortune of being too close behind me when I am attempting my backstroke turn. I'll sign your cast if you want.

I'm afraid, and you're probably overjoyed, that these are all the swimmers characteristics that my funding would allow me to study. I would like to note that this study is based on a conglomeration of personalities I've observed (in others and myself) during my swimming years and not directly from any one person. Any resemblance to any person living, or drowned is purely coincidental. If you feel that this article hits too close to home, you're probably paranoid, too.

About the Author: Part Drafter, Kamakaze, Party Animal and Rebel, Larry Jones swims at the Houstonian for Swimasters of Texas. Larry is also an attorney in private practice in Houston, Texas



S T A T I S T I C S

Several people have called and asked where they can find the results of our National Championship meets and the Top Ten Time lists. I do not know if they are located anywhere except in past issues of SWIM-MASTER. A copy of every issue of SWIM-MASTER has been given to the Swimming Hall of Fame. Listed below are the issues in which you can find the National Championship results and the Top Ten Times.

UNITED STATES MASTERS SWIMMING SHORT COURSE NATIONAL CHAMPIONSHIPS

DATE	PLACE	# OF SWIMMERS	RESULTS
MAY 2-3, 1970	Amarillo, TX	46	
MAY 7-8, 1971	Amarillo, TX	108	
MAY 19-21, 1972	San Mateo, CA	325	VOL I No 3 JUN 1972
MAY 18-20, 1973	Santa Monica, CA	500	VOL II-No 3 JUN 1973
MAY 17-19, 1974	Ft. Lauderdale, FL	561	VOL III-No 4 JUN 1974
MAY 16-18, 1975	Ft. Lauderdale, FL	663	VOL IV-No 5 JUN 1975
MAY 14-16, 1976	Mission Viejo, CA	800	VOL V-No7 SEP 1976
MAY 13-15, 1977	Ft. Lauderdale, FL	611	VOL VI-No 5 JUN-JUL 1977
MAY 19-21, 1978	San Antonio, TX	560	VOL VII JUL-AUG 1978
MAY 4-7, 1979	Mission Viejo, CA	1020	VOL VIII-No 6 JUL-AUG 1979
MAY 16-18, 1980	Ft. Lauderdale, FL	875	VOL VIV-No 5 JUN 1980
MAY 23-26, 1981	Irvine, CA	1209	VOL X-No 6 JUL-AUG 1981
MAY 21-24, 1982	Woodlands, TX	910	VOL XI-No 6 JUL 1982
MAY 28-31, 1983	Ft. Lauderdale, FL	1208	VOL XII-No 5 JUN 1983
MAY 26-29, 1984	Industry Hills, CA	1227	VOL XIII-No 6 JUL-AUG 1984
MAY 10-13, 1985	Milwaukee, WI	1021	VOL XIV-No 6 JUL 1985
MAY 15-18, 1986	Fort Pierce, FL	1231	VOL XV-No 6 JUL-AUG 1986
MAY 15-18, 1987	Stanford University, CA	2328	VOL XVI-No 6 JUL 1987
MAY 19-23, 1988	Austin, TX	1405	VOL XVII-No 6 JUL-AUG 1988
May 4-7, 1989	Boca Raton, FL		

UNITED STATES MASTERS SWIMMING LONG COURSE NATIONAL CHAMPIONSHIPS

DATE	PLACE	# OF SWIMMERS	RESULTS
AUG 11-13, 1972	Bloomington, IN	188	VOL I-No 5 OCT 1972
AUG 10-12, 1973	Chicago, IL	500	VOL II-No 5 OCT 1973
SEP 6-8, 1974	Santa Clara, CA	584	VOL III-No 8 NOV 1974
AUG 29-31, 1975	Knoxville, TN	394	VOL IV-No 8 NOV 1975
AUG 27-29, 1976	St. Louis, MO	514	VOL VI-No 1 JAN 1977
AUG 25-28, 1977	Spokane, WA	525	VOL VI-No 8 OCT 1977
8/31-9/3, 1978	Providence, RI	540	VOL VII-No 7 SEP 1972
AUG 23-26, 1979	Dearborn, MI	689	VOL VIII-No 9 NOV-DEC 1979
8/29-9/1, 1980	Santa Clara, CA	987	VOL VIV-No 9 NOV-DEC 1980
AUG 13-16, 1981	Canton, OH	741	VOL X-No 8 OCT 1981
AUG 26-29, 1982	Portland, OR	915	VOL XI-No 8 OCT 1982
AUG 25-28, 1983	Indianapolis, IN	908	VOL XII-No 8 OCT 1983
AUG 23-26, 1984	Raleigh, NC	840	VOL XIII-No 8 OCT 1984
AUG 17-20, 1985	Providence, RI	800	VOL XIV-No 8 OCT 1985
AUG 21-24, 1986	Portland, OR	933	VOL XV-No 9 NOV-DEC 1986
AUG 21-24, 1987	Woodlands, TX	872	VOL XVI-No 8 OCT 1987
AUG 25-28, 1988	Buffalo, NY	1071	
AUG 17-20, 1989	Grand Forks, SD		

FINA/MSI WORLD CHAMPIONSHIPS

JUL 12-16, 1986	1st-Tokyo, Japan	3450
OCT 10-15, 1988	2nd-Brisbane, Australia	3750
AUG 7-12, 1990	3rd-Rio, Brazil	
1992	4th-Indianapolis, IN USA	

TOP TEN SHORT COURSE METERS

1985	VOL XV-No 3	MAR-APR 1986
1986	VOL XVI-No 3	MAR-APR 1987
1987	VOL XVII-No 3	MAR-APR 1988

SWIM-MASTER

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

- 9 Issues per Year
- Championship Results
- Top Ten Times
- Special Articles

Please enter my subscription as shown below:

Name _____

Address _____

City _____

State _____ Zip _____

New 1 year \$ 9.00

Renewal 1 yr. foreign \$ 15.00

USMS NATIONAL OFFICERS

- 1972 Ransom Arthur, Pres, Bob Beach VP
- 1973 Ransom Arthur, Pres, Bob Beach VP
- 1974 June Krauser, Pres, David Beardsley, Sec
- 1975 June Krauser, Pres, David Beardsley, Sec
- 1976 June Krauser, Pres, David Beardsley, Sec
- 1977 June Krauser, Pres, Ted Haartz, Sec
- 1978 Ted Haartz, Pres, Enid Uhrich, Sec
- 1979 Ted Haartz, Pres, Don Rankin, VP, Enid Uhrich, Sec, Reg Richardson, Treas
- 1980 Ted Haartz, Pres, Mike Laux, VP, Enid Uhrich, Sec, Reg Richardson, Treas
- 1981 Ted Haartz, Pres, Mike Laux, VP, Enid Uhrich, Sec, Reg Richardson, Treas
- 1982 Mike Laux, Pres, Verne Scott, VP, Dot Donnelly, Sec, Reg Richardson, Treas
- 1983 Mike Laux, Pres, Verne Scott, VP, Dot Donnelly, Sec, Reg Richardson, Treas
- 1984 Mike Laux, Pres, Verne Scott, VP, Dot Donnelly, Sec, Reg Richardson, Treas
- 1985 Mike Laux, Pres, Verne Scott, VP, Dot Donnelly, Sec, Reg Richardson, Treas
- 1986 Tom Boak, Pres, Gail Dummer, VP, Nancy Ridout, Sec, Kevin Kelly, Treas
- 1987 Tom Boak, Pres, Gail Dummer, VP, Nancy Ridout, Sec, Kevin Kelly, Treas
- 1988 Tom Boak, Pres, Gail Dummer, VP, Nancy Ridout, Sec, Kevin Kelly, Treas
- 1989 Tom Boak, Pres, Gail Dummer, VP, Nancy Ridout, Sec, Kevin Kelly, Treas

TOP TEN SHORT COURSE YARDS

1971	VOL I-No 1	FEB 1972
1972	EXTRA	DEC 1972
1973	VOL III-No 1	JAN 1974
1974	VOL III-No 9	DEC 1974
1975	VOL VI-No 9	DEC 1975
1976	VOL V-No 9	DEC 1976
1977	VOL VI-No 8	OCT 1977
1978	VOL VII-No 8	OCT 1978
1979	VOL VIII-No 6	SEP 1979
1980	VOL VIV-No 7	SEP 1980
1981	VOL X-No 7	AUG-SEP 1981
1982	VOL XI-No 7	AUG-SEP 1982
1983	VOL XII-No 7	SEP 1983
1984	VOL XIII-No 7	SEP 1984
1985	VOL XIV-No 7	AUG-SEP 1985
1986	VOL XV-No 7	SEP 1986
1987	VOL XVI-No 7	AUG-SEP 1987
1987	VOL XVI-No 9 (relays)	NOV-DEC 1987
1988	VOL XVII-No 7	SEP 1988

TOP TEN LONG COURSE METERS

1972	EXTRA	DEC 1972
1973	VOL III-No 1	JAN 1974
1974	VOL III-No 9	DEC 1974
1975	VOL IV-No 9	DEC 1975
1976	VOL V-No 9	DEC 1976
1977	VOL VII-No 1	JAN 1978
1978	VOL VIII-No 1	JAN 1979
1979	VOL VIII-No 9	NOV-DEC 1979
1980	VOL VIV- No 9	NOV-DEC 1980
1981	VOL X-No 9	NOV-DEC 1981
1982	VOL XI-No 9	NOV-DEC 1982
1983	VOL XII-No 9	NOV-DEC 1983
1984	VOL XIII-No 9	NOV-DEC 1984
1985	VOL XIV-No 9	NOV-DEC 1985
1986	VOL XVI-No 1	JAN 1987
1987	VOL XVII-No 1	JAN 1988

USMS ANNUAL MEETINGS

REGISTRATIONS

OCT 1971	Lake Placid, NY		
NOV 1972	Kansas City, KS		
OCT 1973	West Yellowstone, MT		
OCT 1974	Washington, DC		
DEC 1975	New Orleans, LA		
OCT 1976	Phoenix, AZ	2,603	12/76
OCT 1977	Columbus, OH	3,573	8/77
NOV 1978	San Antonio, TX		
NOV 1979	Las Vegas, NV		
OCT 1980	Snow Bird, UT		
OCT 1981	Snow Bird, UT	8,800	
SEP 1982	Memphis, TN	12,092	
SEP 1983	Cincinnati, OH	14,899	
SEP 1984	Indianapolis, IN	15,591	
SEP 1985	Phoenix, AZ	18,739	
SEP 1986	Fort Worth, TX	22,945	
SEP 1987	Atlanta, GA	26,514	
OCT 1988	St. Louis, MO		
SEP 1989	Portland, OR		

SWIM-MASTER



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

swim today...
swim for the health of it!

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XVII - No 8

OCT 1988

OCT	8-9	SC - Teddi Narcowich, 475 NE 15th Terrace, Boca Raton, FL 33432
	9	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	9	SC - 1000/Pentathlon, Bob Johnston, 602 College Av, Lutherville, MD 21093
	9	SC - Bob Johnson, 54 Point View Dr, East Greenbush, NY 12061
	15	SC - Bob & Lynn Ormsby, 808 S 299th PL, Federal Way, WA 98003
	16	SCM- YMCA, T. Connolly, 955 Burrard St., Vancouver, B.C. V6Z 1Y2 Canada
	16	SC - Relays - Pacific Association
	19-21	World Senior Games - Sylvia A. Wunderli, 1291 S. Wasatch Dr, Salt Lake City, UT 84108
	19-23	USMS NATIONAL CONVENTION - St. Louis, MO
	27-30	LC - Corporate Games, STN 1988, 444 Market St., San Francisco, CA 94111
	29-30	SC - Mike Silverman, 397 East Drive, Oak Ridge, TN 37830
	29-30	SCM- Dave Zander, E 192 15 Ave, Spokane, WA 99203
NOV	4-6	SC - Clearwater/Largo Y - Bruce Page, 2156 Waterside Dr, Clearwater, FL 34624
	6	SCM- SPMA meet at Laguna Hills
	12-13	SCM- Anderson, SC - Steve Wycoff, 1115 Cornelia Rd., Anderson, SC 29621
	12-13	SC - San Francisco, CA
	13	SC - SDI Veterans Holiday meet at UCSD
	19	SCM- SPMA meet at Pierce College
	19	SC - Gordon Gray, PO Box 84, Keyport, WA 98345
	27	SC - Judi Haig, 410 N. Broadway, East Providence, RI 02914
DEC	3	SC - Sally Ann Peterson, PO Box 9499, Truckee, CA 95737
	4	SC - Distance - Alicia Coleman, 24 The Point, Coronado, CA 92118
	10-11	SCM- Judy Meyer, Mission Bay, 10333 Diego Dr. South, Boca Raton, FL 33428
JAN		ONE HOUR SWIM (Mission Bay on Jan 29 - Judy Meyer, Above)
FEB	5	SCM- SDI at Carlsbad - 1135 Garnet-K, San Diego, CA 92109
	26	SC - Pentathlon - SDI at UCSD - 1135 Garnet-K, San Diego, CA 92109

NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

OCT	10-15	2nd FINA/MSI WORLD CHAMPIONSHIPS, Brisbane, Australia
MAY	4-7, 1989	USMS NATIONAL SHORT COURSE CHAMPIONSHIPS - (Judy Meyer, above)
JUL	23-AUG 5, 1989	MASTERS GAMES (34 sports), Arhus, Denmark - 1989 Masters Games, Executive Secretariat, Nyhavn 1, PO Box 1989, DK-1018, Copenhagen K., Denmark
AUG	17-20	USMS NATIONAL LONG COURSE CHAMPIONSHIPS - University of North Dakota, grand Forks, ND Mike Stromberg, Athletic Dept., U of ND, Grand Forks, ND 58202
SEP	17-24	1989 USMS NATIONAL CONVENTION, Portland, OR
OCT	10-15	1989 PAN PACIFIC MASTERS AQUATIC GAMES - Mel Goldstein, 6456 Broadway, Indianapolis, IN 46220
AUG	7-13, 1990	3rd FINA/MSI WORLD CHAMPIONSHIPS - Rio de Janeiro, Brazil
SEP	30-OCT 6, 1990	USMS NATIONAL CONVENTION, Pittsburgh, PA
SEP	15-22, 1991	USMS NATIONAL CONVENTION, Louisville, KY
	1992	4th FINA/MSI WORLD CHAMPIONSHIPS, Indianapolis, IN

#####