



PUMPING YOU THROUGH YOUR LAPS

by Dr. Paul Hutinger

Dr. Hutinger is an associate professor of physical education at Western Illinois University in Macomb, Ill.

One of the keys to top performance in swimming, whatever the age of the swimmer, is the performance and efficiency of the heart. If the swimmer understands the anatomy and physiology of the heart and circulation, he can come closer to achieving his greatest potential. How can you get the greatest performance out of your heart?

A FOUR-CHAMBERED PUMP

The heart is a four-chambered pump composed of two atria and two ventricles. It can be described as a double pump since the right side of the heart pumps the blood through the lungs and returns blood to the left side of the heart. The blood is then pumped out the aorta to the total body circulation. The adult heart, roughly the size of a clenched fist, pumps approximately five liters of blood at rest, and increases this amount to 20-30 liters during vigorous exercise.

Many physiologists believe that the direct result of regular training is an increase in the number of functional capillaries. The vascularization of skeletal muscles enables the heart to deliver oxygen in a more efficient manner. The heart, which is a muscle itself, also benefits from increased vascularization. This is particularly important for the Master swimmer since it lowers the risk of cardiovascular disease.

Blood pressure within the arteries can be measured during the heart cycle. The high pressure is called "systolic," and the low pressure, "diastolic." The norm

for a 20-year-old female is 110 systolic and 70 diastolic, while a 20-year-old male norm is 120 systolic and 80 diastolic. Blood pressure slowly climbs as a person grows older, but a regular swimming training program seems to slow down the increase.

An individual who has a blood pressure of 140 systolic and 90 diastolic is considered to be a borderline hypertension case, and should be under medical supervision. Hypertension is called the "silent disease" because the person experiencing it does not feel any symptoms. It can cause detrimental effects such as stroke, kidney failure, and heart attacks over the years. The sooner hypertension can be identified and treated, the better.

Masters swimming has been shown to mediate high blood pressure during a regular training program of three months or more. But some persons do not respond to the effects of an exercise program alone, and must be under medication for high blood pressure.

The amount of blood ejected by the heart on each beat is the stroke volume. This increases through training, enabling the heart to be more efficient. During exercise the heart increases the rate and the volume for each beat to achieve a high volume per minute. A well-trained swimmer usually works up to 180-200 beats per minute, increasing stroke volume up to 200-255 milliliters. (The preceding figures refer to the younger swimmer, although certain well-trained Master swimmers also achieve such performance.) This produces a tremendous increase of up to 40 liters of blood pumped each minute.

Since the most efficient filling of the heart occurs in the range of 180 beats per minute, an increase in stroke volume is the way the trained heart delivers more blood per minute. If the rate exceeds 180 beats, there is an incomplete filling of the heart.

In healthy individuals, pulse rate is the same as the heart rate, although this is not the case in persons with irregularities. The pressure waves per minute in the arteries actually comprise the pulse rate. Both the carotid artery in the neck and the radial artery on the thumb side of the wrist are useful spots in checking pulse rate.

Since the heart's refractory period

provides a limiting control, theoretically the highest possible heart rate per minute is 240. Many younger swimmers may reach heart rates of 220 but a gradual decline of maximum heart rate is evidenced with increasing age. The approximate decline is as follows: 20-30 years old—a maximum heart rate of 200; 31-40—maximum 190; 41-50—maximum 180; 51-60—maximum 170. There are, however, wide ranges of individual variations.

The basal heart rate is the lowest heart rate attained. It can be measured upon waking in the morning, while still in bed. Distance swimmers sometimes have basal rates of 40 to 50 beats per minutes.

TRAINING THE HEART

The heart muscle responds to increased demands as does skeletal muscle. The normal heart becomes larger, stronger, and more efficient as a result of a regular training program. Keep in mind, however, that the concept of specificity of training also applies to the heart. Interval training, which varies the heart rate between 180 and 120 at recovery, seems to be highly successful in increasing the efficiency of the heart. The Master swimmer should keep a training diary to record each workout, including heart rates.

Before maximum sprinting efforts, it is important to warm up. Recent research studies indicate abnormal heart responses occur when sudden, all-out sprints are done without a warmup. A slow warmup of two to 10 minutes, or 200 to 1000 yards, should precede any all-out sprints. Warmup is even more important to the Master swimmer so that muscle and joint soreness can be prevented.

What heart rates are needed to bring about the maximum performance of the swimmer? And what heart rates should a Master swimmer use in reversing or retarding the degenerative effects of inactivity? To answer these questions, an analysis must be made of the heart rate used in training and the research evidence related to various training techniques.

The sprinter uses a 200 or 210 rate, while most distance swimmers work at approximately a 160 heart rate as a steady state. Does training at a lower heart rate show an effect? A German researcher, Hollman, conducted controlled experiments on training, and found that a heart

rate at least 60 percent greater than the resting rate was needed to elicit a training response. For the average 25-year-old swimmer, such a heart rate would be about 140 beats per minute. The 50-year-old swimmer shows improvement with a 120 training heart rate. These are the minimum rates necessary to elicit a training response—i.e., decrease the working heart rate.

The great swimming coach at Indiana University, James E. (Doc) Counsilman, has defined the various training techniques quite completely. Most coaches and swimmers use the following techniques, but may define them differently. Several techniques will be analyzed in relationship to their effects on the heart of the Master swimmer. Before deciding on any training, remember that it is important to check heart rate, integrating it into the program, no matter what technique you use.

The marathon technique, slow and easy swimming, is usually used in the early part of the season. It is also good for easy workouts between hard sessions, or for reconditioning Masters swimmers. The heart rate is usually between 130-140 beats per minute. Such training seems to develop cardiac efficiency and increase the number of functional capillaries.

Interval training involves repeat swims at a speed slower than used in competition, with short rests. An example is 20 x 100 yards on the 1:15 mark, with an average time of one minute, and a heart rate of 160, then recovering to 130 for the next repeat. A 50-year-old swimmer might use heart rates of 140 and recover to 110. Interval training enables the swimmer to subject the heart to a training stimulus over a longer period of time.

Repeat swims at a speed faster than used in competition, with long rests, constitute repetition training. An example is swimming 8 x 100 yards with rest intervals of five minutes. A swimmer with a best time of 1:45 for 200 yards freestyle would average about 51 seconds. The heart rate would be approximately 180 with recovery to 100 or less for the next repeat. A Master swimmer with a best time of 2:10 for 200 yards freestyle would average about 1:04. The average heart rate for a 40-year-old would be 170 with a recovery to 100.

Repetition training provides specificity to the stress placed on the heart and circulatory system. It causes extreme fatigue and should be used sparingly in preparing for peak performances. It is important to warm up with 500 to 1000 yards before doing swims utilizing maximum heart rates. As noted earlier, abnormal EKG recordings have been report-

ed on maximum performance without a warmup with young as well as older persons.

EVALUATING THE BENEFITS OF TRAINING

A variety of measures can be used to determine the effects of training on the heart. Some are relatively simple and easy to administer, while others require complex equipment and trained personnel. Some can be done in the pool while others require a laboratory. All are useful.

The heart and circulatory systems can be evaluated by a controlled exercise stress test on either a treadmill or a bicycle ergometer (a stationary bicycle). The EKG exercise stress test includes an electrocardiogram taken while the person is working on either the treadmill or bicycle.

These test results can show the individual and his physician whether or not there are any heart abnormalities, as well as indicating what heart rates elicit dangerous stress levels on the heart. This information must be used in planning swimming workouts.

The standard resting EKG is of little or no value in evaluating the working heart. Information on where you can get an exercise EKG can be obtained from your local Heart Association or physician. For the Master swimmer, particularly, an exercise EKG stress test is a useful measure in determining aspects related to training.

Heart volume or size of the heart is increased through exercise. Theoretically, a healthy heart cannot be damaged with exercise. The heart, as other muscles in the body, increases in size and strength through a regular systematic training program. The larger the heart, the greater will be the stroke volume, or amount of blood ejected on each heart beat.

A greater number of capillaries will be used by the heart and other tissues of the body as a result of training. Of course, this means a greater oxygen supply is available for the muscles, so a better performance can be achieved. The increase in functional capillaries (vascularization) can act as a protective mechanism for the Master swimmer in case of heart or circulatory problems.

The total amount of blood within the body is increased as a result of training. This results in more oxygen being transported around the body. An increase of over one liter of blood has been recorded for some trained swimmers.

The total amount of red blood cells and hemoglobin (which carries oxygen) is increased as a result of training. Giving blood during the competitive season is not recommended since it reduces the number of red blood cells, and it takes

time for the body to replace them. Some report that it takes three to four weeks to overcome the effects of giving a pint of blood.

The blood pressure mechanisms are enhanced through training, demonstrating a beneficial effect for the Master swimmer. The systolic and diastolic pressures are often reduced in the older swimmer who follows a regular year-round training program.

A lower resting heart rate will be noted as training progresses. Heart rate should be taken before the training session and periodically during training. The basal heart rate, described earlier, should be established by taking it several mornings in a row. The same procedure is used during the training season. A failing adaptation to stress can be indicated if the normally low rate starts to increase during the season.

Swimmers and coaches often use both the working and recovery heart rate for evaluation as it is a good measure of the cardiovascular fitness of the individual. The swimmer should keep a record of working and recovery heart rates in a daily training diary. During the training session, the heart rate is checked immediately after swimming for a period of six seconds. A zero is added to convert it to a minute rate. A count of 16 means a minute rate of 160 beats. The swimmer rests for one minute then takes another count, which should be down to 120, or lower. The higher the heart rate, the longer it takes to recover to a rate of 120.

An example of using the technique for evaluation follows. Swim a straight set of repeat swims such as 10 x 100 yards on the two minutes. The working heart rate and time are recorded after each repeat. A recovery heart rate is taken after the 10th repeat for the first, second, and third minutes. These figures are also recorded. A week or two later, the same set of repeats is used and compared to the first both in terms of working heart rate and time repeats and recovery heart rates. The swimmer should try to keep his time the same, noting the lower working heart rate as well as an improved recovery rate.

EMERGENCY PROTECTION

Certain procedures and equipment should be available to meet emergency needs of Masters swimmers. Personnel trained in giving external cardiac massage should be present at meets. Most coaches and lifeguards have had such training. Although external cardiac massage alone will not start the heart, it will keep up circulation, keeping the tissues of the body alive until other help arrives.

An electrical instrument called a

defibrillator is needed to start the heart after it has stopped. A defibrillator passes an electrical current through the heart, enabling it to resume its normal rhythm. The operator of the defibrillator must be a trained person or a technician. In some states the law requires that a medical doctor operate the equipment.

The local Heart Association can answer technical questions concerning emergency procedures, as well as supply information pertaining to emergency medical teams. At a meet, officials should know who to call in case of an emergency. If a defibrillator is not at the site, they should know where one can be quickly obtained. This information should also be in the hands of coaches since it may be necessary to use emergency procedures

during workouts.

There is another physiological condition which should be pointed out to Masters swimmers. It is called the *Valsalva maneuver*, and occurs when one holds his breath and tries to force air out at the same time. It is defined as a voluntary effort to exhale against a closed glottis. The swimmer should understand this mechanism because it may occur in swimming sprints without exhaling. It also occurs in normal activities such as defecation, urination, weight lifting, and snow shoveling. The effect on the body is an increased intrathoracic pressure which impedes blood flow to the heart and lungs. When the effort stops, there is a surge of venous return blood, a change in heart rate and blood pressure, a condition which can

cause loss of consciousness. You should exhale while making a hard effort, such as in weight training, to prevent detrimental effects of the Valsalva phenomenon.

OVERVIEW

The more information one has about the functioning of his or her body, the more aware one becomes of his own physiological condition. Paying attention to the messages your body sends you can pay off in the long haul. Possession and application of information about the heart and cardiovascular system can be of great value to the swimmer who desires to improve his performance level. Understanding the functions of the heart leads to a wiser, individualized approach to training, depending on the over-all goals of the swimmer, whatever his age. ●

Need Help?

Are any of your swimmers in need of funds for traveling to the Nationals? If so, contact Bill Markert, NSPI, 2000 K St., N.W., Washington, DC 20006 with Team Name, number of swimmers involved, any national champions, need of money for swimmers and Bill will then have the local NSPI Champters contact those teams. Whereupon you all can try to work out some type of financial backing that will be conducive for everyone concerned.

Need ideas for raising money to swim? The following ideas have been used quite successfully over the past several years. If you are involved in leagues for kids you've got it made. You know how many hours you put in to help the kids, but you'd be surprised how the kids will come to your rescue now. They'll hold bake sales for you, solicit funds for you from the various groups and organizations they belong to, etc. You can - in person - solicit funds for yourself from merchants, merchants' assn., shopping center assn., local & state sports funds, athletic wear business', local 'pubs', food companies, swimwear companies, professional assn., and the list goes on and on. You can make a huge collage out of your first place medals and take the picture to a local exhibit (art exhibits, scout exhibits, church exhibits, sport exhibits, etc.) and auction it off. Or you could raffle it off. If you happen to be active in other sports, you've got more contacts to hit. Just because your other sports aren't your main interest sport, don't overlook the fact that these are people, leagues, and places to hit up for money. Chances are, if you've worked hard for these leagues, they'll be more than willing to help you out. Every

little bit counts. Kids can raise money for you by cleaning, washing cars, raking yards, etc. Have your Masters' Team hold a Swim-A-Thon. In this way everyone wins - the SHOF, your AAU and your Club (who will donate the money to your cause).

Want an unusual fund raising event? Set aside a weekend and see how many world's records your college can break in - treading water, roller skating, etc. It is fun and money can be raised. And don't overlook colleges. Not only is it expensive to travel but it is also expensive for lodging. Check the local colleges near where the meet is being held and ask if they have any rooms. Perhaps your sorority or fraternity has a house on a nearby campus. Also check the local Y for a room. Perhaps you could stay with a fellow swimmer. Contact the club hosting the meet and perhaps someone can put you up. Pat Clinton has started a list of Masters Swimmers throughout the country. Write to Pat for the list, RD#3, Cooperstown, NY 13326. There is a slight charge. Bathroom arrangements aren't as bad as you might think as most pools have plenty of showers and hot water.

Don't overlook the local medias. Enlist the help and sympathy of your local paper, if you can. If you can't get through to the main papers, try the weekly ones. If there is no local swimming article, try and start one. Then you can crusade all you want. Remember, keep trying, even when you're discouraged. If you are a woman needing money, try the women's magazines. You'd be surprised how many will pick up the cause of women athletes today.

If any more ideas are needed, please ask me at the SC Nationals. I am JUDITH COBLE.

A Competitive Swimming Regimen to Prove One's Youth

Pierre Amardeilh is one of France's leading swimmers. His article first appeared in the magazine of his club, the Swimming Club of Marseille (*Cercle des Nageurs Marseille*). It was reprinted in the *Olympic Review*, a bi-monthly publication of the International Olympic Committee, from which these excerpts were taken.

By PIERRE AMARDEILH

Van Gogh said:

"In my life and in my painting, I can do very well without God, but I cannot, suffering, do without something which is greater than myself, which is my life: the power to create."

Two important words, two interlocking ideas: to suffer and create. All suffering is creative and to create has suffering as a corollary. Nothing is attained, nothing is made without effort, without sorrow; at the same time, all effort is creative. To swim a daily average of four miles requires efforts; to train is to suffer.

To suffer, why? For whom? And from what is my suffering creative?

I have been a member of the Cercle des Nageurs now for more than 10 years, and for more than 10 years I have been defending the Cercle's colors in competitions.

I know what I owe to this association. When, by chance, I climb the podium or when I am selected, I know that my success does not belong to me

alone and that I owe a large part of it to my club. My sport's success, at my level, is something I would gladly share and even give up. On the other hand, one thing I refuse to share is my suffering; besides, nobody disputes that.

So, for the whole year, I suffer alone in training, alone every day. Every day this means that the next day I must start again and then, day after day, it will be the same. I will be alone with my suffering. If, during a competition (but that is very easy on such a day), I compete for the Cercle, the rest of the time I do not train, I do not suffer, for the Cercle.

I do not train for Mr. Georges Garret or for the team of friends of which I have been a member for many years. In spite of my respect and admiration for Mr. Garret and my friendship for the others, I do not swim four miles a day just to be friendly with them.

I do not train for the 3,000 members of the Cercle, whom I do not know, who do not know me and who mock sport in general and swimming and water polo in particular. In this respect, it would be interesting to know the average number of spectators at the Cercle's pools, swimming competitions and water polo matches, this being said without animosity, each having the right to do as he pleases, including the game of belote.

I do not train in order to go to Rio de Janeiro, Tahiti, the Olympic Games or the world championships. It would not only be presumptuous but deceptive to train so much with the sole aim of traveling when combatants are chosen by a few hundredths of a second, hundredths so difficult to win.

Do I train then to be the strongest, to win? I sincerely do not believe this. I will never be strong enough, am not and never will be in the same class as an Alain Mosconi or a Michel Rousseau.

This does not mean that on the day of a competition I am not stimulated by the idea that I am fighting for my team, by the attraction of travel or by the desire to beat those who swim each side of me.

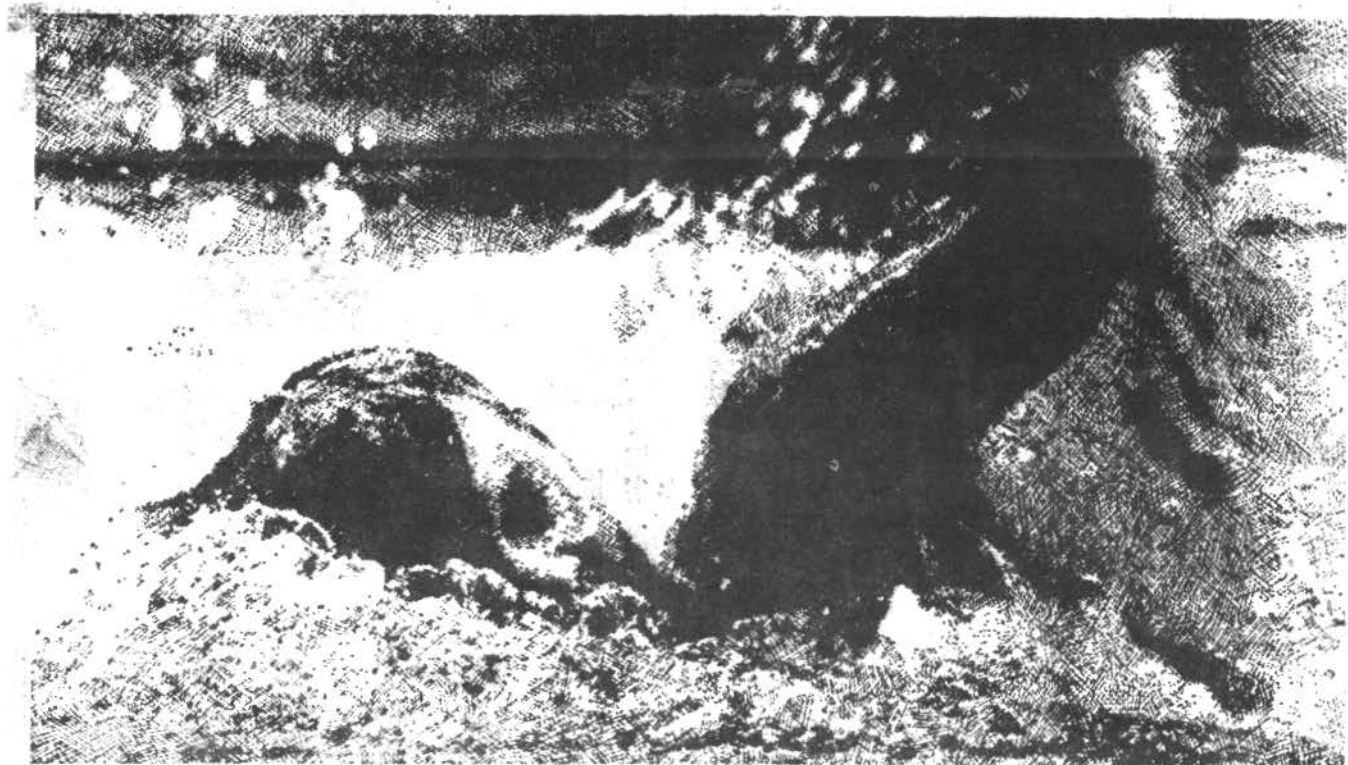
But in the winter, long before the competition season, when I swim 300 meters 10 times, 50 meters 50 times or 100 meters 30 times, I do not say to myself between each length: "Go on! Swim for Mr. Garret and for the Cercle! For the friends! To go to Australia!"

No, I swim for myself and only myself. To come back to Van Gogh, what does my suffering create in training?

It creates me, me.

I must say that swimming training interests only young men in good health. So, while I can swim at least four miles a day, I know that I am young and in good health. For me, swimming is the clear proof of my youth. Through it, I reach for a per-

manence to my state of being a young man. If I accept the suffering of training, if I even welcome it like a friend, it is certainly not because I am a masochist. But I want it since, although it is a trial, it is at the same time proof of my remaining youth. As long as I train, I have the impression of being young. I swim "not to produce the being that I am not, but to create that which I am."



The Advantage Of Energy

A Busy Female Athlete

Women
OF THE TIMES

By BELINDA HARE
Times Staff Writer



Anne McGuire ... all-around athlete

If someone could only learn how to bottle Anne McGuire's energy, we'd all be — literally — in better shape.

The 40-year-old mother of four children has a list of athletic interests and activities that reads like a program to the Olympic games: she swims and scuba dives, plays tennis, sails, jogs ("for relaxation," she says), teaches swimming and tennis, coaches a boys soccer team, plays volleyball, and finds time to teach physical education five, "sometimes six," days a week.

Her energy radiates about her like a force field. Sinewy slim and a golden bronze from head to toe with her long, blonde hair and healthy tan, she seems half her age as she bounces around her Delray Beach home, proudly showing off the many family trophies and awards scattered about the house (in the kitchen, there's a wicker basket full of swimming medals — "didn't really know where to put these," she remarked casually).

The house reflects her interests and energy. It is open and breezy, yet warm and very lived in. On the big screened porch that overlooks the intercoastal waterway are huge philodendrons, ivys and a multitude of lush foliage.

"We like the house to look like the outdoors," Anne said, explaining how "I start all the plants myself. That's the fun in it. It's no fun to just go to the store and buy them."

Classical music floats softly from the radio, a chess board stands to the side of the room, pieces of driftwood adorn the walls like wild sculpture, and, sitting almost unnoticeably in one corner of the room, is a small television set.

"I never watch TV," Anne said, smiling, "it's sometimes hard to find time to eat."

Finding time for all the activities is a skill in itself. As Anne said, "Everybody does something — no one's allowed to sit in this family."

Indeed, not — the whole family plays tennis, scuba dives, swims, and participates in all sorts of team sports. The children are Sallie, 16, Scott, 14, Jim, 12, and Margaret, 10.

"The kids are great," Anne said, "They're always busy. And as long as they're doing what they want to do instead of sitting around thinking about it, that's fine with me."

Husband Jim, a theoretical physicist and chairman of the physics department at Florida Atlantic University, keeps up with the family and even manages a daily habit of jogging four miles along the beach.

So, how does the family play together an stay together?

"Simple," Anne said, "we just keep moving."

Her day begins early, at 7 a.m. "I get up an run about two loads of wash before everyone leaves at around 8," she said. "Then, I'll go worl out, swim or dive at the beach for a couple o hours. Next, I come home to get dinner ready fo the evening."

From noon to 6 p.m., Monday through Friday "and sometimes Saturday, too," Anne, a physica education graduate of Purdue, serves as athletic director at Trinity Lutheran School.

"I also go to people's homes to teach private swimming lessons, and I also teach for the Red Cross," she said.

"And I teach at the Delray tennis center and play volleyball on Wednesday nights."

She also swims with the Goldcoast Masters Club and, incidentally, has been selected as a member of the All-American Swim Team for the masters.

Listing swimming as her favorite activity, Anne said, "We usually make one swimming meet a month, and that's good, because it gives you a goal. And, yeah, I'm a competitive person."

But that's not all. Anne also coaches a boys' soccer team ("The men soccer coaches were surprised at first," she said, "but they're used to me now") and keeps up with her daily habit of swimming two miles.

To relax, "I jog," she said, "some people find it boring, but I really enjoy it because I'm alone and can just think or watch the sunset."

Jogging apparently runs in the family. Anne's sister is a cross-country, champion jogger. "She's 39 and keeps up with the teenagers," Anne said. "My husband won't run with her any more — he says she runs too fast."

So after school, swimming, tennis, jogging and caring for the family, Anne McGuire's day usually comes to an end around 11 p.m.

"And I never have trouble sleeping," she said.

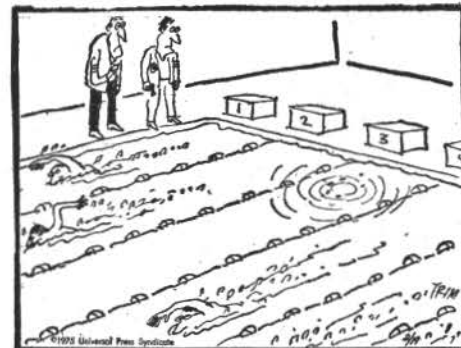
This summer will bring the family's annual vacation to the Bahamas. "We'll charter a 58-foot sailboat like we always do and just head out for a good time," Anne said. "Last year we had eight children with us, and we'll have lots of friends with us this year. We have a different group with us each summer — sometimes I think we must poop 'em out." She laughed and said, "We have some friends from California who come to visit. They tell us they have to go into training before coming out to stay with us."

She laughed again and said, "Well, sometimes the family does poop out . . . but I keep going."

Asked the inevitable why of it all, Anne shrugged her shoulders and answered, "If you've ever trained with a team or taken a sport, any sport, seriously, you know how good it is to feel in shape. It's just too bad more people don't find the time. But people need to be motivated into physical fitness. There is a sport for everyone, but sometimes people have to be pushed into finding it."



At poolside, competitors become fans, cheering on friends in one of the events.



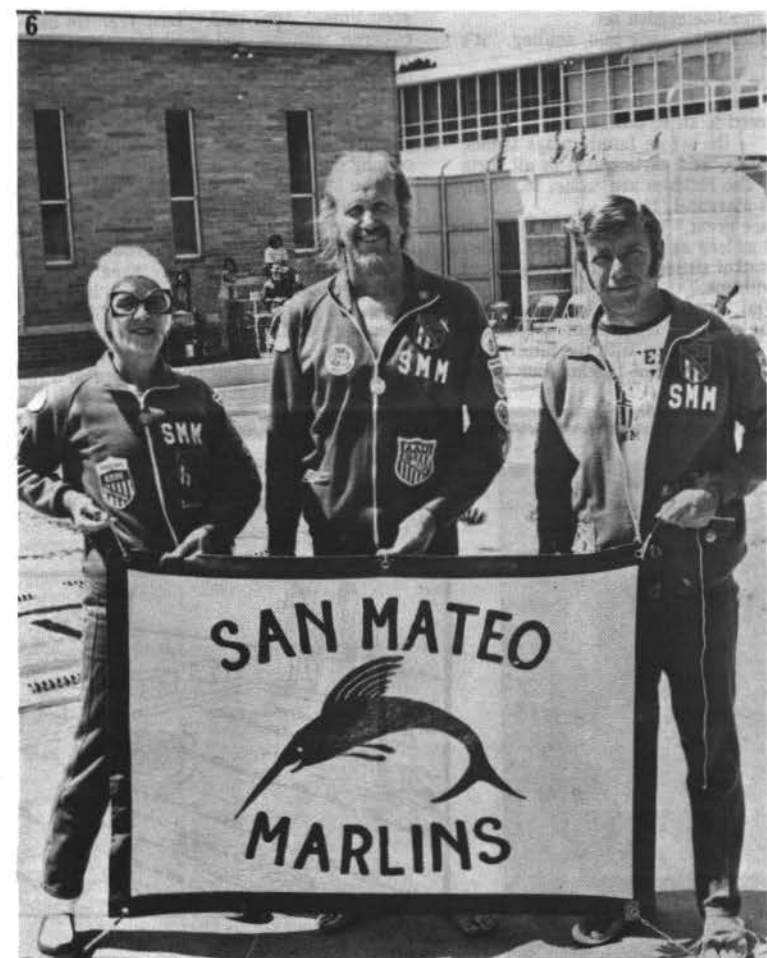


Photo Highlights

- 1 J. Thompson and her 2-month old baby at the St. Pete meet.
- 2 Bob Beach, Jean Pieretti and Gene Jennings
- 3 The Arizona Masters coaches - Coach Gilbert and Sparky Goodrich
- 4 Rinconada Master Swimmers Dorothy Hasset and Cindy Baxter paused long enough in Honolulu en route to Australia to have a workout in the Manoa Pool. Back Row - John Anderson, Lloyd Osborne, Gary Niemeier, Vonny Chotzen, Dave Baker, Bruce Allender, Jim Welch, Bob Schmitt. Front Row - Dorothy Hasset, Cindy Baxter, Patty Madden, Sayo Nakagawa.
- 5 The Arizona Masters
- 6 Coach Ray Taft (center) with his 1975 Team Captains - Bea Wayne, 65 (left) and Bob Cossine, 35 (right) of the San Mateo Marlin Masters.

RESULTS

WEST ESSEX Y.M.C.A.
LIVINGSTON, NEW JERSEY
February 1, 1975

WOMEN 30-34
50 YARDS BACKSTROKE
Valeria Pecce 31 36.4
200 YARDS BACKSTROKE
Merilyn Diamond 33 2:54.0
100 YARDS BREASTSTROKE
Lynn Joesten 33 1:28.8
50 YARDS BUTTERFLY
Valeria Pecce 31 30.4
100 YARDS INDIVIDUAL MEDLEY
Merilyn Diamond 33 1:20.9
400 YARDS INDIVIDUAL MEDLEY
Lynn Joesten 33 6:01.2
Marilyn Diamond 33 6:34.0

WOMEN 35-39
200 YARDS BACKSTROKE
Lorraine Rizzuto 38 3:59.6
100 YARDS BREASTSTROKE
Frances Cura 37 1:31.7
100 YARDS INDIVIDUAL MEDLEY
Frances Cura 37 1:21.8
Lorraine Rizzuto 38 1:55.0
400 YARDS INDIVIDUAL MEDLEY
Frances Cura 37 6:35.3

WOMEN 40-44
200 YARDS BACKSTROKE
Jan Moeller 40 3:52.9
100 YARDS BREASTSTROKE
Jan Moeller 40 1:37.4

WOMEN 45-49
200 YARD FREESTYLE
Doris Horensky 47 5:17.0
100 YARDS BREASTSTROKE
Lisa Bogatko 45 1:34.5
100 YARDS INDIVIDUAL MEDLEY
Lisa Bogatko 45 1:31.8

WOMEN 60-64
200 YARDS FREESTYLE
Esther Cornish 63 4:24.0

MEN 25-29
50 YARDS BACKSTROKE
Ed Guessefeld 25 34.2
100 YARDS BREASTSTROKE
Larry Weiss 26 1:08.3
100 YARDS INDIVIDUAL MEDLEY
Ed Guessefeld 25 1:12.7
200 YARDS INDIVIDUAL MEDLEY
Joe Slowiowski 2:17.0

MEN 30-34
200 YARDS FREESTYLE
Harry Hamilton 33 2:08.9
Jim Whalen 2:38.0
100 YARDS BREASTSTROKE
Eric Snyder 32 1:23.5
200 YARDS BUTTERFLY
Philip Goode 31 2:15.1
200 YARDS INDIVIDUAL MEDLEY
Eric Snyder 32 2:29.9

MEN 35-39
200 YARDS FREESTYLE
Bob Walden 35 2:11.3
Tom Moylett 2:31.6
Jim Carson 2:55.4
50 YARDS BACKSTROKE
Amar Lathi 38 32.3
100 YARDS BREASTSTROKE
Louis Abel 38 1:15.5
Stephen Kurtin 35 1:17.0
Bob Walden 35 1:26.0
200 YARDS BREASTSTROKE
Louis Abel 38 2:51.0
50 YARDS BUTTERFLY
Stephen Kurtin 35 28.4
Amar Lathi 38 29.2
Ben Simon 37 33.2
Joe Millstein 33.9
200 YARDS BUTTERFLY
Ben Simon 37 3:26.9

MEN 40-44
200 YARDS FREESTYLE
Ken Dawson 44 2:41.0
Dextor Taylor 3:08.0
50 YARDS BACKSTROKE
Ken Dawson 44 38.3
50 YARDS BUTTERFLY
Walt Woodruff 42 33.0
Charles Stott 33.2
Joe Bongiorno 33.6
Seymour B. Elk 42 39.4
100 YARDS INDIVIDUAL MEDLEY
Charles Stott 1:16.0

MEN 45-49
200 YARDS FREESTYLE
A.H. McCarthy 3:16.0
Jim Van Loon 3:19.4
200 YARDS BACKSTROKE
Dan Sullivan 48 3:08.7
100 YARDS BREASTSTROKE
Alfred Stein 46 1:17.8
Jim Forbes 48 1:18.8
Henry Lentzsch 49 1:26.8
A.H. McCarthy 1:40.6
Jim Van Loon 1:59.7
200 YARDS BREASTSTROKE
Jim Forbes 48 3:04.1
50 YARDS BUTTERFLY
Henry Lentzsch 49 37.7
100 YARDS INDIVIDUAL MEDLEY
Henry Lentzsch 49 1:17.0
400 YARDS INDIVIDUAL MEDLEY
Alfred Stein 46 5:57.8

MEN 50-54
50 YARDS BACKSTROKE
E.H. Nicoletti 51 42.6
100 YARDS BREASTSTROKE
George Melick 50 1:28.0
E.H. Nicoletti 51 1:32.4
MEN 55-59
200 YARDS FREESTYLE
Cliff Iglay 56 2:56.7
Fred Stickel 59 3:08.0
50 YARDS BACKSTROKE
Fred Stickel 59 45.0

MEN 60-64
50 YARDS BACKSTROKE
Bob Coyle 61 42.3
200 YARDS BACKSTROKE
Bob Coyle 61 3:26.7
100 YARDS BREASTSTROKE
Bob Coyle 61 2:11.4
100 YARDS INDIVIDUAL MEDLEY
Bob Coyle 61 1:55.5

MEN 65-69
200 YARDS FREESTYLE
Oscar Sigrist 66 3:11.1
Robert Gindin 68 3:35.0
50 YARDS BACKSTROKE
Sidney Silbert 66 49.2
100 YARDS BREASTSTROKE
Oscar Sigrist 66 1:37.5
50 YARDS BUTTERFLY
Oscar Sigrist 66 38.8
Sidney Silbert 66 54.4

Red Bridge YMCA
Kansas City, Mo.
February 15, 1975

Women 25-29
50 Yard Freestyle
Pat Livingston 32.7
Lynn Young 33.8
Susan Krebs 34.5
Ruth McPherson 35.5
100 Yard Freestyle
Lynn Young 1:16.0
Susan Krebs 1:17.8
Ruth McPherson 1:18.5
Carol Poste 1:23.0
200 Yard Freestyle
Carol Poste 3:09.8
Ruth McPherson 3:16.0
50 Yard Backstroke
Pat Livingston 36.5
Susan Krebs 44.1
Lynn Young 45.6
100 Yard Backstroke
Pat Livingston 1:27.6
50 Yard Breaststroke
Carol Poste 40.7
Ruth McPherson 45.1
Susan Krebs 49.0
50 Yard Butterfly
Pat Livingston 34.4
100 Yard Individual Medley
Pat Livingston 1:19.3
Carol Poste 1:30.0
Ruth McPherson 1:30.5
MEN 25-29
50 Yard Freestyle
Paul Swofford 29.0
Tom McPherson 34.4
John Stone 46.7
100 Yard Freestyle
Tom McPherson 1:16.0
John Stone 1:46.6

50 Yard Backstroke
Paul Swofford 35.7
Tom McPherson 45.8
100 Yard Backstroke
Paul Swofford 1:15.0
50 Yard Butterfly
Paul Swofford 30.5
MEN 30-34
50 Yard Freestyle
Jim Ackereit 37.1
MEN 45-49
50 Yard Freestyle
Herb Martin 27.8
50 Yard Backstroke
Herb Martin 30.2
100 Yard Backstroke
Herb Martin 1:08.9
MEN 50-54
50 Yard Freestyle
Frank Erickson 34.3
100 Yard Freestyle
Frank Erickson 1:15.5
200 Yard Freestyle
Frank Erickson 2:55.1
50 Yard Backstroke
Frank Erickson 45.5

Relays
Women 25 & over
100 Yard Medley
K.C. Masters (Krebs, Poste, Young, McPherson) 1:08.1
200 Freestyle
K.C. Masters (McPherson, Poste, Krebs, Young) 3:22.0

BERGEN COUNTY YMCA
HACKENSACK, NEW JERSEY
February 22, 1975

WOMEN 30-34
50 YARDS FREESTYLE
Alicia Gluffra 30 44.5
50 YARDS BREASTSTROKE
Alicia Gluffra 30 49.0
WOMEN 35-39
200 YARDS FREESTYLE
Fran Cura 37 2:52.4
50 YARDS BACKSTROKE
Fran Cura 37 38.7
Nancy Schluter 44.6
100 YARDS BACKSTROKE
Fran Cura 37 1:25.5
Nancy Schluter 1:42.4
50 YARDS BREASTSTROKE
Fran Cura 37 44.6
400 YARDS INDIVIDUAL MEDLEY
Fran Cura 37 6:38.2

WOMEN 40-44
50 YARDS FREESTYLE
Jan Moeller 40 37.7
100 YARDS BREASTSTROKE
Jan Moeller 40 1:38.4
400 YARDS INDIVIDUAL MEDLEY
Jan Moeller 40 7:45.8

WOMEN 45-49
50 YARDS BACKSTROKE
Tink Bolster 46 44.5
50 YARDS BREASTSTROKE
Tink Bolster 46 45.5
100 YARDS BREASTSTROKE
Tink Bolster 46 1:40.6
50 YARDS BUTTERFLY
Tink Bolster 46 45.0
400 YARDS INDIVIDUAL MEDLEY
Tink Bolster 46 7:10.5

MEN 25-29
50 YARDS BREASTSTROKE
Larry Weiss 26 30.5
100 YARDS BREASTSTROKE
Larry Weiss 26 1:09.6

MEN 30-34
50 YARDS BACKSTROKE
Sandy Thatcher 31 35.5
100 YARDS BACKSTROKE
Sandy Thatcher 31 1:14.4
100 YARDS BREASTSTROKE
Sandy Thatcher 31 1:22.0
Eric Snyder 32 1:05.8
400 YARDS INDIVIDUAL MEDLEY
Sandy Thatcher 31 5:48.2
Ernest Bush 33 7:47.7

MEN 35-39
50 YARDS FREESTYLE
Larry Mott 36 25.4
50 YARDS BACKSTROKE
Robert Schluter 34.4
Larry Mott 36 35.8
100 YARDS BACKSTROKE
Robert Schluter 1:16.3
50 YARDS BREASTSTROKE
Larry Mott 36 36.2
50 YARDS BUTTERFLY
Larry Mott 36 30.6

MEN 40-44
200 YARDS FREESTYLE
Charles Stott 40 2:38.0
50 YARDS BUTTERFLY
Charles Stott 40 33.8
MEN 45-49
50 YARDS FREESTYLE
Ted Cochran 46 30.3
Dan Sullivan 48 31.5
200 YARDS FREESTYLE
Henry Lentzsch 49 2:30.6
Ted Cochran 46 2:42.5
100 YARDS BACKSTROKE
Dan Sullivan 48 1:24.0
50 YARDS BREASTSTROKE
Henry Lentzsch 49 36.8
50 YARDS BUTTERFLY
Henry Lentzsch 49 36.9

MEN 50-54
50 YARDS FREESTYLE
E. H. Nicoletti 51 33.3
50 YARDS BACKSTROKE
E. H. Nicoletti 51 40.4
50 YARDS BREASTSTROKE
E. H. Nicoletti 51 39.3

MEN 55-59
50 YARDS FREESTYLE
William Struthers 34.1
Fred Stickel 59 35.0
200 YARDS FREESTYLE
William Struthers 2:50.6
50 YARDS BACKSTROKE
Fred Stickel 59 45.6
100 YARDS BACKSTROKE
Fred Stickel 59 1:46.0

MEN 60-64
50 YARDS FREESTYLE
Bob Coyle 61 40.0
Bill Warner 64 40.5
200 YARDS FREESTYLE
Bob Coyle 61 3:24.1
Bill Warner 64 3:50.1
50 YARDS BACKSTROKE
Bob Coyle 61 41.9
100 YARDS BACKSTROKE
Bob Coyle 61 1:31.5
50 YARDS BREASTSTROKE
Bob Coyle 61 56.4

MEN 65-69
100 YARDS BACKSTROKE
Oscar Sigrist 66 1:33.0
50 YARDS BREASTSTROKE
Oscar Sigrist 66 41.4
50 YARDS BUTTERFLY
Sidney Silbert 66 57.4
100 YARDS BUTTERFLY
Sidney Silbert 66 2:16.4

MEN 75-79
50 YARDS FREESTYLE
Clarence Ross 75 34.0
Joseph Hackney 76 46.0
200 YARDS FREESTYLE
Clarence Ross 75 2:58.0
Joseph Hackney 76 4:01.7
50 YARDS BREASTSTROKE
Joseph Hackney 76 59.4
100 YARDS BREASTSTROKE
Joseph Hackney 76 2:15.6

MASTERS SWIMMING MEET
3-8-75
Glastonbury, Ct.

WOMEN - 25-29
50 yd Freestyle
C. Slimak, 26 28.10
C. Olmstead, 27 32.50
100 yd Freestyle
C. Olmstead, 27 1:13.80
500 yd Freestyle
C. Olmstead, 27 7:54.90
50 yd Breaststroke
C. Slimak, 26 36.10
C. Olmstead, 27 40.30
100 yd Breaststroke
C. Slimak, 26 1:19.00
200 yd Individual Medley
C. Slimak, 26 2:39.30
WOMEN - 30-34
50 yd Freestyle
A. Hummel, 34 35.00
J. Maine, 31 36.10
C. Mitchell, 31 37.50
D. Levine, 34 38.80
100 yd Freestyle
F. Wilson, 31 1:12.60
J. Hardy, 31 1:14.20
500 yd Freestyle
F. Wilson, 31 7:36.90
A. Hummel, 34 8:31.80
100 yd Backstroke
D. Levine, 34 1:45.30
200 yd Backstroke
J. Hardy, 30 2:52.40
50 yd Breaststroke
E. Metz, 31 40.40
J. Maine, 31 43.20
A. Hummel, 34 44.80
100 yd Breaststroke
E. Metz, 31 1:29.20
J. Maine, 31 1:37.80
50 yd Butterfly
F. Wilson, 31 39.00
100 yd Individual Medley
E. Metz, 31 1:24.90

200 yd Individual Medley
A. Hummel, 34 3:23.70
WOMEN - 35-39
50 yd Freestyle
A. Viola, 37 35.50
L. Spletzer, 36 39.30
100 yd Freestyle
L. Spletzer, 36 1:28.50
500 yd Freestyle
L. Spletzer, 36 8:54.90
100 yd Backstroke
F. Cura, 37 1:24.20
A. Viola, 37 1:39.20
50 yd Breaststroke
L. Spletzer, 36 47.10
100 yd Breaststroke
F. Cura, 37 1:33.00
100 yd Butterfly
F. Cura, 37 1:31.50
200 yd Individual Medley
F. Cura, 37 3:01.00
WOMEN - 40-44
50 yd Freestyle
S. Kearney, 40 29.50
E. Lyman, 43 54.70
100 yd Freestyle
S. Kearney, 40 1:07.80
500 yd Freestyle
S. Kearney, 40 7:00.00
E. Lyman, 43 11:24.10
100 yd Backstroke
J. Hardy, 44 1:18.40
50 yd Breaststroke
E. Lyman, 43 54.80
100 yd Breaststroke
E. Lyman, 43 2:08.00
WOMEN - 50-54
50 yd Freestyle
J. Pieretti, 54 32.90
M. Phillips, 53 35.30
100 yd Freestyle
J. Pieretti, 54 1:10.90
N. Phillips, 53 1:20.70
500 yd Freestyle
N. Phillips, 53 8:39.00
100 yd Backstroke
J. Pieretti, 54 1:31.90
N. Phillips, 53 1:40.50
200 yd Backstroke
J. Pieretti, 54 3:24.80
100 yd Individual Medley
J. Pieretti, 54 1:34.10

WOMEN - 60-64
500 yd Freestyle
H. Offenhauser, 62 9:41.40
50 yd Breaststroke
H. Offenhauser, 62 1:13.60
100 yd Breaststroke
H. Offenhauser, 62 2:49.00
200 yd Individual Medley
H. Offenhauser, 62 4:43.20
WOMEN - 65-69
50 yd Freestyle
E. Somers, 67 56.20
100 yd Freestyle
E. Somers, 67 2:01.50
500 yd Freestyle
E. Somers, 67 10:12.50
50 yd Breaststroke
E. Somers, 67 1:07.90

MEN - 25-29
50 yd Freestyle
M. Sharp, 25 26.30
R. Tenney, 25 27.00
R. DuCharme, 25 27.60
100 yd Freestyle
M. Sharp, 25 58.50
500 yd Freestyle
J. Coplan, 29 6:05.50
50 yd Breaststroke
R. Tenney, 25 33.40
R. DuCharme, 25 35.50
L. Kunak, 28 42.00
100 yd Breaststroke
L. Kunak, 28 1:39.30
50 yd Butterfly
M. Sharp, 25 28.30
100 yd Butterfly
J. Coplan, 29 1:01.30
100 yd Individual Medley
J. Coplan, 29 1:07.40
R. Tenney, 25 1:11.70
200 yd Individual Medley
M. Sharp, 25 2:33.30
MEN - 30-34
50 yd Freestyle
J. Geoghegan, 32 23.80
C. Smith, 31 27.00
100 yd Freestyle
E. Schofield, 32 1:10.00
500 yd Freestyle
F. Cleary, 33 7:16.50
100 yd Backstroke
J. Geoghegan, 32 1:03.00
R. Meyer, 34 1:06.50
200 yd Backstroke
J. Geoghegan, 32 2:56.60
50 yd Breaststroke
M. Chaskin, 33 33.90
C. Smith, 31 34.10
100 yd Breaststroke
M. Chaskin, 33 1:16.30
F. Cleary, 32 1:19.40
C. Smith, 31 1:24.90
50 yd Butterfly
J. Geoghegan, 32 26.70
C. Smith, 31 26.90
100 yd Individual Medley
C. Smith, 31 1:08.50
F. Cleary, 32 1:12.00

200 yd Individual Medley		100 yd Freestyle		100 yd Back		Men 70-79		200 YARD FREESTYLE	
M. Chaskin, 33	2:39.40	J. Kiernan, 65	1:51.10	Joan Osborne 58	1:39.4	100 yd Free		Dave Hoffmann 47	2:19.93
MEN - 35-39		100 yd Backstroke		100 yd Ind Med		John Anderson 71		Morgan Byers 47	
50 yd Freestyle		F. Boxall, 69	2:25.50	Joan Osborne 58	1:39.7	500 yd Free	1:28.5	Frank Feld 47	3:14.1
D. Johnson, 36	29.50	MEN - 70-74		Women 70-79		John Anderson 71		500 YARD FREESTYLE	
T. Mosa, 39	31.30	50 yd Freestyle		50 yd Free		1650 yd Free		Dave Hoffmann 47	
R. Hummel, 36	33.50	H. Langner, 71		Eleanor Anderson 70		Ralph Fletcher 75		Morgan Byers 47	
J. Salvato, 36	34.50	E. Lyon, 74		100 yd Free		50 yd Back		100 YARD BACKSTROKE	
100 yd Freestyle		100 yd Freestyle		Eleanor Anderson 70		John Anderson 71		Frank Feld 47	
R. Goykendall, 38	1:02.00	H. Langner, 71		1:55.1		100 yd Ind Med		200 YARD BACKSTROKE	
R. Hummel, 36	1:14.50	500 yd Freestyle		Men 25-29		John Anderson 71		Morgan Byers 47	
K. Goykendall, 38	6:12.40	E. Langner, 71		50 yd Free		1:47.0		Frank Feld 47	
R. Hummel, 36	7:55.50	H. Lyons, 74		Eric Fortess 26		26.0		50 YARD BREASTSTROKE	
J. Salvato, 36	9:35.80	H. Langner, 71		Michael Reed 29		26.0		Frank Feld 47	
50 yd Breaststroke		100 yd Backstroke		100 yd Free		WISCONSIN MASTERS		200 YARD MEDLEY RELAY	
T. Mosa, 39	37.20	50 yd Breaststroke		Gary Niemeyer 27		55.0		Feld, Trawicki, Prange,	
100 yd Breaststroke		E. Lyon, 74		Michael Reed 29		57.8		Wilson	
W. Murray, 37	1:21.40	COED - FREESTYLE RELAY		500 yd Free		3-8x9-75		Milwaukee, WI	
T. Mosa, 39	1:27.40	200 yd		Dave Gemmill 27		5:46.7		MEN 25-29	
50 yd Butterfly		25 years and up		Gary Niemeyer 27		5:46.8		50 YARD FREESTYLE	
W. Murray, 37	28.40	Connecticut Masters		Robert Rocheleau 29		6:13.1		George Wussow 51	
R. Hummel, 36	47.50	(Tenney, Sliimak, DuCharme, Olmstead)		1650 yd Free		2:04.06		100 YARD FREESTYLE	
100 yd Butterfly		45 years and up		David Baker 26		22:32.0		George Wussow 51	
W. Murray, 37	1:04.70	Connecticut Masters		50 yd Back		Eric Fortess 26		50 YARD BACKSTROKE	
200 yd Individual Medley		(Pieretti, Phillips, Maine, Goldstone)		200 yd Breast		32.7		100 YARD BACKSTROKE	
W. Murray, 37	2:30.00	Connecticut Masters		David Baker 26		38.1		Tom Ertel 27	
MEN - 40-44		55 years and up		200 yd Breast		2:32.5		1:02.13	
50 yd Freestyle		Connecticut Masters		David Gemmill 27		2:32.5		2:15.81	
W. Lincoln, 41	26.90	(Offenhausner, Langner, Somers, Lyons)		100 yd Fly		1:00.8		50 YARD BREASTSTROKE	
T. Miller, 40	29.60	COED - 200 yd MEDLEY RELAY		Gary Niemeyer 27		1:09.1		Wm. Koller 26	
100 yd Freestyle		25 years and up		Robert Rocheleau 29		1:09.5		100 YARD BREASTSTROKE	
W. Lincoln, 41	59.00	Connecticut Masters		David Baker 26		2:16.9		Wm. Koller 26	
F. Bartlett, 44	1:04.60	(Sliimak, Wilson, Geoghegan, Johnson)		200 yd Free		5:43.0		Bob Corris 29	
50 yd Freestyle		COED - 200 yd MEDLEY RELAY		Douglas Rice 30		1650 yd Free		Mark Prange 27	
W. Lincoln, 41	59.00	45 years and up		Bruce Allender 31		50 yd Back		200 YARD FREESTYLE	
F. Bartlett, 44	1:04.60	Connecticut Masters		2:16.60		Jack Karbens 33		1:44.9	
100 yd Backstroke		(Goldstone, Pieretti, Phillips, Nebelung)		55 years and up		100 yd Back		Cappy Pick	
F. Bartlett, 44	2:55.80	Connecticut Masters		3:50.70		Bruce Clark 33		Tom Ertel	
50 yd Breaststroke		(Somers, Lyons, Offenhausner, Langner)		200 yd Breast		53.9		John Goetz	
T. Miller, 40	33.50	HAWAIIAN ASSOCIATION AAU		William Madden 31		58.7		Lew Brumm	
100 yd Breaststroke		Univ. of Hawaii Apr 6, 1975		100 yd Back		5:43.0		Mark Prange	
T. Miller, 40	1:17.60	Women 25-29		Jack Karbens 33		20:44.4		1:05.5	
50 yd Butterfly		50 yd Free		William Madden 31		56.9		1:05.5	
J. Schmidt, 40	32.60	Vanny Chozten 26		50 yd Breast		2:12.0		1:53.49	
100 yd Individual Medley		Jean Strong 27		William Madden 31		32.9		1:53.49	
J. Schmidt, 40	1:16.00	100 yd Free		Jack Karbens 33		55.5		1:53.49	
MEN - 45-49		Vanny Chozten 26		100 yd Ind Med		Bruce Clark 33		1:01.4	
50 yd Freestyle		1650 yd Free		William Madden 31		1:01.4		1:05.5	
L. Goldstone, 45	27.40	Vanny Chozten 26		50 yd Back		27.8		28.0	
E. Hulme, 47	28.40	50 yd Back		Jean Strong 27		28.4		34.2	
100 yd Freestyle		Jean Strong 27		48.6		34.2		34.6	
E. Hulme, 47	1:04.00	100 yd Back		Judy Rasmussen 28		1:04.3		1:18.10	
J. Nebelung, 46	1:07.00	50 yd Breast		50 yd Fly		31.2		39.2	
500 yd Freestyle		Judy Rasmussen 28		John Goetz 41		39.2		32.90	
L. Goldstone, 45	6:34.90	Jean Strong 27		100 yd Back		1:10.2		1:11.95	
S. Hall, 49	8:01.70	100 yd Fly		John Goetz 41		35.0		1:13.16	
100 yd Backstroke		Judy Rasmussen 28		1:12.4		1:12.1		2:43.62	
S. Hall, 49	1:21.90	Jean Strong 27		1:46.0		1:15.0		2:43.62	
W. Slocum, 46	1:27.70	Women 30-34		50 yd Free		1:12.1		1:01.36	
200 yd Backstroke		50 yd Back		Patricia Madden 31		1:12.1		1:18.14	
W. Slocum, 46	3:21.90	Patricia Madden 31		50 yd Breast		38.9		1:18.14	
50 yd Breaststroke		50 yd Breast		L. Stringfellow 39		41.4		23:19.5	
Jr. Nebelung, 46	33.30	L. Stringfellow 39		1:33.7		1:33.7		4:3.9	
T. Haartz, 46	34.50	100 yd Back		1:44.4		1:28.3		1:33.4	
C. McCarthy, 49	40.30	L. Stringfellow 39		50 yd Breast		47.2		1:28.3	
W. Slocum, 45	40.90	Eve Anderson 37		1:28.7		1:50.0		29.3	
100 yd Breaststroke		L. Stringfellow 39		1:50.0		1:04.7		1:18.4	
J. Nebelung, 46	1:14.30	Women 40-44		50 yd Free		1:04.7		1:18.4	
T. Haartz, 46	1:16.30	50 yd Free		Billie Hundtoft 41		45.9		39.34	
W. Slocum, 46	1:28.70	Billie Hundtoft 41		1:41.6		1:09.5		1:15.17	
C. McCarthy, 49	1:34.00	100 yd Back		1:09.5		2:06.1		2:51.4	
50 yd Butterfly		Billie Hundtoft 41		2:06.1		2:06.1		2:47.664	
L. Goldstone, 45	30.10	Women 45-49		50 yd Back		51.6		1:13.0	
L. Goldstone, 45	2:34.60	50 yd Back		Joy Ford 47		100 yd Back		7:04.1	
T. Haartz, 46	2:38.10	Joy Ford 47		2:00.0		1:01.7		7:04.1	
MEN - 50-54		50 yd Breast		Joy Ford 47		1:01.7		1:19.82	
50 yd Freestyle		Eve Anderson 37		1:50.0		1:01.7		1:19.82	
J. Edwards, 52	30.60	L. Stringfellow 39		1:50.0		1:01.7		1:19.82	
W. Shadbolt, 50	30.80	100 yd Back		1:50.0		1:01.7		1:19.82	
E. Schofield, 52	30.90	L. Stringfellow 39		1:50.0		1:01.7		1:19.82	
G. Kermodie, 54	31.50	50 yd Breast		1:50.0		1:01.7		1:19.82	
J. Miserochchi, 50	33.00	Eve Anderson 37		1:50.0		1:01.7		1:19.82	
100 yd Freestyle		L. Stringfellow 39		1:50.0		1:01.7		1:19.82	
W. Shadbolt, 50	1:11.90	100 yd Back		1:50.0		1:01.7		1:19.82	
G. Kermodie, 54	1:16.20	L. Stringfellow 39		1:50.0		1:01.7		1:19.82	
J. Miserochchi, 50	1:16.30	50 yd Breast		1:50.0		1:01.7		1:19.82	
500 yd Freestyle		Eve Anderson 37		1:50.0		1:01.7		1:19.82	
J. Edwards, 52	6:47.20	L. Stringfellow 39		1:50.0		1:01.7		1:19.82	
E. Schofield, 53	7:44.20	100 yd Ind Med		1:50.0		1:01.7		1:19.82	
100 yd Backstroke		Eve Anderson 37		1:50.0		1:01.7		1:19.82	
J. Edwards, 52	1:19.00	L. Stringfellow 39		1:50.0		1:01.7		1:19.82	
E. Schofield, 53	1:34.40	Women 55-59		50 yd Free		37.6			
200 yd Backstroke		50 yd Free		Joan Osborne 58		37.6			
J. Edwards, 52	2:50.00	Billie Hundtoft 41		100 yd Free		1:26.3			
50 yd Breaststroke		100 yd Free		Joan Osborne 58		1:26.3			
G. Kermodie, 54	40.50	Billie Hundtoft 41		1:26.3					
MEN - 55-59		50 yd Back							
100 yd Freestyle		Billie Hundtoft 41							
H. Bartlett, 59	1:12.90	100 yd Back							
500 yd Freestyle		Billie Hundtoft 41							
J. Merrill, 58	7:41.50	Women 60-64							
H. Bartlett, 59	7:46.50	50 yd Free							
100 yd Backstroke		Harold Sexton 60							
J. Merrill, 58	1:19.50	100 yd Free							
200 yd Backstroke		Harold Sexton 60							
J. Merrill, 58	2:57.60	100 yd Free							
50 yd Breaststroke		Harold Sexton 60							
S. Pudell, 59	40.30	1650 yd Free							
R. Gerstung, 56	45.90	Lloyd Osborne 66							
100 yd Breaststroke		500 yd Free							
S. Pudell, 59	1:31.70	1650 yd Free							
MEN - 65-69		Lloyd Osborne 66							
50 yd Freestyle		24:38.6							
J. Kiernan, 65	48.80	100 yd Freestyle							

PORTLAND COMMUNITY COLLEGE
MASTERS MEET
Portland, Oregon
March 16, 1975 25 Yd. Pool

WOMEN 25-34

50 YD. FREESTYLE
Elsine Elmore 26
Keren von der Linden 32
Alice Zabudsky 30
Susy Doolittle 26
Jacque Coan 32
100 YD. FREESTYLE
Alice Zabudsky 30
200 YD. FREESTYLE
Alice Zabudsky 30
Keren von der Linden 32
1650 YD. FREESTYLE
Darlene Pohl 25
Susan Snyder 26

50 YD. BACKSTROKE

Susy Doolittle 26
100 YD. BACKSTROKE
Elsine Elmore 26
200 YD. BACKSTROKE
Susan Snyder 26
50 YD. BREASTROKE
Susy Doolittle 26
100 YD. BREASTROKE
Alice Zabudsky 30
50 YD. BUTTERFLY
Darlene Pohl 25
Alice Zabudsky 30
Elsine Elmore 26
Keren von der Linden 32
100 YD. BUTTERFLY
Keren von der Linden 32
100 YD. BUTTERFLY
Susan Snyder 26
100 YD. IND. MEDLEY
Alice Zabudsky 30
Jacque Coan 32
200 YD. IND. MEDLEY
Susan Snyder 26
Darlene Pohl 25

WOMEN 35-44

50 YD. FREESTYLE
Ronde Gates 35
Kery Goar 40
100 YD. FREESTYLE
Kery Goar 40
200 YD. FREESTYLE
Ronde Gates 35
Kery Goar 40
100 YD. BACKSTROKE
Connie Wilson 40
200 YD. BACKSTROKE
Connie Wilson 40
100 YD. BREASTROKE
Ronde Gates 35
100 YD. IND. MEDLEY
Connie Wilson 40

WOMEN 45-54

50 YD. FREESTYLE
Christine Weitzer 45
100 YD. FREESTYLE
Fricella Downing 46
Christine Weitzer 45
50 YD. BACKSTROKE
Christine Weitzer 45
100 YD. BACKSTROKE
Christine Weitzer 45
Elfie Stevenin 53
50 YD. BREASTROKE
Christine Weitzer 45
100 YD. BREASTROKE
Fricella Downing 46
200 YD. BREASTROKE
Elfie Stevenin 53
100 YD. IND. MEDLEY
Elfie Stevenin 53

WOMEN 55-64

50 YD. FREESTYLE
Karl von Teegen 31
Jon Stout 28
Jed Cronin 26
Don Houghton 28
Doug Huettis 27
William Maher 26
100 YD. FREESTYLE
Karl von Teegen 31
Don Houghton 28
William Maher 26
100 YD. FREESTYLE
Randy Harris 26
John Maher 26
P. Hill Taylor 26
Eric Houghton 25
100 YD. BREASTROKE
John Maher 26
Randy Harris 26
P. Hill Taylor 26
Eric Houghton 25
200 YD. BREASTROKE
P. Hill Taylor 26

WOMEN 65-74

50 YD. FREESTYLE
Karl von Teegen 31
Jon Stout 28
Jed Cronin 26
Don Houghton 28
Doug Huettis 27
William Maher 26
100 YD. FREESTYLE
Karl von Teegen 31
Don Houghton 28
William Maher 26
100 YD. FREESTYLE
Randy Harris 26
John Maher 26
P. Hill Taylor 26
Eric Houghton 25
100 YD. BREASTROKE
John Maher 26
Randy Harris 26
P. Hill Taylor 26
Eric Houghton 25
200 YD. BREASTROKE
P. Hill Taylor 26

WOMEN 75-84

50 YD. FREESTYLE
Karl von Teegen 31
Jon Stout 28
Jed Cronin 26
Don Houghton 28
Doug Huettis 27
William Maher 26
100 YD. FREESTYLE
Karl von Teegen 31
Don Houghton 28
William Maher 26
100 YD. FREESTYLE
Randy Harris 26
John Maher 26
P. Hill Taylor 26
Eric Houghton 25
100 YD. BREASTROKE
John Maher 26
Randy Harris 26
P. Hill Taylor 26
Eric Houghton 25
200 YD. BREASTROKE
P. Hill Taylor 26

WOMEN 85-94

50 YD. FREESTYLE
Karl von Teegen 31
Jon Stout 28
Jed Cronin 26
Don Houghton 28
Doug Huettis 27
William Maher 26
100 YD. FREESTYLE
Karl von Teegen 31
Don Houghton 28
William Maher 26
100 YD. FREESTYLE
Randy Harris 26
John Maher 26
P. Hill Taylor 26
Eric Houghton 25
100 YD. BREASTROKE
John Maher 26
Randy Harris 26
P. Hill Taylor 26
Eric Houghton 25
200 YD. BREASTROKE
P. Hill Taylor 26

50 YD. BUTTERFLY

Jed Cronin 26
Stoddard Smith 31
Doug Huettis 27
Randy Harris 26
Eric Houghton 25
100 YD. BUTTERFLY
Jed Cronin 26
Doug Huettis 27
200 YD. BUTTERFLY
Stoddard Smith 31
Doug Huettis 27
100 YD. IND. MEDLEY
Jon Stout 28
John Maher 26
Randy Harris 26
Jed Cronin 26
Eric Houghton 25
Doug Huettis 27

50 YD. BACKSTROKE

Tom Levak 36
Oscar Flores 36
William Weaver 38
Brian Heard 40
100 YD. FREESTYLE
Mark Gates 35
Tom Levak 36
Ron Nakata 35
Brian Heard 40
William Weaver 38
100 YD. BACKSTROKE
Ron Nakata 35
50 YD. BREASTROKE
Mark Gates 35
Oscar Flores 36
Brian Heard 40
Emmanuel Seng 44
100 YD. BREASTROKE
Mark Gates 35
Emmanuel Seng 44
200 YD. BREASTROKE
Emmanuel Seng 44
50 YD. BUTTERFLY
Mark Gates 35
Oscar Flores 35
100 YD. IND. MEDLEY
William Weaver 38
Emmanuel Seng 44
200 YD. IND. MEDLEY
Mark Gates 35
Ron Nakata 35

50 YD. FREESTYLE

William Weaver 38
Emmanuel Seng 44
200 YD. FREESTYLE
Emmanuel Seng 44
50 YD. BUTTERFLY
Mark Gates 35
Oscar Flores 35
100 YD. IND. MEDLEY
William Weaver 38
Emmanuel Seng 44
200 YD. IND. MEDLEY
Mark Gates 35
Ron Nakata 35

50 YD. BACKSTROKE

James Holland 51
Chuck Harrison 49
Hector Munn 45
100 YD. FREESTYLE
James Holland 51
Chuck Harrison 49
200 YD. FREESTYLE
Chuck Harrison 49
50 YD. BACKSTROKE
Earl Walter 53
Donlan Jones 45
Hector Munn 45
100 YD. BACKSTROKE
Earl Walter 53
Donlan Jones 45
200 YD. BACKSTROKE
Earl Walter 53
Donlan Jones 45
50 YD. BREASTROKE
Earl Walter 53
Donlan Jones 45
100 YD. IND. MEDLEY
Earl Walter 53
Donlan Jones 45
1650 YD. FREESTYLE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. FREESTYLE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. BACKSTROKE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. FREESTYLE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. BACKSTROKE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. FREESTYLE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. BACKSTROKE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. BACKSTROKE

MIMI HAYES 27
MARIE Z. LATHAM 26
50 YD. BREASTROKE
DEBBY DOESBURG 25
JANICE R. TERRASI 27
100 YD. BUTTERFLY
JANICE R. TERRASI 27
100 YD. IND. MEDLEY
MIMI HAYES 27
DEBBY DOESBURG 25
JANICE R. TERRASI 27
CATHLEEN R. SOMERS 26
50 YD. FREESTYLE
JANET E. ROYER 33
SIDNEY HENDRICKSON 32
CHRISTINE MARTIN 33
LUCY PARENTEAU 31
KAY KNOLL 34
100 YD. FREESTYLE
JANET E. ROYER 33
SIDNEY HENDRICKSON 32
CHRISTINE MARTIN 33
KAY KNOLL 34
1650 YD. FREESTYLE
LUCY PARENTEAU 31
50 YD. BACKSTROKE
SIDNEY HENDRICKSON 32
CHRISTINE MARTIN 33
LUCY PARENTEAU 31
100 YD. BUTTERFLY
JANET E. ROYER 33
100 YD. IND. MEDLEY
JANET E. ROYER 33
CHRISTINE MARTIN 33
LUCY PARENTEAU 31

50 YD. FREESTYLE

Tom Levak 36
Oscar Flores 36
William Weaver 38
Brian Heard 40
100 YD. FREESTYLE
Mark Gates 35
Tom Levak 36
Ron Nakata 35
Brian Heard 40
William Weaver 38
100 YD. BACKSTROKE
Ron Nakata 35
50 YD. BREASTROKE
Mark Gates 35
Oscar Flores 36
Brian Heard 40
Emmanuel Seng 44
100 YD. BREASTROKE
Mark Gates 35
Emmanuel Seng 44
200 YD. BREASTROKE
Emmanuel Seng 44
50 YD. BUTTERFLY
Mark Gates 35
Oscar Flores 35
100 YD. IND. MEDLEY
William Weaver 38
Emmanuel Seng 44
200 YD. IND. MEDLEY
Mark Gates 35
Ron Nakata 35

50 YD. BACKSTROKE

James Holland 51
Chuck Harrison 49
Hector Munn 45
100 YD. FREESTYLE
James Holland 51
Chuck Harrison 49
200 YD. FREESTYLE
Chuck Harrison 49
50 YD. BACKSTROKE
Earl Walter 53
Donlan Jones 45
Hector Munn 45
100 YD. BACKSTROKE
Earl Walter 53
Donlan Jones 45
200 YD. BACKSTROKE
Earl Walter 53
Donlan Jones 45
50 YD. BREASTROKE
Earl Walter 53
Donlan Jones 45
100 YD. IND. MEDLEY
Earl Walter 53
Donlan Jones 45
1650 YD. FREESTYLE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. FREESTYLE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. BACKSTROKE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. FREESTYLE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. BACKSTROKE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. FREESTYLE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. BACKSTROKE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. FREESTYLE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

1650 YD. FREESTYLE

DOROTHEA E. COLE 65
50 YD. BACKSTROKE
JOHNNIE BELSHE 66
200 YD. BACKSTROKE
JOHNNIE BELSHE 66
WOMEN 70+
50 YD. FREESTYLE
ELIZABETH MAURIC 70
NEW 25-29
50 YD. FREESTYLE
DON HAVENS 27
RANDY ALLEN 28
100 YD. FREESTYLE
DON HAVENS 27
GARY LANGENDREN 29
CHARLES BAUMGARNER 27
PAUL DIMOTAKIS 29
1650 YD. FREESTYLE
JOHN K. SHEA 25
RANDY ALLEN 28
200 YD. BACKSTROKE
KEN KRUEGER 29
HAROLD SPINKA 29
50 YD. BREASTROKE
PAUL JEFFERS 29
HAROLD SPINKA 29
CHARLES BAUMGARNER 27
MICHAEL S. STEFANKO 27
100 YD. BUTTERFLY
GARY LANGENDREN 29
CHARLES BAUMGARNER 27
100 YD. IND. MEDLEY
PAUL JEFFERS 29
DON HAVENS 27
CHARLES BAUMGARNER 27
MICHAEL S. STEFANKO 27
PAUL E. DIMOTAKIS 29
1650 YD. FREESTYLE
BUDDY G. BELSHE 40
BRADFORD STURTEVANT 41
FRED BROWN 42
BUDD STHESS 40
TOM SCOTTON 44
NINO CUPAUOLO 40
DON JOHNSON 43
100 YD. FREESTYLE
BRADFORD STURTEVANT 41
BUDDY G. BELSHE 40
FRED BROWN 42
ART WELCH 42
RUSSELL HAWKES 44
DON JOHNSON 43
1650 YD. FREESTYLE
BUDDY G. BELSHE 40
BRADFORD STURTEVANT 41
TOM SCOTTON 44
DON JOHNSON 43
50 YD. BACKSTROKE
STAN MCCONNELL 43
RUSSELL HAWKES 44
BOB GIETD 40
200 YD. BACKSTROKE
STAN MCCONNELL 43
BOB BURNSIDE 42
BOB GIETD 40
FRFD BROWN 42
50 YD. BREASTROKE
WILLIAM K. DAVIS 40
RUSSELL HAWKES 44
NINO CUPAUOLO 40
BOB BURNSIDE 42
BUDD STHESS 40
TOM SCOTTON 44
ART WELCH 42
200 YD. BREASTROKE
WILLIAM K. DAVIS 40
NINO CUPAUOLO 40
BUDDY G. BELSHE 40
RUSSELL HAWKES 44
BUDD STHESS 40
TOM SCOTTON 44
100 YD. BUTTERFLY
DON JOHNSON 43
ART WELCH 42
BRADFORD STURTEVANT 41
TOM SCOTTON 44
BOB GIETD 40
100 YD. IND. MEDLEY
BODDY G. BELSHE 40
STAN MCCONNELL 43
ART WELCH 42
NINO CUPAUOLO 40
1650 YD. FREESTYLE
BUDDY G. BELSHE 40
BRADFORD STURTEVANT 41
TOM SCOTTON 44
DON JOHNSON 43
50 YD. FREESTYLE
JACK CRAIGIE 45
LARRY LARIMORE 47
JERRY CUNNINGHAM 46
100 YD. FREESTYLE
JACK CRAIGIE 45
DUANE L. DRAVES 49
1650 YD. FREESTYLE
DUANE L. DRAVES 49
JERRY CUNNINGHAM 46
HOWARD BENNETT 45
50 YD. BACKSTROKE
JACK CRAIGIE 45
JERRY CUNNINGHAM 46
200 YD. BACKSTROKE
JACK CRAIGIE 45
50 YD. BREASTROKE
LARRY LARIMORE 47
JERRY CUNNINGHAM 46
200 YD. BREASTROKE
REX L. ODELL 37
KEITH MARTIN 38
DANIEL L. HENDRICKSON 37
EDGAR H. FRANK 39
DANIEL L. HENDRICKSON 37
1650 YD. FREESTYLE
DAN KEVLES 36
KEITH MARTIN 38
50 YD. BACKSTROKE
BILL EARLY 38
DONALD WEBER 38
200 YD. BACKSTROKE
BILL EARLY 38
50 YD. BREASTROKE
REX L. ODELL 37
EDGAR H. FRANK 39
DANIEL L. HENDRICKSON 37
100 YD. FREESTYLE
BILL EARLY 38
ROGER STERNECK 35
DONALD WEBER 38
REX L. ODELL 37
KEITH MARTIN 38

50 YD. FREESTYLE

Tom Levak 36
Oscar Flores 36
William Weaver 38
Brian Heard 40
100 YD. FREESTYLE
Mark Gates 35
Tom Levak 36
Ron Nakata 35
Brian Heard 40
William Weaver 38
100 YD. BACKSTROKE
Ron Nakata 35
50 YD. BREASTROKE
Mark Gates 35
Oscar Flores 36
Brian Heard 40
Emmanuel Seng 44
100 YD. BREASTROKE
Mark Gates 35
Emmanuel Seng 44
200 YD. BREASTROKE
Emmanuel Seng 44
50 YD. BUTTERFLY
Mark Gates 35
Oscar Flores 35
100 YD. IND. MEDLEY
William Weaver 38
Emmanuel Seng 44
200 YD. IND. MEDLEY
Mark Gates 35
Ron Nakata 35

50 YD. BACKSTROKE

James Holland 51
Chuck Harrison 49
Hector Munn 45
100 YD. FREESTYLE
James Holland 51
Chuck Harrison 49
200 YD. FREESTYLE
Chuck Harrison 49
50 YD. BACKSTROKE
Earl Walter 53
Donlan Jones 45
Hector Munn 45
100 YD. BACKSTROKE
Earl Walter 53
Donlan Jones 45
200 YD. BACKSTROKE
Earl Walter 53
Donlan Jones 45
50 YD. BREASTROKE
Earl Walter 53
Donlan Jones 45
100 YD. IND. MEDLEY
Earl Walter 53
Donlan Jones 45
1650 YD. FREESTYLE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. FREESTYLE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. BACKSTROKE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. FREESTYLE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. BACKSTROKE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. FREESTYLE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. BACKSTROKE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

50 YD. FREESTYLE

George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. BREASTROKE
George Bailey 62
50 YD. FREESTYLE
Kelly Bagby 60
100 YD. IND. MEDLEY
Kelly Bagby 60

1650 YD. FREESTYLE

DOROTHEA E. COLE 65
50 YD. BACKSTROKE
JOHNNIE BELSHE 66
200 YD. BACKSTROKE
JOHNNIE BELSHE 66
WOMEN 70+
50 YD. FREESTYLE
ELIZABETH MAURIC 70
NEW 25-29
50 YD. FREESTYLE
DON HAVENS 27
RANDY ALLEN 28
100 YD. FREESTYLE
DON HAVENS 27
GARY LANGENDREN 29
CHARLES BAUMGARNER 27
PAUL DIMOTAKIS 29
1650 YD. FREESTYLE
JOHN K. SHEA 25
RANDY ALLEN 28
200 YD. BACKSTROKE
KEN KRUEGER 29
HAROLD SPINKA 29
50 YD. BREASTROKE
PAUL JEFFERS 29
HAROLD SPINKA 29
CHARLES BAUMGARNER 27
MICHAEL S. STEFANKO 27
100 YD. BUTTERFLY
GARY LANGENDREN 29
CHARLES BAUMGARNER 27
100 YD. IND. MEDLEY
PAUL JEFFERS 29
DON HAVENS 27
CHARLES BAUMGARNER 27
MICHAEL S. STEFANKO 27
PAUL E. DIMOTAKIS 29
1650 YD. FREESTYLE
BUDDY G. BELSHE 40
BRADFORD STURTEVANT 41
FRED BROWN 42
BUDD STHESS 40
TOM SCOTTON 44
NINO CUPAUOLO 40
DON JOHNSON 43
100 YD. FREESTYLE
BRADFORD STURTEVANT 41
BUDDY G. BELSHE 40
FRED BROWN 42
ART WELCH 42
RUSSELL HAWKES 44
DON JOHNSON 43
1650 YD. FREESTYLE
BUDDY G. BELSHE 40
BRADFORD STURTEVANT 41
TOM SCOTTON 44
DON JOHNSON 43
50 YD. BACKSTROKE
STAN MCCONNELL 43
RUSSELL HAWKES 44
BOB GIETD 40
200 YD. BACKSTROKE
STAN MCCONNELL 43
BOB BURNSIDE 42
BOB GIETD 40
FRFD BROWN 42
50 YD. BREASTROKE
WILLIAM K. DAVIS 40
RUSSELL HAWKES 44
NINO CUPAUOLO 40
BOB BURNSIDE 42
BUDD STHESS 40
TOM SCOTTON 44
ART WELCH 42
200 YD. BREASTROKE
WILLIAM K. DAVIS 40
NINO CUPAUOLO 40
BUDDY G. BELSHE 40
RUSSELL HAWKES 44
BUDD STHESS 40
TOM SCOTTON 44
100 YD. BUTTERFLY
DON JOHNSON 43
ART WELCH 42
BRADFORD STURTEVANT 41
TOM SCOTTON 44
BOB GIETD 40
100 YD. IND. MEDLEY
BODDY G. BELSHE 40
STAN MCCONNELL 43
ART WELCH 42
NINO CUPAUOLO 40
1650 YD. FREESTYLE
BUDDY G. BELSHE 40
BRADFORD STURTEVANT 41
TOM SCOTTON 44
DON JOHNSON 43
50 YD. FREESTYLE
JACK CRAIGIE 45
LARRY LARIMORE 47
JERRY CUNNINGHAM 46
100 YD. FREESTYLE
JACK CRAIGIE 45
DUANE L. DRAVES 49
1650 YD. FREESTYLE
DUANE L. DRAVES 49
JERRY CUNNINGHAM 46
HOWARD BENNETT 45
50 YD. BACKSTROKE
JACK CRAIGIE 45
JERRY CUNNINGHAM 46
200 YD. BACKSTROKE
JACK CRAIGIE 45
50 YD. BREASTROKE
LARRY LARIMORE 47
JERRY CUNNINGHAM 46
200 YD. BREASTROKE
REX L. ODELL 37
KEITH MARTIN 38
DANIEL L. HENDRICKSON 37
EDGAR H. FRANK 39
DANIEL L. HENDRICKSON 37
1650 YD. FREESTYLE
DAN KEVLES 36
KEITH MARTIN 38
50 YD. BACKSTROKE
BILL EARLY 38
DONALD WEBER 38
200 YD. BACKSTROKE
BILL EARLY 38
50 YD. BREASTROKE
REX L. ODELL 37
EDGAR H. FRANK 39
DANIEL L. HENDRICKSON 37
100 YD. FREESTYLE
BILL EARLY 38
ROGER STERNECK 35
DONALD WEBER 38
REX L. ODELL 37
KEITH MARTIN 38

50 YD. FREESTYLE

Tom Levak 36
Oscar Flores 36
William Weaver 38
Brian Heard 40
100 YD. FREESTYLE
Mark Gates 35
Tom Levak 36
Ron Nakata 35
Brian Heard 40
William Weaver 38
100 YD. BACKSTROKE
Ron Nakata 35
50 YD. BREASTROKE
Mark Gates 35
Oscar Flores 36
Brian Heard 40
Emmanuel Seng 44
100 YD. BREASTROKE
Mark Gates 35
Emmanuel Seng 44
200 YD. BREASTROKE
Emmanuel Seng 44
50 YD. BUTTERFLY
Mark Gates 35
Oscar Flores 35
100 YD. IND. MEDLEY
William Weaver 38
Emmanuel Seng 44
200 YD. IND. MEDLEY
Mark Gates 35
Ron Nakata 35

50 YD. BACKSTROKE

James Holland 51
Chuck Harrison 49
Hector Munn 45
100 YD. FREESTYLE
James Holland 51
Chuck Harrison 49
200 YD. FREESTYLE
Chuck Harrison 49
50 YD. BACKSTROKE
Earl Walter 53
Donlan Jones 45
Hector Munn 45
100 YD. BACKSTROKE
Earl Walter 53
Donlan Jones

100 YD. FREESTYLE		
JOHN G. WATKINS 51	1:03.7	FNA MASTERS SWIM MEET
NORM S. BUVICK 50	1:05.3	AUBURN, WASHINGTON
JOHN ITZEL 53	1:17.6	APRIL 5, 1975
*FNA Record		
1650 YD. FREESTYLE		
JACK BURGAN 52	24:54.3	WOMEN 20-24
JOHN G. WATKINS 51	26:28.5	50 YARD FREESTYLE
JOHN ITZEL 53	34:07.5	Sharlene McQuiston
50 YD. BACKSTROKE		Vikki Davis
JOHN ITZEL 53	44.4	Sandy Smith
200 YD. BACKSTROKE		100 YARD FREESTYLE
JOHN ITZEL 53	3:28.3	Vikki Davis
50 YD. BREASTSTROKE		Sharlene McQuiston
JACK BURGAN 52	37.5	50 YARD BACKSTROKE
NORM S. BUVICK 50	38.1	Sharlene McQuiston
E.W. NESEN 54	38.5	Sandy Smith
200 YD. BREASTSTROKE		50 YARD BREASTSTROKE
E.W. NESEN 54	3:06.3	Sharlene McQuiston
JACK BURGAN 52	3:13.2	Sandy Smith
100 YD. BUTTERFLY		Jean Bonaro
JACK BURGAN 52	1:27.2	50 YARD BUTTERFLY
E.W. NESEN 54	1:29.7	Vikki Davis
100 YD. IND. MEDLEY		Sharlene McQuiston
JACK BURGAN 52	1:24.7	100 YARD BUTTERFLY
400 YD. IND. MEDLEY		Vikki Davis
JIM MARCUS 55	6:07.0	100 YARD IND. MEDLEY
MEN 55-59		
50 YD. FREESTYLE		
LYLE E. FELDERMAN 55	29.0	50 YARD FREESTYLE
DON RANKIN 58	29.3	Linda Kulchinski
RAYMOND L. STANHOPE 56	36.5	Judy Bone
100 YD. FREESTYLE		100 YARD FREESTYLE
LYLE E. FELDERMAN 55	1:05.1	Val Boen
DON RANKIN 58	1:08.4	500 YARD FREESTYLE
50 YD. BACKSTROKE		Val Boen
TOM LYND 57	38.0	100 YARD BACKSTROKE
LYLE E. FELDERMAN 55	41.3	Judy Bone
DON RANKIN 58	3:09.8	50 YARD BUTTERFLY
RAYMOND L. STANHOPE 56	3:12.7	Val Boen
50 YD. BREASTSTROKE		35.2
TOM LYND 57	35.2	50 YARD FREESTYLE
LYLE E. FELDERMAN 55	39.8	2:44.1
RAYMOND L. STANHOPE 56	54.1	7:35.5
200 YD. BREASTSTROKE		46.4
TOM LYND 57	3:02.9	46.4
100 YD. BUTTERFLY		35.2
DON RANKIN 58	1:24.9	50 YARD FREESTYLE
100 YD. IND. MEDLEY		2:44.1
TOM LYND 57	1:16.5	7:35.5
LYLE E. FELDERMAN 55	1:18.2	46.4
400 YD. IND. MEDLEY		35.2
DON RANKIN 58	6:12.0	50 YARD FREESTYLE
MEN 60-64		
50 YD. FREESTYLE		
TOM MONAHAN 64	31.6	50 YARD FREESTYLE
MEL MAXWELL 63	33.2	Linda Kulchinski
WALTER SLIKE 61	36.5	Judy Bone
LOUIS R. MCCREERY 63	39.9	100 YARD FREESTYLE
FRANZ HALE 64	44.0	Val Boen
100 YD. FREESTYLE		500 YARD FREESTYLE
MEL MAXWELL 63	1:09.0	Val Boen
TOM MONAHAN 64	1:13.5	100 YARD BACKSTROKE
EDDY ONSGARD 63	1:17.3	Judy Bone
WALTER SLIKE 61	1:31.5	50 YARD BUTTERFLY
LOUIS R. MCCREERY 63	1:35.0	Val Boen
FRANZ HALE 64	1:57.3	35.2
1650 YD. FREESTYLE		100 YARD FREESTYLE
EDDY ONSGARD 63	27:04.0	Carolyn Behse
BURR CLARK 61	29:36.4	Suzanne Haley
FRANK BUDMAN 63	33:49.3	Susan Minor
50 YD. BACKSTROKE		100 YARD BREASTSTROKE
TOM MONAHAN 64	37.1	Carolyn Behse
MEL MAXWELL 63	40.6	50 YARD BUTTERFLY
EDDY ONSGARD 63	51.5	Peggy Smothers
LOUIS R. MCCREERY 63	1:03.5	Mary Jane Harader
200 YD. BACKSTROKE		50 YARD BREASTSTROKE
TOM MONAHAN 64	3:17.7	Carolyn Behse
BURR CLARK 61	3:19.9	Suzanne Haley
50 YD. BREASTSTROKE		Susan Minor
WALTER SLIKE 61	41.8	100 YARD BACKSTROKE
LOUIS R. MCCREERY 63	46.9	Lee Holm
FRANZ HALE 64	49.1	50 YARD FREESTYLE
200 YD. BREASTSTROKE		33.6
WALTER SLIKE 61	45.4	33.6
100 YD. IND. MEDLEY		45.4
MEL MAXWELL 63	1:22.0	1:39.4
EDDY ONSGARD 63	1:41.9	3:50.6
WALTER SLIKE 61	1:57.2	50 YARD FREESTYLE
400 YD. IND. MEDLEY		Brad Hoff
EDDY ONSGARD 63	8:50.0	1:18.3
MEN 65-69		
50 YD. FREESTYLE		
BALPH HAVENS 65	34.3	Wally Hampton
100 YD. FREESTYLE		100 YARD FREESTYLE
BALPH HAVENS 65	1:22.2	Brad Hoff
ALFRED GUTH 67	1:24.8	Wally Hampton
50 YD. BACKSTROKE		42.3
ALFRED GUTH 67	46.8	42.3
100 YD. BACKSTROKE		1:31.1
ALFRED GUTH 67	3:32.7	1:31.1
200 YD. BACKSTROKE		3:17.4
ALFRED GUTH 67	3:32.7	50 YARD BUTTERFLY
50 YD. BREASTSTROKE		1:32.6
ALFRED GUTH 67	47.9	1:55.3
400 YD. IND. MEDLEY		3:20.1
ALFRED GUTH 67	7:26.4	50 YARD FREESTYLE
MEN 70+		
1650 YD. FREESTYLE		
OPWARD MAURIC 71	37:35.4	George Geronio
50 YD. BREASTSTROKE		Russ Hall
OPWARD MAURIC 71	54.0	1:50.7
200 YD. BREASTSTROKE		3:26.9
OPWARD MAURIC 71	54.0	1:50.7
500 YARD FREESTYLE		3:26.9
Carol Eaton		50 YARD FREESTYLE
Joy Ross		Shirley Lehman
200 YARD FREESTYLE		35.3
Joy Ross		38.0
500 YARD FREESTYLE		1:30.3
Carol Eaton		3:03.8
Joy Ross		3:16.2
500 YARD FREESTYLE		8:16.2
Carol Eaton		8:28.5
Joy Ross		42.5
50 YARD BACKSTROKE		47.5
Norma McKinney		42.5
Shirley Lehman		47.5
100 YARD BACKSTROKE		Randy Harris
Norma McKinney		1:34.1
200 YARD BACKSTROKE		3:16.2
Norma McKinney		

50 YARD BREASTROKE		
Janet Twilight		46.3
Shirley Lehman		47.5
100 YARD BREASTROKE		1:42.5
Janet Twilight		1:44.6
Joy Ross		3:45.7
200 YARD BREASTROKE		46.1
Joy Ross		49.4
50 YARD BUTTERFLY		1:34.6
Shirley Lehman		1:35.0
Janet Twilight		1:52.9
100 YARD IND. MEDLEY		38.5
Norma McKinney		1:30.2
Shirley Lehman		3:04.7
Janet Twilight		41.9
42.3		48.1
50 YARD FREESTYLE		3:34.6
Lois Keller		46.3
200 YARD FREESTYLE		1:52.7
Lois Keller		40.5
32.5		46.4
35.0		46.4
Pat Dotson		1:43.8
50 YARD BACKSTROKE		1:45.4
Pat Dotson		1:46.4
Lois Keller		3:37.1
200 YARD BACKSTROKE		3:52.2
Lois Keller		10:10.7
1:19.1		46.7
50 YARD BREASTROKE		1:51.1
Pat Dotson		1:56.0
Lois Keller		4:01.8
50 YARD FREESTYLE		4:20.1
Lois Keller		2:02.9
32.2		49.8
35.5		1:50.1
50 YARD FREESTYLE		49.5
Mariah Erwert		1:49.4
Iris Ivey		10:11.0
100 YARD FREESTYLE		36.6
Mariah Erwert		41.4
Iris Ivey		41.8
2:44.1		49.4
7:35.5		55.0
46.4		1:32.9
Mariah Erwert		33.6
Iris Ivey		45.8
200 YARD FREESTYLE		1:39.4
Mariah Erwert		3:50.6
Iris Ivey		50 YARD FREESTYLE
2:44.1		Brad Hoff
7:35.5		1:18.3
46.4		2:56.6
Mariah Erwert		53.8
Iris Ivey		54.0
200 YARD FREESTYLE		2:36.2
Mariah Erwert		4:13.0
Iris Ivey		11:13.6
50 YARD BREASTROKE		28.3
Mariah Erwert		1:12.7
Iris Ivey		31.2
100 YARD BREASTROKE		30.1
Mariah Erwert		1:03.4
Iris Ivey		1:14.6
50 YARD FREESTYLE		2:32.9
Mariah Erwert		2:56.7
Iris Ivey		6:19.7
200 YARD FREESTYLE		6:38.6
Mariah Erwert		37.6
Iris Ivey		1:19.4
50 YARD BUTTERFLY		1:25.7
Mariah Erwert		2:28.5
Iris Ivey		31.4
100 YARD BUTTERFLY		36.7
Mariah Erwert		39.6
Iris Ivey		40.1
200 YARD BUTTERFLY		
Mariah Erwert		
Iris Ivey		

100 YARD BREASTROKE		
Randy Harris		1:11.4
Dick Hines		1:22.8
Howard Todd		1:31.5
200 YARD BREASTROKE		2:42.9
Randy Harris		3:03.6
Dick Hines		29.3
50 YARD BUTTERFLY		1:18.1
Jeff Beach		2:15.0
100 YARD BUTTERFLY		2:15.0
Jeff Beach		1:09.7
200 YARD BUTTERFLY		2:14.4
Mike Smithers		4:50.0
100 YARD IND. MEDLEY		24.1
Chris Ludwig		25.5
200 YARD IND. MEDLEY		26.8
Mike Smithers		29.1
400 YARD IND. MEDLEY		2:03.2
Mike Smithers		2:13.6
400 YARD IND. MEDLEY		2:17.5
Mike Smithers		5:37.6
400 YARD IND. MEDLEY		5:50.4
Mike Smithers		30.0
400 YARD IND. MEDLEY		34.6
Mike Smithers		38.2
400 YARD IND. MEDLEY		1:12.3
Mike Smithers		1:21.0
400 YARD IND. MEDLEY		2:29.0
Mike Smithers		2:50.7
400 YARD IND. MEDLEY		28.9
Mike Smithers		33.4
400 YARD IND. MEDLEY		1:03.2
Mike Smithers		27.2
400 YARD IND. MEDLEY		27.4
Mike Smithers		32.1
400 YARD IND. MEDLEY		1:00.4
Mike Smithers		1:03.1
400 YARD IND. MEDLEY		1:14.2
Mike Smithers		2:19.7
400 YARD IND. MEDLEY		2:43.5
Mike Smithers		2:56.0
400 YARD IND. MEDLEY		3:01.9
Mike Smithers		1:05.8
400 YARD IND. MEDLEY		1:13.2
Mike Smithers		2:26.0
400 YARD IND. MEDLEY		2:45.7
Mike Smithers		4:57.1
400 YARD IND. MEDLEY		5:26.1
Mike Smithers		5:40.1
400 YARD IND. MEDLEY		6:09.8
Mike Smithers		24.6
400 YARD IND. MEDLEY		26.7
Mike Smithers		29.4
400 YARD IND. MEDLEY		29.9
Mike Smithers		59.9
400 YARD IND. MEDLEY		1:05.9
Mike Smithers		2:22.3
400 YARD IND. MEDLEY		6:39.2
Mike Smithers		30.2
400 YARD IND. MEDLEY		36.0
Mike Smithers		39.6
400 YARD IND. MEDLEY		37.8
Mike Smithers		30.2
400 YARD IND. MEDLEY		32.0
Mike Smithers		33.7
400 YARD IND. MEDLEY		1:06.9
Mike Smithers		1:15.2
400 YARD IND. MEDLEY		1:31.1
Mike Smithers		2:55.7
400 YARD IND. MEDLEY		3:37.4
Mike Smithers		7:37.4
400 YARD IND. MEDLEY		8:40.4
Mike Smithers		8:48.6
400 YARD IND. MEDLEY		1:40.6
Mike Smithers		3:27.0
400 YARD IND. MEDLEY		39.6
Mike Smithers		42.4
400 YARD IND. MEDLEY		1:26.6
Mike Smithers		1:34.4
400 YARD IND. MEDLEY		36.3
Mike Smithers		36.3
400 YARD IND. MEDLEY		4:25.8
Mike Smithers		

100 YARD IND. MEDLEY		
Bruce Wagar		1:20.8
Tom Foley		1:42.3
200 YARD IND. MEDLEY		3:51.0
Tom Foley		
MEN 45-49		
50 YARD FREESTYLE		
Carol Greene		38.9
500 YARD FREESTYLE		5:59.2
Hob Miller		30.4
50 YARD BACKSTROKE		45.5
Hob Miller		2:26.1
200 YARD BACKSTROKE		40.5
Barrie Simonson		41.5
50 YARD FREESTYLE		1:37.3
Barrie Simonson		37.1
200 YARD FREESTYLE		28.5
Barrie Simonson		28.8
50 YARD FREESTYLE		29.1
Warren Milliken		32.0
MEN 55-59		
50 YARD FREESTYLE		
Leonard Longman		32.5
John Downey		36.3
100 YARD FREESTYLE		1:16.8
Leonard Longman		1:21.6
200 YARD FREESTYLE		3:03.4
Leonard Longman		3:09.2
500 YARD FREESTYLE		3:00.6
Leonard Longman		37.6
50 YARD BACKSTROKE		1:24.0
Fred Wiggin		2:50.7
100 YARD BACKSTROKE		3:03.4
Fred Wiggin		1:26.6
100 YARD IND. MEDLEY		
Fred Wiggin		
COLORADO		
SHRIMAN HIGH SCHOOL		
SWIM Meet - 25 yd. pool		
20-24		
WOMEN		
50 yard freestyle		
Susan Schmitz		33.0
100 yard breaststroke		1:47.0
Susan Schmitz		
25-29		
50 yard freestyle		
Gindy Walters		30.5
100 yard freestyle		1:06.8
Gindy Walters		1:42.8
30-34		
50 yard freestyle		
Karen Zentgraf		35.3
100 yard freestyle		1:24.0
Karen Zentgraf		3:27.0
200 yard freestyle		1:26.5
Karen Zentgraf		
40-44		
50 yard freestyle		
Jody Anderson		33.5
100 yard freestyle		1:17.6
Jody Anderson		2:57.0
200 yard freestyle		1:134.5
Jody Anderson		45.1
45-49		
100 yard freestyle		
Louise Mann		1:31.7
50 yard breaststroke		54.5
Louise Mann		51.1
50 yard butterfly		1:14.9
Louise Mann		
60-64		
50 yard freestyle		
Brothy Denat		57.1
20-24		
MEN		
50 yard freestyle		
Gary McGregor		30.7
100 yard freestyle		1:105.5
Gary McGregor		
25-29		
50 yard freestyle		
Richard Abrahams		23.3
100 yard freestyle		57.0
Richard Abrahams		34.3
50 yard breaststroke		1:11.9
Gus Achey		26.8
100 yard breaststroke		39.0
Gus Achey		1:11.8
50 yard butterfly		2:37.0
Richard Abrahams		1:09.3
50 yard freestyle		1:12.3
Bob Busch		
100 yard freestyle		
John Tobin		
200 yard freestyle		
John Tobin		
100 yard breaststroke		
Dennis West		
Tom Gansberg		

50 yard butterfly	28.4
Tom Chambers	
100 yard butterfly	1:01.0
Dennis West	
100 yard Ind. Med.	1:06.4
Dennis West	
John Tobin	1:16.2
35-39	
50 yard freestyle	30.3
George Kenry	
ad Westwater	36.0
50 yard backstroke	46.5
ad Westwater	
George Kenry	1:16.5
100 yard breaststroke	1:27.1
George Kenry	
ad Westwater	1:26.4
40-44	
50 yard freestyle	34.0
Bengt Strom	
Don Freeman	36.8
Jim Green	37.2
100 yard freestyle	1:05.4
John Meyers	
Jim Green	1:21.7
Don Freeman	1:22.3
200 yard freestyle	3:02.1
Don Freeman	
100 yard backstroke	1:14.7
Hank Zentgraf	
Jim Green	1:19.3
50 yard breaststroke	38.0
Hank Zentgraf	
100 yard breaststroke	1:12.1
Bob Ratten	
Don Freeman	1:22.8
Bengt Strom	1:27.1
50 yard butterfly	30.4
Don Ratten	
Bengt Strom	37.1
John Meyers	44.1
100 yard Ind. Med.	1:11.0
Hank Zentgraf	
John Meyers	1:24.4
Don Freeman	1:25.4
Bengt Strom	1:26.3
45-49	
50 yard freestyle	33.0
Arno Weber	
50 yard butterfly	33.4
Arno Weber	
100 yard Ind. Med.	1:14.1
Arno Weber	
50-54	
50 yard freestyle	26.6
Skip Mann	
Herb Walloway	30.1
Mac Rowers	30.1
100 yard freestyle	1:04.9
Skip Mann	
Herb Walloway	1:05.2
Joe Nimmel	1:25.0
100 yard freestyle	2:20.0
Skip Mann	
Joe Nimmel	3:06.7
50 yard backstroke	43.5
Mac Rowers	
100 yard backstroke	1:24.3
Joe Nimmel	
50 yard breaststroke	42.6
Mac Rowers	
100 yard breaststroke	1:21.3
Lyn Gronert	
Skip Mann	1:24.6
Herb Walloway	1:26.1
50 yard butterfly	35.2
Mac Rowers	
Lynn Gronert	36.5
100 yard butterfly	1:21.2
Skip Mann	
100 yard Ind. Med.	1:26.0
Mac Rowers	
Lynn Gronert	1:29.3
60-64	
50 yard freestyle	44.6
Louis Rinna	
100 yard freestyle	1:44.4
Louis Rinna	
100 yard backstroke	1:49.0
Louis Rinna	
****GOLFERS****	

25 yard pool--Boulder, CO.	
WOMEN	
25-29	
50 yard freestyle	29.4
Gindy Walters	
Vickie Ryer	34.0
Linda Riedel	36.4
100 yard freestyle	1:05.9
Gindy Walters	
Marsha Heinig	1:07.8
Vickie Ryer	1:21.3
Linda Riedel	1:22.0
200 yard freestyle	2:32.2
Marsha Heinig	
100 yard backstroke	1:18.3
Faz Brady	
50 yard breaststroke	46.4
Vickie Ryer	
100 yard breaststroke	1:37.9
Linda Riedel	
100 yard butterfly	1:15.3
Faz Brady	
Gindy Walters	1:17.5
Marsha Heinig	1:37.1

200 yard Ind. Med.	2:52.1
Faz Brady	
Gindy Walters	2:57.0
Marsha Heinig	3:09.9
30-34	
50 yard freestyle	34.7
Karen Zentgraf	
Charlotte Smith	37.0
Leah Goedert	43.7
100 yard freestyle	1:26.2
Charlotte Smith	
Mary Balman	1:35.0
200 yard freestyle	2:29.7
Marcy Harlow	
Karen Zentgraf	3:20.9
50 yard backstroke	48.9
Charlotte Smith	
Mary Balman	49.7
100 yard backstroke	1:19.8
Marcy Harlow	
Karen Zentgraf	1:30.1
Leah Goedert	1:48.3
100 yard breaststroke	1:53.0
Leah Goedert	
200 yard Ind. Med.	2:56.9
Marcy Harlow	
40-44	
50 yard freestyle	34.1
Reggy Kepner	
Marly Anderson	44.4
100 yard freestyle	1:16.3
Reggy Kepner	
Marly Anderson	1:38.2
50 yard backstroke	50.2
Marly Anderson	
50 yard breaststroke	55.8
Marly Anderson	
100 yard breaststroke	2:03.3
Marly Anderson	
100 yard butterfly	1:43.1
Reggy Kepner	
200 yard Ind. Med.	3:15.0
Reggy Kepner	
45-49	
50 yard backstroke	53.2
Louise Mann	
50 yard breaststroke	50.4
Louise Mann	
50 yard butterfly	48.7
Louise Mann	
100 yard Ind. Med.	1:47.3
Louise Mann	
50-54	
50 yard freestyle	1:07.1
Ursula McGill	
50 yard backstroke	1:14.4
Ursula McGill	
55-59	
50 yard freestyle	49.2
Rolly Townsend	
50 yard backstroke	1:01.9
Rolly Townsend	
50 yard breaststroke	1:106.5
Rolly Townsend	
60-64	
50 yard freestyle	22.9
Richard Abrahams	
Eric Broderick	29.4
100 yard freestyle	56.0
Dan Hagen	
Eric Broderick	1:09.6
100 yard breaststroke	1:12.9
Dan Hagen	
Cliff Cole	1:15.9
50 yard butterfly	26.5
Richard Abrahams	
Dan Hagen	27.5
100 yard Ind. Med.	1:08.6
Cliff Cole	
200 yard Ind. Med.	2:28.9
Dan Hagen	
30-34	
50 yard freestyle	27.7
Raul Cooper	
James Stouffer	28.0
200 yard freestyle	2:30.8
Raul Cooper	
50 yard backstroke	34.6
James Stouffer	
100 yard breaststroke	1:07.9
Dennis West	
50 yard butterfly	30.0
James Stouffer	
100 yard butterfly	1:00.9
Dennis West	
Raul Cooper	1:17.7
100 yard Ind. Med.	1:11.2
James Stouffer	
35-39	
50 yard freestyle	35.0
H. Salzman	
Bob Burdick	36.1
100 yard freestyle	1:28.4
Hans Kriek	
Bob Burdick	1:29.5
ad Westwater	1:39.1
50 yard backstroke	43.8
Bob Burdick	
ad Westwater	45.3
H. Salzman	46.2
100 yard breaststroke	1:30.7
ad Westwater	
Hans Kriek	1:39.2
100 yard Ind. Med.	1:41.5
ad Westwater	
Hans Kriek	1:44.6

40-44	
50 yard freestyle	24.9
Hank Zentgraf	
Tom Miller	30.3
100 yard freestyle	1:04.3
Hank Zentgraf	
Jim Green	1:38.2
200 yard freestyle	2:10.4
Bill Williams	
100 yard backstroke	1:20.6
Hank Zentgraf	
Jim Green	1:42.2
50 yard breaststroke	39.3
Hal Donnelly	
Bill Laakso	43.1
100 yard breaststroke	1:19.7
Tom Miller	
Bill Laakso	1:41.4
50 yard butterfly	36.0
Hal Donnelly	
100 yard Ind. Med.	1:25.0
Hal Donnelly	
200 yard Ind. Med.	2:35.1
Bill Williams	
45-49	
50 yard freestyle	28.3
Irwin Selzer	
100 yard freestyle	1:09.5
Irwin Selzer	
50 yard butterfly	37.1
Irwin Selzer	
100 yard Ind. Med.	1:25.9
Irwin Selzer	
50-54	
50 yard freestyle	26.5
Skip Mann	
Mac Rowers	29.2
Walter Black	33.1
100 yard freestyle	1:01.9
Skip Mann	
Walt Lindstrom	1:10.4
Andy Dodd	1:17.3
Walter Black	1:16.6
200 yard freestyle	3:09.5
Andy Dodd	
50 yard backstroke	43.2
Mac Rowers	
Walter Black	52.8
50 yard breaststroke	36.0
L. Gronert	
Mac Rowers	40.7
Walter Black	49.7
100 yard breaststroke	1:19.8
Skip Mann	
Walt Lindstrom	1:22.2
Andy Dodd	1:33.0
50 yard butterfly	32.8
Skip Mann	
Andy Dodd	36.0
Lyn Gronert	37.3
Mac Rowers	40.2
100 yard Ind. Med.	1:25.8
Lyn Gronert	
Mac Rowers	1:29.2
Andy Dodd	1:39.0
Walter Black	1:49.0
60-64	
50 yard freestyle	42.2
Louis Rinna	
Loring Hutchinson	39.0
100 yard freestyle	1:36.0
Loring Hutchinson	
200 yard freestyle	3:58.7
Louis Rinna	
50 yard backstroke	46.4
Loring Hutchinson	
100 yard backstroke	1:43.1
Louis Rinna	
50 yard breaststroke	46.6
Loring Hutchinson	
FOURTH ANNUAL APHIL POOLS	
MEET - Wilton, Ct. 4/6/75	
WOMEN 25-29	
50 Freestyle	32.0
C. Olmstead, 27	
B. Sautter, 29	36.1
N. Offenhauser, 26	36.7
K. Curley, 25	37.0
J. Witherwax, 26	44.6
100 Freestyle	1:01.6
C. Morse, 25	
C. Olmstead, 27	1:12.7
B. Sautter, 29	1:22.3
K. Curley, 25	1:26.1
P. Cunningham, 25	1:29.8
200 Freestyle	2:47.2
C. Olmstead, 27	
K. Curley, 25	3:27.7
50 Backstroke	40.6
P. Cunningham, 25	
N. Offenhauser, 26	44.8
J. Witherwax, 26	46.5
K. Curley, 25	46.7
100 Backstroke	1:28.4
P. Cunningham, 25	
200 Backstroke	2:37.6
C. Morse, 25	
P. Cunningham, 25	3:08.3
N. Offenhauser, 26	3:35.0
100 Breaststroke	1:21.5
C. Morse, 25	
C. Olmstead, 27	1:34.5

50 Breastroke	40.6
C. Olmstead, 27	
50 Butterfly	41.0
N. Offenhauser, 26	
100 IM	1:37.4
N. Offenhauser, 26	
P. Cunningham, 25	1:41.9
WOMEN 30-34	
50 Freestyle	30.7
J. Baird, 30	
P. Wilson, 31	32.2
J. Johngren, 31	34.2
J. Maine, 31	35.3
C. O'Hara, 33	37.0
G. Mitchell, 31	38.2
D. Babnick, 34	41.6
100 Freestyle	1:11.6
P. Wilson, 31	
J. Baird, 30	1:12.7
J. Johngren, 31	1:17.7
A. Hummel, 34	1:19.8
K. Kochwaser, 33	1:21.7
J. Maine, 31	1:24.8
C. O'Hara, 33	1:25.9
G. Mitchell, 31	1:32.3
200 Freestyle	2:51.7
P. Wilson, 31	
J. Johngren, 31	2:55.9
K. Kochwaser, 33	3:01.5
A. Hummel, 34	3:03.2
50 Backstroke	36.3
J. Hardy, 30	
J. Baird, 30	39.7
J. Johngren, 31	40.3
K. Kochwaser, 33	41.7
D. Bobnick, 34	48.3
C. O'Hara, 33	53.0
100 Backstroke	1:15.1
J. Katz, 31	
J. Hardy, 30	1:18.5
K. Kochwaser, 33	1:39.2
200 Backstroke	2:39.4
J. Katz, 31	
J. Hardy, 30	2:49.4
K. Kochwaser, 33	3:14.6
50 Breastroke	39.4
E. Metz, 31	
B. Dilley, 30	40.7
J. Maine, 31	43.8
D. Bobnick, 34	52.2
100 Breastroke	1:26.0
E. Metz, 31	
B. Dilley, 30	1:30.3
A. Hummel, 34	1:38.5
J. Maine, 31	1:39.3
200 Breastroke	3:07.8
E. Metz, 31	
B. Dilley, 30	3:19.9
A. Hummel, 34	3:34.6
50 Butterfly	37.4
E. Metz, 31	
P. Wilson, 31	42.3
100 Butterfly	1:08.5
Jane Katz, 31	
200 Butterfly	2:35.5
Jane Katz, 31	
100 IM	1:22.2
E. Metz, 31	
A. Hummel, 34	1:30.5
B. Dilley, 30	1:32.4
C. O'Hara, 33	1:44.0
400 IM	5:30.3
Jane Katz, 31	
WOMEN 35-39	
50 Freestyle	31.7
A. Jones, 36	
A. Viola, 37	34.5
J. Perkins, 35	35.0
L. Spletzer, 36	35.9
100 Freestyle	1:09.8
A. Jones, 36	
L. Spletzer, 36	1:22.6
J. Perkins, 35	1:23.1
200 Freestyle	2:42.0
A. Jones, 36	
L. Spletzer, 36	3:04.0
50 Backstroke	38.2
A. Viola, 37	
100 Backstroke	1:23.2
F. Cura, 37	
A. Viola, 37	1:36.1
50 Breastroke	47.2
L. Spletzer, 36	
J. Perkins, 35	52.6
50 Butterfly	41.1
A. Jones, 36	
100 Butterfly	1:34.6
F. Cura, 37	
A. Jones, 36	1:40.4
100 IM	1:24.2
F. Cura, 37	
L. Spletzer, 36	1:37.4
200 IM	3:10.6
F. Cura, 37	
400 IM	6:54.0
F. Cura, 37	

WOMEN 40-44	
50 Freestyle	38.7
J. Reilly, 44	
B. Corbett, 44	41.4
J. Galvin, 43	43.3
E. Lyman, 42	55.9
100 Freestyle	1:25.0
J. Huber, 42	
J. Reilly, 44	1:56.9
200 Freestyle	3:06.4
J. Huber, 42	
50 Backstroke	44.1
J. Reilly, 44	
J. Huber, 42	45.4
B. Corbett, 44	48.6
E. Lyman, 42	1:02.5
100 Backstroke	1:36.0
J. Huber, 42	
J. Galvin, 43	1:45.4
200 Backstroke	3:23.5
J. Huber, 42	
J. Galvin, 43	3:57.8
50 Breastroke	43.3
J. Reilly, 44	
E. Lyman, 42	55.4
100 Breastroke	1:41.3
J. Reilly, 44	
J. Gravener, 43	1:42.0
E. Lyman, 42	2:01.6
200 Breastroke	3:29.8
J. Moeller, 40	
J. Gravener, 43	5:33.1
E. Lyman, 42	4:19.3
50 Butterfly	43.6
J. Moeller, 40	
100 Butterfly	1:42.8
J. Moeller, 40	
J. Gravener, 43	1:46.5
100 IM	1:36.4
J. Gravener, 43	
400 IM	7:41.4
J. Gravener, 43	
WOMEN 45-49	
50 Freestyle	51.2
R. Koss, 48	
100 Freestyle	2:16.1
D. Horensky, 47	
200 Freestyle	4:48.5
D. Horensky, 47	
50 Backstroke	1:03.1
R. Koss, 48	
100 Backstroke	2:17.0
R. Koss, 48	
D. Horensky, 47	2:33.7
200 Backstroke	3:29.5
Tink Bolster, 46	
200 IM	3:19.4
Tink Bolster, 46	
400 IM	7:03.5
Tink Bolster, 46	
WOMEN 50-54	
50 Freestyle	32.0
D. Donnelly, 53	
J. Pieretti, 54	32.8
100 Freestyle	1:09.7
D. Donnelly, 53	
J. Pieretti, 54	1:13.6
N. Phillips, 53	1:19.9
200 Freestyle	2:51.8
J. Pieretti, 54	
N. Phillips, 53	3:08.1
50 Backstroke	40.7
D. Donnelly, 53	
J. Pieretti, 54	41.2
100 Backstroke	1:28.0
D. Donnelly, 53	
J. Pieretti, 54	1:31.4
N. Phillips, 53	
50 Breastroke	1:20.1
F. Melick, 53	
400 IM	7:17.8
D. Donnelly, 53	
WOMEN 60-64	
50 Freestyle	

200 Freestyle		100 Freestyle		D. Painter, 36	1:16.8	B. Slocum, 45	41.0	F. Stickel, 59	45.3
E. Somers, 67	4:10.7	D. Buchan, 31	55.3	200 Butterfly		H. Tepper, 49	42.4	C. Gromek, 57	47.5
100 Backstroke		D. Davis, 32	56.2	B. Murray, 37	2:39.1	R. McWilliams, 46	44.3	100 Backstroke	
E. Somers, 67	2:35.8	M. Laux, 33	56.3	100 IM		D. Sullivan, 48		J. Merrill, 58	1:19.3
200 Breaststroke		H. Hamilton, 33	59.2	D. Gallagher, 36	1:05.5	S. Hall, 49	1:19.8	F. Stickel, 59	1:44.3
E. Somers, 67	5:13.8	J. Brotman, 31	1:01.5	B. Murray, 37	1:07.6	B. Slocum, 45	1:26.9	200 Backstroke	
WOMEN 25+		N. Willman, 30	1:04.0	R. Hummel, 36	1:39.0	H. Tepper, 49	1:29.1	J. Merrill, 58	2:56.2
200 Freestyle Relay		200 Freestyle		200 IM		D. Gallagher, 36	1:42.3	50 Breaststroke	
Alfred Corning Clark	2:22.5	H. Hamilton, 33	2:08	D. Gallagher, 36	2:26.6	D. Sullivan, 48	3:08.6	S. Pudell, 59	39.3
Metro Masters-Kata,	2:24.5	D. Davis, 32	2:10.6	B. Murray, 37	2:32.8	H. Tepper, 49	4:00.7	R. Close, 58	44.4
Jones, Metz, Cunningham		N. Willman, 30	2:20	400 IM		J. Nebelung, 46	34.2	B. Gerstung, 56	47.6
Conn. Masters-	2:30.7	J. Brotman, 31	2:25.7	D. Gallagher, 36	5:23.1	J. Forbes, 49	34.6	100 Breaststroke	
Olmstead, Offenhauser,		J. Weick, 32	2:34.1	B. Murray, 37	5:29	A. Stein, 46	35.7	S. Pudell, 59	1:30.6
Wetherwax, Mitchell		50 Backstroke		L. Abel, 39	6:26.7	D. Herbst, 46	43.2	R. Close, 58	1:43.8
200 Medley Relay		P. Smith, 30	28.9	A. Lathi, 38	6:33.6	L. Termette, 48	45.3	B. Gerstung, 56	1:58.5
Conn. Masters-Baird,	2:13.2	J. Geoghegan, 33	29.3	MEN 40-44		100 Breaststroke		200 Breaststroke	
Hardy, Maine, Offenhauser		R. Meyer, 34	29.4	50 Freestyle		J. Nebelung, 46	1:13.3	J. Pendergrass, 56	3:11.3
Alfred Corning Clark-	2:43.3	F. Mechura, 32	29.7	H. Milroy, 44	26.6	T. Haartz, 46	1:17.9	S. Pudell, 59	3:34.1
Kochwaser, Dilley, O'Hara,		J. Weick, 32	31.1	W. Lincoln, 41	27.1	J. Forbes, 49	1:39.5	R. Close, 58	3:54.1
Johngren		100 Backstroke		M. Siebold, 40	27.4	D. Herbst, 46	1:41.9	50 Butterfly	
WOMEN 35+		F. Mechura, 32	1:08.0	C. White, 43	28.6	B. Slocum, 45	1:30	E. Reed, Sr. 55	35.7
200 Freestyle Relay		J. Weick, 32	1:10.9	J. Schmidt, 40	28.7	D. Herbst, 46	1:39.5	100 Butterfly	
Jersey Masters-Cura,	2:21.3	S. Thatcher, 31	1:13.6	R. Ellis, 42	29.1	200 Breaststroke		E. Reed Sr., 55	1:29.5
Perkins, Moeller, Bolster		200 Backstroke		K. Nixon, 42	33.5	J. Nebelung, 46	2:44.8	100 IM	
200 Medley Relay		P. Smith, 30	2:24.3	100 Freestyle		T. Haartz, 46	2:50.1	E. Reed, Sr., 55	1:21.3
Jersey Masters-Cura,	2:43.2	J. Geoghegan, 33	2:27.9	W. Lincoln, 41	58.8	J. Forbes, 49	2:57.8	200 IM	
Galvin, Moeller, Perkins		S. Thatcher, 31	2:39.9	M. Siebold, 40	59.9	D. Herbst, 46	3:41.9	J. Pendergrass, 56	3:00.2
Conn. Masters-Reilly,	2:45.5	J. Weick, 32	2:40.5	H. Milroy, 44	1:00.6	50 Butterfly		400 IM	
Viola, Gravener, Spletzer		50 Breaststroke		R. Ellis, 42	1:04.0	L. Goldstone, 45	29.6	J. Pendergrass, 56	6:34.3
WOMEN 45+		C. Smith, 31	33.4	J. Schmidt, 40	1:05.1	A. Stein, 46	30.2	E. Reed, Sr., 55	7:13.4
200 Freestyle Relay		R. Meyer, 34	34.3	E. Haber, 42	1:06.0	T. Haartz, 46	31.3	MEN 60-64	
Jersey Masters-Koss	3:44.8	M. Chaskin, 33	34.6	J. Stahl, 43	1:07.0	J. Nebelung, 46	31.5	50 Freestyle	
Cornish, Horensky, Melick		S. Thatcher, 31	37.2	200 Freestyle		R. McWilliams, 46	40.3	J. Sautter, 60	30.0
200 Medley Relay		100 Breaststroke		M. Siebold, 40	2:17.1	100 Butterfly		A. Anastasio, 63	40.0
Jersey Masters-Melick	3:58.2	J. McCoy, 34	1:12.4	H. Milroy, 44	2:22.3	A. Stein, 46	1:09.0	100 Freestyle	
Cornish, Horensky, Bolster		M. Chaskin, 33	1:13.0	E. Haber, 42	2:25.2	200 Butterfly		J. Sautter, 60	1:10.4
MEN 25-29		C. Smith, 31	1:26.9	J. Schmidt, 40	2:32.1	A. Stein, 46	2:49.1	A. Anastasio, 63	1:30.0
50 Freestyle		200 Breaststroke		C. White, 43	2:35.4	100 IM		J. Cole, 62	1:47.0
L. Phippen, 25	22.7	J. McCoy, 34	2:41.2	50 Backstroke		L. Goldstone, 45	1:08.6	200 Freestyle	
J. Lapides, 25	23.7	M. Chaskin, 33	2:54.3	K. Rooney, 42	34.8	L. Termette, 48	1:39.4	J. Sautter, 60	2:50.3
S. Broker, 27	24.4	50 Butterfly		R. Ellis, 42	36.1	200 IM		A. Anastasio, 63	3:30.4
B. Reichle, 27	25.3	J. Geoghegan, 33	26.1	100 Backstroke		L. Goldstone, 45	2:35.5	50 Backstroke	
T. Morse, 29	26.3	C. Smith, 31	26.4	G. Brunstad, 40	1:16.5	T. Haartz, 46	2:39.2	L. Smith, 63	34.9
L. Kunak, 28	39.1	R. Meyer, 34	28.5	W. Lincoln, 41	1:18.1	L. Termette, 48	3:59.7	100 Backstroke	
100 Freestyle		J. McCoy, 34	28.6	K. Rooney, 42	1:18.7	400 IM		L. Smith, 63	1:16.4
L. Phippen, 25	51.0	E. Snyder, 32	30.0	200 Backstroke		B. Slocum, 45	7:15.7	200 Backstroke	
J. Lapides, 25	52.2	M. Chaskin, 33	30.3	G. Brunstad, 40	2:50.1	MEN 50-54		L. Smith, 63	2:58.7
S. Broker, 27	53.3	J. Brotman, 31	33.3	50 Breaststroke		D. Sanborn, 51	27.3	100 IM	
V. Hintlian, 25	53.6	100 Butterfly		M. Marks, 44	36.7	J. Edwards, 52	29.1	A. Anastasio, 63	1:51.5
B. Reichle, 27	56.3	M. Laux, 33	1:01.2	A. Jacobsen, 44	36.9	B. Nixon, 52	29.5	MEN 65-69	
A. Blank, 27	1:02.6	200 Butterfly		J. Stahl, 43	1:22.8	B. Rodenbach, 51	29.8	50 Freestyle	
200 Freestyle		J. Geoghegan, 33	2:18.5	A. Jacobsen, 44	1:22.8	P. W. Shadbolt, 54	30.5	J. Kiernan, 65	43.9
J. Lapides, 25	1:57.9	100 IM		J. Stahl, 43	1:26.4	E. Schofield, 52	31.2	100 Freestyle	
J. Coplan, 29	2:08.3	J. McCoy, 34	1:04.7	A. Jacobsen, 44	1:26.4	B. Kilpatrick, 50	33.6	J. Kiernan, 65	1:49.3
50 Backstroke		M. Laux, 33	1:04.8	M. Marks, 44	1:26.4	W. Varza, 54	37.4	200 Freestyle	
L. Phippen, 25	27.9	P. Smith, 30	1:07.6	200 Breaststroke		100 Freestyle		J. Kiernan, 65	4:14.0
G. Jones, 28	32.5	F. Mechura, 32	1:09.8	J. Stahl, 43	2:53.2	D. Sanborn, 51	1:00.6	50 Backstroke	
A. Blank, 27	35.0	S. Thatcher, 31	1:10.2	50 Butterfly	3:00.9	E. Schofield, 52	1:09.3	O. Sigrist, 66	43.7
100 Backstroke		200 IM		J. Zwirm, 41	28.0	P. W. Shadbolt, 54	1:10.1	200 Backstroke	
I. Zakim, 29	1:03.1	M. Laux, 33	2:27.5	A. Jacobsen, 44	29.5	W. Varza, 54	1:25.3	O. Sigrist, 66	3:24.1
50 Breaststroke		E. Snyder, 32	2:29.3	M. Siebold, 40	29.7	200 Freestyle		50 Breaststroke	
M. Carrier, 27	32.4	J. McCoy, 34	2:32.0	G. Brunstad, 40	32.7	J. Edwards, 52	2:24.6	O. Sigrist, 66	42.0
G. Jones, 28	34.3	R. Meyer, 34	2:34.3	W. Woodruff, 43	33.1	E. Schofield, 52	2:46.0	100 Breaststroke	
L. Kunak, 28	42.5	400 IM		C. White, 43	33.3	50 Backstroke		O. Sigrist, 66	1:38.4
100 Breaststroke		S. Thatcher, 31	5:46.9	J. Schmidt, 40	33.4	D. Sanborn, 51	32.3	MEN 70-74	
S. Broker, 27	1:10.8	MEN 35-39		100 Butterfly		B. Rodenbach, 51	32.8	50 Freestyle	
M. Carrier, 27	1:12.8	50 Freestyle		A. Jacobsen, 44	1:25.6	E. Schofield, 52	40.1	G.H. Langner, 71	37.9
L. Kunak, 28	1:42.5	D. Painter, 36	26.0	W. Woodruff, 43	1:34.1	100 Backstroke		D. Evans, 72	44.9
50 Butterfly		A. Lathi, 38	26.7	200 Butterfly		D. Sanborn, 51	1:14.2	E. Lyon, 74	49.6
H. Gerber, 26	26.0	B. Walden, 35	26.8	W. Woodruff, 43	3:34.9	B. Rodenbach, 51	1:15.1	100 Freestyle	
L. Phippen, 25	26.5	W. Holland, 39	28.4	100 IM		J. Edwards, 52	1:16.9	G.H. Langner, 71	1:26.0
S. Werlin, 28	27.1	J. Rice, 38	29.3	J. Zwirm, 41	1:07.5	200 Backstroke		D. Evans, 72	1:50.4
G. Krosowski, 15	27.5	R. Hummel, 36	32.0	W. Lincoln, 41	1:10.6	J. Edwards, 52	2:48.8	E. Lyon, 74	2:05.0
T. Morse, 29	27.8	J. Salvato, 36	36.0	J. Stahl, 43	1:15.0	50 Breaststroke		200 Freestyle	
B. Reichle, 27	28.0	100 Freestyle		G. Brunstad, 40	1:15.1	G. Melick, 50	39.2	G.H. Langner, 71	3:07.5
M. Carrier, 27	32.5	D. Gallagher, 36	57.0	M. Marks, 44	1:16.0	C. McCarthy, 50	40.7	D. Evans, 72	4:07.6
100 Butterfly		B. Walden, 35	59.2	J. Schmidt, 40	1:16.9	B. Kilpatrick, 50	43.1	50 Backstroke	
H. Gerber, 26	57.1	R. Coykendall, 38	59.9	W. Woodruff, 43	1:26.0	100 Breaststroke		G.H. Langner, 71	55.8
J. Coplan, 29	1:02.0	J. Rice, 38	1:07.5	200 IM		G. Melick, 50	1:29.7	E. Lyon, 74	59.6
S. Werlin, 28	1:02.2	J. Salvato, 36	1:26.9	J. Stahl, 43	2:47.1	C. McCarthy, 50	1:33.7	D. Evans, 72	1:07.5
G. Krosowski, 25	1:02.6	200 Freestyle		G. Brunstad, 40	2:51.1	200 Breaststroke		100 Backstroke	
100 IM		R. Coykendall, 38	2:14.2	400 IM		G. Melick, 50	3:21.1	E. Lyon, 74	2:14.9
S. Broker, 27	1:00.6	R. Hummel, 36	2:52.4	J. Zwirm	5:54.4	50 Butterfly		50 Breaststroke	
L. Hintlian, 25	1:03.3	50 Backstroke		W. Woodruff, 43	7:01.8	W. Varza, 54	42.9	E. Lyon, 74	1:08.4
G. Krosowski, 25	1:04.5	A. Lathi, 38	32.7	MEN 45-49		100 IM		200 Breaststroke	
C. Jones, 28	1:05.3	50 Breaststroke		50 Freestyle		E. Schofield, 52	1:27.0	G.H. Langner, 71	5:06.2
M. Carrier, 27	1:07.1	S. Kurtin, 36	32.4	F. Dooley, 46	26.8	W. Varza, 54	1:48.5	200 Freestyle Relay-25+	
I. Zakim, 29	1:09.1	L. Abel, 39	33.2	T. Haartz, 46	27.2	MEN 55-59		Conn. Masters-Laux,	1:33.2
A. Blank, 27	1:11.9	T. Mosa, 39	36.8	E. Hulme, 46	28.5	50 Freestyle		Geoghegan, Phippen, Broker	
200 IM		J. Salvato, 36	51.4	T. Lombard, 49	29.5	A. Newman, 59	28.8	NYAC-Buchan, Gerberl	1:33.8
A. Blank, 27	2:43.2	100 Breaststroke		R. McWilliams, 46	31.4	J. Pendergrass, 56	29.8	Huntlian, Lapides	
400 IM		D. Gallagher, 36	1:13.7	100 Freestyle		F. Stickel, 59	33.7	Metro Masters-Jones	1:44.1
V. Hintlian	5:11.0	L. Abel, 39	1:14.1	F. Dooley, 46	1:00.8	C. Gromek, 57	37.8	Weick, Smith, Meyers	
B. Burns, 27	5:15.0	T. Mosa, 39	1:26.8	E. Hulme, 46	1:03.1	100 Freestyle		Jersey Masters-Abel	1:52.9
C. Jones, 28	5:36.7	200 Breaststroke		R. McWilliams, 46	1:08.5	E. Reed, Sr., 55	1:05.9	Thatcher, McCoy, Lathi	
MEN 30-34		L. Abel, 39	2:50.4	T. Lombard, 49	1:10.8	A. Newman, 59	1:06.1	200 Freestyle Relay-35+	
50 Freestyle		50 Butterfly		200 Freestyle		H. Bartlett, 59	1:12.3	NYAC-Gallagher,	1:47.9
I. Geoghegan, 33	23.4	S. Kurtin, 36	28.3	L. Goldstone, 45	2:16.4	F. Stickel, 59	1:20.6	Ellis, Rooney, Zwirm	
M. Laux, 33	23.9	A. Lathi, 38	28.8	F. Dooley, 46	2:22.4	C. Gromek, 57	1:26.8	Conn. Masters-Holland	1:53.5
D. Buchan, 31	24.8	D. Painter, 36	30.0	E. Hulme, 46	2:30.2	200 Freestyle		Lincoln, Nixon, White	
C. Smith, 31	25.4	J. Rice, 38	32.3	R. McWilliams, 46	2:42.0	A. Newman, 59	2:33.9	Metro Masters-Forbes	2:13.4
D. Davis, 32	25.9	W. Holland, 39	33.5	F. Randall, 46	2:53.5	H. Bartlett, 59	2:48.8	McWilliams, Stahl, Tepper	
R. Meyer, 34	26.6	R. Hummel, 36	43.2	50 Backstroke		C. Gromek, 57	3:12.4		
J. Brotman, 31	27.7	100 Butterfly		D. Sullivan, 48	37.0	50 Backstroke			
N. Willman, 30	28.4	B. Murray, 37	1:05.2	S. Hall, 49	37.1	J. Merrill, 58	37.0		
		S. Kurtin, 36	1:08.3			S. Pudell, 59	43.2		

MASTERS NOTES SWIMMING

NATIONAL AAU EXECUTIVE COMMITTEE MEETING was held in Nashville, TN on April 26-27. I was only able to attend the first day of the meeting and Dot Donnelly (representing CT) also represented Masters Swimming on the 2nd day. The Masters Swimming Budget was approved. This is for the expenditure of the 50 cents from each AAU Registration that goes into a fund for Masters Swimming. A like amount goes to each AAU Association. Please check with your Registration Chairman to be sure that she is keeping a count of your registered swimmers and with your Sec.-Treas. to be sure that your funds are going to the appropriate accounts. Our sport funds on the National level will be allocated as follows: 1) 10% to the SHOF, 2) 20% for the Ransom J. Arthur annual award, 3) 10% for promotional material and 4) 30% of the fees collected for the previous year shall be given to each of the sponsors - SC and LC - of the National Championships to help defray expenses. This budget will be reviewed each year at the Annual Meeting.....

NATIONAL SHORT COURSE CHAMPIONSHIPS will be here all too soon. Anyone wishing to help, please do so. You might get this before you leave - I hope!.....

MEET RESULTS FOR SWIM MASTER are not ALL printed. Some meets are held in the wrong size pools! Some typed results will not reproduce so that they can be read! Some are not done in the right order! Some of the columns are too wide! Instead of spaces you should measure - 2-5/8" at the most! But don't be discouraged if the meet does not appear and try again! And remember, send all meet results to TED HAARTZ, 155 Pantry Rd., Sudbury, MA 01776.....

NATIONAL INDOOR DIVING NATIONALS were held in Seattle, WA on April 18-20. The meet, banquet, press coverage, judging, etc. were all a success. Ann (Peterson) Shearer and her mother, Virginia Peterson were the 1st mother-daughter combination in Masters Diving. Frank McGuigan scored 10-10-10-10-9½ on his reverse dive-3 mtr for a near perfect dive. Winners included John Samuelson, Ann Shearer, Wm. Clueck, Judith Coble, John Deininger, Floyd Staupper, Virginia Peterson, Frank McGuigan, John Sable, Joe Mone, Bill Burgess, Dan Hull, Dick List.....

POOL OPERATOR TRAINING COURSE AVAILABLE from the National Swimming Pool Foundation, 2000



SWIM-MASTER

THE OFFICIAL PUBLICATION OF THE
AAU MASTERS SWIMMING COMMITTEE

GET YOUR SUBSCRIPTION NOW

One Year (9 Issues).....\$ 5.00 (USA)
\$ 7.00 (Foreign)

PLEASE PRINT:

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

Send to 5340 N.E. 17th Ave., - Ft. Lauderdale, FL 33334

K Street NW, Washington, DC 20006. Swimming Pool Operators Handbook, \$5.00. Also available is a complete training course with Teaching Outline, visual aids, exams, and certificates.....

DELONG WINNER IN RUN-SWIM - Jerry DeLong of the Gold Coast Masters Swim Team was one of four winners in the Fort Lauderdale Run-Swim meet. DeLong won the 30-and-over division with a 11:21 time for the combined one mile run and 450-yard swim. His time was the best time of all the competitors.....

CLUBS - Some guidance seems to be needed on the AAU rules for "clubs". All clubs must be members (member clubs) of the District Association. To become a member club of an Association, By-Laws and dues are necessary. This then, is left up to each Association to be reviewed and voted upon. A swimmer may then apply to join a club. They cannot do so without the approval of the officer(s) of that club. It is up to each area to decide this for themselves. The primary goal of Masters Swimming is to foster fitness thru swimming for as great a number of people as possible. No "group of clubs" may join forces for competition in Masters Swimming. All relays must be made up of club members from just ONE club. There is no such thing as an "all star" team from an Association. Jim Cotton suggests to the many who say there's no club in my town so I have to join one 500 miles away I'd say either start your own club (it's) easy or swim unattached. But every Club that a Masters Swimmer represents must be a member club of the AAU.....

FILLER - In the Nautilus Aquatic Club, Washington, DC, when a swimmer is needed about his performance, it's called aquapuncture...

SENIOR MASTERS SWIMMERS - Conn. Masters, New England Masters and Metro Masters have all adopted a policy whereby no entry fees will be charged to swimmers 65 and over. This policy was proposed in June of 1974 by Stanley Pudell who is getting a great thrill getting some of these older folks back into the pool.....

SWIM-MASTER

5340 N.E. 17th Avenue
Ft. Lauderdale, FL 33334



FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM MEET SCHEDULE

- JUL 6, AUG 3, AUG 31 - Waikiki Swim Club - Special Aloha Mainlanders
Bruce Clark, 91-966 Hanakahi St., Ewa Beach, HI 96706

- MAY 18, MAY 24, JUL 13, SEP 6, OCT 18 - Masters Diving in California
Bill McAlister, 14407 Road 23-1/2, Madera, CA 93637

- JUL 26, AUG 16-17, SEP 21, OCT 19, NOV 9, DEC 6 - SPA Masters Meets
Anne Adams, 17432 Osborne St., Northridge, CA 91324

- JUN 16, JUL 19, AUG 16 - Minnesota Masters Meets - David Beardsely,
1380 Terrace Dr., Roseville, MN 55113

- MAY 10 Union A.C. - Alice Jones, 2740 Watson Blvd., Endwell, NY 13760

- MAY 11 Lafayette Y - Patrick Nelson, Laf. YMCA, 1950 S. 18 St., Lafayette, IN 47905

- MAY 16-18 NATIONAL SC CHAMPIONSHIPS - Ft. Lauderdale, FL - June Krauser

- MAY 25 Wisconsin - M. Byers, Whitefish Bay H.S., 1200 E. Fairmont Ave., Whitefish
Bay, WI 53217

- MAY 25 PNA Championships - Steve Engel, 2041 NE 105, Seattle, WA

- MAY 25 Coronado LC - Coronado Masters, 714 Orange Ave., Coronado, CA 92118

- JUN 1 Oregon SC - Connie Wilson, 10315 SE 82nd, Portland, OR 97266

- JUN 3-4 Marin Aquatic - Marin A.C., P.O. Box 865, San Rafael, CA 94901

- JUN 7-8 Houston LC - Mildred & Ham Anderson, 506 Bolivar, Bellaire, TX 77401

- JUN 13-15 St. Pete LC - Joe Biondi, 216 Elizabeth Ave., Clearwater, FL 33515

- JUN 21-22 Texas LC - E. E. "Bud" Dallman, 435 Kerlick, New Braunfels, TX 78156

- JUN 21-22 Long Distance Swim - David Beardsley (above)

- JUL 12-13 Hartnell College - Mike Garibaldi, 22920 Guidotti Dr., Salinas, CA 93901

- JUL 12-13 Texas LC - Bud Dallman (above)

- JUL 12-13 LC - Witten Pool, Harry Lewis, E. 944-39 Ave., Spokane, WA 99203

- JUL 26 NATIONAL LONG DISTANCE CHAMPIONSHIPS - Menomonee Falls, WI
Clifford S. Brown, N 76 W 22300 Cherry Hill Rd., Sussex, WI 53089

- JUL 26-27 Lackland Air Force Base - Neil Wilson, 8730 Bravo Valley, San Antonio, TX

- AUG 2-3 Fremont Hills C.C. - Cindy Baxter, 740 Clara Dr., Palo Alto, CA 94303

- AUG 2-3 Texas LC - Bud Dallman (above)

- AUG 8-10 New York LC - Lois O'Donnell, 45 Miller Place, Levittown, NY 11756

- AUG 16-17 Concord LC - c/o Masters, Concord Swim Club, P.O. Box 33, Concord, CA 94520

- AUG 22-24 NATIONAL DIVING CHAMPIONSHIPS - Clovis, CA - Bill McAlister (above)

- AUG 29-31 NATIONAL LC CHAMPIONSHIPS - Dr. John Crews, 105 W. Malta Rd., Oak Ridge, TN

- ROUGH WATER SWIMS - 1975 - CALIFORNIA - JUN 28 Huntington Beach; JUL 4 Coronado;
JUL 4 Santa Barbara; JUL 13 Santa Monica; JUL 19 Manhattan Beach; JUL 20 Imperial Beach;
JUL 26 Venice, JUL 26 Zuma Beach; JUL 26 Malibu; JUL 27, San Francisco; JUL 27 Seal
Beach; JUL 27 Coronado, AUG 2 Manhattan Beach; AUG 2 Healdsburg; AUG 3 Long Beach;
AUG 9 Santa Cruz; AUG 10 Fountain Valley; AUG 23 Santa Monica; AUG 30 Honolulu; SEP 1
Honolulu; SEP 1 Oceanside; SEP 7 La Jolla