



SWIM-MASTER

VOL V - No 6 OFFICIAL PUBLICATION OF THE MASTERS SWIMMING COMMITTEE JULY-AUGUST 1976

WHY WE SWIM: RESULTS OF A QUESTIONNAIRE

by

Drs. Patti and Paul Hutinger
Associate Professors
Western Illinois University

A questionnaire developed by the writers was distributed at the short course nationals for Master Swimmers in May, 1975, causing a lot of comments, some jokes, many questions, and a few indignant people! The questionnaire produced a national sample of Master Swimmers from 25 through the 70's, who participated in that meet, in addition to a few others who sent a zeroxed copy of a friend's questionnaire to us several weeks later.

It was both the best of questionnaires and the worst of questionnaires. While one respondent wrote, "Are you two swimmers? It doesn't sound like it," others wrote "keep up the good work!". In response to that first question, the answer is "Yes, we both are swimmers representing a wide range of ability." One of us holds national records and numerous top-ten ratings, while the other holds the rather dubious distinction of often being the slowest swimmer in a meet. One of us has been swimming since high school while the other has been swimming for about three years.

The questionnaire, then, was designed to yield data from both the skilled, and the unskilled, the experienced swimmers and the ones who are new to the Masters program. Although some complained that the questionnaire was focused only on Master swimmers who are married, we feel that perhaps there was a greater built-in age bias, i.e., the questions were aimed more at older swimmers rather than the 25-35 age group. The term "person who shares a primary relationship" was used so that the marriage factor would not necessarily be the most important relationship. A primary relationship could be a friend, a parent, or a child, as well as a spouse.

Since the project was exploratory and the first of its kind, the questions were designed to provide general information about Masters Swimmers. The items were open-ended, so even though it may have taken you a long time to fill it out, you were free to decide upon the direction of your answer in many cases. Forced-choice question responses would have limited the nature of the information gathered. The amount of data gathered is almost staggering, and will provide resources for several articles related to how we feel about Masters Swimming, the problems we have, and the changes we've made because of swimming.

Since nothing of this nature has been done with Masters Swimmers, our primary objective was to pull out information related to how you feel about yourselves since you have been participating in the program. Up until now, the most evident results have been in the realm of physiological and cardiovascular fitness, with a volume of details about the percentages at which we are inevitably declining in performance because we are getting older (even though there is disagreement about this too), but there are other important areas that are also touched and effected by swimming. Once a person makes a commitment, however small, to a fitness program, then behaves in terms of that commitment, it effects many other areas of his or her life. Although we have no evidence on this, it may be that the very act of filling out your questionnaire, or reading it over, started you thinking about some of these things.

Some of the things several of you have mentioned to us in the past few months led to this idea. Because we feel that the benefits of Masters Swimming do effect areas related to psychological and sociological aspects of functioning, including sexual activity, as well as physical activity, we attempted to document the presence or absence of the factors that we believed might be positive attributes of Masters Swimming. We enjoyed developing the questionnaire and evidently you had a good time filling it out, judging by the remarks and questions we've been hearing during the year.

Two-hundred and fifty-eight persons responded and returned the questionnaire, 150 men and 108 women. Many were afraid that their individual responses would be identified, but this was not possible. Responses to each item, across all questionnaires, were recorded by graduate research assistants who have no interest in Masters Swimming --- yet, provided by support from the Western Illinois University Research Council. They spent long hours tabulating results, item by item. Results for each item were blocked on the following factors: sex, record or non-record holder, and age (every 10 years, except for the 25-29 age group). Percentages were computed for many items, although work on this is still not complete, and means were computed for some responses. Detailed and complete results are not reported in this article, however they will be forthcoming. The purpose of this paper is only to provide general information about the questionnaire.

DIFFERENT THINGS TO DIFFERENT PEOPLE

There is a definite difference in the way younger swimmers and older ones view Masters swimming. Swimmers under 30 tend to view the competitive element as most important to them, while those who are older rate general and cardiovascular fitness as top priority factors. One swimmer in the 25-29 group indicated that "the opportunity for good ex-athletes to be able to continue competing and working out -- the only difference between age group and master is age when the swimmers are in the water. I think you have a pre-conceived idea about this program -- old recreators and not ex-competitors." (Note: we hope this person stays in the program long enough to discover some of the other benefits and rewards of Masters Swimming).

The results of our survey showed that the following major factors, arranged in order of importance, were motivational forces to begin Masters Swimming:

1. cardiovascular fitness
2. to improve body tone
3. for relaxation
4. for recreation
5. to lose weight

Also included in the questionnaire was a choice which indicated that Masters Swimming provided opportunities for meeting members of the opposite sex. This was rated as a very low priority by almost all respondents, except for an interesting comment from one who indicated that he or she had rated that item as very low, however this person had met a member of the opposite sex at the meet in Ft. Lauderdale, fallen in love, and the couple is planning to be married. (Both had rated the particular item as very low!)

In spite of the fact that some Masters Swimmers want to be known as "swingers", or at least we get that impression from many comments and jokes about the questionnaire, 158 respondents (more than half) were still in their first and

only marriage, a rather impressive statistic in terms of present day divorce rates. Nearly one in three marriages end in divorce, according to recent figures cited by the O'Neills. Thirty-five of the sample had never married.

When asked about the level of sexual activity before you began training and at the present time, about 1 in 5 said it was higher (52), while 1 in 9 said it was less (31). Several mentioned that they were too tired after working out. Level of sexual activity was rated "about the same" by 165 respondents (about 3 out of 5), while some did not answer that item.

Frequency of intercourse ranged from 0 times per week for 8; once or twice a week for 106; three times a week for 35; 4 for 22; 5 for 14; 6 for 3; while two others reported considerably more activity.

As they participate in the program, swimmers' reports generally show that they tend to display the following characteristics:

1. their physical self-image becomes more positive
2. they view themselves as younger, rather than older, despite their actual age
3. they see themselves as having more strength (endurance)
4. they are more relaxed
5. they are somewhat more self sufficient
6. they are more physically active in pursuits of daily activities
7. they are in much better general physical condition
8. they have greater control over their bodies, or perceive that they do
9. they enjoy meeting other swimmers at meets and workouts, and express this enjoyment at contact with other people who show some concern
10. some view Masters swimming meets as vacations, while others regard them as tension producing as well as "too-expensive"
11. women's responses indicate sexual differences in several areas including employment, salaries, the way they view their participation

Generally, most of the respondents viewed Masters Swimming as being a positive force in their lives, although several attributed positive factors to other life experiences that were more important to them. One swimmer in the 60-69 age group summed it up this way: "For the older untrained swimmer, I think the satisfaction of learning new skills is very important. Becoming an 'athlete' late in life may be something one laughs at, but it still does alot for one's self esteem." Another views Masters Swimming as "icing on the cake of life." From the 20-29 group comes this recognition of the importance of adult fitness: "We need to encourage more people to set up Masters programs. The emphasis is on age group swimmers and adult fitness is sadly neglected. Most adults get little, if any exercise." Over the long haul then, Masters Swimming seems to be more than times and winning at meets but other things that may be more or less tangible, but nevertheless, important to people!

MEDICAL MATTERS FOR MASTERS

or

"Things the Doctor knows that even the Coach can't tell you"

WARM UP TIME? Most athletes and most swimmers in the Masters Program would probably agree that a warmup period prior to vigorous exercise is important. A sudden plunge into vigorous activity is well known to cause damage to muscles and tendons. Will it increase your performance or lower your time and what is the effect on the heart?

Two excellent studies have been published since 1973 which shed some light on the above questions. One study involv-

ed the use of a electrocardiographic stress test and the other study measured arterial blood pressure. The first study was conducted on 44 healthy men, age 20 to 52. All of these men had undergone near-maximal electrocardiographic stress testing and no signs of coronary artery disease had been detected. There was some difference in physical fitness in the group i.e. they varied all the way from competitive marathon runners to totally sedentary individuals. The laboratory experiment was conducted in the following manner; after several minutes of rest in the morning the men were asked to run on a treadmill at 9 miles per hour and a 30% grade for ten seconds without any prior warmup. Sixty-eight percent of the men had abnormal electrocardiographic changes immediately after the run. When two minutes of easy jogging in place preceded the sudden strenuous exercise the abnormal electrocardiographic changes were eliminated or reduced in severity in almost all cases.

In the second study the arterial blood pressure was measured in ten healthy men who range in ages from 20 to 52 years. All men were assumed to have normal coronary arteries and their near maximal treadmill exercise electrocardiograms were normal. When sudden, strenuous exercise was performed without prior warmup, arterial blood pressure showed an abnormal increase. This greatly increased oxygen demands of the heart and again produced abnormal electrocardiographic changes. The subjects were then given 15 to 20 minutes of warmup followed by 15 to 20 minutes of rest before the sudden exercise. This warmup eliminated or reduced the severity of the abnormal electrocardiographic changes in all cases.

The results of these two studies suggest that the adaptation of coronary blood flow to a rapid increase in cardiac work is not instantaneous and that periods of ischemia may occur in hearts without apparent vascular obstruction. Serious damage to the heart of course could occur. (A myocardial infarction can be produced by physiologic narrowing of the coronary artery without vascular obstruction). Adequate warmup i.e. more than two minutes of easy jogging can be effective in reducing the ischemia. These findings provide a physiological basis for performing warmup before sudden strenuous activity. Although warmup is suggested for everyone it is most important for those who have a reduced oxygen supply to the heart because of vascular obstruction or because of anemia and many other conditions. Similarly, those who have excessive demands placed on their hearts because of such conditions as hypertension or aortic stenosis should not perform sudden exercise without adequate warmup.

How does all of this translate to swimming? To the best of my knowledge the study has not been conducted. It would appear valid to conclude that a warmup period is desirable, that it include a period of easy swimming somewhere between 15 and 20 minutes prior to sudden exercise.

Obvious questions which arise and remain unanswered would include such things as how long can you wait for your event after the warmup period; what is the effect of age; prior physical conditioning; cardiographic stress testing results; presence of other illnesses; etc.

References for the above are available.

If some of the terminology used is foreign to you or might require further definition, please tune in to next month's bulletin. Succeeding articles are intended to cover such topics as the importance, need for and extent of an Annual physical examination, electrocardiographic treadmill stress testing, series of aerobic training, latest knowledge on anaerobic conditioning, etc.

BY

RON TAYLOR, M.D.

(Pacific Northwest Association Newsletter)

**BROTHERS AND THEIR MATES
ALL MASTERS SWIMMERS**

E. E. "Bud" Dallmann joined Masters swimming in October, 1971 at the 1st Houston Masters swimming meet. Virgil and Betty joined Masters swimming in October 1973. Bud was an outstanding Intercollegiate swimmer. He has participated in at least one National Masters meet every year since 1972. Bud has his own cheering section at meets in New Braunfels. You can hear "Come on Coach Dallmann" or "Go Coach Dallmann". Lillian Dallmann swam in her first Masters swimming meet in New Braunfels in June. She has an amazing personality - always cheerful, considerate, friendly and a great help in giving her services at Masters meets.

Last year Lillian had a different kind of stroke. She was in intensive care following a heart attack stroke. Later she was in a wheel chair and not given any hope of ever walking again. She now walks and swam her first Masters event - the 50 meter backstroke. She and Bud are Grandparents.

Virgil Dallmann was also an outstanding Intercollegiate swimmer. He is still a fine swimmer, often winning high point awards, even though he swims with a handicapped arm, due to an industrial accident. Masters Swimming has made he and Betty's lives more meaningful. They feel better with regular exercise and do enjoy the social affairs connected with the meets. They have four girls (two married) and one son. Virgil and Betty live in Houston and swim for Texas-Gulf Masters team.



Left to right: Mrs. Virgil (Betty) Dallmann, E.E. "Bud" Dallmann, Virgil Dallmann, Mrs. E.E. (Lillian) Dallmann

Programmer Strokes Way To National Swim Medals

Some folks jog, some play tennis, others exercise at a neighborhood gym or spa. As mainstay of her physical fitness program, lab advisory programmer Alice Jones swims. She also golfs, skis, plays softball and basketball with considerable skill; but her biggest splash has been in competitive swimming.

Last month Alice swam her way to two third-places and two fourth-places in the National AAU Masters Short Course Championships held at Mission Viejo, Calif. She was one of the more than 800 swimmers from throughout the country to compete in the three-day event.

Organized six years ago as a physical conditioning program for swimmers 25 years of age and up, the Masters Championships divides competition into five-year age categories. Alice competed in the 35-39 age class, and while she represented the Union Aquatic Club, she paid her own expenses for the total trip.

To earn the four medals, she swam the 50 freestyle in 30.13; the 100 breaststroke in 1:29.32; the 100 freestyle in 1:08.71, and

the 200 freestyle in 2:33.57.

A native of Beaver, Pa., Alice had worked summers as a lifeguard and swim instructor while attending the University of Pittsburgh. After joining IBM in 1960, her interest in the sport lapsed until three years ago when several programming as-

sociates encouraged her to join the Union Aquatic Club and participate in the Masters program.

She explained that the objective of the Masters is not solely competition, but "to swim for your own satisfaction, gradually improving your stamina and speed." She

said participants find that regular workouts at the pool help people stay in shape and provide a recreational outlet.

"To swim in the Masters," Alice said, "it is not necessary to compete in the championships but some amount of competition is desirable because it forces you to work harder."

Alice points out one of the particular advantages of swimming is that it's an individual sport with "results directly related to the amount of effort you personally choose to put into it. As a sport, it teaches work discipline, time management, and self-motivation."

On a regular basis, she swims three or four nights a week, at least an hour at a time, and has competed successfully in three national championships. An offshoot of her swimming has been an interest in volunteer service as one of the coaches for the Boys Club swim team, a group of 70 nine-to-twelve boys and girls, and in addition, as assistant coach for the Maine Endwell High School girls swim team. She also officiates at junior high and high school swim meets as well as local and regional AAU meets.

Coaching young people has been particularly rewarding, Alice claims. "I feel coaching swimming is a way to work with youth and use my athletic background to the best advantage," she says. "It keeps me involved and I really enjoy seeing the kids progress." ●



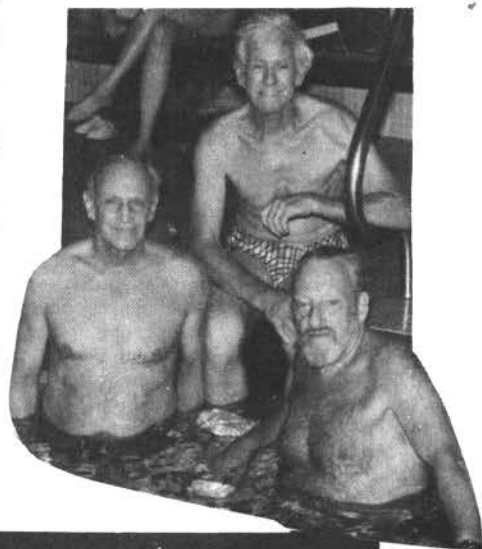
Alice Jones, who swims five to six miles a week to keep in good competitive condition, is helping supervise a 10-week Masters swim program offered by SUNY Binghamton.



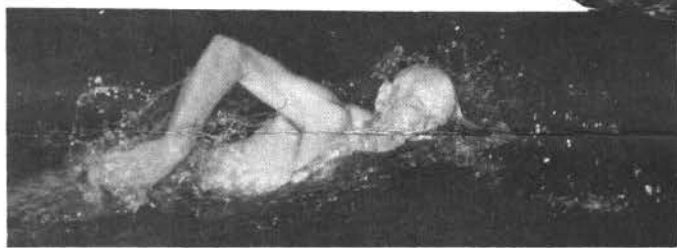
55 & Over - San Diego Masters 200 Yard Medley Relay Champions at SC Nationals
 Left to right: Bob Cowan (back), Tom Oakes (breast), Cliff Croome (fly), and Jerry Siefert (free)



55 & Over - San Diego Masters 200 Yard Freestyle Relay Champions at SC Nationals
 Left to right: Jerry Siefert, Jorge Zorilla, Pete Lata and Cliff Croome



Left, Thompson Mann, 1st 200 back, 2nd 100 back
 Right, Ken Krueger, 1st 100 back, 2nd 200 back
 Mission Viejo SC Nationals, 30-34 age group



BICENTIAL '76 MAKES 50 YEARS OF SWIMMING FOR HAMILTON ANDERSON!

Ham Anderson, 62, started swimming in YMCA and Boy Scout Camp meets. He has held many records. In high school and Midwest AAU meets his specialty races were the 100 back and 200 free - being an All-American in both events. Ham was one of the original Masters Swimmers, swimming in the first National meet held in Amarillo, Texas. Now his specialty events are the 400/500 and 1500/1650 frees. He has been the Gulf AAU Masters Chairman since 1971 and is the national chairman of the Masters Historian Committee. Ham was Masters All-American in 1975 and holds all of the records in his age group for the Gulf AAU Masters. At top, Ham (middle) again joins Bill Grant (left) and Frank Meyers (right) for more competition in Illinois.



FORMER YALE SWIMMING CAPTAINS AT THE AAU MASTERS NATIONAL SWIMMING CHAMPIONSHIPS HELD AT MISSION VIEJO, CALIFORNIA, MAY 14 - 16, 1976.
 SANDY GIDEONSE, 1956, LLOYD OSBORNE, 1932, ALAN FORD, 1945W, DICK LYON, 1945.



Newly wed Master swimmers Marynell & Tom Hetzel swim in College Station meet

Pete Jurczyk Back into 'Swim' of Things at 70

By JERRY SHAW

News Tribune Sports Writer
You're never too old to start over again which is what 70-year-old Peter Jurczyk found out when he went back to swimming after a 50-year layoff.

Jurczyk is one of the many swimmers in the Indian River Swim Club run by Bob Waymouth at Indian River Community College. The club is part of the Florida Association of the AAU. It travels throughout Florida competing against other swim clubs.

Jurczyk's accomplishments in these 70 years has enabled him to enter the Masters Tournament in Mission Viejo, Ca. on May 14-16. It is the national AAU championship for swimmers over 25 years of age.

Peter is in the 70-74-year-old age group. He has been in four meets winning 25 medals in 25 events and took home a trophy from the St. Petersburg regional meet in his age division.

"I'm at my peak in the age group I'm in now," said Jurczyk is one of the youngest in his group.

He has already set four state records in the association for his division with a 50.7 time in the 50-yard backstroke, a 1:52.6 time in the 100 backstroke, a 4:18.8 time in the 200 backstroke and a 2:09.6 time in the 100 individual medley.

"I'll break most of them next time. I have improved," explained the confident Fort Pierce swimmer.

He came to this area two years

ago from Seaside Heights, N. J. where he and his wife, Victoria, lived for 34 years. His niece mentioned something to him about the senior olympics and from there he got involved with the swim club where three of his

... I was taking off a few seconds after every meet.

When You Take off One Second, it's considered an Achievement."

— Pete Jurczyk

grandchildren were swimming. He swam a little bit up until his early twenties and when he came back it took some time to shape up again.

"I was slow," he said on his return. "I kept improving my time after every meet. I was taking off a few seconds after every meet. When you take off one second, it's considered an achievement."

Jurczyk practices from two to three hours each day. His wife helps out at each event with the other ladies who work on the

scorekeeping at each meet.

He is the only swimmer representing Fort Pierce at the Masters. He knows the competition will be tough at that tournament.

"In the meet there are quite a



Pete Jurczyk

few gold medal winners," he pointed out.

After the meet a Mission Viejo, Peter hopes to be at the World AAU championships which are, right now, scheduled for East Lansing, Michigan on July 9-11.

Swimmer Finds Fountain of Youth

ON A RECENT WEEKEND, Skip Mann finally got a shot at Alan Ford, the national collegiate spring swimming champion in the early 1940s. Ford, who competed for Yale when Mann was the swimming team captain at the University of Illinois, was seeded No. 1 and Mann No. 3 in the Masters championships at Mission Viejo, Calif. Thirty-two years after their college days, Ford and Mann were competing against each other for the first time. Mann confided that he would rather beat Ford than any man in the world because as a collegian he had envied the Ivy Leaguer.

Mann defeated Ford in the 50- and 100-yard freestyle and retained his title as the U.S. No. 1 spring swimmer in his age class. A 50-year-old whippersnapper whipped Mann in the 100 and 200 breaststroke, reducing defending champion Mann to No. 2 in the nation in those events.

At age 51, the 5-foot-11, 170-pound Mann swims faster than he did as a collegian 32 years ago, outworks 30-year-olds (14-hour shifts are common), copes with the heavy stress in a stressful business far better than most executives and lives like a carefree dolphin.

You old huffers, puffers and worrywarts can enjoy that kind of life, too. All you have to do is swim one and a half hours five times a week. Swim until you ache. Wake up in the middle of the night in cold sweats. Hang in there. After a month or so, the aches and sweats will disappear, and maybe you can look like a 30-year-old despite 51 birthdays. A word of caution: Before you try the Skip Mann Plan for Everlasting Life, have all your vital organs tested by a physician.

MANN IS COLORADO'S Billy Graham of Masters swimming and he preaches the aquatic gospel everywhere he goes, reminding prospective converts that the program welcomes kids 25 years old and up. Some of the kids are 80 years old and still competing. Some couldn't swim a stroke at all until they were bitten by the Masters water bug. They have drowned mental hangups and assorted physical disorders. (Mann's wife, Louise, avoided a spinal operation by strengthening her back muscles in Masters competition.)

Masters swimming "is the closest thing

to an antiaging pill," according to Dr. Paul Hutinger who, naturally, is a Masters swimmer. Hutinger has written a convincing paper on the program and so has Mann. They tell us that Masters swimming benefits the cardiovascular system, lowers serum cholesterol, can prevent coronary disease, eliminates headaches, indigestion and cardiac discomfort, activates metabolism and can slow the aging process.

Ponce de Leon searched in vain for the fountain of youth that Masters swimmers seem to have found. It wasn't exactly what Skip Mann was looking for three years ago. Between the ages of 25 and 48 he just dabbled in exercising and worried about it because he couldn't find the right kind for him. He tried running, handball, volleyball and aerobic exercises. He found them boring.

"THE THING that makes Masters swimming work is competition," Mann said. "You get peer pressures. The peers expect you to be there when the competitions start. You continually test yourself while you are having fun and improving your health—mentally and physically. You wind up with many new friends, attain a remarkable rapport with all kinds of people, gain three times more energy than you had before and you can handle daily stress much better."

At first reading, Mann's gospel sounds like a strange mixture of mysticism and medical science designed to convert the paranoid and prematurely decrepit into a squadron of Peter Pans, paddling blissfully to paradise. There's nothing mystical about Mann. He is a very practical and busy vice president of High Country Development Corporation that owns and operates 11 large inns (Holiday and Ramada). His Denver office is only slightly smaller than an Olympic-size pool. He is hounded day and night by business calls on company, home and automobile telephones.

He could be just another uptight corporation executive longing for longer lunches and martini breaks, popping Valium, brooding about blood-pressure tests and worrying about cardiograms. Instead, he's a healthy, happy, 51-year-old national swimming champion who can swim faster than he could at age 22.

Jane Katz Gains Swimming Niche

By LENA WILLIAMS

At times, Jane Katz still wonders why she went to those overcrowded public swimming pools in Harlem and on the Lower East Side seven days a week. Twice she had been attacked on her way home from the pool. And sports women athletes were not only shunned but also discouraged by the students and administrators at the City College of New York when she attended that school from 1959 to 1963.

"Maybe I did it because I had water on the brain," she recently said. "God knows it wasn't because I loved walking home alone at night. And there wasn't any such thing as team spirit. Women didn't even have a swimming team at City back in those days.

"We weren't allowed to use the pool at school. There were no coaches, no uniforms and no money. In those days, women who competed in sports either kept quiet about it or shared their joys of victory with a few close friends."

Despite the frustrations, Jane Katz persevered. She helped establish a world-



Jane Katz

class women's synchronized swimming team at City College. She won the Ballinger Award as the outstanding senior woman swimmer in the Metropolitan Amateur Athletic Union in 1959, 1960 and 1961.

And now she sees a welcoming of women's sports at her alma mater. Earlier this month, she became the first woman to be admitted to the C.C.N.Y. Sports Hall of Fame since its inception 10 years ago.

"I hope my induction will serve as an incentive to those young women athletes who have wondered, 'Why do I do it?'" she said during the City College awards ceremony in Great Neck, L. I. "It is a great honor for me, but an even greater honor for women's sports."

While she doesn't believe that women were consciously excluded from the Hall of Fame, she points to many reasons for the failure to induct a woman.

"One, there weren't many opportunities for women to excel," she said. "Then women who did excel didn't do it at City. They went elsewhere. And finally, we must admit that male chauvinism still exists to a degree. It's gotten better, but it still exists."

Without sounding bitter, Miss Katz said she would have been a better swimmer had she received better coaching at City.

During a recent masters competition, an A.A.U. program designed for men and women swimmers 25 years and older, Miss Katz set a record of 5 minutes 56.93 seconds for the 500-yard freestyle and 21:28.02 for the 1,650-yard freestyle. They were her best times, and she credits her performance to an improved stroke.

"I always believed swimming was based on the legs, not the arms. I was wrong," she said. "I used to overkick until my brother taught me how to use my arms in shorter distances. If I had known those things a few years ago, who knows what could have happened."

While the thought of what she might have lost over the years still haunts her, she is almost angered when she thinks of the hundreds of other frustrated female athletes who have walked the halls of City University unnoticed. Like the girl Jane met one day on campus wearing a track uniform.

"The girl said she had just won a national event in a track meet at the Garden," Miss Katz recalled. "But she was very quiet about it, as if she didn't want anyone to hear her. You know, I never found out her name."

As part of her induction into the Hall, Miss Katz's name and accomplishments will be placed in the Wall of Champions, which is dedicated to the great athletes at City College. It wasn't too long ago that she stopped to glance at the Wall and said to herself how nice it would be to see a woman up there.

Miss Katz is an associate professor of health and physical education at Bronx Community College, and belongs to the metropolitan masters

swimming program on Long Island.

At 33, she believes her career and her physical and mental health are better now than when she was a 25-year-old student at City College.

National Champion

Jim Forbes, 50, of Bethpage just returned from California with 2 gold and one bronze medals. He competed in the AAU 1976 National Masters Short Course Swimming Championships held at Mission Viejo, California, May 14, 15 and 16.

He won first place in his age group in the 100 yd. breaststroke with a time of 1:14.7 and 1st place in the 200Yds breast stroke with a time of 2:49.9. He was fifth in the Individual Medley with a time of 1:13.38. Jim broke the national record for the 50 yd. breaststroke at Princeton University May 2, with a time of 33.067.

While in California he visited with his daughter Virginia Forbes at Ambassador College in Pasadena. She was given the trophy at her college for best swimmer of the year breaking 5 college records this year for her team.

MASTERS DIVING - INDOOR NATIONALS

FT. LAUDERDALE, FLORIDA MAY 14-16, 1976



HALL OF FAME POOL

CHICKS:
 L. JUDITH COBLE 30-34 CHAMP
 C. MARSHA LUTZ 25-29 CHAMP
 R. NANCY HOLT 25-29 RUNNER-UP



ED CRAREN
 NAT'L CHAIRMAN
 ONE METER CHAMP
 45-49



HICKS: (INDIVIDUAL CLOUT DIVING)
 L. JOE MOONE
 NATE HOLT
 SID BROOKS, CHAMPION
 BRUD CLEVELAND
 BILL CUNNINGHAM



YOUTH: L. NATE HOLT, 30-34 CHAMP; STEVE GREYMORNING 25-29 CHAMP. DICK LAWLER 40-44 CHAMP. JERRY ANDERSON 40-44 RUNNER-UP; FRED FOX 35-39 CHAMP



EXPERIENCE:
 L. FRONT: TED KELLER, MEET DIR.
 BILL MCALISTER 60-69 CHAMP, BRUD CLEVELAND 50-59 CHAMP JUDY COBLE 30-34 CHAMP,
 JIM MOORE 45-49 3RD, LEFT REAR: NANCY HOLT
 JOE MOONE 60-69, ?, ED CRAREN 45-49 CHAMP
 JACK HARBOURNE 45-49 CHAMP JOHN SABLE 70-79 CHAMP, CHARLIE DIEHL 50-59, MARSHA LUTZ

MASTERS DIVING CHAMPIONSHIPS
Fort Lauderdale, Florida
May 15, 16, 1976

WOMEN ONE METER 25-29
Lt. Marsha Lutz USAF 347.30
Nancy Holt, FL 328.30

30-35
Judith Coble, PA 292.80
60-69
Rose Caplane, GCM 93.90

WOMEN THREE METER 25-29
Lt. Marsha Lutz, USAF 392.15
Nancy Holt, FL 354.50

30-34
Judith Coble, PA 281.60
MEN ONE METER 25-29
Steve Greymorning, NY 334.90

30-34
Nate Holt, FL 357.30
35-39
Fred Fox, CA 333.90

40-44
Richard Lawler, TX 294.45
Jerry Anderson, FL 281.35

45-49
Ed Craren, NE 273.65
Jack Harbourne, VA 265.50
Jim Moore, FL 209.55

50-59
John Calhoun, FL 251.55
Brud Cleveland, CA 227.25
60-69
Bill McAlister, CA 209.80
Joe Mone', CA 156.75

MEN THREE METER 25-29
Steve Greymorning, NY 351.95
30-34
Nate Holt, FL 406.00

35-39
Fred Fox, CA 386.20
Hap Cordero, FL 234.30

40-44
Rich Lawler, TX 309.00
Jerry Anderson 307.35

45-49
Jack Harbourne, VA 281.35
Ed Craren, NE 279.35
Jim Moore, FL 241.00

50-59
Brud Cleveland, CA 244.10
Johnny Edwards, FL 203.75

60-69
Bill McAlister, CA 216.50
Charlie Diehl, FL 209.00
Joe Mone', CA 159.25

70-79
Jolly John Sabie, CA 113.75
INDIVIDUAL CLOWN DIVING
Sid Brooks, FL 244
Bill Cunningham, FL 226
Brud Cleveland, CA 214
Nate Holt, FL 210
Joe Mone', CA 168

MEN GRAND MASTER'S 45 & UNDER
Nate Holt, FL 470.30
Rich Lawler, TX 449.90
Jerry Anderson, FL 435.75

MEN SENIOR GRAND MASTERS 45+
John Calhoun, FL 327.15
Jack Harbourne, VA 287.75
Bill McAlister, CA 280.85
Brud Cleveland, CA 250.10

TEAM CLOWN DIVING
Carpenters - Miami 228
Johnny & Jimmy - Miami 204

Wisconsin
Long Course - 50 Meters
June 20, 1976

WOMEN 25-29
100m Freestyle
M. Brueggemeyer 26 1:39.90
N. Arnold 29 1:40.58
S. Lewin 28 1:48.71

200m Freestyle
N. Arnold 29 3:40.39
S. Lewin 28 3:48.86
M. Brueggemeyer 26 4:00.76

100m Backstroke
N. Arnold 29 1:57.55
M. Brueggemeyer 26 2:05.21
S. Lewin 28 2:07.70

100m Breaststroke
N. Arnold 29 2:10.89
Arnold Kleban 39 2:43.78

200m Freestyle
100m Backstroke
200m IM

MEN 35-39
P. Girdes 48 1:09.58
R. Kueny 45 1:10.91

200m Freestyle
P. Girdes 48 2:40.56
R. Kueny 45 2:41.36

100m Breaststroke
R. Kueny 45 1:24.65
J. Bauman 45 1:33.44

100m Butterfly
J. Bauman 45 1:25.40
200m IM
R. Kueny 45 3:01.70
J. Bauman 45 3:12.51

MEN 50-54
100m Freestyle
P. Rockwell 51 1:10.63
W. Baugher 54 1:15.29

200m Freestyle
P. Rockwell 51 2:41.76
W. Baugher 54 2:56.77

100m Butterfly
P. Rockwell 51 1:24.48
200m IM
P. Rockwell 51 3:13.79

MEN 55-59
100m Freestyle
L. Surles 58 1:16.23
N. Folker 58 1:31.00

200m Freestyle
L. Surles 58 2:57.46
N. Folker 58 3:26.26

MEN 60-64
Chuck Wilson 61 1:20.31
200m Freestyle 3:45.22
100m Backstroke 1:44.45
200m IM 3:46.83

MOUNT SAN ANTONIO COLLEGE
Walnut, Calif - 50 Meter
June 19, 1976

WOMEN 25-29
50 Mtr Freestyle
Joanne Menard 28 33.05
Marie Latham 27 33.65

100 Mtr Freestyle
Lucy Johnson 29 1:09.64
Joanne Menard 28 1:14.20
Marie Latham 27 1:16.35

400 Mtr Freestyle
Joanne Menard 28 5:54.30
Marie Latham 27 6:14.62

200 Mtr Backstroke
Joanne Menard 28 3:26.83
50 Mtr Breaststroke
Joanne Menard 28 47.55
200 Mtr Butterfly
Barbara Dunbar 27 2:43.82

WOMEN 30-34
50 Mtr Freestyle
Janet Royer 34 35.36
Barbara Wright 31 38.89
Christine Martin 34 39.98
Germaine Hall 30 42.49
Cathy Berry 31 1:03.45

100 Mtr Freestyle
Janet Royer 34 1:19.26
Christine Martin 34 1:30.16
Barbara Wright 31 1:31.97
Germaine Hall 30 1:44.91
Cathy Berry 31 2:12.66

400 Mtr Freestyle
Cathy Berry 31 10:33.02
Janet Royer 34 47.07
Germaine Hall 30 50.15
Christine Martin 34 54.34

100 Mtr Breaststroke
Janet Royer 34 1:43.69
Germaine Hall 30 2:04.64
200 Mtr Butterfly
Christine Martin 34 3:56.91
200 Mtr Individual Medley
Janet Royer 34 3:25.28

WOMEN 35-39
50 Mtr Freestyle
Marty Childs 36 35.93
100 Mtr Freestyle
Marty Childs 36 1:20.40
400 Mtr Freestyle
Betsy Jordan 39 6:11.04

200 Mtr Backstroke
Betsy Jordan 39 3:01.85
50 Mtr Breaststroke
Marty Childs 36 45.14
Helen Geoffrion 37 48.21

100 Mtr Breaststroke
Marty Childs 36 1:38.63
Helen Geoffrion 37 1:49.24
200 Mtr Butterfly
Betsy Jordan 39 3:33.80
Helen Geoffrion 37 3:57.41

200 Mtr Individual Medley
Marty Childs 36 3:21.89
Helen Geoffrion 37 3:49.22

WOMEN 40-44
50 Mtr Freestyle
Adrienne Pipes 42 37.98
Margrit Graef 44 42.04
MaryAnn Rasmussen 41 42.38

100 Mtr Freestyle
Adrienne Pipes 42 1:12.21
MaryAnn Rasmussen 41 1:35.45
Margrit Graef 44 3:53.98

50 Mtr Breaststroke
MaryAnn Rasmussen 41 59.56
Margrit Graef 44 1:49.35

200 Mtr Butterfly
Adrienne Pipes 42 4:01.85
200 Mtr Individual Medley
Adrienne Pipes 42 3:42.26
MaryAnn Rasmussen 41 4:06.52

WOMEN 45-49
50 Mtr Freestyle
Helga Linnea Palmer 46 33.92
Jacqueline Smith 45 35.60
Janet Wolver 47 40.15

100 Mtr Freestyle
Helga L. Palmer 46 1:18.11
Jacqueline Smith 45 1:20.57
Janet Wolver 47 1:32.92

400 Mtr Freestyle
Helga L. Palmer 46 6:28.13
Anne Adams 48 3:17.01
Jacqueline Smith 45 3:33.38

50 Mtr Breaststroke
Jacqueline Smith 45 45.41
Helga Linnea Palmer 46 49.94
Janet Wolver 47 50.04
Rita Mills 45 53.50

100 Mtr Breaststroke
Jacqueline Smith 45 1:41.46
Helga L. Palmer 46 1:54.05
Janet Wolver 47 1:54.05
Rita Mills 45 2:01.00

200 Mtr Breaststroke
Anne Adams 48 3:33.53
200 Mtr Individual Medley
Rita Mills 45 4:25.01

WOMEN 50-54
50 Mtr Freestyle
Dorothy LaChasse 52 38.17
Joy McDaris 51 41.91
Grace Altus 52 46.45

100 Mtr Freestyle
Dorothy LaChasse 52 1:29.53
Joy McDaris 51 1:35.69
Grace Altus 52 1:45.42

400 Mtr Freestyle
Dorothy LaChasse 52 7:16.22
Grace Altus 52 8:06.07

200 Mtr Backstroke
Dorothy LaChasse 52 3:43.24
Grace Altus 52 4:22.53

50 Mtr Breaststroke
Joy McDaris 51 50.92
Dorothy LaChasse 52 53.29
200 Mtr Breaststroke
Joy McDaris 51 1:52.34
200 Mtr Individual Medley
Grace Altus 52 4:29.85
Dorothy LaChasse 52 4:29.85

WOMEN 55-59
50 Mtr Freestyle
Bette Crowell 56 39.53
Viola Thompson 58 48.03

100 Mtr Freestyle
Bette Crowell 56 1:33.26
Annetta Pfeiffer 58 1:36.72
Margaret George 59 1:44.07

400 Mtr Freestyle
Buddy Belshe 42 1:45.00
David Lamott 40 1:59.63
Curt Miller 43 7:40.87
William Parks 40 7:53.42
Art Welch 43 8:03.94
Budd Symes 41 8:55.70

100 Mtr Breaststroke
Buddy Belshe 42 3:56.04
Joseph Klein 43 4:53.07
William Parks 40 1:00.54
Curt Miller 43 2:02.29
Edgar Frank 40 2:18.84
Ron Richter 42 2:18.84

400 Mtr Breaststroke
Buddy Belshe 42 12:02.29
Buddy Belshe 42 2:38.84
Art Welch 43 4:24.86
Curt Miller 43 4:24.86

200 Mtr Individual Medley
Rita Simonton 58 4:12.09
Margaret George 59 4:17.78

WOMEN 60-64
50 Mtr Freestyle
Grace Deal 61 52.70
Ruth Ridenour 61 1:00.63
100 Mtr Freestyle
Ruth Ridenour 61 2:16.56
100 Mtr Breaststroke
Grace Deal 61 2:34.02

WOMEN 65-69
100 Mtr Freestyle
Johnnie Belas 67 2:29.64
200 Mtr Backstroke
Dorothea Cole 66 4:49.44
Johnnie Belshe 67 5:51.10

MEN 25-29
50 Mtr Freestyle
Rick Wilson 29 29.32
Jerry Homstad 26 29.93
Rick MacDonald 25 32.36

100 Mtr Freestyle
Rick Wilson 29 1:06.14
Jerry Homstad 26 1:08.74
Neil Speckman 28 1:20.64

400 Mtr Freestyle
Rick Wilson 29 5:30.51
Tom Ludwig 27 32.20
Rick MacDonald 25 43.99
Neil Speckman 28 46.21

100 Mtr Breaststroke
Tom Ludwig 27 1:15.85
Rick MacDonald 25 1:33.36
Jerry Homstad 26 2:56.13

200 Mtr Individual Medley
Tom Ludwig 27 2:32.88
Rick Wilson 29 2:54.40

MEN 30-34
50 Mtr Freestyle
Jon Bales 31 28.91
George Wright 33 29.63
Arthur Hale 34 30.49
Jim Ferrell 34 31.26
Bill Berry 32 32.77
John Schwarz 34 36.80

100 Mtr Freestyle
Jon Bales 31 1:04.89
George Wright 33 1:06.63
Arthur Hale 34 1:11.35
Jim Ferrell 34 1:11.62
John Schwarz 34 1:19.60
Bill Berry 32 1:20.28

400 Mtr Freestyle
George Wright 33 5:28.13
Jon Bales 31 5:45.77
Jim Ferrell 34 6:18.14
John Schwarz 34 6:37.91

50 Mtr Breaststroke
Bill Berry 32 36.53
Jim Ferrell 34 38.20
Arthur Hale 34 38.76

100 Mtr Breaststroke
Bill Berry 32 1:25.20
John Schwarz 34 1:38.28

200 Mtr Breaststroke
Arthur Hale 34 3:42.51
200 Mtr Individual Medley
George Wright 33 2:53.19
Jon Bales 31 2:59.94
Bill Berry 32 3:21.15

MEN 35-39
50 Mtr Freestyle
John Rawlings 38 29.21
Bruce Hartwig 38 31.80
Richard LeRoy 35 32.25
Don Tice 37 34.90

100 Mtr Freestyle
Bill Page 35 1:02.06
John Rawlings 38 1:08.39
Richard LeRoy 35 1:12.47
Bruce Hartwig 38 1:13.05
Don Tice 37 1:18.23
Frederick Herr 39 1:24.55

400 Mtr Freestyle
Bill Page 35 5:16.44
Richard LeRoy 35 5:42.26

200 Mtr Backstroke
Richard LeRoy 35 3:09.08
John Rawlings 38 40.85
Don Tice 37 47.24

100 Mtr Breaststroke
Frederick Herr 39 1:34.50
John Rawlings 38 1:36.07
200 Mtr Individual Medley
Richard LeRoy 35 3:28.91

MEN 40-44
50 Mtr Freestyle
Buddy Belshe 42 30.12
David Lamott 40 30.89
Curt Miller 43 31.09
William Parks 40 31.33
Art Welch 43 31.65
Budd Symes 41 33.94

100 Mtr Freestyle
Buddy Belshe 42 1:06.59
Joseph Klein 43 1:08.76
William Parks 40 1:11.44
Curt Miller 43 1:12.87
Edgar Frank 40 1:16.12
Ron Richter 42 1:22.88

400 Mtr Freestyle
Buddy Belshe 42 5:15.92
Budd Merrick 56 5:48.74
Curt Miller 43 6:45.38
Robert Gledt 42 3:48.70
Tom Lind 58 35.22
Bob Merrick 56 38.52
Ernie Neben 55 40.59
100 Mtr Breaststroke
Tom Lind 58 40.85
Ernie Neben 55 41.51
Bob Merrick 56 42.48
Tom Rankin 59 43.19
200 Mtr Butterfly
Tom Lind 58 40.12
Bob Merrick 56 42.69
Ernie Neben 55 44.36

200 Mtr Breaststroke
Tom Lind 58 1:21.33
200 Mtr Individual Medley
Tom Lind 58 1:32.57
Bob Merrick 56 1:33.25
Tom Lind 58 1:33.52

MEN 60-64
50 Mtr Freestyle
Reg Richardson 64 70.64
Walter Slike 62 80.71

100 Mtr Freestyle
Jim Eubank 60 1:12.41
Reg Richardson 64 1:15.10
Walter Slike 62 1:43.50

400 Mtr Freestyle
Jim Eubank 60 5:52.81
Walter Slike 62 9:05.00

50 Mtr Breaststroke
Reg Richardson 64 45.85
200 Mtr Breaststroke
Reg Richardson 64 1:44.77
Tom Pfeiffer 62 1:47.44
200 Mtr Individual Medley
Walter Slike 62 5:44.00

MEN 65-69
50 Mtr Freestyle
Frank Booth 65 72.10
Ernest Hale 65 44.10

R. B. MacKenzie 48 1:09.70
Larry Larimore 48 1:12.37
Warren Keuhn 46 1:30.02

400 Mtr Freestyle
Neal Palmer 45 5:46.44
Tom Scottton 45 5:55.48
Peter Buckley 45 5:55.67
Larry Larimore 48 6:25.02

200 Mtr Backstroke
Neal Palmer 45 3:07.96
Jerry Cunningham 47 3:15.46

50 Mtr Breaststroke
Larry Larimore 48 39.25
R. B. MacKenzie 48 39.33
Herb Nakama 46 40.00
Luis Spamer 49 40.85
Warren Keuhn 46 46.76

100 Mtr Breaststroke
Herb Nakama 46 1:30.73
Luis Spamer 49 1:30.74
Jerry Cunningham 47 1:35.36
Warren Keuhn 46 1:49.81

200 Mtr Butterfly
Jack Craigie 46 3:01.02
Herb Nakama 46 3:24.10
Tom Scottton 45 3:31.99
200 Mtr Individual Medley
Tom Scottton 45 3:06.07
Herb Nakama 46 3:10.47

MEN 50-54
50 Mtr Freestyle
Duane Draves 50 30.55
Jim Marcus 51 32.14
Richard Evans 50 33.60
John Itzel 54 36.70
Jack Cunningham 54 38.33

100 Mtr Freestyle
Duane Draves 50 1:08.51
Richard Evans 50 1:16.60
John Itzel 54 1:30.39

400 Mtr Freestyle
Duane Draves 50 5:31.01
Jim Marcus 51 5:46.42
Richard Evans 50 6:00.76
Jack Burgan 53 6:24.98

200 Mtr Backstroke
Jim Marcus 51 3:11.05
John Itzel 54 4:37.76

50 Mtr Breaststroke
Jack Burgan 53 41.10
Jack Cunningham 54 51.73
John Itzel 54 53.69

100 Mtr Breaststroke
Jim Marcus 51 1:33.67
Jack Cunningham 54 1:36.77
John Itzel 54 2:14.27

200 Mtr Butterfly
Jim Marcus 51 3:16.27
Jack Burgan 53 3:31.65

50 Mtr Individual Medley
Duane Draves 50 2:51.55
Jack Burgan 53 3:10.03
Jim Marcus 51 3:35.07

MEN 55-59
50 Mtr Freestyle
Luis Serrano 55 30.98
Bob Merrick 56 31.78
Ernie Neben 55 34.72
Taylor Fletcher 55 37.60

100 Mtr Freestyle
Bob Merrick 56 1:10.16
Robert Cowan 55 1:11.07
Tom Rankin 59 1:17.19
Ernie Neben 55 1:19.66

400 Mtr Freestyle
Tom Rankin 59 5:52.92
Robert Cowan 55 6:24.10

200 Mtr Backstroke
Luis Serrano 55 3:17.01
Robert Cowan 55 3:19.20
Tom Lind 58 3:26.40
Tom Rankin 59 3:36.95

50 Mtr Breaststroke
Tom Lind 58 40.12
Bob Merrick 56 42.69
Ernie Neben 55 44.36

100 Mtr Breaststroke
Tom Lind 58 1:21.33
200 Mtr Individual Medley
Tom Lind 58 1:32.57
Bob Merrick 56 1:33.25
Tom Lind 58 1:33.52

MEN 60-64
50 Mtr Freestyle
Reg Richardson 64 70.64
Walter Slike 62 80.71

100 Mtr Freestyle
Jim Eubank 60 1:12.41
Reg Richardson 64 1:15.10
Walter Slike 62 1:43.50

400 Mtr Freestyle
Jim Eubank 60 5:52.81
Walter Slike 62 9:05.00

50 Mtr Breaststroke
Reg Richardson 64 45.85
200 Mtr Breaststroke
Reg Richardson 64 1:44.77
Tom Pfeiffer 62 1:47.44
200 Mtr Individual Medley
Walter Slike 62 5:44.00

MEN 65-69
50 Mtr Freestyle
Frank Booth 65 72.10
Ernest Hale 65 44.10

100 Mtr Freestyle	Frank Booth 65	1:14.14	100 Mtr Backstroke	Anne Adams 48	1:34.75	50 Mtr Backstroke	Tom Lind 58	36.41	50 Mtr Butterfly	Tom Lind 58	38.56	OREGON ASSOC'N CHAMPIONSHIPS
	Ernest Hale 65	2:09.17		Jacqueline Smith 45	1:39.31		Bob Merrick 55	42.94		Paul Herron 56	39.48	June 5-6, 1976
400 Mtr Freestyle	Rufus Clark 65	7:52.92		Rita Mills 45	2:05.56	200 Mtr Breaststroke	Frederick Herr 39	3:36.16	400 Mtr Individual Medley	Ernie Neben 55	7:31.48	LAKE OSWEGO, OREGON
	Rufus Clark 65	48.12		Jacqueline Smith 45	3:44.18		Pat Geraghty 35	3:50.00		Tom Lind 58	7:31.81	25 YARD POOL
	Ernest Hale 65	55.40		Helga Linnea Palmer 46	3:58.25	50 Mtr Butterfly	Bill Page 35	31.05	WOMEN 25-29			
100 Mtr Breaststroke	Rufus Clark 65	1:47.94		Janet Wolver 47	4:08.12		Frederick Herr 39	34.95	MEN 60-64			
	Ernest Hale 65	2:41.45		Jacqueline Smith 45	4:11.13	100 Mtr Butterfly	Frederick Herr 39	1:27.17		Jim Eubank 60	32.81	50 Yd Freestyle
200 Mtr Butterfly	Alfred Guth 67	4:28.86		Janet Wolver 47	48.88	400 Mtr Individual Medley	Patrick Schlup 36	5:44.13		Reg Richardson 64	33.84	100 Yd Freestyle
	Ernest Hale 65	5:44.08		Anne Adams 48	7:01.98		John Adam 35	6:05.26		Mel Maxwell 64	34.48	200 Yd Freestyle
200 Mtr Individual Medley	Alfred Guth 67	3:56.85					Bill Page 35	6:29.55		Jim Eubank 60	2:40.60	50 Yd Backstroke
										Mel Maxwell 64	44.97	100 Yd Backstroke
										Reg Richardson 64	45.42	200 Yd Backstroke
										Mel Maxwell 64	3:52.08	50 Yd Breaststroke
										Reg Richardson 64	47.08	100 Yd Breaststroke
										Reg Richardson 64	31.76	200 Yd Breaststroke
										Reg Richardson 64	34.65	50 Yd I.M.
										Reg Richardson 64	43.70	100 Yd I.M.
										Reg Richardson 64	44.37	200 Yd I.M.
										Reg Richardson 64	38.01	50 Yd Freestyle
										Reg Richardson 64	31.24	100 Yd Freestyle
										Reg Richardson 64	31.26	200 Yd Freestyle
										Reg Richardson 64	31.26	50 Yd Backstroke
										Reg Richardson 64	31.26	100 Yd Backstroke
										Reg Richardson 64	31.26	200 Yd Backstroke
										Reg Richardson 64	31.26	50 Yd Breaststroke
										Reg Richardson 64	31.26	100 Yd Breaststroke
										Reg Richardson 64	31.26	200 Yd Breaststroke
										Reg Richardson 64	31.26	50 Yd I.M.
										Reg Richardson 64	31.26	100 Yd I.M.
										Reg Richardson 64	31.26	200 Yd I.M.
										Reg Richardson 64	31.26	50 Yd Freestyle
										Reg Richardson 64	31.26	100 Yd Freestyle
										Reg Richardson 64	31.26	200 Yd Freestyle
										Reg Richardson 64	31.26	50 Yd Backstroke
										Reg Richardson 64	31.26	100 Yd Backstroke
										Reg Richardson 64	31.26	200 Yd Backstroke
										Reg Richardson 64	31.26	50 Yd Breaststroke
										Reg Richardson 64	31.26	100 Yd Breaststroke
										Reg Richardson 64	31.26	200 Yd Breaststroke
										Reg Richardson 64	31.26	50 Yd I.M.
										Reg Richardson 64	31.26	100 Yd I.M.
										Reg Richardson 64	31.26	200 Yd I.M.
										Reg Richardson 64	31.26	50 Yd Freestyle
										Reg Richardson 64	31.26	100 Yd Freestyle
										Reg Richardson 64	31.26	200 Yd Freestyle
										Reg Richardson 64	31.26	50 Yd Backstroke
										Reg Richardson 64	31.26	100 Yd Backstroke
										Reg Richardson 64	31.26	200 Yd Backstroke
										Reg Richardson 64	31.26	50 Yd Breaststroke
										Reg Richardson 64	31.26	100 Yd Breaststroke
										Reg Richardson 64	31.26	200 Yd Breaststroke
										Reg Richardson 64	31.26	50 Yd I.M.
										Reg Richardson 64	31.26	100 Yd I.M.
										Reg Richardson 64	31.26	200 Yd I.M.
										Reg Richardson 64	31.26	50 Yd Freestyle
										Reg Richardson 64	31.26	100 Yd Freestyle
										Reg Richardson 64	31.26	200 Yd Freestyle
										Reg Richardson 64	31.26	50 Yd Backstroke
										Reg Richardson 64	31.26	100 Yd Backstroke
										Reg Richardson 64	31.26	200 Yd Backstroke
										Reg Richardson 64	31.26	50 Yd Breaststroke
										Reg Richardson 64	31.26	100 Yd Breaststroke
										Reg Richardson 64	31.26	200 Yd Breaststroke
										Reg Richardson 64	31.26	50 Yd I.M.
										Reg Richardson 64	31.26	100 Yd I.M.
										Reg Richardson 64	31.26	200 Yd I.M.
										Reg Richardson 64	31.26	50 Yd Freestyle
										Reg Richardson 64	31.26	100 Yd Freestyle
										Reg Richardson 64	31.26	200 Yd Freestyle
										Reg Richardson 64	31.26	50 Yd Backstroke
										Reg Richardson 64	31.26	100 Yd Backstroke
										Reg Richardson 64	31.26	200 Yd Backstroke
										Reg Richardson 64	31.26	50 Yd Breaststroke
										Reg Richardson 64	31.26	100 Yd Breaststroke
										Reg Richardson 64	31.26	200 Yd Breaststroke
										Reg Richardson 64	31.26	50 Yd I.M.
										Reg Richardson 64	31.26	100 Yd I.M.
										Reg Richardson 64	31.26	200 Yd I.M.
										Reg Richardson 64	31.26	50 Yd Freestyle
										Reg Richardson 64	31.26	100 Yd Freestyle
										Reg Richardson 64	31.26	200 Yd Freestyle
										Reg Richardson 64	31.26	50 Yd Backstroke
										Reg Richardson 64	31.26	100 Yd Backstroke
										Reg Richardson 64	31.26	200 Yd Backstroke
										Reg Richardson 64	31.26	50 Yd Breaststroke
										Reg Richardson 64	31.26	100 Yd Breaststroke
										Reg Richardson 64	31.26	200 Yd Breaststroke
										Reg Richardson 64	31.26	50 Yd I.M.
										Reg Richardson 64	31.26	100 Yd I.M.
										Reg Richardson 64	31.26	200 Yd I.M.
										Reg Richardson 64	31.26	50 Yd Freestyle
										Reg Richardson 64	31.26	100 Yd Freestyle
										Reg Richardson 64	31.26	200 Yd Freestyle
										Reg Richardson 64	31.26	50 Yd Backstroke
										Reg Richardson 64	31.26	100 Yd Backstroke
										Reg Richardson 64	31.26	200 Yd Backstroke
										Reg Richardson 64	31.26	50 Yd Breaststroke
										Reg Richardson 64	31.26	100 Yd Breaststroke
										Reg Richardson 64	31.26	200 Yd Breaststroke
										Reg Richardson 64	31.26	50 Yd I.M.
										Reg Richardson 64	31.26	100 Yd I.M.
										Reg Richardson 64	31.26	200 Yd I.M.
										Reg Richardson 64	31.26	50 Yd Freestyle
										Reg Richardson 64	31.26	100 Yd Freestyle
										Reg Richardson 64	31.26	200 Yd Freestyle
										Reg Richardson 64	31.26	50 Yd Backstroke
										Reg Richardson 64	31.26	100 Yd Backstroke
										Reg Richardson 64	31.26	200 Yd Backstroke
										Reg Richardson 64	31.26	50 Yd Breaststroke
										Reg Richardson 64	31.26	100 Yd Breaststroke
										Reg Richardson 64	31.26	200 Yd Breaststroke
										Reg Richardson 64	31.26	50 Yd I.M.
										Reg Richardson 64	31.26	100 Yd I.M.
										Reg Richardson 64	31.26	200 Yd I.M.
										Reg Richardson 64	31.26	50 Yd Freestyle
										Reg Richardson 64	31.26	100 Yd Freestyle
										Reg Richardson 64	31.26	200 Yd Freestyle
										Reg Richardson 64	31.26	50 Yd Backstroke
										Reg Richardson 64	31.26	100 Yd Backstroke
										Reg Richardson 64	31.26	200 Yd Backstroke
										Reg Richardson 64	31.26	50 Yd Breaststroke
										Reg Richardson 64	31.26	100 Yd Breaststroke
										Reg Richardson 64	31.26	200 Yd Breaststroke

WOMEN 60-64

50 yd Freestyle
Clare Carey 64 1:46.46
100 yd Freestyle
Clare Carey 64 1:43.24
50 yd Backstroke
Clare Carey 64 1:55.27

WOMEN 65-69

50 yd Freestyle
Nicki Powers 68 1:51.33
Hazel Bressie 67 1:01.46
50 yd Backstroke
Hazel Bressie 67 17:35.80
Nicki Powers 68 1:07.14
Hazel Bressie 67 1:25.59

MEN 25-29

50 yd Freestyle
Kim Lintner 26 1:23.14
Robert Maestre 26 1:23.90
Louis Budge 27 1:24.01
Tom Andersen 25 1:24.40
Ernie Glass 26 1:24.53
Doug Crichton 29 1:30.23
100 yd Freestyle
Robert Maestre 26 1:52.44
Louis Budge 27 1:52.85
Gary Leach 1:53.49
Tom Andersen 25 1:53.78
Kim Lintner 26 1:53.69
Brian Douglass 27 1:15.71

200 yd Freestyle
Robert Maestre 26 1:59.44
Tom Andersen 25 2:00.37
Gary Leach 2:10.71
Bill Banholzer 2:26.95
Brian Douglass 27 2:57.23
500 yd Freestyle
Tom Andersen 25 5:45.81
Doug Crichton 29 6:59.93
Bill Banholzer 7:05.00
1650 yd Freestyle
Trond Williams 26 23:44.96
Doug Crichton 29 24:41.81
Bill Banholzer 25:59.20
William Kensey 33:20.12
50 yd Backstroke
Jon Stout 29 1:27.68
100 yd Backstroke
Jon Stout 29 1:01.65
200 yd Backstroke
Jon Stout 29 2:19.86
50 yd Breaststroke
Doug Adams 26 1:31.50
Randy Harris 28 1:32.02
100 yd Breaststroke
Doug Adams 26 1:11.00
Randy Harris 28 1:11.45
200 yd Breaststroke
Doug Adams 26 2:38.00
Randy Harris 28 2:40.90
50 yd Butterfly
Kim Lintner 26 1:26.12
Gary Leach 1:26.75
Ernie Glass 26 1:27.23
100 yd Butterfly
Ernie Glass 26 1:09.84
100 yd I.M.
Kim Lintner 26 1:02.45
Doug Adams 26 1:04.57
Tom Andersen 25 1:07.58
Randy Harris 28 1:08.93
200 yd I.M.
Doug Adams 26 2:19.21
400 yd I.M.
Ernie Glass 26 5:47.92

MEN 30-34

50 yd Freestyle
Karl von Tagen 32 1:22.62
Joe Lanza 32 1:25.79
Eldon Rose 34 1:29.32
Bill Tate 30 1:31.12
Dave Copeland 33 1:31.96
100 yd Freestyle
Karl von Tagen 32 1:51.22
Bill Tate 30 1:15.25
200 yd Freestyle
Cecil Kribs 34 2:39.06
Stuart Morris 32 6:57.39
1650 yd Freestyle
Howard Moore 31 20:47.96
Stuart Morris 32 23:43.13
50 yd Backstroke
Cecil Kribs 34 1:34.65
Howard Moore 31 1:03.62
Cecil Kribs 34 1:21.51
200 yd Backstroke
Howard Moore 31 2:19.71
Cecil Kribs 34 2:54.84
50 yd Breaststroke
Stuart Morris 32 1:37.20
Eldon Rose 34 1:37.86
100 yd Breaststroke
Eldon Rose 34 1:26.13
50 yd Butterfly
Stoddart Smith 32 1:26.84
Karl von Tagen 32 1:27.14
Joe Lanza 32 1:29.99
Stuart Morris 32 1:34.59
Bill Tate 30 1:38.94
100 yd Butterfly
Stoddart Smith 32 1:01.57

200 yd Butterfly
Stoddart Smith 32 2:27.23
100 yd I.M.
Karl von Tagen 32 1:00.48
Howard Moore 31 1:02.99
Jim Putebough 31 1:14.37
Cecil Kribs 34 1:17.73
200 yd I.M.
Howard Moore 31 2:21.22
Joe Lanza 32 2:38.65
400 yd I.M.
Joe Lanza 32 6:03.52

MEN 35-39

50 yd Butterfly
David Eng 1:38.39
100 yd Butterfly
David Eng 1:36.24

MEN 40-44

50 yd Freestyle
Robin Hesse 42 1:27.69
Jim Bigler 40 1:29.11
P.T. Tutmark 44 1:34.37
Brian Heard 41 1:34.73
100 yd Freestyle
Robin Hesse 42 1:05.09
Jim Bigler 40 1:05.65
P.T. Tutmark 44 1:21.55
200 yd Freestyle
Robin Hesse 42 2:36.18
P.T. Tutmark 44 3:08.57
500 yd Freestyle
P.T. Tutmark 44 8:29.57

50 yd Breaststroke
George Burgess 44 1:37.81
Brian Heard 41 1:42.24
100 yd Breaststroke
Brian Heard 41 1:34.51
200 yd Breaststroke
George Burgess 44 3:12.13
50 yd Butterfly
George Burgess 44 1:36.26
100 yd I.M.
George Burgess 44 1:19.85
200 yd I.M.
George Burgess 44 3:11.85

MEN 45-49

50 yd Freestyle
Eric Guest 46 1:28.42
Fred Sprenger 45 1:29.63
Jim Snow 49 1:32.60
Leo Haglund 48 1:36.22
100 yd Freestyle
Fred Sprenger 45 1:05.72
Eric Guest 46 1:08.72
Jim Snow 49 1:19.08
Leo Haglund 48 1:23.75
200 yd Freestyle
Fred Sprenger 45 2:24.52
Jim Snow 49 2:56.02
Leo Haglund 48 3:13.67
500 yd Freestyle
Fred Sprenger 45 6:27.47
Leo Haglund 48 9:04.78
1650 yd Freestyle
Fred Sprenger 45 22:41.27

50 yd Backstroke
Donlan Jones 46 1:34.36
200 yd Backstroke
Donlan Jones 46 3:09.87
50 yd Breaststroke
Don Van Rossen 47 1:36.55
Donlan Jones 46 1:39.00
Emmanuel Sang 45 1:42.21
100 yd Breaststroke
Don Van Rossen 47 1:18.48
Donlan Jones 46 1:42.29
Emmanuel Sang 45 1:42.29
200 yd Breaststroke
Don Van Rossen 47 2:54.41
Emmanuel Sang 45 3:57.13
100 yd Butterfly
Emmanuel Sang 45 2:01.61
100 yd I.M.
Don Van Rossen 47 1:15.62
Donlan Jones 46 1:20.17
200 yd I.M.
Don Van Rossen 47 2:55.35

MEN 50-54

50 yd Freestyle
Jim Holland 52 1:24.49
Chuck Harrison 50 1:32.67
100 yd Freestyle
Jim Holland 52 1:06.57
Chuck Harrison 50 1:10.22
200 yd Freestyle
Chuck Harrison 50 2:43.00
500 yd Freestyle
Chuck Harrison 50 7:44.08
1650 yd Freestyle
Chuck Harrison 50 21:43.08
John Runckel 7:58.94
100 yd Backstroke
Chuck Harrison 50 27:42.59
Fred Eckhardt 50 1:36.36
100 yd Butterfly
Fred Eckhardt 50 1:27.73
200 yd Butterfly
Fred Eckhardt 50 3:09.89

MEN 55-59

50 yd Freestyle
Thomas Shrewsbury 55 1:31.16
100 yd Freestyle
Neil Farnham 59 1:24.10
50 yd Backstroke
Earl Walter 55 1:32.93
Thomas Shrewsbury 55 1:40.56
100 yd Backstroke
Neil Farnham 59 1:39.44
50 yd Breaststroke
Thomas Shrewsbury 55 1:50.08

100 yd Breaststroke
Neil Farnham 59 1:47.72
200 yd Butterfly
Earl Walter 55 3:10.35
100 yd I.M.
Earl Walter 55 1:15.88
200 yd I.M.
Earl Walter 55 2:55.45
400 yd I.M.
Earl Walter 55 6:18.19

MEN 60-64

50 yd Freestyle
Don Stevenson 64 1:32.01
Robert Schmidt 60 1:36.81
100 yd Freestyle
Don Stevenson 64 1:16.07
200 yd Freestyle
Don Stevenson 64 2:52.26
50 yd Backstroke
Syd Hendy 63 1:43.38
100 yd Backstroke
Syd Hendy 63 1:39.49
50 yd Breaststroke
Robert Schmidt 60 1:45.37
100 yd Breaststroke
Robert Schmidt 60 1:49.81
50 yd Butterfly
Don Stevenson 64 1:40.28
100 yd I.M.
Don Stevenson 64 1:28.22

MEN 65-69

50 yd Freestyle
Dana Thomas 69 1:33.77
100 yd Freestyle
Dana Thomas 69 1:24.81
500 yd Freestyle
Max Strauss 66 10:07.61
50 yd Backstroke
Bob Hunter 65 1:58.93
100 yd Backstroke
Max Strauss 66 1:56.90
Bob Hunter 65 2:07.65
200 yd Backstroke
Bob Hunter 65 4:30.18
100 yd I.M.
Max Strauss 66 1:56.76

MEN 75-79

1650 yd Freestyle
Roy Webster 52:48.08

MEN 80+

50 yd Freestyle
Collister Wheeler 82 1:45.10
50 yd Breaststroke
Collister Wheeler 82 1:55.16
200 yd Freestyle Relay
J.Stout, L.Budge, G.Leech, E.Glass 1:34.79

WHITEFISH BAY MASTERS

Whitefish Bay, Wis. 5/30/76

WOMEN 25-29

50 yd. free
N. Arnold 29 35.00
M. Brueggemeyer 27 35.10
100 yd. free
M. Brueggemeyer 27 1:22.74
N. Arnold 29 1:24.10
200 yd. free
M. Brueggemeyer 27 3:22.30
500 yd. free
M. Brueggemeyer 27 8:23.73
100 yd. back
N. Arnold 29 43.10
M. Brueggemeyer 27 47.60
100 yd. breast
N. Arnold 29 1:36.20
200 yd. breast
N. Arnold 29 3:46.90

WOMEN 30-34

50 yd. free
Irene David 52 27.90
B. Bennett 33 28.80
C. Clingner 31 41.70
100 yd. free
F. Sengstock 33 1:20.61
200 yd. free
I. David 32 2:50.06
500 yd. free
F. Sengstock 33 8:05.00
1650 yd. free
I. David 32 23:24.78
50 yd. back
B. Bennett 33 34.00
F. Sengstock 33 42.60
C. Clingner 31 53.10
100 yd. back
B. Bennett 33 1:13.30
C. Clingner 31 2:01.45
200 yd. back
F. Sengstock 33 3:17.50
100 yd. breast
B. Bennett 33 1:27.70
50 yd. fly
I. David 32 29.50
100 yd. fly
I. David 32 1:09.26
200 yd. ind. medley
B. Bennett 33 2:38.89

WOMEN 35-39

50 yd. free
J. Mackey 37 30.50
K. Juechter 39 37.30

100 yd. free
K. Juechter 39 1:24.09
200 yd. free
J. Mackey 37 2:48.10
K. Juechter 39 3:18.50
100 yd. back
B. Howard 35 1:37.01
C. Rossi 38 1:37.78
200 yd. back
B. Howard 35 3:21.20
C. Rossi 38 3:30.50
50 yd. breast
I. Stine 37 41.00
B. Russell 36 41.57
C. Rossi 38 46.50
100 yd. breast
I. Stine 37 1:28.60
B. Russell 36 1:31.40
S. Howard 35 1:40.60
200 yd. breast
I. Stine 37 3:18.30
B. Russell 36 3:21.13
C. Rossi 38 3:41.97
50 yd. fly
J. Mackey 37 36.40
I. Stine 37 37.40
100 yd. ind. medley
J. Mackey 37 1:23.30
I. Stine 37 1:23.60
S. Howard 35 1:53.00
C. Rossi 38 1:58.50
200 yd. ind. medley
S. Howard 35 3:24.60

WOMEN 40-44

100 yd. free
B. Mohr 44 1:16.55
200 yd. free
B. Mohr 44 2:48.70
500 yd. free
B. Mohr 44 7:41.00
100 yd. ind. medley
B. Mohr 44 1:28.80
200 yd. ind. medley
B. Mohr 44 3:16.40

WOMEN 45-49

50 yd. free
B. Turcotte 48 34.50
100 yd. free
B. Turcotte 48 1:17.30
E. Conrad 48 1:57.45
500 yd. free
B. Brandstatter 48 9:55.74
R. Conrad 48 10:46.20
100 yd. back
B. Turcotte 48 40.10
100 yd. breast
B. Turcotte 48 1:24.66
B. Brandstatter 48 4:21.30
50 yd. breast
E. Conrad 48 54.63
100 yd. breast
K. Conrad 48 2:05.40
200 yd. breast
B. Brandstatter 48 3:54.20
E. Conrad 48 4:27.07
100 yd. ind. medley
B. Turcotte 48 1:29.89
B. Brandstatter 48 2:01.10

WOMEN 50-54

50 yd. free
A. Irish 51 39.60
100 yd. free
A. Irish 51 1:37.60
200 yd. free
N. Lawrence 53 3:55.70
500 yd. free
N. Lawrence 53 9:53.50
50 yd. back
A. Irish 51 52.50
100 yd. back
N. Lawrence 53 4:31.70
50 yd. fly
N. Lawrence 53 1:04.80
M. Vesely 53 1:10.30
100 yd. fly
M. Vesely 53 2:38.00
200 yd. fly
M. Vesely 53 6:09.48
200 yd. ind. medley
N. Vesely 53 5:28.30
400 yd. ind. medley
N. Vesely 53 11:45.58

WOMEN 55-59

50 yd. free
J. Appley 56 39.40
100 yd. free
J. Appley 56 1:39.29
200 yd. free
J. Appley 56 3:44.30
200 yd. ind. medley
J. Appley 56 5:30.55
400 yd. ind. medley
J. Appley 56 7:25.98

WOMEN 65-69

500 yd. free
E. John 65 12:08.23
1650 yd. free
E. John 65 41:53.81
50 yd. back
E. John 65 59.60
50 yd. breast
E. John 65 55.35
100 yd. breast
E. John 65 2:03.50

MEN 25-29

50 yd. free
J. Reihann 76 1:25.40
100 yd. free
H. T. Krier 29 56.00
200 yd. free
M. Ross 28 2:10.10
500 yd. free
M. Ross 28 5:51.90
D. Jenkins 76 6:21.42
1650 yd. free
M. Ross 28 20:26.63
D. Jenkins 26 22:01.24
50 yd. back
D. Jenkins 26 1:29.40
R. Becker 26 1:34.80
100 yd. back
T. Ertel 78 1:04.00
D. Jenkins 26 1:07.10
200 yd. back
T. Ertel 78 2:15.80
50 yd. breast
R. Becker 26 35.40
100 yd. breast
R. Becker 26 1:30.70
200 yd. breast
R. Becker 26 2:55.74
50 yd. fly
H. T. Krier 29 27.70
100 yd. fly
H. T. Krier 29 1:12.30
100 yd. ind. medley
R. T. Krier 29 1:04.80
T. Ertel 78 1:06.80
200 yd. ind. medley
T. Ertel 78 2:26.40
400 yd. ind. medley
H. T. Krier 29 5:47.90

MEN 30-34

50 yd. free
D. Clingner 52 33.40
100 yd. free
D. Clingner 52 1:10.30
50 yd. back
B. Rounds 34 39.50
J. Goetz 33 39.40
50 yd. breast
K. Simpson 30 1:29.80
B. Rounds 34 34.10
J. Goetz 33 34.00
J. Balderson 34 36.45
D. Clingner 52 35.85
100 yd. breast
K. Simpson 30 1:02.10
B. Rounds 34 1:14.10
J. Goetz 33 1:14.60
J. Balderson 34 1:20.60
200 yd. breast
K. Simpson 30 2:21.13
B. Rounds 34 2:48.85
J. Balderson 34 3:08.93
50 yd. fly
B. Rounds 34 37.40
J. Hilliard 51 45.90
D. Clingner 52 45.90
100 yd. fly
J. Hilliard 51 1:14.40
200 yd. fly
J. Hilliard 51 2:19.40
100 yd. ind. medley
J. Goetz 33 1:14.50
J. Balderson 34 1:10.00
D. Clingner 52 1:14.70
200 yd. ind. medley
J. Hilliard 51 2:54.30
J. Goetz 33 2:57.91

MEN 35-39

50 yd. free
D. Holzhauser 39 37.10
A. L. Grant 34 37.80
A. Nordin 38 37.80
100 yd. free
D. Holzhauser 39 1:14.40
B. Hellmuth 38 1:14.10
A. L. Grant 34 1:14.10
K. Nordin 38 1:14.10
200 yd. free
F. Hellmuth 38 2:10.10
J. Lenaway 37 2:18.10
A. L. Grant 34 2:17.80
500 yd. free
F. Hellmuth 38 8:10.10
J. Lenaway 37 8:12.10
A. L. Grant 34 8:12.10
K. Nordin 38 8:12.10
1650 yd. free
F. Hellmuth 38 21:00.10
A. L. Grant 34 21:00.10
50 yd. back
K. Nordin 38 42.10
K. Nordin 38 42.10
50 yd. breast
J. Lenaway 37 1:14.10
H. Viol 38 1:14.10
100 yd. breast
J. Lenaway 37 2:10.10
H. Viol 38 2:10.10
200 yd. breast
J. Lenaway 37 4:10.10
H. Viol 38 4:10.10
100 yd. fly
J. Lenaway 37 1:14.10
H. Viol 38 1:14.10
500 yd. free
E. John 65 12:08.23
1650 yd. free
E. John 65 41:53.81
50 yd. back
E. John 65 59.60
50 yd. breast
E. John 65 55.35
100 yd. breast
E. John 65 2:03.50

MEN 40-44

50 yd. free
D. Nuhn 47 37.10
50 yd. breast
D. Nuhn 47 1:14.10

100 yd. breast	J. Furman 43	1:32.30	H. Howe 64	1:08.90	Women 40-44	200-yard Ind. Medley	Alice Jones 37	3:04.90	50-yard Freestyle	MEN 45-49	Leo Tersmette 49	38.60	
200 yd. breast	J. Furman 43	3:32.63	E. Sebastian 64	1:34.20	50 Yard Freestyle	Marilyn Williams(41)	41.1	50-yard Backstroke	Betty Pitts 44	44.10	100-yard Freestyle	James Pitts 45	1:00.00
50 yd. fly	D. Year 44	31.00	C. Wilson 61	2:35.30	50 Yard Backstroke	Marilyn Williams(41)	48.6	100-yard Backstroke	Betty Pitts 44	1:43.80	200-yard Freestyle	Len Goldstone 46	2:15.10
100 yd. ind. medley	D. Suhm 47	1:21.00	H. Howe 64	2:37.80	50 Yard Breaststroke	Marilyn Williams(41)	56.3	50-yard Freestyle	Pat Clinton 48	33.20	50-yard Freestyle	James Pitts 45	2:21.30
200 yd. ind. medley	D. Year 44	2:42.50	H. Howe 64	7:01.50	Women 45-49			100-yard Freestyle	Pat Clinton 48	1:16.80	George McVey 48	8:36.20	
400 yd. ind. medley	D. Year 44	5:57.57	E. Sebastian 64	31:51.17	50 Yard Breaststroke	Karly Legere(45)	49.5	200-yard Freestyle	Pat Clinton 48	2:48.40	Len Goldstone 46	35.90	
200 yd. free	D. Year 44	2:22.80	C. Wilson 61	37.40	Men 25-29			50-yard Backstroke	Pat Clinton 48	39.90	George McVey 48	36.50	
D. Year 44			H. Howe 64	45.10	50 Yard Freestyle	Jim Percy(25)	25.4	100-yard Backstroke	Pat Clinton 48	1:25.50	Leo Tersmette 49	4:01.40	
MEN 45-49								200-yard Backstroke	Pat Clinton 48	2:48.40	Leo Tersmette 49	4:01.40	
50 yd. free	F. Girdes 48	26.80	E. Sebastian 64	4:08.60	50 Yard Freestyle	Jim Percy(25)	25.4	50-yard Freestyle	Tom Meade 28	21.40	50-yard Freestyle	Leo Tersmette 49	46.10
E. Kirk 46	29.50	G. Trawicki 60	36.30	50 yd. breast	Jim Percy(25)	26.7	100-yard Freestyle	Tom Meade 28	21.80	50-yard Freestyle	Leo Tersmette 49	46.10	
100 yd. free	N. White 49	58.10	R. Carnes 64	40.45	50 Yard Breaststroke	Charles Fairbanks(26)	27.9	200-yard Freestyle	Tom Meade 28	49.50	50-yard Freestyle	Leo Tersmette 49	46.10
F. Girdes 48	59.11	G. Trawicki 60	1:20.80	100 yd. breast	Charles Fairbanks(26)	33.7	50-yard Freestyle	Brian Krause 26	52.50	50-yard Freestyle	Leo Tersmette 49	46.10	
E. Kirk 46	1:05.87	G. Trawicki 60	3:03.37	200 yd. breast	Charles Fairbanks(26)	33.7	100-yard Freestyle	Brian Krause 26	52.70	50-yard Freestyle	Leo Tersmette 49	46.10	
200 yd. free	N. White 49	2:12.50	C. Wilson 61	34.20	50 Yard Backstroke	Ray Mut(27)	44.3	200-yard Freestyle	Brian Krause 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
F. Girdes 48	2:17.90	C. Wilson 61	39.50	50 Yard Breaststroke	Ray Mut(27)	47.2	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
E. Kirk 46	2:37.00	G. Trawicki 60	3:29.40	200 yd. fly	Ray Mut(27)	47.2	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
500 yd. free	M. Byers 48	6:43.30	G. Trawicki 60	3:10.63	200 yd. ind. medley	Ray Mut(27)	47.2	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
E. Kirk 46	7:30.70	C. Wilson 61	3:10.63	500 yd. free	Jim Percy(25)	26.6	200-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45	23:05.34	MEN 70-74			Charles Fairbanks(26)	30.6	200-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
M. Byers 48	23:41.21				Mike Jones(27)	30.6	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
50 yd. back	N. White 49	32.70	C. Brown 70	18:20.53	Men 35-39			50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
100 yd. back	N. White 49	1:18.60	I. Merritt 72	57:13.89	50 Yard Freestyle	Carolyn Cruzan(38)	27.0	200-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
E. Korbai 46	1:25.40	C. Brown 70	1:10:04.85	50 Yard Breaststroke	Carolyn Cruzan(38)	32.3	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
200 yd. back	M. Byers 48	2:57.50	I. Merritt 72	59.70	50 Yard Breaststroke	Carolyn Cruzan(38)	29.6	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
50 yd. breast	G. Williams 48	35.65	C. Brown 70	1:03.10	50 Yard Butterfly	Carolyn Cruzan(38)	29.6	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
100 yd. breast	G. Williams 48	1:17.30	C. Brown 70	2:52.47	50 Yard Butterfly	Carolyn Cruzan(38)	29.6	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
50 yd. fly	H. White 49	30.20	I. Merritt 72	1:03.30	Men 40-44			50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
E. Korbai 46	34.70	I. Merritt 72	5:18.57	50 Yard Freestyle	Julian Dyason(41)	26.9	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
100 yd. fly	J. Bauman 45	1:11.47	RELAYS		Abba Kastin(41)	28.0	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
200 yd. fly	R. Kueny 45	2:39.18	WOMEN		Julian Dyason(41)	33.6	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45	2:52.70	Shabbona Sharks 35+			50 Yard Breaststroke	Julian Dyason(41)	33.6	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
100 yd. ind. medley	E. Korbai 46	1:20.30	I. Stine		50 Yard Breaststroke	Julian Dyason(41)	33.6	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
200 yd. ind. medley	J. Bauman 45	2:44.37	H. Conrad		50 Yard Breaststroke	Julian Dyason(41)	33.6	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
400 yd. ind. medley	E. Korbai 46	3:05.82	B. Brandstatter		50 Yard Breaststroke	Julian Dyason(41)	33.6	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10
J. Bauman 45	5:52.01	H. Vesely	3:43.70	200 yd. free	Abba Kastin(41)	34.5	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45		M. Brueggemeyer		50 yd. breast	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45		N. Arnold		100 yd. breast	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45		I. Stine		200 yd. breast	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45		B. Brandstatter	2:39.31	500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				200 yd. medley	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45				500 yd. free	Abba Kastin(41)	40.1	50-yard Freestyle	Mike Cleary 26	54.40	50-yard Freestyle	Leo Tersmette 49	46.10	
J. Bauman 45													

S. Epps 25	1:14.66	100 Yd. Individual Medley	100 Yd. Backstroke	1:04.26	R. Kohel 41	2:59.22	500 Yd. Freestyle	7:59.19
L. Carleson 26	1:20.11	P. Puckett 44	D. Hinks 31	3:03.97	C. Robb 42	3:03.97	G. Jones 51	8:13.83
M. Hetzel 29	1:39.93	P. Byrd 40	200 Yd. Backstroke	2:19.96	500 Yd. Freestyle	5:28.45	D. Brown 51	8:42.21
200 Yd. Freestyle		J. Kohel 41	D. Hinks 31		G. Johnston 44	6:59.58	J. VanBrummen 50	8:42.21
J. Stewart 27	2:14.25	200 Yd. Individual Medley	50 Yd. Breaststroke	36.23	T. Hetzel 40	8:10.60	1650 Yd. Freestyle	27:41.87
J. May 28	2:29.75	P. Byrd 40	D. Hinks 31	37.66	B. Davis 41	8:18.89	G. Jones 51	
S. Speight 27	2:42.05	50 Yd. Freestyle	D. Bond 34	1:25.89	R. Kohel 41	8:40.76	50 Yd. Backstroke	33.78
L. Carleson 26	3:18.11	50 Yd. Freestyle	100 Yd. Breaststroke		C. Robb 42		A. Hellmann 54	38.16
M. Hetzel 29	3:53.06	E. Nicol 54	D. Bond 34	3:10.70	1650 Yd. Freestyle	19:17.58	D. Brown 51	43.22
500 Yd. Freestyle		E. Nicol 54	200 Yd. Breaststroke		G. Johnston 44	24:17.17	S. Flanagan 51	45.56
J. Stewart 27	6:02.00	E. Nicol 54	D. Bond 34	26.73	T. Hetzel 40	25:33.29	G. Jones 51	1:15.21
S. Dragich 25	6:31.20	200 Yd. Freestyle	50 Yd. Butterfly	35.14	J. George 40	30:17.44	A. Hellmann 54	1:26.69
J. May 28	6:41.92	B. Dallmann 52	D. Hinks 31	1:03.72	C. Robb 42	30:48.14	B. Stadig 54	1:28.00
S. Speight 27	7:30.00	E. Nicol 54	D. Bond 34	1:25.79	B. Davis 41		D. Brown 51	1:42.52
1650 Yd. Freestyle		50 Yd. Breaststroke	100 Yd. Butterfly		50 Yd. Backstroke		G. Jones 51	3:05.01
J. Stewart 27	20:43.40	E. Nicol 54	D. Hinks 31	1:07.72	G. Johnston 44	33.31	B. Stadig 54	3:15.09
S. Dragich 25	22:55.70	B. Dallmann 52	D. Bond 34	1:24.78	J. George 40	33.55	D. Brown 51	3:29.32
J. May 28	23:45.26	100 Yd. Breaststroke	100 Yd. Individual Medley	1:04.22	R. Kohel 41	44.90	100 Yd. Backstroke	
S. Speight 27	26:39.50	E. Nicol 54	D. Hinks 31	1:04.22	C. Robb 42	48.29	D. Brown 51	
50 Yd. Backstroke		B. Dallmann 52	D. Bond 34	1:24.78	100 Yd. Backstroke		G. Jones 51	
L. Hough 26	34.80	200 Yd. Breaststroke	200 Yd. Individual Medley	2:20.04	J. George 40	1:20.41	50 Yd. Breaststroke	
S. Speight 27	35.97	E. Nicol 54	D. Hinks 31	3:05.67	T. Hetzel 40	1:42.91	J. VanBrummen 50	58.03
S. Epps 25	38.15	WOMEN 50-54	D. Bond 34		T. Hetzel 40	1:49.78	B. Stadig 54	58.96
J. May 28	40.57	50 Yd. Freestyle	MBN 35-39		C. Robb 42	2:52.91	S. Flanagan 51	43.75
L. Carleson 26	47.43	G. McCarthy 63	C. Restrepo 35	26.88	J. George 40	3:15.84	V. Dallmann 52	50.94
M. Hetzel 29	52.49	100 Yd. Freestyle	C. Cruzan 35	26.91	T. Hetzel 40		100 Yd. Breaststroke	
100 Yd. Backstroke		G. McCarthy 63	J. Jackson 39	29.31	50 Yd. Breaststroke		J. VanBrummen 50	1:29.54
L. Hough 26	1:18.86	200 Yd. Freestyle	R. Galindo 37	30.59	G. Johnston 44	36.34	B. Stadig 54	1:29.02
S. Dragich 25	1:21.37	G. McCarthy 63	M. Brody 37	31.42	R. Austin 41	36.92	S. Flanagan 51	1:37.63
J. May 28	1:26.07	500 Yd. Freestyle	R. Geokle 39	32.75	B. Davis 41	37.42	G. Jones 51	1:55.83
M. Hetzel 29	1:55.47	G. McCarthy 63	10:04.40	58.09	R. Kohel 41	44.12	V. Dallmann 52	2:04.10
200 Yd. Backstroke		1650 Yd. Freestyle	A. Snider 38	59.20	100 Yd. Breaststroke		200 Yd. Breaststroke	
J. May 28	3:02.19	G. McCarthy 63	J. Barden 39	59.20	R. Austin 41	1:22.08	J. VanBrummen 50	3:08.81
M. Hetzel 29	4:10.88	50 Yd. Backstroke	C. Restrepo 39	1:01.35	B. Davis 41	1:27.94	B. Stadig 54	3:12.71
50 Yd. Breaststroke		G. McCarthy 63	R. Jackson 39	1:05.52	T. Hetzel 40	1:35.93	G. Jones 51	4:14.07
J. May 28	40.34	100 Yd. Backstroke	R. Galindo 37	1:07.44	200 Yd. Breaststroke		50 Yd. Butterfly	
S. Speight 27	41.63	G. McCarthy 63	R. Geokle 39	1:19.11	R. Austin 41	3:02.82	B. Stadig 54	54.27
L. Carleson 26	42.87	200 Yd. Backstroke	1:52.19	B. Davis 41	T. Hetzel 40	3:11.10	S. Flanagan 51	55.55
S. Epps 25	43.40	G. McCarthy 63	4:10.85	2:15.66	B. Davis 41	3:37.96	V. Dallmann 52	49.41
W. Blackledge 29	45.27	50 Yd. Breaststroke	J. Jackson 39	2:29.55	50 Yd. Butterfly		100 Yd. Butterfly	
100 Yd. Breaststroke		M. Anderson 61	R. Geokle 39	3:03.73	G. Johnston 44	33.85	B. Stadig 54	1:16.54
J. May 28	1:28.66	100 Yd. Breaststroke	50:72	7:20.95	B. Davis 41	38.87	G. Jones 51	1:54.29
L. Carleson 26	1:36.03	M. Anderson 61	1:53.54	7:25.29	R. Kohel 41	43.51	100 Yd. Individual Medley	
S. Epps 25	1:37.00	50 Yd. Butterfly	47.42	8:28.73	C. Robb 42	43.94	A. Hellmann 54	1:17.72
200 Yd. Breaststroke		G. McCarthy 63	24.83	27:02.56	B. Davis 41	1:29.85	S. Flanagan 51	1:29.78
J. May 28	3:19.57	MBN 25-29	R. Scovill 25	29:15.44	T. Hetzel 40	1:44.64	200 Yd. Individual Medley	
L. Carleson 26	3:30.50	50 Yd. Freestyle	D. Levinson 26	29:21.78	G. Johnston 44	1:14.02	B. Stadig 54	2:51.42
J. Stewart 27	28.28	R. Scovill 25	25.23		J. George 40	1:15.93	G. Jones 51	3:40.67
L. Hough 26	30.00	J. Lamb 25	25.52		R. Austin 41	1:19.38	50 Yd. Freestyle	
S. Dragich 25	30.60	D. Mut 27	34.29		B. Davis 41	1:30.77	N. Moise 55	25.00
100 Yd. Butterfly		L. Brinkley 29	35.47		R. Kohel 41	1:33.37	B. Dallmann 50	28.85
J. Stewart 27	1:03.14	100 Yd. Freestyle	52.42		C. Robb 42	1:45.53	R. Nicol 55	30.06
S. Dragich 25	1:12.17	B. Anderson 26	52.91		200 Yd. Individual Medley		J. Steiner 59	31.73
100 Yd. Individual Medley		R. Scovill 25	57.94		J. George 40	3:03.26	J. Garrett 57	31.37
J. Stewart 27	1:10.44	J. Lamb 25	58.61		T. Hetzel 40	3:06.04	H. Rowlinson 57	34.37
L. Hough 26	1:12.42	D. Mut 27	1:21.53		C. Robb 42	3:54.18	100 Yd. Freestyle	
S. Speight 27	1:19.54	L. Brinkley 29	1:33.51		MBN 45-49		B. Dallmann 56	1:05.10
S. Epps 25	1:23.17	200 Yd. Freestyle	1:59.50		50 Yd. Freestyle		N. Moise 55	1:05.20
J. May 28	1:25.63	B. Anderson 26	3:41.33		B. VanHouten 46	31.41	J. Garrett 57	1:12.55
200 Yd. Individual Medley		L. Brinkley 29	5:42.12		J. Puckett	31.93	J. Steiner 59	1:16.29
L. Hough 25	2:28.44	500 Yd. Freestyle	10:16.95		C. Ruch 45	39.65	R. Nicol 55	1:16.55
WOMEN 35-39		B. Anderson 26	19:59.86		B. VanHouten 46	1:11.73	H. Rowlinson 57	1:16.85
50 Yd. Freestyle		L. Brinkley 29	27.35		J. Puckett 46	1:15.39	200 Yd. Freestyle	
D. Tuleen 36	44.24	1650 Yd. Freestyle	30.79		C. Ruch 45	1:19.38	B. Dallmann 56	2:28.33
K. Galindo 36	47.58	B. Anderson 26	31.17		B. VanHouten 46	1:22.35	N. Moise 55	2:32.74
100 Yd. Freestyle		50 Yd. Backstroke	44.54		1650 Yd. Freestyle	28.16.77	R. Nicol 55	2:49.00
D. Tuleen 36	1:43.37	K. Murphy 25	59.28		J. Puckett 46	40.49	J. Garrett 57	2:04.20
200 Yd. Freestyle		D. Levinson 26	1:06.80		C. Ruch 45	57.93	500 Yd. Freestyle	
D. Tuleen 36	3:53.12	B. Anderson 26	1:10.08		B. VanHouten 46	8:11.79	B. Dallmann 56	6:59.10
50 Yd. Backstroke		R. Scovill 25	2:11.23		N. Moise 55	8:15.95	N. Moise 55	7:47.70
K. Galindo 36	50:12	K. Murphy 25	2:27.93		100 Yd. Freestyle		B. Dallmann 56	24:29.46
D. Tuleen 36	1:00:36	B. Anderson 26	2:29.68		50 Yd. Backstroke		N. Moise 55	27:55.87
50 Yd. Breaststroke		R. Scovill 25	3:11.55		C. Ruch 45	40.49	50 Yd. Backstroke	
K. Galindo 36	46.12	200 Yd. Backstroke	33.58		J. Puckett 46	57.93	R. Nicol 55	35.29
D. Tuleen 36	52.14	B. Anderson 26	34.11		C. Ruch 45	1:31.48	J. Garrett 57	39.62
100 Yd. Breaststroke		R. Scovill 25	49.59		B. VanHouten 46	1:33.95	J. Steiner 59	43.96
K. Galindo 36	1:42.48	K. Murphy 25	59.28		100 Yd. Backstroke		H. Rowlinson 57	55.47
D. Tuleen 36	1:57.02	B. Anderson 26	1:06.80		C. Ruch 45	40.49	100 Yd. Backstroke	
K. Galindo 36	3:47.93	200 Yd. Backstroke	1:10.08		J. Puckett 46	57.93	B. Dallmann 56	6:59.10
D. Tuleen 36	4:00.27	K. Murphy 25	2:11.23		C. Ruch 45	1:31.48	N. Moise 55	7:47.70
WOMEN 40-44		B. Anderson 26	2:27.93		J. Puckett	1:33.95	1650 Yd. Freestyle	
P. Puckett 44	36.32	R. Scovill 25	2:29.68		B. VanHouten 46	40.49	B. Dallmann 56	24:29.46
P. Byrd 40	36.86	K. Murphy 25	3:11.55		50 Yd. Backstroke		N. Moise 55	27:55.87
J. Kohel 41	51.17	D. Levinson 26	3:08.64		C. Ruch 45	57.93	R. Nicol 55	35.29
100 Yd. Freestyle		J. Lamb 25	3:17.76		J. Puckett 46	1:31.48	J. Garrett 57	39.62
P. Puckett 44	1:19.14	D. Mut 27	3:26.43		B. VanHouten 46	1:33.95	J. Steiner 59	43.96
P. Byrd 40	1:23.64	B. Anderson 26	2:38.64		200 Yd. Backstroke		H. Rowlinson 57	55.47
J. Kohel 41	2:23.44	R. Scovill 25	2:42.90		B. VanHouten 46	3:27.00	100 Yd. Backstroke	
200 Yd. Freestyle		50 Yd. Butterfly	26.45		C. Ruch 45	42.69	A. Nicol 55	1:21.20
J. Kohel 41	5:23.09	100 Yd. Butterfly	28.35		J. Puckett 46	43.76	J. Garrett 57	1:33.01
500 Yd. Freestyle		D. Levinson 26	1:00.17		C. Ruch 45	1:41.08	H. Rowlinson 57	2:02.17
P. Puckett 44	8:27.40	B. Anderson 26	1:07.17		J. Puckett 46	1:41.08	200 Yd. Backstroke	
50 Yd. Backstroke		R. Scovill 25	1:00.17		C. Ruch 45	1:41.08	R. Nicol 55	2:56.11
P. Puckett 44	43.92	K. Murphy 25	1:00.84		B. VanHouten 46	1:41.08	J. Garrett 57	3:26.51
P. Byrd 40	50.76	D. Levinson 26	1:04.39		J. Puckett 46	1:41.08	H. Rowlinson 57	4:17.05
J. Kohel 41	1:12.07	B. Anderson 26	1:06.23		C. Ruch 45	3:38.40	50 Yd. Breaststroke	
100 Yd. Backstroke		J. Lamb 25	1:06.68		B. VanHouten 46	3:38.66	B. Dallmann 56	59.70
P. Puckett 44	1:35.61	200 Yd. Individual Medley	2:24.93		C. Ruch 45	38.05	J. Steiner 59	47.51
J. Kohel 41	2:40.91	G. McCarthy 63	2:28.46		B. VanHouten 46	47.15	J. Garrett 57	47.51
200 Yd. Backstroke		R. Scovill 25	2:29.86		100 Yd. Butterfly		H. Rowlinson 57	50.85
P. Puckett 44	3:21.10	K. Murphy 25	2:42.62		C. Ruch 45	1:55.02	B. Dallmann 56	1:27.91
J. Kohel 41	6:01.14	D. Levinson 26	2:42.62		B. VanHouten 46	1:48.77	J. Steiner 59	1:39.50
50 Yd. Breaststroke		B. Anderson 26	2:42.62		J. Puckett 46	1:30.91	H. Rowlinson 57	2:03.84
P. Puckett 44	43.75	R. Scovill 25	2:42.62		B. VanHouten 46	1:31.37	200 Yd. Breaststroke	
P. Byrd 40	46.36	G. Johnston 44	26.73		C. Ruch 45	1:30.91	J. Garrett 57	3:11.44
J. Kohel 41	1:23.23	J. George 40	27.70		B. VanHouten 46	1:31.37	J. Steiner 59	3:36.69
100 Yd. Breaststroke		B. Davis 41	31.83		200 Yd. Individual Medley	3:23.40	J. Garrett 57	4:40.02
P. Puckett 44	1:37.00	T. Hetzel 40	32.66		MBN 50-54		N. Moise 55	35.14
F. Byrd 40	1:42.96	R. Kohel 41	33.10		50 Yd. Freestyle		J. Steiner 59	39.96
200 Yd. Breaststroke		R. Kohel 41	33.24		B. Stadig 54	30.71	J. Garrett 57	50.73
P. Puckett 44	3:30.76	G. Johnston 44	56.89		J. VanBrummen 50	31.07	B. Dallmann 56	1:19.98
P. Byrd 40	3:53.07	R. Kohel 41	1:15.89		D. Brown 51	32.22	R. Nicol 55	1:20.61
50 Yd. Butterfly		C. Robb 42	1:17.20		S. Flanagan 51	33.15	J. Steiner 59	1:28.70
P. Byrd 40	44:05	G. Johnston 44	2:01.83		100 Yd. Freestyle	1:09.21	J. Garrett 57	1:41.14
J. Kohel 41	1:10.92	J. George 40	2:29.21		D. Brown 51	1:11.25	H. Rowlinson 57	1:50.79
100 Yd. Butterfly		T. Hetzel 40	2:37.44		MBN 50-54	1:14.41	100 Yd. Individual Medley	
P. Byrd 40	1:55.80	D. Hinks 31	2:55.48		100 Yd. Freestyle	1:20.43	B. Dallmann 56	1:19.98
		B. Davis 41			200 Yd. Freestyle	1:29.60	R. Nicol 55	1:20.61
					500 Yd. Freestyle	2:52.00	J. Steiner 59	1:28.70
						2:52.92	J. Garrett 57	1:41.14
							H. Rowlinson 57	1:50.79
							200 Yd. Freestyle	
							H. Anderson 62	1:10.14
							200 Yd. Freestyle	
							H. Anderson 62	2:46.61
							500 Yd. Freestyle	
							H. Anderson 62	7:45.22

50 Yd. Breaststroke

H. Anderson 62	43.94
50 Yd. Butterfly	
H. Anderson 62	47.38
MRN 65-69	
50 Yd. Freestyle	
W. McCulley 67	31.73
J. Coon 65	39.73
100 Yd. Freestyle	
W. McCulley 67	1:25.18
J. Coon 65	1:54.21
200 Yd. Freestyle	
W. McCulley 67	3:26.00
500 Yd. Freestyle	
W. McCulley 67	9:05.52
1650 Yd. Freestyle	
W. McCulley 67	31:36.32
50 Yd. Backstroke	
W. McCulley 67	47.51
100 Yd. Backstroke	
J. Coon 65	1:57.81
50 Yd. Breaststroke	
J. Coon 65	43.55
W. McCulley 67	45.16
100 Yd. Breaststroke	
J. Coon 65	1:41.84
W. McCulley 67	1:49.47
200 Yd. Breaststroke	
W. McCulley 67	3:48.90
J. Coon 65	3:52.28
50 Yd. Butterfly	
J. Coon 65	47.10
100 Yd. Butterfly	
J. Coon 65	1:53.14
100 Yd. Individual Medley	
W. McCulley 67	1:32.57
J. Coon 65	1:34.75
200 Yd. Individual Medley	
J. Coon 65	3:49.05

New Orleans Area
Developmental Swim Meet
4-25-76 New Orleans, La.

Men- 25-29

100 Yard Freestyle	
Mike Jones (27)	1:02.07
Ray Nut(27)	1:21.17
100 Yard Breaststroke	
Mike Jones(27)	1:21.17
Ray Nut(27)	2:01.35
50 Yard Butterfly	
Mike Jones(27)	33.1

Men- 35-39

100 Yard Freestyle	
Peter Loop	1:09.23

Men- 40-44

100 Yard Freestyle	
Abba Kastin (41)	1:05.07
Bill Blessey(41)	1:09.41
100 Breaststroke	
Abba Kastin(41)	1:26.92
50 Yard Butterfly	
Abba Kastin(41)	36.0

Women- 25-29

100 Yard Freestyle	
Susan Epps(28)	1:16.73
100 Yard Breaststroke	
Susan Epps(28)	1:36.42

S. C. Masters Champs
4-25-76 Greenville, S.C.

WOMEN 25-29

100 Freestyle	
M. Cox 26	1:08.2
200 Freestyle	
M. Cox 26	2:31.2
500 Freestyle	
M. Cox 26	7:09.2
50 Breaststroke	
M. Cron 25	41.0
F. Plemmons 26	41.7
100 Breaststroke	
M. Cron 25	1:29.2
F. Plemmons 26	1:31.1
50 Butterfly	
M. Cox 26	32.8
M. Cron 25	35.8
100 Butterfly	
F. Plemmons 26	1:24.0
200 Butterfly	
F. Plemmons 26	3:03.1
100 Indiv. Medley	
M. Cox 26	1:22.3
400 Indiv. Medley	
F. Plemmons 26	6:40.5
WOMEN 30 - 34	
50 Freestyle	
B. Mosbrook 32	33.6
100 Freestyle	
L. Combes 33	1:11.7
B. Mosbrook 32	1:21.9
200 Freestyle	
B. Mosbrook 32	3:05.5
500 Freestyle	
B. Mosbrook 32	8:20.1
B. Newman 33	9:21.4

50 Backstroke

B. Mosbrook 32	43.1
100 Backstroke	
L. Combes 33	1:22.3
50 Breaststroke	
L. Combes 33	43.1
50 Butterfly	
L. Combes 33	40.3
100 Indiv. Medley	
L. Combes 33	1:28.3
WOMEN 35 - 39	
50 Freestyle	
K. Ashley 38	41.9
50 Backstroke	
K. Ashley 38	48.4
WOMEN 40 - 44	
50 Backstroke	
G. Gurney 41	53.5
50 Breaststroke	
G. Gurney 41	46.2
WOMEN 45-49	
100 Freestyle	
P. Welsh 46	1:12.6
S. Fussell 49	1:52.1
200 Freestyle	
S. Fussell 49	4:01.7
500 Freestyle	
S. Fussell 49	10:32.4
100 Backstroke	
P. Welsh 46	1:23.4
E. Schappel 49	1:54.9
200 Backstroke	
P. Welsh 46	3:04.0
E. Schappel 49	4:13.0
50 Breaststroke	
E. Schappel 49	50.7
100 Breaststroke	
S. Fussell 49	1:52.3
100 Indiv. Medley	
E. Schappel 49	1:53.0
S. Fussell 49	1:59.7
WOMEN 50 - 54	
50 Freestyle	
B. Smith 52	38.4
100 Freestyle	
A. Grunst 51	1:58.2
500 Freestyle	
A. Grunst 51	11:06.3
50 Backstroke	
B. Smith 52	48.0
100 Backstroke	
B. Smith 52	1:45.2
200 Backstroke	
B. Smith 52	3:52.1
50 Breaststroke	
L. Kyte 54	49.8
A. Grunst 51	54.4
100 Breaststroke	
L. Kyte 54	1:49.9
50 Butterfly	
A. Grunst 51	1:01.4
100 Butterfly	
L. Kyte 54	2:11.5
100 Indiv. Medley	
A. Grunst 51	2:05.1
200 Indiv. Medley	
L. Kyte 54	4:01.2
400 Indiv. Medley	
L. Kyte 54	8:19.7
WOMEN 55-59	
50 Freestyle	
V. Gest 57	37.6
100 Freestyle	
V. Gest 57	1:23.2
200 Freestyle	
V. Gest 57	3:37.2
50 Backstroke	
V. Gest 57	43.5
100 Backstroke	
V. Gest 57	1:39.8
WOMEN 60 - 64	
200 Freestyle	
J. Meservey 61	4:03.1
500 Freestyle	
J. Meservey 61	10:42.0
200 Backstroke	
J. Meservey 61	4:17.7
100 Breaststroke	
J. Meservey 61	2:00.2
100 Indiv. Medley	
J. Meservey 61	2:07.2
WOMEN'S 200 Free Relay	
25+	
Oak Ridge Masters	
(Newman, Grunst, Fussell, Gurney)	3:15.9
45+	
Oak Ridge Masters	
(Kyte, Meservey, Schappel, Smith)	3:07.2
WOMEN'S 200 Medley Relay	
Tar Heel Masters 25+	
(Combes, Cron, Plemmons, Cox)	2:33.8
Oak Ridge Masters 45+	
(Schappel, Meservey, Kyte, Smith)	3:22.2
WOMEN 25 - 29	
50 Freestyle	
D. Watson 26	23.7
J. Quanrud 29	26.8
J. Carpenter 27	28.6
100 Freestyle	
D. Watson 26	52.8
J. Quanrud 29	57.6
500 Freestyle	
J. Quanrud 29	5:58.3
C. Fehn 26	7:52.7

50 Backstroke

R. Bober 25	27.5
J. Carpenter 27	31.8
C. Fehn 26	36.7
100 Backstroke	
R. Bober 25	1:01.3
J. Carpenter 27	1:11.7
200 Backstroke	
R. Bober 25	2:18.4
50 Breaststroke	
C. Fehn 26	38.7
50 Freestyle	
D. Watson 26	26.3
J. Quanrud 29	30.5
100 Butterfly	
D. Watson 26	58.9
R. Bober 25	1:00.9
100 Indiv. Medley	
C. Fehn 26	1:16.2
400 Indiv. Medley	
D. Watson 26	5:17.4
WOMEN 30 - 34	
50 Freestyle	
R. Pollit 33	25.3
R. Gardner 34	27.8
B. Farrell 34	29.5
100 Freestyle	
R. Pollit 33	57.9
D. Grant 32	1:00.4
B. Wilson 32	1:06.6
R. Gardner 34	1:04.2
200 Freestyle	
D. Grant 32	2:15.1
500 Freestyle	
D. Grant 32	6:36.4
50 Backstroke	
R. Gardner 34	34.5
B. Farrell 34	38.2
100 Backstroke	
R. Gardner 34	1:14.9
50 Breaststroke	
B. Wilson 32	34.9
B. Farrell 34	43.1
50 Butterfly	
D. Grant 32	31.1
100 Indiv. Medley	
B. Wilson 32	1:09.1
R. Gardner 34	1:17.6
200 Indiv. Medley	
B. Wilson 32	2:37.7
WOMEN 35 - 39	
50 Freestyle	
J. LeBourgeois 38	25.2
B. Robertson 39	25.7
C. Smith 37	28.6
B. Mosbrook 39	28.8
L. Lee 39	29.5
H. Gee 35	29.6
100 Freestyle	
B. Robertson 39	56.1
J. LeBourgeois 38	57.3
P. Lizon 37	59.3
M. Gee 39	1:07.2
L. Lee 35	1:08.3
B. Mosbrook 39	1:12.0
200 Freestyle	
B. Robertson 39	2:12.6
J. LeBourgeois 38	2:16.8
M. Gee 39	2:42.7
500 Freestyle	
B. Robertson 39	6:30.8
50 Backstroke	
D. Rembert 39	32.0
L. Lee 35	37.2
B. Mosbrook 39	39.3
100 Backstroke	
D. Rembert 39	1:14.5
B. Mosbrook 39	1:28.6
50 Breaststroke	
D. Rembert 39	36.3
L. Lee 35	39.7
50 Butterfly	
B. Robertson 39	28.6
100 Indiv. Medley	
P. Lizon 37	1:09.4
D. Rembert 39	1:10.7
B. Mosbrook 39	1:26.9
200 Indiv. Medley	
P. Lizon 37	2:41.3
400 Indiv. Medley	
P. Lizon 37	6:10.3
WOMEN 40 - 44	
50 Freestyle	
E. Mercer 42	29.5
B. Boyer 43	31.5
100 Freestyle	
K. Canterbury 40	57.2
E. Mercer 42	1:09.4
B. Boyer 43	1:16.9
500 Freestyle	
E. Mercer 42	8:25.7
B. Boyer 43	8:51.3
50 Backstroke	
K. Canterbury 40	30.7
T. Reissing 40	32.1
E. Mercer 42	36.0
J. Johnson 43	42.5
100 Backstroke	
K. Canterbury 40	1:06.1
T. Reissing 40	1:09.8
E. Mercer 42	1:19.0
J. Johnson 43	1:32.5
200 Backstroke	
T. Reissing 40	2:39.9
J. Johnson 43	3:30.1
50 Breaststroke	
J. Huxon 41	35.8
J. Johnson 43	40.4

100 Breaststroke

J. Huxon 41	1:24.5
J. Johnson 43	1:35.8
50 Butterfly	
B. Lauer 41	31.8
100 Butterfly	
K. Canterbury 40	1:05.0
B. Lauer 41	1:20.2
100 Indiv. Medley	
K. Canterbury 40	1:06.2
B. Lauer 41	1:10.5
T. Reissing 40	1:10.8
J. Huxon 41	1:21.1
200 Indiv. Medley	
B. Lauer 41	2:40.5
J. Huxon 41	3:01.6
400 Indiv. Medley	
T. Reissing 40	5:50.7
B. Lauer 41	5:54.2
WOMEN 45 - 49	
50 Freestyle	
E. Schmitzer 48	28.6
100 Freestyle	
E. Schmitzer 48	1:07.3
K. Dawson 45	1:07.7
200 Freestyle	
B. Harris 49	2:31.3
K. Dawson 45	2:42.9
500 Freestyle	
B. Harris 49	6:55.6
E. Schmitzer 48	7:45.0
50 Backstroke	
B. Harris 49	36.3
K. Dawson 45	37.5
200 Backstroke	
K. Dawson 45	3:04.5
50 Butterfly	
B. Harris 49	32.9
100 Indiv. Medley	
B. Harris 49	1:15.3
WOMEN 50 - 54	
50 Freestyle	
H. McAuley 53	26.6
C. Simmons 53	30.4
100 Freestyle	
H. McAuley 53	1:01.2
B. Marshall 50	1:12.4
200 Freestyle	
H. McAuley 53	2:37.8
B. Marshall 50	2:41.0
500 Freestyle	
B. Marshall 50	7:46.8
50 Butterfly	
B. Marshall 50	37.8
H. McAuley 53	44.6
100 Butterfly	
B. Marshall 50	1:29.9
H. McAuley 53	1:37.1
WOMEN 55 - 64	
50 Freestyle	
C. Roy 62	34.8
100 Freestyle	
C. Roy 62	1:23.1
500 Freestyle	
C. Roy 62	8:56.5
50 Breaststroke	
C. Roy 62	42.8
100 Breaststroke	
C. Roy 62	1:41.0
WOMEN'S 200 Free Relay	
Georgia Masters 25+	
(Grant, Reissing, McAuley, Quanrud)	1:45.9
Tar Heel Masters 25+	
(Huxon, Simmons, Gee, Canterbury)	1:58.0
Oak Ridge Masters 25+	
(Gardner, Johnson, Lauer, Marshall)	2:04.5
S. C. Masters 35+	
(Mercer, LeBourgeois, Rembert, Robertson)	1:47.5

MEN'S 200 Medley Relay

S. C. Masters 25+	
(Gibson, Wilson, Watson, Roy)	2:01.2
S. C. Masters 35+	
(Mercer, Rembert, Robertson, LeBourgeois)	2:04.4
Oak Ridge Masters 35+	
(Lizon, Lauer, Harris, Marshall)	2:16.3
Tar Heel Masters 35+	
(Gee, Huxon, Canterbury, Simmons)	2:16.7

4th ANNUAL EAST "Y"
SPRING MEET
3-6-76 Tucson, Az.

WOMEN 25-29

50 YD. FREESTYLE	
Linda Duval 25	1:45.7
100 YD. FREESTYLE	
Sandy Baker 26	1:11.9
50 YD. BACKSTROKE	
Sandy Baker 26	1:18.6
100 YD. BREASTSTROKE	
Pat Stinson 26	1:25.2
50 YD. BUTTERFLY	
Pat Stinson 26	1:36.2
WOMEN 30-34	
50 YD. FREESTYLE	
Jill Keller 31	1:11.2
200 YD. FREESTYLE	
Jill Keller 31	2:30.3
50 YD. BACKSTROKE	
Jill Keller 31	1:17.2
100 YD. BACKSTROKE	
Jill Keller 31	1:18.4
50 YD. BUTTERFLY	
Jill Keller 31	1:29.9
WOMEN 35-39	
50 YD. BACKSTROKE	
Rose Steward 39	1:18.1
100 YD. BACKSTROKE	
Rose Steward 39	2:55.4
50 YD. BREASTSTROKE	
Rose Steward 39	1:10.7
200 YD. BREASTSTROKE	
Rose Steward 39	1:24.8
50 YD. BUTTERFLY	
Rose Steward 39	1:24.0
WOMEN 40-44	
50 YD. FREESTYLE	
Tom Wisener 24	1:04.3
Jay Kelly 29	1:11.6
100 YD. FREESTYLE	
Tom Wisener 24	1:56.9
Niki Grigoriev 24	1:57.6
50 YD. BACKSTROKE	
Tom Wisener 24	1:11.1
Niki Grigoriev 24	1:12.4
50 YD. BUTTERFLY	
Tom Wisener 24	1:26.9
Niki Grigoriev 24	1:29.8
WOMEN 45-49	
50 YD. FREESTYLE	
Paul Berger 42	1:27.6
100 YD. BREASTSTROKE	
Richard Love 37	1:14.2
50 YD. BUTTERFLY	
Paul Berger 42	1:30.9
WOMEN 50-54	
50 YD. FREESTYLE	
Philip Keller 36	1:10.6
50 YD. BREASTSTROKE	
Philip Keller 36	1:16.1
50 YD. BUTTERFLY	
Philip Keller 36	1:31.1
WOMEN 55-59	
100 YD. FREESTYLE	
Don D'Arpico 41	1:18.6
200 YD. FREESTYLE</	

MASTERS SWIMMING NOTES

MISSION VIEJO MEET RESULTS? Where or where are they? I have written and called but still no meet results. Last week I was told that the Computer hadn't finished the meet results yet. If I receive a computerized copy, I might not be able to print them in Swim-Master until I have time to re-copy them. If all 800+ swimmers who swam in the meet will write and ask Mission Viejo for the meet results, perhaps we will get them - some day. Please do not write to me for them.....

EXERCISE AND STRESS - Regular exercise improves a rat's cardiac response to stress, even though it may not affect the heart's performance at rest, according to studies at New York's Montefiore Hospital. A team headed by Dr. Michele Codini exposed 29 male rats to 150 minutes of swimming exercise each day for eight weeks, while 32 rats of the same age and genetic strain remained in their cages. Researchers then measured left ventricular pressure development, both under normal conditions and when the aorta was experimentally occluded. By comparing rats with the same heart weight and heart rate, they found that exercise increased ventricular pressure development and therefore improved pumping strength when the artery was blocked. If similar changes occur in humans, persons who exercise will probably have an advantage over sedentary individuals when the heart is under stress.....

RULES FOR SWIMMING RECORDS - One of the requirements and Conditions for Swimming Records and/or Top Ten Times is the requirement that: Records or times must be achieved in the relevant stroke-event, i.e., a backstroke record must be set in a backstroke event, etc. Records set in freestyle events can be submitted only as freestyle records regardless of the stroke or strokes used.....

MISSION VIEJO SOUVENIR PATCHES - There are a few patches left from our 1976 SC Championships. If you forgot to get yours while at the meet, please write to Don Rankin at 11731 Heathcliff Dr., Santa Ana, CA 92705 and order yours immediately! They are for sale at \$2.00 each or 3 for \$5.00 post paid by writing to Don.....

NOTE TO SWIM-MASTER - Many of us would like to see meet directors give more useful and/or unusual awards. We are getting a large collection of ribbons, medals and trophies (many of which are very nice), but most end up in a closet in a shoe box or collecting dust on a shelf. At some of our Texas meets, a \$5.00 or \$7.50 entry fee is charged for up to 10 individual events plus relays, and one special award is given for the entire meet. Pewter mugs, paper weights and glasses have been awarded. I personally, would like to receive a T-Shirt or even a swim cap or towel for an award. One meet director even allowed contestants to choose a trophy or a towel. Jamie Stewart, Masters of South Texas.....

ROUTINE STOP TESTS NERVES AND SECURITY - For President Ford and his White House and campaign staff, it was just another overnight stop in the hustings. But for the front desk man James Owen and the rest of the staff or the 150-room Hilton Inn at Laguna Hills, it was six days of chaos, punctuated with frustration. The White House party filed reservations for 145 of the Inn's 150 rooms and they stopped taking reservations as soon as they got the initial call. The White House Press corps were quartered in part of the first floor, leaving some rooms for a few regular hotel guests. The only room on the second floor that was not reserved for the White House party belonged to 82-year-old Mrs. Nellie Brown of Alexandriz, VA. Mrs. Brown, who said she is the oldest competitive swimmer in the United States, had been staying in the hotel for the past week while attending a swimming meet at Mission Viejo. When she heard the President was coming, she remained, hoping to meet Ford. Monday morning she got up at 6 a.m. in order to carry out her plan. It paid off. She was the first person the President met when he emerged from the Inn after shaking hands with an estimated 200 campaign volunteer workers at a breakfast meet-

ing. "I challenged him to a swim," the charming white-haired woman told reporters, "but he said he didn't have time today. I also told him that I lived not too far from where he used to live before he became President.".....
OLD STERNWHEELER'S MASTER'S MONTHLY SAYS: If circumstances are such that you must workout alone, here are some hints that might help:

1. Write the workout in advance on a little slip of paper, then bring it into the pool with you and do exactly what you've written down. Its too easy to change your mind when your arms get heavy. Writing it all down sort of commits you to it, and lightens the load carried by your self-discipline.

2. When you write your workouts, set a minimum yardage and then construct a practice which will give you that yardage in a way that's easy on the brain, yet taxing to the body.
3. Short rest intervals are a good way to put on the yards. For example: 10 x 100, resting 15 sec. in between. Or 6 x 200 (rest 30) or 20 x 25 (rest 10).

4. Each workout should include some speed work: all out 50's or 25's, done with enough rest so you can hold your stroke and go at about race speed.

5. Warm-up is very important. Each practice should have a long easy swim at the beginning, with some kicking thrown in if practical, to get the old bod cranked up again. Here's a handy formula to help you set up your workouts.

Warm-up	400-800	800 EZ swim
Bread & Butter Set	300-600	6 x 100 (15 sec rest)
Distance Filler	200-400	400 IM fast/slow
Sprints	100-200	2 x 50, 4 x 25
Cool Down	200-400	400 EZ, EZ, EZ
Total Yards	1200-2400	

6. Find out how far you can go in your practice time, then write workouts to fill your time: 2500 yards is better than 1650.....

BEVERAGE CLUB CITES PUBLISHER - Herbert Zien, publisher of the Wisconsin Beverage Journal, was honored at the third annual testimonial dinner sponsored by the Greater Milwaukee Liquor and Beverage Club of the City of Hope. The \$50 a plate dinner was in the Bradley Pavilion of the Performing Arts Center, with proceeds earmarked for a medical research fellowship in Zien's name at the City of Hope Hospital in Los Angeles. Herb made the top ten in 1973. He had to retire from competitive swimming just before the LC Nationals in Chicago due to an artery blockage. In October of 1975 he had open heart surgery and came out with two by-passes and a pacemaker. He is working out gradually since last Feb. and is more or less testing himself for speed and stamina. He writes, "The way I feel is encouraging so with that and the OK of my cardiologist, I hope to get an OK to return to Masters Swimming. The main obstacle may be my doctor who is really not oriented on competitive sports. I just wish Capt. Ransom Arthur was my cardiologist.".....

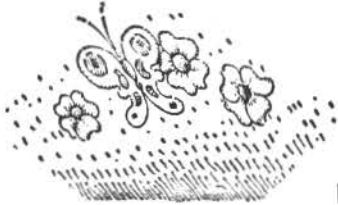
"ENTRE AMIS" (BETWEEN FRIENDS) - A few years ago, while visiting Hattiesburg, MI, this Connecticut Yankee had the pleasurable experience of being exposed to true southern hospitality. It was a long to be remembered occasion. During the weekend of June 5-6, 1976, I was once again the recipient of this gracious treatment. But this time, it was from the members of the Oakville Aquatic Club in Oakville, Ontario, Canada. The club was the host to several Americans during their Third Annual Invitational Masters Swim Meet held in this city near Toronto. This year was the first time the meet was opened to international competition. As a result, American Master swimmers from as far south as Florida, as well as others representing A.A.U. Master Swim Teams from Connecticut, Delaware, New Jersey, New York, Ohio and Washington, DC, traveled north for the two day competition held in a brand new 25 meter, six lane pool at Queen Elizabeth High School. The Canadians are tremendously interested in the Masters Swim Program and so stated their thanks to the United States for instituting the idea in their welcoming remarks in the meet program. Even though the Canadian Olympic swimming trials were being held just outside of Oakville this same weekend, some 250 Canadian Master swimmers from all over the area, as

SWIM-MASTER

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



FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL V - No 6

1976 SWIM CALENDAR

<u>Hawaii Association</u> - Richard Merritt, 4326 Aukai Ave., Honolulu, HI 96816	
AUG 1, SEP 5	
<u>Ohio Association</u> - Roy Stickney, 235 North Remington Rd., Bexley, OH 43209	
AUG 1, AUG 14-15	
<u>Pacific Association</u> - Dore Schwab, Gray Oaks, Box 772, Ross, CA 94957	
JUL 30 or AUG 1, SEP 11-12, OCT 9-10, NOV 20-21, DEC 4/5	
<u>Southern Pacific Association</u> - Don Rankin, 11731 Heathcliff Dr., Santa Ana, CA 92705	
JUL 24, AUG 14-15, AUG 29, SEP 18/19	
JUL 18	Oregon - Connie Wilson, 10315 SE 82nd, Portland, OR 97266
18	Schaumburg, IL - Irene David, 1808 Epping Pl, Schaumburg, IL 60194
18	Celebrity - Dennis West, 8223 Marshall Ct., Arvada, CO 80003
24	NATIONAL LONG DISTANCE CHAMPIONSHIPS - Clifford S. Brown, N76 W22300 Cherry Hill Road, Sussex, WI 53089
23-25	WPB-LC - Don Short, 408 Lighthouse Dr., North Palm Beach, FL 33408
25	Bow Mar Lake Swim - Dennis West, above
25	Milwaukee LC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
30-31	LC - Mush Van Dolson, County of Nassau, Dept. of Rec. and Parks,
AUG 1	Eisenhower Park, East Meadow, NY 11554
JUL 31	Duke University - Dot Ressigue, Box 7, Tar Heel, NC 28392
JUL 31-Aug 1	Bi-Centennial - Ray Chen, 9713 Digging Rd., Gaithersburg, MD 20760
AUG 7-8	Atlanta LC - Fred Stokes, 1654 Cody Circle, Tucker, GA 30084
8	Celebrity - Dennis West, above
13-15	Lawrence LC - David Schmidt, 712 Ohio, Lawrence, KS 66044
13-14	PNA - Steve Engel, 2005 S. 308th, Federal Way, WA 98002
14	Greensboro LC - Dot Ressigue, above
14-15	Conn. LC - Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162
20-22	Foothills Park Pool - Dennis West, above
26-29	NATIONAL LC CHAMPIONSHIPS - Wade Barber, 7314 Whitehaven Dr., St. Louis, MO
SEP 3-5	MASTERS SUMMER DIVING CHAMPIONSHIPS - Ed Craren, Diving Coach, University of Nebraska, Lincoln, NE 68501
4	Lanai - Maui Channel Relay - Robert Rocheleau, 6229 Kawaihae Pl, Honolulu, HI
6	Waikiki Rough Water Swim - Aquatics Coordinator, Dept. of Pks & Rec, 650 S. King St., Honolulu, HI 96813
13-14	Fayette SC - Dot Ressigue, above
26	YMCA - Virginia Hildebrant, 5167 Robinhood Dr. Welloughby, OH 44094 (tentative)
NOV 7	SPA Diving - Brud Cleaveland, 1520 Bay St., Santa Monica, CA

ROUGH WATER (OCEAN) SWIMS - CALIFORNIA - AUG 1 Hermosa Beach;
AUG 7 Hermosa Beach; AUG 14 Santa Cruz; AUG 15 Laguna Beach; AUG 21 Santa Monica;
AUG 22 Long Beach; SEP 4 Maui Channel 6-person relay; SEP 6 Oceanside & Waikiki
Beach Honolulu; SEP 12 La Jolla; SEP 18 Sr. Olympics Ocean Aquatics at Zuma Beach;
SEP 19 San Diego Swim-Run-Swim. For info, send stamped, self-addressed envelope
to Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045.