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TAMALPAIS MASTERS SWIM

CLINIC A BIG SUCCESS

By Laurie Hoey

More than 200 masters swimmers attended Tamalpais Swim Club's first Masters Swim Clinic December 10 at College of Marin, Marin County, California.

Masters listened to stroke instruction and analysis by two coaches, saw an in-pool demonstration, learned various methods of strength-building and watched a demonstration of weight training machines and equipment, heard speakers on psychology and motivation, flexibility exercises, nutrition, and training techniques for masters.

Highlighting the event were speakers Don Swartz, director of the Creative Performance Institute specializing in sports psychology, and Jim Gaughran, Stanford University's men's and women's swim coach.

Swartz, who handled the freestyle and butterfly stroke instruction and analysis and spoke later on in the day on Psychology and Motivation, is a former coach of Marin Aquatic Club, has coached Olympic swimmers as well as Masters, and was a coach with the American Team for the 1977 East German and Russian dual meets.

Gaughran, who was the breaststroke and backstroke instructor and analyst for the clinic, is a former president of the American College Swimming Coaches Association, a former Olympic competitor, and coach of the first USA swim team to the People's Republic of China.

In Swartz' talk on Psychology and Motivation, he examined the question, "Why are we swimming?" He likes to think it's because we participate in activities in which we excel because of a basic need to feel approval... mainly self-approval.

"It's been said that you really haven't taken hold of life until you accomplish some of the things that the average person considers

to be impossible. Well, in that respect, everybody in masters swimming is a winner, because you're doing lots of things with yourselves and with your training, that the average person considers impossible," he said.

Swartz discussed ways of coping with a problem that hits most of us sooner or later: What about Masters who are swimming more, train harder, and not improving or getting slower?

In search of answers to both these questions, he delved into subjects which included positive thinking, priorities, goal-setting, positive and negative expectancy, mental conditioning and preconceived ideas, and the conscious, sub-conscious and creative subconscious thought processes.

In the freestyle and butterfly analysis, Swartz explained drills for each stroke and for kicking. He also discussed stroke principles and training variations. A few of the points he emphasized:

"What we use the freestyle kick for, primarily, is stability. In a short race the most a good kick will contribute to a freestyler's speed is about 30%. So to spend a lot of time on your flutter kick thinking that you're going to go faster because of it probably isn't the best use of your time."

"To a certain point, the more shoulder roll you get in freestyle, the better off you are, but keep your main torso fairly rigid, minimizing hip roll as much as possible. The shoulder roll gets more of your body out of the water and decreases resistance."

"This seems very simplified, but in breathing, make sure you are either exhaling or inhaling. In other words, do you take a breath, hold it, then exhale? Regular, continuous inhaling and exhaling will keep your facial muscles relaxed and prevent tension...we all know about tension and what it can do to you."

"Use the turns to accelerate from your legs. The strongest muscles in your body are in your legs. You really can get a lot of momentum off the wall."

Gaughran and Swartz both emphasized swimming in quiet water, or as Swartz said, "Seek the still water," in order to minimize resistance and streamline ourselves as much as possible.

"We keep our streamlined position maximized in backstroke," Gaughran said, "by rolling the recovery shoulder up out of the water and not staying flat, and keeping the head still."

Some of the other points stressed by Gaughran: "In backstroke the kick is very important. If you're a backstroker you must do a good portion of your kicking on the back. It's a different action, because you're kicking deep and then up against the water."

"In breaststroke the kick is a powerful thing; it's half our speed. Bring your heels up to your seat when practicing breaststroke kicking. It's a mistake to bring your knees up because you'll get a lot of resistance."

"Try to learn how to do your breaststroke turn without grabbing onto the gutter. Practice your turns on a flat wall, and IMPACT the wall with your hands, because it'll make you get around a lot faster."

"I think breaststroke is the most individual of all the strokes. You can teach backstroke almost exactly the same to everybody. But you can't teach breaststroke exactly the same to everybody because it's so dependent on the swimmer's physique. Unfortunately, not all of us are made to be breaststrokers. But there are exercises you can do that can improve your breaststroke by improving your ankle flexibility."

"The secret of the best and quickest grab start reaction is to be completely relaxed. If you're tense when the gun goes off, there's got to be a big system of releasing your muscles to get you going at all."

"Swimming is a very fast-evolving sport and that's what makes us so good now. That's why our records keep going because people don't get stuck in saying, 'If we ever get to the four minute mile...' Look how long it took to get to the four minute mile. Our national record was 400 yards in four minutes at about the time the four minute mile was broken. And look at how much further we've gone with 400 yard swimming now, down to 3:19. But the four minute mile is still a big milestone and they're just barely down to 3:50."

Bob Pollitt, College of Merced physical edu-

cation instructor and former swim coach at College of Marin, explained and demonstrated methods of strength building:

"Principle #1 in strength building," he said, "is to copy each stroke as nearly as possible in using your weight training equipment. We call this specificity of training."

He stressed that strength exercises should always be followed by flexibility exercises.

Jack Kolb, a San Francisco physical therapist who spoke on the physiology of aging and demonstrated flexibility exercises, stressed that flexibility exercises should always be done in balance. So for example, if you do an exercise for triceps, follow it with one for biceps.

Both Pollitt and Kolb emphasized always keeping the knees bent during exercises such as sit-ups, to prevent back stress.

Other speakers included Colin Dong, M.D., on nutrition and arthritis, and Bay Area coaches in a panel on training procedures. At the end of the day, clinic speakers answered questions from the audience.

A high level of enthusiasm was expressed on evaluation sheets turned in by more than 60% of the clinic participants after the day was over. Because of so much interest, a second clinic is being planned for early summer instead of Dec. as was originally scheduled.

"We hope to have some stroke instruction in the water for participants," according to Nancy Ridout, clinic director. "We also are planning to show Olympic swimming and instructional films, as well as having speakers from the coaching and other professions."

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All-Americans LONG DISTANCE SWIMMING

<u>WOMEN</u>	<u>AGE</u>	<u>MEN</u>
Deborah Newmayer	25-29	Peter Murphy
Irene David	30-34	Ron Pohlonski
Julie Mackey	35-39	Dennis Matuch
	35-39	William Mulliken
Judy Leppert	40-44	Arthur Welch
Edie Gruender	45-49	Wayne Leengreen
Bobbi Turcotte	50-54	Robert White, Sr.
Lorraine Peterson	55-59	Robert Acker
Mickey Sielski	60-64	Ashby Harper
	65-69	Herbert Howe
	70-74	Irvin Merritt
	75-79	Clarence Ross



Swimmer Naber Wins Top Award

Swimmer John Naber was named the winner of the James E. Sullivan Award as the nation's outstanding amateur athlete. Naber, 22, won four Olympic gold medals and one silver at Montreal in 1976, but won the 1977 award for his victories at the University of Southern California. Naber won the 100 and 200-yd backstroke events at the NCAA championships last spring. He also captured both events in the AAU short-course nationals in April. Naber won a record 10 NCAA titles in four years. Pictured above with Masters Swimmers in December, left to right: June Krauser, Bill Nolan, John Higgins, Naber, and Janice Krauser. Naber was in Florida to give a talk to swimmers and coaches attending the College Coaches Swim Forum. A record number of swimmers and coaches turned out for his interesting talks.

Swim Marks Fall In Masters Meet

New Britain native Dot Donnelly, 56, set three national records Saturday in the Southern Connecticut State College Midwinter Invitational Masters Swim Meet at Moore Field House.

Donnelly set records in the 50-yard freestyle (31 seconds), 100 backstroke (1:28.18) and 200 backstroke (3:14.2) in her age bracket.

Three other national records fell in the meet, which was run by Hamden's Dan Davis and served as a fund-raiser for SCSC alumni.

August Danielsson, 75, of Bethpage, L.I., set records in the 200 breaststroke (4:21.2) and the 100 breaststroke (2:02). Danielsson's time in the 200 bettered the old record of 4:50.8 by 29.4 seconds.

Kathlene Eschmann, 70, of Yonkers, N. Y., set a record in the 50 backstroke with a time of 56.3 seconds.



JERSEY MASTERS CHALLENGE

The Jersey Masters Swim Team has been interested in the excellent idea of a 10-man, 1000 yard Free Relay for all age groups ever since the Hawaii Masters Swim Club announced it and originated the records. On Sunday April 17, 1977, the JMST broke the existing record with a 10:57.5 time. They also swam an 11th man (because of the splitting of 70-79 into two age groups) and established an 1100 yard "JERSEY CHALLENGE" record of 12:15.8! This now makes the JMST first to accomplish each of the following:

1. Answer Hawaii's challenge (Aug 1974)
2. Men broke 12 min (11:45 - Mar 1975)
3. Men broke 11 min (10:57.5 - Apr 1977)
4. Regain record lost (CT - Dec 1976)
5. Establish an 11 age group record
6. Establish s Women's team & record

Pictured above are Front Row, l-r: Hoffacker 25, Brotman, Snyder 34, Walden 37, Breisacher 44, Stein 48, and Back Row: Hamilton, Robinson, Ross 77, Vogt 71, Sigrist 68, Weinberg 64, Struthers 58 and Sanborn 53. Louis Abel is JMST's relay chairman. Perhaps Abel would be interested in keeping track of all of these "different" relay events for us. I hope so!

A total of 160 swimmers competed in different age brackets starting at 25 years old. Included were SCSC coach Bruce Hutchinson and assistant coach Dave Martenz.

Metro Masters from New York City won the team title with 417 points followed by the New York Athletic Club (218), Jersey Masters (182), New England Master (116) and YMCA Dutchess of Poughkeepsie, N.Y. (110). The host team was not eligible for the winning trophy.

Wozniak, at 61: an Olympic Threat

By LARRY FELSER

The pain in Steve Wozniak's abdomen and kidney area was excruciating when he began his swim.

So he only swam from the American shore to Crystal Beach, Ont.

"I tried to swim back, but I only went about a mile or 2," says Steve. "The pain got so bad I had to get out of the water. I had a prostrate operation the next week."

That was last year.

This year Steve is back to swimming for distance, which is his specialty, but he is working on something a little extra special, too.

"I'm practicing the sprints," he says. "I want to try out for the 1980 Olympic team in the sprints."

Wozniak will be 62 years old this month.

STEVE WOZNIAK splashes to the beat of a different drummer. When his friends' idea of participant athletics was playing softball for the neighborhood tavern, Wozniak was swimming marathon races in Argentina and the Gulf of California. In a day when competitive sports is supposedly an activity of the youth culture, Steve is coming out of a 7-year retirement to swim for money again.

"In April I weighed 205 pounds," he says. "Now I'm down to 178. I eat toast for breakfast, skip lunch and eat a regular supper."

"But the big thing is I cut out the beer. I love beer. I had a gut out to there a couple months ago. I miss the beer, but I cut it out."

WHAT WOULD cause a retired man in his '60s to inflict such pain on himself, to eliminate one of the staples of his leisure diet, to plunge himself into icy water in order to make an athletic comeback?

"They laughed at me," says Wozniak, indignantly. "I told some guys I could still swim to Crystal Beach and back last year and they laughed at me."

Steve Wozniak doesn't like it when people laugh at him. That's what got him started as a distance swimmer in the first place.

"I used to be a sprinter down at the YMCA in the '30s," he says. "The coach, Urho Saari, had a lot of good sprinters, so he asked me to try for the long-distance swim. The first time I swam the event I thought I was gonna die. They had to haul me out of the pool."

"They laughed at me when that happened. I was determined to make myself do it after that. In my next race I set a record and won it."

HE WON his first national long-distance championship in 1937 when he swam 5 miles in one hour and 58 minutes in Scranton, Pa.

"I won that title 5 years in a row, then I went into the Army," he remembers. "I was a demolition man in New Guinea. I couldn't swim on the beaches there. Too dangerous. They would shoot me if I tried to swim there."

When he was discharged, he made up for his dry period. In 1948 he won \$32,000 ("my best year ever as a pro"). A lot of it came from the Canadian National marathon swim in Lake Ontario, a 10-miler.

Lake Ontario is one of the coldest bodies of water in which Wozniak ever swam, and he hates cold water, but he's suffered worse handicaps.

"ONE TIME in Argentina, I was leading a 45-mile race from Miramar to Mar Del-Plata, when I swam through a school of Portuguese Men of War. They started attacking

Sportraits

me, stinging. I was screaming with pain.

"They had to pull me out of the water and there was only 22 miles to go."

"Another time, in a race off the coast of Baja California, in Mexico, two sharks swam right underneath me. I thought, 'Go ahead. Take a bite. I'm in the lead and I'm not getting out.'"

The sharks never bit, but Wozniak started choking from a throat infection. The Mexican officials brought a doctor to him in a boat. The doctor jumped right into the water to examine him, then advised him to quit.

"I had to get out. I woulda choked to death. It cost me the \$5000 first prize, but I got \$2500 in lap prizes."

ANOTHER time, he won a

race in Argentina, but on the way back to the United States his plane landed in Lima, Peru. It never took off again because there was a revolution taking place.

"I ran to a taxi just off the runway," he says. "There was shooting all over. I gave the driver enough money to get me to Braniff Airlines, so I could catch a flight to Miami."

Despite all those adventures, the principal plague of the long-distance swimmer is boredom.

"You're in the water so long, you try anything," says Steve. "You think about your past history, you sing yourself songs, you think about where you went wrong in life, anything."

"One time I swam a 55-mile race in Argentina. There was a little current and I was in the water for 23, almost 24 hours. They told me I went nuts, that I was talking like a little baby."

WHEN A long-distance swimmer finishes a race, he has

trouble lifting his arms for the next 3 or 4 days. He has a fever the day after the race.

Is that any activity for a 62-year-old man?

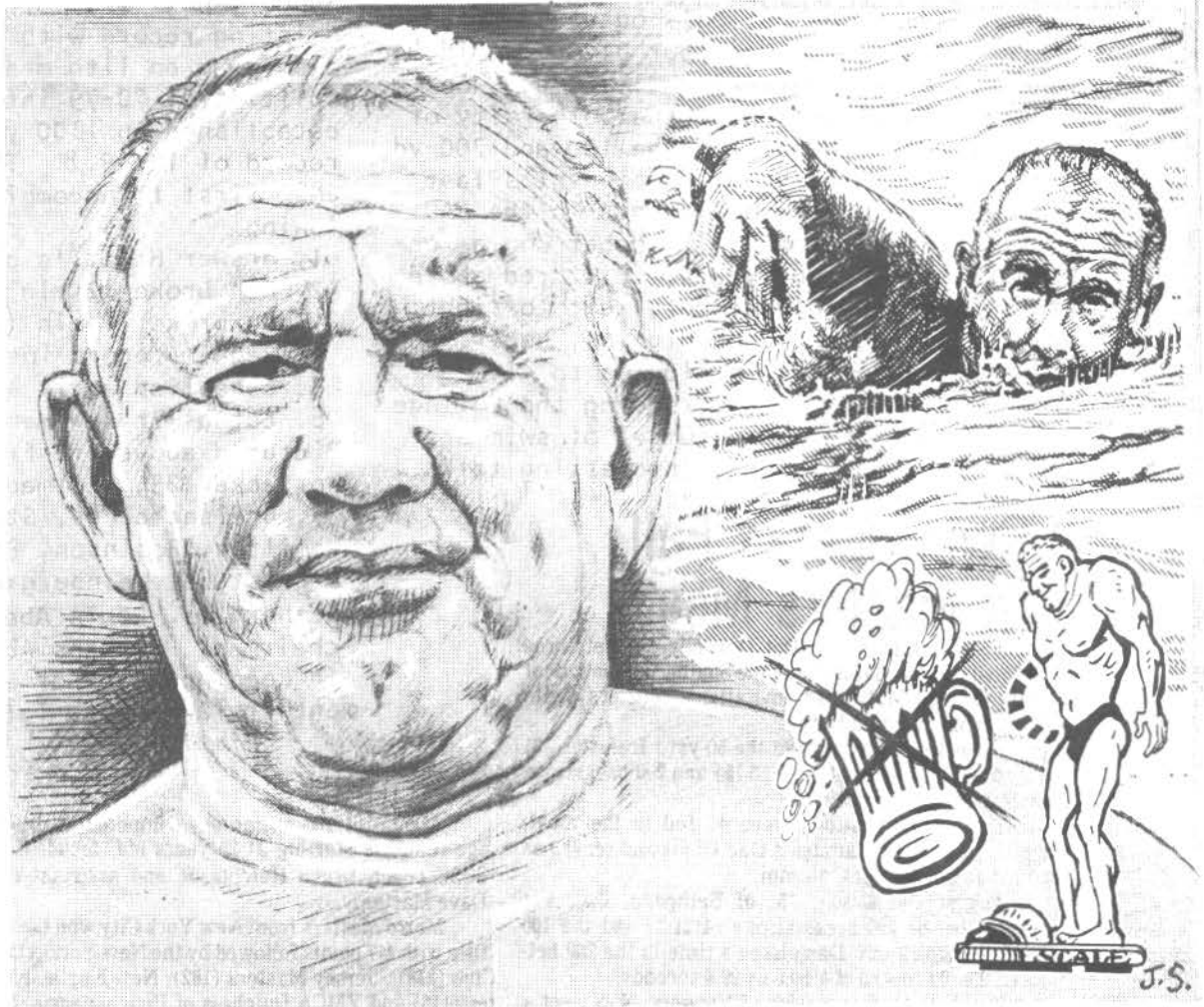
"Sure," says Steve. "I'll never quit it either, now that I came back. I'll go for as long as I make money, even a little bit of money."

"I see these old guys who retire, just sitting and rocking and waiting to die. Not me. I'll go home now, put on gloves with 6-pound weights and do 3500 revolutions with my arms, then another 1000 revolutions tonight, as fast as I can."

"If I die while I'm doing 'em, then I die."

"It's like training in Lake Erie. I swim from the foot of Michigan Ave. down to the Lackawanna Steel plant and back. I hate it until the water gets 70, 75 degrees. When it's in the 50s you can't get your breath, it feels like a bunch of bees are stinging your whole body."

"But nobody made a law that says you gotta quit when you turn 60."



—News Staff Artist John Sunley

NATIONAL CHAMPIONSHIP MEET RECORDS - SHORT COURSE

WOMEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 free	25.24	25.31	26.82	27.84	29.44	29.69	31.21	33.10	42.34	55.81	1:00.54	1:38.05
100 free	55.16	57.39	1:00.79	1:01.32	1:07.26	1:07.25	1:10.73	1:10.20	1:40.31	2:09.85	2:15.13	3:19.90
200 free	2:02.30	2:12.15	2:15.92	2:17.12	2:31.92	2:36.96	2:45.30	3:03.98	3:52.41	4:18.56	5:00.19	7:02.30
500 free	5:31.30	5:56.93	6:04.88	6:05.10	6:38.13	7:02.64	7:46.39	8:26.35	10:07.72	10:56.54		18:23.67
1650 free	19:23.92	20:22.80	21:17.78	22:59.60	21:53.07	24:19.11	26:54.86	28:57.82	35:30.16	38:34.13		
100 back	1:05.68	1:08.32	1:11.20	1:11.49	1:16.70	1:22.95	1:28.49	1:30.30	1:54.87	2:21.04	2:39.12	4:32.89
200 back	2:26.07	2:27.64	2:37.97	2:43.75	2:45.38	3:09.22	3:15.53	3:21.52	4:11.37	4:34.67		
100 breast	1:10.18	1:15.06	1:18.10	1:19.03	1:18.86	1:28.69	1:31.24	1:47.94	2:02.12	2:15.54	2:34.07	
200 breast	2:35.63	2:42.29	2:50.41	2:50.07	2:59.28	3:19.52	3:16.46	3:49.75	4:20.98	5:07.27	5:42.31	
50 fly	28.21	28.40	28.76	29.03	33.70	36.79	40.67	44.57	53.71	1:11.30		
100 fly	1:01.73	1:04.87	1:08.37	1:09.00	1:11.15	1:25.93	1:37.29	1:54.02	2:19.66	2:47.28		
100 I.M.	1:04.88	1:05.69	1:09.03	1:09.70	1:11.35	1:21.19	1:33.42	1:34.45	1:54.28	2:15.13		
200 I.M.	2:23.20	2:26.51	2:33.61	2:35.13	2:35.41	3:04.53	3:32.41	3:33.81	4:34.16	4:59.06		
200 F.R.	1:43.31		1:55.26		2:07.57		2:30.29					
200 M.R.	1:58.01		2:11.21		2:27.15		2:57.00					
200 M.F.R.	1:37.15		1:43.60		1:50.08		2:38.90		2:38.91			
MEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 free	21.46	21.80	22.79	23.17	23.00	24.68	25.51	26.53	27.64	30.91	32.03	1:12.64
100 free	46.62	48.27	50.41	51.74	52.60	57.32	57.68	1:02.90	1:03.90	1:11.94	1:13.75	
200 free	1:43.71	1:48.83	1:52.72	1:53.32	2:00.56	2:10.69	2:10.20	2:19.90	2:28.79	2:51.57	2:52.62	
500 free	4:44.78	5:01.30	5:04.02	5:10.60	5:18.25	5:58.95	5:58.77	6:22.99	6:48.39	7:50.74	7:58.40	
1650 free	16:57.10	17:38.11	17:34.73	18:28.99	18:31.86	21:08.00	21:15.85	23:02.38	24:01.08	26:41.59	27:37.57	
100 back	55.88	56.24	1:00.21	1:01.39	1:04.18	1:06.39	1:09.85	1:11.10	1:19.50	1:28.68	3:10.62	
200 back	2:01.45	2:06.24	2:12.98	2:15.89	2:20.69	2:26.42	2:34.27	2:50.97	3:02.11	3:10.79	6:13.44	
100 breast	1:01.96	1:03.29	1:05.02	1:06.86	1:10.59	1:14.73	1:15.46	1:18.30	1:26.63	1:34.42	2:04.31	2:48.30
200 breast	2:12.81	2:18.30	2:26.63	2:28.84	2:34.22	2:49.60	2:51.32	2:55.82	3:24.80	3:36.16	3:52.26	7:59.30
50 fly	23.59	24.04	25.22	25.56	26.07	27.76	29.38	31.36	34.78	39.15	1:04.32	
100 fly	51.13	53.01	56.20	58.96	1:02.79	1:04.75	1:07.22	1:15.98	1:37.33	1:43.14		
100 I.M.	54.87	55.80	58.09	1:00.13	1:03.77	1:04.53	1:08.65	1:11.56	1:16.98	1:31.14		
200 I.M.	1:59.22	2:05.55	2:12.46	2:12.80	2:20.76	2:26.68	2:34.99	2:44.22	3:18.87	3:30.74		
200 F.R.	1:27.63		1:34.53		1:41.52		1:52.29		2:08.97			
200 M.R.	1:39.25		1:43.60		1:56.08		2:11.17		2:40.03			

N A T I O N A L C H A M P I O N S H I P M E E T R E C O R D S - L O N G C O U R S E

WOMEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 free	29.30	29.93	30.56	31.86	33.40	34.85	35.90	36.23	46.83	54.34	1:10.03	1:44.44
100 free	1:04.97	1:07.66	1:08.29	1:10.67	1:09.85	1:17.45	1:16.55	1:25.86	1:43.91	2:17.60	2:37.41	3:52.43
200 free	2:22.63	2:29.31	2:32.20	2:35.00	2:54.61	2:59.19	2:51.10	3:23.47	3:52.02	5:03.19	5:11.16	7:57.36
400 free	5:01.21	5:16.15	5:30.42	5:22.40	6:10.10	6:09.52	6:23.80	7:25.25	8:10.34	10:37.15	10:43.30	16:39.20
1500 free	19:50.66	20:39.41	21:31.78	21:23.78	24:03.32	24:19.40	26:02.31	29:09.80	32:51.68	41:33.51	46:56.21	
100 back	1:18.07	1:16.88	1:21.32	1:25.48	1:26.14	1:31.66	1:42.17	1:44.68	1:56.39	2:14.66	3:29.89	4:37.60
200 back	2:49.06	2:48.07	2:58.97	3:02.68	3:07.02	3:21.49	3:47.17	3:53.57	4:13.30		6:27.50	
100 breast	1:25.08	1:29.21	1:31.10	1:33.66	1:29.80	1:43.00	1:42.18	2:03.81	2:10.06	2:41.26	3:29.89	
200 breast	3:05.10	3:14.77	3:20.50	3:28.36	3:15.85	3:55.29	3:34.85	4:24.97	4:35.60			
50 fly	31.84	32.39	33.09	34.70	37.54	40.70	43.84	49.61	56.67	1:17.60		
100 fly	1:09.50	1:12.57	1:18.28	1:24.25	1:21.32	1:33.40	1:47.99	2:03.65	2:10.74	3:12.88		
200 I.M.	2:42.58	2:52.73	2:55.40	3:06.13	2:55.61	3:24.20	3:29.39	3:59.78	4:11.30	5:24.10		
200 F.R.	2:02.15		2:13.46		2:19.85		2:53.20		4:35.54			
200 M.R.	2:18.85		2:33.50		2:46.82		3:12.89		5:13.44			
200 M.F.R.	1:52.35		1:57.17		2:08.62		2:26.63		3:23.85			
MEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 free	24.79	25.48	25.56	26.49	26.83	28.97	28.56	31.50	31.75	35.95	35.95	51.31
100 free	54.64	56.02	58.19	58.91	1:02.44	1:04.87	1:06.23	1:11.69	1:11.89	1:25.00	1:23.95	1:52.97
200 free	2:05.49	2:07.01	2:08.57	2:09.08	2:15.33	2:26.40	2:29.71	2:46.28	2:49.16	3:20.28	3:13.40	5:21.50
400 free	4:32.56	4:34.10	4:33.14	4:38.82	4:49.31	5:14.20	5:24.47	6:05.16	6:07.60	6:59.64	7:05.85	11:13.10
1500 free	18:08.69	18:29.47	18:06.20	18:41.90	19:14.96	21:07.66	21:50.80	24:42.38	25:18.10	28:49.07	28:02.14	
100 back	1:05.78	1:06.38	1:08.66	1:10.67	1:15.93	1:16.24	1:19.81	1:20.74	1:33.45	1:43.15	2:50.31	2:47.54
200 back	2:22.76	2:25.77	2:30.99	2:40.18	2:45.64	2:46.52	2:57.88	3:16.43	3:32.96	3:39.16		
100 breast	1:11.89	1:11.75	1:16.91	1:13.79	1:22.32	1:26.60	1:30.78	1:31.77	1:43.84	1:50.06	2:18.87	2:49.06
200 breast	2:40.67	2:40.78	2:51.00	2:59.57	3:02.15	3:10.76	3:25.09	3:21.95	3:57.42	4:04.71	5:17.01	
50 fly	26.70	27.06	28.10	28.91	29.59	31.51	33.30	35.64	43.61	46.58		
100 fly	58.56	1:01.56	1:03.67	1:09.08	1:14.44	1:17.91	1:22.05	1:31.08	1:52.09	2:24.44		
200 I.M.	2:16.11	2:25.81	2:33.99	2:29.70	2:40.11	2:47.55	3:01.52	3:08.46	3:41.31	4:08.74		
200 F.R.	1:40.61		1:46.69		1:54.59		2:08.22		2:28.08			
200 M.R.	1:55.80		2:02.60		2:11.65		2:30.41		3:01.49			

Our appreciation to Tod Spieker, Barbara Reeve, Helen Jorgensen, Ed Blackledge, and Cindy Baxter, chairman for compiling these National Championship Meet Records. If any errors are noted, please send corrections to Cindy at 740 Clara Drive, Palo Alto, CA 94303.

RESULTS AT A GLANCE

CORONADO MASTERS
Short Course Meet
Coronado, Cal.
October 23, 1977

WOMEN 25-29

50 Yd. Freestyle

Lynn Skrifvars	26.0
Barbara Dunbar	26.8
Christine Schroeder	29.7
Gail Schultz	31.8
Christine Schroeder	35.9
Gail Schultz	39.1
Elvira Moore	41.0
Tricia Silva	41.8
Lynn Skrifvars	1:05.4
Tricia Silva	1:28.6
Elvira Moore	1:30.9
Leslie Ross	1:49.2
Barbara Dunbar	34.3
Gail Schultz	42.7
Leslie Ross	1:44.5

100 Yd. Backstroke

Barbara Dunbar	28.7
Lynn Skrifvars	30.1
Christine Schroeder	32.2
Lynn Skrifvars	1:09.4

50 Yd. Freestyle

Diane Scharar	45.8
Diane Scharar	49.3
Helen Geoffrion	1:33.8
Diane Scharar	1:46.4
Helen Geoffrion	38.3
Helen Geoffrion	1:26.6

100 Yd. Individual Medley

Helen Geoffrion	29.1
Jane Thornburg	1:03.7
Jane Thornburg	1:09.2
Janet Lamott	34.0
Janet Lamott	39.6
Jane Thornburg	41.2
Betsy Jordan	1:15.7
Janet Lamott	1:25.4
Adrienne Pipes	44.2
Adrienne Pipes	1:36.8
Adrienne Pipes	40.0
Jane Thornburg	40.9
Janet Lamott	1:25.2
Adrienne Pipes	1:36.1
Betsy Jordan	1:17.3
Janet Lamott	1:24.1
Jane Thornburg	1:25.5
Adrienne Pipes	1:27.9

100 Yd. Freestyle

Jacqueline Smith	32.1
Betty Garwood	42.0
Jacqueline Smith	1:10.4
Anna Adams	1:10.4
Betty Garwood	1:36.8
Betty Garwood	48.7
Jacqueline Smith	1:30.3
Jacqueline Smith	40.8
Anna Adams	41.3
Betty Garwood	51.1
Jacqueline Smith	1:30.9
Betty Garwood	1:52.8
Anna Adams	1:19.7

100 Yd. Freestyle

Alicia Horst	35.0
Lynn Orr	37.5
Peggy Wise	42.6
Lynn Orr	1:23.3
Peggy Wise	1:41.8
Peggy Wise	54.0
Lynn Orr	1:43.9
Peggy Wise	1:54.8
Alicia Horst	40.3
Peggy Wise	1:14.6
Alicia Horst	1:28.2

100 Yd. Freestyle

Diana Silva	39.2
Viola Thompson	1:29.9
Diana Silva	49.3

100 Yd. Freestyle

Diana Silva	39.2
Viola Thompson	1:29.9
Diana Silva	49.3

100 Yd. Freestyle

Diana Silva	39.2
Viola Thompson	1:29.9
Diana Silva	49.3

100 Yd. Breaststroke

Viola Thompson	1:45.2
Viola Thompson	40.1
Viola Thompson	1:41.2
Viola Thompson	1:37.1

100 Yd. Freestyle

Margaret George	1:31.6
Evelyn McKeon	1:36.5
Grace Deal	50.8
Margaret George	1:44.5
Evelyn McKeon	56.2
Margaret George	1:54.5
Grace Deal	56.8
Grace Deal	2:14.8
Margaret George	1:44.9
Evelyn McKeon	1:55.2

100 Yd. Freestyle

Clementina Thomson	1:57.4
Clementina Thomson	2:09.9
Clementina Thomson	2:11.8
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0

100 Yd. Freestyle

Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7

100 Yd. Freestyle

Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7

100 Yd. Freestyle

Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7

100 Yd. Freestyle

Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7

100 Yd. Freestyle

Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7

100 Yd. Freestyle

Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7
Elizabeth Gray	1:23.0
Elizabeth Gray	3:00.7

50 Yd. Butterfly

Dave Blumenthal	32.5
Brookway Clark	33.0
Tom Scotton	1:19.5
Brookway Clark	1:13.1
Gordon Gillin	1:14.1
Tom Scotton	1:15.0
Dave Blumenthal	1:28.5

50 Yd. Freestyle

Duane Draves	26.9
Bill Davis	32.1
Clyde Garwood	35.1
Duane Draves	1:00.1
Jim Marcus	1:03.7
Larry Larimore	1:04.3
Bill Davis	1:11.8
Clyde Garwood	1:32.3

50 Yd. Freestyle

Duane Draves	31.9
Bill Davis	41.1
Clyde Garwood	1:49.4
Duane Draves	1:10.9
Jim Marcus	1:21.3
G.H. (Ed) Simmers	38.0
Bill Davis	42.8
Clyde Garwood	46.2

50 Yd. Freestyle

Larry Larimore	1:19.4
Jim Marcus	1:19.8
Ed Simmers	1:26.6
Clyde Garwood	1:44.3
Duane Draves	30.2
Larry Larimore	33.7
Ed Simmers	37.8
Jim Marcus	1:19.1
Larry Larimore	1:19.5

50 Yd. Freestyle

Larry Larimore	1:12.2
Jim Marcus	1:12.8
Bill Davis	1:28.3
Jerry Siefert	27.3
John Maher	33.5
Jerry Siefert	37.3
John Maher	45.8
Jerry Siefert	40.8
Jerry Siefert	34.7
John Maher	37.2

50 Yd. Freestyle

John Maher	1:31.9
John Maher	1:44.6
Cliff Croom	28.9
George R. Schmidt	31.3
G.T. Baker	36.8
Chuck McMahon	43.3
George Schmidt	1:19.6
Chuck McMahon	1:41.8

50 Yd. Freestyle

Cliff Croom	37.3
George Baker	50.3
Chuck McMahon	1:10.5
Cliff Croom	1:02.4
Chuck McMahon	1:09.4
George Baker	1:25.7
George Baker	35.5
Tom Lind	41.5
Tom Lind	42.5

50 Yd. Freestyle

Cliff Croom	33.3
Gene Wade	36.5
George T. Baker	1:01.2
Gene Wade	1:38.6
Cliff Croom	1:20.0
Gene Wade	1:32.0
George T. Baker	1:58.0
Reg Richardson	29.2
Jaime Rolison	44.5
Reg Richardson	1:07.2
Reg Richardson	39.4
Reg Richardson	39.0
Reg Richardson	1:20.2

50 Yd. Freestyle

Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2

50 Yd. Freestyle

Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2

50 Yd. Butterfly

Dave Blumenthal	32.5
Brookway Clark	33.0
Tom Scotton	1:19.5
Brookway Clark	1:13.1
Gordon Gillin	1:14.1
Tom Scotton	1:15.0
Dave Blumenthal	1:28.5

50 Yd. Freestyle

Duane Draves	26.9
Bill Davis	32.1
Clyde Garwood	35.1
Duane Draves	1:00.1
Jim Marcus	1:03.7
Larry Larimore	1:04.3
Bill Davis	1:11.8
Clyde Garwood	1:32.3

50 Yd. Freestyle

Duane Draves	31.9
Bill Davis	41.1
Clyde Garwood	1:49.4
Duane Draves	1:10.9
Jim Marcus	1:21.3
G.H. (Ed) Simmers	38.0
Bill Davis	42.8
Clyde Garwood	46.2

50 Yd. Freestyle

Larry Larimore	1:19.4
Jim Marcus	1:19.8
Ed Simmers	1:26.6
Clyde Garwood	1:44.3
Duane Draves	30.2
Larry Larimore	33.7
Ed Simmers	37.8
Jim Marcus	1:19.1
Larry Larimore	1:19.5

50 Yd. Freestyle

Larry Larimore	1:12.2
Jim Marcus	1:12.8
Bill Davis	1:28.3
Jerry Siefert	27.3
John Maher	33.5
Jerry Siefert	37.3
John Maher	45.8
Jerry Siefert	40.8
Jerry Siefert	34.7
John Maher	37.2

50 Yd. Freestyle

John Maher	1:31.9
John Maher	1:44.6
Cliff Croom	28.9
George R. Schmidt	31.3
G.T. Baker	36.8
Chuck McMahon	43.3
George Schmidt	1:19.6
Chuck McMahon	1:41.8

50 Yd. Freestyle

Cliff Croom	37.3
George Baker	50.3
Chuck McMahon	1:10.5
Cliff Croom	1:02.4
Chuck McMahon	1:09.4
George Baker	1:25.7
George Baker	35.5
Tom Lind	41.5
Tom Lind	42.5

50 Yd. Freestyle

Cliff Croom	33.3
Gene Wade	36.5
George T. Baker	1:01.2
Gene Wade	1:38.6
Cliff Croom	1:20.0
Gene Wade	1:32.0
George T. Baker	1:58.0
Reg Richardson	29.2
Jaime Rolison	44.5
Reg Richardson	1:07.2
Reg Richardson	39.4
Reg Richardson	39.0
Reg Richardson	1:20.2

50 Yd. Freestyle

Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2

50 Yd. Freestyle

Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2
Reg Richardson	39.0
Reg Richardson	1:20.2

Baton Rouge Y "B" Meet
Baton Rouge, Louisiana
November 5, 1977
25 Yard Pool

WOMEN 35-39

50 Yd. Freestyle

Chris McCullough	35
Chris McCullough	35
Chris McCullough	35
Chris McCullough	35
Chris McCullough	35

100 Yd. Backstroke

Ann Champ	42
Ann Champ	42
Ann Champ	42
Ann Champ	42
Ann Champ	42

50 Yd. Freestyle

Betty Smith	46
Betty Smith	46
Betty Smith	46
Betty Smith	46
Betty Smith	46

100 Yd. Backstroke

Darlynne Ferguson	49
Darlynne Ferguson	49
Darlynne Ferguson	49
Darlynne Ferguson	49
Darlynne Ferguson	49

50 Yd. Freestyle

Janet McCuskey	59
Janet McCuskey	59
Janet McCuskey	59
Janet McCuskey	59
Janet McCuskey	59

100 Yd. Backstroke

Ruth Wunderlich	59
Ruth Wunderlich	59
Ruth Wunderlich	59
Ruth Wunderlich	59
Ruth Wunderlich	59

50 Yd. Freestyle

Rich Anderson	28
Rich Anderson	28
Rich Anderson	28
Rich Anderson	28
Rich Anderson	28

100 Yd. Backstroke

Rich Anderson	28
Rich Anderson	28
Rich Anderson	28
Rich Anderson	28
Rich Anderson	28

100 Yd. Freestyle		MEN 60-64		100 yd IM		200 yd IM		WILMINGTON SWIM SCHOOL - 12/4/77	
Dan Whiteley 32	1:55.37	Jerry Donovan 63	1:48.97	Joyce Bahler 47	1:41.20	Dick Slawson 41	2:43.00	WOMEN 25-29	
Chat Rogenski 31	1:56.87	Jerry Donovan 63	1:48.97	Joyce Bahler 47	3:34.70	Tom Foley 43	3:17.20	50 FREE	
George James 31	1:02.20	Jerry Donovan 63	1:48.97	WOMEN 50-54		400 yd IM	7:08.50	1. Marylyn Brahm, 29	
Ed Hunter 32	1:04.62	Jerry Donovan 63	1:48.97	MEN 45-49		200 yd Freestyle	2:34.40	100 FREE	
200 Yd. Freestyle		Jerry Donovan 63	3:39.68	MEN 45-49		50 yd Backstroke	1:33.10	1. Marylyn Brahm, 29	
George James 31	2:29.11	Jerry Donovan 63	3:39.68	MEN 45-49		100 yd IM	1:36.50	2. Carol Lloyd, 28	
Ed Hunter 32	2:32.94	Jerry Donovan 63	3:39.68	MEN 45-49		50 yd Breaststroke	1:31.90	100 BACK	
500 Yd. Freestyle		Jerry Donovan 63	1:43.73	MEN 45-49		50 yd Butterfly	1:18.60	1. Sue Schaffer, 29	
Ed Hunter 32	7:21.83	Jerry Donovan 63	1:43.73	MEN 45-49		200 yd IM	6:21.60	100 BREAST	
100 Yd. Backstroke		Jerry Donovan 63	3:38.95	MEN 45-49		50 yd Fly	1:24.63	1. DetWise, 26	
Larry Yamahiro 31	1:22.70	Jerry Donovan 63	3:38.95	MEN 45-49		400 yd IM	1:41.82	2. Sue Snyder, 27	
200 Yd. Backstroke		Jerry Donovan 63	3:38.95	MEN 45-49		50 yd Freestyle	1:33.30	100 FLY	
Larry Yamahiro 31	2:42.08	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd Freestyle	1:15.70	1. Jeanne Mason	
Larry Yamahiro 31	1:42.01	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd Freestyle	2:50.10	100 IN	
50 Yd. Breaststroke		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd Freestyle	7:45.60	1. Sue Schaffer, 29	
George James 31	1:42.01	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd Backstroke	1:55.70	200 IN	
100 Yd. Breaststroke		Jerry Donovan 63	3:38.95	MEN 45-49		50 yd Breaststroke	1:37.80	1. Dot Wise, 26	
Larry Yamahiro 31	1:12.06	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd Backstroke	1:23.60	2. Sue Schaffer, 29	
Bob Hite 31	1:22.45	Jerry Donovan 63	3:38.95	MEN 45-49		50 yd Breaststroke	1:37.80	3. Jeanne Mason	
200 Yd. Breaststroke		Jerry Donovan 63	3:38.95	MEN 45-49		100 yd Breaststroke	1:23.60	WOMEN 30-34	
Larry Yamahiro 31	2:40.19	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd Breaststroke	3:07.70	50 FREE	
50 Yd. Butterfly		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd Breaststroke	9:08.20	1. Carole Kulcsa, 34	
Dan Whiteley 32	1:27.52	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:29.60	2. Bernice Tambascia, 30	
John Wernette 34	1:29.34	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	3. Carol Lloyd, 28	
100 Yd. Butterfly		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	4. Joanne Conlin, 31	
Dan Whiteley 32	1:08.92	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	100 BACK	
100 Yd. IM		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	1. Carole Kulcsa, 34	
Larry Yamahiro 31	1:05.70	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	2. Joanne Conlin, 31	
John Wernette 34	1:12.71	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	3. Bernice Tambascia, 30	
Bob Hite 31	1:14.18	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	100 BREAST	
Mike Morgan 31	1:22.02	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	1. Marge Ramanauskas, 32	
200 Yd. IM		Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	2. Sue Levickas, 30	
Chat Rogenski 31	2:45.40	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 1:29.99	
50 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 1:33.22	
Richard Frederick 35	1:23.75	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:10.38	
Dick Lameler 36	1:25.67	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:22.72	
Tom Morrison 36	1:34.20	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 1:09.15	
Galen Warren 36	1:35.82	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 1:20.43	
Jim Morgan 35	1:35.76	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 2:40.69	
100 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:27.21	
Dick Lameler 36	1:00.89	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:53.11	
Bill Howard 37	1:03.71	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 1:18.98	
Galen Warren 36	1:21.42	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 1:29.51	
200 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 1:36.03	
Bill Howard 37	2:30.42	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:13.92	
500 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 1:47.30	
Jon Heiman 36	6:00.56	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 1:52.05	
50 Yd. Backstroke		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 1:55.00	
Dick Lameler 36	1:34.71	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:52.90	
Jim Morgan 35	1:49.11	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
50 Yd. Breaststroke		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Tom Morrison 36	1:47.62	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
100 Yd. Breaststroke		Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
Don Costales 36	1:20.59	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Galen Warren 36	1:41.92	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
50 Yd. Butterfly		Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
Richard Frederick 35	1:27.02	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Bill Howard 37	1:28.66	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
Dick Lameler 36	1:30.32	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
100 Yd. IM		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Bill Howard 37	1:13.04	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
50 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
Charley Stuard 41	1:29.99	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
100 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
Charley Stuard 41	1:07.99	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
200 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Charley Stuard 41	2:36.07	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
Walter Carnahan 40	2:37.26	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
500 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Walter Carnahan 40	7:06.59	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
Robert Fischer 44	7:57.92	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
50 Yd. Backstroke		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Charley Stuard 41	1:43.76	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
100 Yd. Breaststroke		Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
Robert Fischer 44	1:29.61	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
50 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
Nick Kakos 47	1:05.34	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
200 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Nick Kakos 47	2:30.95	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
200 Yd. Backstroke		Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
Nick Kakos 47	3:10.19	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
100 Yd. IM		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
Nick Kakos 47	1:15.68	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
200 Yd. IM		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Nick Kakos 47	3:02.72	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
50 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
Roy Stickney 51	1:26.21	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
John Woods 54	1:27.37	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
Bart Anson 51	1:31.33	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
Howard Kling 50	1:40.69	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
100 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
John Woods 54	1:59.80	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
Roy Stickney 51	1:00.93	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Bart Anson 51	1:14.91	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
200 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
John Woods 54	2:24.47	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
500 Yd. Freestyle		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
Bart Anson 51	7:27.02	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
50 Yd. Backstroke		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
John Woods 54	1:38.06	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
Howard Kling 50	1:47.25	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
50 Yd. Breaststroke		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Howard Kling 50	1:41.87	Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
100 Yd. Breaststroke		Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
Howard Kling 50	1:39.67	Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
50 Yd. Butterfly		Jerry Donovan 63	3:38.95	MEN 45-49		500 yd IM	1:23.30	WY 3:57.59	
John Woods 54	1:31.47	Jerry Donovan 63	3:38.95	MEN 45-49		100 yd IM	1:24.61	WY 3:57.59	
100 Yd. IM		Jerry Donovan 63	3:38.95	MEN 45-49		200 yd IM	3:15.90	WY 3:57.59	
Roy Stickney 51	1:09.81	Jerry Donovan 63	3						

50 FLY		1. Joyce Miller, 45 JM 50.07		100 IM		1. Rowland Stanley, 34 HSC 1:05.73		100 BACK		1. Sam Park, 54 MAM 1:31.41		50 YD BREASTSTROKE		200 YD BACKSTROKE	
100 IM		1. Mary Treiber, 46 RTST 1:46.34		2. Chas Kozloff, 34 HSC 1:10.46		3. John Dohler, 34 WY 1:23.23		100 BREAST		1. Bob Hanes, 52 MAM 1:40.67		Carol Rudy, 35 1:42.63		Larry Chase, 29 2:23.18	
2. Maryanna Hagen, 49 JW 1:47.29		3. Joyce Miller, 45 1:56.06		4. Tom Levickas, 34 WY 1:28.06		MEN 35-39		50 FLY		1. Sam Park, 54 MAM 43.48		100 YD BREASTSTROKE		Thomas Thiffault, 26 2:39.45	
200 IM		1. Tink Bolster, 49 JM 3:10.94		50 FREE		1. John Bender, 38 NYAC 24.91		100 IM		1. Sam Park, 54 MAM 1:29.89		Carol Rudy, 35 1:33.53		50 YD BREASTSTROKE	
2. Maryanna Hagen, 49 JW 4:17.10		100 FREE		1. John Bender, 38 NYAC 54.41		2. Dave Hershey, 37 DCM 55.29		100 BACK		1. Len Johnson, 56 PY 1:19.49		100 YD BUTTERFLY		James Williams, 27 1:30.87	
WOMEN 50-54		50 FREE		1. John Bender, 38 NYAC 54.41		2. Dave Hershey, 37 DCM 55.29		200 BACK		1. Len Johnson, 56 PY 2:55.70		Lynne Weir, 36 1:18.95		Stephen Wellinghoff, 27 1:33.33	
1. Jean Troy, 50 MAM 34.16*		1. Jean Troy, 50 MAM 2:55.66		200 BACK		1. Dave Hershey, 37 DCM 1:00.36*		100 BREAST		1. Ed Neilson, 60 MAM 1:31.85		100 YD INDIVIDUAL MEDLEY		James Williams, 27 1:08.15	
50 FLY		1. Jean Troy, 50 MAM 4:1.08		1. Dave Hershey, 37 DCM 2:13.69		2. Arthur Smith, 38 DCM 2:32.12		50 YD BUTTERFLY		1. Ed Neilson, 60 MAM 1:16.18		Anne Coen, 35 1:48.29		Stephen Wellinghoff, 27 1:12.55	
200 IM		1. Jean Troy, 50 MAM 3:16.41		50 FLY		1. John Bender, 38 NYAC 27.41		200 FREE		1. Stanton Craigie, 71 UN 31.88		WOMEN 40-44		Kim Morrison, 29 1:13.65	
WOMEN 65-69		1. Madeleine Miller, UN 2:28.65		1. Ed Neilson, 60 MAM 1:31.85		2. Arthur Smith, 38 DCM 28.29		100 BREAST		1. Ed Neilson, 60 MAM 3:15.64		100 YD BUTTERFLY		Rick Davis, 27 1:20.45	
1. Madeleine Miller UN 2:10.97		100 FREE		1. D. Petranec, 42 DCM 1:07.06		200 BREAST		50 YD BUTTERFLY		1. Ed Neilson, 60 MAM 1:31.43		100 YD INDIVIDUAL MEDLEY		200 YD BACKSTROKE	
200 FR.RELAY		256over		1. Dale Petranec, 42 DCM 2:28.81		1. Bob Goodwin, 41 DCM 28.15		100 IM		1. Ed Neilson, 60 MAM 1:31.43		Betty Smith, 46 1:28.14		Larry Chase, 29 2:38.26	
1. Western Y 2:04.95		2. Jersey Wahoons 2:37.15		200 FREE		1. Dale Petranec, 42 DCM 2:28.81		50 FREE		1. Stanton Craigie, 71 UN 31.88		Darllyne Ferguson, 49 1:58.54		Rick Davis, 27 2:53.37	
200 MED.RELAY		256over		1. Bob Goodwin, 41 DCM 1:17.83		100 BACK		100 FREE		1. Stanton Craigie, 71 UN 1:17.36		100 YD BACKSTROKE		Jerry Mills, 29 1:01.95	
1. Western Y 2:32.24		2. Jersey Wahoons 2:58.82		2. Meredith Smith, 42 DCM 1:09.85		1. Bob Goodwin, 41 DCM 2:51.19		100 BREAST		1. TW Johnson, 73 NAM 1:50.65		Darllyne Ferguson, 49 4:09.13		James Williams, 27 1:05.07	
MEN 25-29		50 FREE		1. Meredith Smith, 42 DCM 1:13.43		200 BREAST		50 FLY		1. TW Johnson, 73 NAM 1:43.16		100 YD BREASTSTROKE		Jerry Mills, 29 1:05.07	
1. Jim Parker, 27 DCM 23.93		2. Al Lloyd, 29 DCM 24.48		3. Randy Rokisky, 27 MM 26.55		1. Meredith Smith, 42 DCM 2:47.73		100 IM		1. TW Johnson, 73 NAM 1:43.16		Darllyne Ferguson, 49 1:55.26		Kim Morrison, 29 1:08.23	
100 FREE		1. Tom Krug, 29 HSC 54.38		2. Lloyd Reichenbach, 25 HSC 58.04		3. Randy Rokisky, 27 MM 1:03.74		200 BREAST		1. TW Johnson, 73 NAM 3:49.37		100 YD BUTTERFLY		200 YD INDIVIDUAL MEDLEY	
2. Lloyd Reichenbach, 25 HSC 58.04		3. Randy Rokisky, 27 MM 1:03.74		4. John Getz, 29 WY 1:04.50		1. Meredith Smith, 42 DCM 2:47.73		50 FLY		1. Stanton Craigie, 71 UN 39.10*		Betty Smith, 46 1:48.68		400 YD INDIVIDUAL MEDLEY	
200 FREE		1. Jim Parker, 27 DCM 1:58.52		2. Tom Krug, 29 HSC 2:02.87		3. Lloyd Reichenbach, 25 HSC 2:15.36		100 IM		1. Stanton Craigie, 71 UN 39.10*		100 YD INDIVIDUAL MEDLEY		Larry Chase, 29 4:48.98	
1. Jim Parker, 27 DCM 1:58.52		2. Tom Krug, 29 HSC 2:02.87		3. Lloyd Reichenbach, 25 HSC 2:15.36		100 IM		1. Bob Goodwin, 41 DCM 1:07.95		1. TW Johnson, 73 NAM 1:42.47		Darllyne Ferguson, 49 1:50.24		Jerry Mills, 29 5:25.00	
100 BACK		1. Randy Rokisky, 27 MM 1:14.32		200 IM		1. Dale Petranec, 42 DCM 2:49.31		200 FREE		1. Stanton Craigie, 71 UN 1:17.36		200 YD INDIVIDUAL MEDLEY		MEN 30-34	
1. John Getz, 29 WY 1:14.92		2. Al Lloyd, 29 DCM 2:18.74		1. John Allevan, 49 DCM 2:11.47		2. Nick Berenyi, 45 UN 2:30.40		1. Dale Petranec, 42 DCM 2:49.31		1. TW Johnson, 73 NAM 1:50.65		Betty Smith, 46 3:18.19		50 YD FREESTYLE	
50 FREE		1. Bob Beck, 32 DCM 25.43		2. Chas Kozloff, 34 HSC 25.87		3. Bill Thompson, 33 HSC 26.63		50 FREE		1. Dick Mueller, 48 WY 27.85		WOMEN 50-54		Richard Bauschard, 33 1:24.00	
2. Dave Fields, 34 WY 27.54		1. Bob Beck, 32 DCM 56.95		2. Dave Fields, 34 WY 59.40		3. Rowland Stanley 59.55		100 FREE		1.1. Dick Mueller, 48 WY 27.85		100 YD FREESTYLE		Harry Greenfield, 32 1:24.90	
100 FREE		1. Bob Beck, 32 DCM 56.95		2. Dave Fields, 34 WY 59.40		3. Rowland Stanley 59.55		1. Hal Begel, 48 MAM 57-.70		2. Henry Hungerford MAM 29.21		100 YD FREESTYLE		Richard Bauschard, 33 1:52.67	
3. Chas Kozloff, 34 HSC 26.63		4. Dave Fields, 34 WY 27.54		1. Hal Begel, 48 MAM 1:11.02		2. John Allevan, 49 DCM 2:11.47		2. Henry Hungerford MAM 29.21		3. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Richard Bauschard, 33 2:01.17	
4. Dave Fields, 34 WY 27.54		100 FREE		1. Fritz Smith, 46 HSC 29.81		4. Eugene Jaffee, 48 RTST 102.51		3. John Allevan, 49 DCM 2:11.47		4. Frits Smith, 46 HSC 29.81		100 YD FREESTYLE		Harry Greenfield, 32 2:07.41	
200 FREE		1. Bob Beck, 32 DCM 2:09.07		2. Tom Levickas, 34 WY 2:42.85		100 BACK		1. Henry Hungerford, 45 MAM 0:54.62		1. Fritz Smith, 46 HSC 29.81		100 YD FREESTYLE		John J. Flanagan, 31 5:25.00	
1. Bob Beck, 32 DCM 2:09.07		2. Tom Levickas, 34 WY 2:42.85		100 BACK		1. Hal Begel, 48 MAM 1:11.02		2. Nick Berenyi, 45 UN 3:05.19		1. Henry Hungerford, 45 MAM 0:54.62		100 YD FREESTYLE		Harry Greenfield, 32 6:19.93	
100 BACK		1. John Dohler, 34 WY 1:22.26		1. Fritz Smith, 46 HSC 1:25.72		50 FLY		1. John Allevan, 49 DCM 2:11.47		2. Nick Berenyi, 45 UN 3:05.19		100 YD FREESTYLE		Ken Bechtol, 34 3:09.50	
1. John Dohler, 34 WY 1:22.26		1. John Dohler, 34 WY 2:55.83		50 FLY		1. Hal Begel, 48 MAM 1:11.02		1. John Allevan, 49 DCM 3:17.71		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Chris Kitchin, 30 1:28.24	
100 BREAST		1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 MAM 1:17.99		2. John Allevan, 49 DCM 3:17.71		3. Dick Mueller, 48 WY 34.14		100 YD FREESTYLE		Larry Yamahiro, 31 1:09.89	
1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 MAM 1:17.99		200 BREAST		1. John Allevan, 49 DCM 2:11.47		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		John Hoffman, 33 1:15.10	
2. Rowland Stanley, 34 MAM 1:17.99		1. Rowland Stanley, 34 MAM 2:40.43		2. Bill Moyer, 32 UN 2:42.28		3. Don Snyder, 32 MAM 2:50.36		2. John Allevan, 49 DCM 3:17.71		2. John Allevan, 49 DCM 3:17.71		100 YD FREESTYLE		Kenneth Bechtol, 34 1:37.56	
200 BREAST		1. Rowland Stanley, 34 MAM 2:40.43		2. Bill Moyer, 32 UN 2:42.28		3. Don Snyder, 32 MAM 2:50.36		3. Dick Mueller, 48 WY 34.14		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		100 YD FREESTYLE	
1. Rowland Stanley, 34 MAM 2:40.43		2. Bill Moyer, 32 UN 2:42.28		3. Don Snyder, 32 MAM 2:50.36		100 IM		1. John Allevan, 49 DCM 1:13.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Larry Yamahiro, 31 1:09.89	
50 FLY		1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 MAM 1:17.99		1. John Allevan, 49 DCM 1:13.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		John Hoffman, 33 1:15.10	
1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 MAM 1:17.99		200 FREE		1. John Allevan, 49 DCM 2:11.47		2. Nick Berenyi, 45 UN 2:30.40		100 YD FREESTYLE		Kenneth Bechtol, 34 1:37.56	
2. Rowland Stanley, 34 MAM 1:17.99		1. Rowland Stanley, 34 MAM 2:40.43		2. Bill Moyer, 32 UN 2:42.28		3. Don Snyder, 32 MAM 2:50.36		2. Nick Berenyi, 45 UN 2:30.40		3. Henry Hungerford, 45 MAM 2:34.57		100 YD FREESTYLE		100 YD FREESTYLE	
200 FREE		1. Bob Beck, 32 DCM 2:09.07		2. Tom Levickas, 34 WY 2:42.85		100 BACK		1. Hal Begel, 48 MAM 1:11.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Larry Yamahiro, 31 1:09.89	
1. Bob Beck, 32 DCM 2:09.07		2. Tom Levickas, 34 WY 2:42.85		100 BACK		1. Hal Begel, 48 MAM 1:11.02		1. Hal Begel, 48 MAM 1:11.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		John Hoffman, 33 1:15.10	
100 BACK		1. John Dohler, 34 WY 1:22.26		1. John Dohler, 34 WY 2:55.83		200 BACK		1. Henry Hungerford, 45 MAM 0:54.62		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Ken Bechtol, 34 3:09.50	
1. John Dohler, 34 WY 1:22.26		1. John Dohler, 34 WY 2:55.83		200 BACK		1. Henry Hungerford, 45 MAM 0:54.62		2. Nick Berenyi, 45 UN 3:05.19		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Chris Kitchin, 30 1:28.24	
100 BREAST		1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 MAM 1:17.99		1. Fritz Smith, 46 HSC 29.81		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Larry Yamahiro, 31 1:09.89	
1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 MAM 1:17.99		100 IM		1. Hal Begel, 48 MAM 1:11.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		John Hoffman, 33 1:15.10	
2. Rowland Stanley, 34 MAM 1:17.99		1. Rowland Stanley, 34 MAM 2:40.43		2. Bill Moyer, 32 UN 2:42.28		3. Don Snyder, 32 MAM 2:50.36		2. Nick Berenyi, 45 UN 2:30.40		2. Nick Berenyi, 45 UN 2:30.40		100 YD FREESTYLE		Kenneth Bechtol, 34 1:37.56	
200 BREAST		1. Rowland Stanley, 34 MAM 2:40.43		2. Bill Moyer, 32 UN 2:42.28		3. Don Snyder, 32 MAM 2:50.36		3. Henry Hungerford, 45 MAM 2:34.57		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		100 YD FREESTYLE	
1. Rowland Stanley, 34 MAM 2:40.43		2. Bill Moyer, 32 UN 2:42.28		3. Don Snyder, 32 MAM 2:50.36		100 IM		1. Hal Begel, 48 MAM 1:11.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Larry Yamahiro, 31 1:09.89	
50 FLY		1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 MAM 1:17.99		1. Hal Begel, 48 MAM 1:11.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		John Hoffman, 33 1:15.10	
1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 MAM 1:17.99		200 FREE		1. John Allevan, 49 DCM 2:11.47		2. Nick Berenyi, 45 UN 2:30.40		100 YD FREESTYLE		Kenneth Bechtol, 34 1:37.56	
2. Rowland Stanley, 34 MAM 1:17.99		1. Rowland Stanley, 34 MAM 2:40.43		2. Bill Moyer, 32 UN 2:42.28		3. Don Snyder, 32 MAM 2:50.36		2. Nick Berenyi, 45 UN 2:30.40		3. Henry Hungerford, 45 MAM 2:34.57		100 YD FREESTYLE		100 YD FREESTYLE	
200 FREE		1. Bob Beck, 32 DCM 2:09.07		2. Tom Levickas, 34 WY 2:42.85		100 BACK		1. Hal Begel, 48 MAM 1:11.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Larry Yamahiro, 31 1:09.89	
1. Bob Beck, 32 DCM 2:09.07		2. Tom Levickas, 34 WY 2:42.85		100 BACK		1. Hal Begel, 48 MAM 1:11.02		1. Hal Begel, 48 MAM 1:11.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		John Hoffman, 33 1:15.10	
100 BACK		1. John Dohler, 34 WY 1:22.26		1. John Dohler, 34 WY 2:55.83		200 BACK		1. Henry Hungerford, 45 MAM 0:54.62		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Ken Bechtol, 34 3:09.50	
1. John Dohler, 34 WY 1:22.26		1. John Dohler, 34 WY 2:55.83		200 BACK		1. Henry Hungerford, 45 MAM 0:54.62		2. Nick Berenyi, 45 UN 3:05.19		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Chris Kitchin, 30 1:28.24	
100 BREAST		1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 MAM 1:17.99		1. Fritz Smith, 46 HSC 29.81		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Larry Yamahiro, 31 1:09.89	
1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 MAM 1:17.99		100 IM		1. Hal Begel, 48 MAM 1:11.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		John Hoffman, 33 1:15.10	
2. Rowland Stanley, 34 MAM 1:17.99		1. Rowland Stanley, 34 MAM 2:40.43		2. Bill Moyer, 32 UN 2:42.28		3. Don Snyder, 32 MAM 2:50.36		2. Nick Berenyi, 45 UN 2:30.40		2. Nick Berenyi, 45 UN 2:30.40		100 YD FREESTYLE		Kenneth Bechtol, 34 1:37.56	
200 BREAST		1. Rowland Stanley, 34 MAM 2:40.43		2. Bill Moyer, 32 UN 2:42.28		3. Don Snyder, 32 MAM 2:50.36		3. Henry Hungerford, 45 MAM 2:34.57		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		100 YD FREESTYLE	
1. Rowland Stanley, 34 MAM 2:40.43		2. Bill Moyer, 32 UN 2:42.28		3. Don Snyder, 32 MAM 2:50.36		100 IM		1. Hal Begel, 48 MAM 1:11.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		Larry Yamahiro, 31 1:09.89	
50 FLY		1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 MAM 1:17.99		1. Hal Begel, 48 MAM 1:11.02		1. John Allevan, 49 DCM 2:11.47		100 YD FREESTYLE		John Hoffman, 33 1:15.10	
1. Bill Moyer, 32 UN 1:10.90		2. Rowland Stanley, 34 MAM 1:17.99		3. Don Snyder, 32 M											

<u>50 YD BACKSTROKE</u>	
Edward McCullough, 40	1:32.69
<u>100 YD BACKSTROKE</u>	
Edward McCullough, 40	1:12.19
<u>200 YD INDIVIDUAL MEDLEY</u>	
Jeff Zwicker, 41	2:30.54
<u>MEN 45-49</u>	
<u>50 YD FREESTYLE</u>	
Jack Van Horn, 45	1:28.13
Harry Fox, 48	1:28.27
Nick Kakos, 47	1:28.81
Bob Lamb, 45	1:29.81
Douglas Hanson, 46	1:29.99
Rick O. Costen, 47	1:32.37
<u>100 YD FREESTYLE</u>	
Rick Kakos, 47	1:04.82
Douglas Hanson, 46	1:12.08
<u>200 YD FREESTYLE</u>	
Nick Kakos, 47	2:31.67
Pieter Cath, 47	2:41.38
Rick O. Costen, 47	2:52.34
Dennis Mitchell, 45	3:02.19
<u>500 YD FREESTYLE</u>	
Nick Kakos, 47	7:11.36
Pieter Cath, 47	7:24.15
Rick O. Costen, 47	7:47.84
Jack Van Horn, 45	7:52.30
Dennis Mitchell, 45	8:04.89
<u>1650 YD FREESTYLE</u>	
Nick Kakos, 47	24:07.33
Dennis Mitchell, 45	27:09.52
<u>50 YD BACKSTROKE</u>	
Nick Kakos, 47	1:35.18
Jack Van Horn, 45	1:36.71
Bob Lamb, 45	1:38.99
<u>50 YD BREASTSTROKE</u>	
Jack Van Horn, 45	1:34.49
Dennis Mitchell, 45	1:44.29
<u>100 YD BREASTSTROKE</u>	
Jack Van Horn, 45	1:21.03
Pieter Cath, 47	1:28.45
Dennis Mitchell, 45	1:38.98
<u>200 YD BREASTSTROKE</u>	
Pieter Cath, 47	3:18.59
Dennis Mitchell, 45	3:40.92
<u>50 YD BUTTERFLY</u>	
Harry Fox, 48	1:31.30
Jack Van Horn, 45	1:31.70
Rick O. Costen, 47	1:39.20
<u>100 YD BUTTERFLY</u>	
Harry Fox, 48	1:18.97
<u>100 YD INDIVIDUAL MEDLEY</u>	
Jack Van Horn, 45	1:13.12
Harry Fox, 48	1:15.24
Pieter Cath, 47	1:20.76
Rick O. Costen, 47	1:27.27
<u>MEN 50-54</u>	
<u>50 YD FREESTYLE</u>	
John Woods, 54	1:27.03
Barton Anson, 51	1:30.91
<u>100 YD FREESTYLE</u>	
John Woods, 54	1:00.29
Barton Anson, 51	1:11.89
James Unsworth, 53	1:23.42
<u>200 YD FREESTYLE</u>	
John Woods, 54	2:15.52
<u>500 YD FREESTYLE</u>	
John Woods, 54	6:16.49
Barton Anson, 51	7:17.87
<u>1650 YD FREESTYLE</u>	
Barton Anson, 51	25:28.59
<u>50 YD BACKSTROKE</u>	
John Woods, 54	1:34.69
<u>100 YD BACKSTROKE</u>	
John Woods, 54	1:17.57
<u>200 YD BACKSTROKE</u>	
John Woods, 54	2:50.75
<u>50 YD BREASTSTROKE</u>	
James Unsworth, 53	1:45.42
<u>MEN 55-59</u>	
<u>50 YD FREESTYLE</u>	
Don Greetham, 56	1:28.82
<u>100 YD FREESTYLE</u>	
Don Greetham, 56	1:06.36
Harry Anderson, 58	1:24.24
<u>200 YD FREESTYLE</u>	
Don Greetham, 56	2:29.07
Harry Anderson, 58	3:11.76
<u>500 YD FREESTYLE</u>	
Harry Anderson, 58	8:50.64
<u>1650 YD FREESTYLE</u>	
Don Greetham, 56	25:15.73
<u>50 YD BACKSTROKE</u>	
Richard Wolfe, 55	1:40.34
<u>100 YD INDIVIDUAL MEDLEY</u>	
Richard Wolfe, 55	1:24.41
<u>MEN 60-64</u>	
<u>50 YD FREESTYLE</u>	
David Volk, 60	1:30.43
<u>100 YD FREESTYLE</u>	
Dudley Beatty, 62	1:28.35
<u>200 YD FREESTYLE</u>	
Dudley Beatty, 62	3:35.93
<u>50 YD BACKSTROKE</u>	
David Volk, 60	1:34.97
<u>100 YD BACKSTROKE</u>	
David Volk, 60	1:19.34
<u>200 YD BACKSTROKE</u>	
David Volk, 60	3:03.21
<u>50 YD BREASTSTROKE</u>	
David Volk, 60	1:38.11
Paul Krup, 60	1:38.92
Bill Kason, 63	1:50.66
<u>100 YD BREASTSTROKE</u>	
Paul Krup, 60	1:34.14
Jerry Donovan, 63	1:40.99
<u>200 YD BREASTSTROKE</u>	
Jerry Donovan, 63	3:36.85
Paul Krup, 60	3:40.33

<u>50 YD BUTTERFLY</u>	
Paul Krup, 60	1:37.16
Jerry Donovan, 63	1:42.64
<u>100 YD BUTTERFLY</u>	
Paul Krup, 60	1:29.26
Jerry Donovan, 63	1:43.93
<u>100 YD INDIVIDUAL MEDLEY</u>	
Paul Krup, 60	1:32.25
Jerry Donovan, 63	3:39.17
<u>400 YD INDIVIDUAL MEDLEY</u>	
Jerry Donovan, 63	7:40.17
<u>WOMEN - RELAY</u>	
<u>25+ MEDLEY RELAY</u>	
O'H*I*O	2:50.28
(Gulher, Christian, Rhudy, Coen)	
<u>45+ MEDLEY RELAY</u>	
O'H*I*O	2:50.68
(Ferguson, McKillop, Smith, Wunderlich)	
<u>MIXED RELAY</u>	
25+ O'H*I*O	2:15.55
(Gulher, Christian, Shaheen, Beck)	
45+ O'H*I*O	2:20.25
(Smith, Ferguson, Kakos, Van Horn)	
55+ O'H*I*O	2:25.62
(McCuskey, Wunderlich, Volk, Wolfe)	
<u>MEN - RELAY</u>	
<u>25+ FREESTYLE RELAY</u>	
Cudell Recreation (A)	1:45.98
(Thiffault, Williams, McTirer, Yamahiro)	
Cudell Recreation (B)	1:57.06
(DeLanis, Wellinghoff, Epstein, Hinckley)	
<u>45+ FREESTYLE RELAY</u>	
O'H*I*O	1:56.08
(Van Horn, Kakos, Hanson, Fox)	
<u>25+ MEDLEY RELAY</u>	
Cudell Recreation (A)	1:53.11
(Thiffault, Williams, McTirer, Yamahiro)	
Cudell Recreation (B)	1:58.80
(DeLanis, Wellinghoff, Epstein, Hinckley)	
<u>45+ MEDLEY RELAY</u>	
O'H*I*O	2:09.89
(Kakos, Van Horn, Fox, Hanson)	
<u>ORONADO MASTERS</u>	
1650	
Coronado, Cal.	
Dec. 4, 1977	
<u>WOMEN 25-29</u>	
Barbara Dunbar 28	20:26.3
<u>WOMEN 35-39</u>	
Christine Martin	26:00.1
<u>WOMEN 40-44</u>	
Betsy Jordan 40	25:34.7
Adrienne Pipes 43	26:23.0
<u>WOMEN 45-49</u>	
Helga Palmer	24:06.6
Anne Adams 49	24:21.0
<u>WOMEN 50-54</u>	
Margaret George 61	30:26.5
Clementine Thompson 65	38:21.6
<u>MEN 20-24</u>	
Duff Murphy	21:06.7
<u>MEN 25-29</u>	
David Dunbar 27	24:01.6
<u>MEN 30-34</u>	
Tom Miller	27:32.9
<u>MEN 35-39</u>	
Robert Williams	19:37.1
Greg Owin 35	21:32.5
<u>MEN 40-44</u>	
David Lamott 42	24:58.5
Richard Campbell	26:19.8
<u>MEN 45-49</u>	
Neil Palmer	21:26.5
Ken Kinball	24:02.1
Larry Larrimore	24:25.8
Dave Blumenthal	25:12.3
Tom Scootson	25:24.0
<u>MEN 50-54</u>	
Duane Draves	21:38.0
Jim Marcus 53	22:31.0
Bill Davis 54	29:02.2
<u>MEN 60-64</u>	
Don Rankin	22:40.5
Jerry Siefert 60	24:11.4
Yoldemars Miesitis	29:06.7
<u>MEN 65-69</u>	
Tom Lane	41:29.8
<u>LAKEWOOD CHRISTMAS INVITATIONAL</u>	
Lakewood, California	
December 10, 1977 - 25 yd pool	
<u>50 YD FREESTYLE</u>	
Lynn Skrifvars 26*	25.36
Barbara Dunbar 28*	26.39
Marie Latham 29	29.34
Patricia Bradley 25	31.38
<u>100 YD FREESTYLE</u>	
Lynn Skrifvars 26*	2:07.66
Debra Blair 26	2:19.57

<u>50 YD BACKSTROKE</u>	
Patricia Bradley 25	35.02
<u>100 YD BACKSTROKE</u>	
Patricia Bradley 25	1:17.13
<u>200 YD BREASTSTROKE</u>	
Debra Blair 26	3:01.03
<u>50 YD BUTTERFLY</u>	
Barbara Dunbar 28*	28.54
<u>100 YD BUTTERFLY</u>	
Barbara Dunbar 28*	1:02.81
<u>400 YD INDIVIDUAL MEDLEY</u>	
Debra Blair 26	5:39.23
<u>WOMEN 30-34</u>	
<u>50 YD FREESTYLE</u>	
Karen Wight 31	28.39
<u>50 YD BACKSTROKE</u>	
Karen Wight 31	38.22
<u>50 YD BUTTERFLY</u>	
Karen Wight 31	30.81
<u>WOMEN 35-39</u>	
<u>50 YD FREESTYLE</u>	
Christine Martin 36	34.28
<u>200 YD FREESTYLE</u>	
Christine Martin 36	2:49.68
<u>100 YD BACKSTROKE</u>	
Janet Royer 36	1:30.45
<u>200 YD BREASTSTROKE</u>	
Janet Royer 36	3:07.25
<u>50 YD BUTTERFLY</u>	
Janet Royer 36	34.61
<u>Christine Martin 36</u>	
Christine Martin 36	39.76
<u>100 YD BUTTERFLY</u>	
Christine Martin 36	1:30.89
<u>400 YD INDIVIDUAL MEDLEY</u>	
Janet Royer 36	6:08.40
Helen Geoffrion 38	7:03.96
<u>WOMEN 40-44</u>	
<u>50 YD FREESTYLE</u>	
M. A. Rasmussen 42	37.87
<u>200 YD FREESTYLE</u>	
Evelyn Debes 41	3:00.21
<u>50 YD BACKSTROKE</u>	
Barbara Flicker 43	3:04.80
<u>50 YD BUTTERFLY</u>	
Evelyn Debes 41	40.70
Barbara Flicker 43	46.14
Dorothy Scarbrough 40	55.29
<u>100 YD BACKSTROKE</u>	
Barbara Flicker 43	1:42.46
Dorothy Scarbrough 40	2:00.61
<u>200 YD BREASTSTROKE</u>	
Barbara Flicker 43	4:02.69
<u>50 YD BUTTERFLY</u>	
Evelyn Debes 41	41.30
M. A. Rasmussen 42	44.02
Barbara Flicker 43	48.97
Dorothy Scarbrough 40	1:07.64
<u>100 YD BUTTERFLY</u>	
M. A. Rasmussen 42	1:40.00
<u>400 YD INDIVIDUAL MEDLEY</u>	
Evelyn Debes 41	7:08.45
M. A. Rasmussen 42	7:17.96
<u>WOMEN 45-49</u>	
<u>50 YD FREESTYLE</u>	
Shirley Baird 46	47.12
<u>200 YD FREESTYLE</u>	
Anne Adams 49	2:35.33
<u>50 YD BACKSTROKE</u>	
Shirley Baird 46	3:38.19
<u>100 YD BACKSTROKE</u>	
Shirley Baird 46	52.84
<u>200 YD BREASTSTROKE</u>	
Shirley Baird 46	1:52.42
<u>400 YD INDIVIDUAL MEDLEY</u>	
Anne Adams 49	4:05.23
Helga Palmer 48	6:18.44
Helga Palmer 48	6:49.16
<u>WOMEN 50-54</u>	
<u>50 YD FREESTYLE</u>	
Shirley Erickson 54	33.34
Grace Altus 53	41.17
Betty Talbot 51	44.13
<u>200 YD FREESTYLE</u>	
Shirley Erickson 54	2:49.04
Grace Altus 53	3:16.01
<u>50 YD BACKSTROKE</u>	
Shirley Erickson 54	39.96
<u>100 YD BACKSTROKE</u>	
Shirley Erickson 54	1:29.08
<u>200 YD BREASTSTROKE</u>	
Betty Talbot 51	4:22.28
<u>50 YD BUTTERFLY</u>	
Shirley Erickson 54	42.12
<u>100 YD BUTTERFLY</u>	
Grace Altus 53	1:54.82
<u>400 YD INDIVIDUAL MEDLEY</u>	
Grace Altus 53	8:22.64
<u>WOMEN 55-59</u>	
<u>50 YD FREESTYLE</u>	
Rita Simontson 59	39.32
Lorraine Peterson 59	49.58
<u>200 YD FREESTYLE</u>	
Rita Simontson 59	3:08.99
Lorraine Peterson 59	3:53.13
<u>50 YD BACKSTROKE</u>	
Lorraine Peterson 59	54.95
<u>100 YD BACKSTROKE</u>	
Lorraine Peterson 59	1:58.92
<u>200 YD BREASTSTROKE</u>	
Lorraine Peterson 59	4:43.63
<u>400 YD INDIVIDUAL MEDLEY</u>	
Rita Simontson 59	7:35.89
<u>WOMEN 60-64</u>	
<u>50 YD FREESTYLE</u>	
Ruth Ridenour 63	56.24
<u>200 YD FREESTYLE</u>	
Margaret George 61	3:27.68
Ruth Ridenour 63	4:06.91
<u>50 YD BACKSTROKE</u>	
Ruth Ridenour 63	1:10.90
<u>200 YD BREASTSTROKE</u>	
Margaret George 61	4:06.41
Ruth Ridenour 63	5:27.10

<u>50 YD FREESTYLE</u>	
Irene Van Vorst 65	41.14
Dorothea Cole 68	55.37
Grechen Docter 67	55.81
<u>200 YD FREESTYLE</u>	
Maxine Merlino 65	3:21.37
Irene Van Vorst 65	3:34.26
Dorothea Cole 68	4:16.78
<u>50 YD BACKSTROKE</u>	
Dorothea Cole 68	58.41
Irene Van Vorst 65	59.69
<u>100 YD BACKSTROKE</u>	
Irene Van Vorst 65	2:08.30
Grechen Docter 67	2:24.99
<u>50 YD BUTTERFLY</u>	
Grechen Docter 67	1:10.33
<u>400 YD INDIVIDUAL MEDLEY</u>	
Maxine Merlino 65	7:39.41
Grechen Docter 67	11:04.80
<u>WOMEN 70-74</u>	
<u>50 YD FREESTYLE</u>	
Katherine Felton 72	53.85
Elizabeth Mauric 73	1:00.68
<u>200 YD FREESTYLE</u>	
Elizabeth Mauric 73	4:37.41
Katherine Felton 72	4:49.82
<u>50 YD BACKSTROKE</u>	
Katherine Felton 72	1:02.81
<u>200 YD BREASTSTROKE</u>	
Elizabeth Mauric 73	5:29.35
Katherine Felton 72	6:24.10
<u>MEN 25-29</u>	
<u>50 YD FREESTYLE</u>	
Joe Dietrich 25	22.87
Jerry Homstad 28	26.24
David Dunbar 28*	26.51
John Zyskind 26	28.75
<u>200 YD FREESTYLE</u>	
Jerry Homstad 28	2:05.83
John Zyskind 26	2:23.86
<u>200 YD BREASTSTROKE</u>	
Tom Coldren 25	2:30.56
Corey Stanbury 26	2:40.63
<u>50 YD BUTTERFLY</u>	
Corey Stanbury 26	25.17
Tom Coldren 25	26.51
Jerry Homstad 28	27.50
David Dunbar 28*	29.48
John Zyskind 26	33.90
<u>100 YD BUTTERFLY</u>	
Corey Stanbury 26	57.76
Bob Hayes 26	59.18
Jerry Homstad 28	59.88
Tom Coldren 25	1:03.15
David Dunbar 28*	1:10.45
John Zyskind 26	1:18.97
<u>400 YD INDIVIDUAL MEDLEY</u>	
Bob Hayes 26	4:55.43
Corey Stanbury 26	4:56.56
John Zyskind 26	6:00.75
<u>MEN 30-34</u>	
<u>50 YD FREESTYLE</u>	
Jon Bales 33	25.57
William Bradley 30	27.91
<u>200 YD FREESTYLE</u>	
Thomas Thomson 33	2:15.95
Mike Greenberg 31	2:53.80
<u>50 YD BACKSTROKE</u>	
William Bradley 30	33.11
Jon Bales 33	37.38
<u>100 YD BACKSTROKE</u>	
Mike Greenberg 31	1:30.70
<u>200 YD BREASTSTROKE</u>	
Thomas Thomson 33	2:39.12
<u>50 YD BUTTERFLY</u>	
Richard Newquist 33	27.07
Jon Bales 33	28.74
<u>100 YD BUTTERFLY</u>	
Richard Newquist 33	1:02.15
Rick Goode 32	1:02.78
Jon Bales 33	1:13.45
<u>400 YD INDIVIDUAL MEDLEY</u>	
Thomas Thomson 33	5:39.78
Jon Bales 33	5:50.70
Mike Greenberg 31	7:51.90
<u>MEN 35-39</u>	
<u>50 YD FREESTYLE</u>	
Curt Mosso 35	25.79
George Wright 35	25.90
Russell Jackson 36	26.94
Harlan Palmer 35	28.80
Robert Bergstrom 36	31.77
<u>200 YD FREESTYLE</u>	
Robert Williams 35*	2:01.29
George Wright 35	2:13.57
Tom Crocker 35*	2:16.09
Harlan Palmer 35	2:40.49
John Schwarz 36	2:41.90
<u>50 YD BACKSTROKE</u>	
Russell Jackson 36	30.91
Harlan Palmer 35	37.47
Robert Bergstrom 36	38.70
John Schwarz 36	43.51
<u>100 YD BACKSTROKE</u>	
Robert Williams 35*	1:09.21
Russell Jackson 36	1:09.28
Curt Mosso 35	1:15.08
Harlan Palmer 35	1:24.56
Robert Bergstrom 36	1:24.56
<u>200 YD BREASTSTROKE</u>	
Robert Williams 35*	2:43.14
His Pyykko 36	2:49.17
John Schwarz 36	3:10.01
<u>50 YD BUTTERFLY</u>	
Robert Williams 35*	26.24
His Pyykko 36	28.08
Curt Mosso 35	28.74
George Wright 35	

200 YD BREASTSTROKE		
Ernest Hale 67	4:05.12	
50 YD BUTTERFLY		
Reg Richardson 66	36.45	
Ernest Hale 67	41.44	
100 YD BUTTERFLY		
Ernest Hale 67	1:42.93	
400 YD INDIVIDUAL MEDLEY		
Ernest Hale 67	8:41.75	

MIXED RELAYS		
65 & OVER		
200 YD FREESTYLE RELAY		
Long Beach Masters	2:31.74	
Chapin, Merlino,		
VanVorst, Hale		

FINAL RESULTS & STANDINGS
IEA MASTERS' SWIM MEET
SPOKANE, 1/13-15/1978

***IEA Record**

WOMEN 25-29

50 YD FREESTYLE

Susan Gettmann 29 31.85

Susan Gettmann 29 *37.86

50 YD BREASTSTROKE

Mary Beth Phelan 26 34.73

Mary Beth Phelan 26 1:15.89

200 YD BREASTSTROKE

Mary Beth Phelan 26 2:48.22

100 YD INDIVIDUAL MEDLEY

Mary Beth Phelan 26 1:17.67

WOMEN 35-39

500 YD FREESTYLE

Karen Baker 36 12:33.79

1650 YD FREESTYLE

Karen Baker 36 43:07.62

100 YD BACKSTROKE

Karen Baker 36 2:06.40

200 YD BACKSTROKE

Karen Baker 36 4:20.42

100 YD BREASTSTROKE

Karen Baker 36 2:12.24

200 YD BREASTSTROKE

Karen Baker 36 *4:48.90

100 YD INDIVIDUAL MEDLEY

Karen Baker 36 2:10.14

200 YD INDIVIDUAL MEDLEY

Karen Baker 36 4:38.80

400 YD INDIVIDUAL MEDLEY

Karen Baker 36 *9:57.46

WOMEN 40-44

50 YD FREESTYLE

Marvel Kimball 41 33.26

Barbara Long 42 41.49

100 YD FREESTYLE

Nadine Whitehall 43 1:13.30

Marvel Kimball 41 1:15.70

Ann Simpson 40 1:19.57

200 YD FREESTYLE

Marvel Kimball 41 *2:40.00

Nadine Whitehall 43 2:48.68

Ann Simpson 40 2:57.31

500 YD FREESTYLE

Marvel Kimball 41 7:28.59

Nadine Whitehall 43 7:28.91

Ann Simpson 40 8:10.97

1650 YD FREESTYLE

Nadine Whitehall 43 25:36.48

Ann Simpson 40 28:07.31

50 YD BACKSTROKE

Ann Simpson 40 *39.98

Marvel Kimball 41 42.10

Barbara Long 42 52.95

100 YD BACKSTROKE

Ann Simpson 40 *1:31.75

Marvel Kimball 41 1:35.86

200 YD BACKSTROKE

Ann Simpson 40 *3:15.65

Marvel Kimball 41 3:35.34

50 YD BREASTSTROKE

Barbara Long 42 49.90

100 YD BREASTSTROKE

Barbara Long 42 *1:44.80

50 YD BUTTERFLY

Nadine Whitehall 43 *34.40

100 YD INDIVIDUAL MEDLEY

Nadine Whitehall 43 1:23.62

Barbara Long 42 1:44.86

WOMEN 45-49

50 YD FREESTYLE

Gail Gladwell 46 *39.88

Harriett Jacobson 49 49.45

200 YD FREESTYLE

Gail Gladwell 46 *3:42.77

50 YD BACKSTROKE

Gail Gladwell 46 *50.20

Harriett Jacobson 49 1:04.25

100 YD BACKSTROKE

Gail Gladwell 46 DQ

200 YD BACKSTROKE

Harriett Jacobson 49 5:30.10

50 YD BREASTSTROKE

Gail Gladwell 46 *43.31

Harriett Jacobson 49 1:01.56

200 YD BREASTSTROKE

Gail Gladwell 46 *3:39.88

50 YD BUTTERFLY

Gail Gladwell 46 *44.57

200 YD INDIVIDUAL MEDLEY

Gail Gladwell 46 *3:41.50

WOMEN 50-54

50 YD FREESTYLE

Marlah Erwert 54 40.68

Marlah Erwert 54 1:36.52

500 YARD FREESTYLE		
Marlah Erwert 54	*9:33.88	
50 YARD BACKSTROKE		
Marlah Erwert 54	49.31	
100 YARD BACKSTROKE		
Marlah Erwert 54	1:50.70	
200 YARD BACKSTROKE		
Marlah Erwert 54	4:03.13	
50 YD BUTTERFLY		
Marlah Erwert 54	1:02.30	

WOMEN 55-59

50 YARD FREESTYLE

Maureen Schmah 56 *1:06.02

200 YARD FREESTYLE

Maureen Schmah 56 *3:36.55

500 YARD FREESTYLE

Maureen Schmah 56 *12:15.13

50 YARD BACKSTROKE

Maureen Schmah 56 *1:09.78

100 YARD BACKSTROKE

Maureen Schmah 56 1:01.62

200 YARD BACKSTROKE

Maureen Schmah 56 *2:12.64

500 YARD BACKSTROKE

Maureen Schmah 56 4:45.53

100 YARD INDIVIDUAL MEDLEY

Maureen Schmah 56 2:34.24

200 YARD INDIVIDUAL MEDLEY

Maureen Schmah 56 5:33.39

MEN 25-29

50 YD FREESTYLE

Mike Unger 25 30.65

50 YD BACKSTROKE

Randy Hitts 25 30.18

Bob Henager 27 36.20

100 YD BACKSTROKE

Bob Henager 27 1:25.15

200 YD BACKSTROKE

Bob Henager 27 3:02.83

50 YD BREASTSTROKE

Bob Henager 27 33.35

100 YARD BREASTSTROKE

Bob Henager 27 1:24.15

50 YD BUTTERFLY

Randy Hitts 25 27.00

100 YD BUTTERFLY

Randy Hitts 25 1:01.21

200 YD BUTTERFLY

Randy Hitts 25 2:28.69

100 YD INDIVIDUAL MEDLEY

Randy Hitts 25 1:03.64

Bob Henager 27 1:22.75

Mike Unger 25 1:26.69

MEN 30-34

50 YD FREESTYLE

James Hiles 33 24.47

100 YD FREESTYLE

James Hiles 33 55.85

Steve Engel 34 57.93

500 YD FREESTYLE

Steve Engel 34 5:42.68

Dick Hines 31 6:06.72

1650 YD FREESTYLE

Dick Hines 31 *2:10.00

50 YD BACKSTROKE

Dick Hines 31 34.42

100 YD BACKSTROKE

Steve Engel 34 1:11.67

Dick Hines 31 *1:14.63

200 YD BACKSTROKE

Steve Engel 34 2:37.01

50 YD BREASTSTROKE

James Hiles 33 33.12

100 YD BREASTSTROKE

James Hiles 33 1:14.39

200 YD BREASTSTROKE

Dick Hines 31 2:54.49

50 YD BUTTERFLY

James Hiles 33 29.62

Dick Hines 31 30.55

200 YD BUTTERFLY

Steve Engel 34 2:22.60

100 YD INDIVIDUAL MEDLEY

James Hiles 33 1:09.51

200 YD INDIVIDUAL MEDLEY

Dick Hines 31 2:34.15

400 YD INDIVIDUAL MEDLEY

Steve Engel 34 4:58.48

MEN 35-39

50 YD FREESTYLE

Tim Justice 35 26.19

Jack Miller 35 27.70

Gene Sayre 36 32.93

100 YD FREESTYLE

Tim Justice 35 59.40

Gene Sayre 36 1:14.86

200 YD FREESTYLE

Tim Justice 35 2:19.84

Gene Sayre 36 2:48.50

500 YD FREESTYLE

Harry Lewis 35 6:15.61

Tim Justice 35 6:58.10

Gene Sayre 36 7:52.78

1650 YD FREESTYLE

Harry Lewis 35 22:19.78

Gene Sayre 36 27:30.67

50 YD BACKSTROKE

Jack Miller 35 32.78

Gene Sayre 36 41.86

100 YD BACKSTROKE

Jack Miller 35 1:12.49

Gene Sayre 36 1:37.90

200 YD BACKSTROKE

Jack Miller 35 2:42.15

Gene Sayre 36 3:26.71

50 YD BUTTERFLY

Jack Miller 35 29.72

Don Wallace 36 33.10

100 YD INDIVIDUAL MEDLEY

Jack Miller 35 1:13.43

Gene Sayre 36 1:34.15

400 YARD INDIVIDUAL MEDLEY		
Harry Lewis 35	*5:31.35	
MEN 40-44		
50 YD FREESTYLE		
James Davies 43	27.42	
Bruce Magar 43	31.63	
Bill Greene 43	34.92	
100 YD FREESTYLE		
James Davies 43	1:01.99	
Bruce Magar 43	1:10.33	
Bill Greene 43	1:31.88	
200 YD FREESTYLE		
James Davies 43	2:24.32	
Chet Hall 40	*2:35.22	
George Spomer 40	2:44.38	
500 YD FREESTYLE		
James Davies 43	6:32.50	
Chet Hall 40	*7:00.00	
George Spomer 40	7:47.33	
1650 YD FREESTYLE		
James Davies 43	22:04.71	
200 YD BACKSTROKE		
Chet Hall 40	*3:02.11	
50 YD BREASTSTROKE		
Bruce Magar 43	40.60	
100 YD BREASTSTROKE		
Bruce Magar 43	1:31.73	
50 YD BUTTERFLY		
James Davies 43	30.67	
Bruce Magar 43	41.29	
Bill Greene 43	45.00	
100 YD BUTTERFLY		
James Davies 43	1:13.36	
200 YD BUTTERFLY		
James Davies 43	2	

MASTERS SWIMMING NOTES

FROM YOUR NATIONAL CHAIRMAN - TED HAARTZ- It might be well to explain once again that all times to be submitted and considered for National Masters Records, Top Ten and All American "must be made in actual sanctioned A. U. Masters competitive meets or events". Art. IX C, 6, a of the 1978 Swimming Rules. This, by definition, excludes times that may have been performed under other circumstances such as "time trials" at the local college or high school pool. Simply stated, if the time is not performed with a legal AAU Masters sanction, it is not eligible for national recognition. In line with this problem is the misinterpretation of "freestyle event". Rule XII B, 3, a, 5 states in part "Records set in freestyle events can be submitted only as freestyle records, regardless of the stroke or strokes used." If you want to swim a 200 fly for national consideration, swim a sanctioned 200 fly event. If you want a time for yourself, swim it in a freestyle event if you wish, but don't ask to have it considered. These rules apply to the official list of events of the Masters program. There is no prohibition on meet directors to run events in their meets for which records are not kept. Many meet results come in with 25 yard races and 400 yard relay races, underwater swims and plunges for distance. There is likewise no prohibition against holding a dual meet with a local college or high school. These can be real fun events and they also serve to publicize the program at levels from which future masters will be coming. One last thought pertains to the Masters One-Hour Swim and the Masters Long

Distance Swimming Committee, which is chaired by our friend and Masters Swimmer, Dale Petranec. His address is: 2059 Huntington Ave., #1112, Alexandria, VA 22303, should you have questions with regard to these events.....

1978 RANSOM J. ARTHUR AWARD COMMITTEE - Bob Beach has named his committee for this year as follows: ROBERT E. BEACH, Chairman, 545 First Avenue North, St. Petersburg, FL 33701; JIM FORBES, Vice Chairman, (Zone III), 8 Cambridge Ct., Bethpage, NY 11714; PEG PICKENS (Zone II), 3107 Westador Ct., Arlington, TX 76015; TOD SPIEKER (Zone I), 24 Hawthorne Dr., Atherton, CA 94024; JOANNE MENARD (25-29), 1104 E. Loyola Dr., Tempe, AZ 85282; JENNIFER PARKS (30-39), 4485 Janice Lee Dr., Okemas, MI 48864; KIRK CANTERBURY (40-49), 6616 Rocky Falls, Charlotte, NC 28211; JANE MCCOLLISTER (50-59), 653 Las Colindas, San Rafeal, CA 94903; JOHN HIGGINS (60-69) Physical Ed. Dept., U.S. Naval Academy, Annapolis, MD 21402; and FRANCES WATKINS (70-79), 5538 Harper Ave., Chicago, IL 60637.....

FROM THE NAUTILUS AQUATIC CLUB NEWSLETTER - "Swimmers are the only athletes in the world who can claim that bloodshot eyes are a sign of good physical condition!".....

SLOWING DOWN WITH AGE? - From DC Masters Wave Maker - When the Masters swimming program began, some of us wondered whether people would get discouraged when they watched their times deteriorate with age. Have your times been getting slower? We have been holding Masters meets since 1972, and after 6 years I was surprised to find my times mostly still improving. Last year, I achieved best times in several short course events and some in long course. Meredith Smith, another original DC Master went to Florida last year and set national records with his best times in breaststroke events.

200 yd Freestyle Chuck Harrison 51	2:41.10	50 yd Backstroke Syd Hendy 64	1:40.40
100 yd Backstroke Lee Miesen 50	1:51.90	100 yd Backstroke Syd Hendy 64	1:27.30
50 yd Breaststroke Lee Miesen 50	1:38.60	200 yd Backstroke Syd Hendy 64	3:22.00
100 yd Breaststroke Lee Miesen 50	1:26.70	50 yd Freestyle Bob Schmidt 62	1:43.00
200 yd Breaststroke Lee Miesen 50	3:13.40	100 yd Breaststroke Bob Schmidt 62	1:45.00
50 yd Butterfly John Koruga 50	1:38.10	<u>MEN 65-69</u>	
100 yd IM John Koruga 50	1:30.50	50 yd Freestyle John Hoey 68	1:37.50
Lee Miesen 50	1:35.10	100 yd Freestyle John Hoey 68	1:34.50
<u>MEN 55-59</u>			
100 yd Freestyle Earl Walter 56	1:11.60	200 yd Freestyle John Hoey 68	3:37.60
500 yd Freestyle Earl Walter 56	7:42.70	500 yd Freestyle Don Stevenson 65	8:16.90
Jim McGregor 56	8:09.10	John Hoey 68	10:43.50
100 yd IM Earl Walter 56	1:19.00	50 yd Backstroke Don Stevenson 65	1:43.30
Earl Walter 56	1:19.60	John Hoey 68	1:45.60
<u>MEN 60-64</u>			
50 yd Freestyle Syd Hendy 64	1:35.80	100 yd Backstroke Don Stevenson 65	1:36.80
Bob Schmidt 62	1:37.50	Bob Hunter 66	2:11.40
Jim Grange 60	1:50.50	200 yd Backstroke Don Stevenson 65	3:31.30
500 yd Freestyle Tom Drake 61	10:24.00	Bob Hunter 66	4:40.50

<u>MEN 70-74</u>	
50 yd Freestyle James Glandon 70	1:39.00
100 yd Freestyle James Glandon 70	1:31.40
200 yd Freestyle James Glandon 70	3:40.00
<u>RELAYS</u>	
200 Medley 25+ OMSC (Schaumburg, Boer, Hart, Kribs)	2:32.20
<u>WOMEN 25-29</u>	
Darlene Pohl 27	22:52.56
Sue Snyder 28	25:06.81
Heather Burt 25	28:35.22
<u>WOMEN 30-34</u>	
Janet Kerr 30	23:49.34
Alice Zabudsky 33	24:36.25
Jayne Chastain 32	25:43.52
<u>WOMEN 40-44</u>	
Heidi Slawson 40	41:02.25
<u>WOMEN 50-54</u>	
Diane Edwards 50	32:04.08
<u>WOMEN 55-59</u>	
Jackie Michel 55	40:44.10
Elfie Stevenin 56	47:36.51
<u>WOMEN 65-69</u>	
Hazel Bressie 69	59:21.10

<u>MEN 25-29</u>	
Jim Eagon 25	21:39.71
Trond Williams 28	22:24.63
Willie Merger 29	22:41.39
Don Merritt 27	24:02.27
John Patterson 28	26:45.78
Ted Gilbert 28	27:42.04
Jerry Peterson 29	34:45.98
<u>MEN 30-34</u>	
Doug Crichton 30	24:48.09
<u>MEN 35-39</u>	
Charles Schaumburg 39	22:08.62
Bill Muter 35	23:05.43
Joe Nanry 37	23:42.72
Kenneth Shibley 35	27:58.35
<u>MEN 40-44</u>	
Dick Slawson 42	25:06.27
Jim Bigler 42	26:12.83
Dave Eng 40	27:12.17
Don Howard 40	30:16.08
<u>MEN 45-49</u>	
Fred Sprenger 46	22:14.20
Walter Harr 47	50:14.56
<u>MEN 50-54</u>	
Lee Miesen 50	29:16.86
<u>MEN 55-59</u>	
Jim McGregor 56	28:14.47
<u>MEN 60-64</u>	
John Downey 62	29:41.45
<u>MEN 65-69</u>	
John Hoey 68	36:10.57

DIVING TITLES

LONG BEACH PLAZA MASTERS
DIVING INVITATIONAL
February 5, 1978

1 and/or 3 METER DIVING

<u>MEN</u>	
John Samuelson 30-39	456.45
Gregg Shuff	398.90
Fred Fox	393.80
Felix Grossman 40-49	324.10
Lyle Felderman 50-59	286.15
Doug Rucker	235.20
Peter Baxter	157.80
Dal Stauffer 60-69	254.45
Bill McAllister	236.40
John Riley	201.15
<u>WOMEN</u>	
Ida Wilson 40-49	282.05
Lois Wood	268.20
Lillian Felderman 50-59	191.30
<u>ALL-AROUND HANDICAP DIVING</u>	
Bill McAllister	378.65
Lyle Felderman	367.05
Fred Fox	358.30
John Samuelson	342.05
Dal Stauffer	341.10
John Riley	336.10
Ida Wilson	335.71
Doug Rucker	319.37
Felix Grossman	308.33
Greg Shuff	286.25
Lillian Felderman	250.62

Ed Emes last year did a best time in the 50 fly after all these years. Dale Petranec is doing about 4 or 5 minutes faster than he originally did in the 1650 free. Dave McAfee is also aging painlessly. John Flanagan has been in the Masters program since the beginning and kept improving to be national champion in fly in 1976 at the LC nationals. Many of our women like Sue Kreplin and Patric Mills are still lowering their times. The only lesson from all this is that it is too early to see any slowing with age. Speed swimming depends not only on age, but skill and conditioning too. Whatever age does, we seem to have compensated for it.....

1978 LONG COURSE NATIONALS - Entry form and information for the LC National meet will be included in the packet all participants will receive at the SC Nationals. Therefore, it will not be necessary to write for an entry form if you are going to attend the SC Nationals in Texas.....

ENTRIES FOR NATIONAL CHAMPIONSHIPS - Rule 8, e, states: "Competitors may enter seven and swim in a maximum of 5 individual events in a three-day National meet and 6 individual events in a four-day National meet with a maximum of 3 individual events per day." So, you may only enter seven events in our National Championships and will have to scratch two events in a three day meet and 1 event in a four day meet.....

OLYMPIC GAMES FOR MEDICAL PERSONNEL - The World Medical Games - or an Olympic Games for medical personnel - is being organized in France. Physicians, dentists, pharmacists, and veterinarians of all countries throughout the world are invited to attend. The Games will take place on June 11 through 18, 1978, in Cannes, a resort town on the French Riviera. The Games will include competitions in T&F, swimming, golf, etc. If interested in attending this new symposium-competition contact Le Quotidien du Medecin, 7, Avenue de la Republique, 75011 Paris, France.

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SWIM-MASTERS - RENEWALS & MAILINGS - This is the first issue that I have tried by Bulk Mailing. One of our subscribers suggested this type of mailing and I found that the postage permit could be printed with the back page (thus saving time to affix stamps) and the time taken to affix stamps could be used for organizing for bulk mail. As the cost of paper and printing continually goes up (as everything else) we can avoid a rate increase (except for Canada due to the devaluing dollar) for the present. Canada & Foreign subscribers will still have first class mail service. However, with bulk mailing bills may not be sent therefore a new system for renewals will have to be implemented. Note the upper right hand corner of the Subscription Form. If the TIME TO RENEW box has an X it will be time for you to renew. Also, the code number on your label will be changed with the next issue. The Code to be used will be your expiration date. The first digit will be the last issue that you will receive and the last two digits will be the year in which you will receive that last issue. Also, with your last issue will be an X in the TIME TO RENEW box.

CORONADO MASTERS TEAM - Alicia Horst, 571 Marina Ave., Coronado, CA 92118

MAR 19, MAY 28, JUL 30

PACIFIC NORTHWEST ASSOCIATION - Tom Foley, 10011 - 40th S.W., Seattle, WA 98146

APR 7-8, APR 29-30, JUL 15-16, AUG 12-13

MICHIGAN ASSOCIATION - Henrietta Kryskalla, 3065 Bendelow Rd., Rochester, MI 48063

MAR 12, APR 23, APR 29-30

WISCONSIN ASSOCIATION - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108

MAR 18-19, APR 8

JAPAN - MASTERS SWIMMING FESTIVAL - Katsuo Uzawa, SWIMMING LIFE, Tobiuo Service Co., Ltd., Sanrin-Shibuya Bldg., 3-26-20, Shibuya, Shibuya-Ku, Tokyo, Japan - MAR, JUN, OCT

LONG DISTANCE OCEAN SWIMS - approx 4 mi each - Betty Talbot, 8328 Stewart Ave., L.A., CA 90045
MAR 25-Redondo Beach; APR 30-Seal Beach; MAY 20-Mid-Catalina Channel

DIVING - Bill McAlister, 14407 Road 23-1/2, Madera, CA 93637

MAR 25, APR 29-30, JUL 9, AUG 6, SEP 2, OCT 14, NOV 4

WAIKIKI SWIM CLUB - Matthew J. Yingling, 2952A Park St., Honolulu, HI 96817

MAR 19, APR 2, APR 23, MAY 7, JUN 4, JUN 18, JUL 9, JUL 23, AUG 13

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SWIM CALENDAR

Continued on page 13

APR 8-9 Topeka Masters - Linda Hagler, 225 W. 12 Topeka, KS 66612

MAR	11	DC Masters - David McAfee, 510 Broad St., Falls Church, VA 22046
	11	Crawfish Open - Paul Herbert Jr., 8438 Wartelle Ave., Baton Rouge, LA 70806
	11-12	Ozark Assn. - David McIntyre, 517 Elizabeth Dr., St. Louis, MO 63119
	12	St. Charles - Meredith Scanlon, 71 McKinley St., St. Charles, IL 60174
	12	Salem, OR - Connie Wilson, 8383 SE Battin Rd., Portland, OR 97266
	17-19	Spokane - Harry Lewis, East, 944-39 Ave., Spokane, WA 99203
	18	Powel Crosley YMCA - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	18	New Jersey - Bob Walden, 93 Sagamore Dr., New Providence, NJ 07974
	25	Pine Crest - Jan Miller, 6340 NE 20 Terr., Ft. Lauderdale, FL 33334
APR	1	OR Champ. - Connie Wilson, 8383 SE Battin Rd., Portland, OR 97266
	1	Lake County Y - Cathy Witkowski, 4703 Marigold Rd., Mentor, OH 44060
	1	Yale University - Jane Hardy, 49 Wilson Ave., Rowayton, CT 06853
	2	Minnesota - George Hill, 241 Dawn Ave., St. Paul, MN 55112
	1-2	O*H*I*O SC - O*H*I*O Masters, P.O. Box 922, Massillon, OH 44646
	7-9	Southern Regionals - Joe Biondi, 216 Elizabeth Ave., Clearwater, FL 33515
	5-22	Far East Tour - Crenes World Travel, 8311 Louise Ave., Northridge, CA 91325
	8	Australian Nationals - Gary Stutsel, 299 Bexley Rd., Bexley North, N.S.W. AUS 2207
	8-9	YMCA - Donna Snyder, 555 S. 2 St., Louisville, KY 40202
	8-9	U of NM - Sam Jones, Johnson Gym, U of NM, Albuquerque, NM 87131
	14-16	PA SC Champ. - Verne Scott, Davis Aquatic Masters, P.O. Box 921, Davis, CA 65616
	15	North Miami - Virginia DiFederico, 776 NE 125 St., North Miami, FL 33161
	8-9	Texas State Meet - Joanita Reed, Rt. 1, Box 208KK, San Antonio, TX 78218
	15-22-23	Regionals - Don Rankin, 11731 Heathcliff Dr., Santa Ana, CA 92705
	21-23	Englewood, CO - Jack Buchanan, 29195 Hinstead, Evergreen, CO 80439
	22-23	New England - Judy Puleston, 95 Mathewson Rd., Barrington, RI 02806
	22-23	York Dutch - Cal Schaeffer, 47 E. Philadelphia St., York, PA 17401
	28-30	Dogwood Festival - Maureen Gallagher, 3506 Buford Hwy. 1-3, Atlanta, GA 30329
	29-30	1978 SC - Will Worley, 1001 Village, College Station, TX 77840
MAY	12-14	YMCA Nationals - Lou Falk, YMCA, 1000 N. Market St., Frederick, MD 21701
	19-22	NATIONAL SC CHAMP. - Bud Dallmann, 435 Kerlick Ln., New Braunfels, TX 78130
	20-21	NATIONAL DIVING CHAMP. - Jim Stevens, 7590 Harcourt Rd., Indianapolis, IN 46260
	25-29	VIRGINIA MASTERS SWIM CAMP - P.O. Box 6546, Charlottesville, VA 22906
	26-28	St. Pete LC - Bob Beach, North Shore Pool, 901 North Shore Dr. NE, St. Pete, FL
	28	Whitefish Bay - Morgan Byers, Whitefish Bay H.S., 1200 E. Fairmont Av, Milwaukee, WI
JUN	3-4	Canada LC - Eleanor Jarvis, 590 Ruthburn Rd., Etobicoke, Ontario M9C 3T3
	3-4	Dad's Club LC - Jo May & Stan Flanagan, 1405 Pine Chase, Houston, TX 77055
	4	PA SC Relays - Verne Scott, Davis Aquatic Masters, P.O. Box 921, Davis, CA 95616
	11	O*H*I*O LC - OHIO Masters, P.O. Box 922, Massillon, OH 44646
JUL	8-15	WIU Swim Clinic Summer - Paul Hutinger, 815 N. Charles, Macomb, IL 61455
	22	NATIONAL LONG DISTANCE - Edie Gruender, 3329 N. Valencia Ln., Phoenix, AZ 85018
AUG	20-30	First Senior Age Division Competition - Canada '78 - 559 Jarvis St., Toronto M4Y 2J1
	26-28	NATIONAL DIVING CHAMP - Fred Fox, 30162 Branding Iron Rd., San Juan Capistrano, CA
	31-SEP	1-2 NATIONAL LC CHAMP - Enid Ulrich, 25 Lafayette Rd., Newton, MA 02162