



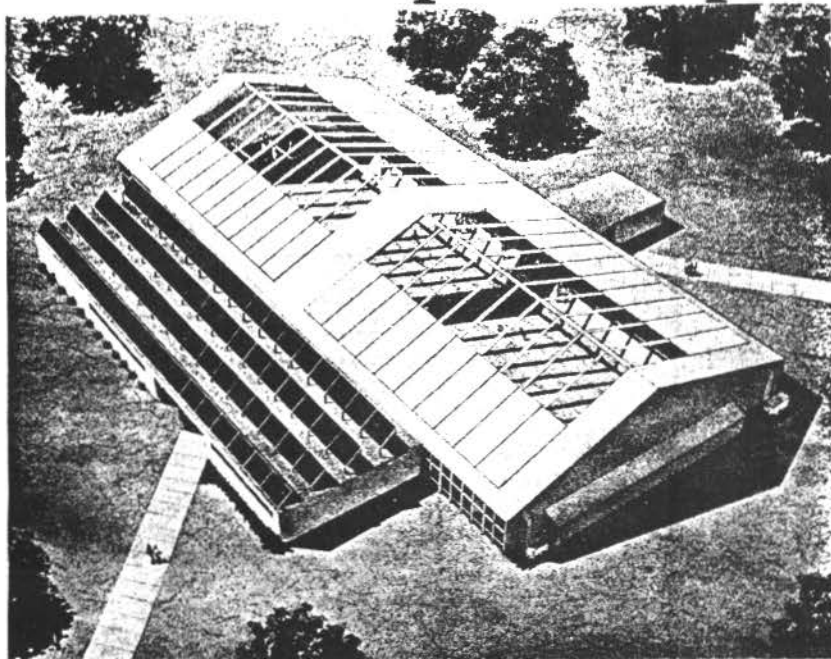
SWIM-MASTER

VOL VII - No 4

USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS

MAY 1978

\$1.3 million pool complex



1978 NATIONALS San Antonio

BLACK WINDOWS at the left below the pool roof are solar energy collectors designed to maintain pool water temperature between 75 and 80 degrees. The roof panels at the top of the building are made of nearly-transparent reinforced fiberglass and are motorized to be effortlessly opened when the weather cooperates.

A unique solar heated, enclosed community pool is under construction in San Antonio, Tex. for the Northside Independent School District.

The design for the bond issue funded indoor-outdoor pool looks to some like a green house. This image is created by motorized fiberglass roof panels which can be opened during the warm months.

A sun deck compliments the outdoor facilities, while solar heated pool water will provide continuous use by swimmers and divers during San Antonio's coldest weather.

Solar heating equipment costing \$130,000 will, at current energy prices, pay for itself during the next nine years according to solar engineer Bill Wallis.

There will be dressing facilities for 126 lockers for men and 122 for women with side space for expansion to 165.

Pool space

The pool space is enclosed with a low-pitch gable roof structure framed with aluminum box beams. The roof material is a translucent

sandwich panel of fiberglass-reinforced polyester, providing a diffuse natural light in the space.

About one-half of the roof area is comprised of motorized panels which slide down to open up the center half of the structure. The side walls are sliding glass doors to provide additional natural ventilation. The end walls are metal sandwich panels with a perforated interior surface for sound control. This particular enclosure structure was chosen because of the quality of light it provides in the space and because it economically provides a weatherproof structure which can be opened to the outside in warm weather.

Swimming pool

The pool is 60 feet wide and 169 feet long — 10,140 square feet of surface area.

There is 6760 square feet of concrete deck area around the pool. This is a deck level pool, so designed to provide easy access and superior control of surface

turbulence.

The pool varies in depth from four feet to twelve feet with a large area about seven feet deep for water polo. The pool is eight racing lanes wide and is equipped with two rolling bulkheads. With the bulkheads stored at one end the pool is fifty meters long. The bulkheads can be positioned to divide the pool into two 25 yard courses or one 25 yard course and one 25 meter course. They can also be used to define a water polo field or divide off the diving area. Two one-meter diving stands and one three-meter stand are provided. The pool has starting blocks on both ends and ladders on the long sides only. An electronic scoreboard is provided which can be used for racing and water polo.

The pool tank is poured concrete with a heavy-duty epoxy coating specially designed for pools. This coating is easily re-applied and has a life span of three to five years. Lane lines and

turn targets are of the same coating. The tank incorporates an underwater window which is accessible from the sub-grade pump room.

The pool is equipped with a pool cover on portable reels. The cover consists of lightweight plastic blankets with sealed air pockets and floats on the water surface. The cover sections will be reeled out to cover the pool at night during the cold season since, for operational economy, the pool space will not be heated when not in use. The heat retained in the pool water reduces the gas consumption for the boiler which supplements the solar heating system and it is projected that the pool cover will pay for itself in one season in reduced heating costs.

Spectator area

Six tiers of seats for 700 spectators are located along one of the long sides of the pool space. Adjacent to these is a small lobby and restrooms. Spectators will be confined to this one side of the pool and not allowed in the main service area on the other side which will be reserved for swimmers only.

Service area

The service area consists of control and office areas, locker rooms, shower and toilet areas, equipment storage and mechanical areas. A central control desk is provided in a small lobby. The dressing areas open off each side of the lobby. Monitored basket rooms are provided on each side for use when the pool is used as a public recreational facility. Lockers for 125 are provided on each side for use when the pool is used for instructional or competitive programs.

An office immediately adjacent to the pool and accessible through sliding glass doors is provided for use by coaches. There is an additional private office for the pool manager. The office area is air-conditioned. Other areas are heated and ventilated.

Cost

The estimated cost of the facility is just under \$1,302,000. Of this approximately \$375,000 is attributable to the structural enclosure of the pool space \$55,000 to pool equipment including bulkheads, \$10,000 to the pool cover and about \$100,000 to the solar water heating system. Δ

THE FOUNTAIN OF YOUTH SWIM PROGRAM

by Richard Bober

In 1513, or there abouts, Juan Ponce de Leon was the first person of modern civilization to try and discover that mythical Fountain of Youth. He searched throughout what is today the southeastern United States, and his efforts were excruciatingly unsuccessful. Others attempted to locate this famous water, but they too were disappointing failures.

To this very day, the Eighth Natural Wonder of the World has not been found. But there is clear evidence that the Fountain of Youth has been within the domain of mankind for thousands, or even millions, of years. It is believed to be the swimming pool!

There is proven research to demonstrate that a year round exercise program can slow down the aging process. Masters swimming, the newly discovered Fountain of Youth, is just that potion that many individuals use to delay the aging process. Specifically, masters swimming is an adult exercise program that stresses cardiovascular endurance and physical fitness.

Masters swimming is for all kinds of people. There are those who swim for recreational purposes, and then there are those who train to participate in competitive meets. Masters swim meets provide individuals an opportunity in evaluating their personal training programs; attain certain goals; reinforce attitudes pertaining to regular exercise; and the fellowship of being with people who share the same kinds of attitudes toward life. The best part about masters competition is that no one is discriminated against because of ability.

With the advent of masters swimming in Charlotte, NC in 1972, our swimmers have been very successful in competition on the national, regional, and local levels. In 1976 Kirk Canterbury set two national records in the 40-44 age group. His accomplishments came in the 200 yd butterfly and the 400 mtr I.M. He has also attained national top ten rankings in other events. Jim Edwards, who now resides in Alabama, placed first in the 50 yd free in the 25-29 age group at the 1974 National AAU SC Masters Swimming Championships. He too has had several top ten rankings. Other local swimmers who have accomplished national top ten recognition include Richard Bober (25-29), Ken Hungate (25-29), and John Huson (40-44).

Of course, competition is not the only means one can use in evaluating himself. Other forms of evaluation can include The Red Cross' 50 Mile Swim and Stay Fit Program or The President's Council on Physical Fitness and Sports Award for Swimming. Another evaluative measure can be the Aerobic Point System as developed by Dr. Kenneth H. Cooper in The New Aerobics. Many people develop their own criteria for evaluating themselves; some swim the mileage of the English Channel, Mississippi River, or the Nile River. The important thing to do is always keep abreast of your progress.

Why should I participate in Masters Swimming? This is a question that many of our friends and relatives often ask; and embarrassingly, we are at a loss for words! Hopefully, the list below will make us a little more intelligent. Now for some answers to the above question: 1) it's fun; 2) cardiovascular fitness; 3) lower blood pressure; 4) a stronger heart muscle and organ; 5) prevention of heart diseases; 6) slower pulse rate; 7) lower levels of cholesterol; 8) better glucose tolerance; 9) lower levels of triglycerides; 10) to loose weight; 11) look and feel younger; 12) fight the aging process; 13) endurance; 14) stamina; 15) smaller waist line; 16) to relax better; 17) improved body chemistry; 18) wiser; 19) prevention of diabetes; 20) fewer medical problems; 21) more friends; 22) better sleeping habits; 23) agility; 24) less fatigue; 25) improved motor movement; 26) flexibility; 27) improved reflexes; 28) balance; 29) improved reactions; 30) dexterity; 31) co-ordination; 32) muscular endurance; 33) improved posture; 34) improved figures or physique; 35) better muscle tone; 36) improved nervous system; 37) improved body perception and senses; 38) stronger



RICHARD BOBER

better lungs; 56) rehabilitation; 57) to stop smoking; 58) better eating habits; 59) more philosophical; 60) etc.

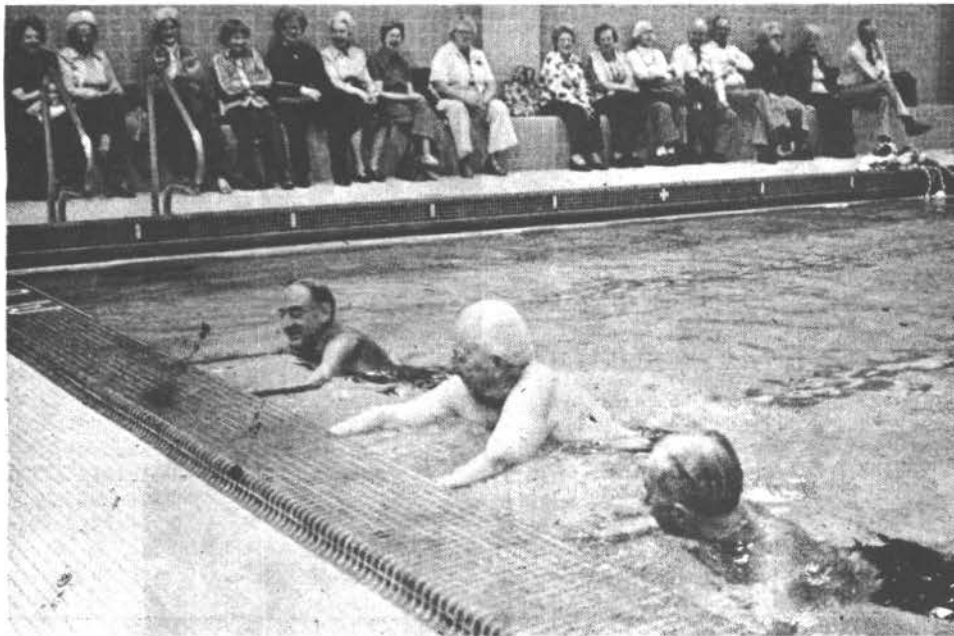
What are the best methods for working out? - In starting a physical fitness program of swimming, there are some rules you should use as a guideline to more enjoyment and pleasure in the water: 1) Get a medical examination; 2) Swim a minimum of 1,000 yards per workout; 3) Workout a minimum of three times a week for no less than thirty minutes each time; and 4) Swim the competitive strokes only. There are many kinds of workouts for all kinds of people with all kinds of needs. There are workouts for those who like to swim long distances (events of 400 yds or more in competition), middle distances (200 yd races) and sprints (50 and 100 yd races in all strokes). Listed below are some suggestive workouts. Hopefully, they will help you organize your own workouts because one of the biggest thrills in swimming is creating your own workout!

Three types of workouts for the new prospect: 1. 1000 yds swim one length, get out of pool at completion of that length and walk back to start, repeat the swim of a length up to 40 times. For the person who is in no kind of physical shape, it will be very difficult to complete 40 lengths the first few times. Just do as many as you can, but do try to stay in the water for a minimum of 30 minutes. 2. 1000 yards (30-34 mins.) Warm up 300 yds - rest 2 min, 2 x 200 - choice of stroke with 2 min rest intervals between each attempt, 2 x 100 - choice of stroke - rest 1 min, 6 x 25 - choice of stroke - rest 30 sec. 3. 1200 yds (30 min) - warm up 400 yds - rest 2 min, 1 x 200 free, rest 2 min, 2 x 100 - choice - rest 2 min, 5 x 50 - choice - rest 1 min, 6 x 25 - choice - rest 30 sec.

Three types of workouts for the intermediate: 1. 1450 yds (35 min) - 1 x 500 free - rest 2 min, 2 x 200 - choice on 5 min (Swimming 2 x 200 yd free on the 5 min refers to the amount of rest one can take during an interval. The idea is to swim the distance in a certain time with the balance of the allotted time to be used as a rest period. When the clock reaches 5 minutes of duration, another 200 is to be attempted.), 4 x 50 - free pull on 1:15 min, 3 x 50 - free kick on 1:15 min, 4 x 50 - free on 1:10 min. 2. 1500 yards (35-45 min) warm up 600 - IM kick 200, IM pull 200, IM swim 200, 5 x 100 - choice on 2 min with 5 sec rest after each 25, 5 x 50 - free on 1:30, 5 x 50 - choice on 1:30. 3. 1650 yards (45 min) - warm up 400 - each length alternating between two strokes, 6 x 100 - free on 2:00, 4 x 100 - choice on 2:15, 5 x 25 - fly on :45, 4 x 25 - free on :30.

Three types of workouts for the "big dreamer" or highly skilled: 1. The Hutinger Workout (1500 yards, 30-40 min) - warm up 200 yds, 10 x 50 free on 1:00, 4 x 50 kick on 1:15, 5 x 100 IM on 2:00, 100 yds easy cool down. 2. 2000 yards (35-50 min) - warm up 500 - one length easy, two lengths hard, etc., 5 x 200 - free on 3:00, 4 x 50 - free kick on 1:30, 4 x 50 - full free on 1:15, 4 x 25 - choice on :30 (one break). 3. 3000 yards (60 min) - warm up 800 - one length right arm, one length left arm, one kick, one length pull, one length swim, etc., 6 x 200 = IM with 30 sec rest, 8 x 50 - free on 1:00 progressive (each 50 faster than the one before, 6 x 50 - fly on 1:00 progressive, 6 x 50 - back on 1:00 progressive, 200 yds each cool down (optional). There should be no more than 2 minutes rest between each of these sets.

HEALTH HINTS



left to right: Mr. Abraham Olanoff, Master Swimmer; Robert D'Orsi, Murphy Senior and Fred Harrison, Murphy Senior.
(photo by Chris Hingston)

SENIOR SWIM DEMONSTRATION at the MURPHY SCHOOL by Karen Miller

People, young and old, all over the country and the world are swimming "for the health of it". The physical, social and mental benefits of swimming are numerous. An organization comprised of swimmers of all ages is the AAU Master Swim Program. Currently there are more than 6,000 members nationwide who enjoy the benefits of regular swimming. Exercising in the water is also encouraged; most exercise is more beneficial when done in water than on land. Dr. Paul Hutinger, a dedicated Masters Swimmer reports "The many physical changes brought about through training are actually the closest thing to an anti-aging pill available".

One part of the program features age-group competition for adults over age 25. A grandmother of 75 says "I never swam competitively in my life and we have some people in our group who didn't even know how to swim before they joined".

Having found out about such a unique and successful swim program I quickly contacted the Master Swim Committee Chairperson, June Krauser in Fort Lauderdale, Florida who referred me to the local chapter in Newton Lower Falls. I was then given the name of Mr. Abraham Olanoff who agreed to do a free senior swim demonstration at the Murphy School on November 18, 1977.

He gave a very informative and enjoyable pool demonstration for swimmers and non-swimmers. Robert D'Orsi and Fred Harrison, regular Murphy lunch participants joined him in the pool, while 30 others watched him from pool-side. Mr. Olanoff demonstrated the different types of strokes for the swimmers and pool exercises for the non-swimmers.

Mr. Olanoff is 71 years old and successfully swims competitively in regular Masters Swim meets. He only started swimming 5 years ago after he retired. Having learned he had a fractured disc in his back, on his doctor's advice, he started swimming to build up his back muscles and regain the support he needed to walk. He joined Masters Swimmers and is in "great shape" as many of the Murphy Seniors readily commented.

Many people mistakenly feel that swimming must be learned early in life and done throughout life in order to be effective. Mr. Olanoff was able to prove otherwise. Some of the many benefits of regular pool use, as Mr. Olanoff pointed out, are improved cardiovascular and respiratory efficiency, lower blood pressure, improved muscle tone, aid in weight reduction and control, and relief from daily accumulated tensions and anxieties.

If you are interested in swimming your way to better health, contact your local YWCA, YMCA, municipal pool, community school, and/or recreation center.



BUSTER CRABBE

Crabbe Takes Eight Gold Medals — at Golden Age Olympics

SANFORD, Fla. — Move over, Mark Spitz. The record set at the Munich Olympic Games for a single swimmer winning seven gold medals has just been shattered.

Performing this astounding feat was none other than Buster Crabbe, whose previous gold medal was won for the U.S. in the 1932 Olympic Games. Forty-five years later Crabbe has returned to swim to victory in eight straight events — at the annual Golden Age Olympics.

Accepting his octet of gold at the Sanford Games, Crabbe quipped: "I'll swim Spitz anytime, any place. . . if he'll make my age group."

Spitz, however, will have to wait awhile to become eligible for the Golden Age Olympics. The competition is open only to participants 55 years or older. Sponsored each year by the Sanford Chamber of Commerce, the games events run from pinocle to shuffle board to track. Some categories are suitable to entrants in wheel chairs.

Acting as an ex-officio pace-setter in the swimming competition, Crabbe swam for his honorary awards this year as part of his continuing efforts to promote physical fitness among all age groups.

In another capacity, he is executive director of Cascade Industries which manufactures Buster Crabbe Swimming Pools.

REMEMBER WHEN?

Do you remember when . . .
Attending college was a privilege rather than a right?

A farmer could plant what he wished?

The Supreme Court protected society rather than criminals?

Youngsters respected their elders?

Foreign officials visited the White House without asking for money?

We entered a war to win it?
A life sentence didn't mean a parole in five years?

Our flag was respected at home and abroad?

A father went on welfare only out of desperation and got off it as soon as possible?

We could laugh at jokes about the Irish, Negroes, Jews or Swedes without being considered bigots?

A handshake was considered as good as a contract?

U. S. Grant was the name of a president rather than a federal hand-out?

The doctor's first question was "Where does it hurt?" rather than "Do you have insurance?"

Giving aid to the enemy was treason? Now it's called foreign aid.



Drying Out An Old Adage

CHARLES WALSTON
Sports Writer

Pick up something you haven't handled for years. If it feels familiar, you may be surprised. You might marvel as the recollections swarm back, but then somebody will remind you: *Well, it's just like swimming. Once you learn how, you never forget.*

It's one of those old adages you'll listen to a thousand times but never really consider. You might nod involuntarily agreement, without ever weighing the truth of the statement.

Don't worry. It's been researched for you. And it's true. Marian McKechnie is the proof.

She was, competitively speaking, a fish out of water for almost 45 years. Then she set five national swimming records.

McKechnie is a member of the St. Petersburg Recreation Department Masters swimming team,

which was one of 27 teams entered in the Masters AAU southern regional meet at North Shore pool this weekend. A Sarasota team won, led by Dr. Burwell Jones, who set seven national records. McKechnie didn't have a particularly memorable outing this time, but it will be a while before they forget her debut with the SPRD team.

That was last year, in the Masters AAU national meet at Fort Lauderdale. She had just joined the team at the urging of a friend.

It was her first race since she swam for the Detroit Athletic Club, many years ago. She was no longer a youth who could complete the 30-mile trip across Lake Erie. She was 73, swimming in the 70-74 age group.

She shattered five national records for women in that group. In freestyle, 1,650 yards, 1,500 meters and 500 yards. In backstroke, 200 and 100 yards. The 1,650 mark was

broken again this weekend, but her other marks still hold.

Although she hadn't raced in over four decades when she set her records, she was swimming a mile each day at the Clearwater YWCA. She started that two winters ago, finding it helped the arthritis in her leg. In the summertime, in Michigan, she never swims.

After her friend persuaded her to enter the meet, she didn't do anything special to prepare. And the big splash she made at the meet didn't overwhelm her.

Short course racing was never her forte. Long races were, such as the 21-miler at the Toronto Exposition, when she finished sixth out of 300 men and women. Then there was the Lake Erie race, which had swimmers in fear of eerie eels: How long did it take her to swim 30 miles? "I don't remember. That was a long time ago. We were out all day."

It may have been a long time ago, but she sure remembered how to swim. "They always have said that," she laughed of the old adage. And she proved it.

MASTERS AAU SOUTHERN REGIONAL MEET ST. PETERSBURG, FL

1. CHAIRMEN - PAST AND PRESENT - Ransom Arthur, June Krauser & Ted Haartz
2. Edmundo Fernandez (Venezuela), Cal Winn and Carol DeGoff (Miami)
3. Marian McKechnie (article below)
4. Burwell Jones, John McGuire and Eugene Jennings
5. Richard Rahe (Calif.) and Joe Biondi (meet director)
6. Dick Campbell (Sarasota)
7. Roland Stanley (Maryland Masters), Lisa Woodman, Sue Peterson, Cal Winn and Bill Nolan (all GCM)
8. Ruth Switzer (Suncoast Masters)
9. Gay Rosser (GCM)
10. Ted Haartz - staying out of the sun

RESULTS AT A GLANCE

JACKSONVILLE MASTERS MEET SEPTEMBER 26, 1977

WOMEN 25-29

50 Freestyle	
Susan Peacock, 26	29.1
Marti Waterman, 26	33.7
200 Freestyle	
Janice Krauser, 26	2:30.6
500 Freestyle	
Rebecca Walsh, 26	7:37.6
50 Backstroke	
Kandace French, 26	46.5
50 Breaststroke	
Susan Peacock, 26	36.8
Marti Waterman, 26	39.9
100 Breaststroke	
Susan Peacock, 26	1:22.1
Marti Waterman, 26	1:28.2
50 Butterfly	
Janice Krauser, 26	33.5
Rebecca Walsh, 26	37.0
Marti Waterman, 26	37.2
Kandace French, 26	39.7
100 Butterfly	
Janice Krauser, 26	1:17.8
Rebecca Walsh, 26	1:30.7
100 Individual Medley	
Susan Peacock, 26	1:15.0
Janice Krauser, 26	1:19.5
Rebecca Walsh, 26	1:26.0

WOMEN 30-34

50 Freestyle	
Susan White, 30	26.54
Lisa Woodman, 34	29.25
Susan Kannino, 34	35.8
100 Freestyle	
Lisa Woodman, 34	1:04.9
200 Freestyle	
Lisa Woodman, 34	2:23.7
50 Breaststroke	
Susan Kannino, 34	48.7
50 Butterfly	
Susan White, 30	30.5
Lisa Woodman, 34	33.5
100 Individual Medley	
Susan White, 30	1:08.5

WOMEN 35-39

50 Freestyle	
Natalie Clement, 38	38.2
50 Backstroke	
50 Breaststroke	
50 Butterfly	
100 Butterfly	

WOMEN 40-44

50 Freestyle	
Jean Sterling, 40	31.6
Jocette Holliday, 43	33.5
100 Freestyle	
Nita-Al Jones, 44	1:14.54
200 Freestyle	
Nita-Al Jones, 44	2:40.8
500 Freestyle	
Nita-Al Jones, 44	6:57.6
50 Backstroke	
Scottie Holliday, 43	40.3
100 Backstroke	
Scottie Holliday, 43	1:28.0
50 Breaststroke	
Jean Sterling, 40	39.5
100 Individual Medley	
Jean Sterling, 40	1:24.6
Scottie Holliday, 43	1:33.3
200 Individual Medley	
Nita-Al Jones, 44	2:59.3
100 Breaststroke	
Jean Sterling, 40	1:27.4

WOMEN 50-54

50 Freestyle	
Nancy Logan, 50	37.2
Phyllis Fleming, 53	37.3
June Koffit, 54	38.85
Lena Dunworth, 54	41.3
Joan Glaraton, 50	43.1
100 Freestyle	
June Krauser, 51	1:16.41
Phyllis Fleming, 53	1:30.5
Joan Glaraton, 50	1:46.8
200 Freestyle	
June Koffit, 54	3:25.8
Joan Glaraton, 50	3:50.0
500 Freestyle	
June Krauser, 51	6:59.2
June Koffit, 54	9:01.1
50 Backstroke	
Nancy Logan, 50	43.45
Lena Dunworth, 54	1:01.1
100 Backstroke	
Nancy Logan, 50	1:36.9
50 Breaststroke	
Joan Glaraton, 50	46.7
Lena Dunworth, 54	52.3
100 Breaststroke	
June Krauser, 51	1:34.7
Joan Glaraton, 50	1:45.1
Lena Dunworth, 54	1:58.7
50 Butterfly	
Grace Lawton, 54	55.1
100 Butterfly	
Grace Lawton, 54	2:22.7
100 Individual Medley	
Phyllis Fleming, 53	1:34.6
Nancy Logan, 50	1:36.6
June Koffit, 54	1:51.9
Grace Lawton, 54	2:01.4
200 Individual Medley	
June Krauser, 51	3:02.9
Grace Lawton, 54	4:25.0

WOMEN 55-59

50 Freestyle	
Bardi Dendy, 56	36.2

500 Freestyle	
Bardi Dendy, 56	9:26.5
50 Backstroke	
Bardi Dendy, 56	51.61
100 Breaststroke	
Bardi Dendy, 56	2:09.5
50 Butterfly	
Bardi Dendy, 56	49.6
100 Individual Medley	
Bardi Dendy, 56	1:41.6
Bardi Dendy, 56	1:59.6
200 Individual Medley	
Bardi Dendy, 56	4:15.5

WOMEN 60-64

50 Backstroke	
Virginia Cooper, 60	1:05.1

WOMEN 65-69

50 Freestyle	
Gary Bowen, 25	24.2
George Burke, 29	25.0
Bruce Bartling, 29	25.2
Jeff Gold, 29	25.6
R. Parsons, 27	25.1
Paul Peacock, 28	28.4
100 Freestyle	
Bruce Bartling, 29	54.9
Gary Bowen, 25	56.7
Robert Burr, 25	57.6
George Burke, 29	57.7
Jeff Gold, 29	58.2
Robert Burr, 25	1:00.0
R. Parsons, 27	1:00.9
Paul Peacock, 28	1:03.05

WOMEN 70-74

50 Freestyle	
Bruce Bartling, 29	2:01.5
Robert Burr, 25	2:11.7
Gary Bowen, 25	2:10.8
George Burke, 29	2:16.4
Paul Peacock, 28	2:25.1
100 Freestyle	
Bruce Bartling, 29	5:44.5
Robert Burr, 25	6:10.7
Gary Bowen, 25	6:16.0
Jeff Gold, 29	6:49.8
50 Backstroke	
Jim Koss, 26	31.3
100 Backstroke	
Jim Koss, 26	1:16.4
50 Breaststroke	
Jim Donnelly, 28	31.85
Jim Koss, 26	38.2
100 Breaststroke	
Jim Donnelly, 28	1:11.4
50 Butterfly	
Robert Gingras, 26	28.6
George Burke, 29	29.45
Paul Peacock, 27	32.8
100 Butterfly	
Robert Gingras, 26	1:05.1
100 Individual Medley	
Jim Donnelly, 28	1:06.0
Jim Koss, 26	1:15.8
200 Individual Medley	
Jim Donnelly, 28	2:19.3

WOMEN 75-79

50 Freestyle	
Terry Schlichenmaier, 31	23.7
Dick Sollee, 31	25.2
Martin Tier, 31	25.35
Richard Noon, 34	25.4
Mark Garguilo, 30	26.5
George Palmer, 34	28.2
100 Freestyle	
Dick Sollee, 31	57.9
Martin Tier, 31	58.62
Mark Garguilo, 30	1:03.19
200 Freestyle	
George Palmer, 34	2:12.2
500 Freestyle	
Joe Biondi, 34	6:26.7
George Palmer, 34	6:29.6
100 Backstroke	
Bill Pedowitz, 30	1:21.1
50 Breaststroke	
Vic Daniels, 30	32.4
Joe Biondi, 34	34.0
Mark Garguilo, 30	35.0
Richard Noon, 34	35.1
100 Breaststroke	
Joe Biondi, 34	1:15.0
Bill Pedowitz, 30	1:25.4

WOMEN 80-84

50 Freestyle	
Ed Clark, 57	37.2
100 Freestyle	
Terry Schlichenmaier, 31	26.35
Vic Daniels, 30	28.0
Mark Garguilo, 30	29.9
Martin Tier, 31	33.1
100 Butterfly	
John White, 32	57.5
Bill Pedowitz, 30	1:21.8
100 Individual Medley	
John White, 32	1:01.2
Terry Schlichenmaier, 31	1:02.4
Vic Daniels, 30	1:06.15
200 Individual Medley	
Vic Daniels, 30	2:35.5
Joe Biondi, 34	2:40.9
Bill Pedowitz, 30	2:49.9

WOMEN 85-89

50 Freestyle	
Ed Clark, 57	24.1
Greg Smith, 37	26.8
Jon Peterson, 35	27.4
Murray Tucker, 37	28.8
100 Freestyle	
Cal Winn, 36	55.03
Murray Tucker, 37	1:05.9
Jon Peterson, 35	1:06.2
200 Freestyle	
Murray Tucker, 37	2:21.1

WOMEN 90-94

50 Freestyle	
Murray Tucker, 37	2:21.1

500 Freestyle	
Murray Tucker, 37	6:22.63
50 Backstroke	
Dick Campbell, 37	29.4
Peter Betzer, 35	30.1
John Tenbroeck, 36	34.1
100 Backstroke	
Dick Campbell, 37	1:03.9
Peter Betzer, 35	1:04.5
John Tenbroeck, 36	1:38.0
50 Breaststroke	
Woody Reeves, 37	33.8
Peter Betzer, 35	34.1
100 Breaststroke	
Peter Betzer, 35	1:11.8
Woody Reeves, 37	1:14.7
50 Butterfly	
Dick Campbell, 37	27.5
Cal Winn, 36	27.9
Greg Smith, 37	32.7
100 Individual Medley	
Dick Campbell, 37	1:07.9
Cal Winn, 36	1:08.5
Peter Betzer, 35	1:09.2
Woody Reeves, 37	1:13.9
John Tenbroeck, 36	1:29.1
200 Individual Medley	
Peter Betzer, 35	2:34.7
John Tenbroeck, 36	3:27.7

WOMEN 95-99

50 Freestyle	
John Lineweaver, 43	26.9
100 Freestyle	
John Lineweaver, 43	55.8
200 Freestyle	
John Lineweaver, 43	1:05.2
50 Backstroke	
John Risher, 41	30.8
100 Backstroke	
John Risher, 41	1:12.7
50 Breaststroke	
John Lineweaver, 43	35.8
100 Breaststroke	
John Lineweaver, 43	1:21.5
50 Butterfly	
John Risher, 41	27.2
John Risher, 41	29.9
100 Butterfly	
John Risher, 41	1:03.6
John Risher, 41	1:15.3

WOMEN 100-104

50 Freestyle	
John Lineweaver, 43	26.9
100 Freestyle	
John Lineweaver, 43	55.8
200 Freestyle	
John Lineweaver, 43	1:05.2
50 Backstroke	
John Risher, 41	30.8
100 Backstroke	
John Risher, 41	1:12.7
50 Breaststroke	
John Lineweaver, 43	35.8
100 Breaststroke	
John Lineweaver, 43	1:21.5
50 Butterfly	
John Risher, 41	27.2
John Risher, 41	29.9
100 Butterfly	
John Risher, 41	1:03.6
John Risher, 41	1:15.3

WOMEN 105-109

50 Freestyle	
John Lineweaver, 43	26.9
100 Freestyle	
John Lineweaver, 43	55.8
200 Freestyle	
John Lineweaver, 43	1:05.2
50 Backstroke	
John Risher, 41	30.8
100 Backstroke	
John Risher, 41	1:12.7
50 Breaststroke	
John Lineweaver, 43	35.8
100 Breaststroke	
John Lineweaver, 43	1:21.5
50 Butterfly	
John Risher, 41	27.2
John Risher, 41	29.9
100 Butterfly	
John Risher, 41	1:03.6
John Risher, 41	1:15.3

WOMEN 110-114

50 Freestyle	
John Lineweaver, 43	26.9
100 Freestyle	
John Lineweaver, 43	55.8
200 Freestyle	
John Lineweaver, 43	1:05.2
50 Backstroke	
John Risher, 41	30.8
100 Backstroke	
John Risher, 41	1:12.7
50 Breaststroke	
John Lineweaver, 43	35.8
100 Breaststroke	
John Lineweaver, 43	1:21.5
50 Butterfly	
John Risher, 41	27.2
John Risher, 41	29.9
100 Butterfly	
John Risher, 41	1:03.6
John Risher, 41	1:15.3

WOMEN 115-119

50 Freestyle	
John Lineweaver, 43	26.9
100 Freestyle	
John Lineweaver, 43	55.8
200 Freestyle	
John Lineweaver, 43	1:05.2
50 Backstroke	
John Risher, 41	30.8
100 Backstroke	
John Risher, 41	1:12.7
50 Breaststroke	
John Lineweaver, 43	35.8
100 Breaststroke	
John Lineweaver, 43	1:21.5
50 Butterfly	
John Risher, 41	27.2
John Risher, 41	29.9
100 Butterfly	
John Risher, 41	1:03.6
John Risher, 41	1:15.3

WOMEN 120-124

50 Freestyle	
John Lineweaver, 43	26.9
100 Freestyle	
John Lineweaver, 43	55.8
200 Freestyle	
John Lineweaver, 43	1:05.2
50 Backstroke	
John Risher, 41	30.8
100 Backstroke	
John Risher, 41	1:12.7
50 Breaststroke	
John Lineweaver, 43	35.8
100 Breaststroke	
John Lineweaver, 43	1:21.5
50 Butterfly	
John Risher, 41	27.2
John Risher, 41	29.9
100 Butterfly	
John Risher, 41	1:03.6
John Risher, 41	1:15.3

WOMEN 125-129

50 Freestyle	
John Lineweaver, 43	26.9
100 Freestyle	
John Lineweaver, 43	55.8
200 Freestyle	
John Lineweaver, 43	1:05.2
50 Backstroke	
John Risher, 41	30.8
100 Backstroke	
John Risher, 41	1:12.7
50 Breaststroke	
John Lineweaver, 43	35.8
100 Breaststroke	
John Lineweaver, 43	1:21.5
50 Butterfly	
John Risher, 41	27.2
John Risher, 41	29.9
100 Butterfly	
John Risher, 41	1:03.6
John Risher, 41	1:15.3

WOMEN 130-134

50 Freestyle	
John Lineweaver, 43	26.9
100 Freestyle	
John Lineweaver, 43	55.8
200 Freestyle	
John Lineweaver, 43	1:05.2
50 Backstroke	
John Risher, 41	30.8
100 Backstroke	
John Risher, 41	1:12.7
50 Breaststroke	
John Lineweaver, 43	35.8
100 Breaststroke	
John Lineweaver, 43	1:21.5
50 Butterfly	
John Risher, 41	27.2
John Risher, 41	29.9
100 Butterfly	
John Risher, 41	1:03.6
John Risher, 41	1:15.3

WOMEN 135-139

50 Freestyle	
John Lineweaver, 43	26.9
100 Freestyle	
John Lineweaver, 43	55.8
200 Freestyle	
John Lineweaver, 43	1:05.2
50 Backstroke</	

2. D.C. Masters
David McAffee-63(3)
Howard Smith-70(8)
Albert Abraham-67(10)-21 Points

3. Rinconada
Willard Johnston-68(5)
Bernard Silber-66(7)
Art Rule-72(9) - 21 Points

4. Humuhumunukunopua'a
Lloyd Osborne-68(1)
Ralph Fletcher-78(11)
Wallace Laury-76(12)-24 Points

According to Long Distance Swimming Rules, Article X, Paragraph E.1 on page 70, in case of a tie on points the team whose individual member finished nearest to first place shall be declared the place winner.

AMBASSADOR COLLEGE MASTERS MEET
Pasadena, California
Jan. 22, 1978 --- 25 yd pool

WOMEN 25-29

50 yd FREESTYLE	
Barbara Dunbar 28*	25.51
Erika Holderith 28	27.72
Brenda Lindy 26	36.86
100 yd FREESTYLE	
Erika Holderith 28	1:05.44
50 yd BREASTSTROKE	
Barbara Dunbar 28*	34.86
Brenda Lindy 26	47.60
200 yd BUTTERFLY	
Barbara Dunbar 28*	2:25.67

WOMEN 30-34

50 yd FREESTYLE	
Lucy Johnson 30	28.55
Lana Newquist 30	32.98
100 yd FREESTYLE	
Penny Little 34	1:17.27
500 yd FREESTYLE	
Lucy Johnson 30	6:18.38
Mimi Frank 30	6:22.43
Penny Little 34	7:09.46
50 yd BREASTSTROKE	
Lana Newquist 30	44.42
200 yd INDIVIDUAL MEDLEY	
Lucy Johnson 30	2:34.80

WOMEN 35-39

50 yd FREESTYLE	
Janet Royer 36	30.16
Sallie Humberger 36	30.86
Martha Childs 37	32.15
Christine Borak 36	43.98
100 yd FREESTYLE	
Janet Royer 36	1:06.04
Sallie Humberger 36	1:09.42
Martha Childs 37	1:10.35
Christine Borak 36	1:29.83
500 yd FREESTYLE	
Janet Royer 36	6:38.97
Sallie Humberger 36	7:18.52
Christine Martin 36	7:44.04

50 yd BREASTSTROKE

Martha Childs 37	39.73
Helen Geoffrion 38	41.80
Christine Borak 36	52.63
100 yd BREASTSTROKE	
Martha Childs 37	1:25.67
Christine Borak 36	1:54.77
200 yd BUTTERFLY	
Janet Royer 36	3:02.15
Sallie Humberger 36	3:16.75
Helen Geoffrion 38	3:30.29
Christine Martin 36	3:41.71
200 yd INDIVIDUAL MEDLEY	
Janet Royer 36	2:51.80
Martha Childs 37	2:57.83
Sallie Humberger 36	3:06.22
Helen Geoffrion 38	3:14.94

WOMEN 40-44

100 yd FREESTYLE	
Evelyn Debes 41	1:22.75
500 yd FREESTYLE	
Evelyn Debes 41	8:07.51
200 yd BUTTERFLY	
Evelyn Debes 41	3:47.72

WOMEN 45-49

50 yd FREESTYLE	
Helga Palmer 48	31.07
Jacqueline Smith 46	31.10
Janet Wolver 48	34.88
100 yd FREESTYLE	
Helga Palmer 48	1:10.06
Jacqueline Smith 46	1:11.21
Janet Wolver 48	1:21.20
500 yd FREESTYLE	
Anna Adams 49	6:59.50
Helga Palmer 48	7:12.64

50 yd BREASTSTROKE

Jacqueline Smith 46	40.47
Janet Wolver 48	45.24
100 yd BREASTSTROKE	
Jacqueline Smith 46	1:31.90
Janet Wolver 48	1:41.92
Rita Mills 47	1:46.02
200 yd INDIVIDUAL MEDLEY	
Anna Adams 49	2:52.48
Jacqueline Smith 46	3:13.86
Rita Mills 47	4:01.93

WOMEN 50-54

50 yd FREESTYLE	
Shirley Erickson 54	35.35
100 yd FREESTYLE	
Shirley Erickson 54	1:17.10
Joy McFaris 53	1:22.82
Grace Altus 54	1:30.34
Betty Talbot 52	1:36.03

500 yd FREESTYLE

Shirley Erickson 54	7:53.31
Joy McFaris 53	8:00.99
Grace Altus 54	8:36.92
Betty Talbot 52	9:04.77
200 yd BACKSTROKE	
Shirley Erickson 54	3:28.14
50 yd BREASTSTROKE	
Joy McFaris 53	43.60
100 yd BREASTSTROKE	
Joy McFaris 53	1:35.21
200 yd BUTTERFLY	
Grace Altus 54	4:31.13
200 yd INDIVIDUAL MEDLEY	
Joy McFaris 53	3:25.27
Grace Altus 54	4:01.65

WOMEN 55-59

100 yd FREESTYLE	
Rita Simonson 59	1:25.39
Bette Crowell 57	1:25.78
Viola Thompson 59	1:30.92
Lorraine Peterson 59	1:49.91

500 yd FREESTYLE

Rita Simonson 59	8:24.22
Bette Crowell 57	8:42.80
Viola Thompson 59	8:43.11
200 yd BACKSTROKE	
Lorraine Peterson 59	4:19.51

50 yd BREASTSTROKE

Rita Simonson 59	52.58
Lorraine Peterson 59	1:05.33
100 yd BREASTSTROKE	
Viola Thompson 59	1:46.51
Lorraine Peterson 59	2:14.07
200 yd INDIVIDUAL MEDLEY	
Viola Thompson 59	3:40.03
Rita Simonson 59	3:40.63

WOMEN 60-64

50 yd FREESTYLE	
Margaret George 61	42.61
100 yd FREESTYLE	
Ruth Ridenour 63	2:04.93
50 yd BREASTSTROKE	
Margaret George 61	56.35
Ruth Ridenour 63	1:08.90
100 yd BREASTSTROKE	
Ruth Ridenour 63	2:30.82

WOMEN 65-69

50 yd FREESTYLE	
Irene Van Vort 65	41.97
100 yd FREESTYLE	
Irene Van Vort 65	1:40.04
Grace Deal 65	1:53.23
500 yd FREESTYLE	
Maxine Merlino 65	8:53.95
200 yd BACKSTROKE	
Dorothea Cole 68	4:22.43
50 yd BREASTSTROKE	
Irene Van Vort 65	56.40
Dorothea Cole 68	1:19.68
100 yd BREASTSTROKE	
Grace Deal 65	2:18.66
200 yd BUTTERFLY	
Maxine Merlino 65	3:55.36
200 yd INDIVIDUAL MEDLEY	
Maxine Merlino 65	3:36.14
Grace Deal 65	4:32.01

WOMEN 70-74

100 yd FREESTYLE	
Elizabeth Mauric 73	2:06.82
Elizabeth Mauric 73	2:20.84

WOMEN 75-79

50 yd FREESTYLE	
Charles Ward 25	25.23
Tom Coldren 26	25.43
Allan Rosen 29	26.08
David Dunbar 28*	26.80
100 yd FREESTYLE	
William Penn 26	52.36
Corey Stanbury 26	53.38
Stephen Neale 26	54.34
Tom Coldren 26	55.93
Charles Ward 25	56.33
Allan Rosen 29	59.37
David Dunbar 28*	1:01.72
John Zyskind 26	1:02.36

500 yd FREESTYLE

William Penn 26	5:18.12
John Zyskind 26	6:12.13
200 yd BACKSTROKE	
Corey Stanbury 26	2:16.28
Allan Rosen 29	3:01.91

50 yd BREASTSTROKE

Stephen Neale 26	30.96
Tom Coldren 26	31.23
Leonard Zils 27	32.71
Charles Ward 25	33.20
100 yd BREASTSTROKE	
Steve Neale 26	1:08.14
Tom Coldren 26	1:09.11
Leonard Zils 27	1:09.31
Corey Stanbury 26	1:12.60
200 yd BUTTERFLY	
William Penn 26	2:10.00

WOMEN 30-34

50 yd FREESTYLE	
Jon Bales 33	25.41
100 yd FREESTYLE	
Thomas Thomson 33	1:00.91
500 yd FREESTYLE	
Bill Dams 31	5:13.13
Thomas Thomson 33	6:13.35
50 yd BREASTSTROKE	
Alan Dickson 34	32.33
Thomas Thomson 33	32.93
100 yd BREASTSTROKE	
Jon Bales 33	34.37
100 yd BREASTSTROKE	
Thomas Thomson 33	1:12.49
Alan Dickson 34	1:13.81
200 yd BUTTERFLY	
Richard Nequist 33	2:31.34
Jon Bales 33	2:45.62

200 yd INDIVIDUAL MEDLEY

Richard Nequist 33	2:30.41
REN 35-39	
50 yd FREESTYLE	
Rap Cole 36	24.09
Russell Jackson 36	26.21
Mike Wood 35	29.03
Robert Bergstrom 36	32.32
100 yd FREESTYLE	
Bill Page 37	55.57
Curt Nesso 35	58.37
Russell Jackson 36	59.36
Robert Bergstrom 36	1:13.11

500 yd FREESTYLE

Curt Nesso 35	5:58.78
200 yd BACKSTROKE	
Russell Jackson 36	2:36.61
Robert Bergstrom 36	3:01.28

50 yd BREASTSTROKE

Rap Cole 36	29.52
Mike Wood 35	32.95
100 yd BREASTSTROKE	
Rap Cole 36	1:07.55
Mike Wood 35	1:13.95
200 yd BUTTERFLY	
Bill Page 37	2:33.68
200 yd INDIVIDUAL MEDLEY	
Curt Nesso 35	2:36.37
Mike Wood 35	2:52.27

REN 40-44

50 yd FREESTYLE	
Rex Odell 40	27.33
Howard Fox 40	28.78
Lorraine Nequist 42	29.24
Matthew Rimmer 42	30.60
Michael Dooney 43	33.16
100 yd FREESTYLE	
Brad Sturtevant 43	56.49
Peter Taft 41*	57.14
Rex Odell 40	1:05.26
Edgar Frank 42	1:06.30
Howard Fox 40	1:06.94
Matthew Rimmer 42	1:12.68
Michael Dooney 43	1:17.00

500 yd FREESTYLE

Brad Sturtevant 43	5:40.04
Rex Odell 40	7:33.97
Howard Fox 40	7:43.74
Michael Dooney 43	7:59.43
50 yd BREASTSTROKE	
Budd Symes 43	33.96
Edgar Frank 42	36.54
Ron Richter 44	36.85
John Austin 42	41.74
Matthew Rimmer 42	48.69

100 yd BREASTSTROKE

Budd Symes 43	1:15.11
Edgar Frank 42	1:22.03
Ron Richter 44	1:25.43
Blain Hightower 41	1:28.55
John Austin 42	1:35.55
200 yd BUTTERFLY	
Ron Richter 44	3:04.30
200 yd INDIVIDUAL MEDLEY	
Ron Richter 44	3:01.75
David Nequist 42	3:03.55

REN 45-49

50 yd FREESTYLE	
Curt Miller 45	27.86
Art Welch 45	28.98
100 yd FREESTYLE	
Frank Reynolds 45	58.11
Neal Palmer 47	58.20
Gordon Gillin 47*	1:05.48
Tom Scotton 47	1:10.68
F. Daniel Gray 47	1:37.38
Frank Reynolds 45	6:24.48
Neal Palmer 47	6:25.57
Art Welch 45	6:37.93
Gordon Gillin 47*	7:02.69
Tom Scotton 47	7:25.79

200 yd BACKSTROKE

Art Welch 45	2:51.55
Tom Scotton 47	3:08.10
50 yd BREASTSTROKE	
Curt Miller 45	36.27
100 yd BREASTSTROKE	
Curt Miller 45	1:21.53
Gordon Gillin 47*	1:30.68
F. Daniel Gray 47	1:41.40
200 yd BUTTERFLY	
Art Welch 45	2:45.20
200 yd INDIVIDUAL MEDLEY	
Frank Reynolds 45	2:38.05
Neal Palmer 47	2:47.84
Curt Miller 45	2:48.65
Art Welch 45	2:51.28

REN 50-54

50 yd FREESTYLE	
Duane Draves 51	27.54
Luis Spasser 51	27.67
Ed Slemers 51	36.60
100 yd FREESTYLE	
Duane Draves 51	59.48
500 yd FREESTYLE	
Duane Draves 51	6:13.41
200 yd BACKSTROKE	
Duane Draves 51	2:38.24
50 yd BREASTSTROKE	
Ed Slemers 51	40.08
100 yd BREASTSTROKE	
Ed Slemers 51	1:28.20

REN 55-59

50 yd FREESTYLE	
Bob Merrick 57	28.69
100 yd FREESTYLE	
Bob Merrick 57	1:04.26
John Bricker 57*	1:09.36
500 yd FREESTYLE	
Bob Merrick 57	7:09.84
John Bricker 57*	7:18.45
Jack Burgan 55	7:26.08

200 yd BACKSTROKE

John Bricker 57*	2:58.43
Bob Merrick 57	3:10.46
50 yd BREASTSTROKE	
Jack Burgan 55	37.41
200 yd BUTTERFLY	
Jack Burgan 55	3:04.76

REN 60-64

50 yd FREESTYLE	
Gene Wade 63	33.53
100 yd FREESTYLE	
Gene Wade 63	1:20.70
Walter Sliks 64	1:38.05
50 yd BREASTSTROKE	
Don Hankin 61	6:38.68
Walter Sliks 64	10:32.23

100 yd BREASTSTROKE

Gene Wade 63	44.92
Walter Sliks 64	2:20.38

REN 65-69

100 yd FREESTYLE	
Reg Richardson 65	1:06.21
Ernest Hale 67	1:32.75
500 yd FREESTYLE	
Reg Richardson 65	7:04.49
200 yd BACKSTROKE	
Alfred Guth 69	4:09.00
50 yd BREASTSTROKE	
Ernest Hale 67	46.15
Conrad Skarsten 69	58.24
100 yd BREASTSTROKE	
Alfred Guth 69	2:01.72
Ernest Hale 67	4:37.80
200 yd INDIVIDUAL MEDLEY	
Reg Richardson 65	3:12.12
Ernest Hale 67	4:05.85

LONG BEACH MASTERS INVITATIONAL

BELM

<u>200 yd Freestyle</u>	
Joe Dietrich 25	1:53.83
R. E. Hayes 26	1:58.25
Mark Worden 26	2:01.17
Thomas Courtney 27	2:01.45
Charles Ward 26	2:05.92
John Zyskind 26	2:15.97
Edward Marrone 28	2:20.60
<u>50 yd Backstroke</u>	
Charles Baumgartner 27	32.37
Charles Ward 26	38.22
<u>100 yd Backstroke</u>	
Corey Stanbury 26	1:00.72
Don Nesbit 28	1:01.57
<u>200 yd Breastroke</u>	
Robert Love 25	2:28.61
Tom Coldren 25	2:31.71
Leonard Zills 27	2:33.40
Rick Ellis 28	3:01.69
Edward S. Marrone 28	3:10.55
<u>50 yd Butterfly</u>	
Corey Stanbury 26	25.33
Joe Dietrich 25	25.78
Don Nesbit 28	26.83
Tom Coldren 25	26.93
Charles Baumgartner 29	27.99
Charles Ward 26	28.09
David Dunbar 28	28.55
Thomas Courtney 27	DQ
<u>100 yd Butterfly</u>	
Corey Stanbury 26	57.50
Robert Love 25	58.97
Mark Worden 26	1:00.27
Tom Coldren 25	1:01.90
David Dunbar 28	1:10.43
<u>100 yd Individual Medley</u>	
R. E. Hayes 26	59.49
Robert Love 25	59.68
Tom Coldren 25	1:03.61
Charles Baumgartner 29	1:05.74
Charles Ward 26	1:07.58
Rick Ellis 28	1:16.78
<u>400 yd Individual Medley</u>	
Mark Worden 26	4:47.49
Corey Stanbury 26	4:48.71
R.E. Hayes 26	4:52.98
Mark Samet 25	5:25.46
<u>MEN 30-34</u>	
<u>50 yd Freestyle</u>	
Robert Smith 34	23.76
Carl Neuman 34	24.37
Bill Damm 31	24.78
John Rogers 31	25.14
Jon Bales 33	25.33
Richard Newquist 33	26.00
Thomas Thomson 33	27.95
<u>200 yd Freestyle</u>	
Bill Damm 31	1:56.89
Carl Neuman 34	2:03.76
Peter Taft 41*	2:14.42
Thomas Thomson 33	2:14.69
<u>50 yd Backstroke</u>	
Robert Smith 34	26.87
Thomas McCarty 32*	30.71
Jon Bales 33	36.43
<u>100 yd Backstroke</u>	
Robert Smith 34	1:01.28
<u>200 yd Breastroke</u>	
Serafin Villarette 31	2:36.84
Art Andrade 32	2:58.18
<u>50 yd Butterfly</u>	
Robert Smith 34	26.62
Carl Neuman 34*	27.55
Jon Bales 33	28.71
<u>100 yd Butterfly</u>	
Richard Newquist 33	1:01.02
<u>100 yd Individual Medley</u>	
Franz Nelson 34	1:02.20
Robert Smith 34	1:03.64
Thomas Thomson 33	1:08.24
Serafin Villarette 31	1:08.36
Jon Bales 33	1:08.98
<u>400 yd Individual Medley</u>	
Thomas McCarty 32*	5:07.42
<u>MEN 35-39</u>	
<u>50 yd Freestyle</u>	
Scotty Roberts 38	25.11
Russell Jackson 36	26.05
John Schwarz 36	30.99
Robert Bergstrom 36	31.12
<u>200 yd Freestyle</u>	
Robert Williams 35*	2:05.05
Curt Mosso 35	2:06.77
Gregory Gwin 35*	2:15.06
Tom Lieser 36	2:20.67
<u>50 yd Backstroke</u>	
Russell Jackson 36	31.44
Tom McAbee 35	32.26
Tom Lieser 36	33.00
Mike Wood 35	38.57
<u>100 yd Backstroke</u>	
Robert Bergstrom 36	1:22.34
<u>200 yd Breastroke</u>	
Scotty Roberts 38	2:39.57
Gregory Gwin 35*	2:41.67
Mike Wood 35	2:45.81
<u>50 yd Butterfly</u>	
Robert Williams 35	26.94
Bill Page 37	27.61
Curt Mosso 35	28.71
<u>100 yd Butterfly</u>	
Bill Page 37	1:02.51
<u>100 yd Individual Medley</u>	
Tom McAbee 35	1:02.53
Scotty Roberts 38	1:04.21
Robert Williams 35	1:05.24
Bill Page 37	1:06.46
Russell Jackson 36	1:07.82
Gregory Gwin 35*	1:08.90
Mike Wood 35	1:11.22
John Schwarz 36	1:19.47

<u>400 yd Individual Medley</u>	
Robert Williams 35*	5:11.60
Tom McAbee 35	5:22.71
Curt Mosso 35	5:27.93
Tom Lieser 36	5:31.21
Gregory Gwin 35*	5:31.93
John Schwarz 36	6:34.91
<u>MEN 40-44</u>	
<u>50 yd Freestyle</u>	
William Barley 41*	25.32
Peter Taft 41*	25.93
Rex Odell 40	27.36
David Lamott 42	27.76
David Newquist 42	27.77
Keith Martin 41	28.81
Budd Symes 43	29.30
Edgar Frank 41	29.31
David Kan 43	29.35
Matthew Rimmer 43	29.68
Howard Fox 40	29.95
Mike Dooney 43	32.76
<u>200 yd Freestyle</u>	
Budd Symes 43	2:126.29
Keith Martin 41	2:127.01
Howard Fox 40	2:127.18
Rex Odell 40	2:137.28
David Kan 43	2:137.39
Edgar Frank 41	2:138.34
Mike Dooney 43	2:147.34
Matthew Rimmer 43	2:153.50
Blain Hightower 41	3:102.51
<u>50 yd Backstroke</u>	
William Barley 41*	29.76
John Ridland 44	33.76
Howard Fox 40	38.56
Edgar Frank 41	39.93
Ron Richter 44	40.15
Matthew Rimmer 43	41.89
<u>100 yd Backstroke</u>	
William Barley 41*	1:08.45
John Ridland 44	1:15.95
Ron Richter 44	1:27.45
<u>200 yd Breastroke</u>	
Thomas Thomson 33	2:136.59
Budd Symes 43	2:146.27
Ron Richter 44	3:101.99
Edgar Frank 41	3:103.09
Robert Rubin 41	3:103.64
John Ridland 44	3:104.56
John Austin 42	3:133.92
<u>50 yd Butterfly</u>	
George Worthington 40*	26.58
Peter Taft 41*	28.70
David Lamott 42*	31.34
David Newquist 42	33.39
Matthew Rimmer 43	35.29
<u>100 yd Butterfly</u>	
George Worthington 40*	59.54
Ron Richter 44	1:19.38
David Lamott 42*	1:20.14
<u>100 yd Individual Medley</u>	
George Worthington 40*	1:05.06
Richard Newquist 33	1:06.06
David Lamott 42*	1:14.01
John Ridland 44	1:14.39
Rex Odell 40	1:17.21
David Newquist 42	1:18.24
Howard Fox 40	1:27.82
Matthew Rimmer 43	1:29.79
<u>400 yd Individual Medley</u>	
Ron Richter 44	4:28.85
<u>MEN 45-49</u>	
<u>50 yd Freestyle</u>	
Neal R. Palmer 47	26.23
William Kent 45	27.25
Curt Miller 45	27.33
Dave Blumenthal 48*	28.44
Warren Keuhn 48	34.38
<u>200 yd Freestyle</u>	
Neal R. Palmer 47	2:10.69
Dave Blumenthal 48*	2:14.19
Daniel Gray 48	4:10.26
<u>50 yd Backstroke</u>	
Art Welch 45	36.66
Dave Blumenthal 48*	40.49
Daniel Gray 48	50.21
<u>100 yd Backstroke</u>	
Art Welch 45	1:19.81
<u>200 yd Breastroke</u>	
Herb Nakama 47	2:54.61
Bud Schumacher 47*	3:00.74
Curt Miller 45	3:04.11
Daniel Gray 48	3:11.66
Warren Keuhn 48	3:44.71
<u>50 yd Butterfly</u>	
Art Welch 45	31.04
William Kent 45	31.80
Dave Blumenthal 48*	32.33
Bud Schumacher 47*	33.85
Herb Nakama 47	43.96
Curt Miller 45	DQ
<u>100 yd Butterfly</u>	
Art Welch 45	1:10.49
Curt Miller 45	1:12.78
Bud Schumacher 47*	1:19.71
<u>100 yd Individual Medley</u>	
Curt Miller 45	1:11.71
William Kent 45	1:17.80
Bud Schumacher 47*	1:21.21
<u>400 yd Individual Medley</u>	
Frank Reynolds 46	5:39.54
Art Welch 45	5:49.47
Herb Nakama 47	6:03.40
Bud Schumacher 47*	6:16.00
<u>MEN 50-54</u>	
<u>50 yd Freestyle</u>	
Duane Draves 51	26.99
John Jorgensen 53	27.02
Luis Spamer 51	27.77
Sanford Dickey 51	28.14
Jack Nelson 54	28.61
Fred Schmidt 51	29.84
Bill Seligman 52	30.35

<u>RELAYS</u>	
<u>MEN 25 +</u>	
<u>200 yd Freestyle</u>	
Duane Draves 51	2:16.01
Jim Marcus 53	2:35.39
Lauro Martins 50	2:36.85
Fred Schmidt 51	2:41.72
<u>50 yd Backstroke</u>	
Duane Draves 51	32.57
John Jorgensen 53	35.58
Jack Nelson 54	35.75
Fred Schmidt 51	40.38
Gerald Martinez 50	42.99
<u>100 yd Backstroke</u>	
Duane Draves 51	1:13.28
<u>200 yd Breastroke</u>	
Lauro Martins 50	3:05.99
Ransom Arthur 52	3:06.84
<u>50 yd Butterfly</u>	
John Jorgensen 53	30.78
Duane Draves 51	30.92
Bill Seligman 52	32.55
Sanford Dickey 51	32.61
Jack Nelson 54	33.51
Gerald Martinez 50	35.56
Fred Schmidt 51	39.89
<u>100 yd Butterfly</u>	
Sanford Dickey 51	1:14.81
Bill Seligman 52	1:26.75
<u>100 yd Individual Medley</u>	
John Jorgensen 53	1:11.14
Sanford Dickey 51	1:15.76
Fred Schmidt 51	1:21.73
Gerald Martinez 50	1:27.91
<u>MEN 55-59</u>	
<u>50 yd Freestyle</u>	
Jurgen Schmidt 55*	26.35
Robert Cowan 57*	27.85
<u>200 yd Freestyle</u>	
Jurgen Schmidt 55*	2:21.30
George Weston 58	2:52.57
<u>200 yd Breastroke</u>	
Ernie Neben 57	3:00.76
Herbert Hauschild 55	5:02.26
<u>50 yd Butterfly</u>	
Jurgen Schmidt 55*	29.95
Robert Cowan 57*	32.01
Ernie Neben 57	36.28
<u>100 yd Butterfly</u>	
Robert Cowan 57*	1:18.04
Jack Burgan 55	1:18.67
Ernie Neben 57	1:25.97
<u>100 yd Individual Medley</u>	
Robert Cowan 57*	1:14.01
Jack Burgan 55	1:20.93
<u>400 yd Individual Medley</u>	
Ernie Neben 57	6:19.50
<u>MEN 60-64</u>	
<u>50 yd Freestyle</u>	
Jerry Siefert 60*	27.55
Woody Bowersock 64	30.60
Gene Wade 63	32.11
Walter Slike 64	39.28
<u>200 yd Freestyle</u>	
Don Rankin 61	2:30.70
Woody Bowersock 64	2:58.07
Walter Slike 64	3:45.63
<u>50 yd Backstroke</u>	
Jerry Siefert 60*	37.40
Gene Wade 63	49.00
Walter Slike 64	55.68
<u>100 yd Backstroke</u>	
Cliff Croome 60*	1:27.33
<u>200 yd Breastroke</u>	
Don Rankin 61	3:08.06
Cliff Croome 60	3:10.71
Woody Bowersock 64	4:04.75
<u>50 yd Butterfly</u>	
Cliff Croome 60*	32.65
Don Rankin 61	36.21
Gene Wade 63	37.91
Walter Slike 64	DQ
<u>100 yd Butterfly</u>	
Cliff Croome 60*	1:34.34
Jerry Siefert 60*	1:37.57
<u>100 yd Individual Medley</u>	
Jerry Siefert 60*	1:19.84
Woody Bowersock 64	1:30.02
Gene Wade 63	1:37.00
Walter Slike 64	2:06.22
<u>400 yd Individual Medley</u>	
Don Rankin 61	6:15.85
Cliff Croome 60*	7:07.95
<u>MEN 65-69</u>	
<u>50 yd Freestyle</u>	
Reg Richardson 66	29.40
Tom Monahan 67	32.92
Don Neefe 69	36.16
Ernie Hale 67	36.88
Frank Budmann 66	39.79
Conrad Skarsten 69	53.25
<u>200 yd Freestyle</u>	
Frank Budmann 66	3:30.76
<u>50 yd Backstroke</u>	
Reg Richardson 66	38.11
Tom Monahan 67	38.37
Ernie Hale 67	47.27
Don Neefe 69	50.76
<u>100 yd Backstroke</u>	
Tom Monahan 67	1:13.48
<u>200 yd Breastroke</u>	
Reg Richardson 66	3:19.03
Rufus Clark 66	3:19.96
<u>50 yd Butterfly</u>	
Reg Richardson 66	36.25
Ernie Hale 67	42.64
<u>100 yd Butterfly</u>	
Ernie Hale 67	1:44.28
<u>100 yd Individual Medley</u>	
Reg Richardson 66	1:18.56

<u>WOMEN 40-44</u>	
<u>50 Yards Freestyle</u>	
1. S. Kearney, 43	29.9
2. R. Kamphausen, 43	30.0
3. P. Simpson, 42	30.0
<u>100 Yards Freestyle</u>	
1. S. Kearney, 43	1:05.8
2. R. Kamphausen, 43	1:08.5
3. P. Simpson, 42	1:09.4
4. J. Parker, 41	1:18.9
<u>200 Yards Freestyle</u>	
1. S. Kearney, 42	2:32.5
<u>1650 Yards Freestyle</u>	
1. J. Puleston, 42	30:19.94
<u>50 Yards Butterfly</u>	
1. P. Simpson, 42	33.3
2. S. Kearney, 43	35.3
3. J. Parker, 41	39.
<u>100 Yard Butterfly</u>	
1. P. Simpson, 42	1:27
<u>200 Yard Butterfly</u>	
1. P. Simpson, 42	3:20
<u>100 Yards Individual Medley</u>	
1. S. Kearney, 43	1:19.8
2. J. Parker, 41	1:29.7
<u>200 Yards Individual Medley</u>	
1. R. Kamphausen, 43	3:05.9
<u>WOMEN 45-49</u>	
<u>50 Yard Freestyle</u>	
1. E. Lyman, 45	55.9
<u>1650 Yard Freestyle</u>	
1. E. Lyman, 45	36:37.12
<u>100 Yard Backstroke</u>	
1. E. Lyman, 45	1:53.5
<u>200 Yard Backstroke</u>	
1. E. Lyman, 45	4:01.9
<u>50 Yard Breastroke</u>	
1. E. Lyman, 45	52.7
<u>100 Yard Individual Medley</u>	
1. E. Lyman, 45	1:57.8
<u>WOMEN 50-54</u>	
<u>50 Yard Backstroke</u>	
1. R. Landauer, 54	1:01.5
<u>50 Yards Breastroke</u>	
1. R. Landauer, 54	1:06.4
<u>100 Yard Backstroke</u>	
1. R. Landauer, 54	2:12.4
<u>WOMEN 55-59</u>	
<u>50 Yard Freestyle</u>	
1. D. Donnelly, 56	32.1
2. N. Phillips, 56	34.8
<u>100 Yard Freestyle</u>	
1. D. Donnelly, 56	1:10
2. C. Costello, 55	1:19
3. N. Phillips, 56	1:20.1
<u>200 Yard Freestyle</u>	
1. D. Donnelly, 56	2:45.5
2. N. Phillips, 56	3:02.7
<u>500 Yard Freestyle</u>	
1. C. Costello, 55	8:02.50
<u>1650 Yard Freestyle</u>	
1. D. Donnelly, 56	28:47.9
2. N. Phillips, 56	29:21.05
<u>100 Yard Backstroke</u>	
1. D. Donnelly, 56	1:28.8
2. N. Phillips, 56	1:32.4
<u>100 Yard Breastroke</u>	
1. C. Costello, 55	1:33
<u>50 Yard Butterfly</u>	
1. C. Costello, 55	38.0
<u>100 Yard Individual Medley</u>	
1. D. Donnelly, 56	1:28.7
<u>WOMEN 65-69</u>	
<u>50 Yards Freestyle</u>	
1. P. St. Germain, 35	30.0
<u>100 Yards Freestyle</u>	
1. P. St. Germain, 35	1:06.9
<u>50 Yards Backstroke</u>	
1. P. St. Germain, 35	35.1
<u>200 Yards Backstroke</u>	
1. P. St. Germain, 35	1:30.1
<u>50 Yards Butterfly</u>	
1. P. St. Germain, 35	33.0
<u>100 Yards Individual Medley</u>	
1. P. St. Germain, 35	1:10.5

Women 70-74

50 Yard Freestyle
1. E. Somers, 70 1:04.6
500 Yard Freestyle
1. E. Somers, 70 12:04.4
50 Yard Backstroke
1. E. Somers, 70 1:18
100 Yard Breaststroke
1. E. Somers, 70 2:41
50 Yard Butterfly
1. E. Somers, 70 1:32
100 Yard Individual Medley
1. E. Somers, 70 2:39

Women 40-44

200 Yard Medley Relay
1. Valley Swim Club 2:07.9
(Wustal, Klock, Stoddard, Red)

Men 25-29

50 Yard Freestyle
1. B. Haffner, 27 23.4
2. E. Elmstead, 25 25.8
3. B. Tenney, 28 27.3
100 Yard Freestyle
1. B. Haffner, 27 52.6
2. D. McDowell, 27 58.0
200 Yard Freestyle
1. E. Elmstead, 25 2:18.1
100 Yard Backstroke
1. T. Brindamour, 28 1:00.3
50 Yard Breaststroke
1. B. Tenney, 28 34.4
100 Yard Breaststroke
1. B. Tenney, 28 1:20.0
2. B. Haffner, 27 1:09
50 Yard Butterfly
1. D. McDowell, 27 27.4
100 Yard Individual Medley
1. B. Haffner, 27 1:01.3
2. T. Brindamour, 28 1:04.3
3. B. Tenney, 28 1:13.6

Men 30-34

50 Yard Freestyle
1. S. Broker, 30 23.9
2. J. Coplan, 32 25.2
3. P. Alexander, 34 28.0
100 Yard Freestyle
1. P. Alexander, 34 1:06.8
200 Yard Freestyle
1. W. Stoddard, 33 2:14
2. P. Alexander, 34 2:36
500 Yard Freestyle
1. J. Coplan, 32 5:54.9
2. W. Stoddard, 33 6:14
3. P. Alexander, 34 7:28.4
100 Yard Backstroke
1. S. Broker, 30 1:03.4
200 Yard Backstroke
1. S. Broker, 30 2:23.5
50 Yard Butterfly
1. J. Coplan, 32 28.6
100 Yard Butterfly
1. S. Broker, 30 1:00.6
200 Yard Butterfly
1. J. Coplan, 32 2:18.1
100 Yard Individual Medley
1. S. Broker, 30 1:00.1
2. W. Stoddard, 33 1:11

Men 35-39

50 Yard Freestyle
1. M. O'Hara, 36 27.3
2. D. Burman, 39 33.9
3. J. Geoghegan, 35 23.4
4. D. Clarke, 35 28.1
100 Yard Freestyle
1. J. Geoghegan, 35 53.0
2. M. O'Hara, 36 1:01.4
3. T. Gilmartin, 36 1:05.7
4. D. Clarke, 35 1:05.9
200 Yard Freestyle
1. M. Laux, 36 2:07
2. M. O'Hara, 36 2:21
3. D. Clarke, 35 2:21.6
4. D. Burman, 39 2:38
500 Yard Freestyle
1. M. Laux, 36 5:59.8
2. M. O'Hara, 36 6:31.6
3. D. Clarke, 35 6:32.5
4. T. Gilmartin, 37 7:14.5

1650 Yard Freestyle

1. J. Geoghegan, 35 20:12.5
50 Yard Backstroke
1. M. O'Hara, 36 35.5
100 Yard Backstroke
1. J. Geoghegan, 35 1:03.5
50 Yard Breaststroke
1. D. Burman, 39 45.6
100 Yard Breaststroke
1. J. Geoghegan, 35 1:13.5
2. M. Laux, 36 1:14.3
50 Yard Butterfly
1. M. Laux, 36 27.1
2. E. Struckus, 36 36.5
200 Yard Butterfly
1. J. Geoghegan, 35 2:19
100 Yard Individual Medley
1. M. Laux, 36 1:06.5
2. D. Burman, 39 1:28.7
200 Yard Individual Medley
1. D. Burman, 39 3:33.9

Men 40-44

50 Yard Freestyle
1. D. Reed, 43 25.1
2. G. Brunstad, 43 28.3
100 Yard Freestyle
1. D. Reed, 43 58.8
2. M. Siebold, 43 1:00
3. G. Brunstad, 43 1:00.5
4. R. Coykendall, 41 1:00.8
200 Yard Freestyle
1. G. Brunstad, 43 2:11.6
2. M. Siebold, 43 2:14.3
3. R. Coykendall, 41 2:15.1
500 Yard Freestyle
1. M. Siebold, 43 6:08
2. R. Coykendall, 41 6:17.9
1650 Yard Freestyle
1. R. Coykendall, 41 21:52.2
50 Yard Backstroke
1. D. Clayson, 42 28.5
100 Yard Backstroke
1. D. Clayson, 42 1:04.2
2. R. Kamphausen, 43 1:19.6
200 Yard Backstroke
1. B. Clayson, 42 2:23.7
50 Yard Breaststroke
1. D. Clayson, 42 35.1
100 Yard Breaststroke
1. B. Smith, 40 1:21.4
50 Yard Butterfly
1. M. Siebold, 43 30.1
100 Yard Butterfly
1. M. Siebold, 43 1:09.4

Men 45-49

50 Yard Freestyle
1. T. Lyndon, 46 25.3
2. E. Hulme, 49 28.5
3. M. Petlee, 48 31.4
100 Yard Freestyle
1. T. Lyndon, 46 56.4
2. E. Hulme, 49 1:01.6
3. B. Christian, 47 1:05.4
200 Yard Freestyle
1. T. Lyndon, 46 2:17.6
2. E. Hulme, 49 2:26
500 Yard Freestyle
1. T. Lyndon, 46 6:12.1
2. E. Hulme, 49 6:44.5
3. B. Christian, 47 7:41.1
1650 Yard Freestyle
1. T. Lyndon, 46 21:43.7
50 Yard Backstroke
1. M. Petlee, 48 32.7
2. E. Sikes, 46 39.0
100 Yard Backstroke
1. M. Petlee, 48 1:14.1
2. B. Christian, 47 1:15.2
200 Yard Backstroke
1. M. Petlee, 48 2:45.4
2. B. Christian, 47 2:46
50 Yard Butterfly
1. E. Sikes, 46 34.8
100 Yard Butterfly
1. E. Sikes, 46 1:28.8
200 Yard Butterfly
1. E. Sikes, 46 3:29.9

100 Yard Individual Medley

1. T. Lyndon, 46 1:12.9
2. B. Christian, 47 1:21.2
3. E. Sikes, 46 1:22.7
4. M. Petlee, 48 1:25.3

Men 50-54

50 Yard Freestyle
1. R. Lavendier, 52 27
2. J. Forbes, 52 31.5
3. V. Ouchakof, 54 31.7
100 Yard Freestyle
1. J. Tyler, 54 1:20.9
2. V. Ouchakof, 54 1:24.8
200 Yard Freestyle
1. V. Ouchakof, 54 3:17
500 Yard Freestyle
1. J. Forbes, 52 8:25.1
2. V. Ouchakof, 54 9:02.4
50 Yard Backstroke
1. E. Struckus, 52 37.4
100 Yard Backstroke
1. E. Struckus, 52 1:26.5
50 Yard Breaststroke
1. J. Forbes, 52 35
2. E. Struckus, 52 37.1
3. H. Fletcher, 53 41.2
100 Yard Breaststroke
1. J. Forbes, 52 1:19
2. E. Struckus, 52 1:24
200 Yard Breaststroke
1. C. McCarthy, 52 3:11
50 Yard Butterfly
1. R. Lavendier, 52 31.
2. C. McCarthy, 52 36.6
3. J. Forbes, 52 36.8
4. J. Tyler, 54 51.3
100 Yard Butterfly
1. C. McCarthy, 52 1:21.6
2. R. Rokicky, 54 1:18.1

Men 55-59

50 Yard Freestyle
1. W. Varza, 57 37
2. T. Jackson, 56 37.2
3. C. Granger, 55 38.9
100 Yard Freestyle
1. C. Granger, 55 1:31.4
200 Yard Freestyle
1. C. Granger, 55 3:31
2. E. Oakman, 57 3:34.6
500 Yard Freestyle
1. W. Varza, 57 8:55.3
2. E. Oakman, 57 9:34.6
3. C. Granger, 55 9:52.3
1650 Yard Freestyle
1. R. Ellsbury, 56 29:03.2
2. E. Oakman, 57 33:33.3
50 Yard Backstroke
1. T. Jackson, 56 38.9
100 Yard Backstroke
1. T. Jackson, 56 1:25.5

Men 60-64

50 Yard Freestyle
1. H. Bartlett, 62 30.6
2. R. Guido, 60 31.0
3. S. Pudell, 62 36.1
50 Yard Backstroke
1. R. Guido, 60 1:10.2
2. H. Bartlett, 62 1:11.2
200 Yard Freestyle
1. H. Bartlett, 62 2:45.2
2. R. Guido, 60 2:45.4
1650 Yard Freestyle
1. R. Guido, 60 26:48
2. V. Dawson, 61 30:47.4
50 Yard Backstroke
1. J. Merrill, 61 36.0
2. R. Chamberlain, 60 38.6
3. R. Guido, 60 39.9
4. S. Pudell, 62 41.5

100 Yard Backstroke

1. J. Merrill, 61 1:18.8
2. R. Guido, 60 1:28.4
3. R. Chamberlain, 60 1:28.5
4. S. Pudell, 62 1:29.8

200 Yard Backstroke

1. J. Merrill, 61 2:53.3
2. R. Rokicky, 54 2:47.1
50 Yard Breaststroke
1. R. Chamberlain, 60 39.7
2. S. Pudell, 62 40.1
3. R. Close, 61 44.4
100 Yard Breaststroke
1. R. Chamberlain, 60 1:30.7
2. S. Pudell, 62 1:32.3
3. R. Close, 61 1:46.1
200 Yard Breaststroke
1. R. Close, 61 3:58.9

Men 70-74

50 Yard Freestyle
1. G. Langner, 74 37.4
500 Yard Freestyle
1. G. Langner, 74 8:26.3
200 Yard Breaststroke
1. G. Langner, 74 4:17.8
50 Yard Butterfly
1. G. Langner, 74 1:14.2
2. R. Rokicky 30.5
100 Yard Individual Medley
1. G. Langner, 74 2:04.5

Men 75-79

50 Yard Freestyle
1. E. Lyon, 77 54.4
2. R. Rokicky 27.4
50 Yard Backstroke
1. E. Lyon, 77 57.3
100 Yard Backstroke
1. E. Lyon, 77 2:06.3
50 Yard Breaststroke
1. E. Lyon, 77 1:03.3
100 Yard Individual Medley
1. E. Lyon, 77 2:18.4
2. R. Rokicky 1:13.5

34+ Mixed Relay

1. Valley Swim Club 1:59.8
(Klock, Stoddard, Ustal, Read)

65+ Mixed Relay

1. Conn. Masters 3:20.4
(Somers, Offenhausser, Lyon Langner)

25+ Medley Relay

McDowell, Teney, Coplan Haffner, 2:00.6

55+ Medley Relay

Jackson, Chamberlain, Varza, Langner 2:38.9

Maryland Masters Winter Swim Meet Balto., Md. 2/25 & 2/26, 1978

WOMEN 25-29

50 YD FREESTYLE
Dot Wise 27.27
Betty McCorkle 28.71
Joan Dykes 29.63
Shari Danch 31.32
100 YD. FREESTYLE
Chris Ruppert 57.02
Dot Wise 58.38
Lydia Kovacs 1:05.60
Shari Danch 1:08.84
Betty McCorkle 2:18.44
Marta Schlegel 2:47.88
500 YD. FREESTYLE
Chris Ruppert 5:25.68
Jeanne Mason 6:45.80
Marta Schlegel 7:55.12
50 YD. BACK
Julie MacMullen 32.67
Betty McCorkle 34.19
Lydia Kovacs 34.44
Shari Danch 36.06
Sue Snyder 43.66
100 BACK
Julie MacMullen 1:11.58
Jeanne Mason 1:17.85
Shari Danch 1:21.36
Marta Schlegel 1:33.84
200 BACK
Julie MacMullen 2:36.03
Jeanne Mason 2:40.14
Marta Schlegel 3:24.60
50 BREST
Betty McCorkle 51.47
100 BREST
Dot Wise 1:15.04
Lydia Kovacs 1:22.04
Sue Snyder 1:40.98

WOMEN 30-34

50 YD FREESTYLE
Jane Hall 32.44
M. Ramanaukas 33.00
100 YD FREESTYLE
Eliz. Winings 1:21.34
200 YD FREESTYLE
C. Chidester 2:23.07
M. Ramanaukas 2:33.90
Sue Levickas 3:02.96
500 YD FREESTYLE
Eliz. Winings 8:34.60
200YD BACK
C. Chidester 2:39.90
50 YD BREST
M. Ramanaukas 39.63
Sue Levickas 41.85
100 YD BREST
M. Ramanaukas 1:27.22
Sue Levickas 1:32.14
200 YD BREST
M. Ramanaukas 3:06.07
Sue Levickas 3:14.84
50 FLY
Pat Harris 30.19
100 FLY
Pat Harris 1:04.29
Eliz. Winings 1:13.54
200 YD FLY
Pat Harris 2:34.62
C. Chidester 3:00.64
Eliz. Winings 3:39.18
100 YD IM
Pat Harris 1:11.98
Eliz. Winings 1:29.68
Jane Hall 1:29.63
400 I.M.
C. Chidester 5:49.74
Eliz. Winings 6:21.97

WOMEN 35-39

50 YD FREESTYLE
J. Franco Ferreira 30.92
Jackie Zipf 36.23
Karin Stronach 36.32
100 YD FREESTYLE
Franco Ferreira 1:11.68
Karin Stronach 1:20.20
200 YD FREESTYLE
Franco Ferreira 2:48.06
Karin Stronach 2:49.26
500 YD FREESTYLE
Karin Stronach 7:35.72
50 YD BACK
Franco Ferreira 38.45
Jackie Zipf 40.92
100 YD BACK
Franco Ferreira 1:27.54
Jackie Zipf 1:29.53
200 YD BACK
Jackie Zipf 3:12.09
50 YD BREST
Jackie Zipf 48.45
100 YD BREST
Karin Stronach 1:33.02
200 YD BREST
Karin Stronach 3:18.84
100 YD FLY
Karin Stronach 1:36.58
200 YD FLY
Karin Stronach 3:28.92
100 YD IM
Franco Ferreira 1:23.69
Jackie Zipf 1:30.77
Karin Stronach 3:19.66
400 YD IM
Karin Stronach 7:00.59

WOMEN 40-44

50 YD FREESTYLE
R. Kamphausen 29.60
S. Behler 35.33
M. Allewa 37.79
500 YD FREESTYLE
Nancy Brown 6:44.00
50 YD BACK
R. Kamphausen 36.60
Maggie Land 40.09
100 YD BACK
Maggie Land 1:26.57
M. Allewa 1:49.98
200 YD BACK
Maggie Land 3:11.30
50 YD BREST
Maggie Land 40.05
R. Kamphausen 43.97
100 YD BREST
Maggie Land 1:26.37

50 YD FLY	R. Kamphausen 37.22	200 YD FLY	John Flanagan 2:00.86	400 YD IM	David McIntyre 5:13.05	200 YD FREESTYLE	Harry Dodge 2:34.07
200 YD FLY	Nancy Brown 2:56.41	400 YD FLY	Dave Fields 2:14.85	800 YD IM	Ray Oden 6:14.90	400 YD FREESTYLE	Harry Dodge 6:55.92
800 YD FLY	H. Kamphausen 1:21.10	1000 YD FLY	Doug Mathews 2:32.22	1000 YD IM		1000 YD FREESTYLE	Mill LaPorte 7:37.00
1000 YD FLY	Maggie Land 1:22.94	50 YD BACK	Tom Levickas 2:35.54	50 YD FREESTYLE		50 YD BACK	Jerry Wellbourn 28.04
50 YD FLY	S. Beheler 1:29.53	100 YD BACK	John Flanagan 5:27.24	100 YD FREESTYLE		100 YD BACK	Jim Selckman 28.26
100 YD FLY	Nancy Brown 2:46.78	200 YD BACK	Tom Alspach 5:22.85	200 YD FREESTYLE		200 YD BACK	John Alleva 28.62
200 YD FLY	S. Beheler 3:21.67	400 YD BACK	Dave Fields 6:30.37	400 YD FREESTYLE		400 YD BACK	Jerry Wellbourn 29.50
400 YD FLY	Nancy Brown 5:56.58	800 YD BACK	Tom Levickas 7:30.01	800 YD FREESTYLE		800 YD BACK	Ray Sneed 31.00
800 YD FLY		1000 YD BACK	Bill Bacon 26.49	1000 YD FREESTYLE		1000 YD BACK	Jim Peacock 32.29
1000 YD FLY		50 YD FREESTYLE	Mark Wallace 31.37	50 YD FREESTYLE		50 YD FREESTYLE	Dick Mueller 1:05.49
50 YD FREESTYLE		100 YD FREESTYLE	Tom Anderson 31.90	100 YD FREESTYLE		100 YD FREESTYLE	Art Mayer 1:09.67
100 YD FREESTYLE		200 YD FREESTYLE	Michael Palmer 26.04	200 YD FREESTYLE		200 YD FREESTYLE	Dave Carroll 1:31.75
200 YD FREESTYLE		400 YD FREESTYLE	Russ Dawson 26.53	400 YD FREESTYLE		400 YD FREESTYLE	Tasewell Banks 1:32.29
400 YD FREESTYLE		800 YD FREESTYLE	Jay Eller 27.54	800 YD FREESTYLE		800 YD FREESTYLE	Art Mayer 2:48.33
800 YD FREESTYLE		1000 YD FREESTYLE	Michael Delean 28.57	1000 YD FREESTYLE		1000 YD FREESTYLE	John Alleva 6:04.99
1000 YD FREESTYLE		50 YD BACK	Walter Woo 29.38	50 YD BACK		50 YD BACK	Art Mayer 7:16.21
50 YD BACK		100 YD BACK	David Oates 29.57	100 YD BACK		100 YD BACK	Elmer Smith 7:28.00
100 YD BACK		200 YD BACK	Fred Forshey 56.94	200 YD BACK		200 YD BACK	Mark Coughlin 7:44.30
200 YD BACK		400 YD BACK	Michael Palmer 57.17	400 YD BACK		400 YD BACK	Art Mayer 32.38
400 YD BACK		800 YD BACK	Michael Delean 1:03.91	800 YD BACK		800 YD BACK	Jim Selckman 37.94
800 YD BACK		1000 YD BACK	Michael Palmer 1:00.69	1000 YD BACK		1000 YD BACK	Jerry Wellbourn 39.21
1000 YD BACK		50 YD FREESTYLE	Fred Forshey 1:00.92	50 YD FREESTYLE		50 YD FREESTYLE	Ray Sneed 48.63
50 YD FREESTYLE		100 YD FREESTYLE	Russ Dawson 1:03.74	100 YD FREESTYLE		100 YD FREESTYLE	Howard Ogden 49.28
100 YD FREESTYLE		200 YD FREESTYLE	Walter Woo 1:05.98	200 YD FREESTYLE		200 YD FREESTYLE	Charlie Moyer 50.70
200 YD FREESTYLE		400 YD FREESTYLE	James Harnish 1:07.48	400 YD FREESTYLE		400 YD FREESTYLE	Art Mayer 1:12.67
400 YD FREESTYLE		800 YD FREESTYLE	Rick Cook 1:12.13	800 YD FREESTYLE		800 YD FREESTYLE	Art Mayer 2:44.57
800 YD FREESTYLE		1000 YD FREESTYLE	James Parker 2:16.43	1000 YD FREESTYLE		1000 YD FREESTYLE	Charlie Moyer 4:10.54
1000 YD FREESTYLE		50 YD BACK	James Harnish 2:32.69	50 YD BACK		50 YD BACK	Elmer Smith 33.09
50 YD BACK		100 YD BACK	Arthur Young 2:45.18	100 YD BACK		100 YD BACK	Jim Selckman 36.06
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100 YD FREESTYLE		200 YD FREESTYLE		200 YD FREESTYLE		200 YD FREESTYLE	Al Allen 1:08.62
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DIVING TITLES

Capistrano Valley 4-25-78

<u>1 and/or 3 Meter Diving</u>		
Mike Rash	21-29	332.30
John Samuelson	30-39	500.75
Fred Fox		482.60
Greg Shuff		469.10
Felix Grossman	40-49	304.10
Lyle Felderman	50-59	279.64
Bill McAlister	60-69	278.95
Dal Stauffer		272.65
Don Brand		170.90
John Riley	70+	170.94
Don Davis		123.68

WOMEN

Lil Felderman	50-59	225.50
Viola H. Krahn	70+	136.27

MYSTERY MULLIGAN EVENT

Fred Fox	299.20
John Samuelson	298.35
Dal Stauffer	293.35
Lyle Felderman	284.00
John Riley	265.20
Mike Rash	228.85
Lil Felderman	204.20
Don Brand	198.65

JERSEY MASTERS CHALLENGE

The Jersey Masters Swim Team has been interested in the excellent idea of a 10-man, 1000 yard Freestyle Relay for all age groups ever since the Hawaii Masters Swim Club announced it and originated the records. The JMST August 1974 LC record of 13:13.37 still stands. Connecticut Masters, in performances of remarkable all-around excellence, provided the latest incentives: by breaking JMST's SC Men's and Women's records, AND by completely overlooking us in their exuberant write-up (SWIM-MASTER, VOL VI - No 2, Feb-Mar 1977). And so on Sunday, April 17, 1977 we assembled our team and regained the men's record with a 10:57.5, eclipsing the 11:07.2 recently set by Connecticut. Since the 70-79 age group has since been broken into 2 parts, we ALSO swam an 11th man 75-79, to establish an 1100 yard "JERSEY CHALLENGE" record of 12:15.8! This now makes the Jersey Masters Swim Team the first to accomplish each of the following: 1) Answer Hawaii's challenge (Aug 1974); 2) Men break 12 min (11:45, Mar 1975); 3) Men break 11 min (10:57.5, Apr 1977); 4) Regain a record lost (to CT, Dec 1976); 5) Establish an 11 age group record ("Jersey Challenge"); and 6) Establish a Women's team and record (May 1975). We thoroughly enjoyed it; let's hear from some more teams for this event!

IT'S YOUR HEART

I am 59 years old and have been jogging and swimming and exercising regularly for over 30 years. I prided myself in the good shape I was in which was confirmed by yearly physical examinations. Three years ago I joined the New Jersey Masters Swim Team and competed in many swim meets. It was wonderful to be with other swimmers and joggers who kept in good shape and enjoyed competition.

In January of 1978 after swimming or jogging as usual I felt a pressure across my chest and some numbness in my left arm and leg, but thought I was just "out of shape" because of the Christmas Holidays' layoff from training. When the pressure feeling returned again after jogging or swimming only a few hundred yards I promptly consulted my family physician who recommended an extensive stress test, which I had done at the Memorial General Hospital in Union, NJ. The test showed I had a serious circulation problem and I was advised to stop all strenuous activity and have a complete Cardiac Catheterization done promptly.

This was done on March 24 at the Newark Beth Israel Medical Center, in Newark, NJ. The photographs and reports clearly show I have two blockages near the top of the left coronary artery but all other areas and valves of my heart look fine. The group of cardiac specialists advise me to have prompt by-pass surgery to avoid a serious heart attack and to put my heart back in good shape. I am scheduled for the surgery April 4. I will need 5 to 8 pints of blood to keep the "heart pump" working during the surgery and fortunately my local Blood Bank will provide all I need. I have two purposes in writing and describing my experience to my Jogger, Master Swimmers and other friends: 1) Even though you may feel in perfect shape do not neglect any unusual sign such as I experienced. Seek competent medical advice and get to the cause. Don't take chances! 2) Over the years I was fortunate to be able to donate blood regularly and now fortunately I can make a "withdrawal" from my Blood Bank Account. Please act now and make a blood donation to your local Blood Bank which you enjoy the blessings of a wonderful healthy body.

During my rehabilitation I will have my spirits lifted greatly by just a post card from anyone who decided to follow my advice and have a stress test and/or make a blood donation because of my personal "experience". Thank you, - Clifford R. Iglay, 1439 Arsdale Terrace, Union, NJ 07083

MASTERS SWIMMING NOTES

ERNEST HEMINGWAY ENTERS A MASTERS MEET - The Old Sternwheeler is proud to publish this unknown account of "Papa" Hemingway's first and only Masters Meet. "The locker room stank. It was, appropriately, the lower bowels of this great building, the building they call Cooke Hall. The upper bowels stank too, but a man doesn't notice. At the door to the pool, I was greeted by the white, hopeless faces of men and women forced to face the realities of freestyle and back-stroke. The butterflyers were off in a corner, already resigned to their fate. Even the lane lines seemed to call like a mortar shell in the desert. I yearned for my rifle, but had left it in my locker. Warm-up was over as quickly as a teenager making love, and I wrapped up in my blood red warm up suit and carefully laced up my Adidas Jack boots. Like a man I watched the first few events...men and women were dying at the end of their races. It was not a pretty sight, but such is the way of Masters and its slaves. Like a bolt from the Firmament itself, they announced my event: the 100 free. My very strong heart did a slight but entirely masculine leap. I tore off my blood red warm-up suit and strode like a matador to the blocks. My Adidas jack boots made a hollow clumping sound on the hollow blocks. An old wound from an old war prevented me from doing a masculine grab start, so I did a rather feminine one. The starter's weapon breathed fire and we were off. I swam like a one-eyed whore in heat. My mind flew, trying to count so I wouldn't stop at the wrong time and look like a stupid ass. Nothing could be worse than looking like an ass in front of a half-naked woman. The race was a blur. Because you can't see clearly underwater, and I forgot that my masculine jack boots weighed 30 pounds apiece. It was a long, painful 100 yard walk on the bottom, but I made it. I finished third. Which was not good, but not really bad either. I picked up my medal and pinned it through the skin of my left breast. It didn't feel good, but it wasn't bad either."

ED. NOTE: This was reprinted from the OLD STERNWHEELER'S MASTER'S MONTHLY out of Minn. It is the most entertaining and interesting Newsletter put out!!!!.....

REPORT FROM BOB WILLIAMS - Bob Williams, late of Newport and presently stationed at San Diego and greatly missed by his New England Masters friends, has written a long letter in which he was kind enough to say that he is "proud to have been associated with... New England Masters". Bob's report included the following: "Among other benefits of participating in Masters swimming has been the capability to swim almost anywhere in the U.S. I drove across country the first week in November after having swum in a York, PA Masters meet on 29/30 Oct. I was able to swim at least once a day and sometimes twice a day all across the country. I utilized "Swim Master" to find names of people who were running meets in the towns I was visiting for the night and called them to see if they could recommend a place to work out that night or early in the morning. The people I talked with were very friendly and helpful without exception! The end result was if there were no Master's work-outs, I would go to the closest university and present myself as a Master swimmer and pools would almost magically become available. I figuratively swam my way across country (with a little help from an old VW camper). The end result was I met and talked with some fine young swimmers (who clearly demonstrated that I'm not as young as I used to be) and some excellent coaches (who were somewhat surprised at the yardage I was putting in; 4500 yards a day while traveling for the six days). Being a Masters swimmer gave me the chance to make a usually boring, lengthy, cross-country trip into an interesting, beneficial and strenuous trip.".....

TOP TEN LONG COURSE CORRECTIONS:

WOMEN

50-54	100 M fly	M. Sciborski	3:28.75	(9)
55-59	50 M free	J. Smally	43.22	10)
55-59	400 M free	V. Gest	8:06.80	10)
60-64	200 M brst	F. Sidorsky	5:20.10	(9)
70-74	100 M Back	S. Bailey	2:34.15	(3)
35-39	100 M Fly	A. Mueller	*1:18.28	(R)
40-44	1500 M Fr	H. Buss	*21:23.78	(R)
25+	200 F.R.	Long Beach	*2:02.15	74

MEN

40-44	200 M Free	G. Brustad	2:38.87	(9)
35-39	50 M back	D. Campbell	32.79	(2)
25-29	100 M Free	K. Hammer	*54.38	72
30-34	100 M Brst	C. Jastremski	*1:09.30	72
40-44	50 fly	R. Johnson	*28.50	
55-59	100 M Brst	T. Lind	*1:29.00	
70-74	1500 M Fr	C. Ross	Record	75
75-79	400 M Free	C. Ross	*7:05.95	76

1977 NATIONAL SWIMMING SURVEY - There were three questions on this survey asked all AAU Associations about Masters Swimming. 1) Do you have association Masters' Swimming competition? 93% answered yes. 2) How many Masters swimmers do you have registered? (Median). The answer was 60. 3) How many Masters Clubs do you have registered? (median). The answer was 2.....

YMCA NATIONALS - The Frederick County YMCA will host this year's National YMCA Masters Swimming Championships. This meet will provide competition in swimming, diving and synchronized swimming. All participants must be members of a YMCA as of April 15, 1978 and must represent that YMCA in the meet. The meet will be held May 12-14.....

SWIMMING FEAT OF 1977:- Kathie and Ed Duncan who each set National Records in the 400 meter 'M. in the 30-34 age group: Kathie in 6:05.30 and Ed in 5:29.82.....

FROM THE NAUTILUS AQUATIC CLUB NEWSLETTER - Did you hear about the masters swim team, heading into its big meet, that developed contagious poison ivy? The entire team scratched...Wind sprints-- What you do after you've eaten a plate of beans...Don't tell us about swim coaches who believe in Motivation and inspirational gimmicks-- we've seen the ultimate! Recently for a Masters dual meet we arrived in time for warmups and our backstrokers made a startling discovery. Fixed to the undersides of both diving boards were large mirrors, and below those appeared the words, "Eat you heart out, John Naber"!...The 15-year-old Nautilus Aquatic Club, of Washington, DC, the country's oldest Masters and senior swimmers competition group, has discovered to its astonishment that it is actually, if unofficially, four times older than it had reason to believe. The discovery came about in a dusty and cobwebbed storeroom in the YMCA's ancient building which will shortly be torn down and replaced. Forgotten and buried in a corner of the storeroom was a large plaque celebrating the results of a 3-mile swimming competition held in the Y pool. What made the plaque fascinating was that the 3-mile meet was sponsored by the Nautilus Aquatic Club-- in 1911! No one, of course, connected with today's Y could remember that earlier Nautilus organization, but the solid evidence of the plaque proved that the Nautilus Aquatic Club is at least 66 years old, at least in name..



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SWIM-MASTERS - RENEWALS & MAILINGS - This is the second 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.

RULES - On page 65 of the 1978 Swimming Rule Book, Rule C-4, Entry Fees - Entry fees for Masters events shall not be more than \$2.00 per individual event and \$5.00 per relay event. A surcharge of up to \$2.00 per swimmer may be charged to help defray costs when automatic timing is being used. A "late fee" is the same as an "entry fee". It cost \$x to swim in one event. On page 19 under Article III, Section D-4, it explains the scoring for different pools. Scoring is done on the number of lanes in a pool, not the number of places given awards.....

SWIM-MASTER

2308 N.E. 19th Avenue
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swim today . . .

...swim for the health of it!

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL VII .. No 4

MAY	5-6	Canada - Flo Masson, c/o P.C.A.C., 482 St. Louis Av, Pointe Claire, Que H9R 2A8
	6	YMCA - Cathy Witkowski, 4703 Marigold, Mentor, OH 44060
	6-7	Princeton - c/o Dan Sullivan, 495 Watchung Av, Bloomfield, NJ 07003
	7	Buffalo Y - Ken Bauser, 32 Glendhu Pl., Buffalo, NY 14210
	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 - Joe Biondi, 216 Elizabeth Ave., Clearwater, FL 33515
	28	Whitefish Bay - Morgan Byers, Whitefish Bay H.S., 1200 E. Fairmont Av, Milwaukee, WI
JUN	3	YMCA - Ann Ellingham, Broward YMCA, 512 N.E. 5th St., Ft. Lauderdale, FL
	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*1*0 LC - OHIO Masters, P.O. Box 922, Massillon, OH 44646
	24	Winston Salem, NC - M. Spencer, 4745 Duffer Lane, Pfafftown, NC 27040
		One Hour Postal Meet - Cleveland Dept. of Rec., P.O. Box 99059, Cleveland, OH 44199
JUL	9	St. Charles - Meredith Scanlon, Dunham Rd., St. Charles, IL 60174
	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	19	Powel Crosley YMCA LC - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	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 Uhrich, 25 Lafayette Rd., Newton, MA 02162
SEP	9-10	Fayetteville, NC
	24	YMCA - Virginia Hildebrandt, 5167 Robinhood Dr., Willoughby OH 44094
CORONADO MASTERS TEAM - Alicia Horst, 571 Marina Ave., Coronado, CA 92118		
May 28, JUL 30		
PACIFIC NORTHWEST ASSOCIATION - Tom Foley, 10011 - 40th S.W., Seattle, WA 98146		
JUL 15-16, AUG 12-13		
JAPAN - MASTERS SWIMMING FESTIVAL - Katsuo Uzawa, SWIMMING LIFE, Tobiuo Service Co., Ltd., Sanrin-Shibuya Bldg., 3-26-20, Shibuya, Shibuya-Ku, Tokyo, Japan - JUN, OCT		
LONG DISTANCE OCEAN SWIMS - Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045		
MAY 20 - Mid-Catalina Channel		
DIVING - Bill McAlister, 14407 Road 23-1/2, Madera, CA 93637		
JUL 9, AUG 6, SEP 2, OCT 14, NOV 4		
WAIKIKI SWIM CLUB - Matthew J. Yingling, 2952A Park St., Honolulu, HI 96817		
MAY 7, JUN 4, JUN 18, JUL 9, JUL 23, AUG 13		