



# SWIM-MASTER

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## Swimmer's Edge

When Preston Vorlicek, MIT Class of 1979, took a sixth place in the National Collegiate Athletic Association's swimming championships in March, he was capitalizing on superb physical condition—and insight from an MIT wind tunnel. The wind tunnel was not an unusual place for Preston's work: he was looking for a hand most like a wing.

Vorlicek swims the butterfly stroke. If you could watch from below as a swimmer performs that stroke, you would see the crude outline of a butterfly's wings traced by the swimmer's hands. As the stroke begins, the hands slice into the water and immediately sweep down and out to make the large crescents of the wings' outline. An inward pull of the hands until they almost touch under the swimmer's chest closes the crescents; then another outward thrust forms the curve of the wings' tail. The swimmer's arms, now fully extended behind him, break from the water and return over the swimmer's head for the next stroke.

The force of the arms is concentrated in pushing and pulling the hands outward and inward. These rapid, sideways motions create lift—much as the wings of an airplane do when moving through air. Unlike the wing, which has an upward lift that enables flight, the hands with palms at a small angle from the direction of motion produce lift that propels the swimmer forward. The hands, thus, play a crucial role in giving the swimmer speed in the water.

How should the hands be used to give a swimmer most lift and power? Vorlicek, a major in aeronautics and astronautics, knew how to find the answer. He knew that a body moving through water acts much the same way as it does when moving in any other fluid—liquid or gas. So the wind tunnel's blown air could simulate the flow of water against the swimmer's hand.

Preston worked with a small wind tunnel and four life-size plaster casts of hands held in positions that swimming coaches feel are the most effective in the water. In one case, the fingers were bent slightly to form a shallow cup; in all others, the hands and fingers were straight. In one cast the fingers and thumb were held tightly together; in another, the thumb and small fourth finger were spread out a bit with the three middle fingers still tightly held; in the fourth, all the fingers and thumb were spread slightly.

One at a time, the hands studied were mounted on a special balance which measured their lift and drag when blasted with 50 mile-an-hour winds; such high speed was needed to simulate the effects of water at much slower velocities.

The hands with the straight, closely held fingers were the most efficient in producing lift. The hand with all fingers held tightly was the most efficient when moving toward the swimmer's body, the hand with the thumb and fourth finger slightly spread when moving away from the body. As the models were rotated in the air stream, Preston found that an angle of 25 degrees between the plane of the palm and the wind produced the greatest lift.

Were the results surprising? "A little," says Preston. "Although no one was sure which of the hands would be the most effective, Coach (John A.) Benedick's (MIT swim coach) choice turned out to be the most inefficient hand in my group." How much difference does hand position make? Vorlicek is quick to point out that no one factor will assure victory; championship swimming is strength, style, and a bit of luck. On the other hand ...

"In the 1972 Olympics, Gunnar Larsson beat Tim McKee for the gold medal by two-thousandths of a second. My results can increase the efficiency of a swimmer by a tiny amount, and as you can see, in swimming you need all the help you can get."

—Roland B. Thompson



PRESTON VORLICEK and model hand in wind tunnel.

—Photo by Calvin Campbell

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## FREESTYLE HINTS

by

George Haines

The opinions expressed here are purely those of the writer based upon the expressions of other men in the field and the observation of swimmers in the pool for the past 43 years, 28 of these as a coach.

**CATCH AND PRESS PHASE** - The entry to the catch in freestyle should be a point in front of the shoulder and head, slightly outside the mid-line of the body and inside the width of the shoulders - being just outside the mid-line of the body is important because the shoulder roll will then take the hand properly under the body.

1. Entry at almost full extension - with fingertip entry thumb side down slightly.
2. Elbow slightly higher on the entry than the fingertips - over-reaching will cause the swimmer to drop his elbow and arm toward the bottom of the pool - this will also cause bobbing up and down.
3. Rotation of the shoulders so that the fingers, elbow and shoulder drive into the water through the same hole made in the water by the fingers and hand.
4. Try to work toward a quick catch and press down by cocking or flexing at the wrist almost immediately after entering the water with the hand.
5. We try to begin the catch and press from the outside in - or flex the wrist - pressure on the fingertips and palm - but turn the hand in from the outside or little fingerside - you must maintain pressure on the palm of the hand throughout the press, pull and push phase of the stroke.

**PULL PHASE** - The pull should be under the body with a bent elbow of 45 degrees to 90 degrees from fingertips to elbow.

1. Try not to bend the elbow too soon as this will create a slipping of the hand and leading with the elbow and you cannot maintain pressure on the palm if you lead with your elbow.
2. Keep your elbow higher in the water than the hand or wrist position and you can eliminate leading with the elbow and slipping of the hand.
3. Pull from catch to or toward the opposite hip and, with the rotation of shoulders and body roll, your hand will be in position to get into the relaxed or push phase of the stroke.
4. The hand should maintain pressure on the water and will change direction throughout the pull - much like a sculling effect which gives the "S" curve under the water.
5. The pull phase will end directly under the mid-body or at the highest flexion point of the elbow (different in every swimmer).
6. Try to work toward constant turnover or one hand maintaining pressure on the water at all times.

**PUSH PHASE - RELAXED** - At the end of the pull, there should be a distinct push phase with emphasis on the following:

1. The palm will again change direction - seeking calm water - you can aid this by simply pushing the hand back making the palm face directly toward the feet or backward.
2. Over-emphasize the push-through by having the thumb go by (touching) the leg.
3. You can do dry land exercises emphasizing this phase of the stroke - wall pulleys - holding the elbows tight against the body and do extensions of the lower arm, wrist and hand.

4. The body roll or hip will help in turning the hand properly for a good finish to the push phase of the stroke.
5. Proper finish of the stroke should end approximately 4 to 6 inches below the surface and not right at the surface - this will eliminate a push up at the end of the stroke - also eliminates bobbing up and down.

The entire stroke underwater from the catch through the push phase should be accelerated with greatest speed coming at the end of the stroke.

**RECOVERY** - We believe in a high or bent elbow recovery in freestyle swimming as it seems to be the most relaxed way to recover the arm over the surface of the water - it is the most efficient for the highest percentage of all swimmers and their individual styles.

1. The recovery begins at the end of the push phase of the underwater stroke - start the lift of the recovery by concentrating on lifting the elbow out of the water, first - the hand should come out of the water last - slightly in front of the hole made in the water by the hand on the entry.
2. Rotate the shoulder forward by reaching with the elbow and be shrugging the shoulder forward.
3. We try to rotate the shoulder forward - keeping the elbow up and the palm of the hand facing back toward the feet at all times.
4. The hand should stay lower than the elbow in the recovery but should swing wider than the highest point of the elbow with palm facing toward the feet.
5. Reach forward by emphasizing the swing of the lower arm and reaching of the elbow.
6. Try to enter the water just outside the mid-line of the body and inside the width of the shoulders but well out in front of the shoulder.
7. Fingertip entry with the thumb slightly down - elbow up - get into the catch with that "over-the-barrel" feeling.

**BREATHING** - A rhythm should be developed between the arm turnover, leg kick and roll of the head - but this pattern should be developed to fit the individual swimmer's style - try to develop this by doing the following:

1. Keep the level or surface of the water somewhere between the hairline and the eyebrows - at a comfortable position for the head.
2. Turn the head to breathe as the opposite hand to the natural breathing side enters the water.
3. Inhale through the mouth at or slightly below the surface but behind the bow wave created by the head as it moves through the water.
4. Return the head to its original position - then turn the chin past the center line of the body on the push of the hand opposite the breathing side - this will give balance to the stroke.
5. Exhale - just before the head is turned to the breathing side - the breath should be exploded out before the mouth reaches for its next breath.

**KICK** - The leg kick in freestyle should be used for a balancing effect in this style of swimming - however, the shorter the race, the harder the legs are kicked and the more power generated - it is important to develop the kick of the individual and not try to make every swimmer use the same style.

1. The kick should not be too deep in the water, but within the surface of the water and deepest position of the body in the water.
2. The various leg kicks are: 6 beat - sprinters & middle distance; 4 beat cross over - sprinters through distance; 2 beat - distance and some middle distance.

## DELAYING THE AGING PROCESS

by

Dr. Paul Hutinger, Professor  
Western Illinois University  
(Reprinted from Lane Four)

The Master swimmer is fortunate to be in a program that starts at age 25. According to aging expert Dr. Alex Comfort, the average person displays a rapid deterioration of physiological factors after the age of 25. This is the ideal age, then, to intervene with a regular training program. Participation in the Masters program provides competition, a great motivational device which can induce both men and women to start or continue a training program.

Most aging experts such as Comfort, Shock, Brunner, and Stamler are basing their conclusions on observations and measurements of the average American who is out of shape, fat, smokes, and drinks too much. The rapid deterioration of the functioning of the physiological systems of the body is to be expected for such sedentary individuals. The same deterioration takes place even in former champion athletes: however, since their natural endowments are high to begin with, the deterioration is not as noticeable when compared to standard norms. How much of this loss of physiological functioning systems (such as cardiovascular and respiratory) is true aging and how much is due to hypokinetic disease (low Activity level)? No one has all the answers, but research in this area is demonstrating that high performance can be prolonged and maintained longer than previously thought could be expected. Older individuals 70 and 80 yrs old have demonstrated remarkable rehabilitation improvements. Researchers such as Dr. Herbert DeVries and Dr. Fred Kasch have collected some interesting data of special interest to the trained Master Swimmer.

DeVries, professor of physiology at U.S.C., has investigated this area of aging extensively. In a recent study at the Gerontology Research Center (U.S.C.), DeVries found that a proper amount of exercise increased the functional ability of the heart, lungs, and physical work capacity. The older men in their sixties and seventies achieved percentages of improvement similar to that of young men. The study also indicated that exercise has an anti-aging effect on the brain, thereby delaying the onset of senility.

DeVries was later awarded a two-year grant by the Administration of Aging to study the effects of exercise with a mobile research facility at Laguna Hills Leisure World in California. His subjects were 41 untrained oldsters ranging in age from 50-87. They were given hour-long workouts three times a week which included calisthenics, jogging, stretching, and water exercises. Within six weeks there were profound changes between the exercisers and a control group in the same age range. Pre- and post- test data demonstrated a 4.9% drop in body fat, a 6% reduction in diastolic blood pressure, a 9.2% rise in maximum oxygen consumption, a 7.2% increase in the arms, and 15% reduction in nervous tension as measured by electromyography. In terms of physical function, some persons in their seventies regained the vigor of their forties. Thus a chronological age 70 was approximately equal to a physiological age of 40 or 50. These changes also brought about psychological changes so that the individuals has a sense of well-being.

Most aging experts have stated that after 25 the deterioration of physiological factors is about 1% a year. This has

been substantiated by many research studies such as that of H. B. Dill, a research exercise physiologist, who has oxygen consumption data on himself for over a 30-year period. His data demonstrates about 1% a year decline and his is considered an active person in good physical condition. Dr. Sid Robinson, a professor emeritus at Indiana University, has measured world class runners in a longitudinal study for the past 30 years and has shown a 1% decline. These runners are active but not training regularly. How hard must you train to intervene on the aging curve to prevent the 1% a year decline in physical work capacity? Does the highly trained individual decline at the same rate? These are questions that have partly been answered by a recently reported study.

Dr. Fred Kasch reported longitudinal data in MEDICINE AND SCIENCE IN SPORTS, Spring 1976, related to several variables in subjects during 10 years of endurance exercise. The decline in physical working capacity is normally from 9 to 13% during the ages of 45-55 years. Studies have suggested the use of physical activity to prevent this decline and possibly to protect against heart infraction. The purpose of Dr. Kasch's study was to investigate the effect of endurance programs on the physical work capacity of middle-aged men for a ten-year span. Sixteen men were trained with running or swimming at an average 86% intensity of maximum oxygen uptake during the ten-year span. The mileage was about 15 miles a week for running and 5 miles for swimming. No changes were observed in body weight, resting heart rate, or resting blood pressure. Maximum heart rate declined seven beats per minute in the ten years and pulmonary ventilation increased 18%. The physical work capacity determined by oxygen uptake was about the same with a beginning 3.376 compared to 3.303 liters per minute ten years later. It was concluded that the usual 9 to 13% decline in physical work capacity from the years 45 to 55 can be forestalled by regular endurance exercise of 86% intensity. The key in using exercise to intervene on the aging curve to prevent 1% a year decline, seems to be the intensity of the endurance exercise. To equate this with heart rate, the 30-year-old with a maximum rate of 200 beats per minute should work at about 170 beats per minute. Your maximum heart rate is determined by the formula 220 minus age. For example, a 60-year-old would have a theoretical maximum heart rate of 220 minus 60 or 160 beats per minute.

Master swimmers will be most interested in research directly related to swimming as it affects the aging profile. One of the few longitudinal studies on masters swimming is being conducted at WIU with myself as the subject. The study is investigating the various ramifications of the long term effects of intensive year-round training. The data available from Kasch's study and my longitudinal study indicate that the Master swimmer can effect some delaying of the aging process with a regular training program of 2000 yards a day, five days a week, at an 80% intensity. The key factor in comparing aging studies showing a 1% decline seems to be the intensity of training. Some of the latest research studies on training at all age levels, such as age group and senior swimming, are finding that intensity of training is a key concept. The intensity should be at 80% or higher. The long term effects of an eight-year training program have shown only positive results with no adverse effects. It is concluded that the majority of Master swimmers will show these same aging curve reversals of the physiological factors and a continued high physical work capacity of an untrained person 20 or 30 years younger. A prevention of hypokinetic (lack of activity) diseases and a positive self image will also be realized, besides, you will feel better.

# NATIONALS



1. Gold Coast Team Members: Front - Anne McGuire, Joyce Abbott, June Krauser, Back Row - Gaither Rosser, Barbara West, Susan Peterson.

2. Texas Gulf Masters Mixed 25+ relay: Becky Aker, Robert Davis, Ria Van Egmond, and Mike Harris.
3. Dotty and Keith Bell with their baby daughter.
4. Women - June Krauser, Mildred Anderson, Jane McCollister, Trudy Murdock and Barbara Zaremski.
5. In the stands: Patti & Paul Hutinger, Bill Grant - middle foreground



**GRAHAM JOHNSTON AND MILDRED ANDERSON** were recently presented with Master Swimming Awards at the annual AAU awards dinner.

Graham Johnston and Mildred Anderson were presented the outstanding Master Swimming Awards June 9 at the Gulf annual AAU awards dinner held at Meyerland Club. The Gulf AAU were also celebrating their 30th active year as part of the National AAU.

Graham Johnston, 8501 Wateka, was voted the most outstanding Master Male swimmer for again being All-American and placing in the Top Ten National rating

in 11 events totaling 111 points.

Johnston placed second in the 100 meter freestyle, first in the 200, 500 and 1500 meter freestyle and the 200 meter individual medley. He also placed third in the 100 yard free, first in the 200, 500 and 1650 yard freestyle and 200 yard individual medley and fifth in the 100 yard breaststroke.

Mildred Anderson, 506 Boliver, was also voted the most outstanding Female Master Swimmer for making

all-American for the sixth year and placing in the National Top Ten in 22 events totaling 163 points.

Anderson placed ninth in the 50 meter back, sixth in the 100 & 200 meter back, third in the 50 meter breast, second in the 100 meter breast, fourth in the 200 meter breast, second in the 200 meter breast, second in the 50 meter fly, fourth in the 100 meter fly, second in the 200 meter fly, 200 & 400 meter individual medley. She also placed seventh in the 200 yard back, first in

the 50 meter breast, second in the 100 & 200 yard breast, sixth in the 50 yard fly, fourth in the 200 & 200 yard breast, sixth in the 50 yard fly, fourth in the 100 & 200 yard butterfly, third in the 400 yard individual medley, sixth in the 200 yard individual medley, and ninth in the 100 yard individual medley.

She also contributed many hours to the Texas and National Master's program; by sending pictures, entry forms, and Master information.

# National Short Course Swimming Championships

NORTHSIDE INDEPENDENT SCHOOL DISTRICT SWIM CENTER  
SAN ANTONIO, TEXAS  
MAY 19, 20, 21, 22, 1978

## RESULTS AT A GLANCE

### Women

#### MEET RESULTS

\*Foreign Swimmer

#New Record

#### WOMEN 25-29

##### 50 YDS FREESTYLE

1 Merrilly Stratton 26	CM	26.06
2 Cathy Brewton 25	Dade	26.74
3 Susan Tandy 29	NHM	27.53
4 Becky Acker 26	TOM	27.97
5 Debbie Johnston 25	Dads	29.33
6 Ingrid Olsen 29	NHM	29.54
7 Jan McNeill 28	SMN	29.94
8 Johanna(Nan) Spengel 28	MOST	33.18

##### 100 YDS FREESTYLE

1 Merrilly Stratton 26	CM	57.10
2 Fatti Miller 25	RIN	57.68
3 Dot Wise 26	NHM	58.11
4 Cathy Brewton 25	Dade	59.81
5 Janet Gettling 29	AM	1:00.52
6 Valerie C Fisher 27	ROM	1:01.09
7 Jamie Stewart 29	MOST	1:01.56
8 Susan M Tandy 29	NHM	1:01.60
9 Becky Acker 26	TOM	1:02.55
10 Liz Crawford 29	CM	1:04.62
11 Ginny Weniger 25	WCOM	1:07.15
12 Carol Alroth 25	MITS	1:07.94
13 Anela Sourlock 25	Dade	1:08.46
14 Frances Eppig 28	SD	1:20.49

##### 200 YDS FREESTYLE

1 Merrilly Stratton 26	CM	2:02.75
2 Fatti Miller 25	RIN	2:04.01
3 Dot Wise 26	NHM	2:05.75
4 Marianne Bruns 28	SMN	2:06.19
5 Valerie C Fisher 27	RHM	2:11.34
6 Gretchen Drake 28	UNAT	2:15.67
7 Becky Acker 26	TOM	2:18.73
8 Susan Tandy 29	NHM	2:18.80
9 Jany Green 26	Dade	2:24.15
10 Judy Green 26	TM	2:26.17
11 Jan McNeill 28	SMN	2:29.61
12 Dottie Bell 26	MOST	2:34.83
13 Dottie Bell 26	MOST	2:49.25
14 Frances Eppig 28	SD	3:02.53

##### 500 YDS FREESTYLE

1 Fatti Miller 25	RIN	5:31.03
2 Merrilly Stratton 26	CM	5:37.64
3 Marianne Bruns 28	SMN	5:40.91
4 Valerie C Fisher 27	RHM	5:43.83
5 Gretchen Drake 28	UNAT	5:59.97
6 Anela Sourlock 25	Dade	6:20.13
7 Susan Tandy 29	NHM	6:25.10
8 Judy Green 26	TM	6:29.91
9 Jeanne Mason 26	NHM	6:40.40
10 Jeanne Mason 26	UNAT	6:40.49
11 Diane Brummel 26	SIM	6:47.22
12 Helen Seidel 26	MOST	6:49.57
13 Jan McNeill 28	RHM	6:54.66
14 Dottie Bell 26	MOST	7:35.63
15 Melanie Hauser 25	MOST	7:45.28

##### 1650 YDS FREESTYLE

1 Fatti Miller 25	RIN	19:04.15
2 Valerie C Fisher 27	ROM	19:30.32
3 Marianne Bruns 28	SMN	19:39.36
4 Merrilly Stratton 26	CM	20:01.22
5 Anela Sourlock 25	Dade	21:48.13
6 Susan Tandy 29	NHM	22:21.93
7 Judy Green 26	TM	22:30.90
8 Jeanne Mason 26	NHM	22:34.16
9 Diane Brummel 26	SIM	22:57.29
10 Helen Seidel 26	MOST	23:58.18
11 Jan McNeill 28	RHM	24:36.69

##### 100 YDS BACKSTROKE

1 Fatti Miller 25	RIN	1:06.01
2 Liz Crawford 29	CM	1:12.92
3 Debra Weniger 26	SMN	1:13.03
4 Jeanne Mason 26	NHM	1:15.99
5 Yvonne Catrall 29	ESC	1:17.08
6 Becky Acker 26	TOM	1:17.76
7 Ingrid Olsen 29	SMN	1:20.26
8 Carol Alroth 25	MITS	1:21.03
9 Dottie Bell 26	MOST	1:26.98

##### 200 YDS BACKSTROKE

1 Fatti Miller 25	RIN	2:21.18
2 Marianne Bruns 28	SMN	2:24.62
3 Deborah Neumayer 26	SSM	2:40.16
4 Jeanne Mason 26	ESC	2:42.66
5 Liz Crawford 29	CM	2:46.27
6 Jeanne Gasse 26	UNAT	3:17.05

##### 100 YDS BREASTSTROKE

1 Mary Phelan 26	UCM	1:12.53
2 Dot Wise 26	NHM	1:13.20
3 Yvonne Catrall 29	AM	1:13.50
4 Janet Gettling 29	AM	1:13.80
5 Gretchen Drake 28	UNAT	1:18.11
6 Gretchen Drake 28	UNAT	1:22.53
7 Ginny Weniger 25	WCOM	1:24.27
8 Jan McNeill 28	RHM	1:24.27
9 Johanna(Nan) Spengel 28	MOST	1:34.68
10 Dottie Bell 26	MOST	1:39.86
11 Frances Eppig 28	SD	1:39.87

##### 200 YDS BREASTSTROKE

1 Dot Wise 26	NHM	2:19.03
2 Yvonne Catrall 29	ESC	2:11.14
3 Mary Phelan 26	UCM	2:12.33
4 Gretchen Drake 28	UNAT	2:14.64
5 Janet Gettling 29	AM	2:15.08
6 Valerie C Fisher 27	RHM	2:15.34
7 Jan McNeill 28	RHM	3:02.63
8 Johanna(Nan) Spengel 28	MOST	3:12.44

##### 50 YDS BUTTERFLY

1 Jamie Stewart 29	MOST	28.78
2 Janet Gettling 29	AM	29.49
3 Cathy Brewton 25	Dade	29.67

##### 4 Helen Seidel 26

4 Helen Seidel 26	MOST	32.25
5 Becky Acker 26	TOM	32.82
6 Ingrid Olsen 29	SMN	33.44
7 Carol Alroth 25	MITS	33.68
8 Judy Green 26	TM	33.79
9 Diane Brummel 26	SIM	34.22
10 Debbie Johnston 25	Dade	35.03
11 Melanie Hauser 25	MOST	38.39

##### 100 YDS BUTTERFLY

1 Jamie Stewart 29	MOST	1:03.20
2 Marianne Bruns 28	SMN	1:05.29
3 Janet Gettling 29	AM	1:06.28
4 Cathy Brewton 25	Dade	1:06.62
5 Gretchen Drake 28	UNAT	1:08.49
6 Jeanne Mason 26	NHM	1:09.06
7 Helen Seidel 26	MOST	1:11.25
8 Carol Alroth 25	MITS	1:11.22
9 Diane Brummel 26	SIM	1:12.28
10 Ingrid Olsen 29	SMN	1:19.64
11 Judy Green 26	TM	1:16.21

##### 100 YDS IND MEXLEY

1 Dot Wise 26	NHM	1:05.37
2 Cathy Brewton 25	Dade	1:07.10
3 Janet Gettling 29	AM	1:07.19
4 Liz Crawford 29	ESC	1:12.59
5 Deborah Neumayer 26	SSM	1:13.75
6 Susan Tandy 29	NHM	1:14.29
7 Ginny Weniger 25	WCOM	1:14.94
8 Becky Acker 26	TOM	1:15.00
9 Judy Green 26	TM	1:16.90
10 Carol Alroth 25	MITS	1:16.93
11 Pamela Sourlock 25	Dade	1:17.15
12 Ingrid Olsen 29	SMN	1:17.56
13 Helen Seidel 26	MOST	1:18.18
14 Debbie Johnston 25	Dade	1:19.16
15 Frances Eppig 28	SD	1:30.76

##### 200 YDS IND MEXLEY

1 Dot Wise 26	NHM	2:21.18
2 Marianne Bruns 28	SMN	2:22.03
3 Merrilly Stratton 26	CM	2:28.42
4 Gretchen Drake 28	UNAT	2:28.80
5 Valerie C Fisher 27	RHM	2:32.98
6 Ginny Weniger 25	WCOM	2:40.64
7 Jeanne Mason 26	NHM	2:40.92
8 Liz Crawford 29	CM	2:43.63
9 Carol Alroth 25	MITS	2:43.69
10 Pamela Sourlock 25	Dade	2:44.05
11 Deborah Neumayer 26	SSM	2:44.70
12 Diane Brummel 26	SIM	2:46.88
13 Helen Seidel 26	MOST	2:47.15

##### WOMEN 30-34

##### 50 YDS FREESTYLE

1 Diana Todd 34	DCM	25.53
2 Margaret Sugg 33	NHM	26.23
3 Irene David 34	CDY	27.29
4 Rebecca Kay 31	MISC	27.34
5 Bonnie C Edwards 33	RIN	27.60
6 Veronica Mann 33	TSC	29.17
7 Richalie Cranmer 32	RHM	29.37
8 Cindy Walters 33	RHM	29.53
9 Kristina King 30	SMN	29.56
10 Pat Livingston 31	KCM	30.26
11 Marilyn Digby 34	MITS	30.63
12 Bea Jones 33	RHM	33.91

##### 100 YDS FREESTYLE

1 Lucy Johnson 30	LW	57.16
2 Diana Todd 34	DCM	57.82
3 Margaret Sugg 33	NHM	58.61
4 Anne Grano 30	NAC	59.62
5 Bonnie C Edwards 33	RIN	1:01.04
6 Barbara West 30	GCM	1:02.08
7 Patricia Harris 30	NHM	1:02.74
8 Rebecca Kay 31	MISC	1:02.79
9 Irene David 34	CDY	1:02.93
10 Joanne Menard 30	SAC	1:02.99
11 Veronica Mann 33	TSC	1:03.78
12 Jackie MacFarlane 34	NHM	1:03.89
13 Kristina King 30	SMN	1:04.17
14 Cindy Walters 33	RHM	1:05.52
15 Marilyn Digby 34	MITS	1:10.20

##### 200 YDS FREESTYLE

1 Anne Grano 30	NAC	2:05.66
2 Lucy Johnson 30	LW	2:06.94
3 Diana Todd 34	DCM	2:16.03
4 Barbara West 30	GCM	2:16.70
5 Joanne Menard 30	SAC	2:17.07
6 Kristina King 30	SMN	2:19.80
7 Jackie MacFarlane 34	NHM	2:21.02
8 Rebecca Kay 31	MISC	2:24.22
9 Veronica Mann 33	TSC	2:24.90
10 Jean Bollman 30	RHM	2:34.61
11 Jane Hardy 33	CONN	2:45.66
12 Marilyn Digby 34	MITS	2:46.27
13 Bea Jones 33	RHM	2:48.35
14 Carol Foote 31	KCM	2:53.36

##### 500 YDS FREESTYLE

1 Anne Grano 30	NAC	5:38.25
2 Lucy Johnson 30	LW	5:51.50
3 Margaret Sugg 33	NHM	6:05.98
4 Joanne Menard 30	SAC	6:11.54
5 Kristina King 30	SMN	6:11.30
6 Jackie MacFarlane 34	NHM	6:16.21
7 Joanne May 30	Dade	6:24.19
8 Patricia Harris 30	TSC	6:27.88
9 Veronica Mann 33	MISC	6:33.84
10 Irene David 34	CDY	6:33.87
11 Cindy Walters 33	RHM	6:57.65
12 Jean Bollman 30	RHM	7:10.85
13 Nancy Stupka 31	RM	7:22.29
14 Bea Jones 33	RHM	7:43.02
15 Carol Foote 31	KCM	7:48.27

##### 1650 YDS FREESTYLE

1 Anne Grano 30	NAC	19:40.81
2 Jackie MacFarlane 34	NHM	21:10.19
3 Joanne Menard 30	SAC	21:27.73
4 Barbara West 30	GCM	21:41.56
5 Joanne May 30	Dade	22:25.41
6 Irene David 34	CDY	22:36.53
7 Nancy Stupka 31	RM	25:46.72

##### 100 YDS BACKSTROKE

1 Diane Ustall 31	VSC	1:08.31
2 Pat Livingston 31	ECM	1:16.71
3 Jane Hardy 33	CONN	1:17.68
4 Eleanor Jarvis 31	CM	1:19.04
5 Jean Bollman 30	RHM	1:19.69
6 Jayne Chastain 32	PCC	1:21.48
7 Richalie Cranmer 32	RHM	1:23.53
8 Louise McConigal 34	ESC	1:24.59
9 Nancy Stupka 31	RM	1:25.15

##### 200 YDS BACKSTROKE

1 Barbara West 30	LW	2:29.57
2 Pat Livingston 31	KCM	2:44.61
3 Jane Hardy 33	CONN	2:48.47
4 Eleanor Jarvis 31	CM	2:50.35
5 Jean Bollman 30	RHM	2:50.51
6 Jayne Chastain 32	PCC	2:53.27
7 Louise McConigal 34	ESC	2:59.76
8 Nancy Stupka 31	RM	3:08.37

##### 100 YDS BREASTSTROKE

1 Diana Todd 34	DCM	1:16.69
2 Diane Ustall 31	VSC	1:17.60
3 Barbara West 30	GCM	1:20.09
4 Rebecca Kay 31	MISC	1:22.32
5 Bonnie C Edwards 33	RIN	1:25.09
6 Joanne May 30	Dade	1:29.32
7 Marilyn Digby 34	MITS	1:31.85
8 Carol Foote 31	KCM	1:32.26

##### 200 YDS BREASTSTROKE

1 Barbara West 30	GCM	2:52.30
2 Joanne Menard 30	SAC	2:56.85
3 Jackie MacFarlane 34	NHM	2:57.56
4 Joanne May 30	Dade	3:09.26
5 Jean Bollman 30	RHM	3:11.08
6 Carol Foote 31	KCM	3:17.88
7 Marilyn Digby 34	MITS	3:23.57

##### 50 YDS BUTTERFLY

1 Margaret Sugg 33	NHM	28.03
2 Diana Todd 34	DCM	29.09
3 Patricia Harris 30	NHM	29.44
4 Irene David 34	CDY	29.46
5 Anne Grano 30	NAC	29.59
6 Bonnie C Edwards 33	RIN	29.72
7 Richalie Cranmer 32	RHM	32.39
8 Cindy Walters 33	RHM	32.58
9 Pat Livingston 31	KCM	33.14
10 Kristina King 30	SMN	33.62
11 Eleanor Jarvis 31	CM	34.15
12 Rebecca Kay 31	MISC	34.80
13 Louise McConigal 34	ESC	34.83
14 Bea Jones 33	RHM	35.83
15 Jane Hardy 33	CONN	37.08
16 Jayne Chastain 32	PCC	37.18

##### 100 YDS BUTTERFLY

1 Margaret Sugg 33	NHM	1:02.62
2 Lucy Johnson 30	LW	1:04.52
3 Anne Grano 30	NAC	1:05.01
4 Patricia Harris 30	NHM	1:05.02
5 Irene David 34	CDY	1:08.10
6 Richalie Cranmer 32	RHM	1:14.58
7 Kristina King 30	SMN	1:14.81
8 Joanne May 30	Dade	1:17.57
9 Cindy Walters 33	RHM	1:21.24

##### 100 YDS IND MEXLEY

1 Margaret Sugg 33	NHM	1:05.46
2 Diana Todd 34	DCM	1:07.83
3 Diane Ustall 31	VSC	1:08.27
4 Patricia Harris 30	NHM	1:10.23
5 Barbara West 30	GCM	1:10.46
6 Bonnie C Edwards 33	RIN	1:12.13
7 Rebecca Kay 31	MISC	1:14.28
8 Veronica Mann 33	TSC	1:15.12
9 Pat Livingston 31		

100 YDS BUTTERFLY

Table with 3 columns: Rank, Name, Time. Includes Susan Peterson 35, Carolyn DeLuca 35, Ardeth Mueller 36, etc.

50 YDS BUTTERFLY

Table with 3 columns: Rank, Name, Time. Includes Beth Whittall 41, Susan Rittenhouse 40, etc.

100 YDS BUTTERFLY

Table with 3 columns: Rank, Name, Time. Includes Betty Bray 45, Carol Taylor 49, etc.

300 YDS BUTTERFLY

Table with 3 columns: Rank, Name, Time. Includes Bobbi Turcotte 50, Thelma Roach 52, etc.

100 YDS IND MEXLEY

Table with 3 columns: Rank, Name, Time. Includes Bonnie Frank 35, Nancy Hicout 36, Susan Peterson 35, etc.

100 YDS BUTTERFLY

Table with 3 columns: Rank, Name, Time. Includes Helen Buss 42, Beth Whittall 41, etc.

100 YDS IND MEXLEY

Table with 3 columns: Rank, Name, Time. Includes Betty Bray 45, Lavelle Stoinoff 45, Carol Taylor 49, etc.

100 YDS IND MEXLEY

Table with 3 columns: Rank, Name, Time. Includes Anne Adams 50, Bobbi Turcotte 50, etc.

200 YDS IND MEXLEY

Table with 3 columns: Rank, Name, Time. Includes Susan Peterson 35, Jane Katz 35, Bonnie Frank 35, etc.

200 YDS IND MEXLEY

Table with 3 columns: Rank, Name, Time. Includes Helen Buss 42, Pauline McCullagh 40, etc.

200 YDS IND MEXLEY

Table with 3 columns: Rank, Name, Time. Includes Judie Oliver 46, Peggy Buchanan 45, Carol Taylor 49, etc.

200 YDS IND MEXLEY

Table with 3 columns: Rank, Name, Time. Includes Anne Adams 50, June Krauser 51, Gladys Glean 52, etc.

WOMEN 45-49

Table with 3 columns: Rank, Name, Time. Includes Betty Bray 45, Jackie Gelling 45, Dana Mann 46, etc.

WOMEN 45-49

Table with 3 columns: Rank, Name, Time. Includes Betty Bray 45, Jackie Gelling 45, Dana Mann 46, etc.

WOMEN 50-54

Table with 3 columns: Rank, Name, Time. Includes Ann Cuno 52, Shirley Erickson 54, Marilyn Smullen 50, etc.

WOMEN 55-59

Table with 3 columns: Rank, Name, Time. Includes Dorothy Donnelly 56, Jeanne Herryman 55, Jane McCollier 59, etc.

50 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Barbara Zaremski 40, Jane Thornburg 40, Angela Konig 40, etc.

50 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Betty Bray 45, Jackie Gelling 45, Dana Mann 46, etc.

50 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Ann Cuno 52, Shirley Erickson 54, Marilyn Smullen 50, etc.

50 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Jane McCollier 59, Minna L Hamner 55, Barbara Golseth 58, etc.

100 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Helen Buss 42, Jane Thornburg 40, Barbara Zaremski 40, etc.

100 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Lavelle Stoinoff 45, Kay Bessan 46, Edie Gruender 49, etc.

100 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Jane Krauser 51, June Adams 50, Bobbi Turcotte 50, etc.

100 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Jane McCollier 59, Minna L Hamner 55, Barbara Golseth 58, etc.

200 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Helen Buss 42, Jane Thornburg 40, Barbara Zaremski 40, etc.

200 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Lavelle Stoinoff 45, Kay Bessan 46, Edie Gruender 49, etc.

200 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Jane Krauser 51, June Adams 50, Bobbi Turcotte 50, etc.

200 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Jane McCollier 59, Minna L Hamner 55, Barbara Golseth 58, etc.

500 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Helen Buss 42, Barbara Zaremski 40, Jane Thornburg 40, etc.

500 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Lavelle Stoinoff 45, Kay Bessan 46, Edie Gruender 49, etc.

500 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Jane Krauser 51, June Adams 50, Bobbi Turcotte 50, etc.

500 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Jane McCollier 59, Minna L Hamner 55, Barbara Golseth 58, etc.

1650 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Helen Buss 42, Barbara Zaremski 40, Patricia Hallin 40, etc.

1650 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Lavelle Stoinoff 45, Kay Bessan 46, Edie Gruender 49, etc.

1650 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Jane Krauser 51, June Adams 50, Bobbi Turcotte 50, etc.

1650 YDS FREESTYLE

Table with 3 columns: Rank, Name, Time. Includes Jane McCollier 59, Minna L Hamner 55, Barbara Golseth 58, etc.

100 YDS BACKSTROKE

Table with 3 columns: Rank, Name, Time. Includes Angela Konig 40, Susan Rittenhouse 40, Rita Van Egmond 42, etc.

100 YDS BACKSTROKE

Table with 3 columns: Rank, Name, Time. Includes Judy Oliver 46, Kay Bessan 46, Dana Mann 46, etc.

100 YDS BACKSTROKE

Table with 3 columns: Rank, Name, Time. Includes Jane Krauser 51, June Adams 50, Bobbi Turcotte 50, etc.

100 YDS BACKSTROKE

Table with 3 columns: Rank, Name, Time. Includes Jane McCollier 59, Minna L Hamner 55, Barbara Golseth 58, etc.

200 YDS BACKSTROKE

Table with 3 columns: Rank, Name, Time. Includes Angela Konig 40, Susan Rittenhouse 40, Pauline McCullagh 40, etc.

200 YDS BACKSTROKE

Table with 3 columns: Rank, Name, Time. Includes Lavelle Stoinoff 45, Kay Bessan 46, Edie Gruender 49, etc.

200 YDS BACKSTROKE

Table with 3 columns: Rank, Name, Time. Includes Jane Krauser 51, June Adams 50, Bobbi Turcotte 50, etc.

200 YDS BACKSTROKE

Table with 3 columns: Rank, Name, Time. Includes Jane McCollier 59, Minna L Hamner 55, Barbara Golseth 58, etc.

100 YDS BREASTSTROKE

Table with 3 columns: Rank, Name, Time. Includes Anne McGuire 43, Rita Van Egmond 42, Laurie Hoy 43, etc.

100 YDS BREASTSTROKE

Table with 3 columns: Rank, Name, Time. Includes Carol Taylor 49, Sylvia Eisele 48, Margaret Graef 46, etc.

100 YDS BREASTSTROKE

Table with 3 columns: Rank, Name, Time. Includes Jane Krauser 51, June Adams 50, Bobbi Turcotte 50, etc.

100 YDS BREASTSTROKE

Table with 3 columns: Rank, Name, Time. Includes Jane McCollier 59, Minna L Hamner 55, Barbara Golseth 58, etc.

200 YDS BREASTSTROKE

Table with 4 columns: Rank, Name, Club, Time. Includes Charlotte Costello 55, Minna L. Hansen 55, Rita Schiffler 57, Barbara Goleth 58, Miss Jennings 58, Helen Jorgensen 58.

50 YDS BUTTERFLY

Table with 4 columns: Rank, Name, Club, Time. Includes Charlotte Costello 55, Jeanne Merryman 55, Zada Taft 58, Rita Schiffler 57, Ana-Mary Hottinger 56, Anne Farrell 59.

100 YDS BUTTERFLY

Table with 4 columns: Rank, Name, Club, Time. Includes Charlotte Costello 55, Zada Taft 58, Gloria M Stupfel 51, Miss Jennings 58, Helen Fiedluk 58, Anne Farrell 59.

100 YDS IND MEDLEY

Table with 4 columns: Rank, Name, Club, Time. Includes Dorothy Donnelly 56, Charlotte Costello 55, Jeanne Merryman 55, Minna L. Hansen 55, Zada Taft 58, Anne Farrell 59.

200 YDS IND MEDLEY

Table with 4 columns: Rank, Name, Club, Time. Includes Charlotte Costello 55, Zada Taft 58, Miss Jennings 58, Helen Fiedluk 58, Anne Farrell 59.

WOMEN 50-60

Table with 4 columns: Rank, Name, Club, Time. Includes Dawn Musselman 64, Willy van Rysel 61, Susan Marsh 64, Marge Jewett 63, Polly Townsend 61, Dorothy Fraley 63, Rose B Steward 60.

100 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Dawn Musselman 64, Margaret George 61, Susan Marsh 64, Marge Jewett 63, Polly Townsend 61, Dorothy Fraley 63.

200 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Dawn Musselman 64, Susan Marsh 64, Polly Townsend 61.

500 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Willy van Rysel 61, Polly Townsend 61.

1650 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Margaret George 61, Rose B Steward 60.

100 YDS BACKSTROKE

Table with 4 columns: Rank, Name, Club, Time. Includes Willy van Rysel 61, Dawn Musselman 64, Marge Jewett 63, Susan Marsh 64, Mildred Anderson 63, Bunny Havlicek 60, Dorothy Fraley 63, Polly Townsend 61.

200 YDS BACKSTROKE

Table with 4 columns: Rank, Name, Club, Time. Includes Willy van Rysel 61, Dawn Musselman 64, Patricia Mathiesen 61, Marge Jewett 63, Susan Marsh 64, Bunny Havlicek 60, Dorothy Fraley 63.

100 YDS BREASTSTROKE

Table with 4 columns: Rank, Name, Club, Time. Includes Viola Thompson 60, Patricia Mathiesen 61, Margaret George 61, Marge Jewett 63, Mil Anderson 63.

50 YDS BUTTERFLY

Table with 4 columns: Rank, Name, Club, Time. Includes Viola Thompson 60, Willy van Rysel 61, Dawn Musselman 64, Mil Anderson 63, Rose B Steward 60.

100 YDS BUTTERFLY

Table with 4 columns: Rank, Name, Club, Time. Includes Viola Thompson 60, Patricia Mathiesen 61, Mildred Anderson 63, Rose Steward 60.

100 YDS IND MEDLEY

Table with 4 columns: Rank, Name, Club, Time. Includes Willy van Rysel 61, Viola Thompson 60, Margaret George 61, Patricia Mathiesen 61, Mil Anderson 63, Rose B Steward 60.

200 YDS IND MEDLEY

Table with 4 columns: Rank, Name, Club, Time. Includes Viola Thompson 60, Margaret George 61, Patricia Mathiesen 61, Rose B Steward 60.

WOMEN 65-69

Table with 4 columns: Rank, Name, Club, Time. Includes Georgia McCarthy 65, Olga Jagers 65, Edie Goldman 67, Beatrice Johnston 68, Celia Ballard 67.

100 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Georgia McCarthy 65, Celia Ballard 67, Edie Goldman 67, Beatrice Johnston 68.

200 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Celia Ballard 67, Georgia McCarthy 65, Beatrice Johnston 68.

500 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Celia Ballard 67, Grace Deal 65, Catherine Cress 68, Edie Goldman 67.

1650 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Edie Goldman 67.

100 YDS BACKSTROKE

Table with 4 columns: Rank, Name, Club, Time. Includes Georgia McCarthy 65, Elna Sandeman 65, Grace Deal 65, Catherine Cress 68, Bernice Wayne 68, Olga Jagers 65.

200 YDS BACKSTROKE

Table with 4 columns: Rank, Name, Club, Time. Includes Catherine Cress 68, Grace Deal 65, Elna Sandeman 65.

100 YDS BREASTSTROKE

Table with 4 columns: Rank, Name, Club, Time. Includes Elna Sandeman 65, Catherine Cress 68, Beatrice Johnston 68, Bernice Wayne 68.

200 YDS BREASTSTROKE

Table with 4 columns: Rank, Name, Club, Time. Includes Elna Sandeman 65, Catherine Cress 68, Bernice Wayne 68.

50 YDS BUTTERFLY

Table with 4 columns: Rank, Name, Club, Time. Includes Georgia McCarthy 65, Bernice Wayne 68, Beatrice Johnston 68, Edie Goldman 67.

100 YDS BUTTERFLY

Table with 4 columns: Rank, Name, Club, Time. Includes Elna Sandeman 65, Grace Deal 65, Bernice Wayne 68.

200 YDS IND MEDLEY

Table with 4 columns: Rank, Name, Club, Time. Includes Elna Sandeman 65, Grace Deal 65.

WOMEN 70-74

Table with 4 columns: Rank, Name, Club, Time. Includes Vivienne Cherrinan 70, Kathleen Echemann 70, Maxine Myers 72, Trudy Murdoch 72.

100 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Vivienne Cherrinan 70, Kathleen Echemann 70, Maxine Myers 72, Trudy Murdoch 72.

1650 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Vivienne Cherrinan 70, Trudy Murdoch 72.

WOMEN 75-79

Table with 4 columns: Rank, Name, Club, Time. Includes Ruth Deal 79.

200 YDS BACKSTROKE

Table with 4 columns: Rank, Name, Club, Time. Includes Ruth Deal 79.

50 YDS BUTTERFLY

Table with 4 columns: Rank, Name, Club, Time. Includes Ruth Deal 79.

100 YDS IND MEDLEY

Table with 4 columns: Rank, Name, Club, Time. Includes Ruth Deal 79.

WOMEN 80+

Table with 4 columns: Rank, Name, Club, Time. Includes Pearl Miller 80, Nellie C Brown 84.

100 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Pearl Miller 80, Nellie C Brown 84.

200 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Pearl Miller 80, Nellie C Brown 84.

500 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Nellie C Brown 84.

100 YDS BACKSTROKE

Table with 4 columns: Rank, Name, Club, Time. Includes Pearl Miller 80, Nellie C Brown 84.

200 YDS BACKSTROKE

Table with 4 columns: Rank, Name, Club, Time. Includes Pearl Miller 80.

Men

Table with 4 columns: Rank, Name, Club, Time. Includes Martin Pedley 26, Fred Hubbel 25, Joe Dietrich 25, Tom Whately 25, Steve Hedberg 25, Albert Peek 26, Richard Cooley 28, Paul B. Katz 27, Ron Armstrong 29, John Osterloh 29, John T. Foote, Jr. 27, Gary Bastie 27, John Lapidis 28, James D. Parker 27, Dana Abbott 27, Curtis C. Lasher 25, Wesley Bastie 25, Fred Hubble 25, Keats McLaughlin 26, Paul H. Laes 26, Craig McGahey 26, Frank McIntyre 27, John V. Gaudreau 27, Bill Barthold 29.

50 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Joe Dietrich 28, Richard Cooley 28, Tom Whately 25, Fred Hubbel 25, Bill Barthold 29, Peter Brunson 26, Paul Katz 27, Carl 'Jim' Yates 25, John Osterloh 29, Steve Hedberg 25, Ron Armstrong 27, Steve Craven 28, Albert Peek 26, John Lapidis 28, R. Tod Spieker 29, David Bright 25, James D. Parker 27, Wesley Bastie 25, Keith Bell 29, Curtis C. Lasher 25, Donald F. Anderson 26, David Johnston 25, Keats McLaughlin 26, John V. Gaudreau 27, Craig McGahey 26, Frank McIntyre 27, Jeff Johnson 28, Dana Abbott 27.

200 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Fred Schlicher 29, Bruce Fisher 29, Joe Dietrich 25, Peter Brunson 26, John Osterloh 29, Carl 'Jim' Yates 25, Michael Landis 26, R. Tod Spieker 29, Steve Hedberg 25, Bill Barthold 29, James D. Parker 27, John Lapidis 28, Keith Bell 29, Wesley Bastie 25, Curtis C. Lasher 25, Bruce A. Weaver 26, Donald F. Anderson 26, Bill Mixson 27, Dana Abbott 27, Fred Forshey 29, Craig McGahey 26, Jeff Johnson 28.

500 YDS FREESTYLE

Table with 4 columns: Rank, Name, Club, Time. Includes Fred Schlicher 29, Bruce Fisher 29, Michael Landis 26.

Table with 4 columns: Rank, Name, Club, Time. Includes R. Tod Spieker 29, Peter Brunson 26, Carl 'Jim' Yates 25, Joe Dietrich 25, John Osterloh 29, Keith Bell 29, James D. Parker 27, David Levinson 28, Bob Sturgess 26, Bill Mixson 27, Paul H. Laes 26, Jeff Johnson 28, Dana Abbott 27.

Table with 4 columns: Rank, Name, Club, Time. Includes Bruce Fisher 29, Michael Landis 26, R. Tod Spieker 29, John Osterloh 29, Peter Brunson 26, James D. Parker 27, Keith Bell 29, Bob Sturgess 26, Gary Bastie 27, David Levinson 28, Bill Mixson 27, Wesley Bastie 25, Walter W. Moo 28, Dana Abbott 27, Jeff Johnson 28.

Table with 4 columns: Rank, Name, Club, Time. Includes R. Tod Spieker 29, David Bright 25, Albert Peek 26, Bill Barthold 29, Bob Sturgess 26, Dave Carter 29, Fred Forshey 29, Dave Johnston 25, Keats McLaughlin 26, Walter W. Moo 28.

Table with 4 columns: Rank, Name, Club, Time. Includes R. Tod Spieker 29, Bob Sturgess 26, David Bright 25, Bill Barthold 29, Fred Forshey 29, Dave Carter 29.

Table with 4 columns: Rank, Name, Club, Time. Includes Berry Hamilton 25, Dennis Glass 25, Fred Forshey 29, Fred Hubble 25, Donald F. Anderson 26, Ron Armstrong 27, Bruce A. Weaver 26, Jim Mammarella 27, John V. Gaudreau 27, Kent McLaughlin 26, Rob Klausmeier 29, Walter W. Moo 28, Jim Rosenkild 26.

Table with 4 columns: Rank, Name, Club, Time. Includes Berry Hamilton 25, Dennis R. Glass 25, Donald F. Anderson 26, Bruce A. Weaver 26, David Levinson 28, James D. Parker 27, Fred Forshey 29, Gary Bastie 27, Jim Mammarella 27, Wesley Bastie 25, Jim Rosenkild 26, P. Richard Scovill 26.

Table with 4 columns: Rank, Name, Club, Time. Includes Fred Schlicher 29, Richard Cooley 28, Dennis Glass 25, Paul Katz 27, Carl 'Jim' Yates 25, John T. Foote, Jr. 27, Albert Peek 26, Bob Sturgess 26, Joe Dietrich 25, Tom Whately 25, Steve Craven 28, David Levinson 28, John Lapidis 28, Dana Abbott 27, Steve Hedberg 25, Paul H. Laes 26, Keats McLaughlin 26, David Johnston 25, John V. Gaudreau 27, Curtis C. Lasher 25, Bruce A. Weaver 26, Dana Abbott 27.

Table with 4 columns: Rank, Name, Club, Time. Includes Fred Schlicher 29, Dennis Glass 25, Steve Craven 28, Paul Katz 27, Richard Cooley 28, Fred Forshey 29, David Levinson 28, Bruce Fisher 29, Gary Bastie 27, Ron Armstrong 27, John T. Foote, Jr. 27, Tom Whately 25, Wesley Bastie 25, David Bright 25, Paul H. Laes 26, Keith Bell 29, Frank McIntyre 27, David Johnston 25.

Table with 4 columns: Rank, Name, Club, Time. Includes Fred Schlicher 29, Bruce Fisher 29, Michael Landis 26.

100 YDS IND. MEDLEY		
1 Fred Schlicher 29	NEM	55.55
2 Richard Cooley 28	RMM	55.73
3 Berry Hamilton 25	MUTS	55.87
4 Fred Hubbell 25	RMM	56.96
5 Paul Katz 27	UNAT	57.06
6 Dennis R. Glass 25	DOM	57.16
7 Ron Armstrong 27	OM	57.82
8 Tom Whately 26	AM	58.54
9 Bill Barthold 29	OC	58.56
8 Bruce A. Weaver 26	RMM	58.88
10 S. E. Hedberg 25	AM	59.11
11 Steve Craven 28	MUTS	59.60
12 Bruce A. Weaver 26	MUTS	1:00.04
13 David Bright 25	NEM	1:00.33
14 John T. Foote, Jr. 27	OC	1:00.30
15 Donald F. Anderson 26	DCM	1:00.74
16 Bob Sturgess 26	HSC	1:00.87
17 Gary Bestie 27	NSAC	1:01.30
18 Knats McLaughlin 26	RMM	1:03.19
19 Frank McIntyre 27	MUTS	1:03.46
20 Curtis C. Lasher 25	SMM	1:03.51
21 P. Richard Scovill 26	MUTS	1:04.61
22 Dave Carter 29	AM	1:04.79
23 Paul H. Laes 26	AM	1:05.04
24 Craig McGahey 26	DADS	1:06.48
25 Walter W. Woo 28	DCM	1:07.24

200 YDS IND. MEDLEY		
1 Fred Schlicher 29	NEM	1:59.26
2 Richard Cooley 28	RMM	2:01.01
3 Berry Hamilton 25	MUTS	2:03.27
4 Dennis Glass 25	DOM	2:03.50
5 Fred Forshey 29	PSM	2:06.11
6 Bruce Fisher 29	RMM	2:06.65
7 S. E. Hendberg 25	AM	2:08.00
8 Carl 'Jim' Yates 25	PAST	2:08.30
9 Tom Whitley 26	AM	2:09.61
10 David Levinson 28	RIN	2:09.82
11 Bruce A. Weaver 26	MUTS	2:10.83
12 David Bright 25	NEM	2:11.50
13 Steve Craven 28	MUTS	2:11.89
14 Donald F. Anderson 26	DCM	2:14.21
15 Keith Bell 29	MOST	2:14.44
16 Ron Armstrong *	OM	2:15.55
17 Curtis C. Lasher 25	SMM	2:19.84
17 Dave Carter 29	MUTS	2:23.10
18 Paul H. Laes 26	AM	2:27.14
19 Rob Klausmeier 29	MOST	2:27.19
20 David Johnston 25	DADS	2:28.48
21 Craig McGahey 26	DADS	2:31.60

MEN 30-34

50 YDS FREESTYLE		
1 Tom Peek 30	NFM	21.73
2 David Gray 32	SMM	22.37
3 Ken Krueger 32	UNAT	22.48
4 Dan Sullivan 31	USA	22.63
5 Steve E. Clark 34	OC	22.70
6 Peter Heesch 30	USA	22.71
7 William B. Bacon 31	DCM	22.75
8 David Nordstrom 30	MOST	23.03
9 Tony Jarvis 32	OM	23.04
10 Robert Smith 34	UNAT	23.40
11 Dick Ennis 33	SMM	23.43
12 Dick Hopkins 32	UNAT	23.63
13 Tim Hodges 31	OM	23.77
14 James M. Beglinger 31	SMM	24.26
14 Chuck Worrel 31	MOST	24.27
15 Lawrence J. Glass 31	DADS	24.21
16 Bill Abbott 32	RMM	24.96
17 Mike Harris 31	TGM	25.04
18 William H. Schauer 34	TGM	25.24
19 Thomas Bartley 30	MOST	28.96

100 YDS FREESTYLE		
1 Dan Sullivan 31	USA	48.41
2 Tom Peek 30	NFM	48.80
3 David Gray 32	SMM	49.03
4 Tony Jarvis 32	ON	49.34
4 Steve E. Clark 34	OC	49.50
5 William B. Bacon 31	DCM	49.92
6 David Nordstrom 30	MOST	50.19
7 Peter Heesch 30	USA	50.25
8 Bob Cain 30	MUTS	50.97
9 Robert Smith 34	TGM	51.15
10 Abraham Melamed 33	VSC	51.54
11 Tim Hodges 31	OM	53.26
12 Bruce Bartling 30	SPRD	53.42
13 Gustavo Betancourt 32	SLC	53.43
14 Dick Ennis 33	SMM	53.62
15 Dick Hopkins 32	UNAT	53.87
16 Bill Abbott 32	RMM	54.65
17 Lawrence J. Glass 31	DADS	54.70
18 David Thompson 31	CN	54.95
19 William Cerny 30	DADS	55.46
20 Michael Markman 31	MUTS	55.13
21 Mike Harris 31	TGM	56.56
22 William H. Schauer 34	TGM	58.04
23 John Buhler 31	MOST	58.36
24 Marvin Jones 34	RMM	1:01.76
25 Robert W. Alspaugh 31	RMM	1:02.73
26 Tom Bartley 30	MOST	1:05.65

200 YDS FREESTYLE		
1 David Gray 32	SMM	1:47.02
2 Dan Sullivan 31	USA	1:48.30
3 Dana H. Curtis 30	TGM	1:51.42
4 David Nordstrom 30	MOST	1:54.10
5 Tony Jarvis 32	OM	1:54.62
5 Peter Heesch 30	USA	1:55.68
6 Bob Cain 30	MUTS	1:56.49
7 John Selmer 33	RIN	1:56.92
8 William Cerny 30	DADS	1:57.31
9 Art Smith 33	THMSC	1:57.39
10 John S. Flanagan 32	OCM	1:57.50
11 Ed Rudloff 30	OC	1:57.79
12 Bruce Bartling 39	SPRD	1:57.84
13 David Thompson 31	CN	1:58.86
14 James M. Beglinger 31	SMM	1:59.96
15 James Green 33	TM	2:02.24

16 Mike Harris 31	TGM	2:13.88
17 William H. Schauer 34	TGM	2:15.84
18 John E. Buhler, Jr 31	MOST	2:16.00
19 Gary Hunsaker 31	NFM	2:16.46
20 Marvin Jones 34	RMM	2:23.15
21 Robert W. Alspaugh 31	RMM	2:25.71
22		

500 YDS FREESTYLE		
1 David Gray 32	SMM	4:57.68
2 Dana Curtis 30	TGM	5:02.11
3 William Cerny 30	DADS	5:10.63
4 David Thompson 31	CN	5:25.50
4 John Selmer 33	RIN	5:29.05
5 James Green 33	TM	5:29.72
6 Ed Rudloff 30	OC	5:30.52
7 Paul Watts 30	DSC	5:30.95
8 Bruce Bartling 30	SPRD	5:31.92
9 Lawrence J. Glass 31	DADS	5:31.99
10 Michael Markman 31	MUTS	5:31.99
11 Marvin Jones 34	RMM	5:31.99
12 Robert W. Alspaugh 31	RMM	5:31.99

1650 YDS FREESTYLE		
1 Dana A. Curtis 30	TGM	17:36.69
2 David Gray 32	SMM	17:44.31
3 William Cerny 30	DADS	17:51.08
4 Dan Sullivan 31	USA	18:16.17
5 James Green 33	TM	18:54.74
6 David Thompson 31	CN	18:55.10
6 Paul Watts 30	DSC	19:07.20
7 Tom McCarty 32	OC	19:41.05
8 Bruce Bartling 30	SPRD	19:42.53
9 John Selmer 33	RIN	19:54.18
10 Marvin Jones 34	RMM	22:37.92
11 Ralph J. Johnson, Jr 30	RMM	22:48.02
12 Mike Harris 31	RGM	24:14.30

100 YDS BACKSTROKE		
1 William B. Bacon 31	DCM	57.20
2 Robert Smith 34	UNAT	59.04
3 Ken Krueger 32	UNAT	59.96
4 Paul M. Hebert, Jr 32	B	1:01.21
5 John Selmer 33	RIN	1:02.34
6 Mark Litman 32	NSAC	1:03.11
7 Michael McKinlay 34	SFRP	1:03.45
8 James M. Beglinger 31	SMM	1:03.53
9 Ed Rudloff 30	OC	1:03.91
10 Tom McCarty 32	OC	1:04.85
11 Dick Ennis 33	SMM	1:05.14
12 Michael Markman 31	MUTS	1:05.62
13 Robin T. Kleffman 30	NSAC	1:06.40
14 Jon E. Tyson 34	MUTS	1:08.52
15 William H. Schauer 34	TGM	1:11.63
16 Steve Westmoreland 32	MOST	1:11.74
17 Gary Hunsaker 31	RMM	1:15.84
18 Ralph J. Johnson 30	RMM	1:18.89

200 YDS BACKSTROKE		
1 William B. Bacon 31	DCM	2:08.99
2 Robert Smith 34	UNAT	2:13.32
3 Ken Krueger 32	UNAT	2:15.67
4 Paul M. Hebert, Jr 32	B	2:16.01
5 John Selmer 33	RIN	2:17.20
6 Mark Litman 32	NSAC	2:20.01
7 Ed Rudloff 30	OC	2:20.47
8 Michael McKinlay 34	SFRP	2:20.97
9 Tom McCarty 32	OC	2:22.62
10 James M. Beglinger 31	SMM	2:25.13
11 Michael Markman 31	MUTS	2:29.66
12 Gary Hunsaker 31	RMM	2:46.85
13 Thomas Fuller 33	MUTS	2:47.57
14 Ralph Johnson, Jr. 30	RMM	2:57.89

100 YDS BREASTSTROKE		
1 Art Smith 33	THMSC	1:05.01
2 Robin T. Kleffman 30	NSAC	1:05.73
3 Paul Watts 30	DSC	1:06.50
4 Mike Rockwood 31	OM	1:07.64
4 Tim Hodges 31	OM	1:09.69
4 Andres Steiner 31	SLC	1:10.89
4 Thomas D. Boak, Jr. 34	TGM	1:10.94
5 Gary Hunsaker 31	NFM	1:14.94
6 Robert W. Alspaugh 31	RMM	1:15.98
7 Michael McKinlay 34	SFRP	1:20.69

200 YDS BREASTSTROKE		
1 Art Smith 33	THMSC	2:20.80
2 Paul Watts 30	DSC	2:24.23
3 Robin T. Kleffman 30	NSAC	2:28.57
4 Mike Rockwood 31	OM	2:29.79
4 Bob Cain 30	MUTS	2:30.74
5 Andres Steiner 31	SLC	2:37.50
6 Thomas D. Boak, Jr. 34	TGM	2:37.69
7 William Cerny 30	DADS	2:38.87
8 Tom McCarty 32	OC	2:39.22
9 Gary Hunsaker 31	RMM	2:45.22
10 Thomas C. Fuller 33	MUTS	2:57.96
11 Robert W. Alspaugh 31	RMM	2:59.38

100 YDS BUTTERFLY		
1 Abraham Melamed 33	VSC	53.29
*2 Tony Jarvis 32	OM	55.12
2 Robert Davis 31	TGM	55.16
3 Tom Peek 30	NFM	55.17
4 Dick Ennis 33	SMM	55.55
5 John J. Flanagan 32	DCM	55.80
*6 Gustavo Betancourt 32	SLC	55.81
6 Robin T. Kleffman 30	NSAC	56.38
7 Ed Rudloff 30	OC	57.46
8 Paul M. Hebert, Jr. 32	B	57.81
9 Dick Hopkins 32	UNAT	57.97
10 James Green 33	TM	59.09
11 Bill Abbott 32	RMM	59.43
*12 David Thompson 31	CN	1:01.59
*13 Mike Rockwood 31	CN	1:01.84
DO: Charles Saxe 33	NSC	1:02.65

200 YDS IND. MEDLEY		
1 Dan Sullivan 31	USA	57.35
2 Ken Krueger 32	UNAT	57.42
3 Steve Clark 34	OC	58.67
4 Abraham Melamed 33	VSC	58.68
5 David Gray 32	SMM	58.91
6 David Nordstrom 30	MOST	59.30
7 Robert Smith 34	UNAT	59.35
8 Bob Cain 30	MUTS	59.69
9 John J. Flanagan 32	DCM	59.84
10 James M. Beglinger 31	SMM	1:00.33
11 Robin T. Kleffman 30	NSAC	1:00.98
*12 Tim Hodges 31	OM	1:01.13
12 Paul Watts 30	DSC	1:01.23
13 Peter Heesch 30	USA	1:01.26
14 Dick Ennis 33	SMM	1:01.76
15 Robert Davis 31	TGM	1:02.28
16 James M. Green 33	TM	1:02.38
*17 Gustavo Betancourt 32	SLC	1:02.43
17 Paul M. Hebert, Jr. 32	B	1:02.85
18 Bill Abbott 32	RMM	1:02.99
19 Tom McCarty 32	OC	1:03.37
20 Mark Litman 32	NSAC	1:03.77
21 Lawrence J. Glass 31	DADS	1:04.85
*22 Mike Rockwood 31	CN	1:05.98
22 Michael McKinlay 34	SFRP	1:08.83
23 Mike Harris 31	TGM	1:08.91
24 Michael Markman 31	MUTS	1:10.29
25 William H. Schauer 34	TGM	1:10.72
26 Thomas Fuller 33	MUTS	1:12.31
27 Ralph Johnson, Jr. 30	RMM	1:12.73
28 Marvin Jones 34	RMM	1:14.69

200 YDS IND. MEDLEY		
1 Dan Sullivan 31	USA	2:07.78
2 Pete Williams 32	MOST	2:10.15
3 Art Smith 33	THMSC	2:10.72
4 David Nordstrom 30	MOST	2:10.88
5 Abraham Melamed 33	VSC	2:10.89
6 John J. Flanagan 32	DCM	2:10.92
7 Paul Watts 30	DSC	2:11.52
8 Dana Curtis 30	MUTS	2:12.92
9 Bob Cain 30	MUTS	2:13.04
10 James Green 33	TM	2:13.49
11 Robert Smith 34	UNAT	2:13.75
12 Ed Rudloff 30	OC	2:14.02
13 John Selmer 33	RIN	2:14.32
*14 Gustavo Betancourt 32	SLC	2:15.76
14 Bill Abbott 32	RMM	2:17.23
*15 David Thompson 31	CN	2:17.36
15 Paul M. Hebert, Jr. 32	B	2:17.74
16 Bruce Bartling 30	SPRD	2:17.95
17 Tom McCarty 32	OC	2:18.51
18 Peter Heesch 30	USA	2:18.55
20 Mark Litman 32	NSAC	2:22.66
21 William Cerny 30	DADS	2:23.35
22 Michael McKinlay 34	SFRP	2:33.97
23 Gary Hunsaker 31	RMM	2:36.65
24 Marvin Jones 34	RMM	2:50.13
DO: Ralph Johnson, Jr. 30	RMM	2:50.00

MEN 35-39

50 YDS FREESTYLE		
1 Timothy R. Garton 35	RMM	22.71
2 Gary LaPrise 38	MM	23.30
3 Thompson Mann 35	OC	23.31
4 Peter Saques 35	SMM	23.37
5 Bruce Clark 36	HUM	23.38
6 Hal Cole 37	CT	23.74
6 Gordon H. Smith 36	TSC	23.74
8 Charles H. Raven 39	OC	23.80
9 Carl F. Neuman 35	CM	24.04
10 Bob Walden 38	JM	26.09
11 Art Hale 36	CT	26.36
12 Charles Teas 39	MOST	26.9
13 Michael S. Chessnoe 36	RMM	29.81

100 YDS FREESTYLE		
1 Timothy R. Garton 35	RMM	49.18
2 Robert R. Williams 35	CM	50.58
3 Thompson Mann 35	OC	50.88
4 Bill Wood 36	UNAT	51.68
5 Bruce Clark 36	HUM	51.77
6 Gary LaPrise 38	MM	51.78
7 Peter Saques 35	SMM	52.12
8 Carl F. Neuman 35	CM	52.28
9 Gordon Smith 36	TSC	52.29
10 Charles H. Raven 39	OC	53.61
*11 Edmundo Fernandez 31	SLC	53.85
11 James Crane 36	DADS	54.17
12 Bob Walden 38	JM	56.95
13 Patrick Ferguson 39	UASA	57.22
14 Terry Anderson 37	RMM	58.05
15 Charles Teas 39	MOST	1:00.07
16 Dave Hershey 37	DCM	1:00.49
17 J. David Gillanders 39	MOST	1:05.13
18 Michael S. Chessnoe 36	RMM	1:07.39

200 YDS FREESTYLE		
1 Timothy R. Garton 35	RMM	1:05.82
2 James Crane 36	DADS	1:04.70
3 Robert R. Williams 35	CM	1:04.75
4 Burt Kanner 38	CT	1:05.25

5 Bill Wood 3
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10 J. David Gillanders 39	MOST	1:10.86
11 John A. Schmidt 39	UNAT	1:16.42

**100 YDS IND. MEDLEY**

#1 Timothy R. Garton 35	RMM	57.59
2 Tom McAbee 35	CT	58.34
3 Bruce Clark 36	HUM	59.73
4 Thompson Mann 35	OC	1:00.36
5 Pap Cole 37	CT	1:01.01
6 Rowland Stanley 35	MOM	1:01.20
7 Al Cartwright 36	UNAT	1:01.25
8 Dennis Bretherton 36	DADS	1:02.90
9 Peter Sagues 35	SMM	1:03.13
#10 Edmundo Fernandez 31	SLM	1:03.75
11 Gordon H. Smith 36	TSC	1:04.62
12 James Crane 36	DADS	1:05.01
12 Arthur Smith 38	DCM	1:05.31
14 M. Timken 39	UASA	1:05.79
15 George Lanum 36	OHIO	1:06.67
16 Charles Teas 39	RMM	1:08.62
17 David Casebolt 36	SSM	1:11.57
18 Michael S. Chessnoe 36	RMM	1:13.88
		1:25.70

**200 YDS IND. MEDLEY**

#1 Timothy R. Garton 35	RMM	2:06.94
2 Al Cartwright 36	UNAT	2:11.57
3 Tom McAbee 35	CT	2:11.70
4 Robert R. Williams 111	CM	2:13.17
5 Bill Wood 36	UNAT	2:15.43
6 Bruce Clark 36	HUM	2:18.33
7 Dennis Bretherton 36	DADS	2:18.63
8 Gregory Wain 35	CM	2:24.27
9 Rowland Stanley 35	MOM	2:24.43
10 Patrick Ferguson 39	UASA	2:26.85
11 W. Timken 39	OHIO	2:27.76
12 George Lanum 36	RMM	2:32.92
13 John Tobin 35	RMM	2:45.69

**MEN 40-44**

**50 YDS FREESTYLE**

#1 Charles Bechtel 40	DCM	23.15
2 Phillip Gay 43	OC	24.18
3 Geo. Worthington 40	CM	24.48
4 Dave Drum 42	HUM	24.66
5 Gaitner Rosser 44	GCM	24.68
6 Don Read 43	VSC	25.08
7 Henry Zentgraf 43	RMM	25.09
8 Peter R. Taft 42	DCM	25.10
9 Carl Christensen 40	MDM	25.47
10 James Barden 41	MOST	25.68
11 Joe L. Neal 42	WTM	25.79
12 William Hutcheson 43	MUTS	26.02
13 James Zurcher 43	UNAT	26.02
14 Peter Duncan 43	OMSC	26.20
15 Rudy Lederer 42	NSY	26.43
16 Jerry Jackson 41	MOST	26.51
17 Thomas Smith 41	MOST	26.65
18 Robert Bell 43	MOST	26.65
19 John George 42	OMSC	27.03
20 Lin Meiring 44	OMSC	27.35

**100 YDS FREESTYLE**

#1 Ed Hinshaw 41	DSC	51.39
2 Charles Bechtel 40	DCM	52.36
3 Geo. Worthington 40	CM	54.29
4 Al Coxon 42	SLM	54.37
5 Phillip Gay 43	OC	54.50
6 Gaitner Rosser 44	GCM	54.58
7 Don Read 43	VSC	55.41
8 Peter R. Taft 42	DCM	55.75
9 Carl Christensen 40	MDM	56.09
10 Henry Zentgraf 43	RMM	56.35
11 Peter Duncan 43	OMSC	56.40
12 Joe L. Neal 42	WTM	57.31
13 James Zurcher 43	UNAT	57.82
14 William Hutcheson 43	MUTS	58.99
15 George Brunstad 43	CONN	59.40
16 Rudy Lederer 42	NSY	59.53
17 Lin Meiring 44	OMSC	1:00.75
18 Jerry Jackson 41	MOST	1:00.89
19 Richard Zlock 41	IM	1:05.42

**200 YDS FREESTYLE**

#1 Ed Hinshaw 41	DSC	1:51.63
2 Charles Bechtel 40	DCM	1:59.56
3 Al Coxon 42	SLM	1:59.82
4 Sam Jones 42	NMM	2:02.36
5 Carl Christensen 40	MDM	2:04.95
6 Peter R. Taft 42	DCM	2:06.44
7 Lewis E. Cook, Jr. 40	OC	2:08.65
8 George Brunstad 42	CONN	2:10.00
9 James Zurcher 43	UNAT	2:10.94
10 Joe L. Neal 42	WTM	2:11.13
11 Jerry Jackson 41	MOST	2:17.76
12 Lin Meiring 44	OMSC	2:18.79
13 Henry Zentgraf 43	RMM	2:19.35
14 Richard Zlock 41	IM	2:19.45
15 Budd Symes 43	UNAT	2:19.54
16 William Hutcheson 43	MUTS	2:20.32
17 John George 42	OMSC	2:20.63
18 Doug Holmes 42	CMS	2:27.02
19 Hans Kriek 42	RMM	2:46.87

**500 YDS FREESTYLE**

#1 Ed Hinshaw 41	DSC	5:09.20
2 Sam Jones 42	NMM	5:34.30
3 Thomas A. Long, Jr. 40	PNA	5:41.32
4 Al Coxon 42	SLM	5:43.05
5 Charles Bechtel 40	DCM	5:49.97
6 Carl Christensen 40	MDM	5:54.87
7 Gaitner Rosser 44	GCM	5:55.94
8 Peter Duncan 43	OMSC	5:58.79
9 Dave Drum 42	HUM	6:00.23
10 James Zurcher 43	UNAT	6:05.93
11 Barry Fabsbender 40	RIN	6:19.31
12 Richard Zlock 41	IM	6:21.88
13 Rudy Lederer 42	NSY	6:28.41
14 Lin Meiring 44	OMSC	6:34.44
15 Jerry Jackson 41	MOST	6:35.25
16 Thomas Smith 41	MOST	6:38.61

17 John George 42	OMSC	6:42.38
18 Doug Holmes 42	CMS	6:49.77
19 Henry Zentgraf 43	RMM	7:17.03
20 William Hutcheson 43	MUTS	7:20.25
21 Hans Kriek 42	RMM	7:40.08

**1650 YDS FREESTYLE**

1 Ed Hinshaw 41	DSC	19:13.62
2 Sam Jones 42	NMM	19:32.78
3 Dennis O'Brien 42	RMM	20:46.56
4 Carl Christensen 40	MDM	21:42.52
5 James Zurcher 43	UNAT	21:42.52
6 Barry Fabsbender 40	RIN	21:55.71
7 Rudy Lederer 46	NSY	23:10.35
8 John George 42	OMSC	23:47.01
9 Jerry Jackson 41	MOST	24:04.16
10 Joe Gilbert 42	TGM	25:16.94
11 Hans Kriek 42	RMM	26:28.08
12 Richard Zlock 40	DCM	

**100 YDS BACKSTROKE**

1 Al Coxon 42	SLM	1:04.12
2 Lewis E. Cook, Jr. 40	OC	1:04.54
3 Mel vanHelsdingen 44	OMSC	1:05.79
4 Lin Meiring 44	OMSC	1:06.63
5 Rudy Lederer 42	NSY	1:12.61
6 John George 42	CMS	1:14.89
7 Doug Holmes 42	OMSC	1:17.76
8 Richard Zlock 41	IN	1:42.22

**200 YDS BACKSTROKE**

1 Lewis E. Cook, Jr. 40	OC	2:25.35
2 Sam Jones 42	NMM	2:29.71
3 Lin Meiring 44	OMSC	2:29.97
4 Rudy Lederer 42	NSY	2:40.60
5 Barry Fabsbender 40	RIN	2:42.34
6 John George 42	OMSC	2:44.33
7 Richard Zlock 40	DCM	2:51.29
8 Doug Holmes 42	CMS	2:57.06

**100 YDS BREASTSTROKE**

1 Thomas A. Long, Jr. 40	PNA	1:08.92
2 Carlyn Cruzan 40	BRY	1:10.98
3 Budd Symes 43	UNAT	1:13.52
4 Mel vanHelsdingen 44	OMSC	1:14.56
5 James Barden 41	MOST	1:17.92
6 Richard Zlock 40	DCM	1:20.75
7 Bob Davis 43	OMSC	1:21.08
8 Doug Holmes 42	CMS	1:22.95
9 Morgan Jones 41	MOST	1:24.86
10 Jerry Jackson 41	MOST	1:25.95

**200 YDS BREASTSTROKE**

1 Thomas A. Long, Jr. 40	PNA	2:30.15
2 Carlyn Cruzan 40	BRY	2:36.31
3 Mel vanHelsdingen 44	OMSC	2:45.02
4 Budd Symes 43	UNAT	2:45.71
5 George E. Brunstad 43	CONN	2:45.97
6 Bob Davis 43	OMSC	2:55.14
7 Richard Zlock 40	DCM	3:01.63
8 Barry Fabsbender 40	RIN	3:02.13
9 Morgan Jones 41	MOST	3:15.55

**50 YDS BUTTERFLY**

1 Geo. Worthington 40	CM	26.09
2 Dave Drum 42	HUM	26.28
3 Charles Bechtel 40	DCM	26.57
4 Peter R. Taft 42	DCM	27.17
5 Gaitner Rosser 44	GCM	27.21
6 Dennis O'Brien 42	RMM	28.14
7 James Zurcher 43	UNAT	28.71
8 Robert Bell 43	MOST	29.05
9 Richard Dunn 40	KCM	29.40
10 Joe L. Neal 42	WTM	29.55
11 Henry Zentgraf 43	RMM	32.99

**100 YDS BUTTERFLY**

#1 Geo. Worthington 40	CM	57.93
2 Dennis O'Brien 42	RMM	1:01.38
3 Dave Drum 42	HUM	1:01.45
4 Gaitner Rosser 44	GCM	1:04.62
5 Peter R. Taft 42	DCM	1:06.31
6 Richard Zlock 40	DCM	1:06.64
7 Barry Fabsbender 40	RIN	1:07.91
8 Carlyn Cruzan 40	BRY	1:11.63
9 Jerry Jackson 41	MOST	1:26.60

**100 YDS IND. MEDLEY**

1 Ed Hinshaw 41	DSC	1:00.57
2 Al Coxon 42	SLM	1:01.98
3 Dave Drum 42	HUM	1:02.55
4 Charles Bechtel 40	DCM	1:02.63
5 Geo. Worthington 40	CM	1:03.56
6 Lewis E. Cook, Jr. 40	OC	1:04.68
7 Dennis O'Brien 42	RMM	1:05.01
8 Mel vanHelsdingen 44	OMSC	1:05.99
9 Joe L. Neal 42	WTM	1:07.54
10 Carlyn Cruzan 40	BRY	1:07.56
11 Gaitner Rosser 44	GCM	1:07.81
12 Carl Christensen 40	MDM	1:09.25
13 James Barden 41	MOST	1:10.79
14 Robert Bell 43	MOST	1:12.06
15 Henry Zentgraf 43	RMM	1:12.75
16 Joe Gilbert 42	TGM	1:13.67
17 Doug Holmes 42	CMS	1:14.77
18 Richard Dunn 40	KCM	1:18.10
19 Hans Kriek 42	RMM	1:24.33

**200 YDS IND. MEDLEY**

1 Ed Hinshaw 41	DSC	2:13.81
2 Geo. Worthington 40	CM	2:18.88
3 Al Coxon 42	SLM	2:19.35
4 Dave Drum 42	HUM	2:23.34
5 Sam Jones 42	NMM	2:24.57
6 George Brunstad 43	CONN	2:29.96
7 Mel vanHelsdingen 44	OMSC	2:30.83
8 Dennis O'Brien 42	RMM	2:35.20
9 Richard Zlock 40	DCM	2:36.09
10 Barry Fabsbender 40	RIN	2:37.50
11 Joe Neal 42	WTM	2:37.70
12 Hans Kriek 42	RMM	3:07.94

**MEN 45-49**

**50 YDS FREESTYLE**

*1 Donald P. Hill 46	OC	22.85
2 Ronald Johnson 46	AM	23.59
3 Bob Jettier 49	MM	25.36
4 Edward L. Ems, Jr. 49	DCM	26.43
5 Harry Fox 48	OHIO	26.57
6 Robert Kueny 47	WM	26.83
7 David Lomsak 49	SMM	27.35
8 Gordon Gillin 47	SD	27.91
9 Roland Baird 45	DADS	28.16
10 Monroe Allen 47	NEM	28.34
11 Louis Raiborn 46	MOST	28.36
12 Gerald Smith 47	SMM	29.66
13 Lee Walters 47	UNAT	34.73

**100 YDS FREESTYLE**

#1 Donald P. Hill 46	OC	52.33
2 Ron Johnson 46	AM	52.44
3 Robert Heritier 49	MM	56.09
4 Graham Johnston 47	TGM	56.66
5 Dennis Rice 45	TSC	57.45
6 Edward L. Ems, Jr. 49	DCM	58.37
7 Harry Fox 48	OHIO	58.94
8 Steve Odrobina 49	MOST	1:00.50
9 Gordon Gillin 47	SD	1:00.51
10 Monroe Allen 47	NEM	1:03.43
11 Davis Lomsak 49	SMM	1:03.90
12 Gerald Smith 47	SMM	1:05.69
13 Daniel F. Gruender 48	AM	1:11.94
14 Weston Harper 48	TGM	1:19.46
15 Joe Furman 45	UNAT	1:31.94

**200 YDS FREESTYLE**

#1 Burwell Jones 45	SMS	1:57.09
2 Graham Johnston 47	RGM	2:00.94
3 Hubert Williams, Jr 47	RMM	2:02.14
4 Robert Heritier 49	RMM	2:05.64
5 Dennis Rice 45	TSC	2:11.07
6 Gordon Gillin 47	SD	2:11.07
7 Gerald Smith 47	SMM	2:16.17
8 Nick Berenyi 45	MDM	2:26.35
9 John Bauman 47	WM	2:28.94
10 Monroe Allen 47	NEM	2:36.19
11 Don McMillin 49	MOST	2:52.03
12 Weston Harper 48	TGM	3:00.81
13 Lee Walters 47	UNAT	3:14.89

**500 YDS FREESTYLE**

#1 Burwell Jones 45	SMS	5:18.49
2 Graham Johnston 47	TGM	5:24.05
3 Hubert Williams, Jr 47	RMM	5:27.80
4 Bob Heritier 49	RMM	5:53.58
5 Dennis Rice 45	TSC	6:07.51
6 Art Welch 45	LBM	6:34.18
7 Joseph A. Prata 49	SMM	6:39.93
8 John Bauman 47	WM	6:41.83
9 Lewis Patrie 49	OMSC	6:42.90
10 Nick Berenyi 45	MDM	6:45.38
11 Gerald Smith 47	SMM	6:44.34
12 James Puckett 48	MUTS	7:17.03
13 Lee Walters 47	UNAT	8:28.91
14 Don McMillin 49	MOST	8:39.63
DQ: Daniel F. Gruender 48	AM	7:35.12
TO: Gordon Gillin 47	SD	6:49.66

**1650 YDS FREESTYLE**

1 Graham Johnston 47	TGM	18:48.51
2 Hubert Williams, Jr 47	RMM	19:04.30
3 Dennis Rice 45	TSC	21:31.94
4 Harry Fox 48	OHIO	21:57.42
5 Art Welch 45	LBM	22:40.29
6 John Bauman 47	WM	23:04.51
7 Lewis E. Patrie 49	OMSC	23:34.65
8 Gerald Smith 47	SMM	23:38.83
9 Nick Berenyi 45	MDM	23:45.09
10 Daniel F. Gruender 48	AM	25:47.47
11 Don McMillin 49	MOST	28:50.17

**100 YDS BACKSTROKE**

#1 Burwell Jones 45	SMS	1:01.59
2 Frank Reynolds 45	SCAC	1:07.52
3 Elvin Choong 45	B	1:09.26
4 Horace Knowlton 48	CH	1:09.64
5 Joseph A. Prata 49	SMM	1:10.14
6 Gordon Gillin 47	SP	1:13.80
7 David Lomsak 49	SMM	1:17.04
8 Art Welch 45	LBM	1:17.33
9 Roland Baird 45	DADS	1:19.27
*10 Alex Dalmau 47	CSL	1:20.87
1		

100 YDS BACKSTROKE			
1 Paul Hutinger 53	IM	1:07.33	
2 John M. Woods 54	AMM	1:09.84	
3 Alfred J. Groh 50	RIN	1:12.73	
4 Gene Mack 50	RMM	1:13.01	
5 Don Stupfel 50	SMM	1:14.25	
6 Robert Flanagan 53	DADS	1:27.59	
7 Del Brown 52	OMSC	1:28.64	
8 Jim Forbes 52	MHNY	1:28.64	
9 Robert P. Martin 50	RMM	2:02.96	

200 YDS BACKSTROKE			
1 Paul Hutinger 53	IM	2:26.40	
2 Alfred J. Groh 50	RIN	2:32.25	
3 John M. Woods 54	AMM	2:36.85	
4 Carl E. Yates 50	RIN	2:37.61	
5 Gene Mack 50	RMM	2:47.05	
6 Don Stupfel 50	SMM	2:55.99	
7 Del Brown 53	OMSC	3:10.06	
8 Robert P. Martin 50	RMM	4:25.84	

100 YDS BREASTSTROKE			
1 Ted Haartz 50	NEM	1:11.68	
2 Matt Flanagan 52	DCM	1:15.28	
3 Jim Marcus 53	LBM	1:17.15	
4 Skip Mann 53	RMM	1:17.23	
5 Jim Forbes 52	MHNY	1:17.55	
6 Robert Cunningham 50	SMM	1:17.69	
7 Uick Powers 54	RMM	1:21.53	
8 Ted Roach 52	OM	1:22.55	
9 Henry Kivl 54	OM	1:23.05	
8 George Cunningham	TSC	1:23.07	
9 Chuck McCarthy 53	CONN	1:24.11	

200 YDS BREASTSTROKE			
1 Ted Haartz 50	NEM	2:41.43	
2 Skip Mann 53	RMM	2:47.31	
3 Robert Cunningham 50	SMM	2:52.10	
4 Matt Flanagan 52	DCM	2:52.50	
5 Jim Marcus 53	LBM	2:54.95	
6 Ed Kerswill 52	RIN	2:58.77	
7 Jim Forbes 52	MHNY	2:59.72	
8 George Cunningham 52	TSC	2:59.78	
9 Ted Roach 52	OM	3:02.70	
9 Ransom Arthur 52	LA	3:02.72	
10 Henry Kivl 54	OM	3:04.86	
10 Chuck McCarthy 53	CONN	3:08.59	

50 YDS BUTTERFLY			
1 Paul Hutinger 53	IM	28.41	
2 Charles Moss 50	MM	29.01	
3 Ted Haartz 50	NEM	29.52	
4 Winthrop Wilson 51	NEM	30.03	
5 Matt Flanagan 52	DCM	30.48	
6 Sanford Dickey 52	UNAT	30.91	
7 Gene Mack 50	RMM	31.77	
8 Robert Flanagan 53	DADS	32.68	
9 George Cunningham 52	TSC	34.40	
10 Ted Roach 52	OM	34.75	
10 Dick Powers 54	RMM	34.92	
11 John Koruga 51	PNA	35.18	
12 Chuck McCarthy 53	CONN	35.69	

100 YDS BUTTERFLY			
1 Charles Moss 50	MM	1:05.13	
2 Paul Hutinger 53	IM	1:06.69	
3 Winthrop Wilson 51	NEM	1:08.47	
4 Alfred J. Groh 50	RIN	1:09.92	
5 Ted Haartz 50	NEM	1:09.95	
6 Matt Flanagan 52	DCM	1:10.40	
7 Skip Mann 53	RMM	1:10.95	
8 Sanford Dickey 52	UNAT	1:13.35	
9 Ted Roach 52	OM	1:17.25	
9 Chuck McCarthy 53	CONN	1:18.54	
10 George Cunningham 52	TSC	1:19.78	
11 Jim Forbes 52	MHNY	1:25.42	
12 Dick Powers 54	RMM	1:26.03	

100 YDS IND. MEDLEY			
1 Charles Moss 50	MM	1:05.37	
2 Paul Hutinger 53	IM	1:05.58	
3 Ted Haartz 50	NEM	1:07.33	
4 John M. Woods 54	AMM	1:08.48	
5 Matt Flanagan 52	DCM	1:09.13	
6 Sanford Dickey 52	UNAT	1:09.80	
7 Alfred Groh 50	RIN	1:10.04	
8 Don Stupfel 50	SMM	1:11.67	
9 Robert Cunningham 50	SMM	1:12.20	
10 Dick Powers 54	RMM	1:18.50	
11 Jim Forbes 52	MHNY	1:19.18	
12 Ted Roach 52	OM	1:19.69	
12 Chuck McCarthy 53	CONN	1:20.20	
13 Robert S. Flanagan 53	DADS	1:22.11	
14 John Koruga 51	PNA	1:22.41	
15 Henry Kivl 54	OM	1:26.92	

200 YDS IND. MEDLEY			
1 Paul Hutinger 53	IM	2:27.79	
2 Charles Moss 50	MM	2:28.58	
3 Alfred Groh 50	RIN	2:34.02	
4 John M. Woods 54	AMM	2:32.59	
5 Jim Marcus 53	LBM	2:39.19	
6 Matt Flanagan 52	DCM	2:40.28	
7 Ed Kerswill 52	RIN	2:44.22	
8 Robert Cunningham 50	SMM	2:45.33	
9 Don Stupfel 50	SMM	2:51.31	
10 Robert Flanagan 53	DADS	2:59.81	
11 Chuck McCarthy 53	CONN	3:00.27	

MEN 55-59			
50 YDS FREESTYLE			
1 Raymond I. Hakomaki 57	NSAC	25.25	
2 Dore Schwab 56	TSC	26.20	
3 John Florence 55	SOM	26.49	
4 William Baugher 56	IM	26.66	
5 Scroggie Wiley 57	DCM	27.06	
6 Frank Havlicek 59	IM	27.33	
7 Thomas Cloyes 56	UNAT	28.05	
8 Herb Wallower 56	RMM	28.35	

100 YDS FREESTYLE			
1 Fred Donald 57	RMM	28.45	
10 Bob Acker 57	IM	28.76	
11 Neville Moise 57	DADS	29.09	
12 Ray Nicol 57	MOST	29.52	
13 Richard T. Smith 58	TSC	29.91	
14 E. T. H. Talmage, Jr 58	RMM	32.53	
15 Luis P. Valle 55	SSM	39.09	

100 YDS BUTTERFLY			
1 John Crews 58	TM	1:11.76	
2 Frank Havlicek 59	IM	1:17.89	
3 Jack Warren 57	RMM	1:18.03	
4 Ed Barnes 56	SMM	1:18.49	
5 Bill Stadig 55	MOST	1:19.86	
6 Neville Moise 57	DADS	1:22.93	
7 Robert McDermott 57	RMM	1:36.05	
8 Alexander Watters 58	RN	1:25.18	

100 YDS IND. MEDLEY			
1 Raymond F. Taft 58	SMM	1:07.84	
2 Raymond I. Hakomaki 57	NSAC	1:08.73	
3 Frank Havlicek 59	IM	1:11.61	
4 Dore Schwab, Jr. 56	TSC	1:14.31	
5 William Baugher 56	IM	1:14.47	
6 Ray Nicol 57	MOST	1:17.54	
7 Dan J. Miles 57	NMM	1:17.64	
8 Fred Donald 57	RMM	1:17.82	
9 Thomas Cloyes 56	UNAT	1:17.93	
10 Ed Barnes 56	SMM	1:18.13	
11 Bill Stadig 55	MOST	1:18.73	
12 Richard T. Smith 58	TSC	1:20.41	
13 Scroggie Wiley 57	DCM	1:20.25	
14 Bob Acker 57	IM	1:20.37	
15 Alexander Watters 58	RN	1:25.25	

200 YDS IND. MEDLEY			
1 Raymond I. Hakomaki 57	NSAC	2:36.61	
2 Ray Taft 58	SMM	2:38.23	
3 John Crews 58	TM	2:39.75	
4 Dan J. Miles 57	NMM	2:47.20	
5 Frank Havlicek 59	IM	2:47.90	
6 Bill Stadig 55	MOST	2:55.58	
7 Ed Barnes 56	SMM	2:58.13	
8 Thomas Cloyes 56	UNAT	3:02.76	
9 Robert McDermott 57	RMM	3:19.09	

MEN 60-64			
50 YDS FREESTYLE			
1 Harry Rawstrom 61	NAM	26.69	
2 Jim Welch 60	HM	26.78	
3 Gus Clemens 60	UNAT	27.83	
4 Woodrow Bowersock 64	OA	28.78	
5 Bill Grant 64	SLM	29.12	
6 Cliff Croom 61	SD	29.28	
7 Eugene Jennings 63	SPRD	29.31	
8 Brud Cleaveland 60	AM	29.51	
9 David Rowan 64	MAM	29.65	
10 JoPaul Steiner 61	BRY	30.35	
11 Hamilton Anderson 64	TGM	31.88	
12 Vern Dawson 61	CONN	40.07	

100 YDS FREESTYLE			
1 Jim Welch 60	HM	58.85	
2 Harry Rawstrom 61	NAM	1:00.90	
3 Gus Clemens 60	UNAT	1:03.62	
4 Bill Grant 64	SLM	1:04.90	
5 Woodrow Bowersock 64	OA	1:06.54	
6 Ashby Harper 61	NMM	1:08.39	
7 Richard Guido 60	MHNY	1:08.53	
8 Brud Cleaveland 60	AM	1:09.76	
9 Hamilton Anderson 64	TGM	1:11.87	
10 James H. Coon 63	NMM	1:12.08	
11 Vern Dawson 61	CONN	1:29.11	
12 Ben Sanford 60	MUTS	1:46.25	

200 YDS FREESTYLE			
1 Jim Welch 60	HM	2:13.21	
2 Harry Rawstrom 61	NAM	2:24.03	
3 Gus Clemens 60	UNAT	2:30.81	
4 Ashby Harper 61	NMM	2:36.43	
5 Ham Anderson 64	TGM	2:37.45	
6 James H. Coon 63	NMM	2:37.58	
7 Richard Guido 60	MHNY	2:40.49	
8 Brud Cleaveland 60	AM	2:46.07	
9 Vern Dawson 61	CONN	3:19.53	

500 YDS FREESTYLE			
1 Jim Welch 60	HM	6:10.51	
2 Harry Rawstrom 61	NAM	6:33.95	
3 Edward Moran 60	RACM	6:55.92	
4 Ashby Harper 61	NMM	6:57.95	
4 James H. Coon 63	NMM	7:10.07	
5 Hamilton Anderson 64	TGM	7:19.75	
6 Bill Grant 64	SLM	7:21.47	
7 Gus Clemens 60	UNAT	7:29.01	
8 Richard Guido 60	MHNY	7:29.16	
9 Vern Dawson 61	CONN	8:59.47	

1650 YDS FREESTYLE			
1 Jim Welch 60	HM	21:36.04	
2 Harry Rawstrom 61	NAM	23:22.40	
3 Edward Moran 60	RACM	24:11.83	
4 Ashby Harper 61	NMM	24:11.85	
5 James H. Coon 63	NMM	25:18.53	
6 Richard Guido 60	MHNY	27:06.96	
7 Vern Dawson 61	CONN	32:12.90	

100 YDS BACKSTROKE			
1 Bill Woostey 60	UNAT	1:16.76	
2 John Higgins 62	USNA	1:17.78	
3 David Rowan 64	MAM	1:18.66	
4 Edward Moran 60	RACM	1:19.39	
5 Richard Guido 60	MHNY	1:23.54	
6 Cliff Croom 61	SD	1:23.85	
7 James H. Coon 63	NMM	1:26.84	

200 YDS BREASTSTROKE			
1 John Higgins 62	USNA	2:54.09	
2 Edgar S. Blackledge 62	RIN	3:00.87	
3 Bennett V. Allen 64	MOST	3:13.38	
4 Bill Woostey 60	UNAT	3:42.23	
5 Hamilton Anderson 64	TGM	3:54.13	

50 YDS BUTTERFLY			
1 Jim Welch 60	HM	31.45	
2 Bill Grant 64	SLM	32.19	
3 Eugene Jennings 63	SPRD	32.70	
4 Cliff Croom 61	SD	33.58	
5 David Rowan 64	MAM	34.69	
6 Gus Clemens 60	UNAT	35.69	
7 Edgar S. Blackledge 62	RIN	35.70	
8 JoPaul Steiner 61	BRY	37.27	

100 YDS BUTTERFLY			
1 John Higgins 62	USNA	1:19.57	
2 Bill Grant 64	SLM	1:19.84	
3 Eugene Jennings 63	SPRD	1:25.46	
4 Cliff Croom 61	SD	1:25.75	
5 Edgar S. Blackledge 62	RIN	1:33.64	
6 JoPaul Steiner 61	BRY	1:36.27	

100 YDS IND. MEDLEY			
1 Harry Rawstrom 61	MAM	1:13.83	
2 Gus Clemens 60	UNAT	1:16.57	
3 Edgar S. Blackledge 62	RIN	1:18.39	
4 Cliff Croom 61	SD	1:19.09	
5 Brud Cleaveland 60	AM	1:19.46	
6 David Rowan 64	MAM	1:21.50	
7 Woodrow Bowersock 64	OA	1:22.79	
8 JoPaul Steiner 61	BRY	1:24.24	

200 YDS IND. MEDLEY			
1 John Higgins 62	USNA	2:47.34	
2 Edgar S. Blackledge 62	RIN	2:57.88	
3 Cliff Croom 61	SD	3:03.91	
4 Bill Woostey 60	UNAT	3:06.87	
5 Brud Cleaveland 60	AM	3:09.11	

MEN 65-69			
50 YDS FREESTYLE			
1 Reg Richardson 66	SBSC	28.31	
2 Sidney Weinberg 65	JM	30.00	
3 Donald Stevenson 65	MAC	31.30	
4 Bill Stinson 69	OMSC	34.29	
5 Harold H. Barr 68	MHNY	36.48	
6 John Newton 69	IM	38.47	
7 Sam R. Maxcy 69	AM	41.58	
8 Louis Rinna 67	RMM	42.87	

100 YDS FREESTYLE			
1 Reg Richardson 66	SBSC	1:05.43	
2 Benton Wood 68	SMM	1:08.36	
3 Sidney Weinberg 65	JM	1:09.58	
4 Donald Stevenson 65	MAC	1:12.44	
5 Gordon W. Corson 67	MHM	1:17.75	
6 Bill Stinson 69	OMSC	1:22.36	
7 John Newton 69	IM	1:26.52	
8 Harold Barr 68	MHNY	1:26.57	
9 Sam R. Maxcy 69	AM	1:29.32	
10 Louis Rinna 67	RMM	1:43.78	

200 YDS FREESTYLE			
1 Reg Richardson 66	SBSC	2:28.97	
2 Donald Stevenson 65	MAC	2:58.54	
3 John Newton 69	IM	3:14.31	
4 Bob Coyle 65	JM	3:20.53	
5 Sam Maxcy 69	AM	3:44.92	

500 YDS FREESTYLE			
1 Benton Wood 68	SMM	7:32.41	
2 Bill Stinson 69	OMSC	8:21.33	
3 Donald Stevenson 65	MAC	8:23.63	
4 John Newton 69	IM	8:51.15	
5 Bob Coyle 65	JM	9:04.10	
6 Ed Sebastian 66	SSH	9:47.24	
7 Louis Rinna 67	RMM	10:22.58	

200 YDS BREASTSTROKE

#1 Harold Perry 66	MHM	3:20.51
2 Donald Stevenson 65	MAC	3:25.38
3 Bill Loughborough 67	OC	3:28.00
4 Ray Kaye 66	MC	3:30.73
5 Jesse Coon 67	TGM	3:42.83
6 Harold Barr 68	MMNY	3:57.15
7 Ernest Hale 67	LBM	3:59.48
8 Bob Coyle 65	JM	4:28.44
9 Sam Maxcy 69	AM	5:54.82

50 YDS BUTTERFLY

1 Reg Richardson 66	SBSC	34.97
2 Sidney Weinberg 65	JM	35.99
3 Bill Loughborough 67	OC	37.55
4 Jesse Coon 67	TGM	39.02
5 Harold Perry 66	MHM	39.27
6 Bill Stinson 69	OMSC	41.19
7 Ernest Hale 67	LBM	42.17
DQ: Jack Bartlett 66	SMM	37.15

100 YDS BUTTERFLY

#1 Jack Bartlett 66	SMM	1:28.98
2 Jesse Coon 67	TGM	1:32.34
3 Bill Stinson 69	OMSC	1:40.54
4 Ernest Hale 67	LBM	1:45.28
5 Bill Loughborough 67	OC	1:46.45
6 Harold Perry 66	MHM	1:51.21

100 YDS IN. MEDLEY

#1 Reg Richardson 66	SBSC	1:16.94
2 Sidney Weinberg 65	JM	1:24.66
3 Bill Loughborough 67	OC	1:26.51
4 Oscar Sigrist 69	JM	1:26.94
5 Jack Bartlett 66	SMM	1:27.03
6 Benton Wood 68	SMM	1:29.59
7 Jesse Coon 67	TGM	1:33.44
8 Ed Sebastian 66	SSM	1:55.21
9 Louis Rinna 67	RHM	2:02.75

200 YDS IND. MEDLEY

#1 Reg Richardson 66	SBSC	2:59.78
2 Benton Wood 68	SMM	3:18.04
3 Jack Bartlett 66	SMM	3:19.98
4 Oscar Sigrist 69	JM	3:27.45
5 Jesse Coon 67	TGM	3:36.96
6 Ed Sebastian 66	SSM	4:17.28

MEN 70-74

50 YDS FREESTYLE		
1 Stanton Craigie 71	UNAT	31.36
2 Maxwell Vogt 73	JM	31.56
3 La Rue Finley 70	TY	33.68
4 Hy Goldman 71	SMM	49.70

100 YDS FREESTYLE

1 Maxwell Vogt 73	JM	1:12.17
2 La Rue Finley 70	TY	1:18.03
3 Hy Goldman 71	SMM	2:09.39

200 YDS FREESTYLE

1 Maxwell Vogt 73	JM	2:57.62
2 La Rue Finley 70	TY	3:06.22
3 Harry Jagers 71	MAM	3:18.53

500 YDS FREESTYLE

1 Fred Lappe 73	TSC	8:35.12
2 Harry Jagers 71	MAM	9:03.60
3 La Rue Finley 70	TY	9:10.59

1650 YDS FREESTYLE

1 Fred Lappe 73	TSC	29:16.33
2 Stanton Craigie 71	UNAT	32:13.86

100 YDS BACKSTROKE

1 Fred Lappe 73	TSC	1:37.57
2 Harry Jagers 71	MAM	1:45.91
3 T.W. Johnson 73	USNA	1:47.41
4 Sidney Silbert 70	JM	2:01.12
5 Bob Blake 70	RIN	2:19.11

200 YDS BACKSTROKE

1 Fred Lappe 73	TSC	3:16.66
2 Harry Jagers 71	MAM	3:48.48
3 Sidney Silbert 70	JM	4:37.76
4 Clarence Ross 78	JM	4:04.72

100 YDS BREASTSTROKE

1 Winston Kratz 72	SBSC	1:37.62
2 Al Kallunki 74	MHM	1:42.48
3 T. W. Johnson 73	USNA	1:43.46
4 Bob Blake 70	RIN	2:15.28

200 YDS BREASTSTROKE

1 Winston Kratz 72	SBSC	3:40.56
2 Al Kallunki 74	MHM	3:45.39
3 Fred Lappe 73	TSC	3:36.00
4 T. W. Johnson, Jr 73	USNA	4:05.58
5 Bob Blake 70	RIN	5:04.41

50 YDS BUTTERFLY

1 Stanton Craigie 71	UNAT	39.46
2 T.W. Johnson 73	USNA	46.11
3 Al Kallunki 74	MHM	46.31
4 La Rue Finley 70	TY	46.75
5 Sidney Silbert 70	JM	58.40
6 Bob Blake 70	RIN	1:07.78

100 YDS BUTTERFLY

1 Stanton Craigie 71	UNAT	1:46.89
2 Sidney Silbert 70	JM	2:12.97

100 YDS IN. MEDLEY

1 Stanton Craigie 71	UNAT	1:31.99
2 Al Kallunki 74	MHM	1:34.00
3 La Rue Finley 70	TY	1:38.22
4 T.W. Johnson 73	USNA	1:41.18
5 Fred Lappe 73	TSC	1:41.72
6 Sidney Silbert 70	JM	1:57.12
7 Bob Blake 70	RIN	2:08.65

200 YDS IND. MEDLEY

1 Stanton Craigie 71	UNAT	3:34.41
2 Al Kallunki 74	MHM	3:42.48
3 Sidney Silbert 70	JM	4:30.13
4 Bob Blake 70	RIN	5:00.45

50 YDS FREESTYLE

1 Clarence Ross 78	JM	34.29
2 Bill Trask 75	MHM	42.97
3 Frederick Allen 79	NEM	45.27
4 August Danielsson 75	MMNY	53.03

100 YDS FREESTYLE

1 Clarence Ross 78	JM	1:18.33
2 Bill Trask 75	MHM	1:33.24
3 Frederick Allen 79	NEM	1:45.28

3 TAMALPAIS SWIM CLUB

Jane McColliester 59, Laurie Hoey 43, Nancy Ridout 36, Ann Cuneo 52	2:26.70
4 ROCKY MOUNTAIN MASTERS	2:28.63
N Brueggeman 39, Joan Lachkar 37, Marcy Harlow 35, Karen Zentgraf 36	
5 ARIZONA MASTERS	2:40.84
L Jenkins 36, L Bogatko 48, E Gruender 49, B Golseth 58	

45+ YEARS

#1 ONTARIO MASTERS	2:24.36
J Gelling 46, J Oliver 46, K Eason 46	
1 ROCKY MOUNTAIN MASTERS	2:50.97
D Mann 46, Louise Mann 50, P Buchanan 45, S Marsh 64	
2 TEXAS GULF MASTERS	3:34.93
L Thomas 51, M Anderson 63, D Fraley 63, J Galvin 46	
3 SAN MATEO MARLINS	3:12.18
Z Taft 58, P Mathieson 61, B Wayne 66, E Goldman 67	

55+ YEARS

1 MASTERS OF SOUTH TEXAS	4:01.74
P Woolsey 56, M Jewett 63, R Schiffler 57, T Mardock 72	

MIXED 200 YDS FREE RELAY

25+ years	1:37.98
#1 ONTARIO MASTERS 'A'	
R Armstrong 27, B Pronk 35, M Stratten 26, T Jarvis 32	
1 ROCKY MOUNTAIN MASTERS 'A'	1:39.42
Fred Hubbell 25, Cindy Walters 32, Val Fisher 27, Ric Cooley 28	
2 SAN MATEO MARLINS 'A'	1:39.59
Peter Saques 35, Kristy King 30, Marianne Brems 29, Dave Gray 32	
3 RINCONADA MASTERS	1:39.75
J Selmer 33, P Eller 25, B Edwards 33, T Spielker 29	
4 D. C. MASTERS	1:41.99
P Todd 34, P Mills 36, J Parker 27, W Bacon 31	
5 ARIZONA MASTERS	1:42.69
J Getting 29, L Jenkins 26, J Osterlon 29, T Whately 26	
6 NEW ENGLAND MASTERS	1:42.86
Dave Bright 25, Sue Leady 29, Fred Schlicher 39, Pat Palmer 35	
7 MASTERS OF SOUTH TEXAS 'A'	1:43.98
David Nordstrum 30, K Bell 29, J Stewart 29, Helen Seidel 26	
8 DADS CLUB	1:44.41
C. Brewton 25, J May 30, D Johnston 25, L Glass 31	
9 ROCKY MOUNTAIN MASTERS 'B'	1:45.61
John Gaudreau 27, Van McNeill 28, R Cranmer 32, B Fisher 29	
10 TEXAS GULF MASTERS	1:47.44
M Harris 31, B Acker 26, R Van Edmond 42, R Davis 31	
11 SAN MATEO MARLINS 'B'	1:47.85
Jim Berlinger 31, Ingrid Olsen 29, Gerda Paul 36, Dick Ennis 33	
12 ONTARIO MASTERS 'B'	1:48.55
Tim Hodges 31, E Jarvis 31, Liz Crawford 29, Mike Rockwood 31	
13 MASTERS OF UPPER TEXAS SWIMMING	1:49.48
Carol Rimoth 26, Bruce Weaver 26, Harly Bigy 34, Bob Cain 30	
14 MASTERS OF SOUTH TEXAS 'B'	2:38.24
John Buhler 31, Dave Gillanders 39, Trudy Bell 30, Dottie Bell 26	
DQ: ROCKY MOUNTAIN MASTERS 'C'	1:56.19
Jim Johnson 30, Keats McLaughlin 26, Jean Bailman 30, Bea Jones 37	

35+ years

#1 MICHIGAN MASTERS	1:41.74
G LaPrise 38, R Heritier 49, C DeLuca 35, L Weir 37	
2 ROCKY MOUNTAIN MASTERS 'A'	1:44.91
Hank Zentgraf 43, Karen Zentgraf 36, Marcy Harlow 35, Tim Garton 35	
3 ST. LOUIS MASTERS	1:48.88
Bill Grant 64, Helen Bass 42, Ardith Mueller 36, Al Coxon 42	
4 TAMALPAIS SWIM CLUB	1:50.35
Dick Smith 58, Laurie Hoey 43, Gordon Smith 36, Nancy Ridout 36	
5 ILLINOIS MASTERS	1:57.22
B. Acker 57, R Tuncotte 50, B Bennett 35, B. Baugher 56	
6 ROCKY MOUNTAIN MASTERS 'B'	2:01.99
G Lanum 36, J Lachkar 37, N Brueggeman 39, T Anderson 37	
7 MASTERS OF SOUTH TEXAS 'A'	2:07.06
J Barden 41, A Bean 42, T Kirksmith 38, J Jackson 41	
8 MASTERS OF UPPER TEXAS	2:07.88
Pat Byrd 43, Jim Puckett 46, Pat Puckett 47, J Gibbs 36	
DQ: D. C. MASTERS	1:42.97
P Hershey 37, B Brey 46, N Kirksmith 35, C Bechtel 40	

WOMEN 200 YDS FREE RELAY

1 MICHIGAN MASTERS	1:51.83
C Rhudy 36, C DeLuca 35, L Weir 37, P Sugg 33	
2 D. C. MASTERS	1:53.83
D Todd 34, F Mills 36, N Kirkendall 35, E Brey 46	
#3 ONTARIO MASTERS	1:56.12
Liz Crawford 29, El Jarvis 31, Merrily Stratton 25, Louise McGoigal 34	
3 ROCKY MOUNTAIN MASTERS	1:56.16
Michelle Cranmer 32, Jan McNeill 28, Cindy Walters 32, Val Fisher 27	
4 DADS CLUB	1:59.44
D Johnston 25, J May 30, P Scurlock 25, C Brewton 25	
5 SAN MATEO MARLINS	2:00.56
I Olsen 29, G Paul 36, K King 30, M Brems 28	
6 GOLD COAST MASTERS	2:00.87
B West 30, S Peterson 35, D McGuire 43, J Krauser 51	
7 KANSAS CITY MASTERS	2:03.7
Ginny Weniger 25, Carol Poote 31, Pat Livingston 31, Barbara Zaremski 40	
8 MASTERS OF SOUTH TEXAS	2:07.66
Helen Seidel 26, Carol Herkin 26, H Spengel 28, T Kirkendall 38	
9 TEXAS GULF MASTERS	2:36.24
Rita van Ramond 42, Laura Thomas 51, Joan Calvin 46, Becky Acker 25	

35+ YEARS

1 TAMALPAIS SWIM CLUB	2:00.80
L Hoey 43, J McColliester 59, A Cuneo 52, N Ridout 36	
2 ONTARIO MASTERS	2:03.09
P McCullagh 40, B Whittall 41, M Hough 36, Bonnie Pronk 35	
3 ROCKY MOUNTAIN MASTERS	2:10.96
K Zentgraf 36, J Lachkar 37, N Brueggeman 39, M Harlow 35	

45+ YEARS

#1 ONTARIO MASTERS	2:15.1
Jackie Gelling 45, Sylvia Elsele 48, Thelma Roach 50, Judie Oliver 46	
1 ROCKY MOUNTAIN MASTERS	2:25.50
Feg Buchanan 45, Louise Mann 50, Dena Mann 46, Ana-Mary Hottinger 56	
2 ARIZONA MASTERS	2:14.75
E Gruender 49, B Golseth 58, R Steward 60, L Bogatko 48	
3 MASTERS OF SOUTH TEXAS	2:51.81
Marge Jewett 63, Jane Maillet 53, Rita Schiffler 57, Joanita Reed 51	

55+ YEARS

1 SAN MATEO MARLINS	3:05.12
Ble Goldman 67, Pat Mathieson 61, Bea Wayne 68, Zada Taft 58	

WOMEN 200 MEDLEY RELAY

25+ YEARS	
#1 ONTARIO MASTERS	2:05.60
Liz Crawford 29, Yvonne Catrall 29, Eleanor Jarvis 31, Merrily Stratton 26	
2 MICHIGAN MASTERS	2:07.08
Igneus Wier 37, Carol Rhudy 35, Carolyn DeLuca 35, Peggi Sugg 33	
3 ST LOUIS MASTERS	2:14.77
Diane Brummel 26, Carol Taylor 49, Ardeth Mueller 36, Helen Bass 42	
4 SAN MATEO MARLINS	2:14.86
Ingrid Olsen 29, Gerta Paul 36, Kristy King, M Brems 28	
5 ROCKY MOUNTAIN MASTERS	2:17.10
Jean Bollman 30, Val Fisher 27, Michelle Cranmer 32, Cindy Walters 32	
6 KANSAS CITY MASTERS	2:19.36
Pat Livingston 31, Carol Poote 31, Ginny Weniger 25, Barb Zaremski 40	
7 DADS CLUB	2:21.85
F Scurlock 25, J May 30, D Johnston 25, C Brewton 25	
8 MASTERS OF SOUTH TEXAS	2:23.13
J Woolsey 26, C Herkin 26, H Seidel 26, K Lott 25	

35+ YEARS

1 D. C. MASTERS	2:15.33
F Mills 36, M Hanner 55, B Brey 46, N Kirkendall 35	
#2 ONTARIO MASTERS	2:18.45
Fauline McCullagh, Bonnie Pronk, Beth Whittall, Marnie Hough	
2 GOLD COAST MASTERS	2:26.50
Joyce Abbott 58, A McGuire 43, E Peterson 35, J Krause 51	

MIXED 200 YDS FREE RELAY

45+ years	1 ROCKY MOUNTAIN MASTERS 'A'	1:56.82
	Bill Williams 47, Skip Mann 53, P. Buchanan 45, D. Mann 46	
	2 TAMALPAIS SWIM CLUB	1:58.20
	Ann Cuneo 52, Denis Rice 45, Jane McColister 59, D. Schwab 56	
	*3 ONTARIO MASTERS	2:04.20
	Kay Eason 45, Jackie Gelling 45, Henri Kwi 54, Ted Roach 52	
	3 ARIZONA MASTERS	2:04.52
	Lisa Borgotko 48, Dan Gruender 48, Ron Johnson 46	
	4 SAN MATEO MARLINS	2:13.62
	Gloria Stupfel 51, Don Stupfel 50, Nancy Meserve 49, Ashley Jones 46	
	5 ROCKY MOUNTAIN MASTERS 'B'	2:27.61
	Dick Powers 54, Jack Warren 57, L. Mann 50, Polly Townsend 61	
	6 MASTERS OF SOUTH TEXAS	2:33.61
	Marie Pennington 50, L. Raiborn 46, Fran Woolsey 56, Steve Odobina 49	
55+ years	#1 MASTERS OF SOUTH TEXAS	2:21.00
	Marge Jewett 63, Allen Hellman 56, Rita Schiffler 57, Bud Dallmann 58	
	2 ROCKY MOUNTAIN MASTERS	2:21.20
	Herb Wallower 56, Fred Donald 57, Ann-Mary Hettinger 56, Susan Marsh 64	
	3 SAN ANTEO MARLINS	2:23.46
	Ed Barnes 56, Zada Taft 58, Pat Matthiesen 61, Ray Taft 58	
	4 RINCONADA MASTERS	2:40.55
	R. Johnston 46, Helen Jorgessen 58, Bea Johnson 68, E. Blackledge 62	
	5 ARIZONA MASTERS	2:46.83
	B. Golseth 58, R. Steward 60, B. Cleveland 60, Sam Maxcy 69	
65+ years	1 SAN MATEO MARLINS	2:42.04
	Jack Bartlett 66, Edie Goldman 67, Bea Wayne 68, Benton Wood 68	

MEN 200 YDS FREE RELAYS

25 years	1 ROCKY MOUNTAIN MASTERS 'A'	1:29.15
	Fred Hummel 25, Bruce Fisher 29, John Gaudreau 27, Rick Cooley 28	
	2 THE OLYMPIC CLUB 'A'	1:30.07
	Bill Barthold 29, Ed Rudloff 30, John Foote 27, Steve Clark 34	
	3 SAN MATEO MARLINS	1:32.00
	Jim Beglinger 31, Peter Sagues 35, Dick Ennis 33, Dave Gray 32	
	4 MASTERS OF UPPER TEXAS SWIMMING 'A'	1:32.02
	Bob Cain 30, Bruce Heaver 27, Steve Craven 25, Berry Hamilton 25	
	5 D. C. MASTERS	1:32.20
	J. D. Parker 27, J. J. Flanagan 32, D. Anderson 26, W. B. Bacon 31	
	*6 ONTARIO MASTERS	1:35.20
	R. Armstrong 27, T. Hodges 31, T. Jarvis 32, M. Rockwood 31	
	7 NORTHERN SHORES AQUATIC CLUB	1:35.52
	Wesley Bestle 25, Robin Kieffman 30, Gary Gastle 27, Ray Hakomaki 57	
	8 TEXAS GOLF MASTERS 'A'	1:37.23
	R. Davis 31, Harris 31, Schauer 34, Curtis 30	
	9 DADS CLUB	1:37.70
	D. Bretherton 36, W. Cery 30, J. Crane 36, L. Glass 31	
	10 MASTERS OF SOUTH TEXAS	1:38.10
	David Nordstrom 30, Charlie Lucas 38, J. Mammarella 27, Rick Scovill 28	
	11 MASTERS OF UPPER TEXAS SWIMMING 'B'	1:40.11
	B. Hutchinson 43, Dave Carter 29, M. Markman 31, F. McIntyre 27	
	12 ROCKY MOUNTAIN MASTERS 'B'	1:42.08
	Keats McLaughlin 28, M. Jones 34, J. Johnson 30, B. Abbott 32	
30+	ARIZONA MASTERS	1:42.08
	Hedberg 25, Osterlon 29, Johnson 45, Whatley 26	
35 years	#1 THE OLYMPIC CLUB	1:31.76
	Thompson Mann 35, Charles Raven 39, Philip Gay 43, Don Hill 46	
	2 CORONADO MASTERS	1:35.21
	G. Worthington 40, G. Gwin 35, R. Williams 38, C. Newman 35	
	3 D.C. MASTERS 'A'	1:35.66
	E. Ames, Jr. 49, P. R. Taft 42, D. Hershey 37, C. Bechtel 40	
	4 CAL TECH MASTERS	1:36.09
	Hap Cole 37, Burt Kanner 38, Tom McAbbe 35, Art Hale 36	
	5 ROCKY MOUNTAIN MASTERS 'A'	1:38.71
	George Lanum 36, Terry Anderson 37, Hank Zentgraf 43, Tim Garton 35	
	6 OKLAHOMA MASTERS SWIM CLUB	1:44.39
	M. Van Helsing 44, L. Meiring 44, J. George 42, P. Duncan 43	
	7 MASTERS OF SOUTH TEXAS 'A'	1:44.97
	James Barden 41, Tom Smith 41, Jerry Jackson 41, Robert Bell 43	
	8 D.C. MASTERS 'B'	1:46.52
	Scroggie Wiley 57, M. Flanagan 52, R. Cheakle 40, A. Smith 38	
	9 PACIFIC N.W. MASTERS	1:52.52
	R. Taylor 45, T. Long 40, J. Koruga 51, K. Adams 44	
	10 ROCKY MOUNTAIN MASTERS 'B'	1:52.62
	Jenniss O'Brien 42, Hans Krier 42, John Tobin 35, Mike Chesnoe 36	
	11 TEXAS GOLF MASTERS	1:59.74
	J. Gilbert 42, G. Johnson 47, H. Anderson 64, J. Coon 67	

45 years	1 SAN MATEO MARLINS	1:46.15
	Bob Cunningham 50, David Lomski 49, Don Stupfel 50, Ashley Jones 46	
	2 ROCKY MOUNTAIN MASTERS	1:47.61
	Gene Mack 50, Bill Williams 47, Dick Powers 52, Skip Mann 53	
	3 ILLINOIS MASTERS SWIM CLUB	1:47.91
	W. Baugher 58, R. Acker 57, F. Havlicek 59, P. Hutinger 53	
	4 NEW ENGLAND MASTERS	1:49.47
	Ted Haartz 50, Jim Edwards 55, Monroe Allen 47, Win Wilson 51	
	5 RINCONADA MASTERS	1:52.04
	A. Groh 50, E. Blackledge, E. Kereswill 52, C. Yates 50	
	6 MASTERS OF SOUTH TEXAS 'B'	2:01.45
	Louis Raiborn 46, Don McMillin 49, Ben Allen 64, Steve Odobina 49	
	7 TAMALPAIS SWIM CLUB	2:06.75
	Dick Smith 59, George Cunningham 52, Fred Lappe 73, Dore Schwab 56	
55 years	1 ROCKY MOUNTAIN MASTERS	1:55.19
	Herb Wallower 56, Ed Talmage 57, Jack Warren 57, Fred Donald 56	
	2 MASTERS OF SOUTH TEXAS	1:57.20
	Ray Nicol 57, Al Hellman 56, Bill Stadig 55, Bud Dallmann 58	
	3 SAN MATEO MARLINS	2:03.53
	Jack Bartlett 66, Ed Barnes 56, Benton Wood 68, Ray Taft 58	

65 years	1 JERSEY MASTERS	2:17.34
	M. Vogt 73, C. Ross 78, S. Silbert 70, S. Weinberg 65	
	2 MONTCLAIR HILLS MASTERS	2:33.11
	Bill Task 75, Harold Perry 66, Al Kallunki 74, Gordon Carson 64	

MEN 200 YDS MEDLEY RELAY

25+ years	1 D. C. MASTERS	1:42.52
	W. Bacon 31, D. Anderson 26, J. J. Flanagan 32, J. D. Parker 27	
	2 ROCKY MOUNTAIN MASTERS 'A'	1:43.60
	Ric Cooley 28, Fred Hubbell 25, Bill Abbott 32, Bruce Fisher 29	
	3 ARIZONA MASTERS	1:43.88
	T. Whatley 26, S. Hedberg 25, R. Johnson 46, J. Osterlon 29	
	4 SAN MATEO MARLINS	1:44.25
	Jim Beglinger 31, Dave Gray 32, Dick Ennis 33, Peter Sagues 35	
	5 MASTERS OF UPPER TEXAS SWIMMING 'A'	1:44.34
	Dave Carter 29, Berry Hamilton 25, Steve Craven 28, Bob Cain 30	
	6 MASTERS OF SOUTH TEXAS 'A'	1:45.59
	Chuck Norrel 31, Pete Williams 34, Keith Bell 29, Dave Nordstrom 30	
	7 THE OLYMPIC CLUB 'A'	1:45.79
	Steve Clark 34, Tom McCarty 32, John Foote 27, Bill Barthold 29	
	*8 ONTARIO MASTERS	1:46.88
	Ron Armstrong 27, Mike Rockwood 31, Tony Jarvis 32, Tim Hodges 31	
	8 MASTERS OF UPPER TEXAS SWIMMING 'B'	1:53.75
	Mike Markman 31, Bruce Heaver 27, Frank McIntyre 27, Jim Gibbs 36	
	9 TEXAS GOLF MASTERS	1:54.48
	R. Davis 30, M. Thomas 31, D. Curtis 30, T. Boak 34	
	10 DADS CLUB	1:56.33
	D. Johnson 25, W. Cery 36, L. Glass 31	
	11 ROCKY MOUNTAIN MASTERS 'B'	1:58.58
	Marvin Jones 34, Bob Alspaugh 31, Keats McLaughlin 26, John Gaudreau 27	
35+ years	1 CAL TECH MASTERS	1:47.35
	Tom McAbbe 35, Hap Cole 37, Burt Kanner 38, Art Hale 36	
	2 CORONADO MASTERS	1:48.10
	George Worthington 40, Gregory Gwin 35, Robert Williams 111 35, C. Newman 35	
	3 D.C. MASTERS 'A'	1:48.70
	D. Hershey 37, A. Smith 38, E. Ames, Jr. 49, C. Bechtel 40	
	4 THE OLYMPIC CLUB	1:49.08
	Thompson Mann 35, Lew Cook 40, Charles Raven 39, Don Hill 46	
	5 ROCKY MOUNTAIN MASTERS 'A'	1:53.46
	Tim Garton 35, George Lanum 36, Jenniss O'Brien 42, Hank Zentgraf 43	
	6 MASTERS OF SOUTH TEXAS 'A'	1:58.85
	C. Lucas 38, J. Barden 41, R. Bell 43, J. Jackson 41	
	7 OKLAHOMA MASTERS SWIM CLUB	2:00.27
	L. Meiring 44, Bob Davis 43, Mel Vanheltsingen 44, Peter Duncan 43	
	8 D. C. MASTERS 'B'	2:02.26
	Scroggie Wiley 57, M. Flanagan 52, D. Cheadle 40, P. Taft 42	
	9 MASTERS OF SOUTH TEXAS 'B'	2:07.63
	L. Raiborn 46, M. Jones 41, D. Gillanders 39, T. Smith 41	
	10 ROCKY MOUNTAIN MASTERS 'B'	2:11.10
	Terry Anderson 37, Hans Krier 42, John Tobin 35, Mike Chesnoe 36	
45+ years	1 SAN MATEO MARLINS	2:00.32
	Joe Prata 49, Bob Cunningham 50, Ashley Jones 46, Dave Lomski 49	
	2 ROCKY MOUNTAIN MASTERS	2:02.13
	Gene Mack 50, Dick Powers 54, Bill Williams 47, Skip Mann 53	
	3 NEW ENGLAND MASTERS	2:04.27
	Jim Edwards 55, Ted Haartz 50, Win Wilson 51, Monroe Allen 47	
	4 ILLINOIS MASTERS SWIM CLUB	2:05.81
	P. Hutinger 53, W. Baugher 56, F. Havlicek 59, R. Acker 57	
	5 RINCONADA MASTERS	2:09.18
	A. Grab 50, Ed Blackledge 52, C. Yates 50, Ed Kerswill 52	
	6 TAMALPAIS SWIM CLUB	2:15.52
	Denis Rice 45, George Cunningham 52, Dore Schwab 57, Dick Smith 56	
	7 TEXAS GOLF MASTERS	2:23.72
	H. Anderson 64, Wes Harper 48, G. Johnston 47, J. Coon 67	
55+ years	#1 MASTERS OF SOUTH TEXAS	2:10.41
	A. Hellman 56, B. Allen 63, R. Nicol 56, B. Dallmann 58	
	2 SAN MATEO MARLINS	2:15.88
	Ray Taft 58, Ed Barnes 56, Jack Bartlett 66, Benton Wood 68	
	3 ROCKY MOUNTAIN MASTERS	2:16.11
	Ed Talmage 58, Herb Wallower 56, Jack Warren 57, Fred Donald 57	
65+ years	#1 JERSEY MASTERS	2:30.62
	R. Coyle 65, Sigrist 69, S. Weinberg 65, M. Vogt 73	
	2 MONTCLAIR HILLS MASTERS	2:44.69
	G. Corson 67, H. Perry 66, A. Kallunki 74, G. Trask 75	

**DIVING**

<b>MEN'S 3-METER</b>	25-29 Jeff Alward	539.65
35-39 Fred Fox	452.75	
40-44 Felix Grossman	295.80	
Jim Stevens	293.65	
Jerry McAllister	219.80	
45-49 Ed Craren	339.75	
Jack Harbourne	328.30	
50-54 Tom Halrabadjan	292.95	
Dick Brunoehler	239.70	
55-59 R. F. Amundsen	218.90	
60-64 Frank McGuigan	277.85	
Floyd Stauffer	258.05	
Ted Kersting	250.15	
65-69 Bill McAllister	244.60	
<b>GRAND MASTER</b>		
Rick McAllister, Wurtsmith AFB, MI	623.35	
Fred Fox, San Juan Capistrano, CA	426.60	
Jim Stevens, Indianapolis, IN	347.85	
<b>SENIOR GRAND MASTER</b>		
Ed Craren, Lincoln, NE	308.75	
Jack Harbourne, Fairfax, VA	298.15	
Floyd Stauffer, Downey, CA	293.65	
Bill McAllister, Madera, CA	283.70	
Tom Halrabadjan, Warrensburg, MO	277.25	
<b>MASTERS NATIONAL INDOOR DIVING CHAMPIONSHIPS</b>		
May 20-21, 1978 Indianapolis, IN		
<b>WOMEN'S 1-Meter, 3-Meter &amp; Senior Grand Master</b>		
70-74 Gerta Ross, Eugene, Oregon		
1-Meter	138.00	
3-Meter	135.35	
Sr Grand Master	194.85	
<b>MEN'S 1-METER</b>		
25-29 Jeff Alward, Grand Rapids, MI	448.45	
Mike Murphy, St. Louis, MO	333.45	
35-39 Fred Fox, San Juan Capistrano	390.95	
40-44 Felix Grossman, Encino, CA	317.80	
Jim Stevens, Indianapolis, IN	227.00	
Jerry McAllister, St. Paul, MN	219.00	
45-49 Jack Harbourne, Fairfax, VA	329.55	
Ed Craren, Lincoln, NE	306.45	
50-54 Tom Halrabadjan, Warrensburg	226.05	
Dick Brunoehler, Indpls, IN	223.15	
55-59 R. F. Amundsen, Newport News	211.25	
60-64 Floyd Stauffer, Downey, CA	243.40	
Ted Kersting, Park Ridge, IL	237.55	
Frank McGuigan, Daly City, CA	236.05	
65-69 Bill McAllister, Madera, CA	213.30	

TEAM POINTS

<b>TOP TEN WOMEN'S TEAMS</b>	
Rocky Mountain Masters	414
San Mateo Marllns	309
MAsters of South Texas	25
Tamalpais Swim Club	2
Arizona Masters	19.
Rinconada Masters	180
DC Masters	175
Gold Coast Masters	163
Michigan Masters	160
St. Louis Masters	142
<b>TOP TEN MEN'S TEAMS</b>	
Rocky Mountain Masters	437
San Mateo Marllns	375
DC Masters	240
Jersey Masters	221
New England Masters	218
Olympic Club	206
Rinconada Masters	178.5
Illinois Masters	146
Masters of South Texas	143.5
Coronado Masters	134

<b>TOP TEN COMBINED MEN AND WOMEN</b>	
Rocky Mountain Masters	851
San Mateo Marllns	375
DC Masters	415
Masters of South Texas	400.5
Rinconada Masters	358.5
Tamalpais Swim Club	314
Arizona Masters	295
Michigan Masters	285
New England Masters	266
Texas Gulf Masters	240

<b>FOREIGN TEAMS</b>	
Ontario Masters (Canada)	466
Royal Navy (England)	43
Santiago de Leon de Caracas (Venezuela)	27
Coloquio Santiago Leon (Venezuela)	25
West Wight (England)	15
Nepean Masters (Canada)	8

# Swimmer: I Brought Message for Carter



— LINDA VAZQUEZ / Miami Herald Photo

**Triumphant Walter Poenisch Flexes Muscles**  
*... choked with emotion after swimming from Cuba*

By **MICHAEL CAPUZZO**  
 Herald Writer

Walter Poenisch is about to cry. Just about every time he talks about the warm Havana send-off Fidel Castro gave him Tuesday just before his 125-mile swim to Bahia Honda in the Florida Keys, he chokes with emotion.

In the tiny lobby of the Village Inn in Fort Lauderdale Thursday, he battles back the tears.

"I'm not going to cry," Poenisch says.

**BUT THE** 65-year-old has to fight hard — Castro aided his lifelong dream.

Suddenly, his face flushed red, he slams his fist on a table.

"There he goes," says his wife Faye, 31.

Tears stream from his face as he talks about Cuba — and Castro.

He says Castro shared birthday cake and secrets for Jimmy Carter with him in Havana Tuesday just hours before he departed there for his marathon swim.

Poenisch says the Castro opened his arms wide and hugged him aboard Amy N, the trawler that pulled his shark cage to the Florida Keys.

When Castro hugged him, Poenisch says, he knew he had a friend standing behind him.

"**CAPTAIN** Ken (Lyng) saw him first and he said, 'Oh, my God, Castro's here.'" Poenisch said Friday. "And all of a sudden Castro walks on board and puts his arm around me. Oh God, right then to know that somebody's on your side after all, what a feeling."

Castro doffed his cap and hugged Poenisch's attractive 31-year-old wife Faye.

"Then he hugged the wife," Poenisch said, "but that's all right."

**POENISCH** hoped to carry messages between Carter and Castro tucked in his swimsuit, but the White House never answered his request, his wife said.

Poenisch claims Castro told him something he will relay to Carter that could improve relations between Cuba and the United States.

"I'm not going to tell you what it's about. Nobody knows yet. An interpreter put something in my ear. Those people gave me their word. It's as good as gold. Castro likes Carter, did you know that?"

## Poenisch After Swim

**MARATHON** — Walter Poenisch reportedly became the first person to swim from Cuba to the United States this morning.

Swimming steadily under partly cloudy skies and through Gulf Stream swells, the 65-year-old Poenisch slowly made his way today to a point just off Duck Key near this Florida Keys city — a reported 103-mile marathon swim from Cuba to the United States.

Cuban President Fidel Castro was with Poenisch, a retired Ohio cookie baker, when he donned goggles and swim fins to enter the water off Havana at 5:42 p.m. Tuesday.

Castro spent a great deal of time with the Poenisch group before the marathon began, coming on board the support boat Amy N "for a couple of beers and a Cuban cigar."

"He signed a birthday card for Walter," said Mrs. Poenisch. Her husband turned 65 Tuesday. "Then he got in his own boat and escorted us for about a mile. He even hugged me. I can't believe how great we were treated."

Poenisch is listed in the "Guinness Book of World Records" for swimming 122½ miles in the Florida Straits in 1976. He has performed a variety of other swimming stunts since beginning his sports career about 15 years ago. He finally received permission for his swim from the Cuban government in March after several years of trying.

## Swimming Along With Sherm

**SHERMAN HINKEBEIN**, 63, wagered \$1,000 that he could swim across the Ohio River in 15 minutes.

He had a lot of (air-headed) takers, who pooled their money at the Evansville (Ind.) annual Freedom Festival. They just took one look at Sherman, guffawed and dug into their pockets — fast.

What they should have done was dig into the record books. Sherman, captain of the University of Kentucky swim team when it was undefeated in 1938, is the Senior Olympics record-holder in four events.

Needless to say, Sherm steamed across the Ohio in just under 11 minutes, collected his cash, then turned it over to a local charity.

And, as sports fans perennially wonder in Atlanta, what about next year?

"I'll bet \$1,000 I can swim across the river four times without stopping," Sherman said. "And if they come up with something they think is better, I'll go along with them."

"I'm not going to fly across, though."

# MASTERS NOTES SWIMMING

MEET RESULTS - Thank you one and all for sending me the results of your meets. As you know, there just isn't enough room to print them all. I am still receiving meet results that are not originals; are not typed in the correct event order; have skipped spaces; and do not have the same number of spaces in each column. Each meet director is responsible for telling the typist how to type up the meet results. Some typists are not familiar with swimming meets. Please be sure that the events are in order - free, back, breast, fly, IM and relays; the events are by age group - 25-29, 30-34, etc.; no skipping of lines; and 30 spaces wide with elite type and 27 spaces with pica. For best reproduction a carbon ribbon should be used.....

1978 DR. MYRON A. CHETRICK AWARD RECIPIENT - The winner of the 2nd Annual Dr. Myron A. Chetrick Award went to Jean Garbus. Dr. "Chet" believed in Master's Swimming and he loved it and gave his all for it. Jean is also a dedicated master swimmer. She is at every meet (except when she has to fly to England, Peru, or other exotic places to check them out before recommending them to us guys) working or swimming or both (mostly both). She lives in Westland, MI, with "the bod" Jerry and beautiful children. The Garbus's own a sailboat, that's the reason they all look so healthy. Congratulations Jeannie! (Michigan Masters).....

DROWNING RATS - A few years ago, researchers from the U. of Pennsylvania studied the circulatory systems of 2 groups of rats. One group lived in small cages and did not get any exercise. The other group was dropped into buckets of water for several minutes a day. To keep from drowning, the rats swam with great gusto. After a few months of this, both groups were killed and their arteries were injected with a latex suspension which became solid, making a cast of the circulatory system. When dissected out and weighed, the casts from the swimmers showed greater development of arteries in the heart (collaterals) and the volume of the circulatory system was much greater as shown by the higher weight of the latex casts. The moral of this story is that we should all jump into buckets of water every day, and avoid the U. of Pennsylvania!.....

CONGRATULATIONS JOHN SPANNUTH - Finally heard from John and he married Elsa on April 28th. Johy says that things are going well and those wishing to write address to John R. Spanuth, Senior Physical Director, YMCA, P.O. Box 231, Anderson, IN 46015.....

ALL AMERICAN - Hopefully, all of you that sent \$1.00 to AAU House have received their patches and certificates. I heard they had been sent and still mine did not arrive. So I had to call Indianapolis and ask them to send me a copy. Sorry they are so late but I thought they were worth waiting for..

OLD STERNWHEELER'S MASTERS MONTHLY - There is absolutely no Master's publication that I enjoy more! June's UNMATCHED PROPAGANDA began, "Hello again, sea nymphs. Welcome back to another installment of 'Lust Among the Lane Lines'. Summer is here, I can tell, because it was 39° at practice this morning at the outdoor pool. We have a new NATIONAL RECORD to report, a summer meet schedule, two new teams to introduce, and lots of other useless information. So send the kids off to bed, and grab a cold one: here we go again.".....

THE SWIMMING TIMES JUNE 1978 REPORTS - Mr. Tom Cooper, the President of Northern Counties ASA, presented 66-year-old Mrs. Nellie Harrison of Wallasey (England), with the Supreme Award for one million yards in the ASA Adult Awards Scheme. Mrs. Harrison, who was crippled with Arthritis, took up swimming for health and fitness some five years ago and has

achieved the million yards through 'social swimming' with friends at lunchtime. The Adult swimming has caught on in Wirral. The Baths authorities lay down a 'lane' whenever possible to encourage purposeful distance swimming, and have already embarked on a 'Spring Into Summer' health and fitness campaign at all their baths and sports centres.....

DISCUSSION OF THE BUTTERFLY STROKE - "A kind of repeated convulsion." - Brenda Ueland.....

PASS THE WORD (from Lane Four)...about heat sheets at nationals - Competitors should receive both Men's and Women's heat sheets, not just one or the other. If expenses are the problem, then make them available (and the location at the meet well-advertised) so that we have the opportunity to buy them. Both men and women would enjoy knowing who was swimming and when...about taking all-out time trials before a meet - DON'T. Any all-out time trials, particularly those over 50 yards, are not to be taken before a meet (i.e., at least a week prior to the meet). This is because such a time trial or set of all-out long rest repeats energy stores in the muscle. It takes several days to rebuild such energy potential. Twenty-five and 50 yard time trials and sets of repeats are recommended ONLY if you have been accustomed to taking them in your normal training...about potassium - Potassium (you can get it in bananas) is absolutely essential in your diet. Your doctor can tell, through blood tests, whether you have low levels of potassium (as well as sodium and calcium). Potassium, sodium, and calcium are necessary for the nerve impulses to function effectively. For Master swimmers, symptoms of low levels of potassium include disorientation and dizziness during workouts. One Master swimmer, who is also a coach, was having trouble with these symptoms, especially on his turns. (They seemed to bring on the dizziness and disoriented feeling.) He went to his doctor, had a series of blood tests which showed low levels of potassium. Adding that substance, through both diet and supplements the doctor suggested, eliminated the symptoms. This situation points up the need to have an adequate diagnosis, rather than attempting to treat your symptoms yourself...about getting too fanatical about NO SUGAR - Eliminating the "hidden sugars" and the excess sugar-laden products with "empty calories" (cookies, cakes, chocolate eclairs) is one thing. But be realistic about it. Don't go way overboard. A little sugar or honey on the oatmeal is fine and won't hurt most of us a bit. A teaspoon of sugar or honey is somewhere around 17-25 calories. The problem is excess sugar. Putting sugar on your strawberries or grapefruit--that's too much! You don't need to eliminate all sugar--just most of it. ..about training and rest - At least two things are important for doing well at a meet--training and rest. One without the other leads to less effective performances. You need both. Ron Johnson, a former world class swimmer, and past Mexican Olympic coach, believes that a proper state of rest has prevented many senior swimmers from reaching their potential performances. This applies even more so to the Master swimmer...  
QUESTIONS AND ANSWERS BY PAUL HUTINGER - Q. What type and how much yardage will enable me to have a top performance? A. This is a question many coaches, working with World Class swimmers, would like to have answered. Don't believe you must go 10,000 to 15,000 yards a day to be a top performer. John Hencken, 23, gold medalist in the 1972 and 1976 Olympics, is a good example of alternate training methods. He stopped training for a year and a half and then trained for about five months before the short course AAU Senior Championships in April 1978. His training of 4000 to 5000 a day, five days a week, was about half of his Olympic training. He won the 100 yd breast with a 55.27 and a second in the 200 yd breast with a 2:00.65. This 4000 to 5000 yards a day type of training is within the time capability of many Master swimmers. Specificity of training for a particular event is the other concept to use as did Hencken, who trained only for the 100- and 200-

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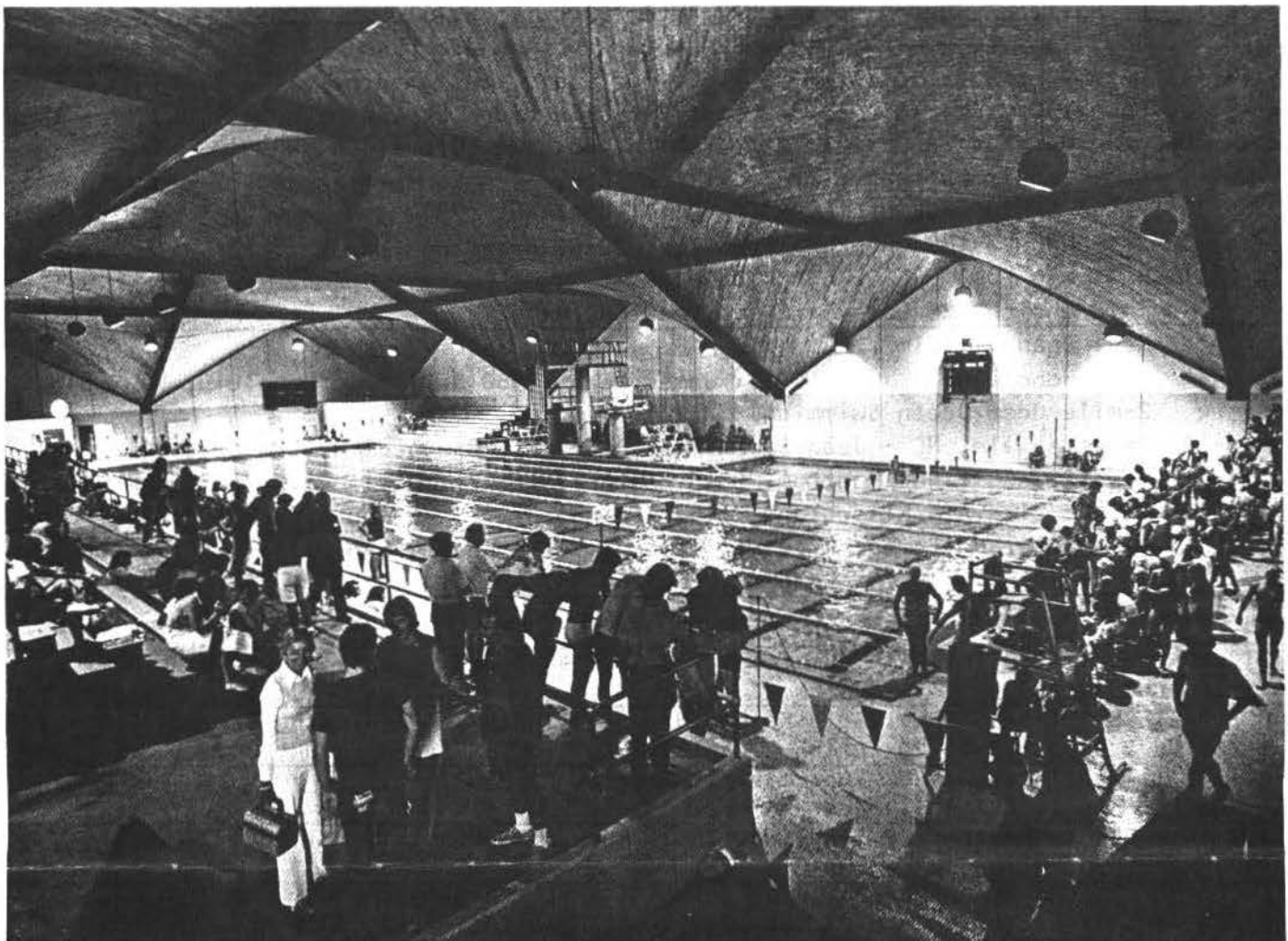
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yard breaststroke. Master swimmers who have trained for the 200- and 500- yard events are frequently disappointed when their 50-yd times are slower.....  
**MORE SUGAR RESULTS IN LESS ENERGY!** - Many individuals think that sugar, honey, or a candy bar gives you extra energy, which could help you improve your performance at a

meet. Not so! The added sugar may cause water to move out of the tissues into the stomach, causing dehydration. In long distance running, liquids must not be consumed which contain more than two and one-half percent sugar before and during the race. Drinks such as Gatorade contain five percent sugar and so should be diluted to prevent water from moving out of the tissues.....

**Brown's Olympic Pool** - Site of the 1978 MASTERS LONG COURSE CHAMPIONSHIPS



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## SWIM CALENDAR

JUL	22	NATIONAL LONG DISTANCE - Edie Gruender, 3329 N. Valencia Ln., Phoenix, AZ 85018
	22	LC - Curt Mosso, 5597 West Camino Cielo, Santa Barbara, CA 93105
	23	Lake Bluff in IL
	22-23	LC - Earl Walter, 3904 SW 57 Ave., Portland, OR 97221
	28-30	Swim & Div - Mush Hengst, Eisenhower Park, Nassau Co. Park & Rec, E. Meadow, NY
	29	LC - Greensboro, NC - Dot Ressiguie, P.O. Box 7, Tar Heel, NC 28392
	29-30	LC - Fran Woolsey, 4630 Wooldridge Rd., Corpus Christi, TX 78413
AUG	4-6	Region XII LC - Linda Pollock, MAC, P.O. Box 390, Portland, OR 97207
	5	LC - Larry Holley, 870 NE 192 St., North Miami Beach, FL 33162
	5-6	LC - Atlanta, GA - Fred Stokes, 1659 Cody Circle, Tucker, GA 30084
	12-13	DC Masters - Harry Dodge, 827 Aster Blvd, Rockville, MD 20853
	13	LC - Carl T. Woolley, 1240 N. Maple Rd., Ann Arbor, MI 48103
	12-13	LA Inv. - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA 93105
	19	Powell Crosley YMCA - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	19-20	Open Masters One Mile - Nate Roblin, Box 126, Grove, OK 74344
	20	LC - Dennis Eberhart, Freeport Rec. Ctr., 130 E. Merrick Rd., Freeport, NY 11520
	20-30	FIRST SENIOR AGE DIVISION COMPETITION CANADA '78 - 559 Jarvis St., Toronto, Ont. Can.
	26-28	NATIONAL DIVING CHAMP. - Fred Fox, 30162 Branding Iron Rd., San Juan Capistrano, CA
	31	NATIONAL LONG COURSE CHAMPIONSHIPS
SEP	1-3	Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162
SEP	2	Maui Channel Swim )
	3	LC - Honolulu ) James Dean, 3960 Gail St., Honolulu, HI 96815
	4	2-mile Open Ocean Swimming)
	9-10	Fayetteville, NC - Jean Smith YMCA, 2717 Ft. Bragg Blvd., Fayetteville, NC 28303
	23-24	M.U.T.S. SC - Lou Mantrom, 9345 Heatherdale Dr., Dallas, TX 75231
	24	YMCA - Virginia Hildebrandt, 5167 Robinhood Dr., Willoughby, OH 44094
OCT	21	1978 Otter Masters - R.J. Williamson, Torre House, Rag Hill, Aldermaston, Reading, England RG7 4NX

OCEAN SWIMS - Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045

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

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

JUN 4, JUN 18, JUL 9, JUL 23, AUG 13

PACIFIC ASSOCIATION - Leroy Craig, P.O. Box 649, Ross, CA 94957 - JUN 4, JUN 24-25,

JUL 22-23, AUG 12 or 14, AUG 26-27, SEP 23-24, OCT 7-8, OCT 28-29, NOV 5

ROCKY MOUNTAIN ASSOCIATION - JUN 18, JUL 9, JUL 23, JUL 30, AUG 6, AUG 19-20,