



SWIM-MASTER

VOL VII - No 8

USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS

OCTOBER 1978

MASTERS SWIMMING

By Capt. Ransom J. Arthur



At a recent national meet we had another individual suffer a heart attack. Although exceedingly infrequent, such episodes are bound to occur periodically, and it is incumbent on everyone who manages a meet to be fully prepared for emergencies. One must check that the appropriate emergency equipment is available, that there are individuals on hand who are familiar with resuscitation techniques, and that there is a prompt way to summon emergency medical services. These procedures were all carried out at the Providence meet skillfully and with alacrity. This immediate and appropriate response probably enabled the stricken individual to reach the hospital alive. Without prompt attention it is entirely possible that immediate death can occur due to various cardiac arrhythmias. The incident simply reinforces the point made above that no matter how large or small the meet, one must be prepared for medical trouble.

At the personal level, it is important for athletes, particularly those over 50, to have periodic check-ups. Naturally, meticulous attention must be paid to the blood pressure and the functioning of the heart and lungs, and a resting electrocardiogram is certainly obligatory. There is some controversy about the value and safety of exercise testing of the function of the heart. If exercise testing is carried out in a setting where the medical personnel are thoroughly familiar with the procedures and where all necessary safety equipment and techniques are at hand, it should be quite safe. Such tests can be very informative as to the depth of cardiac reserve that the individual possesses. The swimming population as a whole should be rather less subject to heart attacks than a matched control population of sedentary men and women of similar age, body build, and occupation. Certainly the lowering of blood pressure by regular

exercise reduces one of the well-known cardiac risk factors. However, we do not have hard data to prove or disprove my belief that swimmers are less prone to heart attacks than their idle contemporaries. Naturally, one needs to monitor oneself while exercising and if there is any hint of undue fatigue, chest pain, even slight feelings of faintness or weakness, or any other symptoms indicative of sudden change in health status, one should not continue with a swim. If one feels suddenly stricken during a race, one should stop. This is difficult advice for people as competitive as master swimmers to follow but it makes sense to do so. After all, master swimming goes on year after year, and it is possible that people will be competing for many decades. If there is any hint on a particular day that you might be feeling ill or having the alerting symptoms of the kind described above, it would be better to not swim. If the symptoms seem at all persistent one should immediately consult ones physician. It all boils down to good judgment, common sense, and realistic self-appraisal. Some heart attacks come out without any promontory signs and can be regarded as an act of fate. However, many individuals have symptoms a day or two before the full scale attack actually begins, and it is in this time frame that appropriate action should be taken without delay. Masters swimming is a safe sport but living itself is dangerous and one must always be cautious and particularly try to avoid getting into a valley of fatigue through excessive practice or racing.

MASTER SWIMMING RULE CHANGE

In the last two years the present Rule GR11 has created a great deal of confusion in our Federations and has made it very difficult to administer Master programs particularly if strict compliance is given to Rule GR11 and GR1(2).

The Bureau considered this matter at its meeting last year in Tokyo, and again at its meeting in Mexico this Spring. At the Mexico Meeting a commission was formed to study the entire question of Masters Competition to resolve these problems. The report of the special committee was given at the Bureau Meeting this month in Berlin (West) and, in accordance with that report the Bureau has adopted the following rule changes



By Bob Helmick

FEDERATION INTERNATIONALE DE NATATION AMATEUR



FOUNDED IN 1906

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which will become effective on 25 February 1979. These changes are as follows:

"Amend Rule GR1 (2) as follows:

2. By taking part in any competition or exhibition with anyone who, to his knowledge, is not an amateur swimmer except:
 - a. in team sports,
 - b. approved life saving activities,
 - c. masters competition, or
 - d. when in the services and then only in the armed service competition.

"Amend Rule GR4 (c) second sentence, to state:

If granted . . . are amateurs or master swimmers and under . . .

"Amend GR11 (2) Registration, add:

" . . . in a special category for each of the four recognized disciplines and . . ."

Add "Note: In application this means that a swimmer who registers for masters in swimming will still retain his unrestricted right to compete as an amateur (if he otherwise complies with GR1) in the other three disciplines, i.e. water polo, diving and synchronized swimming."

GR11 (3) (d) Delete and rewrite: Participation in international competitions shall be subject to the provisions of Rule GR (4) (c).

GR 11 (5). Delete the whole paragraph."

In practice, this allows Federations, which desire, to allow athletes to participate in International Masters Competition.

It further provides that an individual who is otherwise an amateur does not lose his amateur status merely by reason of the fact that he swam in a masters competition in which paid coaches etc. competed, so long as there has been compliance with the other provisions of the FINA Amateur Rule (GR1). It further provides that an amateur who registers in one of our disciplines in the Masters category may no longer compete in a regular competition in that discipline but would be able to continue to compete in other disciplines. As an example, if an older swimmer swam in a Masters Competitive Swimming race, he could still retain his status to compete in a regular amateur competition in water polo, diving or synchronized swimming.

Eaton Sets Record At Nationals

When Kathryn Eaton came to Cooperstown in October, 1977 as aquatic director of the A.C.C. Gym, she had barely heard of masters swimming, and masters swimming had certainly never heard of her.

The former situation was remedied throughout the year as Miss Eaton attended several meets with the A.C.C. team, competing in the unofficial 20-24 age group.

The latter state of affairs changed dramatically this past weekend when the now 25 - year old swimmer captured three gold medals at the Eighth Annual National Masters Long Course Championships, shattering two long - standing records in the process.

She was one of five members of the A.C.C. team who competed in the four - day meet held in the 50 meter pool at the Smith Swimming Center at Brown University. More than 520 swimmers aged 25 to 85 came from all over the United States as well as from Canada, Venezuela and England to participate. The meet was sponsored by the New England Masters Swim Club, with the help of clubs from Connecticut, New York City, New Jersey and Cooperstown.

Miss Eaton, who turned 25 on July 28, has swum competitively most of her life, in A.A.U. age group programs as well as in college, but she had never set a national record until she won the 50 meter freestyle event at Brown last Thursday, her first official masters race, with a time of :28.22. The previous record, established in 1975, was :29.30.

She came back on Friday to win the 50 meter butterfly, setting a new mark of :30.81. Her third gold was earned Saturday in the 100 meter backstroke which she won in 1:18.47, almost three seconds

ahead of the second place swimmer and narrowly missing a meet record. In between she picked up a third place medal in

the 200 meter breaststroke and a silver in the 100 meter breaststroke event.

Time a swimming target

Seniors happy gang challenging a clock

By STEVEN SIMMONS

The scene might be a Miami Beach hotel. The pool is jammed with people clad in different combinations of swimming attire — colored bathing caps, goggles, and bath robes. Dyed hair, balding heads and midriff bulge is the rule, not the exception.

The event is the first senior-age aquatics competition at the Etobicoke Olympium. The majority of competitors are masters, aged 40 and over, although swimmers are eligible at 25. At a glance, the competitors' bodies hardly appear youthful — that is until they jump into the water.

For many of them, swimming is a way to battle the aging process. It has become an important part of their lives. T.W. Johnson, 73, a retired naval commander from Annapolis, Md., didn't resume swimming until 10 years ago after giving it up in 1925.

"I didn't begin competing again until 1971. I read something, I don't remember where, about the benefits of swimming. After I retired, I started swimming 18 or 20 laps a day. I found peace of mind from swimming, I also slept better. As time went on, my times gradually got better.

"Even if my chest is hurting and

my legs are hurting, if you beat the clock, and beat your best time, it feels great."

Johnson has improved his performance steadily, as have many others who competed at the Olympium.

Fred Wemger, 59, of Batavia, Ill., stopped swimming when he finished high school in 1936. In 1975 he heard about the masters swimming program and decided it would be a good thing for him.

"When I was 45, I'd climb up a flight of stairs and I'd be tired. Now I'm almost 60, and I feel great. I'd like to maintain and improve my swimming into my sixties. It feels good. I feel 30 years old."

Viola Thompson, a 60-year-old from Los Angeles, in five years has become the best swimmer for her age in the United States. Prior to 1972, Mrs. Thompson was what she calls "a casual swimmer." She now holds five national records. "I never knew how to do the butterfly and now I might hold the national record," she said. "For me, swimming has been a way of making friends. It's also a personal thing. It's an incentive to improve your time and you also gain through personal fitness."

"It's just an exhilarating feeling."

1978 A.A.U. NATIONAL 10 BEST TIMES

Compiled by: TED HAARTZ, Records; ED REED, Records; Men's Top Ten; EN'D UHRICH, Women's Top Ten

WOMEN 25-29		200 YD BREASTSTROKE		500 YD FREESTYLE		200 YD BUTTERFLY		100 YD BACKSTROKE	
50 YD FREESTYLE		200 YD BREASTSTROKE		500 YD FREESTYLE		200 YD BUTTERFLY		100 YD BACKSTROKE	
Rec. E. Morris, '77	25.24	Rec. L. Bell, '76	2:32.40	1 A. Grams, 30 (N)	5:38.25*	1 L. Johnson, 30	2:26.41*	Rec. C. McCullough, '77	1:08.83
1 S. Tufts, 25	25.92	1 D. Wise, 26 (N)	2:39.03	2 L. Johnson, 30	5:51.50	2 A. Grams, 30	2:28.40	1 B. Bennett, 35 (N)	1:10.00
2 M. Stratten, 26	26.00	2 Y. Cattrall, 29 (C)	2:41.14	3 J. Katz, 34	5:53.70	3 P. Harris, 30	2:29.28	2 C. McCullough, 35	1:11.10
3 P. Skrifvars, 26	26.00	3 M. Bruns, 28	2:41.33	4 C. Johnson, 32	6:01.94	4 J. Katz, 34	2:30.10	3 B. Frid, 35	1:14.60
4 T. Hiddel, 26	26.00	4 G. Drake, 28	2:43.70	5 M. Sugg, 33	6:05.98	5 I. David, 33	2:39.48	4 B. Pronk, 35 (C)	1:14.67
5 M. Stratten, 26 (C) (N)	26.06	5 J. Gettling, 29	2:45.08	6 J. Menard, 30	6:11.54	6 B. Bennett, 34	2:43.47	5 S. Palmer, 35	1:15.27
6 P. Baier, 25	26.10	6 C. DeGoff, 29	2:47.85	7 K. King, 30	6:13.27	7 S. Shaffer, 30	2:50.20	6 J. Burrell, 37	1:16.40
7 P. Hines, 26	26.28	7 M. Bruns, 28	2:48.40	8 M. Harlow, 34	6:13.28	8 J. MacFarlane, 34	2:58.70	7 P. Mills, 36	1:16.50
8 C. Reynaud, 25	26.50	8 D. Iltis, 26	2:49.60	9 B. Bennett, 34	6:13.54	9 M. Harlow, 34	2:59.22	8 C. Macpherson, 39	1:18.60
9 B. Dunbar, 28	26.51	9 S. Walsh, 28	2:49.86	10 J. MacFarlane, 34	6:14.00	10 C. Childester, 34	3:00.64	9 L. Weir, 36	1:18.61
10 J. Tyler, 26	26.57	10 P. Morrison, 25	2:53.45	1650 YD FREESTYLE		100 YD INDIVIDUAL MEDLEY		200 YD BACKSTROKE	
10 C. Brewton, 25	26.74	50 YD BUTTERFLY		1 A. Grams, 30 (N)	19:40.81*	1 M. Sugg, 33 (N)	1:05.46*	100 YD BACKSTROKE	
100 YD FREESTYLE		50 YD BUTTERFLY		2 L. Johnson, 30	20:32.80	2 D. Todd, 34	1:07.83	1 B. Bennett, 35 (N)	2:31.51*
Rec. N. Ryan, '76	55.16	1 S. Tufts, 25	27.72*	3 J. Katz, 34	20:33.00	3 D. Uustal, 31	1:08.27	2 J. Katz, 35	2:35.32
1 D. Uustal, 25	55.53	2 M. Hiddel, 26	27.90	4 M. Richison, 30	21:09.20	4 B. Bennett, 34	1:08.42	3 C. Macpherson, 39	2:38.04
2 P. Baier, 25	56.16	3 D. Neumann, 25	28.33	5 S. Walsh, 28	21:09.27	5 S. White, 30	1:08.50	4 B. Pronk, 35 (C)	2:39.47
3 B. Dunbar, 28	56.90	4 M. Bruns, 28	28.46	6 J. MacFarlane, 34	21:10.19	6 M. Frank, 30	1:08.51	5 P. Palmer, 35	2:46.94
4 C. Ruppert, 26	56.92	5 C. Ruppert, 26	28.47	7 J. Menard, 30	21:27.73	7 L. Johnson, 30	1:10.03	6 P. Mills, 36	2:47.40
5 M. Stratten, 26 (C) (N)	57.10	6 M. Bruns, 28	28.54	8 B. West, 30	21:41.56	8 P. Harris, 30	1:10.23	7 N. Kirkendall, 35	2:49.93
6 S. Tufts, 25	57.29	7 J. Stewart, 29 (N)	28.78	9 B. Bennett, 34	22:19.39	9 B. West, 30	1:10.46	8 L. Weir, 36	2:50.27
7 P. Eller, 25	57.68	8 M. Bruns, 28	29.20	10 J. May, 30	22:25.41	10 S. Guzman, 32	1:10.71	9 A. Konig, 39	2:59.37
8 P. Skrifvars, 26	57.71	9 S. Byrne, 27	29.20	50 YD BACKSTROKE		200 YD INDIVIDUAL MEDLEY		50 YD BREASTSTROKE	
9 M. Dwyer, 26	57.90	10 J. Gettling, 29	29.49	Rec. C. McCullough, '76	29.47	1 L. Johnson, 30 (N)	2:23.60*	Rec. M. Haugland, '77	36.40
10 S. Byrne, 27	57.96	1 C. Ruppert, 26	1:01.12*	1 M. Frank, 30	31.71	2 B. Bennett, 34	2:33.20	1 M. Parks, 38	36.86
200 YD FREESTYLE		2 S. Walsh, 28	1:02.60	2 D. Uustal, 31	32.30	3 D. Uustal, 31	2:33.58	2 N. Ridout, 35	37.24
Rec. N. Ryan, '76	2:02.30	3 B. Dunbar, 28	1:02.79	3 B. Bennett, 34	32.67	4 J. Katz, 34	2:34.10	3 M. Haugland, 39	37.61
1 M. Stratten, 26 (C) (N)	2:02.75	4 J. Stewart, 29 (N)	1:03.20	4 L. Johnson, 30	33.56	5 P. Harris, 30	2:35.15	4 B. Gabriel, 39	38.35
2 C. Ruppert, 26	2:03.00	5 S. Tufts, 25	1:03.61	5 C. Childester, 34	33.85	6 B. West, 30	2:35.75	5 P. Cullum, 37	38.70
3 P. Baier, 25	2:03.44	6 M. Bruns, 28	1:04.70	6 L. Pollack, 30	33.89	7 B. Edwards, 33	2:36.64	6 J. Katz, 35	39.02
4 P. Eller, 25	2:04.01	7 M. Bruns, 28	1:04.70	7 J. Katz, 34	34.20	8 N. Breen, 34	2:37.80	7 L. Woodman, 35	39.25
5 M. Bruns, 28	2:04.43	8 S. Byrne, 27	1:06.00	8 P. Harris, 30	34.26	9 C. Johnson, 32	2:38.66	8 S. Humberger, 35	39.27
6 B. Dunbar, 29	2:05.40	9 J. Gettling, 29	1:06.28	9 E. O'Connor, 31	34.37	10 S. Guzman, 32	2:39.06	9 L. Fernandez, 38	39.49
7 D. Wise, 26	2:05.75	10 J. Begley, 25	1:06.50	10 J. Trenck, 33	34.71	400 YD INDIVIDUAL MEDLEY		10 M. Childs, 37	39.73
8 S. Tufts, 25	2:05.76	200 YD BUTTERFLY		100 YD BACKSTROKE		100 YD BACKSTROKE		100 YD BREASTSTROKE	
9 L. Skrifvars, 26	2:07.66	1 C. Ruppert, 26	2:15.24**	Rec. N. Thompson, '76	1:07.90	1 J. Johnson, 30	5:16.41*	10 M. Childs, 37	1:18.10
10 A. Graham, 26	2:10.34	2 B. Dunbar, 28	2:25.67	1 D. Uustal, 31 (N)	1:08.31	2 J. Katz, 34	5:26.70	A. Rec. T. Hoe, '74	1:21.92
500 YD FREESTYLE		3 M. Bruns, 28	2:27.26	2 M. Frank, 30	1:09.80	3 P. Harris, 30	5:33.92	1 B. Pronk, 35 (C) (N) O.R.	1:24.78
1 C. Ruppert, 26	5:25.68*	4 S. Byrne, 27	2:27.26	3 L. Johnson, 30	1:09.85	4 S. Schaeffer, 30	5:35.00	2 M. Parks, 38	1:21.92
2 M. Bruns, 28	5:31.01	5 J. Hason, 28	2:31.62	4 B. Bennett, 34	1:10.84	5 B. Bennett, 34	5:36.32	3 M. Haugland, 39	1:22.60
3 P. Eller, 25 (N)	5:31.03	6 C. DeGoff, 29	2:36.02	5 C. Childester, 33	1:13.00	6 C. Slimak, 30	5:42.49	4 P. Mills, 36	1:23.54
4 P. Baier, 25	5:32.65	7 C. Engelhardt, 28	2:36.07	6 J. Katz, 34	1:13.11	7 J. MacFarlane, 34	5:43.40	5 C. Behse, 35	1:23.54
5 M. Stratten, 26 (C)	5:37.64	8 B. Hero, 27	2:36.40	7 L. Pollack, 30	1:14.60	8 B. West, 30	5:43.41	6 D. Huer, 38	1:24.60
6 V. Fisher, 27	5:43.83	9 D. Pohl, 27	2:41.70	8 E. O'Connor, 30	1:14.87	9 J. Keller, 33	5:48.70	7 B. Gabriel, 39	1:24.62
7 S. Tufts, 25	5:49.40	10 J. Gettling, 29	2:42.70	9 J. Trenck, 33	1:15.44	10 C. Childester, 34	5:49.74	8 L. Weir, 37	1:24.81
8 D. Holland, 25	5:50.12	100 YD INDIVIDUAL MEDLEY		10 K. Martin, 32	1:17.92	50 YD FREESTYLE		9 C. Macpherson, 39	1:25.17
9 D. Wise, 26	5:52.24	1 D. Neumann, 25	1:04.21*	200 YD BACKSTROKE		50 YD FREESTYLE		10 M. Childs, 37	1:25.67
10 G. Drake, 28	5:52.89	2 D. Wise, 26 (N)	1:05.37	Rec. J. Parks, '76	2:27.64	1 N. Ridout, 36 (N)	26.53*	200 YD BREASTSTROKE	
1650 YD FREESTYLE		3 S. Tufts, 25	1:06.10	1 L. Johnson, 30 (N)	2:29.57	2 J. Burrell, 37	27.48	A. Rec. M. Parks, '75	2:50.41
1 C. Ruppert, 26	18:49.89*	4 J. Collins, 25	1:06.26	2 M. Frank, 30	2:31.19	3 S. Peterson, 35	27.51	1 B. Pronk, 35 (C) (N) O.R.	2:42.94
2 P. Baier, 25	19:02.46	5 M. Bruns, 28	1:06.67	3 B. Bennett, 34	2:32.81	4 C. McCullough, 35	27.54	2 M. Haugland, 39	2:46.70
3 P. Eller, 25 (N)	19:04.15	6 B. Dunbar, 28	1:06.78	4 J. Katz, 34	2:34.50	5 M. Soucheray, 37	27.54	3 C. Macpherson, 39	2:58.01
4 V. Fisher, 27	19:30.32	7 C. Brewton, 25	1:07.10	5 C. Childester, 33	2:38.17	6 A. Mueller, 36	27.54	4 J. Katz, 35	2:59.50
5 M. Bruns, 28	19:39.36	8 J. Gettling, 28	1:07.19	6 E. O'Connor, 30	2:41.73	7 L. Weir, 37	27.59	5 C. Behse, 35	3:02.65
6 D. Holland, 25	19:41.95	9 C. Wittliff, 25	1:07.30	7 P. Livingston, 31	2:44.61	8 M. Harlow, 35	27.83	6 L. Weir, 37	3:02.72
7 M. Stratten, 26 (C)	20:01.22	10 M. Hiddel, 26	1:07.60	8 J. Trenck, 33	2:45.22	9 N. Kirkendall, 35	28.05	7 M. Childs, 37	3:04.71
8 B. Dunbar, 28	20:26.30	200 YD INDIVIDUAL MEDLEY		9 J. Hardy, 33	2:48.11	10 C. DeLuca, 35	28.30	8 P. Mills, 36	3:05.87
9 G. Drake, 28	20:57.44	1 D. Neumann, 25	2:18.53*	10 J. Keller, 33	2:49.03	100 YD FREESTYLE		9 J. Royer, 36	3:07.25
10 J. Gettling, 29	21:32.40	2 D. Wise, 26 (N)	2:21.18	50 YD BREASTSTROKE		100 YD FREESTYLE		10 D. Myer, 38	3:08.40
50 YD BACKSTROKE		3 M. Bruns, 28	2:22.03	1 C. Slimak, 30	35.26*	1 M. Harlow, 35 (N)	2:12.57*	50 YD BUTTERFLY	
1 L. Skrifvars, 26	30.30*	4 C. Ruppert, 26	2:22.83	2 D. Uustal, 31	35.47	2 A. Mueller, 36	1:00.01	50 YD FREESTYLE	
2 D. Neumann, 25	30.44	5 S. Tufts, 25	2:24.38	3 D. Todd, 34	35.63	3 M. Harlow, 35	1:00.82	1 S. Peterson, 35	28.52*
3 B. Cannon, 28	30.70	6 B. Dunbar, 29	2:24.78	4 S. Peterson, 31	35.78	4 J. Katz, 35	1:00.85	2 C. DeLuca, 35	29.62
4 J. Collins, 25	30.85	7 J. Collins, 25	2:24.82	5 B. West, 30	37.28	5 S. Peterson, 35	1:01.44	3 A. Mueller, 36	29.70
5 P. Hines, 26	30.92	8 S. Walsh, 28	2:27.25	6 M. Frank, 30	37.33	6 L. Weir, 37	1:01.09	4 N. Ridout, 36	29.87
6 S. Tufts, 25	31.40	9 M. Stratton, 26 (C)	2:28.42	7 S. Westnedge, 32	37.56	7 J. Burrell, 37	1:02.11	5 M. Soucheray, 37	30.69
7 C. Wittliff, 25	31.50	10 G. Drake, 28	2:28.80	8 J. Sherman, 33	37.80	8 N. Kirkendall, 35	1:02.99	6 J. Kay, 35	30.85
8 M. Bruns, 28	32.20	400 YD INDIVIDUAL MEDLEY		9 B. Miller, 31	38.00	9 C. DeLuca, 35	1:03.18	7 W. Cavanaugh, 36	31.35
9 B. Dunbar, 28	32.40	1 C. Ruppert, 26	4:56.24*	10 C. Hay, 33	38.11	10 W. Cavanaugh, 36	1:03.25	8 M. Harlow, 35	31.69
10 J. MacMullen, 25	32.67	2 M. Bruns, 28	4:59.85*	100 YD BACKSTROKE		200 YD FREESTYLE		9 E. Roepke, 36	31.70
100 YD BACKSTROKE		3 D. Neumann, 25	5:00.75	1 D. Todd, 34 (N) A.R.	1:15.06	1 M. Harlow, 35 (N)	2:12.57*	10 L. Joesten, 36	32.06
1 L. Skrifvars, 26	1:05.40*	4 S. Walsh, 28	5:14.70	0. Rec. B. Pronk, '77	1:16.69*	2 A. Mueller, 36	2:12.72	100 YD BUTTERFLY	
2 P. Eller, 25 (N)	1:06.00	5 G. Drake, 28	5:19.90	1 C. Slimak, 30	1:17.05	3 N. Ridout, 36	2:13.64	1 S. Peterson, 35 (N)	1:03.34*
3 D. Neumann, 25	1:06.00	6 D. Wise, 26	5:19.95	2 D. Uustal, 31	1:17.60	4 J. Katz, 35	2:13.88	2 C. DeLuca, 35	1:06.38
4 C. Wittliff, 25	1:07.30	7 C. Wittliff, 25	5:22.50	3 C. Slimak, 30	1:19.50	5 B. Bennett, 35	2:15.30	3 A. Mueller, 36	1:07.25
5 J. Collins, 25	1:08.00	8 N. Begley, 25	5:25.32	4 B. West, 30	1:20.90	6 L. Weir, 37	2:19.07	4 N. Ridout, 35	1:08.44
6 B. Cannon, 28	1:08.26	9 C. DeGoff, 29	5:26.29	5 S. Coolidge, 31	1:20.90	7 C. Macpherson, 39	2:21.30	5 J. Katz, 35	1:09.66
7 P. Hines, 26	1:08.60	10 B. Hero, 27	5:26.30	6 J. Sherman, 33	1:21.19	8 J. Royer, 36	2:22.51	6 M. Soucheray, 37	1:10.02
8 M. Bruns, 28	1:09.49	WOMEN 30-34		7 S. Peterson, 31	1:21.66	9 N. Kirkendall, 35	2:25.04	7 L. Joesten, 35	1:13.40
9 A. Brazzall, 1	1:10.30	50 YD FREESTYLE		8 S. Westnedge, 32	1:22.00	10 L. Woodman, 35	2:25.70	8 L. Woodman, 35	1:16.04
10 M. Hiddel, 26	1:10.50	Rec. D. Todd, '76	25.31	9 R. Kay, 31	1:22.32	500 YD FREESTYLE		9 G. Paul, 36	1:16.33
200 YD BACKSTROKE		1 D. Todd, 34 (N)	25.53	10 J. Katz, 34	1:23.90	200 YD FREESTYLE		10 J. Royer, 36	1:18.55
1 P. Eller, 26 (N)	2:21.18*	2 M. Sugg, 33	26.23	200 YD BREASTSTROKE		50 YD BUTTERFLY		200 YD FREESTYLE	
2 D. Neumann, 25	2:23.45	3 S. White, 30	26.54	0. Rec. B. Pronk, '77	2:42.29	1 M. Harlow, 35	5:54.17*	200 YD BUTTERFLY	
3 M. Bruns, 28	2:24.62	4 S. Peterson, 31	26.96	A. Rec. C. Lane, '77	2:43.15	2 A. Mueller, 36	5:57.13	200 YD FREESTYLE	
4 J. Collins, 25	2:29.90	5 I. David, 34	27.29	1 C. Slimak, 30	2				

400 YD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes Rec. C. Macpherson, J. C. Macpherson, N. Riout, L. Joesten, J. Royer, L. Woodman, M. Childs, E. Roespke, M. Soucheray, C. Parks, S. Humberger.

WOMEN 40-44

Table with 2 columns: Name and Time. Includes Rec. P. Bresee, J. Bruner, J. Correa, R. Kamphausen, S. Kearney, J. Thornburg, B. Zaremski, H. Buss, N. Brown, A. Konig, S. Rittenhouse.

100 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. P. Bresee, J. Correa, J. Buss, J. Thornburg, J. Lamott, J. Bruner, S. Kearney, B. Zaremski, R. Kamphausen, A. Konig, M. Whittall.

200 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. J. Correa, J. Correa, H. Buss, N. Brown, J. Thornburg, S. Kearney, P. McCullagh, B. Zaremski, L. Stoinoff, J. Lamott, D. Werry.

500 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. G. Roper, H. Buss, N. Brown, B. Zaremski, L. Stoinoff, A. Kay, R. Jones, J. Thornburg, D. Werry, J. Washington, M. Grimm.

1650 YD FREESTYLE

Table with 2 columns: Name and Time. Includes H. Buss, N. Brown, A. Kay, B. Zaremski, M. Grimm, J. Washington, A. McGuire, P. Hallin, D. Werry, L. Hoey.

50 YD BACKSTROKE

Table with 2 columns: Name and Time. Includes Rec. P. Bresee, B. Jordan, J. Bruner, A. Konig, J. Gideonse, M. Grimm, J. Washington, A. McGuire, P. Hallin, D. Werry, L. Hoey.

100 YD BACKSTROKE

Table with 2 columns: Name and Time. Includes Rec. P. Bresee, J. Correa, B. Jordan, A. Konig, N. Brown, S. Rittenhouse, R. Kamphausen, C. Wilson, S. Holliday, A. Kay, P. McCullagh.

200 YD BACKSTROKE

Table with 2 columns: Name and Time. Includes Rec. B. Jordan, A. Konig, N. Brown, S. Rittenhouse, R. Kamphausen, C. Wilson, R. Jones, A. Camp, J. McGuire, J. Bruner, A. LeMaire, B. Culbertson, M. Land, J. Sterling, J. Gideonse, L. Hoey, S. Spencer, C. Saragoni.

100 YD BREASTSTROKE

Table with 2 columns: Name and Time. Includes Rec. G. Roper, A. McGuire, A. LeMaire, J. Bruner, M. Land, J. Sterling, J. Gideonse, L. Hoey, S. Spencer, C. Saragoni.

Table with 2 columns: Name and Time. Includes R. VanEgmond, J. Sterling, B. Culbertson, L. Hoey, M. Spencer, N. Brown, A. McGuire, A. LeMaire, A. McGuire, T. Orbeck, J. Bruner, R. VanEgmond, M. Lane, L. Hoey, B. Culbertson, E. Christian, B. Zaremski.

200 YD BREASTSTROKE

Table with 2 columns: Name and Time. Includes Rec. G. Roper, A. McGuire, A. LeMaire, A. McGuire, T. Orbeck, J. Bruner, R. VanEgmond, M. Lane, L. Hoey, B. Culbertson, E. Christian, B. Zaremski.

50 YD BUTTERFLY

Table with 2 columns: Name and Time. Includes Rec. P. Bresee, N. Brown, M. Whittall, S. Rittenhouse, A. Kay, J. Correa, H. Buss, A. McGuire, N. Whitehall, J. Bruner, J. Lamott, P. McCullagh.

100 YD BUTTERFLY

Table with 2 columns: Name and Time. Includes Rec. P. Bresee, H. Buss, N. Brown, M. Whittall, N. Whitehall, S. Rittenhouse, A. McGuire, A. Kay, J. Bruner, J. Lamott, B. Zaremski, D. Werry.

200 YD BUTTERFLY

Table with 2 columns: Name and Time. Includes Rec. G. Roper, H. Buss, N. Brown, M. Whittall, N. Whitehall, J. Bruner, J. Lamott, B. Zaremski, D. Werry, M. Dellinger, R. Rasmussen, P. Hallin.

100 YD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes Rec. P. Bresee, N. Brown, J. Bruner, A. LeMaire, B. Jordan, P. McCullagh, A. McGuire, J. Bruner, M. Whittall, B. Zaremski, R. Jones, J. Thornburg, D. Werry, J. Washington, M. Grimm.

200 YD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes Rec. G. Roper, H. Buss, N. Brown, A. Kay, B. Zaremski, M. Grimm, J. Washington, A. McGuire, P. Hallin, D. Werry, L. Hoey.

400 YD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes H. Buss, N. Brown, A. Kay, B. Zaremski, M. Grimm, J. Washington, A. McGuire, P. Hallin, D. Werry, L. Hoey.

WOMEN 45-49

Table with 2 columns: Name and Time. Includes Rec. G. Roper, B. Brey, H. Palmer, L. Stoinoff, J. Gelling, D. Mann, J. Smith, J. Oliver, C. Bruce, A. Adams, R. Motter, J. Gelling.

50 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. G. Roper, B. Brey, L. Stoinoff, H. Palmer, J. Anderson, L. Stoinoff, E. Gruender, B. Callison, P. Puckett, A. Stanel, M. Palmer.

100 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. G. Roper, L. Stoinoff, A. Adams, H. Palmer, E. Gruender, B. Callison, P. Puckett, A. Stanel, M. Palmer.

Table with 2 columns: Name and Time. Includes C. Baxter, G. Gruender, L. Stoinoff, A. Adams, L. Stoinoff, H. Palmer, J. Anderson, J. Smith, K. Eassun, J. McIntyre, P. Buchannan, E. Gruender, A. Stanel.

500 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. G. Roper, L. Stoinoff, H. Palmer, A. Adams, C. Baxter, P. Buchannan, J. Anderson, J. McIntyre, L. Bogatko, B. Callison, E. Gruender, A. Stanel.

100 YD BACKSTROKE

Table with 2 columns: Name and Time. Includes Rec. G. Roper, C. Bruce, A. Adams, S. Kreplin, C. Baxter, J. McIntyre, N. Brown, R. Motter, N. MacBeth, I. Roberts, D. Mann.

200 YD BACKSTROKE

Table with 2 columns: Name and Time. Includes Rec. G. Roper, C. Baxter, C. Bruce, S. Kreplin, C. Baxter, J. McIntyre, N. Brown, R. Motter, N. MacBeth, I. Roberts, D. Mann.

50 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. A. Cuneo, B. Bennett, J. Krauser, A. Cuneo, B. Turcotte, J. Troy, S. Erickson, P. Dotson, M. Wolfe, A. Cuneo.

100 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. A. Cuneo, B. Bennett, J. Krauser, A. Cuneo, B. Turcotte, J. Troy, S. Erickson, P. Dotson, M. Wolfe, A. Cuneo.

200 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. A. Cuneo, B. Bennett, J. Krauser, A. Cuneo, B. Turcotte, J. Troy, S. Erickson, P. Dotson, M. Wolfe, A. Cuneo.

500 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. A. Cuneo, B. Bennett, J. Krauser, A. Cuneo, B. Turcotte, J. Troy, S. Erickson, P. Dotson, M. Wolfe, A. Cuneo.

1650 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. J. Krauser, A. Adams, J. Krauser, S. Erickson, B. Turcotte, J. Reed, E. Rogert, M. Wolfe, K. Harrison, C. Derr, B. Turcotte, A. Adams, S. Erickson, J. Merriman.

50 YD BACKSTROKE

Table with 2 columns: Name and Time. Includes B. Turcotte, A. Adams, D. LaChasse, B. Bennett, S. Erickson, J. Merriman, F. Carr, N. Logan, S. Erickson, M. Wolfe, E. Rogert, B. Turcotte, D. LaChasse, B. Bennett, S. Erickson.

Table with 2 columns: Name and Time. Includes Rec. G. Roper, A. Adams, C. Baxter, T. Bolster, H. Palmer, A. Stanel, E. Gruender, B. Callison, S. Eisele, C. Taylor, P. Buchannan, G. Roper, B. Brey, A. Adams, C. Taylor, J. Smith, L. Stoinoff, C. Baxter, B. Callison, J. Oliver, B. Callison, P. Buchannan, A. Stanel.

100 YD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes Rec. G. Roper, B. Brey, A. Adams, C. Taylor, J. Smith, L. Stoinoff, C. Baxter, B. Callison, J. Oliver, B. Callison, P. Buchannan, A. Stanel.

200 YD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes Rec. G. Roper, A. Adams, J. Oliver, B. Callison, P. Buchannan, C. Taylor, P. Puckett, T. Bolster, N. MacBeth, H. Palmer, J. Smith, M. Wolfe.

400 YD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes Rec. G. Roper, A. Adams, C. Baxter, A. Stanel, T. Bolster, H. Palmer, P. Buchannan, J. Anderson, N. MacBeth, E. Gruender, B. Callison.

WOMEN 50-54

Table with 2 columns: Name and Time. Includes Rec. A. Cuneo, B. Bennett, J. Krauser, A. Cuneo, B. Turcotte, J. Troy, S. Erickson, P. Dotson, M. Wolfe, A. Cuneo.

100 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. A. Cuneo, B. Bennett, J. Krauser, A. Cuneo, B. Turcotte, J. Troy, S. Erickson, P. Dotson, M. Wolfe, A. Cuneo.

200 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. A. Cuneo, B. Bennett, J. Krauser, A. Cuneo, B. Turcotte, J. Troy, S. Erickson, P. Dotson, M. Wolfe, A. Cuneo.

500 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. A. Cuneo, B. Bennett, J. Krauser, A. Cuneo, B. Turcotte, J. Troy, S. Erickson, P. Dotson, M. Wolfe, A. Cuneo.

1650 YD FREESTYLE

Table with 2 columns: Name and Time. Includes Rec. J. Krauser, A. Adams, J. Krauser, S. Erickson, B. Turcotte, J. Reed, E. Rogert, M. Wolfe, K. Harrison, C. Derr, B. Turcotte, A. Adams, S. Erickson, J. Merriman.

50 YD BACKSTROKE

Table with 2 columns: Name and Time. Includes B. Turcotte, A. Adams, D. LaChasse, B. Bennett, S. Erickson, J. Merriman, F. Carr, N. Logan, S. Erickson, M. Wolfe, E. Rogert, B. Turcotte, D. LaChasse, B. Bennett, S. Erickson.

Table with 2 columns: Name and Time. Includes J. Merryman, F. Carr, M. Hamner, J. Krauser, N. Logan, A. Adams, B. Turcotte, B. Bennett, S. Erickson, M. Hamner, D. LaChasse, J. Krauser, G. Hinrichs, E. Rogert, J. Merryman.

50 YD BREASTSTROKE

Table with 2 columns: Name and Time. Includes A. Horst, A. Adams, U. Akkerman, J. Reed, T. Roach, M. Hamner, J. McDaris, F. Carr, J. Merryman, E. Rogert.

100 YD BREASTSTROKE

Table with 2 columns: Name and Time. Includes A. Horst, U. Akkerman, A. Adams, T. Roach, J. Reed, J. McDaris, J. Krauser, E. Rogert, P. Dotson, G. Hinrichs.

200 YD BREASTSTROKE

Table with 2 columns: Name and Time. Includes A. Horst, U. Akkerman, A. Adams, T. Roach, J. Reed, J. McDaris, J. Krauser, E. Rogert, P. Dotson, G. Hinrichs.

50 YD BUTTERFLY

Table with 2 columns: Name and Time. Includes A. Adams, B. Bennett, J. Krauser, B. Turcotte, F. Carr, Z. Griffin, S. Erickson, J. Troy, M. Wolfe, J. Krauser, A. Adams.

100 YD BUTTERFLY

Table with 2 columns: Name and Time. Includes A. Adams, B. Bennett, J. Krauser, B. Turcotte, F. Carr, Z. Griffin, S. Erickson, J. Troy, M. Wolfe, J. Krauser, A. Adams.

200 YD BUTTERFLY

Table with 2 columns: Name and Time. Includes A. Adams, B. Bennett, J. Krauser, B. Turcotte, F. Carr, Z. Griffin, S. Erickson, J. Troy, M. Wolfe, J. Krauser, A. Adams.

500 YD BUTTERFLY

Table with 2 columns: Name and Time. Includes A. Adams, B. Bennett, J. Krauser, B. Turcotte, F. Carr, Z. Griffin, S. Erickson, J. Troy, M. Wolfe, J. Krauser, A. Adams.

1650 YD BUTTERFLY

Table with 2 columns: Name and Time. Includes A. Adams, B. Bennett, J. Krauser, B. Turcotte, F. Carr, Z. Griffin, S. Erickson, J. Troy, M. Wolfe, J. Krauser, A. Adams.

WOMEN 55-59

Table with 2 columns: Name and Time. Includes D. Donnelly, J. Pieretti, R. Ressegui, J. Merriman, S. Phillips, C. Costello, J. Eppley, B. Crowell, J. McCollister, B. Dendy.

100 YD FREESTYLE		7 H.Hummer,58	43.94	3 M.George,60	46.69	WOMEN 65-69		50 YD BUTTERFLY	1 M.Merlino,65	1:49.29*	
Rec. D.Ressegule, '76	1:08.51	8 R.Schiffler,57	44.74	4 M.Clark,63	48.81	50 YD FREESTYLE	1 G.McCarthy,65 (N)	35.58*	2 G.McCarthy,65 (N)	47.28*	
1 D.Donnely,56 (N)	1:09.17	9 D.Ressigule,56	45.10	5 J.Osborne,61	49.00	2 M.Merlino,65	38.15	3 E.Sandeman,65	49.92	3 E.Sandeman,65	54.50
2 D.Ressigule,56 (N)	1:10.33	10 Z.Taft,58	45.18	6 S.Marsh,64	50.60	3 D.Jaggers,65	38.53	4 B.Johnston,68	54.80	4 B.Johnston,68	55.74
3 J.Pieretti,57	1:12.96	100 YD BUTTERFLY		7 G.Deal,64	50.80	4 I.VanVest,65	40.76	5 B.Wayne,67	55.74	5 B.Wayne,67	56.70
4 J.Merryman,55	1:15.15	1 C.Costello,55 (N)	1:29.75*	8 E.McKeon,63	51.55	5 E.Goldman,67	42.07	6 G.Deal,65	56.70	6 G.Deal,65	56.70
5 N.Phillips,56	1:17.93	2 J.Eppley,57	1:31.72	9 P.Matthiesen,61	52.90	6 K.Eschmann,69	42.10	7 E.Mattila,67	56.70	7 E.Mattila,67	56.70
6 C.Costello,55	1:19.00	3 V.Thompson,59	1:41.01	10 M.Reeves,60	54.40	7 B.Johnston,68	42.30	8 E.Goldman,67	57.37	8 E.Goldman,67	57.37
7 J.McCollister,59	1:20.38	4 Z.Taft,58	1:44.24	100 YD BACKSTROKE		8 H.Offenhaus,65	44.50	9 H.Offenhaus,65	58.60	9 H.Offenhaus,65	58.60
8 J.Eppley,57	1:20.50	5 H.Hummer,58	1:48.50	A.Rec. D.Musselman, '77	1:30.30	9 S.Sheppard,66	44.70	10 G.Docter,67	1:09.38	100 YD BUTTERFLY	
9 V.Gest,59	1:22.10	6 P.Pickens,56	1:51.20	1 M.VanRysel,61 (E) (N) (O)	1:30.14	10 R.Switzer,69	46.33	100 YD FREESTYLE		1 M.Merlino,65	1:49.29*
10 Z.Taft,58	1:25.20	7 M.Schaffer,55	1:57.82	2 D.Musselman,64	1:33.80	100 YD FREESTYLE		2 E.Sandeman,65 (N)	2:02.55	2 E.Sandeman,65 (N)	2:02.55
200 YD FREESTYLE		8 E.Otto,55	2:00.35	3 M.George,60	1:44.50	3 I.VanVorst,65	1:24.44*	3 H.Offenhaus,65	2:11.33	3 H.Offenhaus,65	2:11.33
Rec. D.Ressegule, '76	2:35.87	9 R.Wunderlich,59	2:02.69	4 M.Jewett,63	1:51.85	4 C.Ballard,67	1:27.71	4 G.Deal,65	2:13.98	4 G.Deal,65	2:13.98
1 D.Ressigule,56	2:38.04	10 L.Kyte,55	2:10.20	5 P.Matthiesen,61	1:54.00	5 H.Offenhaus,65	1:36.51	5 E.Goldman,67	2:16.78	5 E.Goldman,67	2:16.78
2 D.Donnely,56 (N)	2:42.18	200 YD BUTTERFLY		6 S.Marsh,64	1:56.16	6 S.Sheppard,66	1:37.70	6 L.Bennett,69	2:42.80	6 L.Bennett,69	2:42.80
3 J.Pieretti,57	2:48.27	Rec. J.Eppley, '77	3:31.46	7 M.Anderson,63	1:57.16	7 E.Goldman,67	1:38.50	7 J.Bennett,66	3:28.93	7 J.Bennett,66	3:28.93
4 J.McCollister,59	2:54.41	1 J.Eppley,57	3:32.96	8 J.Durston,63	1:57.66	8 B.Johnston,67	1:39.95	8 H.Bressie,69	3:54.70	8 H.Bressie,69	3:54.70
5 J.Eppley,57	2:56.96	2 C.Costello,55	3:46.07	9 M.Reeves,60	1:59.40	9 R.Switzer,69	1:40.99	200 YD BUTTERFLY		1 M.Merlino,65	4:05.86*
6 N.Phillips,56	2:58.06	3 Z.Taft,58	4:01.00	10 J.Heservey,63	2:00.80	200 YD BUTTERFLY		2 H.Offenhaus,65	4:55.10	2 H.Offenhaus,65	4:55.10
7 R.Simonson,59	3:06.65	4 L.Kyte,55	4:39.30	100 YD BACKSTROKE		3 J.Bennett,69	1:42.70	3 J.Bennett,69	5:38.00	3 J.Bennett,69	5:38.00
8 P.Pickens,56	3:09.00	5 M.Jennings,58	4:53.52	Rec. D.Musselman, '77	3:21.52	4 C.Ballard,67 (N)	1:45.00	100 YD INDIVIDUAL MEDLEY		1 M.Merlino,65	1:37.43
9 H.Hummer,58	3:12.27	6 A.Hottinger,56	4:59.03	1 M.VanRysel,61 (N)	3:27.19	5 G.McCarthy,65	1:27.90	2 E.Sandeman,65 (N)	1:44.79	2 E.Sandeman,65 (N)	1:44.79
10 B.Golseth,58	3:13.02	7 H.Fedziuk,58	5:25.00	2 D.Musselman,64	3:32.70	6 H.Offenhaus,65	1:36.20	3 E.Sandeman,65	1:48.77	3 E.Sandeman,65	1:48.77
500 YD FREESTYLE		8 E.Stevanin,56	6:46.50	3 M.George,61	3:44.80	7 B.Johnston,68	1:43.20	4 E.Goldman,67	1:57.10	4 E.Goldman,67	1:57.10
Rec. D.Ressegule, '76	7:21.05	9 R.Steward,59	7:35.87	4 P.Matthiesen,61	3:52.97	8 G.Deal,65	1:44.20	5 H.Offenhaus,65	1:59.80	5 H.Offenhaus,65	1:59.80
1 D.Ressigule,56	7:23.16	100 YD INDIVIDUAL MEDLEY		5 J.Durston,63	4:05.86	9 R.Switzer,69	1:45.00	6 L.Bennett,69	2:00.06	6 L.Bennett,69	2:00.06
2 J.McCollister,59 (N)	7:40.36	Rec. D.Ressigule, '76	1:22.54	6 M.Jewett,63	4:07.02	10 E.Sandman,65	1:45.00	7 E.Mattila,67	2:01.22	7 E.Mattila,67	2:01.22
3 D.Donnely,56	7:53.00	1 C.Costello,55 (N)	1:23.20	7 J.Heservey,63	4:07.66	500 YD FREESTYLE		8 B.Wayne,67	2:05.41	8 B.Wayne,67	2:05.41
4 J.Eppley,56	7:55.30	2 D.Donnely,56 (N)	1:23.24	8 L.Holm	4:17.50	1 M.Merlino,65	8:53.95*	9 M.Scannon,70	2:08.24	9 M.Scannon,70	2:08.24
5 C.Costello,55	8:02.50	3 D.Wasniak,55	1:28.60	9 M.Reeves,60	4:23.00	2 C.Ballard,67 (N)	9:03.46	200 YD INDIVIDUAL MEDLEY		1 M.Merlino,65	3:36.14*
6 N.Phillips,56	8:14.50	4 J.Pieretti,58	1:28.61	10 G.Deal,64	4:30.70	3 G.McCarthy,65	9:04.80	2 E.Sandeman,65 (N)	4:04.98	2 E.Sandeman,65 (N)	4:04.98
7 M.Hammer,55	8:19.18	5 J.Merryman,55	1:28.61	50 YD BREASTSTROKE		4 S.Sheppard,66	9:11.29	3 H.Offenhaus,65	4:09.19	3 H.Offenhaus,65	4:09.19
8 R.Simonson,59	8:24.22	6 M.Hammer,55	1:30.38	1 V.Thompson,60	4:70.20*	5 I.VanVorst,65	9:12.48	4 G.Deal,65	4:16.60	4 G.Deal,65	4:16.60
9 Z.Taft,58	8:24.30	7 V.Thompson,59	1:30.40	2 P.Matthiesen,61	4:72.00*	6 H.Offenhaus,65	9:22.87	5 E.Goldman,67	4:38.80	5 E.Goldman,67	4:38.80
10 B.Golseth,58	8:31.54	8 B.Crowell,57	1:33.73	3 B.Spears,60	5:11.56	7 B.Johnston,68	9:22.87	6 B.Wayne,67	4:40.90	6 B.Wayne,67	4:40.90
1650 YD FREESTYLE		9 J.Eppley,57	1:34.40	4 P.Matthiesen,61	5:19.96	8 G.Deal,65	9:34.90	7 L.Bennett,66	5:15.73	7 L.Bennett,66	5:15.73
1 D.Ressigule,56	25:35.02*	10 N.Phillips,56	1:36.20	5 M.Anderson,63	5:21.10	9 R.Switzer,69	9:35.08	8 J.Bennett,69	5:38.40	8 J.Bennett,69	5:38.40
2 J.Eppley,57	26:32.14	200 YD INDIVIDUAL MEDLEY		6 M.Brown,60	5:21.10	10 H.Bressie,69	9:54.09	9 R.Switzer,69	5:49.09	9 R.Switzer,69	5:49.09
3 J.McCollister,59 (N)	27:15.33	Rec. D.Ressigule, '77	3:05.40	7 M.George,60	5:30.03	400 YD INDIVIDUAL MEDLEY		10 H.Bressie,69	6:33.30	50 YD FREESTYLE	
4 J.Pieretti,57	27:30.20	1 C.Costello,55 (N)	3:10.11	8 D.Musselman,64	5:34.40	1 M.Merlino,65	29:55.14*	1 V.Cherriman,70 (E)(I)(N)	1:35.00*	1 V.Cherriman,70 (E)(I)(N)	1:35.00*
5 R.Simonson,59	28:16.11	2 D.Donnely,56	3:13.74	9 F.Sidorsky,61	5:35.50	2 S.Sheppard,66	30:44.40	2 K.Eschmann,70 A.R.	1:37.80*	2 K.Eschmann,70 A.R.	1:37.80*
6 D.Donnely,56	28:47.90	3 D.Ressigule,56	3:24.15	10 M.Riggs,62	5:37.76	3 H.Offenhaus,65	31:24.60	3 R.Switzer,70	1:44.21	3 R.Switzer,70	1:44.21
7 B.Golseth,58	29:06.07	4 J.Eppley,58	3:27.14	100 YD BREASTSTROKE		4 G.McCarthy,65	32:58.80	4 M.McKechnie,73	1:57.83	4 M.McKechnie,73	1:57.83
8 N.Phillips,56	29:21.05	5 J.Merryman,55	3:28.80	1 V.Thompson,60 (N)	1:45.10*	5 E.Goldman,67	35:12.39	5 E.Somers,70	2:06.82	5 E.Somers,70	2:06.82
9 Z.Taft,58	29:31.38	6 Z.Taft,58	3:33.33	2 P.Matthiesen,61	1:62.60	6 E.Bein,68	35:47.00	6 K.Pelton,72	2:08.28	6 K.Pelton,72	2:08.28
50 YD BACKSTROKE		7 V.Thompson,59	3:40.03	3 M.George,60	1:54.50	7 C.Thompson,65	38:21.60	7 K.Pelton,72	2:08.57	7 K.Pelton,72	2:08.57
Rec. Z.Taft, '77	39.60	8 R.Simonson,59	3:40.63	4 J.Heservey,63	1:56.10	8 E.John,67	40:04.93	8 M.Zwerg,71	2:12.11	8 M.Zwerg,71	2:12.11
1 J.Merryman,56	40.64	9 M.Schaffer,55	3:48.29	5 F.Sidorsky,61	1:57.30	9 M.Mueller	40:45.80	9 S.Fogle,74	2:12.70	9 S.Fogle,74	2:12.70
2 D.Donnely,56	40.70	10 L.Kyte,55	3:50.09	6 M.Anderson,63	1:57.90	10 J.Bennett,69	46:14.40	10 R.Caplaine,71	2:15.96	10 R.Caplaine,71	2:15.96
3 N.Phillips,56	41.47	400 YD INDIVIDUAL MEDLEY		7 J.Durston,63	1:58.90	WOMEN 70-74		100 YD FREESTYLE		1 V.Cherriman,70 (E)(I)(N)	1:35.00*
4 Z.Taft,58	41.93	1 D.Ressigule,56	6:46.85*	8 M.Brown,60	1:59.50	1 M.Merlino,65	43.95*	2 R.Switzer,70 A.R.	1:41.40*	2 R.Switzer,70 A.R.	1:41.40*
5 J.Pieretti,57	42.18	2 C.Costello,56	6:48.90	9 M.Jewett,63	2:00.30	3 H.Offenhaus,65	44.50	3 H.Montgomery,71	50.10	3 H.Montgomery,71	50.10
6 V.Gest,59	42.20	3 D.Donnely,56	7:06.20	10 M.Wentworth,62	2:02.20	4 G.McCarthy,65	51.90	4 M.McKechnie,73	53.08	4 M.McKechnie,73	53.08
7 C.Costello,55	43.30	4 J.Eppley,57	7:17.41	200 YD BREASTSTROKE		5 S.Sheppard,66	52.30	5 K.Pelton,72	53.16	5 K.Pelton,72	53.16
8 M.Ewbank	43.47	5 R.Simonson,59	7:33.10	1 V.Thompson,60 (N)	3:40.84*	6 H.Offenhaus,65	53.15	6 S.Fogle,74	57.96	6 S.Fogle,74	57.96
9 D.Wasniak,55	43.60	6 Z.Taft,58	7:34.70	2 M.George,61	4:02.34	7 E.John,67	54.70	7 M.Zwerg,71	58.98	7 M.Zwerg,71	58.98
10 B.Crowell,57	43.66	7 N.Limbaugh,53	8:12.90	3 P.Matthiesen,61	4:04.15	8 E.John,67	55.10	8 K.Pelton,72	1:00.68	8 K.Pelton,72	1:00.68
100 YD BACKSTROKE		8 M.Schaffer,55	8:15.75	4 J.Durston,63	4:08.28	9 M.Mueller	55.63	9 E.Mauric,73	1:00.88	9 E.Mauric,73	1:00.88
1 D.Donnely,56 (N)	1:26.37*	9 L.Kyte,55	8:16.36	5 J.Heservey,63	4:08.50	50 YD BACKSTROKE		100 YD FREESTYLE		1 V.Cherriman,70 (E)(I)(N)	1:35.00*
2 M.Hammer,55	1:26.43	10 M.Jennings,58	8:30.75	6 M.Anderson,63	4:11.70	1 M.Merlino,65	43.95*	2 R.Switzer,70 A.R.	1:41.40*	2 R.Switzer,70 A.R.	1:41.40*
3 J.Merryman,55	1:28.50	WOMEN 60-64		7 M.Wentworth,62	4:18.03	2 G.McCarthy,65	44.50	3 H.Montgomery,71	50.10	3 H.Montgomery,71	50.10
4 N.Phillips,56	1:32.35	Rec. D. Musselman, '77	33.16	8 M.Wentworth,62	4:21.40	3 B.Johnston,68	51.90	4 M.McKechnie,73	53.08	4 M.McKechnie,73	53.08
5 J.Pieretti,57	1:33.00	1 D.Musselman,64 (N)	33.37	9 E.Coombs,	4:42.81	4 M.Scannon,70	52.30	5 E.Somers,70	2:06.82	5 E.Somers,70	2:06.82
6 Z.Taft,58	1:33.83	2 N.Clark,63	36.40	10 R.Ridenour,63	4:51.89	5 G.Deal,65	53.70	6 K.Pelton,72	2:08.28	6 K.Pelton,72	2:08.28
7 M.Ewbank	1:36.20	3 M.VanRysel,61 (E)	36.56	50 YD BUTTERFLY		6 H.Offenhaus,65	54.10	7 S.Fogle,74	2:12.70	7 S.Fogle,74	2:12.70
8 V.Gest,59	1:38.40	4 V.Andresen,61	37.28	1 V.Thompson,60 (N)	41.36	7 E.Caplaine,71	54.70	8 M.Zwerg,71	2:12.70	8 M.Zwerg,71	2:12.70
9 R.Schiffler,57	1:43.20	5 A.Pfeiffer,60	38.60	2 W.VanRysel,61 (E)	44.06	8 H.Offenhaus,65	55.63	9 T.Murdoch,72	5:09.52	9 T.Murdoch,72	5:09.52
10 H.Hummer,58	1:43.90	6 S.Haywood,64	38.77	3 M.George,60	44.06	9 S.Sheppard,66	55.63	500 YD FREESTYLE		1 V.Cherriman,70 (E)(I)(N)	9:25.54*
200 YD BACKSTROKE		7 B.Spears,60	40.12	4 J.Durston,63	49.54	10 M.Mueller	56.70	2 R.Switzer,70 A.R.	10:14.90*	2 R.Switzer,70 A.R.	10:14.90*
1 M.Hammer,55 (N)	3:08.20*	8 J.Durston,62	40.52	5 P.Matthiesen,61	51.14	200 YD BACKSTROKE		3 H.Montgomery,71	4:15.10	3 H.Montgomery,71	4:15.10
2 D.Donnely,56	3:14.20	9 M.George,60	40.56	6 D.Musselman,64	53.86	1 M.Merlino,65	1:40.54*	4 M.McKechnie,73	4:17.89	4 M.McKechnie,73	4:17.89
3 N.Phillips,56	3:16.10	10 L.Jones,60	41.00	7 M.Anderson,63	54.20	2 M.Merlino,65	1:41.38	5 E.Somers,70	4:26.56	5 E.Somers,70	4:26.56
4 J.Merryman,55	3:21.84	100 YD FREESTYLE		8 N.Clark,63	54.25	3 H.Offenhaus,65	1:54.50	6 K.Pelton,72	4:37.41	6 K.Pelton,72	4:37.41
5 Z.Taft,58	3:25.35	Rec. D.Musselman, '77	1:16.20	9 M.Reeves,60	55.40	4 S.Sheppard,66	1:56.83	7 S.Fogle,74			

7 S.Fogle,74	2:43.02
8 E.Somers,70	2:45.03
9 M.Brown	2:54.30
10 E.Gray,71	3:05.70
200 YD BACKSTROKE	
1 K.Eschmann,70 (N)	4:27.30*
2 R.Caplane,71	4:33.11
3 M.McKeechle,73	4:34.50
4 H.Montgomery,71	4:39.08
5 S.Scott,70	5:24.40
6 E.Somers,70	5:40.20
7 M.Myers,72	5:47.07
8 S.Fogle,74	5:57.69
9 M.Brown	6:18.30
10 D.Newton,70	7:37.80
50 YD BREASTSTROKE	
Rec. R.Caplane, '77	59.01
1 K.Pelton,72	1:02.43
2 R.Caplane,71	1:03.15
3 E.Somers,70	1:11.30
4 E.Mauric,73	1:18.52
5 T.Murdock,72	1:24.10
6 K.Eschmann,70	1:26.46
7 M.Myers,72	1:53.14
8 O.Smally	2:38.50
100 YD BREASTSTROKE	
Rec. R.Caplane, '77	2:09.00
1 R.Caplane,71	2:20.72
2 E.Somers,70	2:31.20
3 K.Pelton,72	2:37.99
4 E.Mauric,73	2:39.85
5 T.Murdock,72 (N)	3:02.93
6 M.Myers,72	4:16.70
7 O.Smally	5:45.40
200 YD BREASTSTROKE	
Rec. R.Caplane, '77	4:51.00
1 E.Mauric,73	5:29.35
2 E.Somers,70	5:47.30
3 K.Pelton,72	6:24.10
50 YD BUTTERFLY	
1 K.Eschmann,70 (N)	1:01.69
2 K.Pelton,72	1:03.55
3 S.Fogle,74	1:16.91
4 R.Switzer,70	1:19.40
5 E.Somers,70	1:27.42
6 S.Scott,70	2:16.31
100 YD BUTTERFLY	
1 K.Pelton,72	2:31.86*
2 S.Scott,70	5:30.30
100 YD INDIVIDUAL MEDLEY	
A. Rec. S.Bailey, '77	2:11.40
1 V.Cherriman,70 (ENJO)	1:57.44*
2 K.Eschmann,70	2:14.74
3 K.Pelton,72	2:21.09
4 R.Switzer,70	2:35.00
5 E.Somers,70	2:39.00
6 S.Scott,70	3:21.58
200 YD INDIVIDUAL MEDLEY	
Rec. S.Bailey, '77	4:54.20
1 E.Somers,70	5:28.90
2 R.Switzer,70	5:42.50
400 YD INDIVIDUAL MEDLEY	
Rec. S.Bailey, '77	10:37.90
1 S.Scott,70	15:42.00
WOMEN 75-79	
50 YD FREESTYLE	
Rec. Doris Hogan, '76	59.47
1 D.Hogan,77	1:02.30
2 F.Watkins,78	1:03.21
3 W.Hughes,76	1:10.23
4 P.Hiller,79	1:15.02
5 J.Cameron,78	1:21.40
6 A.Bausher,75	1:23.71
7 K.George,77	1:31.45
8 R.Deal,79	2:21.00
100 YD FREESTYLE	
Rec. D.Hogan, '76	2:14.95
1 D.Hogan,77	2:18.30
2 F.Watkins,78	2:18.62
3 W.Hughes,76	2:42.20
4 A.Bausher,75	2:53.86
5 K.George,77	3:07.54
6 J.Cameron,78	3:08.30
200 YD FREESTYLE	
Rec. D.Hogan, '77	4:51.00
1 J.Cameron,78	6:56.80
500 YD FREESTYLE	
1 J.Cameron,78	18:56.10*
2 R.Deal,79 (N)	25:32.10
1650 YD FREESTYLE	
Rec. F.Watkins, '76	42:38.14
1 F.Watkins,78	48:34.33
2 A.Saunders,75	49:18.39
50 YD BACKSTROKE	
1 F.Watkins,78	1:09.16*
2 A.Bausher,75	1:09.23
3 P.Hiller,79	1:15.39
4 K.George,77	1:21.96
5 W.Hughes,76	1:35.20
6 J.Cameron,78	2:17.30
100 YD BACKSTROKE	
Rec. F.Watkins, '76	2:24.35
1 F.Watkins,78	2:24.62
2 A.Bausher,75	2:33.67
3 K.George,77	3:04.33
4 W.Hughes,76	3:25.68
5 R.Deal,79	4:52.80
200 YD BACKSTROKE	
1 R.Deal,79 (N)	8:37.04*
50 YD BREASTSTROKE	
Rec. D.Hogan, '76	1:03.73
1 D.Hogan,77	1:06.52
2 W.Hughes,76	1:24.19
3 C.Kleiss,78	1:47.70
4 A.Bausher,75	1:51.86
5 K.George,77	1:56.57
6 J.Cameron,78	2:29.10
100 YD BREASTSTROKE	
Rec. D.Hogan, '77	2:34.07
1 D.Hogan,77	2:39.10
2 W.Hughes,76	3:18.09
200 YD BREASTSTROKE	
Rec. D.Hogan, '77	5:42.31

50 YD BUTTERFLY	
1 R.Deal,79 (N)	3:53.00*
100 YD INDIVIDUAL MEDLEY	
1 R.Deal,79 (N)	6:27.14*
WOMEN 80 & OVER	
50 YD FREESTYLE	
1 P.Hiller,80 (N)	1:14.71*
2 L.Florence,81	1:17.60
3 P.Cole,80	1:21.60
4 N.Brown,84	1:33.28
5 C.Merson,80	2:53.60
100 YD FREESTYLE	
1 P.Hiller,80 (N)	2:43.15*
2 L.Florence,81	3:03.46
3 N.Brown,84	3:16.60
4 P.Cole,80	3:15.60
5 B.Weland,86	4:54.20
200 YD FREESTYLE	
1 P.Hiller,80 (N)	5:49.49*
2 N.Brown,84	6:56.55
500 YD FREESTYLE	
Rec. N.Brown, '75	18:23.67
1 N.Brown,84 (N)	20:55.08
1650 YD FREESTYLE	
Rec. N.Brown, '75	1:06:53.90
50 YD BACKSTROKE	
1 P.Hiller,80	1:16.17*
2 L.Florence,81	1:29.35
3 P.Cole,80	1:45.10
4 B.Weland,86	1:47.10
5 N.Brown,84	2:08.90
6 C.Merson,81	2:53.50
100 YD BACKSTROKE	
1 P.Hiller,80 (N)	2:47.66*
2 N.Brown,84	4:01.22
200 YD BACKSTROKE	
1 P.Hiller,80 (N)	5:44.14*
2 P.Cole,80	8:02.70
50 YD BREASTSTROKE	
1 L.Florence,81	1:24.08*
2 P.Hiller,80	2:36.80
100 YD BREASTSTROKE	
1 L.Florence,81	3:06.11*
WOMEN'S RELAYS	
25+ 200 FREESTYLE RELAY	
Rec. D.C. '75	1:43.31
1 Multonach A.C.	1:46.58
Brown,Pollock,Burns,Bahler	
2 MICHIGAN '71	1:51.83
Rhudy,DeLuca,Weir,Sugg	
3 NEW ENGLAND	1:52.56
Walsh,Tendy,Steucek,Morse	
4 JERSEY	1:53.20
Hines,Neumann,Baker,Harris	
5 D.C. MASTERS	1:53.94
Todd,Hills,Kirkendall,Brey	
6 ILLINOIS MASTERS	1:53.94
Goodrich,Dittman,Bennett,Begley	
7 ROCKY MOUNTAIN MASTERS	1:54.15
Cramer,Harlow,McNeill,Fisher	
8 DAVIS AQUATIC	1:54.70
Harley,Smalli,Guzman,White	
9 OREGON	1:55.77
Snyder,Weaver,Kerr,Wheeler	
10 ARIZONA MASTERS	1:57.20
Durning,Gettling,Menard,Tamme	
25+ 200 MEDLEY RELAY	
Rec. D.C. MASTERS, '75	1:58.01
1 ILLINOIS MASTERS	2:04.52
Dittman,Bennett,Goodrich,Begley	
2 MICHIGAN MASTERS	2:07.08
Wier,Rhudy,DeLuca,Sugg	
3 CONNECTICUT MASTERS	2:08.46
O'Connor,Kosakowski,Hiller,Slimak	
4 JERSEY MASTERS	2:08.90
Joesten,Moeller,Cinco,Miller	
5 NEW ENGLAND MASTERS	2:09.29
Walsh,Tendy,Steucek,Morse	
6 OREGON	2:12.60
Wittliff,Snyder,Weaver,Wheeler	
7 ROCKY MTN. MASTERS	2:13.32
McNeill,Fisher,Cramer,Harlow	
8 ARIZONA MASTERS	2:13.80
Burning,Gettling,Menard,Tamme	
9 DAVIS AQUATIC	2:14.54
McCrea,Harley,White,Guzman	
10 ST LOUIS MASTERS	2:14.77
Brummel,Taefer,Mueller,Buss	
35+ 200 YD FREESTYLE RELAY	
Rec. San Mateo, '76	1:55.26
1 GOLD COAST MASTERS	1:57.05
LeHaire,McGuire,Peterson,Woodman	
2 TAMALPAIS (N)	2:00.80
Hoey,McGollister,Cuneo,Ridout	
3 ONTARIO MASTERS (C)	2:03.89
Whitall,Hough,Pronk,McCallagh	
4 PACIFIC NORTHWEST	2:06.20
Haughland,Tabrock,Kohler,Correa	
5 RYALL MASTERS	2:10.17
Sengstock,Gabriel,Henrickson,Leppert	
6 ROCKY MTN. MASTERS	2:10.96
Zentgraf,Lachkar,Brueggeman,Harlow	
7 CORONADO	2:11.00
LaMott,Horst,Pipes,Vickers	
8 NORTH SUBURBAN	2:11.30
Southeray,Sherin,Schulze,Ostergren	
9 SAN MATEO MARLINS	2:13.50
Garrett,Horton,Seldon,Roepke	
10 DAVIS AQUATIC	2:13.50
Hinsdale,Owings,Stark,Gall	
35+ 200 YD MEDLEY RELAY	
Rec. D.C. MASTERS, '75	2:11.21
1 GOLD COAST MASTERS	2:11.75
Peterson,Woodman,McGuire,LeHaire	
2 D.C. MASTE (N)	2:15.33
Hills,Hammer,Brey,Kirkendall	
3 PACIFIC NORTHWEST	2:24.60
Andersen,Haughland,Kohler,Correa	
4 TAMALPAIS	2:26.70
5 ROCKY MTN. MASTERS	2:28.63
Brueggeman,Lachkar,Harlow,Zentgraf	

6 RYALL MASTERS	2:29.52
Sengstock,Gabriel,Henrickson,Leppert	
7 CORONADO	2:30.90
LaMott,Horst,Pipes,Vickers	
8 DAVIS AQUATIC	2:32.65
Munn,Washington,Hinsdale,B.B.	
9 INLAND EMPIRE	2:33.12
Simpson,Ingalls,Whitehall,Kimball	
10 ILLINOIS MASTERS	2:36.05
Humphrey,Oberweiss,Turcotte,Rappalva	
45+ 200 YD FREESTYLE RELAY	
Rec. Rinconada, '75	2:07.57
1 RINCONADA MASTERS	2:18.40
Callison,Baxter,Carr,Bennett	
2 ROCKY MTN. MASTERS E	2:20.73
Buchanan,Hann,Swanson,Anderson	
3 SANTA BARBARA	2:21.31
Erickson,Altus,LaChasse,McDaris	
6 ROCKY MTN JY	2:32.41
Zittel,Hinrichs,Cattanach,Mann	
5 MIDDLE ATLANTIC	2:37.72
6 SUNCOAST MASTERS	2:39.05
Smally,Gest,Lawton,Logan	
7 PACIFIC NORTHWEST	2:42.20
Musselman,Latta,Carlson,Twight	
8 RYALL MASTERS	2:43.11
Davidson,Irish,Bernat,Nelson	
9 ARIZONA MASTERS	2:42.75
Gruender,Golseth,Steward,Bogato	
10 MASTERS OF SO. TEXAS	2:51.81
Jewett,Maillet,Schiffler,Reed	
45+ 200 YD MEDLEY RELAY	
Rec. RINCONADA "A", '75	2:27.15
1 JERSEY MASTERS	2:36.92
Herryman,Derr,Jaggars,Miller	
2 RINCONADA MASTERS	2:39.60
Carr,Baxter,Callison,Bennett	
3 ROCKY MTN. E	2:47.60
Anderson,Swanson,Mann,Buchanan	
4 PACIFIC NORTHWEST	2:49.00
Dotson,Twight,Musselman,Latta	
5 MIDDLE ATLANTIC	2:50.30
6 OHIO MASTERS	2:50.68
Ferguson,McKillop,Smith,Wunderlich	
7 ROCKY MTN JY	2:52.37
Mann,Hinrichs,Zittel,Cattanach	
8 SANTA BARBARA	2:55.81
9 SUNCOAST MASTERS	3:00.21
Gest,Lawton,Logan,Smally	
10 SHABONA SHARKS	3:04.17
55+ 200 YD FREESTYLE RELAY	
Rec. LONG BEACH, '77	2:25.77
1 LONG BEACH	2:32.49
VanVorst,Simonon,Merlino,Crowell	
2 JERSEY MASTERS	2:37.30
Cleary,Hayward,Jobson,Wasiak	
3 SAN MATEO MARLINS (N)	3:05.12
Goldman,Matthiesen,Wayne,Taft	
4 SUNCOAST MASTERS	3:06.65
Stewart,Dunworth,Sheppard,Switzer	
5 PACIFIC NORTHWEST JY	3:31.60
Carlson,Lercher,Holm,Mueller	
55+ 200 YD MEDLEY RELAY	
Rec. LONG BEACH, '76	2:57.00
1 CONNECTICUT MASTERS	3:00.80
Offenhausser,Donnelly,Phillips,Pieretti	
2 JERSEY MASTERS	3:12.00
Jobson,Jannarone,Wasiak,Haywood	
3 SAN MATEO MARLINS	3:23.90
Matthiesen,Wayne,Taft,Goldman	
4 SUNCOAST MASTERS	3:45.76
Sheppard,Steward,Dunsworth,Switzer	
5 MOST (N)	4:01.74
Woolsey,Jewett,Schiffler,Murdock	
6 PACIFIC NORTHWEST	4:26.00
Carlson,Lercher,Holm,Mueller	
65+ 200 YD FREESTYLE RELAY	
1 LONG BEACH	3:09.91*
Van Vorst,Cole,Well,Merlino	
2 HAWAII	3:33.50
Anderson,McConkey,Bennett, Montgomery	
3 JERSEY MASTERS	4:00.63
Cornish,Black,Saunders,Mueller	
65+ 200 YD MEDLEY RELAY	
Rec. WAIKIKI	4:51.90
NIXED RELAYS	
25+ 200 YD FREESTYLE RELAY	
Rec. D.C. MASTERS '77	1:35.07
1 JERSEY MASTERS	1:38.90
Balchunas,Neumann,Hines,Harrison	
2 ROCKY MTN. MASTERS	1:39.42
Hubbell,Walters,Fisher,Cooley	
3 SAN MATEO MARLINS	1:39.59
Sagues,King,Brems,Gray	
4 RINCONADA MASTERS	1:39.75
Selmer,Ellner,Edwards,Spielker	
5 DC MASTERS	1:41.99
Todd,Hills,Parker,Bacon	
6 ARIZONA MASTERS	1:42.69
Gettling,Jenkins,Osterloh,Whalley	
7 NEW ENGLAND MASTERS	1:42.86
Bright,Tendy,Schlicher,Palmer	
8 GREATER LANING	1:42.87
9 GOLD COAST MASTERS	1:43.07
Bazant,Manchester,West,DeGoff	
10 ILLINOIS MASTERS	1:43.07
35+ 200 YD FREESTYLE RELAY	
1 MICHIGAN MASTERS (N)	1:41.74*
LaPrise,Heritler,DeLuca,Weir	
2 GOLD COAST MASTERS	1:44.84
Peterson,Woodman,Winn,Rosser	
3 ROCKY MTN MASTERS	1:44.91
Zentgraf,Zentgraf,Harlow,Garton	
4 NORTH SUBURBAN Y	1:44.88
5 ST. LOUIS MASTERS	1:44.88
Grant,Bass,Mueller,Coxon	
6 NORTH SUBURBAN	1:50.10
Koci,Sherin,Southeray,Cohen	

7 TAMALPAIS	1:50.35
Smith,Hoey,Smith,Ridout	
8 PACIFIC ASSO. NO.	1:50.58
Shaw,Cullum,Cavanagh,Marquardt	
9 SO. OAKLAND SEALS	1:51.66
10 INLAND EMPIRE	1:52.80
Gettman,Paluck,Hines,Kruse	
45+ 200 YD FREESTYLE RELAY	
Rec. RINCONADA '76	1:50.08
1 RINCONADA MASTERS	1:56.40
Kerswill,Bennett,Callison,Bennett	
2 ROCKY MTN (N)	1:56.82
Williams,Mann,Mann,Buchanan	
3 TAMALPAIS	1:58.20
Cuneo,Rice,McCollister,Schwab	
4 PACIFIC ASSO. SOUTH	1:59.85
Palmer,Palmer,Erickson,Draves	
5 MIDDLE ATLANTIC	2:01.93
6 CONNECTICUT MASTERS	2:04.03
Pieretti,Donnelly,Shadbolt,Lavandier	
7 ARIZONA MASTERS	2:04.52
Bogato,Gruender,Johnson	
8 PACIFIC NORTHWEST	2:05.20
Koruga,Dotson,Musselman,Andreychoicz	
9 JERSEY MASTERS	2:05.44
Brelsacher,Dooman,Highland,Sanborn	
10 SUNCOAST MASTERS	2:05.82
Thomas,Logan,Smally,Jones	
55+ 200 YD FREESTYLE RELAY	
Rec. CONN '77	1:58.89
1 CONNECTICUT MASTERS	2:05.60
Donnelly,Phillips,Erick,Bartlett	
2 JERSEY MASTERS	2:17.20
3 MOST (N)	2:21.00
4 ROCKY MTN MASTERS	2:21.20
Wallover,Donald,Hettinger,Marah	
5 SAN MATEO MARLINS	2:23.46
Barnes,Taft,Hathiesen,Taft	
6 SUNCOAST MASTERS	2:24.86
Arthur,Cousen,Dunworth,Gest	
7 CAL TECH	2:24.90
Burgan,George,Pfeiffer,Pfeiffer	
8 OHIO MASTERS	2:25.62
McCuskey,Volk,Wolfe,Wunderlich	
9 RINCONADA MASTERS	2:27.70
Rule,Jorgensen,Ott,DaRosa	
10 NEW ENGLAND	2:37.30
Uhrich,Wright,Baker,Wilson	
65+ 200 YD FREESTYLE RELAY	
1 LONG BEACH	2:27.27*
Monahan,Hale,Merlino,VanVorst	
2 SAN MATEO MARLINS (N)	2:42.04
Barlett,Goldman,Wayne,Wood	
3 HAWAII	2:52.60
Anderson,Bennett,McConkey,Osborne	
4 PACIFIC ASSO SOUTH	3:08.69
Richardson,Spangler,Merlino,Docter	
5 ST. CHARLES	3:17.02
6 CONNECTICUT MASTERS	3:18.10
Somers,Offenhausser,Langner,Evans	
7 NEW ENGLAND MASTERS	3:28.50
Gilman,Hogan,Kaschak,Olanoff	
8 M.A.C.	3:57.07
Glandon,Stevenson,Bressie,Morris	
Men 25-29 SHORT COURSE	
50 yard freestyle	
Records: K. Hammer, 1973	21.30
1. K. Pedley,26	21.64
2. C. Harrison,25	21.70
3. J. Dietrich,25	21.83
4. J. Lederhouse,25	21.90
5. K. Dolton,29	21.99
6. H. Green,26	22.10
7. R. Dalrymple,27	22.19
8. G. Jeffers,25	22.19
9. F. Hubbell,25	22.20
10. D. Cline	

200 yard butterfly
 Records: F. Schlicher, 1976

1. F. Schlicher, 29	1.57.60
2. J. Bauerle, 26	2.01.40
3. W. Penn, 26	2.03.90
4. T. Eiche, 27	2.04.03
5. R. Fuller, 26	2.05.80
6. B. Fisher, 29	2.08.80
7. M. Carawan, 25	2.08.99
8. P. Forshey, 29	2.09.80
9. C. Johnson, 25	2.10.47
10. D. Levinson, 28	2.10.60
	2.11.35

100 yards individual medley
 Records: F. Schlicher, 1974

1. F. Schlicher, 29	54.87
2. R. Cooley, 28	55.55
3. B. Hamilton, 25	55.73
4. F. Hubbell, 25	55.87
5. R. Fuller, 26	56.96
6. P. Katz, 27	57.00
7. D. Glass, 25	57.06
8. L. Barbriere, 26	57.16
9. P. O'Keefe, 27	57.26
10. J. Murphey, 27	57.61
	57.74

200 yards individual medley
 Records: F. Schlicher, 1974

1. F. Schlicher, 29	1.59.22
2. R. Cooley, 28	1.59.26
3. B. Hamilton, 25	2.01.01
4. D. Glass, 25	2.03.27
5. P. Forshey, 29	2.03.50
6. R. Whitechurch, 25	2.06.11
7. J. Murphy, 27	2.06.20
8. B. Fisher, 29	2.06.49
9. J. DeRoest, 26	2.06.65
10. S. Hendberg, 25	2.08.00

400 yards individual medley
 Records: F. Schlicher, 1975

1. R. Whitechurch, 25	4.26.90
2. J. DeRoest, 26	4.31.90
3. A. Shestakov, 29	4.37.39
4. D. Glass, 25	4.38.28
5. R. Cooley, 28	4.39.97
6. P. O'Keefe, 27	4.40.42
7. T. Spieker, 29	4.40.46
8. T. Huesken, 26	4.41.70
9. J. Murphy, 27	4.42.49
10. B. Fisher, 29	4.44.05
	4.44.39

Men 30-34 short course

50 yards freestyle

1. T. Peek, 30	*21.73
2. D. Gray, 32	22.37
3. K. Krueger, 32	22.48
4. P. Heesch, 30	22.51
5. D. Sullivan, 32	22.63
6. S. Clark, 34	22.70
7. W. Bacon, 31	22.75
8. D. Nordstrom, 30	23.07
9. A. Jarvis, 32	23.04
10. M. Ridgeway, 33	23.20

100 yards freestyle
 Records: K. Walsh, 1976

1. D. Sullivan, 32	48.27
2. T. Peek, 30	48.41
3. D. Gray, 32	48.80
4. A. Jarvis, 32	49.03
5. S. Clark, 34	49.34
6. W. Bacon, 31	49.50
7. D. Nordstrom, 30	49.92
8. P. Heesch, 30	50.19
9. M. Garibaldi, 32	50.25
10. R. Cain, 30	50.44
	50.97

200 yards freestyle

1. D. Gray, 32	*1.47.02
2. D. Sullivan, 32	1.48.30
3. D. Curtis, 30	1.51.42
4. M. Garibaldi, 32	1.53.12
5. D. Nordstrom, 30	1.54.10
6. A. Jarvis, 32	1.54.62
7. W. Bacon, 31	1.56.89
8. P. Heesch, 30	1.55.68
9. R. Cain, 30	1.56.49
10. W. Damm, 31	1.56.89

500 yards freestyle

1. D. Gray, 32	*4.57.68
2. W. Damm, 31	4.58.55
3. D. Curtis, 30	5.02.11
4. M. Garibaldi, 32	5.06.55
5. W. Cerny, 30	5.10.63
6. S. Engel, 34	5.20.10
7. S. Johnson, 30	5.22.50
8. J. Planagan, 31	5.25.00
9. D. Thompson, 31	5.25.50
10. J. Selmer, 33	5.29.05

1650 yards freestyle

1. D. Curtis, 30	*17.36.69
2. W. Damm, 31	17.41.49
3. D. Gray, 32	17.44.31
4. W. Cerny, 30	18.11.08
5. D. Sullivan, 31	18.16.17
6. S. Johnson, 30	18.46.10
7. W. Leach, 32	18.50.58
8. J. Green, 33	18.54.74
9. D. Thompson, 31	18.55.10
10. J. Sanders, 30	19.00.09

50 yards backstroke
 Records: K. Krueger, 1976

1. W. Bacon, 31	25.37
	26.33

2. K. Krueger, 32	26.34
3. R. Smith, 34	26.43
4. J. Leasure, 32	27.02
5. F. Nelson, 34	27.47
6. V. Capriles, 30	27.48
7. R. Hamington, 31	27.70
8. J. Molloy, 31	27.80
9. P. Smith, 33	28.01
10. J. Enterline, 31	28.10
10. R. Edmonds, 30	28.10

100 yards backstroke
 Records: K. Krueger, 1976

1. W. Bacon, 31	56.24
2. R. Smith, 34	57.20
3. K. Krueger, 32	59.04
4. V. Capriles, 32	59.54
5. P. Smith, 33	1.00.31
6. K. Edmonds, 30	1.00.60
7. P. Hebert, 32	1.01.70
8. W. Johnson, 34	1.01.71
9. R. Hamington, 31	1.01.90
10. J. Selmer, 33	1.02.30
	1.02.34

200 yards backstroke
 Records: T. Mann, 1976

1. W. Bacon, 31	2.06.24
2. R. Smith, 33	2.08.99
3. R. Smith, 34	2.13.26
4. K. Krueger, 32	2.13.32
5. P. Hebert, 32	2.15.67
6. T. Ertel, 30	2.16.01
7. J. Selmer, 33	2.16.73
8. W. Schubach, 34	2.17.20
9. P. Hamington, 31	2.18.80
10. W. Litman, 32	2.19.35
	2.20.01

50 yards breaststroke
 Records: S. Rabinovitch, 1975

1. A. Michel, 30	28.40
2. K. Doesburg, 34	29.53
3. B. Walker, 31	29.79
4. T. Anderson, 31	30.00
5. J. Enterline, 31	30.30
6. S. Villarette, 31	30.35
7. R. Kleffman, 30	30.80
8. T. Cooper, 30	30.80
9. K. Simpson, 31	30.88
10. A. Smith, 33	30.90

100 yards breaststroke
 Records: T. Canlis, 1975

1. A. Michel, 30	1.01.81
2. A. Smith, 33	1.04.83
3. R. Kleffman, 30	1.05.01
4. P. Watts, 30	1.06.50
5. T. Anderson, 31	1.06.81
6. K. Simpson, 31	1.07.00
7. S. Villarette, 31	1.07.37
8. M. Rockwood, 31	1.07.64
9. T. Snow, 31	1.08.19
10. J. Bayless, 33	1.08.20

200 yards breaststroke
 Records: C. Jastramski, 1972

1. A. Smith, 33	2.18.27
2. P. Watts, 30	2.20.80
3. P. Shaw, 32	2.24.23
4. R. Kleffman, 30	2.27.34
5. J. Bayless, 33	2.28.57
6. A. Michel, 30	2.29.18
7. T. Snow, 31	2.29.53
8. M. Rockwood, 31	2.29.79
9. R. Cain, 30	2.30.74
10. K. Simpson, 31	2.30.80

50 yards butterfly

1. T. Peek, 30	*23.87
2. A. Jarvis, 32	24.71
3. R. Hopkins, 32	24.77
4. R. Ennis, 33	24.94
5. R. Davis, 31	25.06
6. J. White, 32	25.14
7. K. Krueger, 31	25.14
8. S. Clark, 34	25.29
9. A. Melamed, 33	25.29
10. W. Bacon, 31	25.30
10. J. Planagan, 32	25.30

100 yards butterfly
 Records: M. Fitzmaurice, 1977

1. A. Melamed, 33	53.01
2. A. Jarvis, 32	53.29
3. J. Planagan, 32	55.12
4. R. Davis, 31	55.16
5. T. Peek, 30	55.17
6. R. Ennis, 33	55.55
7. J. Planagan, 32	55.80
8. G. Betancourt, 32	55.81
9. B. Kleffman, 30	56.38
10. J. Katis, 32	57.17
10. E. Rudloff, 30	57.46

200 yards butterfly

1. A. Melamed, 34	*2.00.52
2. J. Planagan, 32	2.04.38
3. G. Betancourt, 32	2.08.84
4. D. Curtis, 30	2.09.40
5. D. Walthor, 30	2.11.63
6. J. Green, 32	2.12.40
7. R. Chelakia, 31	2.13.81
8. J. Katis, 32	2.16.20
9. J. Coplan, 32	2.16.56
10. S. Engel, 34	2.18.90

100 yards individual medley
 Records: M. Fitzmaurice, 1977

1. D. Sullivan, 31	55.80
2. K. Krueger, 31	57.35
3. S. Clark, 34	57.42
4. A. Melamed, 33	58.67
5. D. Gray, 32	58.68
6. V. Capriles, 30	58.90
7. D. Nordstrom, 30	59.31
8. R. Smith, 34	59.35
9. W. Bacon, 31	59.60
10. R. Cain, 30	59.69

200 yards individual medley
 Records: L. Larson, 1972

1. K. Tillman,	2.05.47
2. D. Sullivan, 32	2.06.80
3. P. Williams, 32	2.07.75
4. A. Smith, 33	2.10.15
5. D. Nordstrom, 30	2.10.72
6. A. Melamed, 33	2.10.88
7. J. Planagan, 32	2.10.89
8. P. Watts, 30	2.10.92
9. D. Curtis, 30	2.11.52
10. S. Broker, 30	2.12.92
	2.13.79

400 yards individual medley
 Records: J. Flanagan, 1976

1. J. Flanagan, 32	4.39.28
2. S. Engel, 34	4.40.79
3. D. Curtis, 30	4.43.60
4. P. Watts, 30	4.43.90
5. R. Duenkel, 33	4.49.80
6. J. Selmer, 33	4.53.20
7. J. Green, 32	4.56.70
8. P. Shaw, 32	4.56.90
9. T. McCarty, 31	4.57.89
10. J. Katis, 32	5.00.80

Men 35-39 short course

50 yards freestyle
 Records: S. Jackman, 1976

1. J. Geoghegan, 35	22.19
2. T. Garton, 35	22.43
3. D. Garton, 35	22.71
4. D. McIntosh, 35	23.00
5. S. Jackman, 36	23.04
6. G. LaFrise, 38	23.30
7. T. Mann, 35	23.31
8. P. Sagues, 35	23.37
9. R. Frederick, 35	23.38
10. D. Crocker,	23.60

100 yards freestyle

1. T. Garton, 35	*49.18
2. J. Geoghegan, 35	50.14
3. R. Williams, 35	50.58
4. T. Mann, 35	50.88
5. W. Wood, 36	51.68
6. B. Clark, 36	51.77
7. G. LaFrise, 38	51.78
8. D. McIntosh, 35	52.06
9. P. Sagues, 35	52.12
10. C. Neuman, 35	52.28

200 yards freestyle

1. T. Garton, 35	*1.50.82
2. J. Crane, 36	1.54.70
3. R. Williams, 35	1.54.75
4. J. Geoghegan, 35	1.54.99
5. B. Kanner, 38	1.55.25
6. W. Wood, 36	1.57.08
7. C. Neuman, 35	1.58.59
8. P. Sagues, 35	1.58.96
9. D. Hershey, 37	1.59.90
10. D. McIntosh, 35	1.59.92

500 yards freestyle
 Records: P. Thompson, 1977

1. J. Crane, 36	5.04.02
2. R. Williams, 35	5.13.21
3. B. Kanner, 38	5.17.97
4. P. Goode, 35	5.20.33
5. D. Hershey, 37	5.26.82
6. A. Cartwright, 36	5.29.36
7. H. Hamilton, 37	5.34.80
8. B. Rounds, 36	5.35.81
9. R. Stewart, 37	5.37.29
10. J. Geoghegan, 35	5.38.30

1650 yards freestyle
 Records: P. Thompson, 1977

1. P. Thompson, 36	17.34.73
2. J. Crane, 36	17.50.60
3. P. Goode, 35	18.14.24
4. W. Williams, 35	19.09.49
5. D. Hershey, 37	19.26.01
6. R. Stewart, 38	19.36.19
7. R. Williams, 35	19.37.10
8. H. Hamilton, 36	19.41.48
9. A. Guzman,	20.01.47
10. C. Raven, 39	20.03.66

50 yards backstroke

1. T. Mann, 35	*27.17
2. D. Hershey, 37	27.43
3. T. Calomeris, 35	28.10
4. T. Garton, 35	28.40
5. D. Bretherton, 36	28.68
6. A. Smith, 38	28.70
7. J. Snooks, 35	28.79
8. D. Floyd, 39	28.82
9. J. Geoghegan, 35	28.82
10. R. Rounds, 35	28.87

100 yards backstroke

1. T. Mann, 35	*56.84
2. D. Hershey, 37	59.27
3. T. Garton, 35	1.01.30
4. D. Bretherton, 36	1.02.62
5. J. Geoghegan, 35	1.02.69
6. D. Campbell, 37	1.03.80
7. D. McIntosh, 35	1.04.40
8. P. Betzer, 22	1.04.80
9. H. Roddin, 36	1.04.76
10. A. Cartwright, 36	1.05.30

200 yards backstroke

1. T. Mann, 35	*2.07.80
2. D. Hershey, 37	2.07.98
3. A. Cartwright, 36	2.17.90
4. D. Bretherton, 36	2.18.68
5. H. Roddin, 36	2.20.40
6. A. Smith, 38	2.23.22
7. E. Snyder, 35	2.23.43
8. D. Campbell, 37	2.24.76
9. J. Crane, 36	2.27.38
10. D. Gallagher, 39	2.28.01

50 yards breaststroke
 Records: H. Cole, 1977

1. H. Cole, 36	29.24
2. R. Neaves, 37	29.50
3. C. Maunz, 37	29.93
4. T. McCoy, 35	30.29
5. J. McAbee, 35	30.53
6. J. McCoy, 37	30.53
7. G. Runciman, 35	30.60
8. R. Stanley, 35	30.81
9. A. Arndt, 37	31.00
10. J. Stover, 36	31.07
10. K. Cossins, 37	31.10

100 yards breaststroke
 Records: H. Cole, 1977

1. H. Cole, 36	1.04.04
2. C. Maunz, 37	1.05.60
3. R. Neaves, 37	1.06.10
4. J. McCoy, 37	1.07.69
5. E. Fernandez, 36	1.07.76
6. R. Stanley, 35	1.07.83
7. A. Arndt, 37	1.07.91
8. G. Runciman, 36	1.08.20
9. T. Garton, 35	1.08.52
10. S. Roberts, 39	1.09.40

200 yards breaststroke

1. H. Cole, 36	*2.22.75
2. R. Stanley, 35	2.25.27
3. A. Arndt, 37	2.27.00
4. C. Maunz, 37	2.29.27
5. E. Fernandez, 36	2.30.86
6. G. Gwin, 35	2.32.35
7. J. McCoy, 37	2.33.38
8. T. Garton, 35	2.35.00

6. E. Snyder, 35	2:14.02
7. T. Tashnick, 39	2:15.03
8. W. Wood, 36	2:15.43
9. H. Roddin, 36	2:18.30
10. B. Clark, 36	2:18.33

400 yards individual medley

1. P. Thompson, 36	*4:45.35
2. T. Tashnick, 39	4:51.52
3. A. Cartwright, 36	4:52.30
4. T. Garton, 35	4:52.40
5. E. Snyder, 35	4:53.65
6. J. Geoghegan, 35	4:53.90
7. R. Stewart, 38	4:57.35
8. H. Roddin, 36	4:57.80
9. R. Williams, 35	5:02.57
10. M. Leuz, 36	5:12.42

Men 40-44 short course

50 yards free style

1. C. Bechtel, 40	*23.15
2. D. Read, 43	23.62
3. F. Gay, 43	24.18
4. W. Dobler, 44	24.26
5. H. Zentgraf, 43	24.43
6. D. McIntyre, 43	24.47
7. G. Worthington, 40	24.48
8. E. Hinshaw, 40	24.60
9. D. Drum, 42	24.66
10. G. Rosser, 44	24.68

100 yards freestyle

1. E. Hinshaw, 40	*51.39
2. C. Bechtel, 40	52.36
3. G. Worthington, 40	54.29
4. A. Coxon, 41	54.37
5. F. Gay, 43	54.50
6. G. Rosser, 44	54.58
7. B. Sturtevant, 44	54.65
8. W. Dobler, 44	54.75
9. D. McIntyre, 40	55.16
10. D. Read, 43	55.41

200 yards freestyle

1. E. Hinshaw, 41	*1:51.63
2. B. Sturtevant, 44	1:58.66
3. C. Bechtel, 44	1:59.56
4. A. Coxon, 42	1:59.82
5. S. Jones, 42	2:02.36
6. C. Christensen, 40	2:04.95
7. C. Woolley, 41	2:05.78
8. K. Canterbury, 41	2:06.20
9. P. Taft, 42	2:06.44
10. G. Rosser, 43	2:06.70

500 yards freestyle

1. E. Hinshaw, 41	*5:09.20
2. B. Sturtevant, 43	5:21.64
3. S. Jones, 42	5:34.30
4. C. Woolley, 41	5:40.90
5. T. Long, 40	5:41.32
6. A. Coxon, 41	5:43.05
7. K. Canterbury, 41	5:47.69
8. C. Bechtel, 44	5:49.97
9. C. Christensen, 40	5:54.87
10. G. Rosser, 44	5:55.94

1650 yards freestyle

Record: B. Jones, 1975	18:25.66
1. E. Hinshaw, 40	19:07.70
2. B. Sturtevant, 44	19:20.80
3. S. Jones, 42	19:32.78
4. C. Woolley, 41	20:05.67
5. K. Canterbury, 42	19:28.36
6. T. Long, 40	20:30.30
7. D. O'Brien, 42	20:46.56
8. F. Newquist, 40	20:55.00
9. J. Zwicker, 41	21:00.30
10. S. Pabla, 41	21:10.30

50 yards backstroke

Record: Y. Oyakawa, 1975	28.20
1. B. Clayson, 42	28.50
2. A. Coxon, 41	28.86
3. D. McIntyre, 43	28.97
4. R. Goodwin, 41	29.00
5. Y. Oyakawa, 44	29.10
6. L. Cook, 40	29.50
7. W. Earley, 41	29.70
8. C. Bechtel, 40	29.93
9. B. Jones, 44	29.94
10. S. Monsein, 43	30.01

100 yards backstroke

1. D. McIntyre, 43	*1:00.20
2. B. Clayson, 42	1:03.41
3. A. Coxon, 41	1:04.12
4. L. Cook, 40	1:04.54
5. B. Jones, 44	1:04.84
6. M. Van Helsdingen, 44	1:05.79
7. Y. Oyakawa, 44	1:05.90
8. K. Canterbury, 41	1:06.00
9. S. Monsein, 43	1:06.42
10. L. Meiring, 44	1:06.63

200 yards backstroke

Record: B. Jones, 1977	2:15.89
1. D. McIntyre, 43	2:18.60
2. B. Clayson, 42	2:21.19
3. B. Jones, 44	2:23.09
4. K. Canterbury, 41	2:24.82
5. L. Cook, 40	2:25.35
6. C. Woolley, 41	2:28.20
7. D. Brown, 43	2:29.07
8. S. Jones, 42	2:29.71
9. L. Meiring, 44	2:29.97
10. A. Coxon, 41	2:31.49

50 yards breaststroke

1. M. Sangully, 44	*30.40
2. D. McIntyre, 43	31.98
3. E. Orth, 43	32.10
4. A. Manwell, 40	32.18
5. L. Abel, 42	32.50
6. J. Dyason, 43	32.50
7. R. Patton, 43	32.56
8. T. Long, 40	32.60
9. H. Brown, 43	32.90
10. W. Davis, 44	32.97

100 yards breaststroke

Record: M. Smith, 1977	1:06.86
1. M. Sangully, 44	1:07.10
2. T. Long, 40	1:08.92
3. C. Cruzan, 40	1:10.98
4. R. Taylor, 44	1:11.00
5. D. McIntyre, 43	1:12.55
6. R. Patton, 43	1:12.89
7. M. Smith, 42	1:13.43
8. L. Abel, 42	1:13.45
9. B. Symes, 43	1:13.52
10. W. Davis, 44	1:14.05

200 yards breaststroke

Record: M. Smith, 1977	2:28.84
1. T. Long, 40	2:30.15
2. R. Taylor, 44	2:36.20
3. C. Cruzan, 40	2:36.31
4. D. McIntyre, 43	2:41.15
5. R. Patton, 43	2:41.71
6. N. Capaluolo, 43	2:42.36
7. M. Macklin, 40	2:44.25
8. L. Abel, 42	2:44.41
9. M. Van Helsdingen, 44	2:45.02
10. B. Symes, 43	2:45.71

50 yards butterfly

Record: W. Dobler, 1976	25.45
1. W. Dobler, 44	25.69
2. G. Worthington, 40	26.09
3. D. Drum, 42	26.28
4. C. Bechtel, 40	26.57
5. J. Bohan, 41	27.09
6. P. Taft, 41	27.17
7. G. Rosser, 43	27.20
8. D. McIntyre, 43	27.30
8. A. Coxon, 41	27.30
10. A. Manwell, 40	27.35

100 yards butterfly

1. G. Worthington, 40	*57.93
2. D. McIntyre, 43	59.13
3. W. Dobler, 44	59.56
4. D. O'Brien, 41	1:01.38
5. D. Drum, 42	1:01.45
6. G. Rosser, 43	1:03.31
7. K. Canterbury, 41	1:03.60
8. R. McCray, 40	1:04.30
9. C. Bechtel, 40	1:05.20
10. A. Coxon, 41	1:05.47

200 yards butterfly

1. D. McIntyre, 43	*2:18.32
2. G. Worthington, 40	2:27.50
3. K. Canterbury, 41	2:28.93
4. D. O'Brien, 42	2:35.90
5. M. Macklin, 40	2:37.67
6. W. Thornburg, 44	2:37.90
6. W. Murray, 40	2:37.90
8. R. Kamm, 40	2:41.16
9. R. McCray, 40	2:41.64
10. P. Newquist, 40	2:41.90

100 yards individual medley

1. D. McIntyre, 43	*59.62
2. E. Hinshaw, 40	1:00.57
3. A. Coxon, 41	1:01.98
4. D. Drum, 42	1:02.55
5. C. Bechtel, 40	1:02.63
6. W. Dobler, 44	1:02.68
7. A. Manwell, 40	1:02.90
8. R. Goodwin, 40	1:03.46
9. G. Worthington, 40	1:03.56
10. K. Canterbury, 41	1:03.88

200 yards individual medley

Record: B. Jones, 1977	2:12.80
1. E. Hinshaw, 40	2:13.81
2. D. McIntyre, 43	2:18.34
3. G. Worthington, 40	2:18.88
4. A. Coxon, 41	2:19.35
5. K. Canterbury, 41	2:22.10
6. B. Jones, 44	2:22.40
7. D. Drum, 42	2:23.34
8. S. Jones, 42	2:24.57
9. M. Macklin, 40	2:28.47
10. C. Bechtel, 40	2:28.94

400 yards individual medley

Record: B. Jones, 1976	4:56.11
1. B. Jones, 44	4:57.20
2. E. Hinshaw, 40	5:04.20
3. K. Canterbury, 41	5:07.60
4. D. McIntyre, 43	5:13.05
5. D. O'Brien, 41	5:21.40
6. M. Macklin, 40	5:24.71
7. D. Short, 41	5:25.78
8. A. Coxon, 41	5:27.60
9. W. Murray, 40	5:35.23
10. G. Lyons, 41	5:38.04

Men 45-49 short course

50 yards freestyle

1. D. Hill, 46	*22.85
2. R. Johnson, 46	23.59
3. H. Begel, 48	24.14
4. T. Lyndon, 46	24.69
5. T. Kaulback, 46	24.85

6. E. Breisacher, 45	25.32
7. R. Heritier, 49	25.36
8. N. Palmer, 47	25.49
9. E. Ames, 48	25.51
9. T. Willson, 49	25.51

100 yards freestyle

1. D. Hill, 46	*52.33
2. R. Johnson, 46	52.44
3. B. Jones, 45	54.69
4. H. Begel, 48	55.32
5. T. Lyndon, 46	55.39
6. E. Breisacher, 45	55.95
7. R. Heritier, 49	56.09
8. N. Palmer, 47	56.17
9. K. Pluntke, 45	56.40
10. G. Johnston, 46	56.66

200 yards freestyle

1. B. Jones, 45	*1:57.09
2. G. Johnston, 47	2:00.94
3. H. Williams, 47	2:02.14
4. D. Malone, 47	2:05.55
5. R. Heritier, 49	2:05.64
6. K. Pluntke, 45	2:09.30
7. T. Lyndon, 46	2:09.89
8. W. Leengran, 46	2:10.17
9. N. Palmer, 47	2:10.69
10. D. Rice, 45	2:11.07

500 yards freestyle

1. B. Jones, 45	*5:18.20
2. G. Johnston, 47	5:24.05
3. H. Williams, 47	5:27.80
4. D. Malone, 47	5:52.31
5. R. Heritier, 49	5:53.58
6. W. Leengran, 46	5:54.39
7. J. Alleva, 49	5:58.10
8. N. Palmer, 47	5:58.45
9. M. Jacque, 48	6:04.08
10. D. Rice, 45	6:07.30

1650 yards freestyle

Record: G. Johnston, 1977	18:31.86
1. G. Johnston, 47	18:48.51
2. B. Jones, 45	18:53.02
3. H. Williams, 47	19:04.30
4. W. Leengran, 46	20:44.50
5. N. Palmer, 47	21:26.50
6. D. Rice, 45	21:31.94
7. M. Jacque, 48	21:36.03
8. R. Heritier, 49	21:39.50
9. T. Lyndon, 46	21:45.70
10. A. Beach, 47	21:55.55

50 yards backstroke

1. H. Begel, 48	*29.57
2. B. Jones, 45	29.58
3. N. Palmer, 47	29.85
4. R. Tannehill, 49	30.70
5. G. Johnston, 47	31.17
6. E. Choong, 45	31.34
7. B. Baarcke, 46	31.36
8. A. Mayer, 46	31.46
9. T. Willson, 49	31.59
10. H. Knowlton, 48	31.67

100 yards backstroke

1. B. Jones, 45	*1:01.59
2. F. Reynolds, 46	1:07.52
3. H. Begel, 48	1:07.59
4. N. Palmer, 47	1:08.60
5. E. Choong, 45	1:09.26
6. R. Tannehill, 49	1:09.60
7. H. Knowlton, 48	1:09.64
8. R. Bennett, 47	1:09.90
9. J. Prata, 49	1:10.14
10. S. McConnell, 46	1:10.18

200 yards backstroke

1. B. Jones, 45	*2:15.70
2. R. Bennett, 47	2:31.80
3. F. Reynolds, 46	2:32.03
4. H. Knowlton, 49	2:32.56
5. S. McConnell, 46	2:34.11
6. G. Miller, 45	2:35.06
7. L. Goldstone, 48	2:35.46
8. J. Prata, 49	2:35.46
9. E. Choong, 45	2:38.00
10. H. Martin, 48	2:38.20

50 yards breaststroke

1. M. Sangully, 45	*29.87
2. R. Alsobrook, 48	31.57
3. E. Breisacher, 45	32.43
4. E. Smith, 47	32.50
5. R. Kueny, 47	32.83
6. T. Keonig, 46	33.26
7. T. Haartz, 49	33.60
8. D. VanRosen, 48	33.95
9. A. Jones, 46	34.00
10. R. Graef, 46	34.14

100 yards breaststroke

1. M. Sangully, 45	*1:06.62
2. R. Kueny, 47	1:10.24
3. R. Alsobrook, 48	1:10.46
4. R. Taylor, 45	1:11.38
5. E. Smith, 47	1:11.40
6. E. Breisacher, 45	1:12.40
7. A. Jones, 46	1:13.06
8. T. Hamst, 49	1:13.11
9. T. Keonig, 46	1:13.65
10. N. Berenyi, 45	1:15.07

200 yards breaststroke

1. M. Sangully, 45	*2:32.14
2. R. Kueny, 47	2:33.25

3. R. Taylor, 45	2:36.29
4. E. Smith, 47	2:39.20
5. R. Alsobrook, 48	2:40.02
6. A. Jones, 46	2:41.88
7. N. Berenyi, 45	2:43.64
8. T. Haartz, 49	2:44.64
9. T. Keonig, 46	2:47.23
10. W. Thornburg, 45	2:48.10

50 yards butterfly

Record: E. Ames, 1977	25.89
1. R. Johnson, 46	25.99
2. E. Ames, 48	26.22
3. H. Begel, 48	26.89
4. A. Jones, 46	27.63
5. P. Reynolds, 45	28.34
6. R. Taylor, 45	28.44
7. A. Allen, 48	28.92
8. T. Haartz, 49	29.00
8. R. Kueny, 47	29.00
10. C. Moss, 49	29.20

100 yards butterfly

1. R. Johnson, 46	*1:00.07
2. E. Ames, 49	1:04.93
3. H. Begel, 48	1:05.00
4. A. Jones, 46	1:05.75
5. C. Moss, 49	1:06.19
6. H. Fox, 48	1:06.20
7. H. Williams, 47	1:06.33
8. E. Smith, 47	1:07.04
9. P. Reynolds, 46	1:07.05
10. W. Thornburg, 45	1:07.40

200 yards butterfly

1. B. Jones, 45	*2:21.89
2. E. Smith, 47	2:35.75
3. A. Welch, 45	2:38.46
4. C. Moss, 49	2:38.67
5. R. Kueny, 47	2:38.86
6. W. Thornburg, 45	2:39.40
7. H. Williams, 47	

500 yards freestyle

Table with 2 columns: Name and Time. Includes swimmers like G. Yates, J. Alleva, E. Kerwill, etc.

Table with 2 columns: Name and Time. Includes swimmers like T. Haarts, M. Flanagan, S. Mann, etc.

200 yards butterfly

Table with 2 columns: Name and Time. Includes swimmers like P. Hutinger, T. Haarts, P. Rockwell, etc.

150 yards freestyle

Table with 2 columns: Name and Time. Includes swimmers like G. Yates, J. Alleva, W. Phillips, etc.

100 yards individual medley

Table with 2 columns: Name and Time. Includes swimmers like P. Hutinger, C. Moss, P. Hutinger, etc.

50 yards backstroke

Table with 2 columns: Name and Time. Includes swimmers like P. Hutinger, G. Mack, T. Smith, etc.

200 yards individual medley

Table with 2 columns: Name and Time. Includes swimmers like P. Hutinger, C. Moss, P. Hutinger, etc.

100 yards backstroke

Table with 2 columns: Name and Time. Includes swimmers like P. Hutinger, J. Woods, D. Draves, etc.

400 yards individual medley

Table with 2 columns: Name and Time. Includes swimmers like D. Draves, P. Hutinger, P. Hutinger, etc.

200 yards backstroke

Table with 2 columns: Name and Time. Includes swimmers like P. Hutinger, A. Groh, G. Mack, etc.

Men 55-59 short course

Table with 2 columns: Name and Time. Includes swimmers like R. Hakomaki, J. Schmidt, D. Schwab, etc.

50 yards breaststroke

Table with 2 columns: Name and Time. Includes swimmers like R. Stickney, M. Flanagan, T. Haartz, etc.

50 yards freestyle

Table with 2 columns: Name and Time. Includes swimmers like R. Hakomaki, J. Schmidt, D. Schwab, etc.

100 yards breaststroke

Table with 2 columns: Name and Time. Includes swimmers like T. Haarts, R. Stickney, M. Flanagan, etc.

100 yards freestyle

Table with 2 columns: Name and Time. Includes swimmers like R. Hakomaki, J. Schmidt, D. Schwab, etc.

200 yards breaststroke

Table with 2 columns: Name and Time. Includes swimmers like T. Haarts, S. Mann, G. Williams, etc.

200 yards freestyle

Table with 2 columns: Name and Time. Includes swimmers like J. Crews, J. Crews, R. Taft, etc.

50 yards butterfly

Table with 2 columns: Name and Time. Includes swimmers like P. Rockwell, P. Hutinger, J. Schmidt, etc.

500 yards freestyle

Table with 2 columns: Name and Time. Includes swimmers like J. Crews, J. Crews, J. Schmidt, etc.

100 yards butterfly

Table with 2 columns: Name and Time. Includes swimmers like P. Rockwell, C. Moss, P. Hutinger, etc.

150 yards freestyle

Table with 2 columns: Name and Time. Includes swimmers like J. Crews, J. Schmidt, B. Erich, etc.

50 yards backstroke

Table with 2 columns: Name and Time. Includes swimmers like P. Herron, R. Taft, E. Turley, etc.

Table with 2 columns: Name and Time. Includes swimmers like P. Herron, P. Havlicek, W. Kliest, etc.

100 yards backstroke

Table with 2 columns: Name and Time. Includes swimmers like R. Taft, E. Walter, E. Turley, etc.

200 yards individual medley

Table with 2 columns: Name and Time. Includes swimmers like P. Herron, R. Hakomaki, R. Taft, etc.

200 yards backstroke

Table with 2 columns: Name and Time. Includes swimmers like P. Herron, R. Taft, J. Edwards, etc.

400 yards individual medley

Table with 2 columns: Name and Time. Includes swimmers like R. Taft, D. Miles, R. Hakomaki, etc.

50 yards breaststroke

Table with 2 columns: Name and Time. Includes swimmers like R. Rodriguez, M. Eppley, J. Warren, etc.

Men 60-64 short course

Table with 2 columns: Name and Time. Includes swimmers like H. Rawstrom, J. Welch, W. Burrell, etc.

100 yards breaststroke

Table with 2 columns: Name and Time. Includes swimmers like R. Rodriguez, T. vonBerckefeldt, J. Warren, etc.

100 yards freestyle

Table with 2 columns: Name and Time. Includes swimmers like J. Welch, W. Burrell, H. Rawstrom, etc.

200 yards breaststroke

Table with 2 columns: Name and Time. Includes swimmers like R. Rodriguez, R. Hakomaki, D. Miles, etc.

200 yards freestyle

Table with 2 columns: Name and Time. Includes swimmers like J. Welch, W. Burrell, H. Rawstrom, etc.

50 yards butterfly

Table with 2 columns: Name and Time. Includes swimmers like J. Schmidt, R. Hakomaki, R. Taft, etc.

500 yards freestyle

Table with 2 columns: Name and Time. Includes swimmers like H. Rawstrom, J. Welch, W. Burrell, etc.

100 yards butterfly

Table with 2 columns: Name and Time. Includes swimmers like J. Crews, E. Cronin, P. Havlicek, etc.

150 yards freestyle

Table with 2 columns: Name and Time. Includes swimmers like J. Welch, D. Rankin, H. Rawstrom, etc.

200 yards butterfly

Table with 2 columns: Name and Time. Includes swimmers like J. Crews, R. Taft, E. Cronin, etc.

50 yards backstroke

Table with 2 columns: Name and Time. Includes swimmers like L. Smith, W. Webb, B. Jewell, etc.

100 yards individual medley

Table with 2 columns: Name and Time. Includes swimmers like R. Taft, R. Hakomaki.

100 yards backstroke

Table with 2 columns: Name and Time. Includes swimmers like L. Smith, W. Woodslev, J. Higgins, etc.

7. E. Moran,60	1.19.39
8. C. Wilson,62	1.20.61
9. R. Knapp,61	1.21.02
10. E. Schaaberle,	1.21.10

200 yards backstroke	
1. J. Higgins,62	*2.47.37
2. A. Wooldley,60	2.48.57
3. D. Rowan,64	2.49.10
4. J. Merrill,60	2.52.54
5. E. Moran,60	2.55.13
6. C. Wilson,62	3.00.54
7. W. Webb,64	3.00.59
8. R. Guido,60	3.01.56
9. D. Volk,60	3.02.30
10. M. Sielski,62	3.02.74

50 yards breaststroke	
Record: G. Trawicki,1976	35.01
1. G. Trawicki,61	35.53
2. D. Volk,60	36.26
3. J. Higgins,61	36.63
4. B. Allen,64	36.70
5. C. Wilson,62	36.91
6. E. Blackledge,61	37.34
7. W. Pfeiffer,64	37.81
8. J. Reilly,61	37.90
9. H. Rawstrom,60	38.00
10. K. Frederick,63	38.10

100 yards breaststroke	
Record: J. Higgins,1977	1.18.30
1. G. Trawicki,61	1.19.03
2. J. Higgins,61	1.19.87
3. E. Blackledge,61	1.21.68
4. C. Wilson,62	1.21.70
5. B. Allen,64	1.22.80
6. T. Lind,60	1.24.80
7. B. Cleveland,60	1.25.75
8. D. Rankin,61	1.25.79
9. W. Pfeiffer,64	1.26.47
10. K. Frederick,63	1.27.80

200 yards breaststroke	
1. J. Higgins,62	*2.54.09
2. E. Blackledge,62	3.00.87
3. C. Wilson,62	3.01.54
4. G. Trawicki,61	3.02.98
5. D. Rankin,61	3.07.72
6. W. Pfeiffer,64	3.10.36
7. E. Neilson,60	3.10.40
8. B. Allen,64	3.13.38
9. M. Sielski,62	3.23.12
10. S. Proffkin,60	3.23.90

50 yards butterfly	
Record: E. Jennings,1975	30.70
1. J. Welch,60	31.45
2. W. Grant,60	32.19
3. C. Croome,60	32.69
4. E. Jennings,63	32.70
5. W. Burrell,60	33.11
6. R. Knapp,60	33.20
7. W. Pfeiffer,64	33.50
8. C. Wilson,62	33.75
9. D. Rowan,64	34.43
10. J. Siefert,60	34.80

100 yards butterfly	
Record: C. Wilson,1977	1.15.98
1. W. Pfeiffer,64	1.19.47
2. J. Higgins,61	1.19.57
3. W. Grant,64	1.19.84
4. C. Wilson,62	1.20.21
5. W. Burrell,60	1.23.71
6. E. Blackledge,62	1.24.30
7. C. Croome,61	1.25.06
8. E. Jennings,63	1.25.46
9. M. Sielski,62	1.25.71
10. F. Krup,60	1.27.00

200 yards butterfly	
1. W. Pfeiffer,64	*3.01.75
2. J. Higgins,61	3.05.80
3. C. Wilson,62	3.05.98
4. M. Sielski,62	3.20.53
5. E. Jennings,63	3.21.33
6. E. Blackledge,61	3.21.60
7. W. Grant,64	3.28.09
8. D. Rankin,61	3.29.50
9. C. Croome,61	3.29.50
10. G. Caddey,64	3.33.20

100 yards individual medley	
Record: C. Wilson,1977	1.11.57
1. W. Burrell,60	1.13.22
2. C. Wilson,62	1.13.44
3. H. Rawstrom,60	1.13.83
4. J. Higgins,61	1.14.68
5. G. Clemens,60	1.16.57
6. R. Knapp,60	1.17.00
7. B. Grant,64	1.17.40
8. C. Croome,60	1.17.50
9. J. Siefert,60	1.17.67
10. E. Blackledge,61	1.18.39

200 yards individual medley	
Record: J. Higgins,1977	2.44.22
1. C. Wilson,62	2.44.73
2. J. Higgins,62	2.47.34
3. W. Burrell,60	2.50.92
4. W. Pfeiffer,64	2.57.39
5. E. Blackledge,62	2.57.88
6. J. Siefert,60	2.58.50
7. D. Rankin,61	2.58.81
8. M. Sielski,62	3.01.32
9. C. Croome,61	3.02.80
10. G. Caddey,64	3.06.40

400 yards individual medley

1. J. Higgins,61	*5.53.40
2. C. Wilson,62	6.08.92
3. W. Pfeiffer,64	6.15.68
4. D. Rankin,61	6.15.85
5. W. Burrell,60	6.18.26
6. M. Sielski,62	6.29.07
7. E. Blackledge,62	6.35.60
8. G. Caddey,64	6.48.60
9. W. Grant,64	6.49.94
10. C. Croome,61	6.50.37

Men 65-69 short course

50 yards freestyle	
Record: L. Collett,1973	27.64
1. R. Richardson,66	28.31
2. B. Wood,68	29.44
3. R. Lawrence,66	29.45
4. S. Weinberg,65	30.00
5. W. Miller,65	30.51
6. G. Sobel,69	30.79
7. L. Osborne,69	30.90
8. F. Jowett,67	31.00
9. W. Murphy,65	31.01
10. D. Stevenson,65	31.30

100 Yards freestyle

Record: L. Collett,1973	1.03.90
1. R. Richardson,66	1.05.43
2. H. Howe,65	1.08.11
3. B. Wood,68	1.08.36
4. R. Lawrence,66	1.09.42
5. S. Weinberg,65	1.09.58
6. W. Murphy,65	1.09.78
7. L. Osborne,69	1.10.10
8. R. Carnes,65	1.11.84
9. D. Stevenson,65	1.12.44
10. T. Monahan,67	1.13.44

200 yards freestyle

Record: R. Richardson,1977	2.28.10
1. R. Richardson,66	2.28.76
2. H. Howe,65	2.29.62
3. M. O'Connor,67	2.31.15
4. B. Wood,68	2.38.30
5. L. Osborne,69	2.38.30
6. W. Murphy,65	2.40.72
7. S. Weinberg,65	2.42.10
8. R. Lawrence,66	2.51.22
9. D. McAfee,68	2.54.50
10. D. Stevenson,65	2.58.54

500 yards freestyle

Record: H. Howe,1977	6.46.59
1. H. Howe,66	6.49.83
2. R. Richardson,66	6.51.06
3. L. Osborne,69	7.14.60
4. B. Wood,67	7.21.64
5. W. Murphy,65	7.53.72
6. R. Loughborough,67	8.10.78
7. D. Stevenson,65	8.16.90
8. F. Meier,65	8.18.00
9. E. Onsgard,66	8.19.88
10. W. Stinson,69	8.21.33

1650 yards freestyle

Record: H. Howe,1977	23.26.43
1. H. Howe,66	23.56.67
2. L. Osborne,69	24.44.30
3. R. Richardson,66	26.57.52
4. W. Murphy,65	26.34.10
5. E. Onsgard,66	28.22.21
6. D. Stevenson,65	28.26.80
7. W. Loughborough,67	28.33.60
8. F. Meier,65	29.02.80
9. W. Stinson,68	29.05.10
10. D. McAfee,68	29.17.72

50 yards backstroke

Record: T. Monahan,1977	36.05
1. S. Handy,65	36.70
2. S. Weinberg,65	37.18
3. T. Monahan,67	37.74
4. R. Richardson,66	37.92
5. R. Lawrence,66	38.49
6. G. Corson,66	38.94
7. M. Maxwell,66	40.35
8. W. Murphy,65	40.68
9. B. Wood,68	41.30
10. F. Hauff,66	41.70

100 yards backstroke

Record: A. Hargrave,1976	1.19.50
1. R. Richardson,66	1.25.78
2. S. Handy,65	1.28.30
3. S. Weinberg,65	1.28.51
4. G. Corson,66	1.28.51
5. T. Monahan,67	1.28.57
6. B. Wood,68	1.30.37
7. R. Coyle,65	1.31.62
8. O. Sigrist,69	1.32.10
9. J. Bartlett,66	1.35.10
10. J. Cooley,67	1.36.34

200 yards backstroke

Record: A. Hargrave,1976	3.02.11
1. R. Richardson,66	3.12.46
2. B. Wood,68	3.19.17
3. T. Monahan,67	3.19.47
4. S. Handy,65	3.20.60
5. G. Corson,66	3.21.26
6. R. Coyle,65	3.22.50
7. O. Sigrist,69	3.24.57
8. J. Bartlett,66	3.26.41
9. D. Stevenson,65	3.31.30
10. W. Miller,65	3.40.32

50 yards breaststroke

1. R. Richardson,66	*35.02
2. H. Perry,66	38.30
3. S. Bernstein,68	38.41
4. F. Meier,65	38.63
5. R. Lawrence,66	39.90
6. R. Kays,66	41.00
7. E. Onsgard,65	41.07
8. F. Hauff,66	41.80
9. J. Coon,67	41.57
10. H. Barr,68	41.59

100 yards breaststroke

1. F. Meier,65	*1.25.55
2. H. Perry,66	1.26.21
3. R. Richardson,66	1.30.55
4. R. Clark,66	1.30.75
5. S. Bernstein,68	1.30.80
6. R. Lawrence,66	1.33.82
7. R. Kays,66	1.34.01
8. R. Carnes,65	1.34.34
9. W. Loughborough,67	1.34.80
10. W. Share,68	1.35.24

200 yards breaststroke

1. F. Meier,65	*3.11.40
2. R. Clark,66	3.14.75
3. R. Richardson,66	3.19.03
4. H. Perry,66	3.20.51
5. D. Stevenson,65	3.25.38
6. W. Loughborough,67	3.28.00
7. W. Share,68	3.29.00
8. R. Kays,66	3.30.73
9. R. Carnes,65	3.35.72
10. J. Coon,67	3.38.10

50 yards butterfly

1. R. Lawrence,66	*34.50
2. R. Richardson,66	34.97
3. S. Weinberg,65	35.99
4. J. Bartlett,65	36.33
5. M. Maxwell,66	36.89
6. W. Loughborough,67	37.55
7. J. Knott,65	38.78
8. J. Coon,67	39.02
9. H. Perry,66	39.27
10. D. Stevenson,65	40.29

100 yards butterfly

1. J. Bartlett,65	*1.26.93
2. J. Coon,67	1.32.34
3. R. Richardson,66	1.34.20
4. C. Straus,65	1.36.66
5. W. Stinson,68	1.40.39
6. F. Jowett,67	1.40.40
7. S. Weinberg,65	1.42.00
3. E. Hale,67	1.42.28
9. W. Loughborough,67	1.42.70
10. E. Onsgard,66	1.43.60

200 yards butterfly

1. J. Bartlett,65	*3.34.93
2. C. Straus,65	3.41.24
3. A. Guth,69	4.00.24
4. E. Hale,67	4.27.16
5. W. Stinson,68	5.17.00

100 yards individual medley

1. R. Richardson,66	*1.16.94
2. R. Carnes,65	1.24.49
3. S. Weinberg,65	1.24.66
4. R. Lawrence,67	1.25.91
5. W. Loughborough,67	1.26.51
6. O. Sigrist,69	1.26.94
7. J. Bartlett,66	1.27.03
8. M. Maxwell,66	1.27.32
9. J. Knott,65	1.28.07
10. D. Stevenson,65	1.28.50

200 yards individual medley

1. R. Richardson,66	*2.59.78
2. B. Wood,68	3.17.60
3. J. Bartlett,66	3.19.98
4. W. Loughborough,67	3.22.50
5. C. Straus,65	3.25.38
6. J. Knott,65	3.26.40
7. D. Sigrist,69	3.27.45
8. J. Coon,67	3.36.18
9. A. Guth,69	3.37.09
10. R. Lawrence,66	3.37.69

400 yards individual medley

1. B. Wood,68	*7.04.60
2. J. Bartlett,65	7.27.07
3. C. Straus,65	7.27.37
4. A. Guth,69	7.29.70
5. W. Loughborough,67	7.37.37
6. E. Onsgard,66	8.04.73
7. W. Stinson,68	8.08.27
8. E. Hale,67	8.41.75
9. R. Coyle,65	9.10.80

Men 70-74 short course

50 yards freestyle	
1. A. Rule,72	*30.70
2. A. Hargrave,70	31.08
3. M. Vogt,72	31.30
4. S. Craigie,71	31.36
5. J. McGuire,73	32.10
6. R. VanLill,71	33.25
7. L. Finley,70	33.63
8. R. Nelson,70	34.70
9. H. Jagers,70	35.32
10. J. Glandin,70	35.90

100 yards freestyle

1. A. Rule,72	*1.10.65
2. M. Vogt,72	1.12.17
3. A. Hargrave,70	1.12.70
4. E. Tews,71	1.16.53
5. S. Craigie,71	1.17.36
6. L. Finley,70	1.18.02
7. R. Nelson,70	1.19.
8. J. McGuire,73	1.19.
9. R. VanLill,71	1.20.07
10. H. Strothman,72	1.22.99

200 yards freestyle

Record: A. Hargrave,1977	2.48.40
1. A. Rule,72	2.49.60
2. M. Vogt,72	2.57.62
3. H. Eisenhardt,71	3.04.70
4. L. Finley,70	3.06.22
5. G. Langner,74	3.06.74
6. R. Nelson,70	3.09.57
7. S. Craigie,71	3.09.68
8. E. Tews,71	3.09.87
9. L. Chapin,70	3.12.75
10. J. Glandin,70	3.14.20

500 yards freestyle

Record: G. Langner,1976	7.50.40
1. G. Langner,74	8.18.40
2. F. Lappe,72	8.29.10
3. S. Craigie,71	8.40.30
4. R. Johns,72	8.41.79
5. L. Chapin,70	8.50.25
6. H. Jagers,70	8.56.40
7. J. Wallace,73	9.0

200 yards breaststroke
 Record: A. Kallunki, 1974

1. A. Olanoff, 71	3:36.16
2. W. Kratz, 72	3:40.40
3. F. Lappe, 72	3:40.56
4. R. Johns, 72	3:43.24
5. A. Kallunki, 74	3:45.39
6. H. Strothman, 72	3:47.50
7. S. Craigie, 71	3:57.90
8. G. Langner, 74	4:17.80
9. G. Van, 74	4:21.80
10. S. Loeffler, 71	4:32.44

50 yards butterfly
 Record: S. Craigie, 1977

1. S. Craigie, 71	37.60
2. L. Finley, 70	37.73
3. T. Johnson, 73	44.80
4. A. Kallunki, 74	46.11
5. L. Chapin, 71	46.60
6. J. Wallace, 74	46.81
7. P. DeCremer, 74	50.99
8. I. Merritt, 74	54.75
9. A. Olanoff, 71	55.50
10. S. Silbert, 70	58.40

100 yards butterfly
 Record: S. Craigie, 1977

1. S. Craigie, 71	1:37.68
2. A. Kallunki, 74	1:41.68
3. S. Silbert, 70	1:55.49
4. I. Merritt, 73	2:08.90
5. G. Langner, 74	2:22.00
	2:41.03

200 yards butterfly

1. R. Johns, 72	*3:47.95
2. S. Craigie, 71	4:18.80
3. I. Merritt, 74	5:20.85

100 yards individual medley
 Record: S. Craigie, 1977

1. S. Craigie, 71	1:27.65
2. A. Kallunki, 74	1:30.00
3. L. Finley, 70	1:34.00
4. H. Strothman, 72	1:38.22
5. T. Johnson, 73	1:39.40
6. F. Lappe, 73	1:40.25
7. R. Johns, 72	1:41.91
8. A. Olanoff, 71	1:46.80
9. G. Langner, 74	1:50.50
10. J. McGuire, 74	1:55.90

200 yards individual medley
 Record: S. Craigie, 1977

1. S. Craigie, 71	3:25.73
2. A. Kallunki, 74	*2:27.45
3. H. Strothman, 72	3:02.48
4. A. Olanoff, 71	3:52.21
5. L. Finley, 70	3:58.30
6. G. Langner, 74	4:04.00
7. L. Chapin, 70	4:17.30
8. S. Silbert, 70	4:17.44
9. I. Merritt, 74	4:30.13
10. D. Haines, 70	4:34.03
	4:53.30

400 yards individual medley
 Record: S. Craigie, 1977

1. R. Johns, 72	7:45.81
2. S. Craigie, 71	7:53.56
3. G. Langner, 74	7:56.50
4. I. Merritt, 74	8:00.20
	9:49.47

Men 75-79 short course

50 yards freestyle
 Record: C. Ross, 1976

1. C. Ross, 78	32.03
2. W. Trask, 75	33.20
3. S. Langner, 76	38.90
4. J. Hackney, 79	40.10
5. C. Fletcher, 75	44.35
6. F. Allen, 79	44.80
7. D. Evans, 75	45.27
8. E. Lyon, 76	47.00
9. C. Cushman, 75	48.86
10. R. Mott-Smith, 76	49.84

100 yards freestyle
 Record: C. Ross, 1976

1. C. Ross, 78	1:12.90
2. W. Trask, 75	1:16.50
3. R. Fletcher, 77	1:33.00
4. F. Allen, 79	1:39.93
5. S. Langner, 76	1:45.28
6. J. Hackney, 79	1:43.30
7. D. Evans, 75	1:52.90
8. C. Cushman, 75	1:58.60
9. P. McCleary, 75	2:00.52
10. P. Spangler, 78	2:02.22

200 yards freestyle
 Record: C. Ross, 1976

1. C. Ross, 78	2:48.56
2. W. Trask, 75	2:53.70
3. F. Allen, 79	3:29.30
4. S. Langner, 76	3:53.57
5. J. Hackney, 79	4:01.26
6. W. Laury, 76	4:08.98
7. P. Spangler, 78	4:18.30
8. P. Dunakin, 76	4:20.40
	5:21.10

500 yards freestyle
 Record: G. Ross, 1976

1. C. Ross, 78	7:47.28
2. W. Trask, 75	8:00.00
3. F. Allen, 79	9:46.33
4. S. Langner, 76	10:44.65
5. W. Laury, 76	11:14.02
6. E. Lyon, 76	11:25.10
	12:41.60

1650 yards freestyle

1. C. Ross, 78	*27:30.40
2. F. Allen, 79	35:50.02
3. R. Fletcher, 78	36:32.87
4. W. Laury, 76	38:18.20
5. E. Lyon, 77	45:01.00

50 yards backstroke

1. C. Ross, 78	*45.80
2. C. Fletcher, 75	52.90
3. E. Lyon, 76	56.60
4. S. Rosen, 79	1:02.30
5. W. Laury, 76	1:02.30
6. J. Risher, 75	1:07.09
7. S. Langner, 76	1:11.60
8. R. Mott-Smith, 76	1:12.60
9. J. Hackney, 79	1:16.05
10. C. Cushman, 75	1:30.45

100 yards backstroke

1. C. Ross, 78	*1:42.60
2. E. Lyon, 76	2:06.08
3. J. Risher, 75	2:47.21
4. P. Dunakin, 76	2:56.63
5. S. Langner, 76	3:06.89

200 yards backstroke

1. C. Ross, 78	*3:57.42
2. J. Risher, 75	6:00.24
3. P. Dunakin, 76	6:25.30
4. S. Langner, 76	6:27.90

50 yards breaststroke
 Record: A. Beffie, 1977

1. A. Danielson, 75	49.16
2. A. Beffie, 76	50.00
3. C. Cushman, 75	51.61
4. C. Fletcher, 75	52.41
5. W. Laury, 76	52.96
6. W. Trask, 75	58.20
7. J. Hackney, 79	1:00.60
8. S. Rosen, 79	1:02.20
9. E. Lyon, 76	1:02.60
10. D. Evans, 75	1:03.00
	1:08.20

100 yards breaststroke

1. A. Danielson, 75	*1:57.64
2. C. Cushman, 75	2:03.57
3. W. Laury, 76	2:12.90
4. A. Beffie, 76	2:18.06
5. S. Rosen, 79	2:24.90
6. E. Lyon, 76	2:27.73
7. D. Evans, 77	2:38.50
8. J. Hackney, 79	2:41.40

200 yards breaststroke

1. A. Danielson, 75	*4:21.60
2. A. Beffie, 76	5:01.95
3. J. Hackney, 79	5:28.85
4. P. Dunakin, 76	10:32.24

50 yards butterfly

1. S. Rosen, 79	*59.00
2. C. Cushman, 75	1:05.88
3. A. Beffie, 76	1:07.80

100 yards individual medley

1. S. Rosen, 79	*2:09.90
2. E. Lyon, 76	2:18.40
3. C. Cushman, 75	2:32.49

Men 80+ short course

50 yards freestyle

1. T. Lane, 83	*41.37
2. R. Simmonds, 84	47.20
3. C. Wheeler, 84	48.09
4. L. Sorrell, 82	1:23.50
5. R. Decker, 80	1:25.71
6. W. Boodt, 81	1:28.70
7. A. Oskamp, 82	3:03.26

100 yards freestyle
 Record: C. Wheeler, 1976

1. C. Wheeler, 84	1:39.20
2. T. Lane, 83	1:41.34
3. R. Simmonds, 84	1:52.40
	1:52.70

200 yards freestyle
 Record: C. Wheeler, 1976

1. R. Simmonds, 84	3:33.80
2. T. Lane, 83	4:02.10
	4:34.30

500 yards freestyle

1. C. Wheeler, 84	*10:54.00
2. R. Simmonds, 84	11:52.90
3. T. Lane, 83	12:08.55

1650 yards freestyle

1. R. Simmonds, 84	*39:46.00
2. T. Lane, 83	41:29.80

50 yards backstroke

1. T. Lane, 83	*55.90
2. A. Oskamp, 82	2:37.06

100 yards backstroke

1. T. Lane, 83	*1:59.41
2. A. Oskamp, 82	6:27.89

50 yards breaststroke
 Record: T. Lane, 1977

1. T. Lane, 83	53.90
	54.50

Men -Relay

25+ Freestyle Relay
 Record: Los Angeles, 1976

1. Rocky Mountain	1:27.63
(Hunnell, Fisher, Gandreau, Cooley)	1:29.15
2. NYAC	1:29.28
(Dalrymple, Hintlian, Lane, O'Keefe)	1:29.28
3. Olympic Club	1:30.07
(Barthold, Rudloff, Foote, Clark)	1:30.07
4. GLM	1:31.35
5. San Mateo Marlins	1:32.00
(Beglinger, Sagues, Ennis, Gray)	1:32.00
6. Upper Texas	1:32.02
(Cain, Weaver, Craven, Hamilton)	1:32.02
7. D.C.	1:32.20
(Parker, Planagan, Anderson, Bacon)	1:32.20
8. Conn.	1:33.07
(Geoghegan, Peterson, Broker, Geoghegan)	1:33.07
9. Long Beach	1:33.99
(Frank, Hayes, Dietrich, Rosen)	1:33.99
10. West Point	1:34.72
(Sullivan, Ridgeway, Dodson, Heesch)	1:34.72

25+ Medley Relay
 Record: Los Angeles, 1976

1. NYAC	1:39.25
(O'Keefe, Dondero, Dalrymple, Lane)	1:40.74
2. D.C.	1:42.52
(Bacon, Anderson, Planagan, Parker)	1:42.52
3. Rocky Mountain	1:43.60
(Cooley, Hubbell, Abbott, Fisher)	1:43.60
4. Arizona	1:43.88
(Whitley, Hedberg, Johnson, Osterlon)	1:43.88
5. San Mateo Marlins	1:44.25
(Beglinger, Gray, Ennis, Sagues)	1:44.25
6. Upper Texas	1:44.34
(Carter, Hamilton, Craven, Chin)	1:44.34
7. North Florida	1:45.00
(Peck, Murphy, Williams, Peck)	1:45.00
8. Olympic	1:45.45
(Barthold, McCarty, Foote, Mann)	1:45.45
9. South Texas	1:45.59
(Worrel, Williams, Bell, Nordstrom)	1:45.59
10. Jersey	1:46.30
(Ashenfelter, Pederson, Balchunas, Harrison)	1:46.30

35+ Freestyle Relay

1. Olympic Club	*1:31.76
(Mann, Raven, Gav, Hill)	1:31.76
2. Coronado	1:35.21
(Newman, Gwin, Williams, Worthington)	1:35.21
3. D.C.	1:35.66
(Emes, Taft, Hershey, Bechtel)	1:35.66
4. Cal. Tech.	1:36.09
(Cole, Kanner, McAbee, Hale)	1:36.09
5. New England	1:36.29
(McIntosh, Lyndon, Toensink, Hunter)	1:36.29
6. Rocky Mountain	1:38.71
(Lanum, Anderson, Zentgraf, Garton)	1:38.71
7. Gold Coast	1:40.42
(Cole, Short, Rosser, Winn)	1:40.42
8. Mission Viejo	1:41.28
(Stewart, Schlup, Pyykko, Hill)	1:41.28
9. P.N.A.	1:44.30
(Long, Thompson, Nordby, Donovan)	1:44.30
10. Oklahoma	1:44.39
(VanHelsdingen, Weiring, George, Duncan)	1:44.39

36+ Medley Relay
 Record: D. C., 1977

1. Cal. Tech.	1:45.21
(McAbee, Cole, Kanner, Hale)	1:47.35
2. Coronado	1:48.10
(Worthington, Gwin, Williams, Newman)	1:48.10
3. D.C.	1:48.70
(Hershey, Smith, Emes, Bechtel)	1:48.70
4. Olympic	1:49.08
(Mann, Cook, Raven, Hill)	1:49.08
5. New England	1:49.64
(Clayton, Ockerse, Hunter, McIntosh)	1:49.64
6. Rocky Mountain	1:53.46
(Garton, Lanum, O'Brien, Zentgraf)	1:53.46
7. G.L.M.	1:54.59
8. Gold Coast	1:57.57
(Nolan, Cole, Rosser, Winn)	1:57.57
9. San Mateo Marlins	1:57.60
(Brown, Livak, Bohan, Sagues)	1:57.60
10. Hawaii	1:58.20
(Earley, Shigeru, Drum, Warner)	1:58.20

45+ Freestyle Relay

Record: Gold Coast, 1977	1:41.52
1. New England	1:46.05
(Hartz, Bartlett, Wilson, Lyndon)	1:46.05
2. San Mateo Marlins	1:46.15
(Cunningham, Lonski, Stupfel, Jones)	1:46.15
3. N.Y.A.C.	1:46.97
(Ellis, Nugent, Zwirn, Golden)	1:46.97
4. Rocky Mountain	1:47.61
(Mack, Williams, Powers, Mann)	1:47.61
5. Illinois	1:47.91
(Baughner, Acker, Havlicek, Hutinger)	1:47.91
6. Davis Aquatic	1:48.79
(Wood, Cunningham, Taft, Willson)	1:48.79

75+ Freestyle Relay

7. S.M.S.	1:49.02
(Thomas, Gotch, Allard, Jones)	1:49.02
8. San Diego County	1:49.30
(Clark, Phillips, Gillin, Kimball)	1:49.30
9. Metro	1:49.61
(Tebbins, Stein, Young, Pitts)	1:49.61
10. OHIO	1:50.43
(Kakos, Hanson, VanHorn, VanDijk)	1:50.43

45+ Medley Relay
 Record: D.C., 1975

1. Cuidel Recreation	1:56.08
(Thiffault, Williams, Delanis, Kohan)	1:56.08
2. Mid Atlantic	2:00.13
(Mayer, Melick, Begel, Rawstrom)	2:00.13
3. San Mateo Marlins	2:00.32
(Prata, Cunningham, Jones, Lonski)	2:00.32
4. Rocky Mountain	2:02.13
(Mack, Powers, Williams, Mann)	2:02.13
5. Metro	2:02.17
(Kovel, Sangully, Young, Pitts)	2:02.17
6. Wisconsin	2:02.79
(White, Bauman, Kueny, Girdes)	2:02.79
7. New England	2:04.27
(Edwards, Haartz, Wilson, Allen)	2:04.27
8. P.N.A.	2:04.40
(Hill, Taylor, McAndrew, Dorse)	2:04.40
9. N.Y.A.C.	2:05.30
(Ellis, Nugent, Zwirn, Golden)	2:05.30
10. Illinois	2:05.81
(Hutinger, Baugher, Havlicek, Acker)	2:05.81

55+ Freestyle Relay

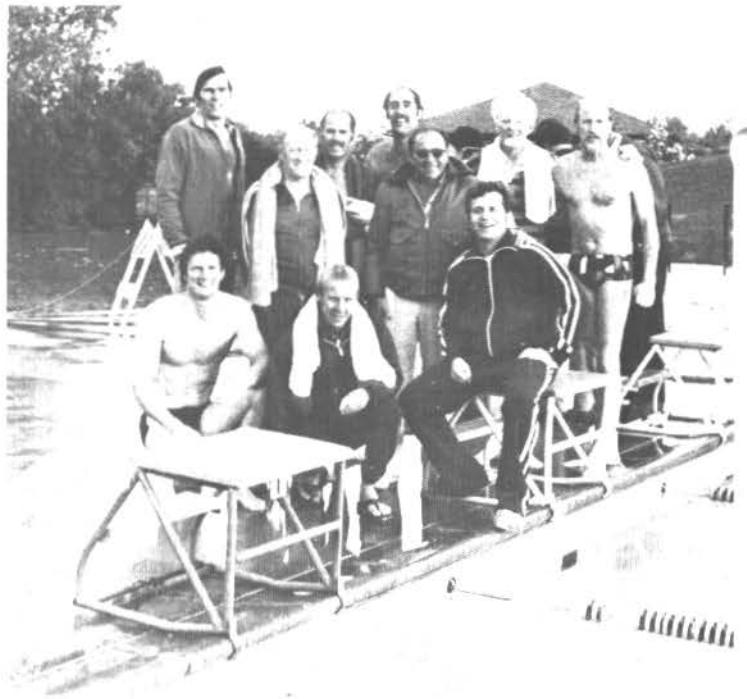
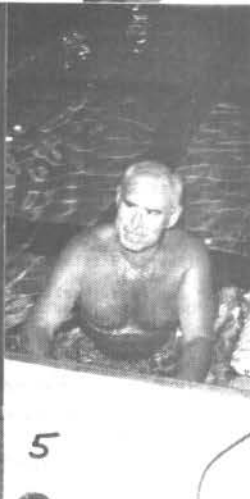
1. Illinois	*1:48.33
(Schmidt, Acker, Havlicek, Baugher)	1:48.33
2. Rocky Mountain E	1:55.19
(Wallower, Donald, Talmage, Warren)	1:55.19
3. South Texas	1:57.20
(Nicol, Hellman, Stadig, Dallmann)	1:57.20
4. Rocky Mountain JY	1:58.14
(Hopewell, Levett, Lindstrom, Hinrichs)	1:58.14
5. Metro	2:01.65
(Guido, Mihalko, Brennan, Cronin)	2:01.65
6. SMS	2:01.85
(Arthur, Dunworth, Wellford, Soudens)	2:01.85
7. GLM	2:02.82
(Edwards, Antonellis, Uhrich, Reed)	2:02.82
8. New England	2:02.92
(Edwards, Antonellis, Uhrich, Reed)	2:02.92
9. San Mateo Marlins	2:03.53
(Bartlett, Barnes, Wood, Taft)	2:03.53
10. SPRD	2:04.56
(Murphy, McGuire, Cooper, Jennings)	2:04.56

55+ Medley Relay

1. Illinois	*2:08.47
(Eppley, Havlicek, Schmidt, Baugher)	2:08.47
2. South Texas	2:10.41
(Hellman, Allen, Nicol, Dallman)	2:10.41
3. San Mateo Marlins	2:14.23
(Taft, VonBerkefeldt, Bartlett, Wood)	2:14.23
4. Wisconsin	2:14.63
(Surles, Trawicki, Wilson, Howe)	2:14.63
5. Rocky Mountain E	2:16.11
(Talmage, Wallower, Warren, Donald)	2:16.11
6. New England	2:22.92
(Edwards, Antonellis, Uhrich, Reed)	2:22.92
7. Rocky Mountain JY	2:23.02
(Hopewell, Levett, Lindstrom, Hinrichs)	2:23.02
8. SPRD-A	2:24.45
(Tillotson, Jennings, Brainin, Cooper)	2:24.45
9. Conn	2:29.93
(Jackson, Pudell, Varga, Erich)	2:29.93
10. SPRD-B	2:33.35
(Murphy, Preddo, Brown, McGuire)	2:33.35

65+ Freestyle Relay

1. Jersey	*2:08.59
(Ross, Sigrist, Weinberg, Vogt)	2:08.59
2. Metro	2:15.05
(Sobel, Hughes, Preuss, Cruickshank)	2:15.05



CHALLENGE ANSWERED

By Ray Taft

One cold rainy day in April, the 16th to be exact, the San Mateo Master Marlins broke the noteworthy record for the 10 x 100 yd Men's Free Relay! One swimmer from each age group 25 years through 70 years. The official time was 10:24.6. The old record was 10:57.5. The swim took place at the Davis Masters Swim Meet. The card was signed by the referee. The swimmers (pictured above) were Carl Mitchell, 71 - Benton Wood, 68 - Harry Koppel, 64 - Ray Taft, 58 - Ted Willson, 50 - Thomas Wilson, 45 - Don Brown, 44 - Peter Sagues, 36 - Dave Gray, 32 - Doug Cort, 28. TRY AGAIN JERSEY MASTERS°

1978 NATIONALS

I wish to take this opportunity to thank Mildred Anderson for the many pictures that she sends for use in Swim-Master. And thanks also to Ham Anderson for taking those pictures.

1. Kirk Canterbury, Bill Loughborough, Ham Anderson, Gaither Rosser
2. Head Table at Banquet at Brown University - Brown representative, Ted Haartz, Enid Uhrich, Mayor of Providence, Brown representative, Win Wilson
3. Joanita Reed, Marge Jewett, Mildred Anderson, Ransom Arthur, Bill Stinson, A. Olanoff, Bill Grant
4. Ham Anderson, Mildred Anderson, June Krauser, Ransom Arthur
5. John Higgins - winner of six first places

Life's a pretty precious and wonderful thing. You can't sit down and let it lap around you..you have to plunge into it; you have to dive through it! And you can't save it, you can't store it up; you can't horde it in a vault. You've got to taste it; you've got to use it. The more you use, the more you have...that's the miracle of it.

Kyle Crichton

MASTERS NOTES SWIMMING

NEWS - It is my unhappy duty to inform our readers that Bob Lawrence of Grosse Point Park, MI, who suffered a heart attack during the Long Course Nationals in Providence, RI, Sept. 1, 1978, passed away at the Rhode Island Hospital on Sept. 17. An Aneurysm was the cause of death after open-heart surgery. Mrs. Lawrence wished it to be known that it was the doctor's belief, and a view shared by herself, that Bob's swimming was in no way a contributory cause of his death, and that he may have lived longer because of his aquatic activities. Mrs. Lawrence encouraged all Masters swimmers to continue with their programs and "keep swimming". Mrs. Lawrence did request that if any of us anywhere in the country could donate blood to replace the large quantities which were used, she would be most appreciative. A Blood Request Form has been initiated by the Red Cross and his blood needs have been met by the Red. Cross. Anyone donating in his behalf (Robert E. Lawrence) should do so at any local Red Cross blood center. - Ted Haartz, National Chairman.....

TOP TEN PATCHES & YEAR NUMERALS - It is nearing Top Ten Time lists (in fact the Top Ten Short Course Times are in this issue) and the O*H*I*O Masters Swim Club is again selling the Top Ten patches and year numerals. One patch with numeral sells for \$3.00 and numerals by themselves for those who already have a patch are 50¢ each. When ordering send to Harry Fox, O*H*I*O Masters Swim Club, P.O. Box 922, Massillon, OH 44646.....

HEART PROBLEM - I don't know where to start. I have always been physically fit with regular exercise and bragged about my strong heart. I thought because my mother had a strong heart, that I did also. No coffee, liquor or cigarettes, and yet I have joined the ranks of bad hearts. I have had pain, and yet thought it was gas pains. Now it has been proven by EKG, stress test, and heart cardiogram that I have what the Dr. thinks is an enlarged muscle that keeps the electric heart signals from functioning correctly. However, after the LC Nationals I had the heart catheterization and they found that I have mitral valve prolapse. This test proved that I have a defective heart valve. It seems that one valve closes up when the blood enters, making my heart miss a beat, and then bursts out causing me to feel faint and for my chest to hurt. I take a capsule three times a day and will be checked every month. The only good news is that I have a heart of a 17 year old with good veins and no cholesterol. My doctor said I can continue swimming but without stress, and to slow down. (no name).....

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SWIM MASTER RENEWALS - Hopefully, you are all reading this! There have been a few problems with renewals and knowing when to renew. With this issue, those needing to renew will be stamped in the upper right hand corner of the subscription form with the words *TIME TO RENEW*. Also, you can check the code number on your label. The first number corresponds to the number of your last issue of the next two numbers which represent the year. All those with 878 on your label - it is time to renew. This is the 8th issue of the year 1978. I get notes like "why didn't you tell me?" But I do tell you but it is not always understood. Also, when mailing by bulk mail the postal service does not forward the third class mail. So, if you have a different address you will not get the issue.....

FINA MASTER SWIMMING RULE CHANGE - After all of the problems that Canada encountered in trying to host a World Masters Aquatic Championship, it seems that the new rule changes will now allow for full development of a world wide master swimming program. Our gratitude and thanks to the FINA Bureau for adopting these new rule changes. Two USA members of the Bureau - Past President Harold Henning and Secretary Bob Helmick - thank you for your help.....

DECK ENTRIES MUST GO! - I am writing this to criticize a common practice at meets - that of accepting deck entries and allowing swimmers to switch events once a meet has begun. Many swimmers and teams will arrive at a meet, scout the heat sheets, and then enter events in which they can score the most points. I feel this was not the original intent of deck entries and is unfair to the swimmers who sent in their entries prior to the deadline. Meets are usually publicized far enough in advance to give all swimmers plenty of time to enter prior to the deadline. Meet hosts should print **NO DECK ENTRIES ACCEPTED** on their entry blanks. We don't allow deck entries in age group meets; let's not allow them in Masters meets! Mark G. Fischam, Virginia State College.....

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SWIM CALENDAR

OCTOBER 1978

OCT	14-15	Houston - Ham & Mildred Anderson, 506 Bolivar, Bellaire, TX 77401
	15	NEM - Jim Edwards, 2 Thayer St., Providence, RI 02906
	21	1978 Otter Masters - R.J. Williamson, Torre House, Rag Hill, Aldermaston, Reading, England RG7 4NX
	21	Cider Time - Jan Okopny, c/o Dr. D. G. Swintek, DDS, 837 S. Lapeer Rd., Oxford, MI 48051
	22	Cal Tech - Curt Mosso, 5597 Camino Dr., Santa Barbara, CA 93105
	22	NEM - Jim Edwards - Above
	27-28	SC - Bob Gerstung, P.O. Box 261, Glastonbury, CT 06033
	28-29	York Dutch Meet - Cal Schaeffer, 47 E. Philadelphia St., York, PA
	28-29	SOUTHEASTERN - Ellen Schappel, 932 W. Outer Dr., Oak Ridge, TN 37830
	29	St. Charles - Paul Windrath, 1821 Howard #F, St. Charles, IL 60174
NOV	4	DC - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	18-19	Gold Coast - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
	18-19	O*H*I*O - Darlyne Ferguson, 9820 Smithdale Ave. N.E., Hartville, OH 44632
	19	Lawrenceville Biathlon - Dan Sullivan, 495 Watchung Av, Bloomfield, NJ 07003
DEC	3	Pentathlon - Harry Rawstrom, Swim Coach, Carpenter Sports Bldg., U. of Del. Neward, DE 19711
	3	Jersey Wahoos - Barbara Clemens, 11 Scattergood Rd., Cherry Hill, NJ 08003
	17	1650 yd Free - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
JAN		NATIONAL ONE HOUR SWIM - Dale Petranek, 2059 Huntington Av. # 1112, Alexandria, VA 22303
	6	Mid-Winter - Daniel Davis, 104 Ardmore St., Hamden, CT 06517
	26-28	U of MD - Tom Levickas, 9 Mallow Hill Rd., Baltimore, MD 21229
MAR	10-11	Swimming & Diving - John George, 913 E. 10, Edmond, OK 73034
	17	6th International Senior Swim Competition - Pool Hurth near Colone Gert Fuchs, Benfleetstraße 11, 5023 Weiden, Germany
APR	7-8	Australian National Championships - Gary Stutsel, 299 Bexley Rd., Bexley North, N.S.W., Australia 2207
	7-8	O*H*I*O - Darlyne Ferguson, 9820 Smithdale Ave., N.E., Hartville, OH 44632
	21	Pentathlon - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
DIVING - Bill McAlister, 14407 Road 23-1/2, Madera, CA 93637		
PACIFIC ASSOCIATION - Leroy Craig, P.O. Box 649, Ross, CA 94957		
OCT 28-29, NOV 5		
CORONADO MASTERS ASSOCIATION - Alicia Horst, 571 Marina Ave., Coronado, CA 92118		
OCT 15, DEC 3, MAR 18, MAY 27, JUL 29		
INLAND EMPIRE ASSOCIATION - Gene Sayre, W. 2321 Dalton, Spokane, WA 99205		
NOV 26, JAN 14, MAR 18, APR 27-29		
PACIFIC NORTHWEST ASSOCIATION - Fred Wiggin, 16741-15th Ave. N.W., Seattle, WA 98177		
OCT 15, DEC 9-10, JAN 20-21, MAR 3-4, APR 20-22		
OREGON ASSOCIATION - Earl Walter, 3904 S.W. 57th Ave., Portland, OR 97221		
OCT 22, NOV 19, JAN 7, FEB 4, MAR 4, APR 6-8		