



SWIM-MASTER

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A.A.U. NATIONAL 10 BEST TIMES

TOP TEN --A CONTINUING DISASTER by Ted Haartz, National Chairman - HERE WE GO AGAIN, FOLKS!

Our rules say that for times to be considered for Top Ten they must be in the committee's hands within 35 days - 5 weeks - of the last day of the National meet for "that" course. (September 30th in the current case.) This is mid-October and data continues to be received for meets held in June, July and August. Top Ten has been compiled based on the information received prior to October 1st. I have said it before and I'll say it again: This work is a "labor of love" whether on the National level or local level. It cannot be expected that anyone is going to do this task TWICE. Irrespective of it being done by hand or by computer, the information has to be collated and processed and without some definitive deadline, the task tends to drag on and on. The net result is that on the one hand, we observe the deadline and get the job done. On the other hand, Top Ten is but a partial summation causing many hard feelings. Swimmers are left out or their best times are not reported. All-America, which is based on Top Ten, certainly becomes less meaningful. Top Ten should not have to be an adversary situation in the Masters program. "Get it in or suffer the consequences" is not what this program is all about, but all of us who volunteer to work - on whatever level and for whatever job - are also accepting the responsibility of volunteering to do the work within the time limits prescribed. All too frequently, it appears that running the last heat of a swim meet is the end of everyone's responsibilities. You have read my fulminations on this subject before; very simply, we cannot "get our Top Ten and All-America acts together" without the direct assistance of those volunteers in the Associations and especially the chairman. The sanctioning of meets must include the timely preparation and submission of the results if we are going to improve this situation.

HERE IS THE LONG COURSE TOP TEN FOR THE 1978-1979 SEASON. UNFORTUNATELY MANY OF THE NAMES THAT SHOULD BE INCLUDED IN THIS YEAR'S TOP TEN ARE NOT INCLUDED BECAUSE THE MEETS THAT THEY SWAM IN WERE EITHER NOT SENT TO ME AT ALL OR REACHED ME AFTER THE DEADLINE AND AFTER THIS LIST WAS ALREADY PRINTED. THIS IS A LONG AND COMPLICATED UNDERTAKING AND TO RE-DO THE ENTIRE LIST TO INCLUDE THESE LATE ARRIVALS WOULD HAVE BEEN VERY DIFFICULT. I SINCERELY HOPE THAT THE TOP TEN CHAIRMEN OF EACH ASSOCIATION AND THE MEET DIRECTORS WILL NOT PERMIT THIS TO OCCUR AGAIN!

ENID UHRICH, TOP TEN TIMES

Note: To be included in this year's season a meet had to occur between the last day of the 1978 Long Course Championship and the last day of the 1979 Long Course Championship. It had to be sent to the records chairman, in the correct form, and within 35 days of the end of the season. Meets received this year after that deadline were: Kentucky (Lakeside Pool swum Aug. 17-18); All Pacific Association Long Course Meets; Rocky Mtn Championships; Celebrity Pool Distance Meet.

EDITORIAL COMMENT--The National Masters Top Ten and All-American Program is only as comprehensive as its individual participants make it. Rather than seeking to place blame at the National level, we must begin looking to our own backyard. For the past 8 years, since the program began, meet results have been sent to Ted or Enid for compilation and Swim-Master has been publishing the listing as submitted by the Records & Top Ten Chairmen. Surely by now we are aware of this procedure. In the future, we should be more cognizant of deadlines; be it meet entries, meet results or Top Ten times. If everyone does their part, within the required time span, from breaking the record in the pool to sending the results to Enid, we will all be happier, healthier and more eager to stay in the swim!

53.57 A.GUTH 70
54.90 T.JOHNSON
55.28 H.YOUNG 70
56.31 L.CHAPIN 71
56.40 H.SHARE 70
62.80 H.BENDER 70
100 MTR FLY H70-74
1.55.75 A.GUTH 1978
01.55.11 H.STINSON 70
02.00.99 A.GUTH 70
02.04.96 H.YOUNG 70
02.14.10 S.CRAIGIE 72
02.29.78 H.BENDER 70

200 MTR FLY H70-74
4.47.13 A.GUTH 1978
04.45.06 HILLIARH STINSON 70

200 MTR I.H. H70-74
3.43.95 L.OSBORNE 1979
04.00.85 A.GUTH 70
03.43.95 L.OSBORNE 70-TT
04.12.90 H.STINSON 70
04.13.10 S.CRAIGIE 72
04.21.70 H.YOUNG 70
04.35.20 A.OLANOFF 73
05.01.59 L.FINLEY 71
05.02.00 L.CHAPIN 71
05.02.17 T.JOHNSON 74
NO SHIMMER
400 MTR I.H. H70-74
8.26.15 A.GUTH 1978
09.36.71 A.GUTH 70
09.12.41 B.STINSON 70
09.27.24 S.CRAIGIE 71
09.30.05 H.YOUNG 70
09.49.16 A.OLANOFF 73
09.55.24 H.BENDER 70
50 MTR FREE H75-79 ***
35.95 C.ROSS 1976
39.75 J.ANDERSON 76
40.22 J.MCGUIRE 75
41.67 C.ROSS 79
44.17 G.VAN 75
44.45 P.DECREMER 75
46.55 G.LANGNER 75
49.50 J.BURNS 76
49.96 S.LANGNER 78
53.33 I.HERRITT 75
53.59 R.FLETCHER
100 MTR FREE H75-79
1.24.16 C.ROSS 1976
01.28.46 C.ROSS 79
01.41.30 J.MCGUIRE 75
01.47.07 J.ANDERSON 76
02.02.72 G.VAN 75
02.05.78 R.FLETCHER
02.07.10 J.BURNS 76
02.09.59 I.HERRITT 75
02.15.98 S.LANGNER 78
02.20.40 A.DANIELSSON 76
02.44.62 S.BATES 77
200 MTR FREE H75-79
3.13.40 C.ROSS 1976
03.24.25 C.ROSS 79
04.09.54 J.MCGUIRE 75
04.23.72 J.ANDERSON 76
04.45.96 R.FLETCHER
04.57.77 I.HERRITT 75
04.59.50 J.BURNS 76
05.09.96 S.LANGNER 78
06.14.94 P.DUNAKIN 78
06.18.25 J.SCHEU 75
99
400 MTR FREE H75-79
7.05.95 C.ROSS 1976
09.10.32 J.MCGUIRE 75
10.02.05 P.INGER
10.02.65 J.ANDERSON 78
10.23.57 R.FLETCHER
10.25.02 I.HERRITT 75
11.10.27 S.LANGNER 78
14.32.59 J.SCHEU 75
15.39.04 P.DUNAKIN 78

1500 MTR FREE H75-79
28.36.98 C.ROSS 1976
30.00.19 C.ROSS 79
40.13.54 R.FLETCHER
41.10.34 I.HERRITT 75
41.33.24 J.ANDERSON 76
47.26.00 J.BURNS 76
56.13.07 J.SCHEU 75
59.35.17 P.DUNAKIN
50 MTR BACK H75-79
48.66 J.ANDERSON 1978
58.16 J.ANDERSON 76
58.83 J.MCGUIRE 75
66.14 I.HERRITT 75
67.00 P.DECREMER 75
72.40 J.BURNS 76
75.77 P.INGER
79.15 A.BATES 75
84.52 J.SCHEU 75

?OUT OF DATA ERROR IN 50
100 MTR BACK H75-79
2.00.12 C.ROSS 1978
02.09.43 J.MCGUIRE 75
02.10.19 C.ROSS 79
02.10.65 J.ANDERSON 76
02.23.00 P.DECREMER 75
02.27.93 I.HERRITT 75
02.52.30 J.BURNS 76
02.53.30 S.BATES 77

03.05.76 P.DUNAKIN 78
03.05.32 S.TERULLI 75
03.12.33 J.SCHEU 75
200 MTR BACK H75-79
4.28.65 C.ROSS 1978
04.54.31 J.ANDERSON 76
05.13.00 I.HERRITT 75
06.12.52 S.BATES 77
06.39.40 J.BURNS 76
06.59.85 J.SCHEU 75
07.07.19 P.DUNAKIN 78

50 MTR BREAST H75-79
00.54.30 J.ANDERSON 1978
00.55.24 J.ANDERSON 76
00.55.88 P.DECREMER 75
00.56.30 A.DANIELSSON 76
01.01.50 C.CUSHMAN 77
01.03.96 G.LANGNER 75
01.06.42 J.WHITTEHORE 79
01.12.83 I.HERRITT 75
01.15.43 J.MCGUIRE 75
01.45.60 J.SCHEU 75
02.25.05 P.DUNAKIN 78
100 MTR BREAST H75-79
2.01.47 A.KALLUNKI 1979
02.01.47 A.KALLUNKI 75
02.08.80 G.VAN 75
02.15.20 A.DANIELSSON 76
02.16.00 P.DECREMER 75
02.19.31 J.ANDERSON 76
02.19.95 C.CUSHMAN 77
02.24.74 G.LANGNER 75
02.54.10 I.HERRITT 75
04.05.35 J.SCHEU 75
NO SHIMMER
200 MTR BREAST H75-79
04.31.86 A.KALLUNKI 1979
04.31.86 A.KALLUNKI 75
05.00.71 P.DECREMER 75
05.11.10 A.DANIELSSON 76
05.15.07 G.VAN 75
05.15.10 G.LANGNER 75
05.25.81 J.ANDERSON 76
06.18.67 I.HERRITT 75
00.47.28 J.SCHEU 75
11.45.25 P.DUNAKIN
NO SHIMMER
50 MTR FLY H75-79
49.34 P.DECREMER 1979
49.34 P.DECREMER 75
52.57 J.ANDERSON 76
56.26 A.KALLUNKI 75
57.10 J.MCGUIRE 75
68.62 I.HERRITT 75
100 MTR FLY H75-79
2.17.03 A.KALLUNKI 1979
02.17.03 A.KALLUNKI 75
02.50.28 I.HERRITT 75
200 MTR FLY H75-79
6.49.16 I.HERRITT 1979
06.49.16 I.HERRITT 75
200 MTR IH H75-79
4.41.07 A.KALLUNKI 1979
04.50.28 P.DECREMER 75
04.54.04 J.ANDERSON 76
04.50.28 P.DECREMER 75
400 MTR IH H75-79
10.00.45 A.KALLUNKI 75
10.00.45 A.KALLUNKI 75
11.59.60 I.HERRITT 75
50 MTR FREE H-80+ *****
49.16 T.LANE 1978
51.89 T.LANE 85
54.05 F.ALLEN 80
64.07 P.SPANGLER 80
100 MTR FREE H80+
1.52.97 C.WHEELER 1977
02.07.48 F.ALLEN 80
02.15.03 P.SPANGLER 80
02.18.01 J.BLUMBERG 82
200 MTR FREE H80+
4.15.10 C.WHEELER 1979
04.30.36 F.ALLEN 80
04.55.30 P.SPANGLER 80
400 MTR FREE H80+
9.30.30 C.WHEELER 1978
09.41.79 F.ALLEN 80
10.23.71 P.SPANGLER 80
1500 MTR FREE H80+
37.05.50 F.ALLEN 1979
37.05.50 F.ALLEN 80
50 MTR BACK H80+
59.54 T.LANE 1978
01.00.10 T.LANE 84
01.14.47 C.WHEELER 86
100 MTR BACK H80+
2.12.99 T.LANE 1978
02.18.85 T.LANE 85
03.14.73 J.BLUMBERG 82
200 MTR BACK H80+
05.40.12 T.LANE 1978
50 MTR BREAST H80+
58.81 T.LANE 1978
01.02.30 T.LANE 84
100 MTR BREAST H80+
2.26.30 T.LANE 1978
02.30.70 T.LANE 85
200 MTR BREAST H80+
5.40.12 T.LANE 1978
50 MTR FLY H80+
58.97 F.ALLEN 1979
58.97 F.ALLEN 80

MEN'S RELAYS*****
25+ MEN FREESTYLE *****
1.40.61 CAL TECH 1974
01.43.09 MICHIGAN-A
CARROLL CARL HERTZ SZUBA
01.45.25 NEW ENGLAND
BURRAS HHTNG HHTTN SCHLCHR
01.48.16 NORTHERN SHORES
KLEFHN DUDSON EARLY HD6SN
01.48.40 MOST
VAIL VSKY JOBY UNABLE
01.48.62 WISCONSIN
HTSN KLR BRASKTZ KRUN
01.49.31 MICHIGAN-B
NSH FRDRCK EVNS RAK
01.49.77 HUHUUHU
HART YNGLNG HANER CLARK
01.51.91 MICHIGAN-C
STFF PHYN PLNSKI TOD
01.52.13 SARASOTA
RBNHN SHILLY DINALLY HRND
01.52.86 MARYLAND
NO NAMES
35+ MEN FREESTYLE *****
1.46.69 HUHUUHU 1977
01.47.00 ROCKY MOUNTAIN
GRTN HEST OBRN LIEB
01.48.40 OLYMPIC CLUB
CRTRIGHT UNHRN GAY RYAN
01.49.63 MICHIGAN-A
RHDY RODN LAGSTRH DIGET
YNGOUST TRCTE OBRNS KLAN
BSCHD TIMKN BYLE SCFFR
01.56.75 MICHIGAN-B
HRLY SAKZY NURN SMITH
02.00.32 SARASOTA
EDER HICKS CHPBL NOON
02.00.99 NORTHERN SHORES
BSULD BRHN HKMKI KOCI
02.04.00 D.C.
EHES HCKNZIE SMTH BCHTL
02.04.48 SO. CAL
ELLIT DURHN RYNLDS JANNINGS
02.04.55 MICHIGAN-T
TSHNIK TSHNIK TSHNIK TSHNIK
45+ MEN FREESTYLE *****
1.53.12 MICHIGAN 1979
01.53.12 MICHIGAN A
HLDN DBLT HRTR MOSS
01.58.37 NEW ENGLAND
LNDN HLHE HLSN HRTZ
01.59.48 MICHIGAN B
KNG GRBS SCHULZ JFFRS
02.04.03 HSAC AQUATICS
BLND FRLL HLLR KENT
02.04.32 METRO NY
PTTS GUIDO SANGLY SLUSTN
02.07.70 ILLINOIS
ACKA YNGOUST SEGRS HLMS
02.10.19 MID ATLANTIC
MYR BEGL FRNKS BOVR
02.12.00 SAN DIEGO
SFRT KMBLL KMBLL CRME
02.26.09 ST. PETE
DUPS KHKNK HLNE PTTN
02.27.73 SARASOTA
GTCH HLLMHN TRFNY THMS
55+ MEN FREESTYLE *****
2.00.28 ILLINOIS
02.02.25 ILLINOIS
SCHADT HULCK KBLSN PRSN
02.12.41 WISCONSIN
SRLS HME HLSN HSSA
02.17.29 NEW ENGLAND
UNRICH ANTHELLIS EDHDS REED
02.23.18 MID ATLANTIC
JGGRS ROHN RASTRN DUDSN
02.32.24 OHIO
ULK DNKN KRP OTS
02.35.30 OREGON
HOOND EISHSHDHT VNG HLTR
02.37.65 D.C.
MCFEE BNDR DRVES HLLR
02.39.60 ST.PETE
JNNS HRPHY HCGURE BRNIN
03.05.00 METRO NY
CRCKSHNK DNLSN GUIDO BRNS
65+ MEN FREESTYLE *****
2.26.59 ILLINOIS 1979
02.26.59 ILLINOIS
HRIER STRKZ HLBRGH SILSK
02.46.98 JERSEY
VGT SGRST SLBRY ROSS
02.47.90 METRO
BARR HUGHES SOBEL PREUSS
02.50.85 MICHIGAN
BRHN BRDN UN PRCE
03.01.53 LONG BEACH
MCPHRSN GUTH HALE CHPIN
03.15.99 ST PETE
HCKCHNTE BLRDD BRHN HCGURE
03.17.50 ILLINOIS B
YOUNG DNKN KLR NEKTN
25+ MEN HEDLEY *****
1.55.80 RINCONADA 1974
01.56.02 MICHIGAN A
SZUB BRKHY STFFI CARLL
01.59.51 NEW ENGLAND
SCHLCHR HHTTN BRHS HHTNG
02.01.54 TROJANS
KRURR COLE LRSH SMITH
02.02.31 NORTHERN SHORES
HGGN KLFFHN EARLY DUDSN
02.05.11 OLYMPIC CLUB
BRTHLD CRTRIGHT ROLF GRBLDI

02.05.90 MICHIGAN B
PHNY HRPHY EVANS NRSH
02.06.05 ILLINOIS
KLAN HLKN HCLHLN JFFRS
02.07.72 ESC
RSSLL RCKHOOD BRD PCZRA
02.07.72 MICHIGAN C
STNTT DBOIS POHNSKI CRUTH
02.08.28 WISCONSIN
JNKS BRSKRTZ KRUN HTSN
35+ MEN HEDLEY *****
2.02.60 MICHIGAN 1976
02.03.18 MICHIGAN A
HRTZLL RNCHN LAGSTRH RHDY
02.04.86 ROCKY MOUNTAIN
GRTN HEST OBRN LIEB
02.05.19 OHIO
SCHFR BYLE TIMKN BOUCHRO
02.09.16 MICHIGAN B
HNSN RODN TSHNIK DMH
02.34.21 CAL TECH
BALES SPR PFFFR JHNSN
02.13.84 ST.PETE
RSHR BTZR CHRN BIONDI
02.21.24 SARASOTA
HICKS NOON CHPBL EDER
02.27.13 NORTHERN SHORES
BSULD KOLI HKMKI KAYE
02.31.76 OLYMPIC CLUB
GAY MCKAY RUN UNHRN
45+ MEN HEDLEY *****
2.11.51 MICHIGAN 1979
02.11.51 MICHIGAN 1
DBLR KENTG MOSS HRTR
02.17.26 METRO NY
PITTS GUIDO SANGLY SLUSTN
02.18.25 NEW ENGLAND
HLME HRTZ HLSN LNDN
02.21.14 MID ATLANTIC
MYR BEGL CRRL RASTRN
02.23.31 NEWPORT BEACH
JHNSN HRCUS DRVES LRTHRE
02.27.64 MICHIGAN B
GRBS HLGH JAGU PRTRSN
02.30.41 ILLINOIS
SEGRS HLMS VNGST ACKR
02.38.79 OHIO
UNWYKE COSTN KAKS ANDRSN
02.50.99 SARASOTA
HPSHR HELLMHN THOMAS TRFNY
02.58.75 ST. PETE
RMSY HLNE KHKNK LPLATNY
55+ MEN HEDLEY *****
2.24.42 ILLINOIS 1978
02.26.97 ILLINOIS
PRSN HULCK KBLSN SCHDHT
02.33.30 MICHIGAN
WRFL SHRMT BRRL PREH
02.37.57 WISCONSIN
SURLS HLSN HSSA HOHE
02.41.87 NEW ENGLAND
EDHDS ANTNLS UNRCH REED
02.44.91 OHIO
ULK DNKN KRP OTIS
02.51.03 ST.PETE
TLOTSN BRNIN JANNINGS HCGURE
02.55.90 OREGON
HLTR HLND YOUNG EISCHDHT
03.18.18 D.C.
MCAFFEE BNDR DRVES HLLR
03.56.13 RM
65+ MEN HEDLEY *****
2.52.04 ILLINOIS 1979
02.52.04 ILLINOIS A
HLBRG STROCK SLSKI HIER
03.18.98 JERSEY
SGRST STRTHN SILBRT VGT
03.30.83 LONG BEACH
MCPHRSN GUTH HALE CHPIN
03.37.93 MICHIGAN
BRHN UNR BRDN PIERCE
03.41.83 NEW ENGLAND
HULFF ALLN OLNDOFF ERION
04.03.90 ILLINOIS B
DNKN KLR VNG NEKTN

OPEN RECORDS
HOMEN 25-29
100 FREE H.NOPPEN 1.01.72 1978
HOMEN 30-34
100 BRST H.CATTRALL 1.21.11 1979
200 BRST V.CATTRALL 3.02.60 1979
HOMEN 35-39
100 BRST B.PRONK 1.24.00 1978
200 BRST B.PRONK 3.06.22 1978
HOMEN 40-64
50 BRCK H.U.RVSEL 45.49 1978
100 BRCK H.U.RVSEL 1.42.62 1978
200 BRCK H.U.RVSEL 3.50.37 1978
HOMEN 70-74
50 FREE U.CHERRITHAN 47.51 1978
100 FREE U.CHERRITHAN 1.45.78 1978
200 FREE U.CHERRITHAN 3.50.11 1979
400 FREE U.CHERRITHAN 8.29.55 1978
1500 FR U.CHERRITHAN 33.45.40 1978
50 FLY U.CHERRITHAN 1.06.43 1979
200 IH U.CHERRITHAN 4.49.14 1979

Women 65-69 cont'd.

<u>100 meter back</u>		
1. 2:17.48	B. Johnston, 69	8-6
2. 2:16.76	E. Sandeman, 66	8-6
3. 2:33.23	J. Durston, 65	6-23
4. 2:23.95	B. Silber, 67	8-13
<u>50 meter breast</u>		
1. 56.77	E. Sandeman, 66	8-6
2. 1:01.13	J. Durston, 65	6-23
3. 1:10.75	E. Goldman, 68	7-22
<u>100 meter breast</u>		
1. 2:04.96	E. Sandeman, 66	7-21
2. 2:17.20	J. Durston, 65	6-24
<u>50 meter fly</u>		
1. 1:03.29	E. Sandeman, 66	7-21
2. 1:09.95	E. Goldman, 68	7-21
<u>100 meter fly</u>		
1. 2:17.60	E. Sandeman, 66	7-22
<u>200 meter IM</u>		
1. 4:45.01	E. Sandeman, 66	8-13
2. 5:02.67	E. Goldman, 68	7-21
<u>Women 70-74</u>		
<u>50 meter free</u>		
1. 59.63	M. Bronson, 74	6-23
2. 1:14.30	H. Smyth, 72	6-23
<u>100 meter free</u>		
1. 2:27.00	M. Bronson, 74	6-24
<u>200 meter free</u>		
1. 6:01.44	H. Smyth, 72	6-23
<u>400 meter free</u>		
1. 12:22.60	H. Smyth, 72	6-24
<u>50 meter back</u>		
1. 1:11.31	M. Bronson, 74	6-24
<u>100 meter back</u>		
1. 2:44.56	M. Bronson, 74	6-23
2. 3:24.39	H. Smyth, 72	6-23
<u>200 meter back</u>		
1. 7:07.30	H. Smyth, 72	6-24
<u>50 meter breast</u>		
1. 1:34.88	M. Bronson, 74	6-23
<u>100 meter breast</u>		
1. 3:34.45	M. Bronson, 74	6-24

PACIFIC ASSOCIATION 1979 LONG COURSE TOP TEN - RELAYS

Women 25 & over

<u>200 meter free relay</u>	
1. 2:14.91	Walnut Creek Masters: Green, Morey, Cox, Richison, 6-23
2. 2:30.80	Piedmont Masters: Schneider, Lobree, Bove, Koch, 7-22
3. 2:34.02	Sacramento Masters: Werry, Smith, San- ders, Gorham, 6-3
4. 2:35.60	Sacramento Masters: (names not on card) 8-12

<u>200 meter medley relay</u>	
1. 2:42.05	Piedmont Masters: Lobree, Pendleton, Bove, Clifford, 6-24
2. 3:05.09	Sacramento Masters: (no names on card) 8-12

<u>Women 35 & over - 200 m free relay</u>	
1. 2:20.54	Tamalpais Masters: Jenkins, Arndt, Hoey, Ridout, 8-12
2. 2:21.52	Tamalpais Masters: Jenkins, Hoey, Arrighi, Ridout, 6-3
3. 2:23.74	Walnut Creek Masters: Burns, Barkely, Brew- er, Rossiter, 6-23
4. 2:42.59	San Mateo Marlins: Kaufman, Crown, Morton, Roepke, 6-23

<u>200 meter medley relay</u>	
1. 2:41.07	Tamalpais Masters: Jenkins, Hoey, Rid- out, Arndt, 8-12
2. 2:49.40	Tamalpais Masters: Hoey, McCollister, Ridout, Jenkins, 6-24
3. 2:56.15	Walnut Creek Masters: Burns, Cullum, Rossi- ter, Barkely, 6-24
4. 3:03.74	San Mateo Marlins: Taft, Kaufman, Roepke, Morton, 6-24

Women 45 & over

<u>200 meter free relay</u>	
1. 3:11.23	San Mateo Marlins: Odone, Soss, Schroeder, Pisciotta, 6-23
2. 3:24.08	Walnut Creek Masters: Barabash, Stafford, McMillan, Rogers, 6-23

<u>200 meter medley relay</u>	
1. 3:15.10	San Mateo Marlins: Meserve, Odone, Pisciotta, Soss, 6-24
2. 3:17.68	Walnut Creek Masters: McMillan, Rogers, Brewer, Barabash, 6-24

Women 55 & over

<u>200 meter free relay</u>	
1. 3:09.23	Rinconada Masters "A": Ott, Christiansen, Jorgensen, Scholer, 7-30
2. 3:15.42	Rinconada Masters "B": Jorgensen, Abbott, Christiansen, Scholer, 8-20
3. 3:38.70	Walnut Creek Masters: Reeves, Bronson, Oswald, Durston, 6-23

<u>200 meter medley relay</u>	
1. 3:49.65	Rinconada Masters: Jorgensen, Abbott, Christiansen, Scholer, 8-20
2. 3:58.54	San Mateo Marlins: Taft, Matthiesen, Goldman, Crown, 7-21
3. 4:20.70	Walnut Creek Masters: Bronson, Oswald, Reeves, Durston, 6-24

Women 65 & over

<u>200 meter free relay</u>	
1. 3:43.76	Rinconada Masters: Sandeman, Darling, Silber, Johnston, 8-13

<u>200 meter medley relay</u>	
1. 4:01.88	Rinconada Masters: Silber, Sandeman, Darling, Johnston, 8-13



NATIONAL AAU MASTERS LONG DISTANCE CHAMPIONSHIPS

Reported by Les Finnegan

A good, convivial meet this one, with double the number of last year's entries, and several records presumably broken. Dale Petranech, our absentee meet director, would have been proud. Unexpectedly Dale was sent to Jamaica by the American Red Cross Disaster Service to control the island's floods...and if anyone can play King Canute Dale can.

TOP: The Invincibles. You could hold a Masters swim meet in central Patagonia or Outer Mongolia and this "Fearsome Foursome" would turn up to win their gold medals. Dan Sullivan, Clarence Ross, Bob Coyle and Oscar Sigrist.

Bottom: Nautilus at the Nationals - Al Bove, Maureen McInerny and Les Finnegan. These Championships were held at remote Green Lake, VA over a grueling two-mile distance on a hot day.

100m. fly
1. 1:07.09 Al Cartwright, 37 8-12-79

200m. fly
1. 2:34.21 Al Cartwright, 37 6-24-79

50m. breast
1. 37.32 Charles Kilbourne, 40 6-23-79

100m. breast
1. 1:28.70 Charles Kilbourne, 40 6-24-79

Men 40-44
50m. free
1. 27.20 Charles Raven, 40 6-3-79

100m. free
1. 1:02.05 Wm. Van Horn, 40 6-3-79

200m. free
1. 2:19.90 Wm. VanHorn, 40 7-22-79

400m. free
1. 4:59.35 Wm. VanHorn, 40 7-21-79

1500m. free
1. 20:24.79 Wm. VanHorn, 40 7-22-79

50m. back
1. 33.25 Jim Bohan, 43 6-3-79

100m. back
1. 1:17.10 Jim Bohan, 43 6-3-79

200m. back
1. 2:50.90 Kent Price, 41 6-23-79

50m. breast
1. 37.32 Charles Kilbourne, 40 6-23-79

100m. breast
1. 1:28.70 Charles Kilbourne, 40 6-24-79

200m. breast
1. 3:13.75 Charles Kilbourne, 40 6-23-79

50m. fly
1. 31.23 Charles Haven, 40 6-3-79

100m. fly
1. 1:20.03 Barry Pasbender, 41 6-3-79

200m. fly
1. 3:07.54 Barry Pasbender, 42 8-20-79

200m. IM
1. 2:51.92 Kent Price, 41 6-3-79

400m. IM
1. 6:28.10 Kent Price, 41 6-23-79

Men 45-49
50m. free
1. 29.63 Don Brown, 46 6-23-79

100m. free
1. 1:13.89 Lloyd Skramstad, 45 6-24-79

200m. free
1. 2:53.66 Ed Sahanser, 49 7-22-79

400m. free
1. 6:17.80 Lloyd Skramstad, 45 6-23-79

1500m. free
1. 28:07.40 John Cooper, 46 7-22-79

50m. back
1. 33.52 Don Brown, 46 6-3-79

100m. back
1. 1:17.02 Don Brown, 46 6-23-79

200m. back
1. 2:55.10 Richard Bennett, 48 8-6-79

50m. breast
1. 40.46 Hans Pallant, 45 8-12-79

100m. breast
1. 1:29.59 Hans Pallant, 45 8-12-79

200m. breast
1. 3:46.78 Peter Probenius, 46 6-3-79

50m. fly
1. 35.16 Don Brown, 46 6-24-79

100m. fly
1. 1:38.14 Bob Herzog, 48 6-23-79

200m. IM
1. 2:48.77 Don Brown, 46 6-23-79

400m. IM
1. 7:20.57 Bob Herzog, 48 6-23-79

Men 50-54
50m. free
1. 29.46 Boyd Johnson, 51 6-23-79

100m. free
1. 1:08.79 Ed Kerwill, 53 7-21-79

200m. free
1. 2:34.60 Ed Kerwill, 53 7-22-79

400m. free
1. 5:26.15 Ed Kerwill, 53 7-21-79

1500m. free
1. 22:29.36 Ed Kerwill, 53 7-22-79

50m. back
1. 33.52 Don Brown, 46 6-3-79

50m. back
1. 36.10 Boyd Johnson, 51 6-24-79

100m. back
1. 1:24.29 Boyd Johnson, 51 6-23-79

200m. back
1. 3:54.74 John Ponsichil, 52 7-21-79

50m. breast
1. 43.24 George Cunningham, 53 6-3-79

100m. breast
1. 1:34.59 Geo. Cunningham, 54 8-12-79

200m. breast
1. 3:23.42 Geo. Cunningham, 53 6-3-79

50m. fly
1. 37.60 Laman Sutton, 52 6-3-79

100m. fly
1. 1:35.47 Geo. Cunningham, 53 6-23-79

200m. fly
1. 3:32.80 Ed Kerwill, 53 6-24-79

200m. IM
1. 3:08.70 Ed Kerwill, 53 7-21-79

400m. IM
1. 6:41.85 Ed Kerwill, 53 7-22-79

Men 55-59
50m. free
1. 30.00 Dore Schwab, 57 6-3-79

100m. free
1. 1:11.7 John Clark, 57 6-3-79

200m. free
1. 2:49.49 Ray Taft, 59 6-3-79

400m. free
1. 6:11.90 Ray Taft, 59 6-3-79

50m. back
1. 37.32 Charles Kilbourne, 40 6-23-79

Men 55-59
50m. book
1. 4:48 Johnson Clark, 57 6-3-79

200m. breast
1. 1:46.75 Ray Taft, 60 6-23-79

200m. fly
1. 4:24.69 Jack Bartlett, 67 6-24-79

35+
1. 2:06.95 Walnut Creek - Barry, Herzog, Pedder, McCreary 6-23-79

100m. book
1. 1:39.10 Johnson Clark, 37 6-3-79

50m. fly
1. 37.99 Ray Taft, 60 8-12-79

200m. IM
1. 3:57.87 Benton Wood, 69 6-23-79

45+
1. 2:19.73 San Mateo Marline - Taft, Killen, Pisciotta, Brown 6-23-79

200m. book
1. 3:34.00 Ed Barnes, 57 6-24-79

100m. fly
1. 1:39.38 Ray Taft, 60 8-12-79

400m. IM
1. 8:52.10 Jack Bartlett, 67 6-23-79

55+
1. 2:29.70 Rinconada - Conannon, Ott, Blackledge, Rula 6-23-79

50m. breast
1. 42.30 Wilton Fernandes, 56 6-3-79

200m. fly
1. 4:42.46 Ed Blackledge, 63 7-30-79

50m. free
1. 34.73 Art Hule, 73 8-6-79

65+
1. 3:04.89 San Mateo Marline - Roumas, Koppel, Bartlett, Wood 6-23-79

100m. breast
1. 1:36.10 John Richards, 57 6-24-79

200m. IM
1. 3:11.03 Ray Taft, 60 7-21-79

100m. free
1. 1:18.80 Art Hule, 74 8-13-79

200m. medley relay
1. 2:02.20 Rinconada - Spieker, Hull, Barter, VanOch 8-13-79

200m. breast
1. 3:33.64 John Richards, 57 6-3-79

400m. IM
none

200m. free
1. 2:59.33 Art Hule, 74 8-20-79

2. 2:04.81 Walnut Creek - Katis, Jester, Turrin, Coffman 6-24-79

200m. breast
1. 3:46.51 Wilton Fernandes, 56 6-23-79

50m. free
1. 34.74 Benton Wood, 69 6-23-79

1500m. free
none

2. 2:17.00 Solano - Good, Cooper, Sherman, Bell 6-12-79

50m. fly
1. 37.05 Dore Schwab, 57 8-12-79

100m. free
1. 1:21.62 Benton Wood, 69 6-24-79

50m. book
1. 40.60 Art Hule, 73 7-30-79

3. 2:17.18 Sacramento - Olympic Club - Barthold, Loughborough, Cartwright, VanHom 6-24-79

100m. fly
1. 1:37.05 Ed Barnes, 57 8-20-79

200m. free
1. 1:31.15 Bill Loughborough, 68 8-12-79

100m. book
1. 33.92 Art Hule, 74 8-20-79

35+
1. 2:21.92 Rinconada - Price, Kilbourne, Fassbender, Kerwill 6-24-79

200m. breast
1. 3:58.20 John Richards, 57 8-12-79

300m. free
1. 3:07.72 Benton Wood, 69 8-12-79

50m. breast
1. 48.03 Sam Bernstein, 70 6-23-79

45+
1. 2:42.83 Tamalpais - Cunningham, Pallant, Schwab, Cooper 8-12-79

200m. IM
1. 4:10.85 Gary Ott, 55 8-6-79

400m. free
1. 6:48.67 Benton Wood, 69 7-21-79

100m. breast
1. 1:52.33 Sam Bernstein, 70 6-24-79

55+
1. 2:45.88 San Mateo - Taft, Barnes, Bartlett, Wood 6-24-79

400m. IM
none

50m. free
1. 35.20 Ed Moran, 61 7-22-79

100m. breast
1. 1:52.63 Fred Lappe, 74 6-3-79

2. 3:04.51 Walnut Creek - Stringham, McKinley, Johnston, Smith 6-24-79

50m. free
1. 33.20 Ed Moran, 61 7-22-79

100m. free
1. 1:12.86 Ray Taft, 60 7-21-79

200m. breast
1. 4:24.30 Sam Bernstein, 70 6-23-79

65+
1. 3:45.97 Rinconada - Klake, Silber, Johnston, Rula 8-13-79

100m. free
1. 1:15.13 Ed Moran, 61 7-21-79

1500m. free
1. 32:58.80 Bill Loughborough, 68 7-22-79

50m. book
1. 52.69 Fred Lappe, 75 8-12-79

200m. mixed free relay
1. 1:56.78 Rinconada - Lucas, Schleming, Casey, Selmer 6-24-79

200m. breast
1. 3:58.20 John Richards, 57 8-12-79

50m. free
1. 35.80 Wm. Johnston, 61 6-23-79

100m. free
1. 1:58.05 Al Kallunki, 75 6-24-79

2. 1:56.94 Sacramento 'A' - Santa Rosa 'A' - Holley, Cochet, Holley, Watson 8-12-79

400m. IM
none

100m. free
1. 1:12.71 Wm. Johnston, 61 6-24-79

1500m. free
none

3. 2:06.40 Piedmont - Mendelton, Mendelton, Jobree, Belden 6-24-79

50m. free
1. 37.52 Ed Moran, 61 7-22-79

100m. book
1. 1:44.68 Benton Wood, 69 6-23-79

50m. breast
1. 52.69 Fred Lappe, 75 8-12-79

45+
1. 2:34.60 Walnut Creek - Cramer, Rodgers, Herzog, McMillan 6-24-79

100m. free
1. 1:14.73 Geo. Conannon, 60 7-21-79

200m. breast
1. 4:24.30 Sam Bernstein, 70 6-23-79

100m. book
1. 1:57.56 Fred Lappe, 75 8-12-79

55+
1. 3:06.26 Rinconada - Johnston, Sandeman, Johnston, Rula 8-6-79

200m. breast
1. 4:14.69 Jean Bartlett, 62 6-23-79

300m. free
1. 3:15.80 Bill Loughborough, 68 7-22-79

200m. breast
1. 4:27.35 Al Kallunki, 75 6-23-79

65+
1. 2:54.60 Walnut Creek - Smith, Reeves, Johnston, Durston 6-24-79

400m. free
1. 5:59.82 Ray Taft, 60 7-21-79

50m. breast
1. 43.01 Harry Koppel, 65 6-3-79

NO MIX

2. 2:59.25 San Mateo - Wood, Matthiasen, Taft, Taft 6-24-79

100m. free
1. 1:14.77 Ed Moran, 61 7-21-79

100m. breast
1. 1:43.56 Harold Perry, 67 6-24-79

200m. free relay
1. 1:46.68 Olympic Club - J. Foote, F. Gay, C. Havan, B. Barthold 6-3-79

55+
1. 2:54.60 Walnut Creek - Smith, Reeves, Johnston, Durston 6-24-79

200m. breast
1. 4:14.69 Jean Bartlett, 62 6-23-79

200m. breast
1. 4:11.35 Bill Loughborough, 68 7-22-79

200m. free relay
1. 1:46.68 Olympic Club - J. Foote, F. Gay, C. Havan, B. Barthold 6-3-79

55+
1. 2:54.60 Walnut Creek - Smith, Reeves, Johnston, Durston 6-24-79

400m. free
1. 5:59.82 Ray Taft, 60 7-21-79

200m. breast
1. 4:11.35 Bill Loughborough, 68 7-22-79

200m. free relay
1. 1:46.68 Olympic Club - J. Foote, F. Gay, C. Havan, B. Barthold 6-3-79

55+
1. 2:54.60 Walnut Creek - Smith, Reeves, Johnston, Durston 6-24-79

100m. free
1. 1:14.77 Ed Moran, 61 7-21-79

200m. breast
1. 4:11.35 Bill Loughborough, 68 7-22-79

200m. free relay
1. 1:46.68 Olympic Club - J. Foote, F. Gay, C. Havan, B. Barthold 6-3-79

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200m. breast
1. 4:14.69 Jean Bartlett, 62 6-23-79

200m. breast
1. 4:11.35 Bill Loughborough, 68 7-22-79

200m. free relay
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200m. breast
1. 4:11.35 Bill Loughborough, 68 7-22-79

200m. free relay
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100m. free
1. 1:14.77 Ed Moran, 61 7-21-79

200m. breast
1. 4:11.35 Bill Loughborough, 68 7-22-79

200m. free relay
1. 1:46.68 Olympic Club - J. Foote, F. Gay, C. Havan, B. Barthold 6-3-79

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200m. free relay
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1. 1:14.77 Ed Moran, 61 7-21-79

200m. breast
1. 4:11.35 Bill Loughborough, 68 7-22-79

200m. free relay
1. 1:46.68 Olympic Club - J. Foote, F. Gay, C. Havan, B. Barthold 6-3-79

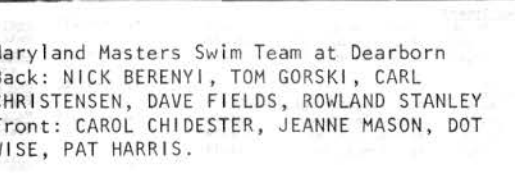
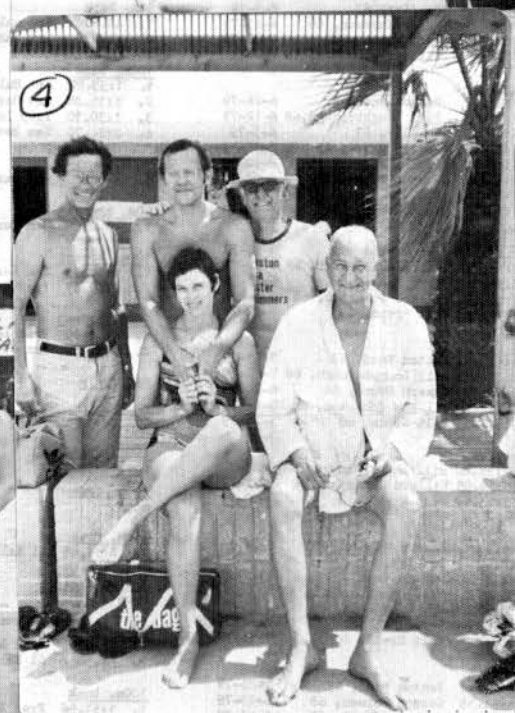
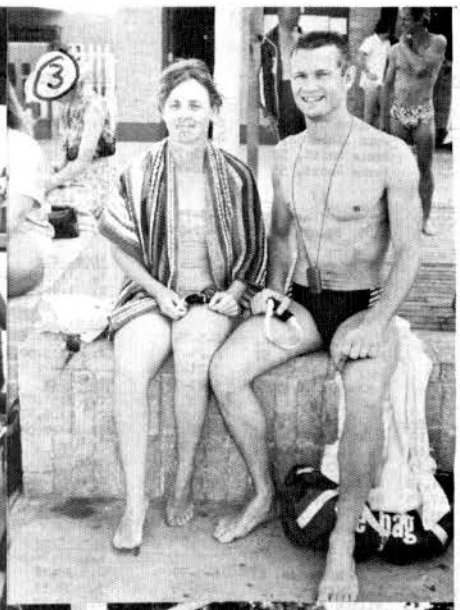
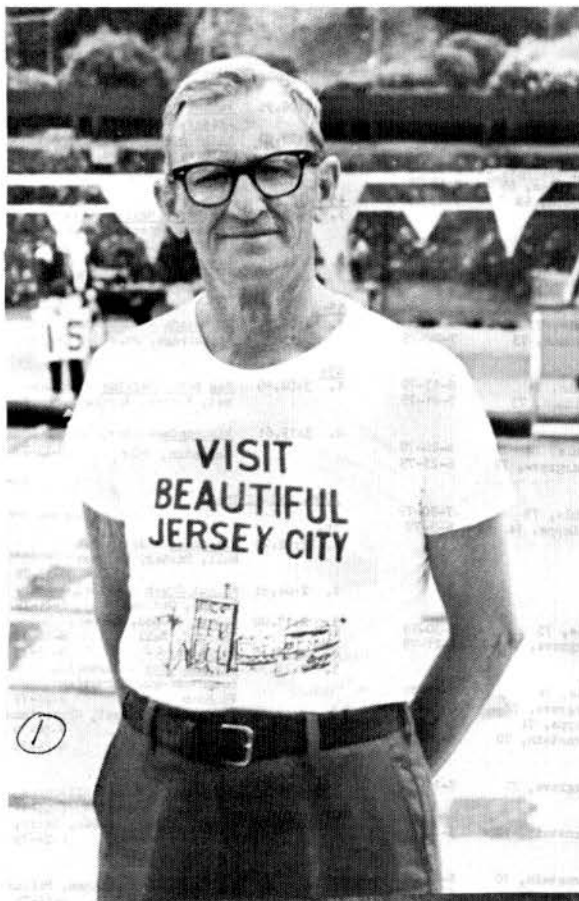
55+
1. 2:54.60 Walnut Creek - Smith, Reeves, Johnston, Durston 6-24-79

200m. breast
1. 4:14.69 Jean Bartlett, 62 6-23-79

200m. breast
1. 4:11.35 Bill Loughborough, 68 7-22-79

200m. free relay
1. 1:46.68 Olympic Club - J. Foote, F. Gay, C. Havan, B. Barthold 6-3-79

55+
1. 2:54.60 Walnut Creek - Smith, Reeves, Johnston, Durston 6-24-79



1 OSCAR SIGRIST 71, of Jersey Masters Swim Team, finally wins his first All-American title in the 1979 Top Ten Short Course with 2 firsts. "I have been swimming Masters since 1972 and didn't think I would ever make it. This feels great!"

2 Hamilton & Mildred Anderson with John Flowers, who Mildred taught to swim and coached when he lived in Houston.

3 THE DAVID GILLANDERS

4 Masters Swimmers at Corpus Christi: Back: BILL VAN HOUTEN, CHARLEY STEWART, HAM ANDERSON; Front: Jamie STEWART AND BILL STINSON

5 BEN ALLEN, BUD DALLMANN & KEITH BELL at New Braunfels meet.

7 FRAN WOOLSEY, BILL WOOLSEY, JAMIE STEWART & JAN WOLFE at Corpus Christi Long Course Meet.

9 JIM PUCKETTE, Arlington, TX and DEL BROWN, Oklahoma City.

6 Maryland Masters Swim Team at Dearborn Back: NICK BERENYI, TOM GORSKI, CARL CHRISTENSEN, DAVE FIELDS, ROWLAND STANLEY Front: CAROL CHIDESTER, JEANNE MASON, DOT WISE, PAT HARRIS.

8 MARGE JEWETT & KITTY WORLEY

A fitting way to pool healthy knowledge

London, England
THE SUNDAY TIMES, OCTOBER 15 1978

● *Swimming can last you a lifetime, and the living proof is presented next Saturday, October 21, when the Masters Swimming Tournament, organised by the Otter Swimming Club and co-sponsored by The Sunday Times, takes place at London's Marshall Street Baths. Some 200 men and women, ranging in age from 25 to over 60, will compete in over 80 events, starting at 10 in the morning and going on into early evening. The common belief amongst these competitors is that swimming is the best all-round exercise activity for any age and shape of person. Sports Editor John Lovesey, a keen swimmer himself, pinpoints some of the reasons they hold to this opinion.*



for the heart

A SWIMMER'S heart, when the body is immersed and horizontal in water, has a particular advantage. This was demonstrated by a professor at the University of Berlin. He showed that the heart of a person upright, next supine and then horizontally buoyed up in water increased in the case of one person from 689 millilitres to 771 millilitres when horizontal, and to 922 millilitres following the body's immersion in water. For the swimmer it means that 10 to 20 per cent more blood is expelled with each contraction compared with when one is running in a vertical position, supporting oneself against gravity. The benefit is enormous, providing the potential to work harder and for a longer period of time. It helps explain the vastly improved performance of women (who generally have smaller hearts than men) in the water, and why they are often superior to men in long-distance swims.



for endurance

LACK of physical exercise is most responsible for premature

ageing. Unlike cars, our bodies actually thrive on being used, and swimming not only provides the capacity to work harder and longer, which is real fitness, but survive longer in terms of performance. Because the heart works so much more efficiently when the body is in the water, men near 60 years of age can swim, with training, 70 per cent as fast as men in their twenties. Overall, veterans who keep training show only a one per cent per year fall-off in performance over the period of middle-age. Furthermore, practising and polishing technique means that older swimmers can counterbalance loss of strength and often outshine younger swimmers thrashing away energetically but with less skill. Even people in their sixties and seventies, once fit, can swim half a mile or more.



for the lungs

MOST regular swimmers have an impressively high functional lung capacity, and tend to slow down or even reverse the deterioration one would expect with age. This is not surprising because blowing out air against the resistance of water is similar to exercises given to lung patients by therapists. Comparisons between gymnasts and veteran runners and veteran swimmers have shown swimmers to have a higher lung capacity in both cases.



for friendship

INFORMAL groups of acquaintances usually operate within all swimming pools and the value of these is illustrated by Gerald Forsberg (pictured below): "Every day I go to Lancaster swimming bath. I swim with two people. I only know them there. We swim together for 50 lengths or so. You have the feeling of companionship. There is a slight edge of competition; you don't want to be dragging along behind. There is a tremendous soothing pleasure, this fellow feeling that you are doing something quite different to your ordinary work, and you're getting tremendous mental relaxation because your work has absolutely disappeared from your mind. I've found I lead a completely different life for one hour a day. I haven't a clue what my companions do in outside life, but we

just like to meet each other at the pool. All your worries disappear."



for fatties

IN MOST swimmers' experience children and adults never make fun of fat or elderly people in pools. It is a very democratic experience. Once in the water—up to your neck in it—you become one of a group of equals. What's more, though most regular swimmers are reasonably slim (of those pictured on this page, one lost two stone and another four stone in weight through swimming), a bit of blubber in a pool is more likely to command respect than attract ridicule. This may have something to do with newspaper photos of long-distance swimmers who like a layer of fat to keep them warm. And if you are fat, the water will help to get you fit more comfortably than exercise on land, because it will support your weight.



for therapy

BECAUSE the body is effectively weightless in water, swimming is unequalled as a therapeutic exercise. It can gently bring back into action muscles perhaps severely atrophied by lack of use, improve mobility, and is an activity that can be practised by injured and handicapped people.



for sex

A STUDY of swimmers in America demonstrated an impressive statistic in terms of present-day marriage and divorce. Of those who were married, over 70 per cent were still in their first and only marriage. Furthermore, when asked about the level of sexual activity before they began training and at the time of the survey, of the total 258 (150 men and 108 women) who responded, about 1 in 5 said it was higher. The frequency of intercourse ranged from once or twice a week for 106 swimmers; to three times for

35; four for 22; five for 14; six for 3, while two reported considerably more activity.



for strength

SWIMMING exercises the shoulders more than perhaps any other sport except weight-lifting and it also strengthens the legs. But for a woman, the fact that swimming tends to build long rather than short, knotted muscles may be a particular attraction. Perhaps swimming's greatest virtue, however, is that unlike other physical activities, it offers an unlimited possibility of exercise without the danger inherent in body-contact sports or the joint, bone and muscle problems that can plague runners, tennis players, gymnasts and other sportsmen and women.



there is a snag

IN BRITAIN we take care to see children are taught to swim but then fail to provide enough proper pool time for adults to be able to continue swimming for exercise. Not only are pools often not open at times when adults could use them, when they are open there is often little chance of being able to make unimpeded progress. It is hard to imagine such unrestricted use being allowed with any other sporting facility—think of the chaos that would ensue on a running track if some people ran the wrong way round!—and proper programming of pools with times allocated to specific groups, including youngsters who want a romp is one answer. The reservation of some lanes for exercise swimmers is another. Such ideas are being tried in some cases but they are not general, and given that one often-voiced complaint about pools is they do not make money as if, unlike parks and public libraries, they should show a profit, then programming is one way to make pools more cost effective.

MASTERS NOTES SWIMMING

LONG COURSE NATIONAL MEET RESULTS - As of October 30th, I still have not received a copy of the LC meet results! I cannot print what I do not receive. However, I received the following note: "I was dismayed when I read the Long Course National Results and my name had been excluded. I recieved awards and thought I had placed. Also, Nancy Ridout & Betty Bennets' times and places were missing - so the 35-39 Women's results are totally inaccurate." I wonder what she has seen that I haven't seen? Someone must have a copy!!!!.....


NANCY LAWRENCE OF WEST CHICAGO WRITES - "Just a line to say 'keep up the good work'. Swim-Master has always been a source of inspiration to me. Hearing about other 'older' swimmers has meant a lot to one who started at age 45 with one length of the pool, had never seen the butterfly stroke before 1968, had never heard the terms 'interval training', 'cardiovascular system', and thought 'on the blocks' meant an antique auction! Swimming is now a way of life with my husband and me - like breathing, or eating, equally essential. Nothing has so drastically modified our well-being, sense of accomplishment, and self-image as the thrill of returning from a swim meet, with or without ribbons: we at least accepted the challenge, put forth our best effort, and found an unexpected source of friendship, comradery, and fellowship at each meet we attended. I am concerned with the increasing emphasis on National meets. There is a movement in Illinois to have all the individuals go unattached for 4 months prior to Nationals and then form one club for the sake of competing as a State unit. Again, congratulation on the composition of Swim-Master. For all the hard work and long hours you put in--thank you!".....

SHORT COURSE TOP TEN CORRECTIONS -

- 25-29 W 500 Free S. Lee 5:50.35 - 10th
- 70-74 W 100 Fly J. Bennett 2:29.90 - Record
- 25-29 W 200 Brst N. Begley 2:41.53 - 2nd
- 65-69 M 400 I.M. J. Donovan 7:39.64 - 6th
- 50-54 W 1650 Free J.McDaris 26:43.70 - 9th
- 55-59 M 100 Fly Delete J.Woods - A.Koblish -1st
- 55-59 M 100 Fly J.Kleist 1:20.65 - 10th

THE MYSTERY LADY - in photo #18 or the No. 8 Swim-Master is none other than Abe Olanoff, 73.

The story is as follows: New England Masters wanted to enter two teams in the Six-Pack Relay at the end of the LC meet. On the second relay, we had 4 men & 2 women. The rules specify 3 and 3. So Abe bravely volunteered to switch sexes for the relay, donning a women's suit & inserting some paper cups - fetching little lady, isn't he?.....



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2308 NE 19 Ave., Ft. Lauderdale, FL 33305

RESULTS OF BEER RELAY - As we promised in several announcements at the Nationals, we have the results of the Beer Relay sponsored by the Rocky Mountain Masters. The Northern Shores Acorns finished in the top half of the 24 team heat, which was won by the bogus Olympic Club team, which boasted 4 of the top men sprinters in the meet, and for the two women who were to round out the team, they drafted Paul Windrath and some other closet transvestite. Julie Johnston distinguished herself as a Power Chugger, and lots of credit should go to our team manager, Marianne Schulze, whose inspirational leadership and timely water splashing was a key to our success! (Old Sternwheeler).....

MRS. MARTHA KELLER WRITES - I would like to order the swim magazine, but I'm afraid I won't get it. I attended the Masters Swim meet last August in Dearborn, MI. Since the 1500 meter event was the last event, I did not get that medal yet, as they said they were going to send it, also I paid for the results of the whole event they were going to send one. I don't know who is responsible for this. Maybe you can help me out. As soon as I receive it, I shall subscribe for the Swim magazine. Thank you.....

AND YET ANOTHER - Thanks for saying something about results of Nationals being available more promptly. I had begun to think everyone just got used to the situation and accepted it..... Ed.Note: Hopefully, you all get the hint and perhaps meet directors will start getting their results out more promptly.....

NATIONAL MASTERS CHAMPIONSHIPS - While we are on this subject, please be reminded that we will be awarding three meets at the Convention the end of November. 1980 LC in the west. 1981 SC in Central. 1981 LC in the Northeast. Central Assn. include MI, WI, Central, Ozark, AR, OK, Missouri Valley, Midwestern, MT, IA, ND, SD, WY, MN, IN. Northeast includes: ME, New Eng., Adirondack, Niagara, CT, Metropolitan, NJ, Middle Atlantic, South Atlantic, Potomac Valley, Allegheny Mt., VA, OH, Lake Erie.

SWIM-MASTER

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June Krauser, Editor
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swim today...

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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL VIII - No 9

NOVEMBER - DECEMBER 1979

NOV 10-11 SHOF SC - June Krauser, 2308 N.E. 19 Ave., Ft. Lauderdale, FL 33305
17 SC - Leslie Thompson, 1933 Dewey, Bartlesville, OK 74003
17-18 Southern States Swim Clinic - c/o Jim Dennis, A.D., Heritage Hall, USC, LA, CA 90007
18 Pentathlon - Harry Rawstrom, Carpenter Sports Bldg, U of Del., Newark, DE
18 Aqua-Terra Biathlon - Dan Sullivan, 495 Watchung Ave., Bloomfield, NJ 07003
23-25 SC - Brad Levinson, Metairie Y, 3726 Houma Blvd., Metairie, LA 70002

DEC 1-2 O*H*I*O Masters - Meet Director, P.O. Box 8513, Canton, OH 44711
2 Canada - Sheila Marsden, 36 Bernadine St., Scarborough, Ontario M1P 4M2
8 Clinic & Mini Meet - Multnomah A.C., 1849 SW Salmon St., Portland, OR 97207
8-9 Tallahassee - Dick Glick, Chem Dept FSU, Tallahassee, FL 32306
9 SC - Alicia Horst, 571 Marina Ave., Coronado, CA 92118
9 Westport Y SC - Mike Laux, P.O. Box 5, Westport, CT 06880
9 Hal Onnuseit Memorial - Harvard - Enid Uhrich, 25 Lafayette Rd., Newton Lower Falls, MA 02162
15 SC - Jim Morgan, 4656 Farcrest Ct., Cincinnati, OH 45239
15 1650 Meet - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046

JAN 5 Mid-Winter - Daniel Davis, 104 Ardmore, Hamden, CT 06517
13 O*H*I*O Masters - Pieter Cath, 29749 Harvard Rd., Cleveland, OH 44122
26-27 Sunbelt - Kirk Canterbury, 6616 Rocky Falls Rd., Charlotte, NC 28211

FEB 2 Rhode Island Jr. C. - Ernie Hulme, 17 Vista Dr., Lincoln, RI 02865

MAR 15-16 SC & Diving - John George, 913 E. 10, Edmond, OK 73034
23 Midland Masters - Jim Work, 3409 Lawndale, Midland, MI 48640

APR 19-20 Harvard - Tom Lyndon, 54 Walnut St. #7, Waltham, MA 02154
25-27 East Coast - Bob Macionis, Bridgewater Com. Pool, Box 6300, Bridgewater, NJ
26-27 O*H*I*O Masters - Meet Director, P.O. Box 8513, Canton, OH 44711

MAY 16-18 NATIONAL SHORT COURSE CHAMPIONSHIPS - Ft. Lauderdale SHOF Pool,
June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
NOTE: The information sheet and entry blank are now available by sending a
self addressed stamped envelope.

MICHIGAN MEETS - Wally Dobler, 2400 Wellesley Dr., Lansing, MI 48910 DEC 15, FEB 10, MAR 16

METRO MASTERS - 8 Cambridge Court, Bethpage, NY 11714 NOV 11, DEC 8, JAN 6, JAN 12

CENTRAL AAU - P. Windrath, 1821 Howard St., F, St. Charles, IL 60174 NOV 18, DEC 2, DEC 16,
JAN 12, JAN 27, FEB 10, FEB 23-24, MAR 9, APR 4-5, APR 20, MAY 2-4

OREGON AAU - Earl Walter, 3904 S W 57 Ave., Portland, OR 97221 DEC 9, JAN 13, FEB 3 or 10,
MAR 9 or 16, APR 4-5, MAY 3-4, JUN 8, JUL 6, AUG 13-14

DC MASTERS - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046 DEC 2, MAR 8, APR 12,
JUL 12, AUG 2-3

*Mail 3 copies of meet results to: Enid Uhrich, 25 Lafayette Rd., Newton Lwr Fls, MA 02162 *