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PREDICTIVE TEST FOR MASTERS SWIMMING PERFORMANCE

by Dr. Paul Hutinger
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Would you like to find out your maximum potential performance time for the 100 yard freestyle? Many Masters Swimmers who have not had experience in competitive swimming have little knowledge of their potential speed. Former competitive swimmers have no idea of the effect of aging upon their performance potential. Years of experience working with masters swimmers shows the average former competitive swimmer should be able to achieve 90% of his or her former time. For example, a swimmer with a best time of 55 seconds should be able to do one minute for the 100 yard freestyle.

A predictive test for competitive swimmers has been devised at the Human Performance Laboratory at Western Illinois University. The test is simple to administer and consists of timing the swimmer for a 10 yard swim. Although the test is simple it must be exact. Two kickboards, or other markers, are placed edge up on the side of the pool. The first marker must be 20 feet from the wall so the push off the wall in starting is not reflected in the time of the 10 yard swim. The stop watch is started as the swimmer's head passes the first marker. The timer must move quickly to the second marker, and stop the watch as the head passes. It is important to focus attention on the head rather than arms. The swimmer should swim the distance without breathing. The test gives the maximum velocity that the

swimmer can generate, timed to the nearest tenth of a second. Three trials should be given with the average time used as the score for the test. The score is multiplied by 10.5 to predict the best time that can be achieved by the swimmer for 100 yards crawl in a 25 yard pool. A time of 6.0 seconds would give a predicted time of 1:03.0 for the 100 yards.

A Chicago Master swimmer who was 2nd in the National 50 meter freestyle, took this test. He had a 5.6 seconds average time. This score is multiplied by 10.5 to predict a time of 58.8 seconds for the 100 yard freestyle. Bill has a best time of 1:01.9 for the 100 yards, however, the prediction from his velocity indicates he has several seconds to improve. How can Bill reach his predicted or goal time for the 100 yard event? I made several observations that could help put Bill under a minute. His stroke was not efficient with a very heavy kick. A shorter kick with a check on his 10 yard velocity time would be a good evaluation. Training should be specific to the stress encountered in the 100 yard swim. He needs, also, to improve his turns. The improvement in turns can be measured and evaluated by timing the turn from 5 yards from the wall, using the head as it passes the marker going in and coming out.

The 10 yard predictive test can be used with the breaststroke, butterfly and backstroke. The turns are slower in these strokes, however, so a factor of 10.8 instead of 10.5 should be used for backstroke if a flip turn is used and 11.0 for breaststroke and butterfly.

The 10 yard velocity test also has another application for stroke efficiency evaluation. The test

is given the swimmer with breathing and without. If the time is greater than .2 seconds, the swimmer should work on improvement of breathing techniques. Several breathing patterns can be used such as single breathing, 3 stroke (alternate sides), and four stroke. The swimmer can be timed in using the different patterns and select the best as indicated by the best time.

The swimmer can predict other swimming performances by reading an article written by the late Hal Onusseit, a National Masters Champion, "Prediction of a Swimmer's Performance Using Speed and Endurance Factors," Swimming Technique, October, 1968. Onusseit also had prepared "Swimming Performance Tables" in which you can compare different distances of the same stroke, and long course to short course times. A copy may be purchased from Swimming World.

In summary, the 10 yard velocity test can be used as a prediction for the Masters Swimmer's 100 yard crawl stroke time. This can be a motivational goal for the swimmer to work toward during the season. It can be used as an evaluation of improvement in generating propulsive, and velocity forces in swimming. With this prediction test and using the Performance tables published by Hal Onusseit, the swimmer can establish goals for various distances. This can give motivation and interest to the Masters Swimming Program.

* * * * *



MASTERS SWIM

*It's a lonely sport
And it comes down to
Your knowing that
Pain and exhaustion
Lie a few strokes ahead
Waiting to deny
All you've hoped and worked for.*

*Behind is the gaiety,
Camaraderie and bravado,
The closeness of shared
Ambition and teamship
Of training.*

*Now it's only blue water,
Chlorine scratching at your eyes,
Density frictioning on your body,
Pool ends drifting deceptively
Always out of reach.*

*Now it's gulping for air
Demanded by burning lungs
And leaden legs,
Now it's you and hurting.*

*Then finger tips touch tile,
The ordeal ends in gasping,
Looking into adjacent lanes
To timers for answers
For decisions.*

*Then it's all fine again.
Teammates cheer,
Friends beam, towels dry
The alien moisture
As your legs work,
Your smile turns on.*

*"Best time ever,"
And worth every moment
Of doubt, panic and pain.*

*And you know deep down
You can go faster.*

— Dore Schwab



Masters Keep Melick in the Swim

Philadelphia Daily News Friday, Aug. 13, 1982

The Melicks are having a family reunion this weekend.

Karen Melick is flying in from San Jose where she works as an engineer. Judy Melick, M.D., is taking off from her duties at the Wills Eye Hospital.

Aunt Carolyn is driving in from Bloomsburg, Pa. Of course, Mom and Pop, George and Florence Melick of Mount Laurel, N.J., will be there.

What are they planning to do for two whole days? The breaststroke mostly.

You see, they are all entered in the National Masters Sports Festival swimming competition (ages 25 or older) that begins tomorrow at Penn's Gimbel Pool.

George Melick will be in the breaststroke. Florence will be in the backstroke. Aunt Carolyn will be in the freestyle, the individual medley, the breaststroke, the backstroke and any other stroke they might invent between now and then.

"She just loves to compete," Judy Melick said. Judy, 28, and sister Karen, 25, will be up against each other in the 50-, 100- and 200-meter breaststroke, as well as the 50- and 100-meter freestyle.

It will be just like the old days when they were grade school kids at the New Brunswick, N.J. YWCA.

"We've always had a friendly rivalry going," Judy said. "I'm sure it will be the same this weekend. I used to beat her when we were younger, but this time things might be different.

"I was just talking to Karen on the phone. She told me about her training schedule. She's swimming five days a week, 4,000 meters a day. That's a lot of swimming. She must be in great shape.

"Earlier this year, Karen broke the American record for the 200-meter breaststroke in our [25-29] age group. The way she's working, she's liable to break a few more records this weekend.

"I haven't been able to train that much," Judy said. "I've done a little swimming, but nothing like Karen. My schedule here at Wills [she is a resident in ophthalmology] is just too demanding.

"Can I beat her? Oh, I might be able to out-sprint her, I don't know. That's not important. The big thing is we'll all get to see each other again. It's a nice occasion for our family."

If the name Judy Melick sounds familiar, there's a reason. She was a member of the 1972 U.S. Olympic team. She was, in fact, the Cinderella story of the Olympic trials in Chicago.

She went to the trials with the 37th best time among the women's 100-meter breaststrokers. Only the top three qualifiers would make the team. Judy Melick was a heavy longshot to make the trip to Munich.

Prior to the trials, her best career time in the 100-meters was 1:19.9. The Olympic coaches had projected 1:16 as the figure the women would have to swim to make the U.S. team.

Incredibly, Judy Melick cut three full seconds off her best time. She qualified in 1:16.6, then nailed down her place on the squad with a 1:16.3 in the finals the same night.

"I still remember calling my father after the qualifying heats," she said. "I was so excited, I could hardly get the words out. He kept saying, 'Judy, slow down.'

"When I told him what happened, he said, 'What time is the next flight to Chicago?' He wanted to fly out for the finals that night. As it turned out, his plane would have been landing at the same time I was diving into the pool.

"I won the third spot by one-tenth of a second. One-tenth of a second. Imagine, that was the difference between me going to the Olympics and the other girl staying home.

"I still have a little trouble believing it all happened to me," Melick said. "No one gave me a chance when the trials started. I was literally an unknown.

"I got a late start in competitive swimming. Until I was 13, I swam for fun. It was 45 minutes, one night a week at the 'Y.' It was just something to do, an activity, like the Girl Scouts and the church choir.



Photography by Prentice Cole

Dr. Judy Melick recalls her stunning performance in the 1972 Olympic trials

"But then Karen and I met [coach] Frank Elm and joined his Central Jersey Aquatic Team. That's when we began serious swimming. Three hours a day, all year round. I started to develop.

"I was 18 when I went to the [Olympic] trials," Melick said. "I knew it would be tough, cutting three seconds off my best time. But I had trained hard and I thought, 'I'll give it my best shot and see what happens.'

"Looking back, I probably peaked at just the right time. I never swam that fast before and I'll never swim that fast again. But that day, I did."

She recalls flying to Munich, sitting next to Mark Spitz on the U.S. team charter. "We talked a little," she said. "Mostly, I tried to keep from getting airsick."

Spitz went on to win seven gold medals in the Games. Judy Melick finished fifth in the 100-meter breaststroke. Even now, it's hard to say which was the greater achievement.

Melick went from nowhere to the top five in the world in less than one year. It's been a decade since she went to the Games, but the thrill has not worn off.

"I can still remember the opening ceremonies," Melick said. "Walking into that stadium behind the flag. Looking up at all those people. Realizing where you are. It's a feeling of pure emotion.

"My parents had flown over for the Games. They moved in with a German family for the week. It was a tremendous experience all the way around."

Sadly, the memories of the Munich Games always will be stained with the blood of the Israeli athletes killed by terrorists in the Olympic village. Judy Melick remembers.

"The change in mood was like night and day," she said. "Before that happened, the village was a very festive place. There was a lot of activity. The athletes would gather and talk and exchange pins.

"After the attack, we were all in shock. The village cleared out. Many of the athletes went home. The rest stayed in their rooms. Security was very tight. Everything was quiet, almost desolate.

"The swimming finals were held the night before the attack, so I was finished. I had planned to stay in the village until the Games were over, but I changed my mind. I traveled around Munich, instead.

"It was so sad, so senseless," Melick said. "It left us all feeling sick and empty."

Judy Melick continued to compete after the Olympics. She swam for the Rutgers University men's team the next two seasons, then traveled the AAU circuit.

She tried to qualify for the 1980 Olympic team, but failed. At that point, she drifted away from swimming. She enrolled in the Harvard Medical School and prepared for her future as an eye surgeon.

She swims now for recreation and relaxation. That's why she enjoys the National Masters concept, because it allows her to compete without feeling big-time pressure.

It also brings together all her old swimming buddies from the '70s, former international stars who have grown into the Masters ranks.

Next week, the National Masters Swimming Championships will be held in Portland, Ore. Judy Melick will be there. So will George and Florence Melick. And Karen Melick...

Exercise:

The Honolulu Advertiser Friday, July 9, 1982 E-3

Can it improve your sex life?

How normal is your sex life? Everyone has different expectations of what their sexual relations should be like, and frequency of intercourse may vary from once a month, to once a week, to once a day.

The quality of a person's sexual experience is related to both physical and mental health. Although age also can affect your sex life, it is no barrier to sexual desires or satisfactory relationships.

I am frequently asked, "Does exercise improve someone's sex life?" Numerous surveys of people who exercise regularly report that they do experience an improvement in their sex lives. Those responding report differences ranging from a greater number of sexual experiences to increased stamina and endurance.

Several experts have suggested that these improvements are the result of improved self-confidence and body awareness.

Sexual desires are increased when your body is toned and firm. They are heightened not only by your physical improvement, but also by improved mental attitude.

For example, if you're 20 pounds overweight, you may feel unworthy of being touched and caressed. This feeling is



feeling
good
dr. art mollen

transmitted to your partner. When you finally do get involved in a sexual experience, climax may become more difficult or less intense if you have a poor self-image.

Exercise has a relaxing and tranquilizing effect on your body and can help relax you to have a more satisfactory sexual experience. The physically fit person may relieve tension and stress in a two-fold manner, through exercise and sexual release.

Most exercises will help improve your sex life. It has been suggested, though, that aerobic exercises such as walking, jogging, bicycling, swimming and aerobic dance may be most beneficial. These exercises will increase your endurance by improving your cardiovascular system.

Too much exercise, however, can have

the opposite effect on your sex life. An increased amount of exercise may fatigue you and reduce your ability to have sex. A marathon runner who increases his mileage from 50 to 100 miles a week, for example, may find he is unable to have a satisfactory sexual experience.

Competitive athletes who exercise regularly do not necessarily have better sex lives. The added pressures of competition can reduce their ability to concentrate on sex. This is a controversial issue and will depend upon the individual athlete.

In the past, I've suggested that love-making may be similar to running a 50-yard dash in terms of its effect on the heart and lungs. This does not necessarily mean, though, that a person who runs faster will make a better sexual partner or have more stamina in bed.

A regular exercise program may not increase the intensity or number of climaxes that you have, but it will improve your mental attitude and physical awareness. Most people who exercise regularly report better sex lives than those who do not exercise.

Hope you're feeling good!

Send your questions to Dr. Art Mollen, P.O. Box 4994 Des Moines, Iowa 50306.

Exercise and friendship top list of reasons masters enjoy swimming

RANDY HALL

Independent Correspondent

It would seem as though the people competing in the Region 4 Long-Course Masters Championships at North Shore pool this weekend have more on their minds than merely winning medals or setting records.

"I think that swimming is a great way to get exercise and, for me, it's a great way to relax," said Dr. Jack Pyhel, a 37-year-old cardiologist and member of the St. Petersburg Recreation Department (SPRD) masters team.

Pyhel said that swimming is one of the best types of recreation. It exercises the entire body, but doesn't put stress on the joints, which he said jogging does. Three of his patients are members of the team.

Anne Wilder, 68, of the Indian River Community College Team from Fort Pierce said that she started swimming to exercise.

She was traveling in India, and because of the high altitude she tired easily. One of the women in her group was almost unaffected by the thin air. Wilder found out that the woman was a master swimmer. When she returned, she began swimming.

"I enjoy it," she said. "That's why I keep on doing it, I simply enjoy it."

"I guess the reason many of these people are out here is that swimming makes them feel good," said Frank

Tillotson, 67, assistant meet director. "I've been in the masters 10 years and it's fantastic."

Of course, fitness isn't the only thing that draws people to the masters.

"Instead of it being blood and guts and hate the other team, like it was in college, there's a feeling of camaraderie," said Larry Chase, 33, of the YMCA of Pittsburgh team. "You can make a lot of friends."

Many of the other swimmers mirrored Chase's comment.

"It's friendly and competitive, too. Everybody mixes with everybody," said Julia Dolce, 72, who also belongs to the SPRD team.

"Everyone in the masters is so friendly, they all support one another," said Wilder. "You get to meet a lot of people."

Tillotson said that many of the members of SPRD's team are professionals and business persons who operate on busy schedules.

"These people are very dedicated," he said. "I guess some people think we're crazy to spend so much time in the water."

"Some of my friends joke about it. 'Hey Jack, going out to swim 10 miles today?' and things like that," said Pyhel. "But most of the other doctors I know are starting to get in some type of exercise."

The Region 4 Masters Long-Course Championships continue today and Sunday at North Shore pool.

Gil Spear, 67, swims hard during the 1500-meter freestyle event. Staff photo by TONY LOPEZ



Research in Sports Nutrition

by

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Sports nutrition is an area of increasing interest and therefore the subject of much research. The following is a brief description of some of the current research that is being conducted in the area of sports nutrition. This is by no means an all-inclusive report.

Glycogen Loading

At the 1981 annual meeting of the American College of Sports Medicine, papers were presented on glycogen storage and carbohydrate loading. It is recognized that the practice of carbohydrate loading can increase the amount of glycogen stored in a conditioned muscle. One study presented at the meeting demonstrated that glycogen storage can be increased by stimulating the trained muscle (chronic endurance training), but that an acute exercise bout has no influence on glycogen storage in the untrained muscle. Trained and untrained men participating in this study ingested 650 grams of carbohydrate per day during the repletion phase. It appears that this amount of dietary carbohydrate may inhibit full glycogen resynthesis.

Although it has been shown that the amount of glycogen in the muscle can be increased, there are no hard data to support the hypothesis that this increased glycogen results in better performance. Another study reported at the meeting concluded that muscle glycogen stores can be increased to levels comparable to the levels shown in other studies by using a depletion-tapering exercise sequence without severe dietary alteration. Based on data obtained from a thirteen mile performance run used in this study, the investi-

gators concluded that carbohydrate loading is not necessary for trained runners preparing for a race of this length and, in fact, will not improve performance or shorten time.

Calcium Pangamate

A controlled double-blind study on the effects of calcium pangamate (often called pangamic acid or panagamate) on aerobic endurance was also presented at the meeting. The study showed no measurable effect of calcium pangamate on aerobic endurance. There are other studies currently being conducted on the effect of this compound in performance.

Carbohydrates

Several studies are currently underway to examine the role of carbohydrate in performance. One study is evaluating the effect of different types of carbohydrates (various sugars and starches) and the concentration of these carbohydrates on endurance.

The role of carbohydrate in exercise recovery is also being studied. It appears that the best way to promote rapid recovery from acute bouts of exercise includes light to moderate exercise and carbohydrates. Light to moderate exercise (e.g., walking) is better than limiting exercise (sitting) for recovery. Drinking a weak solution of carbohydrate appears to further decrease recovery time.

One study is looking at the role of carbohydrate during ultraendurance. In this study large doses (2,000 calories during a 12 hour event) of carbohydrates are being administered. It appears that with longer and more intense events, large doses of carbohydrate may be beneficial.

Gastric emptying of various carbohydrate sources is being studied. Using complex carbohydrates as opposed to the usual sugars (sucrose and glucose) presently used in sports aids is being investigated. Scientists are examining the possible value of a solution containing complex carbohydrate for hydration and as a secondary energy source.

Energy sources other than carbohydrates are also being studied. Research on the use of glycerol as an alternative energy source is presently underway.

Pre-event Meals

In another investigation in process, liquid and solid pre-event meals are being fed at various times (from 30 minutes to four hours pre-event). It appears that the psychological factor (the athlete's attitude toward the pregame meal) is the real consideration in the effect of the pregame meal on the ability to perform. It appears that neither the type (content) nor the timing of the pregame meal actually affects performance.

Protein

The role of protein synthesis and the effect of various types of exercise on protein turnover rate is being investigated. The protein requirements of various types of exercise are under study. The NSCA *Journal* will update this information as it becomes available. •

If you are interested in more information regarding completed studies or any other areas of research in sports nutrition, please write to Ken Kontor, Editor.

RESULTS

SOUTHEASTERN MASTERS CHAMPIONSHIPS

October 23 and 24, 1982
Oak Ridge, Tennessee
(25 Yard Pool)

WOMEN 25-29

50 Yard Freestyle	27	26.68
Leslie Selden	27	26.68
Jane Thomson	26	29.46
Anne K. Houston	25	30.00
Teena Brown	26	42.71
100 Yard Freestyle	27	59.47
Leslie Selden	27	59.47
Debbie Robinson	28	1:01.60
Jane Thomson	26	1:04.80
Mary Ruhl	28	1:06.49
Anne K. Houston	25	1:06.95
200 Yard Freestyle	26	2:25.44
Jane Thomson	26	2:25.44
Anne K. Houston	25	2:35.24
Lisa L. Watson	28	2:42.87
500 Yard Freestyle	28	5:55.07
Debbie Robinson	28	5:55.07
Jane Thomson	26	6:49.79
Lisa L. Watson	28	7:15.64
50 Yard Backstroke	25	38.12
Anne K. Houston	28	38.12
Lisa L. Watson	25	40.03
Teena Brown	26	44.77
100 Yard Backstroke	26	1:21.92
Jane Thomson	26	1:21.92
Lisa L. Watson	28	1:23.12
Anne K. Houston	25	1:24.42
Teena Brown	26	1:45.38
200 Yard Backstroke	28	2:55.10
Lisa L. Watson	28	2:55.10
50 Yard Breaststroke	25	39.31
Anne K. Houston	25	39.31
Teena Brown	26	50.85
100 Yard Breaststroke	25	1:24.47
Anne K. Houston	25	1:24.47
Teena Brown	26	2:00.07
200 Yard Breaststroke	27	2:55.75
Leslie Selden	27	2:55.75
Teena Brown	26	4:10.65
50 Yard Butterfly	26	30.98
Jane Thomson	26	30.98
Anne K. Houston	25	32.97
Lisa L. Watson	28	38.28
100 Yard Butterfly	26	1:12.51
Jane Thomson	26	1:12.51
200 Yard Butterfly	28	2:51.33
Mary Ruhl	28	2:51.33
100 Yard Individual Medley	27	1:09.59
Leslie Selden	27	1:09.59
Anne K. Houston	26	1:14.48
Jane Thomson	26	1:15.92
Mary Ruhl	28	1:16.01
Teena Brown	26	1:42.57
200 Yard Individual Medley	27	2:32.38
Leslie Selden	27	2:32.38
Debbie Robinson	28	2:37.33
Anne K. Houston	25	2:45.91
Teena Brown	26	4:02.10
400 Yard Individual Medley	27	5:36.67
Leslie Selden	27	5:36.67
Teena Brown	26	8:52.28

WOMEN 30-34

50 Yard Freestyle	33	26.97
Merrill Williams	33	26.97
Sharon Parker	33	28.25
Gretchen Drake	33	29.19
Rosalyn McKeown-Ice	30	30.10
Monica Andersen	30	34.60
Elizabeth Leech	34	36.54
100 Yard Freestyle	31	1:00.35
Susi Chandler	31	1:00.35
Merrill Williams	33	1:01.90
Gretchen Drake	33	1:03.77
Sharon Parker	33	1:04.60
Jane Gallaher	32	1:09.46
Rosalyn McKeown-Ice	30	1:09.88
Elizabeth Leech	34	1:20.77
200 Yard Freestyle	31	2:12.66
Susi Chandler	31	2:12.66
Gretchen Drake	33	2:19.96
Jane Gallaher	32	2:38.63
500 Yard Freestyle	31	5:51.89
Susi Chandler	31	5:51.89
Gretchen Drake	33	6:10.35
Jane Gallaher	32	7:02.85
Elizabeth Leech	34	8:01.00
Monica Andersen	30	8:57.71
50 Yard Backstroke	30	35.70
Rosalyn McKeown-Ice	30	35.70
Sharon Parker	33	36.04
Jane Gallaher	32	40.37
100 Yard Backstroke	33	1:16.15
Merrill Williams	33	1:16.15
Rosalyn McKeown-Ice	30	1:23.33
Jane Gallaher	32	1:24.57
200 Yard Backstroke	30	3:02.69
Rosalyn McKeown-Ice	30	3:02.69
Jane Gallaher	32	3:05.37
50 Yard Breaststroke	33	36.14
Merrill Williams	33	36.14
Gretchen Drake	33	36.50
Monica Andersen	30	45.20
100 Yard Breaststroke	33	1:16.78
Merrill Williams	33	1:16.78
Susi Chandler	31	1:17.88
Gretchen Drake	33	1:19.91
Sharon Parker	33	1:23.64
200 Yard Breaststroke	33	2:51.89
Merrill Williams	33	2:51.89
Gretchen Drake	33	2:53.47
50 Yard Butterfly	31	29.29
Susi Chandler	31	29.29
Merrill Williams	33	30.29
Gretchen Drake	33	31.77
Sharon Parker	33	32.03
Jane Gallaher	32	38.79

100 Yard Butterfly	31	1:03.64
Susi Chandler	31	1:03.64
200 Yard Butterfly	31	2:22.56
Susi Chandler	31	2:22.56
100 Yard Individual Medley	31	1:08.11
Susi Chandler	31	1:08.11
Merrill Williams	33	1:09.09
Gretchen Drake	33	1:12.02
Sharon Parker	33	1:13.91
200 Yard Individual Medley	31	2:26.66
Susi Chandler	31	2:26.66
Merrill Williams	33	2:36.60
Gretchen Drake	33	2:38.61
Sharon Parker	33	2:45.59
400 Yard Individual Medley	31	5:21.06
Susi Chandler	31	5:21.06

WOMEN 35-39

50 Yard Freestyle	35	27.59
Anne Grams	35	27.59
Carrie Thornthwaite	37	27.81
Jessie Watson	36	30.62
Vickie Connolly	38	34.24
Brenda Heavner	36	36.39
Kathryn Fisher	35	41.74
Mary Sigler	39	43.61
Eilene Copenhagen	37	47.11
100 Yard Freestyle	35	1:00.79
Anne Grams	35	1:00.79
Carrie Thornthwaite	37	1:01.34
Jessie Watson	36	1:15.25
Flaine Zuppe	35	1:21.60
Kathryn Fisher	35	1:30.14
Eilene Copenhagen	37	1:41.93
200 Yard Freestyle	35	2:12.46
Anne Grams	35	2:12.46
Carrie Thornthwaite	37	2:15.02
Vickie Connolly	38	2:46.97
Jessie Watson	36	2:48.97
Brenda Heavner	36	3:05.55
Mary Sigler	39	3:15.47
500 Yard Freestyle	35	5:48.50
Anne Grams	35	5:48.50
Carrie Thornthwaite	37	6:21.41
Vickie Connolly	38	7:25.37
Jessie Watson	36	7:41.16
Flaine Zuppe	35	8:33.98
Kathryn Fisher	35	8:49.43
100 Yard Backstroke	37	37.16
Carrie Thornthwaite	37	37.16
Eilene Copenhagen	37	45.16
Elaine Zuppe	37	50.35
200 Yard Backstroke	37	1:12.21
Carrie Thornthwaite	37	1:12.21
Anne Grams	35	1:14.36
Vickie Connolly	38	1:29.36
Jessie Watson	36	1:31.51
Susanne Wahlquist	36	1:34.54
Mary Sigler	39	1:36.79
Eilene Copenhagen	37	1:47.97
200 Yard Backstroke	37	2:43.90
Carrie Thornthwaite	37	2:43.90
Vickie Connolly	38	3:10.83
Mary Sigler	39	3:16.89
Susanne Wahlquist	36	3:44.73
Brenda Heavner	36	3:57.35
50 Yard Breaststroke	36	38.80
Jessie Watson	36	38.80
Mary Sigler	39	44.53
100 Yard Breaststroke	36	1:28.59
Jessie Watson	36	1:28.59
Mary Sigler	39	1:37.73
200 Yard Breaststroke	35	2:53.47
Anne Grams	35	2:53.47
Jessie Watson	36	3:21.80
Vickie Connolly	38	3:27.59
Mary Sigler	39	3:31.22
50 Yard Butterfly	35	30.38
Anne Grams	35	30.38
Carrie Thornthwaite	37	30.95
Jessie Watson	36	35.44
Elaine Zuppe	35	43.65
Mary Sigler	39	50.46
100 Yard Butterfly	37	1:14.06
Carrie Thornthwaite	37	1:14.06
Elaine Zuppe	37	1:36.57
200 Yard Butterfly	37	2:42.56
Carrie Thornthwaite	37	2:42.56
Vickie Connolly	38	3:30.07
Susanne Wahlquist	36	3:54.89
100 Yard Individual Medley	35	1:10.60
Anne Grams	35	1:10.60
Jessie Watson	36	1:22.95
Elaine Zuppe	35	1:30.98
Susanne Wahlquist	36	1:31.13
200 Yard Individual Medley	35	2:30.25
Anne Grams	35	2:30.25
Vickie Connolly	38	3:11.37
Flaine Zuppe	35	3:16.90
Susanne Wahlquist	36	3:21.99
Mary Sigler	39	3:27.75
400 Yard Individual Medley	35	5:12.75
Anne Grams	35	5:12.75
Vickie Connolly	38	6:44.82

WOMEN 40-44

50 Yard Freestyle	44	32.32
Sally Menk	44	32.32
Nancy Lowden	40	32.69
Betty Clippinger	41	36.07
100 Yard Freestyle	44	1:12.49
Sally Menk	44	1:12.49
Nancy Lowden	40	1:13.10
Betty Clippinger	41	1:21.58
200 Yard Freestyle	44	2:48.00
Nancy Lowden	40	2:48.00
Sally Menk	44	2:55.83
500 Yard Freestyle	40	7:44.02
Nancy Lowden	40	7:44.02
Sally Menk	44	7:56.44
50 Yard Backstroke	41	42.55
Betty Clippinger	41	42.55
Nancy Lowden	40	42.82
100 Yard Backstroke	41	1:35.69
Betty Clippinger	41	1:35.69
Nancy Lowden	40	1:36.93
200 Yard Backstroke	41	3:26.93
Betty Clippinger	41	3:26.93
50 Yard Breaststroke	40	43.40
Nancy Lowden	40	43.40
Betty Clippinger	41	46.51

Sally Menk	44	47.40
200 Yard Breaststroke	44	3:52.93
Sally Menk	44	3:52.93
50 Yard Butterfly	41	40.25
Betty Clippinger	41	40.25
Nancy Lowden	40	40.61
Sally Menk	44	47.92
100 Yard Butterfly	41	1:39.53
Betty Clippinger	41	1:39.53
Nancy Lowden	40	1:28.33
Sally Menk	44	1:31.61
Betty Clippinger	41	1:31.77
200 Yard Individual Medley	40	3:21.98
Nancy Lowden	40	3:21.98
Sally Menk	44	3:32.47
400 Yard Individual Medley	41	7:27.65
Betty Clippinger	41	7:27.65
Sally Menk	44	7:55.49

WOMEN 45-49

100 Yard Freestyle	48	1:23.57
Georgianna Russell	48	1:23.57
Marianne Brogan	47	1:24.19
50 Yard Breaststroke	48	45.94
Georgianna Russell	48	45.94
Marianne Brogan	47	48.20
100 Yard Breaststroke	48	1:41.38
Georgianna Russell	48	1:41.38
Marianne Brogan	47	1:43.67
200 Yard Breaststroke	48	3:36.53
Georgianna Russell	48	3:36.53
Marianne Brogan	47	3:37.95
50 Yard Butterfly	47	45.05
Marianne Brogan	47	45.05
Georgianna Russell	48	49.51
100 Yard Butterfly	47	1:46.58
Marianne Brogan	47	1:46.58
Georgianna Russell	48	1:54.19
200 Yard Butterfly	47	4:04.55
Marianne Brogan	47	4:04.55
100 Yard Individual Medley	47	1:34.39
Marianne Brogan	47	1:34.39
Georgianna Russell	48	1:36.00
200 Yard Individual Medley	47	3:23.21
Marianne Brogan	47	3:23.21
Georgianna Russell	48	3:32.14
400 Yard Individual Medley	48	7:12.86
Georgianna Russell	48	7:12.86
Marianne Brogan	47	7:20.76

WOMEN 50-54

50 Yard Freestyle	51	36.84
Betty Kakos	51	36.84
Wendy Williams	50	39.62
Dotty Whitcomb	53	41.57
Daphne Hall	52	45.15
100 Yard Freestyle	51	1:30.60
Betty Kakos	51	1:30.60
Dotty Whitcomb	53	1:44.89
200 Yard Freestyle	51	3:30.78
Betty Kakos	51	3:30.78
Darylne Ferguson	54	3:58.85
500 Yard Freestyle	51	9:36.29
Betty Kakos	51	9:36.29
50 Yard Backstroke	51	46.59
Betty Kakos	51	46.59
Dotty Whitcomb	53	47.55
Darylne Ferguson	54	50.25
Elizabeth Peelle	50	57.76
100 Yard Backstroke	53	1:50.56
Dotty Whitcomb	53	1:50.56
Darylne Ferguson	54	2:00.78
Elizabeth Peelle	50	2:23.37
200 Yard Backstroke	54	4:26.33
Darylne Ferguson	54	4:26.33
50 Yard Breaststroke	51	46.26
Betty Kakos	51	46.26
Dotty Whitcomb	53	55.78
100 Yard Breaststroke	51	1:42.63
Betty Kakos	51	1:42.63
Wendy Williams	50	1:59.68
Dotty Whitcomb	53	2:00.60
200 Yard Breaststroke	50	4:06.64
Wendy Williams	50	4:06.64
50 Yard Butterfly	51	39.92
Betty Kakos	51	39.92
100 Yard Individual Medley	51	1:35.83
Betty Kakos	51	1:35.83
200 Yard Individual Medley	51	3:40.50
Betty Kakos	51	3:40.50

WOMEN 55-59

50 Yard Freestyle	55	33.60
Betty Russ	55	33.60
Catherine Williams	58	35.38
Bobbe Smith	58	39.17
Mary Jane Schafer	59	40.84
Ruth Reeve	59	44.84
Gerre Koffler	55	1:01.03
100 Yard Freestyle	55	1:15.74
Betty Russ	55	1:15.74
Catherine Williams	58	1:18.09
Ruth Reeve	59	1:43.06
Gerre Koffler	55	2:12.63
200 Yard Freestyle	55	2:44.54
Betty Russ	55	2:44.54
Ruth Reeve	59	3:51.19
Gerre Koffler	55	4:52.19
50 Yard Breaststroke	56	8:59.15
Elleen Schappel	56	8:59.15
Ruth Reeve	59	10:04.59
Joanne Marshall	58	10:21.55
Gerre Koffler	55	12:20.41
50 Yard Backstroke	55	38.66
Betty Russ	55	38.66
Catherine Williams	58	41.34
Bobbe Smith	58	45.40
Mary Jane Schafer	59	52.12
Joanne Marshall	58	59.99
Gerre Koffler	55	1:06.07
100 Yard Backstroke	55	1:27.92
Betty Russ	55	1:27.92
Catherine Williams	58	1:28.03
Bobbe Smith	58	1:43.43
Mary Jane Schafer	59	1:48.45
Gerre Koffler	55	2:29.13
200 Yard Backstroke	58	3:12.99
Catherine Williams	58	3:12.99
Mary Jane Schafer	59	3:48.13
Gerre Koffler	55	5:35.01

50 Yard Breaststroke	56	47.92
Elleen Schappel	56	47.92
Joanne Marshall	58	1:05.86

Age Group 55+		Greg Shaw	27	1:11.10	Bernie White	39	26.82	Norm Ahlgrim	41	27.59	200 Yard Butterfly	46	2:41.17
OHIO	2:43.68	Jan Huneke	28	1:16.29	David Kerr	39	26.92	Richard Lasky	40	32.43	Kirk Canterbury	46	2:41.17
Dudley Beatty	66	Nathan Friedlander	26	1:18.14	Hugh Nash	38	27.52	100 Yard Freestyle			100 Yard Individual Medley		
Nelson Otis	66	200 Yard Breaststroke			Ernie Wood	35	27.79	Peter Sintz	42	54.12	Charlie Gentry	46	1:06.42
Jerry Donovan	68	Mike Phillips	26	2:28.12	John Gibson	35	31.87	James Tully	42	57.63	Bill Lauer	47	1:11.88
Ken Moran	71	Kevin Shea	25	2:30.19	Jerry Zuppe	39	33.26	William Myers	41	57.87	John Eberly	45	1:18.90
MEN 200 YARD MEDLEY RELAYS		Richard Morris	27	2:39.33	100 Yard Freestyle			Harold Wahlquist	42	1:01.44	John Johnson	49	1:31.81
Age Group 25+		50 Yard Butterfly			Bob Couch	35	53.55	Norm Ahlgrim	41	1:06.07	200 Yard Individual Medley		
Tarheel Masters	1:50.63	Tom Younger	26	24.00	John Lawrence	36	53.68	200 Yard Freestyle			Bill Lauer	47	2:41.65
Richard Bober	31	John Meisenheimer	25	25.71	Lawrence Hunt	35	58.39	Peter Sintz	42	2:01.86	Wang Lau	45	3:01.17
Steve Barden	37	Mike Phillips	26	26.23	Ernie Wood	35	59.54	James Tully	42	2:15.64	John Johnson	49	3:29.55
Ken Battle	30	Jim Grubbs	27	26.55	Thomas McTernan	39	59.73	500 Yard Freestyle			400 Yard Individual Medley		
John Sly	27	Thomas Fry	26	27.10	Hugh Nash	38	1:00.10	Peter Sintz	42	5:34.46	Kirk Canterbury	46	5:26.08
Chattanooga Masters	1:52.11	Charles Rush	27	27.82	Bernie White	39	1:00.49	William Myers	41	6:03.21	MEN 50-54		
Tom Younger	26	Jan Huneke	28	27.94	Jerry Zuppe	39	1:16.14	James Tully	42	6:24.86	50 Yard Freestyle		
Rich Morris	27	Christopher Blackmon	25	28.05	200 Yard Freestyle			Richard Lasky	40	8:22.84	John Kortheuer	51	26.54
Louis Wamp	26	Jeff Johnson	25	28.60	John Lawrence	36	1:58.24	50 Yard Backstroke			Eric Youngquist	54	27.64
John Eberly	45	Ray House	26	28.61	Chris Curtis	35	1:58.47	William Myers	41	31.62	Nick Kacos	52	29.66
Plantation Masters	1:56.95	100 Yard Butterfly			Lawrence Hunt	35	2:11.46	Charles Matthews	43	33.99	Doug Brogan	50	30.64
Tom Fry	26	Tom Younger	26	53.92	John Zeigler	36	2:11.76	James Tully	42	35.15	Bob Lamb	50	31.82
Charles Rush	27	Kevin Shea	25	56.66	Hugh Nash	38	2:17.45	Donald Hastings	42	36.96	Albert Fowlkes	51	32.61
Jim Grubbs	27	John Sly	27	57.33	Ernie Wood	35	2:18.90	Norm Ahlgrim	41	40.16	Jimmy Noonan	50	32.65
Jeff Johnson	25	Jim Grubbs	27	58.17	Rem Schull	35	2:30.18	100 Yard Backstroke			100 Yard Freestyle		
Nashville Aquatic Club	2:05.12	Thomas Fry	26	1:00.54	Paul Berting	36	2:44.30	William Myers	41	1:10.62	John Kortheuer	51	58.99
Charles McKay	30	Jan Huneke	28	1:01.37	John Gibson	35	3:05.28	Donald Hastings	42	1:22.18	Eric Youngquist	54	1:01.77
Kevin Shea	25	Ray House	26	1:03.54	500 Yard Freestyle			Norm Ahlgrim	41	1:29.94	Nick Kacos	52	1:11.21
Joe Goeken	30	Jeff Johnson	25	1:04.05	Chris Curtis	35	5:26.37	200 Yard Backstroke			Doug Brogan	50	1:12.29
James Tully	42	Christopher Blackmon	25	1:04.07	Bob Couch	35	5:32.20	Donald Hastings	42	2:56.28	Albert Fowlkes	51	1:12.52
Age Group 35+		200 Yard Butterfly			John Quanrud	36	5:54.77	Richard Lasky	40	3:58.18	Bob Lamb	50	1:19.76
Tarheel Masters	1:57.32	Kevin Shea	25	2:08.37	Lawrence Hunt	35	6:19.98	50 Yard Breaststroke			Eric Youngquist	54	2:19.29
Kirk Canterbury	46	Thomas Fry	26	2:15.00	George Dodge	37	6:25.38	Donald Hastings	42	33.64	Nick Kacos	52	2:42.61
John Kortheuer	51	John Sly	27	2:18.81	Hugh Nash	38	6:30.82	Harold Wahlquist	42	36.50	Doug Brogan	50	2:47.90
John Lawrence	36	Jan Huneke	28	2:20.31	Ernie Wood	35	6:37.09	James Tully	42	36.71	Jimmy Noonan	50	3:04.86
Bernie White	39	Jim Grubbs	27	2:22.16	Rem Schull	35	7:02.20	Richard Lasky	40	44.34	Albert Fowlkes	51	3:06.11
Nashville Aquatic Club	2:12.04	Ray House	26	2:30.77	John Gibson	35	8:06.41	100 Yard Backstroke			Bob Lamb	50	3:30.91
Rem Schull	35	100 Yard Individual Medley			David Kerr	39	32.45	Donald Hastings	42	1:17.48	Eric Youngquist	54	3:30.91
Jerry Zuppe	39	Tom Younger	26	56.97	Rem Schull	35	34.93	James Tully	42	1:23.82	Eric Youngquist	54	6:33.41
Hugh Nash	38	Mike Phillips	26	58.67	John Gibson	35	39.09	Richard Lasky	40	3:54.73	Doug Brogan	50	7:23.61
Eric Youngquist	54	Jim Grubbs	27	1:00.89	Jerry Zuppe	39	46.86	50 Yard Butterfly			Nick Kacos	52	7:27.93
Age Group 45+		Greg Shaw	27	1:02.08	100 Yard Backstroke			William Myers	41	27.53	John Dally	54	7:30.94
OHIO	2:29.52	Louis Wamp	26	1:03.15	John Lawrence	36	1:07.21	Peter Sintz	42	27.66	Jimmy Noonan	50	8:20.13
Doug Brogan	50	Kevin Shea	25	1:03.22	John Zeigler	36	1:13.91	Donald Hastings	42	28.59	Albert Fowlkes	51	8:51.18
Nick Kacos	52	Charles Rush	27	1:03.37	Rem Schull	35	1:18.10	George Kamp	41	31.20	50 Yard Backstroke		
John Dally	54	Ray House	26	1:04.01	Paul Berting	36	1:22.42	James Tully	42	31.50	Nick Kacos	52	39.52
Bob Lamb	50	Jan Huneke	28	1:04.01	200 Yard Backstroke			Charles Matthews	43	31.57	Doug Brogan	50	39.06
Oak Ridge Masters	2:35.00	Jeff Johnson	25	1:07.54	John Zeigler	36	2:38.53	Norm Ahlgrim	41	32.25	Albert Fowlkes	51	39.83
Bill Marshall	56	Richard Morris	27	1:11.16	John Gibson	35	3:15.78	Richard Lasky	40	40.33	Bob Lamb	50	41.01
John Johnson	49	200 Yard Individual Medley			George Dodge	37	32.09	100 Yard Butterfly			Jimmy Noonan	50	41.15
Albert Fowlkes	51	Mike Phillips	26	2:09.96	John Zeigler	36	32.37	Peter Sintz	42	1:01.80	John Dally	54	1:26.28
Jimmy Noonan	50	John Sly	27	2:10.57	Lawrence Hunt	35	33.22	William Myers	41	1:03.64	Nick Kacos	52	1:27.18
Age Group 65+		Kevin Shea	25	2:15.03	Steve Barden	37	33.35	Donald Hastings	42	1:08.80	Albert Fowlkes	51	1:30.20
OHIO	3:27.60	Jim Grubbs	27	2:19.48	Jerry Zuppe	39	38.97	Norm Ahlgrim	41	1:21.73	Doug Brogan	50	1:31.85
Nelson Otis	66	Louis Wamp	26	2:22.71	John Gibson	35	42.11	Peter Sintz	42	2:30.50	Jimmy Noonan	50	1:32.27
Dudley Beatty	66	Ray House	26	2:23.92	100 Yard Breaststroke			William Myers	41	2:37.31	Bob Lamb	50	1:43.88
Jerry Donovan	68	Jan Huneke	28	2:25.32	John Zeigler	36	1:11.35	100 Yard Individual Medley			200 Yard Backstroke		
Ken Moran	71	Thomas Fry	26	2:28.66	George Dodge	37	1:12.19	Peter Sintz	42	1:05.71	Nick Kacos	52	3:16.26
MEN 25-29		Charles Rush	27	2:28.75	Steve Barden	37	1:12.38	William Myers	41	1:08.23	Albert Fowlkes	51	3:16.48
50 Yard Freestyle		Nathan Friedlander	26	2:36.66	Lawrence Hunt	35	1:12.69	Donald Hastings	42	1:10.18	Jimmy Noonan	50	3:25.53
Tom Younger	26	200 Yard Individual Medley			John Lawrence	36	1:15.49	James Tully	42	1:11.74	50 Yard Breaststroke		
John Meisenheimer	25	Kevin Shea	25	4:43.53	Jerry Zuppe	39	1:25.45	Harold Wahlquist	42	1:13.05	John Kortheuer	51	31.67
Mike Phillips	26	Jim Grubbs	27	5:04.81	200 Yard Breaststroke			George Kamp	44	1:18.22	John Dally	54	37.33
Thomas Fry	26	Ray House	26	5:07.21	John Zeigler	36	2:36.87	Norm Ahlgrim	41	1:21.84	Nick Kacos	52	41.95
John Sly	27	Jan Huneke	28	5:08.70	Steve Barden	37	2:39.67	200 Yard Individual Medley			Bob Lamb	50	44.24
Charles Rush	27	Jeff Johnson	25	5:09.61	Lawrence Hunt	35	2:40.06	Peter Sintz	42	2:24.45	Albert Fowlkes	51	45.37
Greg Shaw	27	Charles Rush	27	5:10.22	George Dodge	37	2:44.26	Donald Hastings	42	2:40.13	Jimmy Noonan	50	47.92
Ray House	26	MEN 30-34			Jerry Zuppe	39	3:12.61	James Tully	42	2:48.14	Doug Brogan	50	49.03
Ray House	26	50 Yard Freestyle			David Gibson	36	25.88	Harold Wahlquist	42	2:48.89	100 Yard Backstroke		
Christopher Blackmon	25	Fred Hubbell	30	21.65	John Lawrence	36	27.17	Richard Lasky	40	3:33.01	Doug Brogan	50	1:45.19
Nathan Friedlander	26	Dirk Van Hoosen	33	23.09	Bernie White	39	28.12	400 Yard Individual Medley			Eric Youngquist	54	1:46.21
Mark Nafel	25	Kem Battle	30	24.27	David Kerr	39	28.61	Peter Sintz	42	5:15.47	John Kortheuer	51	2:42.57
100 Yard Freestyle		Charles McKay	30	25.72	Thomas McTernan	39	28.75	Donald Hastings	42	5:47.37	Eric Youngquist	54	3:02.37
John Meisenheimer	25	Tom Deagan	32	27.28	Hugh Nash	38	29.64	Richard Lasky	40	7:55.65	Nick Kacos	52	3:31.02
Mike Phillips	26	100 Yard Freestyle			Ernie Wood	35	30.70	MEN 45-49			Doug Brogan	50	4:01.13
Tom Younger	26	Fred Hubbell	30	49.54	Rem Schull	35	30.88	50 Yard Freestyle			Albert Fowlkes	51	4:04.32
Thomas Fry	26	Kem Battle	30	53.99	Paul Berting	36	30.89	Charlie Gentry	46	24.70	50 Yard Butterfly		
Jim Grubbs	27	Charles McKay	30	1:01.08	George Dodge	37	31.49	Bill Lauer	47	27.41	John Kortheuer	51	28.78
Louis Wamp	26	Bruce Tomkins	31	1:17.50	Lawrence Hunt	35	31.88	John Eberly	45	27.76	Nick Kacos	52	35.33
Ray House	26	200 Yard Freestyle			Chris Curtis	35	58.67	100 Yard Freestyle			Jimmy Noonan	50	40.92
Ray House	26	Richard Bober	31	6:21.60	John Lawrence	36	59.22	Charlie Gentry	46	57.47	100 Yard Individual Medley		
Christopher Blackmon	25	Bruce Tomkins	31	3:01.65	Thomas McTernan	39	1:06.28	Kirk Canterbury	46	59.60	John Kortheuer	51	1:06.12
Nathan Friedlander	26	Richard Bober	31	2:10.63	Bernie White	39	1:08.32	John Eberly	45	1:03.80	John Dally	54	1:17.79
Mark Nafel	25	David Kerr	39	1:08.81	John Zeigler	36	1:08.81	200 Yard Freestyle			Eric Youngquist	54	1:17.92
100 Yard Freestyle		George Dodge	37	1:10.60	Hugh Nash	38	1:12.13	Kirk Canterbury	46	2:14.46	Doug Brogan	50	1:30.23
John Meisenheimer	25	Rem Schull	35	1:16.76	200 Yard Butterfly			Charlie Gentry	46	2:18.08	Jimmy Noonan	50	1:32.26
John Meisenheimer	25	Chris Curtis	35	2:13.99	John Lawrence	36	2:19.90	100 Yard Individual Medley			John Kortheuer	51	2:33.07
Thomas Fry	26	John Lawrence	36	2:20.90	John Zeigler	36	2:37.88	Bill Lauer	47	6:40.46	John Dally	54	3:04.67
John Sly	27	George Dodge	37	2:44.56	Hugh Nash	38	1:12.13	John Eberly	45	6:40.46	Jimmy Noonan	50	3:23.58
Jim Grubbs	27	Thomas McTernan	39	2:56.34	Rem Schull	35	1:16.76	50 Yard Backstroke			John Kortheuer	51	5:43.01
Ray House	26	Rem Schull	35	3:03.96	100 Yard Individual Medley			Charlie Gentry	46	30.43	Jimmy Noonan	50	7:24.09
Tom Younger	26	Bob Couch	35	1:01.87	John Lawrence	36	1:02.05	Bill Lauer	47	36.26	MEN 55-59		
Jeff Johnson	25	John Lawrence	36	1:02.05	Lawrence Hunt	35	1:02.04	John Johnson	49	43.51	50 Yard Freestyle		
Mark Nafel	25	Bernie White	39	1:09.27	Steve Barden	37	1:09.52	100 Yard Backstroke			John Florence	59	26.75
Nathan Friedlander	26	Thomas McTernan	39	1:09.83	Thomas McTernan	39	1:09.83	Kirk Canterbury	46	2:30.90	Bill Marshall	56	31.39
50 Yard Freestyle		David Kerr	39	1:12.35	George Dodge	37	1:12.35	Charlie Gentry	46	2:54.65	100 Yard Freestyle		
John Meisenheimer	25	Hugh Nash	38	1:12.86	Paul Berting	36	1:12.86	John Johnson	49	3:22.69	John Florence	59	1:01.15
John Meisenheimer	25	200 Yard Individual Medley			John Lawrence	36	2:16.03	50 Yard Breaststroke			Bill Marshall	56	1:11.48
Thomas Fry	26	John Lawrence	36	2:25.10	Lawrence Hunt	35	2:30.80	Wang Lau	45	33.38	John Florence	59	2:26.52
John Sly	27	Thomas McTernan	39	2:36.64	Thomas McTernan	39	2:36.64	Edward Gass	49	36.47	Bill Marshall	56	2:53.30
Jim Grubbs	27	Bernie White	39	2:40.10	George Dodge	37	2:43.28	John Johnson	49	41.82	500 Yard Freestyle		
Ray House	26	Rem Schull	35	2:49.22	Hugh Nash	38	2:49.22	100 Yard Backstroke			Bill Marshall	56	8:01.69
Tom Younger	26	Hugh Nash	38	2:49.69	John Gibson	35	3:17.98	William Myers	41	1:19.77	John Florence	59	2:56.52
Jeff Johnson	25	John Gibson	35	3:17.98	400 Yard Individual Medley			Kirk Canterbury	46	3:01.00	Bill Marshall	56	2:53.30
Mark Nafel	25												

MEN 65-69

50 Yard Freestyle	67	39.06
Meyer Silverman	67	41.19
Dudley Beatty	66	42.49
John Reeve	65	42.49
100 Yard Freestyle		
Jerry Donovan	68	1:23.02
Meyer Silverman	67	1:33.70
Dudley Beatty	66	1:35.87
200 Yard Freestyle		
Jerry Donovan	68	2:57.67
Nelson Otis	66	3:04.55
John Reeve	65	3:30.22
Dudley Beatty	66	3:39.77
500 Yard Freestyle		
Nelson Otis	66	7:51.15
Jerry Donovan	68	8:02.46
John Reeve	65	8:57.91
Dudley Beatty	66	10:25.23
50 Yard Backstroke		
John Reeve	65	50.72
Meyer Silverman	67	57.64
100 Yard Backstroke		
John Reeve	65	1:50.90
200 Yard Backstroke		
John Reeve	65	3:52.52
50 Yard Breaststroke		
Dudley Beatty	66	59.23
100 Yard Breaststroke		
Dudley Beatty	66	2:23.79
200 Yard Breaststroke		
Nelson Otis	66	3:31.30
Jerry Donovan	68	3:57.57
50 Yard Butterfly		
Nelson Otis	66	41.65
Jerry Donovan	68	45.84
John Reeve	65	50.61
Meyer Silverman	67	1:00.57
100 Yard Butterfly		
Jerry Donovan	68	2:01.22
200 Yard Butterfly		
Nelson Otis	66	3:31.40
Jerry Donovan	68	4:06.11
100 Yard Individual Medley		
Nelson Otis	66	1:25.55
Jerry Donovan	68	1:39.62
John Reeve	65	1:51.87
200 Yard Individual Medley		
Nelson Otis	66	3:15.11
Jerry Donovan	68	3:40.07
John Reeve	65	4:06.57
400 Yard Individual Medley		
Nelson Otis	66	6:58.87
Jerry Donovan	68	7:49.00
John Reeve	65	8:55.92

MEN 70-74

50 Yard Freestyle	70	35.10
Ken Moran	71	45.93
100 Yard Freestyle		
Edward Fulmer	70	1:29.42
Ken Moran	71	1:52.79
200 Yard Freestyle		
Edward Fulmer	70	3:33.18
Ken Moran	71	4:03.84
500 Yard Freestyle		
Edward Fulmer	70	9:55.01
Ken Moran	71	11:06.72
50 Yard Backstroke		
Edward Fulmer	70	45.62
Ken Moran	71	1:08.88
100 Yard Backstroke		
Edward Fulmer	70	1:50.60
Ken Moran	71	2:34.70
200 Yard Backstroke		
Edward Fulmer	70	4:19.43
50 Yard Breaststroke		
Edward Fulmer	70	45.19
Ken Moran	71	1:24.44
100 Yard Breaststroke		
Edward Fulmer	70	1:51.02
200 Yard Breaststroke		
Edward Fulmer	70	4:10.63
50 Yard Butterfly		
Ken Moran	71	1:28.39
100 Yard Individual Medley		
Ken Moran	71	2:34.45

MEN 75-79

50 Yard Freestyle	77	47.54
Virgil Miracle	78	2:02.08
100 Yard Freestyle		
Irv Merritt	78	4:33.82
200 Yard Freestyle		
Irv Merritt	78	12:23.02
500 Yard Freestyle		
Virgil Miracle	77	1:00.02
Irv Merritt	78	1:03.67
50 Yard Butterfly		
Irv Merritt	78	1:02.35
200 Yard Butterfly		
Irv Merritt	78	6:10.38
100 Yard Individual Medley		
Irv Merritt	78	2:21.56
200 Yard Individual Medley		
Irv Merritt	78	5:09.87

TEAM STANDINGS

Ohio Masters	766
Nashville Aquatic Club	637
Tarheel Masters	528
Oak Ridge Masters	517
Plantation Masters	249
Mobile "Y" Masters	198
Georgia Masters	194
Lexington Masters	188
Smokyland Stokers Masters	143
Memphis Memphians Masters	129
Pensacola Swim Masters	92
Chattanooga Masters	85
D. C. Masters	56
Lafayette Area Masters	54
Mississippi Masters	49
Shades Valley YMCA	40
Southwest Ohio Masters	35
Louisville Lakeside Masters	21
Alabama Swim Masters	19
Arkansas Masters	6

1982 CHRISTMAS MEET

SOUTH GATE, CA 4 DEC. 1982

WOMEN 25-29	
50 YARD FREESTYLE	26.97
CINDY SCHILLING 29	26.97
DIANE DAGOSTA 26	27.72
KAY RUMGE 29	29.53
LCRUI HOCKER 27	31.97
PAM DELL 28*	32.89
CINDY M. COX 27*	38.37
DEBBIE GROBE 25	39.81
LYNNE MCGINNIS 26	45.17
200 YARD FREESTYLE	
DIANE DAGOSTA 26	2:08.14
KAY RUMGE 29	2:28.03
LCRUI HOCKER 27	2:36.50
LCRUI HOCKER 27	2:44.40
CINDY M. COX 27*	3:05.58
LYNNE MCGINNIS 26	3:12.73
50 YARD BACKSTROKE	
MONICA DYBALSKI 29	32.47
KAY RUMGE 29	38.19
CINDY M. COX 27*	49.16
LYNNE MCGINNIS 26	59.04
200 YARD BACKSTROKE	
MONICA DYBALSKI 29	2:31.96
50 YARD BREASTSTROKE	
LCRUI SCOTT 26	34.40
MONICA DYBALSKI 29	38.04
VIRGINIA BENZER 27	38.20
KAY RUMGE 29	39.88
PAM DELL 28*	40.37
LCRUI HOCKER 27	45.66
DEBBIE GROBE 25	48.84
CINDY M. COX 27*	1:07.58
100 YARD BREASTSTROKE	
LCRUI SCOTT 26	1:14.99
MONICA DYBALSKI 29	1:21.40
KAY RUMGE 29	1:27.03
DEBBIE GROBE 25	1:51.73
200 YARD BREASTSTROKE	
LCRUI SCOTT 26	1:04.27
DIANE DAGOSTA 26	1:13.56
VIRGINIA BENZER 27	1:16.90
LCRUI SCOTT 26	1:23.86
200 YARD INDIVIDUAL MEDLEY	
LCRUI SCOTT 26	4:24.89
DIANE DAGOSTA 26	4:34.81
CARMEN CARROUCH 26*	4:54.84
LCRUI SCOTT 26	5:55.77
WOMEN 30-34	
50 YARD FREESTYLE	
MIKI MCPADDEN 34*	27.62
LINDA SIMILA 32	33.60
SUSAN DEITZ 33	35.45
SUE RICHARDS 32	44.51
200 YARD FREESTYLE	
MIKI MCPADDEN 34*	2:23.25
SUSAN DEITZ 33	2:42.03
KATHERINE WATSON 34	2:51.14
50 YARD BACKSTROKE	
LINDA SIMILA 32	40.23
KATHERINE WATSON 34	40.44
SCREPTA HULL 30*	41.22
SUE RICHARDS 32	48.24
200 YARD BACKSTROKE	
KATHERINE WATSON 34	2:56.36
50 YARD BREASTSTROKE	
BARBARA DUNBAR 33*	37.78
LINDA SIMILA 32	40.75
SUSAN DEITZ 33	45.05
SUE RICHARDS 32	52.59
100 YARD BREASTSTROKE	
BARBARA DUNBAR 33*	1:06.70
KATHERINE WATSON 34	1:04.66
200 YARD INDIVIDUAL MEDLEY	
MIKI MCPADDEN 34*	2:42.72
ROBERTA HULL 30*	3:15.84
KATHERINE WATSON 34	3:16.14
WOMEN 35-39	
50 YARD FREESTYLE	
DIANA TODD 39	26.63
LUCY JOHNSON 35	27.34
CATHY ANTON 36	41.15
CAROLYN BIBLICK 35	42.92
200 YARD FREESTYLE	
DIANA TODD 39	2:19.50
50 YARD BACKSTROKE	
CATHY ANTON 36	52.58
CAROLYN BIBLICK 35	55.95
50 YARD BREASTSTROKE	
LUCY JOHNSON 35	39.23
CATHY ANTON 36	40.01
CAROLYN BIBLICK 35	52.80
100 YARD BREASTSTROKE	
DIANA TODD 39	1:22.80
CATHY ANTON 36	1:41.73
CAROLYN BIBLICK 35	1:54.07
200 YARD INDIVIDUAL MEDLEY	
LUCY JOHNSON 35	1:05.91
DIANA TODD 39	1:10.95
LUCY JOHNSON 35	2:30.84
WOMEN 40-44	
50 YARD FREESTYLE	
JOAN JETZ 43	31.19
EILEEN K. SHOCKRO 40	33.28
BARBARA COLLISS 43	37.51
SHEILA BOE 40*	37.95
200 YARD FREESTYLE	
JOAN JETZ 43	2:43.39
BARBARA COLLISS 43	3:05.08
50 YARD BACKSTROKE	
JOAN JETZ 43	45.57
50 YARD BREASTSTROKE	
JOAN JETZ 43	42.94
HELEN GROFFIEN 43	42.94
EILEEN K. SHOCKRO 40	47.70
100 YARD BREASTSTROKE	
HELEN GROFFIEN 43	1:38.71
EILEEN K. SHOCKRO 40	1:42.73
200 YARD INDIVIDUAL MEDLEY	
HELEN GROFFIEN 43	3:23.17
BARBARA COLLISS 43	3:26.28
WOMEN 50-54	
50 YARD BACKSTROKE	
ANNE ADAMS 54	38.80
200 YARD BACKSTROKE	
ANNE ADAMS 54	2:55.80

100 YARD BUTTERFLY

ANNE ADAMS 54	1:23.97
WOMEN 55-59	
50 YARD FREESTYLE	
CAROLA FISCHER 59	45.73
50 YARD BACKSTROKE	
CAROLA FISCHER 59	50.01
WOMEN 60-64	
50 YARD FREESTYLE	
BETTE F. CROWELL 62	36.62
MAURINE E. KORNFIELD 61	41.55
200 YARD FREESTYLE	
MAURINE E. KORNFIELD 61	3:25.77
50 YARD BACKSTROKE	
BETTE F. CROWELL 62	45.94
MAURINE E. KORNFIELD 61	57.11
200 YARD INDIVIDUAL MEDLEY	
BETTE F. CROWELL 62	3:30.59
WOMEN 65-69	
50 YARD BACKSTROKE	
MARGARET G. SANSON 66	49.93
200 YARD BACKSTROKE	
MARGARET G. SANSON 66	3:57.64
50 YARD BREASTSTROKE	
MARGARET G. SANSON 66	53.29
WOMEN 70-74	
200 YARD FREESTYLE	
RAKINE REBLING 70	3:18.40
200 YARD BACKSTROKE	
RAKINE REBLING 70	7:45.91
100 YARD BUTTERFLY	
RAKINE REBLING 70	1:52.15
WOMEN 75-79	
200 YARD BACKSTROKE	
KATHERINE PILTON 77	5:34.66
100 YARD BUTTERFLY	
KATHERINE PILTON 77	2:38.50
MAID 25*	
200 YARD FREESTYLE RELAY	
GENEALE Y SWIM CLUB	
STEVE WASHBURN	
LINDA SIMILA	
GIMMY BELZER	
DEWITT HATTNER	1:57.79
MAID 35*	
200 YARD MEDLEY RELAY	
GENEALE Y SWIM CLUB	
MAURINE KORNFIELD	
BILL SHUTT SR.	
BOB HERRICK	
SHEILA BOE	2:50.48
MAID 45*	
200 YARD MEDLEY RELAY	
TBOJAN SWIM CLUB	
ADAMS	
LEVINE	
KENT	
HERBERT	2:17.79
MEN 25*	
200 YARD MEDLEY RELAY	
CAL TECH SWIM CLUB	
JAN LOHSE	
GLEN GROBE	
RICK IKEDA	
TOM DAKAN	2:10.91
MEN 35*	
200 YARD MEDLEY RELAY	
LONG BEACH MASTERS	
JACK GARNAUS	
TIM LIND	
GENE WADE	
WOODY POWERSOCK	2:25.11
MEN 45-49	
50 YARD FREESTYLE	
BRYAN WEAVER 29	23.39
ELAKE HIMMAN 28	24.55
RICHARD EYRD 26*	25.13
HKE SUTTLER 29	25.39
MARK RICHARDSON 29	25.62
200 YARD FREESTYLE	
RICHARD GILMORE 29	2:03.56
RICHARD EYRD 26*	2:26.43
50 YARD BACKSTROKE	
BRYAN WEAVER 29	29.99
RICHARD EYRD 26*	37.57
200 YARD BACKSTROKE	
RICHARD GILMORE 29	2:24.41
50 YARD BREASTSTROKE	
BRYAN WEAVER 29	30.44
RON CARR 27*	40.95
100 YARD BREASTSTROKE	
BRYAN WEAVER 29	1:07.86
RICHARD IKEDA 25	1:12.83
ELAKE HIMMAN 28	1:14.27
MARK RICHARDSON 29	1:14.84
HKE SUTTLER 29	1:16.07
200 YARD BUTTERFLY	
HKE SUTTLER 29	1:00.87
MARK RICHARDSON 29	1:00.92
MICHAEL GILMORE 29	1:01.11
ELAKE HIMMAN 28	1:05.92
RICHARD IKEDA 25	1:07.67
RICHARD EYRD 26*	1:09.67
MEN 50-54	
50 YARD FREESTYLE	
ELAKE HIMMAN 28	2:22.40
RICHARD IKEDA 25	2:27.23
HKE SUTTLER 29	2:27.74
RICHARD EYRD 26*	2:44.12
MEN 30-34	
50 YARD FREESTYLE	
JIM MCCORMICA 31	22.50
JIM FARRILL 33	23.99
200 YARD FREESTYLE	
JIM MCCORMICA 31	1:48.45
JIM FARRILL 33	1:57.58
BROOK CROSS 32	1:58.77
50 YARD BACKSTROKE	
GREG HARRISON 30	32.14
GLEN K. GROBE 33	32.56
200 YARD BACKSTROKE	
GREG HARRISON 30	2:25.20
50 YARD BREASTSTROKE	
GREG HARRISON 30	30.78
JIM FARRILL 33	32.39
200 YARD INDIVIDUAL MEDLEY	
GREG HARRISON 30	1:06.00
BROOK CROSS 32	1:11.59
100 YARD BUTTERFLY	
BROOK CROSS 32	58.61
GLEN K. GROBE 33	1:06.11

200 YARD INDIVIDUAL MEDLEY

BROOK CROSS 32	2:13.18
GREG HARRISON 30	2:16.36
MEN 35-39	
50 YARD FREESTYLE	
MELVIN WALKER 36	25.64
DENIS HATTNER 36	26.25
ALAN HARTLEY 35	26.36
STEPHEN E. WASHBURN 35	27.05
DAVE IIGGS 35	28.56
TCM ORTH 36*	30.05
M.J. HUSZCZ 35	30.42
GARY MCCOWELL 39	32.70
JOHN C. SPILER 38	39.29
200 YARD FREESTYLE	
DENIS HATTNER 36	2:15.20
M.J. HUSZCZ 35	2:40.50
GARY MCCOWELL 39	2:48.97
50 YARD BACKSTROKE	
STEPHEN E. WASHBURN 35	36.20
JEAN J. LOHSE 37	36.73
TCM ORTH 36*	38.45
GARY MCCOWELL 39	42.14
50 YARD BREASTSTROKE	
THOMAS THOMSON 38	2:34.34
GARY MCCOWELL 39	2:37.58
200 YARD BREASTSTROKE	
THOMAS THOMSON 38	31.74
MELVIN WALKER 36	31.44
ALAN HARTLEY 35	34.36
TCM ORTH 36*	36.75
M.J. HUSZCZ 35	38.19
JOHN C. SPILER 38	45.74
100 YARD FREASTSTROKE	
TCM ORTH 36*	1:22.18
JEAN J. LOHSE 37	1:26.88
M.J. HUSZCZ 35	1:28.19
STEPHEN E. WASHBURN 35	1:31.56
JOHN C. SPILER 38	1:41.95
100 YARD BUTTERFLY	
ALAN HARTLEY 35	1:14.31
JEAN J. LOHSE 37	1:14.81
JOHN C. SPILER 38	1:52.97
200 YARD INDIVIDUAL MEDLEY	
THOMAS THOMSON 38	2:26.99
STEPHEN E. WASHBURN 35	2:59.67
JOHN C. SPILER 38	TDS
MEN 40-44	
50 YARD FREESTYLE	
TCM K. LIESER 41	28.00
ROBERT BERGSTROM 41	30.22
JAN E. TAVARES 43	30.76
TCM FINKELOR 40*	33.00
JOHN J. ZUPCH 41	34.31
200 YARD FREESTYLE	
JOHN J. ZUPCH 41	3:00.29
50 YARD BACKSTROKE	
TCM K. LIESER 41	33.41
ROBERT BERGSTROM 41	37.72
200 YARD BACKSTROKE	
TCM K. LIESER 41	2:37.22
RO	

WOMEN 60-69
500 YARD FREESTYLE
JAN BUS 34 6:11.26
MAURINE E. KOENFELD 61 8:54.12
400 YARD INDIVIDUAL MEDLEY
RITA STROHMAN 64 7:36.56
WOMEN 65-69
500 YARD FREESTYLE
MARGARET G. HANSON 66 9:17.25
WOMEN 70-79
500 YARD FREESTYLE
KATHLEEN HILLING 70 8:43.50
1650 YARD FREESTYLE
SOPHIA RHODEAN 70 35:27.25
WOMEN 75-79
500 YARD FREESTYLE
ELIZABETH MAURIC 78 12:37.12
KATHLEEN DELTON 77 12:48.66
1650 YARD FREESTYLE
ELIZABETH MAURIC 78 42:57.84
MEN 25-29
500 YARD FREESTYLE
MIKE BUTTLE 29 5:23.28
JOHN CLEVELAND 26 5:26.19
MICHAEL BLATT 27 5:34.34
HARRY VANAS 26 5:41.53
JOHN TOWNSEND 29 5:49.48
1650 YARD FREESTYLE
DAN SIEGHEG 25* 19:17.31
JOHN TOWNSEND 29 20:17.66
MICHAEL BLATT 27 20:39.99
MIKE BUTTLE 29 21:16.58
400 YARD INDIVIDUAL MEDLEY
MICHAEL BLATT 27 5:06.86
BYRON NEAVER 29 5:06.95
DAN SIEGHEG 25* 5:14.33
JOHN TOWNSEND 29 5:21.19
MIKE BUTTLE 29 7:00.78
MEN 30-34
500 YARD FREESTYLE
JIM POCOCKA 31 4:51.25
TOM FITZGERALD 34 6:01.15
THOMAS WILSON 32 6:52.33
1650 YARD FREESTYLE
TOM FITZGERALD 34 21:35.15
MEN 35-39
500 YARD FREESTYLE
RICHARD MICHAELS 37 5:57.11
DENIS HATTEH 36 6:08.50
JOHN C. SPILLER 38 8:56.39
1650 YARD FREESTYLE
RICHARD MICHAELS 37 21:09.24
DENIS HATTEH 36 21:20.01
DAVE IIGOS 35 25:15.01
JOHN C. SPILLER 38 32:08.20
400 YARD INDIVIDUAL MEDLEY
RICHARD MICHAELS 37 5:51.71
JOHN C. SPILLER 38 7:58.97
MEN 40-44
500 YARD FREESTYLE
T (TIX) BARASZTI 41 5:35.00
STEPHEN SAYLOR 40 5:44.47
ROBERT DEBOSTRON 41 6:30.67
JAMES C. MCNURRY 41 6:36.06
JACK MIYAGAWA 43 7:58.59
1650 YARD FREESTYLE
T (TIX) BARASZTI 41 19:27.65
STEPHEN SAYLOR 40 20:27.55
LAWRENCE ROBBELL 41 21:20.95
JACK MIYAGAWA 43 28:40.83
400 YARD INDIVIDUAL MEDLEY
STEPHEN SAYLOR 40 5:59.81
JACK MIYAGAWA 43 7:50.72
MEN 45-49
500 YARD FREESTYLE
PETER B. BART 46* 6:20.28
ALEX BOGIC 46 6:23.14
KEITH MARTIN 45 6:26.88
JACK PECK 48 6:55.99
1650 YARD FREESTYLE
ALEX BOGIC 46 22:40.72
KEITH MARTIN 45 22:42.17
MEN 50-54
500 YARD FREESTYLE
FRANK E. REYNOLDS 50 6:01.84
ART WEICH 50 6:10.97
WILLIAM J. KENT 50 6:23.25
ERIC SCOTT 51 7:13.14
1650 YARD FREESTYLE
FRANK E. REYNOLDS 50 21:18.44
ART WEICH 50 21:37.91
ERIC SCOTT 51 25:36.78
BOB WATSON 54 26:53.50
BOB FARBELL 50 28:08.36
400 YARD INDIVIDUAL MEDLEY
ART WEICH 50 5:49.33
ERIC SCOTT 51 6:52.37
MEN 55-59
500 YARD FREESTYLE
JIM HARCUS 58 6:35.14
JIM F. WILLIAMSON 58 6:46.73
C. FRED SCHMIDT 56 7:42.06
1650 YARD FREESTYLE
JIM HARCUS 58 22:45.19
C. FRED SCHMIDT 56 27:42.44
400 YARD INDIVIDUAL MEDLEY
JIM HARCUS 58 6:00.36
JIM F. WILLIAMSON 58 6:21.04
MEN 60-64
500 YARD FREESTYLE
BOB HERRICK 62 6:43.94
JOHN BECKER 62* 7:15.01
1650 YARD FREESTYLE
BOB HERRICK 62 24:07.73
JOHN BECKER 62* 25:10.00
400 YARD INDIVIDUAL MEDLEY
BOB HERRICK 62 5:59.11
MEN 65-69
500 YARD FREESTYLE
TODD LIND 65 7:48.06
WOODY BOERSOCK 69 7:51.31
HERNAN BECKER 65 8:06.20
EDWARD BOCHAN 65 11:33.75
1650 YARD FREESTYLE
JACK GABNAUS 66 26:45.11
HERNAN BECKER 65 27:01.56

400 YARD INDIVIDUAL MEDLEY
TODD LIND 65 7:01.26
WOODY BOERSOCK 69 7:45.00
MEN 70-74
500 YARD FREESTYLE
BEG RICHARDSON 71 7:51.46
LEONARD H. SMARIN 74 8:43.24
MEN 75-89
500 YARD FREESTYLE
JACK BLUMBERG 85 12:33.06
* DENOTES NCH SPASMS SWIMMER
PROGRAMMED BY CURTIS MOSSO
NEW ENGLAND MASTERS SWIM CLUB
ANN. HANONNESSIT MEMORIAL MEET
Harvard University Budget Pool
December 12, 1982
WOMEN 25-29
500 YDS FREESTYLE
Gayle McCabe 25 25.85
Nancy Larue 25 27.51
Beverly Laurentson 29 29.22
Jennifer Luker 26 29.39
Carol Limaner 29 29.70
Kristine Lattimer 25 29.82
Diane Kirk 25 30.59
Macy Ellen Sorague 28 31.25
Carol Vogler 27 31.60
Maureen Tobin 27 33.79
100 YDS FREESTYLE
Gayle McCabe 25 58.28
Nancy Larue 25 59.94
Jennifer Luker 26 1:04.63
Carol Limaner 29 1:06.80
Kristine Lattimer 25 1:07.15
Diane Kirk 26 1:07.95
Carol Vogler 27 1:09.68
Macy Ellen Sorague 28 1:12.29
Maureen Tobin 27 1:14.73
200 YDS FREESTYLE
Susan Helmrich 27 2:17.04
Nancy Jannarone 29 2:25.54
Diane Kirk 26 2:31.09
Jennifer Luker 26 2:31.38
Kathy Lynch 27 2:51.15
500 YDS FREESTYLE
Susan Helmrich 27 6:10.91
Tracy Grilli 25 6:48.80
Kristine Lattimer 25 6:52.18
Ann Yelmokas 28 6:53.53
Diane Kirk 26 7:00.44
Jennifer Luker 26 7:12.94
Jan Lendman 29 7:16.40
100 YDS BACKSTROKE
Nancy Larue 25 30.60
Sharon Burlingame 26 31.17
Nancy Jannarone 25 34.79
Tracy Grilli 25 36.21
Beverly Laurentson 29 36.21
Carol Vogler 27 39.20
Maureen Tobin 27 39.29
100 YDS BACKSTROKE
Sharon Burlingame 26 1:08.40
Nancy Larue 25 1:08.94
Susan Helmrich 27 1:13.39
Nancy Jannarone 25 1:13.56
Alice Barber 25 1:20.15
Tracy Grilli 25 1:21.08
Maureen Tobin 27 1:24.96
200 YDS BACKSTROKE
Susan Helmrich 27 2:39.23
Nancy Jannarone 25 2:41.10
Tracy Grilli 25 2:48.65
Kristine Lattimer 25 2:52.36
Jan Lendman 29 2:59.71
50 YDS BREASTSTROKE
Nancy Bellantone 28 35.99
Carolyn Dash 26 36.76
Alice Barber 25 37.55
Ann Yelmokas 28 38.85
100 YDS BREASTSTROKE
Carolyn Dash 26 1:18.34
Ann Yelmokas 28 1:27.56
50 YDS BUTTERFLY
Gayle McCabe 25 29.13
Sharon Burlingame 26 29.34
NancyBellantone 28 30.57
Kathy Lynch 27 32.24
Carol Limaner 29 33.50
Jennifer Luker 26 34.00
Ann Yelmokas 28 34.55
100 YDS BUTTERFLY
Nancy Bellantone 28 1:13.04
Kristine Lattimer 25 1:18.18
Carol Limaner 29 1:18.79
100 YDS INDIVIDUAL MEDLEY
Sharon Burlingame 26 1:08.97
Alice Barber 25 1:14.69
Susan Helmrich 27 1:15.84
Beverly Laurentson 29 1:17.00
Carol Vogler 27 1:22.45
Diane Kirk 26 1:22.81
200 YDS INDIVIDUAL MEDLEY
Sharon Burlingame 26 2:28.90
Nancy Bellantone 28 2:38.28
Tracy Grilli 25 2:45.49
Ann Yelmokas 28 2:51.29
WOMEN 30-34
500 YDS FREESTYLE
Marilyn Edmunds 31 29.62
Susan Prince 31 30.57
Sironia Dalby 31 37.80
Christine Haley 30 39.36
100 YDS FREESTYLE
Susan Prince 31 1:06.53
Christine Haley 30 1:25.73
200 YDS FREESTYLE
Ann Palozzi 30 2:18.35
Marilyn Edmunds 31 2:38.85
Suzanne Rague 32 2:47.25

500 YDS FREESTYLE
Ann Palozzi 30 5:54.80
Sissy Frolliott 30 7:27.22
Sironia Dalby 31 8:25.87
50 YDS BACKSTROKE
Eileen M. Craffey 31 34.21
Stephanie Walsh 33 35.85
Christine Haley 30 46.25
100 YDS BACKSTROKE
Eileen M. Craffey 31 1:14.34
Ann Palozzi 30 1:14.46
200 YDS BACKSTROKE
Ann Palozzi 30 2:38.83
Eileen M. Craffey 31 2:46.89
50 YDS BREASTSTROKE
Lisa Ruskin 30 40.40
Patricia Spector 32 42.64
Sedonia Dalby 31 49.98
Christine Haley 30 50.48
100 YDS BREASTSTROKE
Lisa Ruskin 30 1:30.00
Patricia Spector 32 1:33.42
Christine Haley 30 1:53.65
200 YDS BREASTSTROKE
Stephanie Walsh 33 2:59.72
Lisa Ruskin 30 3:23.88
50 YDS BUTTERFLY
Stephanie Walsh 33 30.34
Patricia Spector 32 45.31
Linda Ramey 33 1:07.88
100 YDS INDIVIDUAL MEDLEY
Stephanie Walsh 33 1:14.19
Eileen M. Craffey 31 1:15.32
Marilyn Edmunds 31 1:16.45
Patricia Spector 32 1:33.74
200 YDS INDIVIDUAL MEDLEY
Ann Palozzi 30 2:40.51
Eileen M. Craffey 31 2:47.64
WOMEN 35-39
500 YDS FREESTYLE
Cathy Frank 39 29.81
Mary Revaz 38 30.83
Constance Sasser 36 31.93
Susan Weed 37 33.47
Jane Kusinski 37 37.32
Amy Sexsmith 35 41.15
100 YDS FREESTYLE
Cathy Frank 39 1:07.99
Mary Revaz 38 1:10.97
Jane Kusinski 37 1:24.43
Amy Sexsmith 35 1:38.64
50 YDS BACKSTROKE
Amy Sexsmith 35 46.84
100 YDS BACKSTROKE
Amy Sexsmith 35 1:50.27
50 YDS BREASTSTROKE
Cathy Frank 39 38.57
Mary Revaz 38 40.15
Constance Sasser 36 43.30
Susanne Beddington 36 43.89
Helen Richards 39 1:02.97
100 YDS BREASTSTROKE
Cathy Frank 39 1:26.97
Constance Sasser 36 1:40.96
Amy Sexsmith 35 1:56.73
200 YDS BREASTSTROKE
Mary Revaz 38 3:09.86
50 YDS BUTTERFLY
Susan Weed 37 38.45
100 YDS INDIVIDUAL MEDLEY
Constance Sasser 36 1:30.03
Susan Weed 37 1:32.25
WOMEN 40-44
50 YDS FREESTYLE
Ellen Stevens 43 36.13
Lynne Walther 40 37.76
Lynn Zinke 40 38.46
Cecily Feldman 44 40.58
Elaine Reid 43 43.27
Michele Lyman 42 44.44
Lynn Zinke 40 1:23.62
Ellen Stevens 43 1:27.13
Cecily-Feldman 44 1:31.72
Elaine Reid 43 1:35.02
200 YDS FREESTYLE
Lynn Zinke 40 3:05.85
Joanne Munise 44 3:16.78
50 YDS FREESTYLE
Lynn Zinke 40 8:17.98
Joanne Munise 44 8:50.51
Ellen Stevens 43 9:01.29
50 YDS BACKSTROKE
Gall Reyna 41 36.65
Marilyn Fitzgerald 40 44.35
Ellen Stevens 43 46.71
Lynne Walther 40 48.51
Michele Lyman 42 52.04
100 YDS BACKSTROKE
Gall Reyna 41 1:19.47
Marilyn Fitzgerald 40 1:19.84
Lynn Zinke 40 2:30.06
Joanne Munise 44 3:58.25
50 YDS BREASTSTROKE
Katharine Grundig 41 40.40
Marilyn Fitzgerald 40 42.63
Cecily Feldman 44 48.29
Michele Lyman 42 52.21
Elaine Reid 43 53.53
100 YDS BREASTSTROKE
Marilyn Fitzgerald 40 1:36.83
Cecily Feldman 44 1:42.33
Elaine Reid 43 1:52.34
50 YDS BUTTERFLY
Marilyn Fitzgerald 40 42.79
100 YDS INDIVIDUAL MEDLEY
Gall Reyna 41 1:24.30
200 YDS INDIVIDUAL MEDLEY
Gall Reyna 41 3:06.17
Joanne Munise 44 3:52.45
WOMEN 45-49
Ann Berquist 49 33.05
Nancy Dodge 49 41.18
Pam Clayton 46 45.54

Virginia Falvey 46 49.86
100 YDS FREESTYLE
Ann Berquist 49 1:20.12
Virginia Falvey 46 1:59.38
500 YDS FREESTYLE
Ann Berquist 49 8:08.01
50 YDS BACKSTROKE
Nancy Dodge 49 51.67
Pam Clayton 46 52.43
50 YDS BREASTSTROKE
Nancy Dodge 49 48.38
Patricia Hogan 45 49.39
100 YDS BREASTSTROKE
Patricia Hogan 45 1:46.95
Victoria Robb 46 1:54.57
200 YDS BREASTSTROKE
Patricia Hogan 45 4:25.68
50 YDS BUTTERFLY
Ann Berquist 49 62.33
Victoria Robb 46 54.37
Nancy Dodge 49 56.24
100 YDS BUTTERFLY
Victoria Robb 46 2:08.42
100 YDS INDIVIDUAL MEDLEY
Ann Berquist 49 1:33.51
Victoria Robb 46 1:50.47
WOMEN 50-54
500 YDS FREESTYLE
Marjorie Martin 54 32.51
Katharine Heigham 54 39.50
Robert Wilson 51 45.94
100 YDS FREESTYLE
Marjorie Martin 54 1:14.04
Robert Wilson 51 1:48.37
200 YDS FREESTYLE
Joan McIntyre 54 2:53.03
Esther Lyman 50 4:04.34
500 YDS FREESTYLE
Joan McIntyre 54 7:22.58
Katharine Heigham 54 8:56.80
Esther Lyman 50 10:45.50
50 YDS BACKSTROKE
Marjorie Martin 54 39.73
Joan McIntyre 54 41.99
Katharine Heigham 54 50.56
100 YDS BACKSTROKE
Marjorie Martin 54 1:28.03
Joan McIntyre 54 1:29.43
200 YDS BACKSTROKE
Joan McIntyre 54 3:13.10
50 YDS BREASTSTROKE
Robert Wilson 51 52.54
Katharine Heigham 54 55.80
100 YDS BREASTSTROKE
Robert Wilson 51 1:56.18
Esther Lyman 50 2:04.91
100 YDS INDIVIDUAL MEDLEY
Marjorie Martin 54 1:30.10
Katharine Heigham 54 1:48.42
200 YDS INDIVIDUAL MEDLEY
Esther Lyman 50 4:33.88
WOMEN 55-59
200 YDS FREESTYLE
Elinor Wright 58 3:28.19
500 YDS FREESTYLE
Elinor Wright 58 8:48.50
100 YDS BACKSTROKE
Clara Walker 56 2:54.55
Elinor Wright 58 4:02.20
50 YDS BREASTSTROKE
Clara Walker 56 1:29.21
100 YDS BUTTERFLY
Clara Walker 56 1:22.08
WOMEN 60-64
50 YDS FREESTYLE
Dorothy Donnelly 60 34.34
Nancy Phillips 61 35.90
100 YDS FREESTYLE
Dorothy Donnelly 60 1:16.82
Jean C. Baker 62 1:46.20
200 YDS FREESTYLE
Nancy Phillips 61 3:04.92
50 YDS BACKSTROKE
Virginia Allen 63 47.53
Jean C. Baker 62 53.74
50 YDS BREASTSTROKE
Dorothy Donnelly 60 49.91
Virginia Allen 63 1:07.13
100 YDS BREASTSTROKE
Betty Spears 64 1:55.12
Jean C. Baker 62 2:06.48
100 YDS INDIVIDUAL MEDLEY
Nancy Phillips 61 1:37.29
Jean C. Baker 62 2:02.22
200 YDS INDIVIDUAL MEDLEY
Nancy Phillips 61 3:39.42
Betty Spears 64 4:06.37
WOMEN 65-69
100 YDS BREASTSTROKE
Mary Wentworth 66 2:01.60
200 YDS BREASTSTROKE
Mary Wentworth 66 4:15.70
200 YDS INDIVIDUAL MEDLEY
Mary Wentworth 66 4:18.99
MEN 25-29
50 YDS FREESTYLE
Peter Campbell 27 24.02
Donald Uhr 29 24.31
Dwight Davis 29 24.60
Patrick Joyce 25 24.68
James T. Johnson 26 24.93
Wayne Hurwitz 25 25.39
Rob Wettsch 25 25.47
Stephen Zubrod 28 25.96
Philip Gouzoule 27 25.99
Thomas White 29 26.41
Allan Ottoo 27 26.64
Jim Goodman 29 27.17
Tim Slominski 26 27.72
David Grilli 28 28.91
Jay Lodie 27 29.55
Dennis Willmott 28 32.73
100 YDS FREESTYLE
Stephen Zubrod 28 50.53

Peter Campbell 27 52.16
Michael Jacobs 28 53.10
Patrick Joyce 25 53.93
Dwight Davis 29 54.47
Wayne Hurwitz 25 55.40
Paul Brantley 26 56.36
Thomas White 29 57.56
Kevin Thornton 25 58.48
Alan Johnston 29 59.79
Tim Slominski 26 1:00.64
Rob Wettsch 25 1:01.17
Bryan Johnston 25 1:01.63
Eric Johnson 25 1:02.15
David Grilli 28 1:06.03
Marc Houle 25 1:08.29
200 YDS FREESTYLE
Patrick Joyce 25 1:57.41
Alan Johnston 29 2:00.71
Thomas Nosal 27 2:01.30
Dwight Davis 29 2:02.12
David Bright 29 2:03.79
Donald Uhr 25 2:03.79
Kevin Thornton 25 2:08.41
Thomas White 29 2:11.05
Eric Johnson 25 2:22.32
Tim Slominski 26 2:23.07
Rob Wettsch 25 2:25.01
David Grilli 28 2:27.65
500 YDS FREESTYLE
Marjorie Martin 54 5:29.49
Thomas Nosal 27 5:24.34
Alan Johnston 29 5:19.05
Kevin Thornton 25 5:47.88
Robert Weber 26 5:53.70
Donald Uhr 25 5:54.12
Allan Ottoo 27 6:13.92
David Grilli 28 6:32.90
Dennis Willmott 28 7:10.26
Marc Houle 25 7:26.33
50 YDS BACKSTROKE
Thomas White 29 31.35
Jay Lodie 27 34.93
100 YDS BACKSTROKE
Robert Weber 26 1:04.16
Dwight Davis 29 1:05.50
Doug Newhouse 28 1:06.75
Alan Johnston 29 1:08.30
200 YDS BACKSTROKE
Dwight Davis 29 2:20.23
David Bright 29 2:21.57
Robert Weber 26 2:24.00
Doug Newhouse 28 2:27.86
50 YDS BREASTSTROKE
Michael Jacobs 28 31.38
Philip Gouzoule 27 33.75
Jim Goodman 29 34.14
Robert Weber 26 35.37
Jay Lodie 27 35.59
Eric Johnson 25 36.49
Paul Costa 26 37.09
Gary Alfonso 29 39.07
100 YDS BREASTSTROKE
Michael Jacobs 28 1:10.21
Joel Meltz 26 1:12.31
Gary Alfonso 29 1:17.54
200 YDS BREASTSTROKE
Dennis Willmott 28 3:10.06
50 YDS BUTTERFLY
Donald Uhr 25 26.51
Wayne Hurwitz 25 28.11
Rob Wettsch 25 30.26
Tim Slominski 26 30.47
Bryan Johnston 25 31.59
Jay Lodie 27 32.35
Philip Gouzoule 27 37.94
100 YDS BUTTERFLY
Joel Meltz 26 1:05.10
Wayne Hurwitz 25 1:06.65
Robert Weber 26 1:08.75
100 YDS INDIVIDUAL MEDLEY
Peter Campbell 27 1:02.26
Patrick Joyce 25 1:03.86
Paul Brantley 26 1:05.89
Doug Newhouse 28 1:07.01
Joel Meltz 25 1:07.41
Philip Gouzoule 27 1:09.36
Eric Johnson 25 1:14.56
200 YDS INDIVIDUAL MEDLEY
Peter Campbell 27 2:14.35
Donald Uhr 25 2:25.22
MEN 30-34
50 YDS FREESTYLE
John Radmer 33 24.36
Westley Richards 30 25.58
Ed Slominski 30 25.69
Peter F. Walkley 34 26.48
Frank McQuilgan 34 27.02
Frederick Dalby 32 27.26
Phil Prather 34 28.06
Chris Hopwood 31 28.62
Rick Fontaine 30 29.99
Michael Ugarte 33 30.39
Carl Moat 31 31.23
100 YDS FREESTYLE
John Radmer 33 54.36
Steve VanDerBeken 33 55.41
Ed Slominski 30 56.55
Peter F. Walkley 34 58.57
Westley Richards 30 59.18
Phil Prather 34 1:01.51
Frank McQuilgan 34 1:01.87
Clark Thibault 32 1:01.94
Chris Hopwood 31 1:05.07
Kevin Macdonald 34 1:05.97
Philip Auzere 31 1:07.11
Rick Fontaine 30 1:08.55
Michael Ugarte 33 1:09.39
Carl Moat 31 1:13.23
200 YDS FREESTYLE
Robert Johnston 31 1:57.55
Al Germain 31 2:05.82
Michael Konstan 33 2:06.86
Ed Slominski 30 2:09.51
Steve VanDerBeken 33 2:10.17
Robert Kline 31 2:13.36

Frank McQuiggan 34	2:18.29
Phil Prater 34	2:18.51
Westley Richards 30	2:21.70
Paul Churchill 31	2:37.69
Philip Aubrey 31	2:47.84
Rick Fontaine 30	2:53.42
---50 YDS FREESTYLE---	
Bob Atkinson 31	5:28.77
Robert Johnston 31	5:38.43
Michael Konstan 33	5:54.71
Al Germain 31	5:57.95
Kerry Schacht 30	6:05.85
Ed Slominski 30	6:10.70
Frank McQuiggan 34	6:24.80
Brian Hanley 32	6:35.16
Phil Prater 34	6:34.64
Philip Aubrey 31	6:45.06
Kevin Macdonald 34	7:10.77
Carl West 31	7:21.10
Michael Ugarte 33	7:49.53
Thomas Hyde 32	9:37.07
---50 YDS BACKSTROKE---	
Michael Konstan 33	34.14
---200 YDS BACKSTROKE---	
Robert Atkinson 31	2:09.55
---50 YDS BREASTSTROKE---	
Kevin Macdonald 34	34.88
Peter F. Walkley 34	35.85
Richard Larue 30	37.61
Rick Fontaine 30	38.66
---100 YDS BREASTSTROKE---	
Robert Kline 31	1:12.88
Westley Richards 30	1:17.03
Kevin Macdonald 34	1:17.67
Rick Fontaine 30	1:29.07
---200 YDS BREASTSTROKE---	
Robert Kline 31	2:40.75
Westley Richards 30	2:56.40
---50 YDS BUTTERFLY---	
Ricnast Larue 30	29.00
Fredrick Dalby 32	29.40
Michael Konstan 33	29.69
Brian Hanley 32	29.90
Clark Thibault 32	30.52
Michael Ugarte 33	37.97
---100 YDS BUTTERFLY---	
Kerry Schacht 30	1:07.31
Fredrick Dalby 32	1:06.43
Al Germain 31	1:13.16
---200 YDS BUTTERFLY---	
Fredrick Dalby 32	2:41.66
---100 YDS INDIVIDUAL MEDLEY---	
Kerry Schacht 30	1:07.76
Ed Slominski 30	1:08.76
Michael Konstan 33	1:09.94
Peter F. Walkley 34	1:11.60
Richard Larue 30	1:11.87
Frank McQuiggan 34	1:13.23
Clark Thibault 32	1:14.52
Michael Ugarte 33	1:27.52
---200 YDS INDIVIDUAL MEDLEY---	
Robert Johnston 31	2:20.22
Kerry Schacht 30	2:33.03
Fredrick Dalby 32	2:36.23
MEN 35-39	
---50 YDS FREESTYLE---	
John Shire 39	24.23
George W. Heath 35	24.80
Malcolm Beas 37	24.95
John A. Blisson 35	26.30
Perry Kleinke 36	28.01
Rich Churchill 37	28.58
Robert Palmer 38	29.46
Raul Rebillard 39	29.62
Lou Vallee 37	33.19
William Golas 35	34.1
King Milne 38	36.69
---100 YDS FREESTYLE---	
Raul Rebillard 39	53.55
George W. Heath 35	54.56
Malcolm Beas 37	57.28
Pete Schacht 35	57.42
John A. Blisson 35	1:01.99
Edward Cashman 39	1:04.42
Rick Churchill 37	1:06.25
Lou Vallee 37	1:18.10
William Golas 35	1:20.48
King Milne 38	1:30.41
---200 YDS FREESTYLE---	
Pete Schacht 35	2:08.11
Robert Palmer 38	2:19.32
Rick Churchill 37	2:26.26
Edward Cashman 39	2:36.12
Lou Vallee 37	2:52.05
---500 YDS FREESTYLE---	
Pete Schacht 35	5:59.10
Edward Cashman 39	7:26.78
Lou Vallee 37	7:53.62
---50 YDS BACKSTROKE---	
John H. Snooks 39	28.17
Robert Palmer 38	34.15
Perry Kleinke 36	35.67
David Trageser 38	38.19
William Golas 35	45.14
---100 YDS BACKSTROKE---	
John H. Snooks 39	1:04.89
Robert Palmer 38	1:14.19
---50 YDS BREASTSTROKE---	
Ethan Berry 35	33.25
David Trageser 38	34.92
Perry Kleinke 36	38.19
---200 YDS BREASTSTROKE---	
Phillip Whitten 39	2:38.59
Ethan Berry 35	2:40.46
---50 YDS BUTTERFLY---	
George W. Heath 35	26.94
John Shire 39	27.49
Perry Kleinke 36	29.85
King Milne 38	42.30
William Golas 35	42.65
---100 YDS BUTTERFLY---	
Raul Rebillard 39	58.40
Malcolm Beas 37	1:01.35
Edward Cashman 39	1:18.98
King Milne 39	1:55.27

---200 YDS BUTTERFLY---	
Angelo Areochi 39	2:56.60
---100 YDS INDIVIDUAL MEDLEY---	
Phillip Whitten 39	1:04.14
George W. Heath 35	1:04.31
John Shire 39	1:05.69
Malcolm Beas 37	1:06.42
Pete Schacht 35	1:08.67
Perry Kleinke 36	1:11.27
John A. Blisson 35	1:11.29
Robert Palmer 38	1:17.07
Edward Cashman 39	1:20.08
William Golas 35	1:39.03
King Milne 38	1:43.16
---200 YDS INDIVIDUAL MEDLEY---	
Phillip Whitten 39	2:25.15
John H. Snooks 39	2:32.03
Angelo Areochi 39	2:41.32
MEN 40-44	
---50 YDS FREESTYLE---	
John Bender 43	24.90
John Groves 43	27.12
Ed Ratyna 41	27.47
C. P. Brown 44	28.30
Roger Ginn 40	29.12
Al Farrington 41	37.66
---100 YDS FREESTYLE---	
John Bender 43	55.22
Marty Hamilton 41	1:00.18
John Groves 43	1:00.36
Ed Ratyna 41	1:01.62
Trent Toensing 43	1:05.45
C. P. Brown 44	1:05.81
Roger Ginn 40	1:07.51
Al Farrington 41	1:26.07
---200 YDS FREESTYLE---	
Marty Hamilton 41	2:12.50
Ed Ratyna 41	2:25.27
---50 YDS FREESTYLE---	
Harry Hamilton 41	34.48.45
Ed Ratyna 41	6:53.70
---50 YDS BACKSTROKE---	
Richard Bretagne 40	32.89
Martin O'Malley 40	34.91
---100 YDS BACKSTROKE---	
Larry Dunham 44	1:05.68
Martin O'Malley 40	1:16.38
John Groves 43	1:20.85
---200 YDS BACKSTROKE---	
Richard Bretagne 40	2:40.28
---50 YDS BREASTSTROKE---	
Dennis Knaus 40	33.09
John Bender 43	36.63
C. P. Brown 44	37.02
Al Farrington 41	58.10
---100 YDS BREASTSTROKE---	
Dennis Knaus 40	1:14.03
Courtney Brown 44	1:20.58
---50 YDS BUTTERFLY---	
Darrell Holmgren 40	26.46
John Bender 43	27.87
Roger Ginn 40	33.21
---100 YDS BUTTERFLY---	
Darrell Holmgren 40	1:00.34
---200 YDS BUTTERFLY---	
Darrell Holmgren 40	2:30.81
---100 YDS INDIVIDUAL MEDLEY---	
Dennis Knaus 40	1:07.35
John Groves 43	1:18.95
Roger Ginn 40	1:19.80
---200 YDS INDIVIDUAL MEDLEY---	
Darrell Holmgren 40	2:21.31
MEN 45-49	
---50 YDS FREESTYLE---	
Clive Dyson 48	29.71
David McIlhenny 48	30.47
Peter Milliken 46	31.24
---100 YDS FREESTYLE---	
Clive Dyson 48	1:06.91
Peter Milliken 46	1:12.97
---200 YDS FREESTYLE---	
Clive Dyson 48	2:39.17
Peter Milliken 46	2:54.00
---500 YDS FREESTYLE---	
Fredrick Simons 45	7:13.76
Clive Dyson 48	7:33.56
---50 YDS BACKSTROKE---	
D. Barr Clayton 47	29.85
David McIlhenny 48	34.44
Adolph Ivanoukas 49	36.53
Fredrick Simons 45	39.78
---100 YDS BACKSTROKE---	
D. Barr Clayton 47	1:07.23
Adolph Ivanoukas 49	1:19.43
---200 YDS BACKSTROKE---	
D. Barr Clayton 47	2:28.96
Adolph Ivanoukas 49	2:59.19
---50 YDS BREASTSTROKE---	
Kelton Burbank 48	35.97
David McIlhenny 48	40.00
---100 YDS BREASTSTROKE---	
William Yorzyk 49	1:11.97
Kelton Burbank 48	1:20.20
---200 YDS BREASTSTROKE---	
Kelton Burbank 48	3:06.05
---50 YDS BUTTERFLY---	
William Yorzyk 49	27.16
David McIlhenny 48	33.39
Fredrick Simons 45	35.48
---100 YDS BUTTERFLY---	
William Yorzyk 49	1:00.04
---200 YDS BUTTERFLY---	
William Yorzyk 49	2:19.92
---100 YDS INDIVIDUAL MEDLEY---	
D. Barr Clayton 47	1:10.10
---200 YDS INDIVIDUAL MEDLEY---	
William Yorzyk 49	2:21.04
MEN 50-54	
---50 YDS FREESTYLE---	
Tom Lyndon 51	26.29
John Jerome 50	26.37
Byron Flikins 50	36.48
---100 YDS FREESTYLE---	
John Jerome 50	58.45
Tom Lyndon 51	1:00.11

---200 YDS FREESTYLE---	
John Jerome 50	2:17.49
Tom Lyndon 51	2:18.01
Ernest Hulme 54	2:29.97
Charles Luker 52	2:49.86
---500 YDS FREESTYLE---	
John Jerome 50	6:24.69
Tom Lyndon 51	6:31.58
Charles Luker 52	7:59.34
---50 YDS BACKSTROKE---	
Ernest Hulme 54	36.51
Charles Winder 51	36.57
---100 YDS BACKSTROKE---	
Charles Winder 51	1:19.82
Ernest Hulme 54	1:21.98
---200 YDS BACKSTROKE---	
Ernest Hulme 54	2:59.97
---50 YDS BREASTSTROKE---	
Charles Winder 51	38.71
---100 YDS BREASTSTROKE---	
F.H.Ted Haartz 54	1:17.88
---200 YDS BREASTSTROKE---	
F.H.Ted Haartz 54	2:56.28
---50 YDS BUTTERFLY---	
Charles Winder 51	34.00
---100 YDS INDIVIDUAL MEDLEY---	
F.H.Ted Haartz 54	1:10.03
Charles Winder 51	1:15.02
Ernest Hulme 54	1:19.41
---200 YDS INDIVIDUAL MEDLEY---	
F.H.Ted Haartz 54	2:51.90
MEN 55-59	
---50 YDS FREESTYLE---	
Bill Bigwood 55	28.81
Chuck Rice 58	31.76
Marty Wolfe 55	32.33
Otto Bresky 59	34.13
---100 YDS FREESTYLE---	
James Edwards 59	1:09.05
Chuck Rice 58	1:13.39
---200 YDS FREESTYLE---	
James Edwards 59	2:31.79
Otto Bresky 59	3:03.08
---500 YDS FREESTYLE---	
Winthrop Wilson 55	6:07.13
James Edwards 59	7:00.13
Chuck Rice 58	8:00.26
Hugh Flomenhoff 57	8:15.20
Otto Bresky 59	8:25.64
---50 YDS BACKSTROKE---	
Bill Bigwood 55	35.66
Winthrop Wilson 55	35.85
---100 YDS BACKSTROKE---	
James Edwards 59	1:24.14
---200 YDS BACKSTROKE---	
Ernie Kassner 59	3:46.71
---50 YDS BREASTSTROKE---	
Marty Wolfe 55	39.15
Winthrop Wilson 55	40.48
Ernie Kassner 59	41.32
Herbert Cantor 59	45.05
Chuck Rice 58	50.05
---100 YDS BREASTSTROKE---	
Ernie Kassner 59	1:31.01
Herbert Cantor 59	1:44.88
---200 YDS BREASTSTROKE---	
Ernie Kassner 59	3:39.74
Herbert Cantor 59	4:06.16
---50 YDS BUTTERFLY---	
Winthrop Wilson 55	30.21
Hugh Flomenhoff 57	39.53
Marty Wolfe 55	40.72
---100 YDS BUTTERFLY---	
Hugh Flomenhoff 57	1:35.69
Ernie Kassner 59	1:55.09
---100 YDS INDIVIDUAL MEDLEY---	
Hugh Flomenhoff 57	1:30.10
Marty Wolfe 55	1:31.86
Chuck Rice 58	1:38.75
---200 YDS INDIVIDUAL MEDLEY---	
Winthrop Wilson 55	2:39.64
MEN 60-64	
---50 YDS FREESTYLE---	
Allen Serlmer 63	41.11
---200 YDS FREESTYLE---	
Louis Antonellis 63	2:53.77
David Eskin 62	3:03.23
---500 YDS FREESTYLE---	
David Eskin 62	8:02.46
---50 YDS BACKSTROKE---	
William Uhrich 62	37.43
---100 YDS BACKSTROKE---	
William Uhrich 62	1:23.61
---200 YDS BACKSTROKE---	
David Eskin 62	3:35.75
---50 YDS BREASTSTROKE---	
Walter A. Lynch 61	42.47
Bob Wright 62	44.66
---100 YDS BREASTSTROKE---	
Walter A. Lynch 61	1:32.80
---200 YDS BREASTSTROKE---	
Louis Antonellis 63	3:47.05
---50 YDS BUTTERFLY---	
William Uhrich 62	32.64
Bob Wright 62	38.09
---200 YDS BUTTERFLY---	
Louis Antonellis 63	3:58.98
---100 YDS INDIVIDUAL MEDLEY---	
William Uhrich 62	1:20.22
---200 YDS INDIVIDUAL MEDLEY---	
William Uhrich 62	3:04.06
Bob Wright 62	3:17.84
MEN 65-69	
---50 YDS FREESTYLE---	
Rico Albano 69	57.03
---100 YDS FREESTYLE---	
Rico Albano 69	2:00.88
Cosmo A. Bertocci 69	2:21.19
---200 YDS FREESTYLE---	
Rico Albano 69	4:27.61
Cosmo A. Bertocci 69	5:11.45
---500 YDS FREESTYLE---	
Rico Albano 69	11:49.97
Cosmo A. Bertocci 69	12:20.15
---200 YDS BACKSTROKE---	
Roger Chamberlain 65	3:15.30

---50 YDS BREASTSTROKE---		
Roger Chamberlain 65	39.03	
---200 YDS BREASTSTROKE---		
Roger Chamberlain 65	3:27.12	
---100 YDS INDIVIDUAL MEDLEY---		
Roger Chamberlain 65	1:22.04	
MEN 70-74		
---100 YDS FREESTYLE---		
John K. Brines 73	1:42.24	
ARKANSAS MASTERS		
SWIM CLUB		
Westside YMCA Pool		
Little Rock, Arkansas		
January 8, 1983		
Arkansas Masters Swim Meet		
Sanction #23-1893		
RESULTS		
Women Under 24		
50 Yard Backstroke		
Cindy Ledbetter	23	38.19
50 Yard Butterfly		
Cindy Ledbetter	23	34.14
Women 30-34		
50 Yard Freestyle		
B. J. Bean	34	32.92
Mary Storey	34	40.14
100 Yard Freestyle		
B. J. Bean	34	1:13.48
200 Yard Freestyle		
Mary Storey	34	3:24.90
Bucky Butler	34	3:33.29
500 Yard Freestyle		
B. J. Bean	34	7:11.79
Mary Storey	34	9:21.56
100 Yard Backstroke		
B. J. Bean	34	1:32.96
50 Yard Breaststroke		
B. J. Bean	34	1:50.33
Bucky Butler		
B. J. Bean	34	46.68
50 Yard Butterfly		
B. J. Bean	34	48.77
100 Yard Butterfly		
B. J. Bean	34	37.15
Women 35-37		
50 Yard Freestyle		
Hope Vowell	37	48.09
100 Yard Freestyle		
Hope Vowell	37	1:52.85
200 Yard Freestyle		
Hope Vowell	37	4:10.91
50 Yard Backstroke		
Hope Vowell	37	53.14
100 Yard Backstroke		
Hope Vowell	37	1:59.31
Women 40-44		
100 Yard Freestyle		
Ira Havacok	40	1:19.62
200 Yard Freestyle		
Ira Havacok	40	3:17.14
300 Yard Freestyle		
Jo Ann Sharon	41	3:40.86
500 Yard Freestyle		
Jo Ann Sharon	41	10:19.29
100 Yard Backstroke		
Ira Havacok	40	1:29.84
100 Yard Breaststroke		
Ira Havacok	40	1:46.32
Women 45-49		
50 Yard Backstroke		
Mary Lou Jaworski	46	42.19
50 Yard Butterfly		
Mary Lou Jaworski	46	37.79
Women 50-64		
50 Yard Breaststroke		
La Verne Anderson	64	55.65
100 Yard Breaststroke		
La Verne Anderson	64	2:11.28
Women's Relay		
200 Yard Freestyle Relay		
1. Arkansas A Team 25+	2:39.90	(Sharon, Havacok, Vowell, Bean)
2. Arkansas B Team		(Storey, Anderson, Jaworski, Ledbetter)
Men's Relay		
200 Yard Freestyle Relay		
1. Conway All-Stars 25+	1:42.65	(Field, Bumpers, Carter, Daniels)
2. Little Rock A 25+	1:43.40	(Bank, Nye, Tutsch, Wise)
200 Yard Medley Relay		
1. Conway All-Stars 25+	1:52.31	(Field, Bumpers, Daniels, Carter)
2. Little Rock A 25+	2:01.80	(Bank, Jennings, Wise, Tutsch)
Men 75-79		
200 Yard Freestyle		
Alan Nye	25	2:10.28
50 Yard Backstroke		
Edward Bisno	26	31.94
50 Yard Butterfly		
Alan Nye	25	27.15
100 Yard Individual Medley		
Alan Nye	25	1:04.28
Edward Bisno	26	1:08.78
Men 30-34		
50 Yard Freestyle		
Robert Carter	30	24.61
Fred Schlogel	30	32.98
100 Yard Freestyle		
Tony Tutsch	33	54.83
200 Yard Freestyle		
Fred Schlogel	30	2:43.09
500 Yard Freestyle		
Fred Schlogel	30	7:30.22
50 Yard Backstroke		
Tony Tutsch	33	30.52
Robert Carter	32	32.06

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Swimming News

LONG COURSE NATIONALS IN PORTLAND - There are a couple of corrections to the meet results that were printed that also change the Top Ten. The final results and Top Ten are incorrect for the Men's 40-44 200 M Back. The winner at the Nationals was David Hershey in 2:32.96 and the time credited to Lance Larson of 2:23.66 really belonged to Stan Carper in the 25-29 age group. The Men's 50M Free 80-84 age group, corrected should be: 1) Clarence Ross (41.50), 2 Thomas Cureton (42.24). Men's 75-79 200 M Free at LC Nationals should be 1) Arthur Rule (3:06.58), 2) Arthur Hargrave (3:15.63), 3) Harry Jagers (4:19.29), 4) Bill Trask (4:54.13) and 5) Louis Belmour (5:34.63).....

SOME SAMPLE WORKOUTS

500 EZ	450 Swim
500 Moderate	10 x 25 Kick (rest :30)
rest 10:00 and	10 x 25 PULL (rest :30)
do some EZ kick	10 x 25 Swim (rest :10)
500 for Time	4 x 75 on 2:00
200 EZ	4 x 50 on 1:30
2 sets of:	4 x 25 on :50
4 x 25 on 1:00	200 EZ Cool Down
100 EZ	

100 Swim	150 Swim
100 Kick	100 Kick
100 Pull	50 Pull
6 x 25 on 1:10	50 EZ Kick
50 Kick	100 Swim, Non-stop
6 x 25 on 1:00	4 x 50 on 2:00
50 Kick	400 yds, Choice
6 x 25 on :50	2 x 25 fast
50 EZ Swim	100 EZ Swim



Mark Coughlin & Roy Stickney

ROY STICKNEY, a great athlete, was sidelined by operations in 1979-1980 but was back in active competition in 1981. National Champion - Aug. 1973, Chicago, IL, 100 mtr Breaststroke; May 1975, Ft. Lauderdale, FL, 200 yd Breaststroke; Aug. 1976 - St. Louis, MO, 100 mtr Breaststroke. PROFILE OF A GALLANT ATHLETE -----

How many know about the King of Swat?
How many know about Jess Owens?
How many know about John & Buster?
How many know about Jim Thorpe?

Of course all worship these brave heroes
And rightfully so because of their behavior
For they went where few would dare to go
They transcended themselves of earthly woes.

But yet today there stand many new faces
And among them are many pioneering souls
For with charge we new challenges embrace
And heroes emerge from our earthy bowels.

One man among many stands out shining bright
He is brave, courageous and bold
He never yields to foul play or earthly strife
He manifests the way to gracefully grow old.

Yes, unquestionably his leadership is ample
Because I know him as a man of integrity
Of all the competitors that I ever addressed
He will always stand out as the prime example.

Of Sportsmanship, friendship and civility
And dedication to clean living and constancy
These virtues indeed reinforce our society
From the perils of this sphere of uncertainty.

Roy Stickney, I salute you Perpetually.

Mark Coughlin.....

SWIM-MASTER

June Krauser, Editor
2308 N.E. 19th Avenue
Ft. Lauderdale, FL 33305

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SWIM CALENDAR

VOL XII - No 2

FEBRUARY 1983

FEB	12	SC - Mary Nagle AD, Corner of N. Bridge & Green St., Somerville, NJ 08876
	12	SC - Ed Levy, 7979 Symphony, Cincinnati, OH 45242
	13	SC - Pieter Cath, 29749 Harvard Rd., Cleveland, OH 44122
	13	SC - John Newton, 22W450 Ahlstrand, Glen Ellyn, IL 60137
	19-20	SC - Bill Lawson, 200 Red Fox Run, Summerville, SC 29483
	26	SC - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	26	SC - Pentathlon - Charles Weidanz, P.O. Box 6, Mountain Lakes, NJ 07046
	26-27	SC - Barbara Bowman, 22 Walden Mill Way, Catonsville, MD 21228
	27	SC - Ingrid Stine, 4119 N. Pittsburgh, Chicago, IL 60634
	26	SC - Jack Oakes, P.O. Box 4945, Incline Village, NV 89450
MAR	4-5	SC - Colin Light, 1920 Webster, Plano, TX 75075
	5-6	SC - Bobbi Callison, 450 San Luis Ave., Los Altos, CA 94022
	6	SC - Pentathlon - JCC, 18900 NE 25 Ave., N. Miami Beach, FL 33180
	13	SC - DCM - Dave McAfee, 510 E. Broad, Falls Church, VA 22046
	13	SC - Susan Gray, Meet Dir., 112 Oak St., Ridgewood, NJ 07450
	19	SC - Jan C. Huneke, O.D., 1158 Asbury Rd., Cincinnati, OH 45230
	20	SC - Roberta Turcotte, Buehler YMCA, P.O. Box 367, Palatine, IL 60067
	20	SC - Dorothy Donnelly, 5 Piggott Lane, Avon, CT 06001
	20	SC - John Killeen, 1528 Campus Dr., Berkeley, CA 94708
	19-20	SC - 25 mtr - Kim S. Davis, P.O. Box 5628, Hiltonhead Island, SC 29928
	19	SC - 1650 - Marge Ramanouskas, 6441 Lenhart St., Baltimore, MD 21207
	20	SC - 1650 - U of M, Dan Malone, 100 Palm Ave., Palm Island, Miami Beach, FL 33139
	25-27	SC - Region II Champ., Harry Rawstrom, University of Delaware, Newark, DE 19711
	26-27	SC - Region 8 - Laura Tull, 1713 Dublin Rd., Oklahoma City, OK 73120
	27	SC - Ray Nelson, 1203 Sunset Rd., Wheaton, IL 60187
APR		Hawaiian Postal Relays - Kay Harrison, 98-487 Koauka Lp. B-1003, Aiea, HI 96701
	8-10	SC - Region IV - St. Petersburg, FL
	9	Pentathlon - DCM - Dave McAfee, 510 E. Broad, Falls Church, VA 22046
	9-10	SC - Nancy Stupka, 17W728 Butterfield, 213 Oakbrook Terrace, IL 60181
	9	SC - John Ponshil, P.O. Box 549, Los Altos, CA 94022
	16-17	SC - Region VI - Nick Kakos, P.O. Box 8513, Canton, OH 44711
	15-17	SC - Jim Work, 3409 Lawndale, Midland, MI 48640
	15-17	Canadian SC Nationals, Chris Pieczora, 590 Rathburn Rd., Etobicoke, Ontario, Canada
	10	SC - Toni Bischoff, 5379 Vinewood Ct., Columbus, OH 43229
	16,23-24	SC - Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947
	22-24	SC - NE Champ. - Dave Eskin, 66 Audubon Dr., Chestnut Hill, MA 02167
	23	SC - Cecil Whitaker, 776 NE 125 St., North Miami, FL 33161
	29- May 1	SC - IL Champ - Bruce Haffner, 2626 Lakeview, Chicago, IL 60614
	23	SC - Cal Schaeffer, 2826 Eastwood Dr., York, PA 17402
	30 - May 1	SC - GIMSA-IU Masters, P.O. Box 1, Bloomington, IN 47401
	30- May 1	SC - Texas A&M, Will Worley, 1001 Village Dr., College Station, TX 77840
MAY	6-8	SC - Charles Weidanz, P.O. Box 6, Mountain Lakes, NJ 07046
	13-14	YMCA MASTERS NATIONAL SWIMMING & DIVING CHAMPIONSHIPS Joseph C. Polito, 57 W. Jefferson St., Joliet, IL 60431
	14-15	SC - Vickie Good, 2168 Calder Pl, Fairfield, CA 94533
	28-31	UNITED STATES MASTERS SWIMMING SHORT COURSE CHAMPIONSHIPS - SHOF Pool June F. Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
WISCONSIN MASTERS - Jan 15, Feb 5, Mar 5, Apr 15-17 John Bauman, 9717 Saratoga Dr., Caledonia, WI		
CORONADO MASTERS - Mar 13, May 29, Jul 31, Oct 16, Dec 4 - Alicia Coleman, 24 The Point, Coronado, CA 92118		
ARKANSAS MASTERS - Feb 19, Mar 26, Apr 16, Jul 9, Aug 13, Oct 8 - Ronald J. Bank, 80 Pebble Beach Dr., Little Rock, AR 72212		