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Making a beauty splash

By MIRIAM AROND

JANE KATZ has spent almost as much of her life in the water as out. But wet or dry, Katz, a world swimming champion, is in the public eye—offering swim clinics, attending business engagements, appearing on television to publicize her books, "Swimming for Total Fitness" (Doubleday, \$11.95) and "Swimming Through Your Pregnancy" (Doubleday, \$10.95).

The first question many people have for Katz is about all that water and chlorine. Doesn't it wreck her skin? Wreak havoc on her hair? Not at all, says Katz. The reason? She has her swimming beauty routine down pat, which really isn't surprising considering that she has been swimming for 38 of her 40 years.

"When you swim regularly, your day becomes more organized and your beauty routine more disciplined," explains the pro, who attributes her toned figure, youthful skin and ability to keep on the go to the "buoyant, exhilarating, relaxing" effects of the water. "There is a fountain of youth in the water," she says with near-spiritual fervor. "We all came from water, our bodies are mostly water and we need water to live."

Katz, who grew up on the lower East Side and swam daily at free community pools with her parents and three siblings, began her award-winning career at age 7 when she won a meet sponsored by the Daily News. "In those days, we didn't have products that catered to the needs of the athletic person," says Katz, the first woman named to the City College of New York Athletic Hall of Fame in 1976. Nowadays, Katz, a professor of physical education at Bronx Community College, takes elaborate—but quick—before and after swimming beauty precautions. For her, as for most working women, time is of the essence.

"Always arrange your swim around your day," advises Katz. "Instead of having drinks with someone, have a dip. Or take a liquid lunch at the pool. Try to arrange a swim for the times when your hair is dirty—that way you won't waste time with extra washings."

Comfort and water safety are key to Katz. She recommends wearing a one-piece Lycra bathing suit for freedom

of motion and removing heavy jewelry, which can deter speed, cause injury or get lost in the water.

Before swimming, Katz applies moisturizer all over her body and conditioner to the tips of her hair—to prevent dryness and hair discoloration. To keep her blonde hair dry, she wears a Lycra bathing cap—which doesn't pull or break hair—under a Latex cap. On days when she exercises with her head out of water, she dons a Velcro sweatband to keep hair off her face. She also coats tiny pieces of lambswool with petroleum jelly and inserts them in her ears to prevent earaches and infections. Two other essentials are a waterproof watch and eye goggles, which prevent redness and protect contact lenses.

What about makeup? Katz doesn't remove hers before swimming. In fact, when performing water ballet—she has been the National Masters Synchronized Swimming Solo Champion since 1975—she wears "a ton of" waterproof eyeshadow, mascara and lipstick. Nail polish is also a swimming plus, says Katz, who applies a conditioner and three coats of color to her nails—including the tips and backs—to insure they stay strong.

With swimming, as with any strenuous exercise, preparation is important. Before dipping into the water, Katz stretches a towel over her head, massages her hips with it, and then jogs in place. Once in the water, she does a five-minute warmup of bobbing, breathing and stretching ("this is essential"), a 20-minute vigorous workout (sometimes using wrist and ankle weights to develop muscles), and a five-minute cooldown of stretching, floating and treading water ("also essential"). Thirty minutes of swimming three times a week is an ideal aerobic workout, says this pro.

After her swim, Katz replenishes her body with a drink of water, a shower and a heavy facial and body moisturizer. "You should *always* rinse your hair if it gets wet in a pool, to wash out chemicals," warns Katz. Often, to save time, Katz applies her makeup in her car—where she keeps a makeup tray near the dashboard—and dries her hair with her car heater (it's gentler than a hair dryer). "If you swim

a lot, you need a hair cut that takes a minimum of care," she adds.

In addition to having her hair cut every two months, Katz gets a body massage every two weeks ("it prevents muscle cramping and helps circulation"), and facials and pedicures once a month. She consumes lots of fruits and vegetables—she always eats after swimming, *not* before—but confesses to a weakness for sweets.

"Swimming regulates my diet and keeps my body strong," says Katz. "And there's no better way to mentally escape the chaos of the city than to enjoy the serenity of the water."

complete locker

- bathing suit
- bathing cap
- goggles
- waterproof watch
- lambswool
- petroleum jelly
- nose clips (if you have a sinus condition)
- eye and ear drops (in case of irritations)
- sweatband
- towel (if not provided by health club)
- sun protection lotion (if swimming outside)
- hair clip and hair bands
- hair shampoo and conditioner
- razor
- shaving cream
- face and body moisturizer
- astringent
- body powder
- cotton swabs—to clean ears; apply makeup
- cotton balls—for makeup removal
- hair brush and comb
- hair dryer (if not provided by health club)
- body cologne
- extra nail polish
- eye and lip makeup—waterproof brands if for swimming purposes
- extra plastic bags—for wet bathing suits
- small box—for telephone change
- plastic pouch—to keep jewelry
- contact lens paraphernalia
- business cards and pen because "you never know whom you're going to meet."
- a compartmentalized plastic box or basket—to organize locker

Andersons celebrate 50 years

In honor of the 50th Wedding Anniversary of Mr. and Mrs. Hamilton H. Anderson of Bellaire, their son, Larry D. Anderson, Sr. and daughter, "Dee," Mrs. Jack E. Hill are hosting a reception Saturday, Jan. 14 at The Holiday Inn, 11160 Southwest Freeway.

Hamilton and Mildred Anderson, Champion Master Swimmers since the Master program started in Amarillo, May 1970, have resided in Bellaire since 1949. They have been active in Red Cross Water Safety, Girl and Boy Scouts, Campfire Girls, Coaching and all styles of dancing. Mildred has conducted many work shops for Scouts (dancing, singing, swimming, games, sports, outdoor activities).

In Master Swimming, Mildred has been All-American every year except one. Hamilton was All-American one year in Master Swimming and in 100 Back

and 220 yd Freestyle in Intercollegiate Swimming. Hamilton is President of Crystal Pools Pool Building Co. and is National Historian for Master Swimming. They have a wall full of high point trophies and more medals than they can count. They won The Ransom J. Arthur trophy for outstanding services in Master Swimming plus many other outstanding awards. Mildred served on the 1952-56 Women's Swimming Olympic Committee and was President of The Bellaire Community Grandmothers Club, and is still Registration Chairman in Master Swimming. Hamilton served as President of Gulf AAU and Gulf Master's President for ten years. They have seven Grandchildren and one great grandchild. They are: Denise Page, (Carla) Mrs. John W. Wall Jr., (Cheryl) Mrs. Dennis McQuitty, Joey C. Page III, Larry D. Anderson Jr, Lisa Anderson, and Brandi Anderson. Great grandson: Michael Page.



ANTHONY PESCATORE DAILY NEWS

Swimming champ Jane Katz at Waterside Plaza: Swimming keeps her beautiful



MILDRED ANDERSON with plant on left from Masters Swimmers. Oct - 1983

I live with thyroid, arthritis, heart mitral valve prolapse, hypoglycemia, sinus and allergies, fluid retention, re-occurring cystitis, 1982 broken left arm.

I thought after a badly burned arm, heart valve problem, and broken arm, I had had enough. My cardiologist told me not to be under stress. Swimming controls stress, depression, my arthritis, and back (injured many times.) All of my doctors recommend swimming.

I was prepared to have my ruptured disc repaired, as soon as I returned from Long Course Nationals. Now it will have to wait another year. I was disappointed.

Being in and out of a swim suit every day, I noticed a growth (not lump) on my left side about a week before Nationals. I thought it might be a tumor that could be removed by the needle injection. The day before going to Nationals, I had the growth checked to be sure it was O.K. for me to swim.

Then the bad news. My doctor took me to a specialist surgeon for a second opinion. I was given the newest X-ray check. The X-rays were shown to me and I was told that I had cancer. I informed my doctor that I was going to Nationals regardless. He looked at me and said, he would see me in his office the following Monday, after I returned home.

I was given the biopsy, so painful, that I screamed. Then every test they think of; liver scan, bone scan, EKG, chest X-ray, Hip X-ray, blood tests, etc. The X-ray showed that I had a broken toe (the one I swam with in 1978) After the tests, I was ready for the hospital and surgery.

I kept thinking why? No smoking, ate well balanced nourishing meals, exercised, nursed by babies each for eight months, covered from the sun with body shirt from my neck to hands, wore hat, and regular check-ups at M.D. Anderson clinic. My doctor did give me premarin with regular check-ups. I had read that stress was contributory to cancer. That I did have.

Modified Radical Mastectomy. A large tumor mass infiltrated with nests of malignant tumor cells within ducts. (Paget's disease)

Grade II cancer stage. In some areas the tumor cells are infiltrated in a single file manner. This type of tumor was difficult to discover. Four malignant lymph nodes were removed. Upper outer quadrant of breast. I am lucky that my upper swimming muscle was saved. The lower muscle is numb, but can be restored with therapy.

Now chemotherapy; an injection in vein once a week and two oral tablets every day. Radiology was ruled out. At least eight months of treatment. Another week of tests, many the same, plus a heart scan. Many more EKG, and blood tests, daily thyroid tests from early morning until late afternoon. The mitral valve prolapse seemed to cause concern. I try to keep from being depressed, but it is very difficult. The cards, flowers, prayers, and many friends have helped.

It seems like my life has stopped, and it is like a living nightmare. I kept saying I would never have chemotherapy, but I had no choice. I worry about the white corpuscles being destroyed, and what I would do, if I contacted an infection. It is difficult to keep from being nauseated, and I have no energy. I have a routine blood check every week, and will have to have follow treatments for the rest of my life.

In the recovery room I was administered oxygen, intravenous, tubes in my chest, and throat (that made my throat hurt for four days). My recovery in hospital was good.

I donated my time for a six year cancer survey relating to smoking. After learning the results, I now wonder how those working in the tobacco industry and tobacco farmers (Gov. subsidized) can sleep nights, knowing the harm and suffering they have brought onto others. Some may not appreciate this statement, but I would like to see all tobacco companies and tobacco fields destroyed. I am tired of breathing second hand smoke.

I soon will be able to swim, if I ever have the energy, and hopefully will be able to swim in the Short Course Nationals in Industry Hill, CA.

This cancer will be the hardest race I will ever compete in.

Strength Training: Free Weights vs Machines

Increased participation in strength training has stimulated the marketing of a wide variety of gadgets and machines that claim fantastic results. Some of these claims are outlandish, while others contain a degree of truth. And you have probably wondered whether these popular but expensive devices increase strength more effectively than traditional barbells and dumbbells (free weights).

The basic requirement for building strength and muscle mass is that the muscle must be forced to perform movements against resistance that is greater than normally encountered. As the muscle adjusts to a given level of resistance, further gains will be possible only if resistance is increased. Free weights and machines with a weight stack are designed so that gradual increases in resistance are possible. Machines that use rubber or spring cables are less sensitive to gradual increases.

Another requirement is that the weight must be lifted through the full range of motion of the muscles and joints. Free weights offer the versatility necessary for a wide variety of

movements. Machines permit full range of motion for individual muscles but are restricted to predetermined patterns. Serious body builders must develop little-used muscles by lifting in highly specific movements, so they prefer free weights. Machines tend to develop only major muscle groups, but this is the goal of the majority of users.

Strict performance of movements is critical to muscle development. When using free weights, there is the tendency for beginners to cheat, using momentum instead of strength to move the weights. Cheating reduces effectiveness and increases the chance of injury. It is more difficult to cheat with machines, although certainly not impossible. But correctly lifting additional weights on the barbell or dumbbells offers stronger motivation than merely increasing resistance on machines.

Some machines offer the ability to change resistance throughout the range of motion. This is important because force developed in the muscle during contraction changes as the muscle shortens. For example, when the biceps are flexed, the weakest phase of the movement is the very beginning when the elbow is at a 180° angle. The strongest phase occurs at approximately a 90° angle. The amount of weight lifted on free weights reflects strength only at the beginning of the movement.

Machines remove balance as a factor in weight lifting, which may help beginners avoid injury. And in crowded quarters, machines offer

neatness and compactness, but these advantages are expensive.

Unfortunately, most research studies that justify the high cost of machines by citing better results than those achieved with free weights are suspect because they are supported by the companies that sell machine systems. And a major factor in determining which is the best approach is the measurement technique used to assess strength gain. Because of biomechanical differences between lifting free weights and working out on machines, each has a different "feel" or technique that must be learned. Athletes often report that when they switch from free weights to machines and then return to free weights, the maximum weight lifted decreases. But rather than reflecting a strength decrease, the technique of lifting free weights may be temporarily lost, which impairs performance.

Another critical question concerns transference of strength gains to sports participation. It is argued that free weights promote explosive strength (power), which is essential in most sports. Machines isolate muscle groups, which may not promote coordinated power movements.

In summary, both free weights and machines are effective in increasing strength and muscle mass if: (1) the muscles are continuously and legitimately overloaded, (2) a variety of movements are employed that work the muscles through the full range of motion, (3) the movements are performed in a strict manner, and (4) there is regularity of training.

Dr. Weltman is director of the Human Performance Laboratory at the University of Colorado in Boulder. Dr. Stamford is director of the Exercise Physiology Laboratory at the University of Louisville, Kentucky.

Sportsmedicine Adviser is a clip-and-copy feature that answers your patients' practical training and exercise questions. Send ideas for future columns to: THE PHYSICIAN AND SPORTSMEDICINE, 4530 W 77th St, Minneapolis 55435.

APRIL CALENDAR CONTINUED FROM BACK PAGE

-
- 27-29 SC - Delores Wentis, 537 Sunnybrook Ter., Port St. Lucie, FL 33452
27-29 SC - Bruce Haffner, 5453 Lakewood Ave., Chicago, IL 60640
28 SC - Rick Field, 22 Kensington, Conway, AR 72032
28-29 Falun Sweden - The Swedish Swimming Federation, Idrottens Hus, 123 87 Farsta, Sweden
28-29 Will Worley, 1001 Village Dr., College Station, TX 77840
28-29 SC - Mary Sigler, 1032 Davidson Rd., Nashville, TN 37205
-
- MAY 17-20 - YMCA Nationals - Tobias Baedeker, 4545 Marshall Rd., Kettering, OH 45429
AUG 23-26 - USMS LC NATIONALS - Hill Carrow, 2901 Sandia Drive, Raleigh, NC 27607
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National 10 Best Times

1982-3 U.S.M.S. SHORT COURSE RELAYS--TOP TEN LISTINGS

WOMEN'S 25+ 200 YARD FREESTYLE RELAY:

Tandem	1.41.13
Northen, Todd, Schilling, Neilson	
New England A	1.45.31
Test, Mellick, Helmrish, LaRue	
Maryland	1.45.48
Wise, Bowman, Rucino, Ross (Muse)	
Lone Star	1.45.79
Thomas, Arvesen, Hamsley, Ernst	
San Diego	1.47.51
Dunbar, Walter, Silva, Osborn	
New England B	1.49.67
Tendy, Burlingame, Beckman, Walsh	
F.A.S.T.	1.49.72
Harris, McJunas, Bamby, Adams	
D.C. Masters	1.49.90
Brooks, Hochull, Clark, Hansen	
Pacific Northwest	1.50.36
Kimura, Corman, Crandell, Kelly	
Connecticut	1.53.14
Slinak, Donnelly, Hutchins, Perry	

WOMEN'S 35+ 200 YARD FREESTYLE RELAY

Tandem	1.52.00
Todd, Svad, Johnson, McFadden	
Tamalpais	1.53.28
Jenkins, Rademaker, Archer, Ridout	
Oregon	1.54.00
Plesner, Pierson, Frid, Rousseau	
Gold Coast	1.57.15
Peterson, Leskovitz, Smith, Woodman	
Maryland	1.57.49
Brown, Ramanauskas, Bragg, Burgdorf	
Rocky Mountain	1.58.07
Zarewski, Reed, Wood, O'Brien	
New England	1.59.61
Revaz, Reyna, Sasser, Page	
D.C. Masters	1.59.63
Brey, Gates, Lellich, Kirkendall	
Lincoln	2.01.26
Bennett, Scott, Baker, Burfeind	
Michigan	2.03.00
Weir, Ruthoff, Rhudy, Dreher	

WOMEN'S 45+ 200 YARD FREESTYLE RELAY

Gold Coast	2.03.13
Bruce, LeMaire, McGuire, Timmons	
New England	2.05.56
Read, McIntyre, Martin, Walker	
Tamalpais	2.14.74
Christensen, Morse, Turkington, Hovey	
San Diego	2.14.75
Jordan, Pipes, Coleman, Lamott	
Connecticut	2.16.20
Brown, Gravener, Heinonen, Donnelly	
Walnut Creek	2.24.49
Taylor, McMillan, Rogers, Monroe	
Oregon	2.24.72
Amiad, Dearborn, Miller, Rosik	
Pacific Northwest	2.33.93
Musselman, Anning, Rosik, Flynn	
Ohio	2.34.76
Hill, Kakos, Kron, Waite	
Santa Barbara	2.43.00
Hayes, Dlishan, Baird, Rowland	

WOMEN'S 55+ 200 YARD FREESTYLE RELAY:

Middle Atlantic	2.17.24
Merryman, Haupt, Derr, Troy	
Santa Barbara	2.27.58
Erickson, Baar, Stinson, Altus	
New England	2.42.52
Brown, Wright, Baker, Walker	
Pacific Northwest	2.47.71
Burke, Carlson, Musselman, Flynn	
St. Petersburg	2.54.82
Morrison, Jennings, Dunworth, Kirley	
Oak Ridge	2.55.18
Schappel, Reeve, Smith, Marshall	
D.C. Masters	3.02.52
Clark, Shephard, Murphy, Lathram	
Tamalpais	3.03.14
Joy, Musser, Cunningham, McCollier	
Rocky Mountain	3.12.87
Heath, Elliott, Hottinger, Marsh	
Lakeside	4.38.08
Klein, Tingley, Mather, Riordan	

WOMEN'S 65+ 200 YARD FREESTYLE RELAY:

St. Petersburg	2.59.39
Dolce, Cichanski, Schultz, Kennedy	
Huuhunukunukuapuaa	3.12.37
Osborne, Zwißel, McConkey, Thompson	
San Mateo Marlins	3.15.37
Crown, Mathieson, Roumasset, Goldman	
Walnut Creek	3.19.67
Cooper, Durston, Weil, Reeves	
Rinconada	3.28.62
Sandeman, Silber, Tait, Johnson	

WOMEN'S 65+ 200 YARD MEDLEY RELAY:

New England	1.56.43
LaRue, Mellick, Walsh, Test (Page)	
Lone Star	1.57.94
Nitardy, Hamsley, Thomas, Arvesen	
Tandem	1.58.94
Northen, Todd, Schilling, Neilson	
Maryland	1.58.09
Ross, Wise, Rubino, Muse	
Pacific Northwest	2.01.83
Corman, Crandell, Kimura, Kelly	
New England	2.04.35
Helmrish, Goodwin, Burlingame, Tendy	
Raleigh	2.07.04
Hall, Kuhn, Johnson, Lang	
Virginia	2.07.69
Cayce, Lipsey, Martin, Cain	
New England	2.08.41
Palozi, Yelmokas, Beckman, Burke	
Raleigh	2.08.73
Downs, Reilly, Umstead, Beetham	

WOMEN'S 35+ 200 YARD MEDLEY RELAY:

Oregon	2.03.75
Frid, Pierson, Whitmeyer, Rousseau	
Tandem	2.05.14
Johnson, Svad, Todd, McFadden	
Tamalpais	2.10.49
Rademacher, Archer, Ridout, Jenkins	
Maryland	2.11.10
Burgdorf, Levickas, Ramanauskas, Bragg	
D.C. Masters	2.13.02
Kirkendall, Lellich, Brey, Gates	
Gold Coast	2.14.84
Peterson, Smith, Woodman, Leskovitz	
Michigan	2.15.84
Puthoff, Rhudy, Dreher, Weir	
New England	2.16.55
Reyna, Revaz, Page, Sasser	
Lincoln	2.17.84
Scott, Burfeind, Bennett, Baker	
Suncoast	2.19.39
Nilson, Lawrence, Thomas, Culbertson	

WOMEN'S 45+ 200 YARD MEDLEY RELAY:

Gold Coast	2.21.01
Bruce, McGuire, Timmins, LeMaire	
Dragon	2.24.33
Wilson, Whisman, Rittenhouse, Whitehall	
San Diego	2.25.20
Jordan, Coleman, Pipes, Lamott	
New England	2.32.32
Brown, Walker, Martin, Reed	
Ohio	2.38.06
Russ, Kakos, Kron, Waite	
Metro	2.43.65
Pitte, Jones, Costello, Eselon	
Santa Barbara	3.08.00
Rowland, Dlishan, Baird, Hayes	
Lexington	3.11.40
Jaeger, Brock, Cox, Horton	
Middle Atlantic	3.12.74
Yungel, Beck, Stratton, Fusselman	
Pacific Northwest	3.14.52
Anning, Flynn, Rosik, Musselman	

WOMEN'S 55+ 200 YARD MEDLEY RELAY:

Middle Atlantic	2.43.56
Merryman, Haupt, Derr, Troy	
Santa Barbara	2.50.60
Erickson, Baar, Stinson, Altus	
Pacific Northwest	2.52.01
Carlson, Flynn, Dotson, Musselman	
New England	3.04.60
Wright, Walker, Baker, Nelson (Carr)	
D.C. Masters	3.21.51
Lathram, Sagasti, Clark, Murphy	
St. Petersburg	3.42.53
Morrison, Jennings, Kirley, Dolce	
Rocky Mountain	3.48.67
Heath, Elliott, Hottinger, Marsh	
Inland Empire	3.58.86

WOMEN'S 65+ 200 YARD MEDLEY RELAY

St. Petersburg	3.28.79
Cichanski, Kennedy, Schultz, Dolce	
Walnut Creek	4.03.83
Peckham, Weil, Durston, Cooper	
Industry Hills	4.41.79
Praiffer, Mauric, Pelton, Tyra	

MIXED 25+ 200 YARD FREESTYLE RELAY:

Tandem	1.32.13
Neilson, Blatt, Weaver, Northen	
Lone Star	1.34.88
Davis, Thomas, Arvesen, Smith	
Southwest	1.35.65
Roth, Schmidt, Gettling, Townsend	
New England	1.35.95
Ellierson, Schlicher, Test, LaRue	
Michigan	1.36.72
Carter, Allsup, Kanzler, Runkel	
Walnut Creek	1.37.03
Dennis, Ivry, Emrich, Killingsworth	
Marina	1.37.16
Evans, Jolly, Heid, McConica	
Maryland	1.37.52
Protzman, Ross, Wise, Munger	
Gold Coast	1.37.63
McKee, Yates, Emerson, Krauser	
F.A.S.T.	1.37.96
Rosenbaum, Adams, Harris, Riley	

MIXED 35+ 200 YARD FREESTYLE RELAY:

Tamalpais	1.40.96
Burns, Jenkins, Saques, Ridout	
Gold Coast	1.41.12
Winn, Woodman, Buchan, Peterson	
Tandem	1.41.18
Taft, Mims, Todd, McFadden (Slaughter)	
Lincoln	1.43.52
Bennett, Olson, Burfeind, Orland	
Michigan	1.44.23
Gray, Puthoff, Dobler, Weir	
Marina	1.44.88
Christensen, Burgdorf, Ramanauskas, DiWitt	
Oregon	1.44.96
Pierson, Rousseau, Smith, Vaughn	
New England	1.46.50
Holegrom, King, Page, Revaz	
Rocky Mountain	1.46.61
O'Brien, Reed, Abbott, Dieter	
Maryland	1.47.69
Christensen, Ramanauskas, DeWitt, Burgdorf	

MIXED 45+ 200 YARD FREESTYLE RELAY:

D.C. Masters	1.47.20
Bechtel, Gates, Brey, Worthington	
New England	1.51.95
Read, Jerome, Martin, Reed	
Gold Coast	1.53.63
Kaufman, Leskovitz, McGuire, LeMaire	
Oregon	1.56.10
Stoynoff, Miller, Whisman, Guest	
Rocky Mountain	1.58.09
O'Brien, Buchanan, Zarewski, May	
Lone Star	2.01.55
Crawford, Looney, Heath, Johnston	
Trojan	2.01.73
Adams, Dunlop, Wolf, Hebert	
Oregon	2.02.10
Addleman, Adams, Dearborn, Amiad	
Ohio	2.02.33
Waite, Medici, Russ, van Dijk	
Inland Empire	2.04.64
Bregson, Kimball, Hanson, Sheldon	

MIXED 55+ 200 YARD FREESTYLE RELAY:

New England	1.59.44
Haartz, Wilson, Carr, Walker	
Oregon	2.06.80
Hepner, Wolfe, Holland, Koruga	
Middle Atlantic	2.07.11
Rowan, Derr, Merryman, Rawstrom	
Gold Coast	2.07.14
Bruce, Krauser, Pandak, Arnow	
Pacific Northwest	2.08.85
Kleist, Palmer, Flynn, Musselman	
Santa Barbara	2.09.28
Erickson, Baar, Plemme, Buvick	
Connecticut	2.13.22
Shofield, Heinanen, Donnelly, Jarrold	
New England	2.14.24
Maguire, Nelson, Bailey	
Tamalpais	2.14.77
Maguire, McCollier, Dickerson, Schwab	
Glendale YMC	2.24.62
Shott, Kornfeld, Hay, Brown	

MIXED 65+ 200 YARD FREESTYLE RELAY:

D.C. Masters	2.20.63
Clark, Lathram, Murphy, Lemon	
St. Petersburg	2.26.35
Jennings, Dolce, Mackey, Kennedy	
Connecticut	2.28.00
Hicklun, Offenhauser, Chamberlain, Sautter	
Long Beach	2.33.56
Van Vorst, Marlino, Chapin, Bowersock	
St. Petersburg	2.43.52
Dunworth, Cichanski, Schultz, Johnston	
Walnut Creek	2.45.75

Leach, Durston, Reeves, Perry	2.57.45
Lincoln	2.57.45
Mojick, Cureton, Zint, Malbrough	2.57.45
San Mateo Marlins	2.57.45
Wood, Kaufman, Roumasset, Crown	3.04.00
Industry Hills	3.04.00
Pfeiffer, Luna, Pelton, Pfeiffer	3.23.50
Middle Atlantic	3.23.50
Bauscher, Kellogg, Jagers, Shostchuk	

MIXED 25+ 200 YARD MEDLEY RELAY:

Lone Star	1.46.84
Hess, Goehring, Thomas, Ernst	
Tandem	1.48.00
Northen, Weaver, Neilson, Blatt	
F.A.S.T.	1.48.30
Adams, Riley, Rosenbaur, Harris	
Marina	1.48.72
Evans, Chatfield, Heid, Jolly	
New England	1.48.90
LaRue, Melick, Schlicher, Ellierson	
Southwest	1.49.89
Schmidt, Gettling, Townsend, Roth	
Maryland	1.49.95
Protzman, Wise, Mungo, Ross	
Lone Star	1.50.33
Nitardy, Smith, Montgomery, Arvesen	
Rocky Mountain	1.50.44
Mann, Wolff, Hogan, Winterroth	

MIXED 35+ 200 YARD MEDLEY RELAY:

Oregon	1.50.69
Smith, Pierson, Rousseau, Wright	
Lincoln	1.54.15
Bennett, Olson, Orland, Burfeind	
Gold Coast	1.56.64
Peterson, Smith, Burns, Buchan	
Tamalpais	1.56.88
Burns, Archer, Ridout, Saques	
Maryland	1.57.03
Burgdorf, Johnston, Ramanauskas, DeWitt	
Connecticut	1.57.46
Gehegan, Slinak, Laux, Brown	
Michigan	1.57.92
Puthoff, Gran, Dobler, Weir	
Rocky Mountain	1.58.35
Arton, Wood, Richalie, Reed	
Tandem	1.58.88
Johnson, Todd, Taft, Mims	
Gold Coast	2.01.57
Dorney, Pearl, Leskovitz, Woodman	

MIXED 45+ 200 YARD MEDLEY RELAY:

D.C. Masters	2.04.20
Bechtel, Goodwin, Brey, Gates	
New England	2.04.61
Clayson, Walker, Yorzyk, Read	
Gold Coast	2.07.03
Timmins, Kaufman, McGuire, Leskovitz	
Gold Coast	2.12.36
McIntyre, LeMaire, Miyares, Dwyer	
Oregon	2.14.60
Rittenhouse, Guest, Whitehall, Bigler	
Rocky Mountain	2.17.02
May, Buchanan, O'Brien, Zarewski	
Trojan	2.17.79
Adams, Levine, Kent, Hebert	
Lincoln	2.18.26
Turcotte, Rossi, Costill, Hutinger	
Oregon	2.20.30
Amiad, Dearborn, Addleman, Adams	
Tamalpais	2.20.70
Hovey, Cooper, Schwab, Christensen	

MIXED 55+ 200 YARD MEDLEY RELAY:

Middle Atlantic	2.21.76
Franks, Schaeffer, Merryman, Troy	
Gold Coast	2.22.32
Bruce, Pandak, Krauser, Arnow	
New England	2.22.42
Brown, Haartz, Wilson, Carr	
Santa Barbara	2.26.43
Erickson, Buvick, Plemme, Baar	
Oregon	2.34.18
Young, Walter, Hepner, Wolfe	
Connecticut	2.37.64
Schofield, Donnelly, Jarold, Heinonen	
New England	2.38.67
Bailey, Baker, Uhrich, Nelson	
San Mateo Marlins	2.38.99
Taft, Taft, von Berckefeldt, Knochenauer	
Pacific Northwest	2.40.46
Musselman, Flynn, Wiggan, McCabe	
St. Petersburg	2.41.54
Morrison, Freddo, Brainin, Kennedy	

MIXED 65+ 200 YARD MEDLEY RELAY:

D.C. Masters	2.47.75
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Latham, Lemmon, Murphy, Clark
 St. Petersburg 2.53.56
 Mackey, Schultz, Jennings, Kennedy
 Connecticut 2.53.63
 Wicklum, Chamberlain, Offenhausser, Sautter
 Lincoln 2.54.96
 Malbrough, Zint, Knott, Cureton
 San Mateo Marlins 3.05.84
 Soldean, Matthiesen, Wood, Walls
 St. Petersburg 3.06.51
 Cichanski, Johnston, Dunworth, Dolce
 New England 3.06.84
 Brown, Spears, Olanoff, Erlon
 Walnut Creek 3.09.23
 Perry, Reeves, Durston, Leach
 Shabbona Sharks 3.44.24
 Wojcik, Wojcik, Wolfe, Zint
 Middle Atlantic 3.55.35
 Shostchuk, Kellogg, Bauscher, Jagers

MEN'S 25+ 200 YARD FREESTYLE RELAY:
 Lone Star 1.23.92
 Davis, Smith, Montgomery, Hess
 Marina 1.25.69
 Baxter, Evans, Chatfield, McConica
 Southwest 1.26.91
 Roth, Burns, Wagner, Townsend
 The Olympic Club 1.27.40
 Barthold, Osterloh, Dietrich, Griffing
 Lone Star 1.30.09
 Irtl, Mann, Smith, Carter
 Raleigh 1.30.20
 Carrow, Bell, Shaw, Forsyth
 Gold Coast 1.31.03
 McKee, Krauser, Heinkle, McKay
 Tandem 1.31.52
 Blatt, Murphy, Suttle, Weaver
 Reno 1.31.70
 Wagner, Tucker, Faince, Olson
 New England 1.31.93
 Schlicher, Campbell, Uhlir, Ellertsen

MEN'S 35+ 200 YARD FREESTYLE RELAY:
 Gold Coast 1.31.88
 Burns, Dorney, Winn, Buchan
 Ohio 1.32.44
 Bauschard, Greenfield, Ryan, Olson
 The Olympic Club 1.32.66
 Clark, Garibaldi, Raven, Mosen
 Rocky Mountain 1.33.85
 Wood, Deiter, Abbot, Barton
 Metro 1.35.07
 Fulop, DePaolo, Gallagher, Wemple
 San Mateo Marlins 1.35.86
 Burns, Galine, Parker, Gray
 Lone Star 1.36.10
 Hershey, Landgraf, Weeks, Welty
 Tassalpas 1.37.50
 Pughe, Swain, Burns, Sagues
 Trojan 1.37.74
 Larson, Cargill, Frank, Saylor
 The Olympic Club 1.39.25
 Beglinger, Cook, Clevenger, Cartwright

MEN'S 45+ 200 YARD FREESTYLE RELAY:
 The Olympic Club 1.35.63
 Hill, Gay, Hinshaw, Bohan
 D.C. Masters 1.40.06
 Emes, Goodwin, Worthington, Bechtel
 New England 1.41.53
 Lyndon, Jerome, Yorzyk, Read
 Gold Coast 1.41.73
 McIntyre, Kaufmann, Leskovitz, Miyares
 Tar Heel 1.43.90
 Korthurer, Fortson, Canterbury, Robertson
 Michigan 1.44.27
 Doblner, Koenig, Heritier, Moss
 Gold Coast 1.45.49
 Miller, Johnson, Kern, Malone
 Metro 1.46.27
 Pitts, Stern, Silverstein, Johnson
 Maryland 1.46.94
 Rice, Johnston, Overton, Christensen
 San Diego 1.50.83
 Skramstad, Blumenthal, Gillin, Kimball

MEN'S 55+ 200 YARD FREESTYLE RELAY:
 New England 1.48.62
 Wilson, Katz, Bailey, Haartz
 Trojan 1.58.35
 Wolf, Huestis, Huestis, Schmidt
 Ohio 2.00.78
 Morris, Dailey, Krup, Volk
 San Diego 2.01.46
 Siefert, Oakes, Holden, Fleming
 The Olympic Club 2.01.96
 Rudloff, Jones, Laird, Grannis
 Walnut Creek 2.02.28
 Hall, Cranmer, Johnston, Clark
 Connecticut 2.02.64
 Schofield, Jarold, Chamberlain, Sautter
 Lincoln 2.03.48

Koblisch, Havlicek, Olufa, Cureton
 Suncoast 2.03.50
 Thomas, Hellmann, Papp, Wellsford
 Oregon 2.04.42
 Walter, Holland, Popovich, Young
MEN'S 65+ 200 YARD FREESTYLE RELAY:
 Metro 2.00.06
 Ross, Guido, Sobel, Rowe
 San Diego 2.01.95
 Siefert, Mizitis, Fleming, Croome
 Middle Atlantic 2.02.81
 Shostchuk, Schaeffer, Rowan, Rawstrom
 The Olympic Club 2.04.06
 MacKay, Peterson, Hargrave, Collett
 Long Beach 2.05.17
 Smith, Fitzgerald, Garnaas, Bowersock
 St. Petersburg 2.06.67
 Dunworth, Johnston, Mackey, Jennings
 D.C. Masters 2.09.42
 Lemmon, McAfee, Miller, Murphy
 South Texas 2.11.63
 Anderson, Allen, Bandrowski, Clemens
 Ohio 2.13.16
 Volk, Otis, Krup, Immerman
 Maryland 2.14.06
 Evans, Fluke, Winterling, Van Lill

MEN'S 75+ 200 YARD FREESTYLE RELAY:
 Metro 3.59.38
 Burns, Danielson, Lopez, Josepher

MEN'S 25+ 200 YARD MEDLEY RELAY:
 Marina 1.35.05
 Evans, Chatfield, Baxter, McConica
 Lone Star 1.35.65
 Hess, Goehring, Smith, Montgomery
 Southwest 1.39.61
 Townsend, Roth, Wagner, Burns
 The Olympic Club 1.41.25
 Spieker, Griffith, Ferris, Barthold
 Lincoln 1.41.52
 Schackie, Johnson, Kolar, Taft
 Tar Heel 1.42.63
 Clowar, Duke, Shaw, Carrow
 Lone Star 1.42.67
 Davis, Lavine, Smith, Ertl
 Walnut Creek 1.43.27
 Ivry, Pomler, O'Brien, Dennis
 Pacific Northwest 1.43.43
 Hemphill, Brown, Press, Green

MEN'S 35+ 200 YARD MEDLEY RELAY:
 Gold Coast 1.43.46
 Dorney, DeLong, Burns, Buchan
 The Olympic Club 1.44.76
 Beglinger, Mosen, Clark, Raven
 Metro 1.46.04
 Wemple, Sanguilly, Kolonowski, Fulop
 Tar Heel 1.46.56
 Lawrence, Witaszek, Smith, Claridge
 Rocky Mountain 1.46.92
 Barton, Wood, Dayton, Abbott
 Lincoln 1.47.16
 Orland, Olson, Wood, Costill
 Trojan 1.47.24
 Larson, Cargill, Saylor, Krueger
 Pasadena Athletic Club 1.48.11
 Hopper, Wisner, Nordell, Ronay
 Lone Star 1.48.51
 Hershey, Boak, Welty, Landgraf
 Oregon 1.48.84
 Smith, Peterson, Evenson, Vaughn

MEN'S 45+ 200 YARD MEDLEY RELAY:
 The Olympic Club 1.51.41
 Cook, Hinshaw, Boman, Hill
 D.C. Masters 1.51.98
 Bechtel, Goodwin, Emes, Worthington
 Gold Coast 1.54.22
 Kaufman, Leskovitz, Miyares, McIntyre
 New England 1.54.34
 Clayton, Burbank, Yorzyk, Read
 Tar Heel 1.56.53
 Canterbury, Korthurer, Fortson, Robertson
 Trojan 1.56.97
 Larson, Davis, Reynolds, Wolf
 Metro 2.02.45
 Stern, Johnson, Silverstein, Pitts
 Maryland 2.03.69
 Christensen, Johnston, Rice, Countess
 St. Petersburg 2.05.31
 Risher, Burns, Hutcheson, Ferris
 Lone Star 2.05.72
 Johnson, Crawford, Taritan, Schmidt

MEN'S 55+ 200 YARD MEDLEY RELAY:
 New England 2.02.30
 Katz, Haartz, Wilson, Bigwood
 New England 2.12.94
 Bailey, Brier, Uhrich, Edwards
 Trojan 2.13.41
 Wolf, Huestis, Schmidt, Lavine
 The Olympic Club 2.15.33
 Perry, Laird, Rudloff, Grannis
 Ohio 2.15.91
 Volk, Daily, Krup, Morris
 San Mateo Marlins 2.16.39
 Moran, von Berckefeldt, Taft, Taioli
 Oregon 2.18.69
 Young, Walter, Mussen, Holland
 Middle Atlantic 2.19.27
 Franks, Melick, Kretschmer, Krall
 Connecticut 2.21.44
 Schofield, Chamberlain, Jarold, Sautter
 Suncoast 2.23.24
 Papp, Hellmann, Thomas, Wellsford

MEN'S 65+ 200 YARD MEDLEY RELAY:
 Long Beach 2.24.80
 Garnaas, Lind, Wade, Bowersock
 Metro 2.25.22
 Rowe, Eager, Guido, Sobel
 St. Petersburg 2.26.52
 Mackey, Johnston, Jennings, Dunworth
 Middle Atlantic 2.28.55
 Shostchuk, Schaeffer, Rowan, Rawstrom
 The Olympic Club 2.35.33
 Hargrave, MacKay, Peterson, Collett
 Pacific Northwest 2.36.98
 Higgin, Naiden, Crossett, Caddy
 Ohio 2.41.87
 Volk, Krup, Otis, Immerman 2.42.88
 Maryland 2.42.88
 Fluke, Evans, Winterling, Von Lill
 D.C. Masters 2.43.83
 McAfee, Lemmon, Murphy, Miller
 St. Petersburg 2.45.82
 Tillotson, Brown, Stinson, Briscoe

UNITED STATES MASTERS SWIMMING:
 1983 long course top ten relays

WOMEN'S 200 M FREESTYLE RELAY
 25+
 SAN DIEGO 1.47.51
 Dunbar, Walter, Silva, Daborn
 MICHIGAN 1.55.69
 Whitcomb, Church, Allaup, Early
 LAND OF LINCOLN A 1.58.94
 Sodini, Swayman, Burnett, Bartsokas
 GREATER INDIANA A 1.59.06
 Deaver, Sauer, Shedron, Wickstrand
 WESTSIDE 1.59.58
 Todd, Johnson, Shilling, Worthen
 SOUTHWEST 2.02.02
 Schmidt, O'Sullivan, Gettling, LeBlanc
 GREATER INDIANA B 2.03.69
 Eiler, Ward, Knucklee, Tracy
 PLANTATION 2.04.53
 Parker, Snyder, Belknap, Selden
 IRVINE NOVAQUATICS 2.06.02
 Shorar, Vaughn, Moutsear, Hove
 LAND OF LINCOLN B 2.06.55
 Steinatz, Truchan, Nyweide, Nead

35+
 OREGON 2.09.18
 Frid, Rittenhouse, Pierson, Rousseau
 GREATER INDIANA A 2.12.53
 Hasbrook, Calabrese, Wise, Larsen
 LAND OF LINCOLN A 2.13.20
 Bennett, Law, Burfiend, David
 SOUTHWEST 2.15.05
 Menard, Gettling, Jenkins, Culiver
 ST. LOUIS 2.19.67
 Mueller, Edmonds, Burke, Buss
 LEXINGTON 2.27.09
 Cox, Arnold, Culhane, Antonini
 SOUTHWEST OHIO 2.29.20
 Maley, Secha, Lyons, Schmidt
 LAND OF LINCOLN B 2.36.39
 Fotach, Olson, Bruaset, Olson, Murphy
 ARIZONA 2.42.81
 Rudel, Gillies, Brumbaugh, Reuter

45+
 LAND OF LINCOLN A 2.38.24
 Turcotte, Rossi, Oberweis, McCaw
 GREATER INDIANA A 2.41.15
 Oatler, Chasp, Scott, Lowenquit

JERSEY 2.43.40
 Moeller, Hamilton, Fisher, Booras
 NEW ENGLAND 2.47.81
 McIntyre, Chapin, Carr, Walker
 ARIZONA 2.50.16
 Gruender, Bogatko, LaPorte, Murray
 OHIO 2.54.30
 Kron, Gergusson, Brogan, Kekoa
 SANTA BARBARA 3.00.16
 Olanen, Rowland, Heathal, Steele

55+
 MIDDLE ATLANTIC 2.43.39
 Merryman, Fuasalaan, Derr, Haupt
 SANTA BARBARA 2.52.65
 Hayes, Stinson, Bear, Altus
 OHIO 2.54.36
 Hill, Wunderlich, Schefer, Russ
 NEWPORT BEACH 3.17.03
 Auatin, Marienthal, Dixon, Garwood
 SAN MATEO MARLINS 3.21.59
 Etienne, Matthieson, Buel, Taft
 OAK RIDGE 3.22.37
 Schappel, Marshall, Mesurvey, Smith
 WISCONSIN 4.24.80
 John, Kanehl, Sciboraki, Zueser

65+
 LONG BEACH 3.31.05
 Cole, Sinton, Deal, Merlino
 LAND OF LINCOLN 3.56.67
 Cureton, Havlicek, Wolfe, Zint

75+
 HUNUHUNUKUNUKUAPUAA 6.17.97
 Montgomery, Borg, Newton, Miller

WOMEN'S 200 M MEDLEY RELAY
 25+
 MICHIGAN 2.10.63
 Church, Whitcomb, Allaup, Early
 GREATER INDIANA A 2.12.37
 Ward, Tracy, Shedron, Deaver
 LAND OF LINCOLN 2.15.49
 Truchan, Swayman, Sodoni, Bartsokas
 WESTSIDE 2.19.97
 Sing, Todd, Johnson, Worthen
 SOUTHWEST 2.22.14
 LeBlanc, O'Sullivan, Gettling, Schmidt
 (Jenkins, Culiver)
 PLANTATION 2.22.75
 Parder, Belknap, Selden, Snyder

GREATER INDIANA B 2.27.08
 Eiler, Knucklee, Otilie, Sauer
 SOUTHWEST OHIO 2.38.36
 Severun, Johnson, Reiley, Huesen
 GREATER INDIANA C 2.40.42
 Hart, Dussar, Philben, McFall

35+
 OREGON 2.23.18
 Frid, Pierson, Rousseau, Rittenhouse
 LAND OF LINCOLN A 2.29.65
 Bennett, Law, David, Burfiend
 SOUTHWEST 2.32.13
 Jenkins, Culiver, Gettling, Menard
 GREATER INDIANA A 2.35.16
 Larsen, Hasbrook, Wise, Calabrese
 ST LOUIS 2.43.65
 Edmonds, Burke, Mueller, Buss
 LEXINGTON 2.47.80
 Antonini, Arnold, Cox, Culhane
 SOUTHWEST OHIO 2.55.39
 Land, Lyons, Meley, Schmidt
 LAND OF LINCOLN B 2.57.23
 Murphy, Walters, Potach, Bruaset
 INDUSTRY HILLS 3.02.42
 Watson, Wolver, Baird, Jeter
 LAKESIDE 3.05.60
 Hubback, Noe, Mullins, Jenkins

45+
 CONNECTICUT 2.54.87
 Phillips, Gravener, Kasphausen, Donnelly
 GREATER INDIANA 2.59.39
 Chasp, Wirt, Lovengrub, Oatler
 LAND OF LINCOLN 3.03.47
 Oberweis, Rossi, Turcotte, McCaw
 NEW ENGLAND 3.06.97
 McIntyre, Chapin, Walker, Carr
 JERSEY 3.10.75
 Hamilton, Fischer, Moeller, Booras
 OHIO 3.18.32
 Gurgusson, Kion, Kekoa, Brogan
 ARIZONA 3.19.47
 Murray, Gruender, Laporte, Steward
 SANTA BARBARA A 3.43.08
 Baird, Steele, Olanen, Rowland
 SANTA BARBARA B 4.29.50
 Ridenour, Ridland, Hayes, Heathal

55+
 OHIO 3.12.32
 Mulligan, Culhane, Schefer, Russ
 SANTA BARBARA 3.12.69
 Erickson, Stinson, Altus, Bear
 MIDDLE ATLANTIC 3.22.13

Merryman, Miller, Derr, Haupt SAN MATEO MARLINS 3.49.51	Tillotson, Dolce, Briacoe, Kennedy SANTA BARBARA 3.18.21	Tillotson, Schimpf, Kennedy, Dolce LAND OF LINCOLN B 3.57.50	LAND OF LINCOLN C 3.16.52
Taft, Matthiesen, Buel, Etienne OAK RIDGE 3.50.13	Stinson, Becker, Heathal, Ridenour MIDDLE ATLANTIC 3.32.52	Havlicek, Knott, Strizek, Cureton LAKESIDE 4.29.66	Goodyear, Wojcik, Keiber, Newton
Smith, Measerve, Schappel, Marshall ARIZONA 4.34.06	Bauscher, Miller, Jagger, Ravatros ARIZONA 3.35.01	Bonera, Riordan, Weisenthal, Georgehead	75- LAND OF LINCOLN 4.10.58
Steward, Grafrath, Manfredi, Kimmel	Steward, Starr, Grafrath, Mortenson LAKESIDE 4.00.25		Young, Cureton, Vest, Tannehill
65+ LAND OF LINCOLN 4.16.12		MEN'S 200 M FREESTYLE RELAY	MEN'S 200 M MEDLEY RELAY
Havlicek, Zint, Wolfe, Cureton		25- GREATER INDIANA A 1.39.59	25- ST LOUIS 1.52.11
MIXED 200 M FREESTYLE RELAY	MIXED 200 M MEDLEY RELAY	Young, Click, Lasothe, Vickery ST LOUIS 1.41.41	Lantz, Letendre, DeForrest, Oriand LAND OF LINCOLN A 1.53.14
25- GREATER INDIANA A 1.47.65	25- GREATER INDIANA A 2.00.73	DeForrest, Gaveld, Jewell, Oriand LAND OF LINCOLN A 1.41.88	Meyer, Kolar, Schack, Haase GREATER INDIANA A 1.53.99
Young, Sauer, Deaver, Vickery LAND OF LINCOLN A 1.48.58	Thosaa, Vickery, Wickstrand, Deaver LAND OF LINCOLN A 2.03.15	Haase, Dodson, Meyer, Schackie GREATER INDIANA B 1.42.28	Parrin, Vickery, Leaothe, Young LAKESIDE 1.56.58
Haase, Swaynen, Bartsoka, Schackie GREATER INDIANA B 1.51.14	Schackie, Swaynen, Sencion, Sokas MICHIGAN 2.03.91	Kosa, Perrin, Thomas, Tanner LEXINGTON 1.43.48	Tingley, Rubinatein, Miller, Moyse LAND OF LINCOLN B 1.56.60
Click, Shedron, Tracey, Kosa WESTSIDE 1.52.72	Church, Murphy, Taahnick, Whitcoab GREATER INDIANA B 2.04.10	Denison, Stockdale, Peot, Evans LAND OF LINCOLN B 1.45.21	Johnson, Dahlberg, Sencion, Anderson LEXINGTON 1.56.80
Weaver, Murphy, Worthen, Shilling D.C. 1.52.97	Ward, Tracy, Lasothe, Young D.C. 2.04.43	Anderson, Follett, Johnson, Sencion SOUTHWEST OHIO 1.45.26	Stockdale, Wilder, Denison, Evans LAND OF LINCOLN C 1.59.22
Hansen, Wolf, Hansen, Hochuli MARYLAND 1.53.48	Wolf, Leilich, Hansen, Hansen (Ruppert-Proach) PLANTATION 2.06.05	Huesken, Johnson, Anderson, Daniels LAKESIDE 1.45.30	Boerner, Yant, Anderson, Follett MARINA 1.59.34
Stedman, Ross, Rubino, Mungar PLANTATION 1.54.20	Ruah, Beknap, Grubba, Selden LAND OF LINCOLN B 2.06.48	Miller, Moyse, Rubinatein, Tingley MARINA 1.46.97	McConica, Evans, Chatfield, Hornby D.C. 2.00.29
Burd, Parker, Sellar, Ruah ST LOUIS 1.54.30	Johnson, Dahlberg, Sodini, Burnet WESTSIDE 2.07.64	Yeasana, McConica, Evans, Chatfield ARIZONA 1.47.70	Wolf, Hansen, Garnstein, Parker THE OLYMPIC CLUB 2.00.47
DeForrest, Stout, Brusael, Oriand LAND OF LINCOLN B 1.55.06	Sing, Weaver, Murphy, Worthen GREATER INDIANA C 2.09.18	Hansen, Reed, Johnson, Newhall	Beglinger, Cartwright, Fouts, Barthold
Sencion, Sodini, Burnet, Yant IRVINE NOVAQUATICS 1.56.42	Lorentsen, Bly, Shedron, Sauer ST LOUIS 2.09.33	35- SAN DIEGO 1.44.02	35- MINNESOTA 1.57.15
Porter, Sherar, Vaughn, Angel	Lentz, Stout, Brusael, DeForrest	Hill, Wischock, Guzman, Neuman LAND OF LINCOLN A 1.44.32	Litsan, Luken, Kleffman, Davidson LAND OF LINCOLN A 1.58.91
35- GREATER INDIANA A 1.53.87	35- GREATER INDIANA A 2.11.95	Pedovan, Oriand, Wood, Saggman GREATER INDIANA A 1.46.64	Oriand, Olson, Padovan, Jackaan NEW ENGLAND 1.59.30
Condon, Wise, Haabrook, Olson TAMALPAIS 1.54.55	Wise, Condon, Tibbette, Haabrook LAND OF LINCOLN A 2.12.04	Cooke, Costill, Condon, Olson NEW ENGLAND 1.48.31	Whitten, Fowler, Schlicher, Asquith TROJAN 2.01.30
Burna, Anderson, Sultan, Ridout LAND OF LINCOLN A 2.00.24	Bennett, Olson, David, Jackaan TAMALPAIS 2.13.42	Fowler, Snooks, Aaquith, Schlicher OHIO 1.48.71	Krueger, Cargill, Buach, Larson GREATER INDIANA A 2.04.93
Padovan, Bennett, David, Mulliken GREATER INDIANA B 2.03.02	Burna, Suttan, Ridout, Anderson LAND OF LINCOLN B 2.16.91	Bauchard, Ryan, Greenfield, VenKijk MINNESOTA 1.50.50	Sharp, Tibbette, Condon, Olson WISCONSIN 2.06.91
Sherp, Dierka, Calabrese, Ridolfo LEXINGTON 2.04.01	Kern, Law, Padovan, Burfiend NEW ENGLAND 2.17.28	Kleffman, Luken, Litsan, Davidson GREATER INDIANA B 1.51.48	Ertel, Wanner, Corria, Meehan LEXINGTON 2.10.37
Hellaan, Cox, Antonini, Hamilton MARYLAND 2.04.70	Snooks, Page, Schlicher, McIntyre ST LOUIS 2.19.15	Ridolfo, Tibberts, Sharp, Bruce TROJAN 1.51.52	Hellmann, Marcotte, Hamilton, Ahlgria LAKESIDE 2.14.51
Vaillancourt, Rasanaukas, Bregg, Goraki LAND OF LINCOLN B 2.08.90	Edmonds, Burke, Miller, Mueller LEXINGTON 2.20.97	Lerson, Buttrick, Musmann, Krueger WISCONSIN 1.51.92	Lawrence, Ambrose, Hubbuch, Ronniger OKLAHOMA 2.16.16
Smith, Law, Burfiend, Olson ST LOUIS 2.10.23	Hellaan, Arnold, Hamilton, Cox CONNECTICUT 2.29.23	Kueny, Ertel, Corria, Meehan SOUTHWEST OHIO 1.53.01	Vandewighe, Russell, Heindenreich, Bruning GREATER INDIANA B 2.17.51
Miller, Burke, Mueller, Zasion SOUTHWEST OHIO 2.10.54	Watson, Babcock, Laux, Kasphausan SOUTHWEST OHIO 2.30.05	Audley, Clark, Laseier, Siona	Fedowicz, Chase, Ridolfo, Cooke
Audley, Sach, Maley, Siona LAND OF LINCOLN C 2.16.50	Laseier, Maley, Siona, Schaidt LAND OF LINCOLN C 2.31.84	45- THE OLYMPIC CLUB 1.48.76	45- THE OLYMPIC CLUB 2.06.03
Mehoney, Brussett, Murphy, Benton	Murphy, Morley, Potach, Wood	Hill, Bohan, Gay, Minshaw MICHIGAN 1.53.23	Hinshaw, Gay, Bohan, Hill
45- LAND OF LINCOLN A 2.11.04	45- GREATER INDIANA A 2.39.19	Dobler, Magee, Heritier, Woolley LAND OF LINCOLN A 2.00.88	NICHIGAN 2.07.58
Turcotte, McCav, Koolatra, LeBourgeois GREATER INDIANA A 2.13.40	Chapp, Wirt, Costill, Kirta LAND OF LINCOLN A 2.38.92	Leengren, Masters, Koolatra, Veer NEW ENGLAND 2.02.14	Martin, Koenig, Tashnic, Dubler NEW ENGLAND 2.16.67
Ostler, Chapp, Kirta, Costill LAND OF LINCOLN B 2.24.72	McCav, Seegers, Roasi, Masters JERSEY A 2.43.72	Jerome, Clayson, Dolan, Yorzyk METRO OF NEW YORK 2.04.11	Bigwood, Clayson, Yorzyk, Jerome METRO OF NEW YORK 2.18.48
Rosai, Oberveia, Kay, Leengren (Kirk, Stuart) 2.26.59	Hamilton, Abel, Lathi, Booran METRO OF NEW YORK 2.45.98	Silverstein, Ellis, Johnson, Pitta MARYLAND 2.05.04	Johnsen, Sanguly, Silverstein, Pitta GREATER INDIANA A 2.20.48
Buas, Petera, Kelley, Maurer OHIO 2.27.01	Pitta, Silverstein, Costello, Pitta OHIO 2.49.88	Johnston, Overton, Rice, Christenaen TROJAN 2.10.18	Chalfie, Scott, Costill, Myers WISCONSIN 2.20.93
Cath, Kron, Kakoa, VanDuk NEW ENGLAND 2.27.76	Kakoa, Kron, Leako, Kakoa SOUTHWEST OHIO 2.50.88	Reynolds, Hebert, Frank, Delotta LAND OF LINCOLN B 2.11.99	Heusuth, Bausan, Rockwell, Kueny LAND OF LINCOLN 2.21.86
Hulse, Jerome, McIntyre, Chapin GREATER INDIANA B 2.29.56	Lark, Gasa, Levy, Lyons ST LOUIS 2.52.13	Key, Seegers, Scheidelaan, Mullins WISCONSIN 2.14.72	Seegers, Koolatra, Masters, Key JERSEY 2.25.63
Lowengrub, Scott, Scott, Reisan METRO OF NY 2.31.30	Peters, Kelly, Maurer, Buss LAND OF LINCOLN B 2.55.55	Bausan, Hellauth, Rockwell, Kueny SOUTHWEST OHIO 2.19.80	Sanborn, Abel, Lathi, Sullivan SANTA BARBARA 2.29.00
Pitta, Costello, Pitta, Johnson SANTA BARBARA 2.37.42	Turley, Oberwise, Scheidelaan, Veer LAKESIDE 2.55.61	Levy, Lagaly, Gasa, Florence	Ridland, Plesase, Martin, Richardson TROJAN 2.29.21
Martin, Ridland, Rowland, Olan ARIZONA 2.41.58	Mullina, Ferguson, Haggerty, Peterson JERSEY B 2.56.77	55- NEW ENGLAND 2.03.46	Reydd, Deliota, Hebert, Frank
Gruender, Gruender, Bogatki, Starr	Sanborn, Moeller, Fisher, Sullivan	Wilson, Hulse, Katz, Heartz LAND OF LINCOLN 2.08.77	55- NEW ENGLAND 2.16.81
55- OHIO 2.21.20	55- NEW ENGLAND 2.32.07	Kobliah, Olufe, Turley, Schaidt (Anderson, Havlicek) 2.12.97	Katz, Heartz, Wilson, Hulse LAND OF LINCOLN 2.30.39
Morris, Hill, Ruas, Stickney SANTA BARBARA 2.22.47	Walker, Heartz, Wilson, Carr OHIO A 2.45.82	Schmidt, Wolf, Levine, Huestis TROJAN 2.12.97	Turley, Anderson, Kubliah, Schaidt OHIO 2.35.09
Plesase, Bear, Erickson, Buvick (Richardson) 2.30.29	Mulligan, Stickney, Dailey, Ruas LAND OF LINCOLN A 2.47.89	Morris, Liber, Daily, Stickney WISCONSIN 2.19.56	Liber, Stickney, Daily, Morris TROJAN 2.36.81
Taft, Taoli, Etienne, Taft OAK RIDGE 2.40.23	Turcotte, Olson, Kobliah, Schaidt MIDDLE ATLANTIC 2.48.89	Wilson, Howe, Wussow, Rockwell (Fald) 2.29.22	Levine, Bunge, Wolf, Schmidt (Huestis, Huestis) 2.41.27
Marshall, Schappel, Smith, Crawa WISCONSIN 2.47.05	Merryman, Derr, Helick, Pranka (Schaeffer, Ravatros) 3.02.67	SANTA BARBARA 2.31.29	Sanborn, Lentzsch, Haynes, McIntosh THE OLYMPIC CLUB 2.49.24
Wuasow, Sciboraki, Kanehl, Rockwell OHIO 2.47.15	OAK RIDGE 3.02.67	Plesase, Richardaon, Becker, Stinson GREATER INDIANA 2.31.29	Perry, Jones, Rudloff, Grannia GREATER INDIANA 3.29.08
Liber, Culheve, Schafer, Daily LEXINGTON 2.49.53	Smith, Schappel, Crawa, Marshall OHIO C 3.04.53	Strong, Scott, Cross, McMahon	Rillo, Strong, Rialay, Cross
Fulmer, Horton, Turley, Schaidt LAND OF LINCOLN 3.03.69	Volk, Culhane, Krup, Wunderlich OHIO B 3.06.53	65+ D.C. 2.15.71	65+ LAND OF LINCOLN B 2.43.67
Kobliah, Havlicek, Turley, Schaidt	Liber, Morris, Schafer, Hill SAN MATEO MARLINS 3.07.29	Murphy, Kasall, McAfee, Lesson LONG BEACH 2.19.34	Malbrough, Knott, Havlicek, Hotvedt LONG BEACH A 2.48.73
65+ LONG BEACH 2.33.82	Taft, Taft, Etienne, Tallol CONNECTICUT 3.09.59	Bowersock, Saith, Fitzgerald, Gernaus THE OLYMPIC CLUB 2.21.43	Fitzgerald, Lind, Bowersock, Gernaus OHIO 2.50.41
Gernaus, Simonton, Merlino, Bowersock D.C. 2.37.31	Phillips, Chaberlein, Donnelly, Langner WISCONSIN 3.26.23	Mackay, Hargrave, Peterson, Collet LAND OF LINCOLN A 2.28.45	Volk, Otis, Krup, Isaaran THE OLYMPIC CLUB 2.55.90
Murphy, Clark, Murphy, Lesson LAND OF LINCOLN 3.03.00	Wilson, Kanehl, Wussow, Sciboraki	Hotvedt, Knott, Malbrough, Havlicek OHIO MASTERS 2.28.45	Hargrave, Mackay, Peterson, Collet D.C. 2.57.27
Hotvedt, Zint, Cureton, Havlicek (Wojcik, Wolfe, Strizek) 3.04.63	65+ LONG BEACH 3.04.07	Volk, Isaerman, Krup, Otis GAMBLE-NIPPERT YVCA 2.47.20	Murphy, Lesson, Kasall, McAfee LAND OF LINCOLN 3.14.11
ST PETERSBURG	Merlino, Lind, Simonton, Bowersock LAND OF LINCOLN A 3.09.46	Witte, Caspbell, Salie, Faison LAND OF LINCOLN B 2.51.23	Gilby, Strizek, Ferguson, Newton LONG BEACH B 3.16.44
	Malbrough, Zint, Havlicek, Wolfe D.C. 3.21.85	Ferguson, Beal, Strizek, Ogilby LAKESIDE 2.5L.96	Smith, Wade, Guth, Chapin GAMBLE-NIPPERT YVCA 3.22.04
	Murphy, Lesson, Kasall, Clark ST PETERSBURG REC. DEPT. 3.35.16	Sias, Georgehead, Weisenthal, Giladord	Faison, Witte, Salie, Caspbell LAKESIDE 3.31.17
			Georgehead, Giladord, Weisenthal, Sias
			75- LAND OF LINCOLN 4.23.05
			Cureton, Pries, Young, Keiber

PLEASE SEND ALL INQUIRIES OR CORRECTIONS TO:
TINA MARTIN, 3320 Primavera St., Pasadena, CA 91107
Ed. Note: All extra relay names were eliminated
because they did not fit into columns.

ARKANSAS MASTERS SWIM CLUB
SHORT COURSE MEET
OCTOBER 8, 1983
WESTSIDE YMCA - 25 YD/INDOOR
LITTLE ROCK, ARK.
SANCTION#10883

Women 25-29
200 yd. Freestyle
Lue Jernigan 29 3:40.70

W 30-34
50 yd. Freestyle
Kathy Bay 32 0:32.30
100 yd. Freestyle
Kathy Bay 32 1:11.70
500 yd. Freestyle
Kathy Bay 32 7:27.71
Melinda Smith 34 8:41.23
50 yd. Backstroke
Hana Mizell 32 0:38.13
100 yd. Backstroke
Hana Mizell 32 1:26.06
50 yd. Breaststroke
Kathy Bay 32 0:43.39
Melinda Smith 34 0:48.99
200 yd. Ind. Medley
Kathy Bay 32 2:45.90

W 35-39
50 yd. Freestyle
Hope Vowell 38 0:46.64
Paula O'Connell 37 0:50.43
100 yd. Freestyle
Hope Vowell 38 1:51.04
200 yd. Freestyle
Hope Vowell 38 3:58.69
Paula O'Connell 37 4:27.79
500 yd. Freestyle
Hope Vowell 38 10:57.82
50 yd. Backstroke
Hope Vowell 38 0:54.87
100 yd. Backstroke
Hope Vowell 38 1:55.05
50 yd. Breaststroke
Paula O'Connell 37 1:02.53
50 yd. Butterfly
Hope Vowell 38 0:58.08
100 yd. Ind. Medley
Hope Vowell 38 1:59.31

W 40-44
50 yd. Freestyle
Ida Hlavacek 41 0:34.43
Sally Moore 44 0:49.25
500 yd. Freestyle
Ida Hlavacek 41 8:19.59
Sally Moore 44 11:18.68
50 yd. Backstroke
Sally Moore 44 0:59.75
50 yd. Breaststroke
Ida Hlavacek 41 0:46.57
Sally Moore 44 0:55.18
100 yd. Breaststroke
Ida Hlavacek 41 1:44.44
Sally Moore 44 2:04.66
200 yd. Breaststroke
Sally Moore 44 4:16.26
50 yd. Butterfly
Ida Hlavacek 41 0:42.30
100 yd. Ind. Medley
Ida Hlavacek 41 1:28.93
Ida Hlavacek 41 3:17.90

W 45-49
200 yd. Breaststroke
Peggy Ebbing 49 3:56.49
200 yd. Backstroke
Mary Lou Jaworski 46 3:40.26

W 50-54
50 yd. Freestyle
Verda Stocks 50 1:01.74
Zora Caple 54 1:26.61
50 yd. Backstroke
Verda Stocks 50 1:15.47
Zora Caple 54 1:20.70
100 yd. Breaststroke
Zora Caple 54 3:23.79

W 50-64
50 yd. Freestyle
Laverne Anderson 64 0:55.21
50 yd. Backstroke
Laverne Anderson 64 0:59.88
50 yd. Breaststroke
Laverne Anderson 64 0:56.09
100 yd. Breaststroke
Laverne Anderson 64 2:15.45
200 yd. Breaststroke
Laverne Anderson 64 4:45.86

Women's 200 yd. Freestyle Relay
H.E.L.P. 30+ 2:53.55
(Smith, O'Connell, Mizell, Vowell)

Women's 200 yd. Medley Relay
H.E.L.P. 30+ 3:10.24
(O'Connell, Mizell, Vowell, Smith)

Mixed 200 yd. Medley Relay
Arkansas Masters 45+ 2:34.75
(Meyers, Pine, Jaworski, Ebbing)

Men's 200 yd. Freestyle Relay
Arkansas Masters 125+ 1:59.72
(Schlegel, Pendowski, Washburn, Kersh)

Arkansas Masters 115+ 2:09.71
(Lawrence, Pine, Wise, Meyers)

Men's 200 yd. Medley Relay
Arkansas Masters 125+ 2:26.03
(Pendowski, Phillips, Davis, Washburn)

Men Less Than 25
100 yd. Freestyle
Scott Washburn 23 0:57.02
500 yd. Freestyle
Don Neal 24 7:08.28
50 yd. Butterfly
Scott Washburn 23 0:29.22

M 25-29
50 yd. Freestyle
Richard Kersh 25 0:24.38
Ed Bisno 27 0:25.03
Hugh Duffy 27 0:29.96
Tom Pendowski 27 0:38.24
100 yd. Freestyle
Richard Kersh 25 0:53.08
Hugh Duffy 27 1:12.49
200 yd. Freestyle
Richard Kersh 25 1:59.12
500 yd. Freestyle
Richard Kersh 25 5:42.82
50 yd. Backstroke
Ed Bisno 27 0:35.51
Hugh Duffy 27 0:38.28
100 yd. Ind. Medley
Richard Kersh 25 1:03.43
Ed Bisno 27 1:09.31

M 30-34
50 yd. Freestyle
Tyler Baber 33 0:25.32
100 yd. Freestyle
Tyler Baber 33 0:55.38
200 yd. Freestyle
Tyler Baber 33 2:08.29
Fred Schlegel 30 2:41.79
Rhea Davis 32 2:51.20
Peter Phillips 34 3:16.12
500 yd. Freestyle
Rhea Davis 32 7:45.64
Fred Schlegel 30 7:51.88
100 yd. Breaststroke
Fred Schlegel 30 1:47.34

M 35-39
50 yd. Freestyle
Doug Rawn 38 0:27.37
Richard Tigchelaar 39 0:58.22
100 yd. Freestyle
Ron Nank 36 1:01.72
500 yd. Freestyle
Ron Nank 36 7:17.20
K. Tigchelaar 39 12:33.00
50 yd. Backstroke
Doug Rawn 38 0:34.17
K. Tigchelaar 39 1:09.44
50 yd. Breaststroke
Ron Nank 36 0:35.10
Doug Rawn 38 0:35.54
K. Tigchelaar 39 0:59.38
50 yd. Butterfly
Doug Rawn 38 0:30.13
100 yd. Ind. Medley
Doug Rawn 38 1:13.34

M 40-44
50 yd. Freestyle
Charles Bleil 41 0:27.88
500 yd. Freestyle
Charles Bleil 41 6:27.61
Rick Field 41 0:32.50
Charles Bleil 41 0:36.15
100 yd. Breaststroke
Rick Field 41 1:11.64
50 yd. Butterfly
Charles Bleil 41 0:30.32
100 yd. Ind. Medley
Rick Field 41 1:11.05

M 45-49
50 yd. Freestyle
Gerry Teasley 47 0:29.77
500 yd. Freestyle
Ben Wise 46 8:44.31
50 yd. Backstroke
Gerry Teasley 47 0:38.38
50 yd. Breaststroke
Gerry Teasley 47 0:37.46
50 yd. Butterfly
Ben Wise 46 0:40.88
100 yd. Ind. Medley
Gerry Teasley 47 1:17.66
200 yd. Ind. Medley
Ben Wise 46 3:44.65

M 50-54
50 yd. Freestyle
Larry Meyer 53 0:27.90
Barry Lawrence 51 0:31.89
500 yd. Freestyle
Barry Lawrence 51 7:42.46
50 yd. Backstroke
Larry Meyer 53 0:31.90
Bob Pine 50 0:48.30
50 yd. Breaststroke
Bob Pine 50 0:48.84
200 yd. Ind. Medley
Barry Lawrence 51 2:40.85

M 65-69
Frank Tillotson 68 All Events
100 yd. Freestyle 1:37.60
200 " " 3:40.00
500 " " 9:40.92
50 yd. Backstroke 0:42.78
100 " " 1:38.44

DC MASTERS FALL CLASSIC
Montgomery College, Rockville
MD, Nov. 3, 1983 #PV83-9

WOMEN 25-29
50 Yd. Free
Cindy Collins 27 1:27.54
Judith Cox 29 1:27.55
Anita Callahan 26 1:27.58
Joann Grant 29 1:27.99
Betty Myers 25 1:28.00
Elizabeth Shanklin 26 1:29.28

100 Yd. Free
Judith Cox 29 1:00.08
Cindy Collins 27 1:00.62
Anita Callahan 26 1:01.05
200 Yd. Free
Cindy Collins 27 2:09.34
Karen Sullivan 26 2:16.37
Julie D'Ambrosia 28 2:28.73
Elizabeth Shanklin 26 2:31.45
50 Yd. Back
Cindy Collins 27 1:34.92
Betty Myers 25 1:35.07
Nancy Baker 28 1:37.19
100 Yd. Back
Karen Sullivan 26 1:11.32
Cindy Collins 27 1:14.12
Nancy Baker 28 1:20.31
Julie D'Ambrosia 28 1:22.06
200 Yd. Back
Karen Sullivan 26 2:30.45
Judith Cox 29 2:47.74

50 Yd. Breast
Lisa Tubergen 27 1:34.90
100 Yd. Breast
Lisa Tubergen 27 1:19.91
Judith Cox 29 1:21.59
50 Yd. Fly
Joann Grant 29 1:30.75
Cindy Collins 27 1:30.91
Anita Callahan 26 1:30.92
Lisa Tubergen 27 1:31.23
Julie D'Ambrosia 28 1:31.54
Betty Myers 25 1:32.61
Nancy Baker 28 1:33.10
Elizabeth Shanklin 26 1:35.75
100 Yd. Fly
Anita Callahan 26 1:10.08
Julie D'Ambrosia 28 1:13.17
200 Yd. Fly
Anita Callahan 26 2:36.72
100 Yd. IM
Cindy Collins 27 1:09.17
Judith Cox 29 1:09.73
Lisa Tubergen 27 1:14.39
Nancy Baker 28 1:17.56

200 Yd. IM
Elaine Hochuli 28 2:26.80
Cindy Collins 27 2:27.98
Julie D'Ambrosia 28 2:46.54
Nancy Baker 28 2:48.69
Elizabeth Shanklin 26 2:50.00

WOMEN 30-34
50 yd. Free
Lynn Pacenta 31 1:29.99
Ferne Carposius 34 1:32.79
Karen Steffel 33 1:34.98
100 yd. Free
Ferne Carposius 34 1:14.34
200 yd. Free
Nancy Polisky 34 2:27.91
Elaine Robinson 31 2:53.04
200 yd. Back
Mary Pastel Anderson 30 3:06.03
Dolly McClary 34 3:07.83
50 yd. Breast
Nancy Polisky 34 1:36.76
Lynn Pacenta 31 1:41.66
100 yd. Breast
Nancy Polisky 34 1:24.24
200 yd. Breast
Mary Pastel Anderson 30 2:55.38
Elaine Robinson 31 3:25.97
50 yd. Fly
Lynn Pacenta 31 1:32.95
Elaine Robinson 31 1:37.72
Karen Stiefel 33 1:39.70
100 yd. Fly
Nancy Polisky 34 1:13.41
200 yd. IM
Mary Pastel Anderson 30 1:16.78
Nancy Polisky 34 1:20.21
Lynn Pacenta 31 1:25.66
Elaine Robinson 31 1:26.27
Dolly McClary 34 2:46.83
Nancy Polisky 34 3:04.66
Elaine Robinson 31 3:06.35
Dolly McClary 34 3:06.35

WOMEN 35-39
50 yd. Free
Mary Boyd 36 1:38.20
Jane Restani 35 1:39.70
50 yd. Back
Jane Restani 35 1:45.68
100 yd. Back
Jane Restani 35 1:38.68
50 yd. Fly
Mary Boyd 36 1:45.83
100 yd. IM
Jane Restani 35 1:39.15
Mary Boyd 36 1:39.96

WOMEN 40-44
100 yd. Free
Karen Klisch 42 1:14.02
50 yd. Breast
Joann Leilich 44 1:37.04
Anita Sciacca 40 1:43.42
100 yd. Breast
Joann Leilich 44 1:20.03
Anita Sciacca 40 1:38.79
200 yd. Breast
Joann Leilich 44 2:54.31
Anita Sciacca 40 3:44.76
50 yd. Fly
Karen Klisch 42 1:37.93

WOMEN 50-54
50 yd. Free
Betty Bray 51 1:30.05
Betty Griffin 52 1:40.30
100 yd. Free
Betty Griffin 52 1:28.15
50 yd. Back
Betty Griffin 52 1:49.80
50 yd. Fly
Betty Bray 51 1:32.14
Betty Griffin 52 1:53.16
100 yd. IM
Betty Bray 51 1:20.37
Betty Griffin 52 1:49.48

WOMEN 55-59
50 yd. Free
Valda Hoffman 58 1:51.09
50 yd. Back
Valda Hoffman 58 1:00.94
100 yd. Breast
Mathilde Huber 56 2:33.69
200 yd. IM
Mathilde Huber 56 4:13.65

WOMEN 60-64
50 yd. Free
Helen Hummer 64 1:37.78
100 yd. Free
Helen Hummer 64 1:26.54
200 yd. Free
Helen Hummer 64 3:07.66
50 yd. Breast
Mimi Lee 63 1:49.14
100 yd. Breast
Mimi Lee 63 1:48.89
200 yd. Breast
Mimi Lee 63 3:47.60
50 yd. Fly
Helen Hummer 64 1:46.87
100 yd. Fly
Helen Hummer 64 1:55.88
200 yd. Fly
Helen Hummer 64 4:15.85
200 yd. IM
Mimi Lee 63 3:33.94

400 yd. IM
Mimi Lee 63 7:42.36
WOMEN 65-69
50 yd. Free
Nancy Clark 69 1:37.56
100 yd. Free
Nancy Clark 69 1:26.85
200 yd. Free
Nancy Clark 69 3:12.01
100 yd. Breast
Lorraine Murphy 65 2:33.90
50 yd. Fly
Nancy Clark 69 1:53.20
100 yd. IM
Nancy Clark 69 1:49.97
200 yd. IM
Lorraine Murphy 65 5:05.27

WOMEN 70-74
50 yd. Free
Rita Shephard 74 1:53.01
100 yd. Free
Rita Shephard 74 1:57.42
200 yd. Free
Rita Shephard 74 4:17.03
50 yd. Back
Rita Shephard 74 1:04.25
100 yd. IM
Rita Shephard 74 2:28.19
MEN 25-29
50 yd. Free
Al Rickard 26 1:24.70
100 yd. Free
Al Rickard 26 1:54.19
100 yd. Breast
Todd Harris 28 1:12.51
50 yd. Fly
Al Rickard 26 1:28.79
100 yd. IM
Todd Harris 28 1:04.30
Al Rickard 26 1:09.14
200 yd. IM
Todd Harris 28 2:22.47

MEN 30-34
50 yd. Free
Larry DeMille-Wagman 32 1:25.51
Anton Ganev 33 1:26.30
Jack Katz 31 1:26.59
John Tierney 30 1:29.89
100 yd. Free
Larry DeMille-Wagman 32 1:56.90
Jack Katz 31 1:57.27
Anton Ganev 33 1:58.08
John Tierney 30 1:07.76
200 yd. Free
Anton Ganev 33 2:17.51
50 yd. Back
James Miller 33 1:35.17
100 yd. Back
Jack Katz 31 1:13.01
James Miller 33 1:20.25
200 yd. Back
James Miller 33 3:03.41
50 yd. Breast
Anton Ganev 33 1:33.26
Mark Walters 31 1:36.06
100 yd. Breast
Anton Ganev 33 1:13.75
John Tierney 30 1:28.43
50 yd. Fly
Chuck Berke 31 1:26.97
Mark Walters 31 1:28.34
Larry DeMille-Wagman 32 1:28.48
100 yd. Fly
Chuck Berke 31 1:59.26
200 yd. Fly
Chuck Berke 31 2:23.12
Mark Walters 31 2:32.42
100 yd. IM
Larry DeMille-Wagman 1:06.11
Jack Katz 31 1:06.51
John Tierney 30 1:25.42

MEN 35-39
50 yd. Free
Wayne Hartke 35 1:25.46
Ed Leavell 35 1:26.27
Bill Williams 38 1:26.52
Jet Lowe 36 1:27.07
100 yd. Free
Wayne Hartke 35 1:56.67
Anthony Young 39 1:58.33
Bill Williams 38 1:59.40
Jet Lowe 36 1:00.70
Chet Pryhoff 36 1:03.63
Richard Davis 35 1:15.34

200 yd. Free
John Planagan 37 2:00.33
Wayne Hartke 35 2:08.76
Chet Pryhoff 36 2:26.69
Jet Lowe 36 2:28.60
Richard Davis 35 2:53.09
50 yd. Back
Ed Leavell 35 1:30.83
100 yd. Back
Ed Leavell 35 1:10.97
200 yd. Back
Ed Leavell 35 2:31.55
50 yd. Breast
Tom Anderson 37 1:31.18
Bill Williams 38 1:35.78
100 yd. Breast
Jet Lowe 36 1:18.71
Richard Davis 35 1:28.98
200 yd. Breast
Tom Anderson 37 2:38.16
Jet Lowe 36 2:57.31
50 yd. Fly
Tom Anderson 37 1:28.68
Anthony Young 39 1:28.92
100 yd. Fly
John Planagan 37 1:57.56
200 yd. Fly
John Planagan 37 2:10.00
100 yd. IM
Tom Anderson 37 1:03.53
Ed Leavell 35 1:04.85
Stephen Hogan 35 1:12.45
200 yd. IM
Stephen Hogan 35 2:41.00
400 yd. IM
Stephen Hogan 35 6:01.77

MEN 40-44
50 yd. Free
David Lyons 40 1:24.07
Ken Novell 41 1:24.85
Jeffrey Clarke 41 1:29.58
Norman Spangler 42 1:38.00
100 yd. Free
David Lyons 40 1:53.35
Ken Novell 41 1:54.93
Walter Neares 40 1:59.35
200 yd. Free
David Lyons 40 2:02.81
50 yd. Back
David Diehl 42 1:31.85
Jeffrey Clarke 41 1:31.70
100 yd. Back
David Diehl 42 1:15.48
200 yd. Back
David Diehl 42 2:53.11
50 yd. Breast
Terry Gersteln 40 1:33.27
Jeffrey Clarke 41 1:42.38
100 yd. Breast
Terry Gersteln 40 1:12.95
50 yd. Fly
David Lyons 40 1:26.39
Ken Novell 41 1:27.57
Terry Gersteln 40 1:31.40
Jeffrey Clarke 41 1:35.85
100 yd. Fly
Walter Neares 40 1:06.43
Ken Novell 41 1:07.32
100 yd. IM
Terry Gersteln 40 1:13.74
Jeffrey Clarke 41 1:26.28

MEN 45-49
50 yd. Free
George Murray Jr. 47 1:29.87
James Gray 48 1:31.19
Robert Parke 45 1:32.84
100 yd. Free
James Gray 48 1:10.29
Robert Parke 45 1:12.30
200 yd. Free
Robert Parke 45 2:41.73
James Gray 48 2:44.59
George Murray Jr. 47 2:49.22
50 yd. Breast
Hans Reichelt 46 1:32.90
George Murray Jr. 47 1:39.56
100 yd. Breast
Hans Reichelt 46 1:12.63
George Murray Jr. 47 1:38.25
200 yd. Breast
Hans Reichelt 46 2:39.68
George Murray Jr. 47 3:41.12
400 yd. IM
Hans Reichelt 46 6:09.39

MEN 50-54
50 yd. Free
Edward Ems Jr. 54 1:26.51
Tom Dewey 52 1:32.71
100 yd. Free
Edward Ems Jr. 54 1:00.39
Tom Dewey 52 1:13.47
200 yd. Free
Tom Dewey 52 2:48.83
Alfonso Allen 54 3:07.17
100 yd. Back
Ray Chen 50 1:23.36
200 yd. Back
Ray Chen 50 2:57.83
50 yd. Breast
Kenneth Flynn 53 1:36.82
Alfonso Allen 54 1:37.20
Ray Chen 50 1:37.74

100 yd. Breast		50 yd. Back		Lee Marshall 39	7:38.31	Carlotta Falzone 25	1:23.11
Kenneth Flynn 53	1:23.72	Francis Miller 70	1:49.86	Dion Natashilla 38*	8:48.12	Lynne McGinnis 27*	1:37.67
Al Fonda Allen 54	1:24.98	Bert Kassell 71	1:49.94	1650 YARD PRESTESTILE		50 YARD BACKSTROKE	
50 yd. Breast		100 yd. Back		Bill Bard 37	18:40.33	Aya Isai 27	30.58
Kenneth Flynn 53	3:08.65	Francis Miller 70	1:58.87	Denia Hattener 37	21:40.81	Toni O'Donnell 28*	33.99
Ray Chen 50	3:13.29	200 yd. Back		P. Sa B. Pereira 38*	21:57.28	Roseanne Barney 27*	35.05
Alfonso Allen 54	3:15.45	David McAfee 74	3:55.04	Lee Marshall 39	25:23.42	Monica Fay 29	41.75
50 yd. Fly		50 yd. Breast		Pete Heaton 36*	25:27.95	Carlotta Falzone 25	56.64
Edward Ems Jr. 54	1:27.66	Bert Kassell 71	1:49.85	S. E. Washburn 36*	27:30.67	200 YARD PRESTESTILE	
Tazewell Banks 51	1:42.65	50 yd. Fly		Douglas Latelle 36	36:46.26	Catherine Neville 26*	2:30.84
Tazewell Banks 51	1:47.59	Bert Kassell 71	1:43.84	400 YARD INDIVIDUAL MEDLEY		Hannah Byers 28	2:52.52
200 yd. Fly		100 yd. IM		Stephen E. Washburn 36	6:51.17	Roseanne Barney 27*	2:57.00
Tazewell Banks 51	4:16.03	Bert Kassell 71	1:36.45	NEW 40-44		100 YARD FREESTYLE	
100 yd. IM				500 YARD PRESTESTILE		Elaine Fouq 26	1:21.93
Ray Chen 50	1:17.41			T (Ter) Haraszti 42	5:27.04	Diane Daqosta 26	1:23.27
Kenneth Flynn 53	1:24.63			Stephen Saylor 41	5:56.71	50 YARD BUTTERFLY	
200 yd. IM				Bob Coole 43	6:12.20	Sandy Neilson 27	28.62
Ray Chen 50	2:55.08			William Gibson 40	6:53.28	Aya Isai 27	30.01
Tazewell Banks 51	3:35.09			Jack Miyagawa 44	7:30.98	Roseanne Barney 27*	30.09
400 yd. IM				John J. Zapon 42	7:32.74	Elaine Fouq 26	31.47
Tazewell Banks 51	7:56.15			Gary McHowell 40	7:38.93	Anne Wade 26	32.88
MEN 55-59				1650 YARD PRESTESTILE		Bonnie Alice Shear 27	33.06
50 yd. Free				T (Ter) Haraszti 42	14:11.11	Margaret Warner 29	36.30
Valentine Spiegel 58	1:33.86			Bob Coole 43	21:22.81	Carlotta Falzone 25	42.82
Edward Mark 57	1:39.59			William Gibson 40	25:04.18	Monica Fay 29	43.99
100 yd. Free				James W. Ferrell 41	25:40.84	Lynne McGinnis 27*	54.61
Valentine Spiegel 58	1:13.67			Gary McHowell 40	25:30.51	200 YARD BUTTERFLY	
200 yd. Free				John J. Zapon 42	26:46.84	Catherine Neville 26*	2:21.67
Valentine Spiegel 58	2:49.53			Jack Miyagawa 44	27:05.56	Sandy Neilson 27	2:33.09
50 yd. Back				400 YARD INDIVIDUAL MEDLEY		Hannah Byers 28	2:48.14
Al Bove 59	1:43.32			Jack Miyagawa 44	0:50	Roseanne Barney 27*	2:49.59
Edward Mark 57	1:56.70			500 YARD PRESTESTILE		Monica Fay 29	3:10.53
102 yd. Back				Buddy G. Belche 49	6:03.73	50 YARD FREESTYLE	
Al Bove 59	1:38.80			Mary Draz 44*	6:07.29	Ray E. Dugan 69*	51.85
200 yd. Back				Alex Nogie 47	6:17.20	Edna Heusthal 67	57.23
Al Bove 59	3:30.37			1650 YARD PRESTESTILE		Edna Heusthal 67	1:10.30
50 yd. Breast				Buddy G. Belche 49	21:14.08	200 YARD FREESTYLE	
Edward Mark 57	1:43.12			Alex Nogie 47	22:41.14	Kristen Salcutay 32*	1:14.45
James Ferguson 59	1:44.13			David Swanson 45	25:13.97	Cheryl Crooks 30*	1:29.10
100 yd. Breast				400 YARD INDIVIDUAL MEDLEY		Marye E. Leslie 31*	1:29.42
Edward Mark 57	1:38.36			Buddy G. Belche 49	5:45.59	Barbara Colavito 30	1:36.80
Al Bove 59	1:46.21			David Swanson 45	6:29.10	50 YARD BACKSTROKE	
200 yd. Breast				500 YARD PRESTESTILE		Marye E. Leslie 31*	49.26
Al Bove 59	3:53.67			Art Welch 51	6:14.73	100 YARD FREESTYLE	
James Ferguson 59	1:49.77			Steven Schofield 51	6:44.67	Monica Dateschover 31	1:22.89
100 yd. Fly				W.J. (Bill) Hebert 52	7:11.09	Monica Dateschover 31	30.26
James Ferguson 59	2:02.03			Lawrence Dellota 54	9:40.98	Marta Zahatson 30	35.77
Al Bove 59	1:36.79			1650 YARD PRESTESTILE		200 YARD INDIVIDUAL MEDLEY	
200 yd. IM				Art Welch 51	22:09.42	Monica Dateschover 31	2:37.81
Al Bove 59	3:45.02			Steven Schofield 51	24:07.29	50 YARD FREESTYLE	
MEN 60-64				Jim Maxwell 50	25:18.84	Elizabeth Kaste 63	1:28.28
50 yd. Free				400 YARD INDIVIDUAL MEDLEY		50 YARD FREESTYLE	
Bill Campbell 60	1:31.17			Stan McConnell 52	4:53.47	Elizabeth Kaste 63	1:28.28
Ranjan Borra 61	1:48.64			Art Welch 51	6:08.64	50 YARD FREESTYLE	
100 yd. Free				W.J. (Bill) Hebert 52	6:27.92	Elizabeth Kaste 63	2:04.45
Ranjan Borra 61	2:20.89			Steven Schofield 51	6:37.14	50 YARD FREESTYLE	
200 yd. Free				NEW 55-59		50 YARD FREESTYLE	
Bill Campbell 60	2:55.34			500 YARD PRESTESTILE		50 YARD FREESTYLE	
50 yd. Back				Quane L. Draves 57	6:21.75	50 YARD FREESTYLE	
Ranjan Borra 61	1:07.06			Rube Wolf Jr. 57	7:00.25	50 YARD FREESTYLE	
100 yd. Back				C. Fred Scheidt 57	7:35.99	50 YARD FREESTYLE	
Ranjan Borra 61	2:50.55			1650 YARD PRESTESTILE		50 YARD FREESTYLE	
50 yd. Breast				Janet Volver	7:44.83	50 YARD FREESTYLE	
Bill Campbell 60	1:39.27			Gay Collins 51*	8:54.04	50 YARD FREESTYLE	
Peter Lee 60	1:39.44			400 YARD INDIVIDUAL MEDLEY		50 YARD FREESTYLE	
100 yd. Breast				Jacqueline Dunlop 52	7:12.81	50 YARD FREESTYLE	
J. P. Mackenzie 60	1:24.83			NEW 55-59		50 YARD FREESTYLE	
Peter Lee 60	1:27.45			500 YARD PRESTESTILE		50 YARD FREESTYLE	
Bill Campbell 60	1:36.93			Anne Adams 55	7:03.45	50 YARD FREESTYLE	
200 yd. Breast				400 YARD INDIVIDUAL MEDLEY		50 YARD FREESTYLE	
Peter Lee 60	3:15.63			Anne Adams 55	6:22.36	50 YARD FREESTYLE	
100 yd. Fly				NEW 60-64		50 YARD FREESTYLE	
J. P. Mackenzie 60	1:25.40			500 YARD PRESTESTILE		50 YARD FREESTYLE	
100 yd. IM				Shirley Erickson 60	7:41.50	50 YARD FREESTYLE	
Peter Lee 60	1:25.42			Maurine V. Kornfeld 61	9:12.89	50 YARD FREESTYLE	
200 yd. IM				1650 YARD PRESTESTILE		50 YARD FREESTYLE	
J. P. Mackenzie 60	3:09.15			Shirley Erickson 60	26:37.82	50 YARD FREESTYLE	
MEN 65-69				M. P. Kornfeld 61	12:07.33	50 YARD FREESTYLE	
50 yd. Free				400 YARD INDIVIDUAL MEDLEY		50 YARD FREESTYLE	
Harry Rawstrom 66	1:29.17			Shirley Erickson 60	7:12.12	50 YARD FREESTYLE	
George Pitts 66	1:32.68			NEW 65-69		50 YARD FREESTYLE	
Nelson Hunt 65	1:38.63			500 YARD PRESTESTILE		50 YARD FREESTYLE	
Sidney Saperstein 67	1:53.02			Eita Simonton 65	8:21.28	50 YARD FREESTYLE	
100 yd. Free				Bary E. Dugan 69*	9:50.34	50 YARD FREESTYLE	
Harry Rawstrom 66	1:05.62			1650 YARD PRESTESTILE		50 YARD FREESTYLE	
George Pitts 66	1:13.91			Mary E. Dugan 69*	34:26.41	50 YARD FREESTYLE	
Nelson Hunt 65	1:28.56			1650 YARD PRESTESTILE		50 YARD FREESTYLE	
200 yd. Free				Marlene Herling 31	30:22.14	50 YARD FREESTYLE	
Harry Rawstrom 66	2:46.07			NEW 75-79		50 YARD FREESTYLE	
Sidney Saperstein 67	4:06.52			500 YARD PRESTESTILE		50 YARD FREESTYLE	
50 yd. Back				Katherine Pelton 74	11:09.77	50 YARD FREESTYLE	
George Pitts 66	1:38.98			400 YARD INDIVIDUAL MEDLEY		50 YARD FREESTYLE	
Mick Fardew 65	1:43.93			Katherine Pelton 74	11:18.24	50 YARD FREESTYLE	
Nelson Hunt 65	1:09.83			NEW 25-29		50 YARD FREESTYLE	
100 yd. Back				500 YARD PRESTESTILE		50 YARD FREESTYLE	
George Pitts 66	1:28.46			Darrell Rucker 25*	5:06.80	50 YARD FREESTYLE	
200 yd. Back				Michael C. Wiltgen 25*	5:16.95	50 YARD FREESTYLE	
Frank Murphy 65	3:14.94			Michael Heather 29	5:21.31	50 YARD FREESTYLE	
50 yd. Breast				Phillip Bias 29	5:57.41	50 YARD FREESTYLE	
Nelson Hunt 65	1:59.52			Sam Hynes 28	6:09.10	50 YARD FREESTYLE	
100 yd. Breast				Mark Schnakenburg 26	6:20.91	50 YARD FREESTYLE	
Harry Rawstrom 66	1:34.39			Eric Hochberg 29*	6:50.12	50 YARD FREESTYLE	
Sidney Saperstein 67	2:37.87			1650 YARD PRESTESTILE		50 YARD FREESTYLE	
200 yd. Breast				Darrell Rucker 25*	17:59.20	50 YARD FREESTYLE	
Sidney Saperstein 67	5:28.74			Michael C. Wiltgen 25*	18:12.73	50 YARD FREESTYLE	
50 yd. Fly				Eric Hochberg 29*	24:04.33	50 YARD FREESTYLE	
Nelson Hunt 65	1:55.96			400 YARD INDIVIDUAL MEDLEY		50 YARD FREESTYLE	
200 yd. Fly				Barton Gavboy 26	4:51.17	50 YARD FREESTYLE	
Frank Murphy 65	3:54.83			Michael C. Wiltgen 25*	4:59.19	50 YARD FREESTYLE	
100 yd. IM				NEW 30-34		50 YARD FREESTYLE	
Nelson Hunt 65	2:07.12			500 YARD PRESTESTILE		50 YARD FREESTYLE	
200 yd. IM				Bob Clarke 31	5:04.09	50 YARD FREESTYLE	
Frank Murphy 65	3:19.59			Bryan Weaver 30	6:06.25	50 YARD FREESTYLE	
MEN 70-74				Thomas Shuck 30	6:51.00	50 YARD FREESTYLE	
50 yd. Free				1650 YARD PRESTESTILE		50 YARD FREESTYLE	
Bert Kassell 71	1:31.10			Thomas Shuck 30	23:54.11	50 YARD FREESTYLE	
David McAfee 74	1:35.20			Jay Cliga 30	24:56.56	50 YARD FREESTYLE	
Francis Miller 70	1:40.33			400 YARD INDIVIDUAL MEDLEY		50 YARD FREESTYLE	
100 yd. Free				Bryan Weaver 30	5:16.95	50 YARD FREESTYLE	
Francis Miller 70	1:31.71			Jeff Kiese 32	5:21.76	50 YARD FREESTYLE	
200 yd. Free				NEW 35-39		50 YARD FREESTYLE	
David McAfee 74	3:05.98			500 YARD PRESTESTILE		50 YARD FREESTYLE	
Francis Miller 70	3:49.93			Denia Hattener 37	6:06.70	50 YARD FREESTYLE	
				Stephen E. Washburn 36	7:35.12	50 YARD FREESTYLE	

David Hershean 29	1:00.45	Denis Hattesser 37	38.97	Jack Welton 59	38.99	500 YD FREESTYLE		200 YD BREASTSTROKE	
David Orlicwski 26	1:11.59	Richard Michelangelo 36	DISQ	Janca Walker 59*	48.45	Bruce Silvano 25	5:26.97	cott Guthrie 38	2:33.01
50 YARD BACKSTROKE		200 YARD BACKSTROKE		George Britton 59*	57.58	John Pandak 28	5:59.89	lob Duenkel 38	2:37.97
Frank Lopez 25*	30.64	Stephen E. Washburn 36	3:19.64	200 YARD FREESTYLE		50 YD BACKSTROKE		50 YD BUTTERFLY	
Lance Fuhsner 28*	32.09	Younger T. Ajax 37	1:06.49	Duane L. Craves 57	2:39.42	William Zenga 28	34.33	cott Guthrie 38	26.86
Edward Badeschacher 26*	32.86	Thomas Thomson 39	1:13.55	Rube Wolf Jr. 57	2:47.02	100 YD BACKSTROKE		aul Ackerman 38	31.12
200 YARD FREESTYLE		Sachal Stefanko 35	1:16.17	Donald Hester 57*	4:03.12	William Zenga 28	1:08.37	100 YD BUTTERFLY	
Barton Gavley 26	2:17.79	John Healey 39	1:28.19	100 YARD BREASTSTROKE		200 YD BACKSTROKE		hris Mullon 36	1:03.40
Erin Cohn 25	2:33.24	50 YARD BUTTERFLY		Jim E. Williamson 59	1:20.25	William Zenga 28	2:27.38	200 YD BUTTERFLY	
William F. Eutan 28	2:37.24	Paul Shane 37	28.05	Rube Wolf Jr. 57	1:29.83	Gustavo Marinello 29	2:38.31	hril Sheehy 35	2:16.78
100 YARD BREASTSTROKE		Richard Michelangelo 36	28.74	Frack Pleasse 58	30.09	50 YD BREASTSTROKE		hris Mullon 36	2:34.47
Barton Gavley 26	1:05.15	Stephen E. Washburn 36	29.99	Jack Welton 59	34.41	William Zenga 28	31.21	100 YD I.M.	
Jim Jackson 26	1:08.50	Michael Stefanko 35	30.20	Don Conklin 55	36.39	Gustavo Marinello 29	34.47	christopher O'Brien 36	1:04.99
Michael C. Wilgjen 25*	1:10.20	Richard Eolland 36	30.50	200 YARD BUTTERFLY		Earl Williams 25	35.46	hris Mullon 36	1:08.72
John D'Arcy 25	1:10.79	Nike Greenberg 37	44.06	Duane L. Craves 57	3:03.73	100 YD BREASTSTROKE		leith Sutton 35	1:09.03
Mark Wendley 25	1:11.86	200 YARD INDIVIDUAL MEDLEY		Duane L. Craves 57	2:36.84	William Zenga 28	1:09.44	200 YD I.M.	
David Vandenberg 26	1:12.08	Paul Shane 37	2:34.19	Rube Wolf Jr. 57	2:40.82	200 YD BREASTSTROKE		lob Duenkel 38	2:25.18
Edward Badeschacher 26*	1:14.44	Michael Stefanko 35	2:43.60	Donald Hester 57	2:54.50	William Zenga 28	2:32.48	hris Mullon 36	2:34.40
Lance Fuhsner 28*	1:19.12	Stephen E. Washburn 36	2:58.69	50 YD BUTTERFLY		50 YD BUTTERFLY		hris Mullon 36	5:33.40
Don Carr 26	1:23.99	50 YD FREESTYLE		Andrew Holden 64*	28.20	Bruce Silvano 25	27.36	christopher O'Brien 36	5:30.20
50 YARD BUTTERFLY		Peter Bonay 41	24.89	100 YARD FREESTYLE		Richard Besser 28	29.87	MEN 10-14	
Barton Gavley 26	25.96	Toby Mussman 42	28.31	Andrew Holden 64*	28.20	Auellana Gilles 26	30.15	al Winn 42	23.66
Marc Whitner 25*	26.38	Jim Crowell 42	32.11	200 YARD FREESTYLE		100 YD BUTTERFLY		laymond Welsh 44	27.85
Edward Badeschacher 26*	27.63	Gary McDowell 40	33.91	Andrew Holden 64*	1:01.93	Bruce Silvano 25	2:15.91	oug Buchan 40	54.09
Jim Jackson 26	27.89	John J. Zupin 42	34.60	Eob Merrick 63	1:03.78	100 YD I.M.		al Winn 42	54.33
Doug Croloff 29	28.28	Ell Gohdes 40*	37.60	50 YARD BACKSTROKE		Bruce Silvano 25	1:03.39	200 YD FREESTYLE	
William F. Eutan 28	29.20	100 YARD FREESTYLE		Eob Merrick 63	37.48	Gustavo Marinello 29	1:07.27	erry Delong 40	2:01.96
Tim Seagood/Cillar 29	29.48	Peter Bonay 41	57.25	Andrew Holden 64*	11.77	Avellana Gilles 26	1:07.44	500 YD FREESTYLE	
Erin Cohn 25	29.66	James C. McCurry 42	1:06.26	200 YARD INDIVIDUAL MEDLEY		Earl Williams 25	1:10.55	erry Delong 40	5:39.20
David Vandenberg 26	29.79	John J. Zupin 42	1:17.57	Andrew Holden 64*	2:53.37	200 YD I.M.		erry Delong 40	6:45.59
David Orlicwski 26	DISC	Gary McDowell 40	1:18.31	50 YD FREESTYLE		William Zenga 28	2:16.74	eter Betzer 41	29.80
200 YARD INDIVIDUAL MEDLEY		Bill Gohdes 40*	1:29.25	Jack Garnous 67	31.03	Bruce Silvano 25	4:54.79	eter Betzer 41	29.80
Michael C. Wilgjen 25*	2:13.00	50 YARD BACKSTROKE		Ed Allen 68	31.65	William Zenga 28	5:18.88	Cal Winn 42	30.44
Michael C. Wilgjen 25*	2:17.24	Gary McDowell 40	44.54	Max Luna 68	44.37	MEN 10-14		Ray Welsh 44	35.96
Marc Whitner 25*	2:17.56	200 YARD BACKSTROKE		100 YARD FREESTYLE		50 YD FREESTYLE		Peter Betzer 41	1:04.81
John D'Arcy 25	2:21.59	Lance Latsas 43	2:10.59	Jack Garnous 67	1:08.86	Mike McIntyre 30	22.08	Cal Winn 42	1:08.68
50 YD FREESTYLE		Gary McDowell 40	3:17.73	Norman Fitzgerald 67	1:15.64	Robert Strauss 31	24.32	200 YD BACKSTROKE	
Jeff Kiesel 32	24.93	100 YARD FREESTYLE		Herman Becker 66	1:21.90	Robert Maughan 30	24.77	Peter Betzer 41	2:22.23
Phillip Tuttlebone 31*	25.50	Lance Latsas 43	1:11.16	Theodore Ecurie 66	1:25.62	Ned Barnes 34	24.87	50 YD BREASTSTROKE	
Wynn Miller 33	25.93	Toby Mussman 42	1:32.66	John McKenzie 67	1:30.84	Robert Davis 31	26.78	Peter Betzer 41	31.45
Jay Erickson 32	26.00	Jim Crowell 42	1:42.08	50 YARD BACKSTROKE		Jay Hoover 34	34.60	Cal Winn 42	34.65
Gary Tollack 32	26.10	50 YARD BUTTERFLY		Jack Garnous 67	40.65	100 YD FREESTYLE		Mike McIntyre 30	50.05
Barry Douglas 30	27.43	Peter Bonay 41	28.65	Norman Fitzgerald 67	44.25	Robert Strauss 31	53.36	Robert Strauss 31	1:09.94
Ken Titter 34*	27.59	Toby Mussman 42	35.43	John McKenzie 67	45.37	Scott McMillen 30	54.77	Gerry Delong 40	1:10.58
Robert D. Washburn 34	27.74	200 YARD BUTTERFLY		Ed Allen 68	45.42	Robert Maughan 30	55.41	200 YD BREASTSTROKE	
Jay Cigna 30	30.37	Peter Bonay 41	2:47.73	John Bapin 69	57.61	Robert Davis 31	1:01.06	Peter Betzer 41	2:32.72
Mark C'Brien 31	32.44	200 YARD INDIVIDUAL MEDLEY		Max Luna 68	1:02.11	200 YD FREESTYLE		50 YD BUTTERFLY	
100 YARD FREESTYLE		Toby Mussman 42	2:54.89	200 YARD BACKSTROKE		Robert Strauss 31	1:59.59	Cal Winn 42	26.79
Bob Clarke 31	51.12	50 YD FREESTYLE		Herman Becker 66	3:37.20	Jim Hagen 30	2:02.55	Doug Buchan 40	27.21
Eryan Weaver 30	52.84	Alex Bogic 47	29.11	Theodore Ecurie 66	3:39.61	Ned Barnes 34	2:06.41	Ray Welsh 44	31.21
James Kendrick 30	53.40	100 YARD FREESTYLE		John McKenzie 67	3:57.20	Robert Maughan 30	2:02.43	100 YD BUTTERFLY	
Jeff (James) Strnad 31	53.47	Alex Bogic 47	1:03.12	Max Luna 68	5:13.99	Mark Hanson 32	2:14.66	Gerry Delong 40	58.79
Phillip Tuttlebone 31*	56.63	Chuck Lillekis 45*	1:13.83	100 YARD BACKSTROKE		Reed Tobler 31	2:35.59	Cal Winn 42	1:00.20
Wynn Miller 33	57.04	50 YARD FREESTYLE		Theodore Ecurie 66	2:04.81	Robert Davis 31	2:23.11	200 YD BUTTERFLY	
Jay Erickson 32	58.30	Alex Bogic 47	36.51	50 YD BUTTERFLY		Jay Hoover 34	3:19.55	Gerry Delong 40	2:33.56
Gary Tollack 32	58.44	200 YARD FREESTYLE		Norman Fitzgerald 67	50.37	500 YD FREESTYLE		Cal Winn 42	1:02.35
Barry Douglas 30	59.81	100 YARD BACKSTROKE		Max Luna 68	50.37	Robert Strauss 31	5:26.13	Raymond Welsh 44	1:12.96
Robert D. Washburn 34	1:02.10	Alex Bogic 47	36.51	200 YARD INDIVIDUAL MEDLEY		Scott McMillen 30	5:27.57	200 YD I.M.	
William Painter Jr. 31	1:04.50	50 YARD BACKSTROKE		Norman Fitzgerald 67	1:05.07	Robert Maughan 30	5:43.10	Gerry Delong 40	2:30.21
Thomas Shuck 30	1:05.16	David Swensen 45	1:25.62	Ed Allen 68	4:03.26	Robert Davis 31	7:11.21	Raymond Welsh 44	2:20.21
Ken Titter 34*	1:09.78	200 YARD BUTTERFLY		Theodore Ecurie 66	4:05.63	50 YD BACKSTROKE		400 YD I.M.	
Jay Cigna 30	1:11.47	David Swensen 45	3:12.51	50 YD FREESTYLE		Mike McIntyre	425.29	Gerry Delong 40	5:03.25
Mark C'Brien 31	1:20.41	200 YARD INDIVIDUAL MEDLEY		Bill Shott 73	31.60	Robert Strauss 31	29.94	Peter Betzer 41	5:22.78
50 YARD BACKSTROKE		Alex Bogic 47	2:57.41	Hog Fichardson 72	32.39	Tim Shead 31	30.56	MEN 15-19	
Wili (James) Strnad 31	29.42	100 YARD FREESTYLE		100 YARD FREESTYLE		Robert Davis 31	33.64	50 YD FREESTYLE	
Paul Blumenthal 31	32.03	Crtel Latsas 50	28.40	Woody Bowersock 70	1:08.97	100 YD BACKSTROKE		Ernie Leskovitz 46	26.36
Phillip Tuttlebone 31*	32.17	Eric Scott 52	28.65	Bill Shott 73	1:13.13	Mike McIntyre	454.90	Joey Kaufmann 48	26.94
Gary Tollack 32	32.43	W.J. (Bill) Hebert 52	29.55	John Stinco 71	1:17.89	Scott McMillen 30	1:04.87	Eduardo Carrera 46	28.01
Daniel Trudeau 30	33.45	Sean Kelly 50	38.36	50 YARD BACKSTROKE		Jim Hagen 30	2:24.49	Phil Drake 48	29.03
Ken Titter 34*	34.91	Akiva D. Harris 52	47.39	Hog Fichardson 72	40.19	Robert Davis	DISQ.	George Doerffel 45	30.11
Jay Erickson 32	35.44	100 YARD FREESTYLE		Bill Shott 73	47.84	50 YD BREASTSTROKE		Arthur Dragon 45	33.49
Mark C'Brien 31	39.19	Eric Scott 52	1:03.06	200 YARD BACKSTROKE		Reed Tobler 31	DISQ.	Harold Apter 47	45.93
Jay Cigna 30	42.03	Art Welch 51	1:03.99	Woody Bowersock 70	3:27.57	100 YD BREASTSTROKE		Ernie Leskovitz	58.49
200 YARD BACKSTROKE		Ed Farrell 51	1:08.38	Hog Fichardson 72	3:32.42	Carlos Cruz 32	1:18.54	Eduardo Carrera 46	1:06.16
Jeff (James) Strnad 31	2:20.40	Earl Cragg 51	1:09.35	100 YARD FREESTYLE		200 YD BREASTSTROKE		George Doerffel 45	1:07.86
Thomas Shuck 30	2:30.71	W.J. (Bill) Hebert 52	1:09.36	Hog Fichardson 72	1:34.78	Reed Tobler 31	3:16.62	Ernie Leskovitz 46	2:09.91
100 YARD FREESTYLE		Akiva D. Harris 52	1:35.60	Bill Shott 73	1:36.11	50 YD BUTTERFLY		Eduardo Carrera 46	2:34.44
Eryan Weaver 30	1:07.21	50 YARD BACKSTROKE		John Stinco 71	1:41.28	Mike McIntyre 30	25.99	Ernie Leskovitz 46	6:04.84
Jeff Kiesel 32	1:13.05	Stan McConnell 52	34.52	50 YARD BUTTERFLY		Robert Strauss 31	26.61	Eduardo Carrera 46	6:39.01
Erin Cohn 25	1:13.05	200 YARD FREESTYLE		Bill Shott 73	37.44	Robert Maughan 30	28.77	50 YD BACKSTROKE	
Daniel Trudeau 30	1:16.17	Art Welch 51	2:39.54	John Stinco 71	47.10	Carlos Cruz 31	30.01	100 YD BUTTERFLY	
Jay Cigna 30	1:27.52	W.J. (Bill) Hebert 52	2:59.80	200 YARD INDIVIDUAL MEDLEY		100 YD BUTTERFLY		Robert Strauss 31	57.66
Scream Gatt 33	1:28.26	Earl Cragg 51	3:47.58	John Stinco 71	3:13.01	Ned Barnes 34	1:00.08	200 YD FREESTYLE	
50 YARD BUTTERFLY		100 YARD FREESTYLE		Woody Bowersock 70	3:33.49	100 YD I.M.		Phil Drake 48	1:21.38
Jeff Kiesel 32	26.34	Eric Scott 52	1:22.48	50 YARD BACKSTROKE		Mike McIntyre 30	56.12	200 YD BACKSTROKE	
Jeff (James) Strnad 31	26.74	Ed Farrell 51	1:24.22	Leonard A. Chapin 75	38.56	Robert Strauss 31	1:02.24	Phil Drake 48	2:54.69
Paul Blumenthal 31	28.22	Steven Schiefel 51	1:27.93	100 YARD FREESTYLE		Robert Maughan 30	1:03.74	Eduardo Carrera 46	3:06.36
Daniel Trudeau 30	24.29	W.J. (Bill) Hebert 52	1:32.31	Leonard A. Chapin 75	1:25.80	Jim Hagen 30	1:04.14	50 YD BREASTSTROKE	
Erin Cohn 25	28.43	Earl Cragg 51	1:34.84	Sheldon White 78	1:44.84	Ned Barnes 34	1:04.19	Roy Roho 45	33.59
Phillip Tuttlebone 31*	28.53	50 YARD BUTTERFLY		50 YARD BACKSTROKE		Mark Hanson 32	1:11.99	Joey Kaufmann 48	34.75
Gary Tollack 32	29.50	Stan McConnell 52	30.94	Leonard A. Chapin 75	57.42	200 YD I.M.		Phil Drake 48	37.44
Edward McKenzie 34	30.59	Steven Schiefel 51	31.27	50 YARD BUTTERFLY		Scott McMillen 30	2:12.23	George Doerffel 45	38.29
Ken Titter 34*	35.17	Eric Scott 52	31.89	Leonard A. Chapin 75	49.80	Tim Shead 31	2:14.89	Arthur Dragon 45	1:33.64
Jay Cigna 30	37.07	Art Welch 51	32.29	200 YARD INDIVIDUAL MEDLEY		Robert Maughan 30	2:22.36	100 YD BREASTSTROKE	
William Painter Jr. 31	DISQ	W.J. (Bill) Hebert 52	34.75	50 YARD FREESTYLE		100 YD FREESTYLE		Joey Kaufmann 48	1:22.34
200 YARD BUTTERFLY		Sean Kelly 50	DISQ	Charles McCallister 80	54.65	50 YD FREESTYLE		George Doerffel 45	1:26.30
Jeff (James) Strnad 31	2:14.75	200 YARD FREESTYLE		50 YARD BACKSTROKE		leith Sutton 35	25.39	200 YD BREASTSTROKE	
Erin Cohn 25	2:23.70	Art Welch 51	2:54.48	Charles McCallister 80	1:12.63	Robert Strauss 31	25.56	Robert Strauss 31	2:53.75
Daniel Trudeau 30	2:28.44	200 YARD INDIVIDUAL MEDLEY		* Derotes son SPMA swimmer		ert Galnes 39	28.6		

SWIM-MASTER

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NEW TRADITION - The sovereign States of Iowa and Minnesota have started a 'new tradition'. Masters swimmers from Minnesota traveled south to challenge the masters swimmers from Iowa at Iowa City in a dual meet. After the meet the Masters then came out to cheer for their respective university teams. A social was held long into the evening. Next day the Masters again cheered their respective university teams at the Big Ten Relays and then some swimmers attended the Iowa vs Minnesota football game. It was summed up "Masters swimming is winning without having to come in first." (Kevin Kelly).

NO FALSE START RULE - The effect of this USS rule is that one false start would result in disqualification. USMS Board of Governors subsequently voted to delay implementation of this rule for one year. Gail Dummer says that in her opinion, the purpose of delay was to permit masters swimmers additional time to consider the implications of the no false start rule for our program. Many associations experimented with this rule before adopting it for 1984. It would seem prudent for masters swimmers to experiment with the no false start rule before the Board of Governors meet again in September 1984. Gail urges each LMSC to experiment with implementation of the no false start rule in at least one meet prior to September.....

EXPRESS MAIL? - On Dec. 5, 1983 I received an entry blank with check to the SC Nationals in May by Express Mail mailed April 25, 1983!.....

Swimming News

SOME MYTHS AND FACTS ABOUT EXERCISE

MYTH: Hard work makes you old before your time.

FACT: Working to exhaustion day after day is not the best thing for your health, but it has never been proven that normal hard work ever killed anyone. Quite the opposite. Exercise actually produces changes in body composition and capacity that run counter to the trends usually seen in aging.

MYTH: Exercise can lead to heart attack.

FACT: A sudden burst of intense physical activity after years of sedentary living could put too much strain on your heart. But regular, reasonable exercise develops stronger, healthier heart muscles and seems to ward off heart attacks.

MYTH: To get into shape and stay there, you have to work out for several hours every day.

FACT: Research has shown that to maintain fitness, older persons need exercise only three to five times a

week for a minimum of twenty minutes a session.

MYTH: If a little exercise is good, more is better.

FACT: It has been learned that persons over fifty need to exercise only 40% to 60% of their capacity in order to derive maximum benefits. Over-exercising is both dangerous and impractical.

MYTH: Exercise always leaves you exhausted and sore.

FACT: A sudden exercise binge, particularly if you do calisthenics that encourage contraction of the muscles, can wear you out and cause aching muscles, and over-exercise in sports or work activities can cause structural health problems. The fitness program that works best starts at a level well within your capacity and progresses gradually. And the best person to determine your regimen is your family doctor or chiropractor, who is a structural health specialist. Regular exercise makes you more relaxed, builds your

energy reserves, and allows for easier, freer movements.

MYTH: Older people should never participate in team sports or do straining activities such as weight-lifting.

FACT: Here again the key is not age, but state of fitness. There are persons in their eighties playing tennis, weight-lifters in their seventies, and handball players of all ages. Obviously, it would be risky to tackle a highly strenuous activity without slow and careful preparation, excellent training and regular monitoring of your physical state.

MYTH: As you get older, you should take it easy.

FACT: If "taking it easy" means living a sedentary life, then the statement is wrong. Even worse, it will lead to an increased rate of the aging process and a greater predisposition to illness and disability. If "taking it easy" means living a life of moderation and governing activities with reason and good judgment based on physical ability, then it is a correct statement.

SWIM-MASTER

June Krauser, Editor
2308 N.E. 19th Avenue
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SWIM CALENDAR

VOL XIII - No 2

FEBRUARY 1984

MAR	3	SC - Ray & Zada Taft, 2911 Naples, Half Moon Bay, CA 94019
	3	SC - Paul Windroth, 16700 Valley View Rd., Eden Prairie, MN
	3	SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
	4	Pentathlon & Diving - Peggy Erienkotter, 9 Meadow Park Ave., W., Stamford, CT 06905
	4	SC - Dave Ferris, PE Dept., Adelphia University, Garden City, NY 11530
	4	SC - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA 93105
	10	SC - David R. Stephens, 5957 Lakeview Dr. #D, Indianapolis, IN 46224
	10	SC - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	10-11	SC - L. W. Retzner, 4517 Main St., Naperville, IL 60532
	10-11	SC - Skippy Matson, c/o Dynamo SC, 3119 Shallowford Rd., Chamblee, GA
	10-11	SC - GOMSM - 649 W. Livingston St., Orlando, FL 32801
	11	SC - John Hutchins, Flushing Meadow Park, Corona, NY 11368
	11	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	16-18	Hurth - Gert Fuchs, An Der Ronne 192, 5020 Cologne 40, WEST GERMANY
	17	SC - Jan Huneke, 1158 Asbury Rd., Cincinnati, OH 45230
	17	SC - Bobbie Turcotte, Buehler YMCA, P.O. Box 367, Palatine, IL 60067
	17-18	SC - Bob McFall, 8425 Del Prado Ct., Indianapolis, IN 46227
	18	SC - Ann Degnan, Rec Dept, Town Hall, Plainville, CT 06062
	18	SC - Charlie Moss, Dow Chemical, Midland, MI
	18	SC - Susan Grey, 112 Oak St., Ridgewood, NJ 07451
	18	SC - Ray Woller, 5661 Horning Rd., Kent, OH 44240
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	24-25	SC - Harry Rawstrom, 713 Colgate Lane, Newark, DE 19711
	25	SC - Donald Kretschman, 1206 E. Dawes, Wheaton, IL 60187
APR		Hawaiian Postal Relays, Kay Harrison, 98-487 Koauka Loon, #B1003, Aila, HI 96701
	1	SC - Darcy Fazio, 13a Waverly, Branford, CT 06405
	7	SC - Tim Groy, Westfield Y, 138 Ferris Place, Westfield, NJ 07090
	7-8	SC - Nick Kakos, P.O. Box 8513, Canton, OH 44711
	8	SC - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	8	SC - Carolyn Ferris-Johnson, 2711 Levin Ct., Mountain View, CA 94040
	13-14	EOMAC - Lynn Wilkinson, 1185 Queen Victoria Ave., Mississauga, Ont. L5H 3H2 CANADA
	13-15	A.U.S.S.I. - Brian Hird, P.O. Box 456, Sutherland 2232 AUSTRALIA
	13-15	Gail Dummer, 3331 John Hickie Place, Bloomington, IN 47401
	13-15	SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
	13-15	SC - Monty Karnes, Flint YMCA, 411 E. 3 St., Flint, MI 48502
	13-15	SC - Mike Cook, 215 Ottawa, Joliet, IL 60451
	13-15	SC - Arnie Dowd, 8254 Johnson St., Arvada, CO 80005
	14	SC - Jim Edwards, 2 Thayer St., Providence, RI 02-96
	14-15	SC - Tom Boak, 63 Huntsman's Horn Circle, Woodlands, TX 77380
	20-21	SC - Paul Hutinger, 815 N. Charles, Macomb, IL 61455
	24-28	1st Int. Champ., Convention Mgt. Ser. of N.Z., P.O. Box 2607, Christchurch N.Z.
	21-28-29	SC - Nancy Ridout, 580 Sunset Pkwy., Novato, CA 94947
MAY	26-29	USMS NATIONALS - Tina Martin, 3320 Primavera St., Pasadena, CA 91107