



SWIM-MASTER

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1982-1983 TOP TEN RELAYS - TOTALLY EDITED, UPDATED & REVISED (we hope)

WOMEN'S 200 M FREESTYLE RELAY:		OHIO 2.54.36 Hill, Wunderlich, Schafer, Russ		45+		TAMALPAIS 1.54.55 Burns, Anderson, Sultan, Ridout	
25+		NEWPORT BEACH 3.17.03 Austin, Marienthal, Dixon, Garwood		SAN MATEO MARLINS 2.52.08 McCubbin, Pisciotta, Kay, Hewitt		LAND OF LINCOLN A 2.00.24 Padovan, Bennett, David, Mulliken	
SAN DIEGO 1.47.51 Dunbar, Walter, Silva, Osborn		SAN MATEO MARLINS 3.21.59 Etienne, Matthiason, Buel, Taft		CONNECTICUT 2.54.87 Phillips, Gravener, Kamphausen, Donnelly		GREATER INDIANA B 2.03.02 Sharp, Dierks, Calabrese, Ridolfo	
MICHIGAN 1.55.69 Whitcomb, Church, Allsup, Early		OAK RIDGE 3.22.37 Schappel, Marshall, Meservey, Smith		GREATER INDIANA 2.59.39 Champ, Wirt, Lovengrub, Ostler		LEXINGTON 2.04.01 Hellman, Cox, Antonini, Hamilton	
LAND OF LINCOLN A 1.58.94 Sodini, Swayman, Burnett, Bartsokas		TAMALPAIS 3.26.97 Joy, Cunningham, Musser, Maroujouis		LAND OF LINCOLN 3.03.47 Oberweis, Rossi, Turcotte, McCaw		MARYLAND 2.04.70 Vaillancourt, Ramanauskas, Bragg, Gorski	
GREATER INDIANA A 1.59.06 Deaver, Sauer, Shedron, Wickstrand		WISCONSIN 4.24.80 John, Kanehl, Sciborski, Zuemer		NEW ENGLAND 3.06.97 McIntyre, Chapin, Walker, Carr		LAND OF LINCOLN B 2.08.90 Smith, Law, Burfiend, Olson	
WESTSIDE 1.59.58 Todd, Johnson, Shilling, Worthen		65+		JERSEY 3.10.75 Hamilton, Fischer, Moeller, Boorman		ST LOUIS 2.10.23 Miller, Burke, Mueller, Zamion	
SOUTHWEST 2.02.02 Schmidt, O'Sullivan, Gettling, LeBlanc		LONG BEACH 3.31.05 Cole, Simonton, Deal, Merlino		OHIO 3.18.32 Gurgusson, Kion, Kakos, Brogan		SOUTHWEST OHIO 2.10.54 Audley, Sach, Maley, Simons	
GREATER INDIANA B 2.03.69 Eiler, Ward, Knuckles, Tracy		SAN MATEO MARLINS 3.38.94 Buel, Etienne, Goldman, Greene		ARIZONA 3.19.47 Murray, Gruender, Laporte, Steward		LAND OF LINCOLN C 2.16.50 Mahoney, Brummett, Murphy, Benton	
PLANTATION 2.04.53 Parker, Snyder, Belknap, Selden		ST. PETERSBURG 3.40.04 Cichanski, Schimpf, Ballard, Kennedy		SANTA BARBARA A 3.43.08 Baird, Steele, Olshan, Rowland		45+	
IRVINE NOVAQUATICS 2.06.02 Shorar, Vaughn, Munteer, Howe		WALNUT CREEK MASTERS 3.50.61 Peckham, Reeves, Durston, Weil (Cooper)		SANTA BARBARA B 4.29.50 Ridenour, Ridland, Hayes, Hesthal		LAND OF LINCOLN A 2.11.04 Turcotte, McCaw, Kooistra, LeBourgeois	
LAND OF LINCOLN B 2.06.55 Steinmetz, Truchan, Nyweide, Mead		75+		55+		GREATER INDIANA A 2.13.40 Ostler, Champ, Kirts, Costill	
35+		HUMUHUMUNUKUNUKUAPUA 6.17.97 Montgomery, Borg, Newton, Miller		OHIO 3.12.32 Mulligan, Culhane, Schafer, Russ		LAND OF LINCOLN B 2.24.72 Rossi, Oberweise, Kay, Leengran (Kirk, Stuart)	
OREGON 2.09.18 Frid, Rittenhouse, Pierson, Rousseau		WOMEN'S 200 M MEDLEY RELAY:		SANTA BARBARA 3.12.69 Erickson, Stinson, Altus, Baar		ST LOUIS 2.26.59 Buss, Peters, Kelley, Maurer	
GREATER INDIANA A 2.12.53 Hasbrook, Calabrese, Wise, Larsen		25+		MIDDLE ATLANTIC 3.22.13 Merryman, Miller, Derr, Haupt (Fusselman)		OHIO 2.27.01 Cath, Kron, Kakos, VanDuk	
LAND OF LINCOLN A 2.13.20 Bennett, Law, Burfiend, David		MICHIGAN 2.10.63 Church, Whitcomb, Allsup, Early		TAMALPAIS 3.44.14 Cunningham, Joy, Lucchessi, Maruejouis		NEW ENGLAND 2.27.76 Hulme, Jerome, McIntyre, Chapin	
SOUTHWEST 2.15.05 Menard, Gettling, Jenkins, Culiver		GREATER INDIANA A 2.12.37 Ward, Tracy, Shedron, Deaver		SAN MATEO MARLINS 3.49.51 Taft, Matthiesen, Buel, Etienne		GREATER INDIANA B 2.29.56 Lowengrub, Scott, Scott, Reiman	
ST. LOUIS 2.19.67 Mueller, Edmonds, Burke, Buss		LAND OF LINCOLN 2.15.49 Truchan, Swayman, Sodoni, Bartsokas		OAK RIDGE 3.50.13 Smith, Meserve, Schappel, Marshall		METRO OF NY 2.31.30 Pitts, Costello, Pitts, Johnsen	
LEXINGTON 2.27.09 Cox, Arnold, Culhane, Antonini		WESTSIDE 2.19.97 Sing, Todd, Johnson, Worthen		ARIZONA 4.34.06 Steward, Grafrath, Manfredi, Kimmel		SANTA BARBARA 2.37.42 Martin, Ridland, Rowland, Olshan	
SOUTHWEST OHIO 2.29.20 Maley, Sacha, Lyons, Schmidt		SOUTHWEST 2.22.14 LeBlanc, O'Sullivan, Gettling, Schmidt (Jenkins, Culiver)		65+		ARIZONA 2.41.58 Gruender, Gruender, Bogatki Starr	
TAMALPAIS A 2.31.43 Christensen, Hill, Winn, Ridout		PLANTATION 2.22.75 Pardner, Belknap, Selden, Snyder		ST. PETERSBURG 4.09.68 Schimpf, Schultz, Kennedy, Ballard		OHIO 2.21.20 Morris, Hill, Russ, Stickney	
LAND OF LINCOLN B 2.36.39 Potsch, Olson, Brummet, Olson, Murphy		SAN JOSE AQUATICS 2.25.56 Burton, Melick, Griese, Carriers		SAN MATEO MARLINS 4.10.53 Etienne, Matthiesen, Buel, Goldman		SANTA BARBARA 2.22.47 Piemme, Baar, Erickson, Buvick (Richardson)	
ARIZONA 2.42.81 Rudel, Gillies, Brumbaugh, Reuter		GREATER INDIANA B 2.27.08 Eiler, Knuckles, Otilie, Sauer		LAND OF LINCOLN 4.16.12 Havlicek, Zint, Wolfe, Cureton		SAN MATEO MARLINS 2.30.29 Taft, Taoli, Etienne, Taft	
45+		SOUTHWEST OHIO 2.38.36 Severun, Johnson, Reiley, Huseman		WALNUT CREEK 4.42.64 Peckham, Weil, Reeves, Cooper		OAK RIDGE 2.40.23 Marshall, Schappel, Smith, Crews	
LAND OF LINCOLN A 2.38.24 Turcotte, Rossi, Oberweis, McCaw		GREATER INDIANA C 2.40.42 Hart, Dummer, Philben, McFall		MIXED 200 M FREESTYLE RELAY:		WISCONSIN 2.47.05 Wussow, Sciborski, Kanehl, Rockwell	
GREATER INDIANA A 2.41.15 Ostler, Champ, Scott, Lovengrub		35+		GREATER INDIANA A 1.47.65 Young, Sauer, Deaver, Vickery		OHIO 2.47.15 Liber, Culhane, Schafer, Daily	
JERSEY 2.43.40 Moeller, Hamilton, Fisher, Boorman		OREGON 2.23.18 Frid, Pierson, Rousseau, Rittenhouse		LAND OF LINCOLN A 1.48.58 Hasse, Swayman, Bartsokas, Schackie		LEXINGTON 2.49.53 Fulmer, Horton, Turley, Schmi	
NEW ENGLAND 2.47.81 McIntyre, Chapin, Carr, Walker		LAND OF LINCOLN A 2.29.65 Bennett, Law, David, Burfiend		GREATER INDIANA B 1.51.14 Click, Shedron, Tracey, Koss		LAND OF LINCOLN 3.03.69 Koblisch, Havlicek, Turley, Schmidt	
SAN MATEO MARLINS 2.49.94 Taft, McCubbin, Pisciotta, Hewitt		SOUTHWEST 2.32.13 Jenkins, Culiver, Gettling, Menard		WESTSIDE 1.52.72 Weaver, Murphy, Worthen, Shilling		65+	
ARIZONA 2.50.16 Gruender, Bogatko, LaPorte, Murray		LAND OF LINCOLN A 2.29.65 Bennett, Law, David, Burfiend		D. C. 1.52.97 Hansen, Wolf, Hansen, Hochuli		LONG BEACH 2.33.82 Garnaas, Simonton, Merlino, Bowersock	
OHIO 2.54.30 Kron, Gergusson, Brogan, Kakos		SOUTHWEST 2.35.16 Larson, Hasbrook, Wise, Calabrese		MARYLAND 1.53.48 Stedman, Ross, Rubino, Munger		D.C. 2.37.31 Murphy, Clark, Murphy, Lemmon	
SANTA BARBARA 3.00.16 Olshan, Rowland, Hesthal, Steele		ST LOUIS 2.43.65 Edmonds, Burke, Mueller, Buss		PLANTATION 1.54.20 Burd, Parker, Seller, Rush		LAND OF LINCOLN 3.03.00 Horvedt, Zint, Cureton, Havlicek (Wojcik, Wolfe, Strizek)	
55+		TAMALPAIS 2.45.57 Jenkins, Winn, Ridout, Christensen		ST LOUIS 1.54.30 Defforest, Stout, Brummel, Orland		ST PETERSBURG 3.04.63 Tillotson, Dolce, Briscoe, Kennedy (Schimpf, Johnston)	
MIDDLE ATLANTIC 2.43.39 Merryman, Fusselman, Derr, Haupt		LEXINGTON 2.47.80 Antonini, Arnold, Cox, Culhane		LAND OF LINCOLN B 1.55.06 Sension, Sodini, Burnet, Yant		SANTA BARBARA 3.18.21 Stinson, Becker, Hesthal, Ridenour	
SANTA BARBARA 2.52.65 Hayes, Stinson, Baar, Altus		SOUTHWEST OHIO 2.55.39 Land, Lyons, Maley, Schmidt		IRVINE NOVAQUATICS 1.56.42 Porter, Sherar, Vaughn, Angel		MIDDLE ATLANTIC 3.32.52 Bauscher, Miller, Jagers, Rawstrom	
		LAND OF LINCOLN B 2.57.23 Murphy, Walters, Potsch, Brummet		35+		ARIZONA 3.35.01 Steward, Starr, Grafrath, Mortenson	
		SAN MATEO MARLINS 2.59.19 Heinzen, Jaquith, Roepke, King		GREATER INDIANA A 1.53.87 Condon, Wise, Hasbrook, Olson			

LAKESIDE 4.00.25
Bowers, Weisenthal, Georgehead,
Riordan
MIXED 200 M MEDLEY RELAY:
25+
GREATER INDIANA A 2.00.73
Thomas, Vickery, Wickstrand,
Deaver
LAND OF LINCOLN A 2.03.15
Schackie, Swayman, Sencion, Sokas
MICHIGAN 2.03.91
Church, Murphy, Tashnick,
Whitcomb
GREATER INDIANA B 2.04.10
Ward, Tracy, Lamothe, Young
D.C. 2.04.43
Wolf, Leilich, Hansen, Hansen
(Ruppert-Proach)
PLANTATION 2.06.05
Rush, Belknap, Grubbs, Selden
LAND OF LINCOLN B 2.06.48
Johnson, Dahlberg, Sodini, Burnet
WESTSIDE 2.07.64
Sing, Weaver, Murphy, Worthen
GREATER INDIANA C 2.09.18
Lorentsen, Bly, Shedron, Sauer
ST LOUIS 2.09.33
Lentz, Stout, Brummel, Deforrest
35+
GREATER INDIANA A 2.11.95
Wise, Condon, Tibbetts, Hashbrook
LAND OF LINCOLN A 2.12.04
Bennett, Olson, David, Jackman
TAMALPAIS 2.13.42
Burns, Suttan, Ridout, Anderson
LAND OF LINCOLN B 2.16.91
Kern, Law, Padavon, Burfiend
NEW ENGLAND 2.17.28
Snooks, Page, Schlicher, McIntyre
ST LOUIS 2.19.15
Edmonds, Burke, Miller, Mueller
LEXINGTON 2.20.97
Hellmann, Arnold, Hamilton, Cox
CONNECTICUT 2.29.23
Watson, Babcock, Laux, Kamphausen
SOUTHWEST OHIO 2.30.05
Lameier, Maley, Simons, Schmidt
LAND OF LINCOLN C 2.31.84
Murphy, Norley, Potach, Wood
45+
GREATER INDIANA A 2.33.19
Champ, Wirt, Costill, Kirts
LAND OF LINCOLN A 2.38.92
McCaw, Seegers, Rossi, Masters
JERSEY A 2.43.72
Hamilton, Abel, Lathi, Boorman
METRO OF NEW YORK 2.45.98
Pitts, Silverstein, Costello,
Pitts
OHIO 2.49.88
Kakos, Kron, Lesko, Kakos
SOUTHWEST OHIO 2.50.88
Lark, Gass, Levy, Lyons
ST LOUIS 2.52.13
Peters, Kelly, Maurer, Buss
LAND OF LINCOLN B 2.55.55
Turley, Oberwise, Scheidelman,
Vear
LAKESIDE 2.55.61
Mullins, Ferguson, Haggerty,
Peterson
JERSEY B 2.56.77
Sanborn, Moeller, Fisher,
Sullivan
55+
NEW ENGLAND 2.32.07
Walker, Haartz, Wilson, Carr
OHIO A 2.45.82
Mulligan, Stickney, Dailey, Russ
LAND OF LINCOLN A 2.47.89
Turcotte, Olson, Koblisch, Schmidt
MIDDLE ATLANTIC 2.48.89
Merryman, Derr, Melick, Pranks
(Schaeffer, Rawstrom)
OAK RIDGE 3.02.67
Smith, Schappel, Crews, Marshall
OHIO C 3.04.53
Volk, Culhane, Krup, Wunderlich
OHIO B 3.06.53
Liber, Morris, Schafer, Hill
SAN MATEO MARLINS 3.07.29
Taft, Taft, Etienne, Tailoi
CONNECTICUT 3.09.59
Phillips, Chamberlain, Donnelly,
Langner
WISCONSIN 3.26.23
Wilson, Kanehl, Wussow, Sciborski

65+
LONG BEACH 3.04.07
Merlino, Lind, Simonton,
Bowersock
LAND OF LINCOLN A 3.09.46
Malbrough, Zint, Havlicek, Wolfe
D.C. 3.21.85
Murphy, Lemmon, Kassell, Clark
ST PETERSBURG 3.30.53
Schimpf, Johnston, Kennedy,
Mackey (Tillotson, Dolce)
LAND OF LINCOLN B 3.57.50
Havlicek, Knott, Strizek,
Cureton
LAKESIDE 4.29.66
Boners, Riordan, Weisenthal,
Georgehead
MEN'S 200 M FREESTYLE RELAY:
25+
GREATER INDIANA A 1.39.59
Young, Click, Lamothe, Vickery
ST LOUIS 1.41.41
Deforrest, Oswald, Jewell,
Orland
LAND OF LINCOLN A 1.41.88
Hasse, Dodson, Meyer, Schackie
GREATER INDIANA B 1.42.28
Koss, Perrin, Thomas, Tanner
LEXINGTON 1.43.48
Denison, Stocksdale, Peot, Evans
LAND OF LINCOLN B 1.45.21
Anderson, Follett, Johnson,
Sencion
SOUTHWEST OHIO 1.45.26
Huesken, Johnson, Anderson,
Daniels
LAKESIDE 1.45.30
Miller, Moyses, Rubinstein,
Tingley
MARINA 1.46.97
Yeomans, McConics, Evans,
Chatfield
ARIZONA 1.47.70
Hansen, Reed, Johnson, Newhall
35+
SAN DIEGO 1.44.02
Hill, Wisckol, Guzman, Neuman
LAND OF LINCOLN A 1.44.32
Padovan, Orland, Wood, Saggman
GREATER INDIANA A 1.46.64
Cooke, Costill, Condon, Olson
NEW ENGLAND 1.48.31
Fowler, Snooks, Asquith, Schlicher
OHIO 1.48.71
Bauschard, Ryan, Greenfield,
VanKijk
MINNESOTA 1.50.50
Kleffman, Luken, Litman, Davidson
GREATER INDIANA B 1.51.48
Ridolfe, Tibbetts, Sharp, Bruce
TROJAN 1.51.52
Larson, Buttrick, Musmann,
Krueger
WISCONSIN 1.51.92
Kueny, Ertel, Corris, Meeham
SOUTHWEST OHIO 1.53.01
Audley, Clark, Lameier, Simons
45+
THE OLYMPIC CLUB 1.48.76
Hill, Bohan, Gay, Hinshaw
MICHIGAN 1.53.23
Dobler, Magee, Heritier, Woolley
LAND OF LINCOLN A 2.00.88
Leengren, Masters, Kooistra, Vear
NEW ENGLAND 2.02.14
Jerome, Clayton, Dolan, Vorzyk
METRO OF NEW YORK 2.04.11
Silverstein, Ellis, Johnsen, Pitts
MARYLAND 2.05.04
Johnston, Overton, Rice,
Christensen
ST PETERSBURG 2.06.65
Risher, Ferris, Kohnken, Hutcheson
TROJAN 2.10.18
Reynolds, Hebert, Frank, Delotts
LAND OF LINCOLN B 2.11.99
Kay, Seegers, Scheidelman, Mullins
WISCONSIN 2.14.72
Bauman, Hellmuth, Rockwell, Kueney
55+
NEW ENGLAND 2.03.46
Wilson, Hulme, Katz, Haartz
LAND OF LINCOLN 2.08.77
Koblisch, Olufs, Turley, Schmidt
(Anderson, Havlicek)

TROJAN 2.12.97t
Schmidt, Wolf, Levine, Huestis
OHIO 2.12.97t
Morris, Liber, Daily, Stickney
WISCONSIN 2.19.56
Wilson, Howe, Wussow, Rockwell
(Feld)
SANTA BARBARA 2.29.22
Piemme, Richardson, Becker,
Stinson
GREATER INDIANA 2.31.29
Strong, Scott, Cross, McMahon
65+
D.C. 2.15.71
Murphy, Kassell, McAfee, Lemmon
LONG BEACH 2.19.34
Bowersock, Smith, Fitzgerald,
Garnaas
THE OLYMPIC CLUB 2.21.43
Mackay, Hargrave, Peterson, Collet
LAND OF LINCOLN A
Hotvedt, Knott, Malbrough, Havlicek
OHIO MASTERS 2.28.45
Volk, Immerman, Krup, Otis
GAMBLE-NIPPET YMCA 2.47.20
Witte, Campbell, Salie, Faison
LAND OF LINCOLN B 2.51.23
Ferguson, Beal, Strizek, Ogilby
LAKESIDE 2.51.36
Sims, Georgehead, Weisenthal,
Gilsdorf
ST PETERSBURG 2.59.46
Briscoe, Johnston, Tillotson,
McGuire
LAND OF LINCOLN C 3.16.52
Goodyear, Wojcik, Kelber, Newton
75+
LAND OF LINCOLN 4.10.58
Young, Cureton, Vest, Tannehill
MEN'S 200 M MEDLEY RELAY:
25+
ST LOUIS 1.52.11
Lentz, Letendre, Deforrest,
Orland
LAND OF LINCOLN A 1.53.14
Meyer, Kolar, Schack, Hasse
GREATER INDIANA A 1.53.99
Perrin, Vickery, Lamothe, Young
LAKESIDE 1.56.58
Tingley, Rubinstein, Miller,
Moyses
LAND OF LINCOLN B 1.56.60
Johnson, Dahlberg, Sencion,
Anderson
LEXINGTON 1.56.80
Stocksdale, Wilder, Denison,
Evans
LAND OF LINCOLN C 1.59.22
Boerner, Yant, Anderson, Follett
MARINA 1.59.34
McConica, Evans, Chatfield,
Hornby
D.C. 2.00.29
Wolf, Hansen, Gernstein, Parker
THE OLYMPIC CLUB 2.00.47
Beglinger, Cartwright, Foote,
Barthold
35+
MINNESOTA 1.57.15
Litman, Luken, Kleffman, Davidson
LAND OF LINCOLN A 1.58.91
Orland, Olson, Padavon, Jackman
NEW ENGLAND 1.59.30
Whitten, Fowler, Schlicher,
Asquith
TROJAN 2.01.30
Krueger, Cargill, Busch, Larson
GREATER INDIANA A 2.04.93
Sharp, Tibbetts, Condon, Olson
WISCONSIN 2.06.91
Ertel, Wanner, Corris, Meeham
ST PETERSBURG 2.07.73
Maguire, Betzer, Boyer, Pyhel
LEXINGTON 2.10.37
Hellmann, Marcotte, Hamilton,
Ahlgren
LAKESIDE 2.14.51
Lawrence, Ambrose, Hubbuch,
Ronniger
OKLAHOMA 2.16.16
Vandewighe, Russell, Heindenreich,
Bruning

45+
THE OLYMPIC CLUB 2.06.03
Hinshaw, Gay, Bohan, Hill
MICHIGAN 2.07.58
Martin, Koenig, Tashnic, Dubler
NEW ENGLAND 2.16.67
Bigwood, Clayson, Yorzyk, Jerome
METRO OF NEW YORK 2.18.48
Johnsen, Sanguily, Silverstein,
Pitts
GREATER INDIANA A 2.20.48
Chalfie, Scott, Costill, Myers
WISCONSIN 2.20.93
Heumuth, Bauman, Rockwell, Kueny
LAND OF LINCOLN 2.21.86
Seegers, Kooistra, Masters, Kay
ST PETERSBURG 2.22.75
Coxhead, Burns, Risher,
Hutcheson
JERSEY 2.25.63
Sanborn, Abel, Lathi, Sullivan
SANTA BARBARA 2.29.00
Ridland, Piemme, Martin,
Richardson
55+
NEW ENGLAND 2.16.81
Katz, Haartz, Wilson, Hulme
LAND OF LINCOLN 2.30.39
Turley, Anderson, Kublish, Schmidt
OHIO 2.35.09
Liber, Stickney, Daily, Morris
TROJAN 2.36.81
Levine, Bunge, Wolf, Schmidt
(Huestis, Huestis)
JERSEY 2.41.27
Sanborn, Lentzsch, Haynes,
McIntosh
THE OLYMPIC CLUB 2.49.24
Perry, Jones, Rudloff, Grannis
GREATER INDIANA 3.29.08
Rillo, Strong, Risley, Cross
65+
LAND OF LINCOLN B 2.43.67
Malbrough, Knott, Havlicek,
Hotvedt
LONG BEACH A 2.48.73
Fitzgerald, Lind, Bowersock,
Garnaas
OHIO 2.50.41
Volk, Otis, Krup, Immerman
THE OLYMPIC CLUB 2.55.90
Hargrave, Mackay, Peterson,
Collet
D.C. 2.57.27
Murphy, Lemmon, Kassell, McAfee
LAND OF LINCOLN 3.14.11
Ogilby, Strizek, Ferguson,
Newton (Wojcik)
LONG BEACH B 3.16.44
Smith, Wade, Guth, Chapin
ST PETERSBURG 3.18.28
Mackey, Johnston, Stinson, Briscoe
GAMBLE-NIPPET YMCA 3.22.04
Faison, Witte, Salie, Campbell
LAKESIDE 3.31.17
Georgehead, Gilsdorf, Weisenthal
Sims
75+
LAND OF LINCOLN 4.23.05
Cureton, Prime, Young, Kelber
WOMEN'S 25+ 200 YARD FREESTYLE RELAY:
Tandem 1.41.13
Worthen, Todd, Schilling, Neilson
New England A 1.45.31
Test, Mellick, Helmrish, LaRue
(Walsh, Luker)
Maryland 1.45.48
Wise, Bowman, Rucino, Ross (Muse)
Lone Star 1.45.79
Thomas, Arvesen, Wamsley, Ernst
San Diego 1.47.51
Dunbar, Walter, Silva, Osborn
(Tynan, Neville)
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
Slimak, Donnelly, Hutchins, Perry

WOMEN'S 35+ 200 YARD FREESTYLE RELAY:

Tandem	1.52.00
Todd, Sved, Johnson, McFadden	
Tamalpais	1.53.28
Jenkins, Rademaker, Archer, Ridout (Stoetting, Carroll)	
Oregon	1.54.80
Plesner, Pierson, Frid, Rousseau (Hepner)	
Gold Coast	1.57.15
Peterson, Leskovitz, Smith, Woodman	
Maryland	1.57.49
Brown, Ramanauskas, Bragg, Burgdorf (Levickas)	
Rocky Mountain	1.58.07
Zaremski, Reed, Wood, O'Brien	
New England	1.59.61
Revaz, Reyna, Bassler, Page	
D.C. Masters	1.59.63
Brey, Gates, Lellich, Kirkendall	
Lincoln	2.01.26
Bennett, Scott, Baker, Burfeind	
Michigan	2.03.80
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 (Grimm)	
Tamalpais	2.14.74
Christensen, Morse, Turkington, Hoey	
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	
Davis Aquatic Masters	2.37.95
Dallam, Gay, Asbury, Zinn	

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 (Carr, Nelson)	
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, Lathrum	
Tamalpais	3.03.14
Joy, Musser, Cunningham, McCollister	
Rocky Mountain	3.12.87
Heath, Ellert, 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 (Cooper, Hopkins, Schimpf)	
Humuhumunukunuaapuaa	3.12.37
Osborne, Zweifel, McConkey, Thompson	
San Mateo Marlins	3.15.37
Crown, Matthiesen, Roumasset, Goldman	
Walnut Creek	3.19.67
Cooper, Durston, Weil, Reeves (Peckham)	
Rinconada	3.28.62
Sandeman, Silber, Taft, Johnson	

WOMEN'S 25+ 200 YARD MEDLEY RELAY:

New England	1.56.43
LaRue, Melick, Walsh, Test(Page)	
Lone Star	1.57.94
Nitardy, Wamsley, Thomas, Arvesen	
Maryland	1.58.89
Ross, Wise, Rubino, Muse	

Tandem	1.58.94
Worthen, Todd, Schilling, Neilson	
Pacific Northwest	2.01.83
Corman, Crandell, Kimura, Kelly	
New England	2.04.35
Helmrich, Goodwin, Burlingame, Tandy	
Walnut Creek	2.05.69
Killingsworth, Lasell, Emrich, Morey	
Raleigh	2.07.04
Hall, Kuhn, Johnson, Lang	
Virginia	2.07.69
Cayce, Lipsey, Martin, Cain	
New England	2.08.41
Palozzi, Yelmokas, Beckman, Burke	

WOMEN'S 35+ 200 YARD MEDLEY RELAY:

Oregon	2.03.66
Frid, Pierson, Whitmeyer, Rousseau	
Tandem	2.05.14
Johnson, Sved, Todd, McFadden	
Tamalpais	2.10.49
Tademacher, Archer, Ridout, Jenkins	
Maryland	2.11.10
Burgdorf, Levickas, Ramanauskas, Bragg (Brown)	
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 (Stine, David)	
Suncoast	2.19.39
Nilson, Lawrence, Thomas, Culbertson	

WOMEN'S 45+ 200 YARD MEDLEY RELAY:

Gold Coast	2.21.01
Bruce, McGuire, Timmins, LeMaire	
Oregon	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 (Heigham, Lyman, McIntyre)	
Ohio	2.38.06
Russ, Kakos, Kron, Waite (Brogan, Schafer)	
Tamalpais	2.42.61
Turkington, Hoey, Lucchesi, Christensen	
Metro	2.43.65
Pitts, Jones, Costello, Eselon	
Santa Barbara	3.08.80
Rowland, Olsham, Baird, Hayes	
Lexington	3.11.40
Jaeger, Brock, Cox, Horton	
Middle Atlantic	3.12.74
Yungel, Beck, Stratton, Fusselman	

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 (Burke)	
New England	3.04.60
Wright, Walker, Baker, Nelson (Carr)	
D. C. Masters	3.21.51
Lathrum, Sagasti, Clark, Murphy	
Tamalpais	3.29.09
Cunningham, McCollister, Musser, Dickerson	
St. Petersburg	3.42.53
Morrison, Jennings, Kirley, Dolce	
Rocky Mountain	3.48.67
Heath, Ellert, Hottinger, Marsh	
Inland Empire	3.50.86

WOMEN'S 65+ 200 YARD MEDLEY RELAY:

St. Petersburg	3.28.79
Cichanski, Kennedy, Schultz, Dolce (Cooper, McKechnie)	
San Mateo Marlins	3.36.73
Goldman, Matthiesen, Roumasset, Crown (Buel, Wayne, Etienne, Greene)	
Walnut Creek	3.44.75
Peckham, Weil, Durston, Reeves (Cooper)	

Rinconada	3.49.90
Silber, Johnston, Sandeman, Taft	
Industry Hills	4.41.79
Pfeiffer, Mauric, Pelton, Tyra	

MIXED 25+ 200 YARD FREESTYLE RELAY:

Tandem	1.32.13
Neilson, Blatt, Weaver, Worthen	
Lone Star	1.34.88
Davis, Thomas, Arvesen, Smith	
Southwest	1.35.65
Roth, Schmidt, Gettling, Townsend	
New England	1.35.95
Ellertson, Schlicher, Test, LaRue	
Michigan	1.36.72
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 (Anderson)	
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, Ramowskas, DeWitt	
Oregon	1.44.96
Pierson, Rousseau, Smith, Vaughn (Anderson)	
New England	1.46.50
Holmgren, 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	1.47.28
Bechtel, Gates, Brey, Worthington	
New England	1.51.95
Read, Jerome, Martin, Reed (Lyndon)	
Gold Coast	1.53.63
Kaufman, Leskovitz, McGuire, LeMaire	
Oregon	1.56.10
Stoinoff, Miller, Whisman, Guest	
Rocky Mountain	1.58.09
O'Brien, Buchanan, Zaremski, 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
Gregson, 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, Pehme, Buvick (Stinson, Stinson, Richardson)	
Connecticut	2.13.22
Shofield, Heinanen, Donnelly, Jarrold	
New England	2.14.24
Katz, Brown, Nelson, Bailey	

Tamalpais	2.14.77
Maguire, McCollister, Dickerson, Schwab	
Glendale YMCA	2.24.62
Shott, Kornfeld, Hay, Brown	

MIXED 65+ 200 YARD FREESTYLE RELAY:

D. C. Masters	2.20.63
Clark, Lathrum, Murphy, Lemon	
St. Petersburg	2.26.35
Jennings, Dolce, Mackey, Kennedy	
Connecticut	2.28.80
Hicklun, Offenhauser, Chamberlain, Sautter	
Long Beach	2.35.56
Van Vorst, Merlino, Chapin, Bowersock	
St. Petersburg	2.43.52
Dunworth, Cichanski, Schultz, Johnston (Tillotson, Cooper)	
Walnut Creek	2.45.75
Leach, Durston, Reeves, Perry	
Lincoln	2.57.45
Wojcik, Cureton, Zint, Malbrough	
San Mateo Marlins	2.57.45
Wood, Kaufman, Roumasset, Crown	
Industry Hills	3.04.00
Pfeiffer, Luna, Pelton, Pfeiffer	
Middle Atlantic	3.23.50
Bauscher, Kellogg, Jaggers, Shostchuk	

MIXED 25+ 200 YARD MEDLEY RELAY:

Lone Star	1.46.84
Hess, Goehring, Thomas, Ernst	
Tandem	1.48.08
Worthen, Weaver, Neilson, Blatt	
F.A.S.T.	1.48.30
Adams, Riley, Rosenbaul, Harris	
Marina	1.48.72
Evans, Chatfield, Held, Jolly	
New England	1.48.98
LaRue, Melick, Schlicher, Ellertsen	
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, Sagues	
Maryland	1.57.03
Burgdorf, Johnston, Ramanauskas, DeWitt	
Connecticut	1.57.46
Geohegan, Slimak, Laux, Brown	
Michigan	1.57.92
Puthoff, Gran, Dobler, Weir	
Rocky Mountain	1.58.35
Garton, 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 (Reed, Martin)	
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, Zaremski	
Trojan	2.17.79
Adams, Levine, Kent, Hebert	

Lincoln 2.18.26
Turtcotte, Rossi, Costill,
Hutinger
Oregon 2.20.30
Amiad, Dearborn, Addleman,
Adams
Tamalpais 2.20.70
Hoey, 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, Piemme, Saar
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, Wiggin,
McCabe
St. Petersburg 2.41.54
Morrison, Freddo, Brainin,
Kennedy

MIXED 65+ 200 YARD MEDLEY RELAY:

D. C. Masters 2.47.75
Lathram, Lemmon, Murphy, Clark
St. Petersburg 2.53.56
Mackey, Schultz, Jennings,
Kennedy
Connecticut 2.53.63
Wicklun, Chamberlain,
Offenhauser, Sautter
Lincoln 2.54.96
Malbrough, Zint, Knott, Cureton
San Mateo Marlins 3.05.84
Goldman, Matthiesen, Wood,
Walls
St. Petersburg 3.06.51
Cichanski, Johnston, Dunworth,
Dolce
New England 3.06.84
Brown, Spears, Olanoff, Erion
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,
Jaggers

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, Weinkle, McKay
Tandem 1.31.52
Blatt, Murphy, Suttle, Weaver
Reno 1.31.70
Wagner, Tucker, Faince, Olsen
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 (Schaefer)
The Olympic Club 1.32.66
Clark, Garibaldi, Raven, Momsen
Rocky Mountain 1.33.85
Wood, Delter, Abbot, Garton
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
Tamalpais 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 (Proctor)
Michigan 1.44.27
Dobler, Koenig, Heritier, Moss
Gold Coast 1.45.49
Miller, Johnsen, Kern, Malone
Metro 1.46.27
Pitts, Stern, Silverstein,
Johnsen
Maryland 1.46.94
Rice, Johnston, Overton,
Christensen (Countess)
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
(Edwards)
Trojan 1.58.35
Wolf, Huestis, Huestis, Schmidt
Ohio 2.00.78
Morris, Dailey, Krup, Volk
(Stickney, Liber)
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 2.03.40
Koblisch, Havlicek, Olufs, 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, Miezitis, Fleming,
Croome
Middle Atlantic 2.02.81
Shustchuk, Schaeffer, Rowan,
Rawstrom
The Olympic Club 2.04.06
MacKay, Peterson, Hargrave,
Collett
Long Beach 2.05.17
Smith, Fitzgerald, Garnauss,
Bowersock (Lind, Wade)
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

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
Schackle, 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, Pomlet, 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, Monsen, Clark, Raven
Metro 1.46.04
Wemple, Sanguilly, Kolonowski,
Fulop
Tar Heel 1.46.56
Lawrance, 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, Petersen, Evenson, Vaughn

MEN'S 45+ 200 YARD MEDLEY RELAY:

The Olympic Club 1.51.41
Cook, Hinshaw, Boman, Hill
D. C. Masters 1.51.90
Bechtel, Goodwin, Emes,
Worthington
Gold Coast 1.54.22
Kaufman, Leskovitz, Miyares,
McIntyre
New England 1.54.34
Clayson, Burbank, Yorzyk, Read
Tar Heel 1.56.53
Canterbury, Korthurer, Fortson,
Robertson (Proctor)
Trojan 1.56.97
Larson, Davis, Reynolds, Wolf
Metro 2.02.45
Stern, Johnsen, Silverstein, Pitts
Maryland 2.03.69
Christensen, Johnston, Rice,
Countess (Overton)
St. Petersburg 2.05.31
Risher, Burns, Hutcheson, Ferris
Lone Star 2.05.72
Johnson, Crawford, Tarlton,
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, Levine
The Olympic Club 2.15.33
Perry, Laird, Rudloff, Granis
Ohio 2.15.91
Volk, Daily, Krup, Morris
San Mateo Marlins 2.16.39
Moran, von Berckefeldt, Taft,
Tatoli
Oregon 2.18.69
Young, Walter, Miesen, 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
Garnauss, Lind, Wade, Bowersock
(Fitzgerald, Hale, Chapin)
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 (Loughborough)
Pacific Northwest 2.36.98
Wiggin, Naiden, Crossett,
Caddy
Ohio 2.41.87
Volk, Krup, Otis, Immerman
Maryland 2.42.88
Fluke, Evans, Winterling,
Von Lill
D. C. Masters 2.43.83
McAfee, Lemon, Murphy, Miller
St. Petersburg 2.45.82
Tillotson, Brown, Stinson,
Briscoe

OHIO VALLEY CONFERENCE
MASTERS SWIMMING CHAMPIONSHIPS

Indiana Assn., Sanction # 164S04
April 13-15, 1984

WOMEN 25-29 *****

50 Yd. Freestyle
Sharleen Raduazo, 26 SLM 28.24
Jean Tracy, 29 GIM 28.71
Patsy Redmond, 26 GIM 28.73
Carol Fisher, 27 GIM 28.87
Nan Witcher, 29 GIM 29.49

100 Yd. Freestyle
Patsy Redmond, 26 SLM 1:02.45
Sharleen Raduazo, 26 GIM 1:02.52
Martha Haugh, 27 LOL 1:04.36
Nan Witcher, 29 GIM 1:04.63

200 Yd. Freestyle
Mary Sauer, 28 GIM 2:08.60
Jeanne Proteau, 25 GIM 2:09.77
Patsy Redmond, 26 GIM 2:14.99
Sharleen Raduazo, 26 SLM 2:20.25
Kim Otilie, 28 GIM 2:27.18

500 Yd. Freestyle
Mary Sauer, 28 GIM 5:49.65
Patsy Redmond, 26 GIM 6:03.98
Sharleen Raduazo, 26 SLM 6:05.97
Martha Haugh, 27 LOL 6:43.84

1650 Yd. Freestyle
Mary Sauer, 28 GIM 19:58.83
Jeanne Proteau, 25 GIM 20:12.31
Martha Haugh, 27 LOL 23:29.58

50 Yd. Backstroke
Carol Fisher, 27 GIM 32.96
Jean Tracy, 29 GIM 34.80
Nan Witcher, 29 GIM 35.17

100 Yd. Backstroke
Carol Fisher, 27 GIM 1:13.30
Nan Witcher, 29 GIM 1:19.76
Dee Bales, 29 GIM 1:30.33

50 Yd. Breaststroke
Jean Tracy, 29 GIM 34.65
Martha Haugh, 27 LOL 37.36

100 Yd. Breaststroke
Jean Tracy, 29 GIM 1:16.15
Mary Sauer, 28 GIM 1:18.37
Martha Haugh, 27 LOL 1:25.00
Dee Bales, 29 GIM 1:42.39

200 Yd. Breaststroke
Jean Tracy, 29 GIM 2:43.38
Mary Sauer, 28 GIM 2:50.48

50 Yd. Butterfly
Jean Tracy, 29 GIM 30.83
Patsy Redmond, 26 GIM 31.52
Sharleen Raduazo, 26 SLM 32.26
Nan Witcher, 29 GIM 33.71

200 Yd. Butterfly
Jean Tracy, 29 GIM 2:52.94

100 Yd. IM
 Jean Tracy,29 GIM 1:09.47
 Patsy Redmond,26 GIM 1:14.25
 Nan Witches,29 GIM 1:14.59
 Sharleen Raduazo,26 SLM 1:14.79

200 Yd. IM
 Jean Tracy,29 GIM 2:30.81
 Mary Sauer,28 GIM 2:32.12
 Patsy Redmond,26 GIM 2:34.82
 Sherleen Raduazo,26 SLM 2:39.55
 Dee Bales,29 GIM 3:13.81

400 Yd. IM
 Jean Tracy,29 GIM 5:28.23
 Mary Sauer,28 GIM 5:28.23

WOMEN 30-34 *****
 50 Yd. Freestyle
 Karen Shedron,30 GIM 27.03
 Beth Van Buskirk,50 GIM 30.25
 Barbara Spieth,32 GIM 32.18

100 Yd. Freestyle
 Beth Van Buskirk,30 GIM 1:06.79
 Barbara Spieth,32 GIM 1:09.41

200 Yd. Freestyle
 Barbara Spieth,32 GIM 2:30.25
 Beth Van Buskirk,30 GIM 2:32.29
 Gail Dummer,33 GIM 2:50.14

500 Yd. Freestyle
 Barbara Spieth,32 GIM 6:47.75
 Gail Dummer,33 GIM 7:35.53
 Charlene Soby,33 GIM 8:08.54

1650 Yd. Freestyle
 Barbara Spieth,32 GIM 22:59.94

50 Yd. Breaststroke
 Gail Dummer,33 GIM 39.45

100 Yd. Breaststroke
 Gail Dummer,33 GIM 1:27.31

200 Yd. Breaststroke
 Gail Dummer,33 GIM 3:15.38

50 Yd. Butterfly
 Karen Shedron,30 GIM 28.30
 Barbara Spieth,32 GIM 34.46
 Beth Van Buskirk,30 GIM 35.29

100 Yd. Butterfly
 Karen Shedron,30 GIM 1:02.38
 Barbara Spieth,32 GIM 1:17.75

200 Yd. Butterfly
 Karen Shedron,30 GIM 2:33.63
 Gail Dummer,33 GIM 3:18.71

100 Yd. IM
 Karen Shedron,30 GIM 1:09.26
 Beth Van Buskirk,30 GIM 1:19.65
 Charlene Soby,33 GIM 1:35.45

200 Yd. IM
 Gail Dummer,33 GIM 3:01.13

400 Yd. IM
 Gail Dummer,33 GIM 6:30.88

WOMEN 35-39 *****

50 Yd. Freestyle
 Sharon Wise,37 GIM 27.64
 Kate Lameier,35 SWO 30.31
 Diana G. Antonini,38 LEX 30.86
 Chris Kemp BAY 31.01

100 Yd. Freestyle
 Sharon Wise,37 GIM 59.20
 Joan Diercks,36 GIM 1:03.48
 Chris Kemp,36 BAY 1:08.77

200 Yd. Freestyle
 Sharon Wise,37 GIM 2:13.32
 Joan Diercks,36 GIM 2:14.64
 Kate Lameier,35 SWO 2:20.76
 Diana G. Antonini,38 LEX 2:22.91
 Chris Kemp,36 BAY 2:33.30

500 Yd. Freestyle
 Joan Diercks,36 GIM 5:50.25
 Diana G. Antonini,38 LEX 6:29.44
 Barbara H. Larsen,36 GIM 6:44.26
 Chris Kemp,36 BAY 6:57.77

1650 Yd. Freestyle
 Joan Diercks,36 GIM 20:12.03
 Diana G. Antonini,38 LEX 22:08.83

100 Yd. Backstroke
 Barbara H. Larsen,36 GIM 1:19.95

200 Yd. Backstroke
 Barbara H. Larsen,36 GIM 2:52.47
 Diana G. Antonini,38 LEX 2:56.27

50 Yd. Breaststroke
 Diana G. Antonini,38 LEX 38.93

100 Yd. Breaststroke
 Joan Diercks,36 GIM 1:25.08

200 Yd. Breaststroke
 Diana G. Antonini,38 LEX 2:58.89
 Joan Diercks,36 GIM 3:08.90

50 Yd. Butterfly
 Sharon Wise,37 GIM 30.38
 Joan Diercks,36 GIM 34.18
 Barbara H. Larsen,36 GIM 36.03

200 Yd. Butterfly
 Sharon Wise,37 GIM 2:40.88

100 Yd. IM
 Sharon Wise,37 GIM 1:10.35
 Kate Lameier,35 SWO 1:17.27

200 Yd. IM
 Diana G. Antonini,38 LEX 2:47.21
 Barbara H. Larsen,36 GIM 2:51.53

400 Yd. IM
 Diana G. Antonini,38 LEX 5:58.46

WOMEN 40-44 *****
 Donnadee Blair,41 GIM 1:20.20
 100 Yd. Freestyle
 200 Yd. Freestyle 2:58.08
 500 Yd. Freestyle 7:57.98
 50 Yd. Backstroke 51.91
 50 Yd. Butterfly 47.53

WOMEN 45-49 *****
 50 Yd. Freestyle
 Carol Lovengrub,47 GIM 40.51

200 Yd. Freestyle
 Susan B. Cox,46 LEX 2:22.21
 Peg Wirt,47 GIM 3:37.67

500 Yd. Freestyle
 Susan B. Cox,46 LEX 6:38.98

1650 Yd. Freestyle
 Susan B. Cox,46 LEX 22:40.08

50 Yd. Backstroke
 Margaret C. Land,47 SWO 40.83
 Carol Lovengrub,47 GIM 54.09

100 Yd. Backstroke
 Margaret C. Land,47 SWO 1:26.74

200 Yd. Backstroke
 Margaret C. Land,47 SWO 3:08.53

50 Yd. Breaststroke
 Peg Wirt,47 GIM 42.59
 Margaret C. Land,47 SWO 43.42

200 Yd. Breaststroke
 Margaret C. Land,47 SWO 3:19.67

50 Yd. Butterfly
 Susan B. Cox,46 LEX 35.98
 Carol Lovengrub,47 GIM 44.60

100 Yd. Butterfly
 Carol Lovengrub,47 GIM 1:48.08

200 Yd. Butterfly
 Susan B. Cox,46 LEX 3:04.14
 Carol Lovengrub,47 GIM 3:51.59

100 Yd. IM
 Susan B. Cox,46 LEX 1:16.92
 Margaret C. Land,47 SWO 1:25.29
 Peg Wirt,47 GIM 1:34.47

200 Yd. IM
 Susan B. Cox,46 LEX 2:49.79

400 Yd. IM
 Susan B. Cox,46 LEX 5:52.28

WOMEN 50-54 *****

50 Yd. Freestyle
 Gloria L. Heise,50 SWO 36.39

100 Yd. Freestyle
 Audrey Rosberg,50 SWO 1:29.48

200 Yd. Freestyle
 Audrey Rosberg,50 SWO 3:06.95

1650 Yd. Freestyle
 Anna H. Moeller,51 GIM 43:49.07

50 Yd. Backstroke
 Gloria L. Heise,50 SWO 42.65

100 Yd. Backstroke
 Gloria L. Heise,50 SWO 1:35.02

200 Yd. Backstroke
 Gloria L. Heise,50 SWO 3:23.47
 Anna H. Moeller,51 GIM 4:20.75

50 Yd. Breaststroke
 Carol R. Nicholas,53 GIM 44.73
 Gloria L. Heise,50 SWO 51.34

100 Yd. Breaststroke
 Carol R. Nicholas,53 GIM 1:38.87

50 Yd. Butterfly
 Audrey Rosberg,50 SWO 48.39

100 Yd. IM
 Audrey Rosberg,50 SWO 1:39.05

200 Yd. IM
 Audrey Rosberg,50 SWO 3:35.25
 Anna M. Moeller,51 GIM 3:58.03

WOMEN 55-59 *****
 Lois Ormand,59 GIM 41:00.41

WOMEN 65-69 *****
 Dorothea Woodside,66 SWO 48.52
 50 Yd. Breaststroke 48.52
 100 Yd. Breaststroke 1:48.85

WOMEN 75-79 *****
 Audre Gibbs,77 GIM 58:25.13
 1650 Yd. Freestyle 58:25.13
 50 Yd. Breaststroke 1:48.50

WOMEN'S 200 YD. FREE RELAY *****
 20. GIMS A - Diane York (22), Patsy Redmond (26), Gail Dummer (33), Barbara Spieth (32) 2:04.60

25. GIMS A - Carol Fisher (27), Karen Shedron (30), Mary Sauer (28), Jean Tracy (29) 1:50.89

35. GIMS A - Dee Blair (41), Joan Diercks (36), Barbara Larsen (36), Sharon Wise (37) 2:05.90

WOMEN'S 200 YD. MEDLEY RELAY *****
 20. GIMS A - Beth Van Buskirk (30), Gail Dummer (33), Barbara Spieth (32), Dianne York (22) 2:20.17

25. GIMS A - Carol Fisher (27), Jean Tracy (29), Karen Shedron (30), Mary Sauer (28) 2:05.63

200 YD. MIXED FREE RELAY *****
 20. Gamble Nippert Y - Jeanne Luebbert (24), Judith Luebbert (24), Dan Arkenau (37), Bill Walker (30) 1:50.38

GIMS A - Brian Cook (23), Mark Ward (27), Beth Van Buskirk (30), Dianne York (22) 1:53.35

25. GIMS A - Jeanne Proteau (25), Bill Vickery (30), Dave Tanner (30) 1:39.76

GIMS A "B" - 1:43.99
 GIMS A "C" - John Bevier (32), Patrick Hogan (33), Carol Fisher (27), Barbara Spieth (32) 1:56.06

35. Lexington - Susan Cox (46), Diana Antonini (38), William Henderson (36), Stephen Hellmann (39) 1:50.69

45. GIMS A - Peg Wirt (47), Carol Lovengrub (47), Jerry Myers (45), Mel Goldstein (45) 2:15.55

200 YD. MIXED MEDLEY RELAY *****
 20. GIMS A - Jim Barber (24), Bill Carpenter (27), Patsy Redmond (26), Dianne York (22) 2:11.08

25. GIMS A - Carol Fisher (27), Bill Vickery (30), Karen Shedron (30), Dave Tanner (34) 1:53.74

GIMS A "B" - Mark Bender (25), Jean Tracy (29), Doug Burton (28), Mary Sauer (28) 1:57.73

GIMS A "C" - Jim Barney (33), Gail Dummer (33), Barbara Spieth (32), Rick Wiese (27) 2:10.57

35. GIMS A "A" - Tim O'Neill (37), Tom Dooley (41), Sharon Wise (37), Joan Diercks (36) 2:03.55

Lexington - William Henderson (36), Diana Antonini (38), Stephen Hellmann (39), Susan Cox (46) 2:06.89

GIMS A "B" - Barbara Larsen (36), Carol Nicholas (53), John Moberly (42), E. A. Johnson (42) 2:17.64

45. GIMS A - Bob Patterson (45), Peg Wirt (47), Carol Lovengrub (47), Jim Sampson (45) 2:32.57

MEN'S 200 YD FREE RELAY *****
 25. GIMS A - Bill Vickery (30), Doug Burton (28), Dave Tanner (34), Rick Wiese (27) 1:32.65

GIMS A "B" - Jim Barney (33), Patrick Hogan (33), Mark Bender (25), Mark Ward (27) 1:43.55

GIMS A "C" - Bill Carpenter (27), John Bevier (32), Edward Behnke (32), Mark Ward (27) 1:47.94

35. GIMS A "B" - Tom Fedowicz (37), John Diercks (35), Tom Dooley (41), William Weber (39) 1:57.45

GIMS A "A" - T. McTernan (40), John Moberly (42), E. A. Johnson (42), Tim O'Neill (37) DQ

45. GIMS A "A" - Bob Terry (56), Walt Carnahan (46), Jim Sampson (45), Bob Patterson (45) 2:02.46

55. GIMS A - Howard Tabereaux (58), Eric Woodings (53), Doug Strong (59), Bill Despres (61) 2:25.54

MEN'S 200 YD. MEDLEY RELAY *****
 25. GIMS A "A" - John Bevier (32), Bill Vickery (30), Doug Burton (28), Dave Tanner (34) 1:53.94

GIMS A "B" - Mark Ward (27), Bill Carpenter (27), Patrick Hogan (33), Rick Wiese (27) 2:05.76

35. GIMS A "A" - James Jeppeson (42), Jim Sharp (35), John Moberly (42), John Fautrich (42) 2:02.30

GIMS A "B" - Tom Fedowicz (37), William Weber (39), Jeff Blackwell (40), Bob Patterson (45) 2:23.67

45. GIMS A - Frank McKinney (45), Jerry Myers (45), Jim Sampson (45), Mel Goldstein (45) 2:04.29

MEN 25-29 *****
 50 Yd. Freestyle
 Ralph Dixon,27 GIM 22.81
 Rick Wiese,27 GIM 24.10
 Mark D. Ward,27 GIM 27.49

100 Yd. Freestyle
 Rick Wiese,27 GIM 52.15

200 Yd. Freestyle
 Mark Ellison,29 GIM 2:17.69

500 Yd. Freestyle
 Terry Thibault,26 GIM 5:20.93
 Rick Wiese,27 GIM 5:34.63
 Mark D. Ward,27 GIM 6:51.24

1650 Yd. Freestyle
 Terry Thibault,26 GIM 18:40.98
 Rick Wiese,27 GIM 18:56.83
 Mark Bender,25 GIM 20:43.24

50 Yd. Backstroke
 Ralph Dixon,27 GIM 26.87
 Bill Carpenter,27 GIM 34.96
 Mark D. Ward,27 GIM 36.08

100 Yd. Backstroke
 Scott Mosgrove,26 GIM 1:12.15
 Bill Carpenter,27 GIM 1:18.60
 Mark D. Ward,27 GIM 1:19.91

200 Yd. Backstroke
 Mark Bender,25 GIM 2:26.94
 Bill Carpenter,27 GIM 2:59.70

50 Yd. Breaststroke
 Gary Tameris,28 GIM 27.98
 Bill Carpenter,27 GIM 34.11

100 Yd. Breaststroke
 Gary Tameris,28 GIM 1:04.94
 Mark D. Ward,27 GIM 1:23.92

50 Yd. Butterfly
 Doug Burton,28 GIM 25.80
 Gary Tameris,28 GIM 27.09
 Rick Wiese,27 GIM 27.77
 Scott Mosgrove,26 GIM 27.96
 Mark D. Ward,27 GIM 32.77

100 Yd. Butterfly
 Doug Burton,28 GIM 59.01
 Rick Wiese,27 GIM 1:00.79
 Terry Thibault,26 GIM 1:01.13

200 Yd. Butterfly
 Scott Mosgrove,26 GIM 2:37.38

100 Yd. IM
 Ralph Dixon,27 GIM 57.73
 Doug Burton,28 GIM 1:00.05
 Bill Carpenter,27 GIM 1:09.49
 Mark Ellison,29 GIM 1:13.21
 Mark D. Ward,27 GIM 1:13.24

200 Yd. IM
 Doug Burton,28 GIM 2:12.72
 Terry Thibault,26 GIM 2:18.41
 Mark Bender,25 GIM 2:24.21
 Scott Mosgrove,26 GIM 2:27.55

400 Yd. IM
 Terry Thibault,26 GIM 4:54.83

MEN 50-54

50 Yd. Freestyle
 Bill Vickery,30 GIM 22.22
 Dave Tanner,34 GIM 22.82
 Jim Barney,33 GIM 25.50
 Patrick Hogan,33 GIM 25.96
 John C. Bevier,32 GIM 27.60
 Edward R. Behnke,32 GIM 28.68
 Robert Kujawa,34 GIM 32.29

100 Yd. Freestyle
 Bill Vickery,30 GIM 50.05
 Dave Tanner,34 GIM 50.25
 Jim Barney,33 GIM 56.40
 Patrick Hogan,33 GIM 56.99
 John C. Bevier,32 GIM 1:04.36
 Edward R. Behnke,32 GIM 1:07.21
 Robert Kujawa,34 GIM 1:09.86

200 Yd. Freestyle
 Dave Tanner,34 GIM 1:51.50
 Robert Thomas,31 GIM 1:55.53
 Bill Vickery,30 GIM 1:55.80
 Dennis Humphries,32 GIM 2:03.99
 Patrick Hogan,33 GIM 2:13.67
 Mike Laibe,30 GIM 2:14.32
 John C. Bevier,32 GIM 2:28.05
 Edward R. Behnke,32 GIM 2:36.81
 Robert Kujawa,34 GIM 2:48.24

500 Yd. Freestyle
 Dave Tanner,34 GIM 5:04.34
 Dennis Humphries,32 GIM 5:37.61
 Mike Laibe,30 GIM 6:16.65
 Patrick Hogan,33 GIM 6:30.86
 John C. Bevier,32 GIM 7:22.53
 Robert Kujawa,34 GIM 7:25.89
 Edward R. Behnke,32 GIM 7:54.89

1650 Yd. Freestyle
 Dave Tanner,34 GIM 18:02.59
 Robert Thomas,31 GIM 18:56.24
 Dennis Humphries,32 GIM 20:11.67
 Mike Laibe,30 GIM 22:38.15
 Scott D. Wells,30 GIM 23:00.58
 Robert Kujawa,34 GIM 25:52.37
 John C. Bevier,32 GIM 26:07.26

50 Yd. Backstroke
 Robert Thomas,31 GIM 26.06
 Tim Huesken,32 SWO 26.39
 Jim Barney,33 GIM 31.18
 Bill Bruns,31 GIM 31.51
 Mike Laibe,30 GIM 31.69
 John C. Bevier,32 GIM 35.95

100 Yd. Backstroke
 Tim Huesken,32 SWO 57.64
 Bill Bruns,31 GIM 1:07.29
 Dennis Humphries,32 GIM 1:09.49
 Jim Barney,33 GIM 1:11.25
 Mike Laibe,30 GIM 1:12.82

200 Yd. Backstroke
 Tim Huesken,32 SWO 2:05.03
 Bill Bruns,31 GIM 2:31.45

50 Yd. Breaststroke
 Bill Vickery,30 GIM 28.80
 Glenn Anderson,31 GIM 34.64

100 Yd. Breaststroke
 Bill Vickery,30 GIM 1:05.03
 Glenn Anderson,31 GIM 1:16.28

200 Yd. Breaststroke
 Bill Vickery,30 GIM 2:25.64

50 Yd. Butterfly
 Dave Tanner,34 GIM 24.71
 Bill Vickery,30 GIM 25.24
 Jim Barney,33 GIM 27.12
 Bill Bruns,31 GIM 28.81
 Patrick Hogan,33 GIM 29.35
 Mike Laibe,30 GIM 29.66
 John C. Bevier,32 GIM 33.02

100 Yd. Butterfly
 Dave Tanner,34 GIM 54.15
 Jim Barney,33 GIM 1:01.87
 Bill Walker,30 GNY 1:02.47
 Bill Bruns,31 GIM 1:04.42

200 Yd. Butterfly
 Dave Tanner,34 GIM 1:59.69
 Jim Barney,33 GIM 2:33.35
 Bill Bruns,31 GIM 2:36.56

100 Yd. IM
 Bill Vickery,30 GIM 56.20
 Robert Thomas,31 GIM 57.87
 Mike Laibe,30 GIM 1:09.49
 Bill Bruns,31 GIM 1:10.32
 John C. Bevier,32 GIM 1:14.10

200 Yd. IM
 Tim Huesken,32 SWO 2:08.45
 Dennis Humphries,32 GIM 2:25.80

400 Yd. IM
 Robert Thomas,31 GIM 4:35.32
 Tim Huesken,32 SWO 4:42.18
 Bill Walker,30 GNY 5:11.90
 Dennis Humphries,32 GIM 5:21.94

MEN 55-59

50 Yd. Freestyle
 Randy Simons,35 SWO 24.47
 Tim O'Neill,37 GIM 24.56
 David Audley,37 SWO 24.69
 William Henderson,36 LEX 24.99
 Stephen Hellmann,39 LEX 25.66
 Tom Fedowicz,37 GIM 27.54
 John Diercks,35 GIM 28.71
 William Weber,39 GIM 31.39

100 Yd. Freestyle
 David Audley,37 SWO 53.63
 Stephen Hellmann,39 LEX 56.51
 William Henderson,36 LEX 56.64
 John Diercks,35 GIM 1:02.06
 Dan Arkenau,37 GNY 1:02.35
 Tom Fedowicz,37 GIM 1:02.74
 William Weber,39 GIM 1:14.44

200 Yd. Freestyle
 David Audley,37 SWO 1:56.93
 Jim Sharp,35 GIM 2:03.63
 Stephen Hellmann,39 LEX 2:08.82
 William Henderson,36 LEX 2:10.51
 Randy Simons,35 SWO 2:11.37
 John Diercks,35 GIM 2:23.64
 Dan Arkenau,37 GNY 2:25.11

500 Yd. Freestyle
 David Audley,37 SWO 5:23.31
 Stephen Hellmann,39 LEX 5:57.06
 John Diercks,35 GIM 6:10.79
 William Henderson,36 LEX 6:21.53
 Dan Arkenau,37 GNY 6:54.28

1650 Yd. Freestyle
 J. E. Haufliare,35 GIM 19:35.05
 David Audley,37 SWO 19:36.01
 Jim Sharp,35 GIM 20:30.16
 Stephen Hellmann,39 LEX 21:13.07
 John Diercks,35 GIM 21:30.41
 Robert Bringle,37 GIM 24:14.02
 Dan Arkenau,37 GNY 25:49.79
 Bruce Jaffee,39 GIM 26:27.53

50 Yd. Backstroke
 Tim O'Neill,37 GIM 28.43
 Stephen Hellmann,39 LEX 30.34
 Randy Simons,35 SWO 33.15
 William Henderson,36 LEX 33.95

100 Yd. Backstroke
 Tim O'Neill,37 GIM 1:03.86
 John Diercks,35 GIM 1:26.41

200 Yd. Backstroke
 Stephen Hellmann,39 LEX 2:30.36
 Tim O'Neill,37 GIM 2:30.91
 David Audley,37 SWO 2:38.37

50 Yd. Breaststroke
 Dan Arkenau,37 GNY 37.16
 Tom Fedowicz,37 GIM 38.86
 William Weber,39 GIM 39.82

100 Yd. Breaststroke
 Dan Arkenau,37 GNY 1:24.48
 William Weber,39 GIM 1:28.04

200 Yd. Breaststroke
 Jim Sharp,35 GIM 2:36.84

50 Yd. Butterfly
 Tim O'Neill,37 GIM 27.79
 John Diercks,35 GIM 33.60
 William Weber,39 GIM 35.72

100 Yd. Butterfly
 Randy Simons,35 SWO 1:04.38
 Dan Arkenau,37 GNY 1:29.88

100 Yd. IM
 Jim Sharp,35 GIM 1:02.83
 Tim O'Neill,37 GIM 1:04.74
 Tom Fedowicz,37 GIM 1:15.31
 John Diercks,35 GIM 1:16.65
 Dan Arkenau,37 GNY 1:17.16
 William Weber,39 GIM 1:21.86

200 Yd. IM
 John Diercks,35 GIM 2:44.17
 Dan Arkenau,37 GNY 2:50.85

400 Yd. IM
 Stephen Hellmann,39 LEX 5:19.41
 Dan Arkenau,37 GNY 6:23.32

MEN 40-44

50 Yd. Freestyle
 E. A. Johnson,42 GIM 25.88
 John Fastrich,42 GIM 26.50
 John Moberly,42 GIM 26.66
 Tom Clark,43 SWO 26.79
 James Jeppeson,42 GIM 29.33
 Jeff Blackwell,40 GIM 33.86

100 Yd. Freestyle
 Tom Clark,43 SWO 57.74
 E. A. Johnson,42 GIM 58.08
 John Moberly,42 GIM 58.58
 John Penn,41 SWO 1:01.83
 Jeff Blackwell,40 GIM 1:12.82

200 Yd. Freestyle
 Tom Clark,43 SWO 2:05.89
 E. A. Johnson,42 GIM 2:10.64
 Dick Lameier,42 SWO 2:15.54
 John Fastrich,42 GIM 2:23.68

500 Yd. Freestyle
 Tom Clark,43 SWO 5:36.49
 E. A. Johnson,42 GIM 6:19.33

1650 Yd. Freestyle
 Tom Clark,43 SWO 19:59.98
 Alan Somers,42 GIM 20:32.70
 E. A. Johnson,42 GIM 22:32.70
 John A. Svez,42 GIM 36:17.23

50 Yd. Backstroke
 John Moberly,42 GIM 34.45
 James Jeppeson,42 GIM 35.45

50 Yd. Breaststroke
 Tom Dooley,41 GIM 36.06
 Bob Lyon,41 LAK 40.97
 Jeff Blackwell,40 GIM 43.70

100 Yd. Breaststroke
 Tom Dooley,41 GIM 1:19.43
 Bob Lyon,41 LAK 1:30.28
 Jeff Blackwell,40 GIM 1:34.94

200 Yd. Breaststroke
 Tom Dooley,41 GIM 2:57.37

50 Yd. Butterfly
 T. McTernan,40 SWO 28.25
 John Moberly,42 GIM 28.82
 John Penn,41 SWO 29.26
 E. A. Johnson,42 GIM 30.87
 Tom Clark,43 SWO 31.87

100 Yd. Butterfly
 John Moberly,42 GIM 1:12.12
 John Fastrich,42 GIM 1:20.80
 E. A. Johnson,42 GIM 1:26.95

200 Yd. Butterfly
 T. McTernan,40 SWO 2:49.04

100 Yd. IM
 Dick Lameier,42 SWO 1:09.64
 John Fastrich,42 GIM 1:11.19
 John Moberly,42 GIM 1:12.24
 Tom Dooley,41 GIM 1:16.02
 James Jeppeson,42 GIM 1:18.50
 Jeff Blackwell,40 GIM 1:27.15

200 Yd. IM
 E. A. Johnson,42 GIM 2:36.76
 T. McTernan,40 SWO 2:40.35
 Tom Dooley,41 GIM 2:49.19

400 Yd. IM
 Dick Lameier,42 SWO 5:44.18
 Tom Dooley,41 GIM 6:29.46

MEN 45-49

50 Yd. Freestyle
 Jerry R. Myers,45 GIM 26.81

100 Yd. Freestyle
 Walter Carnahan,46 GIM 1:07.11

200 Yd. Freestyle
 Mel Goldstein,45 GIM 2:10.44
 Jerry R. Myers,45 GIM 2:17.84
 Bob Patterson,45 GIM 2:28.28

500 Yd. Freestyle
 Mel Goldstein,45 GIM 5:57.03
 Jim Sampson,45 GIM 6:47.16
 Bob Patterson,45 GIM 6:51.11
 Walter Carnahan,46 GIM 7:00.16

1650 Yd. Freestyle
 Walter Carnahan,46 GIM 24:43.69

50 Yd. Backstroke
 Frank McKinney,45 GIM 28.54
 Jerry R. Myers,45 GIM 37.30

100 Yd. Backstroke
 Frank McKinney,45 GIM 1:02.39
 Bob Patterson,45 GIM 1:26.92

200 Yd. Backstroke
 Frank McKinney,45 GIM 2:19.09
 Bob Patterson,45 GIM 3:03.25

50 Yd. Breaststroke
 Stephen Wallis,46 GIM 38.19

100 Yd. Breaststroke
 Bob Patterson,45 GIM 1:23.72

200 Yd. Breaststroke
 Bob Patterson,45 GIM 3:04.41

50 Yd. Butterfly
 Mel Goldstein,45 GIM 28.99
 Jim Sampson,45 GIM 30.18

100 Yd. Butterfly
 Jim Sampson,45 GIM 1:11.24

200 Yd. Butterfly
 Mel Goldstein,45 GIM 2:28.94

100 Yd. IM
 Frank McKinney,45 GIM 1:06.08
 Mel Goldstein,45 GIM 1:10.74
 Jim Sampson,45 GIM 1:12.15
 Jerry R. Myers,45 GIM 1:16.77
 Bob Patterson,45 GIM 1:18.55

200 Yd. IM
 Jim Sampson,45 GIM 2:40.96
 Bob Patterson,45 GIM 2:50.65

MEN 50-54

50 Yd. Freestyle
 Charlton Rogers,51 SLM 39.09

100 Yd. Freestyle
 Eric Woodings,53 GIM 1:10.53
 Charlton Rogers,51 SLM 1:23.40

200 Yd. Freestyle
 Charlton Rogers,51 SLM 3:08.25

500 Yd. Freestyle
 Eric Woodings,53 GIM 8:02.17
 Charlton Rogers,51 SLM 8:31.75

50 Yd. Breaststroke
 Eric Woodings,53 GIM 38.54

100 Yd. Breaststroke
 Eric Woodings,53 GIM 1:27.11

MEN 55-59

50 Yd. Freestyle
 Douglas Strong,59 GIM 33.17
 Howard Tabereaux,58 GIM 44.17

100 Yd. Freestyle
 Bob Terry,56 GIM 1:09.48

200 Yd. Freestyle
 Howard Tabereaux,58 GIM 3:39.77

500 Yd. Freestyle
 Bob Terry,56 GIM 7:11.87
 Douglas Strong,59 GIM 7:41.48
 Howard Tabereaux,58 GIM 9:39.99

1650 Yd. Freestyle
 Bob Terry,56 GIM 25:32.76
 Douglas Strong,59 GIM 28:32.47

50 Yd. Backstroke
 Howard Tabereaux,58 GIM 1:04.08

100 Yd. Backstroke
 Bob Terry,56 GIM 1:30.12
 Howard Tabereaux,58 GIM 2:26.17

200 Yd. Backstroke
 Douglas Strong,59 GIM 3:11.90
 James Unsworth,59 OHI 3:38.97

50 Yd. Butterfly
 Art Kelley,58 SLM 35.29
 Bob Terry,56 GIM 35.47

100 Yd. Butterfly
 Art Kelley,58 SLM 1:25.54

200 Yd. Butterfly
 Art Kelley,58 SLM 3:13.20

200 Yd. IM
 Bob Terry,56 GIM 3:00.73
 Art Kelley,58 SLM 3:01.09

400 Yd. IM
 Art Kelley,58 SLM 6:34.28

MEN 60-64

50 Yd. Freestyle
 Bob McCain,62 SWO 34.96

100 Yd. Freestyle
 John M. Woods,60 PIT 1:01.83
 Bob McCain,62 SWO 1:18.83

200 Yd. Freestyle
 John M. Woods,60 PIT 2:15.02
 Bob McCain,62 SWO 2:53.59

500 Yd. Freestyle
 Bill Despres,61 GIM 7:48.02
 Bob McCain,62 SWO 8:06.95

1650 Yd. Freestyle
 Bill Despres,61 GIM 26:17.46
 Bob McCain,62 SWO 27:58.05

50 Yd. Backstroke
 John M. Woods,60 PIT 34.16
 Bob McCain,62 SWO 41.44

100 Yd. Backstroke
 Bill Despres,61 GIM 1:26.37

200 Yd. Backstroke
 Bill Despres,61 GIM 3:18.55
 Bob McCain,62 SWO 3:23.77

50 Yd. Breaststroke
 John M. Woods,60 PIT 38.96

100 Yd. Breaststroke
 John M. Woods,60 PIT 3:04.04

200 Yd. Breaststroke
 John M. Woods,60 PIT 1:09.84

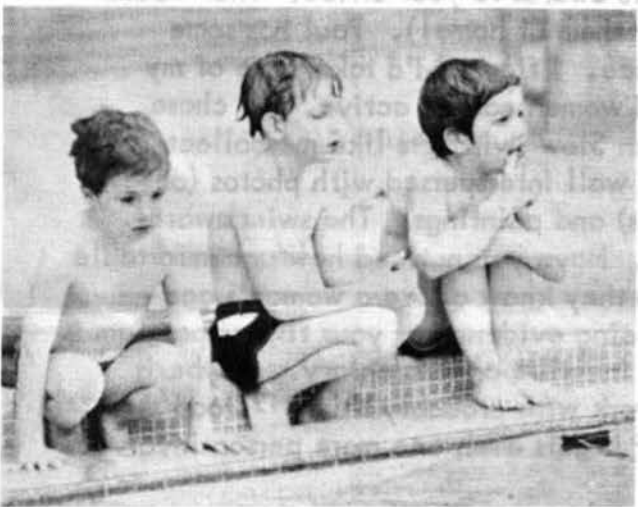
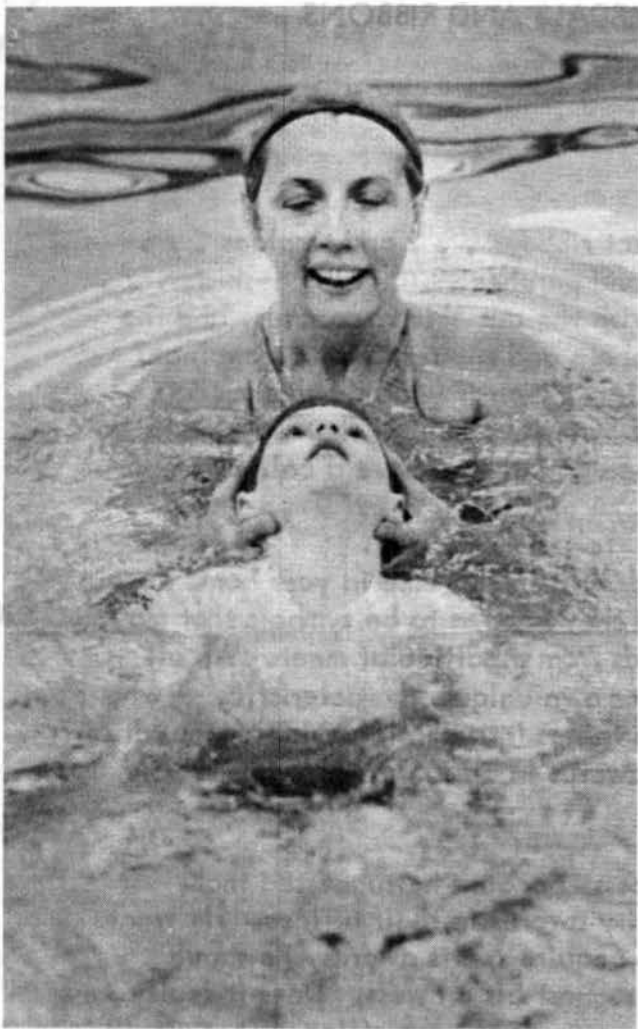
50 Yd. IM
 John M. Woods,60 PIT 2:45.53

MEN 65-69

Edward Shea,69 LOL
 500 Yd. Freestyle 7:31.12
 1650 Yd. Freestyle 26:14.55

Participating Clubs

Points
 GIM Greater Indiana Masters . 2191
 SWO Southwest Ohio Masters . 300
 LEX Lexington Masters . 177
 SLM St. Louis Masters . 98
 GNY Gamble Hippert YMCA . 80
 PIT YMCA of Pittsburgh . 49
 LOL Land of Lincoln . 34
 BAY Blue Ash YMCA . 12
 LAK Lakeside Masters . 10
 OHI O'H*I*O Masters . 5
 LOU Louisville Masters . 0
 UNA Unattached



Waterising

Program director Bobbi Turcotte guided Jamie Phelps through the back float at the Buehler YMCA's "Learn to Swim" program last week (top.) More than 150 kids signed up for the program for only \$1 designed to "waterise" kids for the summer. (Above,) Schuyler Holsten, David Endre and Eric Roy Mikelsen found waiting for their turn by the pool a little boring and a lot cold. (Staff photos by Bill Oakes)

"This is my beauty secret - teaching others to do what I love best."

Bobbi

Dobler keeps on strokin'

By DEB POZEGA PIERCE
Staff Writer

He still remembers his first masters swim race, that stunned, awful feeling he had when he couldn't finish the freestyle event and had to flip over and backstroke his way through the finish.

That was 10 years ago. That, Wally Dobler says now, is when "The Bug" bit him.

"The Bug" bit him all right, as it has dozens of others in the Lansing area and thousands of others nationwide. Today Dobler, former Big Ten champion and an Olympic Trials competitor in 1956, is a 50-year-old masters swimmer and a good one at that. He'll never quit swimming again.

AND WHY should he? The training keeps him fit. The races satisfy his mile-wide competitive streak. The fact that he keeps setting state and national records (his most recent was set last week, a 26.4-second 50-yard butterfly mark in the 50-54 age division) keeps him among the elite, which is exactly where he was when he swam at Michigan State 25 years ago.

"I look at it this way: I'm not on any bowling team. I'm not on a golf league," Dobler said. "I don't go hunting or fishing. It (masters swimming) is something I enjoy doing, and it keeps me fit."

"As other people describe me.



"There's a lot of camaraderie. If you're not a swimmer, you don't understand. You get a euphoric feeling. You get a natural high from athletics. It's there. It's there."

— Wally Dobler
Masters' swimmer

I'm a very competitive person. And I hate to lose."

He doesn't lose often, especially now that he has moved into the 50-54 age group. He has gained much

Monday Sports Special

from his return to competition, things that even his years of coaching champion swimmers at Flint Central High couldn't give him.

"There's a lot of camaraderie," he said. "If you're not a swimmer, you don't understand. You get a euphoric feeling. You get a natural high from athletics. It's there. A lot of swimmers say they can't work out at our evening sessions, because when they go home they can't go to sleep."

NOT ALL masters swimmers are as competitive as Dobler. Some simply swim because they enjoy it, never entering a race. Others race, but against themselves or a stopwatch rather than the swimmer in the next lane.

Dobler understands all that. He encourages both competitive and non-competitive swimmers alike to try masters swimming. But non-competitive swimming has never been his style.

"It's the same in my sales job," said Dobler, who sells medical supplies for Squibb. "I don't want to see someone else getting something I think I could get if I worked hard enough to get it."



—Journal Photo by John Biever

Herb Howe came up for air after completing the 50 yard freestyle

WHAT TO DO WITH A DRAWER FULL OF MEDALS AND RIBBONS

by

Patti Hutinger

Master Swimmers collect medals. They also collect ribbons . . . and trophies . . . and mugs . . . and plaques . . . and photographs . . . and patches . . . and tee-shirts . . . and even swim gear bags. It's easy to know what to do with the tee-shirts, patches, and the swim gear bags -- but what happens to the medals and ribbons and the rest of the trappings? Often they end up in drawers, or catch dust in various piles. Even if you feel that medals and ribbons are unimportant (and a whole group of Master Swimmers do feel that way), and even if you are not as fast as the super-whizzes in your age group, you have a collection of awards somewhere.

Those awards could be an interesting part of the decorating scheme in your home because they say something about you, your unique interests, and they happen to be symbols that may be the cues that remind you of good times and good friends from a particular meet. We all need some things around us where we live, that reflect our own unique characteristics -- who we are -- and a good interior decorator would take those things into consideration if you hired one to re-do your home. Seriously consider using those awards in an interesting way in your living space.

Initially it is amusing to read Korda's book, Success, because he suggested that successful men should have some evidence of sports activity awards in their offices. He went so far as to say that if a man isn't "successful" enough to acquire sports awards, he should acquire some second-hand awards somewhere in order to suggest his prowess. Does it really help? Try it, if you haven't already. Take some Masters awards to your office. That would be a good place for trophies (then you don't have to dust them at home!). Paul has some trophies and plaques in his office, but not much wall space. I figured I'd take some of my things to my office to demonstrate that even 46-year-old women can be active, so I chose a trophy that has a calendar on it for my desk (Yes! Even Slow swimmers like me collect awards!) and a couple of plaques. They're on my office wall interspersed with photos (of children and staff in my projects, and family photographs) and paintings. The swim awards create interest, but in one sense perhaps they backfired. Have you noticed how uncomfortable colleagues are when they're not Master Swimmers, when they know or see a woman's age -- as on "age groups" on the Master Swimming awards? Seeing evidence of your fitness program also makes some colleagues feel guilty because they are inactive and sedentary. Maybe it motivates some people, though. Some of the people I work with probably think, "Good grief, if she can do it, I certainly can!" That's good, if it gets even one more person involved in a fitness program.

But enough of this talk of using your awards to motivate or impress someone else. I promised some ideas for organizing your awards, introducing some order from all the clutter. First of all, consider grouping them, and using them in one area (at least at first) to make a unified decorating statement. (That's what an interior decorator would tell you.) Group photographs, plaques, and frames full of medals and/or ribbons together on a wall or in a room, with shelves for trophy display.

It's easy to pin medals and ribbons onto a cork bulletin board and then change them or add to them as time goes on. When you are starting out, this is a good way to begin. Several years ago, in Columbus, Indiana, I talked to a Master Swimmer who used kickboards, instead of bulletin boards, to mount ribbons and medals. Then she hung them in her recreation

room. Someone else I know pins medals all over a cloth hat (that gets heavy and you still need drawer space for the rest of them). Others use medals as jewelry -- hanging one special one on a chain. I have one of Paul's national gold medals on a chain, two other small ones on charm bracelets. One Master Swimmer we know has a picture of himself, with his national medals, on his checks.

Others mount medals, then frame them under glass. Cover heavy cardboard, or artists' canvas hardboard, or lightweight cork with velvet, velveteen, suede, or felt, then arrange medals on the background. If the surface isn't too hard, you can pin the medals into the backing. You can make your own frame (or learn to do it), buy one, or have the piece framed by custom framers (expensive, but easier on patience and nerves if you don't have the skills). If you are buying a frame, buy it before you start, then cut your backboard to the proper size. If you glue fabric onto the backing, make sure you use a glue that doesn't show through in globs. Inconspicuous stapling on the edge may be best. Use a staple gun. Buy (or make) a frame that allows room between the glass and the backing for the medals.

One of the most successful framing of medals I've done made use of a wooden frame with an oval, slightly domed glass. The frame was purchased unfinished, so it was finished in a cherry stain. Inside are five national medals, and an All-American patch, arranged on red velveteen. The arrangement is made with elements that relate to a single national meet. You can use a few medals. You don't have to frame 30 medals in a single frame, and you can include patches in an arrangement with medals.

Framing single photographs, All-American certificates, or participation certificates is interesting, and preserves the document. But adding a patch, or a small photograph with another single element makes it even more interesting -- and sometimes more fun. Think about framing unusual things from a meet. One of my favorites is a framed poster from the Indiana long course national meet held in Bloomington in 1972. It reads "Welcome Master Swimmers" in red print, so I had it framed in a narrow red wooden frame. It hangs in our dining room, telling people something we really feel, an expression of hospitality. The same red framing is used for some of the other All-American certificates which also hang in the dining room. Note that using matching frames for several pieces helps pull together the decorative elements of your Masters Swimming memorabilia.

If you want to get a little more complicated, yet have more fun doing it, then try a collage developed around Masters Swimming activities. Collect a group of interesting things related to swimming - medal(s), photographs, snapshots, newspaper clippings, time cards, programs, heat sheets, perhaps maps, plane tickets, postcards. Our trips to national meets are often special vacations since they are so far away and they cost so much money that we usually take more time than we would on a straight business trip. Along the way we collect materials with a collage in mind as a long range goal.

One very successful collage was done from the collection of things from the short course nationals in Santa Monica in 1973. The finished project is 18" by 24", and has been framed. It began with an artists' canvas board, half covered with a map of the Los Angeles, Santa Monica, and Santa Barbara (a side trip that was great fun) areas, the other half with the cover from the heat sheets and a participation certificate. It is important to cover the entire background first, with large things, especially if you are just beginning to do collages. I use thinned Elmer's glue (thin it with water), and a paint brush to apply the glue, to attach large paper pieces such as maps. After glueing on the background, then try different arrangements of the materials you want to attach. Remember you can use parts of materials. Cut out the parts you want to use in interesting shapes (I like curved lines rather than straight angles). You can even use parts of photographs or snapshots. Cut out the main part -- perhaps a standing figure on an award block -- with small manicure scissors in order to get all the

details. Shape the photograph to fit the space where you want to use it. If you can't bear to cut up a snapshot or photograph when you are making a collage, at least cut off the white frame around glossy photos.

I used plane tickets, parts of participation certificates, banquet tickets, university press releases about Paul, newspaper clippings, a medal with ribbon, All-American patches, parts of photographs from the meet (including those of competitors in Paul's events -- that collage contains our last picture of Hal Onnusseit, and a picture of Duane Draves), parts of printed advertisements (Discover Santa Monica), and snapshots we took on our side trips. There is even a postcard from the place where we stayed. You can collect and choose similar things for a collage. Attach the biggest details first, then add smaller details. I always try to develop collages so that there are interesting small details that people may not see the first time. That way, one discovers something new almost every time he or she looks at the collage. Try one -- it's a good way to record a memorable trip, meet, or Masters Swimming experiences. Hanging on the wall, it's a lot more accessible than a scrap book or photo album or drawer of stuff. A collage makes a nice gift for someone, too -- a coach, or another swimmer friend.

So -- collages are neat, and framing groups of medals takes care of part of the clutter -- but what about the glut of medals (particularly if you have or used to have age group swimmers, too). Casting medals in a clear (or delicately colored) plastic resin produces interesting paperweights or plaques to hang along with the photographs and collages. An even bigger project involves casting medals into a table top, although it is a tricky, time-consuming task. Even casting a small paperweight 5 or 6 inches in diameter takes from 6-12 hours, depending on humidity, because embedding medals into the plastic resin must be done layer by thin layer in order to produce a clear, non-cracked final product. Casting resin takes a lot of drying time in a dust-free place and also involves toxic fumes, so it is best done outside or in a very well-ventilated area. Resin, and hardener, can be purchased at craft stores. I speak with some trepidity about casting the medals into a large table. It would be nice to have help on such a project from someone who has expertise in casting. There is a real need to measure exact amounts for the area to be covered. After I finally found a table with a framed edge around the top (to hold the resin), collected 3 or 4 boxes of medals from dresser drawers (both our sons swam age group, so they collected medals, too), I got cold feet and held up on the project. Even though I have the resin and hardener, it is a much larger and more complex task than casting medals in a paperweight.

After the framing and collages and cast paper weights, what do you do with the trophies? Alas, there's no easy answer. They have to be dusted, even if you have a trophy case. We built a shelf that runs around one wall of our family room, about 15 inches from the ceiling. That shelf holds most of the trophies, but not the tall ones (we still have boxes, too).

Before the Masters Swimming program began, we kept swimming awards together in the family room. Now I still try to be sure that there are grouped arrangements, but I use the best designed pieces in unexpected places. Special awards, plaques, or photos are interspersed in a group of nonrelated paintings, if the swimming award is a pleasing design and shape. Some of the beautiful dark wood and metal plated plaques hold their own very nicely in a group of paintings. They provide a contrast and say, "This is us. This is what the people at our house do." Paul's Ransom Arthur award (which is very well-framed and designed, by the way) hangs next to our Santa Monica collage. You might try hanging a plaque in with a group of other things and see how you like it -- or else surprise the Master Swimmer at your house and do it for him/her.

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Swimming News

EXERCISE AND LIFE EXPECTANCY

By Dr. Ray Chen

Is exercise good for increasing your life expectancy? The answer is yes and no, depending on a number of factors. Let us take the "yes" evidence first. It is known that vigorous exercisers have decreased death due to heart disease, that they have lower cholesterol, blood pressure, body fat, and can handle sugar better. They are able to handle stress better, and are less likely to commit suicide due to depression. Since diseases of the heart and blood vessels kill more people than any other type of disease, exercise clearly benefits life expectancy. Experiments with rats also confirm that running and swimming increase the length of life. However, there is a type of experiment on animals which indicates that exercise has no effect on longevity. When rats are kept in germ-free cages all their lives and carefully shielded from stress and trauma, they live a long time before succumbing to "old age" changes in the kidney and heart. For rats, this maximum life span is about 1000 days. For man, perhaps it would be 110 years. In the rat experiment, exercise did not lengthen the life span. Therefore, exercise seems to enhance life expectancy of man and animals living in a normal, stressful, dangerous and disease-ridden

environment. Exercise may enable us to get somewhat closer to our theoretical maximum life span, but does not increase it. In rat experiments, the life span in a germ and stress-free environment can be lengthened to about 1500 days by food deprivation starting at an early age. Rats eating only 60% as much as they would if unrestrained live 50% longer. Can the same be done for man? The problem is that we are not living in a protected environment, so food deprivation which is meant to increase life span from 110 years to 160 years may only serve to weaken us so we do not even get to 70. Nevertheless, there are those who believe in fasting and in being as thin as a rail, on the belief that they will live longer. However many vigorous people over 80 are "overweight" by old insurance table standards, so a certain amount of body reserves of energy may be good. We are fortunately living in a period one could call the exercise revolution. Everybody now "knows" that exercise is good for you, but as recently as 20 years ago, this was not entirely clear. Some physicians recommended resting after 40, and there were many who felt that activity would wear out the body prematurely. A lot of scientific research went into getting the data to show the benefits of exercise. Without this knowledge, we could still be wondering if all this swimming or running was good or bad for us.

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- | | |
|--|---------------------------------|
| 500 Swim | 300 EZ Swim |
| 500 Kick--change kicks every 50 yards. | 200 IM Kick |
| 500 Pull--breathe infrequently every third 50. | 12 x 25 on :45, I.M. Order. |
| 6 x 50 on 1:15 | 8 x 100 on 2:30, descending set |
| 4 x 50 on :50 | 200 Slow Restricted breathing |
| 100 EZ | 200 EZ Cool down |
| 400 Swim, slow | 800 Warm-up on the house |
| 300 Swim, moderate | 2 x 200 (:60) |
| 200 Swim, strong | 6 x 125 as follows: |
| 100 Swim, Very fast | 50 Mod, 25 fast, 50 EZ |
| 100 Kick, choice | 100 EZ Cool down |
| 200 I.M. Swim | |
| 300 Pull, breathing every 3rd stroke | |
| 400 EZ - Mod swim | |

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SWIM CALENDAR

VOL XIII - No 4

MAY 1984

MAY	4-5	SC - Charles Weidanz, Lakeland Hills Y, P.O. Box 6, Mountain Lakes, NJ 07046
	5	SC - Cecil Whitiker, 776 NE 125 St., Parks & Rec Dept, North Miami, FL 33161
	5-6	SC - Will Worley, 1001 Village Dr., College Station, TX 77840
	11-13	Canadian Champ., Steve Gosse, 10516 - 35 Ave., Edmonton, Alberta T6J 2L9 CANADA
	13	SC - Sandy Reece-Martens, 2037 Cardinal Way, Fairfield, CA 94533
	18-20	SC - YMCA NATIONALS - Tobias Baedeker, 4545 Marshall Rd., Kettering, OH 45429
	26-29	SC - USMS NATIONALS - Tina Martin, 3320 Primavera St., Pasadena, CA 91107
JUN	2	Int. Meet SG MBB-Munich, Heinz Siegel, Eduard Schmidstr. 32, 8000 Munich 92, W.Ger.
	10	LC - Pentathlon, Alicia Coleman, 24 The Point, Coronado, CA 92118
	15-16	LC - Chuck Kunde, 13 Scarborough Dr., Lake Oswego, OR 97034
	16-17	LC - Kerry O'Brien, 125 Player Ct., Walnut Creek, CA 94598
	16-17	LC - Natalie Clement, 4528 Falcon Ridge Dr., Sarasota, FL 33583
	16-17	LC - SENIOR OLYMPICS - Senior Olympics '84, 5726 Wilshire Blvd., Los Angeles, CA 90036
	20-24	Dixie Masters Swim Camp - Peter Mullen, Brenau College, Box 4743, Gainesville, GA 30501
	22-24	LC - Tom Fay, MFR & CC, Maryland Farms, Brentwood, TN 37027
JUL	7-8	LC - World's Fair Meet - Conrad V. Porbes, Jr., 3734 Tulane Av, New Orleans, LA 70019
	14	LC - Sally Peterson, P.O. Box 9122, Truckee, CA 95737
	14-15	LC - Harold Ferris, 1116 44th Ave. N.E., St. Petersburg, FL 33703
	20-22	LC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
	22	LC - Rose Steward, 3031 South Rural Rd., Apt. 35, Tempe, AZ 85282
	28	LC - Chris Carriere, 410 Castro St., Campbell, CA 95008
AUG	4-5	LC - John Skehan, Skwim Swimming, Great Valley, NY 14741
	5	LC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	10-12	LC - PMS Champ. - Sandy Reece-Martens, 2037 Cardinal Way, Fairfield, CA 94533
	23-26	LC - USMS NATIONALS - Hill Carrow, 2901 Sandia Dr., Raleigh, NC 27607
SEP	22-23	SC - Dr. Joseph E. McEvoy, Dickenson College, Carlisle, PA 17013
	28-29	"Hildesheimer Rose" - Dieter Engelke, Steimbergerstr. 62, D3200 Hildesheim, W.Ger.
OCT	6	SC - Kerry O'Brien, 5517 Nebraska Dr., Concord, CA 94521
	14	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	27-28	SC - Southeastern - Bruce A. Tomkins, 103 E. Holston Lane, Oak Ridge, TN 37830
NOV	4	Pentathlon - Dot Werry, P.O. Box 8205, Sacramento, CA 95818
	10-11	SC - Bob Madrigal, 506 Baden #3, So. San Francisco, CA 94080
DEC	1	SC - Sally Peterson, P.O. Box 1880, Truckee, CA 95734
	2	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118

1985

May 10-13 SC - USMS NATIONALS, Wisconsin
AUG 8-12 LC - MASTERS GAMES, Toronto, Canada
AUG 17-20 LC - USMS NATIONALS, Rhode Island

LONG DISTANCE MEETS - Dale Petranec, 1008 Oaklyn Ct., Voorhees, NJ 08043

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