



SWIM - MASTER

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February

FROM USMS PRESIDENT TOM BOAK

I am pleased to have available the vehicle of Swim-Master, the official publication of USMS, to reach each of the LMSCs who receive Swim-Master as part of their dues structure. I feel the following information would be of interest not only to the official USMS administrative structure, but also to subscribers whose interest in USMS is evidenced by their subscription to Swim-Master and the fact that they have made swimming in general, and masters swimming in particular, part of their daily lives. One of my goals for USMS is to improve communication. A great deal has happened since the Convention in Phoenix, and I would like to let each of you know what's going on.

PRESIDENT: Assignments to the fifteen USMS committees have been made in most cases, and the committees are functioning. A full roster of the dedicated volunteers who make up these committees will be published in the near future. This is a monumental task each year, and could use some streamlining. Direct communication has been established with Ross Wales, President of United States Aquatic Sports, in an effort to solidify our relationships with USS and USAS. No concrete steps have been taken at this point, but this is a high priority item. I have written to the President of Japan Masters Swimming Association, offering the support of United States Masters Swimming for the World Masters Swimming Championships next July. This is shaping up as an exciting gathering which promises to outstrip all previous international competitions. The mail from all over the country has been overwhelming. I have been able to keep most of it moving quickly. Also, I have asked for, and you have sent your newsletter. I am amazed to see the quality of the LMSC publications across the country. Keep them coming.

VICE-CHAIRMAN: Gail Dummer assumed the task of publishing the USMS Newsletter, which was mailed in early December. An excellent job! Many thanks to those who assisted with input and expertise. Gail will be gathering ideas and information for the pre-convention issue, which will be sent to each 1986 registered masters swimmer in early summer. As Chair of Long Range Planning, Gail has already begun work on the establishment of long term priorities for USMS.

SECRETARY: Nancy Ridout has begun work on a comprehensive scheduling calendar, which will consolidate deadlines in all areas of USMS. She has solicited input from each of the Officers and Committee Chairs, as well as from individuals responsible for the ongoing USMS program. Nancy will also assume the task of publishing the LMSC Handbook, so that it may be distributed in a more complete and timely manner in the future.

TREASURER: Kevin Kelly has completed the transfer of the fi-

nancial operations of USMS and is working with the Finance Committee to complete the audit and all other aspects required for our non-profit corporation.

COMMITTEES

All American: Short and long course Top Ten Times have been published. This committee has been dissolved, and the work assumed by the National Office. The roster of 1985 All Americans has been completed, and each person so honored will be sent a letter of congratulations.

Championship: Bids are being solicited for 1988 Short Course (Central Zone) and Long Course (Eastern Zone) Nationals. Bill Barthold and Mel Goldstein will be working closely with the sponsors for this year's championships--short course at Fort Pierce, Florida May 15-18, and long course at Portland, Oregon August 21-24, to ensure the continuing quality of our Championships. Also, the United States plans to bid for the 1990 World Championships. For information, contact Bill Barthold. Bids have been requested from those interested in developing a software program for our National Championships. Bids are currently being sought for the new championship medals, which will be used beginning in 1987.

Convention: Post-convention survey has been sent out. Bill Tingley as already begun work on the 1986 Convention in Fort Worth, Texas, September 17-21.

Finance: Lucy Johnson, Chairperson, and Diana Todd, Comptroller, have taken over the corporate accounting. Suzanne Rague, Audit, is preparing the audit of our 1985 books with the assistance of Ted Haartz.

International: As noted above, bids are being solicited for the 1990 World Championship under guidelines set up by Masters Swimming International. Contact has been made with Japan Masters Swimming to offer our support during the World Championships in Tokyo. Work is continuing in an effort to improve and understand our role in International Masters Swimming.

Long Distance: Dave Gray has established Ad-hoc committees on Policy Manual, Long Distance Swimming Schedule, and Cable Swim Manual. The National Postal One-Hour Swim is being held in January, 1986. The biggest item facing Long Distance Swimming is the questions of the relationship between USMS and USS in terms of long distance swimming.

Long Range Planning: The committee has begun the work of identifying and prioritizing the goals for USMS for the coming years. Work is continuing on the Adaptive Swimming Handbook.

Marketing and Publications: The USMS Newsletter was distributed in early December. Included was a survey which is attempting to begin to identify what we have to offer a national sponsor. Work has begun on the 1987 USMS Masters Calendar. Information on this project has been distributed, and all LMSCs are encouraged to submit photos of their swim-

mers. Mary Lee Watson and her committee are identifying their projects for 1986. The Guide for Masters Swim Clubs and LMSCs has been updated, and is available through the National Office.

Registration: The LMSC Informational Packet was distributed in November. 1986 registrations are proceeding at a rapid pace. First quarterly report has been distributed to LMSC Registrars.

Sports Medicine and Research: A well-defined schedule of activities of this committee has been submitted. Jan Moore is currently conducting a survey on performance and aging. The committee is also working on a Guide for Medical Care of Masters Swimmers and on publishing Sports Medicine brochures for masters swimmers.

Legislation, Rules, and Ransom Arthur Award Committees will begin their efforts in accordance with the time schedules set forth.

Masters Coaches: This Ad-hoc committee has not yet taken form, but the Masters Aquatic Coaches Association has been formed, and I have received their first newsletter.

Past Presidents: This new Ad-hoc committee has been formed to support the President in certain areas, specifically relating to philosophical issues and historical questions about masters swimming.

National Office: Many of you are unaware of the value of our National Office--Certainly was. If you have a need for information or assistance, Dorothy Donnelly is there to help. Masters Swimming is better because of her efforts. Write to USMS National Office, Five Piggott Lane, Avon, CT 06001.

I plan to keep in touch. I hope and expect you will do the same.

Tom Boak, President
United States Masters Swimming, Inc.

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UPDATE ON MASTERS' CRUISE INTERVALS

By: Dick Bower JANUARY 1986

The Nov-Dec issue of Swim-Master carried my article "Cruise Intervals as Adapted for Masters". Since that time I have received heavy mail requesting more information. The nature of most of the questions indicates a need for the following update.

First, the "masters' cruise interval" is also an excellent way to condition swimmers of any age or ability. It is recommended over the regular cruise intervals (Swimming World April and June of 1985) for beginning competitive swimmers and for summer teams and high school teams which do not train all year.

Second, I am supplying a chart which does the math necessary for steps one through five in the November article for figuring your starting "masters' cruise interval".

Third, the distance of the basic repeat does not have to be 100 yards. It is better to individualize the distance to fit the present

skill and condition of each swimmer. I recommend a basic distance that takes the individual anywhere from one minute to one minute and forty-five seconds to complete. Therefore, in a workout group of mixed abilities including beginners you might have some swimmers doing 24's, some doing 50's, some doing 75's, and the best swimmers doing 100's. As a rough rule if your cruise interval figures out to be over two minutes, subtract one length from your distance. When you can cruise under one minute add a length. This works out very well for any length of pool. You will have the opportunity to add lengths sooner in the shorter pools.

Fourth, the recommended ten repeats is for persons who are working out alone. When swimmers are working out in teams or any groups the number of repeats should be determined by time. Whenever possible swimmers should be divided into lanes where everyone in a lane is doing the same number of lengths on the same interval. Then each swimmer (or lane) does as many repeats as possible in a set amount of time such as 15 minutes. At 15 minutes everyone stops and returns to the starting end. After one minute rest I recommend a "last-one-fast-one" repeat. This last repeat must be faster than the average achieved in the previous 15 minutes.

If you have lost you copy of the Nov.-Dec. Swim-Master article send me a stamped, self addressed envelope and I will send you another copy. Make sure to include a note to indicate which one of my previous articles you want. Write to Dick Bower, 600 Haring Road, Metairie, LA 70001.

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CHART FOUND ON PAGE 3.....

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VEGETABLES -- MIRACLE FOODS?

Vegetables have everything going for them. They look good, have lots of vitamins and fiber, and most are usually both filling and low in calories. They also contain no cholesterol or fat, making them good foods for the heart and circulation. But are vegetables miracle foods? Can a vegetarian regimen delay aging and ward off or cure diseases? Does eating mostly veggies guarantee weight control? If only it were that simple. Alas, there are overweight vegetarians (more carrot cake, anyone?) and vegetarians who suffer from malnutrition. BALANCE is the key word in nutrition. Vegetarians must pay special attention to make sure that their diet provides them with enough protein, calcium, iron, and vitamin B-12. Vegetables are vitamin-rich foods, but the miracle of good health depends on foods from the milk group, the meat group (dry beans, peas, nuts, and peanut butter count here for vegetarians), and the bread-cereal group. No single group can guarantee health and beauty; only a varied diet can offer all essential vit. & min.

USE THIS CHART FOR FIGURING MASTERS' CRUISE INTERVALS

Broken Swim Chart - for 10 repeats with 10 sec. rest
(The repeat distance can be 25,50,75 or 100 yd or mt)

| Broken Swim Total Time | Average Split Swim Time | Lane Interval Assignment | Broken Swim Total Time | Average Split Swim Time | Lane Interval Assignment |
|------------------------|-------------------------|--------------------------|------------------------|-------------------------|--------------------------|
| 5:50 | :26 | :40 | 13:20 | 1:11 | 1:25 |
| 6:00 | :27 | :40 | 13:30 | 1:12 | 1:25 |
| 6:10 | :28 | :40 | 13:40 | 1:13 | 1:25 |
| 6:20 | :29 | :40 | 13:50 | 1:14 | 1:25 |
| 6:30 | :30 | :40 | 14:00 | 1:15 | 1:25 |
| 6:40 | :31 | :45 | 14:10 | 1:16 | 1:30 |
| 6:50 | :32 | :45 | 14:20 | 1:17 | 1:30 |
| 7:00 | :33 | :45 | 14:30 | 1:18 | 1:30 |
| 7:10 | :34 | :45 | 14:40 | 1:19 | 1:30 |
| 7:20 | :35 | :45 | 14:50 | 1:20 | 1:30 |
| 7:30 | :36 | :50 | 15:00 | 1:21 | 1:35 |
| 7:40 | :37 | :50 | 15:10 | 1:22 | 1:35 |
| 7:50 | :38 | :50 | 15:20 | 1:23 | 1:35 |
| 8:00 | :39 | :50 | 15:30 | 1:24 | 1:35 |
| 8:10 | :40 | :50 | 15:40 | 1:25 | 1:35 |
| 8:20 | :41 | :55 | 15:50 | 1:26 | 1:40 |
| 8:30 | :42 | :55 | 16:00 | 1:27 | 1:40 |
| 8:40 | :43 | :55 | 16:10 | 1:28 | 1:40 |
| 8:50 | :44 | :55 | 16:20 | 1:29 | 1:40 |
| 9:00 | :45 | :55 | 16:30 | 1:30 | 1:50 |
| 9:10 | :46 | 1:00 | 16:40 | 1:31 | 1:45 |
| 9:20 | :47 | 1:00 | 16:50 | 1:32 | 1:45 |
| 9:30 | :48 | 1:00 | 17:00 | 1:33 | 1:45 |
| 9:40 | :49 | 1:00 | 17:10 | 1:34 | 1:45 |
| 9:50 | :50 | 1:00 | 17:20 | 1:35 | 1:45 |
| 10:00 | :51 | 1:05 | 17:30 | 1:36 | 1:50 |
| 10:10 | :52 | 1:05 | 17:40 | 1:37 | 1:50 |
| 10:20 | :53 | 1:05 | 17:50 | 1:38 | 1:50 |
| 10:30 | :54 | 1:05 | 18:00 | 1:39 | 1:50 |
| 10:40 | :55 | 1:05 | 18:10 | 1:40 | 1:50 |
| 10:50 | :56 | 1:10 | 18:20 | 1:41 | 1:55 |
| 11:00 | :57 | 1:10 | 18:30 | 1:42 | 1:55 |
| 11:10 | :58 | 1:10 | 18:40 | 1:43 | 1:55 |
| 11:20 | :59 | 1:10 | 18:50 | 1:44 | 1:55 |
| 11:30 | 1:00 | 1:10 | 19:00 | 1:45 | 1:55 |
| 11:40 | 1:01 | 1:15 | 19:10 | 1:46 | 2:00 |
| 11:50 | 1:02 | 1:15 | 19:20 | 1:47 | 2:00 |
| 12:00 | 1:03 | 1:15 | 19:30 | 1:48 | 2:00 |
| 12:10 | 1:04 | 1:15 | 19:40 | 1:49 | 2:00 |
| 12:20 | 1:05 | 1:15 | 19:50 | 1:50 | 2:00 |
| 12:30 | 1:06 | 1:20 | 20:00 | 1:51 | 2:05 |
| 12:40 | 1:07 | 1:20 | 20:10 | 1:52 | 2:05 |
| 12:50 | 1:08 | 1:20 | 20:20 | 1:53 | 2:05 |
| 13:00 | 1:09 | 1:20 | 20:30 | 1:54 | 2:05 |
| 13:10 | 1:10 | 1:20 | 20:40 | 1:55 | 2:05 |

Food For Sport

by Sue Leason R.D.
NutraSweet Group

If you've been reading this column over the last few months you've probably noticed a clear message coming through: eating for peak performance isn't a matter of magic tricks, it's a matter of common sense. A balanced diet emphasizing whole grains, fruits and vegetables, lean meats, low fat dairy products and a limited use of fats, provide all the nutrients most athletes require. Winter has arrived and the same good nutrition principles for summertime athletics hold true in the winter. However, a few cold weather considerations merit special mention.

Your body must work a bit harder to maintain warmth in cold weather, and so more energy is expended. Because carbohydrates break down more quickly, they can be used to produce heat faster than either protein or fat, so they should remain an important part of your winter diet. Complex carbohydrates — cereals, breads, pasta, fruit and vegetables — should make up about 55-60 percent of your daily calorie intake.

Athletes need to keep the body warm, but they also need to allow the body to sweat. When exercising in cold weather, athletes should wear several layers of loose clothing. By wearing layers, the warmth from the body is trapped, but the sweat can be absorbed by the clothing. Also, as athletes warm up, they can remove a layer or two and avoid overheating.

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Dehydration is a concern in winter as well as in summer, especially because it may be harder to recognize. Because winter weather is often dry as well as cold, sweat evaporates quickly.

In these conditions athletes may not feel sweaty and therefore may not realize that they are losing water through perspiration. Everyone should consume six to eight cups of fluid a day — more if you are exercising hard enough to perspire.

For rehydration plain water is an excellent choice, as are drinks sweetened with 100% NutraSweet® * brand sweetener instead of sugar. Beverage temperature also affects the rate of rehydration. Cool drinks, which leave the stomach more rapidly than warm fluids, are ideal when exercise is prolonged and strenuous. Traditional hot beverages, such as hot cocoa when made with milk and sweetened with 100% NutraSweet, provide warmth and good nutrition.

One other important note: if you believe that alcohol in beverages helps to warm you up quickly, you should know that a rescuing St. Bernard would do better to carry plain water in his keg. In fact, the temporary "warm glow" that comes from alcohol consumption is an illusion; alcohol actually promotes dehydration and loss of body heat.

Additional nutrition and performance tips for skiers and ice-skaters are contained in two of the nine sport-specific brochures in the NutraSweet "Eat to Compete" series. You can request your free copy of one or both by filling in the coupon on the back page of this newsletter.

Exploding Myths about Cold Medicines

Myth: Cold remedies can prevent or cure the common cold.

Fact: Some drugs relieve the symptoms of colds (congested nose, sinus headache, fever), but none can yet cure colds.

Myth: The more ingredients in a cold medicine, the better.

Fact: "Shotgun" preparations that contain several ingredients may not contain a large enough amount of those ingredients to be helpful. Timed-release capsules have not proven especially effective either. The more ingredients, the more likely you are to encounter a drug to which you are allergic.

Myth: Over-the-counter cold medicines are always safe and effective.

Fact: Some people will suffer allergic reactions to cold medicines. Some will encounter bad reactions from taking cold remedies along with other drugs, especially alcohol. People suffering from high blood pressure should check with their doctor before using decongestants either in nose drops or taken by mouth. Antihistamines and cold medicines can cause drowsiness and are not safe to take when driving.

Myth: Cold medicines are usually a good buy.

Fact: Plain aspirin or acetaminophen offer quick relief from aches and fever and cost far less than many cold tablets. □

Handling Arthritis with Care

From exotic gold salts to aspirin, the treatments for arthritis are almost as numerous and varied as the many forms this disease takes. What every effective treatment method has in common is: medical supervision—not quack cures—and early treatment, when symptoms of joint pain first appear and linger.

Inflammation—heat, pain, and swelling of the joints—plagues more than 36 million Americans. The causes of arthritis have long puzzled medical detectives, but new clues point to a defect in the body's immune system, its defense against infection. In some cases of arthritis, the cells that should attack outside invaders such as germs instead attack the body's own cells, especially those in and around the joints.

Rheumatoid arthritis (RA), one of the more serious forms that the disease takes, is a chronic condition that attacks women three times as often as men. Untreated, RA can

lead to permanent deformities—crooked hands, motionless joints, and severe pain. A medically supervised plan of exercise, rest, and drug therapy usually can prevent such pain and crippling. Symptoms of RA tend to disappear and then recur, but the treatment program must go on all the time to protect joints against further damage.

More common forms of arthritis include: gout, frequently causing swelling and pain in specific joints (for example, the big toe); osteoarthritis, often the result of the wear and tear of age on the joints; and ankylosing spondylitis, a form of arthritis that attacks the spine.

Until a permanent cure is discovered, aspirin, a wide array of other drugs, and, in some cases, surgery, are treatments often used for arthritis sufferers. For most patients, quick, effective medical attention can provide a lifetime of relative comfort and normal activity. □

A TRIP TO EUROPE

By: Barbara Zaremski



The above picture is of Edi Ernen, Barbara Zaremski, Hedy Pullman, and Lucie Rosen. We were enjoying a lovely evening and dinner at an open air restaurant along the bank of the Rhine River in Cologne, Germany.

Barbara Zaremski, had attended and gave a paper at the World Sport Psychology Congress in Copenhagen, Denmark in June and then went on a tour with some of the Sport Psychologists that included Stockholm, Helsinki and Leningrad. The group visited the Sports Institute in Leningrad. We didn't get to see much of the Institute. We did meet with the director and some of the members of the teaching faculty. From there Hedy Pullman (barbar's mother) and Barbara Zaremski traveled to Cologne, Germany and they visited the Sports Center in Cologne and Dr. A Mader. From Germany they drove to Brussel's and then went on to London, where Barbara was part of an NLP training program and did some co-teaching with a Londoner. There were nice city pools available in Copenhagen for reasonable fees, however, their hours were frequently different than advertized. For instance they frequently closed $\frac{1}{2}$ to 1 hour early so that the help could clean the locker rooms. We found a nice 50 meter pool at a lunch stop in Finland - the water was more than a little brisk but better than lunch. NO POOLS IN USSR apparently factories have sports clubs and one gets to go to the club as a worker incentive. In Germany I swam at the Sports Institute-a really super pool. London was something else. After suffering thru the undisciplined crouds and getting badly hurt at the University of London, I tried the London phone system

and eventually found that the Swiss Cottege Athletic complex had 3 pools -2 pools were 33-1/3 yards long and one shorter pool. A swim team and a very nice gracious coach all at a very early hour in the AM.

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A fellow named Irv Merritt died last week, and he left behind a kind of legacy that will last a long time in the memory of the thousands of people he touched.



Merritt

What Merritt contributed was an enthusiasm for life that was hard to match. You might say he was a kind of busybody about living. He was 82 when he died, and he gave retirement a good name.

Always a swimming enthusiast and a long-time Red Cross instructor, Merritt launched a competitive swimming career at the age of 70. He swam competitively in seniors' events almost until his death. Furthermore, he frequently won.

It amused him when he started to compete in swimming, about five years after his retirement from Purdue. As he put it, he hadn't competed in any kind of sporting event since he played marbles as a youngster.

Folks still talk about an accomplishment in 1978 — he competed in a swimming event at West Lafayette High School in which, at the age of 75, he swam two non-stop miles using the butterfly stroke, an exhausting way to get through the water.

Several years ago his inquiring mind stumbled over crewel embroidery, and he joined a Cooperative Extension Service class as the only man among 60 women.

With his usual zest, he attacked embroidery full bore and, before long, he was serving as an instructor in embroidery.

Merritt was born and reared in the West. He found his way to West Lafayette in 1929 as a supervisor of chemical stores in the chemistry department at Purdue University.

We've been a richer community because he came.

RESULTS

FALL 1985 SADDLEBACK MASTERS
EL TORO, CA 13 OCT. 1985

WOMEN 25-29

| | |
|--------------------------|-------|
| <u>50 YARD FREESTYLE</u> | |
| Morri Spang 29 | 27.28 |
| Kim A. Hansen 29* | 27.80 |
| Suzanne L. Elliot 25 | 28.37 |
| Bonnie Alice Sherar 28 | 28.87 |
| Mary M. Luckhowec 27 | 32.16 |
| Jennifer J. Ontko 25 | 35.91 |
| Conejo Liz Lovstedt 28 | 41.77 |

| | |
|---------------------------|---------|
| <u>100 YARD FREESTYLE</u> | |
| Morri Spang 29 | 59.88 |
| Bonnie Alice Sherar 28 | 1:03.12 |
| J. S. McAllister 27 | 1:07.52 |
| Jennifer J. Ontko 25 | 1:17.51 |
| P. J. Whittington 28 | 1:22.65 |

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|---------------------------|-------|
| <u>50 YARD BACKSTROKE</u> | |
| Pamela J. Whittington 28 | 48.14 |
| Conejo Liz Lovstedt 28 | 53.35 |

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|----------------------------|---------|
| <u>200 YARD BACKSTROKE</u> | |
| Mary M. Luckhowec 27 | 2:53.14 |
| J. S. McAllister 27 | 3:11.69 |

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|------------------------------|---------|
| <u>100 YARD BREASTSTROKE</u> | |
| J. S. McAllister 27 | 1:37.49 |

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|--------------------------|-------|
| <u>50 YARD BUTTERFLY</u> | |
| Suzanne L. Elliot 25 | 30.86 |
| Morri Spang 29 | 31.06 |
| Kim A. Hansen 29* | 32.44 |
| Mary M. Luckhowec 27 | 37.61 |
| Jeanne S. McAllister 27 | 38.63 |
| Pamela J. Whittington 28 | 44.57 |
| Conejo Liz Lovstedt 28 | 53.20 |

| | |
|---------------------------|---------|
| <u>200 YARD BUTTERFLY</u> | |
| P. J. Whittington 28 | 4:25.75 |

| | |
|-----------------------------------|---------|
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Morri Spang 29 | 1:10.10 |
| Suzanne L. Elliot 25 | 1:12.45 |
| Bonnie Alice Sherar 28 | 1:13.15 |
| Mary M. Luckhowec 27 | 1:20.11 |
| J. S. McAllister 27 | 1:21.36 |
| P. J. Whittington 28 | 1:44.69 |
| C. Liz Lovstedt 28 | 1:57.00 |

WOMEN 30-34

| | |
|--------------------------|-------|
| <u>50 YARD FREESTYLE</u> | |
| Laura A. Hove 30 | 26.42 |
| Debbie Bradbury 33 | 26.88 |
| Mary-Chris Kay 31 | 29.68 |
| Lori P. Belshe 30 | 34.78 |
| Robin Robertson 30 | 35.80 |

| | |
|---------------------------|---------|
| <u>100 YARD FREESTYLE</u> | |
| Janice A. Hagen 31 | 1:00.34 |
| Debbie Bradbury 33 | 1:02.25 |
| Mary-Chris Kay 31 | 1:08.70 |
| Lori P. Belshe 30 | 1:15.97 |
| Robin Robertson 30 | 1:19.07 |

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|----------------------------|---------|
| <u>200 YARD BACKSTROKE</u> | |
| Janice A. Hagen 31 | 2:42.80 |

| | |
|------------------------------|---------|
| <u>100 YARD BREASTSTROKE</u> | |
| Janice A. Hagen 31 | 1:18.44 |

| | |
|--------------------------|-------|
| <u>50 YARD BUTTERFLY</u> | |
| Debbie Bradbury 33 | 32.02 |
| Mary-Chris Kay 31 | 35.63 |

| | |
|---------------------------|---------|
| <u>200 YARD BUTTERFLY</u> | |
| Laura A. Hove 30 | 2:32.31 |
| Debbie Bradbury 33 | 2:45.63 |

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|-----------------------------------|---------|
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Janice A. Hagen 31 | 1:09.25 |
| Mary-Chris Kay 31 | 1:20.52 |
| Lori P. Belshe 30 | 1:26.40 |
| Robin Robertson 30 | 1:39.60 |

WOMEN 35-39

| | |
|--------------------------|-------|
| <u>50 YARD FREESTYLE</u> | |
| Linda J. Chan 35 | 30.28 |
| Lois Goodman 38 | 33.44 |
| Kathy A. Kanter 39 | 33.95 |

| | |
|---------------------------|---------|
| <u>100 YARD FREESTYLE</u> | |
| Linda J. Chan 35 | 1:08.40 |
| Lois Goodman 38 | 1:17.42 |

| | |
|---------------------------|-------|
| <u>50 YARD BACKSTROKE</u> | |
| Linda J. Chan 38 | 38.17 |
| Linda J. Chan 35 | 42.36 |
| Lois Goodman 38 | 43.87 |

| | |
|----------------------------|---------|
| <u>200 YARD BACKSTROKE</u> | |
| Linda J. Chan 38 | 3:05.73 |
| Katherine Watson 37 | 3:08.82 |
| Lois Goodman 38 | 3:30.49 |

| | |
|------------------------------|---------|
| <u>100 YARD BREASTSTROKE</u> | |
| Marquerite Hansen 35 | 1:20.88 |
| Linda J. Chan 38 | 1:31.24 |
| Katherine Watson 37 | 1:50.13 |

| | |
|--------------------------|-------|
| <u>50 YARD BUTTERFLY</u> | |
| Marquerite Hansen 35 | 33.94 |
| Linda J. Chan 38 | 36.84 |
| Katherine Watson 37 | 48.75 |

| | |
|---------------------------|---------|
| <u>200 YARD BUTTERFLY</u> | |
| Katherine Watson 37 | 3:35.25 |

100 YARD INDIVIDUAL MEDLEY

| | |
|----------------------|---------|
| Marquerite Hansen 35 | 1:16.00 |
| Linda J. Chan 35 | 1:21.46 |
| Linda J. Tepe 38 | 1:22.88 |
| Kathy A. Kanter 39 | 1:33.56 |
| Lois Goodman 38 | 1:33.86 |

WOMEN 40-44

| | |
|--------------------------|-------|
| <u>50 YARD FREESTYLE</u> | |
| Diana F. Todd 41 | 26.17 |
| Bonnie Brady 44 | 39.00 |

| | |
|---------------------------|---------|
| <u>100 YARD FREESTYLE</u> | |
| Diana F. Todd 41 | 1:00.27 |
| Janet E. Royer 44 | 1:07.15 |
| Ann Harris 40 | 1:22.54 |
| Bonnie Brady 44 | 1:26.72 |

| | |
|---------------------------|-------|
| <u>50 YARD BACKSTROKE</u> | |
| Bonnie Brady 44 | 43.89 |
| Ann Harris 40 | 50.09 |

| | |
|------------------------------|---------|
| <u>100 YARD BREASTSTROKE</u> | |
| Janet E. Royer 44 | 1:34.94 |
| Bonnie Brady 44 | 1:51.89 |
| Ann Harris 40 | 2:08.92 |

| | |
|--------------------------|-------|
| <u>50 YARD BUTTERFLY</u> | |
| Diana F. Todd 41 | 31.28 |
| Janet E. Royer 44 | 37.46 |
| Ann Harris 40 | 51.02 |

| | |
|---------------------------|---------|
| <u>200 YARD BUTTERFLY</u> | |
| Janet E. Royer 44 | 3:13.16 |

| | |
|-----------------------------------|---------|
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Janet E. Royer 44 | 1:23.33 |
| Bonnie Brady 44 | 1:37.79 |
| Ann Harris 40 | 1:47.54 |

WOMEN 45-49

| | |
|--------------------------|-------|
| <u>50 YARD FREESTYLE</u> | |
| Joan Jeter 46 | 31.32 |
| Jeanne Little 48 | 32.06 |

| | |
|---------------------------|---------|
| <u>100 YARD FREESTYLE</u> | |
| Joan Jeter 46 | 1:09.05 |
| Jeanne Little 48 | 1:13.08 |

| | |
|---------------------------|-------|
| <u>50 YARD BACKSTROKE</u> | |
| Jeanne Little 48 | 43.07 |

| | |
|------------------------------|---------|
| <u>100 YARD BREASTSTROKE</u> | |
| Joan Jeter 46 | 1:30.32 |
| Helen Geoffrion 46 | 1:39.55 |

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| <u>50 YARD BUTTERFLY</u> | |
| Jeanne Little 48 | 37.37 |
| Helen Geoffrion 46 | 40.81 |

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| <u>200 YARD BUTTERFLY</u> | |
| Helen Geoffrion 46 | 3:45.82 |

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| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Joan Jeter 46 | 1:24.07 |
| Jeanne Little 48 | 1:29.38 |

WOMEN 50-54

| | |
|--------------------------|-------|
| <u>50 YARD FREESTYLE</u> | |
| Jacqueline Dunlop 54 | 33.99 |

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|---------------------------|---------|
| <u>100 YARD FREESTYLE</u> | |
| Jacqueline Dunlop 54 | 1:34.89 |

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|---------------------------|-------|
| <u>50 YARD BACKSTROKE</u> | |
| Jacqueline Dunlop 54 | 40.66 |

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|---------------------------|---------|
| <u>200 YARD BUTTERFLY</u> | |
| Jacqueline Dunlop 54 | 3:48.05 |

WOMEN 55-59

| | |
|--------------------------|-------|
| <u>50 YARD FREESTYLE</u> | |
| Janet Wolver 56 | 36.04 |

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| <u>100 YARD FREESTYLE</u> | |
| Janet Wolver 56 | 1:23.04 |

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|---------------------------|-------|
| <u>50 YARD BACKSTROKE</u> | |
| Kathy M. Dixon 58 | 49.23 |

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|----------------------------|---------|
| <u>200 YARD BACKSTROKE</u> | |
| Anne B. Adams 57 | 3:01.50 |

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|------------------------------|---------|
| <u>100 YARD BREASTSTROKE</u> | |
| Janet Wolver 56 | 1:40.76 |
| Kathy M. Dixon 58 | 1:51.09 |
| Marion Cornfield 59 | 2:03.58 |

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|--------------------------|-------|
| <u>50 YARD BUTTERFLY</u> | |
| Janet Wolver 56 | 48.18 |

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|---------------------------|---------|
| <u>200 YARD BUTTERFLY</u> | |
| Anne B. Adams 57 | 3:12.97 |

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|-----------------------------------|---------|
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Janet Wolver 56 | 1:34.59 |
| Kathy M. Dixon 58 | 1:45.18 |

WOMEN 60-64

| | |
|-----------------------------------|---------|
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Gloria Marienthal 60 | 2:02.20 |

WOMEN 65-69

| | |
|---------------------------|---------|
| <u>100 YARD FREESTYLE</u> | |
| Rita Simonton 67 | 1:28.16 |

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|---------------------------|-------|
| <u>50 YARD BACKSTROKE</u> | |
| Maxine Merlino 73 | 51.84 |

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|------------------------------|---------|
| <u>100 YARD BREASTSTROKE</u> | |
| Maxine Merlino 73 | 1:56.74 |

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|--------------------------|-------|
| <u>50 YARD BUTTERFLY</u> | |
| Maxine Merlino 73 | 53.59 |

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|-----------------------------------|---------|
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Maxine Merlino 73 | 1:47.78 |

WOMEN 75-79

| | |
|---------------------------|---------|
| <u>50 YARD BACKSTROKE</u> | |
| Johnnie Belshe 77 | 1:06.97 |

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|----------------------------|---------|
| <u>200 YARD BACKSTROKE</u> | |
| Johnnie Belshe 77 | 5:57.80 |

WOMEN 80-84

| | |
|------------------------------|---------|
| <u>100 YARD BREASTSTROKE</u> | |
| Katherine Pelton 80 | 2:24.67 |

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|--------------------------|---------|
| <u>50 YARD BUTTERFLY</u> | |
| Katherine Pelton 80 | 1:06.25 |

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|---------------------------|---------|
| <u>200 YARD BUTTERFLY</u> | |
| Katherine Pelton 80 | 5:43.91 |

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|-----------------------------------|---------|
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Katherine Pelton 80 | 2:27.42 |

MIXED 19+

| | |
|---------------------------------|---------|
| <u>200 YARD FREESTYLE RELAY</u> | |
| Lochness Masters | |
| Jennifer Outko 25 | |
| Kim Michelena 23 | |
| Kambiz Higigi 20 | |
| Steve Sutherland 27 | 2:01.55 |

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|------------------------------|---------|
| <u>200 YARD MEDLEY RELAY</u> | |
| El Camino Swim Club | |
| Sandy Wood 22 | |
| Ed Rademacher 28 | |
| Matt Truxaw 26 | |
| Linda Chan 34 | 2:10.06 |

WOMEN 25+

| | |
|-------------------------------|---------|
| <u>200 YARD MEDLEY RELAY</u> | |
| Lochness Masters | |
| Brook Cross 35, Dan Jensen 32 | |
| Hank Greenberg 37 | |
| John Elliot 45 | 2:03.26 |

WOMEN 35+

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|---------------------------------|---------|
| <u>200 YARD FREESTYLE RELAY</u> | |
| El Camino Swim Club | |
| Dennis McNulty 39 | |
| John Zupov 41 | |
| Gary McDowell 42 | |
| Steve Schofield 53 | 2:05.77 |

WOMEN 25-29

| | |
|--------------------------|-------|
| <u>50 YARD FREESTYLE</u> | |
| Gary S. Nevill 26 | 21.75 |
| William A. Cohn 27 | 24.03 |
| Robert E. Mitchell 26 | 24.15 |
| Steve D. Sutherland 26 | 24.15 |
| Thomas T. Burger 29 | 24.27 |
| Daniel J. Armstrong 29 | 25.24 |
| Dennis Skupinski 29 | 25.41 |
| Matthew J. Truxaw 26 | 25.54 |
| Edward Rademacher 28 | 25.60 |
| Mark K. Rohling 28* | 26.92 |
| Mark E. Chaney 26 | 27.17 |

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|---------------------------|---------|
| <u>100 YARD FREESTYLE</u> | |
| Gary A. Rumble 26 | 52.63 |
| Steve D. Sutherland 26 | 53.09 |
| William A. Cohn 27 | 53.75 |
| Thomas T. Burger 29 | 55.41 |
| Dennis Skupinski 29 | 55.43 |
| Daniel J. Armstrong 29 | 56.50 |
| Robert E. Mitchell 26 | 56.71 |
| Matthew J. Truxaw 26 | 56.86 |
| Mark K. Rohling 28* | 57.88 |
| Michael McLaughlin 27 | 58.92 |
| Mark E. Chaney 26 | 1:00.86 |

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|----------------------------|-------|
| <u>200 YARD BACKSTROKE</u> | |
| Dennis Skupinski 29 | 31.08 |
| Robert E. Mitchell 26 | 31.98 |
| Edward Rademacher 28 | 34.30 |
| Matthew J. Truxaw 26 | 35.57 |
| Mark E. Chaney 26 | 36.09 |

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|------------------------------|---------|
| <u>100 YARD BREASTSTROKE</u> | |
| Michael Giles 25 | 2:22.91 |
| Mark E. Chaney 26 | 2:50.29 |

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|--------------------------|---------|
| <u>50 YARD BUTTERFLY</u> | |
| Gary A. Rumble 26 | 1:09.40 |
| Thomas T. Burger 29 | 1:11.39 |
| Edward Rademacher 28 | 1:13.58 |
| Mark K. Rohling 28* | 1:15.97 |
| Michael McLaughlin 27 | 1:17.44 |

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|---------------------------|-------|
| <u>200 YARD BUTTERFLY</u> | |
| Robert E. Mitchell 26 | 26.47 |
| Dennis Skupinski 29 | 26.48 |
| Michael Giles 25 | 26.55 |
| William A. Cohn 27 | 27.50 |
| Thomas T. Burger 29 | 27.59 |
| Edward Rademacher 28 | 27.96 |
| Matthew J. Truxaw 26 | 28.84 |
| Daniel J. Armstrong 29 | 29.76 |

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|-----------------------------------|---------|
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Michael Giles 25 | 1:01.81 |
| Gary A. Rumble 26 | 1:01.82 |
| Steve D. Sutherland 26 | 1:03.54 |
| William A. Cohn 27 | 1:04.44 |
| Robert E. Mitchell 26 | 1:04.59 |
| Dennis Skupinski 29 | 1:05.87 |
| Edward Rademacher 28 | 1:05.93 |
| Thomas T. Burger 29 | 1:06.82 |
| Daniel J. Armstrong 29 | 1:08.06 |
| Matthew J. Truxaw 26 | 1:08.52 |
| Mark K. Rohling 28* | 1:08.78 |
| Michael McLaughlin 27 | 1:11.41 |
| Mark E. Chaney 26 | 1:14.56 |

MEN 30-34

| | |
|--------------------------|-------|
| <u>50 YARD FREESTYLE</u> | |
| Rodger J. Brown 31 | 25.34 |
| Charlie T. Warren 32 | 25.50 |
| Gregory B. Ibbetson 33 | 26.48 |

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|---------------------------|-------|
| <u>100 YARD FREESTYLE</u> | |
| Michael Heather 31 | 51.82 |
| Paul W. McGinnis 31 | 52.54 |
| Charlie T. Warren 32 | 56.55 |
| Eric H. Nelson 34 | 56.73 |
| Rodger J. Brown 31 | 57.16 |

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|---------------------------|-------|
| <u>50 YARD BACKSTROKE</u> | |
| Charlie T. Warren 32 | 29.59 |

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|------------------------------|---------|
| <u>100 YARD BREASTSTROKE</u> | |
| Robert M. Hanson 30* | 1:07.92 |
| Eric H. Nelson 34 | 1:08.39 |
| Daniel E. Jensen 32 | 1:10.28 |
| Michael Heather 31 | 1:13.53 |

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|--------------------------|-------|
| <u>50 YARD BUTTERFLY</u> | |
| Robert M. Hanson 30* | 24.31 |
| Michael Heather 31 | 25.70 |
| Eric H. Nelson 34 | 26.37 |
| Paul W. McGinnis 31 | 26.94 |
| Gregory B. Ibbetson 33 | 28.48 |

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| <u>200 YARD BUTTERFLY</u> | |
| Michael Heather 31 | 2:04.84 |

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|-----------------------------------|--|
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Robert M. Hanson 30* | |

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|-----------------------------------|---------|
| <u>50 YARD BACKSTROKE</u> | |
| Gary McDowell 42 | 44.39 |
| <u>200 YARD BACKSTROKE</u> | |
| Richard Michaels 40 | 2:55.85 |
| Gary McDowell 42 | 3:17.87 |
| <u>100 YARD BREASTSTROKE</u> | |
| Allen K. Murray 40 | 1:10.72 |
| Jim McMurry 43 | 1:32.86 |
| John J. Zupon 44 | 1:41.14 |
| <u>50 YARD BUTTERFLY</u> | |
| Dennis M. Hurwitz 40 | 29.76 |
| Ryland R. Smith 40 | 30.14 |
| Richard Michaels 40 | 33.15 |
| Jim McMurry 43 | 40.72 |
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Allen K. Murray 40 | 1:08.29 |
| Ryland R. Smith 40 | 1:09.08 |
| Richard Michaels 40 | 1:14.39 |
| Dennis M. Hurwitz 40 | 1:14.78 |
| Jim McMurry 43 | 1:24.70 |
| <u>MEN 45-49</u> | |
| <u>50 YARD FREESTYLE</u> | |
| William C. McMaster 46 | 24.39 |
| Peter R. Taft 49 | 25.02 |
| John W. Elliot 45 | 26.31 |
| Gordon C. Hally 49 | 28.20 |
| <u>100 YARD FREESTYLE</u> | |
| Peter R. Taft 49 | 55.92 |
| William C. McMaster 46 | 56.62 |
| Stephen Jennings 47 | 1:04.80 |
| <u>50 YARD BACKSTROKE</u> | |
| John W. Elliot 45 | 38.77 |
| Stephen Jennings 47 | 45.27 |
| <u>100 YARD BREASTSTROKE</u> | |
| Stephen Jennings 47 | 1:24.64 |
| <u>50 YARD BUTTERFLY</u> | |
| William C. McMaster 46 | 27.91 |
| Peter R. Taft 49 | 28.85 |
| Stephen Jennings 47 | 37.77 |
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Stephen Jennings 47 | 1:21.12 |
| <u>MEN 50-54</u> | |
| <u>50 YARD FREESTYLE</u> | |
| William J. Kent 53 | 26.47 |
| Bill Hebert 54 | 28.59 |
| Orvel Larsen 52 | 28.86 |
| Earl Crapo 53 | 29.86 |
| Charles S. Niederman 50 | 34.62 |
| Buddy G. Belshe 51 | 38.06 |
| Tolman F. Geffs 51 | 39.02 |
| Silas H. Burnham 51 | 39.52 |
| <u>100 YARD FREESTYLE</u> | |
| William J. Kent 53 | 1:00.52 |
| Buddy G. Belshe 51 | 1:02.40 |
| Steven Schofield 53 | 1:02.91 |
| Bill Hebert 54 | 1:03.33 |
| Earl Crapo 53 | 1:10.43 |
| C. S. Niederman 50 | 1:14.53 |
| Silas H. Burnham 51 | 1:25.53 |
| Tolman F. Geffs 51 | 1:29.09 |
| Elroy E. Lloyd 53 | 1:29.92 |
| <u>50 YARD BACKSTROKE</u> | |
| Orvel Larsen 52 | 33.70 |
| Stan McConnell 54 | 33.98 |
| Steven Schofield 53 | 41.27 |
| Charles S. Niederman 50 | 44.90 |
| <u>200 YARD BACKSTROKE</u> | |
| Stan McConnell 54 | 2:41.80 |
| C. S. Niederman 50 | 3:38.87 |
| Buddy G. Belshe 51 | 3:48.07 |
| <u>100 YARD BREASTSTROKE</u> | |
| Steven Schofield 53 | 1:26.47 |
| Bill Hebert 54 | 1:28.20 |
| Earl Crapo 53 | 1:34.92 |
| Silas H. Burnham 51 | 1:37.04 |
| C. S. Niederman 50 | 1:37.14 |
| Tolman F. Geffs 51 | 1:38.62 |
| <u>50 YARD BUTTERFLY</u> | |
| Orvel Larsen 52 | 30.42 |
| Steven Schofield 53 | 30.62 |
| William J. Kent 53 | 30.75 |
| Stan McConnell 54 | 31.51 |
| Bill Hebert 54 | 32.21 |
| Earl Crapo 53 | 38.01 |
| Tolman F. Geffs 51 | 47.87 |
| <u>200 YARD BUTTERFLY</u> | |
| Bill Hebert 54 | 3:20.28 |
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Buddy G. Belshe 51 | 1:11.48 |
| Orvel Larsen 52 | 1:12.54 |
| Stan McConnell 54 | 1:13.22 |
| Steven Schofield 53 | 1:16.53 |
| Earl Crapo 53 | 1:23.38 |
| Tolman F. Geffs 51 | 1:45.92 |
| <u>MEN 55-59</u> | |
| <u>50 YARD FREESTYLE</u> | |
| Don Wilson 56 | 33.95 |
| Giveon Cornfield 59 | 40.79 |
| <u>100 YARD FREESTYLE</u> | |
| Owen M. Davies 55 | 1:07.03 |
| C. Frederick Schmidt 59 | 1:15.67 |
| Don Wilson 56 | 1:18.69 |

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| <u>50 YARD BACKSTROKE</u> | |
| Don Wilson 56 | 46.13 |
| C. Frederick Schmidt 59 | 47.56 |
| <u>200 YARD BACKSTROKE</u> | |
| Giveon Cornfield 59 | 3:42.00 |
| C. Frederick Schmidt 59 | 3:58.33 |
| <u>100 YARD BREASTSTROKE</u> | |
| C. Frederick Schmidt 59 | 1:30.69 |
| Martin Welling 55 | 1:36.87 |
| Giveon Cornfield 59 | 1:42.83 |
| <u>50 YARD BUTTERFLY</u> | |
| Don Wilson 56 | 47.07 |
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| C. Frederick Schmidt 59 | 1:27.61 |
| <u>MEN 60-64</u> | |
| <u>50 YARD FREESTYLE</u> | |
| Frank Piemme 60 | 26.35 |
| Jurgen B. Schmidt 62 | 27.43 |
| Blase C. Zamucen 62 | 34.00 |
| <u>100 YARD FREESTYLE</u> | |
| Jurgen B. Schmidt 62 | 1:05.26 |
| <u>50 YARD BACKSTROKE</u> | |
| Frank Piemme 60 | 36.64 |
| <u>100 YARD BREASTSTROKE</u> | |
| Frank Piemme 60 | 1:20.48 |
| Ralph P. Huestis 64 | 1:39.80 |
| <u>50 YARD BUTTERFLY</u> | |
| Frank Piemme 60 | 29.64 |
| Jurgen B. Schmidt 62 | 33.27 |
| Ralph P. Huestis 64 | 40.11 |
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Frank Piemme 60 | 1:13.26 |
| Jurgen B. Schmidt 62 | 1:21.96 |
| <u>MEN 65-69</u> | |
| <u>50 YARD FREESTYLE</u> | |
| Bob Merrick 65 | 29.39 |
| Herman Becker 68 | 38.29 |
| <u>100 YARD FREESTYLE</u> | |
| Bob Merrick 65 | 1:07.55 |
| Herman Becker 68 | 1:24.16 |
| <u>50 YARD BACKSTROKE</u> | |
| Bob Merrick 65 | 37.87 |
| Herman Becker 68 | 51.03 |
| <u>200 YARD BACKSTROKE</u> | |
| Brion Winship 67 | 3:15.87 |
| Herman Becker 68 | 3:45.09 |
| <u>50 YARD BUTTERFLY</u> | |
| Bob Merrick 65 | 35.93 |
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Bob Merrick 65 | 1:17.70 |
| <u>MEN 70-74</u> | |
| <u>50 YARD FREESTYLE</u> | |
| Ed Allen Jr. 70 | 32.14 |
| Reg Richardson 74 | 33.19 |
| <u>100 YARD FREESTYLE</u> | |
| Reg Richardson 74 | 1:12.74 |
| Ed Allen Jr. 70 | 1:20.30 |
| <u>50 YARD BACKSTROKE</u> | |
| Reg Richardson 74 | 42.16 |
| Ed Allen Jr. 70 | 46.20 |
| <u>200 YARD BACKSTROKE</u> | |
| Ed Allen Jr. 70 | 3:56.94 |
| <u>100 YARD BREASTSTROKE</u> | |
| Reg Richardson 74 | 1:32.85 |
| Gene Wade 70 | 1:59.27 |
| <u>50 YARD BUTTERFLY</u> | |
| Gene Wade 70 | 47.27 |
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Reg Richardson 74 | 1:26.41 |
| <u>MEN 75-79</u> | |
| <u>50 YARD FREESTYLE</u> | |
| Leonard A. Chapin 77 | 40.22 |
| <u>100 YARD FREESTYLE</u> | |
| Bill Shott 75 | 1:16.32 |
| Leonard A. Chapin 77 | 1:29.74 |
| <u>50 YARD BACKSTROKE</u> | |
| Bill Shott 75 | 45.15 |
| Leonard A. Chapin 77 | 57.15 |
| <u>100 YARD BREASTSTROKE</u> | |
| Bill Shott 75 | 1:31.38 |
| <u>50 YARD BUTTERFLY</u> | |
| Bill Shott 75 | 36.31 |
| Leonard A. Chapin 77 | 50.87 |
| <u>100 YARD INDIVIDUAL MEDLEY</u> | |
| Bill Shott 75 | 1:27.19 |
| Leonard A. Chapin 77 | 2:02.79 |
| * Denotes non SPMA swimmer | |

Programmed by Curt Mosso

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| <u>DC MASTERS SWIM TEAM FALL CLASSIC</u> | |
| Nov. 2, 1985, Montgomery College 25 yd. | |
| Pool, Rockville, MD #PV85-7 | |
| <u>WOMEN 25-29</u> | |
| <u>50 yd. Free</u> | |
| Sue Tubergen 29 | 1:26.99 |
| Cindy Faith 27 | 1:31.17 |
| <u>100 yd. Free</u> | |
| Cindy Faith 27 | 1:13.22 |
| <u>200 yd. Free</u> | |
| Martha Williams 26 | 2:11.99 |
| Julia Harrell 28 | 2:24.72 |
| <u>100 yd. Back</u> | |
| Elizabeth Shanklin 28 | 1:19.95 |
| <u>200 yd. Back</u> | |
| Martha Williams 26 | 2:45.81 |
| Elizabeth Shanklin 28 | 2:46.55 |
| <u>50 yd. Breast</u> | |
| Lisa Tubergen 29 | 1:33.27 |
| <u>100 yd. Breast</u> | |
| Lisa Tubergen 29 | 1:13.58 |
| Elizabeth Shanklin 28 | 1:30.78 |
| <u>200 yd. Breast</u> | |
| Lisa Tubergen 29 | 2:44.30 |
| Elizabeth Shanklin 28 | 3:09.90 |
| <u>50 yd. Fly</u> | |
| Lisa Tubergen 29 | 1:29.52 |
| Julia Harrell 28 | 1:31.80 |
| Denise Wood 27 | 1:32.61 |
| <u>100 yd. Fly</u> | |
| Julia Harrell 28 | 1:13.24 |
| Denise Wood 27 | 1:14.12 |
| <u>100 yd. IM</u> | |
| Lisa Tubergen 29 | 1:07.54 |
| Martha Williams 26 | 1:12.55 |
| <u>200 yd. IM</u> | |
| Martha Williams 26 | 2:32.53 |
| Denise Wood 27 | 2:39.03 |
| <u>WOMEN 30-34</u> | |
| <u>50 yd. Free</u> | |
| Judith Cox 31 | 1:27.26 |
| Barbara Virag 31 | 1:28.70 |
| Karen Shaffer 31 | 1:28.87 |
| Lynn Pacenta 33 | 1:30.12 |
| <u>100 yd. Free</u> | |
| Judith Cox 31 | 1:59.99 |
| Elaine Hochuli 30 | 1:00.07 |
| Ellen Andrew 30 | 1:01.50 |
| <u>50 yd. Back</u> | |
| Gayle McCorkle 33 | 1:36.69 |
| Barbara Virag 31 | 1:36.92 |
| <u>50 yd. Breast</u> | |
| Elaine Hochuli 30 | 1:37.28 |
| Lynn Pacenta 33 | 1:39.03 |
| Jeanne Picariello 32 | 1:41.91 |
| <u>100 yd. Breast</u> | |
| Judith Cox 31 | 1:21.11 |
| Elaine Hochuli 30 | 1:21.96 |
| <u>200 yd. Breast</u> | |
| Nancy Cox 33 | 3:27.60 |
| <u>50 yd. Fly</u> | |
| Ellen Andrew 30 | 1:30.24 |
| Lynn Pacenta 33 | 1:32.28 |
| Barbara Virag 31 | 1:32.67 |
| Jeanne Picariello 32 | 1:34.80 |
| Gayle McCorkle 33 | 1:36.78 |
| <u>100 yd. IM</u> | |
| Judith Cox 31 | 1:12.54 |
| Lynn Pacenta 33 | 1:16.76 |
| Jeanne Picariello 32 | 1:21.00 |
| Gayle McCorkle 33 | 1:21.67 |
| Nancy Cox 33 | 1:26.53 |
| <u>200 yd. IM</u> | |
| Jeanne Picariello 32 | 2:45.94 |
| Nancy Cox 33 | 3:16.37 |
| <u>400 yd. IM</u> | |
| Elaine Hochuli 30 | 5:11.76 |
| Jill Hoover 32 | 6:13.44 |
| <u>WOMEN 35-39</u> | |
| <u>50 yd. Free</u> | |
| Sue Herrington 39 | 1:29.00 |
| Diane Nolly 37 | 1:31.14 |
| Constance Meck 35 | 1:34.42 |
| Maureen Lindsey 38 | 1:36.06 |
| <u>100 yd. Free</u> | |
| Sue Herrington 39 | 1:04.00 |
| Diane Nolly 37 | 1:10.95 |
| Constance Meck 35 | 1:15.58 |
| Maureen Lindsey 38 | 1:24.97 |
| Jane Rieger 37 | 1:25.69 |
| <u>200 yd. Free</u> | |
| Nancy Polisky 36 | 2:28.14 |
| Diane Nolly 37 | 2:40.03 |
| <u>50 yd. Back</u> | |
| Sue Herrington 39 | 1:35.82 |
| <u>50 yd. Breast</u> | |
| Margie Stohner 38 | 1:48.91 |
| <u>100 yd. Breast</u> | |
| Nancy Polisky 36 | 1:25.10 |
| <u>200 yd. Breast</u> | |
| Nancy Polisky 36 | 3:08.34 |

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|-------------------------|---------|
| <u>50 yd. Fly</u> | |
| Sue Herrington 39 | 1:32.00 |
| Nancy Polisky 36 | 1:33.03 |
| Constance Meck 35 | 1:39.90 |
| Maureen Lindsey 38 | 1:49.07 |
| <u>100 yd. Fly</u> | |
| Jane Torley 36 | 1:10.00 |
| <u>100 yd. IM</u> | |
| Jane Torley 36 | 1:13.56 |
| Sue Herrington 39 | 1:13.79 |
| Constance Meck 35 | 1:31.93 |
| Maureen Lindsey 38 | 1:40.82 |
| <u>200 yd. IM</u> | |
| Jane Torley 36 | 2:36.61 |
| <u>WOMEN 45-49</u> | |
| <u>50 yd. Free</u> | |
| Kay Brockwell 49 | 1:31.99 |
| <u>50 yd. Breast</u> | |
| Kay Brockwell 49 | 1:42.75 |
| <u>100 yd. Breast</u> | |
| Joann Lellich 46 | 1:20.11 |
| <u>100 yd. Fly</u> | |
| Joann Lellich 46 | 1:30.90 |
| <u>200 yd. IM</u> | |
| Joann Lellich 46 | 2:51.61 |
| <u>WOMEN 50-54</u> | |
| <u>Betty Griffin 54</u> | |
| <u>100 yd. Free</u> | |
| <u>200 yd. Free</u> | |
| <u>100 yd. IM</u> | |
| <u>WOMEN 60-64</u> | |
| <u>Jeanne Haupt 62</u> | |
| <u>50 yd. Free</u> | |
| <u>100 yd. Free</u> | |
| <u>50 yd. Back</u> | |
| <u>50 yd. Breast</u> | |
| <u>WOMEN 65-69</u> | |
| <u>50 yd. Free</u> | |
| Helen Hummer 66 | 1:41.00 |
| Betty Hickok 67 | 1:42.82 |
| <u>100 yd. Free</u> | |
| Helen Hummer 66 | 1:33.60 |
| Gladys Fusselman 65 | 1:42.80 |
| Betty Hickok 67 | 2:32.70 |
| <u>200 yd. Free</u> | |
| Helen Hummer 66 | 3:24.56 |
| Gladys Fusselman 65 | 3:46.15 |
| Betty Hickok 67 | 5:30.59 |
| <u>50 yd. Back</u> | |
| Helen Hummer 66 | 1:51.83 |
| Betty Hickok 67 | 1:03.58 |
| <u>100 yd. Back</u> | |
| Betty Hickok 67 | 2:32.30 |
| <u>200 yd. Back</u> | |
| Gladys Fusselman 65 | 4:33.28 |
| Betty Hickok 67 | 5:26.54 |
| <u>50 yd. Fly</u> | |
| Helen Hummer 66 | 1:50.88 |
| <u>100 yd. Fly</u> | |
| Helen Hummer 66 | 1:59.99 |
| <u>100 yd. IM</u> | |
| Gladys Fusselman 65 | 2:08.61 |
| <u>200 yd. IM</u> | |
| Gladys Fusselman 65 | 4:24.00 |
| <u>WOMEN 70-74</u> | |
| <u>Mary Latham 70</u> | |
| <u>50 yd. Back</u> | |
| <u>100 yd. Back</u> | |
| <u>200 yd. Back</u> | |
| <u>WOMEN 75-79</u> | |
| <u>Elsa Mattila 75</u> | |
| <u>200 yd. IM</u> | |
| <u>400 yd. IM</u> | |
| <u>MEN 25-29</u> | |
| <u>50 yd. Free</u> | |
| Edward West 28 | 1:22.63 |
| Guy S.S. Davis 26 | 1:23.10 |
| Stu Roberts 26 | 1:25.78 |
| Elic Goodall 25 | 1:26.78 |
| James A. St.Pierre 25 | 1:31.06 |
| <u>100 yd. Free</u> | |
| Guy S.S. Davis 26 | 1:51.68 |
| Edward West 28 | 1:51.81 |
| Mike Kivistik 27 | 1:57.00 |
| Eric Goodall 25 | 1:00.75 |
| <u>200 yd. Free</u> | |
| Guy S.S. Davis 26 | 2:01.46 |
| <u>50 yd. Back</u> | |
| Mark Morris 26 | 1:26.29 |
| Stu Roberts 26 | 1:34.77 |
| <u>100 yd. Back</u> | |
| Mark Morris 26 | 1:00.64 |
| <u>50 yd. Breast</u> | |
| Steve Shaffer 27 | 1:30.60 |
| Eric Goodall 25 | 1:35.23 |
| <u>100 yd. Breast</u> | |
| Eric Goodall 25 | 1:15.76 |
| James A. St.Pierre 25 | 1:23.73 |

50 yd. Fly
 Mark Morris 26 :25.14
 Edward West 28 :25.45
 Guy S.S. Davis 26 :25.89
 Stu Roberts 26 :28.90
 Steve Shaffer 27 :26.46
 Mike Kivistik 27 :27.80
 Mike Kivistik 27 1:01.77
 200 yd. Fly
 Eric Goodall 25 1:11.50
 100 yd. IM
 Mark Morris 26 :56.92
 Guy S.S. Davis 26 :59.04
 Steve Shaffer 27 1:00.70
 Eric Goodall 25 1:11.50
 200 yd. IM
 Mark Morris 26 2:08.07
 Guy S.S. Davis 26 2:16.12
 400 yd. IM
 Guy S.S. Davis 26 4:55.04
 MEN 30-34
 50 yd. Free
 Alan Flesch 34 :24.66
 Larry DeMille-Wagman 34 :25.40
 100 yd. Free
 Jack Brethwaite 32 :54.45
 Larry DeMille-Wagman 34 :56.74
 Jack L. Katz 33 :56.95
 200 yd. Free
 Jack L. Katz 33 2:13.58
 50 yd. Back
 Jack Brethwaite 32 :27.70
 Alan Flesch 34 :31.78
 100 yd. Back
 Jack Brethwaite 32 1:00.13
 Jack L. Katz 33 1:11.03
 50 yd. Breast
 George Inman 31 :33.09
 100 yd. Breast
 George Inman 31 1:14.90
 50 yd. Fly
 Alan Flesch 34 :27.99
 Larry DeMille-Wagman 34 :28.34
 Arthur G. Jolly 32 :32.21
 100 yd. Fly
 Arthur G. Jolly 32 1:26.82
 100 yd. IM
 George Inman 31 1:11.48
 MEN 35-39
 50 yd. Free
 Allen McCorkle 36 :25.78
 Roger Panneton 37 :25.90
 Russel Stromberg 37 :26.75
 David Pothier 38 :28.20
 100 yd. Free
 Allen McCorkle 36 :57.45
 Jet Lowe 39 1:01.99
 Jim Miller 35 1:02.08
 David Pothier 38 1:02.56
 Robert Watson 38 1:03.88
 Rick Davis 37 1:17.18
 200 yd. Free
 Robert Watson 38 2:23.49
 David Pothier 38 2:24.00
 Rick Davis 37 2:52.51
 50 yd. Back
 David Pothier 38 :39.22
 100 yd. Back
 Steven Highley 38 1:08.37
 Jim Miller 35 1:21.05
 200 yd. Back
 Steven Highley 38 2:26.83
 50 yd. Breast
 Jet Lowe 39 :35.45
 100 yd. Breast
 Jet Lowe 39 1:19.10
 Jim Miller 35 1:25.21
 Rick Davis 37 1:26.30
 200 yd. Breast
 Rick Davis 37 3:09.53
 50 yd. Fly
 Roger Panneton 37 :28.29
 Allen McCorkle 36 :29.39
 David Pothier 38 :30.79
 100 yd. Fly
 John Flanagan 39 :58.54
 Steven Highley 38 1:02.07
 Jim Miller 35 1:19.40
 Robert Watson 38 1:28.61
 200 yd. Fly
 John Flanagan 39 2:08.00
 100 yd. IM
 Roger Panneton 37 1:08.33
 Russ Stromberg 37 1:12.20
 Jim Miller 35 1:13.42
 Jet Lowe 39 1:15.36
 400 yd. IM
 Allen McCorkle 36 6:11.51

MEN 40-44
 50 yd. Free
 Howard Polster 43 :29.63
 Edward Moylan 43 :36.22
 Norman Spangler 44 :37.08
 100 yd. Free
 Howard Polster 43 1:06.68
 50 yd. Free
 Howard Polster 43 2:36.21
 Walter Meares 42 2:48.90
 50 yd. Back
 Norman Spangler 44 :47.11
 100 yd. Back
 Norman Spangler 44 1:42.81
 200 yd. Back
 Norman Spangler 44 3:57.02
 50 yd. Breast
 William Moyer 40 :31.94
 Walter Meares 42 :34.09
 100 yd. Breast
 William Moyer 40 1:11.00
 200 yd. Breast
 William Moyer 40 2:42.44
 50 yd. Fly
 Roger Golden 43 :30.30
 Roger Golden 43 1:05.26
 200 yd. Fly
 Roger Golden 43 2:29.42
 400 yd. IM
 Roger Golden 43 5:37.63
 MEN 45-49
 50 yd. Free
 Robert Parke 47 :30.42
 Marshall Dinowitz 46 :34.17
 100 yd. Free
 Robert Parke 47 1:10.94
 Marshall Dinowitz 46 1:23.24
 200 yd. Free
 Robert Parke 47 2:38.06
 50 yd. Back
 Dale McGinley 48 :31.21
 Dale McGinley 48 1:11.29
 200 yd. Back
 Dale McGinley 48 2:41.48
 50 yd. Breast
 Douglas Seeley, Jr. 46 :34.90
 Douglas Seeley, Jr. 46 1:20.40
 200 yd. Breast
 Douglas Seeley, Jr. 46 3:06.32
 100 yd. IM
 Dale McGinley 48 1:14.27
 MEN 50-54
 50 yd. Free
 Lawrence Cohen 50 :28.21
 Bob Dalton 53 :45.41
 100 yd. Free
 Lawrence Cohen 50 1:03.20
 200 yd. Free
 Ray Chen 52 2:45.94
 50 yd. Back
 John Padan 52 :36.67
 Lawrence Cohen 50 :36.93
 Bob Dalton 53 :52.39
 100 yd. Back
 John Padan 52 1:23.99
 200 yd. Back
 Ray Chen 52 3:01.56
 50 yd. Breast
 Lawrence Cohen 50 :40.45
 200 yd. Breast
 Ray Chen 52 3:12.89
 50 yd. Fly
 Lawrence Cohen 50 :36.29
 100 yd. IM
 Lawrence Cohen 50 1:14.92
 Ray Chen 52 1:19.72
 200 yd. IM
 Lawrence Cohen 50 2:49.60
 Ray Chen 52 2:58.22
 MEN 55-59
 50 yd. Free
 Ed Emes, Jr. 56 :28.21
 Fred Froelicher 58 :34.47
 100 yd. Free
 Ed Emes, Jr. 56 :59.78
 Alfonso Allen 56 1:07.31
 Fred Froelicher 58 1:18.40
 Alan Eckert 55 1:31.62
 200 yd. Free
 Fred Froelicher 58 2:55.95
 Alan Eckert 55 3:22.06
 50 yd. Back
 Alan Eckert 55 :50.18
 100 yd. Back
 Alan Eckert 55 1:48.28
 200 yd. Back
 Alan Eckert 55 3:47.38
 50 yd. Breast
 Ken Flynn 55 :36.14

100 yd. Breast
 Ken Flynn 55 1:24.14
 200 yd. Breast
 Ken Flynn 55 3:11.79
 50 yd. Fly
 Ed Emes, Jr. 56 :28.27
 100 yd. Fly
 Alfonso Allen 56 1:08.91
 200 yd. Fly
 Alfonso Allen 56 3:00.76
 100 yd. IM
 Ed Emes, Jr. 56 1:14.02
 Alan Eckert 55 1:47.13
 MEN 60-64
 50 yd. Free
 John Woods 62 :27.76
 James Ferguson 61 :36.22
 L. Bradley Cassidy 61 :37.34
 100 yd. Free
 L. Bradley Cassidy 61 1:21.76
 200 yd. Free
 L. Bradley Cassidy 61 3:16.24
 50 yd. Back
 John Woods 62 :37.85
 Al Bove 61 :44.02
 James Ferguson 61 :45.08
 100 yd. Back
 James Ferguson 61 1:36.11
 Al Bove 61 1:37.41
 200 yd. Back
 Al Bove 61 3:21.92
 James Ferguson 61 3:31.95
 50 yd. Breast
 John Woods 62 :39.81
 James Ferguson 61 :44.00
 100 yd. Breast
 John Woods 62 1:30.60
 Al Bove 61 1:45.72
 200 yd. Breast
 Al Bove 61 3:56.73
 50 yd. Fly
 L. Bradley Cassidy 61 :55.27
 100 yd. Fly
 John Woods 62 1:19.40
 L. Bradley Cassidy 61 2:11.69
 100 yd. IM
 John Woods 62 1:16.42
 Al Bove 61 1:36.20
 L. Bradley Cassidy 61 1:48.49
 200 yd. IM
 John Woods 62 2:46.94
 L. Bradley Cassidy 61 4:16.10
 MEN 65-69
 50 yd. Free
 Birch Davidson 67 :29.29
 George T. Pitts 67 :32.52
 Roger Ferguson 67 :36.81
 Nelson Hunt 67 :39.78
 100 yd. Free
 George T. Pitts 67 1:15.22
 Nelson Hunt 67 1:29.78
 50 yd. Back
 Birch Davidson 67 :36.64
 George T. Pitts 67 :41.00
 100 yd. Back
 George T. Pitts 67 1:29.14
 50 yd. Breast
 William Reinhardt 65 :50.89
 100 yd. Breast
 William Reinhardt 65 1:50.28
 50 yd. Fly
 Birch Davidson 67 :33.33
 Nelson Hunt 67 1:00.68
 100 yd. IM
 Birch Davidson 67 1:13.53
 Nelson Hunt 67 2:03.02
 200 yd. IM
 Birch Davidson 67 2:56.40
 MEN 70-74
 50 yd. Free
 Kelley Lemmon 73 :29.25
 Bert Kassell 73 :31.63
 100 yd. Free
 Francis Miller 72 1:29.72
 200 yd. Free
 Francis Miller 72 3:45.59
 50 yd. Back
 Bert Kassell 73 :48.69
 Francis Miller 72 :50.26
 100 yd. Back
 Francis Miller 72 1:55.49
 50 yd. Breast
 Kelley Lemmon 73 :39.74
 Bert Kassell 73 :51.36
 50 yd. Fly
 Bert Kassell 73 :46.69
 100 yd. IM
 Bert Kassell 73 1:38.73
 MEN 75-79
 50 yd. Free
 David McAfee 76 :36.00

100 yd. Free
 David McAfee 76 1:20.82
 50 yd. Back
 David McAfee 76 :48.18
 Stanton Craigie 79 :54.06
 100 yd. Back
 Stanton Craigie 79 1:59.61
 200 yd. Back
 Stanton Craigie 79 4:23.18
 100 yd. Breast
 David McAfee 76 2:15.36

FALL 1985 INDUSTRY HILLS MEET
 INDUSTRY HILLS, CA 2 NOV. 1985
 WOMEN 25-29

50 YARD FREESTYLE
 Morri Spang 29 27.61
 Dawn C. Garrett 26 28.59
 Bobbi J. King 29 30.91
 Marie E. Fay 28 31.04
 Peggy-Lynn Dursthoff 25 31.12
 Barbara A. Ringhofer 25 31.48
 Molly Welsh 27 31.73
 Karen Samsonoff 26 32.29
 Robyn A. Poliner 27 32.95
 Pamela Hathaway 29 36.64
 200 YARD FREESTYLE
 Judith Katterman 26 2:00.62
 Diane Dagosta 28 2:08.23
 Morri Spang 29 2:13.12
 Kim A. Hansen 29* 2:14.80
 Elaine S. Fong 28 2:18.94
 Bobbi J. King 29 2:33.15
 Marie E. Fay 28 2:35.09
 J S. McAllister 27 2:36.03
 Robyn A. Poliner 27 2:38.44
 B A. Ringhofer 25 2:45.81
 Pamela Hathaway 29 2:55.33
 100 YARD BACKSTROKE
 Karen Samsonoff 26 1:26.43
 J S. McAllister 27 1:30.25
 50 YARD BREASTSTROKE
 Molly Welsh 27 35.40
 Barbara A. Ringhofer 25 38.95
 Peggy-Lynn Dursthoff 25 41.01
 Karen Samsonoff 26 42.45
 Pamela Hathaway 29 45.15
 200 YARD BREASTSTROKE
 P Dursthoff 25 3:07.75
 B A. Ringhofer 25 3:08.02
 J S. McAllister 27 3:25.00
 100 YARD BUTTERFLY
 Judith Katterman 26 1:01.84
 Dawn C. Garrett 26 1:11.15
 Diane Dagosta 28 1:11.55
 Elaine S. Fong 28 1:15.66
 Molly Welsh 27 1:24.80
 J S. McAllister 27 1:29.08
 200 YARD INDIVIDUAL MEDLEY
 Morri Spang 29 2:31.78
 J S. McAllister 27 2:57.05
 Molly Welsh 27 3:02.12
 Diane Dagosta 28 DISQ
 WOMEN 30-34
 50 YARD FREESTYLE
 Debbie Bradbury 33 27.50
 Charlotte Gutierrez 32 27.73
 Monique Bryher 31 30.81
 Kelly A. Hart 30 32.28
 Robin Robertson 30 35.03
 200 YARD FREESTYLE
 Janice A. Hagen 31 2:13.06
 Debbie Bradbury 33 2:15.00
 Charlotte Gutierrez 32 2:15.26
 Kim Shockley 33 2:26.31
 Janet Buchanan 34 2:28.33
 Robin Robertson 30 2:52.25
 100 YARD BACKSTROKE
 Monique Bryher 31 1:20.72
 Kim Shockley 33 1:26.22
 50 YARD BREASTSTROKE
 Janet Buchanan 34 38.17
 Debbie Bradbury 33 39.59
 Mary-Chris Kay 31 40.20
 Kelly A. Hart 30 40.23
 Monique Bryher 31 45.76
 200 YARD BREASTSTROKE
 Mary-Chris Kay 31 3:13.03
 100 YARD BUTTERFLY
 Debbie Bradbury 33 1:12.16
 Mary-Chris Kay 31 1:25.08
 200 YARD INDIVIDUAL MEDLEY
 Charlotte Gutierrez 32 2:38.27
 Janice A. Hagen 31 2:37.70
 Janet Buchanan 34 2:50.03
 Kim Shockley 33 2:54.85

| | | | | | | | |
|-----------------------------------|---------|---------------------------------|---------|-----------------------------------|---------|-----------------------------------|---------|
| <u>WOMEN 35-39</u> | | <u>100 YARD BACKSTROKE</u> | | <u>200 YARD INDIVIDUAL MEDLEY</u> | | <u>200 YARD FREESTYLE</u> | |
| <u>50 YARD FREESTYLE</u> | | Maxine Merlino 73 | 1:51.06 | Gary A. Rumble 26 | 2:14.75 | Tim Weisberg 42 | 2:17.04 |
| Lois Goodman 38 | 32.67 | Ruth Ridenour 71 | 2:22.57 | John Butterfield 26* | 2:15.01 | Hal E. Hunt 40 | 2:18.36 |
| Kathy A. Kanter 39 | 33.57 | <u>50 YARD BREASTSTROKE</u> | | Brian Cohn 27 | 2:22.53 | Dennis M. Hurwitz 40 | 2:18.56 |
| <u>200 YARD FREESTYLE</u> | | Maxine Merlino 73 | 52.81 | Matthew J. Truxaw 26 | 2:32.77 | Reynold Kalstrom 40 | 2:18.62 |
| Karon Saperstein 35 | 2:30.44 | <u>200 YARD BREASTSTROKE</u> | | Michael McLaughlin 27 | 2:38.62 | <u>100 YARD BACKSTROKE</u> | |
| Lois Goodman 38 | 2:48.56 | Maxine Merlino 73 | 4:02.04 | Thomas J. St. Clair 27 | 2:40.08 | Tim Weisberg 42 | 1:17.17 |
| Kathy A. Kanter 39 | 3:06.08 | <u>100 YARD BUTTERFLY</u> | | S K. Rubinstein 27 | 2:48.47 | Hal E. Hunt 40 | 1:19.95 |
| <u>100 YARD BACKSTROKE</u> | | Maxine Merlino 73 | 1:57.89 | <u>WOMEN 30-34</u> | | Gary McDowell 42 | 1:36.97 |
| Linda J. Tepe 38 | 1:23.33 | Ruth Ridenour 71 | 2:43.36 | <u>50 YARD FREESTYLE</u> | | Hal E. Hunt 40 | 38.08 |
| Katherine Watson 37 | 1:26.66 | <u>WOMEN 75-79</u> | | Christopher Lansberg 31 | 23.12 | <u>100 YARD BUTTERFLY</u> | |
| Lois Goodman 38 | 1:35.81 | <u>200 YARD FREESTYLE</u> | | Michael Patterson 31 | 23.17 | Dennis M. Hurwitz 40 | 1:08.64 |
| <u>50 YARD BREASTSTROKE</u> | | Dorothea E. Cole 75 | 4:49.73 | Paul W. McGinnis 31 | 23.53 | <u>200 YARD INDIVIDUAL MEDLEY</u> | |
| Karon Saperstein 35 | 39.45 | <u>50 YARD BREASTSTROKE</u> | | Michael Heather 31 | 23.62 | Reynold Kalstrom 40 | 2:42.23 |
| Linda J. Tepe 38 | 41.88 | Tilly Weil 77 | 1:09.81 | Donovan A. Otto 30 | 24.92 | <u>WOMEN 45-49</u> | |
| Katherine Watson 37 | 50.14 | <u>WOMEN 80-84</u> | | E. Wayne Pearce 32 | 25.27 | <u>50 YARD FREESTYLE</u> | |
| <u>200 YARD BREASTSTROKE</u> | | <u>100 YARD BUTTERFLY</u> | | Lance M. Bumbera 30 | 25.61 | William C. McMaster 46 | 24.81 |
| Linda J. Tepe 38 | 3:15.36 | Katherine Polton 80 | DISQ | Daniel J. Armstrong 30 | 25.80 | Lee R. Streit 49 | 30.04 |
| Kathy A. Kanter 39 | 3:37.65 | <u>WOMEN 75+</u> | | <u>200 YARD FREESTYLE</u> | | <u>200 YARD FREESTYLE</u> | |
| Katherine Watson 37 | 3:38.72 | <u>200 YARD FREESTYLE RELAY</u> | | Robert M. Hansen 30* | 1:54.42 | William C. McMaster 46 | 2:13.86 |
| <u>100 YARD BUTTERFLY</u> | | Long Beach Masters | | C Lansberg 31 | 1:56.09 | Stephen Jennings 47 | 2:26.17 |
| Linda J. Tepe 38 | 1:23.95 | Tilly Weil 77 | | Paul W. McGinnis 31 | 1:59.84 | Lee R. Streit 49 | 2:33.94 |
| Katherine Watson 37 | 1:41.34 | Dorothea Cole 75, Al Guth 77 | | Donovan A. Otto 30 | 2:05.23 | <u>100 YARD BACKSTROKE</u> | |
| <u>200 YARD INDIVIDUAL MEDLEY</u> | | Leonard Chapin 77 | 3:29.95 | Lance M. Bumbera 30 | 2:08.29 | William C. McMaster 46 | 1:10.06 |
| Katherine Watson 37 | 3:13.76 | <u>WOMEN 25-29</u> | | Daniel J. Armstrong 30 | 2:08.39 | Stephen Jennings 47 | 1:40.19 |
| <u>WOMEN 40-44</u> | | <u>200 YARD FREESTYLE RELAY</u> | | Paul L. Johnson 34 | 2:17.95 | <u>50 YARD BREASTSTROKE</u> | |
| <u>200 YARD FREESTYLE</u> | | El Segundo Masters | | <u>100 YARD BACKSTROKE</u> | | Stephen Jennings 47 | 17.37 |
| Janet E. Royer 44 | 2:17.70 | E. Wayne Pearce 32 | | C Lansberg 31 | 1:08.91 | <u>100 YARD BUTTERFLY</u> | |
| <u>WOMEN 45-49</u> | | Chris Lansberg 31 | | Lance M. Bumbera 30 | 1:09.89 | William C. McMaster 46 | 1:08.12 |
| <u>50 YARD FREESTYLE</u> | | Tim Weisberg 42 | | Donovan A. Otto 30 | 1:13.50 | Stephen Jennings 47 | 1:32.37 |
| Jeanne Little 48 | 32.36 | Noel Jolivet 26 | 1:37.25 | <u>50 YARD BREASTSTROKE</u> | | Stephen Jennings 47 | 1:32.37 |
| Helen Geoffrion 46 | 35.89 | <u>200 YARD MEDLEY RELAY</u> | | Marc L. Kelly 30 | 29.89 | <u>200 YARD INDIVIDUAL MEDLEY</u> | |
| <u>200 YARD FREESTYLE</u> | | El Segundo Masters | | Christopher Lansberg 31 | 33.03 | Stephen Jennings 47 | 3:01.37 |
| Jeanne Little 48 | 2:43.28 | Paul Johnson 34 | | Elliott Marshall 30 | 34.72 | <u>WOMEN 50-54</u> | |
| <u>100 YARD BACKSTROKE</u> | | Brian Cohn 27 | | Lance M. Bumbera 30 | 34.73 | <u>50 YARD FREESTYLE</u> | |
| Jeanne Little 48 | 1:38.59 | Dave Orlovski 28 | | Daniel J. Armstrong 30 | 36.15 | Bill Hebert 54 | 28.55 |
| <u>50 YARD BREASTSTROKE</u> | | Hal Hunt 40 | 2:01.11 | E. Wayne Pearce 32 | DISQ | Steven Schofield 53 | 28.71 |
| Helen Geoffrion 46 | 42.45 | Marina Masters | | <u>200 YARD BREASTSTROKE</u> | | Charles S. Niederman 50 | 35.51 |
| <u>100 YARD BUTTERFLY</u> | | Don Wilson 56 | | Marc L. Kelly 30 | 2:23.91 | <u>200 YARD FREESTYLE</u> | |
| Jeanne Little 48 | 1:27.17 | Jason Walker 61 | | <u>100 YARD BUTTERFLY</u> | | William J. Kent 53 | 2:17.77 |
| Helen Geoffrion 46 | 1:39.75 | George Brinton 61 | | Robert M. Hansen 30* | 55.51 | Steven Schofield 53 | 2:22.31 |
| <u>200 YARD INDIVIDUAL MEDLEY</u> | | William Cohn 27 | 2:32.47 | Michael Heather 31 | 56.03 | Bill Hebert 54 | 2:27.99 |
| Helen Geoffrion 46 | 3:19.28 | <u>WOMEN 25-29</u> | | C Lansberg 31 | 1:03.95 | C S. Niederman 50 | 2:53.73 |
| <u>WOMEN 50-54</u> | | <u>50 YARD FREESTYLE</u> | | Michael Patterson 31 | 1:04.66 | <u>100 YARD BACKSTROKE</u> | |
| <u>50 YARD FREESTYLE</u> | | Gary S. Nevill 26 | 21.83 | Paul L. Johnson 34 | 1:09.42 | C S. Niederman 50 | 1:41.59 |
| Jacqueline Dunlop 54 | 33.77 | Greg Asplund 25 | 22.06 | Donovan A. Otto 30 | 1:14.15 | <u>50 YARD BREASTSTROKE</u> | |
| <u>200 YARD FREESTYLE</u> | | Mike Griffith 25 | 23.58 | <u>200 YARD INDIVIDUAL MEDLEY</u> | | William J. Kent 53 | 37.67 |
| Malchia S. Olshan 54 | 2:57.69 | William A. Cohn 27 | 23.94 | Robert M. Hansen 30* | 2:10.89 | Steven Schofield 53 | 38.61 |
| <u>100 YARD BACKSTROKE</u> | | John Butterfield 26* | 24.15 | Marc L. Kelly 30 | 2:11.17 | Bill Hebert 54 | 39.84 |
| Malchia S. Olshan 54 | 1:49.80 | Noel D. Jolivet 26 | 24.42 | Michael Patterson 31 | 2:12.55 | Charles S. Niederman 50 | 44.58 |
| <u>50 YARD BREASTSTROKE</u> | | Tom P. Baker 27 | 25.01 | E. Wayne Pearce 32 | 2:19.25 | <u>200 YARD BREASTSTROKE</u> | |
| Jacqueline Dunlop 54 | 41.97 | Matthew J. Truxaw 26 | 25.19 | Lance M. Bumbera 30 | 2:29.29 | Bill Hebert 54 | 3:13.09 |
| <u>200 YARD BREASTSTROKE</u> | | Edward Rademacher 28 | 25.26 | Daniel J. Armstrong 30 | 2:29.92 | Steven Schofield 53 | 3:17.29 |
| Jacqueline Dunlop 54 | 3:28.69 | Dennis Skupinski 29 | 25.67 | Paul L. Johnson 34 | 2:39.55 | C S. Niederman 50 | 3:35.17 |
| Malchia S. Olshan 54 | 3:59.31 | Steven P. Cobos 29 | 25.86 | <u>WOMEN 35-39</u> | | <u>100 YARD BUTTERFLY</u> | |
| <u>100 YARD BUTTERFLY</u> | | Joseph S. Dansereau 28 | 26.26 | <u>50 YARD FREESTYLE</u> | | Bill Hebert 54 | 1:19.19 |
| Jacqueline Dunlop 54 | 1:39.66 | David Orlovski 28 | 28.31 | Ken Ziskin 37 | 24.25 | <u>200 YARD INDIVIDUAL MEDLEY</u> | |
| Malchia S. Olshan 54 | 1:52.42 | Paul T. Tsutsui 27 | 37.86 | Peter W. Wilson 37 | 24.75 | Steven Schofield 53 | 2:54.88 |
| <u>200 YARD INDIVIDUAL MEDLEY</u> | | <u>200 YARD FREESTYLE</u> | | Richard Michelangelo 38 | 25.17 | <u>WOMEN 55-59</u> | |
| Malchia S. Olshan 54 | 3:34.37 | Mike Griffith 25 | 1:54.17 | Michael D. Rohrback 38 | 26.00 | <u>50 YARD FREESTYLE</u> | |
| <u>WOMEN 55-59</u> | | Steve Schmidt 29 | 1:58.62 | Dennis M. McNulty 39 | 27.31 | Don Wilson 56 | 33.92 |
| <u>50 YARD FREESTYLE</u> | | Noel D. Jolivet 26 | 1:59.91 | Charles D. Goodding 38 | 27.61 | <u>200 YARD FREESTYLE</u> | |
| Gay Collins 55 | 35.56 | Steven P. Cobos 29 | 2:04.48 | James D. Horner 38 | 29.80 | C Frederick Schmidt 59 | 2:45.56 |
| <u>200 YARD FREESTYLE</u> | | Matthew J. Truxaw 26 | 2:04.51 | Malcolm Hamilton 39 | 30.51 | Don Wilson 56 | 2:55.28 |
| Janet Wolver 56 | 36.44 | William A. Cohn 27 | 2:04.86 | <u>200 YARD FREESTYLE</u> | | <u>100 YARD BACKSTROKE</u> | |
| <u>100 YARD BACKSTROKE</u> | | Brian Cohn 27 | 2:05.78 | Gary Springer 38 | 1:55.88 | C Frederick Schmidt 59 | 1:45.36 |
| Janet Wolver 56 | 1:25.76 | Michael McLaughlin 27 | 2:12.03 | Brook J. Cross 35 | 1:59.45 | Don Wilson 56 | DISQ |
| Gay Collins 55 | 3:07.19 | Tom R. Baker 27 | 2:14.47 | Ken Ziskin 37 | 2:03.61 | <u>50 YARD BREASTSTROKE</u> | |
| <u>50 YARD BREASTSTROKE</u> | | Paul T. Tsutsui 27 | 2:16.47 | R Michelangelo 38 | 2:15.84 | C Frederick Schmidt 59 | 40.19 |
| Janet Wolver 56 | 1:43.50 | Thomas J. St. Clair 27 | 2:17.23 | Dennis M. McNulty 39 | 2:19.28 | Don Wilson 56 | 49.62 |
| Gay Collins 55 | 1:45.20 | David Orlovski 28 | 2:21.49 | Charles D. Goodding 38 | 2:20.19 | <u>200 YARD BREASTSTROKE</u> | |
| <u>200 YARD BREASTSTROKE</u> | | Boss J. Caulum 27 | DISQ | Stephen E. Washburn 38 | 2:31.36 | C Frederick Schmidt 59 | 3:24.92 |
| Janet Wolver 56 | 45.62 | <u>100 YARD BACKSTROKE</u> | | Alan A. Hartley 38 | 2:45.06 | <u>200 YARD INDIVIDUAL MEDLEY</u> | |
| <u>100 YARD BUTTERFLY</u> | | Noel D. Jolivet 26 | 1:06.75 | Malcolm Hamilton 39 | 2:48.99 | C Frederick Schmidt 59 | 3:18.53 |
| Janet Wolver 56 | 1:23.26 | Brian Cohn 27 | 1:09.62 | <u>100 YARD BACKSTROKE</u> | | Don Wilson 56 | 3:43.04 |
| <u>WOMEN 60-64</u> | | Dennis Skupinski 29 | 1:09.84 | Charles D. Goodding 38 | 1:19.47 | <u>WOMEN 60-64</u> | |
| <u>50 YARD FREESTYLE</u> | | Mike Griffith 25 | 1:10.55 | <u>50 YARD BREASTSTROKE</u> | | <u>50 YARD FREESTYLE</u> | |
| Grace Altus 61 | 39.59 | Joseph S. Dansereau 28 | 1:12.64 | Ken Ziskin 37 | 30.50 | Jurgen B. Schmidt 62 | 28.66 |
| <u>200 YARD FREESTYLE</u> | | Edward Rademacher 28 | 1:13.72 | Alan A. Hartley 38 | 33.86 | W. Jason Walker 61 | 34.33 |
| Grace Altus 61 | 2:59.12 | Matthew J. Truxaw 26 | 1:17.92 | Michael D. Rohrback 38 | 35.14 | George Brinton 61 | 38.26 |
| <u>100 YARD BACKSTROKE</u> | | <u>50 YARD BREASTSTROKE</u> | | Dennis M. McNulty 39 | 36.06 | <u>200 YARD FREESTYLE</u> | |
| Grace Altus 61 | 1:55.34 | Dwight D. Fuller 26 | 31.12 | James D. Horner 38 | 38.23 | Jurgen B. Schmidt 62 | 2:30.36 |
| Marie A. Wilcox 63 | 2:07.99 | Edward Rademacher 28 | 33.28 | <u>200 YARD BREASTSTROKE</u> | | Leland (Lee) C Arth 60 | 2:44.99 |
| <u>100 YARD BUTTERFLY</u> | | Steve Schmidt 29 | 33.61 | Ken Ziskin 37 | 2:27.20 | W. Jason Walker 61 | 3:00.42 |
| Grace Altus 61 | 1:49.49 | Paul T. Tsutsui 27 | 35.15 | James D. Horner 38 | 3:22.00 | George Brinton 61 | DISQ |
| <u>200 YARD INDIVIDUAL MEDLEY</u> | | Noel D. Jolivet 26 | 35.23 | <u>100 YARD BUTTERFLY</u> | | <u>100 YARD BACKSTROKE</u> | |
| Grace Altus 61 | 3:41.51 | <u>200 YARD BREASTSTROKE</u> | | Brook J. Cross 35 | 58.95 | Leland (Lee) C Arth 60 | 1:32.08 |
| <u>WOMEN 65-69</u> | | Paul T. Tsutsui 27 | 2:39.88 | Michael D. Rohrback 38 | 1:02.40 | George Brinton 61 | 2:00.84 |
| <u>50 YARD FREESTYLE</u> | | Edward Rademacher 28 | 2:48.47 | R Michelangelo 38 | 1:15.23 | <u>50 YARD BREASTSTROKE</u> | |
| Rita Simonon 67 | 40.40 | Michael McLaughlin 27 | 2:54.85 | <u>200 YARD INDIVIDUAL MEDLEY</u> | | Leland (Lee) C Arth 60 | 38.37 |
| <u>200 YARD FREESTYLE</u> | | <u>100 YARD BUTTERFLY</u> | | Brook J. Cross 35 | 2:14.59 | Jurgen B. Schmidt 62 | 44.38 |
| Rita Simonon 67 | 3:09.15 | Greg Asplund 25 | 58.47 | Gary Springer 38 | 2:18.75 | W. Jason Walker 61 | 44.56 |
| <u>50 YARD BREASTSTROKE</u> | | Dennis Skupinski 29 | 58.59 | Dennis M. McNulty 39 | 2:38.56 | George Brinton 61 | DISQ |
| Rita Simonon 67 | 52.03 | Mike Griffith 25 | 1:01.70 | <u>WOMEN 40-44</u> | | <u>200 YARD BREASTSTROKE</u> | |
| <u>200 YARD INDIVIDUAL MEDLEY</u> | | Brian Cohn 27 | 1:02.29 | <u>50 YARD FREESTYLE</u> | | W. Jason Walker 61 | 3:44.36 |
| Rita Simonon 67 | 3:42.42 | Matthew J. Truxaw 26 | 1:03.22 | Dennis M. Hurwitz 40 | 26.01 | <u>200 YARD INDIVIDUAL MEDLEY</u> | |
| <u>WOMEN 70-74</u> | | Steven P. Cobos 29 | 1:03.97 | Tim Weisberg 42 | 26.18 | Jurgen B. Schmidt 62 | 3:07.94 |
| <u>50 YARD FREESTYLE</u> | | Edward Rademacher 28 | 1:04.26 | Reynold Kalstrom 40 | 27.36 | Leland (Lee) C Arth 60 | 3:08.86 |
| Maxine Merlino 73 | 39.44 | William A. Cohn 27 | 1:06.33 | Hal E. Hunt 40 | 27.47 | W. Jason Walker 61 | 3:36.67 |
| <u>200 YARD FREESTYLE</u> | | Tom R. Baker 27 | 1:07.31 | Gary McDowell 42 | 33.66 | | |
| Ruth Ridenour 71 | 4:05.36 | S K. Rubinstein 27 | 1:08.31 | | | | |
| | | David Orlovski 28 | 1:11.22 | | | | |

MEN 65-69

| | |
|-----------------------------|---------|
| 50 YARD FREESTYLE | |
| Robert D. Smith 69 | 36.04 |
| Herman Becker 68 | 38.48 |
| 200 YARD FREESTYLE | |
| Robert D. Smith 69 | 3:00.03 |
| Herman Becker 68 | 3:04.08 |
| 100 YARD BACKSTROKE | |
| Herman Becker 68 | 1:49.17 |
| 50 YARD BREASTSTROKE | |
| Robert D. Smith 69 | 51.70 |

MEN 70-74

| | |
|-----------------------------|---------|
| 50 YARD FREESTYLE | |
| Ed Allen Jr. 70 | 32.75 |
| Max Luna 70 | 42.63 |
| Ed Little 73 | 50.40 |
| 200 YARD FREESTYLE | |
| Ed Allen Jr. 70 | 3:08.01 |
| 100 YARD BACKSTROKE | |
| Ed Allen Jr. 70 | 1:45.17 |
| Max Luna 70 | 2:18.75 |
| 50 YARD BREASTSTROKE | |
| Ed Allen Jr. 70 | 50.36 |
| Ed Little 73 | 1:17.53 |

MEN 75-79

| | |
|-----------------------------|---------|
| 50 YARD FREESTYLE | |
| Bill Shott 75 | 32.06 |
| Leonard A. Chapin 77 | 38.09 |
| 200 YARD FREESTYLE | |
| Bill Shott 75 | 3:10.92 |
| Leonard A. Chapin 77 | 3:19.14 |
| 100 YARD BACKSTROKE | |
| Bill Shott 75 | 1:48.97 |
| 50 YARD BREASTSTROKE | |
| Bill Shott 75 | 39.99 |
| 100 YARD BUTTERFLY | |
| Bill Shott 75 | 1:34.77 |

* Denotes non SPMA swimmer

Programmed by Curt Mosso

FALL 85 MARINA MASTERS SWIM
VENTURA, CA 22 SEPT 1985

WOMEN 25-29

| | |
|-----------------------------------|---------|
| 50 YARD FREESTYLE | |
| Missy Mourkas 26 | 29.85 |
| Tere Wachob 25 | 29.88 |
| Peggy L. Jacques 29 | 42.81 |
| 100 YARD BUTTERFLY | |
| Missy Mourkas 26 | 1:22.75 |
| 200 YARD INDIVIDUAL MEDLEY | |
| Tere Wachob 25 | 2:53.85 |
| Missy Mourkas 26 | 2:54.68 |

WOMEN 30-34

| | |
|-----------------------------------|---------|
| 50 YARD FREESTYLE | |
| Janice A. Hagen 31 | 27.25 |
| Judy Mangani 30 | 32.82 |
| Joan Gruner 30 | 34.57 |
| 200 YARD FREESTYLE | |
| Janice A. Hagen 31 | 2:15.81 |
| Joan Gruner 30 | 3:06.52 |
| 100 YARD BACKSTROKE | |
| Janice A. Hagen 31 | 1:12.91 |
| 50 YARD BREASTSTROKE | |
| Judy Mangani 30 | 41.52 |
| Joan Gruner 30 | 46.85 |
| 200 YARD INDIVIDUAL MEDLEY | |
| Janice A. Hagen 31 | 2:33.99 |

WOMEN 35-39

| | |
|-----------------------------------|---------|
| 50 YARD FREESTYLE | |
| Kaeti Ecker 38 | 30.43 |
| Nancy H Stanbury 35 | 32.01 |
| Lois Goodman 38 | 34.16 |
| Sandy Young 37 | 35.97 |
| 200 YARD FREESTYLE | |
| Kaeti Ecker 38 | 2:22.37 |
| Lois Goodman 38 | 2:51.85 |
| Sandy Young 37 | 3:03.44 |
| Kathy A. Kantor 39 | 3:05.31 |
| 100 YARD BACKSTROKE | |
| Kaeti Ecker 38 | 1:21.46 |
| Lois Goodman 38 | 1:34.84 |
| Sandy Young 37 | 1:43.03 |
| 50 YARD BREASTSTROKE | |
| Kathy A. Kantor 39 | 45.16 |
| Lois Goodman 38 | 50.33 |
| 200 YARD BREASTSTROKE | |
| Nancy H Stanbury 35 | 3:05.19 |
| Kaeti Ecker 38 | 3:19.12 |
| 200 YARD INDIVIDUAL MEDLEY | |
| Kaeti Ecker 38 | 2:47.56 |
| Sandy Young 37 | 3:23.45 |
| Lois Goodman 38 | 3:24.77 |

WOMEN 40-44

| | |
|---------------------------|---------|
| 50 YARD FREESTYLE | |
| Janet E Royer 44 | 31.28 |
| 200 YARD FREESTYLE | |
| Janet E Royer 44 | 2:26.10 |
| 100 YARD BUTTERFLY | |
| Janet E Royer 44 | 1:25.06 |

WOMEN 50-54

| | |
|-----------------------------------|---------|
| 50 YARD FREESTYLE | |
| Jacqueline Dunlop 54 | 33.17 |
| M.A. Rasmussen 50 | 39.72 |
| Jackie Greenstein 54 | 50.29 |
| 50 YARD BREASTSTROKE | |
| Jacqueline Dunlop 54 | 42.29 |
| Jackie Greenstein 54 | 1:09.64 |
| 200 YARD BREASTSTROKE | |
| Jacqueline Dunlop 54 | 3:27.44 |
| 100 YARD BUTTERFLY | |
| Jacqueline Dunlop 54 | 1:38.64 |
| M.A. Rasmussen 50 | 1:49.65 |
| 200 YARD INDIVIDUAL MEDLEY | |
| M.A. Rasmussen 50 | 3:38.58 |

WOMEN 55-59

| | |
|-----------------------------------|---------|
| 50 YARD FREESTYLE | |
| Henderika Bryant 58 | 35.64 |
| 200 YARD FREESTYLE | |
| Anne B. Adams 57 | 2:39.25 |
| Janet Wolver 56 | 3:09.22 |
| Henderika Bryant 58 | 3:17.59 |
| 100 YARD BACKSTROKE | |
| Anne B. Adams 57 | 1:26.57 |
| Janet Wolver 56 | 1:51.02 |
| 50 YARD BREASTSTROKE | |
| Janet Wolver 56 | 46.22 |
| Henderika Bryant 58 | 46.48 |
| Marion Cornfield 59 | 56.89 |
| 200 YARD BREASTSTROKE | |
| Janet Wolver 56 | 3:43.75 |
| Henderika Bryant 58 | 3:50.44 |
| Marion Cornfield 59 | 4:26.00 |
| 200 YARD INDIVIDUAL MEDLEY | |
| Anne B. Adams 57 | 2:58.59 |
| Janet Wolver 56 | 3:32.64 |

WOMEN 60-64

| | |
|-----------------------------------|---------|
| 50 YARD FREESTYLE | |
| Maurine E. Kornfeld 63 | 40.17 |
| 200 YARD FREESTYLE | |
| Shirley Erickson 61 | 3:00.38 |
| Grace Altus 61 | 3:03.54 |
| Maurine E. Kornfeld 63 | 3:22.50 |
| 100 YARD BACKSTROKE | |
| Grace Altus 61 | 1:54.68 |
| Maurine E. Kornfeld 63 | 1:55.42 |
| 50 YARD BREASTSTROKE | |
| Shirley Erickson 61 | 49.49 |
| 200 YARD BREASTSTROKE | |
| Grace Altus 61 | 4:11.95 |
| 100 YARD BUTTERFLY | |
| Shirley Erickson 61 | 1:42.08 |
| Grace Altus 61 | 1:51.91 |
| 200 YARD INDIVIDUAL MEDLEY | |
| Shirley Erickson 61 | 3:26.55 |
| Grace Altus 61 | 3:46.81 |
| Maurine E. Kornfeld 63 | DISQ |

WOMEN 70-74

| | |
|-----------------------------------|---------|
| 200 YARD FREESTYLE | |
| Ruth Ridenour 70 | 4:15.62 |
| 200 YARD BREASTSTROKE | |
| Ruth Ridenour 70 | 5:17.92 |
| 200 YARD INDIVIDUAL MEDLEY | |
| Ruth Ridenour 70 | 5:10.68 |

MEN 25-29

| | |
|------------------------------|---------|
| 50 YARD FREESTYLE | |
| Robert D. Thompson 26 | 23.19 |
| Alan J. Locke 25 | 24.11 |
| Daniel J. Armstrong 29 | 25.08 |
| Matthew J. Truxaw 26 | 25.11 |
| Tom R. Baker 27 | 25.17 |
| Edward Radenacher 28 | 26.04 |
| Daniel Monroy 28 | 26.43 |
| Scott T. Zagarino 28 | 26.58 |
| Lance M. Bumbera 29 | 26.72 |
| Tom Pani 29 | 26.75 |
| James C. Owens 25 | 26.94 |
| Bob Nakashima 29 | 35.10 |
| 200 YARD FREESTYLE | |
| Daniel J. Armstrong 29 | 2:07.13 |
| Matthew J. Truxaw 26 | 2:08.66 |
| Tom R. Baker 27 | 2:12.37 |
| Scott T. Zagarino 28 | 2:12.78 |
| Robert D. Thompson 26 | 2:20.82 |
| 100 YARD BACKSTROKE | |
| Lance M. Bumbera 29 | 1:07.29 |
| Alan J. Locke 25 | 1:07.88 |
| Edward Radenacher 28 | 1:16.91 |
| Bob Nakashima 29 | 1:34.78 |
| 50 YARD BREASTSTROKE | |
| Edward Radenacher 28 | 33.62 |
| Lance M. Bumbera 29 | 35.31 |
| Robert D. Thompson 26 | 37.03 |
| James C. Owens 25 | 37.47 |
| Mike J. Arnold 28 | DISQ |
| Alan J. Locke 25 | DISQ |
| 200 YARD BREASTSTROKE | |
| Mike J. Arnold 28 | 2:30.23 |
| Edward Radenacher 28 | 2:47.15 |
| 100 YARD BUTTERFLY | |
| Edward Radenacher 28 | 1:03.53 |
| Matthew J. Truxaw 26 | 1:04.84 |
| Tom R. Baker 27 | 1:05.84 |
| Daniel Monroy 28 | 1:10.05 |

| | |
|-----------------------------------|---------|
| James C. Owens 25 | 1:10.19 |
| Lance M. Bumbera 29 | 1:15.75 |
| Tom Pani 29 | 1:17.70 |
| 200 YARD INDIVIDUAL MEDLEY | |
| Mike J. Arnold 28 | 2:15.64 |
| Matthew J. Truxaw 26 | 2:25.12 |
| Lance M. Bumbera 29 | 2:29.59 |
| Daniel J. Armstrong 29 | 2:31.91 |
| Robert D. Thompson 26 | 3:05.19 |

MEN 30-34

| | |
|-----------------------------------|---------|
| 50 YARD FREESTYLE | |
| Michael Heather 31 | 23.37 |
| Don Curtis 32 | 24.89 |
| 200 YARD FREESTYLE | |
| Clay Evans 31 | 1:48.28 |
| Michael Heather 31 | 1:58.28 |
| 100 YARD BACKSTROKE | |
| Larry K. Bushey 33 | 1:00.34 |
| Michael Heather 31 | 1:04.53 |
| Kim G. Bruno 30 | 1:05.61 |
| 50 YARD BREASTSTROKE | |
| Larry K. Bushey 33 | 29.94 |
| Michael Heather 31 | 32.57 |
| Don Curtis 32 | 35.45 |
| Christopher Lynch 30 | DISQ |
| 200 YARD BREASTSTROKE | |
| Christopher Lynch 30 | 2:39.69 |
| 100 YARD BUTTERFLY | |
| Michael Heather 31 | 55.04 |
| Kim G. Bruno 30 | 1:03.92 |
| 200 YARD INDIVIDUAL MEDLEY | |
| Clay Evans 31 | 2:02.51 |
| Larry K. Bushey 33 | 2:09.62 |
| Kim G. Bruno 30 | 2:19.50 |
| Christopher Lynch 30 | 2:26.31 |

MEN 35-39

| | |
|-----------------------------------|---------|
| 50 YARD FREESTYLE | |
| Peter P. O'Keefe 35 | 22.58 |
| Laurence S. Svoboda 39 | 26.20 |
| Dennis M. McNulty 39 | 27.64 |
| Edward M. Shaiman 36 | 28.00 |
| 200 YARD FREESTYLE | |
| Peter P. O'Keefe 35 | 1:49.94 |
| Laurence S. Svoboda 39 | 2:16.67 |
| Edward M. Shaiman 36 | 2:17.65 |
| Dennis M. McNulty 39 | 2:23.52 |
| Stephen P. Washburn 38 | 2:34.18 |
| 100 YARD BACKSTROKE | |
| Peter P. O'Keefe 35 | 55.77 |
| Edward M. Shaiman 36 | 1:17.06 |
| Stephen P. Washburn 38 | 1:31.18 |
| 50 YARD BREASTSTROKE | |
| Peter P. O'Keefe 35 | 32.47 |
| Dennis M. McNulty 39 | 37.12 |
| 100 YARD BUTTERFLY | |
| Peter P. O'Keefe 35 | 55.25 |
| Stephen P. Washburn 38 | 1:26.55 |
| 200 YARD INDIVIDUAL MEDLEY | |
| Edward M. Shaiman 36 | 2:35.66 |
| Dennis M. McNulty 39 | 2:43.06 |
| Stephen P. Washburn 38 | 3:02.18 |

MEN 40-44

| | |
|------------------------------|---------|
| 50 YARD FREESTYLE | |
| Steven A. Kovary 43 | 30.09 |
| Jim McMurry 43 | 30.71 |
| Gary McDowell 42 | 33.89 |
| John J. Zupon 44 | 34.78 |
| 200 YARD FREESTYLE | |
| Jim McMurry 43 | 2:21.50 |
| Steven A. Kovary 43 | 2:29.55 |
| Gary McDowell 42 | 2:44.66 |
| John J. Zupon 44 | 2:53.31 |
| 100 YARD BACKSTROKE | |
| Sam J. Miller 44 | 1:24.18 |
| Steven A. Kovary 43 | 1:25.94 |
| Gary McDowell 42 | 1:36.42 |
| 50 YARD BREASTSTROKE | |
| Jim McMurry 43 | 45.04 |
| John J. Zupon 44 | 45.58 |
| 200 YARD BREASTSTROKE | |
| Jim McMurry 43 | 3:21.58 |
| John J. Zupon 44 | 3:40.91 |
| 100 YARD BUTTERFLY | |
| Jim McMurry 43 | 1:33.81 |
| Steven A. Kovary 43 | 1:41.61 |

MEN 45-49

| | |
|-----------------------------|-------|
| 50 YARD FREESTYLE | |
| Richard W. Lee 45 | 33.11 |
| 50 YARD BREASTSTROKE | |
| Richard W. Lee 45 | 48.98 |

MEN 50-54

| | |
|----------------------------|---------|
| 50 YARD FREESTYLE | |
| Steven Schofield 53 | 28.36 |
| Robert L. Wiborg 51 | 30.64 |
| David L. Bishop 54 | 30.85 |
| 200 YARD FREESTYLE | |
| Art Welch 53 | 2:18.78 |
| Steven Schofield 53 | 2:26.00 |
| Robert L. Wiborg 51 | 2:33.81 |
| David L. Bishop 54 | 2:44.67 |
| 100 YARD BACKSTROKE | |
| Art Welch 53 | 1:20.53 |
| Steven Schofield 53 | 1:33.61 |

50 YARD BREASTSTROKE

| | |
|-----------------------------------|---------|
| Art Welch 53 | 43.84 |
| 200 YARD BREASTSTROKE | |
| Steven Schofield 53 | 3:13.64 |
| 100 YARD BUTTERFLY | |
| Art Welch 53 | 1:12.37 |
| Steven Schofield 53 | 1:20.64 |
| 200 YARD INDIVIDUAL MEDLEY | |
| Art Welch 53 | 2:44.94 |

MEN 55-59

| | |
|-----------------------------------|---------|
| 50 YARD FREESTYLE | |
| Guy F. Cooper 55 | 29.80 |
| Don Wilson 56 | 34.83 |
| Giveon Cornfield 59 | 39.27 |
| 200 YARD FREESTYLE | |
| Guy F. Cooper 55 | 2:35.02 |
| Don Wilson 56 | 3:13.15 |
| 100 YARD BACKSTROKE | |
| Giveon Cornfield 59 | 1:37.01 |
| Don Wilson 56 | DISQ |
| 50 YARD BREASTSTROKE | |
| Saul Barret 59 | 37.89 |
| Giveon Cornfield 59 | 44.43 |
| Don Wilson 56 | 48.16 |
| 200 YARD BREASTSTROKE | |
| Saul Barret 59 | 3:11.80 |
| Giveon Cornfield 59 | 3:48.39 |
| 100 YARD BUTTERFLY | |
| Saul Barret 59 | 1:30.64 |
| 200 YARD INDIVIDUAL MEDLEY | |
| Don Wilson 56 | 3:49.31 |

MEN 60-64

| | |
|------------------------------|---------|
| 50 YARD FREESTYLE | |
| W. Jason Walker 61 | 34.11 |
| 200 YARD FREESTYLE | |
| W. Jason Walker 61 | 2:55.82 |
| 100 YARD BACKSTROKE | |
| W. Jason Walker 61 | 1:44.71 |
| 50 YARD BREASTSTROKE | |
| W. Jason Walker 61 | 47.11 |
| 200 YARD BREASTSTROKE | |
| W. Jason Walker 61 | 3:41.44 |

MEN 65-69

| | |
|-----------------------------|---------|
| 50 YARD FREESTYLE | |
| Ed Allen Jr. 69 | 33.36 |
| Herman Becker 68 | 37.70 |
| 200 YARD FREESTYLE | |
| Herman Becker 68 | 3:09.90 |
| Ed Allen Jr. 69 | 3:12.59 |
| 100 YARD BACKSTROKE | |
| Herman Becker 68 | 1:45.14 |
| Ed Allen Jr. 69 | 1:48.12 |
| 50 YARD BREASTSTROKE | |
| Ed Allen Jr. 69 | 49.49 |

MEN 70-74

| | |
|------------------------------|---------|
| 50 YARD FREESTYLE | |
| Reg Richardson 74 | 32.14 |
| 200 YARD FREESTYLE | |
| Reg Richardson 74 | 2:52.51 |
| 100 YARD BACKSTROKE | |
| Reg Richardson 74 | 1:37.42 |
| 50 YARD BREASTSTROKE | |
| Reg Richardson 74 | 41.90 |
| 200 YARD BREASTSTROKE | |
| Reg Richardson 74 | 3:28.70 |

MEN 75-79

| | |
|------------------------------|---------|
| 50 YARD FREESTYLE | |
| Bill Shott 75 | 32.04 |
| 200 YARD FREESTYLE | |
| Bill Shott 75 | 3:14.53 |
| 50 YARD BREASTSTROKE | |
| Bill Shott 75 | 41.96 |
| 200 YARD BREASTSTROKE | |
| Bill Shott 75 | 3:48.12 |
| 100 YARD BUTTERFLY | |
| Bill Shott 75 | 1:36.56 |

WOMEN 25+

| | |
|---|---------|
| 200 YARD FREESTYLE RELAY | |
| Industry Hills | |
| Janet Wolver 56 | |
| Lois Goodman 38 | |
| Janet Royer 44 | |
| Missy Mourkas 26 | 2:15.28 |
| 200 YARD INDIVIDUAL MEDLEY RELAY | |
| Marina Masters | |
| Sandy Young 37 | |
| Henderika Bryant 58 | |
| Jackie Greenstein 54 | |
| Jacqueline Dunlop 54 | 3:14.42 |

MIXED 10+

| | |
|---------------------------------|---------|
| 200 YARD FREESTYLE RELAY | |
| El Camino Swim Club | |
| Sandy Wood 23 | |
| Kathy Kantor 39 | |
| Patrick Herrera 26 | |
| Barry Douglas 32 | 2:19.29 |
| MIXED 25+ | |
| 200 YARD MEDLEY RELAY | |
| Industry Hills | |
| Missy Mourkas 26 | |
| Janet Royer 44 | |
| Michael Heather 31 | |
| Robert D. Thompson 26 | 2:11.06 |

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Swimming News

DOES PRACTICE MAKE PERFECT? - By George C. Bole, coach of St. Petersburg Masters.....

Recent disqualifications have set me wondering if there is truth in the adage heading this article. I've watched practices and noted habits which most of you practice assiduously. My conclusions are: 1) If you push-off from the wall with arms apart you are practicing losing. 2) If you flip-turn three yards away from the wall and glide into the turn you are practicing losing. ON BACK STROKE: 3) If you push-off on your front and change to back, you are practicing losing. 4) If you roll over onto your front to turn, you are practicing losing. 5) If you start groping for the wall six yards out, you are practicing losing. ON BREAST STROKE: 6) If you use Dolphin kick in you push-off you are practicing losing. 7) If you take more than one stroke under water you are practicing losing. 8) If you turn with one hand touching the wall you are practicing losing. 7) If you finish one handed you are practicing losing. 8) If you swim breast stroke with the head submerged you are practicing losing. ON FLY: 9) If you use a flutter-kick you are practicing losing. 10) Turing and finishing one handed as in the breaststroke - you are practicing losing. ON I.M.: 11) If you disregard the turing rules then you are practicing losing. 12) If you swim too few laps you

are practicing losing. ON RELAYS: 13) If you finish slowly you are practicing losing. Your take over partner will have gone and the team disqualified. 14) If you 'jump the gun' on take-over you are practicing losing. GENERAL: 15) If you get off before the clock starts you are practicing losing. 16) If you cheat yourself regarding your times, you are practicing losing. So, all in all, I think that scattered throughout our team, we must have some perfect losers--they practice so hard to lose--they must reckon with the world's best losers. To revert to the adage, I would amend it to say, PERFECT PRACTICE MAKES PERFECT". (reprinted from SPM, LAP LINES..... HEALTH & NUTRITION No. 2 - AIDS - (reprinted from Chicago Masters Swim Club, Inc.)- AIDS is a sexually transmitted disease which is serious. It is not confined to deviates and perverts or caused by a "dissolute" life style as reported in Pravda. Questions have arisen to which I will give the best answers I can. I spoke this morning with the Centers for Disease Control in Atlanta. Many other groups are at risk. The only known methods of transmission is by sexual contact, sharing needles during drug abuse, transfusion, and before birth in the uterus from mother to unborn child. This is the CDC's opinion as officially stated. The virus has been isolated in saliva, semen, urine, breast milk, tears, and blood. No person, however, has been proven to the satisfaction of the CDC to have contracted the disorder or ever had his blood develop the "marker" for it by any method other than those mentioned above. The virus is very fragile. No person has been proven to the satisfaction of the CDC to have contracted either AIDS or the "marker" for AIDS through kissing. No family member of a child with AIDS has contracted AIDS. No cases have developed from a swimming pool, hot tub, sauna, locker room, or toilet. The CDC issued a bulletin to all schools that it is recommended that students with AIDS be let into schools under many circumstances. What should swimmers sho think they may be at risk do? I Don't have a clear answer. There are local counseling groups which can advise what are "higher risk" activities. If you have any doubt, you should probably get tested for the virus. If negative, there should be no problem. If positive, it is less clear what to do. A person positive for the virus should be on constant lookout for symptoms of AIDS and ge frequent checkups. If AIDS develops, they should probably stop swimming. This is my opinion. The virus is probably killed in the pool, in air, and on places it is deposited. ANYTHING GOOD TO READ? - Sportsearch is a great bibliographic, reference, and literature scanning tool which should prove interesting to all you reading and research nuts. It shows the cover-table of contents pages of over 250 sports journals throughout the world.....

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SWIM CALENDAR

VOL XV - No 2

FEBRUARY 1986

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|-----|-------|--|
| FEB | 15 | 1500 M - Marvin Schwartz, 301 Industrial Blvd., Conway, AR 72032 |
| | 15 | SC - Dick Fadgen, HPER Bldg. 630 Echles, Memphis, TN 38152 |
| | 15-16 | SC - David A. Parler, 1639-F Juniper St., Charleston, SC 29407 |
| | 15 | Clinic - Marina Masters, 11405 Biona, Los Angeles, CA 90066 |
| | 16 | SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108 |
| | 16 | SC - SDSM-Dunbar, 5703 La Jolla Hermosa Ave., La Jolla, CA 92037 |
| | 16 | SC - Pieter Cath, 35400 Bainbridge Rd., Solon, OH 44139 |
| | 22 | SC - Mary Ott, 1451 Longacre, Cincinnati, OH 45240 - Powel Crosley Jr. YMCA |
| | 22 | SC - Curt Mosso, 2293 Featherhill Road, Santa Barbara, CA 93108 |
| | 22 | SC - Swim & Diving - Ken Hickey, 905 Muldoon Rd. A35, Anchorage, AK 99504 |
| | 23 | SC - Ingrid Stine, 4119 N. Pittsburgh, Chicago, IL 60634 |
| | 23 | SC - Joann Leilich, 4913 Kingston Dr., Annandale, VA 22003 |
| | 23 | SC - Catherine Rust, 6297 Westover Rd., West Palm Beach, FL 33417 |
| MAR | 1 | SC - Colin Light, 1920 Webster Dr., Plano, TX 75075 |
| | 1-2 | SC - Curtis Fehn, 2775 Briarglen Dr., Atlanta, GA 30340 |
| | 1-2 | SCM - Dick Strickland, 755 S. Jersey, Denver, CO 80224 |
| | 2 | Clinic - Marina Masters, 11405 Biona, Los Angeles, CA 90066 |
| | 8 | SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108 |
| | 8-9 | SC - Barbara Protzman, 7919 Main Falls Cir., Cantonville, MD 21228 |
| | 8-9 | SC - Dot Donnelly, Five Piggott Lane, Avon, CT 06001 |
| | 8-9 | SC - Patty Pitosiea, 3119 Shallow Ford Rd., Chamblee, GA 30341 |
| | 8-9 | SC - Ursula Fearon, 6615 Holiday Dr., Boise, ID 83709 |
| | 9 | SC - Curt Mosso, 2293 Featherhill Road, Santa Barbara, CA 93108 |
| | 9 | SC - Jim Baehren, 7812 Therfield, Sylvania, OH 43560 |
| | 9 | SC - Alicia Coleman, 24 The Point, Coronado, CA 92118 |
| | 15 | SC - DCM Pentathlon - David McAfee, 510 E. Broad St., Falls Church, VA 22046 |
| | 15-16 | SC - Diane Timmons, c/o Shoreline H.S., 18560 1st NE, Seattle, WA 98155 |
| | 15-16 | SC - David A. Parler, 1639-F Juniper St., Charleston, SC 29407 |
| | 15-16 | SC - Jerry Watson, PJC Pool, 1000 College Blvd., Pensacola, FL 32504 |
| | 15 | SC - Raymond Woller, 5661 Horning Rd., Kent, OH 44240 |
| | 16 | 1650 - Dave Blum, 3315 Timberfield Lane, Pikesville, MD 21208 |
| | 16 | SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108 |
| | 15 | SC - Pentathlon - Lisa Lambert, 700 S. Gunderson Ave., Oak Park, IL 60304 |
| | 21-23 | SC - Dave Eskin, 66 Audubon Dr., Chestnut Hill, MA 02167 |
| | 22 | SC - Jan Huneke, 1158 Asbury Rd., Cincinnati, OH 45230 |
| | 22 | SC - Dan Doyle, Central HS, 1150 Newark, Aurora, CO 80011 |
| | 22 | SC - Curt Mosso, 2293 Featherhill Road, Santa Barbara, CA 93108 |
| | 22-23 | SC - Maury Schott, 719 S. Elam St., Greensboro, NC 27403 |
| | 23 | SC - Lisa Lambert, 700 S. Gunderson Ave., Oak Park, IL 60304 |
| MAY | 15-18 | USMS SC NATIONALS - Mike Corash, 3209 Virginia Ave., Fort Pierce, FL 33454 |
| AUG | 21-24 | USMS LC NATIONALS - Barbara Frid, 10214 SW Parkway, Portland, OR 97225 |
| MAY | 1987 | USMS SC NATIONALS - Stanford University, Palo Alto, CA |
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