



# SWIM - MASTER

VOL XV - No 3 USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS MAR-APR 1986

## 1985 UNOFFICIAL NATIONAL TOP 10 SHORT COURSE METERS

A TRIAL PROGRAM FOR MEETS HELD IN 25 METER POOLS DURING THE CALENDAR YEAR 1985. PROGRAMMED AND COMPILED BY WALT REID 17306 RICH ROAD S. APT B1 SPANAWAY WA. 98387

50 M. FREE WOMEN 25-29	200 M. BACK WOMEN 25-29	50 M. FREE WOMEN 30-34	200 M. BACK WOMEN 30-34	32.66 SUSAN VON BRIESE 35	45.10 CHRIS ZIMMET 37
29.00 JILL KEILING '84	3:01.23 LORI CLARK '84	31.40 BARBARA ANDERSON '85	3:20.97 C. LANG '84	33.06 MARILYN BLISS 35	45.43 SUSIE LYNCH 39
30.98 CATHERINE CHAY 29	3:16.29 CONNIE WRIGHT 29	31.40 BARBARA ANDERSON 30	NO SWIMMERS	33.50 KATHLEEN GRANT 35	45.64 KAREN BARNES 35
31.46 JULIE ZENDER 27	3:18.38 PENNY CRAIG 26	31.60 ROBYN RICHARDS 30	50 M. BRST WOMEN 30-34	34.10 REBECCA RAMSON 37	45.75 JYN ANDERSON 35
31.72 SUSY GORHAM 25	3:43.20 ROBIN DURANT 29	31.79 JOANN KEEPART 31	38.86 CATHY INWALLE '84	34.53 JAN ANDERSON 35	45.91 LYNN KAMPFER 35
32.04 SANDE BROWN 27	50 M. BRST WOMEN 25-29	32.82 BARBARA TAYLOR 30	41.34 MARSHA MC WILLAN 34	35.09 CINDY BEGG 39	46.26 LINDA CAZIN 39
33.12 JULIE HOLNER 25	39.23 ANNE BUTSICK '85	32.86 SHARLENE VAN BOER 30	42.30 JOANN KEEPART 31	100 M. FREE WOMEN 35-39	50.23 ARLENE DE POLO 39
33.34 LINDA BERGLUND 29	39.23 ANNE BUTSICK 28	33.02 CAROL BROWN 32	42.43 KRISTEN LATTA 30	1:10.34 KATHRINE CASEY '85	100 M. BRST WOMEN 35-39
33.52 LAURA MIKO 26	41.41 SANDE BROWN 27	35.56 DEBORAH LINDBLUM 30	43.77 ELIN ZANDER 30	1:10.34 KATHRINE CASEY 37	1:31.85 KATHRINE CASEY '85
34.69 HOLLY KILPATRICK 28	42.10 PATTY SEEBECK 26	35.70 DIANE ALLISON 32	44.22 MARGARET STANNARD 33	1:13.75 MAUREEN MACCKACKIN 35	1:31.85 KATHRINE CASEY 37
34.71 MAUREEN ROHRS 29	45.15 JULIE HOMER 25	38.06 DONNA HAYES 30	49.28 KAREN LESKO 30	1:14.60 KATHY GRANT 35	1:37.77 MARILYN BLISS 35
35.00 ELISA MARSHALL 27	45.42 JENNIFER TANNER 25	40.18 KAREN LESKO 30	50.19 MARIAN GOGOLA 33	1:16.65 SUSAN VON BRIESE 35	1:43.48 JAN ANDERSON 35
100 M. FREE WOMEN 25-29	45.89 JANET LATHAM 25	100 M. FREE WOMEN 30-34	53.60 ROBERTA GEIST 34	1:17.79 NANCY DEAL 39	1:44.75 LINDA CAZIN 39
1:07.13 ANITA WALKER '84	46.76 MARTHA ATCHLEY 26	1:09.95 ROBYN RICHARDS '85	58.17 LYNDA SMITH 31	1:18.03 JAN ANDERSON 35	1:45.13 MARGARET STANNARD 34
1:08.47 CATHERINE CHAY 29	46.94 NAN WIGGINGTON 27	1:09.95 ROBYN RICHARDS 30	100 M. BRST WOMEN 30-34	1:18.50 REBECCA RAMSON 37	1:47.12 JULIE HORNE 35
1:10.50 JULIE ZENDER 27	49.30 SARA RUNNING 25	1:12.00 BARBARA ANDERSON 30	1:24.50 CATHY INWALLE '84	1:20.37 CINDY BEGG 39	1:57.47 MARIAN GOGOLA 38
1:11.50 NININE TESTA 28	49.30 SARA RUNNING 25	1:12.40 CAROL BROWN 32	1:31.76 SHARLENE VAN BOER 30	1:22.52 MARILYN BLISS 35	2:12.56 ANN MURPHY 36
1:13.55 ASHLEY HUTCHISON 25	51.86 GLORIA MASTERS 29	1:13.10 ELIN ZANDER 30	1:33.32 KRISTEN LATTA 30	1:22.59 SANDY PLANN 39	2:17.30 NEVINE EL SHISHIN 35
1:14.91 MAUREEN ROHRS 29	100 M. BRST WOMEN 25-29	1:13.57 SHARLENE VAN BOER 30	1:35.51 MARSHA MC WILLAN 34	200 M. FREE WOMEN 35-39	200 M. BRST WOMEN 35-39
1:15.89 LAURA DAVIS 26	1:26.55 JENNIFER OWEN '85	1:16.53 VICKI FOX 31	1:36.29 ELIN ZANDER 30	2:46.25 NANCY DEAL '85	3:47.87 LINDA CAZIN '85
1:16.10 SUSY GORHAM 25	1:26.55 JENNIFER OWEN 25	1:16.80 BARBARA TAYLOR 30	1:41.66 DEBRA LEWIS 32	2:46.25 NANCY DEAL 39	3:47.87 LINDA CAZIN 39
1:16.54 JULIE HOLNER 25	1:28.74 TERESA BRAZIL 25	1:18.99 DEBORAH LINDBLUM 30	1:46.51 JUDY HORNE 34	2:55.70 KATHY GRANT 35	3:54.96 JULIE HORNE 35
1:18.66 CECILIA CUMMINS 25	1:33.63 PATTY SEEBECK 26	1:22.99 DIANE ALLISON 32	1:51.66 JANE NOORE 34	3:00.15 ANN APP 35	4:49.22 ANN MURPHY 36
1:18.90 JOY HENDERSON 28	1:39.03 JENNIFER TANNER 25	1:22.99 MAURYA BROADSWORD 31	2:10.71 LYNDA SMITH 31	3:00.23 KATHLEEN DYER 35	4:49.30 NEVINE EL SHISHIN 35
200 M. FREE WOMEN 25-29	1:39.25 LAURA DAVIS 26	200 M. FREE WOMEN 30-34	2:12.07 CAROL CHASE 33	3:09.34 SANDY PLANN 39	50 M. FLY WOMEN 35-39
2:36.91 JENNIFER OWEN '85	2:05.77 ROBERTA SCHMITZ 28	2:31.60 NANCY MARTIN '85	200 M. BRST WOMEN 30-34	3:13.90 VIVIAN ABRAMS 36	34.17 KATHY CLARK '85
2:36.91 JENNIFER OWEN 25	200 M. BRST WOMEN 25-29	2:31.60 NANCY MARTIN 30	3:06.57 CATHY INWALLE '84	3:15.60 JANE ALPERT 37	34.17 KATHY CLARK 36
2:38.10 MAUREEN ROHRS 29	3:22.00 CATHERINE CHAY '85	2:37.96 ELIN ZANDER 30	3:30.23 DEBRA LEWIS 32	3:24.80 CAROL GEYER 35	34.50 MAUREEN MACCKACKIN 35
2:39.70 KIMELY CREA 26	3:30.63 JENNIFER TANNER 25	2:41.46 CAROL BROWN 32	3:45.84 JUDY HORNE 34	3:28.56 JULIE HORNE 35	36.36 NANCY DEAL 39
2:40.16 LAURA DAVIS 28	3:31.69 CONNIE WRIGHT 29	2:53.21 DEBORAH LINDBLUM 30	50 M. FLY WOMEN 30-34	3:35.95 JEAN RESLER 35	38.19 CHRIS ZIMMET 37
2:46.68 NININE TESTA 28	4:04.94 ROBIN DURANT 29	3:14.03 DIANE ALLISON 32	34.28 SUSAN SCHAFER '85	400 M. FREE WOMEN 35-39	38.58 LYNN KAMPFER 35
2:53.27 ELIZABETH SPENCER 25	4:16.54 BRENDA JURICH 25	3:17.63 DEBRA LEWIS 32	34.28 SUSAN SCHAFER 31	5:38.44 KATHRINE CASEY '85	38.72 CINDY BEGG 39
2:55.53 PATTY KELBLEY 28	4:18.14 ROBERTA SCHMITZ 28	3:26.70 BARBARA INDOLLA 30	34.44 ROBYN RICHARDS 30	5:38.44 KATHRINE CASEY 37	40.65 GWEN DEELY 35
2:55.60 CECILIA CUMMINS 25	50 M. FLY WOMEN 25-29	3:29.56 JUDY HORNE 34	34.70 JOANN KEEPART 31	5:43.52 JULIE CORNAN 36	42.24 JANE ALPERT 37
2:58.52 PENNY CRAIG 27	33.17 SARAH ETCHER '84	3:53.63 GALE KEHRES 30	37.38 BARBARA TAYLOR 30	6:33.49 ANN APP 35	46.78 LINDA CAZIN 39
3:10.94 ROBIN DURANT 25	33.34 JENNIFER OWEN 25	400 M. FREE WOMEN 30-34	37.96 SUZANNE RAGUE 34	800 M. FREE WOMEN 35-39	52.65 LINDA RELETHFORD 36
400 M. FREE WOMEN 25-29	33.66 TERESA BRAZIL 25	5:02.00 CATHY CHAY '85	100 M. FLY WOMEN 30-34	13:11.16 ANN APP '85	100 M. FLY WOMEN 35-39
4:54.08 BARB CROWDER '84	34.81 AMY STEBEL 26	5:02.00 CATHY CHAY 30	1:17.34 CATHY CHAY '85	13:11.16 ANN APP 35	1:18.82 KATHY CLARK '85
5:53.98 NININE TESTA 28	34.93 JANE GIVENS 26	5:39.47 CAROL BROWN 32	1:17.34 CATHY CHAY 30	13:32.64 BOBBI LOWRY 35	1:18.82 KATHY CLARK 36
6:17.75 PENNY CRAIG 27	35.00 SUSY GORHAM 28	5:48.82 ELIN ZANDER 30	1:20.90 NANCY MARTIN 30	14:10.76 CAROL GEYER 35	200 M. FLY WOMEN 35-39
6:25.36 ANN BAILEY 29	35.41 JULIE ZENDER 27	6:59.40 JANE NOORE 34	1:23.90 SUZANNE RAGUE 34	15:47.96 JEAN RESLER 35	4:09.99 V. BUCCINO '84
6:50.99 LORI SLEHOFER 26	37.68 ASHLEY HUTCHISON 25	7:19.21 SUE DURKIN 32	1:26.41 SUSAN SCHAFER 31	1500 M. FREE WOMEN 35-39	4:25.47 LINDA CAZIN 39
6:51.89 CONNIE WRIGHT 29	37.70 ADARE KITCHENS 25	800 M. FREE WOMEN 30-34	200 M. FLY WOMEN 30-34	23:33.15 KAREN BARNES '84	100 M. I. H. WOMEN 35-39
7:22.11 GLORIA MASTERS 29	39.32 CECILIA CUMMINS 25	12:02.50 ELIN ZANDER '85	3:52.28 ELIN ZANDER '85	24:55.63 ANN APP 35	1:17.69 KATHY CLARK '85
800 M. FREE WOMEN 25-29	39.33 ANN BAILEY 29	12:02.50 ELIN ZANDER 30	3:52.28 ELIN ZANDER 30	50 M. BACK WOMEN 35-39	1:17.69 KATHY CLARK 36
14:04.68 LORI SLEHOFER '85	100 M. FLY WOMEN 25-29	14:48.49 SUE DURKIN 32	100 M. I. H. WOMEN 30-34	35.72 JULIE CORNAN '85	1:23.17 NANCY DEAL 39
14:04.68 LORI SLEHOFER 26	1:14.70 SARAH ETCHER '84	16:20.87 GALE KEHRES 30	1:16.25 LORI CLARK '85	35.72 JULIE CORNAN 36	1:25.90 CHRIS ZIMMET 37
1500 M. FREE WOMEN 25-29	1:18.39 AMY SUGEL 26	1500 M. FREE WOMEN 30-34	1:19.94 CATHY CHAY 30	39.05 C. THORNTWHAITE 39	1:29.05 MAUREEN MACCKACKIN 35
21:02.23 D. BOND '84	1:53.03 NAN WIGGINGTON 27	19:17.08 CATHY CHAY '85	1:21.63 JOANN KEEPART 31	42.20 CHRIS ZIMMET 37	1:31.94 JAN ANDERSON 35
24:38.94 PENNY CRAIG 27	100 M. I. H. WOMEN 25-29	19:17.08 CATHY CHAY 30	1:22.03 SUSAN SCHAFER 31	43.15 MARILYN BLISS 35	1:33.47 CINDY BEGG 39
50 M. BACK WOMEN 25-29	1:18.76 ANNE BUTSICK '85	22:28.23 ELIN ZANDER 31	1:23.92 ROBYN RICHARDS 30	45.70 ARLENE DE POLO 39	1:37.80 REBECCA RAMSON 37
35.58 LORI CLARK '84	1:18.76 ANNE BUTSICK 28	50 M. BACK WOMEN 30-34	1:28.70 ELIN ZANDER 30	45.88 CONNIE SCHEIN 35	1:39.18 KATHY SPANE 36
35.69 ANNE BUTSICK 28	1:18.85 JANE GIVENS 26	36.66 JOANN KEEPART '85	1:30.24 SUZANNE RAGUE 34	48.13 ANN APP 35	1:40.02 ARLENE DE POLO 39
35.80 LINDA BERGLUND 29	1:21.18 JULIE ZENDER 27	36.66 JOANN KEEPART 31	1:42.45 KAREN LESKO 30	48.80 KATHY TUCKER 35	1:50.09 SUSIE LYNCH 39
35.91 SANDE BROWN 25	1:24.11 JOY HENDERSON 28	40.32 DEBORAH LINDBLUM 30	1:43.88 MARGARET STANNARD 33	51.50 LINDA RELETHFORD 36	200 M. I. H. WOMEN 35-39
39.27 PHYLLIS DISCEPOLA 26	1:24.16 PATTY SEEBECK 26	40.80 KRISTEN LATTA 30	200 M. I. H. WOMEN 30-34	57.70 VIVIAN ABRAMS 36	2:53.83 KATHY CLARK '85
40.63 JENI WINGARNER 27	1:25.19 SANDE BROWN 27	40.89 SUSAN SCHAFER 31	2:49.31 CATHY CHAY '85	100 M. BACK WOMEN 35-39	2:53.83 KATHY CLARK 36
42.74 ROBIN DURANT 25	1:25.27 ASHLEY HUTCHISON 25	41.03 BARBARA TAYLOR 30	2:49.31 CATHY CHAY 30	1:20.24 JULIE CORNAN '85	3:31.57 KATHLEEN DYER 35
43.52 PATTY KELBLEY 28	1:25.94 DORCAS PHELAN 29	41.88 LORI SMITH 30	2:59.17 SUSAN SCHAFER 31	1:20.24 JULIE CORNAN 36	400 M. I. H. WOMEN 35-39
43.61 CONNIE WRIGHT 29	1:28.50 ELISA MARSHALL 27	43.78 MAURYA BROADSWORD 31	3:03.50 SUZANNE RAGUE 34	1:25.92 C. THORNTWHAITE 39	6:40.02 KAREN BARNES '84
44.50 HOLLY KILPATRICK 28	1:30.00 JULIE HOLNER 25	44.04 PAT MORAN 30	3:07.62 ELIN ZANDER 30	1:45.61 ANN APP 35	NO SWIMMERS
46.31 ADARE KITCHENS 25	200 M. I. H. WOMEN 25-29	45.80 SUZANNE RAGUE 34	400 M. I. H. WOMEN 30-34	200 M. FREE WOMEN 40-44	50 M. FREE WOMEN 40-44
100 M. BACK WOMEN 25-29	2:50.57 JANE GIVENS '85	100 M. BACK WOMEN 30-34	5:53.12 CATHY CHAY '85	2:54.56 JULIE CORNAN '85	33.66 RONI WHITE '85
1:19.04 LINDA BERGLUND '85	2:50.57 JANE GIVENS 26	1:21.96 NANCY MARTIN '85	5:53.12 CATHY CHAY 30	2:54.56 JULIE CORNAN 36	37.20 BARBARA THURBER 41
1:19.04 LINDA BERGLUND 29	2:52.13 JENNIFER OWEN 25	1:21.96 NANCY MARTIN 30	6:44.22 ELIN ZANDER 30	3:05.92 C. THORNTWHAITE 39	37.56 SUNNY NELSON 41
1:29.62 JOY HENDERSON 28	2:54.34 TERESA BRAZIL 25	1:22.55 LORI CLARK 30	50 M. FREE WOMEN 35-39	3:41.27 KATHLEEN DYER 35	39.08 CHERYL PATTERSON 41
1:31.78 PENNY CRAIG 26	3:14.17 DORCAS PHELAN 29	1:33.09 KRISTEN LATTA 30	31.32 KATHRINE CASEY '85	3:48.73 ANN APP 35	39.20 JUDY ADDIS 42
1:32.81 CONNIE WRIGHT 29	3:27.81 PATTY SEEBECK 26	1:34.67 DEBORAH LINDBLUM 30	31.32 KATHRINE CASEY 37	50 M. BRST WOMEN 35-39	40.88 HELEN LEMAY 44
1:33.45 JULIE HOLNER 25	7:04.34 PATTY SEEBECK '85	1:36.68 ELIN ZANDER 30	31.68 JULIE CORNAN 36	39.14 KATHY CLARK 36	41.00 GAIL KENNEDY 40
1:35.85 PATTY KELBLEY 28	7:04.34 PATTY SEEBECK 26	1:39.72 MAURYA BROADSWORD 31	32.40 CHRIS ZIMMET 37	39.69 KATHRINE CASEY 37	42.27 JUDY MACHOREY 40
1:42.34 MARTHA CALDER 25		1:52.89 JANE NOORE 34	32.43 MAUREEN MACCKACKIN 35	43.77 KATHY TUCKER 35	42.53 JACKY GALBRAITH 40
2:03.46 VICKI JONES 28					43.69 NITA EICHSTAEDT 40
2:34.92 MARLENE HOLMES 29					

100 M. FREE WOMEN 40-44	200 M. FREE WOMEN 45-49	55.94 CAROLYN BALDWIN 51	50 M. FREE WOMEN 60-64	100 M. FREE WOMEN 65-69	26.24 SKIP MOREHEAD 25
1:17.46 MARY PAT MALEY '84	3:20.47 S. MENK '84	56.68 SUZANNE ROBBINS 50	39.92 FLORENCE CARR '85	1:43.15 Y. FRISCHHERTZ '84	26.41 TOM LA STRANGE 25
1:17.65 DOROTHY BRYAN 40	3:21.70 DOROTHY BANTA 45	1:01.20 MARILYN SISCO 51	39.92 FLORENCE CARR 60	1:52.38 SALLY JOY 65	26.84 CHRIS MOLTE 28
1:25.10 BARBARA THURBER 41	3:27.39 TESSIE BRANSCOMB 45	100 M. BRST WOMEN 50-54	47.34 MARIAN CLARKE 61	1:57.14 MAXINE CARLSON 65	27.03 BRENT FUNK 26
1:27.71 SUNNY NELSON 41	3:38.18 CAROL ANNING 47	1:53.50 JACKI WATSON '85	50.71 LOU HEATH 64	2:12.97 HELEN SCHUCHART 66	27.25 MARK FITZGERALD 29
1:29.87 JUDY ADDIS 42	400 M. FREE WOMEN 45-49	1:53.50 JACKI WATSON 52	51.80 HAZEL TURNER 60	2:16.96 MICKEY ADAMS 65	27.34 CRAIG MARTIN 25
1:32.50 CHERYL PATTERSON 41	7:04.19 DONNA PHELAN '84	2:01.60 CYNTHIA ROSIK 52	53.16 BETH MUSSER 60	200 M. FREE WOMEN 65-69	27.45 WILLIAM NORMAN 25
1:33.34 JACKY GALBRAITH 40	7:39.44 CAROL ANNING 47	2:02.70 MAXINE NELLEN 52	55.78 HELENA HOFFMAN 62	3:54.65 Y. FRISCHHERTZ '84	27.53 JIM SCANLON 25
1:36.20 HELEN LEMAY 44	1500 M. FREE WOMEN 45-49	2:13.37 MARY RICE 52	58.42 MARJORIE BUSHWITZ 60	4:19.25 MARY BOSTER '65	27.58 JAMIE CARTER 29
1:36.39 JUDY MACHOREK 40	37:12.10 D. DUTRO '84	2:16.52 MARILYN PERRY 52	1:01.20 LILLIAN KEEPHART 61	400 M. FREE WOMEN 65-69	100 M. FREE MEN 25-29
1:36.70 NITA EICHSTAEDT 40	NO SWIMMERS	200 M. BRST WOMEN 50-54	1:15.20 MAUREEN SCHMAHL 64	7:56.75 Y. FRISCHHERTZ '84	55.94 ART GRIFFITH '85
1:45.13 BARBARA BLAIS 44	50 M. BACK WOMEN 45-49	4:33.70 CYNTHIA ROSIK '85	100 M. FREE WOMEN 60-64	NO SWIMMERS	55.94 ART GRIFFITH 26
200 M. FREE WOMEN 40-44	48.20 P. SPINDEL '84	4:33.70 CYNTHIA ROSIK 52	1:29.67 FLORENCE CARR '85	800 M. FREE WOMEN 65-69	57.00 CHRIS ESPARIA 25
2:44.85 BARBARA FRID '84	51.59 NANCY BRUGGEMAN 46	4:52.88 MARILYN PERRY 52	1:29.67 FLORENCE CARR 60	16:35.88 ZADA TAFT '85	58.30 TOM LA STRANGE 25
2:56.37 RONDI WHITE 40	57.57 SUSIE MARTON 48	50 M. FLY WOMEN 50-54	1:51.70 HAZEL TURNER 60	16:35.88 ZADA TAFT 65	58.54 SCOTT CROWDER 25
3:23.28 SUNNY NELSON 41	100 M. BACK WOMEN 45-49	38.39 MADINE WHITEHALL '85	1:57.26 BETH MUSSER 60	18:31.59 MARY BOSTER 65	58.87 BRENDAN HAYES 25
3:25.23 JUDY ADDIS 42	1:51.06 NANCY BRUGGEMAN '85	38.39 MADINE WHITEHALL 51	1:57.28 LOU HEATH 64	50 M. BACK WOMEN 65-69	59.38 SKIP MOREHEAD 25
3:32.60 HELEN LEMAY 44	1:51.06 NANCY BRUGGEMAN 46	51.28 ANNITA CLARK 50	2:16.31 MARJORIE BUSHWITZ 60	51.25 Y. FRISCHHERTZ '84	59.38 CHRIS MOLTE 28
4:04.56 BARBARA BLAIS 44	2:02.38 TESSIE BRANSCOMB 45	1:02.30 BARBARA STANLEY 52	200 M. FREE WOMEN 60-64	54.47 ZADA TAFT 65	1:00.20 EDWARD HUDNER 25
4:13.00 ELEANOR TREVISON 41	200 M. BACK WOMEN 45-49	1:03.16 JANET KAVADAS 54	3:12.83 FLORENCE CARR '85	58.43 SALLY JOY 65	1:00.27 JERDEN KOK 25
4:21.56 EUNICE HOWLEY 44	3:59.33 P. SPINDEL '84	100 M. FLY WOMEN 50-54	3:12.83 FLORENCE CARR 60	1:00.81 MAXINE CARLSON 65	1:00.42 WILLIAM NORMAN 25
4:39.24 MARILYN SMITH 40	NO SWIMMERS	1:58.97 AUDREY ROSBERG '84	4:03.52 HAZEL TURNER 60	1:09.03 MARY BOSTER 65	200 M. FREE MEN 25-29
5:27.31 KAREN BAKER 43	50 M. BRST WOMEN 45-49	NO SWIMMERS	4:12.53 BETH MUSSER 60	1:17.81 HELEN SCHUCHART 66	2:02.55 RON BORSCHERS '85
400 M. FREE WOMEN 40-44	45.43 DONNA PHELAN '84	200 M. FLY WOMEN 50-54	4:45.45 MARJORIE BUSHWITZ 60	1:19.36 MICKEY ADAMS 65	2:03.55 RON BORSCHERS 25
5:44.93 BARBARA FRID '84	58.31 SUSIE MORTON 46	3:48.56 MADINE WHITEHALL '85	400 M. FREE WOMEN 60-64	100 M. BACK WOMEN 65-69	2:05.00 BREG MIDWINTER 28
7:27.96 JUDY ADDIS 42	1:00.30 NANCY BRUGGEMAN 46	3:48.56 MADINE WHITEHALL 51	7:16.95 MURIEL FLYNN '85	1:51.14 Y. FRISCHHERTZ '84	2:10.26 CHRIS ESPARIA 25
800 M. FREE WOMEN 40-44	100 M. BRST WOMEN 45-49	100 M. I. M. WOMEN 50-54	7:16.95 MURIEL FLYNN 62	2:10.10 MAXINE CARLSON 65	2:10.93 SCOTT CROWDER 25
12:28.09 JOAN SPANGLER '85	1:37.81 DONNA PHELAN '84	1:40.46 DJANE REED '84	12:28.19 FRANCES GRAY 60	2:25.41 MARY BOSTER 65	2:11.88 WILLIAM NORMAN 25
12:28.09 JOAN SPANGLER 40	1:56.10 DOROTHY BANTA 45	2:00.72 CAROLYN BALDWIN 51	800 M. FREE WOMEN 60-64	2:52.60 HELEN SCHUCHART 66	2:14.00 LEE COREY 26
14:59.46 JUDY ADDIS 42	1:59.08 TESSIE BRANSCOMB 45	2:09.00 BARBARA STANLEY 52	13:54.12 FLORENCE CARR '85	200 M. BACK WOMEN 65-69	2:15.00 DOUG RICE 29
1500 M. FREE WOMEN 40-44	200 M. BRST WOMEN 45-49	2:11.58 CYNTHIA ROSIK 52	13:54.12 FLORENCE CARR 60	3:56.25 Y. FRISCHHERTZ '84	2:22.38 JIM CURPHEY 75
25:52.18 MILDRED WOLTERS '84	4:05.56 S. MENK '84	200 M. I. M. WOMEN 50-54	17:02.38 HAZEL TURNER 60	NO SWIMMERS	2:24.44 JAY PALMER 29
28:25.70 JUDY ADDIS 42	NO SWIMMERS	4:00.49 AUDREY ROSBERG '84	17:20.71 MARIAN CLARKE 61	50 M. BRST WOMEN 65-69	2:27.85 CRAIG MARTIN 25
50 M. BACK WOMEN 40-44	50 M. FLY WOMEN 45-49	4:16.70 CAROLYN BALDWIN 51	18:00.25 BETH MUSSER 60	54.97 DOROTHEA WOODSIDE '84	400 M. FREE MEN 25-29
38.33 PATRICIA WHALLEY '85	47.57 DOROTHY BANTA '85	4:20.98 JANET KAVADAS 54	19:00.00 M. FREE WOMEN 60-64	1:22.34 HELEN SCHUCHART '64	4:29.54 JIM STITES '84
38.33 PATRICIA WHALLEY 40	47.57 DOROTHY BANTA 45	50 M. FREE WOMEN 55-59	39:41.00 R. KARIKER '84	100 M. BRST WOMEN 65-69	5:01.35 JOHN BAILEY 29
38.89 RONDI WHITE 40	100 M. FLY WOMEN 45-49	44.03 PARKIE COPELAND '84	47:28.13 FRANCES GRAY 60	2:02.44 DOROTHEA WOODSIDE '84	5:02.15 REX FLETCHER 26
42.46 JOAN SPANGLER 40	2:19.11 J. HOLMES '84	45.00 LOUISE HANN 57	50 M. BACK WOMEN 60-64	2:09.87 SALLY JOY 65	5:13.38 JAY PALMER 29
43.25 DOROTHY BRYAN 40	NO SWIMMERS	45.34 SYLVIA ESELSON 55	41.59 DORIS STEADMAN '85	200 M. BRST WOMEN 65-69	5:29.83 BOYD CHAMPION 26
46.10 BARBARA THURBER 41	100 M. I. M. WOMEN 45-49	53.70 HEDY ESPOSITO 56	41.59 DORIS STEADMAN 60	5:11.24 LAVERNE ANDERSEN '84	6:01.34 RANDY GRANT 28
52.23 SUNNY NELSON 41	1:38.98 DONNA PHELAN '84	1:05.20 PATRICIA RYAN 55	53.88 LOU HEATH 64	NO SWIMMERS	800 M. FREE MEN 25-29
52.24 MARIE CAMSIE 41	2:12.43 CAROL ANNING 47	1:13.93 FRANCES GRAY 59	56.41 JAE HOWELL 60	50 M. FLY WOMEN 65-69	9:31.05 CHRIS ESPARIA '85
53.90 CHERYL PATTERSON 41	200 M. I. M. WOMEN 45-49	1:19.60 KATHLEEN ARENA 56	1:05.95 LILLIAN KEEPHART 61	56.58 ZADA TAFT '85	9:31.05 CHRIS ESPARIA 25
56.85 FRAN ZERGA 40	3:47.42 DOROTHY BANTA '85	100 M. FREE WOMEN 55-59	1:14.00 HELENA HOFFMAN 62	56.58 ZADA TAFT 65	10:29.22 SKIP MOREHEAD 25
57.62 JUDY ADDIS 42	3:47.42 DOROTHY BANTA 45	1:45.00 PARKIE COPELAND '84	1:19.40 MAUREEN SCHMAHL 64	59.61 SALLY JOY 65	11:32.14 YUREK CHODAK 25
100 M. BACK WOMEN 40-44	4:02.60 TESSIE BRANSCOMB 45	2:01.70 HEDY ESPOSITO 56	100 M. BACK WOMEN 60-64	100 M. BACK WOMEN 65-69	12:00.24 ROBERT MARRA 25
1:25.72 PATRICIA WHALLEY '85	50 M. FREE WOMEN 50-54	200 M. FREE WOMEN 55-59	1:33.70 DORIS STEADMAN '85	2:28.72 MARY WENTWORTH '84	1500 M. FREE MEN 25-29
1:25.72 PATRICIA WHALLEY 40	35.47 DIANE REED '84	3:38.03 ELEANOR WESSNER '84	1:33.70 DORIS STEADMAN 60	NO SWIMMERS	18:32.03 BRENDAN HAYES '84
1:29.20 SUNNY NELSON 41	35.77 MADINE WHITEHALL 51	3:41.02 SYLVIA ESELSON 55	2:00.22 LOU HEATH 64	100 M. I. M. WOMEN 65-69	21:55.56 TIM BURMAN 26
2:28.28 KAREN BAKER 43	38.78 VEL PERRY 50	4:06.40 HEDY ESPOSITO 56	2:03.88 MARIAN CLARKE 61	2:00.42 Y. FRISCHHERTZ '84	22:05.00 BOYD CHAMPION 26
2:33.13 EUNICE HOWLEY 44	43.38 SUZANNE ROBBINS 50	5:49.52 FRANCES GRAY 59	2:15.35 JAE HOWELL 60	NO SWIMMERS	24:05.14 BRYAN ZAK 28
200 M. BACK WOMEN 40-44	44.88 ANNITA CLARK 50	400 M. FREE WOMEN 55-59	2:47.13 HELENA HOFFMAN 60	200 M. I. M. WOMEN 65-69	50 M. BACK MEN 25-29
3:12.81 GAIL REYNA '84	45.27 MARY RICE 50	8:11.85 MARGARET WELLS '84	2:55.88 FRANCES GRAY 60	4:13.32 ZADA TAFT '85	30.03 JIM WINEGARNER '85
3:16.66 RONDI WHITE 40	45.50 BARBARA STANLEY 52	12:12.90 FRANCES GRAY 59	200 M. BACK WOMEN 60-64	4:13.32 ZADA TAFT 65	30.03 JIM WINEGARNER 25
50 M. BRST WOMEN 40-44	45.70 MAXINE NELLEN 52	800 M. FREE WOMEN 55-59	4:22.03 ELINDOR WRIGHT '84	50 M. FREE WOMEN 70-74	30.45 EDWARD HUDNER 25
43.31 PATRICIA WHALLEY '85	46.85 MARILYN SNARSKI 50	13:31.78 ANITA HAZEN '85	5:58.60 FRANCES GRAY 60	40.80 LENORE WINGARD '84	31.37 CRAIG MARTIN 25
43.31 PATRICIA WHALLEY 40	47.81 CAROLYN BALDWIN 51	13:31.78 ANITA HAZEN 55	50 M. BRST WOMEN 60-64	44.39 DAWN MUSSELMAN 72	34.70 DANE MATE 26
44.06 JANE SHERMAN 40	50.01 MARILYN SISCO 51	25:08.40 FRANCES GRAY 59	54.09 MURIEL FLYNN '85	59.13 SUSAN SMITH 70	34.90 LEE COREY 26
49.92 GAIL KENNEDY 41	100 M. FREE WOMEN 50-54	1500 M. FREE WOMEN 55-59	54.09 MURIEL FLYNN 62	1:04.25 MARION MUELLER 73	35.02 JOHN UNDERBRINK 27
52.92 JACKIE GALBRAITH 42	1:26.10 VEL PERRY '84	37:44.98 A. PORTER '84	1:14.43 MARIAN CLARKE 61	100 M. FREE WOMEN 70-74	35.22 JERDEN KOK 25
56.10 MARIE CAMSIE 41	1:36.78 JACKI WATSON 52	NO SWIMMERS	1:15.10 HELENA HOFFMAN 62	1:33.83 LENORE WINGARD '84	35.50 DEAN MORRIS 26
59.53 EUNICE HOWLEY 44	1:43.84 MARILYN SNARSKI 50	50 M. BACK WOMEN 55-59	1:16.20 MAUREEN SCHMAHL 64	1:42.75 DAWN MUSSELMAN 72	35.79 JOHN ZELL 28
1:01.93 BARBARA BLAIS 44	1:52.30 MARJORIE KROEGER 51	57.80 LOUISE HANN '85	100 M. BRST WOMEN 60-64	200 M. FREE WOMEN 70-74	36.55 JIM FERTELL 25
100 M. BRST WOMEN 40-44	200 M. FREE WOMEN 50-54	57.80 LOUISE HANN 57	1:57.09 JAE HOWELL '85	3:28.41 LENORE WINGARD '84	100 M. BACK MEN 25-29
1:35.10 JANE SHERMAN '85	3:01.30 MADINE WHITEHALL '85	100 M. BACK WOMEN 55-59	1:57.09 JAE HOWELL 60	4:09.90 JEAN BURSTON 70	1:04.50 GREG MIDWINTER '85
1:35.10 JANE SHERMAN 40	3:01.30 MADINE WHITEHALL 51	2:08.75 LOUISE HANN '85	2:41.35 MARIAN CLARKE 61	800 M. FREE WOMEN 70-74	1:04.50 GREG MIDWINTER 28
1:44.97 JUDY MACHOREK 40	3:37.02 JACKI WATSON 52	2:08.75 LOUISE HANN 57	2:48.90 MAUREEN SCHMAHL 64	17:09.94 JEAN BURSTON '85	1:07.03 JIM WINEGARNER 25
1:46.02 FRAN ZERGA 40	3:41.40 BARBARA STANLEY 52	2:54.98 FRANCES GRAY 59	200 M. BRST WOMEN 60-64	17:09.94 JEAN BURSTON 70	1:07.34 REX FLETCHER 26
1:49.06 JACKY GALBRAITH 40	3:47.83 MARILYN SNARSKI 50	200 M. BACK WOMEN 55-59	4:05.34 MURIEL FLYNN '85	50 M. BACK WOMEN 70-74	1:09.64 EDWARD HUDNER 25
2:12.20 EUNICE HOWLEY 44	4:12.18 MARJORIE KROEGER 51	4:11.50 ELEANOR WESSNER '84	4:05.34 MURIEL FLYNN 62	54.91 DAWN MUSSELMAN '85	1:10.28 ART GRIFFITH 26
2:25.75 MARILYN SMITH 40	400 M. FREE WOMEN 50-54	6:14.03 FRANCES GRAY 59	5:39.71 MARIAN CLARKE 61	54.91 DAWN MUSSELMAN 72	1:13.95 STEVE CHAPMAN 28
200 M. BRST WOMEN 40-44	6:24.15 DIANE REED '84	50 M. BRST WOMEN 55-59	5:51.00 MAUREEN SCHMAHL 64	1:02.44 SUSAN MARSH 70	1:15.01 CRAIG MARTIN 25
3:20.30 JANE SHERMAN '85	6:34.50 MADINE WHITEHALL 51	57.84 SYLVIA ESELSON '85	50 M. FLY WOMEN 60-64	1:10.05 MARION MUELLER 73	1:18.33 JOHN PROWELL 27
3:20.30 JANE SHERMAN 40	7:29.76 JACKI WATSON 52	57.84 SYLVIA ESELSON 55	54.72 JAE HOWELL '85	100 M. BACK WOMEN 70-74	1:18.62 JAMES CARTER 29
50 M. FLY WOMEN 40-44	7:50.26 MARILYN SNARSKI 50	58.40 LOUISE HANN 57	54.72 JAE HOWELL 60	2:25.41 JEAN BURSTON '85	1:29.42 BRYAN ZAK 28
35.83 PATRICIA WHALLEY '85	1500 M. FREE WOMEN 50-54	1:01.44 HEDY ESPOSITO 56	1:13.28 HELENA HOFFMAN 60	2:25.41 JEAN BURSTON 70	200 M. BACK MEN 25-29
35.83 PATRICIA WHALLEY 40	30:30.23 SUZANNE ROBBINS '84	1:04.43 PEGGY EVERETT 53	100 M. FLY WOMEN 60-64	2:35.31 MARION MUELLER 73	2:39.82 T. COLLINS '84
54.22 GAIL KENNEDY 41	34:32.49 MARILYN SISCO 51	100 M. BRST WOMEN 55-59	2:23.77 MARIAN CLARKE '84	200 M. BACK WOMEN 70-74	3:16.35 BRYAN ZAK 28
100 M. I. M. WOMEN 40-44	50 M. BACK WOMEN 50-54	1:43.40 NAN WINGSTON '85	NO SWIMMERS	5:27.00 MARION MUELLER '85	3:19.87 DUANE FINKE 29
1:25.62 PATRICIA WHALLEY '85	44.91 SUZANNE ROBBINS '84	1:43.40 NAN WINGSTON 57	200 M. FLY WOMEN 60-64	5:27.00 MARION MUELLER 73	50 M. BRST MEN 25-29
1:25.62 PATRICIA WHALLEY 40	46.55 SUZANNE ROBBINS 50	2:04.32 SYLVIA ESELSON 55	5:26.87 MARIAN CLARKE '84	50 M. BRST WOMEN 70-74	34.98 RICHARD BORDRONS '84
1:29.30 JANE SHERMAN 40	49.76 ANNITA CLARK 50	200 M. BRST WOMEN 55-59	NO SWIMMERS	1:29.00 SUSAN MARSH '85	35.00 BERRY CASSELL 29
1:48.85 GAIL KENNEDY 41	50.20 BETTY PITTS 53	4:57.70 ELEANOR WESSNER '84	100 M. I. M. WOMEN 60-64	1:29.00 SUSAN MARSH 70	35.49 NITCHELL PRUSSMAN 29
200 M. I. M. WOMEN 40-44	56.66 MARILYN PERRY 50	NO SWIMMERS	2:13.34 MARIAN CLARKE '84	50 M. FLY WOMEN 70-74	35.49 JOHN PROWELL 27
3:21.46 JOAN SPANGLER '85	58.17 JANET KAVADAS 54	50 M. FLY WOMEN 55-59	2:25.61 LILLIAN KEEPHART 61	1:01.52 JEAN BURSTON '85	36.21 STEVE ANDERSON 26
3:21.46 JOAN SPANGLER 40	59.76 MARILYN SISCO 51	52.19 PARKIE COPELAND '84	200 M. I. M. WOMEN 60-64	1:01.52 JEAN BURSTON 70	36.41 GREG VILLET 27
400 M. I. M. WOMEN 40-44	1:04.80 MAXINE NELLEN 52	NO SWIMMERS	3:47.89 FLORENCE CARR '85	200 M. I. M. WOMEN 70-74	36.65 ALLAN WRIGHT 27
8:54.33 P. LYONS '84	100 M. BACK WOMEN 50-54	100 M. FLY WOMEN 55-59	3:47.89 FLORENCE CARR 60	4:46.40 JEAN BURSTON '85	37.21 DANIEL GARDNER 25
NO SWIMMERS	1:37.62 SUZANNE ROBBINS '84	2:07.57 MARGARET WELLS '84	3:58.28 MURIEL FLYNN 62	4:46.40 JEAN BURSTON 70	37.25 JAMES CARTER 29
50 M. FREE WOMEN 45-49	1:51.59 ANNITA CLARK 50	NO SWIMMERS	4:20.33 JAE HOWELL 60	50 M. FREE WOMEN 75-79	37.97 BRENT FUNK 26
37.28 S. MENK '84	1:52.70 BETTY PITTS 53	200 M. FLY WOMEN 50-54	5:05.39 MARIAN CLARKE 61	48.70 JULIA DOLCE '85	38.41 STEVE CHAPMAN 28
39.14 DOROTHY BANTA 45	2:17.66 MARILYN SISCO 51	4:46.13 MARGARET WELLS '84	400 M. I. M. WOMEN 60-64	48.70 JULIA DOLCE 75	100 M. BRST MEN 25-29
45.99 CAROL ANNING 47	200 M. BACK WOMEN 50-54	NO SWIMMERS	9:36.18 MARIAN CLARKE '84	100 M. FREE WOMEN 75-79	1:13.81 JAMIE LOUIE '85
46.37 NANCY BRIGGEN 46	3:36.74 SUZANNE ROBBINS '84	NO SWIMMERS	NO SWIMMERS	1:52.90 JULIA DOLCE '85	1:13.81 JAMIE LOUIE 25
1:07.10 RUTH KARDISH 48	NO SWIMMERS	2:18.00 HEDY ESPOSITO '85	50 M. FREE WOMEN 65-69	1:52.90 JULIA DOLCE 75	1:15.21 RON BORSCHERS 25
100 M. FREE WOMEN 45-49	50 M. BRST WOMEN 50-54	2:18.00 HEDY ESPOSITO 56	45.82 Y. FRISCHHERTZ '84	50 M. BACK WOMEN 75-79	1:15.40 ROBERT HAMLETT 26

1:19.63	ALAN WRIGHT	27	400 M. FREE MEN 30-34	3:11.03	PHILIP NELSON	30	200 M. BACK MEN 35-39	1:14.42	HERB COOK	42	38.10	JIM DE SIMONE	42	
1:20.80	STEVE ANDERSON	26	4:53.31 THOMAS KEMPF '84	100 M. I. M. MEN 30-34	100 M. T. M. MEN 30-34	2:40.45 W. BARCOCK '84	2:40.45 W. BARCOCK '84	1:16.15	KEN ANSON	40	48.47	DAVID DEMOREST	43	
2:00	M. BRST MEN 25-29		4:58.37 HUGH MOORE 31	1:06.00	CHUCK WOLFF '85	2:46.86 PAT MC CHESNEY 35	2:46.86 PAT MC CHESNEY 35	1:17.12	JOHN SCHALIE	40	100 M. FLY MEN 40-44			
2:51.34	JOHN BAILEY '85		5:37.87 LARRY LITTLE 31	1:06.00	CHUCK WOLFF 33	3:02.91 DON PENNINGTON 39	3:02.91 DON PENNINGTON 39	1:17.89	HARRY LEWIS	42	1:05.97	TIM KENNEDY '85		
2:51.34	JOHN BAILEY 29		6:17.77 LARRY HALER 34	1:07.75	MIKE MANN 30	50 M. BRST MEN 35-39	50 M. BRST MEN 35-39	1:17.98	BILL SUBLETTE	40	1:05.97	TIM KENNEDY	42	
2:52.80	GERRY CASSELL 29		7:02.60 TOM WOLNY 32	1:09.37	BIFF RUMMERFIELD 34	33.91 RIC COOLEY '85	33.91 RIC COOLEY '85	200 M. FREE MEN 40-44			1:13.20	JOHN FULOP	44	
2:53.17	BREG WILLET 27		7:08.09 JOE KINNEY 33	1:11.23	STEVE FREEBORN 30	33.91 RIC COOLEY 35	33.91 RIC COOLEY 35	2:18.94	KARL VON TAGEN '84		1:27.94	DON WALLACE	43	
2:58.03	JOHN PROWELL 27		8:02.51 STEVE STURZL 33	1:12.23	JERRY SCHEIDNER 33	36.28 GUS ACHEY 36	36.28 GUS ACHEY 36	2:35.35	DON WALLACE	42	1:43.46	KEN ANSON	40	
3:22.01	BRYAN ZAK 28		800 M. FREE MEN 30-34	1:12.24	BIFF CUTLER 30	36.61 TOM DAVIS 37	36.61 TOM DAVIS 37	2:36.77	JOHN HUNT	43	200 M. FLY MEN 40-44			
3:46.69	DAN OSTERMILLER 27		10:30.29 CLANCY MC CARTHY '85	1:15.19	MICHAEL EVANS 31	37.44 MIKE GALLOW 36	37.44 MIKE GALLOW 36	2:40.54	RICK TREVISON	42	3:17.61	B. REIMERS	'84	
50 M. FLY MEN 25-29			10:30.29 CLANCY MC CARTHY 30	1:15.94	KEVIN STEWART 30	37.91 MARTIN ALVAREZ 36	37.91 MARTIN ALVAREZ 36	2:42.00	RICH MONAHAN	43	3:38.11	HARRY LEWIS	42	
27.76	SCOTT CROWDER '85		10:48.19 JOHN BURCZAK 30	1:17.13	STEVE POSTICH 31	38.20 JIM MANRING 35	38.20 JIM MANRING 35	2:47.22	HERB COOK	42	4:51.42	DENNIS AALVIK	42	
27.76	SCOTT CROWDER 25		12:50.69 MICHAEL MC BINTY 30	1:17.47	NICK SUSZKO 31	38.92 VICTOR CLARK 35	38.92 VICTOR CLARK 35	2:56.96	JOHN SCHALIE	40	100 M. I. M. MEN 40-44			
28.43	CHRIS ESPARZA 25		13:02.90 LARRY HALER 34	200 M. T. M. MEN 30-34		39.29 AL BURNHAM 37	39.29 AL BURNHAM 37	2:58.28	BILL SUBLETTE	40	1:15.33	KARL VON TAGEN '84		
28.79	SKIP MOREHEAD 25		17:21.56 JOHN HOSKINS 30	2:23.22	DAVE HANNULA '85	39.65 ARNIE DOWD 39	39.65 ARNIE DOWD 39	3:00.72	DAVID DEMOREST	43	1:16.65	ERIC SNYDER	42	
29.29	EDWARD HUDNER 25		1500 M. FREE MEN 30-34	2:23.22	DAVE HANNULA 31	39.78 BOB WILLIAMS 35	39.78 BOB WILLIAMS 35	3:01.47	JIM DONALDSON	41	1:19.17	BILL HERMAN	44	
29.45	CHRIS NOLTE 28		20:54.36 RICHARD VOG '84	2:43.48	DEAN WINTER 30	100 M. BRST MEN 35-39	100 M. BRST MEN 35-39	3:05.20	TED FISCHER	44	1:20.20	ARNIN ARDNT	44	
29.46	LEE COREY 26		23:08.29 MARK FINKE 31	2:44.13	STEVE FREEBORN 30	1:17.25	BILL NUSSER '85	400 M. FREE MEN 40-44			1:25.07	RICH MONAHAN	43	
29.67	GERRY CASSELL 29		50 M. BACK MEN 30-34	2:44.85	JERRY SCHEIDNER 33	1:17.25	BILL NUSSER 35	5:01.21	THOMAS CLARK '84		1:26.03	KEN ANSON	40	
29.90	STEVE LEVINE 29		29.68 TIM HUESKEN '84	2:49.00	STEVE POSTICH 31	1:18.57	MICHAEL TOLMASOFF 35	5:39.87	DON WALLACE	43	1:29.01	JIM DE SIMONE	42	
30.03	JOHN ZELL 28		31.80 TOM STEARNS 33	2:49.05	NICK SUSZKO 30	1:22.64	TOM DAVIS 37	5:48.17	GORDON GRAY	40	1:33.45	HARRY LEWIS	42	
30.05	DANE MATE 26		32.53	BIFF CUTLER 30	3:00.45	BRUCE RASMUSSEN 34	1:23.97	GUS ACHEY 36	6:18.57	JOHN SCHALIE	40	1:57.09	FRED MANGAN	41
100 M. FLY MEN 25-29			33.45	DEAN WINTER 30	3:01.95	JOE KINNEY 34	1:24.30	MIKE GALLOW 36	6:25.90	BILL SUBLETTE	40	200 M. I. M. MEN 40-44		
1:02.91	SCOTT CROWDER '85		33.68	TOM WOLNY 32	3:07.71	MARK FINKE 31	1:25.00	MARTIN ALVAREZ 36	8:37.30	PATRICK HAGEE	42	2:48.82	LED BRUNING '84	
1:02.91	SCOTT CROWDER 25		33.90	ARTIE LEE 32	3:08.61	LARRY LITTLE 31	1:25.14	VICTOR CLARK 35	800 M. FREE MEN 40-44		3:08.98	HARRY LEWIS	42	
1:04.20	LEE COREY 26		34.19	HUGH MOORE 31	400 M. I. M. MEN 30-34		1:26.97	DOUG WILLIAMS 35	11:29.70	GERALD MACEDO '85	3:17.60	JIM DE SIMONE	42	
1:07.65	CHRIS NOLTE 28		35.27	ERIC VAN BOER 30	6:17.12	M. MC MILLAN '84	1:28.41	JIM MANRING 35	11:29.70	GERALD MACEDO 40	400 M. I. M. MEN 40-44			
1:07.90	STEVE LEVINE 29		35.30	CLIVE HALLWOOD 30	6:47.43	JOE KINNEY 33	1:28.45	CUTLER CROWELL 35	11:46.45	DON WALLACE	43	6:34.50	CLEON WINGARD '84	
1:07.92	ALLAN WRIGHT 27		36.78	RICK INGRAHAM 31	6:54.62	PHILLIP NELSON 30	200 M. BRST MEN 35-39	1:32.83	BILL SUBLETTE	40	6:43.12	HARRY LEWIS	42	
1:09.50	JOHN BAILEY 29		36.97	PAUL FRIEDMAN 30	50 M. FREE MEN 35-39		3:02.19	W. BARCOCK '84	14:43.16	CARL NIGUEL	40	8:46.48	DENNIS AALVIK	42
1:09.71	CRAIG KITCHENS 26		100 M. BACK MEN 30-34		26.43	MAX HEIDENREICH '84	3:05.45	VICTOR CLARK 35	17:53.71	PATRICK HAGEE	42	50 M. FREE MEN 45-49		
1:10.43	STEVE SILVER 26		1:04.84	TIM HUESKEN '84	26.48	RICH ABRAMMS 39	3:10.06	TOM DAVIS 37	1500 M. FREE MEN 40-44		27.48	LOWELL JOHNSON '85		
1:10.76	BRENDAN HAYES 25		1:13.20	BIFF CUTLER 30	27.21	TIM BIRNIE 35	3:10.12	DOUG WILLIAMS 35	20:42.40	LED BRUNING '84	27.48	LOWELL JOHNSON	48	
1:11.63	JOHN ZELL 28		1:13.30	TOM STEARNS 33	28.30	ARNIE DOWD 39	3:14.59	MARTIN ALVAREZ 36	24:13.70	JOHN SCHALIE	40	30.00	JOE BOLIE	45
200 M. FLY MEN 25-29			1:16.28	ARTIE LEE 32	28.52	BEN LESKZY 35	3:16.69	JIM JACKSON 36	26:16.40	HARRY LEWIS	42	30.10	FOSTER DE JESUS	49
2:26.06	MIKE BRIMMER '84		1:19.96	JOHN WALTERS 30	28.60	DON CARDOSI 36	3:32.30	ED ZACHER 39	28:45.80	BOB MATZINGER	42	30.70	GEORGE BRAND	45
2:40.91	JOHN UNDERBRINK 27		1:21.20	RICK INGRAHAM 31	30.00	MICHAEL DALE 35	4:01.35	JOHN WILSON 35	50 M. BACK MEN 40-44		31.20	OSWALD KAPP	46	
2:52.72	JAY PALMER 29		1:22.60	TIM EBERSOLE 30	30.07	DON SANDBERG 38	50 M. FLY MEN 35-39	50 M. FLY MEN 35-39	33.93	RICHARD BASSI '85	31.39	BRUCE EDMONDS	49	
3:55.14	EDWARD MOSES 26		1:23.53	PAUL FRIEDMAN 30	30.23	KENNETH GRUBER 38	28.51	MAX HEIDENREICH '84	33.93	RICHARD BASSI 40	32.40	BERNIE SENGSTOCK	48	
100 M. I. M. MEN 25-29			1:28.13	ERIC MILKIN 31	30.23	DONALD PENNINGTON 30	29.50	RICH ABRAMMS 39	37.31	GEORGE LANUM	42	32.88	CECIL GLENN	47
1:03.40	GREG MIDWINTER '85		1:29.17	MARK FINKE 31	30.36	JIM MANRING 35	29.50	BILL NUSSER 35	38.46	GERALD MACEDO	40	32.90	RALF LEERS	45
1:03.40	GREG MIDWINTER 28		1:38.63	PAUL SPORLEDER 31	100 M. FREE MEN 35-39		30.99	DON PENNINGTON 38	38.63	FRED MANGAN	41	33.35	JIM DUKELOW	45
1:05.55	RON BORGERS 28		200 M. BACK MEN 30-34		1:02.10	ARNIE DOWD '85	31.31	DAVE BRUNSON 35	39.73	GORDON GRAY	40	100 M. FREE MEN 45-49		
1:05.95	REY FLETCHER 26		2:41.10	PAUL ROTH '84	1:02.10	ARNIE DOWD 39	31.83	DON SANDBERG 38	39.88	BILL HERMAN	44	1:07.50	JIM JOHNSON '85	
1:06.50	JOHN BAILEY 29		2:42.10	TOM STEARNS 33	1:04.50	DON CARDOSI 36	31.87	MICHAEL TOLMASOFF 35	40.06	JEFF BALL	40	1:07.50	JIM JOHNSON	49
1:06.94	ART GRIFFEN 26		2:45.12	HUGH MOORE 31	1:05.78	DAVID BRUNSON 35	32.62	PAT MC CHESNEY 35	41.40	RICH MONAHAN	43	1:10.57	DON MAY	47
1:07.00	MIKE SHADE 28		2:48.29	TOM WOLNY 32	1:06.56	DON SANDBERG 38	32.75	MIKE DALE 35	45.22	STEVE MC DANAL	41	1:11.10	OSWALD KAPP	46
1:07.82	SCOTT CROWDER 25		3:09.21	MARK FINKE 31	1:06.70	DOUG HERRMAN 36	33.15	CUTLER CROWELL 35	50.37	DAVID DEMOREST	43	1:13.60	JOE BOLIE	45
1:08.67	DOUG RICE 29		50 M. BRST MEN 30-34		1:07.76	HOP BAILEY 38	33.62	HOP BAILEY 38	100 M. BACK MEN 40-44		1:15.95	WAYNE WILSON	45	
1:10.21	ALLAN WRIGHT 27		33.37	BILL WITTEMEYER '85	1:07.81	KENNETH GRUBER 35	100 M. FLY MEN 35-39	1:07.50	MAX HEIDENREICH '84		1:15.97	GARY HARN	49	
1:10.60	JOHN PROWELL 27		33.37	BILL WITTEMEYER 32	1:09.13	VICTOR CLARK 35	1:07.74	RICH ABRAMMS 39	1:17.19	RICHARD BASSI	40	1:19.97	WALT LENARD	48
200 M. I. M. MEN 25-29			34.59	CHUCK WOLFF 33	1:10.13	JIM MANRING 35	1:07.74	RICH ABRAMMS 39	1:23.61	GEORGE LANUM	42	1:22.36	DAVID HARRINGTON	49
2:25.06	CHRIS ESPARZA '85		35.06	GARRETT HOPKINS 32	1:10.10	MICHAEL DALE 35	1:09.30	BOB KOLONKOWSKI 37	1:27.72	DON WALLACE	43	1:22.61	DON CHITTELEWSKI	45
2:25.06	CHRIS ESPARZA 25		36.11	NICK SUSZKO 31	200 M. FREE MEN 35-39		1:32.60	CHARLES WINDUS 38	1:29.47	GORDON GRAY	40	1:24.29	JOHN KOPSKY	45
2:27.26	JAMIE LOUIE 25		36.39	JAMES PRINCE 30	2:11.08	W. BARCOCK '84	200 M. FLY MEN 35-39	2:33.43	W. BARCOCK '84		200 M. FREE MEN 45-49			
2:27.31	JOHN BAILEY 29		36.48	BIFF RUMMERFIELD 34	2:13.39	TIM BIRNIE 35	2:33.43	W. BARCOCK '84	1:29.93	KEN ANSON	40	2:34.00	JIM JOHNSON '85	
2:32.56	REY FLETCHER 26		37.06	STEPHEN BRUSSER 30	2:19.98	DON SANDBERG 38	2:41.60	BOB KOLONKOWSKI 37	1:32.00	RICH MONAHAN	43	2:34.00	JIM JOHNSON	49
2:47.39	JAY PALMER 29		37.89	JERRY SCHEIDNER 33	2:24.61	PAT MC CHESNEY 35	3:06.06	DON PENNINGTON 38	1:36.51	HARRY LEWIS	42	2:38.30	FRANK NEWQUIST	47
3:12.12	NEIL ROMNEY 25		38.90	DICK MALONE 32	2:24.79	HOP BAILEY 38	100 M. I. M. MEN 35-39	1:36.51	FRED MANGAN	41	2:40.14	OSWALD KAPP	46	
3:12.95	CRAIG KITCHENS 26		40.91	ROBERT DARNELL 32	2:28.90	DON CARDOSI 36	1:11.35	W. BARCOCK '84	1:51.06	STEVE MC DANAL	41	2:48.70	JOE BOLIE	45
3:20.56	EDWARD MOSES 26		100 M. BRST MEN 30-34		2:30.08	DOUG HERRMAN 36	1:14.05	DON PENNINGTON 38	1:59.15	PATRICK HAGEE	42	2:51.90	RALF LEERS	45
3:21.02	DUANE FINKE 29		1:15.92	JAMES JOHNSON '84	2:30.71	BEN LESKZY 35	1:15.84	DON CARDOSI 36	2:56.73	B. MYERS '84	3:17.73	GARY HARN	49	
400 M. I. M. MEN 25-29			1:16.10	BILL WITTEMEYER 32	2:32.20	MICHAEL GALLOW 36	1:15.96	NICK CONLEY 36	3:08.73	GORDON GRAY	40	3:18.03	WALT LENARD	48
5:44.70	BRYAN VOLPP '84		1:19.39	JAMES PRINCE 30	2:39.18	CUTLER CROWELL 35	1:18.39	DON SANDBERG 38	3:09.00	DON WALLACE	43	3:18.36	DAVID PHALEN	48
6:54.85	RANDY GRANT 28		1:19.52	NICK SUSZKO 31	2:46.25	DON REARDON 35	1:29.17	VICTOR CLARK 35	3:14.83	HARRY LEWIS	42	3:21.90	CHARLES ROTH	48
7:35.27	EDWARD MOSES 26		1:20.59	MIKE MANN 30	2:46.25	DON REARDON 35	1:20.47	MARTIN ALVAREZ 36	3:42.52	FRED MANGAN	41	3:31.31	JOHN MONAKEY	46
50 M. FREE MEN 30-34			1:22.72	PETE BALCHINAS 30	4:41.84	W. BARCOCK '84	1:23.42	JIM JACKSON 36	4:47.43	DENNIS AALVIK	42	400 M. FREE MEN 45-49		
24.44	DAVE HANNULA '85		1:22.75	CLANCY MC CARTHY 30	4:54.47	DON SANDBERG 38	1:23.80	TIM JOHNSON 38	50 M. BRST MEN 40-44		5:41.13	FRANK NEWQUIST '85		
24.44	DAVE HANNULA 31		1:25.43	DICK MALONE 32	5:34.70	DOUG HERRMAN 36	1:29.70	DAVID JAMES 36	36.33	ARNIN ARDNT '84	5:41.13	FRANK NEWQUIST	47	
25.90	MIKE MANN 30		1:26.85	DAN TURNBULL 30	5:55.32	DAVID ZANDER 36	1:31.34	CRAIG SHAW 36	36.54	ARNIN ARDNT	44	7:18.31	GARY HARN	49
26.23	JIM BAEHREN 34		1:27.95	LARRY LITTLE 31	6:40.02	JOHN WILSON 35	200 M. I. M. MEN 35-39	200 M. I. M. MEN 35-39	39.62	WAYNE BROWN	42	800 M. FREE MEN 45-49		
26.32	ERIC VAN BOER 30		1:29.14	BOB DARNALL 33	800 M. FREE MEN 35-39		2:34.71	W. BARCOCK '84	40.22	JEFF BALL	40	15:41.76	GARY HARN '85	
26.33	DEAN WINTER 30		200 M. BRST MEN 30-34		10:24.71	DON SANDBERG '85	2:34.77	TIM BIRNIE 35	40.69	BILL HERMAN	44	15:41.76	GARY HARN	49
26.46	STEVE FREEBORN 30		2:56.47	JAMES PRINCE '85	10:24.71	DON SANDBERG 38	2:41.60	BOB KOLONKOWSKI 37	41.07	STEVE MC DANAL	41	1500 M. FREE MEN 45-49		
26.47	JOHN HENSON 30		2:56.47	JAMES PRINCE 30	11:11.34	TIMOTHY MORSE '85	2:42.72	DAVE BRUNSON 38	42.90	JIM DE SIMONE	42	23:28.44	JOHN GEORGE '84	
27.09	JOE STRATHMAN 32		3:11.09	ROBERT DARNELL 33	11:57.82	DOUG HERRMAN 36	2:46.01	HOP BAILEY 38	43.91	JAKE WILLIAMS	42	28:42.82	JIM DUKELOW	45
27.30	SPENCER REESE 30		3:22.11	BERTAL ARNBERG 32	1500 M. FREE MEN 35-39		2:46.15	MICHAEL TOLMASOFF 35	48.35					

50 M. BRST MEN 45-49	3:10.20 CHARLES DRIEHORST 50	200 M. FREE MEN 55-59	50 M. BACK MEN 60-64	50 M. BRST MEN 65-69	50 M. BRST MEN 75-79
35.77 DAVE DABOLL '85	3:15.19 MICHAEL SPINELLE 54	2:40.70 BERNIE GUTTILLA '85	41.42 DAVID BUNK '84	43.79 AL VANDEWEGHE '84	50.40 DAN DOTTERWEICH '85
35.77 DAVE DABOLL 48	3:20.00 WALTER WOODRUFF 52	2:40.70 BERNIE GUTTILLA 59	44.40 WIL DOLPHIN 60	47.24 MURRAY EAGER 68	50.40 DAN DOTTERWEICH 76
37.31 MALT REID 45	3:48.51 ROLLIE ROBERTS 50	2:50.00 BEN REYNOLDS 59	48.20 CHARLES HARRIS 63	59.21 WILLIAM STRUTHERS 66	59.01 FRANCIS JOWETT 75
38.77 BERT PETERSEN 46	4:22.27 JOE PERRY 52	3:24.70 LUCIAN DAMBRA 57	48.30 ALEX MC INTOSH 61	1:19.63 WALTER REAM 69	100 M. BRST MEN 75-79
39.21 JIM JOHNSON 49	400 M. FREE MEN 50-54	3:32.20 CHARLES ANDERSON 55	51.30 HAROLD FISHER 60	100 M. BRST MEN 65-69	1:53.54 DAN DOTTERWEICH '85
39.88 FOSTER DE JESUS 49	5:26.34 C. LEBOURGEOIS '84	400 M. FREE MEN 55-59	52.97 FRED ROGERS 60	1:46.08 MURRAY EAGER '84	1:53.54 DAN DOTTERWEICH 76
40.09 GEORGE KREYE 49	7:26.06 TOM FOLEY 51	5:15.29 WIN WILSON '84	56.16 AUBREY DODD 61	1:50.50 MURRAY EAGER 68	50 M. FLY MEN 75-79
42.34 GEORGE BRAND 45	8:04.61 ROLLIE ROBERTS 50	7:33.16 WIL DOLPHIN 59	1:00.98 JAY BEELER 62	200 M. BRST MEN 65-69	59.97 FRANCIS JOWETT '85
42.34 RON MUGAVIN 47	1500 M. FREE MEN 50-54	50 M. BACK MEN 55-59	100 M. BACK MEN 60-64	3:52.45 M. OFFNER '84	59.97 FRANCIS JOWETT 75
43.23 JOE BOLZE 45	21:26.50 C. LEBOURGEOIS '84	40.32 ERNIE HULME '84	1:28.83 RAY FREDERICK '85	4:04.60 MURRAY EAGER '84	100 M. I.M. MEN 75-79
43.97 CHARLES ROTH 46	NO SWIMMERS	41.65 LUMAN SUTTON 55	1:28.83 RAY FREDERICK 61	50 M. FLY MEN 65-69	2:01.43 FRANCIS JOWETT '85
100 M. BRST MEN 45-49	50 M. BACK MEN 50-54	42.28 HAROLD DE SMIDT 56	1:34.45 WILFORD DOLPHIN 60	40.80 AL VANDEWEGHE '84	2:01.43 FRANCIS JOWETT 75
1:18.87 DAVE DABOLL '85	34.91 DAVID ADDLEMAN '85	42.40 WIL DOLPHIN 59	2:01.50 AUBREY DODD 61	1:13.98 GEORGE ADJEMIAN 66	400 M. FREE MEN 85-89
1:18.87 DAVE DABOLL 48	34.91 DAVID ADDLEMAN 50	44.40 BOB METH 56	200 M. BRST MEN 60-64	1:26.05 WALTER REAM 69	10:37.19 FRED ALLEN '84
1:24.59 MALT REID 45	39.70 JIM PITTS 54	52.20 TED MINDE 58	3:22.03 JIM EDWARDS '84	100 M. FLY MEN 65-69	NO SWIMMERS
1:28.83 BERT PETERSEN 46	46.00 BOB GREENWOOD 52	57.70 JACK GRIFFIN 57	3:24.63 WIL DOLPHIN 60	1:47.09 DICK GUIDO '85	100 M. I.M. MEN 85-89
1:38.72 CHARLES ROTH 46	47.30 ROBERT NELLEN 52	100 M. BACK MEN 55-59	50 M. BRST MEN 60-64	1:47.09 DICK GUIDO 67	2:51.07 FRED ALLEN '84
1:42.33 RAYMOND HUGGINS 47	51.80 JOHN SODOL 53	1:22.00 HAL BEGEL '84	43.55 BILL UHRICH '84	2:33.20 GEORGE ADJEMIAN 66	NO SWIMMERS
1:44.11 FRANK NEWQUIST 47	52.54 DON FREEMAN 53	1:32.84 WIL DOLPHIN 59	45.70 WALTER LYNCH 63	100 M. I.M. MEN 65-69	
1:45.63 JOHN HUMAN 47	1:09.43 ROLLIE ROBERTS 50	2:00.60 TED MINDE 58	45.70 JOHN SCAGNELLI 63	1:43.54 DICK GUIDO '85	
1:53.70 WILFRED PICKELS 48	100 M. BACK MEN 50-54	2:04.80 JACK GRIFFIN 57	1:00.62 CHARLES HARRIS 63	1:43.54 DICK GUIDO 67	
1:58.11 MAC WRIGHT 47	1:47.23 BOB GREENWOOD '85	200 M. BACK MEN 55-59	1:01.70 AUBREY DODD 61	2:05.80 WILLIAM STRUTHERS 66	
200 M. BRST MEN 45-49	1:47.23 BOB GREENWOOD 52	3:12.58 WIN WILSON '84	100 M. BRST MEN 60-64	2:15.93 HENRY OVEREEM 69	
3:00.44 DAVE DABOLL '85	1:53.90 GARY HARN 50	3:25.11 WIL DOLPHIN 59	1:27.55 EDWARD RUDLOFF '85	2:23.30 GEORGE ADJEMIAN 66	
3:00.44 DAVE DABOLL 48	1:55.39 DON FREEMAN 53	50 M. BRST MEN 55-59	1:27.55 EDWARD RUDLOFF 60	2:43.68 WALTER REAM 69	
3:47.98 CHARLES ROTH 46	200 M. BACK MEN 50-54	39.95 WILLIAM IRWIN '84	1:30.00 ALEX MC INTOSH 61	200 M. I.M. MEN 65-69	
3:48.34 RAYMOND HUGGINS 47	3:05.36 C. LEBOURGEOIS '84	40.38 BOB METH 56	200 M. BRST MEN 60-64	3:05.38 RAY TAFT '85	
4:20.73 MAC WRIGHT 47	3:46.19 TOM FOLEY 51	41.97 SKIP MANN 59	3:55.20 ALEX MC INTOSH '85	3:05.38 RAY TAFT 65	
4:45.81 GARY HARN 49	3:57.50 GARY HARN 50	43.38 LARRY LIEBSTER 55	3:55.20 ALEX MC INTOSH 61	5:24.37 GEORGE ADJEMIAN 66	
50 M. FLY MEN 45-49	50 M. BRST MEN 50-54	44.29 JIM FORBES 59	4:03.94 WIL DOLPHIN 60	50 M. FREE MEN 70-74	
29.77 BERT PETERSEN '84	38.40 BOB PATTEN '85	54.19 LUCIAN DAMBRA 57	4:19.10 WALTER LYNCH 63	32.88 GERSON SOBEL '84	
30.10 BERT PETERSEN 46	38.40 BOB PATTEN 50	100 M. BACK MEN 55-59	50 M. FLY MEN 60-64	36.60 GERSON SOBEL 74	
33.27 LOWELL JOHNSON 48	41.09 BEN STROM 51	1:32.28 SKIP MANN '85	43.39 ALEX MC INTOSH '84	38.25 ALLAN SACHS 72	
33.50 FOSTER DE JESUS 49	41.73 LENNY SILVERSTEIN 50	1:32.28 SKIP MANN 59	45.25 ALEX MC INTOSH 61	46.50 JOHN MORRISON 70	
35.90 JIM DUKELOW 45	44.40 JIM PITTS 54	1:43.40 LARRY LIEBSTER 55	51.10 WIL DOLPHIN 60	49.57 ROBERT MC CUSKER 70	
36.48 JOE BOLZE 45	46.94 CHARLES DRIEHORST 50	1:43.70 JIM FORBES 59	100 M. FLY MEN 60-64	53.31 ROY ERLANDSON 70	
36.69 DAVID HARRINGTON 49	100 M. BRST MEN 50-54	1:54.92 DAVID RICE 55	1:40.29 JIM EDWARDS '84	100 M. FREE MEN 70-74	
36.99 NEIL WORTMANN 49	1:25.21 BOB PATTEN '85	1:57.30 LUCIAN DAMBRA 57	1:40.81 ALEX MC INTOSH 61	1:22.50 GERSON SOBEL '85	
39.33 BRUCE EDMUNDS 49	1:25.21 BOB PATTEN 50	2:03.12 CHARLES ANDERSON 55	100 M. I.M. MEN 60-64	1:22.50 GERSON SOBEL 74	
40.28 CECIL GLENN 47	1:31.31 BEN STROM 51	2:32.30 JACK GRIFFIN 57	1:28.55 BILL UHRICH '84	1:31.29 ALLAN SACHS 72	
40.61 WAYNE WILSON 45	1:42.13 CHARLES DRIEHORST 50	200 M. BRST MEN 55-59	1:45.68 WILFORD DOLPHIN 60	2:00.54 ROBERT MC CUSKER 70	
100 M. FLY MEN 45-49	1:53.60 WALTER WOODRUFF 52	3:55.75 JAMES FORBES '84	1:56.64 AUBREY DODD 62	200 M. FREE MEN 70-74	
1:10.34 BERT PETERSEN '84	200 M. BRST MEN 50-54	4:03.40 JIM FORBES 59	2:11.83 EDWARD EDWARDS 62	3:14.25 ROLAND PORTMAN '84	
1:33.98 JIM DUKELOW 45	3:30.93 ED GASS '84	4:12.60 LARRY LIEBSTER 55	200 M. I.M. MEN 60-64	3:19.00 GERSON SOBEL 74	
1:43.01 WAYNE WILSON 45	3:51.81 TOM FOLEY 51	50 M. FLY MEN 55-59	3:05.56 EDWARD RUDLOFF '85	3:45.13 ALLAN SACHS 72	
1:45.27 JOHN RUMAN 47	50 M. FLY MEN 50-54	31.47 HAL BEGEL '84	3:05.56 EDWARD RUDLOFF 60	3:46.16 JOHN MORRISON 70	
200 M. FLY MEN 45-49	32.88 DAVID ADDLEMAN '85	34.34 LUMAN SUTTON 55	3:43.36 WILFORD DOLPHIN 60	800 M. FREE MEN 70-74	
3:50.48 BEN SIMON '84	32.88 DAVID ADDLEMAN 50	39.60 BERNIE GUTTILLA 59	50 M. FREE MEN 65-69	15:57.03 JOHN MORRISON '85	
NO SWIMMERS	38.00 LENNY SILVERSTEIN 50	40.30 BOB METH 56	33.42 AL VANDEWEGHE '84	15:57.03 JOHN MORRISON 70	
100 M. I.M. MEN 45-49	39.71 WALTER WOODRUFF 52	51.26 WIL DOLPHIN 59	34.03 BILL ODMAN 65	50 M. BACK MEN 70-74	
1:19.13 BERT PETERSEN '85	39.78 JIM PITTS 54	100 M. FLY MEN 55-59	39.74 HARRY COOPER 65	53.11 ALLAN SACHS '85	
1:19.13 BERT PETERSEN 46	42.44 FRANK PETUYA 50	1:15.75 WIN WILSON '84	42.47 JOE ROSE 68	53.11 ALLAN SACHS 72	
1:20.30 JIM JOHNSON 49	50.29 BILL O CONNOR 50	1:33.80 BILL IRWIN 56	43.16 HENRY OVEREEM 69	1:00.84 ROY ERLANDSON 70	
1:20.39 DAVE DABOLL 48	100 M. FLY MEN 50-54	100 M. I.M. MEN 55-59	44.60 ED MORTER 68	1:09.49 JOHN MORRISON 70	
1:21.60 MALT REID 45	1:31.60 LENNY SILVERSTEIN '85	1:18.27 HAL BEGEL '84	45.58 ALBERT FISHER 68	100 M. BACK MEN 70-74	
1:25.10 RON MUGAVIN 47	1:31.60 LENNY SILVERSTEIN 50	1:25.39 BILL IRWIN 56	45.81 WILLIAM STRUTHERS 66	1:52.14 CHARLES SALIE '84	
1:28.19 DAVID HARRINGTON 49	1:35.46 WALTER WOODRUFF 52	1:29.40 BERNIE GUTTILLA 59	46.05 WALTER REAM 69	2:14.05 ALLAN SACHS 72	
1:28.99 JOE BOLZE 45	1:51.30 RALPH HEINMANN 53	1:29.90 BOB METH 56	46.24 EDWARD BURKE 66	2:15.08 ROY ERLANDSON 70	
1:31.53 BRUCE EDMUNDS 49	1:57.83 BOB GREENWOOD 52	1:32.82 SKIP MANN 59	100 M. FREE MEN 65-69	50 M. BRST MEN 70-74	
1:38.49 RAY NOLAN 47	200 M. FLY MEN 50-54	1:43.11 WIL DOLPHIN 59	1:20.23 BILL ODMAN '84	1:10.73 LOU PARKER '85	
1:56.98 RAYMOND HUGGINS 47	3:09.06 C. LEBOURGEOIS '84	1:49.10 LARRY LIEBSTER 55	1:32.79 HARRY COOPER 65	1:10.73 LOU PARKER 71	
200 M. I.M. MEN 45-49	4:14.33 TOM FOLEY 51	200 M. I.M. MEN 55-59	1:39.94 JOE ROSE 68	100 M. BRST MEN 70-74	
3:04.98 FRANK NEWQUIST '85	3:06.95 LUMAN SUTTON '85	3:06.95 LUMAN SUTTON 55	1:40.50 ED MORTER 68	2:26.55 ROY ERLANDSON '85	
3:04.98 FRANK NEWQUIST 47	3:06.95 LUMAN SUTTON 55	3:46.83 WIL DOLPHIN 59	1:41.77 HENRY OVEREEM 69	2:26.55 ROY ERLANDSON 70	
3:06.53 MALT REID 45	50 M. FREE MEN 60-64	50 M. FREE MEN 60-64	1:49.90 WILLIAM WINGGAR 65	2:52.47 LOU PARKER 71	
3:10.24 WAYNE WILSON 45	31.75 JOHN SCAGNELLI '85	31.75 JOHN SCAGNELLI 64	200 M. FREE MEN 65-69	100 M. I.M. MEN 70-74	
4:09.12 LLOYD KEARNS 45	31.75 JOHN SCAGNELLI 64	31.93 RAY FREDERICK 61	2:58.62 BILL ODMAN '85	1:51.21 CHARLES SALIE '84	
400 M. I.M. MEN 45-49	31.93 RAY FREDERICK 61	35.76 CHARLES HARRIS 63	2:58.62 BILL ODMAN 65	2:59.70 LOU PARKER 71	
7:18.87 WAYNE WILSON '85	35.76 CHARLES HARRIS 63	39.40 HAROLD FISHER 60	3:01.29 DICK GUIDO 67	200 M. I.M. MEN 70-74	
7:18.87 WAYNE WILSON 45	39.40 HAROLD FISHER 60	41.48 AUBREY DODD 62	3:36.91 HARRY COOPER 65	4:12.68 CHARLES SALIE '84	
50 M. FREE MEN 50-54	41.48 AUBREY DODD 62	46.10 JAY BEELER 62	3:44.20 ED MORTER 68	NO SWIMMERS	
29.76 TOM LYNDON '84	46.10 JAY BEELER 62	100 M. FREE MEN 60-64	3:55.88 HENRY OVEREEM 69	400 M. I.M. MEN 70-74	
30.53 JERRY MARKOFF 53	100 M. FREE MEN 60-64	1:10.19 RAY FREDERICK '85	4:03.55 WILLIAM STRUTHERS 66	8:55.65 CHARLES SALIE '84	
30.57 DAVID ADDLEMAN 50	1:10.19 RAY FREDERICK 61	1:10.19 RAY FREDERICK 61	400 M. FREE MEN 65-69	NO SWIMMERS	
30.70 JIM PITTS 54	1:23.96 CHARLES HARRIS 63	1:23.96 CHARLES HARRIS 63	800 M. FREE MEN 65-69	50 M. FREE MEN 75-79	
31.59 BILL KING 51	1:31.20 WILFORD DOLPHIN 60	1:31.20 WILFORD DOLPHIN 60	10:02.26 RAY TAFT '85	33.94 LYLE COLLETT '85	
31.94 GEORGE MISKHO 51	1:41.15 AUBREY DODD 60	1:41.15 AUBREY DODD 60	10:02.26 RAY TAFT 65	33.94 LYLE COLLETT 75	
32.60 LENNY SILVERSTEIN 50	1:45.30 FRED ROGERS 60	1:45.30 FRED ROGERS 60	1500 M. FREE MEN 65-69	39.82 FRANCIS JOWETT 75	
35.21 BOB GREENWALD 52	1:47.88 JAY BEELER 62	1:47.88 JAY BEELER 62	50:24.50 DEL SCHMANN '84	40.31 DAN DOTTERWEICH 76	
35.65 ROBERT PETERSEN 50	200 M. FREE MEN 60-64	2:44.46 EDWARD RUDLOFF '85	NO SWIMMERS	44.53 HENRY JAGGERS 78	
35.90 ROBERT WEELEN 52	2:44.46 EDWARD RUDLOFF 60	2:44.46 EDWARD RUDLOFF 60	50 M. BACK MEN 65-69	100 M. FREE MEN 75-79	
36.25 BEN STROM 51	2:46.70 RAY FREDERICK 61	2:46.70 RAY FREDERICK 61	37.53 RAY TAFT '85	1:36.38 HENRY JAGGERS '85	
100 M. FREE MEN 50-54	3:01.08 CHARLES HARRIS 63	3:01.08 CHARLES HARRIS 63	37.53 RAY TAFT 65	1:36.38 HENRY JAGGERS 78	
1:12.09 BILL KING '85	4:04.13 JAY BEELER 62	4:04.13 JAY BEELER 62	46.60 HARRY COOPER 65	1:43.49 DAN DOTTERWEICH 76	
1:12.09 BILL KING 51	400 M. FREE MEN 60-64	400 M. FREE MEN 60-64	48.40 JACK KEEFE 69	200 M. FREE MEN 75-79	
1:19.33 GARY HARN 50	5:58.49 JIM EDWARDS '84	5:58.49 JIM EDWARDS '84	51.51 ALBERT FISHER 68	3:50.55 LOUIS COX '84	
1:25.54 FRANK PETUYA 50	6:02.68 RAY FREDERICK 61	6:02.68 RAY FREDERICK 61	53.70 WILLIAM STRUTHERS 66	4:02.16 HARRY JAGGERS 78	
1:26.35 MICHAEL SPINELLE 54	7:28.30 WIL DOLPHIN 60	7:28.30 WIL DOLPHIN 60	1:03.99 GEORGE ADJEMIAN 66	400 M. FREE MEN 75-79	
1:26.50 CHARLES DRIEHORST 50	8:59.70 JAY BEELER 62	8:59.70 JAY BEELER 62	1:11.70 WALTER REAM 69	8:12.62 LOUIS COX '84	
1:29.10 JOHN SODOL 53	800 M. FREE MEN 60-64	800 M. FREE MEN 60-64	100 M. BACK MEN 65-69	NO SWIMMERS	
1:40.96 ROLLIE ROBERTS 50	1:12.50 BERNIE GUTTILLA '85	1:12.50 BERNIE GUTTILLA '85	1:45.69 BOB CUTTER '84	50 M. BACK MEN 75-79	
1:43.41 BILL O CONNOR 50	1:12.50 BERNIE GUTTILLA 59	1:12.50 BERNIE GUTTILLA 59	1:52.15 ALBERT FISHER 68	43.24 LYLE COLLETT '85	
1:47.65 JOE PERRY 52	1:14.50 BEN REYNOLDS 59	1:14.50 BEN REYNOLDS 59	1:54.74 HARRY COOPER 65	43.24 LYLE COLLETT 75	
1:50.02 RONALD MORELAND 50	1:25.38 HAROLD DE SMIDT 56	1:25.38 HAROLD DE SMIDT 56	2:02.80 WILLIAM STRUTHERS 66	58.04 FRANCIS JOWETT 75	
200 M. FREE MEN 50-54	1:34.10 CHARLES ANDERSON 55	1:34.10 CHARLES ANDERSON 55	200 M. BACK MEN 65-69	1:02.30 HARRY JAGGERS 78	
2:38.37 JERRY MARKOFF '85	1:46.53 JACK GRIFFIN 57	1:46.53 JACK GRIFFIN 57	3:54.17 M. OFFNER '84	100 M. BACK MEN 75-79	
2:38.37 JERRY MARKOFF 53	1:50.82 DAVID RICE 55	1:50.82 DAVID RICE 55	4:24.30 WILLIAM STRUTHERS 66	2:10.22 LOUIS COX '84	
2:45.70 LENNY SILVERSTEIN 50				2:20.25 HARRY JAGGERS 78	
2:57.50 GEORGE MISKHO 51					
3:07.28 GARY HARN 50					

## Food For Sport

by Sue Leason, R.D.  
NutraSweet Company

How many of you began the new year with a resolution to exercise for better muscle tone and strength? One way to help keep that resolution is to improve your understanding of how muscles are developed and to base your exercise program on sound advice. The size and strength of your muscles depend on three factors: heredity, exercise, and diet.

Heredity dictates the combination of two types of muscle fibers in your body: fast-twitch and slow-twitch. As their name suggests, fast-twitch fibers work rapidly but tire quickly, while slow-twitch fibers are not as fast but have greater endurance. You can't change the combination you were born with — some people are naturally strong sprinters while others are better at long-distance running — but you can build the size and strength of both types of muscle fibers.

Larger, stronger muscles are the result of an exercise program following three basic principles. The first, *specificity*, simply means that you must exercise the specific muscle that you want to build. Second is the principle of *overload*, meaning that the muscle must work harder than normal in order to become stronger. And the third principle, *progression*, means that the increased amount of work should be taken on gradually, with a day rest between workouts so your muscles are given time to grow.

A well balanced diet — whole grains, fruits and vegetables, lean meats, low fat dairy products and limited use of fats — provides all of the nutrients needed to support good muscle development. Let's ring out the old myth that building big muscles requires the consumption of large quantities of protein. In fact only 10-12 percent of your daily caloric intake needs to be protein. When you eat more than your body needs, your body changes the excess protein to fat, not muscle.

Your muscles are only 22 percent protein and more than 70 percent water. During and after a training routine, water lost in perspiration should be replaced. Drink water, juice or sugar-free drinks sweetened with NutraSweet® brand sweetener until fluid levels are replaced. Beverages sweetened with NutraSweet offer good taste as well as caloric savings.



This trio of mother-daughter, father-son teams copped a total of 25 medals at the 1985 LC Nationals at Brown University last August. They are (l to r) Doris Steadman (60) and Nancy Steadman Martin (31) of New Jersey; 41-yr old Bob Apel of Kettering, England and his Dad Robert (68) now of Glen Cove, NY; and Jarri-Ann (35) and Dorothy Donnelly (63) of Connecticut. The mothers shared 5 national titles, while the son took two gold medals back to England.

(Photo by Dick Guido)

## Me vs Me: I Win!

By Bert Petersen & Ginger Pierson

There are many and varied reasons for competing, in the avocation we call Masters Swimming. Being fully aware of the physical benefits of swimming laps, we realize that we need some form of measurement to gauge whether or not we are making progress. Hence, we rely on the stopwatch to be the ultimate judge of our gain or decline.

But as I mentioned, there are other reasons for having races. There is the thrill of simply beating others; the satisfaction of an award; and the exhilaration of breaking a record or winning a title.

But beware, all of these goals (or reasons for competing) are subject to attack from our old enemy *apathy*. As you have been told before: when you win again and again, you get bored. When you lose, it's easy to become disenchanted and distracted.

What you might need is a system whereby you can compete endlessly, without losing interest or getting discouraged. Our suggestion is that you start competing with just *yourself!* That's right, You against You.

Here's how you do it. Make a chart of your "best-ever" times for *each stroke* and *every distance*, for 25 yards, 25 meters, and 50 meters. Then continue the chart with your best efforts in the years

closest to your present age. Now, what do we have here? An exercise in immortality!

Believe this: nothing makes you feel better than getting *older* and *faster* at the same time. Plus, there are other benefits. Number one, the pressure is off! You now are going head-to-head with your "past" self. No matter the result, you win either way. Second, you will be persuaded to swim a variety of events; with such a wide range of events and distances, you cannot fail to have some "best-times" even as you age up. Third, you will be coaxed into competing more often - not a bad idea, either. Finally and best of all, you will see change and progress in all of the different events.

We have asked many people how they keep up the level of interest and intensity over the years of competition - most had a system similar to the one we're suggesting. However, we are constantly amazed by the number of people we meet that have *never* charted their times to track their progress. Perhaps this oversight could be one of the reasons for dropping out of Masters swimming.

We believe that use of this charting system, with its method of tracking times, will keep you competing with yourself for many years of productive swimming.

## Swimming Hints

### THE BACKSTROKE

The Backstroke, also referred to as the Back Crawl, resembles the Front Crawl in that it requires an alternate arm action and a flutter-type kick. Although developing a sense of direction may pose a problem when first learning the Backstroke, its great advantage is that it does not require the adoption of special breathing techniques.

### THE ARM RECOVERY

The arms are recovered alternately in the Backstroke. Each arm is recovered in the vertical plane. The elbow is locked with the wrist held relatively loosely during all but the last segment of the recovery, at which time the hand is readied for the catch.

It is recommended that the wrists be held relatively loosely until the last third of the recovery. If the wrist is held rigidly in line with the forearm from the moment the hand clears the surface, there will be a tendency for the muscles controlling the movement of the arm at the shoulder joint to tighten up. This makes it difficult for the hand to enter in line with the shoulder.

### COMMON DEFECTS

#### Wide arm recovery.

If the arm is recovered wide, outside the vertical plane, there will be a tendency for lateral hip movement to develop. The lower the arm is swept sideways over the water the greater the hip movement.

#### Bent elbow recovery.

If recovery is made with a bent elbow the hand will enter at a position too far above the head. Also, the radius of the recovering arm will be shortened, reducing the effectiveness of the initial phase of the pull.

*From The Illustrated Swimmer by Jan Prins, Head Men's Swimming Coach and Assistant Professor of Physical Education at the University of Hawaii.*

THE UGLY. There are a few facts that must be made clear in any comment about the consumption of alcoholic beverages by athletes (or anyone, for that matter).

1. Alcoholism is a serious disorder, which ruins many lives and destroys families. 20,000 die from disease, 25,000 traffic-related, causally implicated in 15,000 homicides and suicides; causally implicated in half the five million arrests each year (Chafetz, 1985).

2. Drunk drivers kill and maim many persons and destroy millions of dollars of property.

3. The tendency to alcoholism is found in offspring of alcoholics.

4. No person who abstains will become an alcoholic.

5. The cost to society is \$31 billion per year (Berry, 1976).

THE GOOD. For most people booze tastes good, makes us feel even better, and is a part of a social relaxant and lubricant. Many people enjoy a few brews with the girls. Many athletes actively consume alcoholic beverages. The range of interests spans the range of swimmers. Some teams have a beer distributor as a partial sponsor. Three people on Chicago Masters have been making wine a serious recreational study for at least 15 years. All three have placed in National meets. There are studies saying that "moderate" drinkers live longer than abstainers or heavy drinkers. The study was merely suggestive, since there were not careful enough controls for other variables like personality, heredity, self-selection, etc. The fruit of the grape has been revered for years. A perusal of Books in Print-Subject Guide, gives over 250 books on wine, many of which are expostions of the merits of the grape.

THE BAD. Alcohol is a depressant. My review of the respected medical literature from 1960 to the present came up with no favorable articles on alcohol consumption. This is probably because of the nature of the problem spans society and history from ancient times until today. The ancients had alcoholism as a problem. The literature review was an eye-opener to me. There were 7 inches of cards in the card catalog of my little medical library in the hospital!

Q. What does drinking do to athletic performance? A. Moderate drinking last week probably does nothing. Drinking last night will hurt. Pilots can't drink the night before they fly or they will not have good coordination. The effects on nervous function can be seen 12 hours after moderate drinking.

Q. Do swimmers drink before a race? A. Many

swimmers try not to drink for a week or two before Nationals. This practice varies, but on our team I know of only three swimmers who drank more than one beer at any time during Nationals. After their races were over, many tanked up. One or two started drinking after their individual races were over, but before their relays went off. Their team mates are still annoyed with them.

Q. What do you advise? A. Swimmers on other teams should drink, preferably heavily, just before competing with members of CMSC.

Q. What are you doing to help? A. We have non-alcoholic option at all our social functions. All of our Moslem members totally abstain. We have overnight accommodations for imbibers. Many others drink very little. Alcohol is frowned on at meets. Socials at which the other teams drink have been avoided since 1977 SC Nationals. We try to go out for a good (gourmet, if possible) dinner to psych up and build team spirit.

Q. Are you going to continue to drink? A. Yes.

Q. Does alcohol have a lot of calories? A. In relation to what? Jamoca almond fudge? For practical purposes, one beer, two six-ounce glasses of wine, and a shot of spirits have the same number of calories (about 150). They all have (for practical purposes) no nutritional value, whatever. These calories make junk foods seem like health food heaven. All the calories in booze should be regarded as "empty".

Q. Should I quit? A. If you need to ask, the answer is probably yes.

Q. Am I an alcoholic? A. Ask your doctor. Call Alcoholics Anonymous. Call me-anonymously if you like. I get more strange calls than you might imagine. I will help if I can. 312-524-0564.

**354 Swimmers' Lives and Styles** 68% were married, 14% divorced. 80% were college graduates; 46% had postgrad degrees. The median income for men was \$40,000 and \$20,000 for women. Of the wine drinkers, 56% had less than 2 glasses a week. Of the beer drinkers, 92% of the women and 65% of the men had less than a sixpack a week. 74% drank less than 7 shots a week. (One guy was able to scrawl he had 56 shots a week.) I presume the alcohol statistics are nonduplicating, ie., the wine drinkers didn't drink beer, etc. I skewed that part. 55% never smoked, while 42% have quit. 56% were satisfied with their current weight. Sleep averaged 7 hours for men and 7.4 hours for women. The workout yardage varied from 1,000 to 70,000 yards a week. 10,000 was most common. The respondents in this survey conducted by Dr. Bill Weir, a former Nemmy, and others were about half of the surveyed participants at the Long Course nationals at Raleigh in 1984.

# High Blood Pressure— What You (And Your Doctor) Can Do

The bad news: About half the people who have high blood pressure, or hypertension, don't know it because they have no symptoms.

Symptoms or not, the long-term effects of untreated high blood pressure are deadly. It causes more deaths that could have been prevented than any other disease.

The good news: Once detected, high blood pressure is usually a controllable condition. The efforts to find and treat people with this condition are paying off. Death rates for this high-risk group are being significantly reduced. Millions of Americans are alive today who might have died of stroke, heart disease, or kidney disease if their high blood pressure had not been properly treated.

Blood pressure is measured with a sphygmomanometer that includes a special cuff placed around the upper arm into which air is pumped, in a fast and painless test. The test measures the pressure within the blood vessels. The pressure reading is highest when the heart beats (**systolic** pressure) and lowest when the heart is resting between beats (**diastolic** pressure). The systolic pressure is written over the diastolic pressure, for example, as 120/80.

Recent studies suggest that new equipment that measures blood pressure over a 24-hour period may give an even better idea of who should be treated for high blood pressure. A series of readings higher than 140/90 usually indicates high blood pressure.

The causes of most cases of high blood pressure are unknown. It tends to run in fam-



ilies; appears more often in blacks; and is found in many overweight people. It often begins in a person's 30s but becomes more common among older people. Hormone pills, excess salt in the diet, and heavy alcohol drinking are frequently associated with high blood pressure. But anyone can have it.

## Lifelong Control Is the Answer

People with mild high blood pressure often achieve a normal pressure level by making certain lifestyle changes, without drugs. They are advised to lose weight (if overweight), stop smoking, begin regular exercise (sustained, moderately vigorous activity three to four times a week), cut down on caffeine, reduce or eliminate alcohol, stop any medications that are known to raise blood pressure, reduce fat and salt in the diet, control diabetes if necessary, and learn relaxation techniques. Doctors usually allow six months to reduce mild hypertension without drugs.

## Drugs for High Blood Pressure

If nondrug therapy doesn't work, there are many effective drugs to reduce blood pressure. "Step care" is an approach to high blood pressure treatment. It means that doctors choose the mildest drug possible, adding stronger doses or changing prescriptions until control is achieved. Diuretics and beta blockers are commonly used. These drugs cannot cure high blood pressure, only control it. They must be taken for life or blood pressure will rise again to damaging, perhaps lethal, levels.

Fortunately, most people with high blood pressure can live normal, healthy lives by having regular blood pressure checks, following doctors' orders, and adopting recommended lifestyle changes.

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## For More Information

National High Blood Pressure Information Center  
National Institutes of Health  
120/80  
Box HF  
Bethesda, MD  
20205

Pamphlet: "High Blood Pressure and What You Can Do About It," single copy free.

National Institute on Aging  
National Institute of Health Information Office  
Bldg. 31,  
Rm. 5C-35  
Bethesda, MD  
20205

Pamphlet: "High Blood Pressure: A Common But Controllable Disorder," single copy free.

Public Affairs Pamphlets  
381 Park Avenue South  
New York, NY  
10016  
Pamphlet: 483C  
"Watch Your Blood Pressure," single copy \$1.

National Heart, Lung and Blood Institute  
National Institutes of Health  
Bldg. 31,  
Rm. 4A-21  
Bethesda, MD  
20205

Pamphlet: "Questions About Weight, Salt, & Blood Pressure," single copy free.



# UNITED STATES MASTERS SWIMMING, INC.

USMS INC.

Championship  
Co- )Bill Barthold  
Chairs)Mel Goldstein  
Stephanie Walsh  
Hill Carrow  
Diane Letendre  
Bobbi Turcotte  
Karen Barnes  
Edie Gruender  
Kathy Casey  
\* Manuel Sanguilly  
\* Nancy Polisky  
Ex-Officio  
June Krauser (Rules)  
Tina Martin (Int'l)  
Judy Meyer (Coaches)

Convention  
Chair-Bill Tingley  
Jan Huneke  
Sara Willien  
Marie Kriepe  
Pat Maley  
Laura Breaux  
Dorothy Donnelly  
Pat May  
Darcy Facio  
Rose Steward  
Mary Lee Watson

Finance  
Chair-Lucy Johnson  
Nick Fazzano  
Kris Wingenroth  
Reg Richardson  
Bill Tingley  
Harry Fox  
Don May  
Dottie Whitcomb  
Mike Laux  
Ex Officio  
Kevin Kelly (Treas.)  
Diana Todd (Compt.)  
Suzanne Rague (Audit)

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Ham & Mildred Anderson

International  
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Nick Fazzano  
Bill Weir  
Margaret Samson  
Barr Clayson  
Joann May  
Carolyn Ferris-Johnson  
Gail Dummer  
Dorothy Donnelly  
Ex-Officio  
Mel Goldstein (Champs)  
Tina Martin

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Jack Geoghegan  
Jerianne Donnelly  
Frank Tillotson  
Laura Breaux  
Rob Copeland  
Jennifer Prange  
Jennifer Parks  
Tom Spear  
Karen Barnes  
Huddie Murray  
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Jim Miller  
Rob Copeland  
Lynn Weir  
Karen Barnes  
Edie Gruender  
Steve Schofield  
Suzanne Rague

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June Krauser  
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Lynn Weir  
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Verne Scott  
Hugh Moore  
Kathy Crandall  
Jennifer Parks  
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Dore Schwab  
Manuel Sanguilly  
Laura Breaux  
Pat Maley  
Janice Krauser  
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Hugh Moore  
Rose Steward  
Kris Wingenroth  
Bill Weir  
Mike Laux  
Dick Guido  
Ed Overton  
Joe Coplan

\*At-large

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Ex-Officio  
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Bert Petersen  
Jeanne Bostwick  
Charlotte Jenkins  
Chris Carey  
Ginger Pierson

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Jim Miller  
Sandi Rousseau  
Bill Uhrich  
Bill Weir  
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Bill Barthold  
David Diehl  
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Chair-Suzanne Rague  
F. Ted Haartz

Comptroller - Diana Todd

Liaison  
USS - Ted Haartz  
MSI - Margaret Samson  
FINA - Tina Martin

February 1986

Ransom Arthur Award  
Chair-Judge Bob Beach  
Ransom Arthur  
June Krauser  
Ted Haartz  
Paul Hutingen  
Ham/Mildred Anderson  
Zada Taft  
Enid Uhrich  
Ed Reed, Sr.  
Cindy Baxter  
Harry Rawstrom  
Dorothy Donnelly  
Reg Richardson  
Mike Laux  
Rob Copeland  
Bill Tingley  
Joann Leilich  
Dan Gruender

Ad-Hoc - Rule Book  
Chair - Tina Martin  
Art Smith (Legislation)  
June Krauser (Rules)  
Gail Dummer (Executive)  
Chris Georges (Marketing)  
David Gray (Long Distance)  
Mel Goldstein (Championship)  
Bill Barthold (Championship)  
Tom Lyndon (At Large)  
Tom Boak (Ex-Officio)  
Dorothy Donnelly (X-Officio)

Ad-Hoc - Masters Coaches  
Chair - Judy Meyer  
Kerry O'Brien  
Jim Montgomery  
Chris Georges  
Jim Miller  
Steve Schofield

Ad-Hoc - Ex-Presidents  
Ransom Arthur  
June Krauser  
F. Ted Haartz  
Michael Laux



# 1985 10K SWIM RESULTS

## OUTSTANDING WOMEN - 1985

Selected by the YWCA

### WOMEN 25-29

Sharon L. Blaha 25	2:22:40.00
Jill Strong 29	2:28:20.00
Barbra Klencke 28	2:46:06.74
Elizabeth Shanklin 28	2:50:08.50
Debra Kuehne 26	2:52:23.00
Darlene Diaz 28	2:58:39.00
Jamie Anderson 29	2:59:09.00
Carol Walsh 25	3:00:29.00
Julie Tippett 26	3:16:50.31
Paula Jo Howard 27	3:23:40.00

### WOMEN 30-39

Patricia Mattson 32	2:19:39.60
Josephine Morrissey 30	2:49:01.17
Virginia Baxter 30	3:11:43.00
Cynthia Stockwell 34	3:16:37.49
Jennie Watt 31	3:18:27.00
Anita Holmes 32	3:33:25.00
Shelly Natkow 32	3:37:26.16

### WOMEN 40-49

Lynn Brownstein 39	2:47:01.00
Bernadette Little 38	2:57:18.93
Katherine Watson 37	2:59:08.00
Sandy Baker 35	3:07:20.00
Linda Chan 35	3:33:17.23
Theresa Longley 35	4:00:36.00
Susan Girard 37	4:06:10.00

### WOMEN 50-54

Karen Klisch 44	3:08:32.00
Virginia Head 43	3:34:23.65
Josie Reuter 44	3:39:11.45
Janit Romayko 40	3:45:00.00
Eva Lopez 43	3:45:07.00
Doris Locker 41	3:50:17.00

### WOMEN 55-59

Roberta Boberski 45	3:00:46.47
Charlotte Ernstein 47	3:24:52.84
Edna Spring 47	4:26:16.00

### WOMEN 60-69

Nadine Whitehall 51	3:13:00.68
Lislie O'Donnell 54	3:58:31.64
Marianne Brogan 50	4:03:42.00
Dorothy Laporte 56	3:52:19.00
Rose Teeward 67	5:12:55.00

### MEN 25-29

Lance Halsted 26	2:10:49.69
William Black 29	2:13:53.00
Tom Emison 27	2:19:38.50
Wade Mulhern 26	2:28:30.58
Bronwyn Greville 28	2:43:28.70
Bart Brooke 26	3:02:46.00
Glenn Vaughn 26	3:23:51.00

### MEN 70-74

Werner Zipperling 72	3:23:07.00
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### MEN 30-34

Jeff Gross 34	2:33:05.00
Keith Wilson 34	2:37:18.00
John N. Lubken 33	2:43:09.00
Craig S. Mather 33	2:43:14.00
Keith Groom 32	2:50:00.00
John D. Fay 34	2:56:00.00
Clif Brittain 33	3:04:40.00
Craig Ennis 34	3:05:14.49
Charles P. McHugh 34	3:08:15.00
Richard J. Breed 34	3:08:23.00
John R. Wright 34	3:13:32.04
Mark E. Rowley 33	3:13:51.00
Robert D'Agostino 34	3:23:36.00
Myles Zimmerman 30	3:31:36.00
Michael Laxner 33	3:58:15.00
Hal Key 34	3:59:00.00

### MEN 35-39

Kevin Polanski 36	2:09:19.00
Charles Hahn 38	2:39:58.10
Paul W. Runquist 36	2:42:38.00
John J. Munro 36	2:44:22.32
Greg Frownfelter 36	2:46:07.00
Lawrence Yamahiro 39	2:49:06.00
Wyatt Earp 39	2:58:00.00
Mark S. Pickerill 36	3:19:06.00
Michael Rome 36	3:41:35.36

### MEN 40-44

Jeff Ball 40	2:37:24.00
Richard Hahn 42	2:44:22.00
Ken Anson 41	2:51:31.00
Phil Hengen 40	2:53:32.00
Errol McSmythe 44	3:05:51.84
Mike Ramsay 40	3:16:00.55
Gary McDowell 42	3:18:54.89
John J. Zupon 44	3:21:44.77
Ray Broderick 43	3:24:15.00
Juan Molina 41	3:35:41.00
Sanford Blum 44	3:53:23.00

### MEN 45-49

Kent M. Price 47	2:35:11.00
Barry Young 46	2:36:19.00
Kenneth Weidman 45	2:53:30.00
Richard Cooke 49	3:04:57.00
James Gray 49	3:30:51.00

### MEN 50-54

Burwell Jones 52	2:31:06.00
Robert Beach 54	2:50:34.00
Steven Schofield 53	2:52:59.53
Logan VanSittert 51	2:55:09.00
Dale Petranec 50	2:58:29.00

### MEN 55-59

Robert Beach 55	2:48:38.00
David Blumenthal 59	3:51:00.00

### MEN 60-64

Mauro Lombardi 62	3:15:24.94
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### MEN 65-69

Aldo Da Rosa 67	2:58:08.83
Bernard Loft 69	5:35:55.58

"We feel women need to be recognized for their accomplishments in the presence of their employers, their peers, their friends, and their community," according to Mary Anne Swanson, president of the YWCA board of directors, at the opening of the third annual YWCA Tribute to Outstanding Women banquet. "We feel there is a special need to recognize women in all walks of life and to honor them by publicly expressing our thanks and appreciation to them for their endeavors."

Mary "Maisie" Sciborski of Onalaska, WI, received the award for outstanding achievement in the sport of swimming. Mary started swimming at age 49. The mother of eight used to take four of her daughters with her when she started her swimming lessons at the YWCA. She was the first masters swimmer in the La Crosse area and has inspired others to join her.

Now the grandmother of 17 competes in masters swim meets in the Midwest as well as in other parts of the country. She competes in the 60-64 age group.

In May of last year she placed in the National Top 10 Times among masters swimmers for her times in the 200 yd butterfly and in three relays in the 55 & Over. She has also competed in a couple of two-mile lake swims and recently studied synchronized swimming.

In 1970 she pursued further studies in Medical Technology at the U of WI - La Crosse, and is currently employed as a Medical Technician at the Student Health Center at UW-La Crosse.



MAISIE (aka MARY) SCIBORSKI

Best Time in Seconds	100%	95%	90%	85%	80%	75%	70%	65%	60%
20	20	21	22	23	24	25	26	27	28
22	22	23.1	24.2	25.3	26.4	27.5	28.6	29.7	30.8
24	24	25.2	26.4	27.6	28.8	30.0	31.2	32.4	33.6
26	26	27.3	28.6	29.9	31.2	32.5	33.8	35.1	36.4
28	28	29.4	30.8	32.2	33.6	35.0	36.4	37.8	39.2
30	30	31.5	33.0	34.5	36.0	37.5	39.0	40.5	42.0
32	32	33.6	35.2	36.8	38.4	40.0	41.6	43.2	44.8
34	34	35.7	37.4	39.1	40.8	42.5	44.2	45.9	47.6
36	36	37.8	39.6	41.4	43.2	45.0	46.8	48.6	50.4
38	38	39.9	41.8	43.7	45.6	47.5	49.4	51.3	53.2
40	40	42.0	44.0	46.0	48.0	50.0	52.0	54.0	56.0
42	42	44.1	46.2	48.3	50.4	52.5	54.6	56.7	58.8
44	44	46.2	48.4	50.6	52.8	55.0	57.2	59.4	1:01.6
46	46	48.3	50.6	52.9	55.2	57.5	59.8	1:02.1	1:04.4
48	48	50.4	52.8	55.2	57.6	1:00.0	1:02.4	1:04.9	1:07.2
50	50	52.5	55.0	57.5	1:00.0	1:02.5	1:05.0	1:07.5	1:10.0
52	52	54.6	57.2	59.8	1:02.4	1:05.0	1:07.6	1:10.2	1:12.8
54	54	56.7	59.4	1:02.1	1:04.8	1:07.5	1:10.2	1:12.9	1:15.6
56	56	58.8	1:01.6	1:04.4	1:07.2	1:10.0	1:12.8	1:15.6	1:18.4
58	58	1:00.9	1:03.8	1:06.7	1:09.6	1:12.5	1:15.4	1:18.3	1:21.2
1:00	1:00	1:03.0	1:06.0	1:09.0	1:12.0	1:15.0	1:18.0	1:21.0	1:24.0
1:02	1:02	1:05.1	1:08.2	1:11.3	1:14.4	1:17.5	1:20.6	1:23.7	1:26.8
1:04	1:04	1:07.2	1:10.4	1:13.6	1:16.8	1:20.0	1:23.2	1:26.4	1:29.6
1:06	1:06	1:09.3	1:12.6	1:15.9	1:19.2	1:22.5	1:25.8	1:29.1	1:32.4
1:08	1:08	1:11.4	1:14.8	1:18.2	1:21.6	1:25.0	1:28.4	1:31.8	1:35.2
1:10	1:10	1:13.5	1:17.0	1:20.5	1:24.0	1:27.5	1:31.0	1:34.5	1:38.0
1:12	1:12	1:15.6	1:19.2	1:22.8	1:26.4	1:30.0	1:33.6	1:37.2	1:40.8
1:14	1:14	1:17.7	1:21.4	1:25.1	1:28.8	1:32.5	1:36.2	1:39.9	1:43.6
1:16	1:16	1:19.8	1:23.6	1:27.4	1:31.2	1:35.0	1:38.8	1:42.6	1:46.4
1:18	1:18	1:21.9	1:25.8	1:29.7	1:33.6	1:37.5	1:41.4	1:45.3	1:49.2
1:20	1:20	1:24.0	1:28.0	1:32.0	1:36.0	1:40.0	1:44.0	1:48.0	1:52.0
1:22	1:22	1:26.1	1:30.2	1:34.3	1:38.4	1:42.5	1:46.6	1:50.7	1:54.8
1:24	1:24	1:28.2	1:32.4	1:36.6	1:40.8	1:45.0	1:49.2	1:53.4	1:57.6
1:26	1:26	1:30.3	1:34.6	1:38.9	1:43.2	1:47.5	1:51.8	1:56.1	2:00.4
1:28	1:28	1:32.4	1:36.8	1:41.2	1:45.6	1:50.0	1:54.4	1:58.8	2:03.2
1:30	1:30	1:34.5	1:39.0	1:43.5	1:48.0	1:52.5	1:57.0	2:01.5	2:06.0
1:32	1:32	1:36.6	1:41.2	1:45.8	1:50.4	1:55.0	1:59.6	2:04.2	2:08.8
1:34	1:34	1:38.7	1:43.4	1:48.1	1:52.8	1:57.5	2:02.2	2:06.9	2:11.6
1:36	1:36	1:40.8	1:45.6	1:50.4	1:55.2	2:00.0	2:04.8	2:09.6	2:14.4
1:38	1:38	1:42.9	1:47.8	1:52.7	1:57.6	2:02.5	2:07.4	2:12.3	2:17.2
1:40	1:40	1:45.0	1:50.0	1:55.0	2:00.0	2:05.0	2:10.0	2:15.0	2:20.0
1:42	1:42	1:47.1	1:52.2	1:57.3	2:02.4	2:07.5	2:12.6	2:17.7	2:22.8
1:44	1:44	1:49.2	1:54.4	1:59.6	2:04.8	2:10.0	2:15.2	2:20.4	2:25.6
1:46	1:46	1:51.3	1:56.6	2:01.9	2:07.2	2:12.5	2:17.8	2:23.1	2:28.4
1:48	1:48	1:53.4	1:58.8	2:04.2	2:09.6	2:15.0	2:20.4	2:25.8	2:31.2
1:50	1:50	1:55.5	2:01.0	2:06.5	2:12.0	2:17.5	2:23.0	2:28.5	2:34.0
1:52	1:52	1:57.6	2:03.2	2:08.8	2:14.4	2:20.0	2:25.6	2:31.2	2:36.8
1:54	1:54	1:59.7	2:05.4	2:11.1	2:16.8	2:22.5	2:28.2	2:33.9	2:39.6
1:56	1:56	2:01.8	2:07.6	2:13.4	2:19.2	2:25.0	2:30.8	2:36.6	2:42.4
1:58	1:58	2:03.9	2:09.8	2:15.7	2:21.6	2:27.5	2:33.4	2:39.3	2:45.2
2:00	2:00	2:06.0	2:12.0	2:18.0	2:24.0	2:30.0	2:36.0	2:42.0	2:48.0
2:02	2:02	2:08.1	2:14.2	2:20.3	2:26.4	2:32.5	2:38.6	2:44.7	2:50.8
2:04	2:04	2:10.2	2:16.4	2:22.6	2:28.8	2:35.0	2:41.2	2:47.4	2:53.6
2:06	2:06	2:12.3	2:18.6	2:24.9	2:31.2	2:37.5	2:43.8	2:50.1	2:56.4
2:08	2:08	2:14.4	2:20.8	2:27.2	2:33.6	2:40.0	2:46.4	2:52.8	2:59.2
2:10	2:10	2:16.5	2:23.0	2:29.5	2:36.0	2:42.5	2:49.0	2:55.5	3:02.0
2:12	2:12	2:18.6	2:25.2	2:31.8	2:38.4	2:45.0	2:51.6	2:58.2	3:04.8
2:14	2:14	2:20.7	2:27.4	2:34.1	2:40.8	2:47.5	2:54.2	3:00.9	3:07.6
2:16	2:16	2:22.8	2:29.6	2:36.4	2:43.2	2:50.0	2:56.8	3:03.6	3:10.4
2:18	2:18	2:24.9	2:31.8	2:38.7	2:45.6	2:52.5	2:59.4	3:06.3	3:13.2
2:20	2:20	2:27.0	2:34.0	2:41.0	2:48.0	2:55.0	3:02.0	3:09.0	3:16.0
2:22	2:22	2:29.1	2:36.2	2:43.3	2:50.4	2:57.5	3:04.6	3:11.7	3:18.8
2:24	2:24	2:31.2	2:38.4	2:45.6	2:52.8	3:00.0	3:07.2	3:14.4	3:21.6
2:26	2:26	2:33.3	2:40.6	2:47.9	2:55.2	3:02.5	3:09.8	3:17.1	3:24.4
2:28	2:28	2:35.4	2:42.8	2:50.2	2:57.6	3:05.0	3:12.4	3:19.8	3:27.2
2:30	2:30	2:37.5	2:45.0	2:52.5	3:00.0	3:07.5	3:15.0	3:22.5	3:30.0
2:32	2:32	2:39.6	2:47.2	2:54.8	3:02.4	3:10.0	3:17.6	3:25.2	3:32.8
2:34	2:34	2:41.7	2:49.4	2:57.1	3:04.8	3:12.5	3:20.2	3:27.9	3:35.6
2:36	2:36	2:43.8	2:51.6	2:59.4	3:07.2	3:15.0	3:22.8	3:30.6	3:38.4
2:38	2:38	2:45.9	2:53.8	3:01.7	3:09.6	3:17.5	3:25.4	3:33.3	3:41.2
2:40	2:40	2:48.0	2:56.0	3:04.0	3:12.0	3:20.0	3:28.0	3:36.0	3:44.0
2:42	2:42	2:50.1	2:58.2	3:06.3	3:14.4	3:22.5	3:30.6	3:38.7	3:46.8
2:44	2:44	2:52.2	3:00.4	3:08.6	3:16.8	3:25.0	3:33.2	3:41.4	3:49.6
2:46	2:46	2:54.3	3:02.6	3:10.9	3:19.2	3:27.5	3:35.8	3:44.1	3:52.4
2:48	2:48	2:56.4	3:04.8	3:13.2	3:21.6	3:30.0	3:38.4	3:46.8	3:55.2
2:50	2:50	2:58.5	3:07.0	3:15.5	3:24.0	3:32.5	3:41.0	3:49.5	3:58.0
2:52	2:52	3:00.6	3:09.2	3:17.8	3:26.4	3:35.0	3:43.6	3:52.2	4:00.8
2:54	2:54	3:02.7	3:11.4	3:20.1	3:28.8	3:37.5	3:46.2	3:54.9	4:03.6
2:56	2:56	3:04.8	3:13.6	3:22.4	3:31.2	3:40.0	3:48.8	3:57.6	4:06.4
2:58	2:58	3:06.9	3:15.8	3:24.7	3:33.6	3:42.5	3:51.4	4:00.3	4:09.2
3:00	3:00	3:09.0	3:18.0	3:27.0	3:36.0	3:45.0	3:54.0	4:03.0	4:12.0

PERCENTAGE OF EFFORT

The coach or swimmer can designate the exact percentage of effort he wants for each segment of the workout.

If the swimmer refers to the line indicating his best time for a certain distance, he will know exactly what is wanted.

EXAMPLE:

Workout: 2 series of  
4 x 100 yds

1st series at 80% effort

2nd series at 90% effort

Swimmer's best time for  
100 yds: 54.0

1st series at 80% - 1:04.8

2nd series at 90% - 59.4

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## Swimming News

### PERCENT EFFORT & GOALS - (See chart on page 10)

You must think about what swimming means in your life and how much you can train. Make realistic goals, such as 5% improvement on last year's performance in as many events as possible. You must understand the level of your daily performance, or you will be dog meat, rather than dog tired. You can easily waste your training time in the pool. Think about the yardage, the speed and the weights you need to do. You must get to 90% effort in as many exercises as possible at least once each day. If your goal is 51.0 for the 100, then you need to see a 56+ come up on the clock in a 100 or a 42 come up on a 75. If you want to break 2:30 for 200 of stroke, then you need to repeating 200s in 2:45 or better. In well rested stuff, you need to get to 95% effort. Consider a wasted practice. It may well be 5% of your whole month's swimming (assuming you make 20/month). Think about your plan. Each workout counts too much to swim stupid(ly).....

**1985 ALL AMERICAN** - Our apologies to Doug Gordon who was inadvertently omitted from our list of ALL AMERICANS in the January issue.....

**IN MEMORY OF** - Judith Coble Donohue died on Jan. 25th - our deepest sympathy to her husband and daughter.....

**THOUGHTS ON SWIMMING** - by George Bole. Swimming

is a means of expression just as music or sculpture. When done at its highest levels with intelligence and self-discipline it is also an art. A coach can be like an oasis in the desert of a swimmer's lost enthusiasm.

Very often a graceful and rhythmic way of swimming is taken as proof of natural talent. This is like assuming that a pretty face is proof of a virtuous woman. Both warrant a deeper inquiry before making a final judgment.

The will to win is developed first by winning, later, by losing, then still later, by winning over those to whom one has lost. The fibres or self-confidence grow tallest and stongest under the sun of exciting challenge and out of the soil of successful response.

Everyman's brain knows that to feel tired is not to be tired. But everman's muscles, heart and lungs, and the sense organs related to them do not know this truth until they have experienced it-- not merely once, but again and again at ever greater levels of performance.

### TRAIN DON'T STRAIN.....

**ATTENTION ALL LMSC'S** - MacGregor Swimwear has offered to sponsor the first Masters Coach of the Year Award. This award will be presented at the ASCA World Coaches Clinic as well as at the USMS convention, both to be held in September at Dallas, TX. The Masters Aquatic Coaches Assn. is asking that each LMSC nominate a Masters Swimming coach from their area. Each nomination should be accompanied with a resume stating the coaches accomplishments at both the local and national levels, a brief biographical sketch, and if possible a statement containing the objectives and the philosophies of Masters Swimming from the nominee. The selection committee will consist of our USMS officers, Tom Boak, Gail Dummer, Kevin Kelly, Nancy Ridout, Mike Laux and Dorothy Donnelly. Please send nominations by May 10th to: Tom Boak, 63 Huntsman Horn Cir., Woodlands, TX 77380.

**SOUTHEASTERN MASTERS COACHES CLINIC** - This clinic will be held June 14th at the University of Alabama in Tuscaloosa. There will be a full day of topics concerning the specificities of coaching the Masters swimmer. Verbal committments have been received from the following experienced Maters Coaches: George Bole, St. Petersburg, FL; Joe Biondi, Clearwater, FL; Bill Tingley, Louisville, KY; Dick Bower, Metairie, LA; and Frank Shepard, Houma, LA. Clinic fee is \$10.00 which incules membership to MACA. For more information contact: Judy Meyer, P.O. Box 3522, University, AL 35486.....

**TOP TEN PATCHES** - Can be obtained from: Harry A. Fox, 710 Oxford Ave. NE, Massillon, OH 44646 (216) 883-9696. The patch and one stroke segment is \$5, additional stroke segments are \$1. Be sure to include your age, name, year qualified and stroke.....

# SWIM-MASTER

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

VOL XV - No 3

MAR-APR 1986

MAR	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
	29	SC	- Strawberry Canon Rec. Area, Meet Dir., U.C. Berkeley, CA 94720
Hawaiian Postal Relays			- Kay Harrison, 98-487 Koauka Loop # B1003, Aiea, HI 96701
APR	4-6	SC	- Bret DeForest
	4-6	SC	- Bill King, 6724 Kendall, Arvada, CO 80003
	4-6	SC	- Harry Rawstrom, 713 Colgate Lane, Newark, DE 19711
	4-6	SC	- Jim Acker, 3939 1st Ave. N., St. Petersburg, FL 33713
	5	SC	- Irene Gallizzo, P.O. Box 7540, Mountain View, CA 94039
	5	SC	- Jim Montgomery, P.O. Box 821002, Dallas, TX 75382
	5	SC	- Bruce Vogt, 17 Maple Grove Ave., Westport, CT 06880
	5-6	SC	- Region VIII - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	5-6	SC	- Joanne Tingley, 2107 Eastview, Louisville, KY 40205
	6	SC	- Sue Collins, Ohio Wesleyan U. Ath. Dept., Delaware, OH 43015
	12	SC	- Wally Fall, James St., Alexandria, LA 71301
	13	SC	- Pat Mastrianni, Oxford Hts. Apts., Jolun #7, Albany, NY 12203
	18-20	LC	- Verkehrsamt Berlin, D-1000 Berlin 30, Europa-Center
	19-20	SC	- Nick Kakos, 5825 Fulton Dr. NW, Canton, OH 44718
	19-20	SC	- Tom Boak, 63 Huntsman's Horn Circle, Woodlands, TX 77380
	19-20	SC	- Syracuse Masters Swim Club, P.O. Box 133, DeWitt, NY 13214
	19-20	SC	- Janet Gettling, 932 N. 85 St., Scottsdale, AZ 85257
	25-27	YMCA NATIONALS	- Mel Goldstein, 6456 Broadway, Indianapolis, IN 46220
	25-27	SC	- Nancy Landis, 14448 N. Garden, Fresno, CA 93721
	26	SC	- Jim Bell, Philosophy Dept., CPR 259, U.S.F., Tampa, FL 33620
	26-27	SC	- Nashville Aquatic Club, 213 Osceola Ave., Nashville, TN 37209
MAY	2-4	SC	- Regional - Darlene Pohl
	3	SC	- Will Worley, 1001 Village Dr., College Station, TX 77840
	3	SC	- Marie McSweeney, c/o TAM, P.O. Box 516, San Rafael, CA 94915
	11	SC	- Relays - Dix Ozier, P.O. Box 9909, Mills College, Oakland, CA 94613
	15-18	USMS SC NATIONALS	- Mike Corash, 3209 Virginia Ave., Fort Pierce, FL 33454
	15-SEP 15	- 10 K Postal Swim	- Dorothy Laporte, 1207 E. North Shore Dr. #134, Tempe, AZ
	25	LC	- Pentathlon - Alicia Coleman, 24 The Point, Coronado, CA 92118
	31-JUN 1	LC	- Stan Flanagan, 1954 Woodvine, Houston, TX 77055
AUG	21-24	USMS LC NATIONALS	- Barbar Frid, 10214 SW Parkway, Portland, OR 97225
MAY 1987		USMS SC NATIONALS	- Stanford University, Palo Alto, CA
AUG 1987		USMS LC NATIONALS	- The Woodlands, TX
JUL 12-16,		1986 Tokyo Japan	- 1st FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS c/o Japan Masters Swimming Assn., Showa Bldg. 301, 2-7-12, Kanda Jimbo-cho, Tokyo 101, Japan