



SWIM - MASTER

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National 10 Best Times

A TABULATION OF MEETS HELD IN 25 METER POOLS DURING THE CALENDAR YEAR 1986. PROGRAMMED AND COMPILED BY WALT REID 17306 RICH ROAD S. APT B1 SPANAWAY WA. 98387

50 M. FREE WOMEN 25-29	35.24 SHARON BURLINGAME 29	34.28 LINDA CONNELLY 28	1:14.28 ROBYN RICHARDS 31	200 M. BACK WOMEN 30-34	3:16.67 KATHY MILLER 31
28.82 JUDITH KATTEMAN '86	36.18 MARY ELLEN PALKER 28	34.55 BETSY FARR 27	1:14.76 KATHY MILLER 31	2:49.99 LOUISE CLEARY '86	3:34.26 CAROL WEAVER 33
28.82 JUDITH KATTEMAN 27	37.35 LINDA BROWN 27	34.84 MARY ELLEN PALKER 28	200 M. FREE WOMEN 30-34	2:49.99 LOUISE CLEARY 32	3:43.90 CHRIS CAREY 32
29.33 MELISSA BROWN 25	38.70 KATHY IMEL 28	35.10 KAREN FARNSWORTH 29	2:15.28 JACKI HIRSTY '86	2:51.80 CATHY CHAY 30	3:50.31 ROBIN DURANT 30
29.62 MARY HUBER 25	39.06 JENNIFER SCANLON 25	100 M. FLY WOMEN 25-29	2:15.28 JACKI HIRSTY 34	3:05.83 CARRIE SLOVER 33	4:12.00 HELEN LAUER 32
29.74 BARB CROWDER 28	39.40 TRACY GRILLI 28	1:11.32 DIANE DAYMOND '86	2:21.28 SHARON BERG 31	3:06.09 NININE TESTA 30	100 M. I.M. WOMEN 30-34
29.90 KAREN FARNSWORTH 29	40.10 MELINDA GIVENS 25	1:11.32 DIANE DAYMOND 27	2:22.34 CATHY CHAY 30	3:09.58 NANCY HARRIS 31	1:16.25 LORI CLARK '85
29.95 DIANA DOLAN-EVANS 28	40.22 PAM BIEBERT 29	1:14.16 LISA TUBERGEN 29	2:25.34 KIM HANSEN 30	3:11.27 MARY DOWLEN 31	1:17.53 SUSAN SEBALD 33
30.09 ANITA CALLAHAN 28	100 M. BACK WOMEN 25-29	1:15.24 KAREN QUELLETTE 25	2:27.74 GAYLE BENTY 33	3:11.38 EILEEN CRAWFEY 34	1:18.52 GAYLE BENTY 33
30.25 ANITA WALKER 29	1:11.49 PATRICIA MORAN '86	1:16.06 LINDA CONNELLY 28	2:36.42 GIGI UNDERWOOD 30	3:24.61 DIANE ROTHENBERG 33	1:18.56 SHARON BERG 31
30.46 JENNIFER SCANLON 25	1:11.49 PATRICIA MORAN 26	1:16.37 CAROL MAZZER 27	2:37.26 KAREN BOYER 30	3:38.08 CONSTANCE BOUGHAN 34	1:19.20 KATIE MCNAMERA 31
30.68 CAROL MAZZER 27	1:14.50 KAREN FARNSWORTH 29	1:18.94 SHARON BURLINGAME 29	2:37.40 BARBARA ANDERSON 30	3:38.71 LINDA GRAY 33	1:22.00 JERLY WRIGHT 30
100 M. FREE WOMEN 25-29	1:17.06 BARBARA CONNETT 26	1:20.19 CHERI ELLINGTON 29	2:38.21 ELIN ZANDER 32	50 M. BRST WOMEN 30-34	1:23.26 ROBYN RICHARDS 31
1:03.44 JUDITH KATTEMAN '86	1:20.17 MARY ELLEN PALKER 28	1:22.88 BARBARA KOEPP 29	2:40.91 SHANNON SULLIVAN 32	38.60 JANET REGIS '86	1:23.70 NININE TESTA 30
1:03.44 JUDITH KATTEMAN 27	1:20.26 JEANNE LEGG 26	1:23.41 ASHLEY NANCE 29	400 M. FREE WOMEN 30-34	38.60 JANET REGIS 32	1:23.74 KAREN BOYER 30
1:04.15 BARBARA CONNETT 26	1:21.74 LINDA BROWN 27	1:23.62 ANNE NICHOLAS 25	4:57.11 CATHY CHAY '86	38.67 SUSAN H-SMUCK 32	1:24.07 GIGI UNDERWOOD 30
1:04.45 DIANA DOLAN-EVANS 28	1:23.06 ANITA CALLAHAN 28	200 M. FLY WOMEN 25-29	4:57.11 CATHY CHAY 30	39.20 SUSAN SEBALD 33	1:25.22 EILEEN CRAWFEY 34
1:06.08 MELISSA BROWN 25	1:25.27 KAREN QUELLETTE 25	2:36.94 CATHY NEVILLE '86	5:01.83 ELAINE HOCHULI 30	39.48 LORI CLARK 31	200 M. I.M. WOMEN 30-34
1:06.23 ANITA CALLAHAN 28	1:26.36 JENNIFER WETZEL 27	2:36.94 CATHY NEVILLE 29	5:09.94 MARILYN FINN 31	39.53 KATIE MCNAMERA 31	2:43.15 SHARON BERG '86
1:07.08 DEB LOY 27	1:28.06 JUDITH ROMANN 25	2:50.81 SUSAN RICHMOND 25	5:32.73 JULIE D'AMBROSIA 31	42.29 APRIL MAZZOLENI 30	2:43.15 SHARON BERG 31
1:07.35 ANITA WALKER 29	200 M. BACK WOMEN 25-29	2:54.32 DIANE STRONG 25	5:33.97 ELIN ZANDER 32	42.48 HEIDI BENSON 33	2:50.73 CATHY CHAY 30
1:07.47 KIMBY HIGINBOTHAM 27	2:40.53 PATRICIA MORAN '86	3:00.72 ANITA WALKER 29	5:35.87 BARB KNOWLTON 31	43.30 PATRICIA MOYES 31	2:52.21 SUSAN H-SMUCK 30
1:07.48 CAROL MAZZER 28	2:40.53 PATRICIA MORAN 26	3:13.38 T. MARCONICH 28	5:39.88 MARY DOWLEN 31	43.31 GIGI UNDERWOOD 30	2:52.54 KATIE MCNAMERA 31
1:09.10 JEANNE HANISCH 26	2:41.20 KAREN FARNSWORTH 29	3:26.28 PATTY HAWKES 29	5:44.77 SHANNON SULLIVAN 32	43.40 ROBYN RICHARDS 31	2:54.83 LORI CLARK 31
200 M. FREE WOMEN 25-29	2:44.67 CATHY NEVILLE 29	100 M. I.M. WOMEN 25-29	5:48.79 ANITA ALLEN 32	100 M. BRST WOMEN 30-34	2:59.15 KAREN BOYER 30
2:21.06 JUDITH KATTEMAN '86	2:46.21 SUE BAXTER 26	1:12.98 JUDITH KATTEMAN '86	5:54.18 NININE TESTA 30	1:22.94 SUSAN H-SMUCK '86	2:59.98 SUSAN SEBALD 33
2:21.06 JUDITH KATTEMAN 27	2:48.24 BARBARA CONNETT 26	1:12.98 JUDITH KATTEMAN 27	800 M. FREE WOMEN 30-34	1:22.94 SUSAN H-SMUCK 30	3:03.86 ALISON ESSES 32
2:24.64 DAWN CARLSON 25	2:54.52 SHARON BURLINGAME 29	1:13.76 PATRICIA MORAN 26	10:05.31 CATHY CHAY '86	1:24.12 SUSAN SEBALD 33	3:06.11 JULIE D'AMBROSIA 31
2:26.28 ANITA CALLAHAN 28	2:57.66 ANNE NICHOLAS 25	1:14.45 LISA TUBERGEN 29	10:05.31 CATHY CHAY 30	1:25.55 JANET REGIS 32	3:11.40 SHANNON SULLIVAN 32
2:27.62 DEB LOY 27	3:08.25 PAM BIEBERT 29	1:16.20 BARB CROWDER 28	11:29.44 ELIN ZANDER 32	1:26.41 KATIE MCNAMERA 31	400 M. I.M. WOMEN 30-34
2:28.37 KIMBY HIGINBOTHAM 27	3:10.25 T. MARCONICH 28	1:16.50 KAREN FARNSWORTH 29	11:53.94 BARBARA SPIETH 34	1:33.84 ELIN ZANDER 31	5:52.22 CATHY CHAY '86
2:30.00 ANITA WALKER 29	3:11.61 NANCY DUNTON 27	1:17.82 DIANA DOLAN-EVANS 28	12:01.41 ANITA ALLEN 32	1:34.90 HEIDI BENSON 33	5:52.22 CATHY CHAY 30
2:30.19 TERESA BRAZIL 27	50 M. BRST WOMEN 25-29	1:18.89 ANNETTE BRODER 25	12:19.00 ALISON ESSES 32	1:35.66 SUSAN ALBRIGHT 30	5:52.85 GAYLE BENTY 33
2:30.81 MELINDA HANWAY 25	36.95 LISA TUBERGEN '86	1:19.09 SHARON BURLINGAME 29	12:27.30 ROBIN DURANT 30	1:35.93 KIM PETERMAN 34	6:09.21 SUSAN H-SMUCK 30
2:31.26 CHERI ELLINGTON 29	36.95 LISA TUBERGEN 29	1:19.23 MELISSA BROWN 25	13:05.14 RENEE VAN WAGONER 33	1:36.25 CONSTANCE BOUGHAN 34	6:16.26 SUSAN SEBALD 33
2:37.42 JUDITH ROMANN 27	37.64 JEANNE HANISCH 26	1:19.57 CHERYL UNDERWOOD 26	13:09.94 CHRIS CAREY 32	1:37.07 MARY BOYLE 33	6:28.11 JULIE D'AMBROSIA 31
400 M. FREE WOMEN 25-29	38.49 SUSAN RICHMOND 25	200 M. I.M. WOMEN 25-29	13:48.36 LINDA GRAY 33	200 M. BRST WOMEN 30-34	6:36.11 ALISON ESSES 32
4:47.62 CATHY NEVILLE '86	39.60 DIANA DOLAN-EVANS 28	2:39.50 DAWN CARLSON '86	14:02.73 KRISTI K-SCHALL 30	2:53.24 GAYLE BENTY '86	6:42.61 ELIN ZANDER 32
4:47.62 CATHY NEVILLE 28	40.19 CHERYL UNDERWOOD 26	2:39.50 DAWN CARLSON 25	1500 M. FREE WOMEN 30-34	2:53.24 GAYLE BENTY 33	6:46.55 MARY DOWLEN 31
4:51.75 BARB CROWDER 28	40.39 SHARON BURLINGAME 29	2:40.60 PATRICIA MORAN 26	19:17.08 CATHY CHAY '85	2:59.92 SUSAN H-SMUCK 30	7:40.19 CHRIS CAREY 32
4:55.68 JUDITH KATTEMAN 27	40.55 JUDITH KATTEMAN 27	2:42.37 LISA TUBERGEN 29	19:20.90 CATHY CHAY 30	3:04.55 SUSAN SEBALD 33	50 M. FREE WOMEN 25-29
5:07.05 DIANE DAYMOND 27	40.61 ANNETTE BRODER 25	2:45.90 CATHY NEVILLE 29	21:25.41 JULIE D'AMBROSIA 31	3:16.69 ELAINE HOCHULI 30	30.33 BARBARA DUNBAR '86
5:08.81 SUE BAXTER 26	40.92 JANET LATHAM 26	2:51.45 CHERI ELLINGTON 29	21:44.73 MARY DOWLEN 31	3:16.92 CATHY CHAY 30	30.33 BARBARA DUNBAR 37
5:16.20 DEB LOY 27	41.34 KIMBY HIGINBOTHAM 27	2:53.48 SUZANNE O'HARA 26	21:46.78 ELIN ZANDER 32	3:23.27 ELIN ZANDER 32	31.20 CHRISTINE ZIMMET 38
5:20.10 PATRICIA MORAN 26	100 M. BRST WOMEN 25-29	2:53.60 CAROL MAZZER 27	23:03.06 BARBARA SPIETH 34	3:31.54 HEIDI BENSON 33	31.81 KATHRINE CASEY 38
5:22.48 JENNIFER REASORER 25	1:21.25 LISA TUBERGEN '86	2:55.59 ASHLEY NANCE 29	23:07.29 PEGGY BUTLER 33	3:31.95 JUDY MANGANI 31	32.37 LINDA MCNEARY 39
5:24.13 LINDA CONNELLY 28	1:21.25 LISA TUBERGEN 29	2:57.62 ROBIN SAVAGE 26	23:32.11 SHANNON SULLIVAN 32	3:34.58 CONSTANCE BOUGHAN 34	32.68 SANDI RUSSEAU 38
5:27.16 JUDITH ROMANN 27	1:22.51 SUSAN RICHMOND 25	2:58.03 BECKY HOWELL 26	23:44.45 ROBIN DURANT 30	3:40.70 FREDYA FAIVUS 33	32.80 SALLY BRUCE 35
800 M. FREE WOMEN 25-29	1:22.74 JEANNE HANISCH 26	400 M. I.M. WOMEN 25-29	24:19.61 MARGARET EVANS 33	50 M. FLY WOMEN 30-34	33.20 SUSAN VONBRIESE 36
10:47.59 LISA GRIFFIN '86	1:28.23 DIANA DOLAN-EVANS 28	5:30.95 CATHY NEVILLE '86	24:40.29 RENEE VAN WAGONER 33	32.31 ELAINE HOCHULI '86	33.40 GWEN DEELY 36
10:47.59 LISA GRIFFIN 27	1:29.34 JEANNE STOUSARD 27	5:30.95 CATHY NEVILLE 29	50 M. BACK WOMEN 30-34	32.31 ELAINE HOCHULI 30	33.46 CAROL GUNDERSEN 38
11:13.22 ANITA WALKER 29	1:32.19 BECKY HOWELL 26	5:54.57 LISA GRIFFIN 27	34.98 LOUISE CLEARY '86	32.41 LOUISE CLEARY 32	33.50 SUZANNE RAGUE 35
11:18.80 BARBARA KOEPP 29	1:32.41 JANET LATHAM 26	6:25.25 TERESA BRAZIL 27	34.98 LOUISE CLEARY 32	33.91 ROBYN RICHARDS 31	100 M. FREE WOMEN 35-39
11:37.56 PATTY BRAUN 27	1:35.57 KIMLY CREA 29	6:28.86 SUSAN CASABELLA 25	36.49 DALE KENNEDY 33	35.71 JULIE D'AMBROSIA 31	1:09.07 KATHRINE CASEY '86
11:54.23 ASHLEY NANCE 29	1:36.05 MARION HERSH 26	50 M. FREE WOMEN 30-34	36.91 SUSAN SEBALD 33	36.20 JERLY WRIGHT 30	1:09.07 KATHRINE CASEY 38
11:54.27 KATHY KARAGEORGES 27	1:36.20 DORCAS PHELAN 29	28.01 JACKI HIRSTY '86	37.52 NANCY MARTIN 31	37.63 GAIL SCOTT 32	1:11.40 SUZANNE RAGUE 35
11:56.20 JUDITH ROMANN 27	200 M. BRST WOMEN 25-29	28.01 JACKI HIRSTY 34	38.26 CARRIE SLOVER 33	37.79 CARRIE SLOVER 33	1:13.80 CANDACE LANG 39
12:32.33 SHARON SCHNEIDER 25	2:56.86 SUSAN RICHMOND '86	29.76 LOUISE CLEARY 32	38.85 EILEEN CRAWFEY 34	38.18 PEGGY BUTLER 33	1:14.54 JERIANNE DOWLELL 37
12:37.53 SUSAN CASABELLA 25	2:56.86 SUSAN RICHMOND 25	30.62 ROBYN RICHARDS 31	38.90 KATIE MCNAMERA 31	38.63 VICKI RUSSO 30	1:16.95 HEATHER DEWITT 35
13:06.25 C. RAMSEYER 29	3:03.59 DAWN CARLSON 25	30.90 JERLY WRIGHT 30	39.72 KAREN HENSLER 33	38.77 TONI DERSON 31	1:18.14 WINIFRED PRALL 38
1500 M. FREE WOMEN 25-29	3:04.02 JEANNE HANISCH 26	31.50 BARBARA ANDERSON 30	40.59 JANA WOLFF 33	100 M. FLY WOMEN 30-34	1:18.45 MARTI WHITNEY 35
18:57.23 CATHY NEVILLE '86	3:18.20 PEGGY BURSTHOFF 26	31.93 KATIE MCNAMERA 31	42.17 DIANE ROTHENBERG 33	1:11.66 ELAINE HOCHULI '86	1:19.17 CAROL GUNDERSEN 38
18:57.23 CATHY NEVILLE 28	3:27.58 SHARON SCHNEIDER 25	32.40 KIM KROTZ 30	100 M. BACK WOMEN 30-34	1:11.66 ELAINE HOCHULI 30	1:20.31 DIANE NOLLY 37
19:09.45 JUDITH KATTEMAN 27	3:34.90 KIM CROUNCE 29	32.61 SHANNON SULLIVAN 32	1:20.85 SUSAN SEBALD '86	1:12.82 SHARON BERG 31	1:23.55 BARBARA GREENMAN 39
21:40.93 MARGARET MORRIS 27	3:39.00 ANGELA DICKEY 28	32.63 GIGI UNDERWOOD 30	1:20.85 SUSAN SEBALD 33	1:13.82 LOUISE CLEARY 32	200 M. FREE WOMEN 35-39
21:51.50 SUZANNE LEONARD 28	3:43.27 SANDRA BUCKLEY 27	32.74 BRESY KATZ 31	1:21.26 NANCY MARTIN 31	1:18.58 JULIE D'AMBROSIA 31	2:37.31 KATHRINE CASEY '86
21:56.26 PATTY BRAUN 27	3:45.75 JEANNE MCALLISTER 28	100 M. FREE WOMEN 30-34	1:21.26 DALE KENNEDY 33	1:21.58 NANCY MARTIN 31	2:31.00 SUSANNE RAGUE NV
22:12.06 JUDITH ROMANN 27	4:04.18 KATHY KEFFER 27	1:06.29 SHARON BERG '86	1:25.51 KAREN BOYER 30	1:27.98 KATHY MILLER 31	2:33.90 CHRISTINE ZIMMET NV
22:22.07 MARION STAB 25	50 M. FLY WOMEN 25-29	1:06.29 SHARON BERG 31	1:27.94 NININE TESTA 30	1:28.00 ALISON ESSES 32	2:37.31 KATHRINE CASEY 38
22:55.61 BARBARA KOEPP 29	32.58 LISA TUBERGEN '86	1:07.15 CATHY CHAY 30	1:29.30 NANCY HARRIS 31	1:29.15 BARBARA SPIETH 34	2:40.52 CATHY INWALLE 35
22:57.20 CATHY COPELAND 27	32.58 LISA TUBERGEN 29	1:10.30 JERYL WRIGHT 30	1:29.50 CARRIE SLOVER 33	1:33.83 MARY DOWLEN 31	2:44.16 CANDACE LANG 39
24:43.38 PAM CHANEY 29	32.61 CATHY NEVILLE 29	1:11.18 KATIE MCNAMERA 31	1:29.68 KAREN HENSLER 33	1:38.49 CAROL WEAVER 33	2:47.10 KAREN RUBIN 36
50 M. BACK WOMEN 25-29	32.68 JUDITH KATTEMAN 27	1:12.78 KAREN BOYER 30	1:29.68 KAREN HENSLER 33	200 M. FLY WOMEN 30-34	2:48.12 JANET CUMMONS 36
33.24 PATRICIA MORAN '86	32.92 MELISSA BROWN 25	1:13.00 BARBARA ANDERSON 30	1:31.25 VICKI FOX 32	2:39.73 ELAINE HOCHULI '86	2:49.01 MARTI WHITNEY 35
33.24 PATRICIA MORAN 26	33.13 SUSAN RICHMOND 25	1:13.03 KIM KROTZ 30	1:33.11 DIANE ROTHENBERG 33	2:39.73 ELAINE HOCHULI 30	2:55.70 WINIFRED PRALL 38
34.90 KAREN FARNSWORTH 29	33.92 ANITA WALKER 29	1:13.84 PEGGY BUTLER 33		2:56.04 CATHY CHAY 30	3:01.12 DIANE NOLLY 37

400 M. FREE WOMEN 35-39	3:39.29 LINDA TEPE 39	3:28.29 OPAL OLSON 40	38.93 NANCY DEAL 41	19:58.20 BERTHA MASTERSON 48	1:31.58 JANET ROYER 45
5:02.04 BARBARA DUNBAR '86	3:40.85 CONSTANCE BOUGHAN 35	400 M. FREE WOMEN 40-44	40.27 JUDY DECKER 44	20:38.80 CAROL FELUSO 45	1:31.72 SUSAN BLAKE 47
5:02.04 BARBARA DUNBAR 36	3:46.57 PENNY POTTER 38	5:27.49 NANCY RIDDOUT '86	40.27 NANCY KRAMPITZ 41	1500 M. FREE WOMEN 45-49	1:32.52 LUCILLE GRIFFIN 48
5:20.48 TERRY MARTIN 35	3:50.75 CASSIE SMALL 37	5:27.49 NANCY RIDDOUT 44	41.50 JANE M-SHERMAN 41	26:45.70 SYLVIA GLENN '86	1:34.71 BARBARA ZAREMSKI 45
5:45.14 KATHRINE CASEY 38	3:55.07 MARY GHEYSARIEH 38	5:34.69 JANET ROYER 44	44.50 IDA HLAVACEK 44	26:45.70 SYLVIA GLENN 48	1:39.50 J. GALBRAITH 45
5:59.60 LINDA MCHEARNY 39	50 M. FLY WOMEN 35-39	5:46.31 LYNN BROWNSTEIN 40	46.92 LINDA CAZIN 40	27:32.33 HELEN GEOFFRION 47	1:40.10 DOT WERRY 45
6:09.74 WINIFRED PRALL 38	32.45 BARBARA DUNBAR '85	5:54.79 PAT MALEY 42	48.53 LYNNE DEVICTORIA 40	30:09.17 BARBARA BORDON 49	1:44.99 SYLVIA GLENN 45
6:21.83 JANE MOORE 37	34.36 JAN PESAVENTO 35	6:01.06 VICKIE BUCCINO 40	100 M. FLY WOMEN 40-44	38:10.02 BERTHA MASTERSON 48	1:54.51 INGRID GASTON 46
6:25.93 ANN APP 37	34.88 SANDI ROUSSEAU 38	6:38.05 LYN CHRISTIANSEN 42	1:31.04 LYNN BROWNSTEIN '86	50 M. BACK WOMEN 45-49	2:00.06 BARBARA GOLD 49
6:34.21 PENNY POTTER 38	35.40 TERRY MARTIN 35	6:47.33 LIZ SCHAEFFER 41	1:31.04 LYNN BROWNSTEIN 40	38.38 BETSY JORDAN '86	200 M. I.M. WOMEN 45-49
6:44.17 KATHERINE WATSON 38	37.38 HEATHER DEWITT 35	6:47.40 JEANNE KAERCHER 42	1:39.45 BARB DREHER 44	38.38 BETSY JORDAN 49	3:11.73 JANET ROYER '86
6:52.83 EDITH JACOBSEN 39	37.54 NANCY POLISKY 37	6:49.90 SUNNY NELSON 41	1:46.02 IDA HLAVACEK 44	39.70 LUCILLE GRIFFIN 48	3:11.73 JANET ROYER 45
800 M. FREE WOMEN 35-39	38.60 SUZANNE RAGUE 35	6:57.83 FRANCESCA CONDON 44	1:59.25 LYNNE DEVICTORIA 40	41.48 SARAH BLAKE 47	3:16.26 CHARLOTTE JENKINS 47
10:28.27 BARBARA DUNBAR '86	39.80 GEM DEELY 36	800 M. FREE WOMEN 40-44	200 M. FLY WOMEN 40-44	42.99 CATHY JENKINS 47	3:29.25 JAYNE LAMBE 47
10:28.27 BARBARA DUNBAR 36	40.83 SUZY JOHNSON 36	11:32.96 NANCY RIDDOUT '86	2:39.33 ARTEH MUELLER '85	45.56 J. GALBRAITH 45	3:34.63 INGRID STINE 47
11:20.12 KATHERINE CASEY 38	41.20 JANE ALPERT 38	11:32.96 NANCY RIDDOUT 44	3:19.09 LYNN BROWNSTEIN 40	45.82 BARBARA ZAREMSKI 49	3:36.22 DONNA PHELAN 49
11:21.38 KRISTINA KING 38	41.66 JODY AULETTA 39	11:38.94 LISA WOODMAN 42	3:20.60 LISA WOODMAN 42	47.42 ERNESTINE BEATTIE 49	3:38.73 SYLVIA GLENN 48
12:48.07 KAREN BARNES 37	100 M. FLY WOMEN 35-39	11:40.66 LYNN BROWNSTEIN 40	3:25.72 JUDY DECKER 44	48.45 MILDRED WALTERS 45	3:39.38 DOTTIE BANTA 49
13:06.92 ANN APP 37	1:11.42 BARBARA DUNBAR '86	12:37.15 SUNN GARFIN 43	3:33.32 MARY POHLMANN 41	50.62 MARY LOU SCHULZ 46	4:27.85 PATRICIA ARNOLD 47
13:11.81 PENNY POTTER 38	1:11.42 BARBARA DUNBAR 37	13:25.16 MARY CHENG 44	3:40.30 IDA HLAVACEK 44	52.37 SYLVIA GLENN 45	5:14.68 BERTHA MASTERSON 48
13:57.15 KATHERINE WATSON 38	1:22.82 SANDI ROUSSEAU 38	14:55.09 CAROL EBER 40	4:05.44 LINDA CAZIN 40	100 M. BACK WOMEN 45-49	400 M. I.M. WOMEN 45-49
14:58.35 SUSAN BOLING 39	1:25.51 HEATHER DEWITT 35	15:23.67 SHARON RECEVEUR 41	4:38.18 MARIE SIDONS 42	1:23.57 BETSY JORDAN '86	6:50.58 JANET ROYER '86
15:36.14 KAY TOMLINSON 39	1:32.13 NANCY POLISKY 37	1500 M. FREE WOMEN 40-44	100 M. I.M. WOMEN 40-44	1:23.57 BETSY JORDAN 49	6:50.58 JANET ROYER 45
16:25.77 FRANCES FELLES 35	1:37.32 JODY AULETTA 39	21:55.64 JANET ROYER '86	1:21.37 DIANA TODD '85	1:26.09 LUCILLE GRIFFIN 48	7:47.58 HELEN GEOFFRION 47
1500 M. FREE WOMEN 35-39	1:34.06 DIANE LETENDRE 35	21:55.64 JANET ROYER 44	1:27.53 JUDY DECKER 43	1:45.34 INGRID STINE 47	8:12.07 SARA SNOEK 47
19:44.19 BARBARA DUNBAR '86	1:34.30 JANE ALPERT 38	21:55.72 LYNN BROWNSTEIN 40	1:29.00 JANE M-SHERMAN 41	1:47.34 MARY LOU SCHULZ 46	50 M. FREE WOMEN 50-54
19:44.19 BARBARA DUNBAR 36	1:36.71 LINDA TEPE 39	23:45.17 SUNN GARFIN 43	1:32.13 JENNIE MITCHELL 40	1:48.66 J. GALBRAITH 45	34.28 RONNIE KAMPHAUSEN '86
21:28.84 KRISTINA KING 38	1:37.82 KAREN RUBIN 36	26:46.57 SUNNY NELSON 41	1:32.68 GEORGIA MILLER 40	1:48.88 SYLVIA GLENN 45	34.28 RONNIE KAMPHAUSEN 52
24:57.19 PENNY POTTER 38	1:39.28 WINIFRED PRALL 38	27:49.47 LIZ SCHAEFFER 41	1:35.47 PAT MALEY 42	1:49.72 CAROL BUTZ 49	36.01 ANN CHRISTENSEN 52
25:47.32 KATHY BAY 35	200 M. FLY WOMEN 35-39	28:23.40 CAROL EBER 40	1:35.89 NANCY KRAMPITZ 41	1:50.03 JANET ROYER 45	37.15 KAY BROCKWELL 50
25:50.25 SANDRA CATHEY 37	2:35.70 BARBARA DUNBAR '85	28:27.29 OPAL OLSON 40	1:42.38 JAN ALBRECHT 44	2:07.28 INGRID GASTON 46	38.22 PHILLIS WILSON 53
27:05.41 MONA NIZELL 35	3:04.99 TERRY MARTIN 35	30:19.31 JOHANA SHARDON 44	1:47.09 LYNNE DEVICTORIA 40	2:16.33 MARY DUTTON 48	38.32 NANCY MAITE 50
28:05.63 SUSAN BOLING 39	3:13.45 SANDI ROUSSEAU 38	50 M. BACK WOMEN 40-44	1:48.74 DORIS LOCKER 40	200 M. BACK WOMEN 45-49	41.74 MARCIA ROWLAND 53
28:10.23 LOREE BRYER 37	3:29.17 WINIFRED PRALL 38	38.15 DONNA BURKHART 86	1:54.41 SUNNY NELSON 41	2:57.86 BETSY JORDAN '86	42.55 PENNY BOORMAN 53
28:10.54 JEAN BLALOCK 36	3:52.60 JODY AULETTA 39	38.15 DONNA BURKHART 40	200 M. I.M. WOMEN 40-44	2:57.86 BETSY JORDAN 49	43.09 MARGOT SAKER 50
30:57.09 RITA SPECHT 38	4:08.35 JEANNE DENTI 35	38.70 SUE HERRINGTON 40	3:06.73 NANCY RIDDOUT '86	3:18.27 SUSAN BLAKE 47	43.35 NANCY JULIAN 52
50 M. BACK WOMEN 35-39	100 M. I.M. WOMEN 35-39	39.70 JENNIE MITCHELL 40	3:06.73 NANCY RIDDOUT 44	3:34.58 BARBARA ZAREMSKI 49	44.63 B. L'ESPERANCE 54
35.72 JULIE CORNAN '85	1:16.53 DEB WALKER '86	40.12 MARY POHLMANN 41	3:11.99 JUDY DECKER 43	3:37.54 J. GALBRAITH 45	100 M. FREE WOMEN 50-54
35.93 DEB WALKER 35	1:16.53 DEB WALKER 36	41.26 JUDITH TRENCY 42	3:13.28 LYNN BROWNSTEIN 40	3:49.16 MARY LOU SCHULZ 46	1:20.82 JANET LAMOTT '86
36.18 JAN PESAVENTO 35	1:17.86 JAN PESAVENTO 35	44.12 KAREN ROACH 44	3:23.75 SUZY CARLSON 44	4:00.28 MILDRED WALTERS 45	1:20.82 JANET LAMOTT 51
38.82 CAROL GUNDERSEN 38	1:20.07 CATHY IMALLEE 35	46.55 MARY CHENG 44	3:28.11 PAT MALEY 42	50 M. BRST WOMEN 45-49	1:22.01 ANN CHRISTENSEN 52
40.06 SUSAN CASE 36	1:24.10 CHRISTINE ZIMMEL 38	46.85 LYN CHRISTIANSEN 42	3:29.43 VICKIE BUCCINO 40	42.01 JOHANN LEILICH 47	1:26.19 KAY BROCKWELL 50
40.29 SALLY BRUCE 35	1:25.30 HEATHER DEWITT 35	49.11 BUNNY ADLER 42	3:32.88 PAM HINMSTREET 42	42.12 DOROTHY BURKE 47	1:31.85 NANCY MAITE 50
41.09 JERIANNE DONNELLY 37	1:25.73 JANET CUMMONS 36	50.65 DORIS LOCKER 40	3:35.02 KAREN ADLER 42	44.27 CHARLOTTE JENKINS 49	1:41.95 BETTY HANSON 51
42.50 GEM DEELY 36	1:26.95 SALLY BRUCE 35	100 M. BACK WOMEN 40-44	3:39.04 LYNNE DEVICTORIA 40	44.27 CHARLOTTE JENKINS 47	1:46.34 MARILYN SISCO 53
42.77 LINDA MCHEARNY '89	1:27.04 SUSAN CASE 36	1:22.56 SUE HERRINGTON '86	4:14.41 KATHLEEN PILIE 42	45.73 DONNA PHELAN 49	1:50.74 CAROLYN BALDWIN 52
44.67 KAREN BARNES 37	1:29.20 SUZANNE RAGUE 35	1:22.56 SUE HERRINGTON 40	400 M. I.M. WOMEN 40-44	49.07 INGRID STINE 47	1:51.50 DOROTHY NIXON 50
45.62 KAREN GAUCHER 36	1:29.60 KAREN BARNES 37	1:25.77 DONNA BURKHART 40	6:41.77 LYNN BROWNSTEIN '86	49.81 FRANCESCA CONDON 45	1:57.99 JOAN ROBERTS 50
100 M. BACK WOMEN 35-39	200 M. I.M. WOMEN 35-39	1:27.47 JENNIE MITCHELL 40	6:41.77 LYNN BROWNSTEIN 40	50.46 SYLVIA GLENN 48	2:10.84 JOAN BUTTERFIELD 54
1:18.12 DEB WALKER '86	2:47.59 JAN PESAVENTO '86	1:27.84 MARY POHLMANN 41	7:55.50 FRANCESCA CONDON 44	52.30 DOTTIE BANTA 49	200 M. FREE WOMEN 50-54
1:18.12 DEB WALKER 35	2:47.59 JAN PESAVENTO 35	1:29.66 JUDITH TRENCY 42	9:01.49 MARIE SIDONS 42	56.36 BARBARA GOLD 49	2:52.57 JANET LAMOTT '86
1:19.67 JAN PESAVENTO 35	2:52.60 CATHY IMALLEE 35	1:31.60 JANE M-SHERMAN 41	50 M. FREE WOMEN 45-49	57.04 PAT CHOISSER 47	2:52.57 JANET LAMOTT 51
1:26.60 CHRISTINE ZIMMEL 38	2:59.71 KATHRINE CASEY 38	1:34.25 SUSU KEARNEY 40	33.76 CHARLOTTE JENKINS '86	100 M. BRST WOMEN 45-49	3:00.84 ANN CHRISTENSEN 52
1:29.68 CANDACE LANG 39	3:03.22 HEATHER DEWITT 35	1:36.12 SUZY CARLSON 44	33.76 CHARLOTTE JENKINS 47	1:29.59 JOHANN LEILICH '86	3:09.63 ADRIENNE PIPES 52
1:29.93 SUSAN CASE 36	3:11.06 CANDACE LANG 39	1:44.64 BUNNY ADLER 42	34.09 JAYNE LAMBE 47	1:29.59 JOHANN LEILICH 47	3:13.52 PHILLIS WILSON 53
1:31.27 KAREN BARNES 37	3:14.09 KAREN RUBIN 36	1:46.90 LYN CHRISTIANSEN 42	34.09 JEANNE LITTLE 49	1:30.56 DOROTHY BURKE 47	3:34.28 DONNA MONROE 52
1:31.46 CAROL GUNDERSEN 38	3:15.86 MARTI WHITNEY 35	200 M. BACK WOMEN 40-44	35.17 BARBARA ZAREMSKI 45	1:37.22 CHARLOTTE JENKINS 47	4:07.56 VIRGINIA HANSEN 54
1:31.70 GEM DEELY 36	3:20.45 SUZY JOHNSON 36	2:55.85 ARTEH MUELLER '85	37.07 SARA SNOEK 47	1:42.13 JANET ROYER 45	400 M. FREE WOMEN 50-54
1:37.14 LINDA TEPE 39	3:23.55 LINDA TEPE 39	3:04.94 MARY POHLMANN 41	42.70 JOHANA SHARDON 45	1:42.23 DONNA PHELAN 49	5:51.08 JANET LAMOTT '86
1:37.58 MARTI WHITNEY 35	3:25.47 EDITH JACOBSEN 39	3:08.57 JUDITH TRENCY 42	43.92 KALED SCHROEDER 49	1:44.04 FRANCESCA CONDON 45	5:51.08 JANET LAMOTT 50
200 M. BACK WOMEN 35-39	400 M. I.M. WOMEN 35-39	3:09.43 JENNIE MITCHELL 40	45.00 PATRICIA ARNOLD 47	1:44.20 BARBARA ZAREMSKI 45	5:57.95 RONI KAMPHAUSEN 52
2:54.22 BARBARA DUNBAR '85	5:49.29 BARBARA DUNBAR 86	3:24.22 SUZY CARLSON 44	45.76 ELIZ. MCMURRAY 45	1:45.07 INGRID STINE 47	6:19.82 ANN CHRISTENSEN 52
3:09.99 SUSAN CASE 36	5:49.29 BARBARA DUNBAR 36	3:56.65 DORIS LOCKER 40	46.02 ANN FERGIUSON 47	1:50.51 J. GALBRAITH 45	6:32.18 ADRIENNE PIPES 52
3:11.24 HEATHER DEWITT 35	6:10.96 JAN PESAVENTO 35	4:04.94 NANCY SCHULES 44	100 M. FREE WOMEN 45-49	1:51.21 MILDRED WALTERS 45	6:52.95 PHILLIS WILSON 53
3:14.15 KAREN BARNES 37	6:38.28 LINDA MCHEARNY 39	5:43.46 KAREN BAKER 44	1:13.33 JANET ROYER '86	200 M. BRST WOMEN 45-49	7:22.77 NANCY MAITE 50
3:30.02 SANDRA CATHEY 37	7:14.78 WINIFRED PRALL 38	50 M. BRST WOMEN 40-44	1:13.33 JANET ROYER 45	3:14.16 JOHANN LEILICH '86	7:28.08 SUZANNE ROBBINS 52
3:34.92 JANE MOORE 35	7:48.00 KATHERINE WATSON 38	39.78 ARTEH MUELLER '85	1:14.85 CHARLOTTE JENKINS 47	3:14.16 JOHANN LEILICH 47	7:32.96 JUDY PULESTON 50
3:41.85 SHIRLEY KNOTT 39	8:03.78 LOREE BRYER 37	40.58 JUDY DECKER 43	1:16.86 LUCILLE GRIFFIN 48	3:14.86 DOROTHY BURKE 47	7:35.66 MARIANNE BROGAN 50
3:47.87 CONSTANCE BOUGHAN 35	50 M. FREE WOMEN 40-44	43.31 BARB DREHER 44	1:20.65 JEANNE LITTLE 49	3:33.82 CHARLOTTE JENKINS 47	7:37.54 JUDY TILARO 51
3:56.06 JOYCE BROER 39	29.38 ARTEH MUELLER '85	43.54 ESTER KOCH 43	1:25.45 DOT WERRY 49	3:35.12 JANET ROYER 45	800 M. FREE WOMEN 50-54
3:58.60 LINDA RELETFORD 37	31.16 NANCY RIDDOUT 44	44.70 JANE M-SHERMAN 41	1:28.32 DOTTIE BANTA 49	3:40.47 BARBARA ZAREMSKI 49	14:03.98 KARLETTE VOURLIS '86
4:54.66 ELIZABETH MICHAM 37	32.09 SUE HERRINGTON 40	45.51 NANCY DEAL 41	1:28.90 J. GALBRAITH 45	3:42.55 J. GALBRAITH 45	14:03.98 KARLETTE VOURLIS 51
50 M. BRST WOMEN 35-39	33.84 NANCY DEAL 41	46.60 PAM HINMSTREET 42	1:45.49 PAT CHOISSER 47	3:45.41 FRANCESCA CONDON 45	15:41.31 BETTY HANSON 51
37.89 DEB WALKER '86	33.85 JUDY DECKER 43	47.59 LINDA CAZIN 40	1:58.10 ANITA FEINSTEIN 45	4:07.22 SYLVIA GLENN 48	1500 M. FREE WOMEN 50-54
37.89 DEB WALKER 35	34.14 DONNA BURKHART 40	48.44 FRANCES ZERGA 44	2:01.79 MARY DUTTON 48	4:08.44 MILDRED WALTERS 45	23:20.89 JANET LAMOTT '86
39.63 JAN PESAVENTO 35	34.66 NANCY KRAMPITZ 41	50.53 VICKIE BETTINGDORF 40	200 M. FREE WOMEN 45-49	50 M. FLY WOMEN 45-49	23:20.89 JANET LAMOTT 50
40.58 KATHERINE CASEY 38	34.82 KAREN ROACH 44	50.74 J. GALBRAITH 44	2:38.39 JANET ROYER '86	37.76 CHARLOTTE JENKINS '86	31:52.73 MARILYN SISCO 53
40.73 MAUREEN GIUFFRE 35	35.13 MARY CHENG 44	100 M. BRST WOMEN 40-44	2:38.39 JANET ROYER 45	37.76 CHARLOTTE JENKINS 47	33:00.08 PEGGY EBBING 52
43.09 SUSAN VOMRIESEN 36	35.70 BARBARA THURBER 42	1:32.99 JUDY DECKER '86	2:51.66 CHARLOTTE JENKINS 47	41.33 JEANNE LITTLE 49	34:03.76 MARILYN PERRY 52
43.54 CONSTANCE BOUGHAN 35	35.84 MARY POHLMANN 41	1:32.99 JUDY DECKER 43	3:04.63 JEANNE LITTLE 49	46.21 SARA SNOEK 47	50 M. BACK WOMEN 50-54
44.40 SHIRLEY KNOTT 39	100 M. FREE WOMEN 40-44	1:36.13 BARB DREHER 44	3:05.12 JAYNE LAMBE 47	1:10.11 HAE-YUNG POPKIN 47	42.41 RONNIE KAMPHAUSEN '86
44.92 CASSIE SMALL 38	1:08.10 DIANA TODD '85	1:39.32 ESTER KOCH 43	3:10.73 MARY LOU SCHULZ 46	1:16.95 BERTHA MASTERSON 48	42.41 ANN CHAMP 51
45.11 BARBARA GREENMAN 39	1:11.67 NANCY RIDDOUT 44	1:40.60 PAM HINMSTREET 42	3:13.37 SARA SNOEK 47	1:57.77 JOHANA SHARDON 45	44.50 SUZANNE ROBBINS 52
46.50 LINDA TEPE 39	1:16.29 DONNA BURKHART 40	1:41.72 LINDA CAZIN 40	3:13.92 SYLVIA GLENN 45	100 M. FLY WOMEN 45-49	50.30 BETTY PITTS 54
100 M. BRST WOMEN 35-39	1:18.84 PAT MALEY 42	1:48.12 J. GALBRAITH 44	3:25.72 CAROL BUTZ 49	1:28.64 JANET ROYER '86	50.96 BETTY HANSON 51
1:23.58 DEB WALKER '86	1:19.74 MARY CHENG 44	1:48.75 FRANCES ZERGA 44	3:29.96 PATRICIA ARNOLD 47	1:31.69 CHARLOTTE JENKINS 45	51.64 JAN ROBERTS 50
1:23.58 DEB WALKER 35	1:20.08 VICKIE BUCCINO 40	1:54.22 LYNN SCHEU 44	4:00.98 MARY DUTTON 48	1:38.99 LUCILLE GRIFFIN 48	52.11 KEZIA HOME 53
1:23.91 CATHY IMALLEE 35	1:20.80 BARBARA THURBER 42	2:02.20 PEGGY MICCA 41	400 M. FREE WOMEN 45-49	1:40.39 SUSAN BLAKE 47	52.24 PENNY BOORMAN 53
1:25.21 JAN PESAVENTO 35	1:20.87 JENNIE MITCHELL 40	2:03.78 MARILYN WEST 40	5:19.61 JANET ROYER '86	1:41.53 JAYNE LAMBE 47	53.76 B. L'ESPERANCE 54
1:32.42 KATHERINE CASEY 38	1:21.33 NANCY KRAMPITZ 41	200 M. BRST WOMEN 40-44	5:19.61 JANET ROYER 45	1:43.14 BARBARA ZAREMSKI 49	54.06 NANCY MAITE 50
1:33.02 NANCY POLISKY 37	1:22.31 SUSU KEARNEY 40	3:20.30 JANE M-SHERMAN '85	5:56.79 SUSAN BLAKE 47	1:43.90 DOT WERRY 49	100 M. BACK WOMEN 50-54
1:34.08 JANET CUMMONS 36	1:22.56 KAREN ROACH 44	3:20.20 JANE M-SHERMAN 41M	6:20.31 BARBARA ZAREMSKI 49	1:46.56 JEANNE LITTLE 49	1:34.28 RONI KAMPHAUSEN '86
1:35.75 BARBARA GREENMAN 39	200 M. FREE WOMEN 40-44	3:29.00 BARB DREHER 44	6:30.43 DONNA PHELAN 49	1:48.22 SYLVIA GLENN 48	1:34.28 RONI KAMPHAUSEN 52
1:36.49 SHIRLEY KNOTT 39	2:40.69 NANCY RIDDOUT '86	3:35.35 LINDA CAZIN 40	6:36.22 MARY LOU SCHULZ 46	2:11.43 PATRICIA ARNOLD 47	1:34.63 ANN CHAMP 51
1:41.97 SANDRA CATHEY 37	2:40.69 NANCY RIDDOUT 44	3:38.92 ESTER KOCH 43	6:44.14 SYLVIA GLENN 48	200 M. FLY WOMEN 45-49	1:38.92 SUZANNE ROBBINS 52
1:42.93 CASSIE SMALL 38	2:46.05 LYNN BROWNSTEIN 40	4:23.73 MARY NEAD 44	6:57.10 JAYNE LAMBE 47	3:27.52 JANET ROYER '86	1:39.52 JANET LAMOTT 51
200 M. BRST WOMEN 35-39	2:52.21 VICKIE BUCCINO 40	4:37.83 MARIE SIDONS 42	7:11.94 INGRID STINE 47	3:43.44 BARBARA ZAREMSKI 45	1:51.34 BETTY HANSON 51
3:04.67 CATHY IMALLEE '86	2:54.33 PAT MALEY 42	5:58.67 ELSIE NEELY 42	7:33.50 BARBARA BORDON 49	3:56.46 DOT WERRY 49	1:51.70 BETTY PITTS 54
3:04.67 CATHY IMALLEE 35	2:57.15 MARY CHENG 44	6:20.44 KAREN BAKER 44	7:34.97 JOHANA SHARDON 45	4:17.00 SARA SNOEK 47	1:52.40 JANET ROBERTS 50
3:08.53 DEB WALKER 35	3:01.90 JENNIE MITCHELL 40				

200 M. BACK WOMEN 50-54	2:18.07	ST. MODOONA BUDER	55	41.79	PAT DOTSON	59	30:19.53	DORIS PETERS	63	4:48.16	MARIAH CLARKE	63	5:13.89	MARY BOSTER	65						
3:24.74	RONI KAMPHAUER	86	200 M. FREE WOMEN 55-59	49.66	ELFRIDE ROGERS	58	35:21.46	C. DUNNINGHAM	60	5:05.05	MAISIE SCIBORSKI	62	5:17.12	ANNELIESE ZOELLER	68						
3:24.37	RONI KAMPHAUER	52	2:52.73	GAIL ROOPER	86	51.05	PARKIE COPELAND	57	40:40.33	RUTH WILLIAMS	60	5:31.48	ELLEN BOWEN	62	5:51.56	BETTY HICKOK	67				
3:37.02	SUZANNE ROBBINS	52	2:52.73	GAIL ROOPER	56	51.23	ANGIE SINACORE	56	47:18.41	FRANCES GRAY	61	7:03.29	ELFIE STEVENIN	64	5:52.54	RACHEL ERWIN	66				
3:37.83	JANET LAMOTT	51	3:01.34	ANNE ADAMS	58	55.98	MARGARET WELLS	59	50 M. BACK WOMEN 60-64	400 M. I.M. WOMEN 60-64	400 M. I.M. WOMEN 60-64	50 M. BRST WOMEN 65-69	50 M. BRST WOMEN 65-69	50 M. BRST WOMEN 65-69	50 M. BRST WOMEN 65-69	50 M. BRST WOMEN 65-69					
3:59.59	BETTY HANSON	51	3:08.52	PAT DOTSON	59	100 M. FLY WOMEN 55-59	100 M. FLY WOMEN 55-59	100 M. FLY WOMEN 55-59	41.85	DORIS STEADMAN	61	7:19.60	JUNE KRAUSER	60	50.48	GERTRUD ZINT	68				
4:01.90	BETTY PITTS	54	3:22.78	MALCHIA OLSHAN	55	1:34.41	PAT DOTSON	86	46.94	RUTH BILLARD	62	10:01.64	MARIAH CLARKE	63	50.48	GERTRUD ZINT	68				
4:08.55	MARIANNE BROGAN	50	3:23.68	JANET WOLVER	57	1:34.41	PAT DOTSON	59	49.16	DOT DONNELLY	64	11:33.39	ELLEN BOWEN	62	52.75	MIMI LEE	65				
4:16.30	B. L'ESPERANCE	54	3:27.30	CAROL FERUGSON	55	1:37.60	JUNE KRAUSER	59	49.56	JEAN SCHMORBUS	60	50 M. FREE WOMEN 65-69	40.21	NANCY PHILLIPS	86	57.18	SALLY JOY	65			
4:57.42	JUDY BUTTERFIELD	54	3:27.75	BERNICE GREETHAM	59	1:44.14	ANN PISCIOTTA	55	49.60	NANCY PHILLIPS	64	40.21	NANCY PHILLIPS	65	58.30	NORMA HOFFRICHTER	67				
50 M. BRST WOMEN 50-54	3:28.20	PARKIE COPELAND	57	2:00.03	GAY COLLINS	56	2:00.03	GAY COLLINS	56	50.20	ALICIA COLEMAN	61	43.51	AUDREY ETIENNE	69	58.34	RITA SIMONTON	68			
46.20	ANN CHAMP	86	3:35.34	GAY COLLINS	56	2:02.57	MALCHIA OLSHAN	55	2:02.57	MALCHIA OLSHAN	55	43.51	AUDREY ETIENNE	69	1:02.67	FRAN ZEUMER	66				
46.20	ANN CHAMP	51	3:47.91	MARGARET WELLS	59	200 M. FLY WOMEN 55-59	200 M. FLY WOMEN 55-59	200 M. FLY WOMEN 55-59	55.83	JAE HOWELL	63	43.62	BETTY BREKTON	67	1:03.29	ANNELIESE ZOELLER	68				
47.66	ADRIENNE PIPES	52	400 M. FREE WOMEN 55-59	3:20.43	GAIL ROOPER	86	3:20.43	GAIL ROOPER	86	56.34	MARIAH CLARKE	62	44.22	JANE MCCOLLISTER	67	1:05.07	MARIE KREIPE	67			
48.10	KAY BROCKWELL	50	6:02.77	ANNE ADAMS	86	3:20.43	GAIL ROOPER	56	3:20.43	GAIL ROOPER	56	56.42	JUNE REYNOLDS	64	1:06.27	MARtha PARNELL	66				
48.53	RONNIE KAMPHAUER	52	6:02.77	ANNE ADAMS	57	3:29.84	JUNE KRAUSER	59	3:29.84	JUNE KRAUSER	59	1:03.22	ANNE GIFFORD	63	1:06.63	LIBBY POOLE	66				
49.86	MARGOT SAKER	50	6:48.69	JOAN MC INTYRE	57	3:34.78	PAT DOTSON	59	3:34.78	PAT DOTSON	59	100 M. BACK WOMEN 60-64	48.97	GERTRUD ZINT	68	100 M. BRST WOMEN 65-69	100 M. BRST WOMEN 65-69				
51.37	BETTY HANSON	51	7:02.61	HELENA PALMER	56	3:46.20	ANN PISCIOTTA	55	3:46.20	ANN PISCIOTTA	55	49.45	FRAN ZEUMER	66	1:53.42	GERTRUD ZINT	68				
54.32	NANCY WAITE	50	7:08.14	JANET WOLVER	57	4:06.93	ELFRIDE ROGERS	58	4:06.93	ELFRIDE ROGERS	58	49.94	RACHEL ERWIN	66	1:53.42	GERTRUD ZINT	68				
54.80	MARCIA ROWLAND	53	7:26.92	CAROL FERUGSON	55	100 M. I.M. WOMEN 55-59	100 M. I.M. WOMEN 55-59	100 M. I.M. WOMEN 55-59	2:07.40	JAE HOWELL	63	51.09	SALLY JOY	65	2:15.27	SALLY JOY	65				
57.32	BIENEKE KORMIJ	53	7:27.57	PARKIE COPELAND	57	1:28.47	GAIL ROOPER	86	1:28.47	GAIL ROOPER	86	100 M. FREE WOMEN 65-69	100 M. FREE WOMEN 65-69	2:15.47	ANNELIESE ZOELLER	68					
59.49	KEITHA HOME	53	8:45.32	PEGGY EVERETT	56	1:28.47	GAIL ROOPER	56	1:28.47	GAIL ROOPER	56	1:32.81	NANCY PHILLIPS	86	2:22.56	MARIE KREIPE	67				
100 M. BRST WOMEN 50-54	9:17.22	DIANE CONAN	55	1:42.92	ELFRIDE ROGERS	58	1:42.92	ELFRIDE ROGERS	58	2:23.86	EILEEN WARDNER	63	1:32.81	NANCY PHILLIPS	65	2:26.25	LIBBY POOLE	66			
1:45.02	ANN CHAMP	86	9:26.72	GEORGIA FLAUGHER	58	1:42.96	BERNICE GREETHAM	59	1:42.96	BERNICE GREETHAM	59	2:29.29	MAISIE SCIBORSKI	62	1:37.30	JANE MCCOLLISTER	67	2:27.22	MARtha PARNELL	66	
1:45.22	ANN CHAMP	51	10:16.48	ST. MODOONA BUDER	55	1:50.52	JOAN MC INTYRE	57	1:50.52	JOAN MC INTYRE	57	200 M. BACK WOMEN 60-64	1:40.86	MARY LEE WATSON	65	3:12.40	MAUREEN SCHMAHL	65	3:12.40	MAUREEN SCHMAHL	65
1:48.95	BETTY HANSON	51	800 M. FREE WOMEN 55-59	1:57.18	MARGARET WELLS	59	1:57.18	MARGARET WELLS	59	1:57.18	MARGARET WELLS	59	1:46.17	BETTY BREKTON	67	200 M. BRST WOMEN 65-69	200 M. BRST WOMEN 65-69	200 M. BRST WOMEN 65-69	200 M. BRST WOMEN 65-69	200 M. BRST WOMEN 65-69	
1:57.50	RUTH HANSEN	52	13:06.62	ANNE ADAMS	86	1:58.02	PARKIE COPELAND	57	1:58.02	PARKIE COPELAND	57	3:27.78	RUTH BILLARD	64	1:46.39	Y. FRISCHERTZ	69	4:07.92	GERTRUD ZINT	68	
1:58.61	MARIANNE BROGAN	50	13:06.20	MARGARET TIMPINS	55	200 M. I.M. WOMEN 55-59	200 M. I.M. WOMEN 55-59	200 M. I.M. WOMEN 55-59	3:49.73	JUNE KRAUSER	60	1:46.40	NORMA HOFFRICHTER	67	4:07.92	GERTRUD ZINT	68	4:07.92	GERTRUD ZINT	68	
2:02.80	CAROLYN BALDWIN	52	13:06.62	ANNE ADAMS	58	3:18.87	GAIL ROOPER	86	3:18.87	GAIL ROOPER	86	4:23.22	MARIAH CLARKE	63	1:49.88	BETTY KENDALL	66	4:53.15	ANNELIESE ZOELLER	68	
2:14.50	BIENEKE KORMIJ	53	13:19.46	JUNE KRAUSER	59	3:18.87	GAIL ROOPER	56	3:18.87	GAIL ROOPER	56	5:00.66	EILEEN WARDNER	63	1:59.10	RACHEL ERWIN	66	4:53.15	ANNELIESE ZOELLER	68	
2:17.15	JUDY BUTTERFIELD	54	14:32.79	JANET WOLVER	57	3:23.01	ANN PISCIOTTA	55	3:23.01	ANN PISCIOTTA	55	5:37.32	FRANCES GRAY	61	2:03.27	ROSE KARIKER	67	5:08.77	LIBBY POOLE	66	
2:17.32	MARGERY JONES	52	15:07.35	CAROL FERUGSON	55	3:30.13	ANN PISCIOTTA	55	3:30.13	ANN PISCIOTTA	55	6:28.27	ELFIE STEVENIN	64	2:04.02	LIBBY POOLE	66	6:10.78	RACHEL ERWIN	66	
200 M. BRST WOMEN 50-54	16:27.20	MARY JANE MULLINS	55	3:41.64	JACQUELINE DUNLOP	55	3:41.64	JACQUELINE DUNLOP	55	3:41.64	JACQUELINE DUNLOP	55	200 M. FREE WOMEN 65-69	200 M. FREE WOMEN 65-69	200 M. FREE WOMEN 65-69	200 M. FREE WOMEN 65-69	200 M. FREE WOMEN 65-69	200 M. FREE WOMEN 65-69	200 M. FREE WOMEN 65-69	200 M. FREE WOMEN 65-69	
3:49.24	BETTY HANSON	86	19:34.00	GEORGIA FLAUGHER	58	3:44.60	ELFRIDE ROGERS	58	3:44.60	ELFRIDE ROGERS	58	47.66	ALICIA COLEMAN	86	3:26.15	NANCY PHILLIPS	86	6:28.48	MAUREEN SCHMAHL	65	
3:49.24	BETTY HANSON	51	1500 M. FREE WOMEN 55-59	3:57.48	MALCHIA OLSHAN	55	3:57.48	MALCHIA OLSHAN	55	3:57.48	MALCHIA OLSHAN	55	47.66	ALICIA COLEMAN	61	3:26.15	NANCY PHILLIPS	65	51.39	NANCY PHILLIPS	65
3:55.60	MARGOT SAKER	50	76:29.94	DIANE CONAN	86	4:00.09	GAY COLLINS	56	4:00.09	GAY COLLINS	56	51.29	REGAN KENNER	63	3:32.15	MARY LEE WATSON	65	51.39	NANCY PHILLIPS	65	
4:08.37	MARIANNE BROGAN	50	76:29.94	DIANE CONAN	55	4:01.00	JANET WOLVER	57	4:01.00	JANET WOLVER	57	52.40	JAE HOWELL	63	3:33.72	RITA SIMONTON	68	52.84	GERTRUD ZINT	69	
4:13.51	DIANA MONROE	52	38:18.47	ST. MODOONA BUDER	55	4:11.82	FARKIE COPELAND	57	4:11.82	FARKIE COPELAND	57	54.17	DOROTHY DONNELLY	64	3:33.91	JANE MCCOLLISTER	67	54.04	ZADA TAFT	66	
4:18.30	CAROLYN BALDWIN	52	50 M. BACK WOMEN 55-59	45.16	ANNE ADAMS	85	400 M. I.M. WOMEN 55-59	400 M. I.M. WOMEN 55-59	400 M. I.M. WOMEN 55-59	1:01.54	JUNE REYNOLDS	64	3:47.59	AUDREY ETIENNE	69	55.81	MIMI LEE	65	55.81	MIMI LEE	65
4:31.08	BIENEKE KORMIJ	53	45.16	ANNE ADAMS	85	7:23.40	ANNE ADAMS	86	7:23.40	ANNE ADAMS	86	1:01.89	EMILY MILLER	61	3:57.92	BETTY BREKTON	67	1:00.16	SALLY JOY	65	
50 M. FLY WOMEN 50-54	45.19	BERNICE GREETHAM	59	7:15.53	JUNE KRAUSER	59	7:15.53	JUNE KRAUSER	59	7:15.53	JUNE KRAUSER	59	1:04.00	NANCY PHILLIPS	64	4:12.95	Y. FRISCHERTZ	69	1:02.10	AUDREY ETIENNE	69
38.39	NADINE WHITEHALL	85	47.99	JOAN MC INTYRE	57	7:23.40	ANNE ADAMS	58	7:23.40	ANNE ADAMS	58	1:07.39	BILLIE-ANN BURRILL	64	4:12.95	RACHEL ERWIN	66	1:02.26	LIBBY POOLE	66	
40.28	RONNIE KAMPHAUER	52	48.53	ANN PISCIOTTA	55	7:55.03	ELFRIDE ROGERS	58	7:55.03	ELFRIDE ROGERS	58	1:08.60	RUTH BILLARD	62	4:30.48	MARY BOSTER	66	1:07.53	RACHEL ERWIN	66	
42.30	ANN CHRISTENSEN	52	51.99	MARY JANE MULLINS	55	50 M. FREE WOMEN 60-64	50 M. FREE WOMEN 60-64	50 M. FREE WOMEN 60-64	1:18.39	ELLEN BOWEN	62	1:18.39	ELLEN BOWEN	62	4:36.19	MARIE KREIPE	67	2:10.54	MAUREEN SCHMAHL	65	
44.19	ADRIENNE PIPES	52	57.35	LOUISE MANN	58	35.49	DOROTHY DONNELLY	86	35.49	DOROTHY DONNELLY	86	100 M. BRST WOMEN 60-64	400 M. FREE WOMEN 65-69	400 M. FREE WOMEN 65-69	400 M. FREE WOMEN 65-69	400 M. FREE WOMEN 65-69	400 M. FREE WOMEN 65-69	400 M. FREE WOMEN 65-69	400 M. FREE WOMEN 65-69	400 M. FREE WOMEN 65-69	
45.20	PHYLLIS WILSON	50	58.17	ANGIE SINACORE	56	35.49	DOROTHY DONNELLY	64	35.49	DOROTHY DONNELLY	64	1:50.68	REGAN KENNER	86	7:21.77	JANE MCCOLLISTER	67	2:02.40	ZADA TAFT	66	
52.63	TONNA MONROE	52	1:04.91	LILLY ANDERSON	55	39.98	RUTH BILLARD	62	39.98	RUTH BILLARD	62	1:50.68	REGAN KENNER	63	7:21.77	JANE MCCOLLISTER	67	2:02.40	ZADA TAFT	66	
1:02.06	JUDY TILARD	54	1:10.34	NICKI BOKE	59	40.62	BILLIE-ANN BURRILL	64	40.62	BILLIE-ANN BURRILL	64	1:52.99	JUNE KRAUSER	60	7:22.61	MIMI LEE	65	2:06.53	GERTRUD ZINT	68	
1:02.08	VIRGINIA HANSEN	54	1:11.06	JEAN BRUENDER	58	40.66	NANCY PHILLIPS	64	40.66	NANCY PHILLIPS	64	1:57.32	JAE HOWELL	63	8:07.75	GERTRUD ZINT	68	2:18.33	LIBBY POOLE	66	
100 M. FLY WOMEN 50-54	1:12.25	PATRICIA RYAN	59	40.70	JEAN SCHMORBUS	60	40.70	JEAN SCHMORBUS	60	40.70	JEAN SCHMORBUS	60	8:27.05	Y. FRISCHERTZ	69	2:38.61	ROSE KARIKER	67	2:38.61	ROSE KARIKER	67
1:40.06	ANN CHRISTENSEN	86	100 M. BACK WOMEN 55-59	43.21	DIANA SILVA	64	43.21	DIANA SILVA	64	43.21	DIANA SILVA	64	8:28.21	BETTY KENDALL	66	200 M. FLY WOMEN 65-69	200 M. FLY WOMEN 65-69	200 M. FLY WOMEN 65-69	200 M. FLY WOMEN 65-69	200 M. FLY WOMEN 65-69	
1:40.06	ANN CHRISTENSEN	52	1:37.13	ANNE ADAMS	86	43.65	ALICIA COLEMAN	61	43.65	ALICIA COLEMAN	61	2:20.05	EMILY MILLER	61	4:12.23	GERTRUD ZINT	68	4:12.23	GERTRUD ZINT	68	
1:42.12	RONI KAMPHAUER	52	1:37.13	ANNE ADAMS	58	44.33	JENNIE HAROLD	64	44.33	JENNIE HAROLD	64	2:41.95	ELLEN BOWEN	62	9:01.70	MARY BOSTER	66	4:12.23	GERTRUD ZINT	68	
1:45.15	PHYLLIS WILSON	50	1:44.61	BERNICE GREETHAM	59	45.32	JUNE REYNOLDS	64	45.32	JUNE REYNOLDS	64	2:42.54	MARIAH CLARKE	63	9:07.31	MARIE KREIPE	67	4:46.09	ZADA TAFT	66	
3:41.19	ESTER LYMAN	53	1:50.68	MARY JANE MULLINS	55	45.55	GRACE ALTUS	62	45.55	GRACE ALTUS	62	2:45.47	BETTY MCCORMACK	61	10:20.61	ANNELIESE ZOELLER	68	4:46.09	ZADA TAFT	66	
200 M. FLY WOMEN 50-54	1:55.98	GAY COLLINS	56	1:55.98	GAY COLLINS	56	100 M. FREE WOMEN 60-64	100 M. FREE WOMEN 60-64	100 M. FREE WOMEN 60-64	3:32.30	RUTH LAUREN	62	10:20.61	ANNELIESE ZOELLER	68	12:31.01	BETTY HICKOK	67	1:48.92	NANCY PHILLIPS	86
3:48.56	NADINE WHITEHALL	85	2:02.34	JANET WOLVER	57	2:02.34	DOROTHY DONNELLY	86	2:02.34	DOROTHY DONNELLY	86	200 M. BRST WOMEN 60-64	16:52.83	ZADA TAFT	66	1:48.92	NANCY PHILLIPS	86	1:48.92	NANCY PHILLIPS	86
4:46.92	MARIANNE BROGAN	50	2:07.17	MALCHIA OLSHAN	55	1:21.59	DOROTHY DONNELLY	64	1:21.59	DOROTHY DONNELLY	64	3:55.83	JUNE KRAUSER	60	15:06.81	JANE MCCOLLISTER	67	1:52.16	GERTRUD ZINT	69	
100 M. I.M. WOMEN 50-54	2:24.41	JILL ANDERSON	55	2:24.41	LEANE BRUENDER	58	1:38.25	DIANA SILVA	64	1:38.25	DIANA SILVA	64	3:55.83	JUNE KRAUSER	60	15:06.81	JANE MCCOLLISTER	67	1:54.72	MIMI LEE	65
1:34.21	RONNIE KAMPHAUER	86	2:34.74	JEAN BRUENDER	58	1:47.95	JUNE REYNOLDS	64	1:47.95	JUNE REYNOLDS	64	3									

4:36.37	GENEVA KAHS	72	9:51.17	DOROTHY HOPKINS	77	4:24.09	ROBERT NICHOLS	'86	2:58.84	KENNETH SULLIVAN	26	4:29.44	ROB COPELAND	'86	3:08.17	SCOTT JESSEN	31
4:39.20	MARY LATHRAM	70	50 M. BACK WOMEN 75-79			4:24.09	ROBERT NICHOLS	28	2:58.88	STEVE PICEER	26	4:29.44	ROB COPELAND	30	3:10.82	KENT NEWMAN	31
4:48.93	PAT MATTHIESEN	70	1:03.62	EDITH HENDRY	'86	4:38.78	PETER GARRETT	25	3:08.50	EDWARD RADMACHER	29	4:33.53	LAWRENCE WOOD	32	3:17.64	DICK MALONE	37
4:56.42	RUTH LECHNER	73	1:03.62	EDITH HENDRY	75	4:42.88	ERNIE JAMES	29	3:10.84	STEVE HAMMOND	25	4:34.20	FRED FERROGGIARDI	32	3:14.81	LANCE BUMBURA	31
4:58.93	HILDA BUEL	72	1:03.72	ELAS MATTILA	74	4:43.88	BILL POWER	28	3:19.52	BRYAN TAK	29	4:35.17	BOB CROWDER	30	50 M. FLY MEN 30-34		
5:17.07	REA MOE MANN	74	1:07.14	EDIE GOLDMAN	76	4:45.28	BARRY GRIFFIN	27	50 M. FLY MEN 25-29			4:46.67	TOM NOSAL	31	27.10	FRED HUBBELL	'86
400 M. FREE WOMEN 70-74			1:27.90	EVELYN SOMERS	79	4:46.09	MARK MORGAN	28	27.24	TOM LAWSON	'86	4:49.62	BILL FENNER	31	27.10	FRED HUBBELL	37
8:06.88	MAXINE MERLINO	'86	2:06.00	JUNE GILLISPE	79	4:52.73	BOYD CHAMPION	28	27.24	TOM LAWSON	25	5:00.86	HUGH MOORE	32	28.08	TOM YOUNGER	30
8:06.88	MAXINE MERLINO	74	100 M. BACK WOMEN 75-79			4:54.71	KEVIN NEWTON	25	27.78	BRIAN MCGUIRE	26	5:01.21	JAN HUNEKE	31	28.35	JAMES GREENLEY	31
9:21.12	GENEVA KAHS	72	2:34.71	DOROTHY HOPKINS	'86	4:55.85	JAMES GOODENOUGH	25	28.10	MIKE KOHLER	25	5:02.41	ROBERT SAUTTERS	30	29.15	SALVADOR GUEVARA	31
9:59.95	RUTH LECHNER	73	2:34.71	DOROTHY HOPKINS	77	4:59.52	DOM BAKER	25	28.16	MARK MORRIS	27	5:09.34	JERRY SCHEIBNER	34	29.31	JIM JOHNSON	34
10:17.03	MILDRED VALLAS	71	4:26.41	JUNE GILLISPE	79	800 M. FREE MEN 25-29			28.28	PETER GARRETT	25	800 M. FREE MEN 30-34			29.51	HERB STEVENS	33
800 M. FREE WOMEN 70-74			200 M. BACK WOMEN 75-79			9:01.20	ROBERT NICHOLS	'86	28.30	GUY DAVIS	25	9:26.90	MIKE MC CAFFREY	'86	29.72	STEPHEN MANN	33
16:45.40	MAXINE MERLINO	'86	4:44.66	ELAS MATTILA	'86	9:01.20	ROBERT NICHOLS	28	28.34	K.WEIMERSKIRCH	28	9:26.90	MIKE MC CAFFREY	32	30.23	ED BISNO	30
16:45.40	MAXINE MERLINO	74	4:44.66	ELAS MATTILA	75	9:22.82	JOHN CASTANHA	26	28.66	SCOTT CROWDER	26	9:43.98	FRED FERROGGIARDI	32	30.36	JIM ROBINSON	30
1500 M. FREE WOMEN 70-74			5:20.41	DOROTHY HOPKINS	77	9:54.43	JEROEN KOK	26	28.67	DUCK DIMIGLIO	25	9:50.14	BRENDAN HAYES	30	30.45	KURT WICKLIZER	31
36:31.73	GENEVA KAHS	'86	50 M. BRST WOMEN 75-79			10:07.12	BOYD CHAMPION	28	29.06	CHARLES CLARK	26	10:29.96	BILL FENNER	31	100 M. FLY MEN 30-34		
36:31.73	GENEVA KAHS	72	1:12.20	EDIE GOLDMAN	'86	10:41.95	LAEL MARTIN	26	100 M. FLY MEN 25-29			10:42.24	BILL ZEMGA	30	100.38	FRED HUBBELL	'86
50 M. BACK WOMEN 70-74			1:12.20	EDIE GOLDMAN	76	10:54.79	MATTHEW PAINTER	27	58.87	BOB PLACAK	'86	12:21.81	GARY BRODIE	34	1:00.38	FRED HUBBELL	37
54.91	DAWN NUSSELLAN	'85	1:44.10	EVELYN SOMERS	79	10:58.70	TIM BURNHAM	28	58.87	BOB PLACAK	27	12:49.11	JOSEPH CHAPPELL	31	1:04.91	JAMES GREENLEY	31
1:01.66	MARY LATHRAM	70	100 M. BRST WOMEN 75-79			11:01.94	DARIN DONALDSON	26	100.76	KERRY D'BRIEN	25	1:06.76	CHARLES WHITNEY	34	1:06.48	ROB COPELAND	30
1:03.67	HELEN ROUMASSET	70	3:17.98	DOROTHY HOPKINS	'86	11:17.25	MATT TRUXAN	27	1:04.86	BRIAN MCGUIRE	26	15:42.12	KEN DRUMMER	32	1:07.94	JAN HUNEKE	31
1:04.04	GENEVA KAHS	72	3:17.98	DOROTHY HOPKINS	77	11:31.62	DAN KALIN	29	1:05.15	LAEL MARTIN	25	1500 M. FREE MEN 30-34			1:09.23	HUGH MOORE	32
1:07.34	HELEN OFFENHAUSER	74	50 M. FLY WOMEN 75-79			1500 M. FREE MEN 25-29			1:07.71	KEVIN NEWTON	25	17:46.86	MIKE MC CAFFREY	'86	1:09.97	MARK BECKER	31
1:20.44	INGE WEIL	70	1:23.48	DOROTHY HOPKINS	'86	17:11.55	ROBERT NICHOLS	'86	1:08.32	CHARLES CLARK	26	17:46.86	MIKE MC CAFFREY	32	1:11.03	TOM NOSAL	31
100 M. BACK WOMEN 70-74			1:23.48	DOROTHY HOPKINS	77	17:11.55	ROBERT NICHOLS	28	1:10.48	EDWARD RADMACHER	29	17:48.91	ROB COPELAND	30	1:11.45	KURT WICKLIZER	31
2:12.48	IVY BRODNE	'86	2:02.00	EVELYN SOMERS	79	17:48.24	JOHN CASTANHA	26	1:10.50	WILLIAM CANTLANG	25	18:07.34	FRED FERROGGIARDI	32	1:11.50	GARY CUMKISK	30
2:12.48	IVY BRODNE	71	100 M. FLY WOMEN 75-79			19:16.40	MARK MORGAN	28	1:11.29	JIM BERTZ	29	19:29.94	MICHAEL DARLING	32	1:12.37	MICHAEL STONE	32
2:17.34	PAT MATTHIESEN	70	3:01.34	DOROTHY HOPKINS	'86	20:24.81	SCOTT RICHARDS	27	1:12.04	JOHN PLISICO	25	21:00.24	LARRY PECK	32	200 M. FLY MEN 30-34		
2:18.00	MILDRED VALLAS	71	3:01.34	DOROTHY HOPKINS	77	20:35.59	TIM BURNHAM	28	200 M. FLY MEN 25-29			22:06.75	JEFF NNUK	32	2:25.07	LAWRENCE WOOD	'86
2:18.15	HELEN ROUMASSET	70	200 M. FLY WOMEN 75-79			20:36.80	DARIN DONALDSON	26	2:14.26	BILL SPECHT	'86	23:15.73	TIM WYNN	31	2:25.07	LAWRENCE WOOD	32
2:18.64	MARY LATHRAM	70	5:45.52	ELAS MATTILA	'86	20:48.43	TOM PIACENTINI	29	2:14.26	BILL SPECHT	28	23:22.38	BARY BRODIE	34	2:27.42	ROB COPELAND	30
2:19.86	GENEVA KAHS	72	5:45.52	ELAS MATTILA	75	22:38.08	JOHN MATHIAS	29	2:24.02	TOM LAWSON	25	23:47.06	STEELE BURROW	32	2:28.90	JOHN CULHANE	30
2:07.28	REA MOE MANN	74	6:45.21	DOROTHY HOPKINS	77	23:06.90	DON FLETCHER	29	2:27.70	ETIENNE MA	28	25:37.00	MARK FINKE	32	2:37.33	SCOTT BERK	34
2:10.99	DOROTHY RIORDAN	74	100 M. I.M. WOMEN 75-79			23:07.38	KURT ROSEN	27	3:14.34	FORREST FLOCKER	29	50 M. BACK MEN 30-34			2:40.01	JAN HUNEKE	31
200 M. BACK WOMEN 70-74			2:27.77	EDIE GOLDMAN	'86	50 M. BACK MEN 25-29			3:21.85	WOODY ACTON	28	29.88	TIM HUESKEN	'84	2:43.79	MARK BECKER	31
4:51.78	MARY LATHRAM	'86	2:27.77	EDIE GOLDMAN	76	29.59	BRIAN MCGUIRE	'86	3:29.34	NEIL ROMNEY	27	30.99	STEPHEN MANN	33	2:47.85	BILL ZEMGA	30
4:51.78	MARY LATHRAM	70	2:39.73	DOROTHY HOPKINS	77	29.59	BRIAN MCGUIRE	26	100 M. I.M. MEN 25-29			31.15	HERB STEVENS	33	2:48.92	MICHAEL STONE	32
4:56.00	GENEVA KAHS	72	3:20.11	EVELYN SOMERS	79	29.67	BRIAN MORRIS	27	1:02.89	BRIAN KELCA	'85	32.47	MIKE DARLING	33	2:50.06	MARK KUHN	32
50 M. BRST WOMEN 70-74			3:16.89	J. MARK PETRY	29	31.68	J. MARK PETRY	29	1:04.21	MARK MORRIS	27	34.60	JEFF PALKER	31	3:10.52	LARRY PECK	32
57.91	MAXINE MERLINO	'86	5:47.26	DOROTHY HOPKINS	'86	31.94	PATRICK GARCIA	29	1:04.42	BENN DOYLE	28	34.72	RICHARD BEEDON	31	100 M. I.M. MEN 30-34		
57.91	MAXINE MERLINO	74	5:47.26	DOROTHY HOPKINS	77	32.10	VP MORTENSEN	27	1:05.00	GUY DAVIS	27	34.89	THOMAS BURELL	30	1:02.32	CLAY EVANS	'85
1:05.15	PAT MATTHIESEN	70	400 M. I.M. WOMEN 75-79			32.18	RICK STUCK	26	1:05.21	BRIAN MCGUIRE	26	34.93	PAUL ROTH	32	1:03.41	FRED HUBBELL	33
1:15.22	INGE WEIL	70	1:15.24	DOROTHY HOPKINS	'86	32.54	SCOTT RICHARDS	27	1:05.31	SCOTT CROWDER	26	35.24	JAN HUNEKE	31	1:05.05	TOM YOUNGER	30
1:15.45	DOROTHY RIORDAN	74	1:15.24	DOROTHY HOPKINS	77	32.86	MATT McDONALD	25	1:05.41	PAT WHALEN	28	35.36	STEVE HUMMER	30	1:07.56	NICK WHELAN	30
1:39.20	HELEN OFFENHAUSER	74	200 M. FREE WOMEN 80-84			33.15	DOM HANNA	27	1:05.60	MIKE KOHLER	25	35.50	ROBERT DAVIE	34	1:08.72	SALVADOR GUEVARA	31
100 M. BRST WOMEN 70-74			5:18.06	KATHERINE PELTON	'86	33.29	MARK JUENEMANN	25	1:07.17	ALLEN LYDICK	29	100 M. BACK MEN 30-34			1:09.45	HERB STEVENS	33
2:04.62	MAXINE MERLINO	'86	5:18.06	KATHERINE PELTON	81	100 M. BACK MEN 25-29			1:07.32	MATT McDONALD	25	1:04.61	JOHN CALDWELL	'86	1:09.50	STEPHEN MANN	33
2:04.62	MAXINE MERLINO	74	50 M. BRST WOMEN 80-84			1:04.50	SREX MIDWINTER	'85	1:07.48	PETER GARRETT	25	1:04.61	JOHN CALDWELL	31	1:09.92	RICK ENRIGHT	33
2:19.81	PAT MATTHIESEN	70	1:20.10	KATHERINE PELTON	'86	1:06.98	FAT WHALEN	28	200 M. I.M. MEN 25-29			1:07.74	FRED FERROGGIARDI	32	1:10.52	JAMES GREENLEY	31
2:26.67	HELEN ROUMASSET	70	1:20.10	KATHERINE PELTON	81	1:07.61	MARK MORRIS	27	2:19.28	TOM LAWSON	'86	1:08.53	TOM YOUNGER	30	1:10.52	PETER CAMPBELL	30
2:29.68	HILDA BUEL	70	100 M. FLY WOMEN 80-84			1:10.11	PATRICK GARCIA	29	2:19.28	TOM LAWSON	25	1:09.11	HERB STEVENS	33	1:11.02	GARY MATYKO	33
2:49.06	INGE WEIL	70	3:09.18	KATHERINE PELTON	'86	1:11.60	SCOTT RICHARDS	27	2:25.55	PAT WHALEN	28	1:11.36	STEPHEN MANN	33	200 M. I.M. MEN 30-34		
3:26.09	DOROTHY RIORDAN	74	3:09.18	KATHERINE PELTON	81	1:11.81	J. MARK PETRY	29	2:26.26	GUY DAVIS	27	1:13.08	ROB COPELAND	30	2:19.95	JAMES GRIFFITH	'86
3:54.43	REA MOE MANN	74	50 M. FREE WOMEN 85-89			1:14.97	ERNIE JAMES	29	2:26.45	MARK MORRIS	27	1:14.39	MIKE DARLING	33	2:19.95	JAMES GRIFFITH	33
200 M. BRST WOMEN 70-74			1:16.66	ELLA PECKHAM	'86	1:15.06	JEROEN KOK	26	2:27.45	JAKE GULICK	27	1:14.65	DAVID PARLER	30	2:22.90	GARY MATYKO	33
4:35.75	MAXINE MERLINO	'86	1:16.66	ELLA PECKHAM	87	1:15.48	WILLIAM CANTLANG	25	2:29.38	BARRY GRIFFIN	27	1:15.93	TOM DILGER	30	2:33.68	TOM YOUNGER	30
4:35.75	MAXINE MERLINO	74	50 M. BACK WOMEN 85-89			1:15.76	MARK JUENEMANN	25	2:33.93	KEVIN NEWTON	25	1:16.30	PAUL ROTH	32	2:35.36	DAVID PARLER	30
5:43.35	HILDA BUEL	72	1:42.12	ELLA PECKHAM	'86	1:22.42	JOHN MATHIAS	26	2:35.79	MATTHEW PAINTER	27	200 M. BACK MEN 30-34			2:36.51	TREY SMALL	31
50 M. FLY WOMEN 70-74			1:42.12	ELLA PECKHAM	87	200 M. BACK MEN 25-29			2:39.32	JERDEN KOK	26	2:25.70	FRED FERROGGIARDI	'86	2:40.59	GARY CUMKISK	30
1:01.52	JEAN DURSTON	'85	100 M. BACK WOMEN 85-89			2:31.51	MARK MORRIS	'86	2:39.37	MARK WEBB	29	2:25.70	FRED FERROGGIARDI	32	2:41.38	MICHAEL BLATT	31
1:02.91	JEAN DURSTON	72	3:47.15	ELLA PECKHAM	'86	2:31.51	MARK MORRIS	27	400 M. I.M. MEN 25-29			2:35.17	MICHAEL STONE	32	2:47.44	MARK BECKER	31
1:23.47	HELEN OFFENHAUSER	74	3:47.15	ELLA PECKHAM	87	2:33.71	BILL POWER	28	5:14.54	JAKE GULICK	'86	2:36.48	MICHAEL DARLING	32	2:49.21	TREY MARONE	30
100 M. FLY WOMEN 70-74			50 M. FLY WOMEN 85-89			2:35.45	SCOTT RICHARDS	27	5:14.54	JAKE GULICK	27	2:40.59	HERB STEVENS	33	2:50.50	GIM EBERSOLE	32
2:13.12	MAXINE MERLINO	'86	1:44.56	ELLA PECKHAM	'86	2:35.79	DOM HANNA	27	6:25.36	DON STORY	25	2:42.63	PAUL ROTH	32	400 M. I.M. MEN 30-34		
2:13.12	MAXINE MERLINO	74	1:44.56	ELLA PECKHAM	87	2:38.65	J. MARK PETRY	29	50 M. FREE MEN 30-34			2:44.87	DAVID PARLER	30	5:11.97	LAWRENCE WOOD	'86
2:24.18	JEAN DURSTON	72	2:39.47	ERNIE JAMES	29	2:39.47	ERNIE JAMES	29	24.39	FRED HUBBELL	'86	2:46.14	MARK SCHMYHART	32	5:17.94	RICK ENRIGHT	33
2:28.33	HELEN ROUMASSET	70	25.31	JIM STITES	'84	2:41.94	JAMES GOODENOUGH	25	24.39	FRED HUBBELL	33	2:58.79	ROBERT DAVIE	34	5:40.84	BILL FENNER	31
2:41.94	HILDA BUEL	72	25.45	GUY DAVIS	26	2:43.66	MARK JUENEMANN	25	25.04	NICK WHELAN	30	3:01.37	MARK FINKE	32	5:45.00	BILL ZEMGA	30
200 M. FLY WOMEN 70-74			25.81	BRIAN MCGUIRE	26	2:58.88	BRIAN DETTLING	25	25.24	BILL KNISELY	30	3:23.75	TIM WYNN	31	5:48.73	MICHAEL STONE	32
4:37.06	MAXINE MERLINO	'86	26.11	MARK MORGAN	28	2:59.63	DARIN DONALDSON	26	25.39	BOB CROWDER	30	50 M. BRST					

2:10.58	MIKE BARDEN	37	1:20.57	GARY PARLAPIANO	39	2:24.40	DON SANDBERG	40	200 M. BRST MEN 40-44	1:12.00	OSWALD KAPP	47	1:27.27	WALT FEID	45			
2:14.88	TIM MCCREIGHT	39	1:20.83	GEORGE ROLBY	38	2:31.23	JAMES HURST	40	2:56.54	JOHN ZEIGLER	86	1:12.20	JOE BOLIE	46	1:27.79	DOUGLAS SEELEY	46	
2:17.77	DAVID CURRY	39	200 M. BRST MEN 35-39		2:33.89	CARTWRIGHT	44	2:56.64	JOHN ZEIGLER	40	1:12.30	WAYNE WILSON	46	1:29.52	DOUGLAS MESSENEO	45		
2:18.35	MIKE HARRIS	39	2:52.22	GARY SMITH	'86	2:35.69	RICK TREVISON	43	3:00.97	PETER MICHEL	43	1:12.39	TREVOR ROBINSON	45	1:29.39	STANLEY PANKO	45	
2:18.40	MARVIN SCHWARTZ	38	2:52.22	WAYNE SMITH	38	2:36.57	RICHARD DOERP	42	3:01.90	LAWRENCE YAMAHIRO	40	1:13.48	DOUGLAS MESSENEO	45	1:27.67	MIKE LAUX	45	
2:18.61	STEVEN BARRETT	39	2:55.39	JIM STINE	35	2:37.90	DICK MONAHAN	44	3:09.98	RICHARD DOERP	42	1:14.23	BLENN BAKER	45	1:30.91	RICHARD FRANCIS	48	
2:21.12	JOHN MAGUIRE	39	2:58.00	GEORGE ROLBY	38	400 M. FREE MEN 40-44		3:13.32	RONALD GREGER	41	200 M. FREE MEN 45-49		3:00.44	DAVE DABOLL	85			
2:22.20	RICK MCCUNE	37	2:59.09	PAUL BROWN	37	4:46.20	JACK GEDGEGHAN	'86	3:14.08	WALTER KEARES	42	2:14.76	HENRY SOUTHALL	'86	3:01.08	CHARLES KILBOURNE	47	
2:22.45	LYNN OLSON	39	2:59.39	DENNIS WILSON	37	4:46.20	JACK GEDGEGHAN	44	3:19.42	STEVE WYCOFF	42	2:14.76	HENRY SOUTHALL	46	3:05.57	DAVID DABOLL	49	
400 M. FREE MEN 35-39			2:59.96	MARSHALL MCMILLAN	37	4:49.70	TIM BIRNIE	40	3:21.82	ELIOT WINKUR	40	2:31.92	MIKE CALWELL	46	3:14.62	WALT REID	46	
4:34.07	BILL BARCOCK	'86	3:02.26	DOUG WILLIAMS	37	4:51.13	BEN VAN DYK	41	3:24.75	JOE BIONDI	43	2:36.78	GEORGE FISSETTE	45	3:15.81	DOUGLAS MESSENEO	45	
4:34.07	BILL BARCOCK	'86	3:04.67	RICK WALKER	35	4:59.19	LED BRUNING	43	3:30.01	ERNE ERENNECKE	43	2:41.42	WILLIAM NEWMAN	46	3:19.40	RICHARD FRANCIS	48	
4:39.49	JOHN FLANAGAN	39	3:09.90	TOSHI SUGAMI	39	5:01.94	ROBERT WILLIAMS	40	50 M. FLY MEN 40-44		2:42.99	STANLEY PANKO	45	3:21.84	DOUGLAS SEELEY	46		
4:54.00	MARVIN SCHWARTZ	38	3:10.14	BOB DARNALL	35	5:04.75	ROBERT TUCKER	40	28.62	GARY LANGENDEN	'86	2:43.89	STEPHEN GINSBURG	45	3:22.90	JOE BOLIE	46	
4:54.36	WILLIAM TINGLEY	36	50 M. FLY MEN 35-39		5:07.75	DON SANDBERG	40	28.62	GARY LANGENDEN	41	2:44.43	GEORGE MANN	49	3:33.17	BOB KOENIG	48		
4:55.23	ART CARPENTER	35	28.14	LARRY CHASE	'85	5:12.92	BOB BOURASSA	44	29.10	ABRAHAM MELAMED	44	2:45.90	OSWALD KAPP	47	3:39.60	DALE COSGROVE	47	
4:59.41	MAURICE LEVOIS	39	29.27	JIM BAEHRN	35	5:14.35	RONALD MOLNAR	44	29.55	ROBERT SMITH	42	2:47.95	DOUGLAS MESSENEO	45	3:57.12	MICHAEL DAVIS	49	
4:59.56	STEVEN HIGHLY	39	29.51	DICK THOMAS	38	5:15.12	JIM MYERBERG	43	29.91	SCOTT GUTHRIE	42	2:49.45	WAYNE WILSON	46	50 M. FLY MEN 45-49			
4:59.66	MIKE BARDEN	37	29.52	JOHN MAGUIRE	39	800 M. FREE MEN 40-44		30.37	JACK GEDGEGHAN	44	400 M. FREE MEN 45-49		4:49.78	D. COSTILL	'85	29.75	BERT PETERSEN	'86
5:03.25	STEVEN BARRETT	39	29.81	ED RUDLOFF	38	10:11.91	TIM BIRNIE	'86	30.72	ERIC SNYDER	44	5:00.58	HENRY SOUTHALL	46	29.75	BERT PETERSEN	47	
5:02.90	STEPHEN MORGAN	37	30.20	BOB KOLANKOWSKI	38	10:11.91	TIM BIRNIE	40	30.90	LED BRUNING	43	5:11.56	MIKE CALWELL	46	30.00	DAVE GILLANDERS	47	
800 M. FREE MEN 35-39			30.37	KEN HAINES	38	10:41.13	DON SANDBERG	40	31.10	CHARLIE NIELSEN	40	5:22.82	BEN WISCKOL	46	31.80	HANS REICHEL	46	
9:50.14	CRAIG RIDENOUR	'86	30.66	MAURICE LEVOIS	39	11:57.59	KENNETH ANSON	41	31.19	PETER MICHEL	43	5:31.81	BILL EARLY	49	32.00	JACK MCCOY	45	
9:50.14	CRAIG RIDENOUR	'86	31.00	PETER HEOTIS	35	12:14.49	CHRIS RIVERS	40	100 M. FLY MEN 40-44		5:38.78	DOUG SHEARER	45	32.26	JOHN SMITH	48		
9:56.88	TIM MCCREIGHT	39	31.07	JERRY BOPE	39	12:41.19	ELIOT WINKUR	41	1:03.62	GARY LANGENDEN	'86	5:48.00	DAVE GILLANDERS	47	32.63	MIKE LAUX	45	
10:36.52	MIKE BARDEN	37	31.44	ROGER PANNETON	37	12:51.59	HARRY LEWIS	44	1:03.62	GARY LANGENDEN	41	5:57.39	WILLIAM NEWMAN	46	33.03	NEWT WATTIS	47	
10:47.35	STEPHEN CENEY	36	100 M. FLY MEN 35-39		13:24.24	THOMAS HEER	40	1:04.20	ABRAHAM MELAMED	44	6:06.51	BRETT BAYNE	46	33.32	GEORGE FISSETTE	45		
11:01.82	MARSHALL MCMILLAN	37	1:04.44	JOHN FLANAGAN	'86	13:26.09	DARRYL KNOTT	40	1:09.09	CARTWRIGHT	44	6:10.24	WAYNE WILSON	46	34.70	ROBERT GROSSMAN	46	
12:04.19	DAVID ZANDER	38	1:04.44	JOHN FLANAGAN	39	13:26.85	DONALD PETERSON	40	1:09.25	MIKE GARIBALDI	40	6:10.74	HARRIS ROSEN	46	34.84	HARRIS ROSEN	46	
12:05.46	RUTHERFORD BENGE	36	1:05.22	PETER O'KEEFE	36	14:39.75	ARTHUR HALE	44	1:09.65	LED BRUNING	43	800 M. FREE MEN 45-49		1:00.58	DAVE GILLANDERS	'86		
12:22.61	PHIL HARQUARDT	39	1:07.20	BOB KOLANKOWSKI	38	1500 M. FREE MEN 40-44		20:19.70	ROBERT WILLIAMS	'86	1:12.77	RICHARD SCHEU	'86	1:08.58	DAVE GILLANDERS	'86		
12:59.48	CRAIG SHAW	39	1:07.68	DICK THOMAS	38	20:19.70	ROBERT WILLIAMS	40	1:14.92	DON GALINE	40	12:38.37	RICHARD SCHEU	46	1:08.58	DAVE GILLANDERS	47	
13:14.66	STEPHEN WASHBURN	39	1:07.90	ED RUDLOFF	38	21:12.89	HARRY BROGAN	44	1:15.70	BEN VAN DYK	41	13:18.73	MICHAEL KLINE	46	1:08.84	BERT PETERSEN	47	
1500 M. FREE MEN 35-39			1:09.19	JERRY LUCAS	35	21:50.19	JOHN HARTIGAN	41	1:16.92	BEAU TOLL	44	13:58.40	DON NELSON	47	1:09.35	RICHARD BASSI	45	
18:10.39	N. BARCOCK	'84	1:09.94	JOHN MAGUIRE	39	22:07.83	HUGH DUNSMITH	42	1:16.94	JERRY RICHARDS	40	14:20.09	JOHN KOPSKY	48	1:10.56	MIKE LAUX	45	
19:15.84	MARVIN SCHWARTZ	38	1:10.79	WILLIAM MELCH	36	22:22.73	DON WALLACE	44	200 M. FLY MEN 40-44		15:41.00	PHILLIP WASHBURN	45	1:14.34	HANS REICHEL	46		
20:00.19	ART CARPENTER	35	1:11.20	PETER HEOTIS	35	23:16.58	JOHN DOBGETT	43	2:27.60	ABRAHAM MELAMED	'86	16:37.40	MICHAEL DAVIS	48	1:15.89	BEN WISCKOL	46	
20:23.46	STEVEN BARRETT	39	1:11.53	DAVID CURRY	39	23:45.85	BOB OLSON	44	2:27.60	ABRAHAM MELAMED	44	1500 M. FREE MEN 45-49		1:19.35	BARRY FASBENDER	48		
20:32.32	STEPHEN CENEY	36	200 M. FLY MEN 35-39		24:57.92	HARRY LEWIS	44	2:34.15	PHIL GOODE	43	2:19.97	BEN WISCKOL	'86	1:19.66	CHARLES KILBOURNE	47		
21:04.54	BLON LARSON	37	2:23.49	JOHN FLANAGAN	'86	24:57.92	HARRY LEWIS	44	2:37.17	JACK GEDGEGHAN	44	2:19.97	BEN WISCKOL	45	1:22.22	DOUG SHEARER	45	
21:08.58	ED O'BRIEN	37	2:23.49	JOHN FLANAGAN	39	25:12.14	JOE BIONDI	43	2:40.91	LED BRUNING	43	2:40.05	WAYNE WILSON	46	1:31.93	WAYNE PICKERING	48	
22:34.34	DICK CORNELLISON	38	2:50.06	JERRY BOPE	39	25:42.61	JIM DICKSON	41	2:51.89	CHRIS RIVERS	40	2:42.64	HARRIS ROSEN	46	200 M. FLY MEN 45-49			
23:15.96	JOHN BLALOCK	35	3:15.97	JAMES BASWELL	37	50 M. BACK MEN 40-44		3:18.25	ROBERT TUCKER	40	2:47.05	MICHAEL KLINE	46	2:42.24	MIKE LAUX	'86		
23:17.09	PHIL HARQUARDT	39	100 M. I. M. MEN 35-39		29.58	TIM BIRNIE	'86	3:30.30	KENNETH ANSON	41	26:12.04	GUY EARLY	46	2:42.24	MIKE LAUX	45		
23:23.47	DAVID ZANDER	37	1:05.83	LARRY CHASE	'85	29.58	TIM BIRNIE	40	3:31.29	REM SCHUL	40	27:38.06	BILL DAVIES	49	2:51.30	DAVE GILLANDERS	47	
50 M. BACK MEN 35-39			1:08.87	CLARK BAUGHER	37	30.37	ROBERT SMITH	42	3:32.60	JIM DESIMONE	44	28:15.38	DICK HAUNSCHILD	48	2:55.57	BARRY FASBENDER	48	
30.10	TIM BIRNIE	'85	1:08.97	JIM BAEHRN	35	35.32	JACK GEDGEGHAN	44	3:33.83	HARRY LEWIS	44	28:53.68	BEN WISE	49	3:03.72	BERT PETERSEN	47	
30.42	WILLIAM TINGLEY	36	1:09.03	DICK THOMAS	38	35.77	DOUG HELLERSON	40	100 M. I. M. MEN 40-44		31:06.40	LUDWIG WEIMANN	45	3:05.54	CHARLES KILBOURNE	47		
31.23	DICK THOMAS	38	1:11.60	BOB KOLANKOWSKI	38	36.80	MIKE DUISMAN	40	1:08.25	TIM BIRNIE	'86	32:52.40	MICHAEL DAVIS	48	3:40.15	STEPHEN GINSBURG	45	
31.62	STEPHEN MORGAN	37	1:12.07	DENNIS WILSON	37	37.54	ROBERT NEWMAN	43	1:11.02	ROBERT SMITH	42	50 M. BACK MEN 45-49		3:46.94	ROBERT WILLIAMS	47		
33.41	JOHN MAGUIRE	39	1:13.10	JOHN MAGUIRE	39	37.60	ABRAHAM MELAMED	44	1:11.02	ROBERT SMITH	42	31.62	JOHN SMITH	'86	4:23.04	JIM BUKELOW	46	
33.59	JOSEPH ROGERS	35	1:13.39	MAURICE LEVOIS	39	37.75	GEORGE MC NAMARA	44	1:11.69	SCOTT GUTHRIE	42	31.62	JOHN SMITH	48	100 M. I. M. MEN 45-49			
34.13	DAVID CURRY	39	1:14.83	JOHN SCHULER	38	38.04	ROBERT SCOTT	40	1:12.00	ABRAHAM MELAMED	44	33.44	RICHARD BASSI	45	1:14.95	WILLIAM MC MASTER	'85	
35.12	SCOTT GRIFFITHS	36	1:15.04	ERIC SLUSER	36	100 M. BACK MEN 40-44		1:13.27	JACK GEDGEGHAN	44	33.75	BILL EARLY	49	1:15.47	MIKE LAUX	45		
35.46	PHIL CODD	37	1:15.29	STAN FRIED	36	1:07.69	TIM BIRNIE	'86	1:14.18	JIM DRAGON	41	34.60	DAVE GILLANDERS	47	1:15.55	HANS REICHEL	46	
35.77	JIM STINE	35	200 M. I. M. MEN 35-39		1:07.69	TIM BIRNIE	'86	1:15.87	BEN VAN DYK	41	36.92	BARRY FASBENDER	48	1:15.74	JACK MCCOY	45		
35.84	MIKE WARREN	35	2:23.33	LARRY CHASE	'85	1:07.69	TIM BIRNIE	40	1:16.01	DOUG RANN	41	37.48	HARRIS ROSEN	46	1:16.69	BILL EARLY	49	
100 M. BACK MEN 35-39			2:25.67	PETER O'KEEFE	36	1:21.47	RONALD MOLNAR	44	1:17.07	JAMES HANRING	40	37.90	JACK MCCOY	45	1:17.88	BERT PETERSEN	47	
1:04.17	PETER O'KEEFE	'86	2:32.11	CLARK BAUGHER	37	1:22.81	DAVID DIEHL	44	1:17.57	KENNETH ANSON	41	38.20	RON MUGAVIN	48	1:19.54	ROBERT GROSSMAN	46	
1:04.17	PETER O'KEEFE	'86	2:33.35	BILL BARCOCK	38	1:23.56	MIKE DUISMAN	40	200 M. I. M. MEN 40-44		39.99	BERT PETERSEN	47	1:21.13	NEWT WATTIS	47		
1:06.32	WILLIAM TINGLEY	36	2:39.54	ED O'BRIEN	37	1:24.30	BOB REIMERS	43	2:32.84	CARTWRIGHT	'86	40.34	PETER CRUMBINE	47	1:21.19	BRETT BAYNE	46	
1:10.04	STEPHEN MORGAN	37	2:40.59	PAUL BROWN	37	1:25.10	BRIAN LANGLAIS	40	2:32.84	CARTWRIGHT	44	100 M. BACK MEN 45-49		1:22.31	GEORGE FISSETTE	45		
1:10.04	DICK THOMAS	38	2:41.89	D.B. CAMPBELL	35	1:28.30	DUNCAN MACDONALD	42	2:32.96	GARY LANGENDEN	41	1:13.20	JOHN SMITH	'86	1:23.00	PETER CRUMBINE	47	
1:10.72	JERRY LUCAS	35	2:47.55	GREGORY SMITH	39	1:28.62	ROBERT NEWMAN	43	2:40.62	MIKE GARIBALDI	40	1:13.20	JOHN SMITH	48	100 M. I. M. MEN 45-49			
1:12.39	DAVID CURRY	39	2:49.03	JOHN SCHULER	38	1:29.70	DON WALLACE	44	2:47.82	ERIC SNYDER	44	1:13.91	RICHARD BASSI	45	2:36.13	D. COSTILL	'85	
1:15.42	BILL BARCOCK	38	2:51.67	MARSHALL MCMILLAN	37	1:30.60	DICK MONAHAN	44	2:49.09	HUGH DUNSMITH	42	1:17.08	BILL EARLY	49	2:54.19	BEN WISCKOL	46	
1:16.59	STEVEN HIGHLY	39	2:52.40	JOE KINNEY	35	200 M. BACK MEN 40-44		2:49.96	HARRY BROGAN	44	1:17.08	BILL EARLY	49	2:55.82	BARRY FASBENDER	48		
1:18.02	JOSEPH ROGERS	35	400 M. I. M. MEN 35-39		2:34.44	B. MELTY	'85	2:51.30	DOUG RANN	41	1:17.08	BILL EARLY	49	2:56.92	CHARLES KILBOURNE	47		
1:19.77	CHANNON MURPHY	37	5:10.83	LARRY CHASE	'85	2:57.56	BRIAN LANGLAIS	40	2:52.07	LEE STAUFFER	40	1:17.08	BILL EARLY	49	3:01.17	BERT PETERSEN	47	
200 M. BACK MEN 35-39			5:11.98	ED O'BRIEN	37	2:58.20	JOHN ZEIGLER	40	2:56.63	CHARLIE NIELSEN	40	1:34.00	RON MUGAVIN	48	3:11.60	BRETT BAYNE	46	
2:31.23	WILLIAM TINGLEY	'86	5:52.20	GLENN STOREY	36	2:59.27	JIM MYERBERG	43	2:58.04	KINGSLEY BOYD	42	1:40.70	BERNIE SENGSTOCK	49	3:14.81			

1:18.16	BOB GREGSON	50	1:27.79	TED ROBINSON	52	1:18.07	ARTHUR FRIEDLAND	56	50 M. FLY MEN 55-59	13:30.76	JAMES WILLIAMSON	62	1:23.25	FRANK PIEMME	51		
1:19.10	ANDREW JANARELLA	51	1:28.15	RAY BURNS	51	1:20.55	HAROLD FERRIS	55	31.47	HAL BEGEL	84	13:44.18	JERRY SAGER	61	1:23.74	JOSEPH KURTZMAN	60
2:00 M. FREE	MEN 50-54		1:29.51	BOB DAVIS	51	1:24.13	TERRY MC CURDY	55	31.66	EDWARD ENES	56	13:51.06	GILBERT YOUNG	64	1:27.78	ED RUDLOFF	62
2:19.25	BUMPY JONES	85	1:32.02	RICHARD D'ACCARDI	52	200 M. FREE	MEN 55-59		32.74	ALFONSO ALLEN	57	14:08.82	BALINT PAPP	64	1:37.69	ART KELLEY	61
2:26.56	BILL ROBERTSON	50	1:32.19	LLOYD SKRAMSTAD	52	2:34.12	WILLIAM STERN	86	34.52	LEN GOLDSTONE	57	14:09.34	C. F. SCHMIDT	60	1:41.13	TED DIPPY	61
2:30.50	JAMES JOHNSON	50	1:32.60	DAVID LAMOTT	51	2:34.12	WILLIAM STERN	56	35.02	FOREST SULLIVAN	57	14:31.82	FRANK COGHLAN	62	1:45.37	RICHARD DANIEL	60
2:36.02	ART WELCH	54	1:33.03	LOU ABEL	50	2:36.10	JAMES PITTS	55	35.41	LUMAN SUTTON	55	18:08.70	AUBREY DODD	63	1:48.13	GEORGE CUNNINGHAM	60
2:36.58	BILL EARLEY	50	200 M. BRST	MEN 50-54		2:40.88	GERALD MARKOFF	55	37.73	JOHN DUFFY	56	15:00 M. FREE	MEN 60-64		1:52.59	JOHN COUSENS	63
2:37.72	GERALD MARKOFF	54	3:05.10	G. BRUNSTAD	85	2:49.19	JOHN DUFFY	56	37.90	ART TEBBENS	56	24:06.50	PAUL HUTINGER	86	2:27.91	AUBREY DODD	63
2:38.33	STEVEN SCHOFIELD	54	3:08.27	DAVID DABOLL	50	2:59.82	PAUL GEITHNER	57	38.15	ERIC GUEST	56	24:06.50	PAUL HUTINGER	62	200 M. FLY	MEN 60-64	
2:39.86	HENRY LENARTZ	50	3:16.86	RAY BURNS	51	3:00.76	NORM MEYERS	55	40.10	JOHN BAUMAN	56	24:41.68	FRANK BLAIR	60	3:15.81	JOSEPH KURTZMAN	86
2:46.38	DICK BEE	52	3:19.92	BOB KAHL	52	3:04.30	DICK HARGRAVE	57	40.65	GORDON GILLIN	55	25:00.02	GLYNN JONES	61	3:15.81	JOSEPH KURTZMAN	60
2:49.50	LENNY SILVERSTEIN	51	3:21.87	TED ROBINSON	52	3:06.90	TERRY MC CURDY	55	100 M. FLY	MEN 55-59		25:40.78	JAMES WILLIAMSON	62	3:22.42	ED RUDLOFF	62
2:52.94	PAUL MCCUITION	51	3:22.36	NICK BERENYI	54	3:14.60	FRANK BURT	58	1:05.75	WIN WILSON	84	26:10.20	GILBERT YOUNG	64	3:47.77	ART KELLEY	61
400 M. FREE	MEN 50-54		3:26.82	BOB DAVIS	51	3:15.53	MICHAEL SPINELLE	55	1:19.62	ALFONSO ALLEN	57	27:19.79	BALINT PAPP	64	4:08.71	BALINT PAPP	64
4:45.96	BUMPY JONES	85	3:27.81	SAM SANDERS	51	400 M. FREE	MEN 55-59		1:32.80	ART TEBBENS	56	27:26.35	FRANK COGHLAN	62	4:10.36	TED DIPPY	60
5:19.51	DAVE DRUM	50	3:27.81	DAVID LAMOTT	51	5:15.29	WIN WILSON	84	1:49.71	WILLIAM CALLENDER	57	28:43.25	C. F. SCHMIDT	60	100 M. I.M.	MEN 60-64	
5:22.31	FRANK REYNOLDS	50	3:30.34	DAVID LAMOTT	51	5:22.67	PETER BUCKLEY	56	1:54.07	JACK GRIFFIN	58	31:39.58	GEORGE BRINTON	62	1:18.02	PAUL HUTINGER	86
5:24.95	BILL ROBERTSON	50	3:44.10	C. LEBOURGEOIS	52	5:37.81	KEN KIMBALL	55	1:55.00	DON WILSON	57	33:46.63	JAY BEELER	63	1:18.02	PAUL HUTINGER	61
5:37.50	ART WELCH	54	3:54.74	ART WELCH	54	5:37.40	NEAL PALMER	56	2:03.74	NORM RAINIER	58	50 M. BACK	MEN 60-64		1:21.76	JOHN WOODS	62
5:48.04	STEVE SCHOFIELD	54	50 M. FLY	MEN 50-54		6:01.86	GORDON GILLIN	55	200 M. FLY	MEN 55-59		34.18	PAUL HUTINGER	86	1:23.62	JERRY JAROLD	64
5:50.54	TOM LYNDON	54	31.59	DAVE DRUM	86	6:02.36	LEN GOLDSTONE	57	3:29.88	ALFONSO ALLEN	85	34.18	PAUL HUTINGER	61	1:23.72	ED RUDLOFF	62
5:51.60	PAUL ELLIOTT	50	31.59	DAVE DRUM	51	6:07.62	DICK BOWER	56	3:28.00	ART TEBBENS	56WV	37.99	JOHN WOODS	62	1:26.90	BERNIE GUTTILLA	60
5:51.72	DAVID LAMOTT	50	31.65	JIM BOHAN	50	6:09.77	JOHN DUFFY	56	3:29.88	ALFONSO ALLEN	57	38.03	JERRY JAROLD	64	1:31.87	BALINT PAPP	64
5:55.79	JOHN GEORGE	50	33.73	HENRY LENARTZ	51	6:20.46	PAUL GEITHNER	55	4:01.64	JACK GRIFFIN	58	39.53	DON BARTLETT	60	1:32.94	JAMES WILLIAMSON	62
5:56.65	CHARLES KONNKEN	54	34.50	HERB YERN	54	6:22.75	FRED WADSWORTH	57	100 M. I.M.	MEN 55-59		40.00	J. BROWN	62	1:33.11	DON BARTLETT	60
800 M. FREE	MEN 50-54		34.51	DAVID HARRINGTON	51	6:29.04	NORM MEYERS	57	1:16.00	JOHN KORTHEUER	86	42.15	T.VONBERCKEFELDT	60	1:37.56	ALEX MCINTOSH	63
11:16.97	FRANK REYNOLDS	86	34.54	DON WUDTKE	51	800 M. FREE	MEN 55-59		1:16.00	JOHN KORTHEUER	55	42.63	WAYNE SHADBOLT	62	1:38.40	JAMES FORBES	60
11:18.97	FRANK REYNOLDS	86	34.82	BILL ROBERTSON	50	11:31.78	PETER BUCKLEY	86	1:22.01	GERALD MARKOFF	55	43.01	DICK COLLINS	63	100 M. I.M.	MEN 60-64	
11:33.52	ART WELCH	54	35.39	SANDO	50	11:31.78	PETER BUCKLEY	56	1:24.30	JAMES PITTS	55	43.67	ROBERT WENTORF	60	2:59.39	DUANE DRAVES	86
12:06.90	DENIS RICE	53	35.70	RAY BURNS	51	12:54.28	NEAL PALMER	56	1:26.18	FOREST SULLIVAN	57	44.57	WIL DOLPHIN	60	2:59.39	DUANE DRAVES	60
12:17.50	STEVE SCHOFIELD	54	37.12	DICK BEE	52	13:57.71	FRANK BURT	58	1:26.34	GORDON GILLIN	55	100 M. BACK	MEN 60-64		2:59.39	DUANE DRAVES	60
12:26.95	HERB KERN	54	100 M. FLY	MEN 50-54		14:12.79	JACK GRIFFIN	58	1:26.60	WILLIAM STERN	56	1:17.31	PAUL HUTINGER	86	3:00.55	FRANK PIEMME	61
12:42.98	JAMES MILLER	51	1:20.06	HENRY LENARTZ	86	15:30.06	CHARLES ANDERSON	57	1:28.40	ROBERT METH	57	1:17.31	PAUL HUTINGER	61	3:11.17	ED RUDLOFF	62
13:46.24	BILL DAVIES	50	1:20.06	NICK BERENYI	51	1500 M. FREE	MEN 55-59		1:28.61	ERIC GUEST	56	1:26.81	DUANE DRAVES	60	3:29.72	BALINT PAPP	64
15:01.17	THOMPSON CLARK	54	1:22.08	C. LEBOURGEOIS	52	23:08.28	KEN KIMBALL	86	1:29.09	JOHN GEITHNER	55	1:26.84	JOHN WOODS	62	3:30.22	LELAND ARTH	61
15:48.08	MARK SNYDER	52	1:22.81	ART WELCH	54	23:08.28	KEN KIMBALL	56	1:31.71	ERNIE HULME	57	1:27.64	DON BARTLETT	60	3:43.49	RICHARD DANIEL	60
19:55.47	RICHARD SCHWARTZ	52	1:25.70	SANDO	50	25:28.33	FRED WADSWORTH	57	200 M. I.M.	MEN 55-59		1:29.15	J. BROWN	62	3:45.36	GEORGE CUNNINGHAM	60
19:59.00	50 M. FREE	MEN 50-54	1:26.84	RAY BURNS	51	29:27.70	CHARLES ANDERSON	57	3:06.95	LUMAN SUTTON	85	1:36.19	JAMES WILLIAMSON	62	3:48.22	WIL DOLPHIN	60
19:59.63	BUMPY JONES	85	1:27.34	DON WUDTKE	51	33:50.88	PATRICK QUINN	55	3:10.79	GORDON GILLIN	55	1:37.16	WILFORD DOLPHIN	61	3:53.28	ALEX MCINTOSH	63
23:01.96	DENIS RICE	53	1:33.94	PAUL ELLIOTT	50	39:40.89	BILL BRESKO	58	3:17.63	PAUL GEITHNER	55	1:38.55	ROBERT WENTORF	60	400 M. I.M.	MEN 60-64	
23:50.28	STEVE SCHOFIELD	54	1:35.90	NEIL WORTMAN	50	50 M. BACK	MEN 55-59		3:18.11	LUMAN SUTTON	55	1:38.55	ROBERT WENTORF	60	6:55.77	EDWARD RUDLOFF	85
24:10.40	JAMES MILLER	51	1:38.98	R. RODRIGUE	52	37.92	LARRY MEYER	85	3:21.27	JOHN BAUMAN	56	1:42.48	GILBERT YOUNG	64	7:02.27	ED RUDLOFF	62
24:21.23	DAVID LAMOTT	50	1:39.26	DAVID LEVY	54	38.07	JOHN KORTHEUER	55	3:34.13	NORM MEYERS	57	200 M. BACK	MEN 60-64		7:32.45	BALINT PAPP	64
24:42.66	NICK BERENYI	54	200 M. FLY	MEN 50-54		39.20	FOREST SULLIVAN	57	3:37.27	WILLIAM MONROE	55	2:53.32	PAUL HUTINGER	86	8:09.11	ALEX MCINTOSH	63
25:08.01	JOHN GOODE	52	3:09.06	C. LEBOURGEOIS	84	40.34	BILL CHRISTIAN	55	4:06.46	JACK GRIFFIN	58	2:53.32	PAUL HUTINGER	61	8:23.40	C. F. SCHMIDT	60
26:31.52	BILL DAVIES	50	3:21.33	HERB KERN	54	40.90	JAMES PITTS	55	4:13.72	DON WILSON	57	3:18.09	J. BROWN	62	8:23.40	M. FREE	MEN 65-69
27:26.96	DAVE DUTTON	50	3:51.70	NICK BERENYI	54	41.54	ARTHUR FRIEDLAND	56	400 M. I.M.	MEN 55-59		3:31.12	WILFORD DOLPHIN	61	33.42	AL VANDEWEGHE	84
27:46.05	DAVE ROBERTSON	51	4:03.55	PICKETT SIMPSON	51	41.60	JOHN FRUIN	57	8:48.74	JACK GRIFFIN	86	3:33.49	KJ EDWARDS	63	33.59	HUGH RICHARDS	65
29:28.50	CARL RANDALL	50	4:14.48	TOM FOLEY	52	42.45	LUMAN SUTTON	55	8:48.74	JACK GRIFFIN	58	3:49.22	GILBERT YOUNG	63	33.86	DON GREETHAM	65
50 M. BACK	MEN 50-54		42.86	HAROLD DESMIDT	57	43.03	HERB SIMON	56	50 M. FREE	MEN 60-64		3:52.23	GLYNN JONES	61	34.29	BILL ODMAN	66
33.13	JACK WEBB	85	43.03	HERB SIMON	56	43.65	WILLIAM MONROE	55	29.83	FRANK PIEMME	86	3:58.71	BOB MC CAIN	64	35.17	JOHN LAIRD	66
34.20	JACK BEATTIE	51	43.65	WILLIAM MONROE	55	100 M. BACK	MEN 55-59		29.83	FRANK PIEMME	61	4:31.85	AUBREY DODD	63	35.70	JOHN HAY	65
34.47	JIM BOHAN	50	100 M. BACK	MEN 55-59		1:22.00	HAL BEGEL	84	30.80	BERNIE GUTTILLA	60	50 M. BRST	MEN 60-64		36.45	ROBERT CUTTHER	68
35.70	LLOYD SKRAMSTAD	52	1:22.00	HAL BEGEL	84	1:26.21	KEN KIMBALL	56	31.65	JOHN WOODS	62	37.79	JOSEPH KURTZMAN	86	37.79	HARRY COOPER	69
36.10	FOSTER DE JESUS	50	1:26.21	KEN KIMBALL	56	1:32.43	FOREST SULLIVAN	57	32.16	DICK COLLINS	63	37.79	JOSEPH KURTZMAN	60	37.94	ROGER CHAMBERLAIN	69
37.10	RON WITTLACK	51	1:32.52	JOE ROBINSON	51	1:32.62	LUMAN SUTTON	59	32.81	T.VONBERCKEFELDT	60	39.15	JAMES FORBES	60	39.98	HENRY KNECHT	65
37.42	JOHN GEORGE	50	1:33.46	DAVID DABOLL	50	1:33.46	HERB SIMON	56	33.29	JOHN RICHARDS	60	39.74	PAUL HUTINGER	62	41.81	JOHN MERRILL	69
40.04	JOHN PADAN	52	1:34.28	DAVID LAMOTT	51	1:34.28	HAROLD DESMIDT	57	33.70	WAYNE SHADBOLT	62	41.22	T.VONBERCKEFELDT	60	100 M. FREE	MEN 65-69	
41.44	A. IVANOUSKAS	52	1:34.40	JOHN FRUIN	57	1:34.40	JOHN FRUIN	57	34.01	DON BARTLETT	60	41.92	ED SIMMERS	60	1:16.92	BOB MERRICK	85
43.93	MARK SNYDER	52	1:34.52	ARTHUR FRIEDLAND	56	1:37.09	DICK HARGRAVE	57	34.30	JAMES WILLIAMSON	62	42.36	ROBERT WENTORF	60	1:17.64	DON GREETHAM	65
44.32	ARNOLD FARBBER	52	1:37.09	DICK BOWER	56	1:37.33	DICK BOWER	56	34.99	LOUIS DUNLAVY	60	43.81	LELAND ARTH	61	1:20.87	HUGH RICHARDS	65
100 M. BACK	MEN 50-54		1:37.33	DICK BOWER	56	1:42.19	WILLIAM MONROE	55	100 M. FREE	MEN 60-64		44.58	JOHN WOODS	62	1:27.58	THOMAS KRUMM	65
1:18.01	JACK BEATTIE	86	1:42.19	WILLIAM MONROE	55	200 M. BACK	MEN 55-59		1:09.57	JOHN WOODS	86	44.70	C. F. SCHMIDT	60	1:30.14	HENRY KNECHT	65
1:18.01	JACK BEATTIE	51	200 M. BACK	MEN 55-59		3:10.50	KEN KIMBALL	86	1:09.57	JOHN WOODS	62	45.10	ALEX MOSKOWITZ	62	1:42.20	EDWIN MORTIMER	69
1:19.06	BILL EARLEY	50	3:10.50	KEN KIMBALL	86	3:10.50	KEN KIMBALL	56	1:09.90	BERNIE GUTTILLA	60	100 M. BRST	MEN 60-64		1:42.40	ROBERT SMITH	65
1:26.20	C. LEBOURGEOIS	52	3:10.50	ARTHUR FRIEDLAND	56	3:26.83	LUMAN SUTTON	59	1:13.02	WAYNE SHADBOLT	62	1:27.55	EDWARD RUDLOFF	85	1:43.65	ROBERT LEWIS	66
1:28.39	LLOYD SKRAMSTAD	52	3:22.74	RAY CHEN	52	3:26.83	LUMAN SUTTON	59	1:15.61	DICK COLLINS	63	1:30.91	JAMES FORBES	60	1:48.37	GEORGE KASSELMAN	67
1:31.93	RAY CHEN	52	3:24.51	NICK BERENYI	54	3:26.83	LUMAN SUTTON	59	1:16.14	BALINT PAPP	64	1:32.23	JOSEPH KURTZMAN	60	1:50.93	HARRY ANDERSON	67
1:32.78	JOHN PADAN	52	3:26.83	LUMAN SUTTON	59	3:26.83	LUMAN SUTTON	59	1:17.51	T.VONBERCKEFELDT	60	1:32.33	T.VONBERCKEFELDT	60	1:51.82	NELSON HUNT	67
1:32.84	ART WELCH	54	3:26.83	LUMAN SUTTON	59	3:26.83	LUMAN SUTTON	59	1:17.51	JOHN COUSENS	60	1:34.26</					

STROM'S E. MILLER T. YOUNGER	1:50.98 D. BRIGGS T. MORAN	INLAND EMPIRE A. DODD W. PICKLES	2:37.31 J. DUKELOW J. BRIFFIN	INLAND EMPIRE C. MURPHY D. ZANDER	2:57.13 M. DAVIS C. BRACE	CENT. FLORIDIA C. SMALL C. CAREY	2:22.22 S. HUMMER M. BERNSTEIN	BREVARD P. RIEBERT R. LOTSPETCH	2:27.80 P. CURETON K. SPILGER	240+ R. WISCONSIN F. FELD M. SCIBORSKI	86 3:35.46 J. BAUMAN B. KENDALL
EMPIRE S. SOKOLOV M. CASTRO	1:52.29 D. MORRIS A. MELAMED	INLAND EMPIRE J. BEELER C. BRACE	2:40.23 D. CONNELLY P. BROWN	INLAND EMPIRE J. NAIDEN M. SNYDER	3:05.23 E. BRENNECKE D. KNOTT	INLAND EMPIRE N. REID P. MOYES	2:22.89 J. NAIDEN R. DURANT	120+ R. EMPIRE K. FARNSWORTH A. MELAMED	86 2:18.25 F. DE JESUS G. DEELY	WISCONSIN F. FELD M. SCIBORSKI	3:35.46 J. BAUMAN B. KENDALL
INLAND EMPIRE T. O'KEEFE J. KINNEY	1:55.78 D. STORY J. SCHEIBNER	240+ R. EMPIRE J. PITTS J. BURNS	2:36.98 B. 2:36.98 A. TEBBINS A. IANARELLA	200+ R. SAN DIEGO B. EARLEY D. DRUM	2:14.27 L. SKRAMSTAD K. KIMBALL	OREGON D. BAKER J. MCFARLANE	2:25.33 R. RIESS K. ROACH	EMPIRE K. FARNSWORTH A. MELAMED	2:18.25 F. DE JESUS G. DEELY	INLAND EMPIRE P. EVERETT M. CLARKE	4:12.32 E. FUCKETT J. BEELER
CHARLESTON G. FISETTE D. PARLER	1:58.26 S. GUTHRIE S. RICHARDS	EMPIRE J. PITTS J. BURNS	2:36.98 A. TEBBINS A. IANARELLA	SAN DIEGO B. EARLEY D. DRUM	2:14.27 L. SKRAMSTAD K. KIMBALL	TRIAID MASTERS J. WYNN D. WARD	2:32.03 N. WARD P. BUTLER	OREGON R. SMITH M. SCHWYHART	2:19.88 S. ROUSSEAU S. ALBRIGHT		
HAWKEYE R. VAN HORN R. MERRAUGH	1:59.47 R. WALKER R. STUCK	EMPIRE J. KEEFE R. METH	2:42.08 J. FORBES E. MORTIMER	TOLEDO YNCA D. THAYER B. HAMILTON	2:30.12 D. BARNES C. DORCUS	EMPIRE K. CHERKOFF M. LAUER	2:37.99 A. BIKOFF G. WAFFLE	INLAND EMPIRE C. SLOVER C. CHAY	2:21.54 T. O'KEEFE J. SCHEIBNER		
INLAND EMPIRE D. WILLIAMS T. BURHAM	2:01.64 N. ROMNEY G. CUMMISK	ANDERSON S. TEDFORD J. KOVAZ	2:02.25 J. MELTON S. CRAPARONE	OREGON G. YOUNG B. PETERSEN	2:31.82 M. RICHARDS S. BARRETT	160+ R. INLAND EMPIRE J. GALBRAITH L. CLARK	86 2:10.29 B. GREGSON D. WILLIAMS	INLAND EMPIRE J. GALBRAITH L. CLARK	2:10.29 B. GREGSON D. WILLIAMS	CHARLESTON J. PESAVENTO M. DOWLEN	2:22.57 S. GUTHRIE G. FISETTE
ANDERSON S. TEDFORD J. KOVAZ	2:02.25 J. MELTON S. CRAPARONE	SYLVANIA T. BRUCE R. SHAFERDGH	2:05.49 J. BAEHREN J. DONALDSON	ANDERSON H. STEVENS K. NEWTON	2:05.07 S. FRIED J. PLISCO	INLAND EMPIRE D. STORY C. MURPHY	2:34.13 S. PIERCNE T. O'KEEFE	120+ R. SYLVANIA J. BACHREN D. BAKER	86 2:08.40 J. BERTZ J. HENSON	INLAND EMPIRE D. STORY C. MURPHY	2:08.40 J. BAEHREN J. HENSON
CLRWATER LARGO B. NICHOLS M. KLINE	2:05.97 J. BIONDI J. STINE	160+ R. OREGON D. SMITH B. LANGLAIS	1:55.57 B. PETERSEN R. SMITH	OREGON D. SMITH B. LANGLAIS	1:55.57 B. PETERSEN R. SMITH	EMPIRE C. ORMANDY M. ROSS	2:05.16 D. JAMES F. DE JESUS	EMPIRE P. MICHAEL M. CATAK	2:07.50 P. CAMERON P. HEDTIS	EMPIRE B. SENGSTOCK R. MUGAVIN	2:08.69 J. BOLZE D. KAPP
EMPIRE B. SENGSTOCK R. MUGAVIN	2:08.69 J. BOLZE D. KAPP	CENT. FLORIDIA M. McDONALD N. SKJERSA	2:10.94 S. HUMMER R. SCOTT	INLAND EMPIRE R. COMEAU C. MURPHY	2:15.25 J. BLACK D. DABOLL	INLAND EMPIRE E. BRENNECKE D. KNOTT	2:16.33 J. NAIDEN G. KEZELE	LAKESIDE W. TINGLEY C. RIVERS	2:19.53 D. CANNON R. SCHEU	INLAND EMPIRE E. PUCKETT D. ZANDER	2:19.54 M. DAVIS D. STORY
INLAND EMPIRE R. COMEAU C. MURPHY	2:15.25 J. BLACK D. DABOLL	INLAND EMPIRE E. BRENNECKE D. KNOTT	2:16.33 J. NAIDEN G. KEZELE	LAKESIDE W. TINGLEY C. RIVERS	2:19.53 D. CANNON R. SCHEU	INLAND EMPIRE E. PUCKETT D. ZANDER	2:19.54 M. DAVIS D. STORY	METAIRIE Y S. JAMNCKE S. SEGRETTA	2:35.39 B. BODREAUX R. BLACKERBY	200+ R. OREGON S. BARRETT H. RICHARDS	86 2:10.36 G. YOUNG B. PETERSEN
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SCULLING FOR SPEED IN BACKSTROKE

by Lucille Griffin

In Swimming Faster Ernest W. Maglischo has summarized, illustrated, and explained in great detail the modern research on pitch and angle of the hands of championship swimmers of the racing strokes. It appears that the ability to feel the right angles in every part of each stroke was learned unconsciously and independently by these swimmers through years of repetition. The techniques involved are not usually taught in a specific manner because of the difficulty of obtaining precise angle measurements and of communicating this know-how in a form that will be useful rather than confusing to swimmers. Ordinarily it is suggested piecemeal in stroke corrections, and the feel is learned the hard way through practice.

To synchronized swimmers the inward, outward, upward and downward pitches of the palms, as they follow sinuous paths in the water, operating like the blades of a propeller, altogether means sculling. Recognizing this, some coaches have been incorporating sculling into team practice for years. They are right on track.

Last winter it occurred to me that the figure eight scull should be a good wrist-strengthening exercise, and I began to include 50 yards of it in my workouts. About a month later at my next meet, my 50 back time dropped lower than anything I had accomplished within 4 years in spite of the fact that I was no longer able to work out as long or as hard as previously. After thinking this over, I concluded that the propulsive phase of this scull is a miniature version of the backstroke S-pull: sculling practice had taught my hands to find more efficient angles of attack; I could feel it. Several months later I dropped another second and a half from my 50 time, for a new lifetime best.

Desiring to communicate what I had learned and verify that other backstrokers might benefit, I returned briefly to coaching to conduct a clinic during the break following the USS long course season. A small group of volunteers, ranging in age from 10 to 40 and in backstroke ability from B to AA to Masters, listened to an explanation of sculling technique and how it applies to backstroke. They were taught to scull and practiced about a half hour daily, alternating a length of sculling with one to 4 lengths of backstroke at slow to moderate pace and concentrating to copy the feel of sculling hands. Heavily muscled males were permitted a small flutter kick to maintain the floating position desired for sculling. About half of the participants incorporated the sculling pattern into their backstroke so readily that it was suspected they had been doing this unconsciously all along. On the second and third day of practice some swimmers admitted to feeling soreness in the wrists. After a week of practice the majority improved their 50 m back time by a half second or more. Several remarked that they could feel an earlier catch. A summary of the information passed on to these swimmers follows.

THE FIGURE EIGHT SCULL ADAPTED TO BACKSTROKING Sculling is

a method of propulsion achieved by movements of the hands, wrists and forearms. With the body in a high back float and arms 4 to 5 inches from the sides, the fingertips trace figure eights in a plane exactly perpendicular to that of the body. The palms angle through the water in such a way as to cause continuous propulsion.

Alert swimmers may notice that the movements trace the backstroke S-pull. The first object of sculling practice is to develop a keen sense of the angling of the palms through this pattern, to feel the water caught and swept through the S.

For the earliest catch, the hand is held loosely cupped with thumb resting against index finger. The fingers may be allowed to spread a little with no loss of propulsive power. Swimmers are encouraged to experiment with the shape of sculling hands to feel for themselves the difference between more or less effective shapes.

A second objective of sculling practice is the development of balanced wrist strength and flexibility. Once the hands have learned to trace the figure eight, feeling the effective angles and formation of the palm that allow no slippage through the S, concentration should be focused on accelerating the sculling movement.

COMMON FAULTS TO BE CORRECTED INCLUDE: 1) Sculling a flattened pattern with too little wrist action. 2) Sloppy placement of the thumb in the beginning. 3) Finishing early and slipping across to start too soon. 4) Breaking the surface of the water. 5) Executing the down and out sweep too far away from the thighs.

My own confidence in the backstroke feel enhanced during the clinic. I further improved my times the next weekend: nearly another second faster for the 50 and 4 seconds faster in the 100. At this point I had been sculling regularly up to 4 lengths a day for about 8 months as part of a workout that rarely exceeded one mile. The long term benefit was out of all proportion to the amount of time and effort expended.

CONCLUSIONS: A small amount of sculling done on a regular basis as a part of the workout can be very worthwhile. Among the benefits to be derived, foremost is a greatly enhanced feel for the water, including the earliest possible backstroke catch, a sharp differentiation between pressure on the palms and slippage, and a new awareness of the power potential of fully finishing each stroke. Acquisition of this feel is a confidence booster. At the same time that the feel is developing, strength and flexibility of the wrists are improving. A length of sculling worked in during the rest period between sets can help refocus the mind on careful execution. In order for all these benefits to accrue, the correspondence between the figure eight scull and the backstroke S-pull must be clearly understood and felt. Further study is needed to clarify how sculling practice applies to the other racing strokes. The hand and wrist action involved in O-sculling (to propel the body backwards, feet first) appears quite similar to the breast stroke pull pattern. Freestyle and butterfly hand patterns may be a combination of figure eight and O sculls.

FIRST PLACE ..TOM LYNDON

MY CURRENT FAVORITE...This 1700 yard workout that I have been doing frequently lately takes me about 45 minutes, depending on how much rest I take between each part. It includes some slower stuff (500 pace), some nonfreestyle (the IM), and a lot of kicking and pulling. I like it because I swim at several speeds and take turns focusing on different parts of the stroke. Also, I find the four clearly different parts help me deal with the tiredness that can get heavy in a particularly long set. I think this workout builds strength, endurance, feel for the stroke, and some speed.

1. Swim a 500 yards. (My time is 0-20 seconds off my 6:40 race pace.) Rest 2 minutes after.
2. Swim a 200 yard IM. (About 15 seconds off my 3:00 race pace.) Rest 2 minutes.
3. Kick set 4 x 100 yards, starting each 100 yards 90, 120, or whatever seconds after the preceding 100. Use flippers and a board. I take about 45 seconds rest after each kick. Then kick 4 x 50 yards without flippers, starting each 50 on a time interval at least 2/3 as long as the 100 interval. This timing gives me 45 seconds rest for the 50s. Rest 2 minutes.
4. Paddle pull (I use hand paddles but no pull buoy) the same distances as in the Kick set, except use the paddles for the 50s as well. You may prefer shorter rest intervals for the pulling than for the kicking. I don't because I like to get more rest when I pull so I can lean more on my muscles and be less impeded by oxygen debt. (After all, I'm only a sprinter.) I pull the 100s not much faster than I flipper kick them.

Rigidity..I almost always start with the 500 swim. Sometimes I vary the sequence of the other parts, but do prefer to pull at the end of the workout because it's not so overall fatiguing and I like the IM early, since I think it loosens up my muscles.

Patterns..I carefully (compulsively?) record my times and use them as benchmarks in all future workouts. Ask me to look up a workout I swam a year ago; I'll think it is a reasonable, even intelligent, inquiry. My times usually don't vary more than 2 seconds per 100 yards from one workout to the next over a period of a month or two once I've been swimming a few times a week for a few weeks. I usually swim each 100 and 50 in a set within 1 or 2 seconds of the others.

Shorter's Faster..I pull the 50s about 5 seconds faster per 50 than the 100s and am helped to do this by the higher proportion of rest time to pull time in the shorter distance. I pull 4 x 100 on 2 minutes, averaging 1:14 and pull 4 x 50 on 1:30, averaging 32 .

Never a Dull Moment..I have been doing the above workout two to five times a week for a couple of months. Many swimmers seem to pride themselves on never swimming the same workout twice or at least not swimming the same workout very often. Some don't even seem to want to swim the same set twice. I think they believe that they will go stale if they repeat it

or that they will become bored if they don't continually change. For me, doing the same workout over and over provides a valuable index of "how I'm doing". On those days when I'm ahead of yesterday, I feel good and try for more. On the slow days, I'm incited to try not to go any slower.

Fit to Sprint..When I am feeling fit enough, I add some real speed work- probably a sprint set of 4-8 x 15 or 30 yards, starting each sprint on 45, 60, or 75, or 90 seconds. Of course you can start these sprints by pushing off the wall. You can also include some race pace turns by swimming the first 10-15 yards really comfortably and pouring it on the last 15 yards and ending with an aggressive turn. When you swim 30 yards, vary it by finishing with a fast turn sometimes and starting with a fast turn other times. I am a firm believer in the value of doing some of the workout- at least sometimes- at race pace. And 10-30 yards all out qualifies well. It has to do with the need to feel the stroke at the speed you will be racing. I've considered sprinting with flippers on for that reason.

My Toughest Sprint Set..I've groaned the most swimming 20 x 50 yards on 90 seconds (starting each 50 yards 90 seconds after starting the previous one. I've done the set enough so that I know within a second where I should be for time (low thirties- the pace in the second half of my better 100 yard races). After about 5 of the 20, I am significantly tired. When I am in good shape, I keep going. When I'm not, I don't. By comparison, some would never swim this set on an interval longer than 60 seconds, because they think the last 30 seconds is wasted time. They would swim scarcely faster on 90 than they would on 60. They don't think too much of my swimming 4 x 50 on 2 1/2 minutes, either. Now that's sprinting!

The Correct Way to Train..While writing this column, I've had fairly severe ambivalent feelings about the rightness of what I'm espousing and the interest that my "Let me tell you about my workout" insights stimulate. I am usually dissatisfied with what I read and hear about how to train, because I am asked to accept too much of what they say on the basis of faith, rather than fact. Much of what is written practically assures you that it is right because- somehow- it's been proven. There is no doubt in my mind that very little has been proven about the correct way to train. I am not saying that there is no correct way to train. Rather, I'm saying that, since no one knows for sure, there could be plenty of "correct" ways. I do think that I have had some success at plagerizing and parlaying what others have intoned into what I now consider a way for me.

Ten years ago in Doc Counsilman's The Science of Swimming, I was scutinizing Dawn Fraser's last weeks of workouts before her Olympics, trying to adjust a woman's workout times in meters to something I could relate to. And since she liked to rest a lot between sprints, too, I felt I had a good model. You see, the approach to swimming really can be more artful than scientific. And so it goes. It's time I switched from Dawn to Clara Walker for my workout role model.



PICTURES BY MILDRED AND HAMILTON ANDERSON - I wish to express my thanks and gratitude to the Anderson's for providing Swim-Master with so many pictures over the past fifteen years! They also have a Masters Swim History book - informative, interesting, many articles and pictures, great for research. Lloyd & Joan Osborne say, "It is a hell of a great book for ALL Masters Swimmers and thanks for your work. Worth the \$10.00." 506 Bolivar, Bellaire, TX 77401

First row: Mildred Anderson, Sally & Jim Montgomery, Kevin Kelly; Dorothy Donnelly & Mary Lee Watson; Mel Goldstein; Nick Fazzano; Art Smith.

Middle: Tom Boak, Mike Laux, Ted Haartz, June Krauser; Jennifer Parks & Gail Dummer; Carolyn Ferris-Johnson & Diana Todd.

Bottom: Pat Maley, Ross Lambert, June Krauser, Hill Carew, Hamilton Anderson; Lisa, Karen Barnes, Rob Copeland.

OFFICIAL INTERPRETATION OF NEW USS STROKE RULES

In accordance with Section 514.1.1.A of the USS Code, the attached breaststroke and butterfly rules were approved by the USS House of Delegates meeting in Forth Worth, Texas, to become effective November 1, 1986. These rule changes will conform USS rules to those adopted by FINA at its quadrennial Technical Swimming Congress in Madrid. While the FINA rules do not take effect until February 15, 1987, it was felt that USS swimmers should begin to practice under these new rules as soon as possible.

What are the differences?

1. In both butterfly and breaststroke, swimmers will no longer be required to touch with both hands on the same level at turns or the finish. The hands still must touch simultaneously, and the shoulders still may not be dropped in long course before the touch, but the hands may now touch at different levels.
2. In breaststroke, the hands no longer must stay in the water on the recovery. They may be recovered over the water, as long as they move forward together from the breast.
3. The most significant change is in the breaststroke, where the head no longer has to stay above the water level throughout the race. After the first underwater arm stroke and stroke cycle. The head actually has to break the surface of the water, rather than just coming above the calm water level. This may change the way the stroke is swum, with the swimmer permitted to "dive" under the water during each cycle, as long as there is not a dolphin kick used to facilitate the diving action.

It is unclear, as the FINA rule is presently written, whether the swimmer can take up to two full strokes underwater at the start and each turn (one with the hands coming all the way to the legs, and a second where the hands may not go beyond the hip line). It was determined in Forth Worth that USS ought not to draft its own rules in a way which may be at odds with the eventual FINA interpretation. Therefore, until a clearer definition is forthcoming from FINA, USS will interpret its rules to require that **the head must break the surface of the water during the propulsive portion of the second arm stroke** after the start and each turn, and thereafter the head need come above the surface of the water only at some point during the stroke cycle. It is hoped that FINA will issue an interpretation in the spring of 1987, at which time the USS Rules Committee will further consider this USS interpretation.

USS Rules Committee
William A. Lippman, Jr., *Chairman*
September 25, 1986

Tina Martin reports that the United States Swimming Rule Book underwent some subtle changes which impact on USMS Rule V. E. (1), page 156. These are housekeeping changes, but it is necessary to recognize the changes and publish them. USS eliminated Rule 102.4 from the 1986 Rule Book and renumbered all subsequent rules. Not knowing this before the book went to print, the exceptions to Articles 101 and 102 of U.S. Swimming Technical Rules as amended governing all Masters competitions on page 156 of the 1987 rule book are now not correct. The first five remain the same and the last eleven change by one digit. It should read: (1) Articles 102.1, 102.2.1, 102.2.4, 102.2.5, 102.3, 102.4.2, 102.4.3, 102.4.4, 102.4.7, 102.5.1, 102.5.2, 102.7.4, 102.12.5, 102.14.3, 102.22.1, and 102.22.3. Remembering that the 1986 102.4 was eliminated.

In addition, it is important to point out the 1987 USS Rule 102.29 should also be added to the above list as it is not one that Masters swimmers will want to follow; it prohibits sale of alcoholic beverages in all parts of the venue. Even though most of the time the beer is free, we do not want to be bound by this rule.

Please remember that any changes to the Rules or Code may be proposed only by a Local Masters Swimming Committee, a standing committee of the House of Delegates, the Board of Directors or the Executive Committee. These rule changes must be submitted in the proper form as stated on page 152 of the 1987 USS Rule Book - in our Section 7. Also, please alert all USS Officials that our Rules are in their book!

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Swimming News

PEAK PERFORMANCE ANNOUNCES SOFTWARE PRODUCT FOR SWIMMING - Peak Performance has finally announced its long awaited computer software program for swimming. Called Peak Performance:Swim, the software is based on the research of Dr. David Costill, Director of the Human Performance Lab at Ball State University and pioneer in the field of exercise physiology as applied to swim-

ming. It is designed to help individual swimmers and/or coaches to train more efficiently. Specifically, Peak Performance:Swim provided interactive feedback on each workout and calculates overall workout intensity, caloric expenditure, fitness level as measured by V02 Max, energy systems used and other data useful for making training decisions. It also operates as a computerized workout log that tracks and summarizes workouts, distances, sets, times, intensity, and personal records. The software has been designed to be easy to use: no prior knowledge of computers or physiology is needed. It operates on the IBM PC and IBM PC compatibles. A portion of all revenues is returned to the Human Performance Lab to fund further research. Further information can be obtained from Peak Performance, P.O. Box 60681, Palo Alto, CA 94306. (415) 424-0208.....

FORMER UNION COLLEGE SWIMMERS - Former Union College Swimmers and ALL alumni are invited to a special masters meet during reunion weekend, June 12-14, 1987. The meet will help inaugurate the new pool - part of Union's revitalized alumni Gym facilities. For more information contact coach McKee at the college, or John Duffy, 332 Meetinghouse Lane, Orange, CT 06477.....

SAMPLE WORKOUTS About 2000 yards-----		
300 S	: 500 warm up	: 600 S
400 IM K	: 4 x 50 K	: 20 x 25 IM
500 P	: 4 x 50 P	: 150 K
200 S	: 2 time	: 20 x 25 choice
8 x 50 on 1:10	: 5 x 100 on 2:05	: 150 P
200 EZ	: 100 EZ	: 100 EZ
350 Choice	400 warm up	
2 x 100 K	400 fast/slow by 50's	
4 x 125 non free	400 IM	
500 P fast	400 descend @ 100's	
450 EZ	400 ez	

That's down and back and down and back and down and back and down and back and down and back and

MAY	2-3	SC - Skip Ferris, Somerset Valley Y, POB 6801, Bridgewater, NJ 08807
	2	SC - Joanita Reed, Rt 20 Box 208KK, San Antonio, TX 78218
	2-3	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
	2	SC - Ken Stephens, Parks & Rec Dept, 776 NE 125 St., North Miami, FL 33161
	3	SCM - Beth O'Connor, 11790 Bayfield Ct., REston, VA 22094
	3	SC Relays - Dix Ozier, POB 9909, Mills College, Oakland, CA 94613
	15-18	USMS SC NATIONALS P.O. Box 809, Los Altos, CA 94023 (Fri-Mon)
	16	SC - Woody Acton, 2237 Dawn Marie, Okla. City, OK 73112
	29-31	SCM - Ed Rudloff, Sonoma St. Univ. Pool, Rohnert Park, CA 94928
	30-31	SC - Jo May, 1405 Pine Chase, Houston, TX 77005

SAN DIEGO IMPERIAL - SDSM - Dunbar, 5703 La Jolla Hermosa Ave., La Jolla, CA 92037
April 11

ARKANSAS - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
Jun 21-1500m, Jul 25 LC

CORONADO MASTERS ASSOCIATION - Alicia Coleman, 24 The Point, Coronado, CA 92118
May 31 LC, Aug 2 LC, Oct 11 SC, Dec 6 SC

AUG 1987 USMS LC NATIONALS - The Woodlands, TX (Fri-Mon) Aug. 21-24

MAY 1988 USMS SC NATIONALS - Austin, TX (Thur-Sun) May 19-23

AUG 1988 USMS LC NATIONALS - Buffalo, NY (Thur-Sun) Aug. 25-28

OCT 1988 2nd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS, Australia Oct. 8-14
Margaret Samson, 49 North Altadena Drive, Pasadena, CA 91107

AUG 1990 3rd WORLD MASTERS SWIMMING CHAMPIONSHIPS, Rio de Janeiro, Brazil Aug. 7-12

SWIM-MASTER

June Krauser, Editor
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SWIM CALENDAR

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MAR-APR 1987

MAR 13-14	SC - Larry Bjork, 15801 5th Pl S, Seattle, WA 98148
14	1650 - Marge Rudie, 100 Taunton Ave., Catonsville, MD 21228
14	SC - Carol M. Remen, 3805 Magnolia Dr., Palo Alto, CA 94306
14	SC - Emit Hines, 3855 Holman, Houston, TX 77004
14	Pentathlon - Bill Kirkland, 710 NW 37 St., Ft. Lauderdale, FL 33309
14-15	SC - Dot Donnelly, 5 Piggott Lane, Avon, CT 06001
14-15	SC - Bob Anderson, 4549 H Northside Pky., Atlanta, GA 30339
14-15	SCM - Alice Hlinak, MuhllivsstraBe 49a, D-2300 Kiel, West Germany
14-15	SC - Carolyn Craven, 5570 Holl Dr., Eagle, ID 83616
14-15	SC - Ann Degman, Plainville Rec Dept., Plainville, CT 06062
15	Clinic - Judy Meyer, c/o MBATC, P.O. Box 3088, Boca Raton, FL 33431 (305) 488-2001
15	Pentathlon - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
20-22	Zone I Champ. - Ben Van Dyk, 7 Joel Rd., South Yarmouth, MA 02664
21	SC - Shamrock Sports Fest - Forest Sullivan, 1752 N. Woodhouse Rd., Va. Bch, VA
21	SC - Andy Knapp, 1020 Timberridge Rd., Harrah, OK 73045
21-22	SC - Roger Bird, JCPRD, 6501 Antioch Rd., Merriam, KS 66202
21-22	Relays - Lucille Griffin, Rt 2 Box 42, Newport, VA 24128
27-29	SC - Southern Regional - Chris Truhol, 612 Paul-A-Grille Way #3, St. Pete., FL 33706
28	SC - John Killeen, 1528 Campus Dr., Berkeley, CA 94708
28	SC - Jim Montgomery, 3503 Fairmount Ave., Dallas, TX 75219
28-29	SC - Maury Schott, 2205 New Garden Rd., Apt. 2901, Greensboro, NC 27410
28-29	SC - John DeJarnatt, Willamette University, Sparks Center, Salem, OR
28-29	SC - Harry Rawstrom, 713 Colgate Lane, Newark, DE 19711
28-29	SC - Joanne Tingley, 2107 Eastview, Louisville, KY 40205
29	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
29	Pentathlon - Scott Smith, 91 Strawberry Hill Rd., Stanford, CT 06902
APR	HAWAIIAN POSTAL RELAYS - Terri Frank & Kay Harrison, 98-487 Koauka Loop #B1003, Aiea, HI 96701
3-5	SC - Paul Lucien, POB 5401, Kent, WA 98031
1-4	AUSSI Nationals, Perth, AUSTRALIA
4	SC - Jerianne Donnelly, 5 Piggott Lane, Avon, CT 06001
4-5	SC Region VIII - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
7-8	Sr Athletic Games - Judy Meyer, POB 3088, Boca Raton, FL 33431 (50 & over)
11	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
11-12	SC - Dick Joanis, POB 19845, Raleigh, NC 27619
11-12	SC - South Central Zone - Larry Wood (214) 445-2125 - Irving, TX
12	SCM - Bill Steuart, 330 W 20 Ave., San Mateo, CA 94403
24-26	Swedish Swimming Federation, Idrottens Hus, S-123 87 Farsta, SWEDEN
24-26	SC - Jay Fitzgerald, POB 2672, Santa Clara, CA 95051
25	SC - Cal Schaeffer, 2826 Eastwood Sr., York, PA 17402
25	SC - Paul Blair (501) 225-5748 - Little Rock, AR
25	SC - Curt Mosso, 2293 Featherhill rd., Santa Barbara, CA 93108
25-26	SC Breadbasket Zone - Wayne Mulhern (612) 784-7020
25-26	SC - Judy Meyer, c/o MBATC, POB 3088, Boca Raton, FL 33431 (305) 488-2001
25-26	SC Dixie Zone - John Brucato, 213 Osceola Ave., Nashville, TN 37209

Continued on page 13