



SWIM - MASTER

VOL XVI - No 4

USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS

MAY 1987

1986 ALL AMERICANS

WOMEN 25-29

Judy Anderson
Ann Beardsley
Bonnie Bilich
Janet Bishop
Dawn Carlson
Diane Daymond
Bonnie Durdy
Wendelle Gray
Lisa Griffin
Judith Katterman
Linda Lanini
Amy Lepping
Karen Melick
Patricia Moran
Sandy Neilson
Cathy Neville
Robin O'Leary
Maria Pease
Susan Richmond
Rosemary Seaman
Lisa Rubergen
Patricia Woodard

WOMEN 30-34

Gail Benty
Sharon Berg
Catherine Chay
Louise Cleary
Jackie Hirsty
Elaine Hochuli
Sue McIntyre
Kathy Neill
Sandy Neilson
Susan Pamela
Janet Regis
Susan Sebald
Susan Smuck
Lisa Tubergen
Kimberly Worthen

WOMEN 35-39

Susan Case
Kathrine Casey
Susanne Chandler
Brooke Dick
Barbara Dunbar
Cathy Imwalle
Lucy Johnson
Susan Jones-Roy
Cecelia McCloskey

Terry Martin
Dot Wise Munger
Jan Pesavento
Marybeth Phelan
Ginger Pierson
Suzanne Rague
Deborah Wise Walker

WOMEN 40-44

Lynn Brownstein
Donna Burkhardt
Carol Chadester
Judy Decker
Carolyn Ferris-Johnson
Sue Herrington
Jane Katz
Ardeth Mueller
Jayne Murphy-Sherman
Ginger Pierson
Mary Pohlman
Nancy Ridout
Janet Royer
Diana Todd

WOMEN 45-49

Susan Cox
Sylvia Glenn
Charlotte Jenkins
Betsy Jordan
Joann Leilich
Ardeth Mueller
Sperry Rademaker
Elizabeth Roepke
Janet Royer
Lynne Weir

WOMEN 50-54

Marianne Brogan
Nancy Brown
Jayne Bruner
Ann Champ
Ann Christensen
Juanita Correa
Betty Hanson
RonnieKamphausen
Janet Lamott
Lavelle Stoinoff
Karlette Vourlis
Phillis Wilson

WOMEN 55-59

Anne Adams
Diane Cowan
Pat Dotson
Bernice Greetham
June Krauser
Ann Pisciotta
Gail Roper
Margaret Timmins
Clara Walker

WOMEN 60-64

Ruth Billard
Florence Carr
Alicia Coleman
Charlotte Costello
Dorothy Donnelly
Shirley Ericson
Louise Hepner
Regan Kenner
June Krauser
Doris Peters
Doris Steadman
Clara Walker

WOMEN 65-69

Mardi Brown
Jeannette Eppley
Louise Kelley
Mimi Lee
Jane McCollister
Nancy Phillips
Dorothy Resseguie
Rita Simonton
Zada Taft
Gertrud Zint

WOMEN 70-74

Ivy Browne
Nancy Clark
Jean Durston
Geneva Kahrs
Mary Lathram
Maxine Merlino
Joan Osborne
Marjory Toland
Marie Wicklun
Lenore Wingard

WOMEN 75-79

Celia Ballard
Julia Dolce

Edie Goldman
Edith Hendry
Dorothy Hopkins
Elsa Mattila
Madeline Miller
Ruth Switzer

WOMEN 80-84

Irva Brubacher
Elizabeth Mauric
Marian McKechnie
Katherine Pelton

WOMEN 85-89

Martha Keller
Karla Nagel
Ella Peckham

MEN 25-29

Peter Allen
Paul Asmuth
Rob Copeland
Peter Dardaris
Guy Davis
Benn Doyle
Jake Gulick
Mark Heinrich
Richard Hoffstetter
James Kegley
Tom Lawson
Brian McGuire
Michael Makarczyk
Andrew Miller
Mark Norris
Robert Nichols
Kerry O'Brien
Robert Placak
Bill Specht
John Tudor
Pat Whalen
William Younger
David Zubero

MEN 30-34

Joe Bottom
Steve Breiter
John Caldwell
Roy Clark
Rob Copeland
Rick Enright
Clay Evans

Fred Ferroggiaro
James Griffith
Dave Hannula
Fred Hubbell
Ted Kanamine
Mike McCaffrey
Jay Magee
Stephen Mann
Stuart Marvin
Chet Miltenberger
Jim Montgomery
Dix Wray Ozier
Tim Rumsey
Doug Tuero
Gerard Von Hoffman
Randy Williams
Tom Wolf
Lawrence Wood

MEN 35-39

Bill Babcock
Jim Baehran
Bill Barthold
Clark Baugher
Richard Bober
Steve Boster
Todd Bryan
Ric Cooley
John Flanagan
John Foote
Paul Henne
Rick Klatt
Dave Koenig
Clay Kolar
Art Michel
Ed O'Brien
Peter O'Keefe
Kevin Polansky
Bryon Reidenbaugh
Craig Ridenour
Phil Riker
Jack Satre
Fred Schlicher
Marvin Schwartz
Jim Stine
Wayne Smith
Bill Tingley
Randy Williams
Ken Ziskin

MEN 40-44

Tim Birnie
Joel Burns
Richard Burns
Alan Cartwright
Steve Clark
John Flanagan
Chuck Gantner
Tim Garton
Jack Geoghegan
David Gray
Edward Gray
Scott Guthrie

Paul Henne
Marty Hull
Gary Langendoen
Brian Langlais
David Lyons
Abraham Melamed
Robert Smith
Robert Williams
Hugh Winn
John Zeigler

MEN 45-49

Richard Bassi
David Costill
David Daboll
Drury Gallagher
Dave Gillanders
Tegze Haraszti
Charles Kilbourne
Lance Larson
Mike Laux
Jack McCoy
Bill Mulliken
Lawrence Nordell
Ray Padovan
Bill Page
Bert Petersen
Richard Schue
Peter Sintz
Arthur Smith
John Smith
Henry Southall
Charles Staples
Ben Wisckol

MEN 50-54

Jack Beattie
Don Brown
Kirk Canterbury
David Costill
David Daboll
Foster deJesus
Wally Dobler
David Drum
Philip Gay
Don Hill
Doug Holmes
Herb Kern
Sam Kooistra
David Lamott
Henry Lenartz
Yoshi Oyakawa
Frank Reynolds
Denis Rice
Bill Robertson
Manuel Sanguilly
Brad Sturtevant
Peter Taft
Art Welch

MEN 55-59

Alfonso Allen
Hal Beigel

Richard Bennett
David Blumenthal
Dick Bower
Peter Buckley
Frank Chamberlain
Edward Emes, Jr.
Gordon Gillin
Jack Griffin
Harry Hunsicker
Boyd Johnson
Graham Johnston
Ken Kimball
John Kortheuer
Fred Sprenger
William Stern
Art Tebbens
Bill Williams

MEN 60-64

Duane Draves
Jim Forbes
Bernie Guttilla
Paul Hutingier
Irving Katz
Joseph Kurtzman
Frank Piemme
Peter Powlison
Perry Rockwell
Ed Rudloff
John Woods

MEN 65-69

John Crews
Aldo DaRosa
Birch Davidson
John Dilley
Don Greetham
Ray Hakomaki
Andrew Holden
Paul Krup
Robert Morrison
Whitney Pearson
Hugh Richards
Ray Taft
Albert Vandeweghe
Jim Welch

MEN 70-74

Bennett Allen
Edgar Blackledge
Woody Bowersock
Bill Fite
William Grant
Herbert Howe
Kelley Lemmon
E Don McCullough
Mike Offner
Pete Okumoto
Nelson Otis
Lee Ross
Edward Shea
Norman Skjersaa
Frank Tillotson

Ernest Van Horn
Al Vandeweghe
Dexter Woodford

MEN 75-79

Jesse Coon
Stanton Craigie
Herbert Eisenschmidt
Patrick Frank
Albert Gilsdorf
Joseph Irvine
Carl Lindstrand
Dave McAfee
Carter Morgan
Lee Oesterling
Lloyd Osborne
Harold Perry
Reg Richardson
Bill Shott
Gerson Sobel

MEN 80-84

Thomas Cureton Jr.
Reginald Harrison
Peter Jurczyk
Al Kallunki
Joseph Kaufman
Gus Langner
Abe Olanoff
Maxwell Vogt

MEN 85-89

Fred Allen
Thomas Cureton Jr.
Tony Lopez
Roy Webster
John Whittemore

MEN 90+

Collister Wheeler

This year's list contains the names of 145 women and 235 men making a total of 380 ALL AMERICANS!

It includes the best time in the Top Ten Listing for the 25 yard course, the 25 meter course and the 50 meter course. All three courses were official for 1986 - the 25 meter course for the first time.

UNITED STATES SWIMMING - Warm-up Procedure GUIDELINES

These are GUIDELINES. Discretion and common sense must be used when establishing procedures. The procedures must fit the type of meet and circumstances - the number of swimmers, lanes available and time available.

I. Pre-Meet Warm-up Period

- A. Control/supervise - key words for safe warm-ups
- B. Marshals should be actively supervising the warm-up to ensure that proper procedures are followed

II. General Warm-up Period

- A. Allocate the first 30-45 minutes to general warm-up in all lanes
- B. There should be no racing starts or diving off the blocks or off the edge of the pool at this time
- C. Outside lanes - kicking only
- D. Inside lanes - swimming and pulling only; no paddles
- E. No sprinting or pace work

III. Specific Warm-up Period

- A. Last 30-45 minutes of pre-meet warm-up period
- B. Suggestions for 8-lane pool; each lane scheduled as follows:
 1. Push off one or two lengths and back, beginning at starting end of pool. Circle swimming only. No racing starts or diving.
 2. Racing start only. Swim one length only. All swimmers begin at starting end of pool.
 3. General warm-up only (as above). No racing starts or diving.
 4. General warm-up only (as above). No racing starts or diving.
 5. General warm-up only (as above). No racing starts or diving.
 6. General warm-up only (as above). No racing starts or diving.
 7. Racing start only. Swim on length only. All swimmers begin at starting end of pool.
 8. Push off one or two lengths and back, beginning at starting end of pool. Circle swimming only. No racing starts or diving.
- C. Suggestion for 6-lane pool: each lane scheduled as follows:
 1. Push off one or two lengths and back, beginning at starting end of pool. Circle swimming only. No racing starts or diving.
 2. Racing start only. Swim one length only. All swimmers begin at starting end of pool.
 3. General warm-up only (as above). No racing starts or diving.
 4. General warm-up only (as above). No racing starts or diving.
 5. Racing start only. Swim one length only. All swimmers begin at starting end of pool.
 6. Push off one or two lengths and back, beginning at starting end of pool. Circle swimming only. No racing starts or diving.

- D. No racing starts or diving is allowed in lanes one and eight or one and six so that those who are supervising the warm-up do not have to move away from the pool to avoid getting wet.
- E. Important points for specific warm-up period
 1. No racing starts or diving in lanes other than those designated for diving. The blocks could be marked to remind swimmers that they should not dive.
 2. Start all swimmers in all lanes at starting end of pool.
 3. Coaches should stand at starting end of pool when verbally starting swimmers on sprint or pace work.
 4. Swimmers should be reminded by coaches that breaststrokes need more lead time than free-style or butterfly swimmers.
 5. Backstrokes should be reminded of the danger of leaving simultaneously with someone on the block until the backstroke has executed his start.
- F. Additional Considerations.
 1. The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedure.
 2. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
 3. We would remind the coaches that the responsibility for supervision of their swimmer(s) is the same at the meet as when on deck at practice.
 4. Marshals have authority through the meet director over the warm-up. A swimmer and/or coach may be removed from the deck for interfering with this authority.

It might be advisable for UNITED STATES MASTERS SWIM MEETS to start using these GUIDELINES at all sanctioned meets. We have used the NO DIVING in the warm-up area during the meet and it is difficult to supervise. Let's all be aware of these GUIDELINES!



"My exercises must be working! I woke up feeling bright-eyed and bushy tailed!"

FINA INTERPRETATION OF FINA BREASTSTROKE RULE SW 7

Many Federations have questioned how certain aspects of Breaststroke rules adopted by the Technical Swimming Congress in Madrid are to be interpreted. It should be remembered that it was not the intention of the Congress to radically change the stroke, but to standardize the interpretation of where the swimmer's head must be in relation to the surface of the water. Following is the official FINA interpretation.

* * *

After the start and after each turn, the swimmer is permitted, as previously, to take one arm stroke completely back to the legs and return the arms to the original forward position, and one leg kick, while wholly submerged. The head must break the surface of the water during the first part of the second arm stroke, that is, before the hands begin to turn inward at the widest part of the second arm stroke.

During each cycle after the first, part of the swimmer's head must actually come out of the water. It is no longer sufficient for the head to remain above the level of the calm water surface, with the possibility of a wave covering the top of the head. It is important that part of the head actually be exposed directly to the air.

SW 7.3 now explicitly states that the hands may not come down beyond the hipline after the first arm-stroke at the completion of the start and each turn. This does not represent a drastic departure from the previous rule, but is merely intended to ensure that throughout the race the swimmer does not glide underwater with the arms flat or nearly flat against the side of the body, as is normal after the start and turns. The swimmer should get the benefit of any doubt relating to the position of the hipline.

Although the rule has not been changed, there has been inconsistent interpretation of SW 7.3 regarding the recovery portion of the armstroke. The hands must be pushed forward together from the breast on, under, or over the water. A butterfly-style recovery is not permissible.

At each turn and at the finish, the swimmer no longer must touch with his hands at the same level. However, the rule that the shoulders must remain in the horizontal plane has not changed. The head may now be submerged immediately prior to the turn or finish, so long as the head broke the surface of the water at some point during the last cycle preceding the turn or finish.

REW/March 15, 1987

Table with 3 columns: Name, State, Points. Includes names like ROLEY, GEORGE, ST. 4375, GERICHT, FRITZ, 18, 4320, etc.

MEN 45-49

Table with 3 columns: Name, State, Points. Includes names like LILLY, DENNIS, 43, SDS, 3170, LEBER, JOHN, 56, IMA, 3750, etc.

MEN 60-64

Table with 3 columns: Name, State, Points. Includes names like SORGE, ROY, 55, IND, 3775, LEBER, JOHN, 56, IMA, 3750, etc.

Table with 3 columns: Name, State, Points. Includes names like REC: 14,465 Walnut Creek Masters 1983, REC: 14,925 Texas Aquatic Masters 1987, etc.

Table with 3 columns: Name, State, Points. Includes names like GRAY, DAVID, 40, SHM, 5295, DAMO, BILL, 42, GAN, 4215, etc.

MEN 40-44

Table with 3 columns: Name, State, Points. Includes names like LILLY, DENNIS, 43, SDS, 3170, LEBER, JOHN, 56, IMA, 3750, etc.

MEN 65-69

Table with 3 columns: Name, State, Points. Includes names like DA ROSA, ALDO, 69, RIN, 4015, FEIGENBERG, JIM, 68, JER, 3825, etc.

Table with 3 columns: Name, State, Points. Includes names like REC: 13,660 Empire State Masters 1987, REC: 13,340 Los Altos Masters, etc.

Table with 3 columns: Name, State, Points. Includes names like GRAY, DAVID, 40, SHM, 5295, DAMO, BILL, 42, GAN, 4215, etc.

MEN 50-54

Table with 3 columns: Name, State, Points. Includes names like COSTILL, DAVID, 50, GIM, 4770, STURTEVANT, BRAD, 53, CAL, 4750, etc.

MEN 70-74

Table with 3 columns: Name, State, Points. Includes names like HOWE, HERBERT, M, 74, WIS, 3750, KOPFOTZ, PETE, 70, HUN, 3100, etc.

Table with 3 columns: Name, State, Points. Includes names like REC: 13,780 Chicago Masters 1987, REC: 13,380 Greater Indiana Masters, etc.

Table with 3 columns: Name, State, Points. Includes names like LEENGRAN, WAYNE, 55, UNA, 4515, PHILLIPS, WILLIAM, 59, SDS, 4420, etc.

MEN 55-59

Table with 3 columns: Name, State, Points. Includes names like IRVINE, JOE, 75, RIN, 3190, SCOTT, BILL, 77, RIN, 3150, etc.

MEN 75-79

Table with 3 columns: Name, State, Points. Includes names like VANLILL, ROLAND, 80, NEM, 2875, OLANOFF, ABRAHAM, 80, NEM, 2380, etc.

Table with 3 columns: Name, State, Points. Includes names like REC: 11,380 San Mateo Racer Marine 1986, REC: 11,380 San Diego Swim Masters, etc.

MEN 80-84

Table with 3 columns: Name, State, Points. Includes names like VANLILL, ROLAND, 80, NEM, 2875, OLANOFF, ABRAHAM, 80, NEM, 2380, etc.

MEN 85-89

Table with 3 columns: Name, State, Points. Includes names like FLETCHER, RALPH, 87, HUN, 2150, IRVINE, JOE, 75, RIN, 3190, etc.

4. St. Petersburg Masters "B" 8,580
(Jennings, Nickel, Dickinson)
5. St. Petersburg Masters "C" 8,740
(Mitchell, Walbolt, Vlnhich)
6. St. Petersburg Masters "C" 8,8890
(Lirich, Briacoe, Berguin)

MEN 75+

REL: 9,010 Long Beach Masters 1987
(John Burnside 77, Bill
Shott 77, Alfred Guch 78)

1. Long Beach Masters
(John Burnside 77, Bill
Shott 77, Alfred Guch 78) 8,905

WINTER 1987 WESTSIDE SWIM MEET
CULVER CITY, CA 8 FEB. 1987
87-03 45 Yard Pool

WOMEN 19-24

50 YARD FREESTYLE
Karoline Martin 20 29.51
100 YARD FREESTYLE
Karoline Martin 20 2:27.77
100 YARD BACKSTROKE
Karoline Martin 20 1:15.04

WOMEN 25-29

50 YARD FREESTYLE
Cathy Moylan 28 27.28
Vaune Kadlubek 28 24.23
Michele T.R. Nichols 29 30.31
200 YARD FREESTYLE
Suzanne C. Margerum 26 2:06.01
Hilary H. Main 26 2:10.23
Vaune Kadlubek 28 2:12.36
Cheri Ellington 29 2:15.58
Susan L. Casabella 25 2:21.31
Cathy Moylan 28 2:22.89

500 YARD FREESTYLE

Suzanne C. Margerum 26 5:32.94
Hilary H. Main 26 5:54.14
Vaune Kadlubek 28 6:03.56
Cheri Ellington 29 6:05.99
Teresa Sheppard 28 6:13.78
J.S. McAllister 28 7:31.72
100 YARD BACKSTROKE
Susan L. Casabella 25 1:12.69
Teresa Sheppard 28 1:13.31
Vaune Kadlubek 28 1:20.64
J.S. McAllister 28 1:25.48

50 YARD BREASTSTROKE

Hilary H. Main 26 34.48
Susan L. Casabella 25 37.39
Michele T.R. Nichols 29 39.09

200 YARD BREASTSTROKE

Suzanne C. Margerum 26 2:42.36
Hilary H. Main 26 2:44.64
Susan L. Casabella 25 2:56.75
J.S. McAllister 28 3:25.45
100 YARD BUTTERFLY
Ann Dickinson 25 1:21.62
J.S. McAllister 28 1:30.44
200 YARD INDIVIDUAL MEDLEY
Suzanne C. Margerum 26 2:23.41
Cheri Ellington 29 2:34.36
Susan L. Casabella 25 2:38.58
Teresa Sheppard 28 2:40.71

WOMEN 30-34

200 YARD FREESTYLE
Kimberly B. Worthen 30 2:04.55
Diane E.S. Sanders 33 2:23.61
100 YARD BACKSTROKE
Diane E.S. Sanders 33 1:14.26
200 YARD BREASTSTROKE
Alison Asher Esses 32 2:58.92
200 YARD INDIVIDUAL MEDLEY
Alison Asher Esses 32 2:44.55

WOMEN 35-39

50 YARD FREESTYLE
Patricia H. Burbank 39 36.99
Dorothianne Henne 39 37.36
200 YARD FREESTYLE
Loree A. Bryer 37 3:01.28
Patricia H. Burbank 39 3:06.17
500 YARD FREESTYLE
Loree A. Bryer 37 8:00.77
Patricia H. Burbank 39 8:20.80

100 YARD BACKSTROKE

Dorothianne Henne 39 1:29.33
50 YARD BREASTSTROKE
Sandy Witta 37 41.36
Dorothianne Henne 39 49.09
200 YARD BREASTSTROKE
Dorothianne Henne 39 3:56.51
100 YARD BUTTERFLY
Loree A. Bryer 37 1:40.26
200 YARD INDIVIDUAL MEDLEY
Loree A. Bryer 37 3:25.29

WOMEN 40-44

50 YARD FREESTYLE
Greer A. Macready 44 34.75
50 YARD BREASTSTROKE
Greer A. Macready 44 45.06

WOMEN 45-49

50 YARD FREESTYLE
Jeanne Little 49 32.02
200 YARD FREESTYLE
Jeanne Little 49 2:42.21
500 YARD FREESTYLE
Jeanne Little 49 7:21.77
50 YARD BREASTSTROKE
Helen Geoffrion 48 41.94
200 YARD BREASTSTROKE
Helen Geoffrion 48 3:29.12
100 YARD BUTTERFLY
Jeanne Little 49 1:28.26
200 YARD INDIVIDUAL MEDLEY
Helen Geoffrion 48 3:18.53

WOMEN 55-59

50 YARD FREESTYLE
Helga L. Palmer 57 34.28
Jacqueline Dunlop 55 34.29
200 YARD FREESTYLE
Anne B. Adams 58 2:36.75
Malchia S. Olshan 55 3:08.97
Mickey Shockley 57 3:27.15
500 YARD FREESTYLE
Anne B. Adams 58 6:59.89
Helga L. Palmer 57 8:02.12
Malchia S. Olshan 55 8:05.12

100 YARD BACKSTROKE

Mickey Shockley 57 1:54.51
50 YARD BREASTSTROKE
Jacqueline Dunlop 55 42.69
Mickey Shockley 57 48.50
200 YARD BREASTSTROKE
Jacqueline Dunlop 55 3:32.45
Mickey Shockley 57 3:54.66
100 YARD BUTTERFLY
Jacqueline Dunlop 55 1:45.83
Malchia S. Olshan 55 1:50.51
200 YARD INDIVIDUAL MEDLEY
Anne B. Adams 58 3:00.61
Malchia S. Olshan 55 3:38.23

WOMEN 60-64

50 YARD FREESTYLE
Grace Altus 63 41.12
200 YARD FREESTYLE
Grace Altus 63 3:11.67
500 YARD FREESTYLE
Grace Altus 63 8:13.42
100 YARD BACKSTROKE
Grace Altus 63 1:53.07
50 YARD BREASTSTROKE
Marion Cornfield 60 55.89
200 YARD BREASTSTROKE
Marion Cornfield 60 4:28.58
100 YARD BUTTERFLY
Grace Altus 63 2:01.45

WOMEN 65-69

50 YARD FREESTYLE
Sharon G. Smith 68 1:14.50
200 YARD FREESTYLE
Rita Simonton 68 3:12.86
500 YARD FREESTYLE
Rita Simonton 68 8:21.28
200 YARD INDIVIDUAL MEDLEY
Rita Simonton 68 3:41.56

WOMEN 70-74

50 YARD FREESTYLE
Julia Krasher 71 1:11.52

MEN 19-24

50 YARD FREESTYLE
Gary A. Bell 24 24.64
200 YARD FREESTYLE
Pierre Delisle 23 1:52.83
200 YARD INDIVIDUAL MEDLEY
Pierre Delisle 23 2:20.55

MEN 25-29

50 YARD FREESTYLE
John Montgomery 26 24.34
Robert T. Main 28 26.24
200 YARD FREESTYLE
Fernando A. Gallud 26 1:51.95
Scott D. Shake 28 1:54.73
John Montgomery 26 1:59.40
Robert T. Main 28 2:04.33
500 YARD FREESTYLE
Fernando A. Gallud 26 5:07.66
Scott D. Shake 28 5:10.12
Robert T. Main 28 5:38.00

100 YARD BACKSTROKE

Scott D. Shake 28 58.22
John Montgomery 26 1:02.91
Joseph R. Markowitz 26 1:12.97
50 YARD BREASTSTROKE
Barton Gawboy 29 29.66
Dan Kalin 29 32.44
200 YARD BREASTSTROKE
Barton Gawboy 29 2:24.59
James J. Delear 28 2:33.60
Dan Kalin 29 2:35.73
100 YARD BUTTERFLY
Fernando A. Gallud 26 56.70
Joseph R. Markowitz 26 1:08.45
Robert T. Main 28 1:11.70

200 YARD INDIVIDUAL MEDLEY
Scott D. Shake 28 2:07.91
Barton Gawboy 29 2:10.56
John Montgomery 26 2:11.03
Dan Kalin 29 2:25.59

MEN 30-34

50 YARD FREESTYLE
Melvyn C. Poon 34 28.44
200 YARD FREESTYLE
Steve B. Clark 34 2:01.74
500 YARD FREESTYLE
Jeff Strnad 34 5:34.25
Michael Suttle 33 5:54.99
100 YARD BACKSTROKE
Jeff Strnad 34 1:04.71
Barron A. Cudda 32 1:13.95

50 YARD BREASTSTROKE

Ron T. Satov 31 34.53
Melvyn C. Poon 34 34.81
200 YARD BREASTSTROKE
Ron T. Satov 31 2:58.21
100 YARD BUTTERFLY
Jeff Strnad 34 59.48
Barron A. Cudda 32 1:04.22
200 YARD INDIVIDUAL MEDLEY
Jeff Strnad 34 2:24.20
Barron A. Cudda 32 2:34.03

MEN 35-39

50 YARD FREESTYLE
Richard Bopp 35 24.83
Neil Korostoff 38 25.48
Albert R. Schneider 39 26.94
Wayne A. Smith 38 31.95
200 YARD FREESTYLE
Steven M. Pyle 36 1:59.99
Ken Ziskin 39 2:02.75
Albert R. Schneider 39 2:09.06
Neil Korostoff 38 2:09.40
Richard Bopp 35 2:10.23

500 YARD FREESTYLE

Steven M. Pyle 36 5:19.14
Richard Bopp 35 6:17.77
100 YARD BACKSTROKE
Jim Kauffman 38 1:05.78
Richard Bopp 35 1:07.03
50 YARD BREASTSTROKE
Ken Ziskin 39 29.75
Wayne A. Smith 38 31.47
Albert R. Schneider 39 34.20
Jim Kauffman 38 34.77
200 YARD BREASTSTROKE
Wayne A. Smith 38 2:32.95
Brian J. (W) Murphy 35 2:39.36

100 YARD BUTTERFLY

Steven M. Pyle 36 1:02.77
Wayne A. Smith 38 1:08.70
200 YARD INDIVIDUAL MEDLEY
Steven M. Pyle 36 2:18.86

MEN 40-44

50 YARD FREESTYLE
Ted G. Burinda 43 26.33
Jerry Richards 40 26.73
Dennis M. McNulty 40 27.01
Kerry L. English 41 27.55
Lawrence M. Farber 43 29.50
200 YARD FREESTYLE
Rog Hardy 40 2:05.61
Ted G. Burinda 43 2:22.29
Kerry L. English 41 2:24.12

500 YARD FREESTYLE

Richard Michaels 41 5:53.44
Stephen Saylor 44 5:54.61
Dennis M. McNulty 40 6:17.45
100 YARD BACKSTROKE
Paul Henne 40 1:16.73
Stephen Saylor 44 1:18.62
50 YARD BREASTSTROKE
Paul Henne 40 29.17
Ted G. Burinda 43 34.50
Kerry L. English 41 35.41
Jerry Richards 40 35.72
Allan B. Cutrow 40 38.19

200 YARD BREASTSTROKE

Paul Henne 40 2:30.92
Ted G. Burinda 43 3:04.39
Kerry L. English 41 3:04.65
Allan B. Cutrow 40 3:07.01
100 YARD BUTTERFLY
Dennis M. McNulty 40 1:07.15
Stephen Saylor 44 1:13.09
Allan B. Cutrow 40 1:13.91
200 YARD INDIVIDUAL MEDLEY
Rog Hardy 40 2:31.99
Stephen Saylor 44 2:40.58
Allan B. Cutrow 40 2:49.48

MEN 45-49

50 YARD FREESTYLE
Frank R. Becker 48 28.09
Mike Dwight 45 30.80
Peter A. Singer 46 32.83
John J. Zupon 45 35.78
200 YARD FREESTYLE
Stephen Jennings 49 2:20.17

Peter A. Singer 46 2:47.73
John J. Zupon 45 2:57.04
500 YARD FREESTYLE
Fred G. Banaag 48 6:25.44
Stephen Jennings 49 6:29.61
Frank R. Becker 48 7:11.54
Peter A. Singer 46 7:50.25
John J. Zupon 45 8:04.61

100 YARD BACKSTROKE

Fred G. Banaag 48 1:16.88
50 YARD BREASTSTROKE
George R. Downs 48 32.24
Frank R. Becker 48 36.15
Mike Dwight 45 38.57
John J. Zupon 45 47.48
200 YARD BREASTSTROKE
George R. Downs 48 2:43.19
Frank R. Becker 48 2:57.06
John J. Zupon 45 3:44.44
200 YARD INDIVIDUAL MEDLEY
Stephen Jennings 49 3:00.36

MEN 50-54

50 YARD FREESTYLE
Jerry V. Dunlap 51 26.58
Orvel Larsen 54 30.00
200 YARD FREESTYLE
Jerry V. Dunlap 51 2:21.92
Art Welch 54 2:25.84
500 YARD FREESTYLE
Art Welch 54 6:31.73
C.S. Niederman 51 7:47.83
100 YARD BACKSTROKE
Orvel Larsen 54 1:18.56
Art Welch 54 1:25.04
C.S. Niederman 51 1:33.33

50 YARD BREASTSTROKE

Orvel Larsen 54 38.29
Sam L. Sanders 51 39.23
James A. Jeffers 53 41.81
Charles S. Niederman 51 42.34
200 YARD BREASTSTROKE
Sam L. Sanders 51 3:10.61
C.S. Niederman 51 3:23.12
James A. Jeffers 53 3:34.24
100 YARD BUTTERFLY
Orvel Larsen 54 1:10.70
Art Welch 54 1:18.06
200 YARD INDIVIDUAL MEDLEY
Art Welch 54 2:57.94

MEN 55-59

50 YARD FREESTYLE
Peter Buckley 56 27.78
Steven Schofield 55 28.77
Bill Hebert 56 29.53
Parry O'Brien 55 34.48
Don Wilson 57 34.69
200 YARD FREESTYLE
Steven Schofield 55 2:24.99
Bill Hebert 56 2:32.22
Don Wilson 57 3:05.17

500 YARD FREESTYLE

Peter Buckley 56 6:14.51
Neal R. Palmer 56 6:41.48
Steven Schofield 55 6:42.77
Bill Hebert 56 7:14.91
100 YARD BACKSTROKE
Neal R. Palmer 56 1:15.28
Bill Hebert 56 1:28.12
50 YARD BREASTSTROKE
Don Wilson 57 46.35
100 YARD BUTTERFLY
Bill Hebert 56 1:23.42
Don Wilson 57 1:42.89

200 YARD INDIVIDUAL MEDLEY

Don Wilson 57 3:35.09

MEN 60-64

50 YARD FREESTYLE
Rube Wolf Jr. 60 28.73
George Brinton 62 32.36
W. Jason Walker 62 33.26
Giv Cornfield 60 38.53
200 YARD FREESTYLE
Frank Pienne 62 2:20.44
Lou Silverstein 60* 2:45.11
500 YARD FREESTYLE
Frank Pienne 62 6:25.73
Lou Silverstein 60* 7:22.11
W. Jason Walker 62 8:01.34
100 YARD BACKSTROKE
Lou Silverstein 60* 1:24.06
Rube Wolf Jr. 60 1:24.81
Giv Cornfield 60 1:47.97
George Brinton 62 1:48.92

50 YARD BREASTSTROKE

Donald Hester 60 35.31
Rube Wolf Jr. 60 40.84
W. Jason Walker 62 40.86
Giv Cornfield 60 44.04
George Brinton 62 48.12
200 YARD BREASTSTROKE
Donald Hester 60 2:55.97
W. Jason Walker 62 3:16.44
Rube Wolf Jr. 60 3:21.88

Giv Cornfield 60	3:58.29
100 YARD BUTTERFLY	
Rube Wolf Jr. 60	1:21.80
Lou Silverstein 60*	1:35.78
W. Jason Walker 62	1:45.56
200 YARD INDIVIDUAL MEDLEY	
Frank Pienne 62	2:42.08
Lou Silverstein 60*	3:07.86
Giv Cornfield 60	3:46.14
MEN 65-69	
200 YARD FREESTYLE	
Bob Merrick 66	2:37.20
500 YARD FREESTYLE	
Bob Merrick 66	7:11.88
100 YARD BACKSTROKE	
Bob Merrick 66	1:22.31
Brion Winship 69	1:28.25
100 YARD BUTTERFLY	
Bob Merrick 66	1:26.14
MEN 70-74	
50 YARD FREESTYLE	
Woody Bowersock 73	29.80
Ed Allen Jr. 71	33.39
Ernest B. Van Horn 70	34.29
200 YARD FREESTYLE	
Woody Bowersock 73	2:53.95
500 YARD FREESTYLE	
Woody Bowersock 73	7:55.51
Ernest B. Van Horn 70	8:21.36
Ed Allen Jr. 71	9:18.81
100 YARD BACKSTROKE	
Ernest B. Van Horn 70	1:45.44
Ed Allen Jr. 71	1:48.40
50 YARD BREASTSTROKE	
Ernest B. Van Horn 70	46.20
Ed Allen Jr. 71	51.19
Leo Krashen 74	59.15
200 YARD BREASTSTROKE	
Leo Krashen 74	5:07.01
100 YARD BUTTERFLY	
Woody Bowersock 73	1:47.03
MEN 75-79	
50 YARD FREESTYLE	
Reg Richardson 75	31.89
Bill Shott 77	32.22
200 YARD FREESTYLE	
Reg Richardson 75	2:58.29
Bill Shott 77	3:13.58
500 YARD FREESTYLE	
Reg Richardson 75	8:23.19
Bill Shott 77	8:57.70
100 YARD BACKSTROKE	
Reg Richardson 75	1:43.86
Bill Shott 77	1:59.08
50 YARD BREASTSTROKE	
Bill Shott 77	41.91
Reg Richardson 75	43.15
MEN 80+	
200 YARD MEDLEY RELAY	
Long Beach Masters	
Bill Shott 77	
Woody Bowersock 73	
Ed Allen Jr. 71	
Brion Winship 69	2:41.28

* Denotes non SPMA swimmer

Programmed by Curt Rosso

Recreation



The big splash

Ophthalmologist, 60, outswims or outlives 'em in Masters swimming

By GENE SARAKOFF

Post-Courier Reporter

Dr. Joseph Kurtzman is a world-class athlete who — get this — enjoys getting older. A man who can't wait to celebrate his next birthday. Who looks forward to the day when he turns 65, 70 and 75.

Even 80.

Kurtzman, a 60-year-old Charleston ophthalmologist, was an outstanding swimmer in Plainview, N.J., good enough to be a high school All-American. He went on to captain the Princeton swim team and, while in the Navy, tried out for the 1952 Olympic team.

Thirty-four years later, Kurtzman is still improving, thanks to Masters swimming. The organization, born in the mid 1970s, allows swimmers to compete regionally, nationally and internationally in age-group classes separated by five years, from 25-29 to 85-89.

Kurtzman found out about the program in 1984 and joined the Charleston Masters Swim Club. Since, he has made a big splash. Kurtzman is one of seven Charleston Masters Swim Club members ranked among the top 10 in the world in respective events. He plans to race in Japan next month in the first World Masters Swim Meet.

"I kid people," Kurtzman said this week. "I say I've been doing ophthalmology in Charleston for 30 years and I'm known throughout the state. But I've been in Masters Swimming for three years and I'm known throughout the

world."

He established a national short-course Masters record two weeks ago in a Fort Pierce, Fla., competition by completing the 50-yard breaststroke in 33.71. Kurtzman came away with three second-place finishes last October at the World Masters Games — sort of a Masters Olympics — in Toronto. More than 5,000 swimmers, representing 20 countries, competed, Kurtzman said. He entered the National YMCA Swim Meet in Indianapolis three weeks ago and set four national records.

A key to Kurtzman's Masters success is his age. At 60, he is a relative rookie in the 60-64 division.

"It's interesting in Masters Swimming,"

Kurtzman said. "You want to get older, because then you're the young kid on the block again. That's where I am right now. When I was in the 55-59 group, I was getting a lot of firsts and seconds when I was 58. When I was 59, it was tougher to get the firsts. Now I'm getting a lot of firsts again."

"If you can't outswim 'em, you outlive 'em. Every year provides a new challenge."

Of the 40 members of the Charleston Masters Swim Club, 20 compete regularly. Others swim for recreation.

Besides Kurtzman, the six others with world rankings include Tricia Moran, 28; Shannon O'Brien, 26; John Meisenheimer, 28; Nick Berenyi, 53; Dr. Randy Bradham, 61; and Geneva Kahrs, who, at 72, is the oldest member of

the club. Three other members also placed in the national short-course meet in Fort Pierce: Libby Poole, 65; Jan Pesavento, 34; and Richard Saratt, 30.

Moran holds three national short-course records — in the 50-yard backstroke, the 100 backstroke and the 200 backstroke.

"We're a very successful club," says Charleston Masters Swim Club president Dave Parler, 30. "To have seven swimmers who are world ranked, that's very good. Also, most of the other teams around the country represent not just one city but entire states, or even regions."

Club members workout at several Charleston area pools and sometimes reserve exclusive pool hours. Anyone over 25 is welcome to join, Parler said, for a \$6 annual membership fee. Kurtzman recommends signing up, for two reasons: "One, the camaraderie. Two, the actual health aspect of it. You really feel good. We have nuts, and I'm one of them, who get up to swim at 5:30 in the morning. But to swimmers, it's really nothing special. It's just a way of life."

"And Masters Swimming is social as well as competitive. At the last meet I was at, I met people I hadn't swam against since 1941."

Kurtzman says he practices once a day, but few of his workouts are grueling. "I swim until I feel good," Kurtzman said. "I swim about an hour. Other people swim three times as much. Some people say, 'No pain, no gain.' I don't believe in that. Any pain, I refrain."

His and hers titles

Uhrichs take national titles

By LARRY BUGG

Does anyone know a husband and wife team that keeps a "his and hers" national championship?

In Sun City Center, that duo is the swimming team of Bill and Enid Uhrich. For the two of them, things have recently been going swimmingly, so to speak.

Bill Uhrich won the Young Men's Christian Association (YMCA) Masters' championship in the 100 yard butterfly in the men's 60-64 age group. He took that title in Orlando on May 3.

Wife Enid took her title seven days later at the U.S. Masters' Championship in Brown Deer, Wis. There, she won the 200 yard breaststroke for women 60-64.

In both meets, both husband and wife placed in all six events they entered.

On May 19, he found himself in a hospital with a urinary infection but she wound up taking a second and a fifth at the Canadian National Championships in Winnipeg, Manitoba. He is okay now.

While she was naturally happy about taking the national titles, Mrs. Uhrich was happy about the meets for other reasons.

"I enjoy the spirit at masters' swim meets," she said. "They are all great meets and people are great to be with. They care as much whether you win or lose."

"The meets are not only athletic competition but they are social events as well. You have a lot of opportunity to do a lot of traveling. It's fun and not stressful."

She said that former American Olympians Tracy Caulkins, a University of Florida swimming superstar, and Rowdy Galson of Winter Haven, are both getting in to masters competition with Ms. Caulkins coaching a team.

Mrs. Uhrich said her husband swam for the New England Masters team which placed fourth out of 180 teams at the U.S. Masters. She swam for the St. Petersburg Masters and her team placed 10th.

She said there were a number of husband and wife teams that took national championships. She said that Mr. and Mrs. Bumpy Jones of Sarasota had at least one national title apiece.

Still, the Uhrichs have the satisfaction of knowing that each night, they can say "good night" to a national champion.



National couple

Enid and Bill Uhrich are one of the few married couples in the United States who can claim "his and hers" national swimming titles. Both won their titles in separate meets recently. There must be nothing like being married to a champion.

INDIVIDUAL MEDLEY

By: George Bole

It is my firm opinion that of all the events in the swimming programme the Individual Medley should take pride of place as the most outstanding and consequently the winning performer in the I.M. the best all around swimmer.

Which brings me to the point of what should one look for in finding a specialist I.M.er? From questions I have asked over the years (400 I.M. was introduced to Olympics in 1964 at Tokyo) and from my own experience I found that the most important requisite was the ability to tie the four strokes together. It was repeated time and time again that outstanding ability on each individual stroke was not necessarily the key to success at the wonderfully skillful event. Obviously, to swim the I.M. one must be capable of swimming each stroke well (and legally).

My next finding, from research into the event, was that from all the outstanding medleyists, the natural backstrokers placed highest in the ratings. A check on those successful in recent years will confirm this fact. There were: Gary Hall, Charles Hickcox, Ricardo Prado, Giovanni Franchesci, Petre Schneider, Ulrike Tauber, Tracy Caulkins etc, etc...all outstanding in the dorsal event.

Another factor that seemed significant when the figures were broken down was that, in almost every case, the 100 freestyle ending the I.M. was only slightly slower than the last 100 of the 400 meters freestyle, implying the good 400 meter I.M.er needed to aspire to good performance at the 400 freestyle. Also being aware from the figures in my previous article, it is clear that the butterfly leg should be almost equal to the time for the freestyle leg.

So What about the composition of the 400 I.M.. Firstly, the ability to swim each stroke legally and well; secondly, the knack of tying the strokes together, then a good backstroke and fourthly a middle distance ability to bring home the freestyle.

How should one swim the event given the ingredients? First, I suggest to swim the butterfly leg, knowing there are three more hundreds to come. The first five strokes of the backstroke should almost be at a spin pace, because here we have the swimmer changing from a face down position to the face-up position of backstroke, a changeover that certain researchers find upsets the balance and slows down the early awareness of pace. The breaststroke, for medley, I believe is better for using a wider arm pull, using more tricep force, saving the power in the

biceps for the freestyle.

Of course, very special breaststroke swimmers would not quite fit in this composition. But, in taking the general standards, I found this approach to this exciting spectator event, 400 I.M. bore fruit.

Incidentally, in training for the I.M. I believe that no one stroke should be isolated to improve in the event. Rather, should one use the stroke immediately following, as butterfly, back, if one wanted to improve the fly or the I.M.. Better still, for the other strokes, I recommend using three strokes. For instance, to improve the backstroke in the medley, I suggest swimming sets as 25 fly, 100 back, 25 breast; and for breaststroke, using 25 back, 100 breast, 25 free; and for freestyle, 25 back, 25 breast, 100 free. This way the interrelationship of the strokes in the medley is maintained. I have tried isolating strokes, and though the stroke affected improved, it did not do so in the context of the I.M.. The importance of the linking up the four strokes cannot be impressed nearly enough.

It is also advisable when swimming the I.M. to mitigate the kicks on the fly and backstroke legs so as to reduce possible oxygen debt. Overkicking causes greater consumption of O_2 by the very large muscles in the legs, and causes lactic acid.

WHAT IS A WORKOUT? - George E. Bole

A workout is 25% perspiration and 75% determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind and toughens the spirit. When you work out regularly your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a winner--the mark of an organized, goal-oriented person who has taken charge of his or her destiny.

A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a form of rebirth. When you finish a good workout, you don't simply feel better. You feel better about yourself.

MASTERS SWIMMING INTERNATIONAL WORLD RECORDS - LONG COURSE - JANUARY 1, 1987

WOMEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 FREE	26.77	26.60	28.96	29.17	30.43	31.10	32.60	35.01	36.97	39.29	41.88	1:00.77	1:06.94	
100 FREE	59.34	58.59	1:03.79	1:06.92	1:09.42	1:11.24	1:13.80	1:20.10	1:26.56	1:31.45	1:39.38	2:28.58	2:48.56	
200 FREE	2:11.91	2:10.06	2:20.97	2:24.38	2:33.11	2:38.26	2:45.60	3:00.61	3:22.11	3:33.62	3:52.90	5:24.06	6:13.73	
400 FREE	4:37.65	4:33.08	4:56.30	5:00.18	5:28.88	5:37.18	5:51.20	6:15.37	7:11.84	7:44.80	8:09.29	11:18.90	13:22.48	
800 FREE	9:51.01	10:16.25	11:03.50	11:07.59	11:21.32	12:31.94	12:46.42	13:22.26	15:43.06	16:24.33	18:05.46			
1500 FREE	18:03.34	18:10.35	19:51.26	20:17.80	21:26.16	22:16.67	23:55.10	25:18.89	28:26.39	30:12.74	33:25.91	42:56.35	57:03.68	
50 BACK	31.21	32.21	34.25	35.09	37.64	38.69	39.17	40.58	44.40	45.73	51.07	1:08.92	1:14.83	
100 BACK	1:07.46	1:11.26	1:14.51	1:15.24	1:21.04	1:27.39	1:27.61	1:31.06	1:39.33	1:47.97	1:56.89	2:41.24	2:49.73	
200 BACK	2:26.27	2:36.61	2:43.47	2:47.57	2:59.45	3:04.62	3:11.43	3:16.98	3:37.55	3:59.50	3:59.09	5:47.09	5:51.69	
50 BRST	35.80	35.37	37.04	38.37	39.86	40.22	42.94	45.86	49.22	53.23	59.01	1:17.90	1:42.40	
100 BRST	1:18.80	1:18.88	1:22.00	1:24.95	1:28.07	1:31.35	1:36.32	1:43.73	1:50.29	2:03.07	2:07.86	2:58.55	3:32.03	
200 BRST	2:52.80	2:56.09	3:01.45	3:07.35	3:12.79	3:15.29	3:32.78	3:54.87	4:03.82	4:26.93	4:36.72	6:11.33	7:45.92	
50 FLY	29.11	29.98	32.22	32.16	34.07	34.67	35.29	41.94	48.89	51.25	1:05.26	1:20.39	1:27.77	
100 FLY	1:07.06	1:07.56	1:10.36	1:11.80	1:21.32	1:24.40	1:27.49	1:38.21	1:54.60	2:02.61	2:43.25	2:57.05	3:22.83	
200 FLY	2:06.06	2:32.71	2:36.20	2:41.67	3:09.78	3:15.92	3:19.84	3:34.66	4:28.41	4:37.05	5:55.25	7:29.49	7:40.47	
200 I.M.	2:30.57	2:32.73	2:42.43	2:46.81	2:55.61	3:05.13	3:07.65	3:17.40	3:48.85	4:10.91	4:38.18	6:19.56	7:08.59	
400 I.M.	5:21.02	5:28.33	5:40.56	5:53.62	6:29.10	6:35.20	6:42.05	7:24.10	8:31.05	8:47.36	10:38.15	12:25.51	14:16.56	
MEN														
50 FREE	22.59	24.34	25.31	25.25	26.12	26.16	27.43	28.60	29.30	29.35	32.50	38.95	46.97	59.88
100 FREE	51.25	52.32	55.38	56.36	58.76	59.25	1:03.40	1:03.84	1:08.15	1:11.61	1:18.53	1:33.72	2:07.87	2:14.06
200 FREE	1:53.78	1:55.48	2:00.45	2:06.55	2:09.30	2:17.97	2:24.75	2:26.94	2:38.11	2:44.86	2:57.83	3:31.79	5:22.40	
400 FREE	4:15.37	4:08.70	4:21.98	4:32.62	4:37.15	4:52.28	5:05.55	5:28.51	5:38.79	6:08.19	6:27.26	7:23.09	11:19.63	
800 FREE	8:57.51	8:46.99	9:14.04	9:48.41	10:22.33	10:17.40	10:40.06	11:24.85	12:19.10	12:45.90	14:33.62	15:53.15		
1500 FREE	16:51.07	17:10.80	17:28.84	18:23.82	18:34.73	19:28.41	21:28.64	21:43.07	23:04.59	25:14.63	26:08.40	28:54.92	41:06.87	
50 BACK	27.39	27.93	28.04	29.94	30.90	32.41	33.29	35.02	37.03	39.64	40.47	53.92	1:01.44	2:16.90
100 BACK	59.00	1:00.40	1:02.53	1:07.40	1:10.12	1:11.27	1:15.25	1:18.06	1:23.99	1:29.89	1:32.92	2:06.19	2:27.15	5:04.51
200 BACK	2:12.99	2:12.36	2:17.31	2:30.43	2:35.57	2:35.44	2:44.74	2:55.18	3:12.68	3:18.06	3:34.86	4:33.53	5:15.15	
50 BRST	29.88	30.88	32.01	32.39	33.10	33.38	36.74	38.04	39.82	41.41	45.39	54.29	1:06.00	2:12.09
100 BRST	1:06.61	1:09.30	1:11.43	1:11.58	1:15.47	1:15.60	1:22.57	1:29.32	1:31.07	1:33.20	1:45.25	2:04.89	2:43.08	5:16.03
200 BRST	2:30.88	2:33.51	2:40.18	2:43.01	2:51.18	2:53.76	3:06.23	3:20.38	3:27.47	3:36.00	3:59.81	4:43.91	6:23.90	
50 FLY	25.16	25.84	27.00	27.56	27.78	29.97	31.68	33.11	35.21	37.96	42.11	57.67	1:33.56	
100 FLY	56.34	58.52	58.59	1:02.05	1:06.65	1:07.13	1:14.20	1:19.90	1:29.32	1:39.69	1:49.04	2:43.61		
200 FLY	2:05.25	2:12.57	2:12.91	2:27.47	2:38.72	2:33.79	3:04.49	3:09.36	3:34.69	3:43.08	4:34.59	5:56.13		
200 I.M.	2:14.02	2:16.04	2:20.44	2:23.20	2:32.06	2:35.51	2:49.61	2:56.57	3:09.33	3:21.96	3:59.57	4:43.29	5:33.20	
400 I.M.	4:51.18	4:56.46	4:59.66	5:08.30	5:27.32	5:41.04	6:14.01	6:32.83	6:50.63	7:29.78	8:53.00	10:44.82		

RELAYS	Under 120	120+	160+	200+	260+	280+
200 FREE WOMEN	1:58.30	1:56.34	2:09.12	2:16.01	2:32.21	3:32.69
200 MEDLEY WOMEN	2:12.71	2:17.10	2:24.19	2:35.47	3:04.67	4:06.91
200 FREE MEN	1:41.32	1:37.43	1:43.93	1:50.45	2:02.48	2:18.63
200 MEDLEY MEN	1:50.98	1:52.54	2:00.45	2:10.26	2:23.63	2:51.98
200 FREE MIXED	1:47.92	1:47.39	1:55.38	2:04.86	2:14.93	2:42.19
200 MEDLEY MIXED	2:02.19	1:58.03	2:09.17	2:23.34	2:42.29	3:03.75

My THANKS to MSI NEWS for these Long Course World Records. If you wish to find out who holds these records and from what country they come - subscribe to MSI NEWS by sending \$5.00 for 4 issues to Margaret Samson, 49 North Altadena Dr., Pasadena, CA 91107. Make checks payable to Margaret Samson. Shortly the 1986 MSI Top Ten Times will be available for both Long Course (50 meter) and Short Course (25 meter). They are computerized and will be available for \$5.00 each. (3") MIS Patches at \$2.50 and pins are \$3.00 ea.

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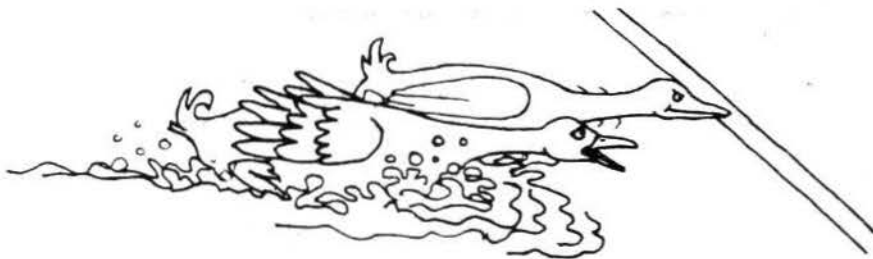
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Swimming News

WOULD YOU BELIEVE...

There was this duck race, see? And ducks came from all over the world to compete in this championship. In preparation they trained and trained. In fact one mallard worked out so often during the months preceeding the meet that he was afraid he'd overtrained.

Come the meet, the mallard found himself right up front in the 400 meter freestyle. In fact, it was a neck-and-neck race during the last few furious yards. In a desperate effort to outtouch his rivals, the mallard



stretched out his neck and head as far as he could. However, he came up one inch short and fell flat on his face.

In his post race interview, the mallard explained, "Apparently, I beaked too soon."

(Excerpted from May 1978 Swimming World and Junior Swimmer, illustration by Harriot Manley.)

Open Water (1-1/2-3 Mile Category) (3 miles) - July 19 - Seal Beach, CA - Seal Beach Rough Water Swim, c/o Bob Herron, 610 Pacific Coast Hwy., #209, Seal Beach, CA 90740

Marathon (6+ mile O.W. Category) (10 miles) - July 19 - Seal Beach, CA - Seal Beach Rough Water Swim, c/o Bob Herron, 610 Pacific Coast Hwy., #209, Seal Beach, CA 90740

One Mile (Open Water course in '87) - Aug. 15 - Bolsa Chica State Beach, Greg Holland, P.O. Box 5220, Huntington Beach, CA 92615

Open Water (3-1/2 - 5 mile Category (approx. 5 miles) - Aug 21 - San Pedro, CA - Cabrillo Beach Polar Bears, C/o Ray Falk, 424 W. 38 St., San Pedro, CA 90731

WINNERS vs. LOSERS

WINNER is always a part of the answer
LOSER is always a part of the problem

WINNER always has a program
LOSER always has an excuse

WINNER says "Let me do it for you"
LOSER says "That's not my job"

WINNER sees an answer for every problem
LOSER sees problems in every answer

WINNER sees a green near every sand trap
LOSER sees 2 or 3 sand traps near every green

WINNER says "It may be difficult, but it's possible"

LOSER says "it may be possible, but it's too difficult"

BE A WINNER.....

NATIONAL HONOR FOR PHYSICAL FITNESS EFFORT -

Edward J. Shea, 71, professor emeritus at Southern Illinois University in Carbondale, IL was honored nationally for a lifetime of service and work in physical education and championship swimming. Shea won three gold medals and a silver at the World Masters Swimming Championship in Tokyo last summer. Established by the U.S. Jaycees, Allstate Life Insurance and the President's Council of Physical Fitness and Sports, the award goes to those who have contributed to the health and fitness of themselves and society through education, volunteer work, sports and other areas..

SWIM-MASTER

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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XVI - No 4

MAY 1987

MAY	2	SC - Joanita Reed, Rt 20 Box 208KK, San Antonio, TX 78218
	2	SC - Ken Stephens, Parks & Rec Dept., 776 NE 125 St., North Miami, FL 33161
	2-3	SC - Skip Ferris, Somerset Valley Y, PO Box 6801, Bridgewater, NJ 08807
	2-3	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
	3	SCM - Beth O'Connor, 11790 Bayfield Ct., Reston, VA 22094
	3	SC Relays - Dix Ozier, PO Box 9909, Mills College, Oakland, CA 94613
	8-10	YMCA MASTERS NATIONALS - Milwaukee, WI
	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
JUN	6-7	LC - Jo May, 1405 Pine Chase, Houston, TX 77055
	6-7	LC - Fred Forshey, 7568 Rainflower Way, Columbia, MD 21046
	12-13	LC - Kerry J'Brien, 5517 Nebraska Dr., Concord, CA 94521
	13-14	LC - Deb Walker, 7223 Turnstone Rd., Sarasota, FL 34242
	19-21	LC - Carrie Thornthwaite, 5412 Forest Acres Dr., Nashville, TN 37220
	20	1500 - Paul Blair, 9009 Reservoir Ct., Little Rock, AR 72207
	20-21	LC - Ken Anson, 1116 E. Oklahoma, Enid, OK 73701
	27	LC - Mishawaka Summerfest Swim, 600 E. Third St., Mishawaka, MD
	27	Sooner State Games, Janet Latham, 2732 Somerset Pl, Okla. City, OK 73316
	27-28	LC - George Jacobson, c/o 1st Colony Ath., 12503 Exchange Dr., Ste. 506, Stafford, TX
	27-28	LC - Judy Meyer, c/o MBATC, P.O. Box 3088, Boca Raton, FL 33431 (305) 488-2001
	27-28	LC - Evie Wegienka, 1009 Cottonwood, Woodland, CA 95695
JUL	11	LC - Woody Acton, 2237 Dawn Marie, Okla. City, OK 73112
	11-12	LC Dixie Zone Champ., Dorothy Ressiguie, POB 7, Tar Heel, NC 28392
	11-12	LC - Will Worley, 1001 Village Dr., College Station, TX 77840
	11-12	LC - Mary Dowlen, College of Charleston, Math Dept., Charleston, SC 29424
	18	LC - SMU - Jim Montgomery, 3503 Fairmont Ave., Dallas, TX 75219
	24-26	LC - Winnie Prall, 6735 Chesapeake Pt. NW, Atlanta, GA
	25	LC - Paul Blair, 9009 Reservoir Ct., Little Rock, AR 72207
	25	LC - Dave Duncan, 102 Ivy St. Rt. 3, Freeport, TX 77541
CORONADO MASTERS ASSOCIATION - Alicia Coleman, 24 The Point, Coronado, CA 92118		
May 31 LC, Aug 2 LC, Oct 11 SC, Dec 6 SC		
AUG	21-24	USMS LC NATIONALS - Tom Boak Jr., 63 Huntsman's Horn Cir., Woodlands, TX 77380
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 FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Rio de Janeiro, Brazil Aug 7-12
#####		
USS LONG DISTANCE SWIMMING CHAMPIONSHIPS FOR MASTERS		
10K Postal - May 15-Sep 30 - Arizona Masters, c/o Dorothy Laporte, 1207 E. Northshore Dr., #134, Tempe, AZ 85283		
Two Mile on 1/4 Mile Straightaway (cable) - July 11 - Chris Greene Lake, VA, Virginia Masters c/o Dr. Jim Miller, 1417 Johnston-Willis Dr., Richmond, VA 23235 Cont'd. on p 11		