



Bryant Stamford, PhD

How Much Should I Exercise?

Aerobic exercise programs promise at least three outcomes: increased fitness, weight control, and protection against heart disease. Unfortunately, the fitness movement has touched only about one in five adult Americans, with inconvenience and lack of time ranking near the top of the list of excuses for not participating. Most of us aren't able or willing to squeeze four 30-minute workouts into an already hectic week.

Are there alternatives? Exercise scientists wish there were, and many are looking for them. Perhaps short bouts of exercise scattered throughout the day would help because short, high-intensity workouts can improve fitness. For example, running 1 mile as fast as possible four days a week requires only about 30 minutes of total exercise time per week, but because the intensity is high, results are dramatic. This approach may be fine for former athletes, but most Americans are poorly suited for such demanding exercise.

A study by DeBusk et al¹ showed that three ten-minute jogging workouts a day, five days a week for eight weeks at moderate intensity increased maximum oxygen capacity ($\dot{V}O_{2max}$) by 8% in healthy middle-aged men. Another group, who performed the standard 30-minute jogging workout, increased their $\dot{V}O_{2max}$ by 14%. Although the standard approach to aerobic fitness produced the greatest effect,

Dr Stamford is director of the Health Promotion and Wellness Center and professor of allied health, School of Medicine, University of Louisville, Kentucky.

these results indicate that more moderate approaches are beneficial.

DeBusk et al also examined whether three shorts bouts of exercise complemented the daily schedule. They found just the opposite. Participants reported that three workouts were less convenient than going straight through for 30 minutes. One lengthy workout required only one change of clothes and one shower. With three workouts—although brief—the exercisers sweated and needed to freshen up. One or two additional cleanups was too much.

Even though this exercise schedule is impractical, the study's findings are provocative and raise the question of whether bouts of moderate exercise shorter than ten minutes might also effectively promote fitness.

But even if fitness does not increase significantly, are brief bouts of physical activity worthwhile? From the weight-control standpoint, the answer is yes. Total calorie expenditure vs calorie intake over time determines weight gain or loss, and it doesn't matter whether those calories are burned in small doses or all at once. Participants in the DeBusk et al study lost 2% of their body weight regardless of whether

they exercised in short or long bouts.

Short periods of activity may also provide some protection against heart disease. The Harvard alumni study by Paffenbarger et al² found that stair climbing, walking, and light sports that burned at least 2,000 calories a week offered protection against heart disease. In addition, three studies of active vs sedentary workers by Morris et al^{3,4} found fewer cases of fatal and non-fatal heart disease among the more active subjects. The Framingham Study⁴ found that moderately active people had less coronary heart disease, myocardial infarction, angina pectoris, and sudden death compared with sedentary counterparts.

Additional research giving credence to the benefits of moderate activity is beginning to emerge, which is good news for the 80% of the population who opted out of the fitness movement. Bits-and-pieces workouts similar to those followed by the Harvard alumni could be incorporated easily into a busy schedule. Climbing two or three flights of stairs several times a day or taking a midday walk should not necessitate a change of clothes and a shower. More research is needed, but the message is encouraging. **PSM**

References

1. DeBusk RF, Hakansson U, Sheehan M, et al: Training effects of short versus long bouts of exercise, abstracted. *J Am Coll Cardiol* 1988;11(2):101A
2. Paffenbarger RS Jr, Wing AL, Hyde RT: Physical activity as an index of heart attack risk in college alumni. *Am J Epidemiol* 1978;108(September):161-175
3. Morris JN, Heady JA, Raffle PA, et al: Coronary heart-disease and physical activity of work. *Lancet* 1953;2:6795
4. Morris JN, Heady JA, Raffle PA, et al: Statement and testing of provisional hypothesis. *Lancet* 1953;2:1111
5. Morris JN, Pollard R, Everitt MG, et al: Vigorous exercise in leisure-time: protection against coronary heart disease. *Lancet* 1980;2(Dec 6):1207-1210
6. Dawber TR: *The Framingham Study*. Cambridge, MA, Harvard University Press, 1980

FREESTYLE.....Tom Lyndon

SOME PSYCHES I'VE KNOWN... Whether you're getting it together, going for it, entering the bullring, opening the envelope, letting it all hang out, reaching for the ring, at the moment of truth, taking the acid test, bombs away, or just gamely trying to hold it together, your thoughts can play an important role in determining the outcome of your endeavor - a trained for and planned for race for us masters swimmers.

Rare is the swimmer who steps on the block without hauling along emotional baggage significantly influencing what he is capable of doing. The baggage can be of our own creation or loaded upon us by others. Regardless of where it originates, it can be a major contributor to how we do. The word "psyche" frequently implies some sort of damage or hindrance to our ability to perform. We seem to be unusually susceptible to this virus and, conversely, immune to words and thoughts of our own and others that try to offset this force. While I can't tell you how not to succumb to this plague or what's the cure, I can describe some of the psyches I've known to at least make it clear there's enough of it going around for all of us.

The Strong, Silent Type... He (or she - all these types can be either sex) exudes the emotional sensitivity of Arnold Schwarzenegger's "Terminator". You quite likely have heard of this swimmer - perhaps even read a clipping or too - and are curious to find out just what makes him tick. After all, this is good old friendly masters swimming where no one gets up tight. Wrong. This guy, when you introduce yourself, barely acknowledges your presence and makes it clear talking with you is a needless, and perhaps unpleasant, use of his time. It takes a strong ego or thick skin to shrug off this sort of rebuff, let alone direct your stung pride into "showing" him in the water that he should have been nice to you.

The Tough Guy... He can be friendly enough, but may seem bent on making sure you appreciate how tough he is. Sort of a Bionic Man. His handshake is better suited to barbells, making you wonder if your well defined but runty by comparison hand bones were designed for this abuse. While seemingly idly standing around, he may suddenly flex or demonstrate some physical capacity you know is far beyond your arsenal of fitness. He's into clenched jaws, sucked in stomachs, overly deep breathes, and West Point plebe postures.

A true anecdote may convey the impact the truly tough guy can have. In college, my coach grossly misrepresented my ability in order to get me in the fast, timed finals heat of the 1650 at a regional meet. That heat had three former Olympians, including the current world 440 record holder (John Marshall, the first to go under 4:30). I had never met, only seen pictures of him. As I swung open the door in the john minutes before the race, I almost bumped into him as he was tying his bathing suit. To do it right he had inhaled deeper than I had ever imagined a human could.

I estimate his chest measured about 50 inches. Whatever plucky resolution I had been nurturing disappeared at that moment. How could I compete against such superior hulk? As it turned out, he and the others got the last lap gun in plenty of time to get in to, if not out of, the shower before I finished. In fact, if I had not been psyched, I would still have finished far back, but I like to attribute my loss to the hotshots to my getting psyched.

The Bold One... He makes no bones about it. He is in top shape and expects to blow us all away. He may say it straight out, which takes more than a bit of poise or courtesy to respond to without risking inciting him to further aspirations. Sometimes he says it in such a way that it is not clear whether he is aware of the claims he is making for himself. Saying he never used to be able to stay with me in a race but, lately, has had such good workouts that he will at least try to do it for a while and see what happens. Then - artfully? - he may try to retract the thought, apparently recognizing it suggests parity.

The Expert... This person knows more about racing than you could ever hope to know, or so it seems when he strikes up a conversation with you, usually not too long before the race. It's hard to tell if the expert is trying to help you or upset you. You do know that he puts ideas in your head that are hard to shake and can be deleterious to your racing. He may call your attention to the fact that there is a slippery spot on the wall on the left side of the touch pad. In your warmup you somehow happened to miss it, but, knowing you resort to a modified circle swimming pattern sometimes in your races, you imagine hitting that bad spot over and over. He may note there is an unusual wave that seems to carom off the ropes when you come up from your turn, and is especially troublesome if you are ahead of the other swimmers. If my strategy had been to get out ahead and hang on, I will rethink how smart this will be.

The Concerned One... His swimming talents can seem eclipsed by his far reaching analysis of swimming technique, which, before your big race, happens to focus on yours. No, you had not considered bilateral breathing to smooth out that obvious hitch in your stroke that causes you to lose momentum, throws your body out of line, and suggests you're definitely overtrained. I don't know whether it's good or bad that this type can be good at spotting your flaws. I appreciate the help but have a tough time not dwelling on my shortcomings when I am asking so much of myself.

From time to time you will be confronted with the psyche's many forms. Whether you sublimate, squash, or sidestep the damage is strictly up to you. It only matters if you allow it to get in the way of what you want to accomplish in the pool. You are the "Captain of your ship". As long as you keep your hands skillfully on the wheel and read the conditions around you as wisely as you can, you will flow to the best of your abilities and that is good enough for me. But have you happened to notice how you're dropping your left shoulder lately? 5/89

In the summer of 1950

By Celia Morris

One of the great moments in my life came in the summer of 1950 at the Shamrock Hotel, when I won the Women's Gulf Coast AAU 800-meter freestyle championship and set a record. I was 14 years old.

The next day my picture was in the Chronicle along with Jane Kneip, who won all the shorter freestyle races, and Mignon Martin, who took the diving. Almost 40 years later, the expression in that old clipping still radiates bliss.

I swam on the Golfcrest Country Club team because its genial coach, E.A. Snapp Sr., had recruited me at a local meet the summer before. But along with a score of other girls and boys, I had discovered when I got to the pool that another E.A. Snapp — this one the son — was the real taskmaster. And swimming for E.A. Jr. was not for sissies.

His smile was big and infectious like his father's, but he popped a wet towel at any sluggard in sight, and he had a quick, mean wrist. I rode home backward one evening, with my bottom stuck in the air so as not to sit on the welts.

But E.A. Jr. had earned the right to be tough. Some years before, he was training for the Olympics when polio struck him. The doctors said he would never walk again.

Giving up or giving in, however, was not in the Snapp tradition. The old man began coaching him with as much devotion as when the Olympics had been their goal, and by the time we knew him, he could walk without a cane. He had powerful shoulders, but when he swam, his legs dangled behind.

Some two weeks before the meet at the Shamrock, which was the first of the season, E.A. Jr. decided I should swim the 800-meter freestyle. I was appalled. I had never swum more than 200 consecutive yards in my life, and I wailed at the prospect. He was unmoved: From then on, I was to swim 1,000 yards a day.

When he came back a week later and demanded a report, I confessed to a daily total of maybe 250. So he put one of

his minions on one side of the pool with a wet towel, stationed himself on the other, and ordered me to swim 40 widths, or just under 700 yards. Whenever I dallied on a turn, they popped me with the towels, and it was that night I got those welts on the rear.

The 800 was 16 lengths of the Shamrock pool. Eight girls were entered, and whether the gods or lesser mortals plotted, I drew one of the coveted middle lanes. To my right would be Patsy Bonner from College Station, an "older woman" of 17, and the winner of a handful of gold medals the summer before. To my left would be Dolores Anderson for the Shamrock — tall, fast, and a year younger than I.

The starter raised his gun. The eight of us bent over, arms down. The gun cracked. We jackknifed out. The race was on.

By the middle of the first lap, Patsy, Dolores, and I had emerged from the pack, and for the first three lengths, we swam evenly together. And then on the third turn, Patsy and I pulled ahead, and for the next 10 lengths, she and I matched stroke for stroke.

And then on the 13th turn, I pulled ahead and kept on pulling. As I made the 15th turn, three body-lengths ahead, the gun signaled the last lap. Patsy put on a burst to catch me, but I was flying on adrenalin and glee, and this one was mine! The flashbulbs went off. The old man fell into the pool. And E.A. Jr. said, "Baby, you're going to the Olympics!"

That turned out to be the peak of my swimming glory, and apart from inter-collegiate athletics, my career as a competitive swimmer didn't last more than another two years. I was too lazy. And not long after, I got seriously interested in boys.

There was one special boy with whom I shared that summer and the next. He was standing by E.A. Sr. when the gun went off; he was running beside E.A. Jr. down to the finish; and he too ended up in the pool. His name is Dave McComb. He has a grin like Huck Finn and a great swimmer's body, and he was 15 the year I won the big one. We discovered this summer in Washington, D.C., that our friendship, which blossomed in an era past recall, will last a lifetime.

Both of us went on to get Ph.D.s and learned to analyze the past as historians. So that when we got together again after more than 20 years, we realized to our bemusement that two conditions had governed our adolescent friendship: too much chlorine and an absolute prohibition against sex.

The chlorine, which could damage our eyes if we stayed too long in the water, meant we could train no more than two

hours a day. The ban on sex gave us not only the imperative, but the space to find different ways to know one another.

Technology and a sexual revolution have subsequently destroyed those two conditions: goggles have been perfected to protect the eyes — with the result that anybody who competes now has to work out seven hours a day just to stay in the race. Swimmers have no time or energy left over for play. The pill and the sexual revolution mean that from early adolescence, boy-girl friendships must cope with a human drive as powerful as hunger.

Davey and I were lucky.

Within the hour, our old intimacy came flooding back, and over the course of a weekend, we rediscovered patterns of character we had built together 40 years earlier. We still do what we learned then to do: We know how to work, and we know how to play.


Allowing for the normal wrinkles, bulges and sags of middle age — and for Dave's mustache — we looked much the same, one virtue of our swimming years being the respect we had learned for our bodies and the care they needed.

But we are more likely now to work with our brains: Both of us write books. In fact, though neither lives in Texas, each of us writes about it. (David wrote a history of Houston that is a standard source.)

The sense of adventure we discovered at the Shamrock has led him twice around the world, and me to live abroad. We're more relaxed, to be sure, than when we were kids: We stood in the midst of Union Station and laughed at each other shamelessly.

It was the old '50s style. Corny, if you will, but we're past the age of apologizing. We're the kind of people who pay our bills on time. Neither would tell a lie except to protect someone's feelings. Neither would deliberately hurt another. Both believe above all in decency and integrity in personal relations, and both have discovered to our cost that the world does not.

I told him every important secret in my life, and he told me most of his. The candor was awesome because the trust was unqualified.

Golfcrest moved to another part of town, and they tore the Shamrock down, the collective wisdom having decided it was an eyesore. Perhaps it was. But for us in 1950, it was a great, green palace — a place of wonder, challenge and daring. A place where boys and girls had grand adventures and discovered how to be friends forever. 

Celia Morris is a novelist and historian who lives in Washington, D.C. Her book, *Fanny Wright: Rebel in America*, was published in 1984 by Harvard University Press (under the name Celia Eckhardt).

Swimmer getting faster and faster

By MEL DUPAIX

Bob Bailie can't seem to reach a peak sprint time. He just gets faster and faster.

A resident of The Woodlands, Bailie competes in the 50-54 age group of the U.S. Masters Swimming program.

Last May at the Short Course National Championships in Boca Raton, Fla., Bailie took second place in his favorite sprint, the 100-yard freestyle. His 52.62-second clocking shaved a 10th of a second off his all-time best effort achieved more than 30 years ago when he competed for Rutgers University.

"Jeff Farrell beat me in world-record time for the 50-54 age group," noted Bailie. "I was 3/100 of a second over the world record for the age group which I'll enter next fall.

This accomplishment is a contradiction to the common notion that top-flight competitive swimming is for the kids only. Bailie may be faster than the typical high school competitor today.

"In order to swim at the level I want to swim at, and at the speeds I want to achieve — nobody can do it alone. You've got to have coaching in the water, on dry land and in the weight room," declared Bailie. After relocating his business from Florida last summer, Bailie trains with The Woodlands Masters Swim Team in order to benefit from team practices.

"You have to have a heck of an understanding family, because you're like another teenager coming home late from training after school," he observed. "Your wife has to adjust meal times.

"You have to do a whole lot of things. You have to have a lot of support from everyone around you. That's crucial and I've got my wife's (Carol) support. That's all I need."

Bailie notes that swimming is merely moving water. As a result, strength and power are crucial to winning races.

His weight-room approach at The Woodlands Athletic Center involves many of the Nautilus machines as well as some of the Universal equip-

ment. Bailie follows the standard resistance-training format of alternately increasing repetitions, then weight. He has built a powerful physique that is not bulky by combining weights and swimming.

"But I wish I had the physique that Rowdy Gaines has," said Bailie. The 30-year-old Gaines anchored the exciting relay finish for the U. S. winning effort in the 1984 Olympics.

"Gaines visited with several of us top nationally-ranked 'old-timers' at the Pan Pacific Games in Indianapolis last fall. I think he respected our condition and ability. This may motivate him to be active in the U. S. Masters Swimming program.

After a 25-year layoff from competitive swimming and regular training, Bailie found that he didn't have to start a tortuous workout schedule in order to be a nationally-ranked swimmer. Currently he goes to the weight-room three mornings a week and swims four-to-five times a week, usually in the late afternoon.

"This is an effective workout schedule that I can balance reasonably with my family and work lives," noted Bailie. "It's made possible because for the first time my home, job and athletic facilities are nearby in the same community.

"Everything I can tell you about swimming and fitness, I learned from somebody else. I'll pick anybody's brain if I think he's got something of value.

"I'll even listen to someone who has a crazy idea in order to see if there's something in it that seems to fit," added Bailie.

"One of the things the Coach taught me that I will carry for life is that if everything is perfect in your swimming and you're not winning — that's as fast as you're ever going to go. So as long as there's something that needs improvement, you've got something to be happy about.

"You can improve style or build strength or get your mind right, and go a little fas-



ter," he said.

"You know, I'll probably drop down to working two hours a day when I'm 95, but it'll be about four hours a day in my earlier retirement. The rest will be training and recreation and fun.

"I'll work on into the 100 s. I mean...I'm already planning for it," he revealed.

Meanwhile, Bailie has some shorter-term accomplishments in mind.

"I've got this target — to go to the 1991 Nationals — at 55 years old and do it all over again — only better. And just 'work' toward it because it's hard work.

"This time I'd like to win more than three races, and I want to set a few new world records," he added.

"The 100-yard freestyle has become my best event," said Bailie. In his age group he is also a nationally-ranked Top 10 competitor in the 50-yard freestyle, the 50- and 100-yard

butterfly, the 200-yard freestyle and the 100-yard individual medley. Relays highlight the fun that he has at swimming meets, however.

"A relay win in the final event gave my school (Brooklyn Technical High School) New York City's dual meet championship in the early '50s. I swam the anchor leg," he recalled.

"The race was so close that I didn't know we won until my teammates jumped on top of me in the pool. We went completely bonkers. I greatly enjoy relay competition to this day."

Bailie concluded, "It's exciting to know that you can get better — get faster — become more competitive. Where else but in Masters Swimming can you look forward to getting older ('aging up')...even into your 80s?"

"It's a great feeling. In the long run, fitness and longevity is what it's all about."

Jim Forbes shares this photo with us taken in 1973 in Chicago, IL. This is the way Jim remembers Dr. Arthur and cherishes the photo.

ROY STICKNEY

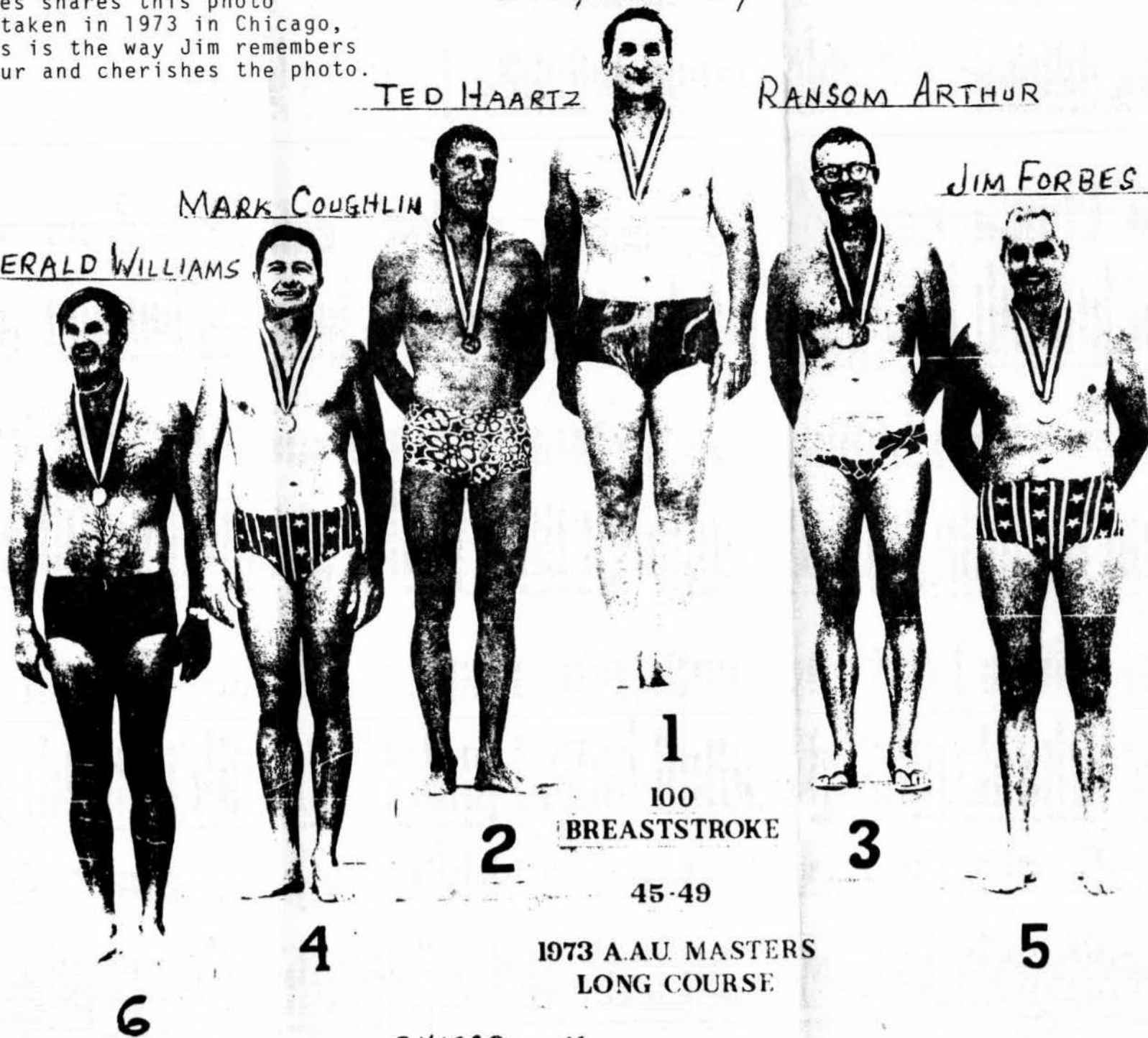
TED HAARTZ

RANSOM ARTHUR

MARK COUGHLIN

JIM FORBES

GERALD WILLIAMS



1

100

BREASTSTROKE

45-49

1973 A.A.U. MASTERS
LONG COURSE

2

3

5

4

6

CHICAGO, IL

GREAT BRITAIN MASTERS CHAMPIONSHIPS

**Coventry 50m Pool
3rd - 5th November 1989**

WOMEN

50m Backstroke
 A Claire Dickinson 34.78
 B Deirdre Sheehan 35.18
 C Sylvia Platt-Rogers 34.76 B
 D Sandra O'Neill 37.28
 E Retraud Palmer 40.26
 F Carol Buykx 41.95
 G Jane Asher 41.58
 H Olive Hale 45.85
 J Betty Condon 46.76 B/E
 K Willy van Rysel 46.81 B/E
 L Dorothy Weston 58.42

100m Backstroke
 A Judith Brown 1.14.68
 B Deirdre Sheehan 1.16.99
 C Sylvia Platt-Rogers 1.16.44
 D Sandra O'Neill 1.19.39 B
 E Barbara Woodward 1.33.78
 F Carol Buykx 1.34.77
 G Jane Asher 1.35.80
 H Olive Hale 1.42.40
 J Dorothy Williams 1.51.72 B
 K Willy van Rysel 1.49.74
 L Dorothy Weston 2.04.66 B

200m Backstroke
 A Judith Brown 2.35.86
 B Alyson Jones 2.43.19 B/E
 C Anne Cork 2.46.43
 D Jill Whyman 3.03.91
 E Retraud Palmer 3.16.32
 F Brenda Walker 3.18.11
 G Barbara Morton 4.00.18
 H Olive Hale 3.48.55
 J Margaret Evans 3.58.02 B
 K Willy van Rysel 4.04.07 B/E

50m Breast stroke
 A Rayne Binns 38.28
 B Verity Dobbie 37.25
 C Ruth Thomson 39.84
 D Susan Magnall 41.54
 E Elaine Bromwich 40.26
 F Lindsay Lant 42.47
 G Flora Connolly 43.37
 H Joan Kidd 56.32
 J Margaret Evans 51.23
 K Bernice Hooper 58.79 B
 L Dorothy Weston 1.00.71

100m Breast stroke
 A Maria Draper 1.26.44
 B Verity Dobbie 1.21.07
 C Gillian Cackett 1.26.89 B
 D Susan Magnall 1.31.64
 E Elaine Bromwich 1.28.47 B/E
 F Lindsay Lant 1.32.26
 G Flora Connolly 1.32.85 B/E/W
 H Joan Kidd 2.00.97
 J Margaret Evans 1.47.06 B/E/W
 K Bernice Hooper 2.18.67 B
 L Dorothy Weston 2.10.56 B/E

200m Breast stroke
 A Rayne Binns 3.10.45
 B Verity Dobbie 3.00.80
 C Gillian Cackett 3.09.46 B
 D Susan Magnall 3.15.76
 E Elaine Bromwich 3.14.91
 F Lindsay Lant 3.21.52
 G Flora Connolly 3.18.11 B/E/W
 H Joan Kidd 4.29.20
 J Margaret Evans 3.45.71 B/E/W

50m Butterfly
 A Diane Brades 31.43
 B Jackie Luckings 32.49
 C Sylvia Platt-Rogers 31.51 B/E
 D Glenda Adams 33.99
 E Judy Wilson 33.94 B
 F Lindsay Lant 40.62 B
 G Jane Asher 40.14
 H Janet Stobie 1.09.40
 J Betty Condon 1.00.19
 K Willy van Rysel 1.04.07
 L Edith Hewitt 1.05.34

100m Butterfly
 A Diane Brades 1.11.58
 B Jackie Luckings 1.11.57 B/E
 C Jacqueline Simpson 1.19.89
 D Glenda Adams 1.19.10
 E Judy Wilson 1.21.37 B
 F Lindsay Lant 1.30.13 B
 G Flora Connolly 1.30.95

200m Butterfly
 A Judith Brown 2.35.50
 B Lucinda Spicer 3.12.66
 C Jacqueline Simpson 3.11.96 B
 D Patricia Jackson 3.06.40
 E Elaine Bromwich 3.22.60 B
 F Valerie Buxton 3.34.23
 G Flora Connolly 3.17.68 B/E/W
 H N/S
 J Margaret Evans 4.26.48 B/E

50m Freestyle
 A Gillian Skipper 28.51 E
 B Alyson Jones 28.77 E
 C Sylvia Platt-Rogers 30.11 B
 D Sandra O'Neill 30.95
 E Judy Wilson 30.81 B
 F Mary O'Herlihy 37.03
 G Jane Asher 33.65
 H Olive Hale 44.90
 J Betty Condon 45.93
 K Willy van Rysel 45.79
 L Edith Hewitt 47.09

100m Freestyle
 A Gillian Skipper 1.03.77
 B Alyson Jones 1.03.03
 C Sylvia Platt-Rogers 1.06.97 B/E
 D Sandra O'Neill 1.08.66
 E Judy Wilson 1.08.97 B
 F Brenda Walker 1.21.82
 G Jane Asher 1.16.27
 H Olive Hale 1.40.53
 J Dorothy Williams 1.48.81
 K N/S
 L Edith Hewitt 1.53.48 B/E

200m Freestyle
 A Judith Brown 2.25.26
 B Alyson Jones 2.21.78
 C Christine Rydquist 2.40.20
 D Sandra O'Neill 2.30.93
 E Wendy Williams 2.47.46 B
 F Brenda Walker 3.06.20
 G Jane Asher 2.53.18
 H N/S
 J Jean Dance 3.59.82
 K Willy van Rysel 4.04.51

400m Freestyle
 A Diane Brades 5.06.41
 B Deirdre Sheehan 5.28.11
 C Anne Cork 5.39.19 B
 D Sandra O'Neill 5.22.64
 E Penny Webster 6.10.43
 F Brenda Walker 6.30.19
 G Jane Asher 6.13.23
 H Janet Stobie 8.41.45
 J Jean Dance 8.23.18 B
 K Willy van Rysel 8.37.51

200m Individual Medley
 A Diane Brades 2.36.21
 B Alyson Jones 2.40.82
 C Anne Cork 2.48.75 B/E
 D Glenda Adams 2.54.19
 E Elaine Bromwich 3.05.67 B
 F Lindsay Lant 3.13.91
 G N/S
 H N/S
 J Margaret Evans 3.56.90

400m Individual Medley
 A Judith Brown 5.29.79
 B Alyson Jones 5.47.00
 C Anne Cork 6.06.25
 D Patricia Jackson 6.33.81
 E Elaine Bromwich 6.43.94
 F Lindsay Lant 6.50.09
 G Flora Connolly 6.44.12
 J Margaret Evans 8.15.23

MEN

50m Backstroke
 A Michael Brett 30.39
 B Steve Burcham 30.49
 C Trevor Clark 31.01
 D James Rogers 31.51
 E Mark Litman 33.18
 F Graham Sykes 32.98 B
 G Roger Burrell 38.05
 H James Gibson 40.31
 J Thomas Summers 39.52
 K Graham Huxtable 44.97
 L Bob Taylor 51.17

100m Backstroke
 A Michael Brett 1.05.87
 B Kevin Parfoot 1.04.02 B/E
 C Eddie Riach 1.08.47
 D James Rogers 1.08.30 B/E
 E Mark Litman 1.13.91
 F Graham Sykes 1.13.82 B
 G Roger Burrell 1.23.66
 H Eric Mountain 1.35.73
 J Jack Hale 1.24.88 B/E
 K Graham Huxtable 1.44.82 B
 L Bob Taylor 1.54.28 B

200m Backstroke
 A Robin Brew 2.15.71 B/E
 B Kevin Parfoot 2.19.58 B
 C Eddie Riach 2.30.43
 D Geoffrey Thwaites 2.35.84
 E Mark Litman 2.41.87
 F Graham Sykes 2.47.61 B
 G Roger Burrell 3.03.89
 H Eric Mountain 3.38.08
 J Jack Hale 3.08.93 B
 K Brynmor Lewis 3.52.90 E
 L Bob Taylor 4.01.18 B

50m Breast stroke
 A Paul Wright 32.51
 B P Morris 32.63 B/E
 C Allan Gentleman 34.35 B/E
 D George Jackson 36.06
 E Robert Apel 35.55 B
 F Tom Walker 36.55 B
 G James Mcton 41.28
 H Edward Clarke 44.57
 J Olaf Lippold 47.37
 K George Logan 50.35
 L Roy Hodges 1.01.98
 M Czeslaw Kozlowski 1.03.58

100m Breast stroke
 A Robin Brew 1.11.58
 B Barry O'Brien 1.13.47
 C Frederick Bolton 1.18.78
 D Geoffrey Thwaites 1.20.01
 E Robert Apel 1.20.30 B
 F Tom Walker 1.22.68
 G Claude Bush 1.33.42
 H Edward Clarke 1.41.16
 J George Merryweather 1.44.91
 K George Logan 1.58.57
 L Roy Hodges 2.19.84

200m Breast stroke
 A Murray Buswell 2.29.38 B/E
 B Barry O'Brien 2.40.34
 C Allan Gentleman 2.49.31 B/E
 D Geoffrey Thwaites 2.55.10
 E Charles Doxat 3.00.33 B
 F Tom Walker 3.00.81 B
 G Claude Bush 3.29.22 B
 H Edward Clarke 3.41.75
 J George Merryweather 3.52.91
 K Ernest Clemett 4.50.49

50m Butterfly
 A Anthony Tilstone 27.70 B/E
 B Paul Morris 26.76 B
 C Trevor Clark 28.59
 D Eric Henderson 29.22
 E Roger Lloyd-Mostyn 31.43
 F Geoff Stokes 33.09
 G Jean-Louis Le Dall 31.91
 H Derek Cripps 37.04 B
 J Jack Hale 35.16
 K Al Alvarez 52.11

100m Butterfly
 A Steven Thomas 1.00.96 B
 B Stephen Nash 1.03.44
 C Trevor Clark 1.04.27
 D Eric Henderson 1.06.40
 E Roger Lloyd-Mostyn 1.09.77
 F Geoff Stokes 1.12.75
 G Seymour Banning 1.23.85
 H N/S
 J N/S
 K Al Alvarez 2.07.80

200m Butterfly
 A Peter Abell 2.18.33 B
 B Paul Morris 2.17.79 B/E
 C Trevor Clark 2.32.98
 D David Thompson 2.34.98 B
 E Roger Lloyd-Mostyn 2.50.62
 F Geoff Stokes 2.51.26
 G Seymour Banning 3.19.96
 H Denis Robinson 5.18.90

50m Freestyle
 A Stephen Hirst 25.36
 B Brian Archibald 25.41
 C Bob Wheeler 27.64
 D James Rogers 27.77
 E Mark Litman 29.22
 F John Brogan 29.49
 G Jean-Louis Le Dall 29.12 E
 H Kenneth McKay 31.45 B/E
 J Forbes Gentleman 32.35
 K Al Alvarez 36.38
 L Bob Taylor 40.12 B
 M Czeslaw Kozlowski 57.71

100m Freestyle
 A Stephen Hirst 56.52
 B Paul Morris 56.39 B
 C Scot Hatfield 1.03.80
 D Andy Wilson 1.01.56
 E Michael Wake 1.04.93
 F Geoff Stokes 1.04.23
 G Jean-Louis Le Dall 1.07.20
 H Kenneth McKay 1.11.35 B/E
 J Jack Hale 1.11.61 B/E
 K Al Alvarez 1.26.15
 L Bob Taylor 1.37.84 B

200m Freestyle
 A Nicholas Burrows 2.08.66
 B Andrew Burgess 2.13.14
 C Trevor Clark 2.13.78
 D Andy Wilson 2.16.74
 E Michael Wake 2.18.12 B/E
 F Geoff Stokes 2.20.13
 G John Starr 2.46.64
 H Kenneth McKay 2.48.73 B
 J Jack Hale 2.42.86
 K Al Alvarez 3.29.48
 L Bob Taylor 3.45.75 B

400m Freestyle
 A Robin Brew 4.21.59 B/E
 B Andrew Burgess 4.45.14 B
 C Eddie Riach 4.45.56
 D Geoffrey Thwaites 4.51.21
 E Michael Wake 4.56.25 B
 F Geoff Stokes 5.06.32
 G John Starr 5.53.16
 H Kenneth McKay 6.01.50 B
 J Jack Hale 5.51.92 B
 K Ernest Clemett 7.43.08

200m Individual Medley
 A Robin Brew 2.13.60 B/E
 B Gareth Parker 2.27.59
 C Allan Gentleman 2.28.31 E
 D Geoffrey Thwaites 2.32.82
 E Alexander Galletly 2.40.16
 F Tom Walker 2.56.80
 G Seymour Banning 3.18.05
 H Eric Mountain 3.30.13
 J Forbes Gentleman 3.27.63 B
 K Brynmor Lewis 3.59.65

400m Individual Medley
 A Gareth Sykes 4.52.30
 B Kevin Parfoot 5.11.43
 C Allan Gentleman 5.20.48
 D David Thompson 5.32.30
 E Alexander Galletly 5.46.10
 F Colin Hardy 6.18.75
 G Roger Burrell 7.06.59
 H Thomas Sweeting 7.50.73
 J N/S
 K Al Alvarez 9.14.30

100m Free
 A S Hodgson 1.02.33
 B V Dobbie 1.05.42
 C J Wheeler 1.07.93
 D S Shrimpton 1.04.92 B/W
 E J Wilson 1.10.19 BR
 F L Lant 1.19.24
 G J Asher 1.15.03
 H K Grimmer 1.50.17
 J D Cope 1.33.94
 K W van Rysel 1.49.73
 L E Hewitt 1.52.08
 M N/S

ENGLISH NATIONAL MASTERS

**Bournemouth 25m Pool
20th to 22nd OCTOBER 1989**

WOMEN

50m Backstroke
 A L Webb 33.04
 B A Fisher 35.01
 C A Cork 35.31
 D K Pavier 36.23
 E J Brown 39.53
 F S Bramham 39.60
 G J Asher 41.25
 H O Hale 46.10
 J B Condon 47.12
 K W van Rysel 48.75
 L E Hewitt 58.80
 M N/S

100m Backstroke
 A L Webb 1.11.72
 B A Fisher 1.17.30
 C A Cork 1.16.36
 D K Pavier 1.19.55
 E J Brown 1.26.25
 F S Bramham 1.27.58 BR
 G J Asher 1.31.88
 H O Hale 1.39.61 BR
 J M Evans 1.49.20
 K W van Rysel 1.52.31
 L N/S
 M N/S

50m Breast stroke
 A C Griffin 38.09
 B V Dobbie 36.74
 C G Cackett 39.05
 D B Wilkins 40.82
 E Bromwich 39.21 B/W
 F L Lant 42.64
 G J Asher 45.93
 H K Grimmer 53.11
 J M Evans 49.37
 K B Hooper 58.73
 L E Hewitt 58.66
 M N/S

100m Breast stroke
 A L Guille 1.21.70
 B V Dobbie 1.20.27
 C G Cackett 1.25.15
 D S Magnall 1.28.20
 E D Ford 1.26.34 B/W
 F L Lant 1.31.13
 G J Asher 1.40.85
 H K Grimmer 1.58.15
 J M Evans 1.46.45
 K B Hooper 2.14.22
 L D Weston 2.11.81
 M N/S

50m Fly
 A D Brades 31.85
 B S Crissell-Falla 34.03
 C K Wilding 32.87
 D G Adams 33.40
 E J Wilson 34.27 BR
 F L Lant 39.17
 G J Asher 38.44
 H K Grimmer 57.43
 J B Condon 1.00.31
 K W van Rysel 1.03.15
 L E Hewitt 1.05.45
 M N/S

100m Breast stroke
 A P Wright 1.09.57
 B P Morris 1.08.72
 C A Gentleman 1.14.89
 D S Bratt 1.18.19
 E R Apel 1.17.10 BR
 F T Walker 1.21.36 BR
 G C Bush 1.31.96
 H E Clarke 1.45.40
 J P Merryweather 1.41.76

100m Fly
 A D Brades 1.10.09
 B V Dobbie 1.14.69
 C J Wheeler 1.16.90 BR
 D G Adams 1.15.97
 E J Wilson 1.20.87 BR
 F L Lant 1.28.08 BR
 G J Asher 1.36.19
 H N/S
 J M Evans 2.19.14
 K N/S
 L N/S
 M N/S

50m Free
 A S Hodgson 28.48
 B V Dobbie 30.03
 C R Thomson 30.26
 D S Shrimpton 29.61 B/W
 E J Wilson 31.27 BR
 F S Bramham 34.45
 G J Asher 33.18 B/W
 H O Hale 43.22
 J D Cope 39.37
 K W van Rysel 44.61
 L E Hewitt 47.85
 M N/S

100m Free
 A S Hodgson 1.02.33
 B V Dobbie 1.05.42
 C J Wheeler 1.07.93
 D S Shrimpton 1.04.92 B/W
 E J Wilson 1.10.19 BR
 F L Lant 1.19.24
 G J Asher 1.15.03
 H K Grimmer 1.50.17
 J D Cope 1.33.94
 K W van Rysel 1.49.73
 L E Hewitt 1.52.08
 M N/S

200m Free
 A D Brades 2.15.55
 B V Dobbie 2.22.09
 C A Cork 2.34.82
 D S Shrimpton 2.28.00 BR
 E J Wilson 2.41.41 BR
 F L Lant 2.52.08
 G J Asher 2.44.91
 H O Hale 3.38.07
 J D Cope 3.40.15
 K W van Rysel 4.05.41

100m IM
 A D Brades 1.11.30
 B V Dobbie 1.14.56
 C A Cork 1.16.00
 D G Adams 1.16.68
 E E Bromwich 1.23.01 BR
 F L Lant 1.28.44
 G J Asher 1.28.39
 H K Grimmer 1.57.03
 J M Evans 1.46.50 BR
 K W van Rysel 2.09.33
 L E Hewitt 2.08.09 BR
 M N/S

50m Backstroke
 A M Brett 29.15
 B K Parfoot 28.84 BR
 C T Clark 30.58
 D J Gordon 31.93
 E J Lake 33.33
 F A Weston 32.92
 G R Burrell 37.61
 H D Ward 46.44
 J A Laylee 40.81
 K G Huxtable 45.42
 L B Taylor 50.92
 M T Biggood 1.36.36

100m Backstroke
 A M Brett 1.03.90
 B K Parfoot 1.02.74 BR
 C E Riach 1.05.36
 D J Gordon 1.10.36
 E J Lake 1.14.48
 F A Weston 1.14.72
 G I Popa 1.22.26
 H D Ward 1.39.65
 J A Laylee 1.33.27
 K G Huxtable 1.49.53
 L B Taylor 1.52.61 BR
 M N/S

50m Breast stroke
 A P Wright 31.61
 B P Morris 30.83 BR
 C K Browne 34.36
 D G Jackson 35.45
 E R Apel 35.24
 F T Walker 36.95
 G B Gell 40.19
 H D Thompson 45.24
 J O Lippold 45.24
 K J Paterson 46.02
 L D Davey 54.11
 M C Kozlowski 1.08.09

100m Breast stroke
 A P Wright 1.09.57
 B P Morris 1.08.72
 C A Gentleman 1.14.89
 D S Bratt 1.18.19
 E R Apel 1.17.10 BR
 F T Walker 1.21.36 BR
 G C Bush 1.31.96
 H E Clarke 1.45.40
 J P Merryweather 1.41.76

K J Paterson	1.50.33	50 YD. BRST
L D Davay	2.04.40 BR	SUZIE NESS
M L Laxton	4.16.53	C. SCIGLIBAGLIO
50m Fly		
A M Brett	27.36	100 YD. BRST
B P Morris	26.00 BR	SUZIE NESS
C T Clark	28.71	50 YD. FLY
D T Mabbott	30.49	SUZIE NESS
E R Lloyd-Mostyn	30.95	SUSAN KULSA
F S Clarke	31.51	ALLISON BEEZER
G S Banning	34.48	CHERYL ELINSKY
H E Clarke	42.32	100 YD. FLY
J R Watson	58.32	SUZIE NESS
K J Paterson	45.01	100 YD. I.M.
L R Hodges	1.11.41	SUZIE NESS
M N/S		MARY HAMILTON
100m Fly		
A D Emerson	59.68	CHERYL ELINSKY
B P Morris	58.15 BR	ALYSDUN BOND
C T Clark	1.02.63	200 YD. I.M.
D D Thompson	1.07.74	CHERYL ELINSKY
E R Lloyd-Mostyn	1.10.30	400 YD. I.M.
F S Clarke	1.12.29	KAREN JOST
G S Banning	1.20.99	
H W Branker	2.01.56	
J N/S		
K J Paterson	1.47.63 BR	
L N/S		
M N/S		
50m Free		
A S Hirst	24.37	PAM PURVIS
B B Archibald	24.46 BR	PEG LOVELAND
C T Clark	26.91	100 YD. FREE
D Hembrow	26.93	DEBORAH LADD
E A Ingram	28.49	PAM PURVIS
F S Clarke	28.19	200 YD. FREE
G J Starr	30.12	PAM PURVIS
H A Miles	31.99	REGAN HAINES
J L Fabien	31.84	500 YD. FREE
K J Paterson	36.46	PAM PURVIS
L B Taylor	40.23	REGAN HAINES
M C Kozlowski	59.47	TERRI ANNE WARD
100m Free		
A S Hirst	54.38	PEG LOVELAND
B P Wood	55.65	RUTH CONRAD
C E Riach	58.71	REGAN HAINES
D Hembrow	59.68	50 YD. BRST
E J Martin-Dye	1.01.46	RUTH CONRAD
F G Stokes	1.03.59	100 YD. BRST
G R Burrell	1.08.39	RUTH CONRAD
H A Miles	1.13.67	TERRI ANNE WARD
J D Pantar	1.33.32	200 YD. BRST
K A Alvarez	1.24.49	TERRI ANNE WARD
L B Taylor	1.34.67 BR	50 YD. FLY
M T Bidgood	2.35.24 BR	DEBORAH LADD
200m Free		
A N Thacker	2.08.23	RUTH CONRAD
B K Parfott	2.06.78	PEG LOVELAND
C A Gentleman	2.09.48	100 YD. FLY
D A Wilson	2.13.38	DEBORAH LADD
E M Wake	2.14.44	REGAN HAINES
F G Stokes	2.17.89	100 YD. I.M.
G T Holmyard	2.38.42	DEBORAH LADD
H A Miles	2.53.97	REGAN HAINES
J P Merryweather	3.18.75	REGAN HAINES
K A Alvarez	3.18.28	TERRI ANNE WARD
L B Taylor	3.40.67	PEG LOVELAND
M N/S		
100m IM		
A K Insley	1.03.58	50 YD. FREE
B P Morris	1.01.57 BR	MARILYN GRINDROD
C T Clark	1.04.91	BEVERLY SORTLAND
D J Gordon	1.09.28	500 YD. FREE
E A Galletly	1.11.95	JANE MOORE
F S Clarke	1.13.56	JANE MOORE
G R Burrell	1.23.01	50 YD. BACK
H A Miles	1.30.69	MARILYN GRINDROD
J P Merryweather	1.38.94	BEVERLY SORTLAND
K A Alvarez	1.43.10	100 YD. BACK
L R Hodges	2.13.60	MARILYN GRINDROD
M N/S		BEVERLY SORTLAND
POULSBRO		
11-18-89		
SHORT COURSE YARDS		
WOMEN 25-29		
50 YD. FREE		
ALLISON BEEZER	27 PNA	30.66
C. SCIGLIBAGLIO	29 PNA	31.77
CHERYL ELINSKY	27 PNA	34.07
100 YD. FREE		
MARY HAMILTON	26 PNA	1:05.58
200 YD. FREE		
MARY HAMILTON	26 PNA	2:22.65
JACKIE KIMPTON	27 PNA	2:30.00
500 YD. FREE		
KAREN JOST	28 PNA	6:17.19
JACKIE KIMPTON	27 PNA	6:32.24
CHERYL ELINSKY	27 PNA	7:09.69
1650 YD. FREE		
JACKIE KIMPTON	27 PNA	23:47.65
CONNIE LANDREVILLE	27 PNA	24:05.79
100 YD. BACK		
SUSAN KULSA	27 PNA	1:15.46
200 YD. BACK		
KAREN JOST	28 PNA	2:38.07
SUSAN KULSA	27 PNA	2:39.72
JACKIE KIMPTON	27 PNA	2:59.26

50 YD. BRST	27 PNA	40.30
ALYSDUN BOND	28 PNA	49.75
100 YD. BRST		
SUZIE NESS	27 PNA	1:27.38
50 YD. FLY		
SUZIE NESS	27 PNA	33.02
SUSAN KULSA	27 PNA	34.05
ALLISON BEEZER	27 PNA	34.65
CHERYL ELINSKY	27 PNA	38.86
100 YD. FLY		
SUZIE NESS	27 PNA	1:13.92
100 YD. I.M.		
SUZIE NESS	27 PNA	1:15.65
MARY HAMILTON	26 PNA	1:18.04
CHERYL ELINSKY	27 PNA	1:25.45
ALYSDUN BOND	28 PNA	1:38.34
200 YD. I.M.		
CHERYL ELINSKY	27 PNA	3:09.43
400 YD. I.M.		
KAREN JOST	28 PNA	5:26.05
WOMEN 30-34		
50 YD. FREE		
PAM PURVIS	30 PNA	30.80
PEG LOVELAND	34 PNA	33.69
100 YD. FREE		
DEBORAH LADD	30 PNA	1:00.38
PAM PURVIS	30 PNA	1:08.44
200 YD. FREE		
PAM PURVIS	30 PNA	2:28.08
REGAN HAINES	33 PNA	2:42.19
500 YD. FREE		
PAM PURVIS	30 PNA	6:48.27
REGAN HAINES	33 PNA	7:15.24
TERRI ANNE WARD	33 PNA	7:33.84
PEG LOVELAND	34 PNA	7:56.16
50 YD. BACK		
RUTH CONRAD	32 PNA	38.04
REGAN HAINES	33 PNA	44.53
50 YD. BRST		
RUTH CONRAD	32 PNA	37.91
100 YD. BRST		
RUTH CONRAD	32 PNA	1:25.48
TERRI ANNE WARD	33 PNA	1:34.14
200 YD. BRST		
TERRI ANNE WARD	33 PNA	3:22.75
50 YD. FLY		
DEBORAH LADD	30 PNA	29.94
RUTH CONRAD	32 PNA	33.08
PEG LOVELAND	34 PNA	37.87
100 YD. FLY		
DEBORAH LADD	30 PNA	1:07.86
REGAN HAINES	33 PNA	1:38.18
100 YD. I.M.		
DEBORAH LADD	30 PNA	1:09.84
REGAN HAINES	33 PNA	1:28.52
TERRI ANNE WARD	33 PNA	1:28.84
PEG LOVELAND	34 PNA	1:33.45
WOMEN 35-39		
50 YD. FREE		
MARILYN GRINDROD	37 PNA	29.76
BEVERLY SORTLAND	36 PNA	45.54
500 YD. FREE		
JANE MOORE	39 PNA	7:29.77
50 YD. BACK		
MARILYN GRINDROD	37 PNA	37.13
BEVERLY SORTLAND	36 PNA	54.10
100 YD. BACK		
MARILYN GRINDROD	37 PNA	1:22.88
BEVERLY SORTLAND	36 PNA	1:56.61
50 YD. BRST		
MARILYN GRINDROD	37 PNA	39.15
100 YD. FLY		
JANE MOORE	39 PNA	1:49.93
100 YD. I.M.		
MARILYN GRINDROD	37 PNA	1:19.99
JANE MOORE	39 PNA	1:30.67
200 YD. I.M.		
JANE MOORE	39 PNA	3:21.23
400 YD. I.M.		
JANE MOORE	39 PNA	7:02.60
WOMEN 40-44		
50 YD. FREE		
JANE SWANSON	40 PNA	32.63
MARY WATERS	43 PACO	1:06.45
100 YD. FREE		
JANE SWANSON	40 PNA	1:17.54
200 YD. FREE		
ROBERTA MOORE	42 PNA	2:52.70
500 YD. FREE		
KATE SUTHERLAND	41 PNA	7:41.65
ROBERTA MOORE	42 PNA	7:51.47
MARY WATERS	43 PACO	14:50.55
1650 YD. FREE		
KATHRINE CASEY	41 PNA	21:59.29
50 YD. BACK		
JULIA MORRIS	66 PNA	52.54
100 YD. BACK		
MARINE CARLSON	69 PNA	2:00.30
JULIA MORRIS	66 PNA	2:03.60
MARION CHADWICK	68 PNA	2:38.56
200 YD. BACK		
JULIA MORRIS	66 PNA	4:20.97
50 YD. BRST		
MURIEL FLYNN	66 PNA	53.18
50 YD. FLY		
MARION CHADWICK	68 PNA	1:28.89
100 YD. I.M.		
MURIEL FLYNN	66 PNA	1:44.18
MARINE CARLSON	69 PNA	2:11.34

50 YD. BACK	42 PNA	45.35
ROBERTA MOORE	42 PNA	45.35
50 YD. BRST		
MAGI HARRIS	43 PNA	42.42
MARY WATERS	43 PACO	1:23.21
100 YD. BRST		
MAGI HARRIS	43 PNA	1:21.66
ROBERTA MOORE	42 PNA	1:35.76
200 YD. BRST		
MAGI HARRIS	43 PNA	3:11.10
50 YD. FLY		
JANE SWANSON	40 PNA	38.76
KATE SUTHERLAND	41 PNA	41.88
100 YD. I.M.		
JANE SWANSON	40 PNA	1:23.68
MAGI HARRIS	43 PNA	1:28.73
ROBERTA MOORE	42 PNA	1:32.57
400 YD. I.M.		
KATE SUTHERLAND	41 PNA	6:49.88
WOMEN 45-49		
100 YD. FREE		
FRANCESCA DRUM	48 SDSM	1:19.67
50 YD. BRST		
FRANCESCA DRUM	48 SDSM	43.26
100 YD. BRST		
FRANCESCA DRUM	48 SDSM	1:32.37
200 YD. BRST		
FRANCESCA DRUM	48 SDSM	3:17.57
WOMEN 50-54		
50 YD. FREE		
ANN GINDROZ	51 PNA	36.53
CAROL ANNING	51 PNA	46.88
100 YD. FREE		
CAROL ANNING	51 PNA	1:31.00
200 YD. FREE		
CAROL ANNING	51 PNA	3:19.73
500 YD. FREE		
ANN GINDROZ	51 PNA	8:16.97
50 YD. BACK		
ANN GINDROZ	51 PNA	47.70
50 YD. BRST		
ANN GINDROZ	51 PNA	47.17
CAROL ANNING	51 PNA	57.69
50 YD. FLY		
ANN GINDROZ	51 PNA	46.52
100 YD. I.M.		
CAROL ANNING	51 PNA	1:58.99
WOMEN 55-59		
100 YD. FREE		
JOY ROSS	56 PNA	1:29.06
200 YD. FREE		
JOY ROSS	56 PNA	3:05.34
MARIONNE VAN DIJK	56 OREG	4:21.96
500 YD. FREE		
JOY ROSS	56 PNA	6:57.17
CYNTHIA ROSIK	56 PNA	7:48.19
50 YD. BACK		
MARIONNE VAN DIJK	56 OREG	52.92
100 YD. BACK		
MARIONNE VAN DIJK	56 OREG	1:59.83
200 YD. BACK		
JOY ROSS	56 PNA	3:30.95
MARIONNE VAN DIJK	56 OREG	4:10.26
50 YD. BRST		
CYNTHIA ROSIK	56 PNA	51.29
50 YD. FLY		
CYNTHIA ROSIK	56 PNA	55.93
100 YD. I.M.		
JOY ROSS	56 PNA	1:42.92
WOMEN 65-69		
50 YD. FREE		
MURIEL FLYNN	66 PNA	38.91
MAINE CARLSON	69 PNA	49.89
100 YD. FREE		
MAINE CARLSON	69 PNA	1:53.34
500 YD. FREE		
MARION CHADWICK	68 PNA	4:11.01
500 YD. FREE		
MARION CHADWICK	68 PNA	10:35.08
1650 YD. FREE		
MARION CHADWICK	68 PNA	35:44.65
50 YD. BACK		
JULIA MORRIS	66 PNA	52.54
100 YD. BACK		
MARINE CARLSON	69 PNA	2:00.30
JULIA MORRIS	66 PNA	2:03.60
MARION CHADWICK	68 PNA	2:38.56
200 YD. BACK		
JULIA MORRIS	66 PNA	4:20.97
50 YD. BRST		
MURIEL FLYNN	66 PNA	53.18
50 YD. FLY		
MARION CHADWICK	68 PNA	1:28.89
100 YD. I.M.		
MURIEL FLYNN	66 PNA	1:44.18
MAINE CARLSON	69 PNA	2:11.34

WOMEN 75-79		
50 YD. FREE		
MARY MCMAHON	76 PNA	54.52
PAUL PLEVICH	77 PNA	1:05.85
100 YD. FREE		
MARY MCMAHON	76 PNA	2:02.11
LEE HOLM	75 PNA	2:10.14
MARION MUELLER	77 PNA	2:23.30
200 YD. FREE		
MARY MCMAHON	76 PNA	4:14.77
LEE HOLM	75 PNA	4:22.84
MARION MUELLER	77 PNA	5:07.21
500 YD. FREE		
MARY MCMAHON	76 PNA	10:53.11
LEE HOLM	75 PNA	11:26.48
50 YD. BACK		
MARY MCMAHON	76 PNA	1:11.38
100 YD. BACK		
LEE HOLM	75 PNA	2:22.29
200 YD. BACK		
LEE HOLM	75 PNA	5:12.53
M E N 19-24		
500 YD. FREE		
JOHN CROWLEY	23 PNA	5:56.65
100 YD. BRST		
JOHN CROWLEY	23 PNA	1:15.01
200 YD. BRST		
JOHN CROWLEY	23 PNA	2:34.77
100 YD. FLY		
JOHN CROWLEY	23 PNA	1:10.49
400 YD. I.M.		
JOHN CROWLEY	23 PNA	5:10.24
M E N 25-29		
50 YD. FREE		
RICK NICHOLS	25 PNA	24.06
MICHAEL JACOBS	25 PNA	25.41
BRUCE MILAN	25 PNA	26.43
MARCIO FAJARDO	28 PNA	27.22
ROBERT POSCH	27 PNA	29.50
100 YD. FREE		
RICK NICHOLS	25 PNA	54.33
LARRY DEGROEN	28 PNA	56.67
MICHAEL JACOBS	25 PNA	57.11
MIKE JONES	29 PNA	57.26
MARCIO FAJARDO	28 PNA	59.92
200 YD. FREE		
GEOFFREY ANDERSON	29 PNA	1:57.60
TOM SHERRY	28 PNA	2:00.08
BOB RANKIN	29 PNA	2:04.32
MICHAEL JACOBS	25 PNA	2:05.25
MIKE JONES	29 PNA	2:07.88
500 YD. FREE		
STEVE SCHMIDT	27 PNA	5:02.61
GEOFFREY ANDERSON	29 PNA	5:20.07
BOB RANKIN	29 PNA	5:35.26
PAUL SHERMAN	26 PNA	5:37.55
MIKE JONES	29 PNA	5:45.81
MARCIO FAJARDO	28 PNA	6:21.45
1650 YD. FREE		
GEOFFREY ANDERSON	29 PNA	19:18.60
BOB RANKIN	29 PNA	19:28.30
50 YD. BACK		
ROBERT POSCH	27 PNA	34.47
100 YD. BACK		
RICK NICHOLS	25 PNA	1:06.41
BRUCE MILAN	25 PNA	1:09.40
ROBERT POSCH	27 PNA	1:10.37
200 YD. BACK		
LARRY DEGROEN	28 PNA	2:22.05
ROBERT POSCH	27 PNA	2:36.69
50 YD. BRST		
ROBERT POSCH	27 PNA	37.00
100 YD. BRST		
PAUL SHERMAN	26 PNA	2:19.74
RICK NICHOLS	25 PNA	2:32.70
MARCIO FAJARDO	28 PNA	2:42.64
200 YD. BRST		
LARRY DEGROEN	28 PNA	2:33.55
50 YD. FLY		
RICK NICHOLS	25 PNA	26.84
PAUL SHERMAN	26 PNA	28.01
MARCIO FAJARDO	28 PNA	31.71
100 YD. FLY		
STEVE SCHMIDT	27 PNA	55.32
PAUL SHERMAN	26 PNA	1:00.93
200 YD. FLY		
STEVE SCHMIDT	27 PNA	2:04.20
100 YD. I.M.		
TOM SHERRY	28 PNA	59.53
GEOFFREY ANDERSON	29 PNA	1:06.74
PAUL SHERMAN	26 PNA	1:07.82
BRUCE MILAN	25 PNA	1:08.82
400 YD. I.M.		
STEVE SCHMIDT	27 PNA	4:29.45
GEOFFREY ANDERSON	29 P	

500 YD. FREE			
ROLLIE ROBERTS	54 PNA	8:45.34	
JACK LYNCH	54 PNA	10:14.38	
50 YD. BACK			
JACK LYNCH	54 PNA	55.80	
100 YD. BRST			
MARVIN WOOD	54 PNA	1:26.05	
50 YD. FLY			
DAVE DRUM	54 SCSM	30.71	
100 YD. I.M.			
MARVIN WOOD	54 PNA	1:21.78	
ROLLIE ROBERTS	54 PNA	1:59.55	

M E N 55-59

50 YD. FREE			
BOB DORSE	58 PNA	27.27	
LED VAN DIJK	56 OREG	39.64	
BARRY LAWRENCE	57 PNA	31.15	
TOM FOLEY	55 PNA	1:58.07	
100 YD. FREE			
BOB DORSE	58 PNA	1:02.48	
BARRY LAWRENCE	57 PNA	1:10.01	
TOM FOLEY	55 PNA	1:26.97	
200 YD. FREE			
LED VAN DIJK	56 OREG	2:35.71	
BARRY LAWRENCE	57 PNA	8:21.09	
50 YD. BACK			
LED VAN DIJK	56 OREG	41.87	
100 YD. BACK			
TOM FOLEY	55 PNA	1:37.51	
50 YD. FLY			
BOB DORSE	58 PNA	34.09	
100 YD. I.M.			
LED VAN DIJK	56 OREG	1:23.75	
TOM FOLEY	55 PNA	1:30.39	

M E N 65-69

50 YD. FREE			
RUSSELL KNUDSEN	67 PNA	44.26	
50 YD. BRST			
RUSSELL KNUDSEN	67 PNA	48.99	
100 YD. BRST			
RUSSELL KNUDSEN	67 PNA	1:58.68	
100 YD. I.M.			
RUSSELL KNUDSEN	67 PNA	1:55.25	

M E N 80-84

50 YD. FREE			
JIM PENFIELD	81 PNA	38.04	
200 YD. FREE			
JIM PENFIELD	81 PNA	3:44.33	
100 YD. I.M.			
JIM PENFIELD	81 PNA	1:48.16	

1949 PIERCE FALL GET READY MEET
25 SCH Sanction 189-21
Pierce College, Woodland Hills
10/01/49 CA Page: 01

* WOMEN 15-24 *

50 METER FREESTYLE			
McIntosh, Sherrie A.	23	00:32.12	
100 METER FREESTYLE			
McIntosh, Sherrie A.	23	01:13.58	
50 METER BUTTERFLY			
McIntosh, Sherrie A.	23	12:01.60	
100 METER INDIVIDUAL MEDLEY			
McIntosh, Sherrie A.	23	01:23.48	
* WOMEN 25-29 *			
50 METER FREESTYLE			
Graner, Diane M.	25	00:28.11	
Robinson, Leslie L.	25	00:31.48	
Tate, Dianna C.	28	00:33.94	
Thomas, Dorothy R.	29	00:34.10	
Altobello, Maria	28	00:34.58	
MacDonald, Susan	27	00:34.69	
Sartorius, Valentin	29	00:36.58	
Feldman, Esther M.	28	00:36.63	
100 METER FREESTYLE			
Thomas, Dorothy R.	29	01:17.14	
Altobello, Maria	28	01:18.37	
MacDonald, Susan	27	01:19.47	
Feldman, Esther M.	28	01:25.27	
100 METER BUTTERFLY			
Dodd, Suzanne	28	10:42.42	
Thomas, Dorothy R.	29	12:02.12	
100 METER BRASSSTROKE			
Graner, Diane M.	25	01:25.31	
Tate, Dianna C.	28	01:27.82	
Robinson, Leslie L.	25	01:33.38	
Sartorius, Valentin	29	01:36.34	
50 METER BUTTERFLY			
Graner, Diane M.	25	00:30.62	
Dodd, Suzanne	28	00:36.18	
Robinson, Leslie L.	25	00:36.61	
Tate, Dianna C.	28	00:37.42	
Altobello, Maria	28	00:39.24	
MacDonald, Susan	27	00:42.47	
Sartorius, Valentin	29	00:43.58	
Feldman, Esther M.	28	00:45.98	

100 METER INDIVIDUAL MEDLEY			
Tate, Dianna C.	28	01:24.70	
MacDonald, Susan	27	01:32.76	
Feldman, Esther M.	28	01:40.47	
* WOMEN 30-34 *			
50 METER FREESTYLE			
Spang, Morri	33	00:29.53	
Shigaki-Ivanoto, C.	34	00:31.87	
Benjamin, Joanne B.	33	00:35.00	
Caputo, Linda C.	31	00:36.84	
Kalin, Melinda A.	32	00:40.18	
Godlewski, Cynthia	31	00:45.16	
100 METER FREESTYLE			
Spang, Morri	33	01:05.38	
McAllister, Jeanne	31	01:22.41	
Caputo, Liada C.	31	01:23.78	
Lechman, Donna P.	31	01:52.12	
100 METER BUTTERFLY			
Kalin, Melinda A.	32	14:59.45	
Wilson, Mary E.	32	16:54.44	
Lechman, Donna P.	31	17:23.10	
50 METER BACKSTROKE			
Shigaki-Ivanoto, C.	34	00:35.80	
Petty, Donna L.	34	00:40.57	
Benjamin, Joanne B.	33	00:43.30	
McAllister, Jeanne	31	00:46.34	
Kalin, Melinda A.	32	01:02.69	
100 METER BACKSTROKE			
Shigaki-Ivanoto, C.	34	02:52.52	
McAllister, Jeanne	31	03:26.69	
100 METER BRASSSTROKE			
Breisacher, Bethann	31	01:24.40	
Crowley, Loretta	30	01:28.66	
Petty, Donna L.	34	01:35.37	
Wilson, Mary E.	32	01:50.55	
Kalin, Melinda A.	32	01:51.63	
Lechman, Donna P.	31	01:55.56	
50 METER BUTTERFLY			
Spang, Morri	33	00:32.72	
Crowley, Loretta	30	00:36.85	
Benjamin, Joanne B.	33	00:39.75	
McAllister, Jeanne	31	00:44.56	
100 METER INDIVIDUAL MEDLEY			
Spang, Morri	33	01:14.91	
Shigaki-Ivanoto, C.	34	01:18.57	
Crowley, Loretta	30	01:25.22	
McAllister, Jeanne	31	01:34.41	
Kalin, Melinda A.	32	01:48.37	
100 METER INDIVIDUAL MEDLEY			
Crowley, Loretta	30	06:35.53	
* WOMEN 35-39 *			
50 METER FREESTYLE			
Sullivan, Shannon C.	35	00:32.56	
McKeon, Laurie L.	38	00:41.18	
Tulisiak, Annette	38	00:41.56	
100 METER FREESTYLE			
McKeon, Laurie L.	38	01:28.89	
Tulisiak, Annette	38	01:32.27	
Cho, Jeanne K.	39	01:56.28	
100 METER BUTTERFLY			
Sullivan, Shannon C.	35	11:41.14	
Cho, Jeanne K.	39	17:15.56	
50 METER BACKSTROKE			
Cho, Jeanne K.	39	01:18.34	
100 METER BRASSSTROKE			
Sullivan, Shannon C.	35	01:36.93	
McKeon, Laurie L.	38	01:45.42	
50 METER BUTTERFLY			
Cho, Jeanne K.	39	01:01.20	
100 METER INDIVIDUAL MEDLEY			
Cho, Jeanne K.	39	02:18.45	
* WOMEN 40-44 *			
50 METER FREESTYLE			
Johnson, Lucy	42	00:32.01	
Kosaveach, Joan S.	42	00:34.00	
Caballero, Cathleen	40	00:35.36	
Coate, Kathleen	42	00:37.62	
Brinker, Dawn C.	40	00:38.06	
Neville, Kathleen J.	42	00:43.87	
Pittman, Carolyn J.	43	00:53.22	
100 METER FREESTYLE			
Johnson, Lucy	42	01:12.17	
Caballero, Cathleen	40	01:22.01	
Kosaveach, Joan S.	42	01:24.16	
Brinker, Dawn C.	40	01:28.59	
Bryer, Lorie A.	40	01:36.72	
Neville, Kathleen J.	42	01:39.76	
Pittman, Carolyn J.	43	02:03.51	
100 METER BUTTERFLY			
Bryer, Lorie A.	40	14:51.16	
Neville, Kathleen J.	42	15:14.05	
Pittman, Carolyn J.	43	19:13.12	
50 METER BACKSTROKE			
Johnson, Lucy	42	00:40.00	
Tepe, Linda	42	00:42.60	
Kosaveach, Joan S.	42	00:45.75	
Caballero, Cathleen	40	00:47.99	
Brinker, Dawn C.	40	00:53.15	
100 METER BACKSTROKE			
Johnson, Lucy	42	03:09.56	
Tepe, Linda	42	03:29.52	
Watson, Katherine A.	41	03:31.13	
100 METER BRASSSTROKE			
Caballero, Cathleen	40	01:43.82	

Kosaveach, Joan S.	42	01:46.33	
Tepe, Linda	42	01:47.36	
Neville, Kathleen J.	42	02:27.42	
50 METER BUTTERFLY			
Coate, Kathleen	42	00:42.73	
Caballero, Cathleen	40	00:44.47	
Bryer, Lorie A.	40	00:47.24	
Watson, Katherine A.	41	00:56.10	
Pittman, Carolyn J.	43	01:21.06	
100 METER BUTTERFLY			
Watson, Katherine A.	41	03:58.48	
Bryer, Lorie A.	40	04:06.99	
100 METER INDIVIDUAL MEDLEY			
Coate, Kathleen	42	01:35.29	
Tepe, Linda	42	01:35.63	
Kosaveach, Joan S.	42	01:36.83	
Neville, Kathleen J.	42	02:03.10	
* WOMEN 45-49 *			
50 METER FREESTYLE			
Todd, Diana	45	00:30.61	
Morrison, Wangee	47	00:53.04	
100 METER FREESTYLE			
Todd, Diana	45	01:13.76	
100 METER BUTTERFLY			
Morrison, Wangee	47	18:05.52	
100 METER BACKSTROKE			
Morrison, Wangee	47	04:56.40	
100 METER BRASSSTROKE			
Morrison, Wangee	47	02:36.77	
50 METER BUTTERFLY			
Todd, Diana	45	00:34.44	
* WOMEN 50-54 *			
50 METER FREESTYLE			
Friedrich, Barbara	53	00:40.56	
Marsh, Peggy	53	00:45.99	
May, Rita	53	00:50.31	
100 METER FREESTYLE			
Glenn, Sylvia	51	01:27.16	
Friedrich, Barbara	53	01:31.03	
Marsh, Peggy	53	01:56.66	
May, Rita	53	01:57.14	
100 METER BUTTERFLY			
Glenn, Sylvia	51	13:38.09	
Neft, Barbara G.	52	14:40.71	
Marsh, Peggy	53	19:12.16	
100 METER BACKSTROKE			
Friedrich, Barbara	53	00:52.33	
Glenn, Sylvia	51	00:52.39	
Marsh, Peggy	53	01:02.08	
May, Rita	53	01:05.32	
100 METER BRASSSTROKE			
Glenn, Sylvia	51	03:52.96	
100 METER BACKSTROKE			
Marsh, Peggy	53	02:40.92	
100 METER INDIVIDUAL MEDLEY			
Glenn, Sylvia	51	01:43.96	
Friedrich, Barbara	53	01:57.97	
100 METER INDIVIDUAL MEDLEY			
Neft, Barbara G.	52	09:04.00	
* WOMEN 55-59 *			
50 METER FREESTYLE			
Rains, Jan K.	55	00:41.07	
100 METER FREESTYLE			
Olshan, Malchia S.	58	01:31.81	
Rains, Jan K.	55	01:35.99	
100 METER BUTTERFLY			
Olshan, Malchia S.	58	13:41.95	
100 METER BRASSSTROKE			
Rains, Jan K.	55	02:01.43	
50 METER BUTTERFLY			
Olshan, Malchia S.	58	00:52.53	
100 METER BUTTERFLY			
Olshan, Malchia S.	58	04:12.13	
100 METER INDIVIDUAL MEDLEY			
Olshan, Malchia S.	58	00:05.36	
* WOMEN 60-64 *			
50 METER FREESTYLE			
Adams, Anne B.	61	00:36.77	
Brows, Eleanor A.	63	00:50.84	
Rathban, Jeanne	63	00:53.68	
100 METER FREESTYLE			
Rathban, Jeanne	63	02:10.77	
50 METER BACKSTROKE			
Rathban, Jeanne	63	00:58.37	
100 METER BRASSSTROKE			
Brows, Eleanor A.	63	02:16.70	
50 METER BUTTERFLY			
Adams, Anne B.	61	00:41.34	
100 METER INDIVIDUAL MEDLEY			
Adams, Anne B.	61	01:24.29	
Brows, Eleanor A.	63	02:29.63	
* WOMEN 65-69 *			
100 METER FREESTYLE			
Altus, Grace	65	01:39.38	
100 METER BACKSTROKE			
Altus, Grace	65	15:20.65	
100 METER BUTTERFLY			
Altus, Grace	65	04:38.22	
50 METER BUTTERFLY			
Altus, Grace	65	00:57.33	
100 METER INDIVIDUAL MEDLEY			
Altus, Grace	65	09:28.37	
* WOMEN 70-74 *			
50 METER FREESTYLE			

Taylor, Jennie	72	01:16.92	
100 METER FREESTYLE			
Simonton, Rita	71	15:21.26	
Hendonour, Ruth R.	74	23:10.15	
50 METER BACKSTROKE			
Taylor, Jennie	72	01:28.42	
100 METER INDIVIDUAL MEDLEY			
Simonton, Rita	71	02:05.42	
100 METER INDIVIDUAL MEDLEY			
Simonton, Rita	71	09:03.81	
* WOMEN 80-84 *			
100 METER BRASSSTROKE			
Pelton, Katherine L.	84	03:12.68	
100 METER BUTTERFLY			
Pelton, Katherine L.	84	01:30.84	
100 METER BUTTERFLY			
Pelton, Katherine L.	84	07:31.07	
* MEN 15-24 *			
50 METER FREESTYLE			
Kung, Anthony A.	22	00:26.47	
Irvine, Andrew L.	24	00:29.40	
100 METER FREESTYLE			
Kung, Anthony A.	22	01:01.78	
100 METER BRASSSTROKE			
Kung, Anthony A.	22	01:15.93	
50 METER BUTTERFLY			
Kung, Anthony A.	22	00:30.44	
Irvine, Andrew L.	24	00:33.33	
100 METER INDIVIDUAL MEDLEY			
Kung, Anthony A.	22	01:08.58	
* MEN 25-29 *			
50 METER FREESTYLE			
Rodrigues, Gerry A.	26	00:25.26	
Acuna, Conrad M.	28	0	

SWIM-MASTER

2308 N. E. 19th Avenue
Ft. Lauderdale, FL 33305

- ☐ 9 Issues per Year
- ☐ Championship Results
- ☐ Top Ten Times
- ☐ Special Articles

Please enter my subscription as shown below:

Name _____

Address _____

City _____

State _____ Zip _____

New 1 year \$ 9.00

Renewal 1 yr. foreign \$ 15.00

100 METER FREESTYLE

Neefe, Don 81 02:02.10

800 METER FREESTYLE

Guth, Alfred 81 23:21.77

50 METER BACKSTROKE

Neefe, Don 81 01:05.17

200 METER BACKSTROKE

Neefe, Don 81 05:18.01

100 METER BREASTSTROKE

Guth, Alfred 81 02:41.29

SWIMMING NEWS

A SAFETY NOTE - From Leo Letendre - I would like to describe two swimming incidents which happened to two different swimmers from the Ozark Association last year. One of the accidents was quite serious while the other had the potential to be serious. Taken together, these two accidents should remind us of the dangers which are around us when we swim but which we often ignore. The first swimmer is a USS swimmer who was competing in the regional meet. While entering the water for a backstroke start, he was holding onto the starting block when he slipped. One of his fingers became wedged in the starting block and was ripped off his hand as he fell into the water. The starting block had to be disassembled to remove the finger at which time the swimmer was rushed to Louisville where the finger was reattached. The swimmer has been back in the water for some time now and appears to be doing as well as could be

expected. The second accident occurred at the Pan-Pacific Championships in Indianapolis. The swimmer, a member of St. Louis Masters, was practicing her grab start in the main competition pool. During one of these starts, her ring got caught on the lip of the starting platform as she dove into the water. Luckily, the ring was not substantial and broke as she dove. She suffered only a few cuts where the metal scraped her as it came off of her finger. She went on that day to win the 200 IM so she recovered well. These two accidents, especially when taken together, should remind us of the potential for serious accidents that surround us when we are swimming. The first accident demonstrated that there is enough force available in our normal routine to cause serious harm if applied in certain ways. The second shows us that we can cause ourselves to be more vulnerable to these accidents. Many of us wear rings and other jewelry when we swim and there are a number of places that they could get caught, for example, lane lines, starting blocks and gutters. Minimizing these potential accidents can only help us enjoy our sport for a longer period of time.....

AN INTERESTING EVENT - Suzanne Dods, a Masters Swimmer for the Tamalpais Aquatic Masters swam the length of Lake Tahoe, a distance of approximately 21 miles. Suzanne is 29 years old and her time was 11 hours and 4 minutes. She was accompanied by Mark Lyon and David Kenyon. She started at 1:17 am from Crystal Bay Point and finished at Regans Beach, South Shore. This feat was accomplished without the aid of a wet suit and it is believed to be the first time a woman has completed the length of the Lake. Several men have completed the length with times ranging from 19 hours (Fred Rogers) to 10 hours 19 minutes (David Kenyon).....

LETTER TO EDITOR - Jeff Bankson writes, "I depend on your publication for Masters results and Top Ten lists. These help me see where I might have placed. Along that line I was unhappy to see that only the first place times were listed for the Pan Pacific meet. Where else can I get results if you don't print them? But aside from that you do a good job. Thanks. To see that Rowdy Gaines placed first is nice, but to see that maybe a few hardcore hasbeens like me have been in the top ten is more incentive. Don't let Masters Swimming get too elite oriented. The reason it is so wonderful is that swimmers of all levels and abilities can compete and win even if it's only the knowledge that they've bettered a previous best time. That's the most important plus.".....

Editor's note: I do not have the space to print all results because of the way the computers print out the results! Sorry.....

SWIM-MASTER

BULK RATE
U.S. POSTAGE
PAID
Hollywood, FL
Permit #972

June Krauser, Editor
2308 N.E. 19th Avenue
Ft. Lauderdale, FL 33305

swim today...
swim for the health of it!

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XIX - NO 3

MAR-APR 1990

- MAR 16-18 SC - DAN MC MAHAN, 15 2ND ST., RENSSELAER, NY 12144
17 SC - RON BANK, 80 PEBBLE BEACH DR., LITTLE ROCK, AR 72212
17 SC - JOANITA REED, RT 20 BOX 208KK, SAN ANTONIO, TX 78218
17 SC - ST PATRICKS MEET, OKLA CITY
17-18 SC - LISA WATSON, 2104 HOWELL BLVD, DULUTH, GA 30136
25 SC - HERITAGE PARK POOL, IRVINE CA - STEVE SCHOFIELD (818) 992-1820
30-APR 1 SC - RAY BRIMHALL, 15419 22 AVE SW, SEATTLE, WA 98166
30-APR 1 SC - HAROLD FERRIS, 1146 44TH AVE NE, ST. PETERSBURG, FL 33703
30-APR 1 SC - MAURY SCHOTT, 304BASHLAND DR, GREENSBORO, NC 27403
31-APR 1 SC - ANNA LEA ROOF MEET/DIR, 5708 OUTLOOK NO 301, MISSION, KS 66202
31-APR 1 SC - BOB KOENIG, 24 E SHARON RD., CINCINNATI, OH 45246
31 SC - SDI, 1135 GARNET-K, SAN DIEGO, CA 92109
31-APR 1 SC - TMS, P O BOX 44582, GREENSBORO, NC 27404
- APR 1 SCM- PENTATHLON - SDI, 1135 GARNET-K, SAN DIEGO, CA 92109
1 SC - PETER CRUMBINE, 3 COPPER BEECH RD, GREENWICH, CT 06830
6-8 SC - KATHLEEN BUCK, 3L925 NE CANTER LN, SHERWOOD, OR 97230
6-8 SC - JERRY SCHEIBNER, RT L, BOX 204, SPANGLE, WA 99031
7 SC - SANTA MONICA CITY COLLEGE, STEVE SCHOFIELD (818) 992-1820
7 SC - SDI, 1135 GARNET-K, SAN DIEGO, CA 92109
7-8 SC - JACKSONVILLE, FL - AMBERJAX
8 SC - SUE PRESSLER, OHIO WESLEYAN U, DELAWARE, OH 43015
14 SC - FAYETTVILLE, SC - RON BANK, 80 PEBBLE BEACH DR, LITTLE ROCK, AR 72212
21 SC - LEO LETENDRE, 267 GLANDORE DR., MANCHESTER, MD 63021
21-22 SC - JUDY MEYER BONNING, 10333 DIEGO DRIVE SOUTH, BOCA RATON, FL 33428
21-22 SC - ULTRA SWIM, SPARTANBURG, SC
21-22 SC - RALEIGH AREA MASTERS, PO BOX 19845, RALEIGH, NC 27619
22 SC - SWIM CENTER ONE, 97 SALMON BROOK, GRANBY, CT 06035
27-29 SC - HUGH MOORE, 29920 2ND PL SW, FEDERAL WAY, WA 98023
27-30 SC - YMCA NATIONAL CHAMPIONSHIPS - MILWAUKEE, WI
28 SC - CAL SCHAEFFER, 2826 EASTWOOD DR., YORK, PA 17402
28-29 SC - MARY-LEE WATSON, 6613 ROLLING FORKS DR., NASHVILLE, TN 37205
29 SC - SPMA REGIONALS - LONG EVENTS AT USC - STEVE SCHOFIELD (818) 992-1820
29 SCM- RESTON, VA
- MAY 4-5 SC - INDIAN RIVER CC, FLORIDA
5-6 SC - KEVIN FISHER, 15 DARTMOUTH PLACE, BOSTON, MA 02116
5-6 SC - SPMA REGIONALS AT USC - STEVE SCHOFIELD (818) 992-1820
21 SCM- SNELLVILLE SCRIMAGE
26 SC - SDI, 1135 GARNET-K, SAN DIEGO, CA 92109
27 LC - PENTATHLON, ALICIA COLEMAN, 24 THE POINT, CORONADO CA 92118
27 2 MI LAKE SWIM - LYNN HAZELWOOD, 11714 DECADE CT, RESTON, VA 22091

NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

MAY 18-21, 1990 USMS SC NATIONALS, ED BARTCH, 203 KENNEDY ATH CTR, LOS ANGELES, CA 90089
AUG 7-12, 1990 3RD FINA/MSI WORLD CHAMPIONSHIPS, ABMN - AV.PRES. VARGAS, 418/801, RIO DE JANEIRO, BRAZIL 20071