

SWIM-MASTER

EXTRA THE OFFICIAL PUBLICATION OF THE AAU MASTERS SWIMMING COMMITTEE DECEMBER 1972

85th AAU Convention In Kansas City



"WHAT HAPPENED TO THE CROWD THAT ATTENDED THE COCKTAIL PARTY AND DANCE LAST NIGHT?"

The National AAU Convention was held in Kansas City this year. Some of our Masters swimmers attended their first AAU Convention. The Masters Swimming Committee was to meet at 8 P.M. on Thursday, November 30th. Ransom Arthur, John Spanuth and I went to the room listed on our Aquatic Program and were greatly disappointed at the size of the group - just we three! We waited awhile and then someone found us and informed us that everyone was in another room - the room listed on our overall schedule. Approximately 50 people attended the meeting including Mildred and Ham Anderson from Houston, Dorothy Donnelley from Connecticut, Watson Lawrence from Chicago, Bill Williams from Denver, Ray Jutkins from Los Angeles, Olive Mucha from Portland and George Ressigule from North Carolina. As you can see, the United States was well represented.

Ransom gave a short report. Swim-Master reported approximately 800 subscriptions. We held both Short Course and Long Course National Championships in 1972. The 1973 Short Course meet has not yet been awarded but the 1973 Long Course Masters Swimming Championships was awarded to the Central AAU and will be held sometime in August at the new 50 meter indoor pool at the University of Illinois, Circle Campus.

The AAU Secretary, Richard Harkins, was kind enough to arrange for guest passes to the pool at the Kansas City Club so that some of us could get in a little training during Convention week. The 1973 National AAU Convention will be held in Montana next October. Please plan to attend.

The major portion of our meeting consisted of the items of legislation. They were all discussed and voted upon. We thank Watson Lawrence for his contribution to get this "extra" Swim-Master published so that the new rules could be viewed by all and the Top Ten Times. The new rules as incorporated in our existing rules will read as follows:

MASTERS SWIMMING

A. OBJECTIVES OF MASTERS SWIMMING PROGRAMS:

1. To offer the opportunity to continue conditioning or reinstitute conditioning in those over 25 years of age who were formerly athletes or swimming enthusiasts.
2. To encourage and promote physical fitness and improvements in health in those older individuals not previously involved in competitive or recreational programs.
3. To offer encouragement to individuals, clubs, organizations, and communities in the organizing and conducting of life-long physical, recreational, and competitive masters programs.
4. To enhance fellowship amongst participants in masters programs.
5. To stimulate interest in masters programs at all levels of involvement—physical educators, clubs, organizations, recreation directors, communities, medical societies, and higher educational institutions.
6. To stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

B. GOALS OF MASTERS SWIMMING PROGRAMS:

1. To outline safe masters programs in swimming for individuals over 25 years of age, taking cognizance of previous swimming prowess or participation, non-participation, gradual programming, physical condition, and "medical wellness" of proposed participants.
2. To propose proper swim training for older age groups.
3. To consider programs which will provide goals towards which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.
4. To set up proper age and ability groupings in the establishment of masters swimming programs, with well planned balancing of events, and limitation of duration and stresses of competitive programs with relation to these factors.
5. To promote adequate medical examination, and certification of participants for masters programs, and suggest minimal requirements (standardized or otherwise).
6. To seek assistance for research programs in the medical aspects of masters programs, and coordinate, if possible, present research programs in these areas.

C. RULES FOR MASTERS SWIMMING:

1. REGISTRATION - Masters competition is open to all registered athletes possessing a regular AAU card or a Masters AAU registration card (only those swimmers who are professional for some reason should register as a masters swimmer and persons registered with masters registration cards may compete in masters swimming events only). These cards are available from the AAU District Registration Chairman.
2. AGE GROUPS:
 - a. Group I - 25-34, 35-44, 45-54, 55 and older for individual events. Relays, 25 and over, 35 and over, and 45 and over.
 - b. Group II - 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80 and over for individual events.

Relays, 25 and over, 35 and over, and 45 and over.

- c. National Championship meets shall consist of the age groupings in Group II above.

3. ELIGIBILITY - The eligibility of a participant for a particular age group will be determined by his age as of the first day of the meet.

4. SWIMMING RULES - Articles I, II and III of the AAU Swimming Rules to govern all Masters competitions with the following exceptions:

a. Times shall not be subject to the provisions of Article XXI, Section A-11 of PART TWO - as it concerns placement in such race.

b. Times may be submitted for MASTERS records only.

c. Breaststroke kick may be used when doing the butterfly.

d. Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.

5. TIMES - The ten best times nationally in each division shall be published annually for the events listed under Section 6 below.

a. All times must be made in actual sanctioned AAU competitive meets (Senior events, Masters events, or sanctioned International competition.)

b. Times are to be forwarded not later than September 15 of each year to the National Masters Chairman and the National Masters Archivist. Times to be submitted for national records are to be sent to the National Masters Archivist within 30 days from date accom-

plished.

c. Each association is responsible for reporting the top ten times in each event made in its association area only, even though the times were made by swimmers from other associations.

d. All times shall be submitted on the special standard time card.

6. EVENTS - The following events may be conducted for each age group:

SHORT COURSE (25 yds)	LONG COURSE (50 mtr)
50-100-200-500-1650 Free	50-100-200-400-1500 Free
100-200 Backstroke	100-200 Backstroke
100-200 Breaststroke	100-200 Breaststroke
50-100 Butterfly	50-100 Butterfly
100-200 Ind. Medley	200 Individual Medley
200 Medley Relay	200 Medley Relay
200 Free Relay	200 Free Relay
200 Free Relay Mixed (2 female & 2 male)	200 Free Relay Mixed (2 female & 2 male)

(25 & over age group only) (25 & over age group only)
NOTE: It is not necessary to conduct all of the above events in meets. However, each age division shall include the shorter distance freestyle, backstroke, breaststroke and butterfly event plus the individual medley and relays.

7. NATIONAL CHAMPIONSHIP MEETS:

a. National AAU Masters Swimming Championships shall be awarded in the following categories:

1.) Men's & Women's Short Course Swimming Championships.

2.) Men's & Women's Long Course Swimming Championships.

b. Starting in 1973, the Short Course meet shall be held between April 15 and May 30.

c. Starting in 1973, the Long Course meet shall be held between July 15 and September 15.

NOTE: Check National Senior LC dates and National Junior Olympic dates for conflict.

d. The following rotation system shall be used when awarding the National Championships:

YEAR	ZONE I (west)	ZONE II (central)	ZONE III (east)
1973	Short Course	Long Course	
1974	Long Course		Short Course
1975		Short Course	Long Course
1976	Short Course	Long Course	
1977	Long Course		Short Course
1978		Short Course	Long Course

1.) If an adequate facility is not available in the zone designated to receive the meet, either one of the other zones may bid for the meet.

2.) Meets may be awarded three years in advance.

e. Competitors may not swim in more than five (5) individual events in the national meet but shall not swim in more than 3 individual events per day. Competitors may swim in any number of relays.

f. Entry fees for National Championship meets shall be \$2.00 for individual events and \$5.00 for relays. The entry fee shall remain the property of the National AAU. A \$10.00 per person surtax per swimmer may be charged (for national championship meets only). Five dollars of the fee shall be used by the meet sponsor to pay meet expenses and at least \$5.00 shall be used to provide each contestant with a free banquet ticket for the Saturday evening banquet.

g. THREE DAY PROGRAM FOR CHAMPIONSHIP MEETS
(Women's events shall precede Men's)
FIRST DAY - 1650 yd free or 1500 mtr free
SECOND DAY - To be submitted later
THIRD DAY - To be submitted later

8. ALL AMERICAN TEAM - An All American team shall be selected each year. Any individual who has won a total of four (4) events in the Short Course and/or Long Course National AAU Masters Swimming Championships shall automatically qualify for the All American Masters Swimming Team. At least one man and woman in each age group (Group II age groups) shall be named to the team. The Masters Swimming All-American Selection Sub-Committee shall select a person or persons so that every age group is represented and may name additional people to an age group with automatic qualifiers should the circumstances warrant it.

9. MEDICAL EXAMINATION - Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check up immediately prior to Masters competition in order to insure his physical readiness for participation. Medical evaluation forms are available upon request by writing to the National AAU Aquatic Office.

1972 MASTERS 10 BEST TIMES

compiled by Mr. F.H. "Ted" Haartz
(records are indicated with *)

SHORT COURSE TOP TEN

50 yd Freestyle
Men - 25-29

Ken Hammer	25	4/29	21.3 *
Bob Boyer	26	4/22	22.1
Jim Edwards	25	5/27	22.3
Ken Krueger	26	5/20	22.75
Dennis West	27	4/15	22.8
Bill Burrell	25	12/11	22.9
Don McIntosh	29	4/01	23.0
Karl VonTagen	28	5/20	23.0
Gary Langendoen	26	3/12	23.1
Dennis Belli	25	4/29	23.1

100 yd Freestyle
Men - 25-29

Henry Dewitt	25	2/13	48.6 *
Ken Hammer	25	5/21	48.9
Bill Burrell	25	12/12	49.0
Marty Knight	25	5/21	49.1
Bob Boyer	26	5/21	49.6
Jim Edwards	25	4/08	50.7
Ken Krueger	26	4/23	50.8
Bob Hoag	27	4/23	51.0
David Martin	29	5/21	51.0
Karl VonTagen	28	5/21	51.1
Jim McGrath	28	4/23	51.1

200 yd Freestyle
Men - 25-29

Ken Hammer	25	4/30	1:48.5 *
Marty Knight	25	5/20	1:48.8
Henry Dewitt	25	4/22	1:51.1
David Martin	29	5/20	1:55.3
Gary Langendoen	26	5/20	1:55.81
Bob Hoag	27	4/22	1:55.9
Mike Garabaldi	26	5/20	1:56.1
Don McIntosh	29	4/23	1:56.4
Jim Edwards	25	4/08	1:58.3
Jim Bain, Jr.	29	4/15	1:58.3

500 yd Freestyle
Men - 25-29

Ken Hammer	25	5/21	5:12.2 *
Bill Damm	25	5/21	5:21.4
Ed Reed, Jr.	28	5/21	5:22.1
Gary Langendoen	26	5/21	5:22.9
Jim Bain, Jr.	29	5/21	5:24.1
Leland Faust	25	5/21	5:27.1
Mike Garabaldi	26	5/21	5:28.3
Steve Boss	25	4/23	5:30.4
David Martin	29	5/21	5:30.7
Jeff Cooke	27	4/23	5:39.5

1650 yd Freestyle
Men - 25-29

Ken Hammer	25	5/19	18:29.0 *
Bill Damm	25	5/19	19:01.2
Mike Garabaldi	26	5/19	19:16.6
Jim Bain, Jr.	29	5/19	19:39.8
Leland Faust	25	5/19	19:41.1
Edward Reed, Jr.	28	5/19	19:43.4
Harry Wickens	28	4/21	19:45.5
Steve Boss	26	4/21	19:46.1
Gary Langendoen	26	5/19	19:51.1
Mike Paesler	25	4/29	19:52.1

100 yd Backstroke
Men - 25-29

Frank Bates	26	4/23	56.5 *
Nelson Shibasaki	25	5/14	57.2
Ken Krueger	26	5/21	57.3
Rick Scarbo	27	3/12	58.0
Robert Smith	28	4/23	59.4
Ray Zeason	26	4/29	59.5
Dennis Belli	25	5/21	1:00.4
Wayne Lear	25	4/15	1:00.6
Lynn Beaulieu	25	5/21	1:01.7
Larry Raffaelli	28	3/12	1:02.5
P. Ingersol	26	5/06	1:02.5

200 yd Backstroke
Men - 25-29

Frank Bates	26	4/22	2:03.5 *
Marty Knight	25	5/20	2:05.4
Bill Livingood	27	4/23	2:11.9
Ken Krueger	26	5/20	2:13.7
Ray Zeason	26	4/30	2:16.3
Robert Smith	28	5/20	2:17.9
Rick Scarbo	26	2/13	2:18.5
Ed Reed, Jr.	28	5/20	2:19.5
P. Ingersol	26	5/06	2:21.3
Lynn Beaulieu	25	4/08	2:21.5

100 yd Breaststroke
Men - 25-29

Kip Pope	25	4/07	1:00.38 *
Pete Anderson	28	12/11	1:04.1
Ken Doesburg	28	2/13	1:05.2
Ken Smith	25	5/14	1:06.3
Paul Jeffers	29	4/29	1:06.9
Martin Hill	29	4/29	1:06.9
Robert Corbis	27	5/07	1:07.4
Dennis Belli	27	5/20	1:07.4
Bob Dunckel	26	12/12	1:07.9
Dennis West	27	4/15	1:08.0

200 yd Breaststroke
Men - 25-29

Kip Pope	25	4/07	2:12.52 *
Pete Anderson	28	12/12	2:25.6
Edward Reed, Jr.	28	5/21	2:27.0
Paul Jeffers	29	5/21	2:27.3
Steve Rabinovitch	29	5/21	2:29.8
Dennis West	27	5/21	2:29.8
Dean Sutcliffe	26	5/21	2:31.7
Charles Buddemeyer	26	5/21	2:33.5
David Szuch	29	5/21	2:34.9
Jerry DeLong	25	3/26	2:35.4

50 yd Butterfly
Men - 25-29

Jim McGrath	28	4/23	24.6**
Ken Hammer	25	5/20	24.9
Gary Langendoen	26	4/23	25.0
Rick Scarbo	27	3/12	25.2
Martin Hill	29	5/20	25.3
Lynn Wall	25	5/20	25.4
Ken Krueger	26	3/12	25.5
Tom Wheeler	25	12/12	25.5
Gerry DeLong	25	3/25	25.6
Don McIntosh	29	4/01	25.6

100 yd Butterfly
Men - 25-29

Ken Hammer	25	4/29	53.5 *
Bill Burrell	25	12/11	53.6
Gary Langendoen	26	5/21	54.2
Marty Knight	25	5/21	54.2
Jim McGrath	28	5/21	54.7
Ken Krueger	26	5/21	56.3
Charles Buddemeyer	25	1/29	56.8
Gerry DeLong	25	3/25	56.8
Lynn Wall	25	5/21	56.8
J. Flanagan	25	5/06	56.9

100 yd Individual Medley
Men - 25-29

Frank Bates	26	4/22	55.3 *
Rick Krogsrud	27	7/15	58.0
Ray Zeason	26	4/29	58.5
Jim Edwards	25	5/27	58.7
Ken Krueger	26	4/22	59.4
Dave Frank	26	4/22	59.8
Jim McGrath	28	4/22	1:00.0
Bob Smith	29	9/23	1:00.0
Bob Dunckel	26	12/12	1:00.1
Ed Reed, Jr.	28	4/01	1:00.6
Rick Scarbo	26	1/29	1:00.8

200 yd Individual Medley
Men - 25-29

Frank Bates	26	4/23	1:59.3 *
Marty Knight	25	5/20	2:03.2
Ray Zeason	26	4/29	2:10.5
Ken Hammer	25	4/29	2:10.6
Paul Jeffers	29	5/20	2:11.7
Charles Buddemeyer	26	5/20	2:12.3
Ken Krueger	26	5/20	2:12.3
Ed Reed, Jr.	28	5/20	2:13.8
Jim McGrath	28	5/20	2:14.2
Karl VonTagen	26	5/20	2:15.0

50 yd Freestyle
Men - 30-34

Ed Spencer	30	4/22	22.8 *
Terry Green	30	12/12	23.6
Lance Larson	31	3/12	23.8
Ray Bray	31	8/27	24.0
Jerry Hill	31	4/22	24.3
Jim Spreitzer	30	4/30	24.3
John Rangeley	30	3/25	24.4
Tom Landis	30	4/22	24.4
David Corbet	30	5/20	24.4
Grady Romine	30	5/20	24.5

100 yd Freestyle
Men - 30-34

Lance Larson	31	5/21	50.6
Ed Spencer	30	4/23	51.2
C. Hunter	30	5/19	51.8
Burt Kanner	32	5/21	52.9
John Bergman	30	5/21	52.9
Grady Romine	30	5/21	53.6
John Rangeley	30	12/12	54.5
Terry Green	30	12/12	54.6
David Corbet	30	5/21	54.9
Jerry Hill	31	5/21	55.4

200 yd Freestyle
Men - 30-34

Lance Larson	31	3/12	1:55.5
Burt Kanner	32	5/20	1:55.6
Paul Thompson	31	5/20	1:56.9
John Bergman	30	5/20	1:58.2
Dick Stewart	32	9/23	2:01.4
Patrick Schlup	31	9/23	2:03.5
Ed Spencer	30	3/12	2:04.2
Tom Landis	30	4/22	2:05.4
David Corbet	30	5/20	2:07.8
Doug Schiel	30	5/20	2:08.2

500 yd Freestyle
Men - 30-34

Paul Thompson	31	5/21	5:11.7 *
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Lance Larson 31 | 1/29 | 5:16.4 |

Burt Kanner 32 | 5/21 | 5:20.4 |

John Adams 31 | 4/23 | 5:37.5 |

Patrick Schlup 31 | 4/23 | 5:40.9 |

Dick Stewart 32 | 2/13 | 5:44.0 |

Bob Roper 33 | 5/21 | 5:54.2 |

Cullen Bullock 30 | 5/21 | 6:03.3 |

Doug Schiel 30 | 5/21 | 6:03.6 |

Roger Nektton 34 | 5/07 | 6:04.3 |

1650 yd Freestyle
Men - 30-34

Paul Thompson	31	5/19	18:31.7 *
Lance Larson	31	4/21	18:57.4
Patrick Schlup	31	5/19	19:24.5
Bob Roper	33	5/19	20:01.2
John Adams	31	4/21	20:12.7
Burt Kanner	32	4/21	20:18.0
John Bergman	30	5/19	20:23.3
Dennis Matuch	30	4/01	21:47.0
Bill Slaughter	31	4/21	21:55.3
Cullen Bullock	30	5/19	22:13.7

100 yd Backstroke
Men - 30-34

C. Hunter	30	5/19	57.0 *
Lance Larson	31	4/23	59.1
Robert Pace	30	5/21	1:03.4
Lew Cook	33	5/21	1:03.9
Bob Steele	32	4/29	1:06.0
Ray Bray	31	3/12	1:06.6
Jeremy Coleman	34	5/21	1:07.2
Paul Thompson	31	4/29	1:07.3
Roger Nektton	33	5/07	1:08.2
Al Johnson	30	4/01	1:09.0
David Corbet	30	5/21	1:09.0

200 yd Backstroke
Men - 30-34

Lance Larson	31	5/20	2:10.0 *
Lew Cook	33	5/20	2:25.8
Larry Doffing	32	4/22	2:26.0
Jeremy Coleman	34	5/20	2:28.7
Robert Pace	30	5/20	2:28.9
Ray Bray	31	1/29	2:30.5
Bob Steele	32	4/30	2:35.3
John Bushman	30	5/20	2:37.3
William Slaughter	31	4/22	2:41.2
Dennis Weist	34	5/20	2:43.1

100 yd Breaststroke
Men - 30-34

Chester Jastremski	31	4/22	1:03.2 *
Lance Larson	31	5/20	1:05.7
William Worley	31	3/04	1:09.3
George Hillard III	30	3/25	1:11.4
Patrick Schlup	31	5/20	1:11.7
Roy Robe	33	3/25	1:12.5
Gerald Koch	31	4/29	1:13.7
Dick Stewart	32	2/13	1:13.8
Charles Kilbourne	32	5/20	1:13.9
Cullen Bullock	30	5/20	1:14.0

200 yd Breaststroke
Men - 30-34

Chester Jastremski	31	5/21	2:18.3 *
Lance Larson	31	4/22	2:32.2
Patrick Schlup	31	5/21	2:33.8
Dick Stewart	32	5/21	2:36.3
William Worley	31	3/26	2:37.6
George Hillard III	30	5/21	2:38.6
Larry Doffing	32	4/22	2:41.4
Cullen Bullock	30	5/21	2:42.7
Roy Robe	33	3/26	2:47.0
Gerald Koch	31	5/21	2:47.6

50 yd Butterfly
Men - 30-34

Ed Spencer	30	4/23	24.3 *
John Rangeley	30	12/12	25.5
John Bergman	30	5/20	25.6
Jerry Hill	31	5/20	26.0
Lance Larson	31	3/12	26.5
Cappy Sheeley	30	5/14	26.5
Stephen Hill	31	5/20	26.5
Vince Santostefano	31	12/12	26.6
David Corbet	30	5/20	26.7
Bob Kent	31	5/07	26.8

100 yd Butterfly
Men - 30-34

Lance Larson	31	5/21	55.2 *
John Bergman	30	5/21	57.6
Dick Stewart	32	9/23	59.6
John Rangeley	30	3/25	59.8
Mike Laux	30	4/01	1:00.0
Burt Kanner	32	12/18	1:00.1
Cappy Sheeley	30	5/14	1:00.4
David Corbet	30	5/21	1:02.2
William Clark	32	5/21	1:02.2
Tom Landis	30	4/22	1:02.6

100 yd Individual Medley
Men - 30-34

Lance Larson	31	4/22	58.1 *
Ed Spencer	30	4/22	59.7
Roger Nektton	33	5/07	1:04.0

Ray Bray 31 | 8/27 | 1:04.3 |

Dick Stewart 31 | 1/29 | 1:04.6 |

Tom Landis 30 | 4/22 | 1:05.0 |

Mike Laux 30 | 4/01 | 1:05.8 |

Patrick Schlup 32 | 9/23 | 1:06.0 |

Allen Cunningham 30 | 7/02 | 1:06.7 |

William Clark 32 | 4/22 | 1:06.8 |

John Adams 31 | 8/27 | 1:06.8 |

200 yd Individual Medley
Men - 30-34

Lance Larson	31	5/20	2:05.5 *
John Bergman	30	5/20	2:13.2
Paul Thompson	31	4/29	2:16.5
Dick Stewart	32	5/20	2:18.3
Larry Doffing	32	4/23	2:26.1
Patrick Schlup	31	3/12	2:29.4
Bill Clark	32	4/29	2:32.2
Bob Tesch	31	4/23	2:33.3
Don Glass	32	4/23	2:35.9
John Bushman	30	4/23	2:36.2

Buddy Belshe	38.	5/20.	2:33.3
Ken Koster	36.	1/29.	2:37.4
Walt Reeves	37.	2/13.	2:41.0
Chuck Hines	39.	4/08.	2:41.1
Alan Hodges	35.	4/16.	2:41.5
Art Welch	39.	7/09.	2:44.2
Russ Salmon	38.	12/12.	2:48.1

100 yd Breaststroke

Men - 35-39			
Terry Gathercole	36.	5/20.	1:10.4
Richard Tanabe	37.	5/14.	1:12.4
Burwell Jones	39.	4/15.	1:12.8
Don Kane	38.	5/20.	1:13.2
Bob Patten	37.	4/15.	1:13.6
Jon Buzzard	37.	7/02.	1:13.9
Richard Rahe	35.	4/23.	1:14.7
Alex Gilbert	38.	5/20.	1:17.6
N. Gene Nagel	37.	3/25.	1:17.8
Bob Fleischer	36.	4/29.	1:18.6

200 yd Breaststroke

Men - 35-39			
Terry Gathercole	36.	5/21.	2:37.1
Bob Patten	37.	5/21.	2:41.7
Don Kane	38.	5/21.	2:44.2
Richard Rahe	35.	4/22.	2:49.0
Norm Litwalk	38.	1/15.	2:57.2
Alex Gilbert	38.	5/21.	2:58.5
M. Smith	36.	5/06.	2:58.6
Bob Fleischer	36.	5/21.	3:02.3
G. Miller	35.	5/06.	3:04.0
Jim Stevens	37.	12/12.	3:06.9

50 yd Butterfly

Men - 35-39			
Richard Tanabe	37.	5/20.	26.1
Sandy Gideonse	38.	8/27.	26.6
Paul Honda	38.	5/14.	27.3
Sam Jones	36.	5/20.	27.4
David Hawkins	38.	5/07.	27.5
Richard Elliott	35.	3/12.	28.0
Galther Rosser	38.	3/26.	28.2
Ed Schelonka	39.	3/26.	28.3
Bill Radack	35.	8/27.	28.8
Chuck Hines	39.	7/15.	28.8

100 yd Butterfly

Men - 35-39			
Richard Tanabe	37.	5/21.	1:00.1
Burwell Jones	39.	4/15.	1:01.6
Sam Jones	36.	5/21.	1:02.9
Sandy Gideonse	38.	9/23.	1:06.9
Paul Honda	38.	5/14.	1:07.7
Buddy Belshe	37.	1/29.	1:09.0
Ed Schelonka	39.	3/25.	1:09.3
Richard Elliott	35.	1/29.	1:10.2
Alex Gilbert	38.	5/21.	1:10.3
Brian Stewart	36.	12/18.	1:10.5

100 yd Individual Medley

Men - 35-39			
Burwell Jones	39.	4/16.	1:02.7
Dave McIntyre	36.	5/27.	1:04.4
Jon Buzzard	37.	7/02.	1:05.1
Marty Mennen	35.	4/22.	1:05.3
Sam Jones	36.	4/16.	1:06.0
Sandy Gideonse	38.	9/23.	1:06.3
Herb Kern	39.	12/12.	1:06.6
Buddy Belshe	37.	4/22.	1:06.9
Dave Kohler	37.	4/01.	1:07.5
Richard Elliott	35.	4/22.	1:08.7

200 yd Individual Medley

Men - 35-39			
Burwell Jones	39.	5/20.	2:17.7
Richard Tanabe	37.	5/20.	2:21.9
Buddy Belshe	37.	4/23.	2:29.0
Marty Mennen	35.	4/23.	2:31.6
Richard Elliott	35.	4/23.	2:34.3
Mike Milliman	37.	4/29.	2:34.3
Larry Good	37.	4/23.	2:35.9
Don Kane	38.	4/29.	2:37.1
Dave Drum	36.	5/20.	2:37.8
Ed Schelonka	39.	3/26.	2:42.7

50 yd Freestyle

Men - 40-44			
Dan Malone	41.	12/12.	24.8
Don Rosenthal	40.	3/12.	25.0
Art Mindheim	43.	12/11.	25.3
Ralph Johnson	40.	3/25.	25.4
Ted Haartz	44.	5/07.	25.5
John Stone	40.	4/08.	25.6
Jack Springer	40.	4/30.	25.6
Ken Kimball	41.	5/20.	25.8
Lou Herman	40.	5/14.	26.0
E. Emes	43.	5/06.	26.0

100 yd Freestyle

Men - 40-44			
Dan Malone	41.	5/21.	54.4
Peter Van Dijk	43.	5/21.	56.1
Ted Haartz	44.	5/21.	57.3
Carl Yates	44.	5/21.	57.3
Charles Stephanos	44.	5/07.	57.4
Don Rosenthal	40.	2/13.	57.8
Jack Craigie	42.	4/23.	58.5
Bill Williams	41.	5/21.	59.4
Jack Springer	40.	4/29.	59.5
Art Mindheim	43.	12/12.	1:00.6

200 yd Freestyle

Men - 40-44			
Dan Malone	41.	5/20.	2:03.1
Carl Yates	44.	5/20.	2:05.1
Don Rosenthal	40.	3/12.	2:08.5

Peter Cole	5/14.	2:09.2	
Bill Williams	41.	5/20.	2:10.2
Peter Van Dijk	43.	5/20.	2:10.3
Charles Stephanos	44.	5/07.	2:11.5
Jack Craigie	42.	4/22.	2:11.7
Bob Beach	41.	5/20.	2:13.7
Pedro Garcia	42.	4/22.	2:14.8

500 yd Freestyle

Men - 40-44			
Carl Yates	44.	5/21.	5:44.4
Bill Williams	41.	5/21.	5:50.2
Dan Malone	41.	5/21.	5:56.2
Jack Craigie	42.	4/23.	6:02.9
Pedro Garcia	42.	1/29.	6:07.6
Robert Beach	41.	5/20.	6:08.8
Charles Stephanos	44.	5/07.	6:12.0
Peter Van Dijk	43.	5/20.	6:17.0
Don Rosenthal	40.	2/13.	6:17.4
Stan McConnell	40.	5/20.	6:38.9

1650 yd Freestyle

Men - 40-44			
Carl Yates	44.	5/19.	20:20.35
Bill Williams	41.	5/19.	20:20.61
Jack Craigie	42.	4/21.	21:07.1
Robert Beach	41.	5/19.	21:11.7
Bob Miller	43.	7/30.	21:53.5
Ted Haartz	44.	5/19.	22:39.5
Ken Kimball	41.	4/22.	23:04.5
David Stevenson	43.	5/19.	23:30.9
Robert Cunningham	44.	5/19.	23:53.4
Norm Frieze	44.	4/22.	24:10.8

100 yd Backstroke

Men - 40-44			
Joseph Prata	43.	5/21.	1:07.4
Peter Van Dijk	43.	5/21.	1:07.6
Allen Stack	40.	5/14.	1:09.2
Stan McConnell	40.	5/21.	1:09.5
T. Smith	44.	5/19.	1:09.7
Marvin Burns	43.	5/21.	1:10.1
Jack Craigie	42.	3/12.	1:10.4
Ken Kimball	41.	4/23.	1:10.7
Art Ratzkewicz	44.	4/01.	1:11.1
W. Van Pelt	44.	5/19.	1:11.5

200 yd Backstroke

Men - 40-44			
Bob Miller	43.	7/30.	2:30.1
Joseph Prata	43.	5/20.	2:31.2
Jack Craigie	42.	4/22.	2:35.4
Stan McConnell	40.	4/23.	2:36.9
Ken Kimball	41.	4/23.	2:38.5
Carl Yates	44.	2/13.	2:41.5
Richard Bennett	41.	5/20.	2:43.8
Marvin Burns	43.	5/20.	2:47.6
David Lomski	43.	5/20.	2:48.4
Robert Beach	41.	5/20.	2:52.8
G. Mack	44.	4/16.	2:52.8

100 yd Breaststroke

Men - 40-44			
Robert Kueny	41.	5/20.	1:14.0
Ash Jones	40.	5/20.	1:14.4
Don Van Rossen	42.	5/20.	1:15.2
Ted Haartz	44.	3/25.	1:15.5
Marvin Burns	43.	4/23.	1:16.0
Russell LaTelle	41.	5/20.	1:16.9
Doug Scott	44.	4/22.	1:17.2
John Torney	41.	5/20.	1:19.0
Tom Wirt	40.	4/23.	1:19.5
Al Steirn	43.	5/19.	1:19.6

200 yd Breaststroke

Men - 40-44			
Robert Kueny	41.	5/21.	2:41.3
Ted Haartz	44.	5/21.	2:43.5
Ash Jones	40.	5/21.	2:46.5
Don Van Rossen	42.	5/21.	2:48.4
Marvin Burns	43.	5/21.	2:50.3
Doug Scott	44.	4/23.	2:54.9
John Torney	41.	5/21.	2:58.0
John Stroud	44.	5/21.	2:58.8
Russell LaTelle	41.	5/21.	3:01.5
Tom Wirt	40.	3/12.	3:02.6

50 yd Butterfly

Men - 40-44			
Ash Jones	40.	5/20.	27.8
Dan Malone	41.	5/20.	29.1
Stan McConnell	40.	4/23.	29.6
Carl Yates	44.	5/20.	29.7
Ted Haartz	44.	5/20.	30.0
Peter Van Dijk	43.	5/20.	30.1
Robert Kueny	41.	4/23.	30.4
Bill Williams	41.	5/20.	30.6
Charles Stephanos	44.	7/02.	31.1
Russell LaTelle	41.	5/20.	31.2

100 yd Butterfly

Men - 40-44			
Ash Jones	40.	5/21.	1:07.5
Carl Yates	44.	5/21.	1:09.3
Dan Malone	41.	5/21.	1:09.9
Bill Williams	41.	5/21.	1:12.2
Stan McConnell	40.	9/23.	1:12.8
Paul Novotny	41.	4/22.	1:14.4
Robert Kueny	41.	4/22.	1:15.8
Jack Craigie	42.	12/18.	1:16.0
Ray Schumaker	41.	4/22.	1:18.3
Herbert Nakama	42.	9/23.	1:19.6

100 yd Individual Medley

Men - 40-44			
Ted Haartz	43.	4/22.	1:08.2
Art Mindheim	43.	12/12.	1:09.6
Ken Kimball	41.	4/22.	1:10.0

Stan McConnell	40.	8/27.	1:10.5
Robert Kueny	41.	4/22.	1:10.6
Bill Williams	41.	2/06.	1:10.7
Marvin Burns	43.	4/22.	1:11.0
Jack Springer	42.	4/29.	1:12.4
Jack Craigie	42.	2/13.	1:13.5
Al Steirn	43.	5/07.	1:15.2
Russell LaTelle	41.	8/27.	1:15.2

200 yd Individual Medley

Men - 40-44			
Ted Haartz	44.	5/20.	2:31.0
Ash Jones	40.	5/20.	2:31.1
Bill Williams	41.	5/20.	2:31.2
Jack Craigie	42.	3/12.	2:37.0
Carl Yates	44.	5/20.	2:38.0
Stan McConnell	40.	4/23.	2:39.3
Robert Kueny	41.	5/20.	2:41.5
Jack Springer	40.	4/30.	2:52.7
Ken Kimball	41.	3/12.	2:56.0
Bob Cunningham	44.	4/29.	2:57.3

50 yd Freestyle

Men - 45-49			
Perry Rockwell	47.	4/01.	25.8
George VanDormolen	46.	4/01.	26.0
James Courter	46.	4/01.	26.1
Claude West, Jr.	47.	3/25.	26.2
Art Koblish	48.	4/01.	26.2
Paul Hutinger	47.	12/11.	26.6
Jim Marcus	47.	8/27.	26.6
Duane Draves	45.	5/20.	26.7
Reed Ringel	48.	3/25.	26.9
Hal Onussett	47.	4/01.	27.1

100 yd Freestyle

Men - 45-49			
Paul Hutinger	47.	12/12.	57.8
Perry Rockwell	47.	4/22.	58.0
Duane Draves	45.	5/21.	58.5
Claude West, Jr.	47.	3/26.	59.1
George VanDormolen	46.	4/01.	59.3
Art Koblish	48.	4/01.	59.7
James Courter	46.	4/01.	59.7
Reed Ringel	49.	3/26.	1:00.3
Dick Upsall	47.	4/22.	1:00.6
Jim Marcus	48.	9/23.	1:00.8

200 yd Freestyle

Men - 45-49			
Paul Hutinger	47.	4/23.	2:10.6
Perry Rockwell	47.	4/23.	2:12.3
Duane Draves	45.	3/12.	2:13.0
Reed Ringel	48.	12/12.	2:15.7
Art Koblish	48.	4/01.	2:18.8
James Courter	46.	4/01.	2:19.8
Dick Upsall	47.	4/23.	2:20.1
Hal Onussett	47.	4/01.	2:20.8
George VanDormolen	46.	4/01.	2:21.5
Frank Blair	46.	4/29.	2:22.6

500 yd Freestyle

Men - 45-49			
Paul Hutinger	47.	4/29.	6:07.1
Duane Draves	45.	1/29.	6:20.0
Reed Ringel	49.	3/26.	6:23.0
Hal Onussett	48.	5/07.	6:23.5
Frank Blair	45.	4/23.	6:26.5
Perry Rockwell	47.	5/21.	6:30.3
Art Koblish	48.	4/29.	6:30.4
Dick Upsall	47.	4/29.	6:32.4
Jim Marcus	47.	5/21.	6:42.2
Jim Courter	46.	4/29.	6:53.1

1650 yd Freestyle

Men - 45-49			
Paul Hutinger	47.	12/10.	21:10.4

1650 yd Freestyle			
Men - 50-54			
Jim Welch	54	5/14	21:54.6
Paul Herron	51	5/19	23:25.1
Dan Miles	51	5/19	23:41.8
Richard Beeler	51	5/19	23:45.3
Ray Taft	52	5/19	24:05.6
Dave Mulliken	52	12/10	24:16.4
William Baugher	50	4/29	25:11.0
Reno Rapaganini	51	5/19	25:18.5
Ray Hakomaki	51	5/19	26:26.2
Dick Smith	52	5/19	26:48.4

100 yd Backstroke			
Men - 50-54			
Paul Herron	50	5/21	1:07.0
Ray Taft	52	5/21	1:14.7
John Bricker	51	5/21	1:15.2
Walter Jennings	51	3/25	1:17.5
Bill Uhrich	51	5/07	1:19.3
Dan Miles	51	4/15	1:21.8
F. McVear	51	4/15	1:22.8
Karl Fant	50	12/11	1:23.8
J. Crews	52	5/19	1:26.5
Clifford Wright	51	9/23	1:29.6

200 yd Backstroke			
Men - 50-54			
Paul Herron	51	5/20	2:30.7
John Bricker	51	5/20	2:46.0
Ray Taft	52	5/20	2:51.2
Walter Jennings	51	3/26	2:55.5
Bill Uhrich	51	5/20	2:56.7
Max Hasbrouck	51	4/30	3:59.7

100 yd Breaststroke			
Men - 50-54			
James Counsilman	52	12/11	1:13.6
Tom Lind	54	4/23	1:18.1
John Crews	52	5/19	1:24.3
Richard Beeler	51	5/20	1:26.1
Clifford Wright	51	9/23	1:28.0
Dan Miles	51	4/15	1:32.9
Dave Mulliken	52	12/11	1:33.4
John Landwehr	51	3/26	1:42.3
John Virgo	52	5/20	1:43.7
Robert Hinckley	52	5/07	2:02.0

200 yd Breaststroke			
Men - 50-54			
James Counsilman	52	12/12	2:45.6
Tom Lind	54	5/21	2:54.8
Richard Beeler	51	5/20	3:15.0
John Landwehr	51	3/25	3:54.6

50 yd Butterfly			
Men - 50-54			
Ray Taft	52	5/20	31.5
Tom Lind	54	3/12	32.7
E. McVear	51	4/15	32.7
John Bricker	51	3/12	33.5
Bill Uhrich	51	5/07	33.8
Ray Hakomaki	51	5/20	34.1
Dore Schwab	50	4/29	34.3
Len Helmers	50	12/12	36.3
Dan Miles	51	4/19	38.9
Robert Hinckley	52	5/07	45.3

100 yd Butterfly			
Men - 50-54			
Tom Lind	54	2/13	1:17.1
John Bricker	51	12/18	1:22.0

100 yd Individual Medley			
Men - 50-54			
Paul Herron	50	12/18	1:09.5
James Counsilman	52	12/12	1:09.6
Ray Taft	52	4/29	1:14.6
Tom Lind	54	2/13	1:16.0
Reno Rapaganini	51	4/29	1:16.2
Dore Schwab	50	4/29	1:17.2
John Bricker	51	12/18	1:17.5
Dan Miles	51	4/16	1:17.6
E. McVear	51	4/16	1:17.9
Bill Uhrich	51	5/07	1:18.8

200 yd Individual Medley			
Men - 50-54			
Paul Herron	51	5/20	2:33.9
James Counsilman	51	5/20	2:40.5
Ray Taft	52	5/20	2:49.6
John Bricker	51	3/12	2:53.9
Tom Lind	54	3/12	2:57.3
Bill Uhrich	51	5/20	2:58.1
Dan Miles	51	5/20	2:58.1
Richard Beeler	51	5/20	3:00.2

50 yd Freestyle			
Men - 55-59			
Tom Haynie	56	5/14	27.2
Jim Eubank	56	4/22	28.4
Bill Parmelee	57	5/07	29.6
John McKenzie	55	5/20	29.7
David Dutrow	56	12/28	29.8
Hamilton Anderson	58	5/20	29.9
Ashby Harper	55	4/15	30.0
Stan Ashton	57	7/15	30.5
Walter Pfeiffer	58	8/27	30.6
Sid Lund	57	4/01	30.9

100 yd Freestyle			
Men - 55-59			
Jim Eubank	56	5/21	1:02.3
Ashby Harper	55	5/21	1:07.2
Hamilton Anderson	58	5/21	1:08.7
David Dutrow	56	5/21	1:09.4

John McKenzie	55	5/21	1:10.4
L. Hammerschmidt	55	5/19	1:10.7
Sid Lund	57	4/01	1:12.1
Hank Slevin	55	5/19	1:13.2
Bill Parmelee	57	7/02	1:13.5
Stan Ashton	57	7/15	1:13.5

200 yd Freestyle			
Men - 55-59			
Jim Eubank	56	5/20	2:19.7
Ashby Harper	55	5/20	2:38.7
Joe Shull	57	12/11	2:39.0
John McKenzie	55	5/20	2:41.6
Ham Anderson	58	5/20	2:42.2
Bill Parmelee	57	4/01	2:55.1
Sid Lund	57	4/01	2:55.4
Michael Wytias	56	5/20	3:03.1
L. Finnegan	59	5/06	3:19.9
Jim Bain, Sr.	56	5/20	3:21.4

500 yd Freestyle			
Men - 55-59			
Jim Eubank	56	5/21	6:25.6
Ashby Harper	55	5/21	7:22.1
John McKenzie	55	5/21	7:41.9
Hamilton Anderson	58	5/21	7:42.5
Stan Ashton	57	7/15	7:43.0
Bill Parmelee	57	5/07	7:57.4
George Mathes	56	4/16	8:27.4
J. Rose	56	4/16	8:37.0
Jim Bain, Sr.	56	5/21	8:52.3
Joseph Bruno	59	5/21	9:33.2

1650 yd Freestyle			
Men - 55-59			
Jim Eubank	56	5/19	22:35.7
Ashby Harper	55	5/19	25:50.6
John McKenzie	55	5/19	26:55.6
David Dutrow	56	5/19	27:07.8
Hamilton Anderson	58	5/19	27:25.8
Joseph Bruno	59	5/19	32:17.5
Adolph Mehak	55	4/30	32:59.5

100 yd Backstroke			
Men - 55-59			
John McKenzie	55	5/21	1:24.4
David Dutrow	56	5/21	1:24.6
Hank Slevin	55	5/19	1:28.4
Walt Pfeiffer	58	5/21	1:28.5
Hamilton Anderson	58	5/21	1:28.7
Joe Shull	57	12/11	1:30.1
N. Fluke	55	5/19	1:31.1
Charles Dunworth	58	3/25	1:35.1
F. Gross	57	7/09	1:35.3
J. Donovan	59	5/06	1:44.7

200 yd Backstroke			
Men - 55-59			
John McKenzie	52	1/29	3:12.4
F. Gross	57	7/09	3:38.0
L. Finnegan	59	5/06	3:43.1
Hamilton Anderson	58	5/20	3:43.5
T. Benson	56	5/06	4:18.5

100 yd Breaststroke			
Men - 55-59			
Walter Pfeiffer	58	9/23	1:23.0
Hank Slevin	55	5/19	1:24.1
N. Fluke	55	5/19	1:34.4
Ashby Harper	55	5/20	1:34.7
Stanley Prudell	47	4/01	1:37.5
J. Donovan	57	5/06	1:37.5
J. Delabar	57	5/06	1:45.0

200 yd Breaststroke			
Men - 55-59			
Walter Pfeiffer	58	4/22	3:04.8
Ashby Harper	55	5/21	3:26.5
Ferdinand Castillo	52	5/21	4:06.0

50 yd Butterfly			
Men - 55-59			
Walter Pfeiffer	58	3/12	33.6
David Dutrow	56	5/20	34.3
Ashby Harper	55	4/15	40.6
John McKenzie	55	8/27	42.7

100 yd Butterfly			
Men - 55-59			
Walter Pfeiffer	58	9/23	1:18.6
David Dutrow	56	5/21	1:24.4

100 yd Individual Medley			
Men - 55-59			
Walter Pfeiffer	58	9/23	1:18.4
David Dutrow	56	12/12	1:21.5
Ashby Harper	55	4/16	1:25.6
Joe Shull	57	12/12	1:26.3
John McKenzie	55	4/22	1:30.4

200 yd Individual Medley			
Men - 55-59			
Walter Pfeiffer	58	5/20	2:57.7
David Dutrow	56	5/20	3:05.4

50 yd Freestyle			
Men - 60-64			
Lyle Collet	64	5/20	27.4
Reg Richardson	60	3/12	28.8
Louis Nagy	60	5/20	29.8
Mel Maxwell	60	8/27	29.9
Ed McKay	63	5/20	30.5
Tom Monahan	61	3/12	31.7
Gordon Corson	61	5/20	32.4
James Fraser	62	3/25	34.4
Bill Powell	64	4/08	34.9
Alfred Guth	64	8/27	35.3

100 yd Freestyle			
Men - 60-64			
Lyle Collet	64	5/21	1:02.9
Reg Richardson	60	5/21	1:04.6
Louis Nagy	60	5/21	1:10.0
Ed McKay	63	5/21	1:11.9
Lawrence Smith	60	5/07	1:14.2
Mel Maxwell	60	5/21	1:15.2
Bob Nelson	64	3/04	1:19.5
Wm. Loughborough	61	5/21	1:21.5
D. McAfee	62	5/06	1:24.6
James Fraser	62	3/26	1:26.1

200 yd Freestyle			
Men - 60-64			
Lyle Collet	64	5/20	2:30.4
Reg Richardson	60	5/20	2:34.0
Louis Nagy	60	5/20	2:35.0
Lawrence Smith	60	4/01	2:58.1
Alfred Guth	64	9/23	2:58.8
Bob Nelson	64	3/04	3:03.0
Mel Maxwell	60	3/12	3:05.4
Wm. Loughborough	61	4/30	3:10.9
D. McAfee	62	5/06	3:11.9
Harold Davis	64	5/20	3:14.7

500 yd Freestyle			
Men - 60-64			
Lyle Collet	64	5/21	7:10.2
Reg Richardson	60	5/21	7:16.5
Buster Crabbe	64	7/02	7:30.6
Louis Nagy	60	5/21	7:38.3
Alfred Guth	63	5/21	8:03.1
Wm. Loughborough	61	5/21	8:33.0
Harold Davis	64	5/21	8:52.9
Louis Rinna	61	5/21	11:41.1
John Lechner	62	7/02	12:50.8

1650 yd Freestyle			
Men - 60-64			
Louis Nagy	60	5/19	26:42.0
Alfred Guth	63	5/19	28:03.2
Wm. Loughborough	61	5/19	30:41.7
Harold Davis	64	5/19	31:06.7

100 yd Backstroke			
Men - 60-64			
Louis Nagy	60	5/07	1:12.5
Louis Nagy	60	5/21	1:25.9
Tom Monahan	61	3/12	1:30.3
Hud Stewart	62	5/21	1:30.7
Gordon Corson	61	5/21	1:32.4
Mel Maxwell	60	4/23	1:34.3
Alfred Guth	63	4/23	1:36.3
Wm. Loughborough	61	4/15	1:41.5
Louis Rinna	61	5/21	1:42.2
G. Leckner	62	4/15	1:50.0

200 yd Backstroke			
Men - 60-64			
Hud Stewart	62	5/20	3:16.3
Louis Nagy	60	5/20	3:19.3
Alfred Guth	63	5/20	3:23.6
Wm. Loughborough	61	4/23	3:50.8
Louis Rinna	61	5/20	4:00.3

100 yd Breaststroke			
Men - 60-64			
Reg Richardson	60	4/23	1:26.4
Rufus Clark	60	4/23	1:33.0
Ed McKay	63	5/20	1:38.9
Alfred Guth	64	9/23	1:39.0
Wm. Loughborough	61	2/13	1:40.1
James Fraser	62	3/25	1:51.7
Bernard Silber	60	4/30	1:53.9

200 yd Breaststroke			
Men - 60-64			
Reg Richardson	60	5/21	3:17.6
Rufus Clark	60	4/22	3:22.8
Norm Monson	62	4/30	3:25.8
Alfred Guth	63	4/22	3:32.2
Ed McKay	63	5/21	3:43.9
Wm. Loughborough	61	5/21	3:47.5

50 yd Butterfly			
Men - 60-64			
Mel Maxwell	60	8/27	35.5
Reg Richardson	60	8/27	37.7
Ed McKay	63	5/20</	

Mita Glass..... 37. 12/11. 32:55.1
Dorothy Anderson... 30. 4/14. 34:25.7

100 yd Backstroke

Women - 35-39
Connie Wilson..... 37. 7/30. 1:19.5 *
Dina Zinnes..... 36. 4/22. 1:20.8
Marilyn DiFilippo..... 4/01. 1:25.2
Evelyn Debes..... 36. 3/12. 1:26.0
Virginia Eros..... 5/14. 1:26.7
Ann Kay..... 38. 5/21. 1:28.3
Mary Spencer..... 35. 4/23. 1:29.6
Marty Dabrock..... 37. 12/18. 1:31.6
Ann Champ..... 36. 4/29. 1:33.1
Eileen Jeffers..... 36. 4/23. 1:33.7

200 yd Backstroke

Women - 35-39
Dina Zinnes..... 36. 4/23. 2:55.4 *
Connie Wilson..... 37. 7/30. 2:59.2
Ann Kay..... 38. 5/20. 3:07.8
Evelyn Debes..... 36. 4/22. 3:10.1
Mary Lou Jaworski..... 35. 3/16. 3:32.0
Janet Partridge..... 39. 2/13. 3:34.0
Dorothy Anderson..... 36. 4/16. 3:49.3
Judy Gilbert..... 36. 2/13. 3:51.8
E. Heath..... 35. 5/06. 4:50.0
Jean Brenner..... 35. 3/26. 5:41.8

100 yd Breaststroke

Women - 35-39
Ann Champ..... 36. 4/29. 1:30.0
Carla Farmer..... 36. 3/26. 1:37.1
Peggy Ebbing..... 38. 3/26. 1:39.4
Jean Campbell..... 37. 3/26. 1:40.1
S. Eve..... 39. 5/19. 1:43.1
Mary Alice Scott..... 38. 4/29. 1:44.2
Edith Storz..... 37. 4/15. 1:45.5
Virginia Enos..... 5/14. 1:46.1
Geraldine Koupal..... 39. 4/29. 1:47.4
Polly Deveau..... 35. 4/30. 1:48.4

200 yd Breaststroke

Women - 35-39
Ann Champ..... 36. 4/23. 3:11.9 *
Kay Taylor..... 37. 4/01. 3:28.2
Carla Farmer..... 36. 3/25. 3:35.8
Peggy Ebbing..... 38. 3/25. 3:37.6
Edith Storz..... 37. 4/16. 3:51.8
Joan Buxton..... 39. 4/01. 4:12.6
Jane Schultz..... 35. 3/25. 5:31.2

50 yd Butterfly

Women - 35-39
Ann Supple..... 39. 3/25. 32.5 *
Helen Buss..... 36. 4/01. 34.0
Ann Champ..... 36. 4/30. 34.5
Ann Kay..... 38. 5/20. 38.3
Evelyn Debes..... 36. 8/27. 39.4
Mary Lou Jaworski..... 35. 3/25. 40.5
Lynn Radack..... 35. 8/27. 40.8
Janet Partridge..... 39. 3/12. 46.2
Geraldine Koupal..... 39. 5/20. 47.9
Evelyn Keating..... 39. 5/07. 48.6

100 yd Butterfly

Women - 35-39
Helen Buss..... 36. 4/22. 1:17.3 *
Ann Champ..... 36. 5/21. 1:24.8
Ann Kay..... 38. 4/29. 1:32.2
Marty Dabrock..... 37. 10/31. 1:44.8
Jane Campbell..... 37. 3/26. 1:47.3
Ruth Mitchell..... 38. 4/15. 2:12.4

100 yd Individual Medley

Women - 35-39
Ann Supple..... 39. 3/25. 1:14.1 *
Helen Buss..... 35. 12/12. 1:19.1
Ann Champ..... 36. 4/29. 1:19.1
Dina Zinnes..... 36. 4/22. 1:20.0
Peggy Wienants..... 35. 12/12. 1:22.3
Evelyn Debes..... 36. 8/27. 1:27.8
Virginia Arvidson..... 37. 3/10. 1:28.4
Carol Lomax..... 38. 4/23. 1:30.4
Lynn Radack..... 35. 8/27. 1:32.1
Kay Taylor..... 37. 4/01. 1:36.8

200 yd Individual Medley

Women - 35-39
Helen Buss..... 36. 4/01. 2:51.5 *
Evelyn Debes..... 36. 4/23. 3:18.7
Virginia Enos..... 5/14. 3:19.9
Mary Lou Jaworski..... 35. 3/25. 3:25.1
Joan Campbell..... 37. 3/25. 3:30.4
Janet Partridge..... 39. 3/12. 3:35.6
Geraldine Koupal..... 39. 4/29. 3:45.6
Eileen Soss..... 39. 4/29. 3:47.8

50 yd Freestyle

Women - 40-44
Betty Brey..... 40. 5/06. 29.0 *
Gail Roper..... 42. 5/20. 30.8
Patricia Clinton..... 44. 5/07. 30.9
Anne Adams..... 43. 3/12. 31.6
Shirley Scott..... 43. 4/23. 31.8
Maggie Johnson..... 41. 9/23. 32.1
Barbara Reeve..... 42. 5/20. 32.4
Marilyn Ott..... 43. 3/05. 33.5
Edith Gruender..... 43. 4/15. 34.1
Jody Anderson..... 42. 5/20. 34.2

100 yd Freestyle

Women - 40-44
Betty Brey..... 40. 5/06. 1:07.2 *
Pat Clinton..... 44. 7/02. 1:09.5
Anne Adams..... 43. 9/23. 1:10.5
Edith Gruender..... 43. 5/21. 1:14.3

Dent Bloodworth..... 3/04. 1:17.8
Jody Anderson..... 42. 5/21. 1:18.4
Shirley Scott..... 43. 4/22. 1:18.5
Virginia Gauthier..... 44. 5/07. 1:19.6
Corky Carl..... 40. 5/20. 1:20.1
C. Stretbel..... 43. 4/29. 1:23.0

200 yd Freestyle

Women - 40-44
Anne Adams..... 43. 5/20. 2:42.6 *
Edith Gruender..... 43. 5/20. 2:49.6
Dent Bloodworth..... 3/04. 2:57.8
Shirley Scott..... 43. 4/23. 3:01.6
Jody Anderson..... 42. 4/15. 3:10.7
Joy Kenny..... 40. 5/20. 3:16.9
June Gravenor..... 4/01. 3:23.0
T. Bolster..... 43. 4/15. 3:24.0
Alliane Sommerville..... 43. 5/20. 3:25.6
Lorienne Boyer..... 40. 4/29. 3:29.7

500 yd Freestyle

Women - 40-44
Gail Roper..... 42. 5/21. 7:23.2 *
Barbara Reeve..... 42. 5/21. 7:28.7
Anne Adams..... 43. 2/13. 7:29.5
Edith Gruender..... 43. 5/21. 7:40.7
Pat Clinton..... 44. 5/07. 8:00.5
Shirley Scott..... 43. 4/22. 8:21.8
Jody Anderson..... 42. 5/21. 8:32.2
Joy Kenny..... 40. 5/21. 8:38.0
June Gravenor..... 41. 7/02. 8:59.8
T. Bolster..... 43. 4/16. 9:16.6

1650 yd Freestyle

Women - 40-44
Gail Roper..... 42. 5/19. 25:45.6 *
Edith Gruender..... 43. 5/19. 26:38.1
Shirley Scott..... 43. 4/21. 29:05.3
Jody Anderson..... 42. 5/19. 29:36.6
T. Bolster..... 43. 4/14. 31:55.8
Barbara Odome..... 42. 5/19. 32:58.5
J. Amato..... 43. 4/14. 33:53.5
Anne Gallion..... 42. 4/21. 44:11.0

100 yd Backstroke

Women - 40-44
Barbara Reeve..... 42. 5/21. 1:18.9 *
Anne Adams..... 43. 5/21. 1:23.5
Pat Clinton..... 44. 5/07. 1:23.6
Joy Kenny..... 40. 3/25. 1:23.8
Dent Bloodworth..... 3/04. 1:24.5
Lois Briggs..... 42. 12/18. 1:37.9
Edith Gruender..... 43. 12/18. 1:39.5
Joan Davis..... 42. 4/01. 1:41.5
Lorlene Boyer..... 40. 5/21. 1:44.2
Mickey Shockley..... 43. 5/21. 1:46.3

200 yd Backstroke

Women - 40-44
Barbara Reeve..... 42. 5/20. 2:48.0 *
Anne Adams..... 43. 5/20. 2:54.2
Joy Kenny..... 40. 5/20. 3:10.6
Rita Mills..... 41. 4/22. 3:48.5
Lorlene Boyer..... 40. 5/20. 4:00.8
J. Amato..... 43. 4/16. 4:05.6

100 yd Breaststroke

Women - 40-44
Gail Roper..... 42. 5/20. 1:30.0 *
Anne Adams..... 43. 4/23. 1:31.0
Pat Clinton..... 44. 5/19. 1:37.6
June Gravenor..... 4/01. 1:39.0
R. Rook..... 43. 4/15. 1:40.2
Rita Mills..... 41. 4/23. 1:42.8
Jody Anderson..... 42. 5/20. 1:43.0
Joy Davis..... 42. 4/01. 1:44.2
Rexene Ashford..... 41. 7/02. 1:46.0
Charlotte Meyer..... 43. 4/29. 1:46.4

200 yd Breaststroke

Women - 40-44
Anne Adams..... 43. 1/12. 3:15.5 *
Gail Roper..... 42. 5/21. 3:22.9
Rita Mills..... 41. 3/12. 3:37.3
Jody Anderson..... 42. 5/21. 3:51.5
Mickey Shockley..... 43. 5/21. 4:02.5
Lorlene Boyer..... 40. 5/21. 4:05.9
Marianne Bernat..... 43. 4/30. 4:12.2
Ann Gallion..... 43. 4/23. 4:12.3

50 yd Butterfly

Women - 40-44
Betty Brey..... 40. 5/06. 32.0 *
Gail Roper..... 42. 5/20. 34.2
Anne Adams..... 43. 1/15. 37.5
Shirley Scott..... 43. 4/23. 38.3
Pat Clinton..... 44. 5/07. 38.4
Edith Gruender..... 43. 5/20. 39.2
Diane Wright..... 40. 5/07. 42.5
Jody Anderson..... 42. 5/20. 43.0
Mickey Shockley..... 43. 5/20. 44.3
Barbara Odome..... 42. 5/20. 47.5

100 yd Butterfly

Women - 40-44
Gail Roper..... 42. 5/21. 1:22.4 *
Edith Gruender..... 43. 5/21. 1:30.1
Anne Adams..... 43. 2/13. 1:32.3
Shirley Scott..... 42. 12/11. 1:39.3
Barbara Odome..... 42. 4/29. 2:02.7
Charlotte Meyer..... 43. 4/30. 2:13.9

100 yd Individual Medley

Women - 40-44
Pat Clinton..... 44. 7/02. 1:20.4
Anne Adams..... 43. 9/23. 1:20.4
Cynthia Bruce..... 40. 12/12. 1:21.6
Edith Gruender..... 43. 4/16. 1:29.7

Shirley Scott..... 42. 12/12. 1:32.2
June Gravenor..... 4/01. 1:36.0
Mickey Shockley..... 43. 4/22. 1:37.5
Jody Anderson..... 42. 4/16. 1:39.9
Joan Gavin..... 4/01. 1:44.6

200 yd Individual Medley

Women - 40-44
Anne Adams..... 43. 3/12. 2:58.2 *
Barbara Reeve..... 42. 5/20. 3:04.3
Edith Gruender..... 43. 3/12. 3:16.5
Barbara Odome..... 42. 4/29. 3:55.4
Charlotte Meyer..... 43. 4/30. 4:10.8

50 yd Freestyle

Women - 45-49
Dorothy Ressegule..... 49. 5/27. 32.7
June F. Krauser..... 45. 3/25. 34.6
C. Horn..... 46. 5/06. 36.5
Virginia Buzzell..... 46. 5/20. 36.8
Gerl Orosco..... 45. 5/20. 37.9
Virginia Royden..... 45. 5/20. 38.3
G. Hinrichs..... 46. 4/15. 38.4
Carol Schell..... 4/01. 38.9
Betty Talbot..... 46. 3/12. 39.4
Jean Scott..... 49. 4/15. 39.8

100 yd Freestyle

Women - 45-49
Mary Ann Meekins..... 45. 12/12. 1:16.1
C. Horn..... 46. 5/06. 1:23.2
Betty Talbot..... 46. 9/23. 1:25.1
Virginia Buzzell..... 46. 5/21. 1:25.8
Betty Echentille..... 47. 5/07. 1:34.2
Gerl Orosco..... 45. 5/21. 1:34.2
Virginia Royden..... 45. 5/21. 1:34.9
Jean Scott..... 49. 4/16. 1:35.4
Mary Betts..... 45. 3/25. 1:43.3
Louise Brooks..... 47. 3/25. 1:52.7

200 yd Freestyle

Women - 45-49
June Krauser..... 45. 12/12. 2:44.7 *
Betty Talbot..... 46. 9/23. 3:05.2
Betty Echentille..... 47. 5/07. 3:30.4
Betty Nelson..... 45. 4/30. 3:31.9
Virginia Royden..... 45. 5/20. 3:49.0
Gerl Orosco..... 49. 5/20. 3:53.3
Muriel Virgo..... 47. 3/12. 3:57.8

500 yd Freestyle

Women - 45-49
June Krauser..... 45. 5/21. 7:05.9 *
Betty Talbot..... 46. 5/21. 8:26.4
Betty Echentille..... 47. 5/07. 9:41.1
Virginia Royden..... 45. 5/21. 10:31.8
Muriel Virgo..... 48. 5/21. 10:37.7
Merle Leahy..... 47. 7/02. 12:59.1

1650 yd Freestyle

Women - 45-49
June Krauser..... 45. 5/19. 24:25.8 *
Betty Talbot..... 46. 5/19. 28:51.3
Gerl Orosco..... 45. 5/19. 41:08.7

100 yd Backstroke

Women - 45-49
Mary Ann Meekins..... 45. 12/12. 1:29.5 *
Virginia Buzzell..... 46. 5/21. 1:41.0
Muriel Virgo..... 47. 4/23. 1:42.8
Betty Echentille..... 47. 5/07. 1:47.8
Betty Talbot..... 46. 4/23. 1:48.3
H. Houkal..... 46. 5/06. 1:48.8
Mary Betts..... 45. 3/25. 1:58.2
Louise Brooks..... 47. 3/25. 2:00.4
Jean Scott..... 49. 4/15. 2:02.2
Jean Porter..... 46. 3/25. 2:05.9

200 yd Backstroke

Women - 45-49
Muriel Virgo..... 47. 4/22. 3:39.7 *
Betty Talbot..... 46. 4/22. 3:51.1
Jean Porter..... 46. 3/26. 4:47.7

100 yd Breaststroke

Women - 45-49
June Krauser..... 45. 5/20. 1:33.1 *
Minna Hammer..... 48. 5/06. 1:39.0
Lois Lawson..... 48. 4/08. 1:44.1
Joan Cattanch..... 45. 4/15. 1:47.2
Sandy Lewis..... 47. 4/23. 1:49.1
Betty Lupinski..... 45. 7/02. 1:49.5
G. Hinrichs..... 46. 4/15. 1:51.2
Betty Talbot..... 46. 9/23. 1:51.2
Muriel Virgo..... 47. 4/23. 1:52.6
Gerl Orosco..... 45. 5/20. 1:58.5

200 yd Breaststroke

Women 45-49
June Krauser..... 45. 3/25. 3:19.5 *
Minna Hammer..... 48. 5/06. 3:31.7
Betty Talbot..... 46. 1/15. 3:56.6
Joan Cattanch..... 45. 4/16. 3:57.3
Sandy Lewis..... 48. 4/22. 4:05.5
Gerl Orosco..... 45. 5/21. 4:16.0
Muriel Virgo..... 47. 3/12. 4:19.4
Ann Schroeder..... 46. 5/21. 4:21.6
Jean Porter..... 46. 3/25. 5:36.5

50 yd Butterfly

Women - 45-49
June Krauser..... 45. 3/26. 36.7 *
Jean Scott..... 49. 4/16. 51.2
Ann Schroeder..... 46. 5/20. 57.2
Louise Brooks..... 47. 3/25. 59.4
Beth Musser..... 49. 5/20. 1:02.5
Nancy Lawrence..... 49. 4/29. 1:09.7

100 yd Butterfly
Women - 45-49
June Krauser..... 45. 5/21. 1:23.7 *

100 yd Individual Medley

Women - 45-49
Dorothy Ressegule..... 49. 5/27. 1:26.6 *
Mary Ann Meekins..... 45. 12/12. 1:27.5
Minna Hammer..... 48. 5/06. 1:35.2
Betty Talbot..... 46. 12/18. 1:45.8
Jean Scott..... 49. 4/16. 1:53.6
Ann Schroeder..... 46. 4/29. 2:01.1
Betty Echentille..... 47. 7/02. 2:13.3

200 yd Individual Medley

Women - 45-49
June Krauser..... 45. 3/26. 3:02.4 *
Ann Schroeder..... 46. 5/20. 4:31.3

50 yd Freestyle

Women - 50-54
Dorothy Donnelly..... 5/07. 32.2 *
Jean Pieretti..... 51. 5/07. 32.9
Jane McCollister..... 53. 5/20. 36.5
Jeannette Epley..... 4/30. 36.7
Rita Simonton..... 53. 3/12. 37.5
Joan Wade..... 7/09. 37.7
Zada Taft..... 52. 1/15. 38.0
Betty Catinella..... 50. 5/07. 38.3
Bette Crowell..... 51. 1/15. 38.6
Viola Thompson..... 54. 5/20. 39.9

100 yd Freestyle

Women - 50-54
Dorothy Donnelly..... 5/07. 1:15.8 *
Jean Pieretti..... 51. 5/07. 1:17.6
Jane McCollister..... 53. 5/21. 1:22.5
Rita Simonton..... 53. 9/23. 1:23.9
Bette Crowell..... 51. 9/23. 1:24.8
Joan Wade..... 7/09. 1:25.8
Viola Thompson..... 54. 4/23. 1:29.0
Zada Taft..... 52. 1/29. 1:30.3
B. Bosse..... 50. 5/19. 1:32.2
Joan Smith..... 50. 5/21. 1:44.3

200 yd Freestyle

Women - 50-54
Jane McCollister..... 53. 5/20. 2:59.1 *
Rita Simonton..... 53. 3/12. 3:09.1
Viola Thompson..... 51. 9/23. 3:17.4
Bette Crowell..... 52. 4/29. 3:22.5
Joan Wade..... 7/09. 3:23.2
Viola Thompson..... 54. 9/23. 3:23.4
Annetta Pfeiffer..... 54. 3/12. 3:54.0
Joan Smith..... 50. 5/20. 3:57.9

500 yd Freestyle

Women - 50-54
Jane McCollister..... 53. 5/21. 8:11.7 *
Rita Simonton..... 53. 1/29. 8:50.9
Viola Thompson..... 54. 5/21. 9:24.5
Annetta Pfeiffer..... 54. 5/21. 10:06.7
Madge Harper..... 51. 3/25. 11:05.5
Lillian Kyte..... 7/15. 11:23.3

1650 yd Freestyle

Women - 50-54
Jane McCollister..... 53. 5/19. 28:19.4 *
Jeannette Epley..... 50. 4/29. 29:56.7
Zada Taft..... 52. 4/28. 30:29.6
Betty Nelson..... 53. 4/29. 31:30.0
Viola Thompson..... 54. 4/21. 32:10.9
Jeanne Favaro..... 50. 5/19. 32:53.6
Doris Rudolph..... 53. 4/28. 36:49.0
Kate Garrett..... 50. 12/11. 54:30.7

100 yd Backstroke

Women - 50-54
Dorothy Donnelly..... 50. 7/02. 1:30.0 *
Bette Crowell..... 51. 4/23. 1:34.0
Jean Pieretti..... 51. 5/07. 1:35.5
Zada Taft..... 52. 4/29. 1:36.9
Annetta Pfeiffer..... 54. 5/21. 1:46.6
Helen Hummer..... 53. 5/06. 1:52.1
Viola Thompson..... 53. 3/12. 1:56.6
Madge Harper..... 51. 3/25. 2:01.5
Doris Rudolph..... 53. 4/29. 2:11.1
S. Dietrich..... 52. 5/19. 2:45.0

200 yd Backstroke

Women - 50-54
Bette Crowell..... 51. 4/22. 3:26.6 *
Zada Taft..... 52. 1/29. 3:34.4
Annetta Pfeiffer..... 54. 4/22. 3:54.0
Madge Harper..... 51. 3/25. 4:13.6

100 yd Breaststroke

Women - 50-54
Zada Taft..... 52. 1/29. 1:47.5 *
Viola Thompson..... 52. 9/23. 1:51.0
Bette Crowell..... 52. 9/23. 1:52.2
Rita Simonton..... 54. 9/23. 1:53.4
Lillian Kyte..... 7/15. 1:56.5
Mary Casto..... 51. 3/26. 2:07.1
J. Mstrom..... 54. 5/06. 2:20.5

200 yd Breaststroke

Women - 50-54
Zada Taft..... 52. 1/15. 3:55.8 *
Viola Thompson..... 54. 3/12. 4:22.4
J. Mstrom..... 54. 5/06. 4:54.3

50 yd Butterfly

Women - 50-54
Helen Hummer..... 53. 5/06. 43.3 *
Zada Taft..... 52. 1/15. 45.6
Dorothy Donnelly..... 50. 7/02. 45.7

Viola Thompson..... 54.. 3/12.... 49.8
Annetta Pfeiffer..... 54.. 5/20.. 1:02.7

100 yd Butterfly

Women - 50-54
Zada Taft..... 52.. 1/29.. 1:53.9 *
Viola Thompson..... 53.. 12/18.. 2:17.3
Annetta Pfeiffer..... 53.. 12/18.. 2:57.3

100 yd Individual Medley

Women - 50-54
Dorothy Donnelly..... 4/01.. 1:31.3 *
Zada Taft..... 52.. 4/29.. 1:36.8
Rita Simonton..... 54.. 9/23.. 1:40.5
Viola Thompson..... 54.. 9/23.. 1:41.6
Bette Crowell..... 52.. 9/23.. 1:42.5
Helen Hummer..... 53.. 5/06.. 1:44.6
Annetta Pfeiffer..... 54.. 8/27.. 2:04.4

200 yd Individual Medley

Women 50-54
Rita Simonton..... 53.. 3/12.. 3:42.5 *
Zada Taft..... 52.. 5/20.. 3:43.6
Jeannette Eppley..... 50.. 4/30.. 3:47.8
Annetta Pfeiffer..... 54.. 5/20.. 4:44.9

50 yd Freestyle

Women 55-59
N. Clark..... 57.. 5/06.... 39.2 *
Margaret George..... 55.. 9/23.... 43.2
Irene Van Vorst..... 59.. 9/23.... 46.8
Dorothy Swett..... 59.. 4/22.... 47.0
Ruth Lechner..... 59.. 5/07.... 49.6
Mary Wentworth..... 56.. 5/07.... 51.0
Alys Richmond..... 55.. 5/20.... 59.8
Martha Rowland..... 58.. 7/30.... 1:07.7

100 yd Freestyle

Women - 55-59
Ruth Alexander..... 55.. 9/23.. 1:30.8 *
N. Clark..... 57.. 5/06.. 1:40.3
Dorothy Swett..... 59.. 5/21.. 1:44.9
Charlotte Frack..... 59.. 5/19.. 1:50.0
Ruth Lechner..... 59.. 7/02.. 1:59.1
Peggy Davidauskas..... 59.. 4/29.. 2:06.0
Alys Richmond..... 55.. 5/21.. 2:09.8

200 yd Freestyle

Women - 55-59
Ruth Alexander..... 55.. 9/23.. 3:44.4 *
Mildred Anderson..... 57.. 5/20.. 3:58.3

500 yd Freestyle

Women - 55-59
Mildred Anderson..... 57.. 5/21.. 10:30.8 *
Sophia Rehman..... 59.. 4/23.. 10:30.9
Alys Richmond..... 55.. 4/16.. 11:32.9
Ruth Lechner..... 59.. 7/02.. 11:37.1
Frances Sachs..... 59.. 7/15.. 12:34.7

1650 yd Freestyle

Women - 55-59
Alys Richmond..... 55.. 5/19.. 37:02.2 *
Mildred Anderson..... 57.. 5/19.. 40:09.8

100 yd Backstroke

Women - 55-59
Mildred Anderson..... 57.. 5/21.. 2:11.4 *
Frances Sachs..... 57.. 7/15.. 2:16.0
Charlotte Frack..... 59.. 5/19.. 2:22.4
Ruth Lechner..... 59.. 7/02.. 2:26.0
Alys Richmond..... 55.. 5/21.. 2:33.8

100 yd Breaststroke

Women - 55-59
Mildred Anderson..... 57.. 5/20.. 1:49.6 *
Mary Wentworth..... 56.. 5/07.. 2:01.5
Alys Richmond..... 55.. 5/20.. 2:01.9
Ruth Lechner..... 59.. 7/02.. 2:20.2
Charlotte Frack..... 59.. 5/19.. 2:23.8

200 yd Breaststroke

Women - 55-59
Mildred Anderson..... 57.. 5/21.. 3:58.2 *
Alys Richmond..... 57.. 5/21.. 4:11.3

50 yd Butterfly

Women - 55-59
Mildred Anderson..... 57.. 5/20.... 54.5 *

100 yd Individual Medley

Women - 55-59
Alys Richmond..... 55.. 4/16.. 2:22.8 *

200 yd Individual Medley

Women - 55-59
Alys Richmond..... 55.. 5/20.. 4:46.1 *

50 yd Freestyle

Women - 60-64
Nora O'Brien..... 57.. 5/14.... 48.7 *
Johnnie Belshie..... 63.. 4/22.... 52.7
Dorothea Cole..... 62.. 3/12.... 56.1
Eleanor Brickman..... 64.. 12/18.. 1:02.2

100 yd Freestyle

Women - 60-64
Maxine Merlino..... 60.. 9/23.. 1:34.9 *
Dorothea Cole..... 62.. 4/23.. 1:55.8

200 yd Freestyle

Women - 60-64
Dorothea Cole..... 62.. 9/23.. 4:00.0 *
Johnnie Belshie..... 63.. 5/20.. 4:46.7

1650 yd Freestyle
Women - 60-64
Marcella Lammy..... 62.. 12/11.. 36:18.2 *

100 yd Backstroke

Women - 60-64
Maxine Merlino..... 60.. 9/23.. 1:42.3 *
Johnnie Belshie..... 64.. 9/23.. 2:03.4
Dorothea Cole..... 62.. 4/23.. 2:04.7
I. Mann..... 62.. 5/06.. 2:56.0

100 yd Individual Medley

Women - 60-64
Johnnie Belshie..... 64.. 9/23.. 2:00.5 *
Eleanor Brickman..... 64.. 12/28.. 3:06.5

50 yd Freestyle

Women - 65-69
Edna Segal..... 65.. 5/20.. 1:24.7 *

200 yd Medley Relay

Women - 25-34
Waikiki S.C..... 5/14.. 2:08.3 *
(J. Rasmussen, J. Werner, I. Hoe, B. Cary)
San Mateo Marlins "A"..... 5/21.. 2:21.6
(T. Mejia, C. Skolnik, L. DeVitoria, E. Roepke)
Celebrity S.T. "A"..... 4/15.. 2:26.8
(Wylie, Wade, Rinkor, Heinig)
Fremont Hills C.C..... 5/21.. 2:33.8
(Seed, C. MacPherson, A. Todd, G. Meehan)
Oakridge "A"..... 7/15.. 2:51.1
San Mateo Marlins "B"..... 5/21.. 2:55.7
(S. Garrett, C. Near, J. Caldeira, S. Horstman)

200 yd Medley Relay

Women - 140+ years total age
San Mateo Marlins "A"..... 5/21.. 2:20.8
(Z. Taft, C. Skolnik, T. Mejia, A. Kay)
Ft. Lauderdale AC "A"..... 12/12.. 2:27.6
(M. Meekins, C. Bruce, J. Krauser, W. Cavanaugh)
San Fernando Valley AC..... 5/21.. 2:28.9
(S. Clavin, A. Sommerstad, A. Adams, B. Talbot)
Bristol Ct. Girls Club..... 4/01.. 2:40.2
(B. Rotko, D. Donnelly, G. Ratcliffe, B. Llard)
Waikiki S.C. "B"..... 5/14.. 2:53.1
(L. Chase, L. Nakkim, V. Enos, N. Naugle)
Little Rock YWCA..... 3/23.. 2:54.4
Alfred Corning Clark Gym..... 5/07.. 2:55.0
(E. Keating, R. Ashford, P. Clinton, J. Hanson)
Fremont Hills C.C..... 5/21.. 2:56.1
(A. Todd, C. MacPherson, Hardman, V. Royden)
San Mateo Marlins "B"..... 5/21.. 2:57.3
(E. Soss, E. Roepke, G. Koupal, M. Scott)
Little Rock Racquet Club..... 3/23.. 2:58.5

200 yd Freestyle Relay

Women - 25-34
Waikiki S.C..... 5/14.. 1:59.5 *
(B. Cary, J. Werner, I. Hoe, J. Rasmussen)
San Mateo Marlins "A"..... 5/20.. 2:02.5 *
(E. Roepke, C. Skolnik, S. Antonchuk, T. Mejia)
Fremont Hills C.C..... 5/20.. 2:21.2 *
(A. Todd, C. MacPherson, G. Meehan, T. Morley)
Oakridge "B"..... 7/15.. 2:24.5
Little Rock YWCA..... 3/25.. 2:27.0
Oakridge "A"..... 7/15.. 2:30.4
San Mateo Marlins "B"..... 4/29.. 2:32.0
Miller's Swim Gym..... 3/25.. 3:13.0
Little Rock YWCA "B"..... 3/25.. 3:14.0

200 yd Freestyle Relay

Women - 140+ years total age
San Mateo Marlins "A"..... 5/20.. 2:08.5 *
(A. Kay, Z. Taft, L. Roepke, T. Mejia)
Bristol Ct. Girls Club..... 4/01.. 2:10.1
(G. Ratcliffe, D. Donnelly, B. Rotko, P. Bohlen)
Ft. Lauderdale A.C..... 12/12.. 2:11.9
(J. Krauser, M. Meekins, P. Wienants, W. Cavanaugh)
San Fernando Valley A.C..... 5/20.. 2:14.8
(S. Clavin, H. Geoffrion, M. Shockley, A. Adams)
Waikiki S.C..... 5/14.. 2:18.5
(L. Chase, V. Enos, N. Naugle, E. Anderson)
Fremont Hills CC "A"..... 4/29.. 2:22.1
San Mateo Marlins "B"..... 4/29.. 2:25.4
Little Rock Racquet Club "A"..... 3/25.. 2:28.1
San Mateo Marlins "C"..... 4/29.. 2:38.0
San Fernando Valley AC "B"..... 4/22.. 2:38.8
(J. Gilbert, E. Jeffers, M. Shockley, B. Talbot)

LONG COURSE TOP TEN

50 mtr Freestyle

Men - 25-29
Ken Hamner..... 25.. 8/12.... 25.70 *
Jim Edwards..... 26.. 8/05.... 26.0

John Sheda..... 26.. 8/12.... 26.65
Keefe Ludwig..... 26.. 8/04.... 26.70
Karl Von Tagen..... 28.. 7/02.... 27.0
Joe Sanders..... 25.. 8/05.... 27.1
Tom Landgraf..... 25.. 8/12.... 27.15
Ron Pohlonksi..... 28.. 8/12.... 27.34
Jay Platt..... 25.. 8/12.... 27.47
Paulo Figueiredo..... 26.. 7/15.... 27.7
J. Daniels..... 26.. 9/03.... 27.7

100 mtr Freestyle

Men - 25-29
Ken Hamner..... 25.. 8/02.... 54.38 *
Carl Robinson..... 25.. 8/02.... 55.16
Jim Edwards..... 26.. 8/05.... 56.7
Tony Jarvis..... 25.. 1/01.... 58.1
Henry DeWitt..... 26.. 6/11.... 58.1
Joe Sanders..... 25.. 8/05.... 58.3
Gary Langendoen..... 26.. 6/24.... 58.8
Ron Pohlonksi..... 28.. 8/12.... 59.62
John Sheda..... 26.. 8/12.... 59.83
Bill Swano..... 26.. 8/12.... 1:00.00

200 mtr Freestyle

Men - 25-29
Mike Burton..... 25.. 8/02.... 1:58.22 *
Ken Hamner..... 25.. 8/12.... 2:05.49
Henry DeWitt..... 26.. 7/15.... 2:09.6
Jay Platt..... 25.. 8/12.... 2:11.18
Tony Jarvis..... 25.. 1/01.... 2:12.3
Bill Swano..... 26.. 8/12.... 2:13.37
Gary Langendoen..... 26.. 6/24.... 2:15.2
Ron Pohlonksi..... 28.. 8/12.... 2:16.44
Paulo Figueiredo..... 26.. 7/15.... 2:18.1
Ian Gordon..... 26.. 5/13.... 2:22.6

400 mtr Freestyle

Men - 25-29
Mike Burton..... 25.. 8/02.... 4:05.01 *
Ken Hamner..... 25.. 8/12.... 4:33.64
Jay Platt..... 25.. 8/12.... 4:34.03
Bill Swano..... 26.. 8/12.... 4:49.87
Henry DeWitt..... 26.. 6/11.... 4:50.1
Bill Damm..... 26.. 8/12.... 4:50.62
Edward Reed, Jr..... 28.. 8/12.... 4:52.30
Leland Faust..... 25.. 9/03.... 4:55.1
Edwin Duncan..... 27.. 7/15.... 4:58.5
Ron Pohlonksi..... 28.. 8/12.... 4:59.35

1500 mtr Freestyle

Men - 25-29
Mike Burton..... 25.. 9/04.... 15:52.58 *
Ken Hamner..... 25.. 8/12.... 18:32.84
Jay Platt..... 25.. 8/12.... 18:48.32
Bill Swano..... 26.. 8/12.... 19:36.26
Edward Reed, Jr..... 28.. 8/12.... 20:01.46
Ron Pohlonksi..... 28.. 8/12.... 20:06.43
Bill Damm..... 26.. 8/12.... 20:06.70
Edwin Duncan..... 27.. 7/15.... 20:37.5
Mike Paesler..... 26.. 8/12.... 20:49.83
George Warren..... 28.. 6/24.... 20:50.4

100 mtr Backstroke

Men - 25-29
Bill Livingood..... 27.. 8/12.... 1:07.12 *
Ken Krueger..... 26.. 6/24.... 1:08.3
Bob Smith..... 29.. 6/24.... 1:10.8
Richard Kragrud..... 25.. 8/12.... 1:11.59
Gary Dilley..... 26.. 8/21.... 1:11.7
Peter Maxwell..... 29.. 8/12.... 1:12.16
Doug MacDonald..... 25.. 7/01.... 1:12.69
Lynn Beaulieu..... 25.. 8/05.... 1:13.0
Paulo Figueiredo..... 26.. 7/15.... 1:14.7
Jim Edwards..... 26.. 8/05.... 1:15.0

200 mtr Backstroke

Men - 25-29
Bill Livingood..... 27.. 8/12.... 2:32.31 *
Edward Reed, Jr..... 28.. 8/12.... 2:35.94
Richard Kragrud..... 25.. 8/12.... 2:40.02
Paulo Figueiredo..... 26.. 6/11.... 2:41.9
Mike Paesler..... 26.. 8/12.... 2:42.89
Ken Krueger..... 26.. 6/11.... 2:45.7
Bob Smith..... 29.. 6/11.... 2:46.1
Michael McColly..... 8/27.. 2:48.5
Robert Wigand..... 8/27.. 2:49.4
Alex Alexander..... 7/12.. 2:51.1

100 mtr Breaststroke

Men - 25-29
Don McKenzie..... 25.. 8/02.... 1:06.87 *
Kip Pope..... 25.. 8/02.... 1:09.04
Steve Rabinovich..... 29.. 8/12.... 1:15.0
Paul Jeffers..... 26.. 6/24.... 1:15.5
Greg Renda..... 26.. 7/27.... 1:16.2
Ken Doesburg..... 28.. 6/11.... 1:16.7
Jay Platt..... 25.. 8/12.... 1:18.86
R. Hussion..... 27.. 7/23.... 1:20.0
Jim Pelissier..... 28.. 8/12.... 1:20.16
John Zeigler..... 26.. 8/12.... 1:20.37

200 mtr Breaststroke

Men - 25-29
Kip Pope..... 25.. 8/02.... 2:33.04 *
Steve Rabinovich..... 29.. 8/12.... 2:50.00
Edward Reed, Jr..... 28.. 8/12.... 2:50.22
Jay Platt..... 25.. 8/12.... 2:54.19
Jim Pelissier..... 28.. 8/12.... 3:00.41
R. Hussion..... 27.. 7/23.... 3:01.6
John Zeigler..... 26.. 8/12.... 3:02.22
Harry DeVitoria..... 8/26.. 3:06.0
Gary Hill..... 27.. 8/12.... 3:06.08
John Miller..... 29.. 8/12.... 3:06.35

50 mtr Butterfly

Men - 25-29
Ken Hamner..... 25.. 8/12.... 27.81 *
Gary Langendoen..... 26.. 7/15.... 28.0

Joel Burns..... 25.. 1/01.... 28.2
Jerry DeLong..... 25.. 1/01.... 28.5
Dick Hopkins..... 26.. 6/24.... 28.60
Tony Jarvis..... 25.. 1/01.... 28.7
J. Hill..... 25.. 9/03.... 28.9
Bob Smith..... 29.. 7/15.... 29.0
F. Flanagan..... 26.. 7/23.... 29.3
Cappy Sheeley..... 3/12.. 29.5
Mike Carretto..... 26.. 5/13.... 29.5
Paulo Figueiredo..... 26.. 7/15.... 29.5

100 mtr Butterfly

Men - 25-29
Ken Hamner..... 25.. 8/12.... 1:00.13 *
Gary Langendoen..... 26.. 6/24.... 1:02.2
Henry DeWitt..... 26.. 6/11.... 1:04.0
John Wagner..... 29.. 8/12.... 1:05.61
Jerry DeLong..... 25.. 7/12.... 1:06.0
Leland Faust..... 25.. 9/03.... 1:07.3
Harry DeVitoria..... 26.. 8/27.... 1:07.5
F. Flanagan..... 26.. 7/23.... 1:07.8
J. Hill..... 25.. 9/03.... 1:08.4
Lewis Brumm..... 29.. 8/21.... 1:09.1

200 mtr Individual Medley

Men - 25-29
Frank Bates..... 26.. 8/02.... 2:15.55 *
Henry DeWitt..... 26.. 7/15.... 2:23.5
Edward Reed, Jr..... 28.. 8/12.... 2:29.66
Kip Pope..... 25.. 8/12.... 2:32.81
Richard Kragrud..... 25.. 8/12.... 2:33.16
Paulo Figueiredo..... 26.. 7/15.... 2:38.0
Bill Swano..... 26.. 8/12.... 2:38.09
Bob Duenkel..... 25.. 1/01.... 2:38.8
George Warren..... 26.. 6/24.... 2:39.4
Charles Buddemeyer..... 26.. 5/13.... 2:40.5

50 mtr Freestyle

Men - 30-34
Bill Wood..... 30.. 8/12.... 27.10 *
Terry Green..... 30.. 1/01.... 27.6
Jerry Hill..... 31.. 7/15.... 27.6
John Boles..... 30.. 8/05.... 27.6
Robert Tesch..... 31.. 8/12.... 27.66
Tom Lisco..... 33.. 8/12.... 27.80
Mike Laux..... 30.. 7/22.... 27.9
Ray Bray..... 31.. 5/13.... 28.0
Tom Landis..... 30.. 5/13.... 28.0
Pat Murata..... 30.. 9/03.... 28.1

100 mtr Freestyle

Men - 30-34
Lance Larson..... 31.. 7/08.... 56.84 *
Bill Wood..... 30.. 8/12.... 59.44
Burt Kanner..... 32.. 6/24.... 1:01.9
Tom Lisco..... 33.. 8/12.... 1:02.68
Dick Stewart..... 32.. 7/15.... 1:03.1
John Boles..... 30.. 8/05.... 1:03.2
Mike Laux..... 30.. 7/22.... 1:04.0
Bo Rhudy..... 30.. 8/12.... 1:04.48
Jerry Hill..... 31.. 7/15.... 1:05.0
Pat Schlup..... 32.. 6/24.... 1:05.2

200 mtr Freestyle

Men - 30-34
Lance Larson..... 31.. 6/02.... 2:11.0 *
Burt Kanner..... 32.. 6/02.... 2:16.0
Bill Wood..... 30.. 8/12.... 2:17.62
Pat Schlup..... 32.. 5/13.... 2:22.1
Tom Landis..... 30.. 5/13.... 2:23.4
Ed Spencer..... 30.. 6/02.... 2:23.9
Robert Roper..... 33.. 9/03.... 2:26.6
John Bushman..... 30.. 6/24.... 2:29.9
Robert Tesch..... 31.. 8/12.... 2:30.27
H. Huffaker..... 9/03.. 2:31.5

400 mtr Freestyle

Men - 30-34
Bill Wood..... 30.. 8/12.... 4:55.41 *
Burt Kanner..... 32.. 6/24.... 5:02.8
Pat Schlup..... 32.. 6/24.... 5:04.0
Robert Roper..... 33.. 9/03.... 5:07.7
Clark Bergman..... 32.. 8/12.... 5:17.81
Robert Tesch..... 31.. 8/12.... 5:18.82
Wesley Mock..... 30.. 3/12.... 5:30.7
Jerry Hill..... 31.. 7/15.... 5:46.3
James Lewis..... 30.. 8/27.... 5:47.0
John Medici..... 34.. 8/12.... 5:47.24

1500 mtr Freestyle

Men - 30-34
Pat Schlup..... 32.. 6/24.... 20:07.3 *
Clark Bergman..... 32.. 8/11.... 21:00.17
Robert Tesch..... 31.. 8/11.... 21:55.11
Ray Bray..... 31.. 7/13.... 22:12.5
Wesley Mock..... 30.. 3/12.... 23:16.3
Bill Coar..... 32.. 8/11.... 27:14.09
Jim McMahon..... 7/11.. 27:50.3

100 mtr Backstroke

Men - 30-34
Robert Pace..... 30.. 8/12.... 1:09.92 *
Clark Bergman..... 32.. 8/12.... 1:13.41
Ray Bray..... 31.. 5/13.... 1:16.5
John Bushman..... 30.. 7/15.... 1:19.5
John Martindale..... 7/12.. 1:25.2
Tom Landis..... 30.. 5/13.... 1:26.3
Bill Slaughter..... 31.. 5/13.... 1:27.1
Steve Doty..... 30.. 7/12.... 2:11.1

200 mtr Backstroke

Men - 30-34
Clark Bergman..... 32.. 8/12.... 2:40.60 *
Robert Pace..... 30.. 8/12.... 2:42.04
John Bushman..... 30.. 7/15.... 2:56.1
John Medici..... 34.. 8/12.... 3:04.27

Bill Coar..... 32.. 8/12.. 3:22.69
Chip Faison..... 7/12.. 3:29.6
John Martindale..... 7/12.. 3:33.7

100 mtr Breaststroke

Men - 30-34
Chester Jastremski..... 31.. 8/02.. 1:09.30
Lance Larson..... 31.. 6/11.. 1:19.0
Pat Schlup..... 32.. 7/15.. 1:22.5
Ray Rohe..... 33.. 1/01.. 1:23.3
Joe Stocker..... 8/04.. 1:23.41
Dick Stewart..... 32.. 7/15.. 1:24.3
George Runciman..... 30.. 8/12.. 1:24.30
Jim Ferrelli..... 30.. 6/11.. 1:24.8
John Medici..... 34.. 8/12.. 1:25.18
George Hillard..... 30.. 8/05.. 1:25.4

200 mtr Breaststroke

Men - 30-34
Chester Jastremski..... 31.. 8/02.. 2:33.51
Pat Schlup..... 32.. 7/15.. 3:00.2
George Runciman..... 30.. 8/12.. 3:05.72
John Medici..... 34.. 8/12.. 3:06.32
Ernie Alik..... 33.. 8/12.. 3:12.39
Don Glass..... 32.. 8/21.. 3:14.9
Jim Farah..... 30.. 5/13.. 3:17.9
G. L. Koch..... 30.. 8/26.. 3:18.5
B. Lind..... 34.. 9/03.. 3:38.9
Robert Kinney..... 8/26.. 3:40.2

50 mtr Butterfly

Men - 30-34
Pat Murata..... 9/03..... 29.4
Mike Laux..... 30.. 7/18.. 29.6
L. Oshiro..... 9/03..... 29.6
Low Brum..... 30.. 8/12.. 30.29
Jerry Hill..... 31.. 7/15.. 30.3
Robert Tesch..... 31.. 8/12.. 30.38
Bill Barton..... 32.. 1/01.. 30.6
Dick Stewart..... 32.. 7/15.. 30.6
Buck Hiles..... 7/12..... 30.8
Tom Landis..... 30.. 5/30..... 31.9

100 mtr Butterfly

Men - 30-34
Lance Larson..... 31.. 7/07.. 1:01.46
F. R. Stewart..... 32.. 6/24.. 1:07.5
Lew Brum..... 30.. 8/12.. 1:08.09
Mike Laux..... 30.. 7/22.. 1:08.5
Robert Tesch..... 31.. 8/12.. 1:10.93
Ernie Alik..... 33.. 8/12.. 1:13.39
Burt Kanner..... 32.. 6/24.. 1:13.5
Bill Clark..... 33.. 8/12.. 1:14.33
James Lewis..... 8/27..... 1:17.9
Doug Bailey..... 6/11..... 1:24.7

200 mtr Individual Medley

Men - 30-34
Lance Larson..... 31.. 7/08.. 2:22.14
Tom Landis..... 30.. 5/13.. 2:24.0
Dick Stewart..... 32.. 7/15.. 2:40.7
Clark Bergman..... 32.. 8/12.. 2:44.19
Robert Tesch..... 31.. 8/12.. 2:45.89
Pat Schlup..... 32.. 6/24.. 2:48.2
Bill Barton..... 32.. 1/01.. 2:48.4
Mike Laux..... 30.. 7/22.. 2:52.5
John Medici..... 34.. 8/12.. 2:54.12
John Bushman..... 30.. 7/15.. 2:55.4

50 mtr Freestyle

Men - 35-39
Sandy Gideonse..... 38.. 7/15.. 26.8
Dave McIntyre..... 38.. 8/12.. 27.2
Gay Rosser..... 37.. 1/01.. 27.5
Richard Tanabe..... 37.. 9/03.. 27.6
Burwell Jones..... 39.. 7/12.. 27.7
Dick Hanley..... 35.. 1/01.. 28.1
Harty Mennen..... 35.. 8/12.. 28.6
Edward Hinshaw..... 8/26..... 28.6
Bernie Loeffke..... 37.. 1/01.. 28.7
Cav Cavanaugh..... 36.. 1/01.. 28.7

100 mtr Freestyle

Men - 35-39
Burwell Jones..... 39.. 8/12.. 59.72
Dave McIntyre..... 38.. 8/12.. 1:00.56
Marty Mennen..... 35.. 8/12.. 1:02.13
Gay Rosser..... 37.. 1/01.. 1:03.4
Edward Hinshaw..... 8/27..... 1:04.0
Sandy Gideonse..... 38.. 6/24.. 1:04.1
Ray Martin..... 35.. 8/12.. 1:04.75
Dick Hanley..... 35.. 1/01.. 1:05.5
Buddy Belshe..... 38.. 6/11.. 1:05.5
Cav Cavanaugh..... 36.. 1/01.. 1:05.8

200 mtr Freestyle

Men - 35-39
Burwell Jones..... 39.. 6/24.. 2:14.2
Brad Sturtevant..... 38.. 6/02.. 2:19.0
Edward Hinshaw..... 8/26..... 2:24.8
Buddy Belshe..... 38.. 5/13.. 2:28.8
Larry Good..... 38.. 8/12.. 2:34.95
Dennis Rice..... 39.. 6/24.. 2:35.9
Fred Middleton..... 39.. 8/12.. 2:37.23
Art Welch..... 39.. 8/12.. 2:37.28
Jim Stevenson..... 37.. 6/02.. 2:38.2
Dick Ladie..... 37.. 1/01.. 2:38.8

400 mtr Freestyle

Men - 35-39
Burwell Jones..... 39.. 9/03.. 4:53.8
Buddy Belshe..... 38.. 7/15.. 5:10.4
Bill Woolsey..... 37.. 12.. 5:24.7
Edward Hinshaw..... 8/27..... 5:35.2
Art Welch..... 39.. 8/12.. 5:39.95
Cal Bentz..... 39.. 8/04.. 5:41.3

Ray Martin..... 35.. 8/12.. 5:41.40
Bennis Rice..... 39.. 6/24.. 5:43.5
Lewis Cook, Jr..... 35.. 8/27.. 5:47.4
Fred Middleton..... 39.. 8/12.. 5:53.14

1500 mtr Freestyle

Men - 35-39
Burwell Jones..... 39.. 8/11.. 19:39.72
Buddy Belshe..... 38.. 7/15.. 21:10.6
Art Welch..... 39.. 8/11.. 22:45.98
Dennis Rice..... 39.. 6/24.. 23:17.5
Fred Middleton..... 39.. 8/11.. 23:57.49
Cal Bentz..... 39.. 6/24.. 23:58.43
Gene Nagel..... 37.. 7/14.. 25:32.7
Ray Jenkins..... 6/24.. 25:48.6
Alex Gilbert..... 39.. 7/15.. 26:02.2
Keith Martin..... 35.. 7/15.. 26:13.0

100 mtr Backstroke

Men - 35-39
Burwell Jones..... 39.. 8/12.. 1:09.67
Dave McIntyre..... 38.. 8/12.. 1:10.52
J. Bigler..... 7/02..... 1:12.7
L. Cook..... 9/03..... 1:14.4
Jay Coleman..... 35.. 8/12.. 1:17.01
John Weiser..... 3/12..... 1:17.4
Ray Martin..... 35.. 8/12.. 1:18.50
Larry Good..... 38.. 8/12.. 1:18.86
Sandy Gideonse..... 38.. 6/24.. 1:19.0
Dick Ladie..... 37.. 1/01.. 1:20.0

200 mtr Backstroke

Men - 35-39
Lewis Cook, Jr..... 35.. 9/03.. 2:45.7
Larry Good..... 38.. 8/12.. 2:52.27
Jay Coleman..... 35.. 8/12.. 2:54.49
Ray Martin..... 35.. 8/12.. 2:57.62
Buddy Belshe..... 38.. 6/11.. 3:01.8
B. Radeck..... 8/12.. 3:04.3
Art Welch..... 39.. 9/03.. 3:05.5
Sandy Gideonse..... 38.. 7/15.. 3:11.4
George Kenry..... 37.. 8/12.. 3:36.22
Cal Bentz..... 39.. 6/24.. 3:38.56

100 mtr Breaststroke

Men - 35-39
Richard Rahe..... 36.. 8/12.. 1:28.23
Alex Gilbert..... 39.. 8/12.. 1:28.72
T.A. Long..... 35.. 7/23.. 1:29.1
Jim Cotton..... 39.. 9/03.. 1:29.7
Rich Elliott..... 36.. 6/11.. 1:30.1
Pat Wilson..... 6/24.. 1:30.2
Gene Nagel..... 37.. 7/12.. 1:30.4
Terry Carlisle..... 36.. 1/01.. 1:30.5
Jim Stevens..... 38.. 8/12.. 1:32.55
Brian Stewart..... 37.. 6/11.. 1:33.3
Sandy Gideonse..... 38.. 7/15.. 1:33.3

200 mtr Breaststroke

Men - 35-39
Burwell Jones..... 39.. 7/12.. 3:13.2
T.A. Long..... 35.. 7/23.. 3:17.0
Meredith Smith..... 36.. 8/12.. 3:18.70
Alex Gilbert..... 39.. 8/12.. 3:21.62
Richard Rahe..... 36.. 8/12.. 3:21.72
Jim Stevens..... 38.. 8/12.. 3:25.92
Jim Cotton..... 39.. 9/03.. 3:28.9
Gene Nagel..... 37.. 7/12.. 3:30.3
Norm Litwalk..... 38.. 5/13.. 3:32.3
Davis Moss..... 35.. 7/15.. 3:50.9

50 mtr Butterfly

Men - 35-39
Richard Tanabe..... 37.. 9/03.. 29.3
Dave McIntyre..... 38.. 8/12.. 30.33
Sandy Gideonse..... 38.. 8/12.. 30.51
Ron Honda..... 9/03..... 31.1
Ray Martin..... 35.. 8/12.. 31.2
Gay Rosser..... 38.. 1/01.. 31.4
Burwell Jones..... 39.. 7/12.. 31.9
Cav Cavanaugh..... 36.. 1/01.. 32.3
W. Mahood..... 35.. 7/23.. 34.2
Alex Gilbert..... 39.. 8/12.. 34.45

100 mtr Butterfly

Men - 35-39
Burwell Jones..... 39.. 8/12.. 1:10.84
Dave McIntyre..... 38.. 8/12.. 1:11.34
Sandy Gideonse..... 38.. 8/12.. 1:11.37
Alex Gilbert..... 39.. 7/15.. 1:19.9
Art Welch..... 39.. 8/12.. 1:19.92
Ron Honda..... 9/03..... 1:21.8
Rich Elliott..... 36.. 6/11.. 1:26.1
Jim Stevens..... 38.. 8/12.. 1:30.31
Richard Rahe..... 36.. 9/03.. 1:32.2
G. Miller..... 38.. 7/23.. 1:32.8

200 mtr Individual Medley

Men - 35-39
Burwell Jones..... 39.. 8/12.. 2:38.58
Dave McIntyre..... 38.. 8/12.. 2:39.89
Marty Mennen..... 35.. 8/12.. 2:45.30
Richard Tanabe..... 37.. 9/03.. 2:50.9
Buddy Belshe..... 38.. 5/13.. 2:56.4
Ray Martin..... 35.. 8/12.. 2:57.01
Herb Kern..... 39.. 1/01.. 2:58.3
John Weiser..... 3/12..... 3:03.3
Cal Bentz..... 39.. 8/04.. 3:04.6
Art Welch..... 39.. 6/24.. 3:05.0

50 mtr Freestyle

Men - 40-44
Don Rosenthal..... 40.. 7/15.. 27.4
Dick Cleveland..... 3/12..... 27.7
Dan Malone..... 41.. 1/01.. 28.5
Peter Van Dijk..... 43.. 8/12.. 28.6

P. Slack..... 40.. 7/23.. 28.8
Ken Kimball..... 41.. 7/15.. 29.2
Russ LaTelle..... 41.. 7/15.. 29.4
Robert Kueny..... 41.. 8/21.. 29.5
Ed Emes..... 43.. 7/23.. 29.8
Charlie Stephanos..... 44.. 7/22.. 29.9

100 mtr Freestyle

Men - 40-44
Peter Van Dijk..... 43.. 8/12.. 1:02.46
Don Rosenthal..... 40.. 6/24.. 1:03.2
Dan Malone..... 41.. 1/01.. 1:04.9
Carl Yates..... 44.. 6/24.. 1:05.5
Ed Emes..... 43.. 8/12.. 1:06.77
Robert Beach..... 42.. 8/12.. 1:08.11
Russ LaTelle..... 41.. 6/24.. 1:08.4
Pedro Garcia..... 42.. 7/15.. 1:08.5
Denis Rice..... 8/27..... 1:08.6
Ted Haartz..... 44.. 7/23.. 1:09.1

200 mtr Freestyle

Men - 40-44
Carl Yates..... 44.. 6/24.. 2:24.9
Don Rosenthal..... 40.. 6/24.. 2:27.5
P. Cole..... 9/03..... 2:28.4
Pedro Garcia..... 42.. 6/24.. 2:29.32
Robert Beach..... 41.. 8/12.. 2:29.32
Dan Malone..... 41.. 1/01.. 2:30.9
Robert Cunningham..... 44.. 6/24.. 2:37.3
Denis Rice..... 8/26..... 2:38.1
Charlie Stephanos..... 44.. 7/22.. 2:39.9
Ted Haartz..... 44.. 8/05.. 2:43.5

400 mtr Freestyle

Men - 40-44
Carl Yates..... 44.. 6/24.. 5:08.7
Pedro Garcia..... 42.. 6/24.. 5:18.0
Robert Beach..... 41.. 8/12.. 5:19.60
Dennis Rice..... 40.. 8/27.. 5:42.7
Robert Cunningham..... 44.. 6/24.. 5:54.8
Norm Frieze..... 44.. 7/15.. 6:03.1
Stan McConnell..... 40.. 6/11.. 6:04.3
Ted Haartz..... 44.. 7/23.. 6:17.8
Robert Jimenez..... 41.. 6/24.. 6:21.2
Ed Schelonka..... 40.. 7/12.. 6:23.4

1500 mtr Freestyle

Men - 40-44
Carl Yates..... 44.. 6/24.. 20:52.9
Robert Beach..... 41.. 8/11.. 21:18.94
Wallie Jeffries..... 41.. 8/11.. 22:59.47
Robert Cunningham..... 44.. 6/24.. 24:28.8
Norm Frieze..... 44.. 7/15.. 24:37.9
Pierre Hathaway..... 6/24.. 25:47.8
Bud Schumacher..... 42.. 7/15.. 26:10.0
Dan Gruender..... 42.. 8/11.. 27:48.62
Louis Herman..... 3/12.. 27:49.6
Doug Rucker..... 44.. 7/15.. 28:08.9

100 mtr Backstroke

Men - 40-44
Peter Van Dijk..... 43.. 8/12.. 1:16.13
Jerry Curran..... 40.. 8/12.. 1:17.10
Stan McConnell..... 40.. 5/13.. 1:20.9
Marvin Burns..... 43.. 5/13.. 1:21.8
W. Van Pelt..... 8/13..... 1:22.5
Ken Kimball..... 41.. 6/24.. 1:23.5
Don Stupfel..... 6/24.. 1:23.9
Pierre Hathaway..... 6/24.. 1:25.7
Bernt Jonsson..... 6/24.. 1:27.0
Ted Haartz..... 44.. 7/22.. 1:29.4

200 mtr Backstroke

Men - 40-44
Jerry Curran..... 40.. 8/12.. 2:54.88
Stan McConnell..... 40.. 6/11.. 3:02.0
John Hiles..... 7/12.. 3:13.2
Ken Kimball..... 41.. 8/12.. 3:16.38
Robert Beach..... 41.. 7/12.. 3:19.3
Elmer Korbi..... 42.. 8/12.. 3:22.87
Ted Haartz..... 44.. 8/05.. 3:23.7
S.W. Becker..... 43.. 8/12.. 3:48.91
Ray Cunningham..... 44.. 7/12.. 3:54.1
Norm Frieze..... 44.. 6/11.. 4:04.0

100 mtr Breaststroke

Men - 40-44
Robert Kueny..... 41.. 8/12.. 1:25.02
Russ LaTelle..... 41.. 6/24.. 1:26.2
Ted Haartz..... 44.. 7/23.. 1:28.9
Marvin Burns..... 43.. 6/11.. 1:30.0
Robert Cunningham..... 44.. 6/24.. 1:31.4
Dan Gruender..... 42.. 8/12.. 1:32.05
Tom Wirt..... 40.. 6/11.. 1:33.4
Bob Cannon..... 6/24.. 1:33.8
Mark Coughlin..... 44.. 8/12.. 1:34.35
Pavel Novotny..... 42.. 6/24.. 1:35.1

200 mtr Breaststroke

Men - 40-44
Robert Kueny..... 41.. 8/12.. 3:06.37
Ted Haartz..... 44.. 8/05.. 3:15.2
Howard Johnson..... 44.. 7/15.. 3:19.9
John Torney..... 41.. 5/13.. 3:24.7
Russ LaTelle..... 41.. 7/15.. 3:28.8
Mark Coughlin..... 44.. 8/12.. 3:33.23
Marvin Burns..... 43.. 5/13.. 3:33.9
Bud Schumacher..... 42.. 7/15.. 3:35.3
Pavel Novotny..... 42.. 5/13.. 3:35.5
Fred Lurie..... 41.. 8/12.. 3:36.11

50 mtr Butterfly

Men - 40-44
Edward Schelonka..... 40.. 8/12.. 32.38
Stan McConnell..... 40.. 5/13.. 33.0
Peter Van Dijk..... 43.. 8/12.. 33.38
Robert Kueny..... 41.. 8/12.. 33.40

P. Slack..... 40.. 7/23.. 33.9
Ed Emes..... 43.. 7/23.. 35.1
Pavel Novotny..... 42.. 5/13.. 35.5
Russ LaTelle..... 41.. 7/15.. 35.5
Elmer Korbi..... 42.. 8/12.. 36.70
Robert Harpster..... 41.. 5/13.. 37.4

100 mtr Butterfly

Men - 40-44
Edward Schelonka..... 40.. 8/12.. 1:14.60
Pavel Novotny..... 42.. 6/24.. 1:23.9
Carl Yates..... 44.. 6/24.. 1:24.9
Ted Haartz..... 44.. 7/22.. 1:29.2
Charlie Stephanos..... 44.. 7/22.. 1:29.3
Stan McConnell..... 40.. 6/11.. 1:29.9
Al Stein..... 43.. 7/22.. 1:32.8
Bud Schumacher..... 42.. 6/11.. 1:33.2
Robert Cunningham..... 44.. 6/24.. 1:33.3
Eugene Gudz..... 43.. 6/11.. 1:35.7

200 mtr Individual Medley

Men - 40-44
Peter Van Dijk..... 43.. 8/12.. 2:53.83
Carl Yates..... 44.. 6/24.. 3:02.8
Edward Schelonka..... 40.. 8/12.. 3:03.44
Stan McConnell..... 40.. 7/15.. 3:04.7
Robert Cunningham..... 44.. 6/24.. 3:11.1
Robert Kueny..... 41.. 8/21.. 3:11.9
Charlie Stephanos..... 44.. 7/22.. 3:15.4
Ken Kimball..... 41.. 6/24.. 3:17.6
Pierre Hathaway..... 6/24.. 3:19.6
Don Stupfel..... 6/24.. 3:21.1

50 mtr Freestyle

Men - 45-49
Perry Rockwell..... 47.. 8/12.. 29.13
George VanDormolen..... 46.. 7/22.. 29.6
Carl Yates..... 45.. 9/03.. 29.6
Duane Draves..... 46.. 5/13.. 29.9
Art Koblish..... 48.. 8/12.. 29.95
Herb McAuley..... 7/12..... 30.1
Claude West..... 47.. 1/01.. 30.2
Paul Hutinger..... 47.. 6/24.. 30.29
Robert Harding..... 45.. 6/24.. 30.74
Reed Ringel..... 48.. 1/01.. 31.1

100 mtr Freestyle

Men - 45-49
Perry Rockwell..... 47.. 8/12.. 1:03.44
Carl Yates..... 45.. 9/03.. 1:05.4
Duane Draves..... 45.. 6/24.. 1:07.1
Paul Hutinger..... 47.. 6/24.. 1:07.24
Art Koblish..... 48.. 8/12.. 1:08.67
Reed Ringel..... 48.. 1/01.. 1:09.1
John Calhoun..... 47.. 8/12.. 1:09.98
Jim Marcus..... 47.. 6/11.. 1:10.4
Claude West..... 47.. 1/01.. 1:11.6
Don Lengel..... 46.. 6/24.. 1:12.9

200 mtr Freestyle

Men - 45-49
Carl Yates..... 45.. 8/26.. 2:25.2
Duane Draves..... 45.. 6/24.. 2:29.2
Paul Hutinger..... 47.. 6/24.. 2:33.5
Reed Ringel..... 48.. 1/01.. 2:38.8
Frank Blair..... 46.. 6/24.. 2:42.9
Jim Marcus..... 47.. 5/13.. 2:43.8
Hal Onussett..... 48.. 8/05.. 2:43.9
John Calhoun..... 47.. 8/12.. 2:44.97
Dennis Upsall..... 47.. 1/01.. 2:47.3
James Edwards..... 49.. 8/12.. 2:48.16

400 mtr Freestyle

Men - 45-49
Carl Yates..... 45.. 9/03.. 5:13.7
Duane Draves..... 45.. 6/24.. 5:30.7
Paul Hutinger..... 47.. 6/24.. 5:32.9
Frank Blair..... 46.. 7/15.. 5:42.1
Hal Onussett..... 48.. 8/12.. 5:44.06
Perry Rockwell..... 47.. 8/12.. 5:47.98
James Edwards..... 49.. 8/12.. 5:57.22
Art Koblish..... 48.. 8/12.. 5:58.10
Jim Marcus..... 47.. 6/11.. 6:01.9
Douglas Strong..... 47.. 8/12.. 6:38.60

1500 mtr Freestyle

Men - 45-49
Duane Draves..... 45.. 6/24.. 22:37.8
Paul Hutinger..... 47.. 8/11.. 22:45.56
Frank Blair..... 46.. 6/24.. 22:59.5
Hal Onussett..... 48.. 8/11.. 23:01.93
Art Koblish..... 48.. 8/11.. 24:30.64
James Edwards..... 49.. 8/11.. 24:47.56
Douglas Strong..... 47.. 8/11.. 26:49.60
C. Harrison..... 46.. 7/02.. 30:21.3
Bill Simpson..... 48.. 6/24.. 30:49.52
Ken Kelley..... 46.. 7/15.. 31:26.8

100 mtr Backstroke

Men - 45-49
Paul Hutinger..... 47.. 8/12.. 2:47.3
Carl Yates..... 45.. 8/27.. 3:08.6
Hal Onussett..... 48.. 8/05.. 3:09.8
Jim Marcus..... 47.. 6/11.. 3:22.2

200 mtr Freestyle					
Men - 70-79					
Wally Laury	9/03.	4:54.1 *			
John Whittemore	6/24.	5:21.7			
400 mtr Freestyle					
Men - 70-79					
Wally Laury	3/12.	10:01.7 *			
1500 mtr Freestyle					
Men - 70-79					
Wally Laury	3/12.	40:12.7 *			
R.S. McCarthy	6/24.	44:42.3			
100 mtr Breaststroke					
Men - 70-79					
K. Storz	9/03.	2:34.4 *			
John Whittemore	6/24.	2:45.7			
200 mtr Breaststroke					
Men - 70-79					
K. Storz	9/03.	5:50.8 *			
Paul Dunakin	8/12.	9:23.71			
200 mtr Free Relay					
Men - 25-34					
San Fernando Valley AC	6/24.	1:49.3			
(K. Krueger, G. Langendoen, J. Bushman, P. Jeffers)					
Bloomington Gatorade SC	8/12.	1:52.59			
(J. Cooke, K. Majer, D. Glass, K. Pope)					
Montclair	5/13.	1:52.7			
Iolani Aquatic	3/12.	1:53.1			
(J. Wilcox, P. Johnstone, J. Baird, B. Sakov)					
Univ. of Chicago	8/12.	1:53.65			
(T. Lisco, H. Wainer, L. Brumm, M. Presler)					
Phillips 66	7/15.	2:23.6			
(P. Figueiredo, Campbell, Scaife, B. Hoffman)					
200 mtr Free Relay					
Men - 140+					
Univ. of Chicago SC	8/12.	1:53.80			
(J. Scheda, A. Koblish, M. Eppley, B. Swano)					
Huntington Beach SC	5/13.	1:57.3			
Phillips 66	5/13.	1:57.4			
Ransom AC	1/01.	1:59.1			
(G. Rosser, B. Loeffke, C. Cavanaugh, T. Green)					
San Fernando Valley AC	7/15.	2:03.2			
(N. Buwick, J. McKenzie, M. Foster, D. Rosenthal)					
Waikiki SC	3/12.	2:04.0			
(J. Welch, J. Hill, F. Middleton, L. Herman)					
San Mateo Marlins	6/24.	2:06.3			
(D. Stupfel, F. Blair, B. Cunningham, R. Jimenez)					
Rosemead	5/13.	2:11.3			
Bloomington Gatorade SC	8/12.	2:13.24			
(J. Counsilman, D. Strong, F. Lurie, M. Mennen)					
Ryall Masters	8/12.	2:14.98			
(D. Bresnahan, E. Korbi, G. Hill, A. Zamsky)					
200 mtr Medley Relay					
Men - 25-34					
San Fernando Valley AC	6/11.	1:58.7			
(K. Krueger, P. Jeffers, G. Langendoen, S. Boss)					
Univ. of Chicago SC	8/12.	2:06.34			
(B. Swano, L. Brumm, J. Scheda, T. Lisco)					
Bloomington Gatorade SC	8/12.	2:09.12			
(D. Glass, J. Cooke, K. Pope, K. Majer)					
Mission Viejo	6/11.	2:12.3			
Omaha West	8/05.	2:21.26			
(D. Boyer, L. Weaver, J. Stocker, K. Ludwig)					
200 mtr Medley Relay					
Men - 140+					
Phillips 66	7/15.	2:11.9			
(P. Figueiredo, T. Lind, B. Hoffman, Scaife)					
San Fernando Valley AC	6/11.	2:12.7			
(K. Krueger, T. Wirt, G. Langendoen, J. McKenzie)					
Univ. of Chicago SC	8/12.	2:19.88			
(M. Paesler, A. Koblish, M. Eppley, H. Wainer)					
Huntington Beach SC	7/15.	2:21.1			
(J. Eubank, S. McConnell, R. Bray, B. Belishe)					
Fremont Hill CC	8/27.	2:25.0			
Ryall Masters	8/12.	2:27.64			
(E. Korbi, D. Bresnahan, G. Hill, A. Zamsky)					
Omaha Westside	6/24.	2:27.91			
(C. Bentz, J. Stocker, W. Zweibeck, B. Harding)					
Bloomington Gatorade SC	8/12.	2:31.52			
(M. Mennen, J. Bartkiewicz, J. Counsilman, D. Strong)					
San Mateo Marlins "A"	8/27.	2:33.5			
Topoka SC	6/24.	2:38.18			
(B. Simpson, D. Killinger, J. Schlegel, D. Laird)					
50 mtr Freestyle					
Women - 25-29					
Jill Slattery	26.	1/01.	31.5 *		

Irene David	28.	8/12.	31.95		
Bonnie Edwards	8/26.	32.0			
Cease Brown	27.	8/26.	32.2		
Judy Rasmussen	26.	9/03.	33.1		
Betty Ann Cary	3/12.	33.6			
Pat Smith	25.	8/12.	34.3		
S. Coolidge	9/03.	34.6			
Joan Werner	3/12.	34.8			
Pam Bohlen	28.	7/22.	35.1		
100 mtr Freestyle					
Women - 25-29					
Terrl Mejia	26.	6/24.	1:07.9 *		
Bonnie Edwards	8/27.	1:10.4			
Cease Brown	27.	6/24.	1:13.1		
Irene David	28.	8/12.	1:15.53		
Judy Rasmussen	26.	9/03.	1:17.6		
Joan Werner	9/03.	1:19.8			
Carol Skolnick	27.	6/24.	1:20.5		
Pat Smith	25.	8/12.	1:20.71		
Sally Jo Antonchuk	6/24.	1:21.4			
Mary Buntin	25.	7/22.	1:22.3		
Winnie Krogsrud	26.	8/12.	1:23.14		
200 mtr Freestyle					
Women - 25-29					
Terrl Mejia	26.	6/24.	2:29.8 *		
Cease Brown	27.	8/12.	2:37.83		
Bonnie Edwards	8/26.	2:45.3			
Judy Rasmussen	26.	9/03.	2:57.8		
Kathy Campbell	26.	6/24.	3:01.0		
Jill Slattery	26.	1/01.	3:02.2		
Irene David	28.	8/12.	3:02.48		
Toni Humber	26.	6/02.	3:33.4		
400 mtr Freestyle					
Women - 25-29					
Terrl Mejia	26.	6/24.	5:25.0 *		
Cease Brown	27.	9/03.	5:43.5		
Bonnie Edwards	8/27.	6:04.0			
Joan Werner	9/03.	6:14.8			
Irene David	28.	8/12.	6:47.45		
1500 mtr Freestyle					
Women - 25-29					
Cease Brown	27.	8/11.	21:52.87 *		
Ingrid Daland	29.	6/24.	24:54.2		
Irene David	28.	8/11.	26:21.17		
Schelly Armstrong	28.	6/24.	32:36.9		
100 mtr Backstroke					
Women - 25-29					
Betty Ann Cary	9/03.	1:19.6 *			
Ann Todd	8/26.	1:22.6			
Cease Brown	27.	8/12.	1:24.92		
Ingrid Daland	29.	6/24.	1:27.1		
Joan Werner	3/12.	1:35.4			
Sue Spote	25.	8/12.	1:37.64		
Sue Clavin	25.	7/15.	1:39.1		
Kathy Campbell	26.	5/13.	1:41.1		
Hope Hansel	26.	7/22.	1:51.7		
Schelly Armstrong	28.	6/24.	2:09.7		
Virginia Moore	1/30.	2:12.0			
200 mtr Backstroke					
Women - 25-29					
Betty Ann Cary	9/03.	2:57.3 *			
Cease Brown	27.	8/12.	2:57.97		
Ann Todd	8/27.	3:04.4			
Ingrid Daland	29.	7/15.	3:14.0		
Sue Spote	25.	8/12.	3:34.91		
100 mtr Breaststroke					
Women - 25-29					
Jill Slattery	26.	1/01.	1:22.2 *		
Ingrid Daland	29.	6/24.	1:26.4		
Ann Todd	8/27.	1:31.1			
Carol Skolnick	27.	6/24.	1:31.6		
Judy Rasmussen	26.	9/03.	1:34.0		
Susan Westledge	7/12.	1:40.0			
Bonnie Edwards	8/27.	1:40.3			
Kathy Campbell	26.	6/24.	1:40.9		
Ann Sommerstad	25.	6/11.	1:42.5		
S. Coolidge	9/03.	1:44.0			
200 mtr Breaststroke					
Women - 25-29					
Ingrid Daland	29.	7/15.	3:14.0 *		
Ann Todd	8/26.	3:14.6			
Carol Skolnick	28.	8/26.	3:24.9		
Judy Rasmussen	26.	9/03.	3:26.3		
Carol Rhudy	29.	8/12.	4:00.23		
Cease Brown	27.	9/03.	4:00.3		
50 mtr Butterfly					
Women - 25-29					
Judy Rasmussen	26.	9/03.	34.8 *		
Bonnie Edwards	8/26.	35.0			
Cease Brown	27.	8/26.	35.6		
Irene David	28.	8/12.	35.75		
Betty Ann Cary	9/03.	36.4			
Jill Slattery	26.	1/01.	36.8		
Sue Clavin	25.	7/15.	38.0		
Joan Werner	3/12.	39.5			
Mary Buntin	25.	7/22.	41.2		
Kathy Campbell	26.	5/13.	41.6		
Pat Hendrickson	29.	7/15.	46.3		
100 mtr Butterfly					
Women - 25-29					
Cease Brown	27.	8/12.	1:18.34 *		
Judy Rasmussen	26.	9/03.	1:24.7		
Irene David	28.	8/12.	1:27.78		
Ingrid Daland	29.	7/15.	1:35.8		
200 mtr Individual Medley					
Women - 25-29					

Cease Brown	27.	8/12.	2:57.40 *		
Jill Slattery	26.	1/01.	2:58.2		
Judy Rasmussen	26.	3/12.	3:12.6		
Ingrid Daland	29.	7/15.	3:13.8		
Kathy Campbell	26.	5/13.	3:21.0		
Sue Clavin	25.	7/15.	3:40.4		
Pam Bohlen	7/22.	4:12.2			
50 mtr Freestyle					
Women - 30-34					
Wanda Cavanaugh	31.	1/01.	32.2 *		
Gretchen Ghent	33.	8/26.	32.7		
Nancy Ridout	8/26.	33.2			
Ginny Stephanos	34.	7/22.	33.8		
Eve Anderson	3/12.	34.6			
Gillian Ratcliffe	33.	7/22.	34.7		
Carol MacPherson	8/26.	34.9			
Martha Chapin	34.	7/15.	35.1		
Millie Bergeron	32.	8/12.	36.61		
Nancy Davis	34.	8/12.	38.02		
100 mtr Freestyle					
Women - 30-34					
Gretchen Ghent	33.	8/12.	1:15.22		
Wanda Cavanaugh	31.	1/01.	1:15.9		
Martha Chapin	34.	6/24.	1:21.0		
Elizabeth Roepke	8/27.	1:23.2			
Eve Anderson	9/03.	1:24.1			
Ginny Stephanos	34.	7/22.	1:25.1		
Gail Meehan	8/27.	1:29.2			
Nancy Davis	34.	8/12.	1:29.56		
Lynn Radack	34.	7/15.	1:34.9		
Martha Nesbitt	7/12.	1:38.3			
200 mtr Freestyle					
Women - 30-34					
Nancy Ridout	8/26.	2:53.3 *			
Wanda Cavanaugh	31.	1/01.	2:56.1		
Carol MacPherson	8/26.	2:57.9			
Ginny Stephanos	34.	7/22.	3:11.3		
Gail Meehan	8/26.	3:15.8			
Merilyn Difilippo	30.	1/01.	3:22.1		
Martha Chapin	34.	6/24.	3:25.9		
Joanne Munise	33.	7/22.	3:47.0		
Martha Nesbitt	7/12.	3:57.7			
Helen Geoffrion	33.	6/02.	4:17.0		
400 mtr Freestyle					
Women - 30-34					
Gail Meehan	8/27.	7:05.5 *			
Beverly Coon	33.	6/11.	8:23.9		
100 mtr Backstroke					
Women - 30-34					
Gretchen Ghent	33.	8/12.	1:22.83		
Millie Bergeron	32.	8/12.	1:29.83		
Martha Chapin	34.	6/24.	1:32.4		
Merilyn Difilippo	30.	1/01.	1:36.2		
Lynn Radack	34.	7/15.	1:41.2		
Ginny Stephanos	34.	7/22.	1:42.5		
Martha Nesbitt	7/12.	1:43.4			
M. Morris	34.	7/23.	1:44.8		
Nancy Davis	34.	8/12.	1:46.39		
Gail Meehan	8/26.	1:50.1			
200 mtr Backstroke					
Women - 30-34					
Gretchen Ghent	33.	8/12.	3:09.10 *		
Millie Bergeron	32.	8/12.	3:18.48		
Martha Chapin	34.	6/11.	3:36.0		
Jane Hanson	32.	8/12.	4:02.39		
Martha Nesbitt	7/12.	4:07.3			
100 mtr Breaststroke					
Women - 30-34					
Ivanelle Hoe	34.	3/12.	1:34.6 *		
Barbara Lamblin	30.	1/01.	1:35.6		
Gillian Ratcliffe	33.	7/22.	1:37.2		
M.J. Parks	33.	7/23.	1:46.0		
Helen Geoffrion	33.	7/15.	1:50.5		
Elizabeth Roepke	8/27.	1:50.7			
Jane Hanson	32.	7/22.	1:51.8		
Lynne DeVictoria	30.	6/24.	1:59.2		
Millie Bergeron	32.	8/12.	1:59.44		
Patricia Tesch	31.	8/12.	2:00.02		
Lynn Nakkim	3/12.	2:05.4			
200 mtr Breaststroke					

Helen Buss.....	36.	8/12.	38.14
Ann Champ.....	37.	8/12.	38.71
Ann Kay.....		8/26.	42.0
Mary Connelly.....		8/26.	50.0
Mary Lou Moore.....	37.	8/05.	1:09.8

100 mtr Butterfly			
Women - 35-39			
Helen Buss.....	36.	8/12.	1:29.50
Mary Connelly.....		8/27.	2:03.5

200 mtr Individual Medley			
Women - 35-39			
Peggy Wienants.....	35.	1/01.	3:25.8
Ann Champ.....	37.	8/12.	3:27.56
Virginia Enos.....		1/30.	3:53.7
Mary Connelly.....		8/26.	4:16.7
Alice Vernon.....	39.	6/24.	4:41.1
Sonia Trapani.....		3/12.	5:42.6

50 mtr Freestyle			
Women - 40-44			
Pat Clinton.....	44.	7/22.	33.6
Anne Adams.....	44.	8/12.	34.76
Barbara Reeve.....	42.	8/12.	34.85
Betty Brey.....	40.	7/23.	35.2
Cynthia Bruce.....	42.	8/12.	36.49
Meg Webster.....		8/26.	36.7
June Gravenor.....	42.	7/22.	40.6
Mickey Shockley.....	43.	5/13.	42.3
Cindy Baxter.....		8/26.	44.3
Rita Munot.....		3/12.	44.9

100 mtr Freestyle			
Women - 40-44			
Pat Clinton.....	44.	8/12.	1:18.98
Anne Adams.....	44.	7/15.	1:20.8
Betty Brey.....	40.	7/23.	1:20.9
Gail Roper.....		8/27.	1:21.8
Edith Gruender.....	44.	6/24.	1:23.9
Cynthia Bruce.....	42.	8/12.	1:25.03
Charlotte Striebel.....	43.	8/12.	1:31.01
Mickey Shockley.....	43.	6/11.	1:36.7
June Gravenor.....	42.	7/22.	1:40.1
Gloria Stupfel.....		6/24.	2:22.2

200 mtr Freestyle			
Women - 40-44			
Anne Adams.....	44.	6/02.	2:59.1
Pat Clinton.....	44.	8/12.	3:03.51
Edith Gruender.....	44.	6/24.	3:11.2
Meg Webster.....		8/26.	3:29.0
Mickey Shockley.....	43.	6/02.	3:42.2
June Gravenor.....	42.	7/22.	3:47.0
Lois Briggs.....	42.	6/02.	3:49.0
Ann Baaden.....		6/24.	3:52.5

400 mtr Freestyle			
Women - 40-44			
Anne Adams.....	44.	6/24.	6:24.1
Barbara Reeve.....	42.	8/12.	6:30.57
Pat Clinton.....	44.	8/12.	6:45.51
Edith Gruender.....	44.	6/24.	6:51.2
Meg Webster.....		8/27.	7:10.6

1500 mtr Freestyle			
Women - 40-44			
Anne Adams.....	44.	8/11.	26:23.42
Edith Gruender.....	44.	8/11.	27:34.60
Charlotte Striebel.....	43.	8/11.	28:48.56
Rita Munot.....		3/12.	36:14.5

100 mtr Backstroke			
Women - 40-44			
Barbara Reeve.....	42.	8/12.	1:26.59
Cynthia Bruce.....	42.	8/12.	1:34.22
Anne Adams.....	44.	9/03.	1:34.5
Pat Clinton.....	44.	7/22.	1:35.7
Gail Roper.....		8/26.	1:38.6
Charlotte Striebel.....	43.	8/12.	1:46.47
Rita Mills.....	41.	5/13.	1:56.3
Mickey Shockley.....	43.	5/13.	2:08.6
Nancy Janiszewski.....		8/13.	2:11.2

200 mtr Backstroke			
Women - 40-44			
Barbara Reeve.....	42.	8/12.	3:08.4
Anne Adams.....	44.	6/11.	3:40.5
Rita Mills.....	41.	6/11.	4:19.6
Mickey Shockley.....	43.	6/11.	4:31.1
Jean Wilmore.....	41.	8/12.	4:47.6

100 mtr Breaststroke			
Women - 40-44			
Anne Adams.....	44.	7/15.	1:41.7
Cynthia Bruce.....	42.	8/12.	1:46.41
Rita Mills.....	41.	6/24.	1:47.5
Ann Baaden.....		6/24.	1:52.0
Rexene Ashford.....	41.	8/12.	1:52.68
June Gravenor.....	42.	7/22.	1:53.3
Cindy Baxter.....		8/27.	1:53.4
Edith Gruender.....	44.	6/24.	1:56.5
Meg Webster.....		8/27.	1:57.0
Mickey Shockley.....	43.	6/11.	2:05.1

200 mtr Breaststroke			
Women - 40-44			
Anne Adams.....	44.	7/15.	3:47.1
Rita Mills.....	41.	5/13.	3:57.6
Rexene Ashford.....	41.	8/12.	4:05.63
Meg Webster.....		8/26.	4:09.5
Cindy Baxter.....		8/26.	4:10.3
Charlotte Meyer.....		8/26.	4:31.6
Elena Stumpf.....		8/26.	4:32.8
Mickey Shockley.....	43.	5/13.	4:37.5

50 mtr Butterfly			
Women - 40-44			
Betty Brey.....	40.	7/23.	36.5
Gail Roper.....		8/26.	39.1
Anne Adams.....	44.	7/15.	41.1
Pat Clinton.....	44.	8/12.	42.74
Cynthia Bruce.....	42.	8/12.	44.47
Edith Gruender.....	44.	8/12.	45.13
Charlotte Striebel.....	43.	8/12.	49.21
Elena Stumpf.....		8/26.	1:03.0
Charlotte Meyer.....		8/26.	1:06.0

100 mtr Butterfly			
Women - 40-44			
Betty Brey.....	40.	7/23.	1:37.2
Anne Adams.....	44.	7/15.	1:40.5
Gail Roper.....		8/27.	1:40.9
Cynthia Bruce.....	42.	8/12.	1:41.53
Edith Gruender.....	44.	8/12.	1:49.74
Charlotte Striebel.....	43.	8/12.	1:57.7

200 mtr Individual Medley			
Women - 40-44			
Barbara Reeve.....	42.	8/12.	3:21.73
Anne Adams.....	44.	9/03.	3:24.9
Pat Clinton.....	44.	8/12.	3:27.81
Gail Roper.....		8/26.	3:33.1
Charlotte Striebel.....	43.	8/12.	3:54.41

50 mtr Freestyle			
Women - 45-49			
Mary Ann Meekins.....	46.	8/12.	35.13
Dorothy Ressegue.....	49.	8/05.	37.6
C. Horn.....	46.	7/23.	41.5
J. Matthews.....		9/03.	45.0
Virginia Royden.....		8/26.	45.6
Betty Talbot.....	46.	5/13.	46.7
Gerl Orosco.....		8/26.	46.9
H. Houkal.....	46.	7/23.	48.7
Ruth Lawson.....	47.	6/24.	50.10
Theresa Johnson.....		8/26.	1:06.6

100 mtr Freestyle			
Women - 45-49			
Mary Ann Meekins.....	46.	8/12.	1:19.71
Dorothy Ressegue.....	49.	8/05.	1:21.3
June Krauser.....	46.	1/01.	1:25.8
C. Horn.....	46.	7/23.	1:38.9
Betty Talbot.....	46.	7/15.	1:39.8
J. Matthews.....		9/03.	1:49.9
Gerl Orosco.....		8/27.	1:51.7
Virginia Royden.....		8/27.	1:56.6
Nancy Lawrence.....	49.	8/12.	2:09.11

200 mtr Freestyle			
Women - 45-49			
Mary Ann Meekins.....	46.	8/12.	2:57.40
June Krauser.....	46.	7/12.	3:03.5
Dorothy Ressegue.....	49.	8/04.	3:13.1
Betty Talbot.....	46.	6/02.	3:34.0
Gerl Orosco.....		8/26.	4:17.0

400 mtr Freestyle			
Women - 45-49			
Mary Ann Meekins.....	46.	8/12.	6:11.94
June Krauser.....	46.	8/12.	6:16.28
Betty Talbot.....	46.	7/15.	7:23.6

1500 mtr Freestyle			
Women - 45-49			
June Krauser.....	46.	8/11.	24:31.10
Betty Talbot.....	46.	6/24.	30:08.9

100 mtr Backstroke			
Women - 45-49			
Mary Ann Meekins.....	46.	8/12.	1:36.21
June Krauser.....	46.	7/12.	1:43.6
Muriel Virgo.....	48.	6/24.	2:00.2
Betty Talbot.....	46.	5/13.	2:04.2
Nancy Lawrence.....	49.	8/12.	2:19.09
D. Burke.....		8/03.	2:21.8
M. Piroos.....		8/13.	3:17.6

200 mtr Backstroke			
Women - 45-49			
Mary Ann Meekins.....	46.	8/12.	3:28.4
June Krauser.....	46.	7/12.	3:41.0
Muriel Virgo.....	48.	7/15.	4:41.5
Nancy Lawrence.....	49.	8/12.	5:03.0

100 mtr Breaststroke			
Women - 45-49			
June Krauser.....	46.	8/12.	1:46.30
Mary Ann Meekins.....	46.	1/01.	1:56.2
Sandy Lewis.....	48.	6/24.	2:00.1
Gerl Orosco.....		8/27.	2:04.3
Betty Talbot.....	46.	7/15.	2:05.4
K. Harrison.....		9/03.	2:07.1
Muriel Virgo.....	48.	7/15.	2:10.9
Ruth Lawson.....	47.	6/24.	2:18.10
J. Matthews.....		9/03.	2:21.3
Virginia Royden.....		8/27.	2:29.5

200 mtr Breaststroke			
Women - 45-49			
June Krauser.....	46.	8/12.	3:45.67
Betty Talbot.....	46.	5/13.	3:58.2
Sandy Lewis.....	48.	7/15.	4:27.4
K. Harrison.....		9/03.	4:24.9
Gerl Orosco.....		8/26.	4:31.8
Muriel Virgo.....	48.	7/15.	5:04.9

50 mtr Butterfly			
Women - 45-49			
June Krauser.....	46.	7/12.	41.6

100 mtr Butterfly			
Women - 45-49			
June Krauser.....	46.	8/12.	1:34.81

200 mtr Individual Medley			
Women - 45-49			
June Krauser.....	46.	8/12.	3:23.13
Mary Ann Meekins.....	46.	8/12.	3:36.08

50 mtr Freestyle			
Women - 50-54			
Dorothy Ressegue.....	50.	8/12.	35.53
Dorothy Donnelly.....	50.	8/12.	36.47
Jean Pieretti.....	51.	7/22.	36.5
Jane McCollister.....	53.	8/12.	40.90
Bette Crowell.....	52.	7/15.	41.0
Joan Wade.....		9/03.	41.5
Jeannette Eppley.....	52.	8/12.	43.56
Ruth Alexander.....	54.	5/13.	45.3
B. Bosse.....	50.	8/13.	46.5
Viola Thompson.....	54.	5/13.	46.6

100 mtr Freestyle			
Women - 50-54			
Dorothy Ressegue.....	50.	8/12.	1:18.67
Dorothy Donnelly.....	50.	8/12.	1:23.59
Jean Pieretti.....	51.	8/12.	1:27.40
Jane McCollister.....	53.	8/12.	1:29.91
Rita Simonon.....	54.	6/24.	1:34.8
Bette Crowell.....	52.	7/15.	1:35.2
Jeannette Eppley.....	52.	8/12.	1:38.34
Joan Wade.....		9/03.	1:38.7
Zada Taft.....	52.	6/24.	1:42.9
Viola Thompson.....	54.	6/24.	1:43.4

200 mtr Freestyle			
Women - 50-54			
Jane McCollister.....	53.	8/12.	3:20.46
Jeannette Eppley.....	52.	8/12.	3:36.80
Rita Simonon.....	54.	6/24.	3:37.3
Johanna Hageman.....		6/24.	3:44.0
Helen Hummer.....	53.	7/23.	3:46.5
Helen Thomas.....		3/12.	3:47.9
Viola Thompson.....	54.	5/13.	3:48.5
Joan Wade.....		9/03.	3:48.9
Zada Taft.....	52.	6/24.	3:58.8
Annette Pfeiffer.....	54.	6/02.	4:22.1

400 mtr Freestyle			
Women - 50-54			
Jane McCollister.....	53.	8/12.	6:56.02
Dorothy Ressegue.....	50.	8/12.	6:57.05
Rita Simonon.....	54.	7/15.	7:33.2
Jeannette Eppley.....	52.	8/12.	7:40.87
Johanna Hageman.....		6/24.	8:05.5
Zada Taft.....	52.	8/26.	8:15.6
Viola Thompson.....	54.	7/15.	8:18.0

1500 mtr Freestyle			
Women - 50-54			
Jane McCollister.....	53.	8/11.	28:17.83
Jeannette Eppley.....	52.	8/11.	29:46.51
Johanna Hageman.....		6/24.	30:45.8
Rita Simonon.....	54.	6/24.	31:08.6
Viola Thompson.....	54.	7/15.	32:06.2
Helen Thomas.....		3/12.	32:52.0

100 mtr Backstroke			
Women - 50-54			
Jean Pieretti.....	51.	8/12.	1:43.77
Bette Crowell.....	52.	6/24.	1:46.5
M. Sears.....		9/03.	1:48.5
Zada Taft.....	52.	6/24.	1:50.0
Helen Thomas.....		3/12.	1:54.4
Johanna Hageman.....		6/24.	1:57.4
Annette Pfeiffer.....	54.	6/24.	2:03.4
Viola Thompson.....	54.	5/13.	2:16.9
S. Dietrich.....	52.	8/13.	3:08.5

200 mtr Backstroke			
Women - 50-54			
Bette Crowell.....	52.	6/11.	3:54.8
Zada Taft.....		8/27.	4:04.0
Helen Hummer.....	53.	7/23.	4:30.2
Annette Pfeiffer.....	54.	7/15.	4:32.2

100 mtr Breaststroke			
Women - 50-54			
Jane McCollister.....	53.	8/12.	2:04.39
Bette Crowell.....	52.	6/24.	2:05.0
Viola Thompson.....	54.	6/24.	2:07.0
Rita Simonon.....	54.	7/15.	2:09.8
Zada Taft.....	52.	7/15.	2:11.4

200 mtr Breaststroke			
Women - 50-54			
Jane McCollister.....	53.	8/12.	4:35.6
Bette Crowell.....	52.	7/15.	4:45.0
Zada Taft.....	52.	8/26.	4:46.0

50 mtr Butterfly			
Women - 50-54			
Helen Hummer.....	53.	8/12.	50.15
Dorothy Donnelly.....	50.	8/12.	51.03
Zada Taft.....	52.	6/24.	55.4
Viola Thompson.....	54.	7/15.	55.6
Annette Pfeiffer.....	54.	6/24.	1:14.3

100 mtr Butterfly			
Women - 50-54			
Zada Taft.....			

100 mtr Backstroke	
Women - 70-79	
Pearl Miller.....	6/24.. 3:46.3
200 mtr Free Relay	
Women - 25-34	
San Mateo Marlins.....	6/24.. 2:29.1
(C.Skolnick, S.Antonchuk, L.DeVictoria, T.Mejia)	
200 mtr Free Relay	
Women - 25+	
Waikiki SC.....	9/03.. 2:17.1
(B.Cary, J.Werner, I.Hoe, J.Rasmussen)	
Bristol Girls Club.....	7/22.. 2:28.4

200 mtr Free Relay	
Women - 140+	
San Fernando Valley AC... 7/15.. 2:46.5	
(H.Geoffrion, B.Crowell, B.Talbot, A.Adams)	
Alfred Corning Clark Gym. 8/12.. 2:49.72	
(J.Hanson, J.Huber, R.Ashford, P.Clinton)	
Phillips 66.....	6/24.. 2:54.7
(Hageman, V.Thompson, R.Simonton, R.Alexander)	
Surfside Mothers.....	6/24.. 3:05.3
(Groves, Gagnon, Fonoimona, Baaden)	
Topeka SC.....	6/24.. 3:27.82
(A.Parman, R.Lawson,	

A.Vernon, F.Smith)	
Greater Pittsburg SC.... 8/13.. 3:48.6	
(N.Janiszwski, S.Dietrich, C.Frank, B.Bosse)	
WM & WMA.....	8/13.. 4:45.2
(E.Ross, M.Gable, J.Young, J.Moberg)	
200 mtr Medley Relay	
Women 25+	
Waikiki SC "A".....	9/03.. 2:26.7
(B.Cary, J.Rasmussen, I.Hoe, J.Werner)	
200 mtr Medley Relay	

Women 140+	
San Mateo Marlins "A".... 8/27.. 2:53.2	
Fremont Hills CC.....	8/27.. 2:58.7
San Fernando Valley AC... 7/15.. 3:00.4	
(S.Clavin, B.Crowell, H.Geoffrion, A.Adams)	
Alfred Corning Clark Gym. 8/12.. 3:04.93	
(J.Huber, P.Clinton, R.Ashford, J.Hanson)	
Phillips 66.....	7/15.. 3:20.8
(M.Merlino, R.Mills, V.Thompson, R.Alexander)	
San Mateo Marlins "B".... 8/27.. 3:48.6	
Topeka SC.....	6/24.. 4:07.10
(A.Parman, R.Lawson, A.Vernon, F.Smith)	

Swim Along For Health, Happiness

Capt. Ransom Arthur, commanding officer of the Navy Medical Neuropsychiatric Research Unit at San Diego, Calif., visited his friend, Circuit Judge Robert E. Beach, last week in St. Petersburg. Instead of inviting Arthur to lunch, Beach took him to North Shore Pool for a swim.

Beach has been spending his lunch hours in the water ever since he was inspired by a paper written by Arthur in 1968. The eight-page paper carried the imposing title of "Swimming and Cardiovascular Fitness in the Older Age Group," but to Beach it might as well have been titled "Revelations."

In his paper, Arthur addressed the problem of heart attacks among American men and suggested a vigorous swimming program to promote the health of heart and lungs. Beach, who had reached a personal, if debatable, decision that he was fast becoming "a slob," read Arthur's paper and said, "Amen!" Soon he was swimming a daily mile instead of eating lunch and in time he talked several friends into joining him at North Shore.

The "carrot" in Arthur's carrot-and-stick approach to good health is competitive swimming for what he calls the "older age group." In the last two years, Masters swimming meets for athletes 25 to 69 have been conducted all over the United States. The 41-year-old Beach, who has carried his swimming far beyond mere fitness, has won numerous prizes in meets from San Mateo, Calif., to Bloomington, Ind.

Even Arthur is slightly flabbergasted at the amazing growth of his program since it began attracting attention. "We had inquiries from 1,300 swimmers for our last national championships in Indiana, and we estimate 4,000-to-5,000 members by the end of this year," he said with the faintly amused smile of a man who wonders why it took so long for the world to recognize his good idea.

Arthur will be 47 on Dec. 5, but he has a physique that would be the envy of a man 20 years younger. He is his own best advertisement for the program he developed as an alternative to jogging or stick-and-ball sports.

"I have been interested in coronary artery disease ever since I learned that Americans are in pretty poor physical condition," Arthur said. "Autopsies performed on victims of the Korean War showed that the coronary arteries of 18- and 19-year-old American soldiers demonstrated significant atherosclerosis (condition characterized by deposits of fatty substances). To me, it was an indictment of the American way of life — diet, exercise, the whole middle-class experience. Here were young men — supposedly fit young men — in the beginning stages of coronary dis-

ease.

"The more I looked into it, the more I found this condition to be an epidemic in the United States," Arthur said. "It's particularly horrifying to stand on a beach and see 18-year-olds with the body shapes of 40-to-45-year-old men. Those fatty bulges at the waistline are a sure sign that there's cholesterol in the coronary arteries."

Arthur hit on swimming as the perfect form of exercise for out-of-shape Americans. "I have no objections against running or jogging," he said, "but many people can't perform these exercises without foot, shin, knee and joint problems. I consider jogging a tooth gear and swimming a rheostat that can be adjusted to an infinitely variable rhythm."

"Swimming itself is a pleasurable experience. There is a rhythmic sensation not dissimilar to dancing and there is the pleasant feel of the water. A beautiful pool such as North Shore is actually a very seductive thing. Swimming employs a wider variety of muscle groups than does running. The water serves to hold up the joints and muscles, so that the likelihood of injury is lessened."

"Swimming is an absolutely superb way of exercise and it can be adjusted to each individual. It can be extremely taxing or a very pleasant workout. It's as easy for an 80-year-old as for a 10-year-old. I've used swimming as therapy for many patients with depressive illnesses and it not only reduces the depression, but it relaxes the muscle tension common to these individuals."

Arthur was predisposed toward swimming, since he had been a varsity swimmer for the University of California at Berkeley. "I was good, but not great," he said in appraising his own ability. "I have a feeling I might have been a national breaststroke champion, but my career was blighted by World War II and I never had a crack at it." Arthur served as a Marine intelligence officer from 1942-45 and spent 88 days on Okinawa in the last major battle of the war. He transferred to the medical corps when he returned to the Navy as a lieutenant commander in 1960.

Arthur skin-dives, surfs, sails and writes poetry along with his swimming regimen, but he admits to being a frustrated cricket player at heart. Somehow, he also finds time to be at the center of several major military-medical projects.

He headed the team that prepared the still-classified program for rehabilitation of Vietnam prisoners of war. Alvin Toffler's "Future Shock" quoted from a study of "life-change situations" performed by Arthur. He currently is involved in a project dealing with the biochemistry of stress on military men in high-risk jobs, such as combat troops and underwater demolition teams.

He admitted with some chagrin that he pushed his swim-for-health program for 10 years without making a ripple until John Spannuth, aquatics director of the Amateur Athletic Union, tried it and liked it in 1970. "I just had to hang in there," Arthur said. "I'm a very tenacious person."

Although exercise has earned thousands of dollars for Maj. Kenneth Cooper, the Air Force doctor whose book on aerobics launched the jogging craze of the mid-1960's, Arthur said the Masters swimming program has "made me not one farthing." He doesn't seem to care.

Arthur welcomes inquiries about the Masters program. Write to Capt. Ransom J. Arthur, M.D., 4961 Ocean Blvd., San Diego, Calif. 92109. AAU membership costs \$3.

The next step for Masters swimmers is international competition similar to the Olympic Games. Already, there are Masters groups in 11 foreign countries.

Most of the current Masters already are in good physical condition, particularly such notable members as 64-year-old Buster Crabbe, a former movie Tarzan. Arthur is more concerned with reaching the potential heart attack victim who thinks he's getting sufficient exercise because he plays a weekly round of golf.

"Golf puts no stress on the heart and lungs," Arthur said. "You must make the heart beat over 120 times a minute for beneficial results. Of course, if you're playing for \$100 a hole, you might have a pulse rate of 120, but it would be unhealthy. Golf is a pleasant game, but it's certainly not exercise."

time for

SPORTS

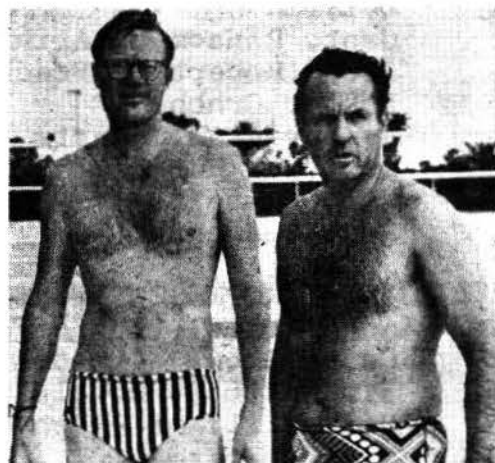


tom kelly

St. Petersburg Times

SPORTS

Friday,
November 17, 1972



Arthur (Left), Beach At North Shore Pool

Staff Photo

SWIM-MASTER

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FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM-MASTER

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5340 N.E. 17th Avenue
Ft. Lauderdale, FL 33308

ASSOCIATES:

Capt. Ransom J. Arthur, M.D.
Judge Robert E. Beach
Buster Crabbe
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