



SWIM-MASTER

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ADVICE FOR THE SWIMMER'S BODY

DR. PAUL HUTINGER

WARM UP

Q. I am a Master swimmer with a limited competitive background and would like to know what I should do at a meet for a warm-up. I have watched the best Master swimmers and most do different warm-ups.

A. Research has not demonstrated consistent results on the effect of warm-up and performance. Many individual situations have been cited where a person did his/her best time without a warm-up. However the benefits are in favor of taking a warm-up before competing. Many Master swimmers are not trained well enough to take the total warm-up taken by senior swimmers and could tire themselves.

A warm-up of thirty minutes with swimming, kicking, starts, turns and several short sprints could be a general warm-up for most Master swimmers. This gets the rectal body temperature up to about 101 degrees and lasts for about 45 minutes. Warm-ups of short duration should be taken about 10 minutes before each event during the meet. The body works more efficiently and will perform better if the body core temperature is above the norm.

Do not swim your race in the warm-up though. Easy swimming with some paced 50's and one or two 25 yard sprints should be sufficient. A warm-up of 500 to 1,000 yards would take care of most Master swimmers. Another way to determine warm-up length is to take one-fourth or one-half of your daily training yardage. Try different warm-ups before meets and find the one that works best for you since there are individual differences. Stretching and flexibility exercises are also recommended as a supplement to warm up and help to loosen up joints for maximal range of movement.

There are four general reasons for a warm-up: 1. to prepare the cardio-respiratory systems for efficient perform-

ance; 2. to prevent muscular and joint injury; 3. to be prepared psychologically for a top performance; 4. to prevent cardiac oxygen insufficiency. The cardiac response to a warm-up has been reported by Dr. James Bernard, a UCLA researcher. He found that adaptation of coronary blood flow to a rapid increase in cardiac work is not instantaneous and for a short period there is an inadequate blood supply, even in the healthy young heart. He suggests a minimum of two minutes warm-up in preparing the heart for an all out sprint performance. Most swimmers do not warm-up as they should before relays which are all out sprint efforts.

ARM MECHANICS

Q. I am 14 and swim with a good prep school which has 2 coaches. They have been telling me my right arm does not bend when it goes into the water. I can't see it, but it feels bent. Movies didn't help. What do you suggest?

A. The body has proprioceptors and muscle spindles that give information to the central nervous system (brain) about the position and angles of parts of the body. The ability to make use of these sensory receptors is referred to as a 'kinesthetic sense.' The kinesthetic sense helps to determine the degree of contraction in a muscle, the degree of bend in a joint, and the relationship to other parts of the body. Some swimmers like John Naber seem to have the kinesthetic sense better developed than others.

You can use some of the following ideas to improve your stroke mechanics and your kinesthetic sense. Your statement that the movies did not help may be a clue that you expect immediate results. You must believe that you can change your stroke and be persistent in working to achieve that goal. You need to visualize the skill with movies, charts, and pictures. If you can, make a loop film of your swimming. Look at

it over and over. Work with another swimmer in practice and observe each other's strokes to perfect the stroke mechanics.

Another technique is to stand in front of a mirror and practice your stroke in the way the coach has outlined. Another technique that has been helpful for some is to use bilateral breathing (opposite sides) every three strokes. This entails learning to breathe on the non-preference side. Remember that your stroke must feel different when you change. Over-correction can bring results in how a position of the hand feels. If you think the arm is bent when it is straight, then you need to make it feel that it is bent even more to assume the correct position. The use of paddles can sometimes be helpful in stroke correction. Using all these approaches should bring about the desired changes, but remember it takes time.

BE A WINNER

Q. I always seem to come in second place in my races instead of winning. My repeat times are good in practice but others seem to do better in the meets. What can I do to improve?

A. You apparently need to program yourself to be a winner and to improve your psychological approach to competition. Set a goal for yourself, such as achieving a certain time for your event. Think in terms of achieving this goal every day in your practice. Forget past failures and remember only the successful performances. Think of yourself as a winner by mentally picturing yourself coming in first in a race and watching the others finish after you. Imagine that you look up at the score board clock and see your goal time or that you are standing on the winner's block receiving the first place medal. Of course you must be prepared by training diligently and working hard. Rehearse your race four or five times before you swim, thinking through each length, stroke by stroke, from start to finish. When you step up on the block for the start you can then put yourself on 'automatic' and follow the program you established by the many mental rehearsals. ●

MASTERS CORNER

By Capt. Ransom J. Arthur

The annual convention of the AAU at New Orleans was a crucial one for Masters swimming. The meeting of the Masters Swimming Committee lasted almost five and one-half hours. June Kruaser skillfully guided us through the lengthy agenda. Innumerable suggestions were offered for modification of procedure and rules. Some of the items dealt with were quite minor, others momentous. The major material concerned the status of Masters swimming vis a vis open (amateur) competition.

Although I have set forth the history and details of this controversy on a number of previous occasions, I think it useful to briefly recapitulate. At the beginning, Masters swimming was connected with the American Swim Coaches Association. It was obvious, however, that the organizational structure of that association was such that insufficient logistical support could be given to Masters swimming to allow it to flourish to the maximum extent.

After a great deal of soul searching, John Spannuth and I decided to approach the AAU about an organizational connection. At the annual meeting of the AAU for 1971 at Lake Placid, New York, Masters swimming became an accepted part of the AAU program. For the next few years we proceeded in such a fashion that individuals swam both in senior and in Masters meets. That seemed to be an ideal approach, however, as the program grew in size and impact, it aroused international attention.

When various international bodies connected with swimming realized that Masters swimming included individuals classified as professionals, they indicated that Masters swimming had the potentiality of rendering senior swimmers ineligible for international competition such as the World Championships or the Olympic Games. This was the so-called "contamination" problem. None of this was our doing, of course, but it forced Masters swimming to consider its future course. I thought then, and still think, that it is absolutely unacceptable to bar anyone who is of the appropriate age from Masters competition. On the other hand, it would not be right for the Masters program to cause injury to our senior competition.

In the past year there was an increasing likelihood that one of our fine young swimmers might be barred from the Olympic Games because he had once competed in a meet where a Masters swimmer also competed. I know it seems absurd, but these things happen in international activities and other nations are perfectly capable of attempting, on a technicality, to bar a great swimmer who might take a medal away from one of their people. Accordingly, last year I proposed that Masters swimming become a closed activity and that once a Masters swimmer, always a Masters swimmer. At the same time, I thought it wrong that Masters swimmers should be barred from any kind of aquatic activity (other than senior swimming) even if it were not under the aegis of the AAU. I refer to such non-sanctioned activities as the Senior Olympics. I therefore further proposed that Masters swimmers not be barred from any kind of competition, sanctioned or not, except of course for the pure senior swimming of the AAU. No times, however, achieved in an unsanctioned meet, such as the Senior Olympics, could count in any way for the top ten or for All-American, which are AAU activities.

These proposals were hotly debated and were understandably opposed by those who wish to continue to swim both in senior and Masters. I completely agreed with their point of view but it is too late in the day for that. Some said, "Well then we should pull out of the AAU." But, of course, that would defeat their purpose. If Masters were out of the AAU, the Masters swimmers would still be barred from Senior AAU activity because they had swum in unsanctioned meets. We simply had come to the end of the road that allowed individuals to compete

in both Senior and the Masters category.

It was also important for the good of swimming in the United States to further insure that we stayed out of the way of the pure and intense national and international competition of the young people. I had felt that from the beginning. That is why I initially set the age limit at 25 rather than 20. Given the peculiarities of global athletic competition, Masters swimming did pose a danger to our national competitive program.

After stormy debate, appropriate rules were finally adopted. Anne Adams, Carol MacPherson, Cindy Baxter, Ham and Mildred Anderson, Bob Beach, Don Rankin and John Spannuth, among others, were most helpful in promoting final passage of these rules.

After the Masters Committee meeting, June Kruaser did a fine job in securing the approval of the AAU Board of Governors for our proposals. Masters swimming is now a closed activity. All humans, aged 25 or over, are eligible to compete, but once having declared themselves a Masters swimmer, they are henceforth eligible to compete in Masters activities only. Those individuals who are Masters may compete in non-AAU sanctioned activities without penalty except that any times achieved will not count for All-American honors or for the top ten and will not be recognized in any way as official AAU times.

Merely achieving the age of 25 or more does not automatically make one a Masters swimmer. One could continue to swim indefinitely in senior competition. But once one chooses to compete in a Masters meet, one is a Masters, irreparably. I feel quite pleased about all of this, regarding it as the most constructive solution to a difficult problem. Naturally we had to give up something in order to achieve it, but what we had to give up was already being taken from us in any case. We really had no other course to pursue.

Among the other important decisions was a reaffirmation of not forming a 20-24 year old age group for the National Championships. Local meets can still include such individuals, but again I think it would be highly dangerous for us to drop down to age 20 on the national level. There are simply too many people between age 20 and 25 who might have international potential whose careers would be blighted if they started swimming Masters and then tried to change their minds.

The Short Course Championship was awarded to Mission Viejo in Southern California for the weekend of May 14, 15, and 16. The Long Course Championship was awarded to St. Louis, Missouri for a weekend in August, either the weekend of the 13, 14, and 15 or the 20, 21, 22.

We are still pushing the idea of a World Championship and it may be that South Africa will be an appropriate location because competing there would take us out of the way of nations involved in the Olympic or FINA group and prevent the contamination issue from being raised. A charter flight could be worked up at a very attractive price and the opportunities for sight-seeing would be unlimited. This is merely a thought, a possibility, and, meanwhile, we are searching for a pool anywhere in the world. If you have international contacts, please use them to get us a pool outside the USA for a championship meet to include diving, synchronized, and speed swimming.

San Diego Keeps Beach for Nudes

SAN DIEGO (UPI) — The city council decided yesterday to ignore warnings of threatened "skinny-dip tours" to San Diego and voted to keep the only officially sanctioned nude beach in the United States.

But the council left the way open for possible revocation of its two-year experiment at Black's Beach by also calling for a beach survey that could lead to closure of the beach as unsafe to all users.

Data Lacking on What Effect 'The Pill' Has on Performance

Medical Tribune Report

CLEVELAND—Although many female athletes today are on oral contraceptives, there are no data on whether the medication benefits or hinders athletic performance or whether it may even present a health hazard in such patients, according to Dr. Lester Ballard, head of gynecology at the Cleveland Clinic.

"We need to find this out," he told a sports symposium there. "For the moment, however, all we can do is individualize and test each patient, to see if she is better on or off the pill. . . ."

"Theoretically, a high-progestin pill could help athletic performance, but it's difficult to make a definitive statement about this potential because there hasn't been any study."

Such a pill, he noted, can also help the girl athlete with "heavy periods, breast tenderness, and bloating" due to hyperestrinism.

Slight Risk Seen

As to whether the use of oral contraceptives might make the female athlete more susceptible to a cerebrovascular accident or phlebitis, Dr. Ballard said:

"I think there may be a slight risk, but again there's no good hard data on this. I do know that when we do gynecological elective surgery today because there is increased clotting, it's a good idea to have the girls off the pill for two or three months."

Dr. Ballard was one of several speakers, including a woman coach, who addressed themselves to questions of female physiology and its relationship to participation in sports.

"Today, with all the dieting that's going on, many girls need supplemental iron," Dr. McLaughlin said. "Taking the blood counts of the girls on our teams—they were a bit low, and just on that basis I'd recommend iron for about 75 per cent of them . . . not because they're athletes, but just for their general health."

Does menstruation itself have any effect on sports performance? According to Dr. Ballard, it does for the girl who suffers cramps, headache, and fluid retention, and whose symptoms a birth-control pill does not help to alle-

viate. Some girls, however, fell better able to compete during their menstrual periods, he noted.

"The perineal pads should be thrown away" by athletes and by other girls as well, he said. For those with heavy periods, he recommended the use of two tampons instead of one.

With regard to swimming during menstruation, he commented:

"There's no problem because the vagina does exclude water. Also, the blood from the endometrium is sterile, and the only thing the blood picks up along the way is the normal vaginal flora, which is similar to what is found in the nasopharynx. So there's no problem if the blood does escape into the water of the pool."

Judy Devine, field hockey and basketball coach at Kent State University, Kent, Ohio, said that special breast protectors, such as plastic brassieres,

do not seem warranted, even in the sports she coaches, with a fairly high degree of body contact.

"I have not found any incidence of breast contusion that amounts to anything at all," she reported.

She added that she has no rule on whether a girl may compete bra-less.

"I do have a couple of girls who compete bra-less, but one always wears a swimsuit under her uniform. It is uncomfortable to run without some kind of support, and I think they know this, so they either wear a bra or they buy a tight blouse."

'Thermostat' Set Higher

Dr. Thomas McLaughlin, team physician for women's sports at Case Western Reserve University, said that besides the obvious differences in size, strength, and body fat between males and females, there is also the temperature-regulation mechanism to consider. Since the hypothalamic "thermostat" is set higher in females, they would be at higher risk of heat stroke and heat exhaustion in any kind of mid-August practice in heavy protective clothing, such as male football players endure, he said.



A Nobel Aptitude for Teaching

About 11 years ago, having educated six Nobel Prize winners in his 41-year teaching career, Caltech physicist William R. Smythe decided it was time to get off his turf and do something with his life.

That was in 1964, when Dr. Smythe quit his classroom duties and the California Institute of Technology dubbed him professor emeritus, presumably retired.

Fat chance.

Dr. Smythe, 82, still drives down every day from his Sierra Madre home to his Caltech office, where he works on mathematical problems that may have applications in industry.

He also plays tennis and is an avid swimmer—so avid that he does at least 500 yards every day.

"I was hospitalized with pneumonia for 10 days last August," says Dr. Smythe, "and I'm just now getting back to my tennis. Until I was ill I was swimming 1,000 yards a day, but then I had to cut down to 500 a day. I'm working now to increase that back up to 1,000 yards daily. I figured it out a while ago—in the past 12 years I've swum about 1,600 miles."

With a self-deprecating grin he announces that he was the 1974 national AAU swim champion in the 100-yard

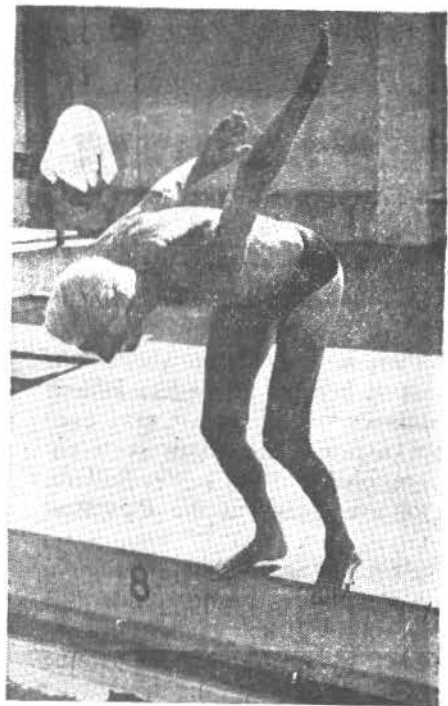
freestyle for men over 80. "Of course," he adds, "I apparently was the only contestant, too." Not that he mightn't have won anyway: his time was 2:40.5.

A tall, craggy-faced eagle of a man, Dr. Smythe takes obvious pride in what may be his greatest achievement—and perhaps another record as well: seeing six of his former students win the Nobel Prize, all but one in physics.

"This may be something of a record. I don't know," he offers. "At any rate, I'm very glad to see the work of my former students recognized."

The most recent honor was the 1975 Nobel Prize awarded Dr. L. James Rainwater, physicist at Columbia University, for his nuclear model.

Previous winners are Dr. Charles H. Townes of UC Berkeley in 1964 for his development of the maser-laser principle; Dr. Donald A. Glaser, UC Berkeley, in 1960 for his development of the bubble chamber; Dr. William Shockley of Stanford University in 1956 for his invention of the transistor; Dr. Edwin McMillan, UC Berkeley, in 1951 as co-discoverer of six radioactive elements, and Dr. Carl D. Anderson of Caltech in 1936 for his discovery of the positron (positive electron). Dr. McMillan's prize was in chemistry.



HAVIN' A FLING—Dr. William F. Smythe, 82, Caltech professor emeritus of physics, still goes to office, swims and plays tennis daily.
Times photo by Kathleen Ballard

Never Too Late to Get in Swim of Things

Rita Shepard not only doesn't mind admitting to all of almost 67 years, she can hardly wait to reach age 70.

Mrs. Shepard, you see, was 76 before she ever swam competitively, and won three national championships and was runner-up in two others the second time she ever entered a meet.

THAT WAS IN Santa Clara, Calif where she was matched against other women ages 65 through 69, and her performance earned her the first of two All-American designations.

"I figure that by the time I reach the next age group, I just might be able to beat them all," said Mrs. Shepard.

That's how it goes in Masters Swimming, a relatively new extension of the Amateur Athletic Union (AAU) age group competitive program which — until four years ago — was only for youngsters of pre-college age with an additional "open" division for those who aspired to national or international levels of competition.

MASTERS SWIMMING evolved from the casual efforts of a few former swimmers who either didn't care for tennis or jogging, or thought it might be fun and healthful to train and race again. Surprisingly to some, the idea caught on quickly all over the nation and competition is now available both locally and nationally for men and women in five-year age brackets from 25-29 through 80-over.

The first in a local monthly series of winter indoor meets for masters only is scheduled to start at noon Sunday in the Columbus Academy pool. Any AAU registered Master Swimmer is welcome.

Roy Stickney, 49, is one of the originators of Masters Swimming in Columbus, and was at the National AAU convention in New Orleans last week to bid for the 1976 Masters outdoor national championships.

STICKNEY, HIMSELF a Masters All-American for winning national titles in two breaststroke events (indoor and outdoor) this year, explained that Masters Swimming "is a little more casual than other forms" of competition.



SWIMMERS ROY STICKNEY, RITA SHEPARD, KEITH CROMPTON
In Competition at 49, 66 and 44. They Don't Mind Admitting Ages

"For example, I false-started four times in one 50-yard freestyle event, and the starter finally said to me, 'Look, one more and I'm going to have to disqualify you so we can get on with the meet.'"

Technically, only one false start is permitted in any swimming event.

STICKNEY ALSO said the local team of 11 active competitors age 25 and over "practices whenever we can find the time, and for as long as we want."

Mrs. Shepard is retired, but most other team members are professionals or self-employed, so they arrange their own schedules.

Mrs. Shepard, Stickney, a concrete contractor, and Dr. Keith Crompton, a 44-year-old dentist, practice for an hour most days at noon in the East Side YMCA pool.

STICKNEY SWAM for the University of Cincinnati and a Cincinnati amateur team more than 20 years ago. Crompton is a former member of the Bexley High School varsity. Other local Masters swam in college for Ohio State, Minnesota, Washington and for various high schools.

Not so Mrs. Shepard. She taught swimming for more than 30 years as a Red Cross Water Safety Instructor during her career as an office manager in Columbus. Her only daughter, now a resident of Washington D.C., suggested Masters swimming (something she and her husband both had joined) as Mrs. Shepard was about to retire in May of 1974.

"I quit working one month, started swimming the next. The Upper Arlington team let me work out with the 11-year-olds," said Mrs. Shepard, "so that I could learn the fundamentals of competition."

"NOW DON'T EXPECT a flash of fire when I jump in the pool, but I do go faster than most. I hold three national records — in the 100- and 200-yard backstroke, and the 200 freestyle.

"I swim about 1,250 yards a day, all in about an hour here at the Y."

"And I really will be 67 in January. When you swim with the Masters, you don't mind admitting it."



TOP — Raymond Lomax, former Asst. Dir. West Essex Y; Maxwell Vogt, retired Frosh coach of Princeton; Arthur Schoenheiten, Lawrenceville Swim Coach; Hendrik Van Oss, Princeton swim team of 1939; Fred G. Stickel, Jersey Masters president; George Schoenheiten, retired Lawrenceville Swim Coach.
BOTTOM — Harry Rawstrom, University of Delaware swim coach and his son Robert (taller one) both Masters swimmers.

Table of swimming meet results with columns for event names, names, and times. Includes categories like 100 yard Butterfly, 50 yard Breaststroke, 100 yard Individual Medley, etc. Also contains sections for CRANFORD COMMUNITY CENTER and 50 YARDS FREESTYLE.

MASTERS SWIMMING MEET
11-16-75 New Canaan, Ct.

WOMEN 25-29

50 YARD FREESTYLE
Christie Slinah :27.9
Clarissa Olmsted :32.6
Chris Coombs :33.1
Sharon Smith :33.9
Karen Curley :36.1
Regina Schutzer :48.7

100 YARD FREESTYLE
Christie Slinah 1:02.2
Clarissa Olmsted 1:12.4
Chris Coombs 1:16.1
Sharon Smith 1:16.5
Karen Curley 1:17.
Nancy Offenhausser 1:22.6

500 YARD FREESTYLE
Christie Slinah 6:32.6
Clarissa Olmsted 7:28.8
Nancy Offenhausser 8:12.3
Karen Curley 8:31.01

1650 YARD FREESTYLE
Clarissa Olmsted 27:18.

50 YARD BACKSTROKE
Carolyne Gatesy :35.0
Chris Coombs :45.3
Sharon Smith :47.8

100 YARD BACKSTROKE
Carolyne Gatesy 1:18.7
200 YARD BACKSTROKE
Nancy Offenhausser 3:19.4

50 YARD BREASTSTROKE
Christie Slinah :36.3

100 YARD BREASTSTROKE
Christie Slinah 1:18.4
Clarissa Olmsted 1:30.6
Nancy Offenhausser 2:01.7

200 YARD BREASTSTROKE
Clarissa Olmsted 3:21.5

100 YARD BUTTERFLY
Karen Curley 1:35.5

100 YARD IND. MEDLEY
Carolyne Gatesy 1:23.2
Chris Coombs 1:31.5

200 YARD IND. MEDLEY
Nancy Offenhausser 3:36.7

WOMEN 30-34

50 YARD FREESTYLE
Babs Sautter :33.3

100 YARD FREESTYLE
Pam Wilson 1:15.0
Babs Sautter 1:16.4
Pauline Tangway 1:24.4

500 YARD FREESTYLE
Jane Hardy 7:30.4
Pam Wilson 7:58.2
Babs Sautter 8:08.2

50 YARD BACKSTROKE
Elizabeth Atwood Metz :38.7
Jane Hardy :39.1
Pauline Tangway :45.5

100 YARD BACKSTROKE
Jane Hardy 1:19.5

200 YARD BACKSTROKE
Jane Hardy 2:56.9

50 YARD BREASTSTROKE
Pauline Tangway :49.8

100 YARD IND. MEDLEY
Jane Hardy 1:20.9

200 YARD IND. MEDLEY
Elizabeth Atwood Metz 2:55.46

400 YARD IND. MEDLEY
Elizabeth Atwood Metz 6:12.4

WOMEN 35-39

50 YARD FREESTYLE
Anne Hummel :35.3
Diane Bobnick :40.8
Sue Scutt :43.1

100 YARD FREESTYLE
Diane Bobnick 1:32.4
Sue Scutt 1:36.0

500 YARD FREESTYLE
Anne Hummel 8:13.1
Leanne Spletzer 8:25.5
Sue Scutt 10:02.

1650 YARD FREESTYLE
Anne Hummel 28:10.8
Leanne Spletzer 29:16.1

50 YARD BACKSTROKE
Diane Bobnick :46.0

50 YARD BREASTSTROKE
Leanne Spletzer :47.5

200 YARD BREASTSTROKE
Anne Hummel 3:37.0

100 YARD IND. MEDLEY
Leanne Spletzer 1:36.5

400 YARD IND. MEDLEY
Anne Hummel 7:09.5

WOMEN 40-44

500 YARD FREESTYLE
Judy Puleston 9:15.6
Rexene Ashford 10:02.7

1650 YARD FREESTYLE
Judy Puleston (1500 M) 32:24.02

50 YARD BREASTSTROKE
Rexene Ashford :47.6

100 YARD BREASTSTROKE
Rexene Ashford 1:47.6

200 YARD BREASTSTROKE
Rexene Ashford 3:55.0

WOMEN 50-54

500 YARD FREESTYLE
Nancy Phillips 8:22.
100 YARD BACKSTROKE
Nancy Phillips 1:42.0

100 YARD IND. MEDLEY
Nancy Phillips 1:46.2

WOMEN 55-59

50 YARD FREESTYLE
Jean Piarretti :32.0

50 YARD BACKSTROKE
Jean Piarretti :42.0

100 YARD BACKSTROKE
Jean Piarretti 1:34.2

100 YARD IND. MEDLEY
Jean Piarretti 1:35.3

400 YARD IND. MEDLEY
Jean Piarretti 7:52.9

WOMEN 60-64

50 YARD FREESTYLE
Helen Offenhausser :43.3
Mary Hoyt :46.0

100 YARD FREESTYLE
Mary Hoyt 1:48.2

500 YARD FREESTYLE
Helen Offenhausser 8:46.4

1650 YARD FREESTYLE
Helen Offenhausser 29:39.1

100 YARD BACKSTROKE
Helen Offenhausser 1:52.2

50 YARD BREASTSTROKE
Mary Hoyt 1:01.7

100 YARD BREASTSTROKE
Helen Offenhausser 2:16.3
Mary Hoyt 2:25.3

400 YARD IND. MEDLEY
Helen Offenhausser* 8:51.9

WOMEN 65-69

100 YARD FREESTYLE
Ervie Somers 2:03.5

500 YARD FREESTYLE
Ervie Somers 10:52.3

1650 YARD FREESTYLE
Ervie Somers 35:44.1

50 YARD BACKSTROKE
Ervie Somers 1:16.7

50 YARD BREASTSTROKE
Ervie Somers 2:24.8

100 YARD IND. MEDLEY
Ervie Somers 2:31.2

MEN 25-29

50 YARD FREESTYLE
Bill Sykes :26.0
Kenneth Cullen :28.5
Mike Victor :34.7

100 YARD FREESTYLE
Bill Sykes 1:00.2
Kenneth Cullen 1:09.4

500 YARD FREESTYLE
Bill Sykes 6:28.7

100 YARD BACKSTROKE
Gordon Gardiner 1:05.6

200 YARD BACKSTROKE
Larry Phippen 2:19.9

50 YARD BREASTSTROKE
Kenneth Cullen :36.6
Mike Victor :39.8

100 YARD BREASTSTROKE
Kenneth Cullen 1:20.1
Mike Victor 1:36.6

100 YARD IND. MEDLEY
Bill Sykes 1:11.4

MEN 30-34

50 YARD FREESTYLE
Simon Schutzer :31.7

100 YARD FREESTYLE
Terry Platt :57.0
David Kirby :57.9
Angelo Areochi 1:02.7
Sandy Thatcher 1:05.3

500 YARD FREESTYLE
Angelo Areochi 6:25.5

50 YARD BACKSTROKE
Jack Geoghegan :30.3

200 YARD BACKSTROKE
Sandy Thatcher 2:47.1

50 YARD BREASTSTROKE
Simon Schutzer :36.2

100 YARD BREASTSTROKE
Jack Geoghegan 1:14.6
Terry Platt 1:17.2
Sandy Thatcher 1:22.9
Simon Schutzer 1:24.4

200 YARD BREASTSTROKE
Terry Platt :27.1
David Kirby :29.6
Angelo Areochi :30.4

100 YARD BUTTERFLY
Mike Laux 1:02.8
David Kirby 1:05.6
Angelo Areochi 1:07.9

100 YARD IND. MEDLEY
Terry Platt 1:04.0
Daniel Davis 1:06.6
Simon Schutzer 1:19.0

200 YARD IND. MEDLEY
Jack Geoghegan 2:21.4
David Kirby 2:33
Sandy Thatcher 2:38.4

400 YARD IND. MEDLEY
Jack Geoghegan 5:08.1
Terry Platt 5:22
Sandy Thatcher 5:55.4

MEN 35-39

50 YARD FREESTYLE
Ron Hummel :33.8

100 YARD FREESTYLE
Michael Bushell 1:04.7
L. Abel 1.15
Ron Hummel 1:16.5

500 YARD FREESTYLE
Michael Bushell 6:58.4

50 YARD BREASTSTROKE
Ron Hummel 7:48.5

100 YARD BACKSTROKE
Lou Abel :34.4

200 YARD BACKSTROKE
Lou Abel 1:17.0

50 YARD BUTTERFLY
Ron Hummel 2:55.9

100 YARD BUTTERFLY
Ron Hummel :42.7

100 YARD IND. MEDLEY
Michael Bushell 1:11.9
Ron Hummel 1:35.9
Lou Abel 3:00.6

MEN 40-44

50 YARD FREESTYLE
Ham Milroy :26.8
Richard Ellis :28.5
Bill Christian :28.6
Jim Johnsen :28.7
Charlie White :29.0
Pickett Simpson :30.4
Crane DeCamp :33.1

100 YARD FREESTYLE
Ham Milroy 1:02.2
Bill Christian 1:04.0
Charlie White 1:05.5
Richard Ellis 1:06.0
Pickett Simpson 1:09.8
Crane DeCamp 1:17.8

500 YARD FREESTYLE
Jim Johnsen 6:41.2
Charlie White 7:22.1
Bill Christian 7:22.4

1650 YARD FREESTYLE
Bill Christian 26:12.2

50 YARD BACKSTROKE
Tom Christian :35.6
Bill Christian :38.8

100 YARD BACKSTROKE
Jim Johnsen 1:14.9
Bill Christian 1:17.6

200 YARD BACKSTROKE
Richard Ellis 3:29.0
Tony Rosa :37.4
100 YARD BREASTSTROKE
Tony Rosa 1:26.7
200 YARD BREASTSTROKE
Tony Rosa 3:22.6

50 YARD BUTTERFLY
Richard Ellis :33.9
Pickett Simpson :34.4
Charlie White :37.6
Thomas Ringrose :38.0

100 YARD BUTTERFLY
Pickett Simpson 1:21.9

100 YARD IND. MEDLEY
Jim Johnsen 1:10.6
Charlie White 1:17.9
Thomas Ringrose 1:24.0

200 YARD IND. MEDLEY
Ham Milroy 2:47.2
Pickett Simpson 2:57.7

MEN 45-49

100 YARD FREESTYLE
Len Goldstone 1:00.1
Frank Dooley 1:01.1

500 YARD FREESTYLE
Len Goldstone 6:32.6
Frank Dooley 6:51.6
Allen Jacobsen 7:06.7
F. Randall 7:38

50 YARD BACKSTROKE
Frank Dooley :36.7
F. Randall :44.0

100 YARD BACKSTROKE
F. Randall 1:42.8

50 YARD BREASTSTROKE
Jim Forbes :34.6
Milton Marks :38.5
F. Randall :45.7

100 YARD BREASTSTROKE
Jim Forbes 1:18.1
Allen Jacobsen 1:23.0
Milton Marks 1:28.4
F. Randall 1:48.1

200 YARD BREASTSTROKE
Jim Forbes 2:58.7

50 YARD BUTTERFLY
Allen Jacobsen :29.6
Len Goldstone :29.8

100 YARD BUTTERFLY
Allen Jacobsen 1:11.4
Al Stein 1:11.7

100 YARD IND. MEDLEY
Milton Marks 1:18.0

200 YARD IND. MEDLEY
Len Goldstone 2:36.1

400 YARD IND. MEDLEY
Len Goldstone 5:50.4

MEN 50-54

50 YARD FREESTYLE
Jim Edwards :30.1
Wayne Shadbolt :30.4
Elliott Scofield :30.8
Bill Varza :37.0

100 YARD FREESTYLE
Wayne Shadbolt 1:08.2
Elliott Scofield 1:09.6
Bill Varza 1:26.3

500 YARD FREESTYLE
Jim Edwards 6:40.6
Gene Rogers 7:10.0

Elliott Scofield 7:31.2
Bill Varza 8:56.0

50 YARD BACKSTROKE
Bill Rodenbach :35.9
Wayne Shadbolt :39.7

100 YARD BACKSTROKE
Bill Rodenbach 1:16.5
Jim Edwards 1:19.8
Gene Rogers 1:22.8

200 YARD BACKSTROKE
Bill Rodenbach 2:47.6
Jim Edwards 2:55.6
Gene Rogers 3:04.8

50 YARD BREASTSTROKE
Joseph Schejbal :43.8

100 YARD BREASTSTROKE
Joseph Schejbal 1:43.2

200 YARD BREASTSTROKE
Joseph Schejbal 4:08.6

50 YARD BUTTERFLY
Bill Varza :42.9

100 YARD IND. MEDLEY
Bill Rodenbach 1:18.8
Elliott Scofield 1:22.8
Bill Varza 1:43.2

MEN 55-59

50 YARD FREESTYLE
R. Guido :31.1
Harry Bartlett :31.4
Stan Pudell :39.8
Bernard Slavin :47.3

100 YARD FREESTYLE
Harry Bartlett 1:11.3
John Merrill 7:27.4
R. Guido 7:29.5
7:38.6

1650 YARD FREESTYLE
John Merrill 26:34.1

50 YARD BACKSTROKE
R. Guido :37.8
Stan Pudell :42.0

100 YARD BACKSTROKE
R. Guido 1:26.8

200 YARD BACKSTROKE
R. Guido 3:04.8

50 YARD BREASTSTROKE
Stan Pudell :39.4
Richard Close :46.0
Bernard Slavin :48.7

100 YARD BREASTSTROKE
Stan Pudell 1:31.7
Richard Close 1:42.8
Bernard Slavin 1:51.2

200 YARD BREASTSTROKE
Richard Close 4:00.4

MEN 60-64

50 YARD FREESTYLE
John Sautter :30.7

100 YARD FREESTYLE
John Sautter 1:11.8

500 YARD FREESTYLE
John Sautter 8:53.7

1650 YARD FREESTYLE
Louis Meyer 30:27.5

MEN 65-69

50 YARD FREESTYLE
James Kiernan :43.2
Henry Francis :43.9

100 YARD FREESTYLE
James Kiernan 1:43.8
Henry Francis 1:50

500 YARD FREESTYLE
James Kiernan 12:59.1

100 YARD BACKSTROKE
Lester Isenberg 1:48.5
Lester Isenberg 4:10.5

50 YARD BREASTSTROKE
Henry Francis 1:09.6

100 YARD BREASTSTROKE
Oscar Sigrist 1:43.0

100 YARD IND. MEDLEY
Oscar Sigrist 1:31.0

MEN 70-74

50 YARD FREESTYLE
David Evans :43.3

100 YARD FREESTYLE
Gus Langner 1:21.4
David Evans 1:53.9
Earl Lyon 2:03.0

500 YARD FREESTYLE
Gus Langner 7:50.4
Earl Lyon 12:04.6

1650 YARD FREESTYLE
Earl Lyon 45:07.8

50 YARD BACKSTROKE
Earl Lyon :59.4

100 YARD BACKSTROKE
Gus Langner (2:13.0) tie (2:13.0)
Earl Lyon :57.4
David Evans 1:02.2
Earl Lyon 2:41.6

200 YARD BREASTSTROKE
Gus Langner 4:36.1

200 YARD FREE RELAY
R. Ashford)
D. Bobnick) ACCG
K. Curley)
S. Smith)

WOMEN 55 & OVER

Boyt)
Offenhausser) Conn. 2:59.5
Pieretti) Masters
Somers)

MEN 25-34

A. Arrech)
D. Kirby) Conn. 1:49
T. Platt) Masters
B. Sykes)

MEN 35-44

Forbes)
Guido) Metropol. 2:03.2
Johnson) Masters
Rogers)

MEN 45-54

Goldstone)
Rodenbach) Conn. 1:58.4
Scofield) Masters
Shadbolt)
Dooley)
Jacobson) Conn. 2:02.2
Randall) Masters
Varza)

MEN 55 & OVER

G. Langner)
J. Merrill) Conn. 2:26.7
J. Sautter) Masters
B. Slavin)

MIXED 25-34

Davis)
Geoghan) Conn. 1:51
Slinah) Masters
Wilson)

MIXED 35-44

C. DeCamp)
A. Hummel) Conn. 2:20
R. Hummel) Masters
L. Spletzer)
200 YARD MEDLEY RELAY

WOMEN 25-34

Gatesy)
Offenhausser) Conn. 2:28
Olmsted) Masters
Sautter)

MEN 35-44

Forbes)
Guido) Metropol. 2:13.4
Johnson) Masters
Rogers)

UNION AQUATIC CLUB MASTERS
SUNY Binghamton, NY 11/22/75

WOMEN 25-29

50-yard Freestyle
1. Sharon Smith 29 33.7
2. Cathy Morse 25 39.0
3. Diane Benninger 26 43.7

100-yard Freestyle
1. Martha Gatchell 26 1:02.6
2. Sharon Smith 29 1:17.1
3. Sharon Smith 29 8:16.0

500-yard Freestyle
1. Sharon Smith 29 31.7
2. Diane Benninger 26 50.7
3. Cathy Morse 25 47.9
4. Diane Benninger 26 53.9
5. Cathy Morse 25 1:50.9

50-yard Butterfly
1. Martha Gatchell 26 32.8
2. Cathy Morse 25 52.2
3. Cathy Morse 25 1:11.4

WOMEN 30-34

500-yard Freestyle
1. Connie Clark 30 8:07.0
2. Cathy Morse 25 47.9
3. Cathy Morse 25 53.9
4. Cathy Morse 25 1:50.9
5. Cathy Morse 25 3:22.2

WOMEN 35-39

50-yard Freestyle
1. Alice Jones 37 30.2
2. Diane Bobnick 35 40.8
3. Alice Jones 37 1:10.4
4. Diane Bobnick 35 1:38.4
5. Alice Jones 37 44.5
6. Diane Bobnick 35 47.6
7. Alice Jones 37 1:43.9
8. Alice Jones 37 3:22.5

WOMEN 40-44

50-yard Freestyle
1. Ruth Lechner 62 51.4
2. Ruth Lechner 62 1:58.8
3. Ruth Lechner 62 11:51.5
4. Ruth Lechner 62 1:01.8

MEN 25-29		MEN 45-49		200 YD MEDLEY RELAY		100 YD FREESTYLE	
50-yard Freestyle		1:34.4	Bob White 48	2:26.52	Ryall Masters		Lynn Crossberry 1:18.57
1, John Bacon 26	23.6		Paul Girdes 48	2:26.72	Jelinek-Michel-Rounds-		Judy Puleston 1:38.31
200-yard Freestyle	2:23.4	50-yard Freestyle	49.4	2:27.95	Soderstrom	1:56.18	200 YD FREESTYLE
1, Richard Amira 26		1, John Lechner 66		2:33.30			Lynn Crossberry 2:19.55
500-yard Freestyle	5:41.6	100-yard Freestyle	1:59.1				Judy Puleston 3:22.14
1, John Bacon 26		1, John Lechner 66					500 YD FREESTYLE
50-yard Backstroke	28.1	200-yard Freestyle	4:56.4				8:24.74
1, Jim Perkins 25		1, John Lechner 66		1:01.68	Tosa Swim Club		Lynn Crossberry 8:47.04
100-yard Backstroke	1:06.3	500-yard Freestyle	13:25.0	1:04.81	White-Bauman-Rockwell-		Donna Edelbaum 9:12.43
1, John Bacon 26		1, John Lechner 66		1:24.70	Surles	2:04.50	Judy Puleston
200-yard Backstroke	2:42.1	50-yard Backstroke	1:04.0				50 YD BACKSTROKE
1, John Bacon 26		1, John Lechner 66					Joanne Reilly 43.44
50-yard Breaststroke	30.4	200-yard Freestyle Relay					Esther Lyman 57.68
1, Jim Perkins 25		MEN 25 and up					100 YD BACKSTROKE
2, Bob Benninger 25	37.0	1, Union Aquatic Club	1:51.3	2:30.72	NEW ENGLAND MASTERS		Esther Lyman 2:19.00
100-yard Breaststroke	1:22.8	(Benninger, White, Beech, Bacon)		6:38.45	HAL OUSSEIT MEMORIAL MEET		50 YD BREASTSTROKE
1, Bob Benninger 25				7:00.63	12-7-75, Medford, Mass.		Joanne Reilly 41.12
50-yard Butterfly	25.8						Donna Edelbaum 44.00
1, John Bacon 26							Joanne Field 45.90
2, Jim Perkins 25	26.3						Barbara Solomon 49.70
3, Richard Amira 26	30.8						Esther Lyman 54.50
100-yard Butterfly	1:09.8						100 YD BREASTSTROKE
1, Richard Amira 26							Joanne Reilly 1:35.54
100-yard Ind. Medley	1:01.4	RESULTS					Joanne Field 1:45.24
1, Jim Perkins 25	1:17.2	Wauwatosa, Wisconsin					Barbara Solomon 1:48.92
2, Bob Benninger 25		12/06/75 and 1/10/76					200 YD BACKSTROKE
200-yard Ind. Medley	2:43.3	25 Yd. Pool Sanction #75-69					Donna Edelbaum 3:42.76
1, Richard Amira 26							Joanne Field 3:50.12
							Esther Lyman 4:19.38
							100 YD BUTTERFLY
							Donna Edelbaum 1:39.84
							100 YD INDIVIDUAL MEDLEY
							Donna Edelbaum 1:32.18
							WOMEN 45-49
							100 YD FREESTYLE
							Joan McIntyre 4'NE 1:17.01
							200 YD FREESTYLE
							Joan McIntyre 2:59.36
							500 YD FREESTYLE
							Joan McIntyre 8:23.88
							50 YD BACKSTROKE
							Joan McIntyre 43.32
							100 YD BACKSTROKE
							Joan McIntyre 1:35.30
							WOMEN 50-54
							50 YD FREESTYLE
							Ann Page 5'NE 47.08
							Frances Brill 5'NE 55.30
							Charlotte Cavar 5'NE 1:54.65
							100 YD FREESTYLE
							Frances Brill 2:19.20
							50 YD BREASTSTROKE
							Ann Page 1:10.24
							WOMEN 55-59
							50 YD FREESTYLE
							Jean Baker 5'NE 52.14
							100 YD FREESTYLE
							Hortense Kelly 5'NE 1:59.85
							500 YD FREESTYLE
							Hortense Kelly 9:19.80
							50 YD BACKSTROKE
							Jean Baker 57.51
							100 YD BACKSTROKE
							Hortense Kelly 2:13.00
							200 YD BACKSTROKE
							Hortense Kelly 4:44.34
							50 YD BREASTSTROKE
							Jean Baker 55.40
							100 YD BREASTSTROKE
							Jean Baker 2:10.00
							50 YD FREESTYLE
							Doris Hogan 7'NE 59.47
							50 YD BACKSTROKE
							Doris Hogan 1:23.51
							50 YD BREASTSTROKE
							Doris Hogan 1:08.50
							WOMEN FREESTYLE RELAYS
							NE "A" Steucek, Johnson, Morse, Tendency 1:53.29
							20+
							NE "A" Silva, Craffey, Wiencke, Jannarone 2:11.99
							35+
							NE "A" Edelbaum, Field, Brown, McIntyre 2:35.39
							WOMEN MEDLEY RELAYS
							NE "A" Steucek, Johnson, Morse, Tendency 2:09.12
							35+
							NE "A" McIntyre, Fields, Brown, Edelbaum 2:47.40
							CORD FREESTYLE RELAYS
							25+
							NE "A" Clauson, Butler, Morse, Johnson 1:42.26
							NE "B" Nekton, Roop, Tendency, Steucek 1:45.88
							CONN Slimak, Baird, Geoghehan, Platt 1:46.00
							NE "C" Conway, Silva, Crooke, Lyndon 2:12.02
							35+
							CONN White, Moss, Viola, Reilly 2:11.00
							SC Crossberry, Solomon, Betscher, Bergman 2:26.20
							MEN 25-29
							50 YD FREESTYLE
							Larry Butler 2'NE 23.77
							Jon Roop 2'NE 25.34
							Bill Sykes 2'NE 26.74
							James Temple 2'NE 26.77
							Russell Ferris 2'NE 26.77
							WOMEN 40-44
							50 YD FREESTYLE
							Lynn Crossberry 4'3SC 35.13
							Joanne Reilly 4'NE 36.07
							Barbara Solomon 4'3SC 44.09
							Judy Puleston 4'NE 44.58
							Esther Lyman 4'NE 54.22

100 yd FREESTYLE
Larry Butler 50.74
Bob Clauson 27NE 56.30
Jon Roof 57.77
Russ Ferris 1:00.27
Bill Sykes 1:00.35
Richard Whitworth 25MEL 1:05.95
200 yd FREESTYLE
Russ Ferris 2:21.46
500 yd FREESTYLE
Larry Butler 5:14.00
Peter Larson 25NE 5:51.69
Bob Clauson 6:01.03
Bill Sykes 6:13.77
Russ Ferris 6:40.35
Peter Dunbar 25UN 7:00.78
100 yd BACKSTROKE
Peter Dunbar 1:15.20
50 yd BREAStroke
Dick Whitworth 33.70
Jim Temple 34.10
100 yd BUTTERFLY
Larry Butler 1:07.85
50 yd BUTTERFLY
James LaPointe 27CM 28.54
Jon Roof 29.76
100 yd BUTTERFLY
Peter Larson 1:02.16
Jim LaPointe 1:13.02
100 yd INDIVIDUAL MEDLEY
Larry Butler 57.36
Bob Clauson 1:07.25
Jim Temple 1:10.12
Peter Dunbar 1:10.81
Bill Sykes 1:12.52
Jon Roof 1:13.04
MEN 30-34
50 yd FREESTYLE
Dick Snyder 32NE 29.85
100 yd FREESTYLE
Jack Geoghegan 33CM 51.90
Terry Platt 32CM 57.03
500 yd FREESTYLE
Jack Geoghegan 5:46.20
Bruce Alexander 31UN 5:54.13
50 yd BACK STROKE
Mel Chaskin 36NE 33.70
50 yd BREAStroke
Dick Snyder 32.00
Jack Geoghegan 34.04
Mel Chaskin 34.60
100 yd BREAStroke
Dick Snyder 1:12.99
Terry Platt 1:16.30
Mel Chaskin 1:18.43
200 yd BREAStroke
Dick Snyder 2:42.86
50 yd BUTTERFLY
Terry Platt 27.60
Mel Chaskin 36.90
100 yd BUTTERFLY
Terry Platt 1:01.84
Dan Davis 33CM 1:17.12
200 yd INDIVIDUAL MEDLEY
Terry Platt 2:28.70
MEN 35-39
50 yd FREESTYLE
Trent Toensing 36NE 24.40
Amar Iathi 39UM 27.12
Ted Ricks 37NE 29.85
100 yd FREESTYLE
Roger Nekton 37NE 57.74
Trent Toensing 58.90
Amar Iathi 1:03.43
Peter Harrington 39NE 1:08.43
Ted Ricks 1:11.21
500 yd FREESTYLE
Roger Nekton 5:46.79
Bill Murray 38NE 6:26.84
Peter Harrington 7:51.47
Ted Ricks 8:13.59
50 yd BACKSTROKE
Trent Toensing 33.61
100 yd BACKSTROKE
Roger Nekton 1:09.80
Bill Murray 1:11.50
Trent Toensing 1:21.16
100 yd BREAStroke
Ted Ricks 1:28.06
50 yd BUTTERFLY
Bill Murray 29.76
100 yd BUTTERFLY
Roger Nekton 1:04.47
Bill Murray 1:05.0
Amar Iathi 1:11.15
200 yd BUTTERFLY
Bill Murray 2:34.23
100 yd INDIVIDUAL MEDLEY
Roger Nekton 1:05.14
Amar Iathi 1:10.84
MEN 40-44
50 yd FREESTYLE
Tom Lyndon 27.00
Ed Sorel 40UN 27.69
Chuck White 44CM 28.64
Richard Olum 40UN 28.83
Pickett Simpson 40UN 30.14
Tony Mosa 40CM 31.56
100 yd FREESTYLE
Tom Lyndon 1:01.19
Paul Blackhall 42NE 1:01.62
Chuck White 1:03.25
Ed Sorel 1:04.79
Dick Olum 1:04.90
Pickett Simpson 1:09.82
Chet Day 1:19.53

200 yd FREESTYLE
Tom Lyndon 2:24.50
Dick Olum 2:25.85
Ed Sorel 2:38.56
500 yd FREESTYLE
Ed Haber 42NE 6:24.89
Dick Olum 6:42.95
George Brunstad 41CM 6:47.42
200 yd BACKSTROKE
George Brunstad 36.15
Chet Day 39.19
100 yd BACKSTROKE
David Cook 40NE 1:11.68
50 yd BREAStroke
Tony Mosa 37.00
Chuck White 39.40
100 yd BREAStroke
Tony Mosa 1:25.20
Chet Day 40NE 2:04.25
50 yd BUTTERFLY
Tom Lyndon 32.52
George Brunstad 33.04
Ed Sorel 33.62
Chuck White 33.98
Pickett Simpson 34.38
100 yd BUTTERFLY
Pickett Simpson 1:21.47
100 yd INDIVIDUAL MEDLEY
George Brunstad 1:14.47
Chuck White 1:18.86
Pickett Simpson 1:20.35
Chet Day 1:36.29
200 yd INDIVIDUAL MEDLEY
George Brunstad 2:46.59
MEN 45-49
50 yd FREESTYLE
Francis Dooley 46CM 27.00
Ernie Hulne 47NE 28.70
100 yd FREESTYLE
Len Goldstone 46CM 59.92
Frank Dooley 1:00.99
Win Wilson 48NE 1:03.74
Ernie Hulne 1:04.36
Fred Bartlett 45NE 1:08.26
Arthur Crooke 45NE 1:09.77
200 yd FREESTYLE
Len Goldstone 2:15.66
Frank Dooley 2:22.01
Win Wilson 2:27.79
Ernie Hulne 2:29.72
500 yd FREESTYLE
Win Wilson 6:49.74
Fred Bartlett 7:01.33
Arthur Crooke 8:07.04
100 yd BACKSTROKE
Fred Bartlett 1:18.51
200 yd BACKSTROKE
Fred Bartlett 2:50.52
50 yd BUTTERFLY
Len Goldstone 30.03
100 yd BUTTERFLY
Arthur Crooke 1:35.90
100 yd INDIVIDUAL MEDLEY
Fred Bartlett 1:16.88
400 yd INDIVIDUAL MEDLEY
Len Goldstone 5:42.80
Arthur Crooke 7:46.10
MEN 50-54
50 yd FREESTYLE
Jim Edwards 52NE 29.82
Chuck McCarthy 50CM 31.38
John Holmes 50CM 31.83
Randall Betscher 52SC 36.14
Sidney Solomon 51SC 37.25
100 yd FREESTYLE
Jim Edwards 1:06.07
Sid Solomon 1:32.74
Patric Pinelli 51NE 1:38.84
200 yd FREESTYLE
Jim Edwards 2:30.89
500 yd FREESTYLE
Jim Edwards 6:47.69
50 yd BACKSTROKE
Bill Rodenbach 52CM 34.44
John Holmes 45.64
Bandy Betscher 45.98
100 yd BACKSTROKE
Bill Rodenbach 1:16.12
Jim Edwards 1:20.25
50 yd BREAStroke
Bill Rodenbach 39.00
Chuck McCarthy 40.50
100 yd BREAStroke
Rugh Flomenhoft 50NE 1:33.75
50 yd BUTTERFLY
Bill Rodenbach 35.66
Chuck McCarthy 38.60
Pat Finelli 52.87
100 yd BUTTERFLY
Chuck McCarthy 1:30.03
100 yd INDIVIDUAL MEDLEY
Bill Rodenbach 1:15.53
Rugh Flomenhoft 1:23.09
Pat Finelli 1:59.81
400 yd INDIVIDUAL MEDLEY
Pat Finelli 9:05.30
MEN 55-59
50 yd FREESTYLE
Bernard Bergman 55SC 31.57
100 yd FREESTYLE
Bill Ulrich 55NE 1:14.93
500 yd FREESTYLE
John Merrill 58CM 7:31.58
Alan Steeven 59NE 9:38.82
100 yd BACKSTROKE
Bill Ulrich 1:19.20
John Merrill 1:22.36

200 yd BACKSTROKE
John Merrill 2:56.99
Louis Antonellis 50NE 3:19.40
50 yd BUTTERFLY
Bill Ulrich 31.41
100 yd BUTTERFLY
Bill Ulrich 1:19.80
200 yd INDIVIDUAL MEDLEY
Bill Ulrich 2:57.58
400 yd INDIVIDUAL MEDLEY
Louis Antonellis 7:09.10
MEN 60-64
100 yd FREESTYLE
Larry Smith 63NE 1:30.52
50 yd BACKSTROKE
Larry Smith 33.41
MEN 65-69
50 yd FREESTYLE
E. JAMES Kierman 66CM 41.86
Abe Olanoff 65NE 1:29.43
James Kierman 1:45.80
200 yd FREESTYLE
James Kierman 3:53.39
500 yd FREESTYLE
Abe Olanoff 8:57.21
James Kierman 11:15.57
50 yd BREAStroke
Abe Olanoff 64.30
200 yd BREAStroke
Abe Olanoff 3:42.11
100 yd INDIVIDUAL MEDLEY
Abe Olanoff 1:49.15
MEN 70-79
50 yd FREESTYLE
Earl Lyon 70CM 49.36
100 yd FREESTYLE
G.H. Langner 72CM 1:20.93
Earl Lyon 2:03.62
200 yd FREESTYLE
G.H. Langner 3:00.62
500 yd FREESTYLE
G.H. LANGNER 8:01.42
50 yd BACKSTROKE
Earl Lyon 58.03
G.H. Langner 58.39
100 yd BACKSTROKE
Earl Lyon 2:08.00
50 yd BREAStroke
Earl Lyon 1:04.00
100 yd BREAStroke
G.H. Langner 2:09.68
MENS FREESTYLE RELAYS
25+
NE"A" Clauson, Butler, Roof, Chaskin 1:44.43
35+
NE"A" Murray, Lyndon, Cook, Flomenhoft 1:54.31
CONN Goldstone, Brunstad, White, Mosa 1:55.80
45+
NE"A" Edwards, Bartlett, Ulrich, Hulne 1:56.51
CONN McCarthy, Holmes, Dooley, Rodenbach 1:59.00
MEN MEDLEY RELAY
25+
NE"A" Butler, Chaskin, Roof, Clauson 1:55.79
45+
CONN Dooley, Holmes, McCarthy, Rodenbach 2:30.76
GOLD COAST MASTERS SWIM CLUB
Lake Worth, Florida
12/13/75
WOMEN 25-29
50 yd freestyle
J. Thompson 27 1:28.6
A. Brooks 25 1:29.9
M. Broken 26 1:30.6
100 yd freestyle
J. Menard 27 1:07.7
J. Thompson 27 1:09.1
200 yd freestyle
B. Santostefanos 2 2:20.9
J. Menard 27 2:32.7
50 yd backstroke
A. Brooks 25 1:36.5
Sharon Allen 27 1:36.8
M. Broken 26 1:37.4
100 yd backstroke
S. Allen 27 1:17.8
J. Menard 27 1:27.4
50 yd breaststroke
M. Broken 26 1:39.8
A. Brooks 25 1:41.5
50 yd butterfly
B. Santostefanos 25 1:31.7
100 yd butterfly
B. Santostefanos 25 1:09.0
J. Thompson 27 1:09.3
100 yd individual medley
N. Borken 26 1:17.1
J. Thompson 27 1:19.5
A. Brooks 25 1:20.0
S. Allen 27 1:21.2
J. Menard 27 1:21.8
200 yd individual medley
J. Menard 27 2:48.9

WOMEN 35-39
200 yd freestyle
M. Bergeron 35 2:43.5
100 yd backstroke
M. Bergeron 35 1:24.6
50 yd butterfly
M. Bergeron 35 1:31.7
200 yd individual medley
M. Bergeron 35 2:54.1
WOMEN 40-44
50 yd freestyle
S. Moore 40 1:42.1
100 yd freestyle
S. Moore 40 1:35.9
200 yd freestyle
A. McGuire 41 2:38.7
50 yd backstroke
S. Moore 40 1:46.7
A. McGuire 41 1:37.5
100 yd backstroke
A. McGuire 41 1:22.2
200 yd individual medley
A. McGuire 41 2:54.8
WOMEN 50-54
50 yd freestyle
J. Moffit 52 1:39.4
S. Borken 51 1:56.7
100 yd freestyle
J. Moffit 52 1:27.7
50 yd backstroke
J. Moffit 52 1:49.8
S. Borken 51 1:12.5
100 yd backstroke
J. Moffit 52 1:53.5
WOMEN 55-59
50 yd freestyle
E. Muntz 58 1:49.4
100 yd freestyle
E. Muntz 58 1:51.0
50 yd breaststroke
E. Muntz 58 1:54.7
MEN 25-29
100 yd freestyle
H. Ackerman 26 1:58.9
200 yd freestyle
J. Zeigler 29 2:20.7
50 yd backstroke
H. Ackerman 26 1:30.2
100 yd backstroke
H. Ackerman 26 1:05.9
50 yd breaststroke
J. Zeigler 29 1:33.0
D. Beutenmuller 28 1:34.7
100 yd breaststroke
J. Zeigler 29 1:11.4
50 yd butterfly
D. Beutenmuller 28 1:27.4
100 yd butterfly
J. Zeigler 29 1:07.7
100 yd individual medley
D. Beutenmuller 28 1:06.9
200 yd individual medley
J. Zeigler 29 2:29.1
D. Beutenmuller 28 2:46.1
MEN 30-34
200 yd freestyle
G. DeLong 32 2:08.0
100 yd breaststroke
G. DeLong 32 1:11.4
100 yd butterfly
G. DeLong 32 1:59.8
100 yd individual medley
G. DeLong 32 1:04.9
200 yd individual medley
G. DeLong 32 2:20.7
MEN 35-39
50 yd freestyle
D. Short 39 1:27.0
R. Foster 37 1:27.5
100 yd freestyle
R. Foster 37 1:59.3
D. Short 39 1:59.4
200 yd freestyle
D. Short 39 2:11.0
R. Foster 37 2:18.8
100 yd breaststroke
D. Short 39 1:15.4
MEN 40-44
50 yd freestyle
G. Rosser 42 1:24.6
B. Atwater 42 1:27.5
C. Kohnken 44 1:28.5
100 yd freestyle
G. Rosser 42 1:55.8
200 yd freestyle
G. Rosser 42 2:11.0
C. Kohnken 44 2:26.6
50 yd backstroke
S. Weiss 41 1:37.7
100 yd backstroke
S. Weiss 41 1:23.1
50 yd breaststroke
D. Cole 40 1:32.7
50 yd butterfly
G. Rosser 42 1:27.4
H. Kern 43 1:29.5
D. Cole 40 1:31.2
100 yd individual medley
D. Cole 40 1:05.4
H. Kern 43 1:06.8

200 yard individual medley
H. Kern 43 2:34.0
MEN 45-49
50 yd freestyle
S. Holmes 46 1:28.1
100 yd freestyle
S. Holmes 46 1:11.9
200 yd freestyle
S. Holmes 46 2:44.6
50 yd backstroke
J. Holland 46 1:39.9
100 yd backstroke
J. Holland 46 1:25.0
50 yd breaststroke
J. Schaefer 46 1:38.5
100 yd breaststroke
J. Schaefer 46 1:24.7
50 yd butterfly
S. Holmes 46 1:30.6
100 yd butterfly
S. Holmes 46 1:34.9
100 yd individual medley
J. Schaefer 46 1:20.8
200 yd individual medley
J. Schaefer 46 2:59.4
MEN 50-54
50 yd freestyle
L.W. Moffit 51 1:27.3
R. Ringel 52 1:27.7
W.S. Jardine 52 1:29.3
100 yd freestyle
R. Ringel 52 1:04.9
200 yd freestyle
R. Ringel 52 2:29.0
50 yd backstroke
L.W. Moffit 51 1:33.0
R. Ringel 52 1:37.2
100 yd backstroke
L.W. Moffit 51 1:18.4
R. Ringel 52 1:25.6
50 yd butterfly
W.S. Jardine 52 1:32.1
100 yd butterfly
W.S. Jardine 52 1:20.5
MEN 55-59
200 yd freestyle
R. Mullane 59 3:00.6
100 yd individual medley
R. Mullane 59 1:35.8
200 yd individual medley
R. Mullane 59 3:29.9
MEN 60-64
100 yd freestyle
G. Silvera 62 1:11.8
200 yd freestyle
G. Silvera 62 2:48.8
50 yd backstroke
G. Silvera 62 1:39.5
100 yd backstroke
G. Silvera 62 1:27.6
50 yd breaststroke
C. Straus 63 1:42.6
100 yd breaststroke
C. Straus 63 1:36.1
50 yd butterfly
C. Straus 63 1:41.0
100 yd individual medley
G. Silvera 62 1:25.6
MEN 65-69
50 yd freestyle
S. Loeffler 69 1:48.2
50 yd backstroke
S. Loeffler 69 1:54.5
100 yd backstroke
S. Loeffler 69 2:04.2
50 yd breaststroke
G. Muntz 66 1:39.0
B. Share 66 1:39.6
S. Loeffler 69 2:04.7
MEN 70-79
50 yd freestyle
F. Babenderde 70 1:50.1
100 yd freestyle
F. Babenderde 70 2:04.2
50 yd backstroke
F. Babenderde 70 1:11.6
50 yd breaststroke
F. Babenderde 70 1:06.4
MEN 25 & over
200 yd medley relay
GOLD COAST MASTERS
Ackerman, Zeigler, Beutenmuller, Atwater
MEN 35 & over
200 yd medley relay
GOLD COAST MASTERS
Cole, Short, Kern, Rosser
MEN 45 & over
200 yd medley relay
GOLD COAST MASTERS
Holland, Ringel, Jardine, Muntz

50 yd. Breaststroke
H. Barr 66 46.50
100 yd. Breaststroke
H. Barr 66 1:46.54
200 yd. Breaststroke
H. Barr 66 4:01.86
Men 70-79
50 yd. Freestyle
G. Langner 72 37.80
H. Francis 70 44.20
D. Evans 73 46.59
A. Danielsson 73 47.49
E. Lyon 75 50.80
100 yd. Freestyle
H. Francis 70 1:46.50
D. Evans 73 1:53.46
A. Danielsson 73 1:55.99
E. Lyon 75 2:03.32
200 yd. Freestyle
G. Langner 72 3:00.23
500 yd. Freestyle
G. Langner 72 8:03.89
50 yd. Backstroke
H. Francis 70 53.57
E. Lyon 75 1:02.20
B. Evans 73 1:05.50
100 yd. Backstroke
E. Lyon 75 2:11.77
200 yd. Backstroke
G. Langner 72 5:26.26
50 yd. Breaststroke
A. Danielsson 73 48.76
D. Evans 73 1:00.71
H. Francis 70 1:05.06
E. Lyon 75 1:10.10
100 yd. Breaststroke
A. Danielsson 73 1:58.22
200 yd. Breaststroke
A. Danielsson 73 4:26.62
50 yd. Butterfly
H. Francis 70 57.00
100 yd. Individual Medley
G. Langner 72 2:04.10
Women Free Relay
Metro Masters 2:08.60
Women Medley Relay
Metro Masters 2:16.77
Conn. Masters (Gatsey, Olmsted, Slimak, Baird) 2:16.77
Metro Masters (Atwood-Metz, Katz, Murphy, Costello) 2:21.70
Conn. Masters (Hardy, Maine, Wilson, Coombs) 2:31.70
45+
Conn. Masters (Kelly, Phillips, Offenhauser, Pieretti) 3:35.90
Men Free Relay
25+
NYAC (Lawler, Quinn) 1:34.66
(Hintlian, Dyrwyple)
Metro Masters (McEntee, Santiago, Janoska, PSantiago) 1:41.27
85+
NYAC (Ellis, Zwirn, Gallagher, Bender) 1:44.31
Metro Masters (Kuring Meyer, Dawson, Jonston) 1:52.70
45+
Metro Masters (Forbes, McWilliams, Brennan, Herbst) 2:21.80
55+
Metro Masters (Cronin, Guido, Binder, Barr) 2:27.15
65+
Conn. Masters (Langner, Francis, Kiarnan, Lyons) 2:57.08
Men Medley Relay
25+
NYAC (Hintlian, Lawler, Dyrwyple, Quinn) 1:50.85
Metro Masters (P. Santiago, Schwenker, Janoska, Weiss) 1:57.93
Metro Masters (Kelly, Amira, McEntee, W. Santiago) 2:02.60
35+
Metro Masters (Mayer, Forbes, Kurtin, Johnston) 1:56.32
NYAC (Rooney, Zwirn) 1:58.33
(Bender, Gallagher)
Conn. Masters (Siebold, Lincoln, Sikes, Coykendall) 2:12.21
Jersey Masters (Sanborn, Abel, Sullivan, Warner) 2:19.57
45+
Conn. Masters (Rhodanbach, Nebelung, Goldstone, Dooley) 2:01.39
Metro Masters (Dawson, Herbst, McWilliams, Brennan) 2:29.90
Conn. Masters (Christian, Varga, McCarthy, Shadbolt) disq. 2:25.50

55+
Metro Masters (Guido, Barr, Cronin, Binder) 2:37.90
65+
Conn. Masters (Lyons, Evans, Langner, Kiarnan) 3:54.40
Mixed Free Relay
Metro Masters (Katz, Murphy, Janoska, Amira) 1:54.27
35+
Metro Masters (Mayer, Kurtin, Quinn, Costello) 2:06.08
55+
Conn. Masters (Herrill, Pudell, Offenhauser, Pieretti) 2:32.21
Southern Ohio Masters SC Meet
Columbus Academy - December 14, 1975
JOMEN 25-29
50 yd Freestyle
G. Drake 26 29.03
500 yd Freestyle
G. Drake 26 6:21.58
50 yd Breaststroke
G. Drake 26 33.94
100 yd Breaststroke
G. Drake 26 1:23.69
200 yd Breaststroke
G. Drake 26 2:55.20
100 yd Ind. Medley
G. Drake 26 1:14.99
Jomen 30-34
50 yd Freestyle
C. McCullough 33 27.00
50 yd Backstroke
C. McCullough 33 29.47
100 yd Backstroke
C. McCullough 33 1:09.12
50 yd Breaststroke
C. McCullough 33 37.47
Jomen 40-44
50 yd Freestyle
J. Bruner 41 29.78
50 yd Backstroke
J. Bruner 41 37.22
100 yd Ind. Medley
J. Bruner 41 1:21.39
Jomen 50-54
50 yd Freestyle
P. Greeham 54 55.09
100 yd Freestyle
P. Greeham 54 2:08.35
50 yd Backstroke
P. Greeham 54 1:07.96
50 yd Breaststroke
P. Greeham 54 1:15.73
Jomen 55-59
100 yd Freestyle
R. Shephard 66 1:46.59
200 yd Freestyle
R. Shephard 66 3:58.20
100 yd Backstroke
R. Shephard 66 2:11.00
Men 25-29
50 yd Freestyle
J. Vogt 23 24.37
M. Chedekel 27 26.85
M. Schneiderlochner 25 29.32
100 yd Freestyle
M. Schneiderlochner 25 1:03.46
200 yd Freestyle
M. Chedekel 27 2:18.00
M. Schneiderlochner 25 2:20.56
M. Schneiderlochner 25 5:58.34
J. Shea 26 6:18.49
50 yd Backstroke
M. Schneiderlochner 25 34.98
100 yd Backstroke
M. Schneiderlochner 25 1:17.33
M. Schneiderlochner 25 2:41.17
200 yd Backstroke
E. Jurrus 29 1:20.51
500 yd Breaststroke
E. Jurrus 29 2:55.30
J. Shea 26 27.06
J. Shea 26 30.22
M. Schneiderlochner 25 30.60
100 yd Butterfly
M. Schneiderlochner 25 1:07.28
J. Shea 26 1:10.00
100 yd Ind. Medley
J. Vogt 23 1:05.26
Men 30-34
50 yd Freestyle
R. Bauchard 31 23.58
D. Perez 33 25.90
M. Vogt 32 27.00
100 yd Freestyle
R. Bauchard 31 54.23
M. Vogt 32 1:06.30
D. Perez 33 1:13.07

200 yd Freestyle
R. Bauchard 31 2:08.00
500 yd Freestyle
R. Bauchard 31 6:11.30
50 yd Butterfly
R. Bauchard 31 27.26
D. Perez 33 34.83
Men 35-39
50 yd Freestyle
L. Bettis 37 25.58
L. Bettis 37 28.50
D. Ebner 35 30.53
100 yd Freestyle
L. Bettis 37 1:03.43
D. Ebner 35 1:08.66
500 yd Freestyle
L. Anderson 35 6:32.51
50 yd Backstroke
L. Bettis 37 35.50
100 yd Backstroke
L. Anderson 33 1:11.95
50 yd Breaststroke
L. Anderson 33 33.18
50 yd Butterfly
W. Timken, Jr. 36 23.28
D. Ebner 35 34.47
100 yd Butterfly
W. Timken, Jr. 36 1:04.12
100 yd Ind. Medley
W. Timken, Jr. 36 1:07.51
Men 40-44
50 yd Freestyle
Kelth Crompton 44 27.80
R. Walker 42 30.00
100 yd Freestyle
K. Crompton 44 1:03.31
R. Walker 42 1:05.28
50 yd Breaststroke
R. Walker 42 6:55.12
K. Crompton 44 7:17.16
Men 45-49
50 yd Freestyle
R. Stickney 49 25.51
J. Sherrad 45 27.30
L. Berke 46 27.57
H. Kling 43 40.84
100 yd Freestyle
J. Sherrad 45 1:02.65
B. Anson 49 1:13.97
W. Loe 48 1:21.36
200 yd Freestyle
J. Sherrad 45 2:37.28
B. Anson 49 2:50.32
J. Loe 48 3:10.69
500 yd Freestyle
B. Anson 49 7:39.20
50 yd Breaststroke
H. Kling 43 41.56
R. Stickney 49 1:12.52
H. Kling 43 1:34.43
200 yd Breaststroke
R. Stickney 49 2:49.30
50 yd Butterfly
H. Fox 46 30.70
L. Berke 46 35.76
B. Anson 49 44.26
100 yd Butterfly
H. Fox 46 1:13.82
100 yd Ind. Medley
H. Fox 46 1:13.99
L. Berke 43 1:23.26
200 yd Ind. Medley
R. Stickney 49 2:40.37
Men 50-54
50 yd Freestyle
J. Woods 52 26.75
T. Florence 54 27.10
J. Florence 53 27.20
R. Avery 52 27.70
H. Small 51 28.09
D. Greeham 54 2:12.72
J. Kellar 50 32.14
M. McKenzie 59 32.80
100 yd Freestyle
J. Woods 52 1:01.76
J. Florence 53 1:04.35
D. Greeham 54 1:07.02
H. Small 51 1:24.61
200 yd Freestyle
J. Woods 52 2:20.71
D. Greeham 54 2:41.60
500 yd Freestyle
R. Avery 52 8:16.10
50 yd Backstroke
R. Avery 52 32.81
A. Campbell 53 33.23
100 yd Backstroke
A. Campbell 53 1:14.20
200 yd Backstroke
A. Campbell 53 2:54.21
R. Lagaly 53 3:02.11
R. Avery 52 3:24.64
50 yd Breaststroke
T. Cloyce 54 36.30
J. Woods 52 37.77
100 yd Breaststroke
T. Cloyce 54 1:22.51
200 yd Breaststroke
T. Cloyce 54 3:09.70
R. Lagaly 53 3:26.40
50 yd Butterfly
J. Woods 52 30.54

100 yd Ind. Medley
R. Lagaly 53 1:18.52
D. Greeham 54 1:27.99
200 yd Ind. Medley
J. Woods 52 2:41.71
D. Greeham 54 3:15.72
Men 55-59
100 yd Freestyle
M. McKenzie 59 1:22.89
100 yd Ind. Medley
M. McKenzie 59 1:52.32
Men 60-64
200 yd Freestyle
M. Tamer 64 3:09.61
500 yd Freestyle
J. Donovan 61 8:59.85
M. Tamer 64 9:00.30
200 yd Backstroke
M. Tamer 64 3:43.87
50 yd Breaststroke
J. Donovan 61 44.94
100 yd Breaststroke
J. Donovan 61 1:39.89
50 yd Butterfly
J. Donovan 61 45.80
SOUTHERN OHIO AAU MASTER'S MEET
Columbus Academy Pool - Columbus
January 11, 1976
Jomen 40-44
50 yd Freestyle
Elfi Christian, 42 37.64
100 yd Freestyle
Betty Smith, 44 1:28.40
50 yd Backstroke
Betty Smith, 44 45.94
200 yd Backstroke
Betty Smith, 44 3:49.80
50 yd Breaststroke
Elfi Christian, 42 44.18
100 yd Breaststroke
Elfi Christian, 42 1:37.00
Jomen 45-49
50 yd Freestyle
Phyllis Ferguson, 47 52.15
50 yd Backstroke
Phyllis Ferguson, 47 55.49
50 yd Breaststroke
Phyllis Ferguson, 47 1:15.89
Jomen 50-54
50 yd Freestyle
Peg Greeham, 54 52.58
50 yd Backstroke
Peg Greeham, 54 1:03.27
Peg Greeham, 54 1:09.44
Jomen 55-59
100 yd Freestyle
Rita Shephard, 66 1:47.28
50 yd Backstroke
Rita Shephard, 66 57.38
100 yd Backstroke
Rita Shephard, 66 2:14.16
200 yd Backstroke
Rita Shephard, 66 4:29.55
Men 25-29
100 yd Freestyle
John Shea, 26 2:14.80
Dean Myers, 25 2:29.36
50 yd Freestyle
John Shea, 26 6:18.39
50 yd Breaststroke
Jim Haas, 27 33.50
100 yd Breaststroke
Jim Haas, 27 1:15.27
200 yd Breaststroke
Eric Jurrus, 29 2:57.08
50 yd Butterfly
Dean Myers, 25 31.47
200 yd Individual Med
Dean Myers, 25 2:42.14
Men 30-34
50 yd Freestyle
Tom Kinsley, 30 25.80
Mark Vogt, 32 26.57
David Perez, 33 26.77
Jerry Barnes, 33 27.48
100 yd Freestyle
Mark Vogt, 32 1:03.68
Jesse Danaby, 33 1:07.03
David Perez, 33 1:08.33
500 yd Freestyle
Tom Kinsley, 30 7:11.33
50 yd Breaststroke
Jerry Barnes, 33 37.52
David Perez, 33 48.66
100 yd Breaststroke
Eric Jurrus, 30 1:20.54
David Perez, 33 1:48.30
50 yd Butterfly
Tom Kinsley, 30 27.40
Jesse Danaby, 33 33.05
100 yd Butterfly
Tom Kinsley, 30 1:04.06
100 yd Individual Med
Jerry Barnes, 33 1:11.97
David Perez, 33 1:31.94
Men 35-39
50 yd Freestyle
Joe Henry, 39 25.94
John Medici, 39 26.86
Lee Bettis, 37 29.35
Ed Heid, 39 29.61
Ray Niemi, 36 30.39
Dave Ebner, 35 30.61

100 yd Freestyle
Joe Henry, 39 57.60
Ed Heid, 39 1:09.27
Ray Niemi, 36 1:09.36
Dave Ebner, 35 1:11.85
Ben Buckner, 37 1:33.19
200 yd Freestyle
Larry Anderson, 38 2:13.85
Lee Bettis, 37 2:37.37
Dave Ebner, 35 2:46.16
500 yd Freestyle
Joe Henry, 39 6:07.50
Dave Ebner, 35 7:48.39
Ben Buckner, 37 9:14.87
50 yd Backstroke
John Medici, 39 33.99
Ed Heid, 39 38.45
Ray Niemi, 36 40.41
Lee Bettis, 37 41.11
100 yd Breaststroke
John Medici, 39 1:14.47
Ray Niemi, 36 1:31.73
200 yd Breaststroke
Larry Anderson, 38 2:42.27
50 yd Butterfly
Joe Henry, 39 28.70
Dave Ebner, 35 35.19
100 yd Individual Med
John Medici, 39 1:09.36
200 yd Individual Med
Larry Anderson, 38 2:31.36
Men 40-45
50 yd Freestyle
Yoshi Oyakawa, 42 26.23
Robert F. Walker, 42 28.72
100 yd Freestyle
Robert F. Walker, 42 1:03.87
200 yd Freestyle
Robert F. Walker, 42 2:26.03
100 yd Individual Med
Yoshi Oyakawa, 42 1:09.43
50 yd Freestyle
Roy Stickney, 49 26.13
Jim Sherrad, 45 27.41
100 yd Freestyle
Jim Sherrad, 45 1:03.44
200 yd Freestyle
Harry Fox, 46 2:27.24
500 yd Freestyle
David Staley, 45 7:28.45
Bruce Blachoff, 49 8:38.88
50 yd Backstroke
Nick Kakos, 45 37.90
Jim Sherrad, 45 39.89
100 yd Backstroke
Dave Staley, 45 1:22.30
Nick Kakos, 45 1:25.50
200 yd Backstroke
Nick Kakos, 45 3:13.24
Jim Sherrad, 45 3:23.73
50 yd Breaststroke
Harry Fox, 46 34.94
100 yd Breaststroke
Roy Stickney, 49 1:11.93
200 yd Breaststroke
Dave Staley, 45 3:08.03
50 yd Butterfly
Harry Fox, 46 30.53
100 yd Individual Med
Roy Stickney, 49 1:07.86
Jim Sherrad, 45 1:23.12
200 yd Individual Med
Roy Stickney, 49 2:42.71
Men 50-54
50 yd Freestyle
Jack Florance, 53 26.91
Roy Lagaly, 53 31.22
100 yd Freestyle
Jack Florance, 53 1:05.13
Barton Anson, 50 1:13.96
200 yd Freestyle
Barton Anson, 50 2:48.50
Lazlo Ruzsa, 51 3:19.73
500 yd Freestyle
Barton Anson, 50 7:45.26
Lazlo Ruzsa, 51 9:54.44
50 yd Backstroke
Roy Lagaly, 53 37.69
50 yd Breaststroke
Roy Lagaly, 53 41.56
Don Greeham, 54 41.69
Jack Florance, 53 42.52
100 yd Breaststroke
Tom Cloyce, 54 1:21.62
Rich Wolfe, 54 1:34.52
50 yd Butterfly
Tom Cloyce, 54 33.39
Don Greeham, 54 36.09
Roy Lagaly, 53 40.62
Barton Anson, 50 41.25
Lazlo Ruzsa, 51 53.60
100 yd Butterfly
Don Greeham, 54 1:27.35
Lazlo Ruzsa, 51 2:08.64
100 yd Individual Med
Tom Cloyce, 54 1:14.59
Rich Wolfe, 54 1:24.22
Lazlo Ruzsa, 51 2:12.87
200 yd Individual med
Don Greeham, 54 3:10.99
Lazlo Ruzsa, 51 4:55.29

MASTERS SWIMMING NOTES

1976 LONG COURSE NATIONALS - Well, the notice was sent from the National Office on changing the dates of the LC meet from AUG 20-22 to AUG 27-29 due to the conflict with the National Junior Olympic Meet but the voting card was not included. To date, six members of the National Masters Swimming Committee have written of their approval to change the date. Upon receiving my notice without the card I immediately called Lynn Jamison, Aquatics Administrator and asked what happened. They just forgot the card. He assured me that he would send the card but as of 2-6-76 the card has not yet been mailed. When you do get your card, please return them at once.....

PUBLICITY - Sports Illustrated needs our help! They would like to help publicize Masters Swimming. So if you set a National Record, or win a lot of events in a meet, please send the material to Melissa Ludtke, Sports Illustrated, Time-Life Building, Rockefeller Center, N.Y., NY 10020....

REFLECTIONS ON MEETS - It seems that Dick Mesirov hit a few nerves in his article on meets. Some of the older swimmers feel that they swim faster breaststroke than crawl stroke. This might well be, as I have not checked the times. One such swimmer wrote, "I feel very belittled that Dick would not consider me a true competitor. I felt that the article was directed to me personally, as I do swim Breaststroke and even Sidestroke in Freestyle events. I swim these events faster than I swim crawl stroke. I cannot see why I, or anyone like me, should be penalized and not be allowed to swim in Freestyle events. I would like to know where Dick Mesirov received the authority to decide what the time standards for the 1500 M and 1650 Yd Freestyle events should be." Well, I am sure that Dick had no certain person in mind but was just trying to make a few observations on how to improve our meets. He did not set any time standards for the 1500/1650 but just suggested some.....

SPA GOSSIP COLUMN - Don Rankin wrote to me that when he was in New Jersey in August and September he was able to work our 6 days a week with the New Jersey Masters at Princeton. If anyone is in the area and wants to work out with a great group of people, call Tink Bolster at (609) 942-4222. Ken Krueger wrote: "I spent the summer traveling through Europe working (not swimming) with various coaches and national swimming teams in France, Switzerland, Belgium and Ireland. I was also talked into swimming in a small three nation meet (Germany, France, Switzerland) in France, making it a 4 nation meet. Luckily it was a 'minor' meet. I hadn't trained during the summer. They mentioned that I was an ex-American champion before my race. Thus all of the other backstrokers were looking at me. I could have never beaten them without strategy. I went out very slowly last at the 50, I went into and out of the turn hard (I was last at the turn) and sprinted 25 meters, psyching them out and winning easily. We had a banquet after the meet where I was presented with a trophy. It was all very nice. Plus I was given free tickets to see Count Basie at the casino in Evian that night."...Pedro Garcia now lives in Ecuador and writes that he has finally organized the first Ecuadorian Masters Championships held in October, 1975. As of September 28 he had over 100 entries. The Peruvian Masters plan on going to Ecuador in December for the first South American Masters Meet, and they are planning the South American Championships for 1976.....

LOG AND GUIDE - A new booklet available for Masters Swimmers is a "Masters Swimmers Log and Guide" with 80 pages. It will be selling for \$3.00 plus postage. Dr. Paul Hutinger states, "I feel keeping a log has helped my training and performance and it could help others." For more information write to Paul at 815 N. Charles, Macomb, IL 61455.....

O*H*1*0 MASTERS - June 22 through July 9 is the time the US Olympic Team is to be training at the Branin Natatorium in Canton, Ohio. The Masters group is organizing taxi ser-

vice, direcots, drivers and opening thier homes for the accommodation of people. This is just one of the many ways in which Masters Swimmers help swimming!.....
WARM-UP - Inadequate warm-up before a meet results in pul-
led muscles, spasms from the toxic effect of lactic acid in the system and a lack of oxygen. 800 yards is the minimum warm-up required to force the oxygen out to the muscle extremities. This info from Bill Burrell of Michigan Masters.....

DEAR SWIM-MASTER: - While reading the New Year issue of Swim-Master, I noticed Dr. Wm. Haskell's article 'Effect on Athlete of Sex the Day of a Game'. Believing it to be a subject worth looking into, I carefully read down the page. It appeared to be a scientific analysis. And then came the third paragraph, which I must say, sent me into a rage of laughter (no, not adolescent giggling!) Here is that excerpt: "Peak expenditure of energy during coitus is approximately four to six times resting or six to eight kilo-calories per minute. Most athletes have an aerobic capacity at least two or three times this level. Also this peak energy expenditure does not last for more than a minute or two. It is well established that conditioned athletes rapidly recover from even a maximum physical exertion of short duration." Now really Dr. Haskell, only a minute or two? Surely, the athlete has a certain advantage by not tiring quickly. With a small amount of self-control, all of those training hours can hopefully be put to good use "off the field" as well. If this is true then I feel that Dr. Haskell's theory may only work well on paper.....

HIGH BLOOD PRESSURE - I just heard about a Canton man who went blind from high blood pressure. He lost his sight in two nights while in bed asleep. Aging makes us swim slower as we all know. It seems to me that each swimmer should watch his or her own time and swim only to better personal times with some desire to reach the top ten times at some point. No matter how close each one should come to the top ten times the valuable lessons to be gained from losing to another opponent always make us better people. How to lose gracefully and take your loss with the same attitude as winning is a desirable goal. Masters swimming is not a matter of winning and losing. Masters is devoted to personal health and fitness with the competitive aspect as icing on the cake. I have observed evidence among our team members that unless a race is won, there is reluctance to enter the event. This is a disease that must be attacked directly head-on--and stopped dead in its tracks. Watching your times for each stroke you are able to swim in individual performance with hope for improvement. I'd like to see more of this attitude and would be delighted to hear about your results. Keep fit so you will not be a victim of high pressure blindness, or, be involved in an auto accident that could have been avoided if your reaction time was improved from better conditioning. I have noticed that during the icy weather this year I have yet to slip and fall. I have no idea how many broken arms have been prevented from being able to react faster resulting from improved physical conditioning. Each of you should give this some serious thought as you grow older. I doubt that there are many people in the masters program who enjoy poor health and being waited upon in old age. (O*H*1*0 Masters February Newsletter).....

RULES - Some questions have been raised concerning the new Legislation passed in New Orleans. If a person swam in the Masters program during 1975 could that person swim in the senior program this year as long as he does not swim Masters? Yes. The new rule became effective Jan. 1, 1976. The rule is not retroactive. In Dr. Arthur's column in Swimming World he mentioned the 20-24 year age group could be held on a local level which we'd like to do this year. Why they can be held locally but cannot be included in the Nationals is bewildering. The Masters Swimming Committee has voted on the inclusion of the 20-24 year olds each of the last three years - and each time the vote failed. There are too many college and international caliber swimmers still in this age group. However, just as we conduct 6 & under, 8 & under and 15 & over events at a local level for age group swimming, we can conduct 20-24 for masters

swimming. They would register for Masters and not be allowed to swim in Senior competition.....
 Five years ago the Masters swimmers held the 1st Waikiki Rough Water Swim. Later it was opened to all ages and due to the size the Parks & Recreation Dept. and the AAU took over. This event in its 6th year had 191 entries 70 of which were Masters. We would still like to hold the event with everyone being able to swim and still keep it legal. Would changing the overall awards to Master and non-master make it legal? Would a staggered start (master and non-master) be sufficient or will swimming in the same ocean on the same day be considered competing and contaminating? I do not know of any AAU rules for Rough Water Swimming. When conducting a rough water swim each event would be a different event. Different age groups would be competing against each other. The Masters are competing against other Masters. Senior are competing against Senior. The awards should be for the different groupings. I do not think the start - staggered or otherwise - would matter.....
 Masters swimmers may now swim in "Senior Olympics" or any other non-sanctioned meet without jeopardy of suspension from AAU activities, HOWEVER your AAU insurance will not cover you, nor will your times be considered for AAU records or Top Ten, nationally or locally.....

TOP TEN CORRECTIONS - Ted Haartz has sent me quite a few letters since the Top Ten Times list was published with corrections, additions and deletions. We still are not sure that all corrections are in. The Tabulation Committee is only as good as the information they are provided with. One case involves a man that had so secure his birth certificate for another reason and found that he was a year older than he thought he was. With this information, he found that he changed age groups last summer and therefore some of his times belonged in a different age group. Your Tabulation committee is trying very hard to please everyone and as we all realize - this is impossible. Too many mistakes are made on meet result sheets. One older man wrote that he couldn't possibly swim the times they had him listed for. It would be most helpful if more accurate reporting could be made. Please place a return address on all meet results so that if questions arise your tabulation committee will know who to contact.....


ALL-AMERICAN - Due to the above problems we can never get our All-American team selected in the year they actually achieve their standing because of our procedure in selecting the All-American team. It has been suggested that we revert back to our original method of selecting the All-American team from the National Championships only.....

MEET RESULTS - When submitting meet results for Swim-Master, please remember that they must be typed in a certain manner. Recently, I have sent back results that were not suitable for reproduction and asked that they be typed over. I cannot use blue copies or green - only black and preferably done with a carbon ribbon. Meet results from only 25 yd and 50 mtr pools will be printed. Times done in a 25 meter pool cannot be considered for Top Ten meter times.

YOU'RE AN OLD-TIMER (In Competitive Swimming) IF YOU CAN REMEMBER --- When boys and men were required to wear suits that covered their chests; --- When the small-fry engaged in endless debate on the relative merits of the "Austrian" and "American" crawls; --- When parents tried to discourage girl swimmers because "you'll develop bunchy muscles"; --- When you believed that no one could ever beat Johnny Weissmuller's records; --- When all outdoor pools closed at sunset because there was no outdoor lighting; --- When the butterfly stroke was yet to be invented, and the collegiate backstroke event was at the odd distance of 150 yards; --- When pool managers required girls to wear caps and threatened to bar long-haired males if they didn't cut their hair or wear hairnets; --- When water polo was played without nets - just a backboard; --- When all pools had foot baths between the shower room and the water; --- When you saw every new Esther Williams movie three times; --- When, instead of shaving to reduce "body drag", you grew long fingernails to give you "greater purchase" on the water; --- When starting blocks were only a dream.....

<u>Men 55-59</u>	
<u>50 yard freestyle</u>	
Mel McKenzie, 59	39.30
<u>200 yard freestyle</u>	
Mel McKenzie, 59	3:36.83
<u>100 yard backstroke</u>	
Mel McKenzie, 59	1:51.75
<u>Men 60-64</u>	
<u>50 yard freestyle</u>	
Jerry Donovan, 61	37.20
<u>500 yard freestyle</u>	
Jerry Donovan, 61	9:05.32
<u>50 yard breaststroke</u>	
Jerry Donovan, 61	45.87
<u>100 yard breaststroke</u>	
Jerry Donovan, 61	1:43.19
<u>Men 75-79</u>	
<u>50 yard freestyle</u>	
R. E. Bosse, 79	48.62
<u>50 yard breaststroke</u>	
R. E. Bosse, 79	54.19
<u>100 yard breaststroke</u>	
R. E. Bosse, 79	2:14.79
<u>200 yard breaststroke</u>	
R. E. Bosse, 79	5:14.61

SUBSCRIPTION FORM

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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL V - No 2

1976 SWIM CALENDAR

	New England AAU - Enid Uhrich, 25 Lafayette, Rd., Newton Lower Falls, MA 02162
MAR 2, MAR 21, APR 6, APR 24-25, MAY 4, JUN 1	
	Ohio Association - Roy Stickney, 235 North Remington Road, Bexley, OH 43209
FEB 15, MAR 28, APR 25, JUN 6, JUL 11, AUG 7-8	
	Oregon Association - Connie Wilson, 10315 SE 82nd, Portland, OR 97266
MAR 21, JUN 6, JUL 18	
	Pacific Northwest Association - Steve Engel, 2005 So. 308th, Federal Way, WA 98002
FEB 28-29, APR 3-4, JUN 12-13, AUG 13-15	
	Pacific Association - Dore Schwab, Gray Oaks Box 772, Ross, CA 94957
MAR 27-28, APR 17 &/or 2, JUN 12-13, JUL 10-11, JUL 30 or AUG 1, SEP 11-12, OCT 9-10, NOV 20-21, DEC 4 &/or 5 - (tentative schedule)	
	Minnesota Association - David J. Beardsley, 1380 Terrace Dr. #102, Roseville, MN 55113
FEB 16, MAR 15, APR 17, MAY 15	
	Wisconsin Association - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
FEB 14, MAR 20, APR 10, MAY 1	
	Fla. Gold Coast Association - Millie Bergeron, 2541 Boundbrook Blvd. #112, WPB, FL 33406
MAR 21, MAY 2	
	Southern Pacific Assn. - Don Rankin, 11731 Heathcliff Dr., Santa Ana, CA 92705
FEB 15, MAR 20, APR 23-25	
	Rocky Mt. Association - Dennis West,
FEB 16, FEB 29, MAR 13, MAR 28, APR 4, APR 15, FEB 20	
	Southern Pacific DIVING Schedule - Brud Cleaveland, 1520 Bay St., Santa Monica, CA 90405
FEB 15, MAR 14, APR 24-25, MAY 23, JUN 12-13, JUL 11, NOV 7	
FEB 14-15	Metropolitan Assn. - James Forbes, 8 Cambridge Ln., Bethpage, NY 11714
FEB 14-15	SWCS Miami - Bob Minahan, 16001 SW 92 Ave., Miami, FL 33157
FEB 14-15	Corpus Christi - Charles Teas, 413 Claremore, Corpus Christi, TX 78412
FEB 15	Long Beach, CA - Sally Ann Peterson, 2107 San Vicente, Long Beach, CA 90815
FEB 28	North Miami, FL - Lee Singleton, City Pool, 13150 NE 8 Ave., North Miami, FL
MAR 13	Gatorade S.C. - Russell Salmon, 1714 S. High St., Bloomington, IN 47401
MAR 14	Mid. Atl. Assn. - Dick Mesirov, 191 Presidential Blvd., Bala Cynwyd, PA 19004
MAR 20-21	San Antonio, TX - Neil Wilson, 8730 Bravo Valley, San Antonio, TX 78227
MAR 28	Fun & Fitness - Ellyn Morris, 4914 Fran Pl., Alexandria, VA 22312
APR 2-4	Southern Regional - R. E. Beach, Judicial Bldg. #402, St. Petersburg, FL 33701
APR 3	Yale University - Jane Hardy, 49 Wilson Ave., Rowayton, CT 06853
APR 3-4	York Dutch Masters Meet - Cal Schaffer, 2826 Eastwood Dr., York, PA 17402
APR 10-11	OHIO Championships - Tom Cloyes, 1642 Cleveland Ave., NW, Canton, OH 44703
APR 10-11	San Antonio, TX - Joanita Reed, Rte 3, Box 208 KK, San Antonio, TX 78218
APR 16-17	WIU - Dr. Paul Hutinger, 815 N. Charles, Macomb, IL 61455
APR 23-25	Michigan Champ. - Bill Burrell, 115 E. Miller Rd., Lansing, MI 48910
APR 23-25	Englewood Open - Jack Buchannan, 3800 S. Logan St., Englewood, CO
APR 24-25	Inland Empire Assn. - Harry Lewis, E. 944-39th, Spokane, WA 99203
APR 24 25	Kansas City, KS - Neal Scott, 7912 Roe Ave., Prairie Village, KS 66208
APR 25	So. Carolina Champ. - Bob Wilson, 201 Prentiss Ave., Greenville, SC 29605
MAY 1-2	Texas A&M - Will Worley, 1001 Village, College Station, TX 78218
MAY 8	3rd Annual Spring Open - Alice U. Jones, 2740 Watson Blvd., Endwell, NY 13760
MAY 14-16	NATIONAL SC CHAMPIONSHIPS - Guy Barnicoat, 25211 Pacifica, Mission Viejo, CA
MAY 14-16	NATIONAL DIVING - Ted Keller, SHOF, One Hall of Fame Dr., Ft. Lauderdale, FL
MAY 28-30	Florida Assn. - R.E. Beach (above)
JUL 9-11	WORLD CHAMPIONSHIPS *****DON'T KNOW WHERE YET *****