



SWIM-MASTER

VOL IX - No 1

NATIONAL PUBLICATION FOR MASTERS SWIMMERS

JANUARY 1980

ALL-AMERICAN MASTERS SWIMMING TEAM FOR THE YEAR 1979

WOMEN 25-29

M.Middel
P.Baier
C.Ruppert
T.Varney
L.Skrifvars
D.Wise
M.Phelan
J.Reuter
M.Stevens
K.Eaton
H.Ernst
N.Walsh
K.Wingenroth
A.Belnap

WOMEN 30-34

P.Estes
B.Dunbar
M.Brems
D.Uustal
M.Frank
S.Roy-Jones
A.Grams
L.Johnson
J.Gettling

WOMEN 35-39

D.Todd
A.Mueller
J.Katz
B.Bennett
I.Daland
S.Peterson
N.Ridout
M.Halon
J.Parks
I.Sike
B.Richter

WOMEN 40-44

J.Correa
H.Buss
S.Rittenhouse
A.McGuire
A.LeMaire
N.Brown
C.Macpherson
B.Zaremski
I.Stine
J.Gray
A.Konig

WOMEN 45-49

B.Brey
R.Motter
L.Stoinoff
R.Kamphausen
C.Taylor
A.Pisciotta
A.Kay
C.Baxter
J.Bruner
J.Smith
N.Whitehall
A.Pipes
M.Yungel

WOMEN 50-54

B.Bennett
A.Adams
A.Horst
J.Krauser
C.Taylor

WOMEN 55-59

D.Donnelly
D.Resseguie
S.Erickson
D.LaChasse
D.Wasniak
C.Costello
J.Eppley
J.Merryman
M.Hamner
N.Pessel
G.Orosco

WOMEN 60-64

V.Andresen
H.Hummer
J.McCollister
V.Gest
M.George
V.Thompson
R.Simonton
J.Osborne
A.Zoeller
Z.Taft

WOMEN 65-69

D.Musselman
S.Haywood
E.Sandeman
M.Merlino
N.Clark

WOMEN 70-74

E.Sargent
R.Switzer
H.Montgomery
H.McKechnie
R.Caplane
K.Pelton
J.Bennett
R.Shephard
S.Bailey
E.Somers

WOMEN 75-79

S.Fogle
E.Mauric
F.Watkins
K.George
D.Hogan
M.McKechnie
E.Landon

WOMEN 80+

F.Watkins
P.Miller
R.Deal

MEN 25-29

R.Kozlowski
P.Schwanhausser
T.McDowell
D.Scott
P.Gilbert
M.Stamm
C.Miltenberger
R.Harcikic
J.Shilling
S.Baxter
D.Bedell
S.Furness
P.Windrath
G.Jeffers
D.Martino
B.Philpot
R.Burrows
T.Huesken
T.Szuba
R.Clark
W.Penn
M.Pedley

MEN 30-34

T.Peek
W.Barthold
F.Schlicher
D.Gray
K.Krueger
T.Spieker
W.Koller
A.Smith
A.Melamed
J.Sanders
W.Cerny
P.Wheat
S.Harrison
A.Stark
T.Gorski
K.Bell

MEN 35-39

K.Ludwig
T.Garton
J.Crane
P.Thompson
R.Smith
T.Mann
D.Hersey
P.Anderson
H.Cole
S.Clark
P.Goode
A.Cartwright
T.Calomeris
J.Snooks
L.Schaefer
L.Larson
R.Neeves
R.Stanky
D.Gillanders

MEN 40-44

J.Bender
E.Hinshaw
D.Clayson
K.Canterbury
D.Gallagher
H.Roberts
D.Drum
R.Pyykko
C.Bechtel
H.VanHorn
A.Smith
P.Reinke
D.Gillanders

MEN 45-49

S.Gideonse
B.Sturtevant
G.Johnston
D.Brown
B.Jones
M.Sanguily
W.Dobler
G.Rosser
H.Begel
N.Palmer
S.McConnell
R.Kueny

MEN 50-54

R.Heritier
T.Haartz
E.Emes
C.Moss
W.Phillips
P.Hutinger
H.Begel
W.Wilson
T.Smith
H.Knowlton

MEN 55-59

H.McAuley
E.Hall
J.Crews
M.Moise
W.Simpson
A.Koblish
R.Hakomaki
J.Woods
J.Schmidt
E.Turley
A.Weeden
J.Burgan

MEN 60-64

J.Welch
D.Rankin
D.Volk
E.Moran
T.Lind
J.Higgins
W.Burrell
C.Wilson
P.Krup
F.Havlicek
B.Davidson
R.Taft
E.Jennings

MEN 65-69

G.Schmidt
W.Grant
R.Richardson
H.Howe
H.Horne
H.Schwarz
B.Allen
W.Pfeiffer
D.Rowan
W.Bowersock
H.Koppel

MEN 70-74

L.Osborne
W.Spence
A.Rule
A.Hargrave
F.Tannahill
W.Share
O.Sigrist
A.Guth
A.Olanof
W.Stinson

MEN 75-79

C.Ross
G.Langner
C.Cushman
A.Kallunki
P.DeCremer
I.Merritt
J.Anderson
J.McGuire
F.Lappe

MEN 80+

T.Lane
C.Wheeler
J.Hackney
S.Rosen
F.Allen



ALL AMERICAN MASTERS LONG DISTANCE SWIMMING

WOMEN 25-29

Susan Lee
Marianne Brems
Deanna Hemphill

WOMEN 30-34

Susan Westnedge
Mimi Frank
Carolyn Johnson

WOMEN 35-39

Nancy Ridout
Janet Royer
Lynne Weir

WOMEN 40-44

Helen Buss
Betsy Jordan
Barbara Zaremski

WOMEN 45-49

Lavelle Steinoff
Adrienne Pipes

WOMEN 50-54

Dorothy Michaels
Anne Adams

WOMEN 55-59

Jean Pieretti
Barbara Golseth
Geri Orosco

WOMEN 60-64

Jane McCollister

WOMEN 65-69

Helen Offenhauser
Eva Bein

WOMEN 70-74

Ruth Switzer

WOMEN 75-79

Jamie Cameron

WOMEN 80+

Nellie Brown

MEN 25-29

R. Scott Townsend
Michael Odaka
Walter Woo

Alek Shestakov

MEN 30-34

John Shrum
Bill Damm

Alek Shestakov

MEN 35-39

Robert Tesch
Paul Thompson

MEN 40-44

Shigeru Pabila
Burt Kanner
Arthur Smith

MEN 45-49

Brad Sturtevant
Richard Wheeler

MEN 50-54

Bill Phillips
Dan Sullivan

Carl Yates

MEN 55-59

James Edwards
Chuck Michaels

MEN 60-64

James Welch
Bertram Davidson

MEN 65-69

Gary Weisenthal
Doc Schofield

MEN 70-74

Oscar Sigrist

Erwin Tews

MEN 75-79

Clarence Ross

ANNUAL CONVENTION

The National Masters Swimming Committee met on November 26, 1979 in Las Vegas, NE at the annual A.A.U. Convention. Chairman Ted Haartz opened the meeting with a report on the State of Confusion and the interrelationships of the various organizations: AAU, USOC, USAC, NBG'S and their importance to the newly formed Masters Swimming of the AAU, Inc. It was voted to hold the 1980 annual meeting of the Masters Swimming Committee at Snowbird, Utah in conjunction with the United States Aquatic Sports Convention.

A 20-24 age group will be added to our rules whenever FINA approves of lowering the age from 25 to 20. The Mixed Medley Relay was added to our list of events but NOT for National Championships. The 80+ age group was divided into 80-84, 85-89 and 90+ with a 75+ relay also added. These age group additions will not be in effect for the 1980 National Championships but will be in effect for the 1980-81 Long Course season and Short Course season. Also, to be considered for Top Ten Times or Records, all relays must include the name of the registered swim club and the full name and age of each swimmer and for individual events, the full name and age of each swimmer must be included in the meet results. Not club initials - full name.

The 1980 LC National Championships was awarded to Santa Clara, CA for Aug. 29 - Sept. 1. The 1981 Long Course Champ. was awarded to Canton, OH for late August. No bid was made for the 1981 SC meet and Ted is checking on possibilities. The Zone is Central - central part of our country.

The newly elected officers are: President, Ted Haartz; Vice-President, Mike Laux; Secretary, Enid Uhrich; Treasurer, Reg Richardson. Zone reps elected were: Zone A, Dale Petranek; Zone B, Mildred Anderson; Zone C, Jill Oberweis; Zone D, Cindy Baxter.

The 1980 Swimming Rules Book will contain the Code of Regulations of the Masters Swimming Committee along with the Rules. You are urged to buy one when they are available. Check with your Zone Rep or with your Association Chairman.

CALENDAR OF EVENTS *continued*

CENTRAL AAU - P. Windrath, 1821 Howard St., F., St. Charles, IL 60174 JAN 27, FEB 10, FEB 23-24, MAR 9, APR 4-5, APR 20, MAY 2-4

DC MASTERS - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046 MAR 8, APR 12, JUL 12, AUG 2-3

OREGON AAU - Earl Walter, 3904 SW 57 Ave., Portland, OR 97225 FEB 17, MAR 16, APR 4-5, May 3-4, JUN 8, JUL 11-12, AUG 13-14

CORONADO MASTERS - Alicia Horst, 24 The Point, Coronado, CA 92118 MAR 16, MAY 25, JUL 27, OCT 19, DEC 7

Wisconsin AAU - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108 JAN 19, MAR 1, MAR 22, APR 12-13

OHIO AAU - Roy Stickney, 499 N. Columbia Ave., Bexley, OH 43209 JAN 27, FEB 17, MAR 23, APR 20

The Detroit News

Husband, wife win 10 swim titles

Detroiters Bill Burrell and his wife, Joyce, brought home 10 Great Lakes Masters swimming championships from the weekend meet in the Canton, Ohio, Timken pool.

Burrell swept all seven races in the 60-64 age bracket with first places in the 50-, 100-, 200- and 500-yard freestyle, 100- and 200-yard medley swims and 100-yard butterfly. Joyce Burrell, competing in the 35-39 age bracket, took the 50- and 100-yard events in freestyle and the 50-yard backstroke.

Dr. Burwell "Bumpy" Jones, 46, who swam his first race at age five at the Detroit Yacht Club and later starred at Redford High School before going to the University of Michigan where he won Big Ten swim titles, won the 200-, 500- and 1,650-yard freestyle races in 2:01.90, 5:31.24 and 18:38.28, respectively.

His time in the 1,650-yard race was close to the National Masters record, of 18:31.86 held by Graham Johnson of Dallas.

Jones now lives in Sarasota, Fla., and swims up to two miles daily in his specially built pool that is 10 feet wide and 75 feet long.

"It's for swimming not bathing," said Jones, who insists he is swimming as fast at 46 as he did for his old coach, Matt Mann, at the University of Michigan when he was 18.

Bill King of Detroit, chairman of Michigan Masters swimming program, a rival of Jones during their prep days, took seconds in the 500 in

6:03.1 and the 1,650 in 21:32.27. The latter goes into the Michigan records as a state mark.

The South Oakland Seals will hold the Michigan Masters swimming meet for men and women Dec. 16 at the Birmingham YMCA pool, 400 East Lincoln, Birmingham. The meet starts at 9:30 a.m. Michigan AAU membership applications and entries can be made at the pool. Bo Rhydy has the meet information at 645-9259.

Cardiologist decries jogging mania, myths

By MARY JANE SCHIER
Post Medical Writer

Marathon mania must stop and the myths associated with running be corrected, one of the world's eminent cardiologists said Wednesday.

"There is an increasing — and unjustified — misconception that if you run you'll have immunity against developing coronary heart disease.

"But running," emphasized Dr. Herman K. Hellerstein, "won't prevent heart disease nor will it keep cardiac patients from getting into trouble again."

Hellerstein said he deprecates the "mania" associated with running or any other type of strenuous exercise.

"You don't have to work up a sweat to help your heart," he observed during an interview after giving one of the six honor lectures at the American College of Chest Physicians' annual scientific assembly.

Exercise for anyone, but particularly those in the middle and older categories, should be a regular part of daily living. But Hellerstein stressed walking, cycling, swimming and even gardening can accomplish the same good effects as running or jogging.

The key, he explained, is the intensity with which the activity is done. Detailed scientific studies still are being done to determine what minimum "doses" of exercise best help keep the right amount of blood flowing through the heart, he added.

Intense exercise about three times a week for periods of 20 to 30 minutes — and including recommended warmup and cool-down times — probably are about right for the average person, Hellerstein said.

He criticized the "exploitation" of exercise by fund-raising and commercial groups and said this trend can have harmful effects.

Hellerstein is professor of medicine at

Case Western Reserve University in Cleveland, Ohio, and has done pioneering work in rehabilitation of heart patients. In the 1950s, he was a major leader in demonstrating that even people who had suffered heart attacks could — and should — have prescribed exercise programs.

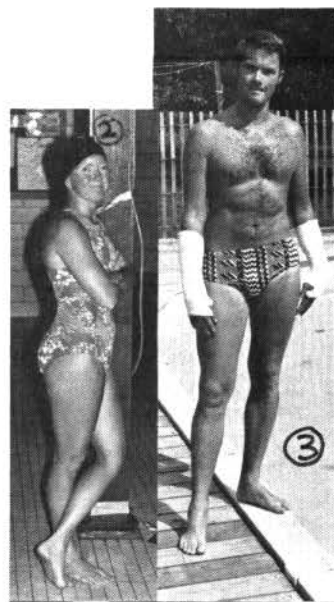
The "single most important exercise for most of us — and the one known for hundreds of years — is pushing ourselves away from the table when we're not quite full," he said.

Instead of people getting caught up in the marathon mania or exercise addiction syndrome, Hellerstein recommended common sense measures like walking and biking more, taking stairs instead of elevators and working to get school systems to open gymnasiums to adults during off-hours.

"With all this exercise addiction," he contended, "too many Americans are ignoring the other vital aspects of living, loving and working."

3 John Zeigler - "He takes a licking but he keeps on kicking" - after breaking both wrists on Sep 9 after falling only 6 ft to the ground.

- 1 Ed Craren (diver), Barbara Zaremski, Cal Bentz & Mildred Anderson
- 2 Pamela Scurlock, an excellent 26 yr old deaf swimmer
- 4 Barbara Franceshini - Gold Coast swimmer from Brazil
- 5 Rita-al Jones and Lisa Woodman
- 6 Gold Coast Masters at Nov meet - June Krauser, George Muntz, Cathy Engelhardt, Edna Muntz, Cynthia Bruce and Barbara West



For the Record

The times listed below represent those which were not available to us when the 1979 S/C and L/C Top Tens were completed. A double asterisk represents a new national record and a single asterisk is an All-American designation. No one entitled to "All-American", based on the original listings and printing, will be excluded from that list because of this addendum.

In passing, I would note that this additional work required another 30 hours to collate. We can certainly eliminate these problems in 1980 if everyone keeps in mind that data for SC Top Ten must be in our hands by June 22, 1980 and LC by October 6, 1980. These dates are 35 days after the national championships and should provide ample time for submitting any results for meets run prior to the championships. Meet results should be checked and certified for accuracy and the name and address of a contact person should be included with any times submitted. Producing a local Top Five or Ten is not a requisite of the National Top Ten Committee. They are however, compact, concise and helpful. Please contact me if you foresee or are having problems. I sincerely hope that 1980 will be a better year for all of us....TED HAARTZ

1979 ShortCourse Top-Ten Addendum

MPN 30-34 200 yd Back
2:21.56 R. Ketcham 34
MPN 35-39 200 yd Breast
2:26.77 R. Neeves 38
MPN 45-49 500 yd Free
5:54.02 S. Gideonse 45
2:39.60 S. Gideonse 45
100 yd Fly
1:05.51 H. Bezel 49
MEN 55-59 200 yd Breast
3:01.46 J. MacKenzie 55
400 yd IM
6:15.07 J. MacKenzie 55
MPN 65-69 200 yd Back
2:52.76** D. Rowan 65

WOMEN 40-44 200 yd Back
2:50.54 N. Brown 43
400 Yd IM
5:55.60 N. Brown 43
WOMEN 50-54 50 yd Free
33.63 J. Troy 51
200 yd Breast
3:35.87 M. Hagan 50
200 yd IM
3:19.18 J. Troy 51
400 yd IM
7:10.76 J. Troy 51
WOMEN 55-59 100 yd Free
1:20.20 J. Merryman 56
50 yd Back
39.72* J. Merryman 56
100 yd Back
1:28.14 J. Merryman 56
200 yd Breast
3:30.40 J. Merryman 56
200 yd IM
3:07.18* J. Merryman 56
WOMEN 60-64 200 yd Fly
5:43.11 A. Farrell 60
400 yd IM
10:50.34 A. Farrell 60
WOMEN 65-69 50 yd Breast
55.06 M. Miller 68
Women 70-74 500 yd Free
17:45.40 A. Bauscher 76

** Nat'l Record - All-American
* Best '79 time

T. Haartz 12/13/79

1979 Long Course Top-Ten Addendum

WOMEN 25-29
50 M FREESTYLE
29.75 S. Schieuning 25
29.80 D. Fujimoto 27
100 M FREESTYLE
1:05.07 P.S. Baier 26
1:06.58 M. Chase 27
1:07.40 S. Schieuning 25

200 M FREESTYLE
2:30.19 M. Chase 27
1500 M FREESTYLE
21:42.50 D. Pohl 29
22:05.89 D. Robinson 25
50 M BACKSTROKE
36.93 S. Sullivan 29
37.24 L. Lobree 27
37.68 T. Holley 25
100 M BACKSTROKE
1:23.30 Jo Ann Brooks 25
200 M BACKSTROKE
3:00.71 S. Casey 26
3:01.90 C. Shemeta 26
50 M BREASTSTROKE
36.22** A. Belnap 28
39.17 S. Schieuning 25
39.70 T. Holley 25
100 M BREASTSTROKE
1:23.59 A. Belnap 28
1:26.84 S. Schieuning 25
1:27.73 T. Holley 25
200 M BREASTSTROKE
3:10.03 S. Schieuning 25
3:16.42 C. Schulbach 25
50 M BUTTERFLY
32.15 D. Fujimoto 27
100 M BUTTERFLY
1:08.38** C. Ruppert 1978
1:13.35 M. Chase 27
1:13.99 D. Fujimoto 27
200 M BUTTERFLY
2:45.50 S. Walsh 29
2:53.49 M. Hutchison 28
200 M I.M.
2:46.56 M. Chase 27
2:53.28 M. Hutchison 28

WOMEN 30-34
50 M FREESTYLE
29.79* P. Estes 30
30.13 C. Johnson 34
30.95 J. Pendleton 31
100 M FREESTYLE
1:05.92 C. Johnson 34
1:10.16 J. Gettling 31
1:11.70 J. Penoleton 31
1:11.90 S.A. Peterson 32
200 M FREESTYLE
2:28.40 C. Johnson 34
2:41.94 M. Richison 31
2:46.57 P. Ferguson 33
400 M FREESTYLE
5:19.13 J. Gettling 31
23:24.33 J. Howe 34
50 M BACKSTROKE
39.30 D. Burkhart 33
39.39 P. Ferguson 33
100 M BACKSTROKE
1:27.50 D. Burkhart 33
200 M BACKSTROKE
2:51.85 M. Brems 30
3:13.40 M. Richison 31
3:16.40 J. Chastain 33

50 M BREASTSTROKE
39.60 J. McCandless 30
41.32 J. Pendleton 31
100 M BREASTSTROKE
1:28.86 J. McCandless 30
1:32.15 S.A. Peterson 32
1:33.10 J. Pendleton 31
200 M BREASTSTROKE
3:11.40 J. Gettling 31
3:16.59 J. McCandless 30
3:28.10 K.Crandall 30
50 M BUTTERFLY
33.30 C. Johnson 34
34.82 M. Richison 31
35.35 J. Pendleton 31
100 M BUTTERFLY
1:16.36 C. Johnson 34
1:20.26 M. Richison 31
200 M BUTTERFLY
2:50.61 M. Brems 30
2:57.00 J. Gettling 30
3:03.29 C. Johnson 34
200 M INDIVIDUAL MEDLEY
2:52.15 C. Johnson 34
3:02.40 J. McCandless 30
400 M INDIVIDUAL MEDLEY
6:13.87 C. Johnson 34

WOMEN 35-39
50 M FREESTYLE
31.40 M. Rossiter 35
31.53 W. Cavanaugh 38
100 M FREESTYLE
1:12.80 W. Cavanaugh 38
400 M FREESTYLE
5:31.24 N. Ridout 37
1500 M FREESTYLE
22:22.76 N. Ridout 37
50 M BACKSTROKE
38.81 M. Rossiter 35
39.04 N. Breen 35
39.90 N. Ridout 37
40.00 J. McVicker 35
100 M BACKSTROKE
1:25.79 M. Rossiter 35
200 M BACKSTROKE
3:17.75 M. Rossiter 35
50 M BREASTSTROKE
43.89 N. Ridout 37
44.36 N. Breen 35
44.50 C. Dewell 35
100 M BREASTSTROKE
1:36.40 C. Dewell 35
200 M BREASTSTROKE
3:34.90 C. Dewell 35
3:45.80 E. Roepke 38
50 M BUTTERFLY
34.00 M. Rossiter 35
34.73 N. Breen 35
35.53 W. Cavanaugh 38
100 M BUTTERFLY
1:19.61 N. Ridout 37
1:20.91 M. Rossiter 35
1:26.30 W. Cavanaugh 38
200 M BUTTERFLY
3:18.63 N. Ridout 37
3:19.39 W. Cavanaugh 38
3:55.90 L. Jones 37
200 M INDIVIDUAL MEDLEY
3:05.65 W. Cavanaugh 38
400 M INDIVIDUAL MEDLEY
6:40.81 N. Ridout 37
7:22.56 E. Roepke 38

WOMEN 40-44
50 M FREESTYLE
34.70 A. Konig 41
35.35 C. Jenkins 40
35.65 J. Temple 41
36.96 M. Kaufman 44
100 M FREESTYLE
1:16.96 A. Konig 41
1:20.30 J. Temple 41
1:21.19 C. Jenkins 40
1:25.80 L. Hoey 44
200 M FREESTYLE
3:03.67 D. Werry 42
3:06.77 C. Morton 43
400 M FREESTYLE
6:19.77 A. Konig 41
6:31.43 D. Werry 42
6:38.58 C. Morton 43
1500 M FREESTYLE
21:23.78 H. Buss 1976
50 M BACKSTROKE
40.63* A. Konig 41
43.28 C. Jenkins 40
43.33 L. Hoey 44
100 M BACKSTROKE
1:28.60* A. Konig 41
1:35.21 C. Jenkins 40
1:38.67 L. Hoey 44

200 M BACKSTROKE
3:09.63* A. Konig 41
3:33.80 C. Jenkins 40
50 M BREASTSTROKE
47.48 M. Spencer 42
48.09 L. Hoey 44
100 M BREASTSTROKE
1:44.10 M. Spencer 42
1:45.00 L. Hoey 44
1:51.23 K. Lauricella 41
200 M BREASTSTROKE
3:47.04 L. Hoey 44
3:48.59 M. Spencer 42
3:58.39 K. Lauricella 41
50 M BUTTERFLY
39.60 C. Jenkins 40
100 M BUTTERFLY
1:53.20 D. Werry 42
1:55.84 K. Lauricella 41
200 M BUTTERFLY
4:39.37 H. Hewitt 41
200 M INDIVIDUAL MEDLEY
3:06.91 C. Macpherson 40
3:23.86 A. Konig 41
3:30.79 L. Hoey 44
3:36.96 D. Werry 42
400 M INDIVIDUAL MEDLEY
6:37.80 C. Macpherson 40
7:46.70 D. Werry 42

WOMEN 45-49
50 M FREESTYLE
36.57 D. Mann 47
100 M FREESTYLE
1:20.20 D. Mann 47
200 M FREESTYLE
2:57.40 A. Kay 45
3:05.90 D. Mann 47
3:08.50 A. Pisciotta 48
400 M FREESTYLE
6:39.80 C. Baxter 47
6:40.35 A. Pisciotta 48
7:01.80 M. Dabrock 45
1500 M FREESTYLE
26:05.00 N. Whitehall
26:20.60 C. Baxter 47
28:58.25 J. Kerswill 48
29:15.08 B. Callison 46
50 M BACKSTROKE
44.73 C. Baxter 47
100 M BACKSTROKE
1:31.43 A. Kay 45
1:35.12 C. Baxter 47
1:40.58 B. Callison 46
1:46.25 A. Pisciotta 48
200 M BACKSTROKE
3:21.20 C. Baxter 47
3:50.50 A. Pisciotta 48
3:57.20 M. Dabrock 45
50 M BREASTSTROKE
45.70 C. Baxter 47
46.25 A. Pisciotta 48
48.98 B. Callison 46
100 M BREASTSTROKE
1:38.02 A. Pisciotta 48
1:42.32 C. Baxter 47
1:44.97 B. Callison 46
200 M BREASTSTROKE
3:36.72 C. Baxter 47
3:36.83 A. Pisciotta 48
50 M BUTTERFLY
39.56 A. Kay 45
42.66 B. Callison 46
44.10 A. Pisciotta 48
100 M BUTTERFLY
1:39.00 A. Kay 45
1:41.40 C. Baxter 47
1:42.83 B. Callison 46
1:43.63 A. Pisciotta 48
2:01.62 E. Soss 46
200 M BUTTERFLY
3:43.78* C. Baxter 47
3:44.50 N. Whitehall 45
3:56.10 A. Pisciotta 48
4:03.78 B. Callison 46
4:21.62 E. Soss 46
200 M INDIVIDUAL MEDLEY
3:19.66 A. Kay 45
3:25.70 N. Whitehall 45
3:28.00 C. Baxter 47
3:28.92 A. Pisciotta 48
3:34.36 B. Callison 46
400 M INDIVIDUAL MEDLEY
7:12.00 C. Baxter 47
7:21.70 N. Whitehall 45
7:30.56 A. Pisciotta 48
7:39.00 B. Callison 46

WOMEN 50-54
50 M FREESTYLE
33.70* B. Bennett 52
29.90 F. Carr 54

100 M FREESTYLE
1:21.10 B. Bennett 52
1:29.82 F. Carr 54
1:32.11 A. Hazen 52
200 M FREESTYLE
3:06.50 B. Bennett 52
3:20.91 A. Hazen 52
3:21.30 F. Carr 54
3:27.84 N. Meserve 50
400 M FREESTYLE
6:30.32 B. Bennett 52
6:52.13 A. Hazen 52
7:11.85 N. Meserve 50
7:17.64 E. Rogers 51
1500 M FREESTYLE
26:13.73 B. Bennett 52
27:15.35 A. Hazen 52
30:51.83 D. Hassett 50
50 M BACKSTROKE
45.45 B. Bennett 52
47.35 F. Carr 54
100 M BACKSTROKE
1:41.30 B. Bennett 52
1:45.52 F. Carr 54
1:46.95 G. Hinricks 53
200 M BACKSTROKE
3:38.24 B. Bennett 52
3:48.96 G. Hinricks 53
3:49.02 E. Rogers 51
3:52.54 N. Meserve 50
50 M BREASTSTROKE
49.70 B. Bennett 52
49.84 E. Rogers 51
50.30 F. Carr 54
100 M BREASTSTROKE
1:46.66 B. Bennett 52
1:54.64 E. Rogers 51
1:56.68 L. Zittel 52
200 M BREASTSTROKE
4:02.23 B. Bennett 52
4:05.77 E. Rogers 51
50 M BUTTERFLY
42.85 B. Bennett 52
50.50 E. Rogers 51
100 M BUTTERFLY
1:45.48 B. Bennett 52
1:51.73 F. Carr 54
1:58.53 N. Meserve 50
1:58.75 E. Rogers 51
200 M BUTTERFLY
4:03.37 F. Carr 54
4:26.60 E. Rogers 51
4:56.75 B. Odono 50
5:08.80 E. Christiansen 54
5:27.10 P. Khanati 50
200 M INDIVIDUAL MEDLEY
3:30.45 B. Bennett 52
3:39.34 F. Carr 54
3:47.73 E. Rogers 51
400 M INDIVIDUAL MEDLEY
8:03.32 F. Carr 54
8:05.29 E. Rogers 51

WOMEN 55-59
50 M FREESTYLE
36.75 D. Resseguie 57
100 M FREESTYLE
1:21.80* D. Resseguie 57
1:35.29 S. Scholer 55
200 M FREESTYLE
3:06.96 D. Resseguie 57
3:10.31 G. Orosco 56
3:30.68 S. Scholer 55
400 M FREESTYLE
6:38.50* G. Orosco 56
7:20.52 D. Donnelly 57
50 M BACKSTROKE
50.16 Z. Taft 59
100 M BACKSTROKE
1:53.22 Z. Taft 59
50 M BREASTSTROKE
54.25 G. Orosco 56
57.89 B. Golseth 59
50 M BUTTERFLY
49.56 D. Donnelly 57
50.40 S. Scholer 55
100 M BUTTERFLY
1:56.60 S. Scholer 55
2:13.58 E. Christiansen 55
200 M BUTTERFLY
5:05.04 E. Christiansen 55
200 M INDIVIDUAL MEDLEY
3:42.00 D. Resseguie 57
3:47.30 S. Scholer 55
4:15.98 Z. Taft 59
400 M INDIVIDUAL MEDLEY
7:53.66 D. Resseguie 57
8:06.71 S. Scholer 55
WOMEN 60-64
50 M FREESTYLE
43.32 J. McCollister 60

100 M FREESTYLE
1:36.13 J.McCollister 60
200 M FREESTYLE
3:23.74* J.McCollister 60
8:29.05 M.J.Reeves 62
9:28.00 P.Matthieson 63
1500 M FREESTYLE
31:32.57 Z.Taft 60
50 M BACKSTROKE
51.50 Z.Taft 60
58.48 P.Matthieson 63
100 M BACKSTROKE
2:01.22 J.McCollister 60
2:07.02 P.Matthieson 63
200 M BACKSTROKE
4:05.41 Z.Taft 60
4:19.55 J.McCollister 60
4:27.28 P.Matthieson 63
50 M BREASTSTROKE
57.55 J.McCollister 60
61.12 P.Matthieson 63
100 M BREASTSTROKE
2:05.50 J.McCollister 60
2:14.03 P.Matthieson 63
200 M BREASTSTROKE
4:27.84* J.McCollister 60
4:53.89 P.Matthieson 63
5:01.70 H.Roumasset 63
50 M BUTTERFLY
1:03.00 P.Matthieson 63
1:04.02 M.J.Reeves 62
100 M BUTTERFLY
2:07.70 Z.Taft 60
2:22.60 P.Matthieson 63
2:31.47 H.Roumasset 63
200 M BUTTERFLY
4:48.95 Z.Taft 60
5:08.72 P.Matthieson 63
200 M INDIVIDUAL MEDLEY
4:14.25 Z.Taft 60
4:46.36 P.Matthieson 63
400 M INDIVIDUAL MEDLEY
9:00.56 Z.Taft 60
10:08.85 W.Roumasset 64
10:32.51 P.Matthieson 63
WOMEN 65-69
50 M FREESTYLE
38.40** D.Mussleman 66
47.44 J.Durston 65
49.21 B.Johnston 69
50.80 E.Goldman 68
100 M FREESTYLE
1:49.12 J.Durston 65
1:55.07 B.Johnston 69
2:00.70 E.Goldman 68
200 M FREESTYLE
5:00.41 J.Durston 65
400 M FREESTYLE
7:35.00** D.Mussleman 66
8:31.23 J.Durston 65
9:16.48 E.Goldman 68
1500 M FREESTYLE
37:01.00 E.Goldman 68
47:53.82 D.Denst 65
50 M BACKSTROKE
47.50** D.Mussleman 66
58.56 B.Johnston 69
58.90 N.Clark 65
1:04.05 E.Goldman 68
100 M BACKSTROKE
2:11.48 B.Johnston 69
2:16.75 E.Sanoeman 66
2:23.95 B.Silber 67
200 M BACKSTROKE
4:00.40** D.Mussleman 66
5:09.35 S.Marsh 65
50 M BREASTSTROKE
56.77* E.Sandeman 66
1:00.85 N.Clark 65
1:06.23 J.Durston 65
1:06.23 M.Heikkinen 67
1:06.60 M.Miller 68
1:10.75 E.Goldman 68
200 M BREASTSTROKE
4:24.50** M.Merlino 67
50 M BUTTERFLY
1:03.29 E.Sandeman 66
1:05.00 N.Clark 65
1:09.95 E.Goldman 68
100 M BUTTERFLY
2:17.60 E.Sandeman 66
200 M BUTTERFLY
4:28.41** M.Merlino 67
200 M INDIVIDUAL MEDLEY
4:45.01 E.Sandeman 66
5:02.67 E.Goldman 68
6:09.67 D.Denst 65
WOMEN 75-59
50 M FREESTYLE
59.63 M.Bronson 74
1:04.30 M.Smyth 72
100 M FREESTYLE
2:27.00 M.Bronson 74

200 M FREESTYLE
6:01.44 H.Smyth 72
400 M FREESTYLE
12:22.60 H.Smyth 72
50 M BACKSTROKE
1:11.31 M.Bronson 74
100 M BACKSTROKE
2:44.56 M.Bronson 74
3:24.39 H.Smyth 72
200 M BACKSTROKE
7:07.30 H.Smyth 72
50 M BREASTSTROKE
1:34.88 M.Bronson 74
100 M BREASTSTROKE
3:34.45 M.Bronson 74
RELAYS-WOMEN
25+ 200 M FREE RELAY
2:14.91 Walnut Creek
2:29.05 RMM-B
2:30.80 Piedmont Masters
25+ 200 MEDLEY RELAY
2:40.96 RMM-B
2:42.05 Piedmont Masters
35+ 200 M FREE RELAY
2:20.54 Tamalpais Masters
2:21.52 Tamalpais Masters
2:23.74 Walnut Creek
2:42.59 San Mateo Marlins
35+ 200 M MEDLEY RELAY
2:41.07 Tamalpais Masters
2:49.40 Tamalpais Masters
2:56.15 Walnut Creek
3:03.74 San Mateo Marlins
45+ 200 M FREE RELAY
2:50.49 RMM-JY
3:11.23 San Mateo Marlins
3:24.08 Walnut Creek
45+ 200 M MEDLEY RELAY
2:46.82 Rinconada 1974
3:16.38 RMM-JY
3:15.10 San Mateo Marlins
3:17.68 Walnut Creek
55+ 200 M FREE RELAY
3:09.23 Rinconada 'A'
3:15.42 Rinconada 'B'
3:38.70 Walnut Creek
55+ 200 M MEDLEY RELAY
3:49.65 Rinconada
3:58.54 San Mateo Marlins
4:20.70 Walnut Creek
65+ 200 M FREE RELAY
3:43.76 Rinconada
65+ 200 M MEDLEY RELAY
4:01.88 Rinconada Masters
MIXED RELAYS
25+ 200 M FREE RELAY
1:56.78 Rinconada
1:56.94 Sacramento 'A'
35+ 200 M FREE RELAY
2:07.39 Tamalpais
2:11.00 Walnut Creek
2:11.23 San Mateo Marlins
45+ 200 M FREE RELAY
2:34.60 Walnut Creek
2:39.58 San Mateo Marlins
2:41.60 Rinconada
55+ 200 M FREE RELAY
2:54.60 Walnut Creek
2:59.25 San Mateo Marlins
65+ 200 M FREE RELAY
3:06.26 Rinconada

MEN 25-29
50 M FREESTYLE
24.20** Martin Pedley 27
25.60 J.Hogue 25
400 M FREESTYLE
4:40.49 D.Scott 25
4:49.64 P.Daniels 29
1500 M FREESTYLE
19:37.31 P.Daniels 29
50 M BACKSTROKE
27.81** C.M.Henberger 31
31.50 J.Robinson 26
31.91 R.Rawson 27
30.04 W.Tingley 29
100 M BACKSTROKE
1:06.77 R.Whiteburch 26
1:10.10 J.Robinson 26
1:08.05 W.Tingley 29
1:08.26 M.WalFred 26
1:10.10 G.Hafer 28
200 M BACKSTROKE
2:33.75 W.Tingley 29
2:39.05 J.Lucas 29
2:41.70 G.Hafer 28
50 M BREASTSTROKE
33.90 G.Miller 25
33.96 D.Broecker 27
34.59 D.Glass 26
34.02 G.Hutt 27
100 M BREASTSTROKE
1:16.98 D.Glass 26
1:17.69 G.Miller 25

50 M BUTTERFLY
28.20 D.Glass 26
28.27 M.Turrin 28
100 M BUTTERFLY
58.24** S.Baxter 25
1:03.08 D.Glass 26
200 M BUTTERFLY
2:27.37 E.Strack 27
2:48.15 J.Lucas 29
200 M INDIVIDUAL MEDLEY
2:32.26 D.Glass 26
400 M INDIVIDUAL MEDLEY
5:25.99 R.Whitchurch 26
MEN 30-34
50 M FREESTYLE
26.50 M.Jester 30
26.83 R.VanOsch 31
26.55 G.Dilley 34
26.43 B.Grell 34
100 M FREESTYLE
1:00.20 B.Grell 34
1:00.95 M.Jester 30
400 M FREESTYLE
4:47.25 T.Spieker 30
1500 M FREESTYLE
18:54.73 J.Sanders 32
20:42.25 J.Katis 33
50 M BACKSTROKE
30.47 M.Haake 33
30.70 G.Dilley 34
31.40 T.Spieker 31
31.96 R.Ennis 34
32.74 W.Palmer 30
33.08 J.Beglinger 33
100 M BACKSTROKE
1:07.78 T.Spieker 31
1:10.90 R.Ennis 34
1:11.50 D.Goode 31
1:11.50 G.Dilley 34
200 M BACKSTROKE
2:26.86* T.Spieker 31
2:33.77 G.Dilley 34
2:45.40 J.Selmer 34
50 M BREASTSTROKE
34.63 G.Jacobs 31
34.70 M.Jester 30
100 M BREASTSTROKE
1:15.83 M.Jester 30
1:18.09 S.Harrison 30
200 M BREASTSTROKE
2:48.65 M.Jester 30
2:53.36 A.Shestakov 30
50 M BUTTERFLY
27.51 R.Ennis 34
28.70 J.Katis 33
100 M BUTTERFLY
1:05.17 J.Katis 33
1:05.64 R.Oliver 32
1:01.10 R.Jones 31
200 M BUTTERFLY
2:33.74 J.Katis 33
2:34.01 T.Spieker 31
2:35.30 M.Jester 30
400 M INDIVIDUAL MEDLEY
5:21.04 A.Shestakov 30
5:29.77 S.Harrison 30
5:30.22 J.Katis 33
5:38.88 T.Spieker 31
MEN 35-39
100 M FREESTYLE
1:01.85 J.McCreary 35
1:02.20 A.Cartwright 37
400 M FREESTYLE
4:45.02 P.Thompson 38
4:58.80 A.Cartwright 37
5:04.82 E.Urban 35
50 M BACKSTROKE
33.11 M.McKinlay 35
100 M BACKSTROKE
1:14.21 M.McKinlay 35
200 M BACKSTROKE
2:45.20 M.McKinlay 35
50 M BREASTSTROKE
35.08 M.Hull 36
35.70 A.Arndt 38
100 M BREASTSTROKE
1:18.75 M.Hull 36
1:19.00 A.Arndt 38
200 M BREASTSTROKE
2:51.85 M.Hull 36
2:57.40 A.Arndt 38
3:00.23 D.West 35
50 M BUTTERFLY
28.87 M.Hull 36
29.05 T.Garton 35
200 M BUTTERFLY
2:34.21 A.Cartwright 37
2:43.11 R.Tesch 38
200 M INDIVIDUAL MEDLEY
2:40.11 M.Hull 36
400 M INDIVIDUAL MEDLEY
5:29.40 A.Cartwright 37

MEN 40-44
50 M FREESTYLE
27.20 C.Raven 40
27.80 P.Gay 44
200 M FREESTYLE
2:23.27 C.Raven 40
2:25.62 K.Canterbury 42
1500 M FREESTYLE
21:24.64 W.Stewart 42
50 M BACKSTROKE
33.25 J.Bohan 43
100 M BACKSTROKE
1:18.00 K.Canterbury 43
1:19.10 J.Bohan 43
1:20.69 K.Price 41
200 M BACKSTROKE
2:50.90 K.Price 41
50 M BREASTSTROKE
37.32 C.Kilbourne 40
40.11 A.Gabor 44
100 M BREASTSTROKE
1:26.70C.Kilbourne 40
200 M BREASTSTROKE
3:13.75 C.Kilbourne 40
3:14.87 K.Canterbury 42
3:18.86 T.Fortson 41
200 M BUTTERFLY
3:07.54 B.Fasbender 42
3:22.81 K.Price 41
3:24.90 C.Kilbourne 40
3:38.95 J.Huson 44
MEN 45-49
50 M BACKSTROKE
33.52* D.Brown 46
36.15 R.Bennett 48
36.40 A.Mayer 45
100 M BACKSTROKE
1:17.02 D.Brown 46
1:19.38 R.Bennett 48
1:24.60 L.S.Kamstad 45
200 M BACKSTROKE
2:55.10 R.Bennett 48
2:59.30 D.Brown 46
3:08.84 A.Mayer 45
50 M BREASTSTROKE
40.10 J.Kortheuer 48
40.20 J.Bitzer 47
40.46 H.Fallout 45
100 M BREASTSTROKE
1:28.98 J.Bitzer 47
1:29.59 H.Fallout 45
1:30.16 W.Thornburg 46
200 M BREASTSTROKE
3:21.33 J.Bitzer 47
50 M BUTTERFLY
33.16 D.Brown 46
200 M BUTTERFLY
3:27.40 R.Herzog 48
200 M INDIVIDUAL MEDLEY
2:48.77 D.Brown 46
3:40.50 T.Foley 45
MEN 50-54
50 M FREESTYLE
29.80 J.Rodder 51
100 M FREESTYLE
1:08.79 E.Kerswill 53
200 M FREESTYLE
2:34.60 E.Kerswill 53
400 M FREESTYLE
5:26.15 E.Kerswill 53
5:39.21 C.Yates 57
1500 M FREESTYLE
22:29.36 E.Kerswill 53
23:54.90 C.Sheldon 50
50 M BACKSTROKE
36.10 B.Johnson 51
38.40 C.Sheldon 50
100 M BACKSTROKE
1:25.20 C.Sheldon 50
100 M BREASTSTROKE
1:34.59 G.Cunningham 54
200 M BREASTSTROKE
3:23.42 G.Cunningham 54
3:32.42 E.Kerswill 53
200 M BUTTERFLY
3:32.80 E.Kerswill 53
3:37.40 G.Cunningham 54
4:03.20 R.Hansen 53
200 M INDIVIDUAL MEDLEY
3:08.70 E.Kerswill 53
3:13.43 B.Weber 52
400 M INDIVIDUAL MEDLEY
6:41.85 E.Kerswill 53
MEN 55-59
50 M FREESTYLE
30.00 D.Schwab 57
30.35 J.Clark 57
100 M FREESTYLE
1:11.70 J.Clark 57
1:13.55 D.Schwab 57

200 M FREESTYLE
2:49.49 R.Taft 59
2:49.99 F.Taioli 58
400 M FREESTYLE
6:11.90 R.Taft 59
6:27.96 J.MacKenzie 55
6:42.33 W.Lindstrom 56
50 METER BREASTSTROKE
42.30 W.Fernandez 56
42.54 J.Richards 57
42.80 T.Dowell 57
100 M BREASTSTROKE
1:36.10 J.Richards 57
1:37.68 W.Fernandez 56
1:37.71 R.Taft 59
1:41.50 E.Barnes 57
200 M BREASTSTROKE
3:33.64 J.Richards 57
50 M BUTTERFLY
37.05 D.Schwab 57
100 M BUTTERFLY
1:37.03 E.Barnes 57
200 M BUTTERFLY
3:33.19 C.Cosstyla 59
3:33.21 J.Burgan 56
3:34.42 R.Merrick 59
3:40.86 E.Barnes 57
4:33.30 T.Dowell 57
MEN 60-64
50 M FREESTYLE
33.20 E.Moran 61
33.30 W.Odman 60
100 M FREESTYLE
1:12.86 R.Taft 60
1:15.13 E.Moran 61
200 M FREESTYLE
2:43.35 R.Taft 60
2:53.55 E.Moran 61
2:54.30 W.Odman 60
400 M FREESTYLE
5:59.82 R.Taft 60
6:07.77 E.Moran 61
6:20.50 W.Odman 60
1500 M FREESTYLE
24:29.60 R.Taft 60
24:31.20 E.Moran 61
27:55.65 R.McDermott 60
28:48.70 M.Block 63
50 M BACKSTROKE
38.30 R.Taft 60
100 M BACKSTROKE
1:33.16 E.Moran 61
200 M BACKSTROKE
3:21.82 E.Moran 61
100 M BREASTSTROKE
1:41.84 R.Taft 60
200 M BREASTSTROKE
3:46.75 R.Taft 60
3:52.30 E.Blackledge 63
50 M BUTTERFLY
39.90 W.Odman 60
100 M BUTTERFLY
1:39.38 R.Taft 60
1:46.84 W.Johnston 61
200 M BUTTERFLY
4:39.30 W.Johnston 61
4:42.46 E.Blackledge 63
MEN 65-69
50 M FREESTYLE
33.84 G.Weisenthal 65
100 M FREESTYLE
1:18.94 G.Weisenthal 65
1:21.62 B.Wood 69
1:22.10 R.Portman 66
200 M FREESTYLE
3:07.72 B.Wood 69
3:09.00 R.Portman 66
400 M FREESTYLE
6:41.37 G.Weisenthal 65
6:48.67 B.Wood 69
7:02.30 R.Portman 66
1500 M FREESTYLE
26:41.62 G.Weisenthal 65
50 M BACKSTROKE
41.45 G.Weisenthal 65
100 M BACKSTROKE
1:44.88 B.Wood 69
1:47.10 G.Caddey 65
200 M BACKSTROKE
3:50.50 G.Caddey 65
4:00.45 B.Wood 69
50 M BREASTSTROKE
43.01 H.Koppel 65
44.46 H.Perry 67
48.40 E.Knott 66
100 M BREASTSTROKE
1:43.66 H.Perry 67
1:44.10 H.Koppel 65
200 M BREASTSTROKE
3:56.00 H.Perry 67
4:11.35 W.Loughborough 68
50 M BUTTERFLY
46.30 W.Loughborough 68
46.70 H.Perry 67

200 M BUTTERFLY
4:24.69 J.Bartlett 67
200 M INDIVIDUAL MEDLEY
3:45.50 G.Caddey 65
3:50.87 B.Wood 69
3:57.55 J.Bartlett 67
4:00.80 W.Loughborough 68
400 M INDIVIDUAL MEDLEY
8:15.00 G.Caddey 65
8:52.10 J.Bartlett 67
MEN 70-74
50 M FREESTYLE
34.73 A.Rule 73
100 M FREESTYLE
1:18.80** A.Rule 73
200 M FREESTYLE
2:59.33** A.Rule 73
400 M FREESTYLE
6:25.38** A.Rule 73
50 M BACKSTROKE
40.60** A.Rule 73
41.97 A.Hargrave 72
100 M BACKSTROKE
1:33.92** A.Rule 73
1:35.88 A.Hargrave 72
1:50.30 F.Lappe 74
50 M BREASTSTROKE
48.03 S.Bernstein 70
100 M BREASTSTROKE
1:52.33 S.Bernstein 70
2:03.63 F.Lappe 74
200 M BREASTSTROKE
4:24.60 F.Lappe 74
4:26.30 S.Bernstein 70
200 M BUTTERFLY
4:44.70** A.Guth 71
MEN 75-79
100 M FREESTYLE
1:42.40 G.Langner 76
2:18.68 S.Gonzales 77
200 M FREESTYLE
3:51.87 G.Langner 76
5:05.53 S.Gonzales 77
400 M FREESTYLE
8:02.95** G.Langner 76
8:58.05 A.Kallunki 75
1500 M FREESTYLE
31:23.47 G.Langner 76
50 M BACKSTROKE
52.69** F.Lappe 75
54.30 A.Kallunki 75
100 M BACKSTROKE
1:51.56** F.Lappe 75
2:34.73 G.Langner 76
50 M BREASTSTROKE
51.20** A.Kallunki 75
54.67 F.Lappe 75
100 M BREASTSTROKE
1:58.20** A.Kallunki 75
2:04.25 F.Lappe 75
200 M BREASTSTROKE
4:27.35** A.Kallunki 75
5:12.54 G.Langner 76
200 M INDIVIDUAL MEDLEY
4:21.51** A.Kallunki 75
5:35.86 J.Merritt 75
MEN 80+
50 M FREESTYLE
1:37.50 N.GoIdsmith 82
100 M FREESTYLE
3:32.80 N.GoIdsmith 82
50 M BACKSTROKE
2:23.57 N.GoIdsmith 82
50 M BREASTSTROKE
1:31.00 N.GoIdsmith 82
RELAYS
25+ 200 M FREESTYLE RELAY
1:46.68 Olympic Club
1:48.19 Walnut Creek
1:49.73 Sacramento
35+ 200 M FREESTYLE RELAY
2:06.95 Walnut Creek
45+ 200 M FREESTYLE RELAY
2:19.73 San Mateo Marlins
2:24.25 Tamalpais
55+ 200 M MEDLEY RELAY
2:29.70 Rinconada
65+ 200 M FREESTYLE RELAY
3:04.89 San Mateo Marlins
3:19.61 Rinconada
25+ 200 M MEDLEY RELAY
2:02.20 Rinconada
2:04.81 Walnut Creek
35+ 200 M MEDLEY RELAY
2:21.92 Rinconada
2:28.60 IEM
2:13.52 DC Masters
45+ 200 M MEDLEY RELAY
2:42.83 Tamalpais
2:49.30 PNA
55+ 200 M MEDLEY RELAY
2:45.88 San Mateo Marlins
3:04.51 Walnut Creek
65+ 200 M MEDLEY RELAY
3:45.97 Rinconada

RESULTS

SOUTHEASTERN AAU MASTERS
 October 27 and 28, 1979
 Oak Ridge, Tennessee
 (25 Yard Pool)

Many write and ask for the correct procedure for typing meet results in order to get them reproduced in Swim-Master. With so many meets now being conducted, there is no possibility of using them all. 1) Use as few spaces across as necessary. 2) Do not skip any spaces. 3) Use the correct order of age groups and events. i.e. First, WOMEN 25-29, 50-100-200-500-1650 frees, 50-100-200 backs, 50-100-200 breasts, 50-100-200 flys and 100-200-400 IM's followed by relays. 4) Type name-age-time OR time-name-age. The Top Ten additions were typed one way and the Southeastern Championships were typed the other way. Do not send copies but send the original copy. Do not list events that have no entries!

AAU NATIONAL MASTERS & GRAND MASTERS SYNCHRONIZED SWIMMING CHAMPIONSHIPS 1979

GROUP A

Joyce Morris 15.149
 Theresa Bonderant 18.275
 Veronda Miller 16.991
 Donna Miles 14.742
 Donna Parker 13.366
 Hellen Brown 9.333

GROUP B

Wendy Snow 18.975
 Barbara Organ 18.275
 Donna Miller 16.991
 Donna Miles 14.742
 Donna Parker 13.366
 Hellen Brown 9.333

GROUP C - 60 & OVER

Louise Wing 24.834
 Jess Eastwood 22.884
 Jean McMaken 21.792
 Adele Jibbs 19.842
 Helen Ryker 19.549
 Gladys Palmore 15.233

GROUP C - 40-59

Peg Hogan 30.475
 Marian Kretschmer 26.300
 Barbara Organ 26.267
 Jeanne Ackerman 24.267
 Ann Lenz 24.299
 Marj McClung 23.974
 Barbara Eaton 23.817
 Phyllis Steimke 23.525
 Jean Jarbers 23.233
 Jo Smith 23.009
 Carole Westerfeld 22.933
 Marty Strawser 22.775
 Madelyn Coons 22.600
 Vera Stewart 21.983
 Carolyn Madden 21.759
 Nancy Schoeperle 21.367
 Charlotte Ernst 20.808
 Janet Racen 20.775
 Sue Smytrzyzyn 20.500
 Helen Davey 20.483
 Shirley Nonce 20.450
 Jane Hodgson 20.266
 Mary Ballard 20.159
 Barbara Walker 20.067
 Theresa Stillwagon 19.550
 Dolores Sandeklan 19.542
 Maisie Sciborski 19.425
 Connie Kew 19.191
 Dale Petranec 18.983
 Audrey Jurin 17.758

GROUP C - 20-39

Sharon Burlingame 34.292
 Scott Nichols 32.183
 Carrie Tluczek 30.509
 Marie Neu 29.542
 Lee Cassidy 28.717
 Kris Olson 28.175
 Elizabeth Knowles 27.600
 Laura Millman 27.466
 Kathy Wagner 27.400
 Jane Katz 26.799
 Liz Taber 26.425
 Jeanne Ulrich 25.725
 Donna Lewis 25.574
 Marilyn Pliska 25.550

SOLO'S

Dale Petranec 49.263
 80+
 Nellie Brown 28.585
 Louise Wing 72.884
 Jess Eastwood 65.524
 Jean McMaken 64.392
 Gladys Palmore 46.209
 55-59
 Barbara Eaton 68.577
 Marty Strawser 65.355
 Carolyn Madden 61.119
 Mary Ballard 55.663
 Audrey Gurin 52.418

50 Yard Freestyle

Mary Ann Stevens 26 27.40
 Jane Cole 26 28.14
 Beverly Osborn 25 28.59
 Kris Kloppe 29 30.40
 Junie Reeves 29 30.52
 Maggie Mayence 25 30.82
 Rosalyn McKeown 27 31.20
 Doro Watson 28 31.49
 Frances Greene 27 32.50
 Nancy Higginson 25 34.03

100 Yard Freestyle

Mary Ann Stevens 26 58.98
 Beverly Osborn 25 1:01.63
 Lin Crockett 28 1:02.75
 Jane Cole 26 1:03.66
 Debbie Robinson 25 1:05.14
 Kris Kloppe 29 1:09.95
 Junie Reeves 29 1:10.63
 Doro Watson 28 1:12.23
 Frances Greene 27 1:13.19
 Coral Juras 28 1:15.42
 Rosalyn McKeown 27 1:15.43

200 Yard Freestyle

Mary Ann Stevens 26 2:05.38
 Susi Chandler 28 2:16.26
 Beverly Osborn 25 2:17.00
 Debbie Robinson 25 2:17.51
 Lin Crockett 28 2:24.25
 Judy Green 28 2:30.98
 Susan Westnedge 29 2:37.61
 Junie Reeves 27 2:48.58
 Frances Greene 27 2:48.58

500 Yard Freestyle

Mary Ann Stevens 26 5:33.39
 Susi Chandler 28 6:10.26
 Barbara West 25 6:12.39
 Debbie Robinson 28 6:40.38
 Lin Crockett 28 6:42.40
 Judy Green 29 7:20.54
 Junie Reeves 29 7:20.54
 Nancy Higginson 25 7:33.96
 Lisa Watson 25 7:36.28
 Frances Greene 27 7:36.89

50 Yard Backstroke

Beverly Osborn 25 33.51
 Jane Cole 26 36.42
 Conni Boughan 28 37.26
 Lisa Watson 25 39.24
 Maggie Mayence 25 40.18
 Frances Greene 27 43.34

100 Yard Backstroke

Beverly Osborn 25 1:12.86
 Jane Cole 26 1:21.22
 Lisa Watson 25 1:24.22
 Conni Boughan 28 1:27.15
 Nancy Higginson 25 1:27.60
 Maggie Mayence 25 1:31.58

200 Yard Backstroke

Mary Ann Stevens 26 2:28.66
 Beverly Osborn 25 2:45.10
 Lisa Watson 25 3:06.45
 Nancy Higginson 25 3:09.35

50 Yard Breaststroke

Jane Cole 26 36.56
 Conni Boughan 28 38.80
 Maggie Mayence 25 39.48
 Doro Watson 28 40.94
 Janet Conlin 28 44.96

100 Yard Breaststroke

Jane Cole 26 1:22.23
 Conni Boughan 28 1:26.70
 Doro Watson 28 1:28.89
 Maggie Mayence 25 1:31.06
 Janet Conlin 28 1:38.01

200 Yard Breaststroke

Jane Cole 26 36.56
 Conni Boughan 28 38.80
 Maggie Mayence 25 39.48
 Doro Watson 28 40.94
 Janet Conlin 28 44.96

50 Yard Butterfly

Mary Ann Stevens 26 29.87
 Susi Chandler 28 30.15
 Beverly Osborn 25 31.24
 Jane Cole 26 31.81
 Lin Crockett 28 31.81
 Nancy Higginson 25 34.57
 St. Louis 29 34.96
 Kris Kloppe 29 34.96
 Judy Green 28 35.93
 Junie Reeves 29 36.62
 Maggie Mayence 25 36.87

100 Yard Butterfly

Mary Ann Stevens 26 1:04.30
 Beverly Osborn 25 1:09.65
 Lin Crockett 28 1:15.59
 Kris Kloppe 29 1:27.39
 Junie Reeves 29 1:28.30

200 Yard Butterfly

Mary Ann Stevens 26 2:19.19
 Junie Reeves 29 3:28.70
 Lisa Watson 25 3:34.31

100 Yard Individual Medley

Susi Chandler 28 1:10.45
 Jane Cole 26 1:14.35
 Lin Crockett 28 1:14.90
 Debbie Robinson 25 1:15.60
 Judy Green 28 1:20.09
 Conni Boughan 28 1:21.81
 Maggie Mayence 25 1:22.85
 Kris Kloppe 29 1:23.07
 Nancy Higginson 25 1:23.21
 Junie Reeves 29 1:25.86
 Coral Juras 27 1:29.73

200 Yard Individual Medley

Mary Ann Stevens 26 2:25.69
 Susi Chandler 28 2:33.76
 Debbie Robinson 25 2:39.86
 Judy Green 28 2:57.68
 Maggi Mayence 25 3:19.43

400 Yard Individual Medley

Mary Ann Stevens 26 5:06.71
 Beverly Osborn 25 5:39.20
 Kris Kloppe 29 6:42.12

50 Yard Freestyle

Anne Grams 32 26.72
 Patricia A. Smith 33 29.52
 Gayle Tindol 30 29.70
 Jessie Watson 33 32.47
 Susanne Sinclair 33 34.63
 Mary Ellen Ress 33 38.25

100 Yard Freestyle

Anne Grams 32 58.47
 Barbara West 31 1:02.32
 Gretchen Drake 30 1:03.24
 Gayle Tindol 30 1:06.72
 Susan Westnedge 34 1:10.29
 Mary Ellen Ress 33 1:25.90

200 Yard Freestyle

Anne Grams 32 2:07.43
 Gretchen Drake 30 2:17.64
 Barbara West 31 2:27.67
 Gayle Tindol 30 2:31.35
 Jessie Watson 33 2:50.77
 Mary Ellen Ress 33 3:11.31
 Elly Foster 32 3:22.41

500 Yard Freestyle

Anne Grams 32 5:47.26
 Barbara West 31 6:24.21
 Carrie Thornthwaite 34 6:51.85
 Gayle Tindol 30 7:00.78
 Susan Westnedge 34 7:05.33
 Elly Foster 32 8:58.70

50 Yard Backstroke

Carrie Thornthwaite 34 33.53
 Barbara West 31 34.56
 Jessie Watson 33 39.46
 Susanne Sinclair 33 40.69

100 Yard Backstroke

Anne Grams 32 1:10.22
 Carrie Thornthwaite 34 1:13.24
 Barbara West 31 1:15.97
 Jessie Watson 33 1:27.20
 Susanne Sinclair 33 1:36.56

200 Yard Backstroke

Anne Grams 32 2:32.78
 Carrie Thornthwaite 34 2:44.06
 Jessie Watson 33 3:16.39
 Elly Foster 32 3:46.36

100 Yard Butterfly

Gretchen Drake 30 1:10.42
 Susanne Sinclair 33 1:33.60
 200 Yard Butterfly
 Susanne Sinclair 33 3:28.82

100 Yard Individual Medley

Anne Grams 32 1:08.36
 Barbara West 31 1:09.96
 Gretchen Drake 30 1:09.98
 Patricia A. Smith 33 1:16.93
 Carrie Thornthwaite 34 1:18.10
 Susan Westnedge 34 1:18.49
 Gayle Tindol 30 1:19.56
 Jessie Watson 33 1:22.95
 Susanne Sinclair 33 1:27.96
 Mary Ellen Ress 33 1:45.40

200 Yard Individual Medley

Barbara West 31 2:32.20
 Gretchen Drake 30 2:36.24
 Carrie Thornthwaite 34 2:52.07
 Gayle Tindol 30 2:58.47
 Susanne Sinclair 33 3:19.22

400 Yard Individual Medley

Gretchen Drake 30 5:31.37
 Susan Westnedge 34 6:10.53
 Gayle Tindol 30 6:14.53
 Susanne Sinclair 33 7:04.13

50 Yard Freestyle

Lisa Woodman 36 28.92
 Sallie Boyle 38 35.10
 Nancy Lowden 37 35.67
 Sharon Hogge 35 36.39
 Jessica Loftis 37 40.11
 Gail Wilson 35 42.46

100 Yard Freestyle

Lisa Woodman 36 1:04.50
 Nancy Lowden 37 1:17.89
 Sallie Boyle 38 1:18.94
 Sharon Hogge 35 1:27.69
 Jessica Loftis 37 1:28.58
 Ute Kahn 38 1:32.53
 Ann Hensley 36 1:34.03
 Gail Wilson 35 1:46.77

200 Yard Freestyle

Lisa Woodman 36 2:23.21
 Sallie Boyle 38 2:52.33
 Ute Kahn 38 3:19.13
 Jessica Loftis 37 3:21.62
 Gail Wilson 35 3:53.24

500 Yard Freestyle

Lisa Woodman 36 6:26.66
 Sallie Boyle 38 7:58.43
 Nancy Lowden 37 8:27.01
 Ute Kahn 38 8:55.77
 Jessica Loftis 37 9:33.16

50 Yard Backstroke

Sharon Hogge 35 41.91
 Nancy Lowden 37 44.12
 Sallie Boyle 38 44.78
 Jessica Loftis 37 47.51

100 Yard Backstroke

Sallie Boyle 38 1:39.61
 Nancy Lowden 37 1:41.23
 Jessica Loftis 37 1:43.38

200 Yard Backstroke

Sharon Hogge 35 41.91
 Nancy Lowden 37 44.12
 Sallie Boyle 38 44.78
 Jessica Loftis 37 47.51

Tragedy at the swim meet

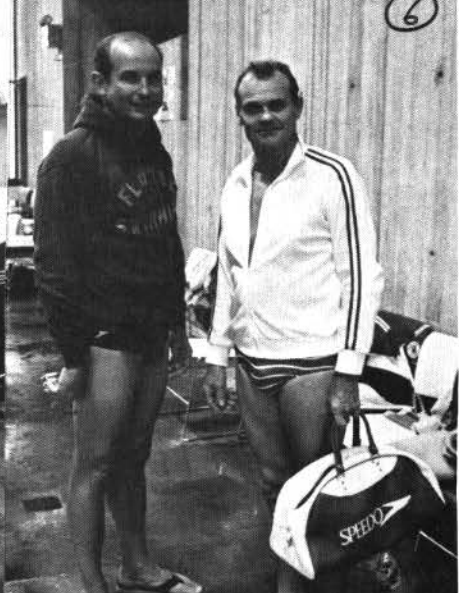
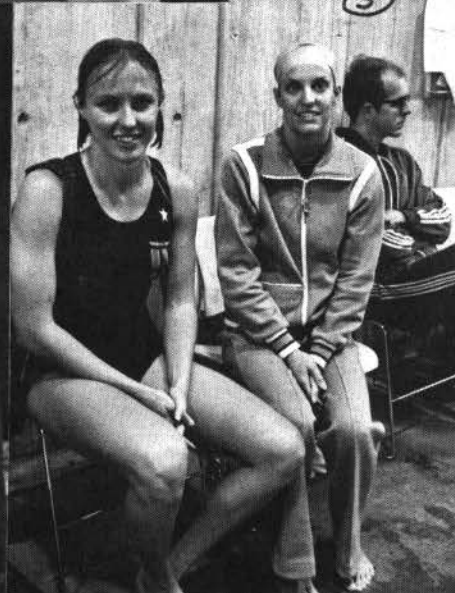
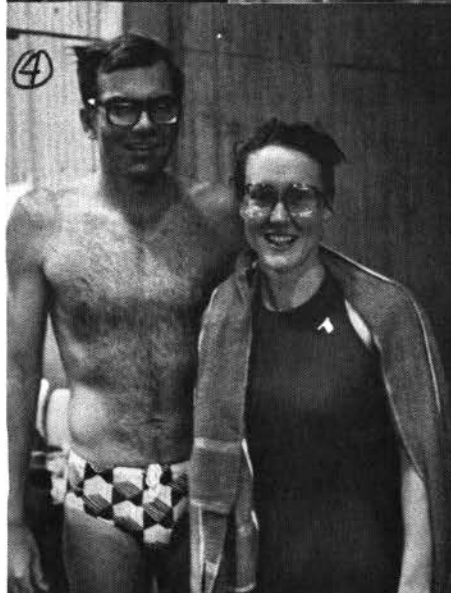
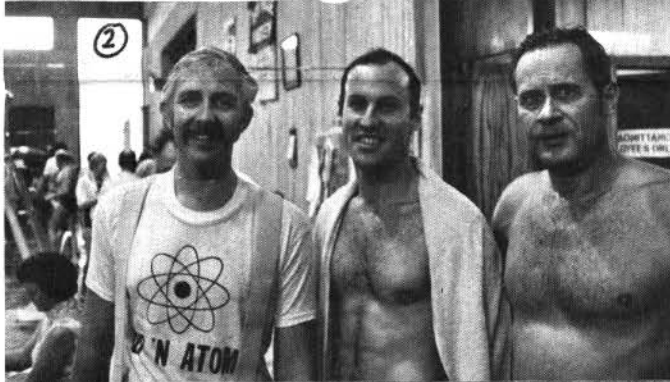
Oak Ridge has long been proud of its swimming program. The city's two pools are splendid recreation facilities for local residents. They have also often played host to visiting swimmers for meets — for many years major events for young swimmers staged by the Atomic City Aquatic Club, in more recent years also major events for older swimmers staged by the Oak Ridge Masters Swimmers.

This past weekend tragedy struck the Masters meet at the Civic Center indoor pool as Joseph Henry, a champion swimmer from Ohio, was stricken while working out in advance of the official competition. Major efforts were made by pool employes and local paramedical and medical personnel to save the 46-year-old former Ohio State swimming team captain, but to no avail. Emergency equipment kept at the indoor pool had only that afternoon

been taken out and checked just in case it might need to be used, and sadly it was, if not, in this tragic instance at least, to any avail.

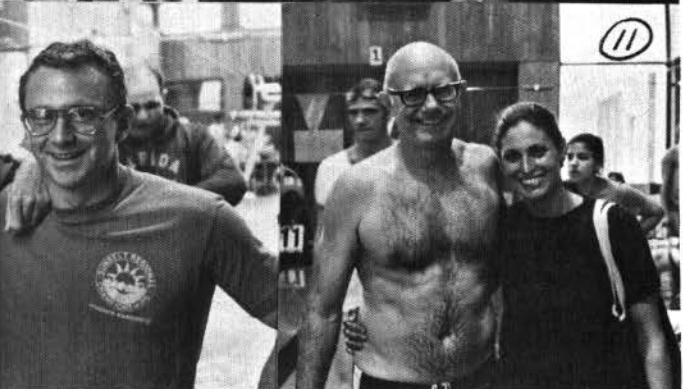
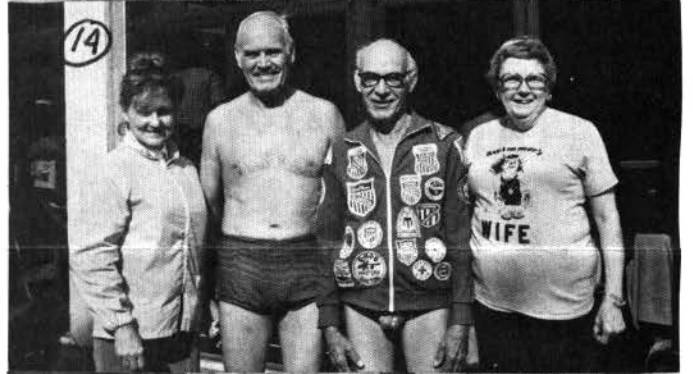
Oak Ridge is a city that feels deeply about its visitors — wants them to feel welcome and be accommodated as fully as possible. Oak Ridge feels deeply, therefore, when one of those visitors, on whatever mission, is struck down in any way while in our midst.

We would presume to extend the community's sincerest sympathies to the family of Mr. Henry. His death here will be remembered long and thoughtfully, especially as other Masters and Aquatic Club swim meets are held here, as assuredly they will continue to be, and as we are sure he would have wanted them to be, despite the sad end to which his trip here for this usually spirited and very health-giving competition came.



1. The 7th Annual Southeastern Championships meet was held Oct. 27 & 28 at Oak Ridge, TN. The meet was dedicated as a tribute to Joe Henry, 43, Ohio Masters, who suffered a heart attack and died the day before. A record 152 competed in the meet held at the Oak Ridge Civic Center pool.
2. Richard Bober, Tar Heel Masters, center, with meet directors Bob Gardner and Ken Preston, Tennessee Masters.
3. Ohio Masters Ute Kahn, Rick Bauschard, Sallie Boyle and Darlene Ferguson.
4. Bill and Anne Grams, Nashville A.C.
5. Gretchen Drake, Ohio, and Mary Ann Stevens.
6. Burwell Jones, Suncoast Masters, set 3 national records and John Crews, TM, who set 2 national records.
7. 1977 photo - Peg Greetham, Yoshi Oyakawa, Don Greetham and Joe Henry.
8. Rosalyn McKeown, Joanne Marshall and Janet Meservey, TM, and Lorraine Peterson, Cal Tech Masters.
9. Elly Foster and Bert Sproffkin, NAC.
10. Kirk Caterbury and Milton Gee, THM.
11. Photographer Bill Marshall, TM, and Pat Smith, GCM.
12. David Volk and Rick Bauchard, Ohio; Conni Boughan, Susan Westledge and Lisa Watson, Georgia Masters; Louis Weir, TM, Banquet Chairman.
13. Tennessee Masters John Johnson, Leen Schappel, Randy McNally and John Reeve.
14. Martha and Virg and Irv and Mary Rose: Martha and Virgil Miracle, TM; and Irv Merritt, West Lafayette White Sharks, and Mary Rose - 'Swimmer's Wife'.
15. Gold Coast Masters at Saturday Night Banquet - Barbara West, Curt Cowan, Lisa Woodman, Jim Manchester, Gay Rosser Sr. and Gay Rosser, Jr., Gerry DeLong, Jane Cole & husband, Pat Smith and June Krauser.

PICTURES AND ARTICLE COURTESY OF Joanne and Bill Marshall, TM



Not the average octogenarian

Swimming master sets records at 80

By RICH JABLONSKI
Sports Writer

"This is my weak stroke," Clarence Ross confided before slipping into the Hartwick pool yesterday afternoon for the seventh heat in the 50 yard backstroke event.

Several minutes later, Ross emerged from the pool after his third record setting performance in the day's Masters swimming competition.



Clarence Ross

For the uninitiated, Masters swimming may be one of the last bastions of truly amateur athletics remaining in the world today. Competitors pay their own way to various meets across the nation, the reward being the satisfaction derived from competition and meeting one's peers in the swimming world.

There is only one stipulation, aside from simple athletic ability: entrants must be at least 25 years of age.

Clarence Ross turned 80 in August. He has been involved with Masters swimming since 1972, or when he was 72 years old.

"I was at a convention in Portugal in 1972," said Ross. "This fellow saw me in the hotel pool and asked me if I'd ever done any competitive swimming."

As it turned out, Ross had done his share of racing. Back in 1919, when he was a student at Rutgers University, Ross was national champion in the three, five, and ten mile events. In fact, he was a three-time national ten mile champ, while swimming for Rutgers or the New York Athletic Club.

Prior to that, he had been a high school record holder and undefeated in the 220 yard freestyle.

Ross's background became evident as soon as he took to the pool.

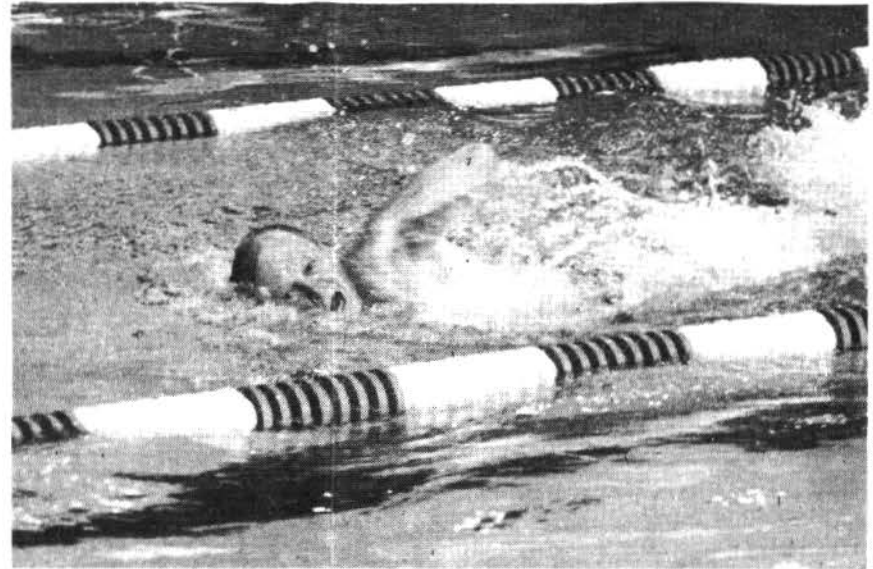
"I was 72 when I started," said Ross, and I broke five records in my age group (70-74). When I was in the 75 year group, I held the record for every event I swam in.

Now that he's in the 80 year group Ross has picked up where he left off. Yesterday, he established three new marks in three events, shaving over seven seconds off the existing 50 yard freestyle record with a 34.14 swim. Even in the backstroke, his time was almost seven seconds faster than any 80 year old had ever achieved.

Ross's success can be attributed in part to a program which finds him in a YMCA pool five times a week for two hour training sessions. Even if he didn't swim competitively, Ross would still swim regularly.

"There have been times," the resident of Upper Montclair, New Jersey confessed, "when I've said, what the hell, why not lay off a little. But if I stop for three, four, five days, I don't feel good. So I always go back."

"There's been a big surge for health



Star Photos by Rich Jablonski

Ross is on his way to another age group record: the 50-yard freestyle.

in the United States," added Ross. "People who have never done anything are running, or playing handball, or swimming."

Swimming has brought Ross new friends, cards and letters from as far away as Germany, and, above all, excellent physical condition.

"You won't see too many people out of shape here," Ross said with a gesture toward the rest of the competitors. "Oh, there are times when you'll see someone who's really fat, but that doesn't happen too often."

A glance around the pool revealed that Ross was not kidding. Very few overweight bodies found their way to the Hartwick pool yesterday. Even in the crowd which included a number of bathing-suited people who were well up in years, there was remarkably little

fat on display.

If Ross is typical of Masters swimmers, the secret to this phenomenon may well be a youthful outlook on life.

"I don't think about age," said Ross. "In fact, after the Nationals this year, I was invited to attend a cocktail party. Well, I told everyone I had too much to do — gardening, work around the house. Later that day, a friend told me that the party was a surprise party in my honor."

"I decided to surprise them. I got out this old bowler I had worn at Rutgers in 1919, some other things and an old cane. Then I powdered my hair and hobbled in on their party. Were they surprised?"

They may well have been, but only if they didn't really know Clarence Ross, a master person among Masters swimmers.

Daily Star 10/8/79

MASTERS NOTES SWIMMING NOTES

SUBSCRIPTION RATE INCREASE - Five increases in printing costs in 1979 necessitates an increase in the subscription rate for SWIM-MASTER. The current subscription rate as of January 1, 1980 will be \$7.00 per year (USA) and \$11.00 per yr (Foreign). All \$6.00 subscriptions received after January 1, 1980 will receive only seven issues. Anyone sending in \$6.00 may receive all nine issues if the additional \$1.00 is received immediately upon receipt of this notice. All \$8.00 subscriptions will increase to \$11.00 and all \$10.00 subscriptions will increase to \$11.00.....

1980 SHORT COURSE NATIONALS - Entry blanks are printed. Send a self-addressed stamped envelope if you wish a copy to June Krauser, 2308 N.E. 19 Ave., Ft. Lauderdale, FL 33305. Three entries have been received, not including mine.....

RONNIE BURNS OF GREAT BRITAIN WRITES - "There have been three main Masters' Meets in this country this year (1979). In April the second Northern Masters' Meet at Gateshead, Tyne & Wear, organised by the Olympic athlete Vrendan Foster who is Director of Leisure and Recreation for Gateshead. In October we had the 1st Scottish Masters Tournament at Grenock near Glasgow. Also in October the 8th Otter Masters Tournament. I am a Masters Competitor myself and a former Olympic competitor (Helsinki 1952). I produce news and current affairs programmes for BBC Television in the North of England. So I am always pleased to be able to help publicise Masters swimming on radio, TV, and in the local press.".....

97 YEAR OLD WINS IN YAKIMA - Rick Ingraham and Carol McMeel from the Tacoma Y, Florence Miller, Marty Dabrock and Kathy Crandell from Ft. Steilacoom, and Donna Burkhart from Aqua Dive in Seattle, traveled to Yakima Oct. 20 for an IEA meet. The highlight of the meet was the 50 yd. free swum by Yakima's 97 year old swimmer. He was applauded by all upon receiving his first place medal.....

AIR CONTROLLER DIES IN COLORADO ACCIDENT - Jim Wardwell, 51, air-traffic-control chief at Johnson-Bell Field, was killed in an automobile accident north of Colorado Springs, CO. Jim helped organize and was president of the Masters Swim Program at the University of Montana.....

CANADIAN GROUP WOULD LIKE TO ATTEND A MEET IN THE USA - If you would like to invite some Canadians to your meet sometime in April, May or June, please send details to Laura Foley, 8604-108 St., Edmonton, Alberta, CANADA T6E 4M4. They prefer a meet in either the Pacific Coast or Rocky Mountain regions.....

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MEDICAL THOUGHTS FROM MANUEL SANGUILY, M.D. -

"Foremost, I think that we must preach preparation before competing - we must encourage all - especially 35 and over, to prepare themselves properly for competition and to join an accepted club so they can have more organized training. We must encourage no smoking, and conscientious ingestion of alcohol. On the group - 50 and over - I think we must insist on a medical okay, and perhaps in the older group encourage a stress test! Also, I feel that this group should have a little more time to start, and to get out of the pool after swimming their race. No one should be asked to climb out over the edge, but to walk to the side and climb out, or be assisted out. I hated to see people rushing the older group out from the pool in order to continue the meet. There should be available Oxygen, with a mask to offer some comfort in breathing to whoever needs it; and we should encourage the older group to take advantage of it. Good for the coronaries you know! Also for the old brain... An ambulance with trained personnel should be on stand by, and we must make previous arrangements with a qualified hospital about possible patients. We should expect adequate areas with shadow for hot days so people can get out from the sun. Also, adequate facilities for water drinking and cold drinks; preferably on hot days- gatorade or energade. Food should be available also, preferably not high in grease, and some carbohydrates or sweets. Most important I must reiterate that we must prevent! We must advise our swimmers about food preparation, and encourage them to report any abnormal symptoms or signs of physical illness. I also feel that we have to have our National Meets, in climatic areas which are favorable. Water temperature never below 78°, and air temperature possibly 75° to 85°. Unreal?...Perhaps, but still within the ball bark.".....

SWIM-MASTER

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

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SWIM CALENDAR

VOL IX - NO 1

JANUARY 1980

JAN		NATIONAL ONE HOUR SWIM - Dale E. Petranech, 2059 Huntington Ave., Apt. 1112, Alexandria, VA 22303
19		Berkley, MI - Bill King, 3620 Greenway, Royal Oak, MI 48073
26		M.E. Lyons Y - Cathy Witkowski, 8108 Clouth, Cincinnati, OH 45244
26-27		SC Toronto - T.J. Finnigan, 36 Judith Crescent, Bramalea, Ontario L6S 3J4 Canada
26-27		Sunbelt - Kirk Canterbury, 6616 Rocky Falls Rd., Charlotte, NC 28211
27		SC - Jack Mathews, Box 23, Grinnele, IA 50112
27		SC - DC - Suzanne Kreplin, 1409 Jefferson Rd., Oxon Hill, MD 20022
FEB	2	Rhode Island Jr.C. - Ernie Hulme, 17 Vista Dr., Lincoln, RI 02865
	2	Blue Ash Y - Richard W. Chisholm, 8885 Castleford Lane, Cincinnati, OH 45242
	9	DIVING - Lyle Felderman, 12623 Clark Ave. #2, Downey, CA 90242
	10	Lansing, MI - Edie Gibbs, 743 Grove St., E. Lansing, MI 48823
	16-17	Baltimore - Barbara Bowman, 10330 Malcom Cir, Apt K, Cockeysville, MD 21030
MAR	8	Invitational - Laura Foley, 8604-108 St. Edmonton, Alberta T6E 4M4 Canada
	8	Powel Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	8	Disco-Etobicoke Olympium - Beth Whittall, P.O. Box 413, Schomberg, Ont. L0G 1T0
	1-2	SC - Gene M. Diedrett, Lubbock Y Water Y'ers, 3102-36 St., Lubbock, TX 79413
	8-9	TX A&I - Ron Hunt & Dave Gillanders, Campus Box 198, Texas A&I Univ., Kingsville, TX 78363
	9	SC - Main Line Y - Jody Schmidt, 1416 Berwyn-Paoli Rd., Berwyn, PA 19312
	15-16	SC & Diving - John George, 913 E. 10, Edmond, OK 73034
	16	SC Hurth - Gert Fuchs, BenfleetstraBe 11, 5000 Koln 40, West Germany
	23	Midland Masters - Jim Work, 3409 Lawndale, Midland, MI 48640
	29-30	SW Champ - Sam Jones, J. Gym, University of NM, Alb. NM, 87131
APR		Hawaiian Postal Relays - Jerry Bennett, 45-090 Namoku St., Kaneohe, HI 96744
		Northern Masters at Gateshead, Tyne & Wear, England - Ronnie Burns, 1, The Dell, Fulbeck, Morpeth, Northumberland, Great Britain
	11-13	Southern Regional - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
	19-20	SC - Bill Kloppe, 213 Osceala Ave., Nashville, TN 37209
	19-20	Harvard - Tom Lyndon, 54 Walnut St. #7, Waltham, MA 02154
	19-20	Michigan Finals - Bill King, 3620 Greenway, Royal Oak, MI 48073
	19-20	York Dutch - Cal Schaeffer, 47 E. Philadelphia St., York, PA 17401
	25-27	East Coast - Bob Macionis, Bridgewater Com. Pool, Box 6300, Bridgewater, NJ
	26-27	O*H*I*O Masters - Meet Director, P.O. Box 8513, Canton, OH 44711
	26-27	SC - Will Worley, 1001 Village Dr., College Station, TX 77840
MAY	16-18	NATIONAL SHORT COURSE CHAMPIONSHIPS - Ft. Lauderdale SHOF Pool June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
	23-25	ST. Pete LC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519

Mail 3 copies of meet results to: Enid Uhrich, 25 Lafayette Rd., Newton Lwr Fls, MA 02162
Association meets listed on page 2