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MASTERS SWIMMING - A COMPETITIVE PROGRAM FOR ADULTS

by JUNE KRAUSER

In the spring of 1970, John Spannuth, coaching in Amarillo, TX said, "Come on June, compete in this neat meet I'm having for adults."

I said, "No way!"

The next spring John said, "June, we're going to have twice as many adult swimmers competing in our meet this year, you'll enjoy it. Come to Texas."

I said, "No John."

That summer John, as coach, and I, as chaperone, took 8 USA swimmers to Czechoslovakia. This gave John plenty of time to convince me to start training for the 1972 National Short Course Masters meet. I finally gave in to John's insistence that this was going to be a GREAT PROGRAM.

In the fall of 1971, John became the AAU Aquatics Director and, because of my involvement with Junio Olympic Rules (all sports) and AAU Swimming Rules, selected me to draft the initial legislation for Masters Swimming to be submitted to the AAU Joint Swimming Committee. At the convention that winter, the Masters Swimming Program became an official part of the National AAU Aquatics Program. At that time, the following benefits to Masters Swimming were noted: 1) It provides tangible evidence of the legitimization of Masters activities. It is recognized as an integral part of aquatics along with age group and senior programs; 2) The National Meets will have enhanced status and prestige. This symbolism will add to the excitement and esteem of the National Meets; and 3) The organization of the National AAU will actively co-operate and draw upon the resources of the National and Local Organizations for help in developing future meets.

Many doctors believe that a moderate exercise program, which involves challenge to the cardio-pulmonary system and maintenance throughout life, will prolong life. In addition, there appears to be an enormous increase in psychic well-being, including a reduction of anxiety and depression, that can occur as the result of a well-constructed

and enjoyable exercise plan. A problem immediately apparent in designing a permanent exercise program is sustaining motivation over weeks, months, years, and decades. Swimming, although an ideal exercise, can be exceedingly dreary without some goal beyond the sole attainment of fitness.

It was to provide this continuing motivation that the idea of Masters Swimming was generated early in the 1960's by Ransom J. Arthur MD, and others at the Naval Medical Neuropsychiatric Research Unit in San Diego. The Masters Swimming Program's major goal is to promote physical fitness through continued exercise. It's secondary goal is to promote pleasure through the camaraderie that accompanies the formation and training of teams and participation in organized meets. This, as well as medical research, has been a feature of the Masters Swimming program since its inception.

From 49 competitors in that first meet in Texas, the Masters Swimming program has grown to over 11,000 registered swimmers. Because of the goals of the program stated above, if a person were not going to compete, there would be no need for registering. I have had countless inquiries from young (under 25) adults just waiting to join this program. At the 1980 National Masters Short Course Championships there were 957 competitors and this past spring there were over 1200. This, along with the rise in registrations and interest by young adults substantiates the growth in the Masters Swimming program. The number of meets have also increased over the years; at the local level, our meets have tripled in the last four years. The clubs registered with Masters Swimming has grown over the years showing an enthusiasm for getting involved in the program.

Just as United States Swimming is geared to competition - from the young age group swimmer to the Olympic Athlete, so is United States Masters Swimming geared to competitive swimming. We would need no organization, no rules, no registrations, no nothing if we did not have competitions in the form of meets. The 26 million

adults in the US who swim, according to the Harris study, would still be swimming without our program, but the 11,000 registered USMS athletes who swim to compete might not! We need the Masters Swimming Program as an important motivational framework for promoting a lifelong exercise regimen that exerts tangible benefits on its participants in the form of physical and mental well-being. Perhaps a better title for our program would be - UNITED STATES MASTERS SWIMMING, INC.-A COMPETITIVE PROGRAM FOR ADULTS.

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A LETTER TO SHARE

Dear June: I am very sorry to say that Fran and I will not be able to make your meet this year. I have always, as you know, enjoyed going to Fort Lauderdale and your meets have been the most fun, as well as really the best managed of all the masters championships. However, at this moment in time, I am not physically up to such a long airplane journey and, in any case, I cannot compete because I can't kick any more. However, I do get into a therapy pool here at the hospital every day and do a bit of pulling with my arms.

I hope you will convey to everyone my best wishes and indicate to them that I maintain my interest in and enthusiasm for the masters program. You can also say that if my joints get better again, I will be back competing.

Fran and I are pleased to be back in Los Angeles. My current job as Chief of Staff is an interesting one and is just right for this stage of my professional life. I think we will retire completely from this post in a few years, and may yet end up in Florida.

Thanks again for your enormous help and contributions from the earliest days. Without you the masters program would not have grown successfully. I will be thinking of all of you on the 28th and wistfully remembering the many fine meets and fun occasions of past years.

Best personal regards,

RANSOM J. ARTHUR, M.D.
Chief of Staff - Veterans Administration
Medical Center - Los Angeles, CA

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IN MEMORIAM

Clara Sved, a member of the Tandem Swim Club Masters was killed in an auto accident in Florida while on the way to visit relatives on the last day of SC Nationals. She was 44. She loved the sport, and she was loved by those in it whom she touched.

PERSISTENCE SPELLS SUCCESS

by MARK COUGHLIN

When you suddenly break off from a group or lose contact, regardless of the reason, it is supremely reinforcing to hear the good tidings which I learned today. Since my heart attack I had virtually lost contact with Masters.

But today Stanton Craige of D.C. Recreational Dept. revealed to me that an old rival, Al Allen, had won the Gold at Ft. Lauderdale in the National Championships. I'm so very happy for Al for I know how hard he worked to achieve it.

Al is symbolic of discipline and hard work. He rarely drinks more than one beer. He helps others as the coach of D.C. Recreational Dept. Masters. For this reason I'd most certainly like to publicly recognize and congratulate Al on his remarkable achievement.

Looking back 11 years I see that there was much enjoyment in participating but my competitor, Al Allen did a lot more than that. He coached and developed his team and has done a remarkable job in this capacity ever since Masters existed in Washington.

I had the honor of being his referee for two years in the Winter D.C. Recreational Masters meets. I also worked with Al one season at the GWU varsity meets. Thus I know that Al is efficient as an administrator as well as a competitor.

And now after all those years of finishing 2nd or 3rd, Alfonso Allen is National Champion! Upon this premise I believe that all of you will join me in wishing Al great happiness on this goal realization.

SUCCESS

If you think you're outclassed, you are;
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man
But sooner or later the man who wins
Is the one who thinks he can.
If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win but think you can't
It's almost a cinch you won't.
If you think you'll lose, you're lost.
For out in the world we find
Success begins with the fellow's will
It is all in the state of mind.



CORRECTIONS - CORRECTIONS - AND MORE CORRECTIONS

1. Margaret Timmins of GCM was 2nd in 50 back - 50-54 Women giving GCM 7 pts
2. GCM Women won with 390.5 points to NEM with 384 (double-double checked)
3. Paul Krup of OHIO was 1st in 100 fly - 65-69 Men with 1:16.91 and Eugene Jennings' time was 1:36.01
4. OHIO A 200 FR for 55+ Men was 2nd with 2:00.78 (not in 45+ as listed)
5. Sig Loeffler really swam the 200 breast and was 2nd with 4:41.27.

ANOTHER CORRECTION BEFORE PRESS TIME: 35+ MFR MARINA MASTER A should be MARYLAND MASTERS A

PICTURES Top L-R: Paul & Patti Hutinger; Ann McGuire; Kevin Kelly & Dorothy Donnelly; and Bill Loughborough

Bottom left to R: Dorothy Donnelly receiving the Ransom J. Arthur MD Award from Mike Laux; Enid Uhrich with Ransom J. Arthur Trophy and Margaret Samson looking on; Dan Gruender with Arizona Masters Laurie Swan, Pat Ferrera, Lisa Bogatko & Edie Gruender; and below that bewitching beauty Tommie Kirksmith!

WILLIAM ELLERY LOUGHBOROUGH, 72, (upper right), died unexpectedly at his home on June 25, 1983. He had been feeling well, was in trim condition, and had been training for two prestigious swim meets. Bill had enjoyed his swimming so much and the friends made - Masters Swimming was a marvelous part of his life.

SWIMMERS by Cynthia Bruce

Swimmers swimmers everywhere
 Down there at the SHOF
 Water Splashing - toteboard flashing
 Starters never stop.
 Muscles stretching - stomachs retching
 Buzzers beeping - red eyes weeping
 Records broken - medals tokens
 Losers winners - frowners grinnners.
 Judges Grudges - boobs & tooshes
 Timer minders - button pushers
 Gripes & protests - mistakes delays
 Hundreds fifties - IM's & relays
 June Krauser shouting - doubting - pouting
 Announcers yik & yak
 Contestants turning - churning - yearning
 The coaches quick with flak.
 This was sure chaos!
 Have you got a faster rationale
 For such pure pathos
 Than the 18th Masters Nationals.

Spotlight on achievement

At 81, He's Dean of Joggers

"People in good health can improve their fitness no matter what their age."

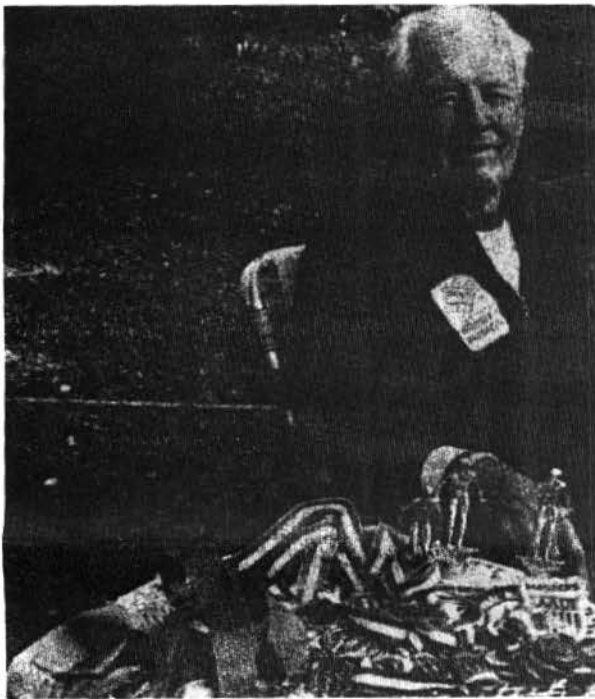
Thomas K. Cureton.

To become a champion in three sports, all the "dean of joggers" at the University of Illinois needed was time.

Thomas K. Cureton, honored Alliance member and professor emeritus of physical education at the U. of I., has more time for his rigorous workouts now that he has retired from teaching and research. And the passage of time has eliminated or slowed the competitors who might be able to beat him in swimming, running or bicycle racing, he said.

At 81, he wins more races in more sports than he did as a nationally ranked collegiate swimmer in the early 1920s at Georgia Tech and Yale.

Soon after Cureton joined the Illinois faculty in 1944 to establish a physical fitness research laboratory, his studies showed the benefits of continuous



***Swim for your health's sake . . .
Win your own fight with time . . .
Improve your self-worth . . .
Masters Swimming is the answer.***

exercise such as jogging or swimming. He became a national salesman of fitness, convincing thousands of middle-aged men and women to run, swim or bicycle at least 30 minutes a day. His former graduate students wrote books, led workouts and designed programs to promote fitness.

Record Setting Swimmer

In 1969 he retired from teaching. In 1973 he entered the first national swimming competition for older age groups and established records in four events for men 70 to 74 years old.

Cureton didn't try national competition in swimming again until 1980. Now among men 80 to 84, he holds national records in nine events and was a member of four first-place relay teams. He has competed in bicycle racing and in track and field at Senior Olympics meets for Illinois, Indiana and the Midwest region.

In state and regional competition, Cureton usually leaves his 80 to 84-year-old rivals behind. He holds records in 10-mile and half-mile bicycle races, six swimming events, the 1,500-meter racing walk, the standing broad jump, rope skipping, and 200, 400, 800 and 1,500-meter runs.

"These state meets last three days, and I enter at least 18 events," Cureton said. "On the third day, the men in their 70s and 80s are tired out. That's when I make some of my best times."

How does he do it?

Diet and Exercise and Training

Cureton credited his performance and endurance to a lifetime of vigorous exercise, hard training, a diet heavy in carbohydrates and light in animal fat and butterfat, and daily consumption of wheat germ oil.

He said he trained nearly every day this past summer at his vacation home in Wisconsin's Door County. He began each workout with a five to seven-mile run and continued with a one-mile swim, 20-mile bike ride, rope skipping, and 30 minutes of arm and shoulder exercises.

The lengthy training sessions developed Cureton's speed, strength and endurance so that he bettered the swimming records he set nine years earlier. In 1973 he swam the 200-meter backstroke in 4:14.2, while this year he dropped the time to 4:00.9. During the same period he lowered his time for the 200-meter individual medley from 4:29 to 4:05.

The better performance, he said, confirms research with elderly people that shows they can make important progress in developing physical fitness if they exercise.

"People in good health can improve their fitness no matter what their age," Cureton said. "Scientific investigations have shown that exercise improves the physical and psychological condition of people over 60. I believe sitting and doing nothing leads all too often to a quick decline."

"It isn't necessary for elderly individuals to train three hours a day for national competition to improve their physical condition. Thirty minutes of vigorous walking or swimming, some stretching exercises and sensible calisthenics will help most elderly people a great deal."

Cureton said he looks forward to turning 85, so he can enter a new age group and have a shot at a new set of records.

SUMMER DEVELOPMENT MEET I
SCOTTSDALE CIVIC CENTER POOL
SCOTTSDALE, ARIZONA
JUNE 8, 1983
50 METER COURSE

WOMEN 25-29	
Laurie Swan 29 UN	
200 M Free	2:54.59
400 M Free	6:12.96
WOMEN 30-34	
200 M Free	
Jonelle Schmidt 32 SW	2:34.17
50 M Back	
Jonelle Schmidt 32 SW	37.63
50 M Breast	
Janet Gettling 34 SW	39.16
100 M Breast	
Janet Gettling 34 SW	1:26.67
WOMEN 35-39	
Linda Riedel 35 AM	
200 M Free	3:08.68
400 M Free	6:54.65
WOMEN 55-59	
Ruth Manfredi 59 AM	
50 M Free	41.99
400 M Free	7:05.65
MEN 25-29	
John Jenkes 29 AM	
100 M Breast	1:31.06
200 M Breast	3:13.21
MEN 30-34	
100 M Free	
Don Wagner 30 SW	1:03.12
400 M Free	
Peter Reed 30 AM	5:25.21
50 M Back	
Mark Vogel 30 SW	33.57
50 M Fly	
Don Wagner 30 SW	29.07
MEN 45-49	
P. Morrissey 48 MICH	
200 M Free	2:36.50
MEN 50-54	
Bill Burr 52 UN	
50 M Free	31.79
100 M Free	1:16.98

400 M Free	
Lin Jenkins 41 SW	6:35.52
Josie Reuter 42 AM	8:20.43
Edna Spring 44 AM	10:15.32
50 M Back	
Lin Jenkins 41 SW	45.60
Josie Reuter 42 AM	57.12
Edna Spring 44 AM	1:06.88
100 M Back	
Lin Jenkins 41 SW	1:43.83
Josie Reuter 42 AM	2:16.51
50 M Breast	
Edna Spring 44 AM	1:08.81
Josie Reuter 42 AM	DQ
100 M Breast	
Lin Jenkins 41 SW	1:43.81
Edna Spring 44 AM	2:38.33
Josie Reuter 42 AM	2:46.78
50 M Fly	
Lin Jenkins 41 SW	43.09
Josie Reuter 42 AM	1:01.57
100 M Fly	
Lin Jenkins 41 SW	1:38.41
Josie Reuter 42 AM	2:25.21
200 M I.M.	
Josie Reuter 42 AM	4:40.28
WOMEN 50-54	
50 M Free	
Nalani Morris 51 AM	44.36
Thea Carlton 51 AM	59.32
Harriet Kolen 53 AM	1:08.72
100 M Free	
Nalani Morris 51 AM	1:37.83
200 M Free	
Nalani Morris 51 AM	3:47.71
400 M Free	
Nalani Morris 51 AM	8:06.69
Thea Carlton 51 AM	9:01.11
50 M Back	
Thea Carlton 51 AM	54.69
Harriet Kolen 53 AM	1:08.43
100 M Back	
Thea Carlton 51 AM	2:05.34
50 M Breast	
Thea Carlton 51 AM	54.96
Nalani Morris 51 AM	55.57
Harriet Kolen 53 AM	1:30.45
100 M Breast	
Nalani Morris 51 AM	1:59.05
Thea Carlton 51 AM	2:02.23
Harriet Kolen 53 AM	3:14.15
WOMEN 65-69	
Rose Steward 65 AM	
50 M Free	1:11.30
200 M Free	5:09.75
400 M Free	10:07.21
50 M Back	1:24.27
100 M Back	3:02.15
50 M Breast	1:35.09
100 M Breast	3:19.69
50 M Fly	1:44.30
100 M Fly	3:50.78
200 M I.M.	6:34.10
MEN 30-34	
50 M Free	
John Hansen 31 AM	26.41
Dave Kintas 30 UN	27.89
200 M Free	
Dave Kintas 31 UN	2:28.11
400 M Free	
Dave Kintas 31 UN	5:16.47
50 M Back	
John Hansen 31 AM	31.49
100 M Back	
John Hansen 31 AM	1:11.73
50 M Fly	
John Hansen 31 AM	28.27
Dave Kintas 30 UN	28.88
100 M Fly	
Dave Kintas 30 UN	1:08.74
MEN 45-49	
Loren Whitehead 46 AM	
50 M Free	31.73
50 M Breast	38.17
50 M Fly	34.53
200 M I.M.	3:20.11
MEN 55-59	
Jordan Walle 55 AM	
50 M Free	32.75
100 M Free	1:16.32
200 M Free	2:58.72
50 M Back	46.36
50 M Fly	42.36
MEN 65-69	
Don Hill 65 AM	
50 M Free	46.86
50 M Breast	48.44
100 M Breast	1:53.29

1983 SHORT COURSE CHAMPS	
WOODLAND HILLS 30 APR. 1983	
WCHFF 25-29	
50 YARD FREESTYLE	
SANDY NEILSON 27	24.52
KIM WORTEN 27	24.95
JULIE FAÇUE 25	26.06
28.86	
PAHELIA W. VAUGHN 27	30.22
HAUREEN TYNAN 26*	30.94
LAURA IAECKIC 26	31.24
SUSAN CUIGG 27*	31.75
HANNAH MYERS 28	32.79
LCBI HCCMBE 28	33.22
MONICA FAY 29	33.67
INGRID FERREIRA 25	34.09
VIRGINIA MANN 29	36.92
DEBBIE GEHRNE 25	38.09
SHERBY STOCHEB 27	38.40
ANDREA L. ABEAM 27	39.30
CEBRA NUSSBAUM 28	43.02
LYNNE HCGINNIS 27	
100 YARD FREESTYLE	
SANDY NEILSON 27	53.85
CINDY SCHILLING 29	57.54
DEBY EDWARDS 28	1:02.70
FAHELIA W. VAUGHN 27	1:04.47
LAURA IAECKIC 26	1:06.02
ELIZABETE PONCELET 29	1:07.20
INGRID FERREIRA 25	1:10.79
LCBI HCCMBE 28	1:10.66
HLEN ABEENE 26	1:11.85
HATHLEEN BLANCHARD 27	1:11.90
MONICA FAY 29	1:16.46
CARRIE ECND 26	1:16.52
VIRGINIA MANN 29	1:20.72
DEBBIE GEHRNE 25	1:23.52
ANDREA L. ABEAM 27	1:25.43
SHERBY STOCHEB 27	1:25.97
LYNNE HCGINNIS 27	1:40.89
200 YARD FREESTYLE	
BARBARA HELL 29	2:00.35
LUCY SZATBOWSKI 25	2:19.94
ALLISON JOLLY 26	2:24.34
PAHELIA W. VAUGHN 27	2:24.52
LAURA IAECKIC 26	2:25.33
LAURIE SWAN 29*	2:28.31
LCBI HCCMBE 28	2:40.06
HATHLEEN BLANCHARD 27	2:43.98
MONICA FAY 29	2:46.67
CARRIE ECND 26	2:59.35
ANDREA L. ABEAM 27	3:03.76
LYNNE HCGINNIS 27	3:36.88
500 YARD FREESTYLE	
KIM WORTEN 27	5:16.35
BARBARA HELL 29	5:16.77
SANDY NEILSON 27	5:30.94
LUCY SZATBOWSKI 25	6:02.52
ELAINE FCNG 25	6:06.20
ALLISON JOLLY 26	6:20.27
LAURA IAECKIC 26	6:26.66
HANNAH MYERS 28	6:28.70
ELIZABETE PONCELET 29	6:39.72
LAURIE SWAN 29*	6:52.28
MONICA FAY 29	7:25.81
LCBI HCCMBE 28	7:25.92
ANNE HCFHEISTER 29	7:30.76
CEBRA NUSSBAUM 28	9:03.68
LYNNE HCGINNIS 27	9:43.31
1650 YARD FREESTYLE	
KIM WORTEN 27	18:07.80
BARBARA HELL 29	18:39.06
LUCY SZATBOWSKI 25	20:23.11
HANNAH MYERS 28	21:39.35
MONICA FAY 29	25:16.44
LOBI HCCMBE 28	25:22.99
LYNNE HCGINNIS 27	31:28.85
50 YARD BACKSTROKE	
KIM WORTEN 27	31.85
CINDY SCHILLING 29	31.85
DEBY EDWARDS 28	31.90
JULIE FAÇUE 25	34.79
LAURA IAECKIC 26	36.47
HAUREEN TYNAN 26*	37.02
INGRID FERREIRA 25	42.66
DEBRA NUSSBAUM 28	47.49
SHERBY STOCHEB 27	50.64
ANDREA L. ABEAM 27	57.07
LYNNE HCGINNIS 27	1:05.52
100 YARD BACKSTROKE	
SANDY NEILSON 27	1:10.47
DEBY EDWARDS 28	1:10.65
LUCY SZATBOWSKI 25	1:18.46
ANNE HCFHEISTER 29	1:50.53
200 YARD BACKSTROKE	
KIM WORTEN 27	2:26.25
DEBY EDWARDS 28	2:32.66
ELAINE FCNG 25	2:43.04
LUCY SZATBOWSKI 25	2:46.83
HANNAH MYERS 28	2:51.08
LAURA IAECKIC 26	2:51.74
FAHELIA W. VAUGHN 27	2:53.05
LAURIE SWAN 29*	3:10.78

50 YARD FREESTROKE	
ELAINE FCNG 25	36.22
SUSAN CUIGG 27*	39.40
MARGARET WARNEE 28	40.01
EILEEN ABEENE 26	41.05
FAB DELL 29	41.27
DEBBIE GEHRNE 25	45.45
ANNE HCFHEISTER 29	46.03
LYNNE HCGINNIS 27	1:07.72
100 YARD FREESTROKE	
SANDY NEILSON 27	1:14.89
ELAINE FCNG 25	1:17.16
LUCY SZATBOWSKI 25	1:23.62
SUSAN CUIGG 27*	1:24.82
ANNE HCFHEISTER 29	1:37.08
DEBBIE GEHRNE 25	1:35.17
DEBRA NUSSBAUM 28	1:51.76
200 YARD FREESTROKE	
KIM WORTEN 27	2:40.46
ELAINE FCNG 25	2:50.95
LUCY SZATBOWSKI 25	2:56.02
ANNE HCFHEISTER 29	3:28.63
DEBBIE GEHRNE 25	DISC
50 YARD BUTTERFLY	
BARBARA HELL 29	27.95
KIM WORTEN 27	28.11
SANDY NEILSON 27	28.32
CINDY SCHILLING 29	28.47
FAHELIA W. VAUGHN 27	32.80
HAUREEN TYNAN 26*	33.04
MARGARET WARNEE 28	34.55
LAURA IAECKIC 26	35.19
INGRID FERREIRA 25	36.03
LYNNE HCGINNIS 27	54.44
100 YARD BUTTERFLY	
KIM WORTEN 27	1:00.93
BARBARA HELL 29	1:01.15
CINDY SCHILLING 29	1:03.02
SANDY NEILSON 27	1:04.43
LUCY SZATBOWSKI 25	1:11.52
ELIZABETE PONCELET 29	1:15.16
HAUREEN TYNAN 26*	1:15.71
MONICA FAY 29	1:25.63
ANNE HCFHEISTER 29	1:38.55
200 YARD BUTTERFLY	
BARBARA HELL 29	2:14.61
LUCY SZATBOWSKI 25	2:44.98
ELIZABETE PONCELET 29	2:49.85
MARGARET WARNEE 28	2:57.16
MONICA FAY 29	3:14.84
ANNE HCFHEISTER 29	3:42.49
100 YARD INDIVIDUAL MEDLEY	
KIM WORTEN 27	1:03.68
SANDY NEILSON 27	1:04.25
CINDY SCHILLING 29	1:05.16
BARBARA HELL 29	1:11.68
HAUREEN TYNAN 26*	1:16.94
HANNAH MYERS 28	1:19.77
MARGARET WARNEE 28	1:20.12
INGRID FERREIRA 25	1:25.80
MONICA FAY 29	1:26.30
LCBI HCCMBE 28	1:28.65
ANNE HCFHEISTER 29	1:32.43
DEBRA NUSSBAUM 28	1:35.78
SHERBY STOCHEB 27	1:40.77
LYNNE HCGINNIS 27	1:58.70
200 YARD INDIVIDUAL MEDLEY	
KIM WORTEN 27	2:19.89
SANDY NEILSON 27	2:22.26
HANNAH MYERS 28	2:46.27
ELIZABETE PONCELET 29	2:47.35
MARGARET WARNEE 28	2:52.37
LAURIE SWAN 29*	3:04.61
MONICA FAY 29	3:10.96
ANNE HCFHEISTER 29	3:18.46
400 YARD INDIVIDUAL MEDLEY	
SANDY NEILSON 27	5:02.08
LUCY SZATBOWSKI 25	5:34.15
ELAINE FCNG 25	5:35.05
HANNAH MYERS 28	5:49.50
ELIZABETE PONCELET 29	6:00.82
LAURIE SWAN 29*	6:19.25
MONICA FAY 29	6:28.95
ANNE HCFHEISTER 29	7:01.90
WCHFF 30-34	
50 YARD FREESTYLE	
JANET GETTLING 34*	27.69
NANCY HAEBIS 33	26.90
KAY FUNGE 30	29.24
FAB NICKIE 34	29.71
SUSAN DEITZ 33	34.24
LINDA SIBILA 32	35.65
SUE RICHARDS 33	42.11
100 YARD FREESTYLE	
JEANETTE BAUER 33	59.55
KAY FUNGE 30	1:03.15
FAB NICKIE 34	1:06.16
SUSAN DEITZ 33	1:12.08
SUE RICHARDS 33	1:35.32
200 YARD FREESTYLE	
JEANETTE BAUER 33	2:12.26
KAY FUNGE 30	2:22.17
FAB NICKIE 34	2:25.95
SUSAN DEITZ 33	2:37.66

XXX

500 YARD FREESTYLE
 JEANNETTE BAUER 33 5:45.35
 FAN BICKLE 31 6:31.25
 SUSAN DEITZ 33 7:11.37
 LINDA SINILA 32 7:47.17

1650 YARD FREESTYLE
 FAN BICKLE 31 21:43.37
 SUSAN DEITZ 33 24:34.60
 SHELLEY FAREBE 33 26:46.53

50 YARD BACKSTROKE
 KAY BUNGE 30 36.70
 FAN BICKLE 31 37.66
 LINDA SINILA 32 40.34
 BCEERSTA HULL 30 40.61
 SUE RICHARDS 33 44.78

100 YARD BACKSTROKE
 KAY BUNGE 30 1:22.93
 BCEERSTA HULL 30 1:29.60
 SUE RICHARDS 33 1:45.16

50 YARD FREESTYLE
 JANET GETTLING 34* 34.35
 JEANNETTE BAUER 33 35.00
 NANCY HAFBIS 33 35.17
 KAY BUNGE 30 39.30
 LINDA SINILA 32 40.15
 FAN BICKLE 31 40.62
 SUSAN DEITZ 33 47.80
 SUE RICHARDS 33 49.01

100 YARD FREESTYLE
 JANET GETTLING 34* 1:15.48
 NANCY HAFBIS 33 1:16.80
 JEANNETTE BAUER 33 1:17.34
 DEANNA HEMPHILL 30 1:24.13
 KAY BUNGE 30 1:24.97
 FAN BICKLE 31 1:26.99
 SUSAN DEITZ 33 1:29.91
 SUE RICHARDS 33 1:51.41

200 YARD FREESTYLE
 NANCY HAFBIS 33 2:47.35
 JANET GETTLING 34* 2:48.32
 FAN BICKLE 31 3:09.87
 KAY BUNGE 30 3:10.63

50 YARD BUTTERFLY
 FAN BICKLE 31 34.76
 SUSAN DEITZ 33 43.67
 SUE RICHARDS 33 52.32

100 YARD INDIVIDUAL MEDLEY
 JEANNETTE BAUER 33 1:11.95
 KAY BUNGE 30 1:15.45
 FAN BICKLE 31 1:18.53
 BCEERSTA HULL 30 1:29.54
 SUE RICHARDS 33 1:42.01

400 YARD INDIVIDUAL MEDLEY
 JANET GETTLING 34* 5:31.76
 WCHEN 35-39

50 YARD FREESTYLE
 DIANA TODD 39 25.91
 MIKI MCPADDEN 35 27.20
 LUCY JOHNSON 35 27.35
 JUDY GILLIES 35* 29.87
 SANDY YOUNG 35 33.46
 JAN KLEIN 39 39.67

100 YARD FREESTYLE
 DIANA TODD 39 58.56
 LUCY JOHNSON 35 1:00.50
 MIKI MCPADDEN 35 1:00.63
 KATHI ECKER 36 1:03.16
 JUDY GILLIES 35* 1:05.29

200 YARD FREESTYLE
 DIANA TODD 39 2:15.00
 KATHI ECKER 36 2:16.60
 MIKI MCPADDEN 35 2:18.62
 JUDY GILLIES 35* 2:37.96
 JAN KLEIN 39 3:22.77

500 YARD FREESTYLE
 KATHI ECKER 36 6:09.97
 LINDA J. BAIRD 36 7:09.55
 SANDY YOUNG 35 8:02.85
 JAN KLEIN 39 9:01.52

1650 YARD FREESTYLE
 LUCY JOHNSON 35 20:26.76
 KATHI ECKER 36 21:11.07
 SANDY YOUNG 35 28:45.14
 HOLDA SOBERS 38 29:59.67

50 YARD BACKSTROKE
 MIKI MCPADDEN 35 34.39
 KATHI ECKER 36 36.46
 LINDA J. BAIRD 36 37.37
 KATHERINE WATSON 35 39.91
 SANDY YOUNG 35 45.35

100 YARD BACKSTROKE
 MIKI MCPADDEN 35 1:15.01
 KATHI ECKER 36 1:16.66
 KATHERINE WATSON 35 1:24.13
 LINDA J. BAIRD 36 1:26.17
 JAN KLEIN 39 1:53.37

200 YARD BACKSTROKE
 KATHI ECKER 36 2:42.14
 MIKI MCPADDEN 35 2:44.18
 LINDA J. BAIRD 36 3:02.66
 KATHERINE WATSON 35 3:04.70
 JAN KLEIN 39 3:55.30

50 YARD FREESTYLE
 DIANA TODD 39 35.02
 LINDA J. BAIRD 36 40.85
 KATHI ECKER 36 40.95
 JUDY GILLIES 35* 42.25

100 YARD FREESTYLE
 DIANA TODD 39 1:19.12
 LUCY JOHNSON 35 1:23.75
 LINDA J. BAIRD 36 1:28.88
 JUDY GILLIES 35* 1:32.96
 KATHERINE WATSON 35 1:47.95
 JAN KLEIN 39 1:52.20

200 YARD FREESTYLE
 LINDA J. BAIRD 36 3:11.44
 JAN KLEIN 39 3:58.00

50 YARD BUTTERFLY
 DIANA TODD 39 29.14
 LUCY JOHNSON 35 29.76
 MIKI MCPADDEN 35 31.60
 KATHERINE WATSON 35 48.15
 JAN KLEIN 39 50.00

100 YARD BUTTERFLY
 LUCY JOHNSON 35 1:06.13
 DIANA TODD 39 1:07.82
 LINDA J. BAIRD 36 1:21.83
 KATHERINE WATSON 35 1:44.66

200 YARD BUTTERFLY
 LUCY JOHNSON 35 2:29.50
 KATHERINE WATSON 35 3:34.29

100 YARD INDIVIDUAL MEDLEY
 DIANA TODD 39 1:10.32
 MIKI MCPADDEN 35 1:11.75
 KATHI ECKER 36 1:13.25
 LINDA J. BAIRD 36 1:19.59
 JUDY GILLIES 35* 1:23.26
 SANDY YOUNG 35 1:35.79
 JAN KLEIN 39 1:43.73

200 YARD INDIVIDUAL MEDLEY
 KATHI ECKER 36 2:39.88
 KATHERINE WATSON 35 3:21.30
 JAN KLEIN 39 3:55.82

400 YARD INDIVIDUAL MEDLEY
 LUCY JOHNSON 35 5:21.87
 LINDA J. BAIRD 36 6:12.11
 KATHERINE WATSON 35 7:00.12
 WCHEN 40-44

50 YARD FREESTYLE
 JOAN JETER 43 30.87
 LIN JENKINS 41* 31.52
 TINA MARTIN 41 34.66
 CIARA SVED 44 35.59
 EVA LOPEZ 41 39.52
 JAKI BOYC 42 51.19
 BARBARA STEPHENSON 40 1:05.17

100 YARD FREESTYLE
 JANET E FOYER 41 1:07.25
 JOAN JETER 43 1:11.14
 JUDY CROWWELL 40 1:14.44
 ELLEN K. SHOCKRO 40 1:16.55
 EVA LOPEZ 41 1:28.01
 JAKI BOYC 42 1:53.35
 BARBARA STEPHENSON 40 2:43.74

200 YARD FREESTYLE
 JANET E FOYER 41 2:26.07
 JOAN JETER 43 2:45.71
 ELLEN K. SHOCKRO 40 2:57.04
 BONNIE BRADY 41 2:59.95
 EVA LOPEZ 41 3:16.04
 JAKI BOYC 42 4:12.44

500 YARD FREESTYLE
 JANET E FOYER 41 6:30.43
 LIN JENKINS 41* 7:07.22
 JOAN JETER 43 7:30.05
 ELLEN K. SHOCKRO 40 7:42.99
 ANN CARLYLE 42 8:45.15
 EVA LOPEZ 41 9:14.47
 JAKI BOYC 42 10:49.45

1650 YARD FREESTYLE
 JANET E FOYER 41 22:32.75
 CIARA SVED 44 27:32.06
 ANN CARLYLE 42 29:53.81
 EVA LOPEZ 41 31:21.28
 BARBARA STEPHENSON 40 55:43.83

50 YARD BACKSTROKE
 JUDY CROWWELL 40 37.46
 LIN JENKINS 41* 39.47
 BONNIE BRADY 41 40.22
 JANET E FOYER 41 43.56
 CIARA SVED 44 46.15
 JAKI BOYC 42 1:00.27
 BARBARA STEPHENSON 40 1:25.65

100 YARD BACKSTROKE
 JUDY CROWWELL 40 1:22.71
 BONNIE BRADY 41 1:32.83
 JANET E FOYER 41 1:33.13
 CIARA SVED 44 1:37.21
 JAKI BOYC 42 2:07.85

200 YARD BACKSTROKE
 LIN JENKINS 41* 3:06.09
 BONNIE BRADY 41 3:18.99
 CIARA SVED 44 3:21.46

50 YARD FREESTYLE
 CIARA SVED 44 40.41
 EVA LOPEZ 41 49.56
 CHARMAINE S. CECIL 41 50.43
 BARBARA STEPHENSON 40 1:20.92
 JAKI BOYC 42 DISC

100 YARD FREESTYLE
 CIARA SVED 44 1:27.72
 JANET E FOYER 41 1:30.04
 HELEN GECFFION 44 1:33.79
 EVA LOPEZ 41 1:43.90
 ANN CARLYLE 42 1:46.23

200 YARD FREESTYLE
 CIARA SVED 44 3:05.70
 LIN JENKINS 41* 3:14.50
 HELEN GECFFION 44 3:33.67
 ANN CARLYLE 42 3:42.35
 EVA LOPEZ 41 3:43.00
 BARBARA STEPHENSON 40 5:56.18

50 YARD BUTTERFLY
 HELEN GECFFION 44 40.21
 ELLEN K. SHOCKRO 40 41.78
 BONNIE BRADY 41 45.00

100 YARD BUTTERFLY
 JANET E FOYER 41 1:26.20
 ANN CARLYLE 42 1:52.87

200 YARD BUTTERFLY
 HELEN GECFFION 44 3:35.73
 TINA MARTIN 41 3:37.55

100 YARD INDIVIDUAL MEDLEY
 JANET E FOYER 41 1:21.10
 JOAN JETER 43 1:25.69
 HELEN GECFFION 44 1:26.65
 CIARA SVED 44 1:27.89
 BONNIE BRADY 41 1:31.70
 TINA MARTIN 41 1:31.76
 ANN CARLYLE 42 1:44.85

200 YARD INDIVIDUAL MEDLEY
 JANET E FOYER 41 2:55.77
 CIARA SVED 44 3:12.70
 ANN CARLYLE 42 3:44.50

400 YARD INDIVIDUAL MEDLEY
 JANET E FOYER 41 6:13.23
 LIN JENKINS 41* 6:22.21
 WCHEN 45-49

50 YARD FREESTYLE
 MARY ANN SNOW 47 39.61

100 YARD FREESTYLE
 MARY ANN SNOW 47 1:29.12

200 YARD FREESTYLE
 MARY ANN SNOW 47 3:28.63

1650 YARD FREESTYLE
 HELEN GECFFION 44 28:54.15

50 YARD BACKSTROKE
 MARY ANN SNOW 47 47.97
 WCHEN 50-54

50 YARD FREESTYLE
 GAIL PETERS BOPER 53* 29.82
 JACQUELINE DUNLOP 52 32.99
 JANET WOLFE 54 36.16
 MARCIA BOWLAND 50 37.15

100 YARD FREESTYLE
 GAIL PETERS BOPER 53* 1:05.23
 JACQUELINE DUNLOP 52 1:13.29
 JANET WOLFE 54 1:23.61
 MALCHIA S. CLISHAN 52 1:27.81
 SHIRLEY EATC 52 1:42.26

200 YARD FREESTYLE
 JANET WOLFE 54 3:05.04
 MALCHIA S. CLISHAN 52 3:07.70
 MARCIA BOWLAND 50 3:24.92
 SHIRLEY EATC 52 3:36.02

500 YARD FREESTYLE
 MALCHIA S. CLISHAN 52 8:18.70
 SHIRLEY EATC 52 9:19.93

1650 YARD FREESTYLE
 MALCHIA S. CLISHAN 52 28:36.22

50 YARD BACKSTROKE
 GAIL PETERS BOPER 53* 36.78
 MARCIA BOWLAND 50 48.81
 JANET WOLFE 54 49.87
 SHIRLEY EATC 52 54.47

100 YARD BACKSTROKE
 GAIL PETERS BOPER 53* 1:20.58
 JANET WOLFE 54 1:48.58
 SHIRLEY EATC 52 1:50.94
 MARCIA BOWLAND 50 1:59.03

200 YARD BACKSTROKE
 GAIL PETERS BOPER 53* 2:52.44
 SHIRLEY EATC 52 3:49.14
 JANET WOLFE 54 3:57.96
 MARCIA BOWLAND 50 4:10.45

50 YARD FREESTYLE
 GAIL PETERS BOPER 53* 39.90
 JACQUELINE DUNLOP 52 40.85
 JANET WOLFE 54 48.43

100 YARD FREESTYLE
 GAIL PETERS BOPER 53* 1:25.36
 JACQUELINE DUNLOP 52 1:34.66
 JANET WOLFE 54 1:45.14
 MALCHIA S. CLISHAN 52 1:46.11
 MARCIA BOWLAND 50 1:58.78

200 YARD FREESTYLE
 GAIL PETERS BOPER 53* 3:07.97
 MARCIA BOWLAND 50 4:21.88

50 YARD BUTTERFLY
 GAIL PETERS BOPER 53* 32.83
 JACQUELINE DUNLOP 52 40.02
 MARCIA BOWLAND 50 48.97
 JANET WOLFE 54 49.95

100 YARD BUTTERFLY
 MALCHIA S. CLISHAN 52 1:53.33

200 YARD BUTTERFLY
 MALCHIA S. CLISHAN 52 4:05.38

100 YARD INDIVIDUAL MEDLEY
 GAIL PETERS BOPER 53* 1:15.28
 JACQUELINE DUNLOP 52 1:27.75
 JANET WOLFE 54 1:37.84
 MALCHIA S. CLISHAN 52 1:43.57
 MARCIA BOWLAND 50 1:45.50
 SHIRLEY EATC 52 1:51.21

200 YARD INDIVIDUAL MEDLEY
 JACQUELINE DUNLOP 52 3:17.25
 MARCIA BOWLAND 50 4:03.86

400 YARD INDIVIDUAL MEDLEY
 MALCHIA S. CLISHAN 52 7:35.06
 WCHEN 55-59

50 YARD FREESTYLE
 MARY GCE 58 37.35
 GRACE ALTUS 59 40.04
 CAROLA FISCHER 55 47.24

100 YARD FREESTYLE
 ANNE ADAMS 55 1:13.56
 GRACE ALTUS 59 1:25.25
 SHIRLEY ERICKSON 59 1:25.73
 MARY GCE 58 1:27.74
 PHYLLIS EGNORA 56 1:42.95

200 YARD FREESTYLE
 ANNE ADAMS 55 2:38.51
 GRACE ALTUS 59 3:02.97
 HELGA HAYES 55 3:15.10

500 YARD FREESTYLE
 SHIRLEY ERICKSON 59 8:06.07
 GRACE ALTUS 59 8:21.05
 HELGA HAYES 55 8:44.60

1650 YARD FREESTYLE
 ANNE ADAMS 55 23:50.11
 SHIRLEY ERICKSON 59 27:19.02
 GRACE ALTUS 59 27:24.16

50 YARD BACKSTROKE
 MARY GCE 58 43.13
 SHIRLEY ERICKSON 59 44.17
 CAROLA FISCHER 59 48.79

100 YARD BACKSTROKE
 ANNE ADAMS 55 1:23.66
 SHIRLEY ERICKSON 59 1:38.18
 CAROLA FISCHER 59 1:52.14

200 YARD BACKSTROKE
 SHIRLEY ERICKSON 59 3:27.14
 MARY GCE 58 3:29.27
 CAROLA FISCHER 59 4:00.80

50 YARD FREESTYLE
 HELGA HAYES 55 50.05
 PHYLLIS EGNORA 56 1:00.07

100 YARD FREESTYLE
 HEIG HAYES 55 1:50.34
 GRACE ALTUS 59 2:01.77

200 YARD FREESTYLE
 HELGA HAYES 55 3:55.35

50 YARD BUTTERFLY
 SHIRLEY ERICKSON 59 44.03
 GRACE ALTUS 59 45.67
 PHYLLIS EGNORA 56 1:07.99

100 YARD BUTTERFLY
 ANNE ADAMS 55 1:24.00
 SHIRLEY ERICKSON 59 1:42.63
 GRACE ALTUS 59 1:49.58

200 YARD BUTTERFLY
 GRACE ALTUS 59 4:17.80

100 YARD INDIVIDUAL MEDLEY
 SHIRLEY ERICKSON 59 1:33.79
 HELGA HAYES 55 1:45.37
 GRACE ALTUS 59 1:46.28

200 YARD INDIVIDUAL MEDLEY
 SHIRLEY ERICKSON 59 3:29.91

400 YARD INDIVIDUAL MEDLEY
 GRACE ALTUS 59 7:49.27
 WCHEN 60-64

50 YARD FREESTYLE
 RUTH B. EAAR 60 36.20
 JEAN MCPHERSON 61 36.33
 BITA SIMONSON 64 35.71
 MAURINE E. KORNFIELD 61 41.39

100 YARD FREESTYLE
 RUTH B. EAAR 60 1:23.20
 JEAN MCPHERSON 61 1:25.60
 BITA SIMONSON 64 1:26.58
 MAURINE E. KORNFIELD 61 1:40.87

200 YARD FREESTYLE
 RUTH B. EAAR 60 3:04.44
 JEAN MCPHERSON 61 3:12.74
 MAURINE E. KORNFIELD 61 3:27.55

500 YARD FREESTYLE
 JEAN MCPHERSON 61 8:47.11
 MAURINE E. KORNFIELD 61 9:06.27

<u>1650 YARD FREESTYLE</u>	
M E. KORNFIELD 61	32:31.00
<u>50 YARD BACKSTROKE</u>	
WYTH H. EARF 60	48.05
JEAN MCPHERSON 61	50.28
MAUBINE E. KORNFIELD 61	55.12
<u>100 YARD BACKSTROKE</u>	
RUTH H. EARF 60	1:46.35
JEAN MCPHERSON 61	1:49.03
<u>200 YARD BACKSTROKE</u>	
JEAN MCPHERSON 61	3:52.56
RUTH H. EARF 60	3:53.26
<u>50 YARD FREESTROKE</u>	
SANDY STINSON 60	46.03
<u>100 YARD FREESTROKE</u>	
SANDY STINSON 60	1:43.75
RITA SIMONTCN 64	1:45.34
<u>200 YARD FREESTROKE</u>	
RITA SIMONTCN 64	3:51.02
<u>50 YARD BUTTERFLY</u>	
SANDY STINSON 60	48.36
<u>200 YARD BUTTERFLY</u>	
RITA SIMONTCN 64	4:11.52
<u>100 YARD INDIVIDUAL MEDLEY</u>	
SANDY STINSON 60	1:37.00
<u>200 YARD INDIVIDUAL MEDLEY</u>	
SANDY STINSON 60	3:39.07
<u>400 YARD INDIVIDUAL MEDLEY</u>	
RITA SIMONTCN 64	7:32.11
<u>MCPEN 65-69</u>	
<u>50 YARD FREESTYLE</u>	
ANNETTA FEIFFER 65	40.44
<u>100 YARD FREESTYLE</u>	
ANNETTA FEIFFER 65	1:37.88
<u>50 YARD BACKSTROKE</u>	
ANNETTA FEIFFER 65	49.27
<u>100 YARD BACKSTROKE</u>	
ANNETTA FEIFFER 65	1:48.69
<u>100 YARD FREASTSTROKE</u>	
VIOLA THOMPSON 65	1:49.27
<u>50 YARD BUTTERFLY</u>	
VIOLA THOMPSON 65	44.74
<u>100 YARD BUTTERFLY</u>	
VIOLA THOMPSON 65	1:50.70
<u>100 YARD INDIVIDUAL MEDLEY</u>	
VIOLA THOMPSON 65	1:40.58
<u>200 YARD INDIVIDUAL MEDLEY</u>	
VIOLA THOMPSON 65	3:38.20
<u>WCHEN 70-74</u>	
<u>50 YARD FREESTYLE</u>	
JCHNWIE EELSHE 74	52.33
<u>100 YARD FREESTYLE</u>	
JCHNWIE ELSHE 74	2:07.00
<u>1650 YARD FREESTYLE</u>	
SCFHIA BEHMAN 70	34:48.22
<u>50 YARD BACKSTROKE</u>	
JCHNWIE EELSHE 74	1:04.84
<u>100 YARD BACKSTROKE</u>	
MAXINE HELLING 70	1:45.65
<u>200 YARD BACKSTROKE</u>	
MAXINE HELLING 70	3:42.60
JOHNNIE EELSHE 74	5:05.86
<u>100 YARD FREASTSTROKE</u>	
MAXINE HELLING 70	1:53.62
<u>200 YARD FREASTSTROKE</u>	
MAXINE HELLING 70	3:58.85
<u>WCHEN 75-79</u>	
<u>50 YARD FREESTYLE</u>	
ELIZABETH MAUBIC 79	1:10.11
<u>500 YARD FREESTYLE</u>	
ELIZABETH MAUBIC 79	12:44.65
<u>1650 YARD FREESTYLE</u>	
ELIZABETH MAUBIC 79	42:27.81
KATHERINE PELTON 77	45:32.09
<u>50 YARD FREASTSTROKE</u>	
KATHERINE PELTON 77	1:14.04
<u>100 YARD FREASTSTROKE</u>	
KATHERINE PELTON 77	2:32.17
ELIZABETH MAUBIC 79	2:57.13
<u>200 YARD FREASTSTROKE</u>	
KATHERINE PELTON 77	5:51.80
<u>50 YARD BUTTERFLY</u>	
KATHERINE PELTON 77	1:10.16
<u>100 YARD BUTTERFLY</u>	
KATHERINE PELTON 77	2:35.63
<u>200 YARD BUTTERFLY</u>	
KATHERINE PELTON 77	6:01.64
<u>100 YARD INDIVIDUAL MEDLEY</u>	
KATHERINE PELTON 77	DNF
<u>200 YARD INDIVIDUAL MEDLEY</u>	
KATHERINE PELTON 77	5:22.81
<u>WCHEN 90</u>	
<u>50 YARD FREESTYLE</u>	
LUELLA TYBA 90	1:27.65
<u>100 YARD FREESTYLE</u>	
LUELLA TYBA 90	3:34.60
<u>200 YARD FREESTYLE</u>	
LUELLA TYBA 90	8:28.07
<u>50 YARD FREASTSTROKE</u>	
LUELLA TYBA 90	2:32.03
<u>100 YARD FREASTSTROKE</u>	
LUELLA TYBA 90	5:30.32
<u>200 YARD FREASTSTROKE</u>	
LUELLA TYBA 90	12:12.95

MEN 25-29

<u>50 YARD FREESTYLE</u>	
MICHAEL ELATT 27	22.01
STEVEN L. BAXTER 29	22.20
MICHAEL HEATHER 28	22.83
EENJAMIN LAMEAUF 26	22.84
BNM FBANCIS 27	23.06
PAUL BUVICK 26	23.45
EBYAN WEAVER 29	23.48
SCOTT SEFUTE 25	23.45
NEVIN EUBNS 27*	23.63
MAURC BOEDOVSKY 26	23.86
DCUG BRICFF 28	24.01
ECNAID W. KIRCHHOFF 28	24.02
KEVIN EONEY 28	24.28
PAUL MCGINNIS 28	24.37
PHILLIE LOFEZ 25	24.93
HAL EHRHARDT 28*	25.33
RICHARD EYRD 26	25.50
BABBY BOCH 28*	25.62
ART TACKET 26	25.99
EBIAN FITZGERALD 26	26.11
CHRIS MCNEIL 26	27.49
TIM O'KEEFE 26	27.49
DAN ECHTEE 28	27.58
PAUL CUTINO 27	28.32
STEPHEN LOWNS 29	28.75
FCN CABR 25	33.46
<u>100 YARD FREESTYLE</u>	
STEVEN L. BAXTER 29	48.01
EEN FRANCIS 27	50.12
MICHAEL ELATT 27	50.15
CLAY EVANS 29	51.20
MICHAEL C WILTGEN 25*	51.64
EETER KLUNE 25	51.68
EBYAN WEAVER 29	52.56
PAUL MCGINNIS 28	53.25
PAUL BUVICK 26	53.97
HAL EHRHARDT 28*	54.56
TIM GLAVES 25	54.61
MAURC BOEDOVSKY 26	55.25
PHILLIE LOFEZ 25	57.27
EBIAN FITZGERALD 26	57.42
RICHARD EYRD 26	57.72
ART TACKET 26	57.96
MARK RICHARDSON 29	57.96
PHILLIE ELIAS 28	58.76
MIKE GREENMAYER 28	58.95
ECN DOBMAN 26	59.55
DAN ECHTEE 28	1:00.63
CHRIS MCNEIL 26	1:01.27
RICHARD EYRD 26	1:01.80
TIM O'KEEFE 26	1:03.13
STEPHEN LOWNS 29	1:04.02
FCN CABR 25	1:18.74
DCUG BRICFF 28	DISC
<u>200 YARD FREESTYLE</u>	
STEVEN L. BAXTER 29	1:47.01
JIM ERLAEDI 26	1:47.16
BICK PHILLIES 28*	1:53.76
MICHAEL C WILTGEN 25*	1:55.07
MICHAEL ELATT 27	2:00.62
HAL EHRHARDT 28*	2:00.68
MARK WENCLEY 25	2:01.66
JCHN BEIMER 26	2:02.97
ECN DOBMAN 26	2:10.24
EBIAN FITZGERALD 26	2:10.43
EBIAN COHN 25	2:11.63
RICHARD EYRD 26	2:16.73
RICHARD SILES 26	2:19.83
CHRIS MCNEIL 26	2:21.20
TIM O'KEEFE 26	2:24.28
STEPHEN LOWNS 29	2:31.15
<u>500 YARD FREESTYLE</u>	
WED MAGGIORA 28*	4:56.83
JIM BELAEDI 26	4:57.06
CLAY EVANS 29	5:05.38
JCHN BEIMER 26	5:29.30
MICHAEL C WILTGEN 25*	5:30.88
HAL EHRHARDT 28*	5:34.73
EBIAN COHN 25	5:52.45
PHILLIE ELIAS 28	5:52.55
WILLIAM F. EUBNS 28	6:01.22
DAN ECHTEE 28	6:15.89
DANIEL TRUDEAU 29	6:24.53
CHRIS MCNEIL 26	6:28.35
TIM O'KEEFE 26	6:37.84
<u>1650 YARD FREESTYLE</u>	
WED MAGGIORA 28*	17:12.94
MICHAEL C WILTGEN 25*	16:48.88
DANIEL TRUDEAU 29	22:34.53
JAY CIGNA 29	26:25.36
HAL EHRHARDT 28*	DNF
<u>50 YARD BACKSTROKE</u>	
PAUL BUVICK 26	26.27
MARK CHATFIELD 29	26.32
SCOTT SEFUTE 25	27.95
BNM FRANCIS 27	28.11
MICHAEL HEATHER 28	28.82
MAURC BOEDOVSKY 26	29.34
TIMOTHY EUCKLEY 27	29.73
RICHARD EYRD 26	29.93
PHILLIE LOFEZ 25	31.88
PAUL MCGINNIS 28	31.97

<u>EBIAN FITZGERALD 26</u>		32.56
<u>RICHARD EYRD 26</u>		35.21
<u>PAUL CUTINO 27</u>		35.65
<u>100 YARD BACKSTROKE</u>		
<u>CLAY EVANS 29</u>		57.27
<u>MARK CHATFIELD 29</u>		57.57
<u>MICHAEL HEATHER 28</u>		1:04.01
<u>RICHARD EYRD 26</u>		1:04.65
<u>MICHAEL C WILTGEN 25*</u>		1:04.69
<u>PHILLIE ELIAS 28</u>		1:07.34
<u>200 YARD BACKSTROKE</u>		
<u>MARK CHATFIELD 29</u>		2:08.93
<u>BOBERT FRANK 25</u>		2:10.75
<u>RICK PHILLIES 28*</u>		2:16.09
<u>RICHARD EYRD 26</u>		2:27.21
<u>EBIAN COHN 25</u>		2:27.37
<u>PHILLIE ELIAS 28</u>		2:29.15
<u>MARK WENCLEY 25</u>		2:31.08
<u>50 YARD FREASTSTROKE</u>		
<u>MARK CHATFIELD 29</u>		28.30
<u>MICHAEL ELATT 27</u>		29.89
<u>EBYAN WEAVER 29</u>		29.99
<u>DAVID VANDENBERG 26</u>		32.15
<u>RICHARD EYRD 26</u>		33.11
<u>DANIEL TRUDEAU 29</u>		33.58
<u>ART TACKET 26</u>		33.65
<u>EBIAN FITZGERALD 26</u>		33.82
<u>TGM DOBE 26</u>		35.15
<u>ECN DOBMAN 26</u>		35.60
<u>DAN ECHTEE 28</u>		36.01
<u>FCN CABR 25</u>		37.41
<u>GEOPPEY LANN 29</u>		38.45
<u>RICK PHILLIES 28*</u>		DISC
<u>CHRIS MCNEIL 26</u>		DISC
<u>MAURC BOEDOVSKY 26</u>		DISC
<u>100 YARD FREASTSTROKE</u>		
<u>MARK CHATFIELD 29</u>		1:02.25
<u>EBYAN WEAVER 29</u>		1:05.51
<u>CLAY EVANS 29</u>		1:05.58
<u>MICHAEL ELATT 27</u>		1:06.32
<u>MAURC BOEDOVSKY 26</u>		1:07.10
<u>STEVEN J. NELSON 27</u>		1:10.58
<u>DAVID VANDENBERG 26</u>		1:11.82
<u>ART TACKET 26</u>		1:12.96
<u>MARK RICHARDSON 29</u>		1:14.95
<u>EBIAN FITZGERALD 26</u>		1:16.17
<u>DAN ECHTEE 28</u>		1:19.04
<u>FCN CABR 25</u>		1:23.77
<u>CHRIS MCNEIL 26</u>		DISC
<u>200 YARD FREASTSTROKE</u>		
<u>MARK CHATFIELD 29</u>		2:17.56
<u>DAVID VANDENBERG 26</u>		2:36.54
<u>MARK WENCLEY 25</u>		2:39.60
<u>EBIAN FITZGERALD 26</u>		2:44.55
<u>DANIEL TRUDEAU 29</u>		2:44.61
<u>DAN ECHTEE 28</u>		2:50.53
<u>FCN CABR 25</u>		3:15.39
<u>GEOPPEY LANN 29</u>		3:17.73
<u>EBYAN WEAVER 29</u>		DISC
<u>50 YARD BUTTERFLY</u>		
<u>STEVEN L. BAXTER 29</u>		23.58
<u>CLAY EVANS 29</u>		23.96
<u>JIM ERLAEDI 26</u>		24.17
<u>TIMOTHY EUCKLEY 27</u>		24.83
<u>EETER KLUNE 25</u>		25.23
<u>PAUL BUVICK 26</u>		25.24
<u>ERN FRANCIS 27</u>		25.41
<u>VINCENT ROBALES 26</u>		25.48
<u>BOBERT FRANK 25</u>		25.51
<u>RICK PHILLIES 28*</u>		25.82
<u>ECNAID W. KIRCHHOFF 28</u>		25.88
<u>KEVIN BONEY 28</u>		26.34
<u>JCHN BEIMER 26</u>		26.46
<u>MICHAEL ELATT 27</u>		26.89
<u>MARK RICHARDSON 29</u>		27.24
<u>MIKE GREENMAYER 28</u>		27.90
<u>TIM GLAVES 25</u>		28.01
<u>RICHARD EYRD 26</u>		28.14
<u>PHILLIE LOFEZ 25</u>		28.23
<u>ART TACKET 26</u>		28.26
<u>PAUL MCGINNIS 28</u>		28.52
<u>PAUL CUTINO 27</u>		30.11
<u>TGM DOBE 26</u>		31.28
<u>DAN ECHTEE 28</u>		31.60
<u>100 YARD BUTTERFLY</u>		
<u>STEVEN L. BAXTER 29</u>		51.48
<u>JIM ERLAEDI 26</u>		51.66
<u>MICHAEL HEATHER 28</u>		55.89
<u>VINCENT ROBALES 26</u>		56.39
<u>TIMOTHY EUCKLEY 27</u>		57.40
<u>RICK PHILLIES 28*</u>		58.54
<u>PAUL BUVICK 26</u>		59.57
<u>MICHAEL ELATT 27</u>		1:00.69
<u>EETER KLUNE 25</u>		1:00.85
<u>MARK RICHARDSON 29</u>		1:01.81
<u>PHILLIE LOFEZ 25</u>		1:02.46
<u>JCHN BEIMER 26</u>		1:03.71
<u>RICHARD EYRD 26</u>		1:04.08
<u>WILLIAM F. EUBNS 28</u>		1:04.60
<u>ECN DOBMAN 26</u>		1:06.98
<u>PAUL CUTINO 27</u>		1:17.62
<u>200 YARD BUTTERFLY</u>		
<u>JIM ERLAEDI 26</u>		1:56.03
<u>WED MAGGIORA 28*</u>		2:04.23

<u>MARK CHATFIELD 29</u>		2:09.72
<u>MICHAEL HEATHER 28</u>		2:10.31
<u>VINCENT ROBALES 26</u>		2:12.05
<u>JCHN BEIMER 26</u>		2:23.76
<u>EBIAN COHN 25</u>		2:30.40
<u>DANIEL TRUDEAU 29</u>		2:40.51
<u>100 YARD INDIVIDUAL MEDLEY</u>		
<u>STEVEN L. BAXTER 29</u>		55.14
<u>MARK CHATFIELD 29</u>		55.22
<u>CLAY EVANS 29</u>		55.77
<u>MICHAEL ELATT 27</u>		58.59
<u>ERN FRANCIS 27</u>		58.61
<u>PAUL BUVICK 26</u>		58.78
<u>TIMOTHY EUCKLEY 27</u>		59.87
<u>MICHAEL HEATHER 28</u>		1:00.09
<u>KEVIN BONEY 28</u>		1:01.46
<u>MAURC BOEDOVSKY 26</u>		1:03.21
<u>DAVID VANDENBERG 26</u>		1:03.54
<u>RICHARD EYRD 26</u>		1:03.75
<u>ART TACKET 26</u>		1:04.75
<u>PAUL MCGINNIS 28</u>		1:05.00
<u>STEVEN J. NELSON 27</u>		1:05.31
<u>JCHN BEIMER 26</u>		1:05.65
<u>HAL EHRHARDT 28*</u>		1:06.62
<u>DANIEL TRUDEAU 29</u>		1:06.67
<u>MARK RICHARDSON 29</u>		1:06.95
<u>BABBY BOCH 28*</u>		1:07.78
<u>PHILLIE LOFEZ 25</u>		1:07.85
<u>DAN ECHTEE 28</u>		1:11.59
<u>PAUL CUTINO 27</u>		1:16.20
<u>EBIAN FITZGERALD 26</u>		DISC
<u>200 YARD INDIVIDUAL MEDLEY</u>		
<u>MARK CHATFIELD 29</u>		2:02.58
<u>JIM ERLAEDI 26</u>		2:03.38
<u>CLAY EVANS 29</u>		2:05.84
<u>BOBERT FRANK 25</u>		2:08.86
<u>KEVIN BONEY 28</u>		2:16.05
<u>ERN FRANCIS 27</u>		2:17.46
<u>EBYAN WEAVER 29</u>		2:22.92
<u>HAL EHRHARDT 28*</u>		2:26.67
<u>ART TACKET 26</u>		2:26.85
<u>EBIAN COHN 25</u>		2:27.65
<u>DANIEL TRUDEAU 29</u>		2:29.17
<u>DAN ECHTEE 28</u>		2:40.80
<u>400 YARD INDIVIDUAL MEDLEY</u>		
<u>MARK CHATFIELD 29</u>		4:23.81
<u>CLAY EVANS 29</u>		4:25.22
<u>MICHAEL HEATHER 28</u>		4:54.50
<u>MICHAEL C WILTGEN 25*</u>		4:57.30
<u>JCHN BEIMER 26</u>		5:02.28
<u>MARK WENCLEY 25</u>		5:10.69
<u>DANIEL TRUDEAU 29</u>		5:21.01
<u>HAL EHRHARDT 28*</u>		DISC
<u>EBIAN COHN 25</u>		DISC
<u>MEN 30-34</u>		
<u>50 YARD FREESTYLE</u>		
<u>JIM MCCONICA 32</u>		22.85
<u>MARK ELLIOT 30</u>		23.18
<u>JAMES KENDRICK 30</u>		23.96
<u>JEFF LOSCH 33</u>		24.35
<u>ECN EDGEILL 31*</u>		24.43
<u>ALLEN WAGNER 31</u>		24.67
<u>JIM FARBELL 33</u>		24.69
<u>MIKE SUTTLE 30</u>		24.80
<u>BOBIE CUENIN 34</u>		24.81
<u>EBIAN J. (T) MURPHY 31</u>		24.93
<u>PAUL EUMENTHAL 31</u>		25.60
<u>SCOTT MCILLIAN 32</u>		26.78
<u>JCHN HELLY 30</u>		27.26
<u>KIRBY K. GORDON 34</u>		28.20
<u>LARRY EGOR 31</u>		28.35
<u>GIL BANIERZ 32</u>		30.24
<u>WARD WAGGEN 34</u>		43.58
<u>100 YARD FREESTYLE</u>		
<u>JIM MCCONICA 32</u>		49.09
<u>LEE HENGE 30*</u>		49

500 YARD FREESTYLE		400 YARD INDIVIDUAL MEDLEY		50 YARD BREASTSTROKE		FETER BONAY 40 24.56	
JIM MCCONICA 32	4:55.53	FRED J. SCHLICHER 34*	4:23.49	PETER WISNER 35	29.26	STEPHEN SAYLOR 40	25.67
MARK ELLIOT 30	5:15.83	JIM MCCONICA 32	4:37.52	BODNEY CARGILL 36	29.42	LAWRENCE NOBDELL 42	26.24
DCN EDGEIL 31*	5:34.73	DAVID LEVINSCH 33*	4:45.89	JAK KEYSER 36*	30.16	JIM STEWART 41	27.87
DAVID LEVINSCH 33*	5:37.17	JEFF LSCSH 33	5:26.09	DAVE FBANK 39	30.77	TOBY MUSSMAN 42	28.30
JIM FARRELL 33	5:50.46	JOEL GITELSON 34	5:32.68	ALLEN K. MURRAY 38	32.61	WILLIAM ALLEN JR. 41	28.75
TOM ETTINGEE 34	5:52.82	EBETT NICKELSON 34		JIM FRAMETON 36	33.26	JIM CROMWELL 41	30.90
JAMES KENDERICK 30	6:05.33			HARRY LINDEN 39	33.43	DAVID SWENSON 44	30.92
KIRBY K. GORDON 34	6:23.28	MEN 35-39		ALAN HARTLEY 35	33.62	TOM HITCHCOCK 42	33.25
SCOTT MCPILLIAN 32	6:30.78	50 YARD FREESTYLE		BYNOLD KALSTROM 38	35.47	GARY MCCOWELL 40	33.69
1650 YARD FREESTYLE		MARTIN J. MORRIS 36	23.55	TOM CRIB 37	35.51	NICK NELSON 41	33.91
RICHARD MARKS 34	20:07.20	PETER WISNER 35	23.85	JIM SHILLING 38	35.95	JOHN J. ZUPCIN 41	34.64
TOM ETTINGEE 34	20:35.95	BODNEY CARGILL 36	24.05	DEAN OLSON 38	36.02	100 YARD FREESTYLE	
KIRBY K. GORDON 34	21:50.41	EDWARD SCOTT 38	25.07	CHUCK COLEMAN 39*	36.26	TEGZE (TEX) HABASZTI 41	53.22
50 YARD BACKSTROKE		CHARLES ENGEL 38	25.11	STEVEN TYLEE 36	37.67	LARRY SAFFARELLI 40	54.21
FRED J. SCHLICHER 34*	26.59	ANTHONY YOUNG 39*	25.84	TIM STUMPE 36	38.37	FETER BONAY 40	54.76
JIM MCCONICA 32	26.99	DENIS HATTEBER 37	25.85	JOHN EERLEY 39	38.75	TOM ANGEIL 42	55.09
CARL MIKE JEFFERSON 33	29.25	JAN BUS 35	25.96	ILL C'HABA 39	39.04	STEPHEN SAYLOR 40	56.56
JEFF LSCSH 33	29.25	HARRY LINDEN 39	26.61	ERNIE MESSNER 36	39.72	LAWRENCE NOBDELL 42	57.41
ALLEN WAENES 31	29.26	STEWART MIMS 35	26.94	M.J. HUSZCZ 35	39.76	CURT MOSSO 40	58.42
MICHAEL GILMORE 30	30.02	JEFF KEYS 35	27.05	DONALD BCGEE 39	40.35	TOBY MUSSMAN 42	1:03.66
BOBIN DUFNIN 34	30.92	ERNIE MESSNER 36	27.95	100 YARD BREASTSTROKE		JAMES C. MCMURRY 41	1:04.62
SCOTT MCPILLIAN 32	36.82	JIM FRAMETON 36	28.39	PETER WISNER 35	1:02.73	DAVID SWENSON 44	1:12.86
GIL SAFFARELLI 32	46.05	RUSSEL CHUNG 36	30.32	BODNEY CARGILL 36	1:05.05	NICK NELSON 41	1:14.56
WARD WARREN 34	1:03.02	DAVID VALDEZ 35	30.32	JAK KEYSER 36*	1:07.14	TOM HITCHCOCK 42	1:15.23
100 YARD BACKSTROKE		EILL C'HABA 39	31.32	ALLEN K. MURRAY 38	1:05.64	JOHN J. ZUPCIN 41	1:17.06
JIM MCCONICA 32	1:00.13	MIKE GREENBERG 37	31.41	THOMAS THOMSON 38	1:11.32	JIM CROMWELL 41	1:15.23
CARL MIKE JEFFERSON 33	1:04.54	100 YARD FREESTYLE		TOM WARREN 39*	1:11.33	200 YARD FREESTYLE	
DAVID LEVINSCH 33*	1:05.67	FETER WISNER 35	52.69	JIM FRAMETON 36	1:15.77	T (TEX) HABASZTI 41	1:58.83
BOBIN DUFNIN 34	1:08.92	EGG GALLAS 35	53.65	HARRY LINDEN 39	1:16.57	STEPHEN SAYLOR 40	2:03.75
DCN EDGEIL 31*	1:09.98	DAVE FBANK 39	54.43	TOM CRIB 37	1:19.26	FRANK WILLIAMS 43	2:04.70
ERIAN J. (T) MURPHY 31	1:11.17	RUSSEL CHUNG 36	55.40	JEFF KEYS 35	1:20.88	CURT MOSSO 40	2:06.88
200 YARD BACKSTROKE		EDWARD SCOTT 38	55.75	CHUCK COLEMAN 39*	1:21.69	TOBY MUSSMAN 42	2:22.01
CARL MIKE JEFFERSON 33	2:19.16	JAN BUS 35	56.69	HILL C'HABA 39	1:23.35	ROBERT BERGSTROM 42	2:26.32
THOMAS BRUNSON 30	2:36.02	ANTHONY YOUNG 39*	57.36	STEVEN TYLEE 36	1:28.21	JAMES C. MCMURRY 41	2:27.76
50 YARD BREASTSTROKE		DENIS HATTEBER 37	58.26	MIKE GREENBERG 37	1:28.55	TOM HITCHCOCK 42	2:53.46
MARK ELLIOT 30	31.42	STEWART MIMS 35	59.52	200 YARD BREASTSTROKE		JOHN J. ZUPCIN 41	2:59.71
JIM FARRELL 33	31.52	DAVID HORNBY 38	1:01.26	PETER WISNER 35	2:18.38	500 YARD FREESTYLE	
ERIAN J. (T) MURPHY 31	31.67	HARRY LINDEN 39	1:01.60	ALLEN K. MURRAY 38	2:33.07	LANCE LARSON 42	5:16.35
MIKE SUTTLE 30	33.60	REYNOLD KALSTROM 38	1:02.36	TOM WARREN 39*	2:37.57	T (TEX) HABASZTI 41	5:30.74
LARRY FOLCH 31	34.77	ERNIE MESSNER 36	1:02.55	CHUCK COLEMAN 39*	2:58.36	STEPHEN SAYLOR 40	5:38.72
NORMAN GARR 32	39.77	JIM FRAMETON 36	1:03.57	TIM STUMPE 36	3:04.35	FRANK WILLIAMS 43	5:42.37
WARD WARREN 34	1:01.45	MELVIN WALKER 36	1:08.25	REYNOLD KALSTROM 38	3:07.28	CURT MOSSO 40	5:48.14
100 YARD BREASTSTROKE		BILL C'HABA 39	1:08.73	JIM SHILLING 38	3:10.41	ROBERT BERGSTROM 42	6:31.90
MARK ELLIOT 30	1:09.39	JOHN EERLEY 39	1:09.10	DONALD BCGEE 39	3:22.66	TOBY MUSSMAN 42	6:37.05
ERIAN J. (T) MURPHY 31	1:05.74	M.J. HUSZCZ 35	1:11.76	STEVEN TYLEE 36	3:32.07	DAVID SWENSON 44	7:39.04
JEFF KIESEL 32	1:12.00	TIM STUMPE 36	1:13.43	MIKE GREENBERG 37		GARY MCCOWELL 40	7:46.87
MIKE SUTTLE 30	1:14.05	MIKE GREENBERG 37	1:14.35	50 YARD BUTTERFLY		JOHN J. ZUPCIN 41	8:04.19
LARRY FOLCH 31	1:15.69	200 YARD FREESTYLE		MARTIN J. MORRIS 36	25.47	1650 YARD FREESTYLE	
NORMAN GARR 32	1:28.03	JAN BUS 35	2:08.58	EGG GALLAS 35	26.32	LANCE LARSON 42	18:40.46
200 YARD BREASTSTROKE		ANTHONY YOUNG 39*	2:09.53	DAVE FBANK 39	26.93	T (TEX) HABASZTI 41	19:16.53
DAVID LEVINSCH 33*	2:28.97	ALLEN K. MURRAY 38	2:11.32	ROBERT HCFPER 37	27.56	CURT MOSSO 40	20:45.78
ERIAN J. (T) MURPHY 31	2:36.77	DENIS HATTEBER 37	2:12.01	BODNEY CARGILL 36	27.75	ROBERT BERGSTROM 42	21:16.80
THOMAS BRUNSON 30	2:43.78	STEWART MIMS 35	2:15.11	ANTHONY YOUNG 39*	28.45	TOBY MUSSMAN 42	23:02.65
LARRY FOLCH 31	2:51.77	DAVID HORNBY 38	2:17.56	HARRY LINDEN 39	29.05	JAMES C. MCMURRY 41	23:14.34
50 YARD BUTTERFLY		ERNIE MESSNER 36	2:26.93	CHARLES ENGEL 38	29.22	GARY MCCOWELL 40	26:25.98
STEPHEN MCDONNELL 32	25.31	REYNOLD KALSTROM 38	2:28.70	DEAN OLSON 38	29.46	JOHN J. ZUPCIN 41	27:54.68
CARL MIKE JEFFERSON 33	25.84	MIKE GREENBERG 37	2:36.80	EDWARD SCOTT 38	29.81	50 YARD BACKSTROKE	
JEFF LSCSH 33	25.97	M.J. HUSZCZ 35	2:41.04	JIM FRAMETON 36	31.24	LANCE LARSON 42	27.90
MICHAEL GILMORE 30	26.85	JOHN EERLEY 39	2:41.18	DONALD BCGEE 39	42.06	TEGZE (TEX) HABASZTI 41	29.83
MIKE SUTTLE 30	27.36	500 YARD FREESTYLE		100 YARD BUTTERFLY		FETER BONAY 40	31.65
JEFF KIESEL 32	27.47	MIKE SMITHERS 35	5:20.90	MARTIN J. MORRIS 36	57.53	WILLIAM SLAUGHTER 42	32.22
THOMAS BRUNSON 30	27.85	TOM WARREN 39*	5:30.82	EGG GALLAS 35	57.58	STEPHEN SAYLOR 40	32.34
JIM FARRELL 33	28.37	ANTHONY YOUNG 39*	5:52.59	ANTHONY YOUNG 39*	1:04.64	JIM STEWART 41	36.68
JERRY HEINRICH 33	28.51	JAN BUS 35	5:53.45	JAK KEYSER 36*	1:05.51	ROBERT BERGSTROM 42	36.71
PAUL BLUMENTHAL 31	28.56	DENIS HATTEBER 37	6:01.57	EDWARD SCOTT 38	1:09.23	TOBY MUSSMAN 42	38.05
JOHN BELLY 30	29.87	THOMAS THOMSON 36	6:02.37	JIM FRAMETON 36	1:09.31	TOM HITCHCOCK 42	41.31
SCOTT MCPILLIAN 32	30.85	STEWART MIMS 35	6:23.58	ALAN HARTLEY 35	1:10.80	100 YARD BACKSTROKE	
RICK BROWN 33	36.23	JIM FRAMETON 36	6:28.67	200 YARD BUTTERFLY		T (TEX) HABASZTI 41	1:05.35
100 YARD BUTTERFLY		JEFF KEYS 35	6:29.42	MIKE SMITHERS 35	2:11.25	WILLIAM SLAUGHTER 42	1:11.35
FRED J. SCHLICHER 34*	53.22	REYNOLD KALSTROM 38	6:45.07	JAK KEYSER 36*	2:34.40	ROBERT BERGSTROM 42	1:18.30
CARL MIKE JEFFERSON 33	57.19	ERNIE MESSNER 36	6:51.63	100 YARD INDIVIDUAL MEDLEY		CURT MOSSO 40	1:21.19
STEPHEN MCDONNELL 32	57.23	MIKE GREENBERG 37	7:17.63	ROBERT HCFPER 37	1:01.77	TOBY MUSSMAN 42	1:28.84
DAVID LEVINSCH 33*	57.60	1650 YARD FREESTYLE		BODNEY CARGILL 36	1:01.93	GARY MCCOWELL 40	1:38.50
MICHAEL GILMORE 30	59.31	MIKE SMITHERS 35	18:21.28	MARTIN J. MORRIS 36	1:02.34	200 YARD BACKSTROKE	
MIKE SUTTLE 30	1:00.58	TOM WARREN 39*	19:02.26	ALLEN K. MURRAY 38	1:05.57	T (TEX) HABASZTI 41	2:19.35
EBETT NICKELSON 34	1:01.48	RICHARD MICHAELS 37	20:37.60	EDWARD SCOTT 38	1:07.62	LARRY SAFFARELLI 40	2:24.21
DCN EDGEIL 31*	1:02.18	JAN BUS 35	20:42.45	JAN BUS 35	1:08.06	WILLIAM SLAUGHTER 42	2:36.52
PAUL BLUMENTHAL 31	1:05.30	DENIS HATTEBER 37	21:01.50	HARRY LINDEN 39	1:11.27	ROBERT BERGSTROM 42	2:48.47
JERRY HEINRICH 33	1:08.80	REX HOLTZ 36	22:11.50	JIM FRAMETON 36	1:11.61	50 YARD BREASTSTROKE	
JOHN BELLY 30	1:10.99	JEFF KEYS 35	23:33.33	JEFF KEYS 35	1:11.98	LANCE LARSON 42	32.43
200 YARD BUTTERFLY		ERNIE MESSNER 36	24:35.50	ERNIE MESSNER 36	1:15.54	JAMES B. FERRELL 41	33.71
FRED J. SCHLICHER 34*	1:58.45	S.E. WASEBORN 36	26:50.06	RUSSEL CHUNG 36	1:19.89	DAVID SWENSON 44	38.27
DAVID LEVINSCH 33*	2:11.22	KEN BEHMAN 38	28:22.02	HILL C'HABA 39	1:20.83	NICK NELSON 41	39.72
MIKE SUTTLE 30	3:12.09	50 YARD BACKSTROKE		MIKE GREENBERG 37	1:23.73	TOM HITCHCOCK 42	41.23
100 YARD INDIVIDUAL MEDLEY		KEN KROEGER 37	27.85	STEVEN TYLEE 36	1:27.00	JIM CROMWELL 41	41.62
JIM MCCONICA 32	58.31	ROBERT HCFPER 37	28.88	200 YARD INDIVIDUAL MEDLEY		TOBY MUSSMAN 42	44.07
ERIAN J. (T) MURPHY 31	1:01.96	EGG GALLAS 35	30.94	MIKE SMITHERS 35	2:15.07	TEGZE (TEX) HABASZTI 41	DISC
CARL MIKE JEFFERSON 33	1:02.04	JAN BUS 35	31.80	TOM WARREN 39*	2:21.87	100 YARD BREASTSTROKE	
JIM FARRELL 33	1:02.58	EDWARD SCOTT 38	31.87	JAN BUS 35	2:28.77	LANCE LARSON 42	1:10.40
ALLEN WAENES 31	1:03.36	JEFF KEYS 35	32.85	EDWARD SCOTT 38	2:32.66	JAMES B. FERRELL 41	1:15.71
MIKE SUTTLE 30	1:04.63	STEWART MIMS 35	34.05	DEAN OLSON 38	2:49.12	WILLIAM ALLEN JR. 41	1:17.55
PAUL BLUMENTHAL 31	1:04.63	ERNIE MESSNER 36	36.43	M.J. HUSZCZ 35	3:22.11	CURT MOSSO 40	1:20.01
JOHN BELLY 30	1:09.89	RUSSEL CHUNG 36	36.47	STEWART MIMS 35	DISC	DAVID SWENSON 44	1:26.53
LARRY FOLCH 31	1:11.75	DAVID VALDEZ 35	38.87	400 YARD INDIVIDUAL MEDLEY		NICK NELSON 41	1:28.35
SCOTT MCPILLIAN 32	1:12.82	100 YARD BACKSTROKE		JOHN EERLEY 39	4:35.20	JIM STEWART 41	DISC
KIRBY K. GORDON 34	DISC	JAN BUS 35	1:12.52	JAN BUS 35	5:05.15	200 YARD BREASTSTROKE	
200 YARD INDIVIDUAL MEDLEY		ERNIE MESSNER 36	1:20.11	MIKE SMITHERS 35	DISC	JAMES B. FERRELL 41	2:48.35
JIM MCCONICA 32	2:08.69	MIKE GREENBERG 37	1:28.86	50 YARD FREESTYLE		DAVID SWENSON 44	3:10.63
ERIAN J. (T) MURPHY 31	2:19.93	200 YARD BACKSTROKE		MEN 40-44		NICK NELSON 41	3:13.72
DCN EDGEIL 31*	2:22.24	ROBERT HCFPER 37	2:21.28	TIGZE (TEX) HABASZTI 41	24.15	TOBY MUSSMAN 42	3:33.51
EBETT NICKELSON 34	2:24.65	MIKE SMITHERS 35	2:23.77	TOM ANGEIL 42	24.43		
LARRY FOLCH 31	2:47.26	JAN BUS 35	2:35.33				
SCOTT MCPILLIAN 32	2:49.25	STEWART MIMS 35	2:47.38				

200 YARD INDIVIDUAL MEDLEY
WALTER PFEIFFER 69 3:06.57
400 YARD INDIVIDUAL MEDLEY
WALTER PFEIFFER 69 6:35.23
MEN 70-74
50 YARD FREESTYLE
BILL SHOTT 73 33.56
ED LITTLE 70 50.65
100 YARD FREESTYLE
BILL SHOTT 73 1:14.14
200 YARD FREESTYLE
REG RICHARDSON 71 2:49.60
JOHN STINSON 70 2:55.94
BILL SHOTT 73 3:01.38
500 YARD FREESTYLE
JOHN STINSON 70 8:03.83
ALFRED GUTH 74 9:22.44
1650 YARD FREESTYLE
JOHN STINSON 70 27:27.92
ALFRED GUTH 74 31:35.21
REG RICHARDSON 71 DNF
50 YARD BACKSTROKE
REG RICHARDSON 71 38.68
BILL SHOTT 73 43.36
ERNIE HAIE 72 56.31
100 YARD BACKSTROKE
REG RICHARDSON 71 1:32.62
ALFRED GUTH 74 1:52.81
ERNIE HAIE 72 2:07.24
200 YARD BACKSTROKE
REG RICHARDSON 71 3:33.58
50 YARD BREASTSTROKE
REG RICHARDSON 71 41.11
BILL SHOTT 73 41.83
ERNIE HAIE 72 46.62
ALFRED GUTH 74 48.15
ED LITTLE 70 1:18.47
100 YARD BREASTSTROKE
REG RICHARDSON 71 1:33.56
BILL SHOTT 73 1:33.64
ALFRED GUTH 74 1:47.95
ERNIE HAIE 72 1:59.26
200 YARD BREASTSTROKE
JOHN STINSON 70 3:35.87
REG RICHARDSON 71 3:37.37
ALFRED GUTH 74 3:52.13
50 YARD BUTTERFLY
BILL SHOTT 73 39.14
ERNIE HAIE 72 46.79
100 YARD BUTTERFLY
ALFRED GUTH 74 1:51.34
ERNIE HAIE 72 2:01.66

200 YARD BUTTERFLY
JOHN STINSON 70 3:55.78
ALFRED GUTH 74 4:43.97
ERNIE HAIE 72 5:40.66
100 YARD INDIVIDUAL MEDLEY
REG RICHARDSON 71 1:24.70
BILL SHOTT 73 1:27.99
ALFRED GUTH 74 1:47.90
200 YARD INDIVIDUAL MEDLEY
ALFRED GUTH 74 3:42.97
ERNIE HAIE 72 4:15.61
400 YARD INDIVIDUAL MEDLEY
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ALFRED GUTH 74 7:51.06
ERNIE HAIE 72 9:31.81
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SHELDON WHITE 78 41.64
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LEONARD A. CHAFIN 75 1:24.43
JAMES MCEHEESON 77 1:36.01
SHELDON WHITE 78 1:40.03
200 YARD FREESTYLE
LEONARD A. CHAFIN 75 3:14.43
SHELDON WHITE 78 3:43.90
JAMES MCEHEESON 77 3:46.61
500 YARD FREESTYLE
LEONARD A. CHAFIN 75 8:54.04
JAMES MCEHEESON 77 10:02.24
SHELDON WHITE 78 10:05.75
1650 YARD FREESTYLE
LEONARD A. CHAFIN 75 30:22.14
50 YARD BACKSTROKE
JAMES MCEHEESON 77 50.27
LEONARD A. CHAFIN 75 55.93
SHELDON WHITE 78 59.89
100 YARD BACKSTROKE
JAMES MCEHEESON 77 1:52.51
50 YARD BREASTSTROKE
WINSTON KRATZ 76 49.23
100 YARD BREASTSTROKE
WINSTON KRATZ 76 1:48.94
200 YARD BREASTSTROKE
WINSTON KRATZ 76 4:32.86
50 YARD BUTTERFLY
LEONARD A. CHAFIN 75 48.47
100 YARD INDIVIDUAL MEDLEY
LEONARD A. CHAFIN 75 DISQ
200 YARD INDIVIDUAL MEDLEY
LEONARD A. CHAFIN 75 DISQ
* DENOTES MEN SPAUSMS SWIMMER



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SWIMMING NEWS

CORRECTIONS - First and second places in the Men's 30-34 age group in the results of the 1983 U.S. Masters Hour Swim should be revised as follows: 1. Bell, Keith 34 5340
2. Polansky, K. 33 5300

FROM FLORENCE STURMARK - I am a faithful reader of Swim-Master and enjoy it very much. I am now 64 years old and started competition at 63. I had been a professional ice skater - figure skater. Due to a fall on wet grass, I hurt my knee so badly, arthritis set in and the doctor said, "no more skating". I was truly heart broken. I loved skating. I had to be on crutches for one year. Then the Doctor told me to get into the Y and swim. The people were all so kind and helpful. I use to watch them do the crawl or freestyle and try to imitate them. I could only kick with one leg. Gradually I was able to use the other leg. Finally I started laps and then came my first incentive. We had a 35 lap swim and you get a T-shirt, well I did it and I was hooked on chlorine. Don Gingris, our coach, tried to get me to go to Westport Y Nationals but I felt I wasn't good enough. I did no turns, couldn't dive, am still chicken about diving. Finally I got to West Virginia Y Nationals - 1st big meet and then to Joliet Y this year. I can truly say now Happiness is swimming. It is not only healing, it is relaxing and healthy and the nicest people you can meet are swimmers.....

ODE TO A CHANGING AGE GROUPER.....

James K. Edwards has now reached the stage - When none of his partners may ask him his age - And Martindale-Hubbell, the lawyers directory - Is requested to delete his birthdate in the firm biography.

After the meet at White Plains we gathered for holiday cheer - To celebrate the season and the coming New Year - But we could not let pass such a momentous event - For Jim sixty years had now came and went.

With NEM NEWS above all he excels - Although his tennis is as good as he tells - And his swimming ability should really be stated - (But Wilson and Lyndon claim he's quite over-rated.)

Upon entering his new age group, and indulging a whim - In 1983 he's the champion for the one hour swim - And at Brown in '78 he also was best - In both of the backstrokes he defeated the rest. His 500 freestyle is beautiful, a sight to behold - His forth and back efforts have brought him some gold - It's a pleasure to watch him, his stroke clean and neat - Tho' it certainly is hard to keep from falling asleep.

But his true fame and reknown is not from such races - It's rather from being seen in all the right places - In the backstroke it was always the lane by Jane Hardy - And in the evenings with young ladies at the nationals parties. At Brown University when he conditions the rest - And watching the girls there is what he does best - With a sound mind in a strong body him would be glad - And having one out of two isn't really that bad.

Now sixty is not truly the end for a swimmer - There's thirty more years, just ask Ludwig Magener - But Schlicher and I can't be that sure - For to live that long one's life must be pure. Jim's interest may lessen, as those things will do - And we all will be sad if he's finally through - While Freddie and I hope he'll continue his editorial ways - 'Cause its hard to get into the papers these days.

So here's to new age groups, a change for the better and - Away from the youth and up with the veterans - In Florida's sun from Jim's advice we won't shrink - "Swim fast in your races, and then go have a drink."

So Fred and I will tie one on and then let it rip - 'Cause in honor of Jim we'll be making that trip - Jim's an example to us all and his advice has been nifty - Since we're better off soggy then senile at sixty.

Jack Geoghegan.....

by NEIL SOLOMON, M.D. - Length of life is important but so is the quality of life. Regular physical activity can greatly enhance the length and the quality of life. Physical activity provides some immunity to, and promotes recovery from, cardiovascular illness. In addition, exercise can alleviate depression and boredom.....

SWIM-MASTER

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SWIM CALENDAR

VOL XII - NO 6

JULY - AUGUST 1983

JUL	15-17	LC - Mike Cobarrubias, P.O. Box 3026, San Jose, CA 95156
	16-17	LC - Region IV - Harold Ferris, 1116 44th Ave. NE, St. Petersburg, FL 33703
	16	LC - John Fisher, 1901 S. 53 St., Lincoln, NE 68506
	16	LC - Judy Meyer, 1918 Grand Ave., Santa Barbara, CA 93103
	16-17	LC - George Fiset, 1174 Village Creek Lane Apt. 4, Mt. Pleasant, SC 29464
	17	LC - Rose Steward, 3031 S. Rural Rd. Unit 35, Tempe, AZ 85282
	23	SC - Robert McDowell, 440 S. York Rd., Hatboro, PA 19040
	23-24	LC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
	24	LC - Dr. Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45230
	30	LC - Chris Carriere, 410 Castro Ct., Campbell, CA 95008
	30-31	LC - NEM at Brown U.
	31	LC - Dr. Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45230
AUG		LC - Nick Kakos, P.O. Box 8513, Canton, OH 44711
	6	LC - Joanne Tingley, 2107 Eastview, Louisville, KY 40205
	5-6	LC - Bobbi Turcotte, Beuhler YMCA, P.O. Box 367, Palatine, IL 60067
	6-7	LC - Region III - John Zeigler, 2468 Ellis Court, Snellville, GA 30278 (Atlanta)
	6-7	LC - Region XII - Harry Lewis, E 944 - 39 Ave., Spokane, WA 99203
	6-7	LC - USNA - Lynne Bragg, 5121 Bonnie Branch Rd., Ellicott City, MD 21043
	6-13-14	LC - Regionals at Irvine, CA - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA
	12-13	LC - Region II - Betsy Durrant, 211 66th St., Virginia Beach, VA 23451
	13	LC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	13	LC - Paul Windrath, 8832 66th Ave., N., Brooklyn Park, MN 55428
	14	LC - (Solano) Vickie Good, 2168 Calder Pl, Fairfield, CA 94553
	25-28	UNITED STATES MASTERS SWIMMING NATIONAL LONG COURSE CHAMPIONSHIPS Joan Diercks, Greater Indiana Masters Swim Assn., P.O. Box 30317, Indpls, IN 46230
SEP	10-11	SC - Dorothy Ressig, P.O. Box 7, Tar Heel, NC 28392
	10-11	North Florida Masters Decathlon - Tallahassee
	24-25	SC - Joe McEvoy, Dickinson College, Carlisle, PA 17013
OCT	8	SC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	8	SC - Kerry O'Brien, 125 Player Ct., Walnut Creek, CA 94598
	9	25M - Jeanne Young, E. Pothouse Rd., Phoenixville, PA 19460
	15-16	SC - Betsy Durrant, 211 66th St., Virginia Beach, VA 23451
	21	SC - Walter Olsewski, P.O. Box 203, Central Islip, NY 11722
	22	SC - Cal Shaeffer, YMCA, 90 N. Newberry, York, PA 17401
	29-30	SC - Bruce Tomkins, 103 E. Holston Ln., Oak Ridge, TN 37830
NOV	6	SC - Sacramento Pentathlon - Norm Myer, P.O. Box 8205, Sacramento, CA 95818
	12-13	SC - Jan Ferguson, B-66 Adams Bldg., Bartlesville, OK 74004
	19-20	SC - GCM Fall Swim Meet - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
	19-20	SC - Bob Madrigal, 506 Baden #3, South San Francisco, CA 94080
DEC	3	SC - Sally Peterson, P.O. Box 1880, Truckee, CA 95734
	4	SC - Margaret Rabley, N. Suburban Y, Techny Rd., Northbrook, IL 60062

CORONADO MASTERS - Jul 31, Oct 16, Dec 4 - Alicia Coleman, 24 The Point, Coronado, CA

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