



# SWIM-MASTER

VOL XIII-No 6 USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS JULY-AUGUST 1984

## UNITED STATES MASTERS SWIMMING NATIONAL SHORT COURSE CHAMPIONSHIPS



1st row: Gail Peters-Roper, David Marlborough, Dan Gruender, Lee Star, Lisa Bogatko, Jim Montgomery, John Naber, Dick Steadman and Bill Williams. 2nd row: Doris Steadman, June Krauser, Nancy Steadman-Martin, Diane Stowell, John Anderson, Al Kallunki and Charlotte Costello. 3rd row: Graham Johnston, Jim Welch, Juanita Correa, Tater Ledgard, Bob Heritier, Win Wilson, Mike Laux and Ransom J. Arthur 1983 award winner Reg Richardson. 4th row: Arnaldo Perez, Meet Director Tina Martin, Lloyd Osborne, Margaret George Samson, Ted Haartz and Richard Sylva. (Pictures by Krauser, Steadman, Osborne and Starr)

# RESULTS

NOTE: Results received were not in the correct format. I have typed them over in the correct order BUT used only the Top Ten Places. If you need complete results contact Meet Director, Tina Martin.

# - Foreign Swimmer

## WOMEN TEAM SCORES

WESTSIDE MASTERS	680.0
PACIFIC NORTHWEST	631.0
SAN DIEGO	595.5
SANTA BARBARA	541.0
WALNUT CREEK MASTERS	511.0
RINCONADA MASTERS	458.0
INDUSTRY HILLS	456.0
MARINA MASTERS	426.0
TAMALPAIS AQUATIC MASTER	373.0
ROCKY MTN MASTERS	348.0

## MEN TEAM SCORES

TROJAN SWIM CLUB	798.0
MARINA MASTERS	729.0
SAN DIEGO SWIM MASTERS	682.0
LONG BEACH MASTERS	529.0
NEW ENGLAND MASTERS	525.0
LONE STAR MASTERS	470.0
RINCONADA MASTERS	423.0
INDUSTRY HILLS MASTERS	381.0
LINCOLN MASTERS	328.0
ROCKY MTN MASTERS	321.0

## COMBINED TEAM SCORES

SAN DIEGO SWIM MASTERS	1387.5
MARINA MASTERS	1209.0
WESTSIDE MASTERS	1040.0
PACIFIC NORTHWEST	1021.0
TROJAN SWIM CLUB	969.0
RINCONADA MASTERS	963.0
INDUSTRY HILLS MASTERS	899.0
SANTA BARBARA S.C.	881.0
WALNUT CREEK MASTERS	849.0
LONG BEACH MASTERS	779.0

## WOMEN 25-29

<b>50 YARD FREESTYLE</b>	
Judith Kattermann 25	24.43
Cathrine Poska 25	25.05
Shelly Worthen 28	25.81
Maureen Goode 26	25.87
Beverly Hammond 29	25.98
Anita Walker 27	26.00
Marilyn Silva 29	26.16
Shirley Hill 25	26.45
Morri Spang 27	26.53
Laurel Edwards 27	26.63
<b>100 YARD FREESTYLE</b>	
Sandy Nielson 28	52.28
Judith Kattermann 25	52.86
Kimberly Worthen 28	54.04
Cathrine Poska 25	54.55
Shelly Worthen 28	55.40
Maureen Goode 26	55.63
Maura Asmuth 26	55.77
Cathy Neville 26	56.30
Marilyn Silva 29	56.42
Kathy Killingsworth 29	56.72
<b>200 YARD FREESTYLE</b>	
Sandy Nielson 28	1:55.42
Kimberly Worthen 28	1:56.63
Judith Kattermann 25	1:57.75
Cathrine Poska 25	2:01.97
Cathy Neville 26	2:02.33
Sharon Berg 28	2:03.58
Kerri Culbertson 25	2:03.87
Cathy Morrison 25	2:05.56
Marilyn Silva 29	2:06.98
Charlene Obrien 27	2:07.06
<b>500 YARD FREESTYLE</b>	
Kimberly Worthen 28	5:16.60
Judith Kattermann 25	5:19.02
Cathy Neville 26	5:23.56
Kerri Culbertson 25	5:23.56
Karen Chequer 26	5:32.69
Cathy Morrison 25	5:33.69
Diane Cayce 28	5:35.99
Elaine Hochuli 29	5:38.63
Charlene Obrien 27	5:41.52
Susan Helmrich 28	5:45.97
<b>1650 YARD FREESTYLE</b>	
Karen Chequer 26	19:03.98
Cathy Morrison 25	19:06.92
Elaine Hochuli 29	19:31.56
Susan Helmrich 28	19:48.48
Kiko Kimura 28	20:05.59

Huddie Murray 27	20:13.15
Dani Hutchins 26	20:30.10
Nancy Steadman 29	20:35.21
Lucy Szatrowski 26	20:37.02
Merry Finch 29	20:38.63
<b>50 YARD BACKSTROKE</b>	
Kathy Killingsworth 29	30.36
Pat Hines 29	30.52
Karen Sing 27	30.78
Theresa Sheppard 25	31.45
Bittina Test 26	31.51
Marilyn Silva 29	31.95
Kim Goodwin 26	31.96
Robin Beechert 27	32.60
Kaia Hedlund 28	32.67
Karen Maitland 29	32.71
<b>100 YARD BACKSTROKE</b>	
Nancy Nitardy 26	1:02.09
Cathrine Poska 25	1:03.76
Kathy Killingsworth 29	1:04.12
Christa Belardi 26	1:06.29
Karen Sing 27	1:07.24
Theresa Sheppard 25	1:07.66
Bittina Test 26	1:07.86
Carol Corsberg 26	1:08.07
Susan Helmrich 28	1:08.47
Marilyn Silva 29	1:08.67
<b>200 YARD BACKSTROKE</b>	
Nancy Nitardy 26	2:15.36
Kathy Killingsworth 29	2:22.00
Christa Belardi 26	2:23.27
Kim Goodwin 26	2:25.56
Karen Chequer 26	2:27.57
Pat Hines 29	2:27.87
Theresa Sheppard 25	2:28.22
Karen Sing 27	2:29.93
Mary Skaggs 26	2:30.93
Susan Helmrich 28	2:32.79
<b>50 YARD BREASTSTROKE</b>	
Karen Melick 27	32.35
Rhian Gulassa 29	33.53
Merry Finch 29	33.79
Janice Gillies 26	34.25
Diana Arguelles 26	34.54
Kyle Gates 28	34.59
Kim Goodwin 26	34.72
Bittina Test 26	35.00
Judy Clark 25	35.02
Huddie Murray 27	35.08
<b>100 YARD BREASTSTROKE</b>	
Karen Melick 27	1:11.30
Alison Duff 25	1:14.82
Merry Finch 29	1:14.97
Kim Goodwin 26	1:15.09
Kim Philpott 28	1:15.32
Meloni Dash 29	1:15.59
Robin Sullivan 25	1:15.64
Lori Scott 27	1:15.75
Huddie Murray 27	1:15.89
Rhian Gulassa 29	1:16.01
<b>200 YARD BREASTSTROKE</b>	
Karen Melick 27	2:37.20
Christa Belardi 26	2:40.40
Lori Scott 27	2:42.95
Huddie Murray 27	2:43.69
Kim Goodwin 26	2:44.26
Kyle Gates 28	2:44.76
Robin Sullivan 25	2:45.55
Shelly Bosmans 28	2:46.02
Diana Arguelles 26	2:47.96
Merry Finch 29	2:49.04
<b>50 YARD BUTTERFLY</b>	
Judith Kattermann 25	26.82
Maureen Goode 26	27.41
Nancy Nitardy 26	27.76
Karen Sing 27	27.93
Carol Corsberg 26	27.99
Elaine Hochuli 29	28.00
Shelly Worthen 28	28.00
Pat Riley 25	28.26
Cathy Neville 26	28.30
Janice Gillies 26	28.46
<b>100 YARD BUTTERFLY</b>	
Judith Kattermann 25	59.90
Kimberly Worthen 28	1:00.31
Nancy Nitardy 26	1:00.68
Cathy Neville 26	1:02.02
Maureen Goode 26	1:02.35
Sharon Berg 28	1:02.38
Maura Asmuth 26	1:02.61
Pat Riley 25	1:02.76
Elaine Hochuli 29	1:02.96
Diane Cayce 28	1:03.12
<b>200 YARD BUTTERFLY</b>	
Sharon Berg 28	2:13.47
Kimberly Worthen 28	2:14.52
Diane Cayce 28	2:14.85
Elaine Hochuli 29	2:16.79
Cathy Neville 26	2:18.78
Christa Belardi 26	2:19.43

Denise Hearst 26	2:19.47
Pat Riley 25	2:20.86
Carol Corsberg 26	2:21.49
Lynne Bergman 25	2:23.99
<b>100 YARD INDIVIDUAL MEDLEY</b>	
Sandy Nielson 28	1:02.30
Nancy Nitardy 26	1:02.96
Cathrine Poska 25	1:03.37
Maureen Goode 26	1:05.29
Bittina Test 26	1:05.76
Karen Sing 27	1:05.87
Morri Spang 27	1:06.28
Shelly Worthen 28	1:06.51
Lori Scott 27	1:06.72
Karen Melick 27	1:07.20
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Sandy Nielson 28	2:14.70
Nancy Nitardy 26	2:14.72
Cathrine Poska 25	2:16.83
Christa Belardi 26	2:21.82
Diane Cayce 28	2:21.90
Carol Corsberg 26	2:22.19
Sharon Berg 28	2:22.37
Kerri Culbertson 25	2:23.08
Cheri Ellington 26	2:24.92
Morri Spang 27	2:24.95
<b>400 YARD INDIVIDUAL MEDLEY</b>	
Kimberly Worthen 28	4:47.18
Christa Belardi 26	4:50.63
Sandy Nielson 28	4:54.55
Kerri Culbertson 25	5:00.29
Diane Cayce 28	5:01.72
Elaine Hochuli 29	5:02.30
Cathy Morrison 25	5:02.55
Carol Corsberg 26	5:02.57
Karen Chequer 26	5:03.76
Cheri Ellington 26	5:09.04
<b>WOMEN 30-34</b>	
<b>50 YARD FREESTYLE</b>	
Jacki Hirsty 31	24.78
Lynn Morr.-Casey 30	25.17
Karen Hogan 30	26.36
Lynn Skrifvars 33	26.60
Bonnie Adair 31	26.60
Mary Lloyd Ireland 31	26.89
Brooke Dick 34	26.98
Yvonne Yokota 31	27.05
Debbie Bradbury 32	27.44
Cindy O'Sullivan 32	27.69
<b>100 YARD FREESTYLE</b>	
Jacki Hirsty 31	53.82
Barbara Held 30	56.11
Lynn Morr.-Casey 30	56.54
Karen Hogan 30	57.46
Cindy Schilling 30	57.61
Brooke Dick 34	58.83
Lynn Skrifvars 33	58.84
Yvonne Yokota 31	59.12
Janelle Schmidt 33	59.50
Catherine Rust 30	59.69
<b>200 YARD FREESTYLE</b>	
Jacki Hirsty 31	1:57.74
Barbara Held 30	2:00.72
Yvonne Yokota 31	2:07.65
Cindy Schilling 30	2:08.46
Catherine Rust 30	2:09.05
Janelle Schmidt 33	2:09.50
Susanne Chandler 33	2:09.84
Deborah Walker 31	2:10.89
Adrienne Walter 30	2:11.60
Joan Mann 32	2:11.60
<b>500 YARD FREESTYLE</b>	
Jacki Hirsty 31	5:17.21
Yvonne Yokota 31	5:41.31
Susanne Chandler 33	5:41.39
Adrienne Walter 30	5:45.12
Janelle Schmidt 33	5:47.40
Cathy Schulbach 30	5:47.72
Catherine Rust 30	5:49.54
Deborah Walker 31	5:52.89
Suzanne Rague 33	5:58.12
Wendy Cimarno 30	6:07.51
<b>1650 YARD FREESTYLE</b>	
Barbara Held 30	18:29.91
Jacki Hirsty 31	18:42.40
Yvonne Yokota 31	19:41.94
Catherine Rust 30	19:48.21
Cathy Schulbach 30	20:01.13
Patricia Mattson 30	20:05.33
Suzanne Rague 33	20:59.31
Sherry Kittrell 32	21:18.75
Cindy Ayers 33	21:54.74
Laurie Swan 30	23:17.35
<b>50 YARD BACKSTROKE</b>	
Lynn Skrifvars 33	30.21
Michael Ryzow 31	30.71
Brooke Dick 34	31.07
Judy Reuter 30	31.40
Patti Eller 31	31.73
Pat Reeve 30	31.91
Colleen Shields 32	32.22
Camille Panighetti 34	32.29

Susan Lee 30	32.62
Sandee Pendergrass 30	33.16
<b>100 YARD BACKSTROKE</b>	
Lynn Skrifvars 33	1:05.46
Michael Ryzow 31	1:06.67
Judy Reuter 30	1:07.40
Monica Dybalski 31	1:07.51
Pat Reeve 30	1:09.45
Camille Panighetti 34	1:09.59
Patti Eller 31	1:09.73
Susan Lee 30	1:10.50
Colleen Shields 32	1:11.48
Sandee Pendergrass 30	1:12.34
<b>200 YARD BACKSTROKE</b>	
Lynn Skrifvars 33	2:23.87
Judy Reuter 30	2:26.33
Michael Ryzow 31	2:29.24
Monica Dybalski 31	2:29.94
Pat Reeve 30	2:33.66
Colleen Shields 32	2:34.57
Susan Lee 30	2:34.83
Sandee Pendergrass 30	2:38.17
Wendy Cimarno 30	2:43.38
Margie Shuer 33	2:48.99
<b>50 YARD BREASTSTROKE</b>	
Mary Lloyd Ireland 31	33.03
Nancy Walsh 30	33.38
Patricia Mattson 30	34.32
Nancy Stanbury 34	34.57
Gayle Bentley 31	34.82
Lynn Morr.-Casey 30	35.62
Michele Mil.-Morey 33	35.71
Charlotte Gutierrez 31	35.81
Monica Buvick 31	35.93
Pat Reeve 30	35.99
<b>100 YARD BREASTSTROKE</b>	
Gayle Bentley 31	1:13.39
Patricia Mattson 30	1:13.58
Nancy Walsh 30	1:14.07
Mary Lloyd Ireland 31	1:14.61
Nancy Stanbury 34	1:15.24
Monica Buvick 31	1:16.05
Adrienne Walter 30	1:16.42
Cathy Schulbach 30	1:17.05
Deborah Walker 31	1:17.28
Maria Stipa 33	1:20.90
<b>200 YARD BREASTSTROKE</b>	
Gayle Bentley 31	2:39.84
Patricia Mattson 30	2:40.16
Nancy Stanbury 34	2:42.26
Nancy Walsh 30	2:42.37
Cathy Schulbach 30	2:42.81
Monica Buvick 31	2:47.73
Maria Stipa 33	2:56.11
Deanna Hemphill 31	2:56.47
Nancy Polisky 34	3:00.90
Sherilyn Ross 34	3:12.58
<b>50 YARD BUTTERFLY</b>	
Barbara Held 30	27.24
Karen Hogan 30	27.77
Cindy Schilling 30	28.37
Mary Lloyd Ireland 31	28.56
Lynn Morr.-Casey 30	28.68
Camille Panighetti 34	29.86
Michele Mil.-Morey 33	30.34
Ana Marcial 30	31.57
Nancy Polisky 34	31.72
Colleen Shields 32	31.73
<b>100 YARD BUTTERFLY</b>	
Barbara Held 30	59.64
Cindy Schilling 30	1:01.77
Susanne Chandler 33	1:03.57
Karen Hogan 30	1:05.22
Camille Panighetti 34	1:07.66
Janice Hagen 30	1:07.98
Judy Reuter 30	1:08.65
Debbie Bradbury 32	1:09.18
Deborah Walker 31	1:10.24
Elisabeth Poncelet 30	1:11.73
<b>200 YARD BUTTERFLY</b>	
Susanne Chandler 33	2:21.91
Elisabeth Poncelet 30	2:37.05
Janice Hagen 30	2:41.00
Debbie Bradbury 32	2:41.68
Karen Bierwert 31	2:46.29
Nancy Polisky 34	2:50.38
Diane Brummel 32	2:57.87
Cindy Ayers 33	2:58.84
Janet McHendrie 33	3:11.31
<b>100 YARD INDIVIDUAL MEDLEY</b>	
Lynn Morr.-Casey 30	1:06.21
Nancy Walsh 30	1:06.45
Monica Buvick 31	1:06.89
Cindy Schilling 30	1:07.52
Brooke Dick 34	1:08.32
Janice Hagen 30	1:08.32
Camille Panighetti 34	1:08.45
Mary Lloyd Ireland 31	1:08.57
Janelle Schmidt 33	1:08.65
Karen Hogan 30	1:08.70
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Jacki Hirsty 31	2:20.56

Barbara Held 30	2:21.37
Susanne Chandler 33	2:25.81
Yvonne Yokota 31	2:26.29
Nancy Walsh 30	2:27.34
Monica Buvick 31	2:28.11
Janelle Schmidt 33	2:29.82
Patricia Mattson 30	2:30.04
Catherine Rust 30	2:30.29
Janice Hagen 30	2:30.84
<b>400 YARD INDIVIDUAL MEDLEY</b>	
Adrienne Walter 30	5:07.39
Susanne Chandler 33	5:08.65
Patricia Mattson 30	5:11.29
Judy Reuter 30	5:15.35
Catherine Rust 30	5:17.05
Nancy Walsh 30	5:18.66
Gayle Bentley 31	5:20.44
Wendy Cimarno 30	5:22.72
Monica Dybalski 31	5:22.75
Janice Hagen 30	5:33.59
<b>WOMEN 35-39</b>	
<b>50 YARD FREESTYLE</b>	
Carolyn Ferr.-Johnson 39	26.29
Miki McFadden 36	27.27
Charlotte Iannacone 36	27.38
Sara Richardson 36	27.42
Inge Renner 37	27.55
Anne Page 36	27.81
Katherine Crandell 35	27.85
Sue Tandy 35	28.17
Julie Corman 35	28.87
Liz Anderson 37	30.17
<b>100 YARD FREESTYLE</b>	
Carolyn F-Johnson 39	57.93
Charlotte Iannacone 36	59.19
Miki McFadden 36	1:00.13
Anne Page 36	1:00.58
Katherine Crandell 35	1:00.72
Inge Renner 37	1:01.31
Sue Tandy 35	1:03.53

Janet Gettling 35	34.60	Leslie Smith 43	30.72	Ruth Winn 41	3:21.58	1650 YARD FREESTYLE		400 YARD INDIVIDUAL MEDLEY	
Kathrine Crandell 35	35.62	Jeanne Maloney 41	31.13	Roswita Norris 41	3:34.52	Susan Munn	21:55.06	Betsy Jordan 47	5:57.80
Sally Peterson 37	37.35	Carolyn Behse 41	33.21	Barbara Stephenson 41	5:29.16	Carol Macpherson 45	22:56.17	Susan Munn 45	6:08.99
Liz Anderson 37	38.65	<b>100 YARD FREESTYLE</b>		<b>50 YARD BUTTERFLY</b>		Jane Pendray 46	24:42.89	Dot Werry 47	6:42.20
Joanne Menard 36	39.75	Diana Todd 40	56.88	Diana Todd 40	28.58	Adrienne Pipes 49	24:53.39	Barbara Zaremski 46	DQ
Dorotheanne Gohdes 36	41.14	Nancy Ridout 42	58.93	Barbara Frid 42	30.93	Dot Werry 47	25:19.53	<b>WOMEN 50-54</b>	
Nancy French 37	41.63	Judy Reed 40	1:05.14	Lin Jenkins 42	33.82	Ann Gindroz 46	26:21.63	<b>50 YARD FREESTYLE</b>	
<b>100 YARD BREASTSTROKE</b>		Marilyn Lumpkin 40	1:05.31	Sperry Rademaker 44	34.49	Sylvia Glenn 46	27:08.84	Diane Stowell 50	30.13
Ginger Pierson 38	1:13.40	Jean Stoutmeyer 40	1:06.29	Ann Louise Onton 40	38.34	Evelyn Debes 48	28:36.96	Dena Mann 52	31.06
Janet Gettling 35	1:16.05	Joan Jeter 44	1:07.72	Tina Martin 42	39.62	Nancy Kennedy 46	30:39.93	Ann Christensen 50	32.80
Sara Richardson 36	1:16.18	Laura Breaux 43	1:08.03	Mary Robinson 44	43.25	<b>50 YARD BACKSTROKE</b>		Jacqueline Dunlop 53	32.85
Kathrine Crandell 35	1:16.35	Leslie Smith 43	1:09.07	Josie Reuter 43	43.72	Betsy Jordan 47	33.32	Helga L Palmer 54	34.36
Sally Peterson 37	1:22.78	Jeanne Maloney 41	1:11.25	Susan Anson 43	44.78	Juanita Correa 48	34.42	Janice Taylor 51	36.79
Pencie Culiver 39	1:25.08	Ellen Shockro 41	1:13.93	<b>100 YARD BUTTERFLY</b>		Angela Konig 46	36.36	Marietta Kahl 50	37.90
Liz Anderson 37	1:27.13	<b>200 YARD FREESTYLE</b>		Janet Royer 42	1:17.06	Sally Steine 48	39.46	Joan Tyksinski 52	39.08
Joanne Menard 36	1:27.49	Diana Todd 40	2:09.25	Lin Jenkins 42	1:21.32	Dorothy Whitehead 49	41.27	Marty Hill 51	39.63
Nancy French 37	1:29.39	Nancy Ridout 42	2:11.08	Ann Louise Onton 40	1:28.83	Clarice Rossi 46	44.41	Cynthia Rosik 51	40.12
Bernice Tambascia 37	1:33.21	Betty Bennett 41	2:19.67	Louise McGonigal 40	1:31.90	Maryann Kabaker 48	47.68	<b>100 YARD FREESTYLE</b>	
<b>200 YARD BREASTSTROKE</b>		Janet Royer 42	2:20.70	Ellen Shockro 41	1:35.56	Nancy Kennedy 46	48.11	Jayne Bruner 50	1:02.94
Ginger Pierson 38	2:40.98	Mimi Clark 41	2:30.44	Ann Carlyle 43	1:44.58	Edna Spring 45	1:04.60	Diane Stowell 50	1:07.64
Carolyn F-Johnson 39	2:41.40	Joan Spangler 40	2:31.01	Mary Robinson 44	1:45.74	<b>100 YARD BACKSTROKE</b>		Dena Mann 52	1:08.42
Janet Gettling 35	2:50.42	Joan Jeter 44	2:35.05	Josie Reuter 43	1:46.97	Betsy Jordan 47	1:12.10	Ann Christensen 50	1:13.87
Kathrine Crandell 35	2:52.70	Laura Breaux 43	2:38.70	Jan Klein 40	2:08.36	Juanita Correa 48	1:14.42	Helga L Palmer 54	1:16.43
Cathy Brooks 35	2:57.63	Ruth Winn 41	2:42.42	<b>200 YARD BUTTERFLY</b>		Angela Konig 46	1:17.42	Gay Collins 53	1:21.44
Cookie Justesen 36	3:02.53	Ellen Shockro 41	2:45.80	Janet Royer 42	2:56.73	Carol Macpherson 45	1:18.81	Janice Taylor 51	1:22.15
Pencie Culiver 39	3:11.82	<b>500 YARD FREESTYLE</b>		Ann Louise Onton 40	3:31.92	Pamela Dillon 49	1:23.58	Marty Hill 51	1:26.39
Karen Lang 36	3:12.53	Jane Katz 41	5:57.10	Ann Carlyle 43	3:44.42	Clarice Rossi 46	1:38.25	Marcia Rowland 51	1:26.41
Nancy French 37	3:15.95	Nancy Ridout 42	5:59.66	Josie Reuter 43	3:53.48	Elise Lustig 47	1:47.67	Cynthia Rosik 51	1:27.01
Judy Gillies 36	3:16.64	Janet Royer 42	6:18.70	Mary Robinson 44	3:57.56	Maryann Kabaker 48	1:48.80	<b>200 YARD FREESTYLE</b>	
<b>50 YARD BUTTERFLY</b>		Mimi Clark 41	6:39.40	<b>100 YARD INDIVIDUAL MEDLEY</b>		<b>200 YARD BACKSTROKE</b>		Gail Peters-Roper 54	2:26.33
Miki McFadden 36	29.46	Joan Spangler 40	6:39.69	Diana Todd 40	1:07.81	Betsy Jordan 47	2:38.68	Diane Stowell 50	2:31.44
Inge Renner 37	30.16	Joan Jeter 44	6:48.11	Nancy Ridout 42	1:09.40	Angela Konig 46	2:45.90	Dena Mann 52	2:34.96
Sara Richardson 36	30.21	Laura Breaux 43	7:07.85	Barbara Frid 42	1:13.72	Carol Macpherson 45	2:50.90	Ann Christensen 50	2:44.26
Anne Page 36	30.36	Louise McGonigal 40	7:18.29	Carol Reinhold 43	1:15.50	Pamela Dillon 49	3:02.32	Helga L Palmer 54	2:57.61
Janet Gettling 35	30.75	Ellen Shockro 41	7:21.22	Sperry Rademaker 44	1:19.57	Sally Steine 48	3:10.38	Donna Monroe 50	2:59.49
Ginger Pierson 38	30.85	Ruth Winn 41	7:22.08	Joan Spangler 40	1:19.86	Evelyn Debes 48	3:28.57	Malchia Olshan 53	3:07.15
Jenny Hearn 35	31.37	<b>1650 YARD FREESTYLE</b>		Lin Jenkins 42	1:20.32	Elsie Lustig 47	4:06.06	Gay Collins 53	3:08.48
Sue Tandy 35	31.84	Nancy Ridout 42	21:01.63	Leslie Smith 43	1:21.68	<b>50 YARD BREASTSTROKE</b>		Janice Taylor 51	3:09.58
Julie Corman 35	32.14	Janet Royer 42	21:38.79	Carolyn Behse 41	1:24.61	Joann Leilich 45	35.95	Marcia Rowland 51	3:10.39
Liz Anderson 37	33.39	Joan Spangler 40	23:21.76	Bonnie Brady 43	1:29.28	Charlotte Jenkins 45	40.13	<b>500 YARD FREESTYLE</b>	
<b>100 YARD BUTTERFLY</b>		Mimi Clark 41	23:45.61	<b>200 YARD INDIVIDUAL MEDLEY</b>		Helen Geoffrion 45	41.35	Gail Peters-Roper 54	6:35.51
Barbara Dunbar 35	1:03.08	Ellen Shockro 41	24:59.88	Jane Katz 41	2:35.42	Margot Saxer 47	44.02	Ann Kay 50	6:40.09
Lucy Johnson 37	1:05.31	Ruth Winn 41	25:15.57	Betty Bennett 41	2:35.70	Clarice Rossi 46	45.25	Ann Christensen 50	7:26.51
Janet Gettling 35	1:08.84	Laura Breaux 43	25:21.22	Barbara Frid 42	2:44.69	Rosie Vijil 49	49.43	Vel Perry 50	7:48.51
Jenny Hearn 35	1:09.52	Susan Anson 43	27:19.73	Carol Reinhold 43	2:49.86	Edna Spring 45	53.97	Malchia Olshan 53	8:02.74
Susan Schaffer 36	1:11.92	Mary Robinson 44	27:27.66	Lin Jenkins 42	2:53.62	Ardys Sandell 48	54.73	Helga L Palmer 54	8:03.78
Linda Tepe 37	1:23.98	Jane Katz 41	DQ	Ann Helser 43	3:27.46	<b>100 YARD BREASTSTROKE</b>		Lisa Bogatko 54	8:17.19
Suzanne Angioli 36	1:27.68	<b>50 YARD BACKSTROKE</b>		Ann Carlyle 43	3:37.34	Joann Leilich 45	1:17.46	Janet Partridge 52	8:27.42
Joanne May 36	1:29.93	Betty Bennett 41	32.86	Jan Klein 40	3:50.78	Helen Geoffrion 45	1:31.44	Janice Taylor 51	8:30.04
Sandy Young 36	1:33.03	Barbara Frid 42	34.22	<b>400 YARD INDIVIDUAL MEDLEY</b>		Barbara Zaremski 46	1:31.61	Marty Hill 51	8:32.76
<b>200 YARD BUTTERFLY</b>		Eileen Mooney 42	35.19	Jane Katz 41	5:27.81	Pamela Dillon 49	1:33.70	<b>1650 YARD FREESTYLE</b>	
Barbara Dunbar 35	2:18.88	Jean Stoutmeyer 40	35.50	Betty Bennett 41	5:37.53	Clarice Rossi 46	1:39.25	Ann Christensen 50	25:22.17
Lucy Johnson 37	2:32.01	Tanya Armstrong 40	36.65	Janet Royer 42	6:04.72	Margot Saxer 47	1:39.67	Malchia Olshan 53	26:54.83
Jenny Hearn 35	2:45.11	Judy Reed 40	37.01	Marilyn Lumpkin 40	6:20.92	Rosie Vijil 49	1:43.48	Donna Monroe 50	27:34.80
Cathy Brooks 35	2:48.99	Sperry Rademaker 44	37.18	Mimi Clark 41	6:44.00	Nancy Kennedy 46	1:44.23	Janet Partridge 52	28:02.40
Cookie Justesen 36	2:50.83	Lin Jenkins 42	38.54	Ann Louise Onton 40	6:44.69	Ardys Sandell 48	1:59.68	Marty Hill 51	29:02.21
Suzanne Angioli 36	3:09.77	Bonnie Brady 43	39.86	Ellen Shockro 41	7:17.10	<b>200 YARD BREASTSTROKE</b>		Suzanne Robbins 50	29:16.75
Pencie Culiver 39	3:11.65	Louise McGonigal 40	40.53	Ann Carlyle 43	7:32.90	Joann Leilich 45	2:48.82	Anne Neumann 53	35:15.67
Joanne May 36	3:16.86	<b>100 YARD BACKSTROKE</b>		<b>WOMEN 45-49</b>		Barbara Zaremski 46	3:17.51	Esther Lyman 51	37:18.58
Katherine Watson 36	3:35.96	Betty Bennett 41	1:11.04	<b>50 YARD FREESTYLE</b>		Pamela Dillon 49	3:23.96	<b>50 YARD BACKSTROKE</b>	
Susan Schaffer 36	DQ	Barbara Frid 42	1:14.27	Juanita Correa 48	27.98	Helen Geoffrion 45	3:24.89	Ann Kay 50	37.71
<b>100 YARD INDIVIDUAL MEDLEY</b>		Eileen Mooney 42	1:16.41	Jane Pendray 46	29.22	Susan Dearborn 47	3:28.80	Suzanne Robbins 50	39.27
Carolyn F-Johnson 39	1:06.25	Tanya Armstrong 40	1:20.07	Angela Konig 46	29.40	Clarice Rossi 46	3:33.30	Dena Mann 52	40.38
Inge Renner 37	1:09.00	Judy Reed 40	1:20.52	Charlotte Jenkins 45	29.69	Rosie Vijil 49	3:43.02	Vel Perry 50	40.70
Janet Gettling 35	1:09.20	Joan Spangler 40	1:20.97	Janet Lamott 48	30.29	Ardys Sandell 48	4:15.97	Sally Prazer 52	43.02
Anne Page 36	1:09.32	Louise McGonigal 40	1:22.55	Barbara Zaremski 46	30.46	<b>50 YARD BUTTERFLY</b>		Gay Collins 53	45.77
Ginger Pierson 38	1:10.41	Sperry Rademaker 44	1:24.97	Susan Dearborn 47	32.61	Charlotte Jenkins 45	32.87	Marcia Rowland 51	46.48
Mimi Frank 37	1:11.06	Ann Louise Onton 40	1:26.03	Ann Gindroz 46	33.31	Janet Lamott 48	34.72	Dot J Murray 54	48.59
Jenny Hearn 35	1:11.44	Leslie Smith 43	1:26.68	Sally Steine 48	34.96	Adrienne Pipes 49	36.64	Joan Tyksinski 52	50.31
Miki McFadden 36	1:11.72	<b>200 YARD BACKSTROKE</b>		Sylvia Glenn 46	36.67	Helen Geoffrion 45	37.67	Janice Taylor 51	52.72
Sara Richardson 36	1:11.82	Betty Bennett 41	2:37.95	<b>100 YARD FREESTYLE</b>		Dot Werry 47	38.15	<b>100 YARD BACKSTROKE</b>	
Sue Tandy 35	1:16.21	Jane Katz 41	2:38.91	Juanita Correa 48	1:02.67	Jane Pendray 46	40.60	Ann Kay 50	1:22.26
<b>200 YARD INDIVIDUAL MEDLEY</b>		Barbara Frid 42	2:44.69	Jane Pendray 46	1:04.45	Nancy Kennedy 46	48.57	Cindy Baxter 51	1:27.13
Lucy Johnson 37	2:30.11	Jean Stoutmeyer 40	2:49.75	Charlotte Jenkins 45	1:06.37	<b>100 YARD BUTTERFLY</b>		Suzanne Robbins 50	1:27.40
Tanya Mansigh 35	2:33.01	Sperry Rademaker 44	2:52.94	Janet Lamott 48	1:07.36	Charlotte Jenkins 45	1:20.72	Vel Perry 50	1:27.60
Jenny Hearn 35	2:36.00	Joan Spangler 40	2:53.11	Angela Konig 46	1:07.71	Adrienne Pipes 49	1:26.30	Muriel Ganzer 51	1:35.25
Ginger Pierson 38	2:36.47	Louise McGonigal 40	2:59.33	Barbara Zaremski 46	1:10.08	Dot Werry 47	1:29.63	Sally Prazer 52	1:36.66
Anne Page 36	2:37.03	Tanya Armstrong 40	3:02.09	Susan Munn 45	1:10.26	<b>200 YARD BUTTERFLY</b>		Gay Collins 53	1:40.89
Cathy Brooks 35	2:37.58	Ann Louise Onton 40	3:03.69	Ann Gindroz 46	1:15.25	Janet Lamott 48	3:02.52	Dot J Murray 54	1:45.92
Susan Schaffer 36	2:39.28	Laura Breaux 43	3:06.88	Sylvia Glenn 46	1:21.41	Dot Werry 47	3:23.28	Joan Tyksinski 52	1:53.99
Cookie Justesen 36	2:40.43	<b>50 YARD BREASTSTROKE</b>		Maryann Kabaker 48	1:30.51	Evelyn Debes 48	3:53.08	Anne Neumann 53	2:06.22
Sally Peterson 37	2:41.06	Diana Todd 40	34.95	<b>200 YARD FREESTYLE</b>		<b>100 YARD INDIVIDUAL MEDLEY</b>		<b>200 YARD BACKSTROKE</b>	
Ann Jordan 35	2:54.39	Marilyn Lumpkin 40	37.60	Juanita Correa 48	2:18.20	Joann Leilich 45	1:14.74	Ann Kay 50	2:56.40
<b>400 YARD INDIVIDUAL MEDLEY</b>		Carolyn Behse 41	37.71	Carol Macpherson 45	2:24.26	Betsy Jordan 47	1:16.03	Cindy Baxter 51	3:11.44
Barbara Dunbar 35	5:02.95	Leslie Smith 43	39.61	Susan Munn 45	2:25.37	Charlotte Jenkins 45	1:17.43	Suzanne Robbins 50	3:15.75
Tanya Mansigh 35	5:28.55	Sallie Humberger 42	41.13	Janet Lamott 48	2:27.92	Pamela Dillon 49	1:26.16	Vel Perry 50	3:16.77
Cathy Brooks 35	5:35.73	Joan Jeter 44	41.13	Jane Pendray 46	2:29.77	Helen Geoffrion 45	1:26.91	Muriel Ganzer 51	3:26.03
Susan Schaffer 36	5:36.30	Barbara Stephenson 41	1:16.14	Angela Konig 46	2:29.79	Susan Dearborn 47	1:28.34	Sally Prazer 52	3:26.06
Jenny Hearn 35	5:37.79	<b>100 YARD BREASTSTROKE</b>		Joann Leilich 45	2:30.72	Ann Gindroz 46	1:28.35	Janet Partridge 52	3:31.33
Cookie Justesen 36	5:42.55	Carolyn Behse 41	1:22.85	Adrienne Pipes 49	2:40.89	Clarice Rossi 46	1:35.72	Marcia Rowland 51	3:31.88
Karen Barnes 35	5:57.06	Carol Reinhold 43	1:23.02	Susan Dearborn 47	2:46.02	Sylvia Glenn 46	1:36.49	Gay Collins 53	3:40.00
Linda Tepe 37	6:13.48	Marilyn Lumpkin 40	1:23.43	Ann Gindroz 46	2:54.68	Rosie Vijil 49	1:45.97	Dot J Murray 54	3:45.73
Joanne May 36	6:17.72	Lin Jenkins 42	1:26.89	<b>500 YARD FREESTYLE</b>		<b>200 YARD INDIVIDUAL MEDLEY</b>		<b>50 YARD BREASTSTROKE</b>	
Mel Lebsack 35	6:37.77	Joan Jeter 44	1:29.44	Juanita Correa 48	6:17.82	Joann Leilich 45	2:43.57	Jayne Bruner 50	35.66
<b>WOMEN 40-44</b>		Ruth Winn 41	1:32.75	Carol Macpherson 45	6:27.94	Betsy Jordan 47	2:46.55	Jacqueline Dunlop 53	41.52
<b>50 YARD FREESTYLE</b>		Sallie Humberger 42	1:37.03	Susan Munn 45	6:31.03	Barbara Zaremski 46	2:57.39	Lisa Bogatko 54	42.01
Diana Todd 40	25.67	Roswita Norris 41	1:38.50	Janet Lamott 48	6:36.32	Susan Munn 45	2:58.95	Irma Reimer 52	42.76
Nancy Ridout 42	26.48	Ann Carlyle 43	1:43.61	Jane Pendray 46	6:56.54	Adrienne Pipes 49	3:05.00	Janet Kavadas 53	46.05
Judy Reed 40	29.20	Barbara Stephenson 41	2:36.53	Adrienne Pipes 49	7:05.67	Pamela Dillon 49	3:09.64	Cynthia Rosik 51	47.21
Jean Stoutmeyer 40	29.38	<b>200 YARD BREASTSTROKE</b>		Ann Gindroz 46	7:19.32	Dot Werry 47	3:13.42	Suzanne Robbins 50	47.32
Sperry Rademaker 44	30.30	Carol Reinhold 43	2:57.91	Sylvia Glenn 46	7:55.10	Helen Geoffrion 45	3:14.19	Joan Tyksinski 52	49.05
Joan Jeter 44	30.37	Carolyn Behse 41	2:58.25	Evelyn Debes 48	8:31.13	Ardys Sandell 48	4:27.11	Marcia Rowland 51	49.44
Marilyn Lumpkin 40	30.52	Marilyn Lumpkin 40	3:04.09	Nancy Kennedy 46	8:41.35	Susan Dearborn 47	DQ	Muriel Ganzer 51	49.81

100 YARD BREASTSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Jayne Bruner, Daine Stowell, Cindy Baxter, etc.

200 YARD BREASTSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Diane Stowell, Gail Peters-Roper, etc.

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Jayne Bruner, Barbara Callison, etc.

100 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Jayne Bruner, Barbara Callison, etc.

100 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Jayne Bruner, Diane Stowell, etc.

400 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Gail Peters-Roper, Ann Kay, etc.

WOMEN 55-59

Table with 2 columns: Name and Time. Includes swimmers like Louise Hepner, Bobbie Turcotte, etc.

200 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like Anne Adams, Louise Hepner, etc.

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like June Krauser, Florence Carr, etc.

1650 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like Florence Carr, Joan McIntyre, etc.

50 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Doris Steadman, Bobbi Turcotte, etc.

100 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Doris Steadman, Joan McIntyre, etc.

200 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Anne Adams, Doris Steadman, etc.

50 YARD BREASTSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Alicia Coleman, Louise Hepner, etc.

100 YARD BREASTSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Alicia Coleman, Florence Carr, etc.

200 YARD BREASTSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Louise Hepner, Alicia Coleman, etc.

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Anne Adams, Edie Gruender, etc.

100 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Anne Adams, June Krauser, etc.

100 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Anne Adams, Alicia Coleman, etc.

200 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Anne Adams, Edie Gruender, etc.

WOMEN 60-64

Table with 2 columns: Name and Time. Includes swimmers like Dorothy Lachasse, Jean McPherson, etc.

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like Dorothy Lachasse, Jean McPherson, etc.

200 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like Dorothy Lachasse, Jean McPherson, etc.

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like Muriel Flynn, Sally Scholer, etc.

1650 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like Shirley Erickson, Grace Altus, etc.

WOMEN 65-69

Table with 2 columns: Name and Time. Includes swimmers like Louise Kelley, Jane McCollister, etc.

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like Jane McCollister, Louise Kelley, etc.

200 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like Jane McCollister, Louise Kelley, etc.

50 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like Jane McCollister, Louise Kelley, etc.

100 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Muriel Flynn, Patsy Weiss, etc.

100 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Muriel Flynn, Patsy Weiss, etc.

200 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Ruth Manfredi, Shirley Erickson, etc.

100 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Charlotte Costello, Dorothy Lachasse, etc.

200 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Shirley Erickson, Patsy Weiss, etc.

400 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Patsy Weiss, Ruth Manfredi, etc.

100 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Patsy Weiss, Ruth Manfredi, etc.

200 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Rita Simonton, Jean Durston, etc.

100 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Rita Simonton, Viola Thompson, etc.

200 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Rita Simonton, Viola Thompson, etc.

1650 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like Jane McCollister, Louise Jobson, etc.

50 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Audrey Etienne, Gertrud Zint, etc.

100 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Louise Kelley, Audrey Etienne, etc.

50 YARD BREASTSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Gertrud Zint, Sally Joy, etc.

100 YARD BREASTSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Gertrud Zint, Rita Simonton, etc.

200 YARD BREASTSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Gertrud Zint, Rita Simonton, etc.

100 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Patsy Weiss, Ruth Manfredi, etc.

200 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Rita Simonton, Jean Durston, etc.

100 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Rita Simonton, Viola Thompson, etc.

200 YARD INDIVIDUAL MEDLEY

Table with 2 columns: Name and Time. Includes swimmers like Rita Simonton, Viola Thompson, etc.

WOMEN 70-74

Table with 2 columns: Name and Time. Includes swimmers like Dawn Musselman, Irene Van Vorst, etc.

Inge Weil 72	53.71
Ruth Cooper 72	54.80
Bernice Silber 71	58.87
Fanita White 74	1:06.68
Margaret Carr 72	1:12.04
<b>100 YARD FREESTYLE</b>	
Dawn Musselman 70	1:22.05
Irene Van Vorst 71	1:43.55
Beatrice Johnston 74	1:49.11
Susan Marsh 70	1:52.83
Ruth Cooper 72	2:04.04
Bernice Silber 71	2:11.58
Fanita White 74	2:36.31
<b>200 YARD FREESTYLE</b>	
Dawn Musselman 70	3:18.18
Beatrice Johnston 74	3:54.85
Susan Marsh 70	4:13.71
Bernice Silber 71	4:36.11
<b>500 YARD FREESTYLE</b>	
Marion Mueller 72	11:20.93
Clementina Thomson 71	11:33.78
Ruth Cooper 72	11:43.58
<b>1650 YARD FREESTYLE</b>	
Marion Mueller 72	37:22.07
<b>50 YARD BACKSTROKE</b>	
Dawn Musselman 70	44.64
Susan Marsh 70	45.59
Beatrice Johnston 74	55.09
Madeleine Miller 73	55.63
Bernice Silber 71	56.45
Irene Van Vorst 71	56.57
Marion Mueller 72	58.44
Ellen Tait 73	1:01.76
Clementina Thomson 71	1:05.40
Inge Weil 72	1:10.02
<b>100 YARD BACKSTROKE</b>	
Dawn Musselman 70	1:39.01
Madeleine Miller 73	1:57.58
Susan Marsh 70	2:00.48
Bernice Silber 71	2:02.55
Marion Mueller 72	2:05.79
Beatrice Johnston 74	2:07.44
Margaret Carr 72	2:47.01
<b>200 YARD BACKSTROKE</b>	
Bernice Silber 71	4:20.79
Susan Marsh 70	4:21.13
Marion Mueller 72	4:30.41
Beatrice Johnston 74	4:33.12
<b>50 YARD BREASTSTROKE</b>	
Hilda Buel 70	56.26
Madeleine Miller 73	57.07
Inge Weil 72	1:01.51
<b>100 YARD BREASTSTROKE</b>	
Madeleine Miller 73	2:00.93
Hilda Buel 70	2:01.51
Inge Weil 72	2:18.43
Clementina Thomson 71	2:29.84
<b>200 YARD BREASTSTROKE</b>	
Madeleine Miller 73	4:23.84
Inge Weil 72	5:16.06
<b>50 YARD BUTTERFLY</b>	
Maxine Merlino 71	50.35
Ruth Cooper 72	1:12.65
<b>100 YARD BUTTERFLY</b>	
Hilda Buel 70	2:21.63
<b>200 YARD BUTTERFLY</b>	
Hilda Buel 70	5:03.98
<b>100 YARD INDIVIDUAL MEDLEY</b>	
Dawn Musselman 70	1:42.66
Irene Van Vorst 71	2:02.03
Beatrice Johnston 74	2:11.31
Clementina Thomson 71	2:32.88
Ruth Cooper 72	DQ
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Maxine Merlino 71	3:49.09
Hilda Buel 70	4:42.44
Clementina Thomson 71	5:22.62
Ruth Cooper 72	5:36.08
<b>400 YARD INDIVIDUAL MEDLEY</b>	
Hilda Buel 70	9:56.71
<b>WOMEN 75-79</b>	
<b>50 YARD FREESTYLE</b>	
Johnnie Belshe 75	53.90
Tilly Weil 75	1:01.39
<b>100 YARD FREESTYLE</b>	
Johnnie Belshe 75	2:14.61
<b>1650 YARD FREESTYLE</b>	
Hazel Bressie 75	DQ
<b>50 YARD BACKSTROKE</b>	
Johnnie Belshe 75	1:04.88
<b>100 YARD BACKSTROKE</b>	
Johnnie Belshe 75	2:20.03
<b>200 YARD BACKSTROKE</b>	
Johnnie Belshe 75	5:15.19
Hazel Bressie 75	6:40.75
<b>50 YARD BREASTSTROKE</b>	
Katherine Pelton 78	1:10.21
<b>100 YARD BREASTSTROKE</b>	
Katherine Pelton 78	2:27.33
Tilly Weil 75	2:29.47
<b>200 YARD BREASTSTROKE</b>	
Katherine Pelton 78	5:26.19
Tilly Weil 75	5:39.59
Hazel Bressie 75	7:27.75

<b>100 YARD BUTTERFLY</b>	
Katherine Pelton 78	2:24.40
<b>200 YARD BUTTERFLY</b>	
Hazel Bressie 75	DQ
Katherine Pelton 78	DQ
<b>200 YARD INDIVIDUAL MEDLEY</b>	
Hazel Bressie 75	8:03.60
<b>400 YARD INDIVIDUAL MEDLEY</b>	
Katherine Pelton 78	11:10.95
Hazel Bressie 75	17:10.83
<b>WOMEN 80-84</b>	
<b>50 YARD FREESTYLE</b>	
Elizabeth Mauric 80	1:06.94
<b>1650 YARD FREESTYLE</b>	
Elizabeth Mauric 80	42:42.48
<b>100 YARD BREASTSTROKE</b>	
Elizabeth Mauric 80	3:09.91
<b>WOMEN 85-89</b>	
<b>50 YARD FREESTYLE</b>	
Ella Peckham 85	59.89
<b>50 YARD BACKSTROKE</b>	
Ella Peckham 85	1:07.57
<b>200 YARD BACKSTROKE</b>	
Ella Peckham 85	5:33.70
<b>100 YARD BUTTERFLY</b>	
Ella Peckham 85	3:01.71
<b>100 YARD INDIVIDUAL MEDLEY</b>	
Ella Peckham 85	2:41.31
<b>WOMEN 90 &amp; OVER</b>	
<b>50 YARD FREESTYLE</b>	
Luella Tyra 91	1:39.11
<b>100 YARD FREESTYLE</b>	
Luella Tyra 91	3:31.33
<b>MEN 25-29</b>	
<b>50 YARD FREESTYLE</b>	
James Montgomery 29	20.81
Richard Hess 29	21.33
Malcom Cooper 27	21.65
Michael Newman 27	21.84
David Phelps 25	22.12
Janika Entl 28	22.18
Michael Blatt 28	22.31
Thomas Barton 28	22.45
Bill Skelley 26	22.49
Arbakdi Oerez 25	22.66
<b>100 YARD FREESTYLE</b>	
James Montgomery 29	45.10
David Phelps 25	47.84
Arnaldo Perez	48.13
Malcom Cooper 27	48.43
John Havlik 25	48.48
Nathan Nevid 26	49.04
Michael Phillips 27	49.08
Bill Skelley 26	49.09
Janika Entl 28	49.22
Michael Blatt 28	49.39
<b>200 YARD FREESTYLE</b>	
James Montgomery 29	1:41.72
James Belardi 27	1:43.95
David Phelps 25	1:44.62
Michael Newman 27	1:45.09
John Havlik 25	1:46.33
Darrell Rucker 25	1:46.44
Jim Redfern 25	1:47.23
Rob Copeland 27	1:47.40
Nathan Nevid 26	1:48.36
Steve Ellberg 25	1:49.36
<b>500 YARD FREESTYLE</b>	
John Havlik 25	4:38.35
James Montgomery 29	4:39.03
Andrew Miller 25	4:41.53
Rob Copeland 27	4:46.76
Darrell Rucker 25	4:47.74
Eric Shargo 26	4:50.42
David Phelps 25	4:51.16
Ned Maggiora 29	4:52.73
Jim Redfern 25	4:53.04
Ray Mitchell 26	4:53.26
<b>1650 YARD FREESTYLE</b>	
Andrew Miller 25	16:23.15
Rob Copeland 27	16:41.33
Eric Shargo 26	16:42.25
Darrell Rucker 25	16:51.49
Ned Maggiora 29	17:40.25
Christopher Nolte 27	18:06.00
Donald Uhlir 26	18:31.93
Jeffrey Pfeiffer 29	18:36.75
Hal Ehrhardt 29	18:37.32
Clive Hallwood 29	18:39.74
<b>50 YARD BACKSTROKE</b>	
Tom Wolf 29	24.81
Malcom Cooper 27	25.08
Thomas Barton 28	25.71
Richard Hess 29	25.83
Craig Gordon 25	26.49
Stepen Schaffer 27	26.62
Michael Phillips 27	26.65
Victor Ivry 28	26.67
Vincent Morales 27	26.69
David Amlicke 25	26.79

<b>100 YARD BACKSTROKE</b>	
Tom Wolf 29	52.67
Thomas Barton 28	55.20
Malcom Cooper 27	55.33
Craig Gordon 25	56.80
Victor Ivry 28	57.16
Vincent Morales 27	57.96
Gary Pabst 28	59.09
Stepen Schaffer 27	59.26
David Amlicke 25	59.59
Philippe Delamare 28	59.74
<b>200 YARD BACKSTROKE</b>	
Tom Wolf 29	1:55.59
Thomas Barton 28	2:00.43
Jim Redfern 25	2:03.53
Ray Mitchell 26	2:04.29
Darrell Rucker 25	2:04.67
Victor Ivry 28	2:05.24
Gregory Johnson 27	2:06.88
Craig Gordon 25	2:08.81
Philippe Delamare 28	2:09.49
Vincent Morales 27	2:09.79
<b>50 YARD BREASTSTROKE</b>	
Matthew Kanzler 27	27.92
Bill Skelley 26	28.44
Michael Phillips 27	28.46
John Stanton 28	28.52
T.R. Santos 27	28.59
Mark Tanzillo 25	28.59
Bruce Howell 27	28.65
Kurt Mickelson 29	28.79
Barton Gawboy 27	28.79
Gary Krage 28	29.41
<b>100 YARD BREASTSTROKE</b>	
Andrew Miller 25	1:00.69
Matthew Kanzler 27	1:01.12
Bill Skelley 26	1:02.66
Kurt Mickelson 29	1:03.12
Ron Pearlman 26	1:03.39
Barton Gawboy 27	1:03.61
Mark Tanzillo 25	1:03.61
T. R. Santos 27	1:04.19
John Stanton 28	1:04.72
Gary Krage 28	1:04.80
<b>200 YARD BREASTSTROKE</b>	
Matthew Kanzler 27	2:10.80
Andrew Miller 25	2:10.92
Ron Pearlman 26	2:16.16
Kurt Mickelson 29	2:20.97
Gary Krage 28	2:22.09
Barton Gawboy 27	2:23.05
David Vandenberg 27	2:26.28
David Salo 25	2:26.41
David Salo 25	2:27.05
Eric Okholm 25	2:30.64
<b>50 YARD BUTTERFLY</b>	
Arnaldo Perez 25	22.82
Richard Hess 29	23.28
Boomer Morales 26	23.31
Malcom Cooper 27	23.43
James Montgomery 29	23.53
Daniel Ward 27	23.74
Kerry Obrien 27	24.27
Timothy Buckley 28	24.28
Craig Dougherty 27	24.47
Stan McDonald 26	24.48
<b>100 YARD BUTTERFLY</b>	
Richard Hess 29	50.93
James Belardi 27	51.14
James Montgomery 29	51.15
Arnaldo Perez 25	51.31
John Havlik 25	52.17
Malcom Cooper 27	52.66
Kerry Obrien 27	52.70
Daniel Ward 27	53.18
Bill Skelley 26	54.19
Nathan Nevid 26	54.26
<b>200 YARD BUTTERFLY</b>	
James Belardi 27	1:51.18
Kerry Obrien 27	1:56.32
Jim Redfern 25	1:57.07
Terence Hearst 28	2:03.43
Hugh Moore 29	2:05.44
Philippe Delamare 28	2:07.82
Tito Morales 25	2:09.61
David Sundius 25	2:10.29
John Zell 28	2:12.96
Fons Chafe 27	2:17.18
<b>100 YARD INDIVIDUAL MEDLEY</b>	
Richard Hess 29	54.09
Tom Wolf 29	54.64
James Belardi 27	54.88
Matthew Kanzler 27	56.58
Michael Phillips 27	56.59
Daniel Ward 27	57.06
Arnaldo Perez 25	57.18
Mark Tanzillo 25	57.41
Vincent Morales 27	57.96
Timothy Buckley 28	58.38
<b>200 YARD INDIVIDUAL MEDLEY</b>	
James Belardi 27	1:57.11
Richard Hess 29	1:58.54
Jim Redfern 25	2:00.72

Nathan Nevid 26	2:01.07
Darrell Rucker 25	2:01.49
Matthew Kanzler 27	2:02.64
Ron Pearlman 26	2:05.45
Ray Mitchell 26	2:05.65
Victor Ivry 28	2:05.82
Mark Tanzillo 25	2:05.99
<b>400 YARD INDIVIDUAL MEDLEY</b>	
James Belardi 27	4:11.83
Andrew Miller 25	4:11.93
Tom Wolf 29	4:13.23
Darrell Rucker 25	4:18.90
Jim Redfern 25	4:20.15
Ray Mitchell 26	4:22.02
Nathan Nevid 26	4:22.67
Ned Maggiora 29	4:24.92
Bill Skelley 26	4:28.00
Ron Pearlman 26	4:29.67
<b>MEN 30-34</b>	
<b>50 YARD FREESTYLE</b>	
Tripp Hedrick 30	21.80
Fred Hubbell 31	21.93
Mark Rubki 31	22.07
Jim McConica 33	22.14
David Hague 30	22.53
David Koenig 33	22.64
Michael Heather 30	22.70
Buck Smith 31	22.71
Stephen Van Hoesen 34	22.85
Bryan Weaver 30	22.90
<b>100 YARD FREESTYLE</b>	
Jim McConica 33	47.96
Steve Hedberg 31	48.29
Trip Hedrick 30	48.38
Fred Hubbell 31	48.50
David Hague 30	49.24
Lee Mench 31	49.29
Mark Rubke 31	49.90
Michael Heather 30	50.10
Robert Clarke 32	50.53
Alan Mitchell 31	50.55
<b>200 YARD FREESTYLE</b>	
Jim McConica 33	1:46.63
Steve Hedberg 31	1:47.44
Trip Hedrick 30	1:47.68
Peter O'Keefe 33	1:48.15
Robert Clarke 32	1:48.86
Lee Mench 31	1:48.92
Mark Rubke 31	1:49.11
Kevin Polansky 34	1:50.33
Jonathan Baker 33	1:50.55
Alan Mitchell 31	1:50.64
<b>500 YARD FREESTYLE</b>	
Bob Janis 33	4:51.29
Jim McConica 33	4:54.18
Kevin Polansky 34	4:54.53
Todd Bryan 33	4:54.75
Johathan Baker 33	4:58.72
Steve Hedberg 31	4:59.62
Robert Clarke 32	5:03.94
Chip Zempel 34	5:04.25
Peter O'Keefe 33	5:07.28
James Strand 31	5:12.36
<b>1650 YARD FREESTYLE</b>	
Todd Bryan 33	16:48.02
Bob Janis 33	16:54.82
Kevin Polansky 34	17:05.18
Jim McConica 33	17:21.87
Chip Zempel 34	17:24.34
Jonathan Baker 33	17:35.18
James Strand 31	18:11.94
David Levinson 34	19:03.22
Tom Stearns 32	19:26.07
Arthur Carpenter 34	19:28.39
<b>50 YARD BACKSTROKE</b>	
Clay Evans 30	25.52
Chuck Wolff 32	25.73
Peter O'Keefe 33	26.05
Mark Boerner 32	26.56
Fred Hubbell 31	26.87
Bruce Kocsis 31	26.90
Alan Mitchell 31	27.15
Peter O'Brien 34	27.16
Dale Winchell 32	27.37
Tom Stearns 32	27.76
<b>100 YARD BACKSTROKE</b>	
Clay Evans 30	55.17
Chuck Wolff 32	55.53
Peter O'Keefe 33	55.72
Mark Boerner 32	58.67
Peter O'Brien 34	58.91
James Strand 31	59.16
Alan Mitchell 31	59.49
Dale Winchell 32	1:00.21
Don Wagner 31	1:00.69
Mike Hicks 33	1:00.81
Tom Stearns 32	1:00.81
<b>200 YARD BACKSTROKE</b>	
Clay Evans 30	1:59.66
Peter O'Keefe 33	2:03.06
Chuck Wolff 32	2:05.11
Mark Rubki 31	2:10.38
Alan Mitchell 31	2:11.45

James Strand 31	2:12.09
Mike Hicks 33	2:12.33
Peter O'Brien 34	2:12.99
Mark Boerner 32	2:13.70
David Levinson 34	2:16.41
<b>50 YARD BREASTSTROKE</b>	
Chester Miltenberger 32	26.53
Mark Chatfield 30	28.02
Bryan Weaver 30	28.43
Kenneth Holmes 30	28.53
Ronald Marcicic 34	28.56
Fred Hubbell 31	28.68
Dale Korner 32	28.80
Chuck Wolff 32	29.44
Stephen Van Hoesen 34	29.46
Stephen Vigar 33	29.73
<b>100 YARD BREASTSTROKE</b>	
Mark Chatfield 30	1:00.42
Kevin Williams 31	1:01.56
Kenneth Holmes 30	1:02.98
Chester Miltenberger 32	1:03.02
Ronald Marcicic 34	1:03.09
Bryan Weaver 30	1:03.68
Stephen Van Hoesen 34	1:04.37
Dennis Glass 31	1:05.43
Steven Holloway 34	1:05.94
Brian Murphy 32	1:06.05
<b>200 YARD BREASTSTROKE</b>	
Mark Chatfield 30	2:13.61
Dale Korner 32	2:20.48
David Levinson 34	2:21.84
Stephen Van Hoesen 34	2:22.79
Bryan Weaver 30	2:23.73
Steven Holloway 34	2:24.21
Dennis Roth 30	2:26.25
Brian Murphy 32	2:27.58
Leo Letendre 31	2:28.51
Chester Miltenberger 32	2:31.34
<b>50 YARD BUTTERFLY</b>	
Clay Evans 30	

**MEN 35-39**

**50 YARD FREESTYLE**

Bill Barthold 35	22.35
Donald Havens 36	22.66
Rodney Gargill 37	22.75
Richard Thomas 36	23.05
Jan Meyer 36	23.07
Craig Dennis 38	23.27
Pete Peterson 36	23.34
Martin Morris 37	23.45
Gregory Charlton 36	23.57
Brad Glenn 35	23.66

**100 YARD FREESTYLE**

Donald Havens 36	48.40
Fred Schlicher 35	48.82
Bill Barthold 35	49.11
Jan Meyer 36	49.36
Peter Wisner 36	50.72
Gregory Charlton 36	51.11
Craig Dennis 38	51.12
Richard Thomas 36	51.48
Philip Strick 37	51.94
Frank Warner 35	52.19

**200 YARD FREESTYLE**

Fred Schlicher 35	1:46.53
Bill Barthold 35	1:51.68
Peter Wisner 36	1:51.70
Keith Bell 35	1:53.88
Bill Abbott 38	1:55.12
Donn Livoni 37	1:55.32
Mal Jester 35	1:55.33
Frank Warner 35	1:56.20
David Audley 37	1:57.07
John Radimer 35	1:58.02

**500 YARD FREESTYLE**

Fred Schlicher 35	4:48.26
Alek Shestakov 35	5:09.08
Tod Spieker 35	5:10.08
Keith Bell 35	5:12.15
Donn Livoni 37	5:14.12
William Damm 37	5:15.86
Frank Warner 35	5:16.00
Gary Springler 37	5:22.65
Glenn Mortensen 37	5:25.86
Bill Halpin 35	5:26.52

**1650 YARD FREESTYLE**

Tod Spieker 35	17:54.63
William Damm 37	17:55.00
Keith Bell 35	18:00.63
Donn Livoni 37	18:31.35
Glenn Mortensen 37	19:24.82
David Audley 37	19:35.02
Bill Halpin 35	19:36.21
Richard Michaels 38	19:58.82
Brett Mickelson 35	20:26.48
Denis Hattermer 38	20:42.32

**50 YARD BACKSTROKE**

Richard Thomas 36	26.67
Frank Warner 35	27.13
Bob Welty 39	27.51
Jim Beglinger 37	27.65
Kenneth Krueger 38	27.85
Harald Johnson 35	28.04
Robert Hopper 38	28.09
Richard Ennis 39	28.36
Willard Anderson 38	29.48
Donald Galine 38	29.67

**100 YARD BACKSTROKE**

Bill Barthold 35	57.53
Richard Thomas 36	57.80
Tod Spieker 35	58.81
Frank Warner 35	59.76
Harald Johnson 35	1:00.48
Bob Welty 39	1:00.61
Larry Chase 35	1:01.91
Charles O'Donnell 35	1:02.63
Richard Ennis 39	1:03.02
Kenneth Krueger 38	1:03.12

**200 YARD BACKSTROKE**

Tod Spieker 35	2:05.12
Bill Barthold 35	2:06.79
Richard Thomas 36	2:07.84
Alek Shestakov 35	2:08.88
Frank Warner 35	2:13.09
Harald Johnson 35	2:14.71
Bob Welty 39	2:15.75
Larry Chase 35	2:16.22
John Sultan 37	2:17.27
Charles O'Donnell 35	2:17.89

**50 YARD BREASTSTROKE**

Clay Kolar 35	27.56
Mal Jester 35	28.42
John Ludwig 35	28.49
Rafael Hernandez 38	28.89
Younger Ajax 37	29.16
Rodney Gargill 37	29.18
Peter Wisner 36	29.36
Serafin Villarete 37	30.41
Stan Searcy 36	30.54
Brian Murphy 35	30.96

**100 YARD BREASTSTROKE**

Clay Kolar 35	1:01.02
Rodney Gargill 37	1:03.19
Mal Jester 35	1:03.29

John Ludwig 35	1:04.64
Younger Ajax 37	1:04.94
Jan Meyer 36	1:05.99
Rafael Hernandez 38	1:07.35
Brian Murphy 35	1:07.51
Stan Searcy 36	1:07.61
Serafin Villarete 37	1:08.38

200 YARD BREASTSTROKE	
Clay Kolar 35	2:16.03
Mal Jester 35	2:17.79
Rodney Gargill 37	2:18.32
Peter Wisner 36	2:18.93
Younger Ajax 37	2:21.33
Stan Searcy 36	2:27.26
Brian Murphy 35	2:27.42
Jan Meyer 36	2:28.12
John Sultan 37	2:29.14
Allen Murray 39	2:30.90

**50 YARD BUTTERFLY**

Richard Thomas 36	25.17
John Ludwig 35	25.29
Brad Glenn 35	25.30
Philip Strick 37	25.49
Lawrence Lykins 37	25.52
Pete Peterson 36	25.56
Rafael Hernandez 38	25.77
Jerry Higgins 39	25.91
Martin Morris 37	25.93
Richard Ennis 39	25.95

**100 YARD BUTTERFLY**

Fred Schlicher 35	52.08
Vernon Slovin 38	54.05
Larry Chase 35	56.11
Donald Havens 36	57.01
Douglas Huestis 36	57.14
Bill Abbott 38	57.32
Brad Glenn 35	57.89
Lawrence Lykins 37	57.92
Martin Morris 37	58.25
Jerry Higgins 39	59.08

**200 YARD BUTTERFLY**

Fred Schlicher 35	1:54.86
Vernon Slovin 38	2:00.49
Keith Bell 35	2:07.33
Mal Jester 35	2:09.90
Lawrence Lykins 37	2:12.68
Douglas Huestis 36	2:14.27
John Sultan 37	2:14.74
Brett Mickelson 35	2:19.01
Charles Milam 39	2:20.45
Clark Yeageri 35	2:24.39

**100 YARD INDIVIDUAL MEDLEY**

Bill Barthold 35	56.95
Harald Johnson 35	57.82
Larry Chase 35	58.36
John Sultan 37	58.70
Jan Meyer 36	58.72
Clay Kolar 35	58.92
Brian Murphy 35	59.14
Brad Glenn 35	59.51
Younger Ajax 37	59.57
John Ludwig 35	59.68

**200 YARD INDIVIDUAL MEDLEY**

Alek Shestakov 35	2:05.11
Harald Johnson 35	2:07.51
John Sultan 37	2:08.35
Larry Chase 35	2:08.76
Brian Murphy 35	2:09.49
Tod Spieker 35	2:09.59
Donn Livoni 37	2:10.18
Keith Bell 35	2:10.35
Clay Kolar 35	2:12.06
Bryan Pughe 36	2:14.80

**400 YARD INDIVIDUAL MEDLEY**

Fred Schlicher 35	4:23.26
Tod Spieker 35	4:38.63
Keith Bell 35	4:38.87
Larry Chase 35	4:39.63
Mal Jester 35	4:40.45
Brian Murphy 35	4:41.91
John Sultan 37	4:44.54
Clay Kolar 35	4:51.51
Ian Thompson 35	4:58.94
Robert Hopper 38	5:03.04

**MEN 40-44**

50 YARD FREESTYLE	
Steve Clark 40	22.82
Robert Smith 41	22.87
Dick Woodrow 40	22.99
Robert Pilger 40	23.19
Barrett Parker 41	23.23
Raymond Bray 43	23.48
Peter Sagues 41	23.58
Bob Lieb 43	23.81
Richard Burns 40	23.84
Tex Haraszi 42	24.44

Peter Sagues 41	52.66
Tex Haraszi 42	53.06
Larry Raffaeli 41	53.46

**200 YARD FREESTYLE**

Lance Larson 43	1:55.02
Jim Crane 42	1:55.54
Dick Woodrow 40	1:56.91
Burt Kanner 44	1:57.42
Allan Cartwright 42	1:57.95
Barrett Parker 41	1:58.29
Hugh Winn 42	1:58.40
Tex Haraszi 42	2:00.44
Robert Pilger 40	2:01.32
Henry Southall 44	2:01.36

**500 YARD FREESTYLE**

Jim Crane 42	5:11.85
Hugh Winn 42	5:17.15
Sandy Galletly 41	5:23.52
Burt Kanner 44	5:26.48
Richard Hart 40	5:31.93
Henry Southall 44	5:36.17
Steve Clark 40	5:38.91
Frank Williams 44	5:39.56
Pat Wickens 43	5:40.75
Kevin Kelly 41	5:43.74

**1650 YARD FREESTYLE**

Hugh Winn 42	18:30.20
Jim Crane 42	18:38.31
Sandy Galletly 41	18:54.50
Burt Kanner 44	19:09.47
Allan Cartwright 42	19:12.25
Frank Williams 44	19:51.49
Curt Mosso 41	20:03.21
Kevin Kelly 41	20:19.93
Henry Southall 44	20:29.87
Robert Coale 44	20:31.51

**50 YARD BACKSTROKE**

Robert Smith 41	26.12
Richard Burns 40	27.18
Michael McKinlay 40	28.51
Jeffrey McCreary 40	28.99
Raymond Bray 43	29.16
James Kane 40	29.49
Dick Douglas 42	29.93
Thoms Boak 40	31.46
Jim Gibbs 42	31.52
William Eldredge 44	31.59

**100 YARD BACKSTROKE**

Robert Smith 41	58.00
Richard Burns 40	58.97
Michael McKinlay 40	1:03.22
Tex Haraszi 42	1:03.96
Jeffrey McCreary 40	1:04.16
Dave Frank 40	1:05.96
James Kane 40	1:05.97
Jim Gibbs 42	1:08.94
Patrick Wickens 43	1:10.41
Thoms Boak 40	1:11.40

**200 YARD BACKSTROKE**

Lance Larson 43	2:07.64
Richard Burns 40	2:13.50
Michael McKinlay 40	2:20.61
Larry Raffaeli 41	2:23.34
Jeffrey McCreary 40	2:25.31
William Denny 43	2:30.42
James Kane 40	2:31.92
William Eldredge 44	2:32.27
Ben Wisckol 44	2:34.56
Jim Shaw 43	2:37.03

**50 YARD BREASTSTROKE**

Bruce Fowler 40	28.01
Thoms Boak 40	30.26
Robert Smith 41	30.57
Dave Frank 40	30.70
David Gildea 40	30.77
Rick Field 41	30.91
Perry Dobson 42	31.44
Walter Reid 43	31.68
Gray Appleton 41	32.14
Andras Maros 40	32.29

**100 YARD BREASTSTROKE**

Bruce Fowler 40	1:02.13
Thoms Boak 40	1:06.20
David Gildea 40	1:07.46
Rick Field 41	1:08.17
Dave Frank 40	1:08.32
Walter Reid 43	1:11.08
Perry Dobson 42	1:11.13
Josef Brada 41	1:11.65
Richard Olden 42	1:11.68
Andras Maros 40	1:11.71

**200 YARD BREASTSTROKE**

Bruce Fowler 40	2:22.24
David Gildea 40	2:26.09
Rick Field 41	2:28.90
Thoms Boak 40	2:29.35
Josef Brada 41	2:37.76
Walter Reid 43	2:39.33
Perry Dobson 42	2:39.80
Andras Maros 40	2:41.49
Richard Olden 42	2:42.99
David Caldwell 42	2:44.26

**50 YARD BUTTERFLY**

Dick Woodrow 40	25.33
Robert Smith 41	25.35
Robert Pilger 40	25.99
Lawrence Nordell 43	26.48
Gorden Gibson 40	26.53
Dave Frank 40	26.59
Barrett Parker 41	26.80
Philip Goode 41	26.87
Peter Sagues 41	27.46
Peter Ronay 41	27.60

**100 YARD BUTTERFLY**

Lance Larson 43	56.71
Steve Clark 40	56.90
Allan Cartwright 42	57.72
Philip Goode 41	59.01
Burt Kanner 44	1:00.16
Michael Laux 42	1:00.44
Larry Raffaeli 41	1:00.46
Lawrence Nordell 43	1:01.29
Dick Woodrow 40	1:01.55
Sandy Galletly 41	1:02.69

**200 YARD BUTTERFLY**

Lance Larson 43	2:07.40
Allan Cartwright 42	2:07.74
Philip Goode 41	2:10.05
Sandy Galletly 41	2:16.77
Lawrence Nordell 43	2:19.32
Larry Raffaeli 41	2:25.70
Frank Williams 44	2:25.79
Curt Mosso 41	2:29.89
Josef Brada 41	2:33.57
Ben Wisckol 44	2:33.76

**100 YARD INDIVIDUAL MEDLEY**

Robert Smith 41	57.87
Steve Clark 40	58.39
Dick Woodrow 40	1:00.21
Tex Haraszi 42	1:00.53
Richard Burns 40	1:00.54
Dave Frank 40	1:00.56
Barrett Parker 41	1:01.60
Raymond Bray 43	1:01.62
Robert Pilger 40	1:02.94
Jeffrey McCreary 40	1:03.06

**200 YARD INDIVIDUAL MEDLEY**

Lance Larson 43	2:07.69
Allan Cartwright 42	2:10.40
Tex Haraszi 42	2:12.46
Steve Clark 40	2:13.78
Sandy Galletly 41	2:15.23
Jeffrey McCreary 40	2:17.97
Hugh Winn 42	2:20.46
David Gildea 40	2:21.42
Dick Douglas 42	2:21.84
Michael Laux 42	2:22.22

**400 YARD INDIVIDUAL MEDLEY**

Lance Larson 43	4:36.87
Allan Cartwright 42	4:38.61
Sandy Galletly 41	4:51.99
Hugh Winn 42	4:58.89
Philip Goode 41	5:03.83
Michael Laux 42	5:07.70
Michael McKinlay 40	5:09.61
Curt Mosso 41	5:22.69
Ben Wisckol 44	5:23.45
Josef Brada 41	5:29.71

**MEN 45-49**

**50 YARD FREESTYLE**

Jeff Farrell 47	23.82
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<b>200 YARD BUTTERFLY</b>	Gordon Gillin 53	35.33	Buddy Belshe 50	2:27.52	George Melick 59	3:03.77	Dore Schwab 62	1:04.04	
Risto Pykko 45	2:15.55	Ted Glidden 50	35.39	Frank Reynolds 52	2:27.77	Bill Gale 58	3:05.91	Agostino Arcidiacono60	1:04.41
Dennis O'Brien 48	2:31.29	<b>100 YARD BACKSTROKE</b>		Jerry McNamee 50	2:29.17	<b>50 YARD BREASTSTROKE</b>		Jack McCann 62	1:05.97
Barry Fasbender 46	2:44.00	Don Brown 50	1:03.08	Hubert Williams 53	2:31.90	Ted Haartz 56	33.17	Fred Taioli 63	1:06.34
Roger Helthaus 45	2:51.69	Richard Bennett 53	1:08.31	John Masters 53	2:36.30	Donald Hester 57	33.55	James Edwards 61	1:07.60
Rudy Lederer 48	2:59.80	Neal Palmer 53	1:09.38	Stan McConnell 52	2:37.24	Norm Buvick 59	35.69	<b>200 YARD FREESTYLE</b>	
Stan Pedder 49	3:38.97	Stan McConnell 52	1:11.01	Gordon Gillin 53	2:46.74	Stan Prazer 56	35:88	John Woods 60	2:16.24
<b>100 YARD INDIVIDUAL MEDLEY</b>		Lloyd Skramstad 50	1:11.03	Herbert Nakama 53	2:49.62	Walter Bunge 56	36.73	Arthur Koblish 60	2:21.70
Drury Gallagher 45	1:01.30	Kenneth Kimball 53	1:11.35	<b>400 YARD INDIVIDUAL MEDLEY</b>		Norman Myers 55	36.78	Ray Frederick 60	2:23.23
Jeff Farrell 47	1:02.32	Orvel Larsen 51	1:14.64	Graham Johnston 53	5:08.60	Edward Howes 55	37.07	Bob Merrick 63	2:25.32
Chick McLroy 45	1:03.45	Brockway Clark 54	1:15.85	Don Brown 50	5:12.69	George Melick 59	37.17	John Richards 62	2:26.59
David Drum 48	1:03.85	Bill Weir 54	1:21.71	Hubert Williams 53	5:15.56	Ed Simmers 57	37.22	Fred Taioli 63	2:27.07
David Costill 48	1:04.93	<b>200 YARD BACKSTROKE</b>		Buddy Belshe 50	5:18.81	George Cunningham 58	38.29	James Edwards 61	2:29.15
Peter Taft 48	1:05.65	Don Brown 50	2:18.63	Jerry McNamee 50	5:18.93	<b>100 YARD BREASTSTROKE</b>		Warren Kleist 62	2:30.24
William Earley 47	1:06.66	Richard Bennett 53	2:33.63	Stan McConnell 52	5:37.81	Ted Haartz 56	1:12.55	Richard Smith 64	2:36.38
Ron Degler 46	1:06.84	Frank Reynolds 52	2:36.02	John Masters 53	5:41.71	Donald Hester 57	1:15.79	Dick Margerum 63	2:40.88
Hans Reichelt 48	1:07.00	Stan McConnell 52	2:37.43	Arthur Welch 51	5:50.27	Norm Buvick 59	1:17.69	<b>500 YARD FREESTYLE</b>	
David Addleman 49	1:07.70	Buddy Belshe 50	2:38.22	Leonard Silverstein 50	5:53.14	Norman Myers 55	1:19.92	John Woods 60	6:18.40
<b>200 YARD INDIVIDUAL MEDLEY</b>		Kenneth Kimball 53	2:41.59	John Bauman 53	6:05.05	Don Conklin 55	1:22.29	Arthur Koblish 60	6:25.77
Drury Gallagher 45	2:14.29	Lloyd Skramstad 50	2:42.84	<b>MEN 55-50</b>		Walter Bunge 56	1:22.53	Fred Taioli 63	6:41.87
Risto Pykko 45	2:25.09	Rudolf Graef 52	2:45.63	<b>50 YARD FREESTYLE</b>		Stan Prazer 56	1:23.28	Ray Frederick 60	6:44.25
Chick McLroy 45	2:28.10	Arthur Welch 51	2:48.30	Bob Heritier 55	25.74	Edward Howes 55	1:23.67	James Edwards 61	6:50.49
Dennis O'Brien 48	2:31.14	Bill Hebert 53	2:48.58	Boyd Johnson 56	25.91	Ed Simmers 57	1:23.98	Warren Kleist 62	6:59.89
George Brunstad 49	2:31.47	<b>50 YARD BREASTSTROKE</b>		Frank Piemme 59	26.21	George Cunningham 58	1:25.98	Peter Lee 61	7:02.23
Ron Degler 46	2:31.59	Manuel Sanguily 51	29.70	Peter Van Dijk 55	26.33	<b>200 YARD BREASTSTROKE</b>		Agostino Arcidiacono60	7:12.69
Hans Reichelt 48	2:31.99	John Masters 53	32.94	Edward Emes Jr.55	26.60	Ted Haartz 56	2:42.68	Richard Smith 64	7:13.90
James Johnson 48	2:35.59	John Bauman 53	34.83	Ted Haartz 56	26.73	Donald Hester 57	2:56.25	Dick Margerum 63	7:16.43
Kent Atkins 46	2:41.38	Herbert Nakama 53	34.96	William Phillips 66	26.92	Norman Myers 55	2:59.95	<b>1650 YARD FREESTYLE</b>	
Edgar Frank 48	2:44.19	Robert Kahl 50	35.07	Stan Prazer 56	27.65	Norm Buvick 59	3:03.07	Arthur Koblish 60	22:36.33
<b>400 YARD INDIVIDUAL MEDLEY</b>		Lloyd Skramstad 50	35.13	Norm Buvick 59	28.43	Walter Bunge 56	3:03.70	Fred Taioli 63	23:07.90
Drury Gallagher 45	4:51.54	Daniel Gruender 54	35.55	Con Conklin 55	28.59	Edward Howes 55	3:05.62	James Edeards 61	23:42.67
Risto Pykko 45	5:09.92	Eric Scott 52	36.14	<b>100 YARD FREESTYLE</b>		Don Conklin 55	3:08.66	Ray Frederick 60	23:58.66
George Brunstad 49	5:28.44	Bud Schumacher 53	36.20	Bob Heritier 55	57.31	George Cunningham 58	3:09.67	Peter Lee 61	24:04.29
Dennis O'Brien 48	5:28.46	Edward Farrell 51	36.74	Win Wilson 57	57.41	John Daily 56	3:09.71	Dick Margerum 63	24:57.51
James Johnson 48	5:37.76	<b>100 YARD BREASTSTROKE</b>		Frank Piemme 59	58.54	George Melick 59	3:11.18	Richard Smith 64	24:58.75
Hans Reichelt 48	5:41.96	Manuel Sanguily 51	1:05.29	Peter Van Dijk 55	58.66	<b>50 YARD BUTTERFLY</b>		Jack Burgan 61	25:27.48
David Lamott 48	6:05.89	John Masters 53	1:14.42	William Phillips 56	58.72	Edward Emes Jr. 55	27.34	Gilbert Young 62	25:28.55
David Newquist 48	6:09.73	Leonard Silverstein 50	1:15.27	Win Wilson 57	58.88	Win Wilson 57	28.39	Noah Krall 64	27:05.13
Barry Fasbender 46	6Q	Rudolf Graef 52	1:18.09	Boyd Johnson 56	58.81	Frank Piemme 59	29.12	<b>50 YARD BACKSTROKE</b>	
<b>MEN 50-54</b>		John Cooper 51	1:18.70	Edward Emes Jr. 55	58.88	Ted Haartz 56	29.52	Ray Taft 64	32.35
<b>50 YARD FREESTYLE</b>		Daniel Gruender 54	1:19.09	David Stevenson 55	1:00.30	Rube Wolf Jr. 57	29.92	Irving Katz 60	32.65
William Kent 52	26.03	John Bauman 53	1:19.17	Don Conklin 55	1:00.86	Stan Prazer 56	30.32	Robers Holmes 62	33.96
Richard Bennett 53	26.08	Herbert Nakama 53	1:19.20	Ernest Hulme 55	1:00.97	Luman Sutton 57	31.11	Jack McCann 62	34.36
Neal Palmer 53	26.12	Edward Farrell 51	1:20.11	Jack Truby 59	2:07.44	Fred Wadsworth 55	34.19	Ray Frederick 60	35.14
Tom Lyndon 52	26.18	Eric Scott 52	1:21.50	<b>200 YARD FREESTYLE</b>		John Kruga 57	38.63	John Bricker 63	36.09
Paul Modenesi 50	26.99	<b>200 YARD BREASTSTROKE</b>		William Phillips 56	2:09.72	<b>100 YARD BUTTERFLY</b>		Marvin Levine 60	38.30
Peter Buckley 53	27.13	Manuel Sanguily 51	2:29.42	Bob Heritier 55	2:09.74	Win Wilson 57	1:04.56	Agostino Arcidiacono 60	38.76
Roy Sorage 52	27.26	Jerry McNamee 50	2:42.25	Win Wilson 57	2:16.50	Edward Emes Jr. 55	1:07.81	Gilbert Young 62	38.93
Dudley Tarlton 54	27.59	John Cooper 51	2:56.86	Ed Kerswill 58	2:16.73	Rube Wolf Jr. 57	1:10.66	Scroggie Wiley 63	40.34
Orvel Larsen 51	27.82	John Bauman 53	2:57.78	Ernest Hulme 55	2:26.42	Frank Piemme 59	1:11.61	<b>100 YARD BACKSTROKE</b>	
Bill Burr 53	28.00	Daniel Gruender 54	3:02.35	Norman Myers 55	2:29.70	Bruno Weber 56	1:24.87	Irving Katz 60	1:09.69
<b>100 YARD FREESTYLE</b>		Edward Farrell 51	3:03.54	Walter Bunge 56	2:30.08	George Cunningham 58	1:29.19	Ray Taft 64	1:14.22
Bradford Sturtevant 50	56.01	Herbert Nakama 53	3:04.88	Jack Truby 59	2:34.89	<b>200 YARD BUTTERFLY</b>		John Bricker 63	1:19.77
Tom Lyndon 52	58.23	Bud Schumacher 53	3:05.02	<b>500 YARD FREESTYLE</b>		Bruno Weber 56	2:51.61	James Edwards 61	1:21.59
Neal Palmer 53	58.94	Bill Hebert 53	3:12.40	William Phillips 56	5:47.32	Ed Kerswill 58	3:00.93	Gilbert Young 62	1:30.11
Richard Bennett 53	59.20	John Murray 51	3:35.89	Win Wilson 57	5:55.70	<b>100 YARD INDIVIDUAL MEDLEY</b>		Scroggie Wiley 63	1:33.28
Peter Buckley 53	59.30	<b>50 YARD BUTTERFLY</b>		Bob Heritier 55	6:03.92	Ted Haartz 56	1:07.66	Ed Talmage 64	1:35.17
Bill King 50	59.79	Frank Reynolds 52	28.10	David Stevenson 55	6:15.83	Rube Wolf Jr. 57	1:08.43	Noah Krall 64	1:35.18
Paul Modenesi 50	59.82	Manuel Sanguily 51	28.97	Ed Kerswill 58	6:18.52	Frank Piemme 59	1:09.52	David Ford 62	1:42.13
John Cooper 51	1:00.32	Dudley Tarlton 54	29.33	Bruno Weber 56	6:23.44	Edward Emes Jr. 55	1:10.77	Wescott J Walker 60	1:44.63
Robert Kahl 50	1:01.63	Paul Modenesi 50	29.58	Ernest Hulme 55	6:40.09	Donald Hester 57	1:12.10	<b>200 YARD BACKSTROKE</b>	
Bill Burr 53	1:01.92	William Kent 52	29.81	Norman Myers 55	6:44.96	Don Conklin 55	1:14.15	Irving Katz 60	2:34.70
<b>200 YARD FREESTYLE</b>		Orvel Larsen 51	30.23	John Daily 56	7:19.70	Stan Prazer 56	1:14.59	Ray Taft 64	2:43.88
Bradford Sturtevant 50	2:01.98	Steven Schofield 52	30.25	Verne Scott 59	7:53.03	Luman Sutton 57	1:14.74	Robers Holmes 62	2:47.01
Graham Johnston 53	2:02.23	Eric Scott 52	31.33	<b>1650 YARD FREESTYLE</b>		Edward Howes 55	1:17.48	John Bricker 63	2:56.37
Jerry McNamee 50	2:06.14	Edward Farrell 51	32.20	William Phillips 56	20:31.64	Fred Wadsworth 55	1:19.07	James Edwards 61	2:58.85
Hubert Williams 53	2:07.26	<b>100 YARD BUTTERFLY</b>		Win Wilson 57	20:58.46	<b>200 YARD INDIVIDUAL MEDLEY</b>		Gilbert Young 62	3:18.36
Frank Reynolds 52	2:07.59	Frank Reynolds 52	1:07.10	Ed Kerswill 58	22:01.78	Ed Kerswill 58	2:42.27	Noah Krall 64	3:24.14
Buddy Belshe 50	2:10.22	John Masters 53	1:09.19	Fred Rohlfing 55	24:35.03	Bruno Weber 56	2:42.69	Ed Talmage 64	3:31.86
Paul Modenesi 50	2:11.11	Dudley Tarlton 54	1:11.21	Verne Scott 59	27:02.76	Donald Hester 57	2:42.89	David Ford 62	3:40.82
Bill King 50	2:11.72	Arthur Welch 51	1:11.38	John Killen 58	27:08.64	David Stevenson 55	2:46.40	Jack Cunningham 62	4:12.90
John Cooper 51	2:13.52	Stan McConnell 52	1:13.10	<b>50 YARD BACKSTROKE</b>		Don Conklin 55	2:46.79	<b>50 YARD BREASTSTROKE</b>	
Peter Buckley 53	2:13.86	John Bauman 53	1:14.66	Boyd Johnson 56	30.94	Luman Sutton 57	2:47.99	John Richards 62	34.93
<b>500 YARD FREESTYLE</b>		Richard Lapin 50	1:15.11	Rube Wolf Jr. 57	31.17	Norman Myers 55	2:41.68	William Simpson 60	36.80
Graham Johnston 53	5:29.51	Eric Scott 52	1:15.19	Peter Van Dijk 55	31.43	John Daily 56	2:54.12	Robers Holmes 62	37.50
Bradford Sturtevant 50	5:31.23	Steven Schofield 52	1:19.34	Fred Rohlfing 55	34.07	Edward Howes 55	2:55.68	Thomas Morris 61	39.33
Hubert Williams 53	5:38.51	Jim Dewitt 54	1:23.63	Luman Sutton 57	35.71	Fred Wadsworth 55	3:02.69	Charles Schmidt 62	39.87
Buddy Belshe 50	5:53.05	<b>200 YARD BUTTERFLY</b>		Fred Wadsworth 55	35.97	<b>400 YARD INDIVIDUAL MEDLEY</b>		Jack Burgan 61	40.07
Jerry McNamee 50	5:53.45	John Masters 53	2:35.86	Jack Truby 59	36.60	Bruno Weber 56	5:53.03	Wallace Sawhill 64	40.45
John Cooper 51	6:02.07	Arthur Welch 51	2:38.93	Ernest Hulme 55	36.69	Ed Kerswill 58	5:53.33	Thomas Oakes 63	40.81
Bill King 50	6:06.04	Leonard Silverstein 50	2:44.51	Bill Gale 58	37.08	David Stevenson 55	6:02.11	Herb Wallower 62	40.88
Peter Buckley 53	6:12.66	John Bauman 53	2:49.67	John Ponsichil 57	37.82	Donald Hester 57	6:02.87	Marvin Levine 60	41.02
Arthur Welch 51	6:17.85	Bill Hebert 53	3:01.52	<b>100 YARD BACKSTROKE</b>		Edward Howes 55	6:14.71	<b>100 YARD BREASTSTROKE</b>	
Kenneth Kimball 53	6:29.97	Herbert Nakama 53	3:03.75	Peter Van Dijk 55	1:10.05	John Daily 56	6:36.42	John Richards 62	1:16.75
<b>1650 YARD FREESTYLE</b>		Steven Schofield 52	3:09.25	Rube Wolf Jr. 57	1:12.30	George Cunningham 58	6:51.37	William Simpson 60	1:20.04
Graham Johnston 53	19:15.00	Rodney Thurston 50	3:14.70	Fred Rohlfing 55	1:16.86	<b>MEN 60-64</b>		Bob Merrick 63	1:21.29
Bradford Sturtevant 50	19:17.72	Bud Schumacher 53	3:22.84	Verne Scott 59	1:19.04	<b>50 YARD FREESTYLE</b>		Peter Lee 61	1:26.01
Hubert Williams 53	19:43.01	John Murray 51	4:08.95	Jack Truby 59	1:20.19	John Watkins 60	27.51	John Wrenn 63	1:26.71
Buddy Belshe 50	20:40.15	<b>100 YARD INDIVIDUAL MEDLEY</b>		George Melick 59	1:21.48	Agostino Arcidiacono60	27.55	Thomas Oakes 63	1:29.38
John Cooper 51	21:17.08	Don Brown 50	1:04.57	John Daily 56	1:22.93	Dore Schwab 62	27.81	Thomas Morris 61	1:31.03
Bill King 50	21:27.73	Graham Johnston 53	1:05.21	Bill Gale 58	1:22.99	Ray Frederick 60	28.06	Marvin Levine 60	1:32.71
Arthur Welch 51	21:40.00	Manuel Sanguily 51	1:05.21	Fred Wadsworth 55	1:25.56	Robers Holmes 62	28.13	Wallace Sawhill 64	1:34.06
Kenneth Kimball 53	21:55.23	Frank Reynolds 52	1:06.68	<b>200 YARD BACKSTROKE</b>		Jack McCann 62	28.81	Herb Wallower 62	1:34.37
Bud Schumacher 53	23:10.99	Neal Palmer 53	1:08.83	Peter Van Dijk 55	2:35.93	Scroggie Wiley 63	29.49	<b>200 YARD BREASTSTROKE</b>	
Steven Schofield 52	23:24.94	Rudolf Graef 52	1:10.30	Boyd Johnson 56	2:38.78	Jesse Craddock 63	29.72	John Richards 62	2:54.36
<b>50 YARD BACKSTROKE</b>		Stan McConnell 52	1:11.03	Rube Wolf Jr. 57	2:46.83				

<b>50 YARD BUTTERFLY</b>		Richard Guido 66	25:39.87	<b>MEN 70-74</b>		<b>200 YARD BREASTSTROKE</b>		<b>50 YARD BREASTSTROKE</b>	
Roberts Holmes 62	31.48	Jack Garnaus 68	28:06.71	<b>50 YARD FREESTYLE</b>		Walt Pfeiffer 70	3:12.05	Jim Penfield 76	42.85
Dore Schwab 62	33.58	Henry Shostchuk 66	30:52.36	Kelley Lemmon 72	27.59	Harold Perry 72	3:29.81	Wilhelm Ossa 75	50.52
Marvin Levine 60	36.55	Voldemars Miezitis 68	DQ	Woodrow Bowersock 71	29.05	Rufus Clark 73	3:31.68	Charles Wood 75	59.09
Thomas Morris 61	37.06	<b>50 YARD BACKSTROKE</b>		Bert Kassel 71	30.47	C. J. Hamilton 70	3:59.29	Lee Starr 75	DQ
Ralph Huestis 62	38.04	Beans Yamamoto 67	35.56	William Grant Jr 70	30.56	Bernard Silber 72	4:31.00	<b>100 YARD BREASTSTROKE</b>	
Wallace Sawhill 64	41.27	David Volk 67	35.58	Joe Irvine 73	33.37	<b>50 YARD BUTTERFLY</b>		George Muntz 75	1:40.27
Russell Dolan 63	42.34	Brion Winship 66	37.40	Allan Sachs 71	33.49	William Grant Jr 70	34.42	Jim Penfield 76	1:41.02
<b>100 YARD BUTTERFLY</b>		Robert Cutter 66	38.09	Hamilton Anderson 70	34.84	Kelley Lemmon 72	34.80	Alfred Guth 75	1:47.11
Irving Katz 60	1:09.53	Clifford Croom 67	38.53	John Rapin 70	40.43	David Rowan 70	36.95	Wilhelm Ossa 75	1:57.31
John Woods 60	1:15.05	Jack Garnaus 68	38.85	William Ivy 72	40.48	Bill Shott 74	37.51	<b>200 YARD BREASTSTROKE</b>	
Bob Merrick 63	1:19.28	Jerry Siefert 66	39.44	Ed Little 71	49.88	Jesse Coon 73	39.16	Alfred Guth 75	3:47.55
Agostino Arcidiacono 60	1:24.57	James Green 65	39.66	<b>100 YARD FREESTYLE</b>		Harold Perry 72	41.30	Jim Penfield 76	3:57.84
John Bricker 63	1:28.93	Norman Fitzgerald 67	42.93	Kelley Lemmon 72	1:01.22	Bert Kassel 71	44.95	Wilhelm Ossa 75	4:19.70
Alexander Watters 64	1:37.86	Robert Smith 68	45.71	Woodrow Bowersock 71	1:06.85	Ernest Hale 73	45.50	<b>50 YARD BUTTERFLY</b>	
<b>200 YARD BUTTERFLY</b>		<b>100 YARD BACKSTROKE</b>		Bert Kassel 71	1:13.07	Bernard Silber 72	53.21	BILL Stinson 75	40.24
Irving Katz 60	2:45.04	David Volk 67	1:17.81	Bill Shott 74	1:14.47	<b>100 YARD BUTTERFLY</b>		Jim Penfield 76	43.32
Arthur Koblish 60	2:51.39	Edward Moran 66	1:23.42	Joe Irvine 73	1:17.07	Walt Pfeiffer 70	1:25.89	Leonard Chapin 76	48.67
Bob Merrick 63	3:05.10	Brion Winship 66	1:25.24	Allan Sachs 71	1:17.39	William Grant Jr 70	1:28.02	Don Neefe 75	1:00.49
Charles Schmidt 62	3:33.19	Clifford Croom 67	1:25.51	David Marlborough 71	1:22.66	John Stinson 71	1:34.96	<b>100 YARD BUTTERFLY</b>	
John Bricker 63	3:33.58	Jack Garnaus 68	1:26.22	John Morrison 72	1:36.21	Jesse Coon 73	1:37.20	BILL Stinson 75	1:43.70
Alexander Watters 64	3:35.71	Robert Cutter 66	1:28.82	William Ivy 72	1:39.12	Bill Shott 74	1:38.06	Lloyd Osborne 75	1:46.65
<b>100 YARD INDIVIDUAL MEDLEY</b>		Jerry Siefert 66	1:29.56	Willard Johnston 73	1:44.13	Jerry Donovan 70	1:58.20	Alfred Guth 75	1:58.64
Ray Taft 64	1:09.46	Ham Morningstar 67	2:09.09	<b>200 YARD FREESTYLE</b>		Ernest Hale 73	1:58.23	<b>200 YARD BUTTERFLY</b>	
John Woods 60	1:10.97	<b>200 YARD BACKSTROKE</b>		Kelley Lemmon 72	2:25.79	<b>200 YARD BUTTERFLY</b>		BILL Stinson 75	3:52.20
John Richards 62	1:13.23	David Volk 67	2:59.88	Woodrow Bowersock 71	2:45.64	Walt Pfeiffer 70	3:19.85	Lloyd Osborne 75	4:13.60
Roberts Holmes 62	1:13.41	Edward Moran 66	3:06.65	Bert Kassel 71	3:02.54	John Stinson 71	3:37.58	Alfred Guth 75	4:22.51
Warren Kleist 62	1:19.18	Brion Winship 66	3:11.95	Hamilton Anderson 70	3:03.48	Jesse Coon 73	4:02.98	<b>200 YARD INDIVIDUAL MEDLEY</b>	
Dore Schwab 62	1:19.96	Richard Guido 66	3:17.80	Joe Irvine 73	3:04.75	Jerry Donovan 70	4:13.40	Lloyd Osborne 75	3:26.91
Agostino Arcidiacono 60	1:22.20	Robert Cutter 66	3:23.82	John Morrison 72	3:11.84	Harold Perry 72	4:19.64	Alfred Guth 75	3:48.84
John Wrenn 63	1:22.73	<b>50 YARD BREASTSTROKE</b>		Allan Sachs 71	3:21.60	Ernest Hale 73	5:21.94	BILL Stinson 75	3:55.56
Marvin Levine 60	1:23.85	Paul Krup 66	36.16	Willard Johnston 73	3:33.65	<b>100 YARD INDIVIDUAL MEDLEY</b>		400 YARD INDIVIDUAL MEDLEY	
Scroggie Wiley 63	1:25.75	Birch Davidson 65	36.47	Walt Erwin Jr 73	3:46.72	Kelley Lemmon 72	1:15.89	Lloyd Osborne 75	7:28.30
<b>200 YARD INDIVIDUAL MEDLEY</b>		Tom Lind 66	37.08	<b>500 YARD FREESTYLE</b>		Reg Richardson 72	1:22.77	Alfred Guth 75	7:54.03
Irving Katz 60	2:34.61	Andrew Holden 65	38.80	Reg Richardson 72	7:28.67	William Grant Jr 70	1:25.07	BILL Stinson 75	8:19.75
Ray Taft 64	2:39.38	Edgar Blackledge 68	38.99	Woodrow Bowersock 71	7:48.52	Bill Shott 74	1:27.60	<b>MEN 80-84</b>	
John Woods 60	2:41.65	James Green 65	39.49	David Rowan 70	7:50.01	Gordon Corson 73	1:36.58	<b>50 YARD FREESTYLE</b>	
Arthur Koblish 60	2:47.52	Wally Hofferichter 67	41.68	John Stinson 71	7:58.31	Jesse Coon 73	1:36.93	Thomas Cureton 82	37.49
Warren Kleist 62	2:57.44	Robert Cutter 66	42.90	Hamilton Anderson 70	8:12.81	Bert Kassel 71	1:38.54	John Anderson 80	40.10
Peter Lee 61	2:59.47	Norman Fitzgerald 67	46.15	Jerry Donovan 70	8:14.22	John Rapin 70	1:49.80	John Robinson 80	43.67
John Wrenn 63	2:59.97	Harry Rawstrom 67	DQ	John Morrison 72	8:30.92	Bernard Silber 72	1:58.59	Charles McCallister 80	46.03
Richard Smith 64	3:06.61	<b>100 YARD BREASTSTROKE</b>		Joe Irvine 73	8:41.72	Walt Erwin Jr 73	2:02.40	Victor Sagues 80	53.65
Charles Schmidt 62	3:09.71	Birch Davidson 65	1:19.96	Willard Johnston 73	9:48.51	<b>200 YARD INDIVIDUAL MEDLEY</b>		Sig Langner 83	57.49
Alexander Watters 64	3:28.63	Aldo Da Rosa 66	1:20.46	Walt Erwin Jr 73	10:11.81	Kelley Lemmon 72	2:53.83	<b>100 YARD FREESTYLE</b>	
<b>400 YARD INDIVIDUAL MEDLEY</b>		Paul Krup 66	1:21.85	<b>1650 YARD FREESTYLE</b>		Walt Pfeiffer 70	2:57.93	John Robinson 80	1:41.87
Ray Taft 64	5:50.42	Tom Lind 66	1:27.36	John Stinson 71	26:40.33	William Grant Jr 70	3:23.36	Charles McCallister 80	2:04.92
Arthur Koblish 60	6:03.56	Edgar Blackledge 68	1:27.56	Woodrow Bowersock 71	27:26.14	John Stinson 71	3:26.65	Victor Sagues 80	2:16.00
Bob Merrick 63	6:16.46	Wally Hofferichter 67	1:37.29	David Rowan 70	27:38.89	Jesse Coon 73	3:40.35	<b>200 YARD FREESTYLE</b>	
Peter Lee 61	6:30.36	Stanley Wojcik 69	2:08.51	Jerry Donovan 70	27:47.45	Jerry Donovan 70	3:42.81	Gus Langner 80	3:10.00
John Wrenn 63	6:32.16	<b>200 YARD BREASTSTROKE</b>		David Marlborough 71	28:08.49	Bernard Silber 72	4:31.00	John Robinson 80	4:14.99
Richard Smith 64	6:55.50	Birch Davidson 65	2:58.07	Hamilton Anderson 70	28:44.25	Walt Erwin Jr 73	DQ	Louis Belmour 80	4:46.30
Charles Schmidt 62	7:00.27	Aldo Da Rosa 66	2:58.80	John Morrison 72	29:22.90	<b>400 YARD INDIVIDUAL MEDLEY</b>		Sig Langner 83	5:36.89
Alexander Watters 64	7:18.40	Paul Krup 66	3:01.49	Walt Erwin Jr 73	34:49.84	Walt Pfeiffer 70	6:30.20	<b>1650 YARD FREESTYLE</b>	
<b>MEN 65-69</b>		Tom Lind 66	3:15.02	Reg Richardson 72	DQ	John Stinson 71	7:17.74	Gus Langner 80	28:31.23
<b>50 YARD FREESTYLE</b>		Edgar Blackledge 68	3:23.79	<b>50 YARD BACKSTROKE</b>		Jerry Donovan 70	7:41.70	Louis Belmour 80	46:15.49
Jim Welch 66	27.19	Stanley Wojcik 69	5:03.28	Reg Richardson 72	38.08	Jesse Coon 73	7:55.59	<b>50 YARD BACKSTROKE</b>	
Andrew Holden 65	27.67	<b>50 YARD BUTTERFLY</b>		David Rowan 70	38.33	Ernest Hale 73	9:48.15	Thomas Cureton 82	47.10
James Green 65	28.24	Jim Welch 66	30.66	David Marlborough 71	39.59	<b>MEN 75-79</b>		Charles McCallister 80	1:09.73
Harry Rawstrom 67	28.37	Andrew Holden 65	31.33	Carter Morgan 74	40.53	<b>50 YARD FREESTYLE</b>		Victor Sagues 80	1:18.38
Lee Ross 66	28.68	Paul Krup 66	34.88	Allan Sachs 71	41.20	Lee Starr 75	36.07	Sig Langner 83	1:40.47
Jerry Siefert 66	29.45	Clifford Croom 67	35.17	Gordon Corson 73	41.78	Leonard Chapin 76	38.05	<b>100 YARD BACKSTROKE</b>	
William Johnston 65	29.61	William Johnston 65	35.23	C.J. Hamilton 70	47.09	Charles Wood 75	39.19	Thomas Cureton 82	1:47.87
Beans Yamamoto 67	30.08	Tom Lind 66	35.68	William Ivy 72	47.79	John Neefe 75	39.30	Charles McCallister 80	2:48.97
Jack Garnaus 68	30.70	Harry Rawstrom 67	38.34	Walt Erwin Jr 73	58.83	Don Neefe 75	40.39	Victor Sagues 80	3:04.77
Ham Morningstar 67	31.25	Wally Hofferichter 67	39.31	<b>100 YARD BACKSTROKE</b>		Sheldon White 79	41.19	Sig Langner 83	4:14.29
<b>100 YARD FREESTYLE</b>		Gene Wade 69	42.59	David Rowan 70	1:24.37	James McPherson 78	45.42	<b>200 YARD BACKSTROKE</b>	
Jim Welch 66	1:00.91	Norman Fitzgerald 67	47.65	Reg Richardson 72	1:27.32	<b>100 YARD FREESTYLE</b>		Thomas Cureton 82	4:12.39
Andrew Holden 65	1:02.28	<b>100 YARD BUTTERFLY</b>		David Marlborough 71	1:32.69	Jim Penfield 76	1:21.81	<b>50 YARD BREASTSTROKE</b>	
Harry Rawstrom 67	1:05.38	Andrew Holden 65	1:15.26	Gordon Corson 73	1:34.71	Lee Starr 75	1:23.17	AT Kallunki 80	47.00
James Green 65	1:06.18	Paul Krup 66	1:19.57	Allan Sachs 71	1:39.95	Leonard Chapin 76	1:25.04	Gus Langner 80	50.56
Jerry Siefert 66	1:06.40	William Johnston 65	1:29.10	Hamilton Anderson 70	1:41.67	John Neefe 75	1:32.11	Louis Belmour 80	1:16.30
Frank Murphy 66	1:09.65	Richard Guido 66	1:31.81	C.J. Hamilton 70	1:44.97	Charles McCallister 80	1:36.42	Charles McCallister 80	1:20.27
Jack Garnaus 68	1:10.21	Clifford Croom 67	1:36.02	William Ivy 72	1:56.55	Sheldon White 79	1:39.93	<b>100 YARD BREASTSTROKE</b>	
William Johnston 65	1:11.52	Gene Wade 69	1:44.70	<b>200 YARD BACKSTROKE</b>		Leonard Chapin 76	3:12.80	AT Kallunki 80	1:45.41
Norman Fitzgerald 67	1:12.38	Max Luna 68	3:14.35	David Rowan 70	3:07.78	Leonard Chapin 76	3:19.04	Gus Langner 80	1:58.97
Lee Ross 66	1:13.55	<b>200 YARD BUTTERFLY</b>		Reg Richardson 72	3:22.71	Charles Wood 75	3:22.18	John Anderson 80	2:02.80
<b>200 YARD FREESTYLE</b>		Paul Krup 66	3:07.86	Woodrow Bowersock 71	3:26.84	John Newton 75	3:51.09	Louis Belmour 80	3:02.67
Jim Welch 66	2:23.08	William Johnston 65	3:24.86	David Marlborough 71	3:33.38	Sheldon White 79	3:51.09	Charles McCallister 80	DQ
Walter Ledgard 68	2:30.62	Edgar Blackledge 68	4:16.87	Gordon Corson 73	3:37.77	<b>500 YARD FREESTYLE</b>		<b>200 YARD BREASTSTROKE</b>	
Edward Moran 66	2:33.96	Richard Guido 66	DQ	Hamilton Anderson 70	3:45.56	Lloyd Osborne 75	7:30.37	AT Kallunki 80	4:03.66
Jerry Siefert 66	2:37.99	<b>100 YARD INDIVIDUAL MEDLEY</b>		William Ivy 72	4:15.27	Leonard Chapin 76	8:40.92	Gus Langner 80	4:18.44
David Volk 67	2:38.05	Birch Davidson 65	1:11.89	John Morrison 72	4:25.91	John Newton 75	9:05.91	John Anderson 80	4:50.87
Harry Rawstrom 67	2:38.09	Andrew Holden 65	1:13.97	<b>50 YARD BREASTSTROKE</b>		Charles Wood 75	9:09.17	Louis Belmour 80	6:54.52
Frank Murphy 66	2:41.59	Jim Welch 66	1:14.60	Harold Perry 72	39.48	Sheldon White 79	10:25.90	<b>50 YARD BUTTERFLY</b>	
Bill Fleming 66	3:00.06	Aldo Da Rosa 66	1:16.00	Bill Shott 74	40.07	<b>1650 YARD FREESTYLE</b>		John Anderson 80	48.33
Ham Morningstar 67	3:04.10	David Volk 67	1:16.83	Joe Irvine 73	44.55	Lloyd Osborne 75	26:52.26	AT Kallunki 80	51.96
Henry Shostchuk 67	3:07.54	Harry Rawstrom 67	1:19.29	Rufus Clark 73	45.38	Leonard Chapin 76	30:10.31	<b>100 YARD INDIVIDUAL MEDLEY</b>	
<b>500 YARD FREESTYLE</b>		Tom Lind 66	1:21.30	C.J. Hamilton 70	46.23	John Newton 75	31:29.35	AT Kallunki 80	1:45.27
Jim Welch 66	6:32.07	William Johnston 65	1:26.06	Paul Seidel 70	46.71	<b>50 YARD BACKSTROKE</b>		John Anderson 80	1:47.18
Walter Ledgard 68	6:48.51	Robert Cutter 66	1:30.99	Ernest Hale 73	47.59	Lee Starr 75	43.68	Thomas Cureton 82	1:50.64
Edward Moran 66	7:05.18	Norman Fitzgerald 67	1:31.15	Bernard Silber 72	50.56	James McPherson 78	51.17	<b>200 YARD INDIVIDUAL MEDLEY</b>	
Frank Murphy 66	7:05.77	<b>200 YARD INDIVIDUAL MEDLEY</b>		William Ivy 72	1:04.40	Don Neefe 75	51.82	AT Kallunki 80	4:07.50
Richard Guido 66	7:08.69	Birch Davidson 65	2:43.52	Ed Little 71	1:10.53	Wilhelm Ossa 75	54.87	John Anderson 80	4:17.02
Jerry Siefert 66	7:13.70	Aldo Da Rosa 66	2:55.51	<b>100 YARD BREASTSTROKE</b>		Sheldon White 79	57.23	Thomas Cureton 82	4:17.94
Jack Garnaus 68	8:05.28	Tom Lind 66	3:10.88	Walt Pfeiffer 70	1:27.74	<b>100 YARD BACKSTROKE</b>		<b>MEN 85-89</b>	
Bill Fleming 66	8:36.82	Frank Murphy 66	DQ	Harold Perry 72	1:31.66	Lee Starr 75	1:41.25	<b>50 YARD FREESTYLE</b>	
Voldemars Miezitis 68	8:39.78	Richard Guido 66	5:57.83	Bill Shott 74	1:32.91	Wilhelm Ossa 75	2:03.73	Jack Blumberg 87	57.62
Ham Morningstar 67	8:54.22	Aldo Da Rosa 66	6:14.45	Rufus Clark 73					



<b>500 YARD FREESTYLE</b>	
Paul Spangler B5	12:11.86
<b>50 YARD BACKSTROKE</b>	
Jack Blumberg B7	1:19.24
<b>100 YARD BACKSTROKE</b>	
Jack Blumberg B7	2:51.54
<b>200 YARD BACKSTROKE</b>	
Jack Blumberg B7	5:50.49

**WOMEN RELAYS**

<b>25+ 200 YARD MEDLEY RELAY</b>	
Westside Masters A	1:53.76
San Diego Swim Mst A	1:57.50
Westside Masters B	1:58.02
Marina Masters A	1:59.93
Walnut Creek Mas A	2:01.52
Lone Star Mas A	2:01.65
Marina Masters C	2:02.42
Strawberry Canyon	2:02.64
Santa Barbara S.C.A	2:04.25
New England Mas A	2:04.94

<b>35+ 200 YARD MEDLEY RELAY</b>	
Westside Masters A	2:02.02
Pacific Northwest A	2:11.91
Oregon Masters A	2:12.47
Tamapais Aquatic A	2:12.71
Southwest Masters	2:16.93
San Diego Swim Mas A	2:18.75
Industry Hills A	2:20.93
Lone Star Mas A	2:25.36
Rocky Mtn Masters	2:33.21
Marina Masters A	2:36.72

<b>45+ 200 YARD MEDLEY RELAY</b>	
San Diego Swim Mas	2:18.77
Pacific Northwest A	2:33.49
Rocky Mtn Masters	2:36.75
Marina Masters A	2:41.60
Tamapais Aquatic Mas	2:43.00
Lincoln Masters	2:48.75
Industry Hills A	2:52.44
Santa Barbara S.C. A	3:00.87
Arizona Masters A	DQ
Marina Masters B	DQ

<b>55+ 200 YARD MEDLEY RELAY</b>	
Santa Barbara S.C. A	2:43.14
Walnut Creek Mas	2:49.05
Rinconada Masters	3:04.88
Pacific Northwest	3:17.52
Newport Beach Mas	DQ
<b>65+ 200 YARD MEDLEY RELAY</b>	
San Mateo Masters	3:24.02
Long Beach Masters	3:27.26
Walnut Creek Masters	3:56.38

<b>25+ 200 YARD FREESTYLE RELAY</b>	
Westside Mst A	1:37.79
Rocky Mtn Mas A	1:44.17
San Diego Swim Mas A	1:44.18
Westside Mas B	1:45.69
Marina Masters A	1:46.39
Lone Star Mas A	1:46.73
Strawberry Canyon	1:47.13
New England Mas	1:48.31
Marina Masters B	1:48.94
Walnut Creek Mas A	1:49.01

<b>35+ 200 YARD FREESTYLE RELAY</b>	
Westside Mas A	1:47.05
Pacific Northwest A	1:56.34
Oregon Masters A	1:56.84
Tamapais Aquatic A	1:57.66
Southwest Masters	2:00.46
Industry Hills	2:01.48
San Diego Swim Mas	2:03.57
Lone Star Mas	2:07.52
Rocky Mtn Masters	2:09.38
Trojan Swim Club	2:11.99

<b>45+ 200 YARD FREESTYLE RELAY</b>	
San Diego Swim Mas	2:09.84
Pacific Northwest	2:10.86
Industry Hills	2:11.68
Rocky Mtn Masters	2:15.39
Tamapais Aquatic Mst	2:15.63
Marina Masters	2:25.47
Arizona Masters	2:31.42
Santa Barbara Swim C	2:32.04
Lincoln Masters	3:32.05

<b>55+ 200 YARD FREESTYLE RELAY</b>	
Santa Barbara SC	2:24.49
Walnut Creek Mas	2:31.14
Rinconada Masters	2:35.60
Pacific Northwest	2:39.27
Newport Beach Mas	2:50.44
<b>65+ 200 YARD FREESTYLE RELAY</b>	
Long Beach Mas	3:03.00
San Mateo Masters	3:03.62
Walnut Creek Masters	3:20.28

**MEN'S RELAYS**

<b>25+ 200 YARD MEDLEY RELAY</b>	
Marina Mst A	1:36.48
Lone Star Mas A	1:37.02
Marina Masters B	1:38.76
Marina Masters C	1:41.02
New England A	1:41.23
Lone Star B	1:42.51
San Diego A	1:42.83
Pasadena A.C.	1:42.92
Lone Star C	1:43.80
Walnut Creek	1:43.99

<b>35+ 200 YARD MEDLEY RELAY</b>	
Trojan Swim Club A	1:42.14
Marina Masters A	1:43.91
Trojan Swim Club B	1:44.32
The Olympic Club	1:45.60
Walnut Creek	1:46.12
Tamapais Aquatic	1:46.62
Pasadena A.C.	1:47.04
Sierra Nevada	1:49.56
San Mateo Masters	1:49.60
Pacific Northwest	1:49.78

<b>45+ 200 YARD MEDLEY RELAY</b>	
San Diego A	1:54.65
Trojan Swim Club A	1:58.67
Westside Masters	2:06.67
Industry Hills	2:06.87
San Diego Masters B	2:06.93
Huntington Beach	2:07.74
New England A	2:08.36
Rocky Mountain Mst	2:12.97
Tamapais Aquatic	2:18.45
Marina Masters	DQ

<b>55+ 200 YARD MEDLEY RELAY</b>	
New England Masters	2:00.13
Trojan Swim Club A	2:03.84
Ohio Masters	2:12.17
D.C. Masters	2:16.53
San Diego	2:17.83
Trojan Swim Club B	2:19.04
Marina Masters	2:24.86
Rocky Mountain	2:25.61
Pacific Northwest	2:30.65
Trojan Swim Club C	2:45.63

<b>65+ 200 YARD MEDLEY RELAY</b>	
Rinconada Masters	2:18.78
Long Beach Mst A	DQ
<b>65+ 200 YARD MEDLEY RELAY</b>	
Rinconada Masters	2:18.78
San Diego Swim Mas	2:21.49
Middle Atlantic Mas	2:21.74
Long Beach Masters	2:42.58
Lincoln Masters	3:19.05
Industry Hills	4:11.47

<b>75+ 200 YARD MEDLEY RELAY</b>	
Long Beach Masters	3:13.78
<b>25+ 200 YARD FREESTYLE RELAY</b>	
Lone Star Masters A	1:24.58
Lone Star Masters B	1:26.63
Marina Masters A	1:27.48
Marina Masters B	1:28.47
New England A	1:30.25
Westside Masters A	1:30.31
San Diego Masters A	1:30.73
Pasadena A.C.	1:30.78
Trojan Swim Club A	1:30.85
Walnut Creek Masters	1:31.06

<b>35+ 200 YARD FREESTYLE RELAY</b>	
Trojan Swim Club A	1:29.58
The Olympic Club	1:30.76
Tamapais Aquatic	1:32.67
Marina Masters A	1:32.80
Walnut Creek Masters	1:32.84
Marina Masters B	1:34.77
Trojan Swim Club B	1:35.44
San Diego Masters A	1:35.79
Santa Barbara S.C.	1:35.94
Westside Masters A	1:36.26

<b>45+ 200 YARD FREESTYLE RELAY</b>	
San Diego A	1:41.91
Industry Hills	1:45.11
Trojan Swim Club A	1:46.72
Huntington Beach	1:48.27
Rocky Mountain Mas	1:48.52
San Diego Masters B	1:51.98
Tamapais Aquatic Mas	1:58.71
Santa Barbara S.C.	DQ
New England A	DQ

<b>55+ 200 YARD FREESTYLE RELAY</b>	
Trojan Swim Club A	1:46.19
New England Masters	1:48.07
Rocky Mountain Mas B	1:52.40
D.C. Masters	1:53.46
San Diego	1:54.60
Ohio Masters	1:54.68
Trojan Swim Club B	2:01.30
Rocky Mtn. Masters A	2:04.48
Pacific Northwest	2:07.21
Marina Masters	2:07.54

<b>65+ 200 YARD FREESTYLE RELAY</b>	
Middle Atlantic Mas	1:57.30
San Diego Swim Mas	1:59.13
Long Beach Masters A	2:00.15
Rinconada Masters	2:01.85
Long Beach Masters B	2:14.17
Industry Hills	2:41.58
Lincoln Masters	DQ
<b>75+ 200 YARD FREESTYLE RELAY</b>	
Long Beach Masters	2:49.22

**MIXED RELAYS**

<b>25+ 200 YD MIXED MEDLEY RELAY</b>	
Westside Masters A	1:46.22
Lone Star A	1:46.28
D.C. Masters	1:46.89
Marina Masters B	1:48.68
San Diego Swim Mas A	1:49.51
Westside Masters B	1:49.54
Pasadena A.C.	1:49.62
Marina Masters C	1:50.71
Southwest Masters A	1:50.93
Rocky Mtn Mas B	1:51.90

<b>35+ 200 YD MIXED MEDLEY RELAY</b>	
New England Masters	1:51.43
Los Altos Masters	1:52.51
Oregon Masters A	1:53.15
Westside Masters A	1:56.19
Tamapais Aquatic A	1:56.98
Lone Star Masters A	1:57.25
Pacific Northwest A	1:57.26
Westside Masters B	1:59.94
San Diego Swim Mas A	2:01.46
D.C. Masters	2:01.48

<b>45+ 200 YD MIXED MEDLEY RELAY</b>	
San Diego Swim Mas	2:03.70
Pacific Northwest A	2:09.35
Westside Masters	2:12.59
Rinconada Masters	2:15.28
Rocky Mtn Masters	2:17.17
Tamapais Aquatic Mas	2:19.52
Trojan Swim Club	2:20.54
Sacramento Masters	2:21.26
Lincoln Masters	2:25.65
Marina Masters A	2:33.67

<b>55+ 200 YD MIXED MEDLEY RELAY</b>	
San Diego Swim Mas	2:22.07
Santa Barbara S.C. A	2:23.38
Rinconada Masters	2:26.72
Oregon Masters	2:36.53
Pacific Northwest	2:41.87
Arizona Masters	2:43.51
Marina Masters A	2:44.46
Tamapais Aquatic	2:47.71
Rocky Mtn Masters	3:01.90
Trojan Swim Club A	DQ

<b>65+ 200 YD MIXED MEDLEY RELAY</b>	
Long Beach A	2:37.78
Rinconada Masters	2:49.98
Lincoln Masters	2:54.79
D.C. Masters	2:57.50
Walnut Creek Masters	3:06.41
Pacific Northwest	3:09.51
Santa Barbara S.C.	3:16.51
Middle Atlantic	DQ
Long Beach Mas B	DQ
<b>75+ 200 YD MIXED MEDLEY RELAY</b>	
Industry Hills	5:55.07

<b>25+ 200 YD MIXED FREE RELAY</b>	
Lone Star A	1:31.22
Westside Masters A	1:32.07
Westside Masters B	1:35.81
Marina Masters A	1:36.24
Southwest Masters A	1:36.77
D.C. Masters	1:36.88
Rocky Mtn Masters A	1:37.04
New England A	1:38.28
Pasadena Athletic Club	1:38.67
San Diego Swim Mas B	1:39.81

<b>35+ 200 YARD MIXED FREE RELAY</b>	
Westside Masters A	1:38.22
Los Altos Masters	1:38.52
New England Masters	1:41.22
Oregon Masters A	1:43.57
Pacific Northwest A	1:44.55
San Mateo Masters	1:45.88
San Diego Swim Mas A	1:46.07
Trojan Swim Club A	1:46.35
Lone Star Masters A	1:46.38
Westside Masters B	1:49.50

<b>45+ 200 YARD MIXED FREE RELAY</b>	
Pacific Northwest A	1:48.98
San Diego Swim Masters	1:49.49
Industry Hills A	1:54.16
Westside Masters	1:54.48
Tamapais Aquatic Mas	1:56.64
Rocky Mtn Masters	1:57.03
Rinconada Masters	1:58.06
Trojan Swim Club	2:00.68
Marina Masters A	2:02.02
Industry Hills B	2:08.01

<b>55+ 200 YARD MIXED FREE RELAY</b>	
San Diego Swim Mas	2:08.68
Oregon Masters	2:10.56
Santa Barbara A	2:11.54
San Mateo Masters	2:12.20
Rinconada Masters	2:15.48
Pacific Northwest	2:16.94
Tamapais Aquatic Mas	2:23.80
Marina Masters A	2:30.87
Rocky Mtn Masters	2:33.51
Trojan Swim Club	2:49.02

<b>65+ 200 YARD MIXED FREE RELAY</b>	
Long Beach Masters	2:17.27
Lincoln Masters	2:30.23
D.C. Masters	2:33.45
Rinconada Masters	2:34.02
Walnut Creek Masters	2:35.58
Middle Atlantic Mas	2:36.67
Santa Barbara S.C.	2:58.34
<b>75+ 200 YARD MIXED FREE RELAY</b>	
Industry Hills	4:24.38

# Swim benefits

Dear Dr. Donohue: I am a 23-year-old woman who has in the past few months been on a regular routine of swimming. I swim at least three days a week for an hour at a time. My pace is slow, steady, continuous. I've noticed a marked lowering of my heart rate when at rest, long after the exercise. Besides this, what are the benefits of this kind of exercise? Is it important to try to increase speed and length of time in the water? — D.R.

Dear D.R.: The lower pulse (heart) rate is evidence of increasing heart strength. It pumps more blood with each beat, so has to pump fewer times to get its job done. If that's all an exercise program accomplished, it would be enough.

But to your question. I've talked about requirements for reaching and maintaining a stronger heart many times. Let me give you an acronym that might put it in better perspective. It's F.I.T. It stands for "frequency," "intensity" and "time" (or duration) of exercise. Here's how it's put into action.

"F" — You have to exercise three times a week.

"I" — You have to exercise with an intensity that raises your heart rate to a training level.

"T" — You have to exercise at that level for at least 15 minutes each session.

For a 23-year-old woman the training heartbeat is considered about 150. As for the duration, you should try to keep your heart beating that fast for the 15 minutes. If you follow this rule you will reach and maintain good cardiovascular fitness.

Exercising for 30 minutes or more this way three times a week won't make you any fitter. It might make you a better competitive swimmer, but the three sessions of 15 minutes each at the heart rate I mention is sufficient to get a good fitness job done.

The other benefits? A lowering of blood pressure is one. A reduction in blood fats is another. Prevention of osteoporosis (especially for a woman) is still another. And some would say that a certain euphoria experienced in exercise is a bonus. I confess I have not yet obtained that from my aerobics. I hope you do.

Let me return to your question about speed of swimming. I hope it is clear this is the intensity part of the acronym. As long as your present speed is getting your heart up to the training level, then that's intensity enough. And if you want to increase that, OK, so long as you are in good enough shape to do it.





	CARDIOVASCULAR HEALTH	WEIGHT CONTROL	MUSCLE FUNCTION	FLEXIBILITY	AVERAGE
SWIMMING	10	8	8	7	8.25
BASKETBALL	9	9	8	6	8.00
RACQUETBALL	9	8	8	7	8.00
SKIING	8	8	8	6	7.50
BICYCLING	9	9	6	4	7.00
CALISTHENICS	4	5	8	10	6.75
JOGGING	10	9	6	2	6.75
TENNIS	7	7	6	6	6.50
ROPE SKIPPING	10	9	4	3	6.50
SKATING	7	7	6	5	6.25
WEIGHT TRAINING	4	6	10	2	5.50
WALKING	6	6	5	2	4.75
GOLF	4	5	5	6	4.75
SOFTBALL	2	3	3	3	2.75
BOWLING	2	1	2	4	2.25

The findings of T.V. Piper and Paul A. Vodak support the argument that swimming is the best exercise. The authors of 'Fitness Test and Prescription' used sophisticated laboratory testing to compare 15 activities and rank them on a scale of 1 to 10 by their healthful benefits to the body.

Staff chart by KEITH ROBINSON

## Swimming vs. jogging: Which is best?

Shakespeare said "To be or not to be," but for many people today, the question is "to run or not to run" — or "to swim or not to swim" or "to swim or to run." People are still pondering which of these activities is best and for what reasons.

Although the issue isn't totally resolved, most fitness authorities believe swimming is better than running because it involves using more muscles, and is easier on the feet, ankles, knees and hips. The cardiovascular effects of swimming also are slightly better than running.

Swimming does, however, have a peculiarity worth noting: It causes slightly higher blood pressure per given work load. The reason is because more work is being done by the arms than with running, and arm work has been shown to raise blood pressure more than work done by the legs. Since the difference is so slight there is nothing to worry about unless you have abnormally high blood pressure.

According to a recent report in *Executive Fitness Newsletter*, the rule of thumb to follow when counting calories is to equate a mile-long run with a quarter-mile swim. However, there are a couple of variables to consider in that equation. One is speed



Joe  
**Brownholtz**

(see chart) and the other is skill. The more-practiced and the fitter you are, the fewer calories you expend.

Water temperature also makes a difference. The colder the water, the more energy it takes to swim through it because extra calories are required for maintaining body temperature. All things considered, though, you can figure swimming is slightly less efficient in terms of time needed to burn a certain number of calories.

If you are interested in how swimming compares with other forms of activity, consider the findings of T.V. Piper and Paul A. Vodak, authors of *Fitness*

*Test and Prescription*. With the use of sophisticated laboratory testing they compared 15 activities and ranked them according to their ability to benefit the body in (1) cardiovascular health, (2) weight control (3) muscle function and (4) flexibility.

As you can see by looking at the chart, swimming is the best all-around activity and jogging is seventh.

According to some diehards, swimming even has the psychological edge. The pleasure of a 45-minute swim without having to worry about unfriendly dogs and motorists is phenomenal. If you're a runner with wobbly knees, rest assured you have nothing to lose by jumping into a pool. And if you're a water-logged swimmer suffering a sore shoulder, you would do well to take your fitness afoot.

The best approach of all, however, might be to alternate between the two.

Joe Brownholtz is a physical fitness specialist with the University of Miami. His column appears every Tuesday in *Lifestyle*. Write to him in care of *Lifestyle*, Fort Lauderdale News and Sun-Sentinel, Box 14430, Fort Lauderdale 33302 or 3521 N. Federal Highway, Boca Raton 33431.

# SWIM-MASTER

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## Swimming News

**CHOICE EVENTS** - I have been asked, as Rules Chairman, to comment on the practice of listing such events on Entry Blanks; i.e. Event 1. 400 Free/400 IM or Event 1. 200's. As long as each event is swum separately (not at the same time in the pool), it does not matter how it is listed on the Entry Blank. And where do I get this answer? On page 12 of the 1984 Rule Book is the definition of EVENT. Also, a ruling handed down from USS recently will not allow qualifying times to be made in events where the swimmers used different strokes and/or distances at the same time in the same pool. Such mixed events or distances constitute 'pacing'. For those of you who are not familiar with the formation of Masters Swimming in 1971, it was our thought, at that time, that our Masters Swimming Rules should follow as closely as possible the USS (AAU) rules used by most USA swimmers. We made a few exceptions in the beginning (breaststroke kick in fly), and more as the years have gone by. Another exception in the beginning was to allow women and men to swim together - but only when necessary to fill up lanes or so that no one had to swim alone. This exception has been widely abused....

**LAP COUNTING** - I have also been asked to do a piece on Lap Counting. I refer you to page 26 of the 1984 Rule Book and the section marked Counters. You may have a counter if the event is 400 yards or meters or more EXCEPT for the Individual Medley. Your counter may count in

ascending or descending order. But, it all boils down to (e) In the event of official or counter error it is the responsibility of the swimmer to complete the prescribed distance. When I count for someone, I usually turn the counter after the swimmer has turned and gone a few strokes. The counter will say 9 when the swimmer is actually on his 8th length. But I do this so I don't make an error. If automatic equipment is used, it is easy to find an error. i.e. In swimming a 1650, the tape will show 2-4-6---66 with a time beside each lap. If the swimmer misses the pad on a turn, the swimmer will actually have completed the race at lap 64. You can take the 50 times for each lap and find the spot where the time was for 100 instead of 50. This is the beauty of Automatic Equipment. Human counters can take splits for a check, have a piece of paper to write laps on, etc. But, it is the swimmers responsibility to swim the correct number of laps for the race.....

**BRIGHT SPOT** - Dear Swim -Master: I'm a kidney transplant patient and @ 43 I started back swimming around Thanksgiving. I got off the cigarettes and lost 35 lbs. 150 miles of training laps and swimming 10 events in each of the Wis. and Ill. Masters Championships was a ball. I was the 100 free champ of Wis. @ a 1:01.7. I missed the Nat. YMCA meet due to an unfortunate kidney rejection episode, but all is back to normal and I'm hoping for a spot on the National Kidney Foundation Olympic team going to Holland in Sept. - H. Wynn Topley III. (Good luck to you, Wynn!).....

**IN MEMORIAM** - A true Masters Swimmer, who participated in the sport to its fullest, enjoyed the comradship of the team, and always had a smile. Suncoast Masters of Sarasota will truly miss this extraordinary gentleman at all future meets, but he will not be forgotten in our hearts. - Natalie Clement. Joseph G. Scheu, Nov. 3, 1903 - June 23, 1984. (Joe swam his usual 200 meter fly and shortly thereafter suffered a heart attack. Joe never regained consciousness.).....

**PUERTO RICO MASTER SWIMMERS LEAGUE** - This has been formed and they have a newsletter. There are some meets scheduled for this fall and perhaps they will invite AMERICANOS. You will find the name of Arnaldo Perez in the 25-29 age group listed several times in the Results of the SC Nationals. Arnaldo is the only foreigner winning at the SC meet this year. For further information contact Fred E. Fels, 2058 Espana, Santurce, PR 00911. If you find yourself in PR, they practice between 7 and 9 pm at Escambron.....

**KINGDOM OF SAUDI ARABIA** - That is where John Spanuth is spending his time! John is with the United States Sports Academy and enjoying his work over there. He sent me a map and now I know just where he is! They were going to have a Masters Swim Meet BUT they cannot put men and women in the pool at the same time and they cannot 'show skin'. John returns in Oct. and we will hear more!.....

# SWIM-MASTER

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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

## SWIM CALENDAR

VOL XIII - No 6

JULY - AUGUST 1984

JUL	20-22	LC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
	20-21	LC - Hicksville, NY
	21-22	LC - DCM, Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	21-22	LC - Karen Barnes, 12317 Teakwood Rd., Edmond, OK 73034
	22	LC - Rose Steward, 3031 South Rural Rd., Apt. 35, Tempe, AZ 85282
	28	LC - Chris Carriere, 410 Castro St., Campbell, CA 95008
	28	LC - GCM, June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
	28-29	LC - NEM, J. K. Edwards, 2 Thayer St., Providence, RI 02906
	29	LC - Dave Duncan, 102 Ivey St., Rt. 3, Freeport, TX 77541
JUL	27-29	LC - Harry J. Lewis, E 944 - 39 Ave., Spokane, WA 99203
AUG	4-5	LC - John Skehan, Skwim Swimming, Great Valley, NY 14741
	5	LC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	10-12	LC - PMS Champ. - Sandy Reece-Martens, 2037 Cardinal Way, Fairfield, CA 94533
	11-12	LC - Dennis Ryan, 19010 Hillside Lane, Chagrin Falls, OH 44022
	23-26	USMS NATIONALS - ENTRIES DUE MONDAY, JULY 23, 1984
SEP	7-9	NATIONAL MASTERS DIVING CHAMPIONSHIPS - Dave Nielsen, Pinecrest School 1501 NE 62nd Street, Ft. Lauderdale, FL 33334
	15-16	Senior Olympics/w/SASE - 5726 Wilshire Blvd., Los Angeles, CA 90036
	22-23	SC - Dr. Joseph E. McEvoy, Dickenson College, Carlisle, PA 17013
	28-29	"Hildesheimer Rose" - Dieter Engelke, Steimbergerstr. 62, D3200 Hildesheim, W. Ger.
OCT	6	SC - Kerry O'Brien, 5517 Nebraska Dr., Concord, CA 94521
	7	SC - Reid Lewis, JCC, 6839 SW 114 Place, #B, Miami, FL 33173
	13	SC - Ron Bank, 80 Pebble Beach, Little Rock, AR 72212
	14	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	27-28	SC - Southeastern, Bruce A. Tomkins, 103 E. Holston Lane, Oak Ridge, TN 37830
NOV	4	Pentathlon - Dot Werry, P.O. Box 8205, Sacramento, CA 95818
	10-11	SC - Bob Madrigal, 506 Baden #3, So. San Francisco, CA 94080
	17-18	SC - Will Worley, 1001 Village Dr., College Station, TX 77840
	18	SC - Harry Rawstrom, Carpenter Sports Bldg., U of Del., Newark, DE 19711
	24-25	SC - Florida State Champ., June Krauser, 2308 N.E. 19 Av., Ft. Lauderdale, FL 33305
DEC	1	SC - Sally Peterson, P.O. Box 1880, Truckee, CA 95734
	2	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	9	SC - Reid Lewis, JCC, 6839 SW 114 Place, #B, Miami, FL 33173

1985

May	10-13	SC - USMS NATIONALS, Brown Deer, Wisconsin
May	16-18	Canadian Championships - Paul Boulding
Aug	8-12	LC - MASTERS GAMES, Toronto, Canada
Aug	17-20	LC - USMS NATIONALS, Providence, Rhode Island

LONG DISTANCE MEETS - Contact Dale Petranec, 1008 Oaklyn Ct., Voorhees, NJ 08043