



# SWIM-MASTER

VOL XIV-No 9

USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS

NOV-DEC 1985

## National 10 Best Times

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50 MTR FREESTYLE W25-29	200 MTRS BACKSTROKE W25-29	400 MTR IND. MEDLEY W25-29	100 MTR BACKSTROKE WOMEN 30-34	200 MTR IND. MEDLEY WOMEN 30-34
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27.53 SANDY NEILSON 29	02.36.70 PATRICIA WARREN 25	05.27.87 HUDDIE MURRAY 28 NATL	01.11.62 KATHLEEN H NEILL 30 WG	02.35.60 SUSAN PAMELIA WG
27.85 BETH LUTZ 25	02.40.31 DEBORAH CAIN NATLS	05.37.66 DEBORAH CAIN 28	01.15.31 SUSAN SKIFF 30 NATLS	02.38.79 SUSAN SKIFF 30
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01.01.39 BETH LUTZ 26	37.88 THERESA HARRIGAN 27	29.69 MARILYN A FINK 32	02.45.69 PAM VANDERBERG 34 NATL	05.46.87 SARA CURRAN WG
01.02.50 LINDA M LANINI 26	37.96 WENDELLE GRAY 28	29.84 KATHLEEN H NEILL 30	02.48.59 SUSAN SKIFF 30	05.56.30 GAYLE BENTY WG
01.03.00 SARAH REDFIELD 28	38.51 JOAN GRIVIN 25	30.44 KATHLEEN H NEILL 30	02.50.34 LOUISE CLEARY 31	05.56.30 SIDNEY SWAYMAN-THOMS 31
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01.04.70 BARBARA DAILY 27 NA	38.95 LESLIE LAING 25	30.50 DEBORAH WALKER 33	02.54.99 NANCY BIGELOW 32	06.09.63 LOUISE CLEARY WG
01.04.71 THERESA HARRIGAN 27	39.12 HILARY A HAFNER 25	30.50 CINDY HAIN 31	02.56.76 MONICA C BUVICK 32	06.13.11 CATHY SCHULBACH 31
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02.14.93 JUDITH KATTERMAN 26	01.22.67 SUSIE MC INTYRE 29	01.01.92 SUSAN PAMELIA 32	38.20 GAYLE BENTY WG	30.03 SHARON WISE 38
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02.25.35 CATHY COPELAND 26	01.26.40 ANITA HARGARTEN WG	01.07.88 FRAN HARE 34	40.57 DOT MUNGER 34	31.67 KATHRINE CRANDELL 36
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04.40.81 BETH LUTZ 25	02.56.70 LISA TUBERGEN WG	02.12.80 SUSAN PAMELIA 33 NATLS	01.21.63 GAYLE BENTY WG	01.05.63 LUCY JOHNSON 38 NATLS
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09.52.59 BETH LUTZ 26 CA 8/16	30.22 LINDA M LANINI 26	04.35.17 SUSAN PAMELIA 32 WG	02.56.09 GAYLE BENTY WG	02.23.76 BARBARA DUNBAR 36
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19.04.99 CATHERINE NEVILLE 28	01.09.55 LINDA M LANINI 26	10.58.25 FRANCES E HARE 34	31.27 ELAINE HOCHULI 30	05.15.61 LUCY JOHNSON 38
19.31.86 CATHY COPELAND WG	01.10.27 JUDITH KATTERMAN WG	11.11.44 LESLIE MILAP 32	31.66 CHRISTINE R PROSCH 34	05.24.60 STEPHANIE WALSH 35
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33.97 BETH MAUER 27	02.36.78 CATHY NEVILLE WG	20.22.74 HEIDI ERNST 32	01.10.48 ELAINE HOCHULI 30	11.24.04 GRETCHEN DRAKE 35
34.04 THERESA WALSH 29	02.40.17 DIANE CAYCE 29	20.36.80 GAYLE BENTY 32	01.10.56 SHARON J BERG 30	11.26.68 KATHRINE CRANDELL 36
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34.55 KAREN SING 28	02.46.09 LISA TUBERGEN WG	21.12.23 FRAN HARE 34	01.15.48 SUSI CHANDLER 34	11.54.02 LYNN BROWNSTEIN 39
34.55 BONNIE M BILICH 27	02.47.33 LINDA A LANINI 26	21.14.07 KRIS WINGENROTH 31	01.16.17 LOUISE CLEARY 31	11.54.94 NANCY DIAL 39
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35.01 BETTINA TEST 27	02.50.13 PAT NICHOL 27	21.17.45 JUDITH HELLER 30	01.17.45 CINDY HAIN 31	12.07.25 ARLENE C JUSTESIN 37
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1.08.44 M FALLS 1983	2.32.91 S NEILSON 1984	32.42 B CHURCH 1983	2.32.71 S BERG 1985	19.51.26 B DUNBAR 1984
01.09.54 PATRICIA WARREN 25	02.35.44 HUDDIE MURRAY 28 NATL	33.14 KATHLEEN H NEILL 30	02.32.71 SHARON BERG 30 CA 7/27	19.51.44 BARBARA DUNBAR 36
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01.14.86 HUDDIE WALSH MURRAY 28	02.39.64 DEBORAH CAIN 28	35.50 LOUISE CLEARY 31	02.42.59 CHRISTINE R PROSCH 34	21.21.25 ANNE GRAMS 38
01.15.80 NANCY LA RUE 27	02.41.75 LINDA A LANINI 26	36.00 DEBORAH WALKER 33	02.42.82 MARYANN STEVENS 32	21.43.07 ANN PAGE 37
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01.16.07 BETH MAUER 27	02.43.94 BONNIE M BILICH 27	36.15 JUDITH COX 31	03.00.26 NANCY S MARTIN 31	22.17.51 LYNN BROWNSTEIN 39
01.16.45 JEANNE LUEBBERT 25	02.44.16 BETH MAUER 27	36.42 CHRISTINE R PROSCH 34	03.03.66 HELEN P RICHCREEK 31	22.21.02 JOAN DIERCKS 37
01.17.07 SHARON BURLINGAME 28	02.44.71 DENISE WALSH 25	36.88 MARILYN A FINK 31	03.07.38 MISSY LE STRANGE 32	22.36.24 CYNTHIA JONES 35
01.17.20 PATTI WELLS 25	02.45.03 SHARON J BERG 29	37.20 NANCY BIGELOW 32	03.09.07 TERRY SUE MARTIN WG	22.46.11 JULIE CORMAN 36



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02.59.42 ANNE B ADAMS 57  
02.04.10 PATRICIA S DOTSON 57  
03.04.61 BETTY RUSS 57  
03.09.51 JEAN TROY 58  
03.12.72 JUNE KRAUSER 59  
03.14.80 JEAN MC INTYRE 56  
03.15.10 RUTH KAZEE 55  
03.16.64 ANITA LEE HAZEN WG  
03.21.10 HELGA L PALMER 55  
400 MTR FREESTYLE WOMEN 55-59  
5.51.20 G ROPER 1985  
05.51.20 GAIL P ROPER 56  
06.18.35 ANNE B ADAMS 57  
06.33.10 JEAN TROY 58  
06.37.48 BETTY RUSS 57  
06.38.00 FLORENCE E CARR 59  
06.41.87 JUNE KRAUSER 59  
06.45.01 ANITA HAZEN 57  
06.50.61 JEAN MC INTYRE 56  
07.04.44 BOBBI TURCOTTE 58  
07.10.03 EDIE GRUENDER 56  
800 MTR FREESTYLE WOMEN 55-59  
13.17.93 MARGARET TIMMINS 55  
13.17.93 MARGARET TIMMINS 55  
13.29.24 JUNE KRAUSER 59  
13.30.19 PAT DOTSON 58  
13.35.51 ANNE ADAMS 57  
14.30.85 ANITA L HAZEN 57  
14.32.78 JEAN MC INTYRE 56  
14.47.47 BOBBI TURCOTTE 58  
15.38.24 MARY LEE WATSON 63  
16.44.31 BETH BLICKFELDT 59  
18.21.62 JOANN MARSHALL 60  
1500 MTR FREESTYLE WOMEN 55-59  
23.55.10 C WALKER 1983  
25.15.25 ANNE B ADAMS 57  
25.49.68 BETTY RUSS 57 NATLS  
25.57.56 JUNE KRAUSER 59  
26.42.13 ANITA HAZEN 57  
27.05.00 JEAN MC INTYRE 56  
27.56.20 BOBBI TURCOTTE 58  
28.04.70 EDIE GRUENDER 56  
28.52.78 MARY LEE WATSON 63  
29.00.60 LISA BOGATTO 57  
29.02.40 JANET VOLVER 56  
50 MTR BACKSTROKE WOMEN 55-59  
39.17 C WALKER 1983  
42.04 GAIL ROPER 56  
43.84 CYNTHIA BRUCE 57  
45.77 ANNE B ADAMS 57  
46.94 DORRES FOSTER 57  
47.10 JEAN MC INTYRE 56  
47.23 BERNICE GREETHAM 58  
47.78 BOBBI TURCOTTE 58 NATLS  
48.01 FLORENCE E CARR 59  
48.77 RUTH KAZEE 55  
49.58 EILEEN M HEINONEN 59  
100 MTR BACKSTROKE WOMEN 55-59  
1.27.61 C WALKER 1983  
01.34.20 GAIL ROPER 56  
01.38.40 CYNTHIA BRUCE 57  
01.39.09 ANNE B ADAMS 57  
01.42.43 BERNICE GREETHAM 58  
01.43.03 JEAN MC INTYRE 56  
01.43.15 RUTH KAZEE 55  
01.43.54 PATRICIA S DOTSON 57  
01.44.46 BOBBI TURCOTTE 58  
01.47.69 BETTY RUSS 58  
01.49.79 JUNE KRAUSER 59  
200 MTR BACKSTROKE WOMEN 55-59  
3.11.43 C WALKER 1982  
03.18.37 GAIL ROPER 56  
03.35.04 JEAN MC INTYRE 56  
03.36.47 ANNE B ADAMS 57  
03.46.88 BOBBI TURCOTTE 58  
03.47.01 PATRICIA S DOTSON 57  
03.49.42 FLORENCE E CARR 59  
03.50.97 ELFRIDE A ROGERS 57  
03.51.02 RUTH KAZEE 55  
03.51.08 BETTY RUSS 58  
03.52.10 JUNE KRAUSER 59  
50 MTR BRESTSTROKE WOMEN 55-59  
43.82 C WALKER 1983-4  
44.30 GAIL ROPER 56  
49.83 BETH BLICKFELDT 59  
50.06 DOROTHY KANEHL 57  
50.44 ALICIA COLEMAN 57  
52.12 MARIANNA HAGAN 56 NATLS  
52.35 JUNE KRAUSER 59  
52.35 ANNE B ADAMS 57  
52.23 ELFRIDE A ROGERS 57  
52.29 LOTTE CLARK 55  
53.52 JANET VOLVER 56  
100 MTR BRESTSTROKE WOMEN 55-59  
1.36.32 G ROGERS 1985  
01.36.32 GAIL ROPER 56 CA 7/13  
01.47.79 DOROTHY KANEHL 57  
01.48.93 EDIE GRUENDER 56  
01.51.64 MARIANNA HAGAN WG  
01.52.29 BETH BLICKFELDT 59  
01.52.30 TINK BOLSTER 57 NATLS  
01.53.87 ELFRIDE A ROGERS 57  
01.55.24 JANET VOLVER 56  
01.55.38 JUNE KRAUSER 59  
01.55.47 ANNE B ADAMS 57  
200 MTR BRESTSTROKE WOMEN 55-59  
3.32.78 G ROPER 1985  
03.32.78 GAIL ROPER 56 CA 7/27  
03.55.16 BETH BLICKFELDT 59  
03.58.29 JUNE KRAUSER 59  
03.58.47 DOROTHY KANEHL 57  
04.02.93 MARIANNA HAGAN 56 NAT  
04.03.16 TINK BOLSTER 57  
04.03.31 ELFRIDE A ROGERS 57  
04.04.91 LOTTE CLARK 55  
04.18.71 JANET VOLVER 56  
04.31.74 STEFANENA KYSOR WG  
50 MTR BUTTERFLY WOMEN 55-59  
35.29 G ROPER 1985  
37.48 PATRICIA DOTSON 58  
39.70 ANNE B ADAMS 57  
42.84 RUTH KAZEE WG  
43.04 EDIE GRUENDER 56  
43.50 JUNE KRAUSER 59  
44.15 FLORENCE A CARR 59  
47.36 NATALIE NIELSON 57  
47.88 JEAN TROY 58  
49.90 BERNICE GREETHAM 58  
100 MTR BUTTERFLY WOMEN 55-59  
1.27.49 G ROPER 1985  
01.27.49 GAIL P ROPER 56 WG  
01.36.81 ANNE B ADAMS 57  
01.38.85 JUNE KRAUSER 59  
01.39.62 PATRICIA S DOTSON WG  
01.46.46 BETTY RUSS 58  
01.48.97 EDIE GRUENDER 56  
01.51.26 TINK BOLSTER 57  
01.52.50 MARIANNA HAGAN WG  
01.52.96 JEAN TROY 58  
02.02.00 DOROTHY LA PORTE 55  
200 MTR BUTTERFLY WOMEN 55-59  
3.19.84 G ROPER 1985  
03.19.84 GAIL ROPER 56 NATLS  
03.34.00 BETTY RUSS 57  
03.39.34 JUNE KRAUSER 59  
03.45.72 ANNE B ADAMS 57  
03.57.54 EDIE GRUENDER 56  
04.01.10 TINK BOLSTER 57  
04.04.69 MARIANNA HAGAN WG  
04.21.89 ELFRIDE A ROGERS 57  
04.27.98 DOROTHY LA PORTE 56  
04.33.79 BOBBI TURCOTTE 58  
200 MTR IND.MEDLEY WOMEN 55-59  
3.07.65 G ROPER 1985  
03.07.65 GAIL ROPER 56 CA 7/13  
03.32.72 ANNE B ADAMS 57  
03.37.86 PATRICIA DOTSON 58  
03.38.56 JUNE KRAUSER 59 NATLS  
03.46.08 EDIE GRUENDER 56  
03.48.36 ELFRIDE A ROGERS 57  
03.49.41 BERNICE GREETHAM 58  
03.53.28 TINK BOLSTER 57  
04.04.00 BOBBI TURCOTTE 58  
04.04.92 JANET VOLVER 56  
400 MTR IND.MEDLEY WOMEN 55-59  
6.42.05 G ROPER 1985  
06.42.05 GAIL P ROPER 56 WG  
07.29.93 JUNE KRAUSER 59 NATLS  
07.33.68 BETTY RUSS 57  
07.34.97 ANNE B ADAMS 57  
08.05.49 EDIE GRUENDER 56  
08.15.51 ELFRIDE A ROGERS 57  
08.20.81 MARIANNA HAGAN WG  
08.26.69 BOBBI TURCOTTE 58  
08.38.05 JEAN MC INTYRE 56  
09.03.22 MARGARET WELLS 59  
\*\*\*\*50 MTR FREESTYLE W60-64\*\*\*\*  
35.08 D DONNELLY 1985  
35.08 DOROTHY DONNELLY 63 NATL  
37.82 CATHERINE WILLIAMS 61  
38.60 CHARLOTTE COSTELLO 62  
38.68 DOROTHY LA CHASSE 61  
38.83 JEANNE D MERRYMAN 62  
39.62 SHIRLEY ERICKSON 61  
40.88 RUTH H BAAR 58  
41.50 BILLY ANN BURRILL 64  
41.66 BETSY MONTGOMERY 60  
42.17 ALICIA COLEMAN 60  
100 MTR FREESTYLE WOMEN 60-64  
1.20.10 D RESSIGUIE 1981  
01.20.60 DOROTHY L DONNELLY 63  
01.23.90 FLORENCE E CARR 60  
01.29.00 CHARLOTTE COSTELLO 62  
01.29.69 SHIRLEY ERICKSON 61  
01.32.03 DOROTHY LA CHASSE 61  
01.32.12 RUTH BAAR 62  
01.33.45 NANCY PHILLIPS 64  
01.34.18 BETSY MONTGOMERY 60  
01.34.57 RUTH MANFREDI 61  
01.34.85 MURIEL FLYNN 62  
200 MTR FREESTYLE WOMEN 60-64  
3.00.41 D RESSIGUIE 1981  
03.06.79 FLORENCE CARR 60 NATL  
03.10.73 DOROTHY L DONNELLY 63  
03.22.23 SHIRLEY ERICKSON 61  
03.25.64 RUTH BILLARD 62  
03.26.91 BETSY MONTGOMERY 60  
03.27.49 RUTH MANFREDI 61  
03.28.67 MARY LEE WATSON 63  
03.29.37 RUTH BAAR 62  
03.29.95 ALICE YASEK 60  
03.30.17 DOROTHY LA CHASSE 61  
400 MTR FREESTYLE WOMEN 60-64  
6.34.26 D RESSIGUIE 1981  
06.38.15 FLORENCE E CARR 60  
06.58.60 SHIRLEY ERICKSON 61  
07.05.00 RUTH MANFREDI 61  
07.12.55 MARY LEE WATSON 63  
07.14.73 BETSY MONTGOMERY 60  
07.18.67 GRACE ALTUS 61  
07.26.68 MURIEL FLYNN 62  
07.27.29 RUTH BAAR 62  
07.29.96 DOROTHY L DONNELLY 63  
07.36.55 NAN BLACKLEDGE 60  
800 MTR FREESTYLE WOMEN 60-64  
15.08.69 R BILLARD 1985  
15.08.69 RUTH BILLARD 62  
15.21.02 NANCY PHILLIPS 63  
15.28.24 MARY LEE WATSON 63  
15.31.25 MURIEL FLYNN 62  
15.48.75 BILLIE BURRILL 64  
18.08.70 RENEE LANDEAU 61  
18.21.62 JOANN MARSHALL 60  
18.28.15 MARFORIE RASE 61  
18.46.91 MAISIE SCIBORSKI 61  
21.00.61 MARYANN BURKE 60  
1500 MTR FREESTYLE WOMEN 60-64  
26.17.11 F CARR 1985  
26.17.11 FLORENCE CARR 60 NATL  
26.34.56 SHIRLEY ERICKSON 61  
28.12.38 GRACE ALTUS 61  
28.53.32 NANCY PHILLIPS 64  
29.30.62 RUTH BAAR 62  
29.42.31 NAN L BLACKLEDGE 60  
30.01.33 RUTH MANFREDI 61  
31.22.53 BILLIE ANN BURRILL 64  
31.43.61 ELINOR WRIGHT 61  
33.20.60 HAZEL M TURNER 61  
50 MTR BACKSTROKE WOMEN 60-64  
41.41 D STEADMAN 1985  
41.41 DORIS STEADMAN 60 NATLS  
45.52 CATHERINE WILLIAMS 61  
46.29 DOROTHY LA CHASSE 61  
47.94 JEANNE D MERRYMAN 62  
49.35 DOROTHY DONNELLY 63  
49.75 SARAH T ALLNUTT 61  
50.02 SHIRLEY ERICKSON 61  
50.23 NANCY PHILLIPS 64  
50.70 PATSY E WEISS 60  
51.09 NANCY W SCHEPPERLE WG  
100 MTR BACKSTROKE WOMEN 60-64  
1.32.69 D STEADMAN 1985  
01.32.69 DORIS STEADMAN 60 NATL  
01.39.97 CATHERINE WILLIAMS 61  
01.42.70 DOROTHY LA CHASSE 61  
01.47.63 ALICIA COLEMAN 60  
01.49.78 JEANNE MERRYMAN 62  
01.49.94 SHIRLEY ERICKSON 61  
01.50.86 SARAH T ALLNUTT WG  
01.53.61 NANCY PHILLIPS 64  
01.56.66 MARY GDE 60  
200 MTR BACKSTROKE WOMEN 60-64  
3.24.02 D STEADMAN 1985  
03.24.02 DORIS STEADMAN 60 NATL  
03.34.29 CATHERINE WILLIAMS 61  
03.39.14 DOROTHY LA CHASSE 61  
03.41.07 FLORENCE E CARR 60  
03.48.84 PATSY WEISS 62  
03.49.52 DOROTHY L DONNELLY 63  
03.52.60 SHIRLEY ERICKSON 61  
03.53.60 JEANNE D MERRYMAN 62  
03.54.48 NANCY PHILLIPS 64  
04.00.66 MARY LEE WATSON 63  
50 MTR BRESTSTROKE WOMEN 60-64  
45.86 C COSTELLO 1983  
46.81 ALICIA COLEMAN 60  
48.01 CHARLOTTE COSTELLO 62  
49.44 PATSY WEISS 62  
50.22 SANDY STINSON 62  
51.90 DOROTHY DONNELLY 63  
52.31 SARAH ALLNUTT WG  
54.69 MAUDE SCHULZE 60  
54.88 MURIEL FLYNN 62  
54.96 JAE HOWELL 62  
55.15 DOROTHY LA CHASSE 61  
100 MTR BRESTSTROKE WOMEN 60-64  
1.43.73 C COSTELLO 1983  
01.45.99 CHARLOTTE COSTELLO 62  
01.49.26 PATSY WEISS 62  
01.52.67 SANDY STINSON 62  
01.56.31 SARAH T ALLNUTT WG  
01.59.21 MURIEL FLYNN 62  
02.00.14 MAUDE SCHULZE 60  
02.01.28 JAE HOWELL 62  
02.03.06 SHIRLEY ERICKSON 61  
02.07.90 DORIS PETERS WG  
02.24.31 CORRIENNE BRESSLER 60  
200 MTR BRESTSTROKE WOMEN 60-64  
3.54.87 C COSTELLO 1983  
03.56.23 PATSY WEISS 62 NATLS  
03.56.51 CHARLOTTE COSTELLO 62  
03.56.56 ALICIA COLEMAN 60  
04.07.20 SARAH ALLNUTT WG  
04.12.46 SANDY STINSON 62  
04.13.77 MURIEL FLYNN 62  
04.21.89 JAE HOWELL 62  
04.26.77 NAN BLACKLEDGE 60  
05.12.94 RENEE LANDEAU 61  
05.13.50 VIVIAN O GOBLE 61  
50 MTR BUTTERFLY WOMEN 60-64  
41.94 C WILLIAMS 1984  
42.99 CATHERINE WILLIAMS WG  
43.90 C COSTELLO 62 NATLS  
45.17 SHIRLEY ERICKSON 61  
45.26 JEANNE MERRYMAN 61  
45.98 FLORENCE E CARR WG  
50.13 DOROTHY LA CHASSE 61  
50.60 SARAH T ALLNUTT WG  
50.93 DOROTHY DONNELLY 63  
51.11 SANDY STINSON 62  
54.58 GRACE ALTUS 61  
100 MTR BUTTERFLY WOMEN 60-64  
1.38.21 J EPPLEY 1980  
01.47.54 C COSTELLO 62 NATLS  
01.57.87 SHIRLEY ERICKSON 51  
02.05.44 SANDY STINSON 62  
02.12.10 GRACE ALTUS 61  
02.14.18 MAUDE SCHULZE 60  
02.17.66 JAE HOWELL WG  
02.23.57 BABS CARTER 61  
02.35.25 MARY JANE SCHAFFER 62  
03.28.74 MAISIE SCIBORSKI 61  
03.53.55 ELFIE STEVENIN 63  
200 MTR BUTTERFLY WOMEN 60-64  
3.48.20 J EPPLEY 1980  
04.17.48 SHIRLEY ERICKSON 61  
04.25.82 RUTH MANFREDI 61  
04.32.19 SANDY STINSON 62  
04.52.12 GRACE ALTUS 61  
05.33.40 RENEE LANDEAU 61  
06.18.84 MARY JANE SCHAFFER 62  
07.59.02 ELFIE STEVENIN 63  
200 MTR IND.MEDLEY WOMEN 60-64  
3.33.60 F CARR 1985  
03.33.60 F CARR 60 NATLS  
03.44.01 DOROTHY LA CHASSE 61  
03.45.45 CATHERINE WILLIAMS WG  
03.47.56 DOROTHY L DONNELLY 63  
03.52.23 SHIRLEY ERICKSON 61  
03.56.22 RUTH MANFREDI 61  
03.56.61 CHARLOTTE COSTELLO WG  
03.57.39 PATSY WEISS 62  
03.57.42 SANDY STINSON 623  
04.00.25 RUTH BILLARD 61  
400 MTR IND.MEDLEY WOMEN 60-64  
7.48.30 D RESSIGUIE 1981  
07.50.25 FLORENCE E CARR WG  
08.14.70 SHIRLEY ERICKSON 61  
08.22.88 RUTH BILLARD 62  
08.26.32 PATSY WEISS 62  
08.32.01 MURIEL FLYNN 62  
08.39.02 SANDY STINSON 62  
08.44.21 NAN BLACKLEDGE 60  
08.53.30 RUTH MANFREDI 61  
08.58.07 GRACE ALTUS 61  
08.58.13 DOROTHY L DONNELLY WG  
36.97 D MUSSELMAN 1980  
39.41 LOUISE KELLEY 67 NATLS  
42.08 JEAN BOOTH PIERETTI 65  
42.13 JANET MULLIGAN 67  
43.02 JANE A MC COLLISTER 66  
43.31 AUDREY H ETIENNE 68  
44.15 ZADA W TAFT 66  
44.40 NORMA HOFFRICHTER 66  
45.85 BETTY BRETON 66  
45.89 RITA SIMONTON 67  
46.06 LOUISE JOHSON 66  
100 MTR FREESTYLE WOMEN 65-69  
1.28.40 D MUSSELMAN 1982  
01.33.08 LOUISE KELLEY 67 NATLS  
01.38.24 JANE A MC COLLISTER 66  
01.58.67 JOAN D OSBORNE 68  
01.39.15 NORMA HOFFRICHTER 66  
01.39.51 JEAN BOOTH PIERETTI 65  
01.44.05 AUDREY H ETIENNE 68  
01.46.94 GERTRUD ZINT 67  
01.47.49 BETTY BRETON 66  
01.50.64 BETTY KENDALL 65  
01.51.27 MARY JANE REEVES WG  
200 MTR FREESTYLE WOMEN 65-69  
3.24.23 J MC COLLISTER 1984  
03.31.96 JANE A MC COLLISTER 66  
03.34.90 LOUISE KELLEY 67 NATLS  
03.36.23 RITA SIMONTON 66  
03.41.21 JOAN D OSBORNE 69  
03.45.37 JEANNETTE EPPLEY 65  
03.46.33 YVONNE FIRSCHERTZ 67  
03.48.05 NORMA HOFFRICHTER 66  
03.50.37 NANCY PHILLIPS 63  
03.53.09 JEAN BOOTH PIERETTI 65  
03.54.62 ZADA W TAFT 66  
400 MTR FREESTYLE WOMEN 65-69  
7.11.84 J MC COLLISTER 1984  
07.22.50 JANE A MC COLLISTER 66  
07.29.75 LOUISE KELLEY 67 NATLS  
07.40.59 JOAN D OSBORNE 68  
07.46.05 JEANNETTE EPPLEY 65  
08.05.27 YVONNE FIRSCHERTZ 67  
08.11.08 JEAN BOOTH PIERETTI 65  
08.21.88 ZADA W TAFT 66  
08.32.05 BETTY SPEARS 67  
08.32.27 BETTY KENDALL 65  
08.35.50 MARY JANE REEVES WG  
800 MTR FREESTYLE WOMEN 65-69  
15.07.98 J MC COLLISTER 1985  
15.07.98 JANE A MC COLLISTER 66  
16.08.72 JOAN D OSBORNE 68  
17.07.30 JEAN PIERETTI 65  
17.51.79 GERTRUD ZINT 67  
17.52.37 BETTY KENDALL 65  
19.16.24 MAXINE CARLSON 65  
19.44.00 RUTH WUNDERLICH 66  
21.09.51 MARY M KELLOGG 68  
21.41.77 ROSE STEWARD 67  
1500 MTR FREESTYLE WOMEN 65-69  
28.26.39 J MC COLLISTER 1984  
28.55.96 JANE A MC COLLISTER 66  
30.14.34 RITA SIMONTON 66  
30.26.58 LOUISE KELLEY 67  
30.46.46 JEANNETTE EPPLEY 67  
30.52.42 JOAN D OSBORNE 68  
32.11.79 Y FRISCHERTZ 67 NATLS  
33.25.67 ZADA W TAFT 66  
34.20.85 BETTY NELSON 66  
34.49.39 MARY JANE REEVES 68  
35.40.09 BARBARA COLBETH 65  
50 MTR BRESTSTROKE WOMEN 65-69  
45.00 OPEN W V-RYSEL 1982  
47.31 D MUSSELMAN 1980  
50.20 Y FRISCHERTZ 67 NATLS  
50.22 JANET J MULLIGAN 67  
51.61 ZADA W TAFT 66  
52.45 GERTRUD ZINT 67  
52.62 LOU HEATH 66  
53.26 LOUISE KELLEY 67  
55.95 BARBARA GOLSETH 65  
56.35 NORMA HOFFRICHTER 66  
57.62 SALLY JOY 68  
57.81 AUDREY H ETIENNE 68  
100 MTR BACKSTROKE WOMEN 65-69  
1.43.73 OPEN W V-RYSEL 1982  
1.46.95 D MUSSELMAN 1980  
01.51.13 MARDIE BROWN 68 NATLS  
01.51.13 Y FRISCHERTZ 67 NATLS  
01.53.14 LOU HEATH 65  
01.58.06 RITA SIMONTON 67  
01.59.83 GERTRUD ZINT 67  
01.69.11 ZADA W TAFT 66  
02.00.03 LOUISE KELLEY 67  
02.04.43 BARBARA GOLSETH 65  
02.04.58 MARGARET SAMSON 68  
02.07.42 AUDREY H ETIENNE 68  
200 MTR BACKSTROKE WOMEN 65-69  
3.50.16 M BROWN 1982  
03.53.66 Y FRISCHERTZ 67 NATLS  
04.07.76 LOU HEATH 65  
04.12.95 ZADA W TAFT 66  
04.22.82 GERTRUD ZINT 67  
04.28.71 BARBARA GOLSETH 65  
04.34.16 MAXINE CARLSON 65  
04.34.28 MIRIAM JENNINGS 68  
04.34.61 MARGARET G SAMSON 68  
04.34.91 MIRIAM JENNINGS 65  
04.39.86 PAT L MATTHESEN 69  
50 MTR BRESTSTROKE WOMEN 65-69  
49.22 B ZINT 1984  
49.98 GERTRUD ZINT 67 NATLS  
54.75 SALLY JOY 68  
54.78 DOROTHEA WOODSIDE 68  
57.67 NORMA HOFFRICHTER 66  
58.59 JOAN D OSBORNE 69  
62.11 PAT L MATTHESEN 69  
62.61 LIBBY D POOLE 65  
62.98 MARIE J KREIPE WG  
63.60 FRAN ZEUMER 65  
63.63 ELIZABETH COLBURN 67  
100 MTR BRESTSTROKE WOMEN 65-69  
1.50.29 G ZINT 1983  
01.54.25 GERTRUD ZINT 67 NATLS  
02.05.45 DOROTHEA WOODSIDE 68  
02.07.20 NORMA HOFFRICHTER 66  
02.09.09 SALLY JOY 68  
02.10.38 MARDIE BROWN 69  
02.17.48 MARY WENTWORTH 69  
02.17.57 BARBARA GOLSETH 65  
02.19.58 MARGARET SAMSON 68  
02.20.03 PAT MATTHESEN 69  
02.22.50 HELEN ROUMASSET 69

200 MTR BREASTSTROKE WOMEN 65-69  
. 4.05.90 G ZINT 1984  
04.17.08 GERTRUD ZINT 67 NATLS  
04.32.32 BETTY SPEARS 67  
04.32.98 DOROTHEA WOODSIDE 68  
04.49.95 MARGARET SARSON WG  
04.50.61 SALLY JOY WF  
05.04.61 KAY SCHIMPF 67  
05.10.66 BARBARA GOLSETH 68  
05.19.10 PAT L MATTHIESSEN 69  
05.22.69 HELEN ROUMASSET 69  
05.25.77 LIBBY D POOLE 65  
50 MTR BUTTERFLY WOMEN 65-69  
. 50.33 V THOMPSON 1983  
45.69 JEANNETTE EPPLEY 65 NV  
53.83 GERTRUD ZINT 67  
55.66 JOAN OSBORNE 69 NATLS  
56.75 ZADA W TAFT 66  
58.22 SALLY JOY 67  
64.08 KAY SCHIMPF 67  
64.85 AUDEY H ETIENNE 68  
65.65 RACHEL M ERWIN 65  
65.89 JEN BAKER 65  
66.97 PAT L MATTHIESSEN 69  
100 MTR BUTTERFLY WOMEN 65-69  
. 2.01.18 M MERLINO 1979  
01.52.80 JEANNETTE EPPLEY 65 N  
02.08.18 ZADA W TAFT 66  
02.10.03 MARDIE BROWN 68 NATLS  
02.11.05 RITA SIMONTO 67  
02.25.77 GERTRUD ZINT 67  
02.28.07 JEAN BAKMEIS 65  
02.28.53 PAT L MATTHIESSEN 69  
02.30.69 BARBARA GOLSETH 65  
02.31.99 MARY WENTWORTH 69  
02.52.12 AUDEY H ETIENNE 68  
200 MTR BUTTERFLY WOMEN 65-69  
. 4.28.41 M MERLINO 1978  
04.12.77 JEANNETTE EPPLEY 65 N  
04.25.24 MIMI LEE 65  
04.46.27 ZADA W TAFT 66  
05.05.16 KAY SCHIMPF 67  
05.11.10 MARY WENTWORTH 69 NAT  
05.23.07 BARBARA GOLSETH 65  
05.28.23 MIRIAM JENNINGS 65  
05.28.69 PAT L MATTHIESSEN 69  
05.54.40 HELEN ROUMASSET 69  
06.07.19 ROSEMARY KARIKER 66  
200 MTR IND.MEDLEY WOMEN 65-69  
. 4.03.05 M LEE 1985  
04.03.05 MIMI LEE 65 DC B/3  
04.10.91 RITA SIMONTO 66  
04.11.17 MARDIE BROWN 68 NATLS  
04.11.66 JEANNETTE EPPLEY 65  
04.12.03 JOAN OSBORNE 69  
04.19.19 GERTRUD ZINT 67  
04.27.02 ZADA TAFT 66  
04.43.47 KAY SCHIMPF 67  
04.45.28 BARBARA GOLSETH 65  
04.48.23 MARY WENTWORTH 69  
400 MTR IND.MEDLEY WOMEN 65-69  
. 8.31.05 M LEE 1985  
08.31.05 MIMI LEE 65 DC 7/14  
08.53.88 RITA SIMONTO 67  
09.03.07 JEANNETTE EPPLEY 65  
09.12.03 ZADA W TAFT 66  
09.17.08 MARDIE BROWN 68 NATLS  
09.46.77 AUDEY H ETIENNE 68  
09.46.96 KAY SCHIMPF 68  
09.48.68 BARBARA GOLSETH 65  
10.01.67 PAT L MATTHIESSEN 69  
10.13.15 MARY WENTWORTH 69  
\*\*\*\*50 MTR FREESTYLE W70-74\*\*\*\*  
. 39.29 D MUSSELMAN 1983  
43.05 NANCY CLARK 71 NATLS  
44.50 MARJORY TOLAND 70  
45.20 MARIE WICKLUN 71  
45.43 DAWN MUSSELMAN 72  
48.86 WIN KENNEDY 72  
49.89 MAXINE MERLINO 73  
52.04 MARY LATHRAM 70  
53.22 AMELIA HABICH 70  
55.14 HELEN ROUMASSET 70  
55.22 MARIE KELLEHER 72  
100 MTR FREESTYLE WOMEN 70-74  
. 1.34.28 D MUSSELMAN 1983  
01.40.88 NANCY CLARK 71 NATLS  
01.52.83 MAXINE MERLINO 73  
01.53.13 MARIE WICKLUN 71  
02.03.19 MARY LATHRAM 70  
02.03.85 HELEN OFFENHAUSER 73  
02.04.95 GENEVA G KAHRIS 71  
02.08.35 HELEN ROUMASSET 70  
02.10.68 MARIE KELLEHER 72  
02.11.01 EDIE GOLDMAN 74  
02.12.03 LEE HOLM 70  
200 MTR FREESTYLE WOMEN 70-74  
. 3.34.67 L WINGARD 1984  
03.48.11 NANCY CLARK 71 NATLS  
04.00.22 MARIE WICKLUN 71  
04.09.62 MAXINE MERLINO 73  
04.16.93 JEAN D DURSTON 71  
04.20.77 GENEVA G KAHRIS 71  
04.22.34 HELEN OFFENHAUSER 73  
04.42.83 MARIE KELLEHER 72  
04.45.78 MARIE HEYER 70  
04.47.66 LEE HOLM 70  
04.51.78 RUTH RIDENOUR 70  
400 MTR FREESTYLE WOMEN 70-74  
. 7.51.94 M MERLINO 1984  
08.04.87 NANCY CLARK 71 NATLS  
08.08.39 MAXINE MERLINO 73  
08.52.51 JEAN D DURSTON 71  
09.17.61 HELEN OFFENHAUSER 73  
09.26.74 GENEVA G KAHRIS 71  
09.55.25 MARIE KELLEHER 72  
09.55.33 MARY LATHRAM 70  
09.59.68 LEE HOLM 70  
10.08.20 EDIE GOLDMAN 74  
10.08.64 RUTH RIDENOUR 70  
800 MTR FREESTYLE WOMEN 70-74  
. 16.50.09 M CLARK 1985  
16.50.09 NANCY CLARK 71  
18.37.05 HELEN OFFENHAUSER 73  
20.29.86 LEE HOLM 70  
21.23.90 JANET MESERVEY 70  
21.29.13 WIN KENNEDY 72  
24.40.16 RUTH ZWEIFEL 72

1500 MTR FREESTYLE WOMEN 70-74  
. 31.04.57 M MERLINO 1983  
32.15.08 NANCY CLARK 71 NATLS  
33.09.03 JEAN D DURSTON 71  
37.32.03 GENEVA G KAHRIS 71  
38.36.76 LEE HOLM 70  
38.38.44 RUTH RIDENOUR 70  
38.55.85 MARIE HEYER 70  
42.55.50 RUTH V COOPER 73  
47.48.38 RUTH L ZWEIFEL 72  
52.57.73 MILDRED ANDERSON 71  
50 MTR BACKSTROKE WOMEN 70-74  
. 48.75 M TOLAND 1985  
48.75 MARJORY TOLAND 70 NATLS  
52.20 MARIE WICKLUN 71  
59.74 MARY LATHRAM 70  
60.03 NANCY CLARK 71  
61.08 MADELINE MILLER 74  
63.02 MAXINE MERLINO 73  
63.65 HELEN ROUMASSET 70  
64.14 GENEVA G KAHRIS 71  
64.50 EDIE GOLDMAN 74  
67.61 MARION MUELLER 73  
100 MTR BACKSTROKE WOMEN 70-74  
. 1.51.41 D MUSSELMAN 1983  
01.57.94 MARIE WICKLUN 71  
02.13.32 HELEN ROUMASSET 70  
02.14.49 MAXINE MERLINO 73  
02.15.42 MARIE HEYER 70  
02.16.66 MADELEINE MILLER 74  
02.17.33 NANCY CLARK 71  
02.19.09 EDIE GOLDMAN 74  
02.20.64 GENEVA G KAHRIS 71  
02.26.18 MILDRED ANDERSON 71  
02.27.13 JANET MESERVEY 70  
200 MTR BACKSTROKE WOMEN 70-74  
. 4.02.01 MARIE WICKLUN 1984  
04.07.93 MARIE WICKLUN 71 NATLS  
04.38.19 MADELINE MILLER 74  
04.43.08 MARY LATHRAM 70  
04.47.94 HELEN ROUMASSE T70  
04.56.51 HELEN OFFENHAUSER 73  
04.56.82 GENEVA G KAHRIS 71  
05.05.73 MILDRED ANDERSON 71  
05.07.81 JANET MESERVEY 70  
05.27.01 LOIS ELLERT 70  
05.42.28 HILDA G BUEL 71  
50 MTR BREASTSTROKE WOMEN 70-74  
. 59.79 M MERLINO 1983  
01.04.61 HELEN ROUMASSET 70  
01.06.22 M MILLER 74 NATLS  
01.08.55 MAXINE MERLINO 73  
01.08.99 JANET MESERVEY 70  
01.10.51 MILDRED ANDERSON 71  
01.10.75 INGE T WEIL 73  
01.11.48 MARION JOHNSON 74  
01.12.28 HILDA G BUEL 71  
01.14.52 DAWN MUSSELMAN 72  
01.16.12 EDIE GOLDMAN 74  
100 MTR BREASTSTROKE WOMEN 70-74  
. 2.06.46 M MERLINO 1982  
02.13.17 MAXINE MERLINO 72  
02.24.84 HELEN ROUMASSET 70  
02.27.42 M MILLER 74 NATLS  
02.30.25 HILDA BUEL 71  
02.34.13 MILDRED ANDERSON 71  
02.35.54 JANET MESERVEY 70  
02.36.94 ANNE WILDER 71  
02.37.00 INGE I WEIL 73  
02.41.89 EDIE GOLDMAN 74  
02.47.17 MARION JOHNSON 74  
200 MTR BREASTSTROKE WOMEN 70-74  
. 4.26.93 M MERLINO 1982  
04.42.66 MAXINE MERLINO 72  
05.17.11 M ANDERSON 71 NATLS  
05.21.74 MADELEINE MILLER 74  
05.22.48 HELEN ROUMASSET 70  
05.23.72 JANET MESERVEY 70  
05.38.19 ANNE WILDER 71  
05.45.22 INGE T WEIL 73  
05.53.05 HILDA G BUEL 71  
06.17.05 HELEN OFFENHAUSER 73  
07.25.94 DOROTHY RIDORDAN 73  
50 MTR BUTTERFLY WOMEN 70-74  
. 57.52 OPEN V CHERRIMAN 1982  
. 58.94 W KENNEDY 1983  
01.05.20 MAXINE MERLINO 72  
01.03.69 WIN KENNEDY 72  
01.08.31 JEAN D DURSTON 71  
01.09.03 ANNE WILDER 71 NATLS  
01.09.72 HELEN ROUMASSET 70  
01.10.71 NANCY CLARK 70  
01.19.48 MILDRED ANDERSON 71  
01.19.48 HELEN OFFENHAUSER 73  
01.22.40 HILDA G BUEL 71  
01.24.76 RUTH V COOPER 73  
100 MTR BUTTERFLY WOMEN 70-74  
. 2.11.66 M MERLINO 1982  
02.14.11 MAXINE MERLINO 72  
02.34.51 HELEN ROUMASSET 70  
02.35.49 WIN KENNEDY 72  
02.51.73 HILDA G BUEL 71  
03.16.73 MILDRED ANDERSON 71  
03.28.39 EDIE GOLDMAN 74  
03.42.09 RUTH V COOPER 73  
200 MTR BUTTERFLY WOMEN 70-74  
. 4.37.05 M MERLINO 1982  
04.35.49 WIN KENNEDY 72  
04.50.11 MAXINE MERLINO 72  
05.06.72 JEAN D DURSTON 71  
05.58.47 HILDA BUEL 71  
05.59.94 HELEN ROUMASSET 70  
07.05.10 HELEN OFFENHAUSER 73  
07.08.93 MILDRED ANDERSON 71  
09.04.39 ANNE WILDER 71  
200 MTR IND.MEDLEY WOMEN 70-74  
. 4.10.91 M MERLINO 1982  
04.32.01 MAXINE MERLINO 72  
04.57.68 JEAN D DURSTON 71  
05.07.06 HELEN ROUMASSET 70  
05.20.53 HILDA BUEL 71 NATLS  
05.25.12 MILDRED ANDERSON 71  
05.24.21 HELEN OFFENHAUSER 73  
05.31.47 EDIE GOLDMAN 74  
05.51.05 ANNE WILDER 71  
05.59.23 RUTH RIDENOUR 70  
06.55.62 DOROTHY RIDORDAN 73  
400 MTR IND.MEDLEY WOMEN 70-74  
. 8.47.36 M MERLINO 1982

09.06.81 MAXINE MERLINO 72  
10.02.00 JEAN D DURSTON 71  
11.26.20 EVELYN SOMERS 78  
11.47.15 HILDA G BUEL 71  
12.13.16 RUTH RIDENOUR 70  
13.04.06 ANNE WILDER 71  
15.45.35 MILDRED ANDERSON 71  
\*\*\*\*50 MTR FREESTYLE W75-79\*\*\*\*  
. 45/58 OPEN V CHERRIMAN 1984  
. 48.18 J DOLCE 1984  
00.50.23 JULIA DOLCE 76 NATLS  
00.53.49 BEE JOHNSTON 75  
00.55.58 ANNE M THOMPSON 75  
00.59.53 DOROTHY HOPKINS 75  
01.02.61 CELIA C BALLARD 75  
01.05.12 BETTY ETCHALLS 75  
01.05.72 KATHERINE PELTON 79  
01.06.91 MARCELLA LAMMEY 76  
01.12.41 TILLY WEIL 76  
01.12.56 MYRTLE E SMITH 75  
100 MTR FREESTYLE WOMEN 75-79  
. 1.46.47 OPEN V CHERRIMAN 1984  
. 1.50.49 J DOLCE 1984  
01.54.38 JULIA DOLCE 76 NATLS  
02.02.38 BETTY ETCHALLS 75  
02.10.48 BEE JOHNSTON 75  
02.12.33 DOROTHY HOPKINS 75  
02.12.35 ANNE M THOMPSON 75  
02.17.15 CELIA C BALLARD 75  
02.17.50 RITA SHEPARD 76  
02.28.81 MARCELLA LAMMEY 76  
02.40.41 DORIS M YOUNG 78  
02.47.25 KATHERINE BARNUM 76  
200 MTR FREESTYLE WOMEN 75-79  
. 3.55.68 OPEN V CHERRIMAN 1984  
. 4.10.57 R SWITZER 1983  
04.24.09 JULIA DOLCE 76 NATLS  
04.42.90 CELIA BALLARD 76  
04.43.19 DOROTHY HOPKINS 75  
04.45.70 RITA SHEPARD 76  
05.07.22 MARCELLA LAMMEY 76  
05.57.55 DORIS M YOUNG 78  
06.48.57 HAZEL BRESSIE 76  
400 MTR FREESTYLE WOMEN 75-79  
. 7.26.79 OPEN V CHERRIMAN 84  
. 8.46.15 R SWITZER 1983  
09.26.00 JULIA DOLCE 76 NATLS  
09.52.43 DOROTHY HOPKINS 75  
09.57.44 CELIA BALLARD 75  
10.00.53 RITA SHEPARD 76  
10.40.16 MARCELLA LAMMEY 76  
11.26.20 EVELYN SOMERS 78  
11.32.00 KATHERINE PELTON 79  
12.25.66 DORIS M YOUNG 78  
13.41.79 HAZEL B BRESSIE 76  
800 MTR FREESTYLE WOMEN 75-79  
. 16.29.18 ANNE M THOMPSON 75  
. 16.29.18 ANNE M THOMPSON 75  
. 20.35.91 DOROTHY HOPKINS 75  
. 20.58.91 RITA SHEPARD 76  
. 22.08.18 ELIZABETH JOHNS 78  
. 24.19.89 EVELYN SOMERS 78  
. 27.51.37 HAZEL BRESSIE 76  
1500 MTR FREESTYLE WOMEN 75-79  
. 34.24.50 R SWITZER 1983  
36.54.04 JULIA DOLCE 76 NATLS  
37.19.10 CELIA C BALLARD 75  
40.02.08 DOROTHY HOPKINS 75  
43.09.90 ANNE M THOMPSON 75  
55.46.82 HAZEL B BRESSIE 76  
50 MTR BACKSTROKE WOMEN 75-79  
. 54.05 B JOHNSTON 1985  
00.54.05 BEE JOHNSTON 75 CA 2/23  
01.06.98 MARCELLA LAMMEY 76  
01.17.02 SALLY SCOTT 78  
01.17.02 DOROTHY HOPKINS 75  
01.21.16 ANNE M THOMPSON 75  
01.22.34 HAZEL BRESSIE 76  
01.24.52 BETTY ETCHALLS 75  
01.31.41 DORIS M YOUNG 78  
01.36.00 EVELYN SCHECHTEL 76  
01.39.94 ELIZABETH DIAZUS 75  
100 MTR BACKSTROKE WOMEN 75-79  
. 2.00.48 B JOHNSTON 1985  
02.00.48 BEE JOHNSTON 75 CA 2/23  
02.16.74 ELSA MATTILA 75  
02.28.43 JULIA DOLCE 76 NATLS  
02.34.28 DOROTHEA COLE 75  
02.39.33 RITA SHEPARD 76  
02.45.99 DOROTHY HOPKINS 75  
02.59.36 SALLY SCOTT 78  
03.01.24 BETTY ETCHALLS 75  
03.11.54 HAZEL BRESSIE 76  
03.28.73 DORIS M YOUNG 78  
200 MTR BACKSTROKE WOMEN 75-79  
. 3.59.09 B JOHNSTON 1985  
03.59.09 BEE JOHNSTON 75 CA 4/29  
04.42.61 ELSA MATTILA 75 NATLS  
05.10.77 MARCELLA LAMMEY 76  
05.22.26 RITA SHEPARD 76  
05.24.88 DOROTHEA E COLE 75  
05.33.45 DOROTHY HOPKINS 75  
06.26.77 SALLY SCOTT 78  
06.38.04 HAZEL B BRESSIE 76  
06.53.94 IRVA N BRUBACHER 79  
50 MTR BREASTSTROKE WOMEN 75-79  
. 1.06.70 E MATTILA 1985  
01.06.70 ELSA MATTILA 75 NATLS  
01.11.11 ELIZABETH JOHNS 75  
01.14.56 KATHERINE PELTON 79  
01.15.51 TILLY WEIL 76  
01.20.44 DOROTHY HOPKINS 75  
01.27.26 MARCELLA LAMMEY 76  
01.49.23 HAZEL BRESSIE 76  
01.50.08 L JERRY BENNETT 76  
01.52.35 KATHERINE BARNUM 76  
01.53.58 MYRTLE E SMITH 75  
100 MTR BREASTSTROKE WOMEN 75-79  
. 2.35.24 E MATTILA 1985  
02.35.24 ELSA MATTILA 75 DC 7/13  
02.57.51 KATHERINE PELTON 79  
03.16.03 DOROTHY HOPKINS 75  
04.03.27 HAZEL BRESSIE 76  
04.19.61 MYRTLE E SMITH 75  
200 MTR BREASTSTROKE WOMEN 75-79  
. 5.17.92 E MATTILA 1985  
05.17.92 ELSA MATTILA 75 NATLS  
05.51.73 ELIZABETH JOHNS 75  
06.07.89 KATHERINE PELTON 79

07.03.51 DOROTHY HOPKINS 76  
08.18.98 HAZEL BRESSIE 76  
09.59.98 MYRTLE E SMITH 75  
50 MTR BUTTERFLY WOMEN 75-79  
. 1.13.89 K FELTON 1982  
01.21.58 KATHERINE PELTON 79  
01.22.56 MARCELLA LAMMEY 76  
01.31.82 ANNE M THOMPSON 75  
01.32.86 DOROTHY HOPKINS 75  
01.40.86 L JERRY BENNETT 76  
01.43.98 RITA SHEPARD 76 NATLS  
02.16.81 HAZEL BRESSIE 76  
02.17.65 SALLY SCOTT 78  
100 MTR BUTTERFLY WOMEN 75-79  
. 2.43.25 E MATTILA 1985  
02.43.25 ELSA MATTILA 75 MD 8/4  
03.00.06 KATHERINE PELTON 79  
03.17.06 DOROTHY HOPKINS 75  
04.40.78 EVELYN SOMERS 78  
04.55.89 HAZEL BRESSIE 76  
04.59.68 SALLY SCOTT 78  
200 MTR BUTTERFLY WOMEN 75-79  
. 5.55.25 E MATTILA 1985  
05.55.25 ELSA MATTILA 75 NATLS  
07.09.40 DOROTHY HOPKINS 76  
09.36.08 EVELYN SOMERS 78  
09.52.58 SALLY SCOTT 78  
10.49.26 HAZEL B BRESSIE 76  
200 MTR IND.MEDLEY WOMEN 75-79  
. 5.09.44 E MATTILA 1985  
05.09.44 ELSA MATTILA 75 NATLS  
05.36.95 MARCELLA LAMMEY 76  
05.56.70 KATHERINE PELTON 79  
06.00.14 DOROTHY HOPKINS 76  
07.29.82 EVELYN SOMERS 78  
08.30.20 HAZEL B BRESSIE 76  
400 MTR IND.MEDLEY WOMEN 75-79  
. 10.38.15 E MATTILA 1985  
10.38.15 ELSA MATTILA 75 DC 7/14  
12.30.87 KATHERINE PELTON 79  
12.59.49 DOROTHY HOPKINS 75  
15.49.06 EVELYN SOMERS 78  
17.24.40 HAZEL BRESSIE 76  
\*\*\*\*50 MTR FREESTYLE W80-84\*\*\*\*  
. 1.00.77 M MC KECHNIE 1985  
01.00.77 MARIAN MC KECHNIE NATLS  
100 MTR FREESTYLE WOMEN 80-84  
02.54.37 MARTHA KELLER 83  
200 MTR FREESTYLE WOMEN 80-84  
. 5.24.06 M KELLER 1982  
06.06.08 ELIZABETH MAURIC 81  
06.45.43 MARTHA KELLER 84  
400 MTR FREESTYLE WOMEN 80-84  
. 11.18.98 M KELLER 1981  
11.34.65 MARIAN MC KECHNIE NATL  
13.39.11 MARTHA KELLER 83  
800 MTR FREESTYLE WOMEN 80-84  
.NO RECORD  
1500 MTR FREESTYLE WOMEN 80-84  
. 42.56.35 F WATKINS 1982  
45.12.99 KATHERINE PELTON 80  
46.24.10 ELIZABETH MAURIC 81  
47.10.05 MARIAN MC KECHNIE NATL  
50.11.47 MARTHA KELLER 83  
50 MTR BACKSTROKE WOMEN 80-84  
. 1.08.92 M MC KECHNIE 1985  
01.08.92 MARIAN MC KECHNIE NATL  
01.46.84 MARTHA KELLER 84  
100 MTR BACKSTROKE WOMEN 80-84  
. 2.41.24 E PECKHAM 1982  
02.42.86 MARIAN MC KECHNIE NATL  
200 MTR BACKSTROKE WOMEN 80-84  
. 5.47.09 E PECKHAM 1983  
07.22.09 MARTHA KELLER 83  
50 MTR BREASTSTROKE WOMEN 80-84  
. 1.17.90 K FELTON 1985  
01.17.90 K FELTON CA 8/4  
01.49.83 MARIAN MC KECHNIE NATL  
02.02.28 MARTHA KELLER 84  
100 MTR BREASTSTROKE WOMEN 80-84  
. 2.58.55 K FELTON 1985  
02.58.55 K FELTON CA 8/13  
200 MTR BREASTSTROKE WOMEN 80-84  
. 6.11.63 K FELTON 1985  
06.11.63 K FELTON 80 CA 8/18  
07.49.97 ELIZABETH MAURIC 81  
10.09.97 MARTHA KELLER 83  
50 MTR BUTTERFLY WOMEN 80-84  
. 1.20.39 E PECKHAM 1983  
100 MTR BUTTERFLY WOMEN 80-84  
. 2.57.05 K FELTON 1985  
02.57.05 K FELTON 80 CA 8/4  
07.08.31 MARTHA KELLER 84  
200 MTR BUTTERFLY WOMEN 80-84  
. 7.29.49 E PECKHAM 1983  
200 MTR IND.MEDLEY WOMEN 80-84  
. 8.19.56 E PECKHAM 1983  
400 MTR IND.MEDLEY WOMEN 80-84  
. 12.25.51 K FELTON 1985  
12.25.51 K FELTON 80 CA 8/4  
19.46.62 MARTHA KELLER 84  
\*\*\*\*50 MTR FREESTYLE W85-89\*\*\*\*  
. 1.06.49 E PECKHAM 1984  
01.09.65 ELLA PECKHAM 86  
01.43.33 PEARL M MILLER 87  
100 MTR FREESTYLE WOMEN 85-89  
. 2.48.56 E PECKHAM 1984  
04.06.12 PEARL MILLER 87  
200 MTR FREESTYLE WOMEN 85-89  
. 6.13.73 E PECKHAM 1984  
06.42.48 ELLA PECKHAM 86  
08.42.09 PEARL M MILLER 87  
400 MTR FREESTYLE WOMEN 85-89  
. 13.22.48 E PECKHAM 1984  
800 MTR FREESTYLE WOMEN 85-89  
1500 MTR FREESTYLE WOMEN 85-89  
.NO RECORD  
50 MTR BACKSTROKE WOMEN 85-89  
. 1.14.83 E PECKHAM 1984  
01.21.60 ELLA PECKHAM 86  
01.49.91 PEARL MILLER 87  
100 MTR BACKSTROKE WOMEN 85-89  
. 2.49.73 E PECKHAM 1984  
03.03.58 ELLA PECKHAM 86  
03.58.48 PEARL M MILLER 87

200 MTR BACKSTROKE WOMEN 85-89  
. 5.31.69 E PECKHAM 1984  
06.36.81 ELLA PECKHAM 86  
08.02.35 PEARL MILLER 86  
50 MTR BREASTSTROKE WOMEN 85-89  
. 1.42.40 E PECKHAM 1984  
01.43.95 ELLA PECKHAM 86  
100 MTR BREASTSTROKE WOMEN 85-89  
. 3.32.03 E PECKHAM 1983  
04.05.61 ELLA PECKHAM 86  
200 MTR BREASTSTROKE WOMEN 85-89  
. 7.45.92 E PECKHAM 1984  
08.53.20 ELLA PECKHAM 86  
50 MTR BUTTERFLY WOMEN 85-89  
. 01.27.77 E PECKHAM 1985  
01.27.77 ELLA PECKHAM 86 CA 6/15  
100 MTR BUTTERFLY WOMEN 85-89  
. 3.22.83 E PECKHAM 1984  
03.38.08 ELLA PECKHAM 86  
200 MTR BUTTERFLY WOMEN 85-89  
. 7.40.47 E PECKHAM 1984  
08.02.73 ELLA PECKHAM 86  
200 MTR IND.MEDLEY WOMEN 85-89  
. 7.08.59 E PECKHAM 1984  
07.19.22 ELLA PECKHAM 86  
400 MTR IND.MEDLEY WOMEN 85-89  
. 14.16.56 E PECKHAM 1984  
15.27.99 ELLA PECKHAM 86

\*\*\*\*50 MTR FREESTYLE M25-29\*\*\*\*  
. 22.59 K DE FORREST 1983  
23.69 ROB BAHRE WF  
24.12 JAMES P FERSTEL WG  
24.24 GARY NEVILL WG  
24.48 CARL M MALER WG  
24.53 JOHN TUDOR WG  
24.86 BOB CROWDER REL SPL  
24.95 THOMAS V YOUNGER WG  
25.20 BRUCE MARCHIONDA REL SPL  
25.43 S SEIPLE 25  
25.46 BRUCE YOUNG 28  
100 MTR FREESTYLE MEN 25-29  
. 51.25 J MONTGOMERY 1981  
53.35 CARL M MALER WG  
53.93 JOHN TUDOR WG  
54.16 JAMES P FERSTEL WG  
54.53 ROB RAMIREZ  
54.71 JOHN MEISENHEIMER WG  
55.60 ROBERT CROWDER 29 NATLS  
56.07 S SEIPLE 25  
56.20 THOMAS V YOUNGER WG  
56.61 GREG ASPLUND 26  
56.64 PETER MOCANEY 25  
200 MTR FREESTYLE MEN 25-29  
. 1.53.78 J MONTGOMERY 1981  
01.58.72 CARL M MALER WG  
01.59.76 JOHN MEISENHEIMER WG  
02.02.23 JOHN TUDOR WG  
02.05.00 COLIN C HAMPTON 28  
02.05.20 ROBERT B EBERWINE 25  
02.05.21 ROBERT CROWDER 29 NATLS  
02.06.42 MICHAEL C WILTGEN WG  
02.06.69 S SEIPLE 25  
02.06.76 JAMES P FERSTEL WG  
02.07.66 ROB COPELAND 28  
400 MTR FREESTYLE-MEN 25-29  
. 4.15.37 R COPELAND 1983  
04.23.17 ROBERT NICHOLS WG  
04.28.72 ROB COPELAND 28  
04.30.79 CARL M MALER WG  
04.32.80 ROBERT CROWDER 29 NATLS  
04.33.00 JEFF MC CORMICK 26  
04.35.78 MICHAEL W WAGNON 27  
04.35.83 ALFREDO B CALPITO JR 26  
04.36.40 JOHN MEISENHEIMER 27  
04.36.51 JAMES E DEMING 26  
04.36.95 CARL HEVCHLING 25  
800 MTR FREESTYLE-MEN 25-29  
. 9.18.13 R COPELAND 1985  
09.18.13 ROB COPELAND 28  
09.25.51 ROBERT NICHOLS 27  
09.35.41 MARK F HEINRICH 27  
09.36.81 JEFF MILTON 29  
09.47.66 ROBERT RITTER 26  
09.58.25 TOM BOYD 29  
10.04.27 JEROEN J KOK 25  
10.09.12 JAMES DERKS 28  
10.38.89 MARK WUSSLER 29  
10.40.91 LEE R COREY 27  
1500 MTR FREESTYLE-MEN 25-29  
. 16.51.07 R COPELAND 1985  
16.51.07 ROB COPELAND 28  
17.08.92 ROBERT NICHOLS WG  
18.07.97 JOHN MEISENHEIMER WG  
18.20.50 JAMES E DEMING 26  
18.28.25 CHARLES GROEN 25  
18.33.51 TIM RUMSEY 29  
18.36.72 MICHAEL C WILTGEN WG  
18.44.44 THOMAS GRANDINE 26  
18.50.69 WILLIAM BLACK WG  
18.53.98 MICHAEL W WAGNON 27  
50 MTR BACKSTROKE-MEN 25-29  
. 27.86 BOTTOM/OZIER 1984  
28.64 GARY NEVILL WG  
29.51 DAN HARRISON 29 NATLE  
29.54 STEVE WOOD 25  
29.62 JOHN TUDOR WG  
30.05 TOM YOUNGER 28  
30.20 CHRIS ATWATER 27  
30.28 THOMAS BOYD 29  
30.46 CHARLES GROEN 25  
30.51 ROB RAMIREZ WG  
100 MTR BACKSTROKE-MEN 25-29  
. 1.00.30 T WOLF 1983  
01.03.52 DANIEL ROGERS WG  
01.03.94 CARL M MALER WG  
01.04.09 DAN HARRISON 29 NATLS  
01.04.63 ROBERT CROWDER 29  
01.05.07 CHRISTOPHER ATWATER 28  
01.05.71 THOMAS V YOUNGER WG  
01.05.80 SHAWN K D'ORMAN 26  
01.07.71 JEFF MC CORMICK 26

200 MTR BACKSTROKE-MEN 25-29  
 2.12.95 T WOLF 1983  
 02.19.19 ROBERT CROWDER 29 NAT  
 02.20.37 DANIEL ROGERS WG  
 02.20.60 SHAWN K O'GORMAN 26  
 02.21.10 DAN HARRISON 29  
 02.22.95 MARK F HEINRICH 27  
 02.23.62 CHARLES GROEN 25  
 02.25.92 JEFF MC CORMICK 26  
 02.29.78 ROBERT HARTFOFF 26  
 02.29.87 GREG JOHNSON 28  
 02.31.23 MITCH BAKER 28  
 50 MTR BREASTSTROKE-MEN 25-29  
 29.98 R HOFSTETTER 1985  
 29.98 R HOFSTETTER 28 IN  
 32.06 MATTHEW KANZLER 28 NATLS  
 32.14 DANE V CHRISTENSEN 25  
 32.28 ROB RAMIREZ WG  
 32.30 DIRK CRANDALL 27  
 32.49 JOSEPH SHORE 26  
 32.95 JOHN SULLIVAN 25  
 33.12 RAY M LYLLIE 27  
 33.13 SCOTT SPANN 26  
 33.36 CARLTON W CRONIN WG  
 100 MTR BREASTSTROKE-MEN 25-29  
 1.06.87 D MACKENZIE 1972  
 1.06.87 R HOFSTETTER 1985  
 01.06.87 R HOFSTETTER 28 IN 8/2  
 01.10.84 MATTHEW KANZLER NATLS  
 01.11.98 JOSEPH SHORE 26  
 01.13.70 D V CHRISTENSEN 25  
 01.14.08 CARLTON W CRONIN WG  
 01.15.07 ROB RAMIREZ WG  
 01.15.82 KEN J HARMON 25  
 01.15.90 T R SANTOS WG  
 01.16.92 THOMAS LAWSON 25  
 01.17.64 PAUL MILLER 26  
 200 MTR BREASTSTROKE-MEN 25-29  
 2.30.96 M CHATFIELD 1982  
 02.39.73 JOSEPH SHORE 26 NATLS  
 02.44.47 CARLTON W CRONIN WG  
 02.49.12 D V CHRISTENSEN 25  
 02.50.11 RON PEARLMAN 27  
 02.53.42 DAVID A FARLER 27  
 02.53.70 DUNCAN GUDA 25  
 02.54.55 STEVE BERGETHON 29  
 02.54.58 JAMIE K LOUIE 28  
 02.54.85 JAMES ACKER 25  
 02.55.20 BYRON HAVEN 27  
 50 MTR BUTTERFLY-MEN 25-29  
 25.16 DE FORREST 1983  
 25.16 BOTTON 1984  
 26.25 THOMAS W YOUNGER WG  
 26.46 ROB RAMIREZ WG  
 26.47 S SEIPLE 25  
 26.54 CARL M MALER WG  
 26.57 JOHN TUDOR WG  
 27.08 BRUCE YOUNG 28  
 27.09 JAMES P FERSTEL WG  
 27.09 PAUL M HARTLOFF 27  
 27.23 KERRY O'BRIEN 58  
 27.24 GARDNER HOWLAND 25  
 100 MTR BUTTERFLY-MEN 25-29  
 1.06.34 M NOTT 1984  
 59.18 KERRY O'BRIEN WG  
 59.64 THOMAS W YOUNGER WG  
 59.84 S SEIPLE 25  
 60.05 JOHN TUDOR WG  
 60.87 GARDNER HOWLAND 25  
 61.00 CARL M MALER WG  
 62.10 TOM BOYD 29  
 62.13 JAMES D FERSTEL WG  
 62.57 JEFF MC CORMICK 26  
 62.80 JOHN KUNTZ 28  
 200 MTR BUTTERFLY-MEN 25-29  
 2.06.89 J BELARDI 1982  
 02.14.72 KERRY O'BRIEN WG  
 02.22.62 BRETT J LEMIRE WG  
 02.27.03 THOMAS BOYD 29  
 02.30.27 ALFREDO B CALPITO JR 26  
 02.31.03 GREG NELSON 25  
 02.31.34 KEITH JUNG 29  
 02.34.36 ROB COPELAND WG  
 02.36.45 DOUG LEE 29  
 02.40.69 GARDNER HOWLAND 25  
 02.40.97 LEE R COREY 27  
 200 MTR IND. MEDLEY-MEN 25-29  
 2.14.02 M CHATFIELD 1980  
 02.14.80 JOHN TUDOR WG  
 02.22.41 MATTHEW KANZLER NATLS  
 02.22.53 DANIEL ROGERS WG  
 02.24.17 TOM BOYD 29  
 02.24.25 CARLTON W CRONIN WG  
 02.25.64 SHAWN K O'GORMAN 26  
 02.25.68 GREG NELSON 25  
 02.25.97 THOMAS LAWSON 25  
 02.26.39 PAUL M HARTLOFF 27  
 02.26.78 DAVID O SANTOS 26  
 400 MTR IND. MEDLEY-MEN 25-29  
 4.51.18 K DRAKE 1983  
 04.55.74 ROB COPELAND WG  
 05.06.94 CHARLES GROEN 25  
 05.10.59 MATTHEW KANZLER NATLS  
 05.16.64 GREG JOHNSON 28  
 05.19.43 KERRY L O'BRIEN 28  
 05.21.79 TOM BOYD 29  
 05.27.60 PAUL ERLENBACH 26  
 05.27.76 MICHAEL C WILGEM WG  
 05.30.27 STEPHEN CHRISTIE WG  
 05.30.70 KEITH JUNG 29  
 \*\*\*\*50 MTR FREESTYLE M30-34\*\*\*\*  
 24.50 V BARTHOLD 1979  
 24.87 FRED HUBBELL 32 NATLS  
 25.02 DIX WRAY OZIER WG  
 25.26 DAVID HAGUE 31  
 25.56 DAVID KOENIG 34  
 25.69 FRED EHPKE 30  
 25.70 PETER MUNGER 33  
 25.97 DOUG WILNSO 30  
 26.03 MARK W CHATFIELD 31  
 26.08 LARRY WOOD 31  
 26.11 BOB BROWN 31  
 100 MTR FREESTYLE-MEN 30-34  
 54.25 M MC CONICA 1982  
 55.69 DIX WRAY OZIER WG  
 55.91 BRIAN E GALLAGHER WG  
 56.17 DAVID HAGUE 31 NATLS  
 56.27 FRED HUBBELL 32  
 57.43 LARRY WOOD 31  
 57.46 RICHARD BOBER 34  
 58.10 MARK WORDEN WG  
 58.20 ROBERT THOMAS 32  
 59.04 BILL VICKERY 31  
 59.15 WILLIE WALCHOB 32  
 200 MTR FREESTYLE-MEN 30-34  
 2.00.35 M MC CONICA 1983  
 02.05.30 RANDY WILLIAMS 34 NATL  
 02.05.56 B H REIDENBAUGH 34  
 02.06.93 BRIAN GALLAGHER WG  
 02.07.84 DIX WRAY OZIER WG  
 02.07.83 LARRY WOOD 31  
 02.08.38 CLAY EVANS 31  
 02.08.69 MARK WORDEN WG  
 02.13.29 PETER CAMPBELL 30  
 02.14.92 MICHAEL HEATHER 31  
 02.15.00 BRENT ARMSTRONG 30  
 400 MTR FREESTYLE-MEN 30-34  
 4.16.32 J MC CONICA 1983  
 04.23.97 RANDY WILLIAMS 34 NAT  
 04.30.36 B H REIDENBAUGH 34  
 04.33.50 EDWARD BROWN 32  
 04.34.01 MARK WORDEN WG  
 04.34.30 BRIAN E GALLAGHER WG  
 04.37.23 CLAY EVANS 31  
 04.38.76 RICHARD BOBER 34  
 04.38.77 LARRY WOOD 31  
 04.40.62 TODD BRYAN 34  
 04.42.47 PETER R O'KEEFFE 34  
 800 MTR FREESTYLE-MEN 30-34  
 10.23.66 D GORDON 1985  
 10.23.66 DOUGLAS GORDON 31  
 10.24.28 WILLIAM TINGLEY 34  
 10.24.94 BILL KLOPPE 33  
 10.24.43 BRUCE MALLETTE 32  
 10.40.77 PAUL MC CLINTOCK 34  
 10.43.26 HUGH MOORE 30  
 10.45.28 CARLOS LLOREDA 31  
 10.46.30 DON EGGEL 33  
 11.05.65 GARY NORTON 32  
 11.05.75 GREG HARRISON 33  
 1500 MTR FREESTYLE-MEN 30-34  
 17.10.80 R WILLIAMS 1982  
 17.31.17 RANDY WILLIAMS 34 NAT  
 17.32.35 TODD BRYAN 34  
 17.45.74 JIM MONTGOMERY 30  
 18.30.16 DANIEL M LEWIS WG  
 19.02.26 DOB JACKSON 33  
 19.01.04 CLAY EVANS 31  
 19.06.98 CHARLES YOUNG 33  
 19.15.13 DOUGLAS GORDON 31  
 19.16.06 LARRY WOOD 31  
 19.44.60 HUGH C MOORE WG  
 50 MTR BACKSTROKE-MEN 30-34  
 27.93 DIX WRAY OZIER WG  
 27.98 THOMAS WOLF 30 NATLS  
 28.77 CLAY EVANS WG  
 29.59 MARK W CHATFIELD 31  
 29.80 RICHARD BOBER 34  
 30.07 BYRON H REIDENBAUGH 34  
 30.41 TIMOTHY HUESKEN 33  
 30.45 STEVE STOCKSDALE 31  
 30.51 WILLIAM TINGLEY 34  
 30.55 BRIAN E GALLAGHER WG  
 100 MTR BACKSTROKE-MEN 30-34  
 1.00.40 T WOLF 1985  
 01.00.40 THOMAS WOLF 30 NATLS  
 01.01.21 DIX WRAY OZIER WG  
 01.03.44 CLAY EVANS WG  
 01.04.36 B H REIDENBAUGH 34  
 01.06.59 BRUCE MALLETTE 32  
 01.07.29 BRIAN E GALLAGHER WG  
 01.07.33 PETER RAY WG  
 01.07.40 WILLIAM TINGLEY 34  
 01.08.79 J KEVIN FISHER WG  
 01.09.08 STEVE STOCKSDALE 31  
 200 MTR BACKSTROKE MEN 30-34  
 2.12.36 T WOLF 1985  
 02.12.36 THOMAS WOLF 30 NATLS  
 02.18.00 DIX WRAY OZIER WG  
 02.18.18 CLAY EVANS WG  
 02.23.27 PETER R O'KEEFFE 34  
 02.23.83 RICHARD BOBER 34  
 02.24.79 BRIAN E GALLAGHER WG  
 02.26.36 TIMOTHY HUESKEN 33  
 02.30.24 EDWARD BROWN 32  
 02.30.46 WILLIAM TINGLEY 34  
 02.30.48 PETER RAY WG  
 50 MTR BREASTSTROKE-MEN 30-34  
 30.88 C MILTENBERGER 1982  
 31.32 CHESTER MILTENBERGER WG  
 33.02 FRED HUBBELL 32 NATLS  
 33.37 DAVID SAMUELSOHN 32  
 33.42 ROBERT HANSEN 30  
 33.73 GREGORY J HARRISON WG  
 34.29 LEO LETENDRE 32  
 34.35 DAVID J LYNN 31  
 34.89 JAMES M MEHEGAN 32  
 34.94 SUMNER D DAY 34  
 34.95 ALAN WAIBEL 30  
 100 MTR BREASTSTROKE-MEN 30-34  
 1.09.30 C JASTREMSKI 1972  
 01.12.11 MARK W CHATFIELD 31  
 01.13.03 GREGORY J HARRISON WG  
 01.14.63 CHESTER MILTENBERGER WG  
 01.15.02 FRED HUBBELL 32 NATLS  
 01.15.03 ROBERT HANSEN 30  
 01.15.39 TOM PALMGREN 31  
 01.16.12 LEO LETENDRE 32  
 01.16.92 DAVID SAMUELSOHN 32  
 01.17.65 MAX PODRECCA 30  
 01.18.45 JOHN DAVENPORT 34  
 200 MTR BREASTSTROKE-MEN 30-34  
 2.33.51 C JASTREMSKI 1972  
 02.37.04 GREGORY J HARRISON WG  
 02.43.09 TOM PALMGREN 31 NATLS  
 02.44.08 THOMAS WOLF 30  
 02.47.31 LEO LETENDRE 32  
 02.51.24 CHESTER MILTENBERGER WG  
 02.52.05 DAVID J LYNN 31  
 02.52.31 JOHN DAVENPORT 34  
 02.52.85 DOUGLAS GORDON 31  
 02.54.65 GARY HAMPTON 32  
 02.55.23 JAMES M MEHEGAN 32  
 50 MTR BUTTERFLY-MEN 30-34  
 25.84 D OZIER 1985  
 25.84 DIX WRAY OZIER WG  
 26.35 CLAY EVANS WG  
 26.77 DAVID HAGUE 31 NATLS  
 26.84 PETER MUNGER 33  
 27.11 ROBERT HANSEN 30  
 27.41 FRED HUBBELL 32  
 27.74 MARK W CHATFIELD 31  
 27.97 BILL VICKERY 31  
 27.99 FRED H EHPKE 30  
 28.10 DOUG F FLECK WG  
 100 MTR BUTTERFLY-MEN 30-34  
 58.52 C EVANS 1985  
 58.52 CLAY EVANS WG  
 58.57 RICHARD BURROWS 31 NATLS  
 61.08 FRED HUBBELL 32  
 61.61 ROBERT HANSEN 30  
 62.86 MICHAEL HEATHER 31  
 64.02 LARRY WOOD 31  
 64.04 PETER MUNGER 33  
 64.83 DAVID HAGUE 31  
 65.38 TOM GREST 33  
 65.61 HUGH C MOORE WG  
 200 MTR BUTTERFLY-MEN 30-34  
 2.12.57 R WILLIAMS 1982  
 02.14.92 RICHARD BURROWS NATLS  
 02.15.14 RANDY WILLIAMS 34  
 02.20.38 EDWARD BROWN 32  
 02.23.25 TOM PALMGREN 31  
 02.23.83 LARRY WOOD 31  
 02.26.63 HUGH C MOORE WG  
 02.27.65 MARK WORDEN WG  
 02.28.05 MICHAEL STONE 32  
 02.28.39 MICHAEL HEATHER 31  
 02.28.56 ROBERT HANSEN 30  
 200 MTR IND. MEDLEY-MEN 30-34  
 2.16.04 T WOLF 1985  
 02.16.04 THOMAS WOLF 30 NATLS  
 02.18.45 CLAY EVANS WG  
 02.18.76 B H REIDENBAUGH 34  
 02.21.36 BRIAN E GALLAGHER WG  
 02.22.07 RANDY WILLIAMS 34  
 02.22.65 TOM PALMGREN 31  
 02.22.65 MARK W CHATFIELD 31  
 02.24.19 RICHARD BURROWS 31  
 02.24.57 ROBERT HANSEN 30  
 02.30.71 GREGORY J HARRISON WG  
 400 MTR IND. MEDLEY-MEN 30-34  
 4.56.46 T WOLF 1985  
 04.56.46 THOMAS WOLF NATLS  
 04.56.87 CLAY EVANS WG  
 05.03.08 RANDY WILLIAMS 34  
 05.04.15 B H REIDENBAUGH 34  
 05.10.29 MARK WORDEN WG  
 05.12.25 TOM PALMGREN 31  
 05.20.61 HUGH C MOORE WG  
 05.20.69 DOUGLAS GORDON 31  
 05.20.97 PETER RAY WG  
 05.21.63 GREGORY J HARRISON WG  
 \*\*\*\*50 MTR FREESTYLE M35-39\*\*\*\*  
 25.31 A MC PHERSON 1982  
 25.52 JOHN MAGUIRE 38  
 26.09 PETER R O'KEEFFE 35  
 26.43 HOMER LANE 36 NATLS  
 26.46 PAUL HORVITZ 35  
 26.58 THOMAS MEEHAN 38  
 26.59 DICK THOMAS WG  
 26.67 BILL BARTHOLD 36  
 26.70 KEN ZISKIN 37  
 26.79 WILLIAM GEOSHEGAN 35  
 100 MTR FREESTYLE-MEN 35-39  
 55.39 F SCHLICHER 1983  
 55.44 PETER R O'KEEFFE WG  
 57.60 KEVIN POLANSKY WG  
 58.05 HOMER LANE 36 NATLS  
 58.76 THOMAS MEEHAN 38  
 59.05 PAUL HORVITZ 35  
 59.18 DAVID AUDLEY 38  
 59.27 FRANK WARNER WG  
 59.32 KEN ZISKIN 37  
 59.58 DICK THOMAS WG  
 59.72 HALLEY EISINGER 36  
 200 MTR FREESTYLE-MEN 35-39  
 2.00.45 F SCHLICHER 1983  
 02.02.26 PETER R O'KEEFFE WG  
 02.04.02 KEVIN POLANSKY WG  
 02.04.06 FRED SCHLICHER 37 NATL  
 02.10.75 DAVID AUDLEY 38  
 02.11.36 FRANK WARNER WG  
 02.12.48 LARRY CHASE 36  
 02.13.29 MICHAEL GUINNESS WG  
 02.14.25 MAL JESTER 36  
 02.14.28 HOMER LANE 36  
 02.15.00 W BRUCE PAGE 38  
 400 MTR FREESTYLE-MEN 35-39  
 4.21.98 F SCHLICHER 1983  
 04.23.59 FRED SCHLICHER 37 NATL  
 04.23.80 KEVIN POLANSKY WG  
 04.34.34 PETER R O'KEEFFE WG  
 04.37.74 DAVID CURRY 38  
 04.38.53 LARRY CHASE 36  
 04.42.77 DAVID AUDLEY 38  
 04.43.53 STEVE DRUPAPU 336  
 04.43.62 MICHAEL L GUINNESS WG  
 04.43.91 WILLIAM ROSS 36  
 04.45.03 FRANK WARNER WG  
 800 MTR FREESTYLE M35-39-----  
 9.43.23 L CHESNEAU 1985  
 09.43.23 LEE CHESNEAU 36  
 10.22.79 WILLIAM ROSS 36  
 10.27.80 MILTON J ACKERMAN 38  
 10.52.49 IAN THOMPSON 36  
 10.55.93 BRETT BERGER 37  
 11.24.25 JAMES V DE PAOLA JR 37  
 11.24.55 MARSHALL MC MILLAN 35  
 11.28.63 H FOSNER  
 11.37.25 JOSEPH COPLAN 39  
 12.11.52 JIM MONTMARQUET 38  
 1500 MTR FREESTYLE-MEN 35-39  
 17.28.84 K POLANSKY 1985  
 17.28.84 KEVIN POLANSKY WG  
 18.11.88 DAVID CURRY 38 NATLS  
 18.46.25 LARRY CHASE 36  
 18.54.48 DAVE TANNER 35  
 19.03.34 DAVID AUDLEY 38  
 19.09.62 MICHAEL L GUINNESS WG  
 19.10.07 BOB ASQUITH 38  
 19.12.67 GAARD ARNESON 37  
 19.15.15 GARY L SPRINGER WG  
 19.15.19 ED RUDLOFF 38  
 50 MTR BACKSTROKE-MEN 35-39  
 28.04 T MANN 1978  
 28.95 PETER R O'KEEFFE WG  
 29.43 WILLIAM TINGLEY 35 NATL  
 30.54 FRED HAYWOOD WG  
 30.67 BILL WALTER 37  
 30.90 FRANK WARNER 35  
 31.63 JAMES BEULINGER 39  
 31.64 DICK W THOMAS 37  
 32.02 DAVID SCHMIDT 36  
 32.09 CASH O'DONNELL 36  
 32.22 STEPHEN L MORGAN 35  
 100 MTR BACKSTROKE-MEN 35-39  
 1.02.53 P O'KEEFFE 1985  
 01.02.53 PETER O'KEEFFE WG  
 01.04.92 WILLIAM TINGLEY NATL  
 01.05.91 DICK THOMAS WG  
 01.08.90 FRANK WARNER WG  
 01.10.52 DAVID CURRY 38  
 01.10.73 BILL BARTHOLD 36  
 01.10.85 CASH O'DONNELL WG  
 01.11.14 STEPHEN L MORGAN 35  
 01.11.15 LARRY CHASE WG  
 01.11.56 JOHN SULTAN 38  
 200 MTR BACKSTROKE-MEN 35-39  
 2.17.31 P O'KEEFFE 1985  
 02.17.31 PETER R O'KEEFFE WG  
 02.24.40 WILLIAM TINGLEY NATL  
 02.28.55 DICK THOMAS WG  
 02.29.41 FRANK WARNER WG  
 02.31.43 DAVID CURRY 38  
 02.33.34 LARRY CHASE WG  
 02.35.10 BOB ASQUITH 38  
 02.36.96 THOMAS ERTSEL 38  
 02.37.33 STEPHEN L MORGAN 35  
 02.37.43 CASH O'DONNELL WG  
 50 MTR BREASTSTROKE-MEN 35-39  
 32.01 J KEYSER 1982  
 32.80 KEN ZISKIN 37  
 33.16 PAUL HENNE 38  
 33.76 ALLEN STARK WG  
 34.16 MAL JESTER 36  
 34.36 CLAY KOLAR WG  
 35.19 WILLIAM J CONDON WG  
 35.39 JAMES GOODWIN 38  
 35.52 PETER PRINS WG  
 35.52 JAMES DONNELLY 36  
 35.70 SERAFIN VILLARETTE 39  
 100 MTR BREASTSTROKE-MEN 35-39  
 1.11.43 C KOLAR 1984  
 01.12.43 KEN ZISKIN 37  
 01.13.95 PAUL HENNE 38  
 01.15.18 ALLEN STARK WG  
 01.16.10 CLAY KOLAR WG  
 01.16.19 MAL JESTER 36  
 01.17.84 DOUGLAS J ADAMS WG  
 01.18.65 JAMES DONNELLY 36  
 01.20.18 PETER PRINS WG  
 01.20.84 DAVID H UNDERWOOD 35  
 01.21.37 DAVID O'LEVINSON 35  
 200 MTR BREASTSTROKE-MEN 35-39  
 2.40.81 M JESTER 1984  
 02.41.11 KEN ZISKIN 37  
 02.44.66 CLAY KOLAR WG  
 02.46.13 MAL JESTER 36  
 02.46.13 ALLEN STARK WG  
 02.48.58 DAVID LEVINSON NATLS  
 02.51.21 DOUGLAS J ADAMS WG  
 02.51.92 PAUL HENNE 38  
 02.56.52 ROBERT LONG WG  
 02.56.63 JAMES DI PAOLA 37  
 02.57.03 JAMES DONNELLY 36  
 50 MTR BUTTERFLY-MEN 35-39  
 27.31 R ENNIS 1980  
 27.33 FRED SCHLICHER 37 NATLS  
 27.98 JOEL BURNS 39  
 28.31 RICHARD A HAAS 35  
 28.43 LARRY CHASE WG  
 28.58 JOHN LINDLEY 39  
 28.61 THOMAS MEEHAN 38  
 28.65 WILLIAM J CONDON WG  
 28.81 DICK THOMAS WG  
 28.92 MAX A HEIDENREICH 38  
 29.00 PHILLIP RONNIGER 39  
 100 MTR BUTTERFLY-MEN 35-39  
 58.59 F SCHLICHER 1983  
 58.99 FRED SCHLICHER 37 NATLS  
 61.96 JOEL BURNS 39  
 62.68 RICHARD A HAAS 35  
 63.09 JOHN LINDLEY 39  
 63.50 KEVIN POLANSKY WG  
 63.77 DAVID LEVINSON 35  
 63.93 LARRY CHASE WG  
 64.44 PETER R O'KEEFFE 35  
 64.50 DICK THOMAS WG  
 66.55 THOMAS MEEHAN 38  
 200 MTR BUTTERFLY MEN 35-39  
 2.12.91 F SCHLICHER 1983  
 02.14.46 FRED SCHLICHER 37 NATL  
 02.28.37 JOEL BURNS 39  
 02.28.80 DAVE TANNER 35  
 02.28.91 DAVID LEVINSON 35  
 02.34.34 ROBERT KOLONKOWSKI 37  
 02.35.91 DOUG HUESTIS 37  
 02.43.90 JOSEPH COPLAN 39  
 02.43.97 GAARD ARNESON 37  
 02.48.61 TOM HAMMARREN 35  
 02.51.18 CHRISTOPHER RIVERS 39  
 200 MTR IND. MEDLEY MEN 35-39  
 2.20.44 P O'KEEFFE 1985  
 02.20.44 PETER R O'KEEFFE WG  
 02.22.87 FRED SCHLICHER 37 NATL  
 02.25.64 KEVIN POLANSKY WG  
 02.25.81 RICHARD A HAAS 35  
 02.26.53 LARRY CHASE WG  
 02.29.69 DAVID CURRY 38  
 02.31.80 JOHN SULTAN 38  
 02.32.38 MAL JESTER 36  
 02.33.45 BOB ASQUITH 38  
 02.33.61 JOHN LAWRENCE 39  
 400 MTR IND. MEDLEY MEN 35-39  
 4.59.66 F SCHLICHER 1983  
 05.10.06 KEVIN POLANSKY WG  
 05.15.30 NICK LE CLERCQ 38  
 05.18.38 DAVID LEVINSON 35 NAT  
 05.19.35 LARRY CHASE WG  
 05.23.67 DAVID CURRY 38  
 05.28.48 BOB ASQUITH 38  
 05.34.16 VARNEY HINTLIAN 35  
 05.34.24 DOUGLAS J ADAMS WG  
 05.36.06 GAARD ARNESON 37  
 05.36.39 JOHN SULTAN 38  
 \*\*\*\*50 MTR FREESTYLE M40-44\*\*\*\*  
 25.25 T GARTON 1983  
 26.11 TIMOTHY R GARTON WG  
 26.28 CHARLES GANTNER WG  
 26.28 DONALD MC INTOSH 42 NATL  
 27.12 BRUCE B CLARK 43  
 27.19 J CRANE 43  
 27.57 HARRY GREENFIELD 40  
 27.66 ROBERT PILGER 42  
 27.73 LARRY RAFFAELLI 42  
 27.76 RICHARD BAUSCHARD 41  
 27.81 ROBERT E WARNER 43  
 100 MTR FREESTYLE MEN 40-44  
 56.36 T GARTON 1983  
 56.78 TIMOTHY R GARTON WG  
 58.24 DAVID LYONS 42 NATLS  
 58.78 THOMAS SCHWARTZ WG  
 59.26 TOM CALOMERIS 42  
 59.33 HARRY GREENFIELD 40  
 59.56 JACK GEDGEHAN 43  
 60.95 DONALD MC INTOSH 42  
 61.36 J CRANE 43  
 62.23 BRUCE B CLARK 43  
 62.65 JEFF COOKE 40  
 200 MTR FREESTYLE MEN 40-44  
 2.06.35 T GARTON 1985  
 02.06.55 TIMOTHY R GARTON WG  
 02.11.96 DAVID LYONS 42 NATLS  
 02.11.98 JACK GEDGEHAN WG  
 02.12.50 EDWARD GRAY WG  
 02.15.32 HARRY GREENFIELD 40  
 02.16.36 J BERNARD VAN DYK WG  
 02.16.81 BERNARD VAN DYK WG  
 02.18.29 JEFF COOKE 40  
 02.18.91 HUGH O WINN 43  
 02.18.95 RICHARD HART 41  
 400 MTR FREESTYLE MEN 40-44  
 4.34.80 T GARTON 1985  
 04.34.80 TIMOTHY R GARTON WG  
 04.40.15 EDWARD GRAY WG  
 04.44.90 JACK GEDGEHAN NATLS  
 04.47.28 HUGH O WINN 43  
 04.47.63 J CRANE 43  
 04.49.65 DAVID LYONS 42  
 04.52.34 BERNARD VAN DYK WG  
 04.53.35 TEX HARASZTI 43  
 04.53.44 GERRY DELONG 41  
 04.56.68 RICHARD HART 41  
 800 MTR FREESTYLE M40-44-----  
 10.23.70 J GEDGEHAN 1985  
 10.23.70 JACK GEDGEHAN 43  
 10.42.02 JERRY DELONG 41  
 10.54.68 DAVID LYONS 42  
 11.22.25 STEPHEN HELLMAN 41  
 11.30.48 DICK PITMAN 41  
 11.55.02 KENNETH J ANSON 41  
 11.59.77 ROBERT PILGER 42  
 11.81.11 ERIC SNYDER 42  
 12.27.91 RONALD MOLNAR 41  
 12.41.70 JOHN STAVHEIM 41  
 1500 MTR FREESTYLE MEN 40-44  
 18.23.82 P THOMPSON 1982  
 18.52.55 EDWARD GRAY WG  
 19.00.00 HUGH O WINN 43  
 19.50.56 TEX HARASZTI 43  
 19.58.75 J CRANE 43  
 19.59.41 DAVID LYONS 42 NATLS  
 20.07.74 JACK GEDGEHAN 42  
 20.11.58 E KEVIN KELLY WG  
 20.17.04 GERRY DELONG 41  
 20.18.93 JAMES M GREEN WG  
 20.30.04 BERNARD VAN DYK 40  
 50 MTR BACKSTROKE M40-44  
 29.94 P WHITTEN 1983  
 30.44 CHARLES GANTNER 40 NATLS  
 31.05 TOM CALOMERIS 42  
 31.14 PHILLIP WHITTEN WG  
 31.51 GEORGE GOFF 41  
 31.58 JOHN SNOOKS 42  
 31.79 BOB MELTY WG  
 31.81 RICHARD ALEXANDER 41  
 31.81 MICHAEL MC KINLAY 41  
 32.26 MARK LITMAN 40  
 33.17 BRUCE B CLARK 43  
 100 MTR BACKSTROKE MEN 40-44  
 1.07.40 C GANTNER 1985  
 01.07.40 CHARLES GANTNER NATLS  
 01.10.91 GEORGE GOFF 41  
 01.10.95 BOB MELTY WG  
 01.11.52 RICHARD ALEXANDER 41  
 01.12.35 JOHN SNOOKS 42  
 01.13.04 MICHAEL MC KINLAY 42  
 01.13.50 JOHN OBERMETER 40  
 01.14.03 ERIC SNYDER 42  
 01.14.76 TEX HARASZTI 43  
 01.15.38 PETER BETZIER 43  
 200 MTR BACKSTROKE MEN 40-44  
 2.30.58 R BURNS 1983  
 02.32.19 CHARLES GANTNER WG  
 02.32.66 EDWARD GRAY WG  
 02.32.99 PHILLIP WHITTEN 41  
 02.38.78 RALPH L KENDRICK 41  
 02.39.42 MARK LITMAN 40  
 02.39.67 BOB MELTY WG  
 02.39.79 RICHARD ALEXANDER 41  
 02.40.60 MICHAEL MC KINLAY 42

01.20.89 ALLEN K MURRAY WG  
01.21.16 JIM OLSON 42  
01.21.29 PHILIP J NEUJAHN 41  
200 MTR BREASTSTROKE MEN 40-44  
. 2.43.01 V LUKEN 1983  
02.51.94 ROBERT CORRIS 40 NATL  
02.54.33 PHILLIP WHITTEN WG  
02.55.29 ALLEN K MURRAY WG  
02.57.74 SCOTT GUTHRIE WG  
02.58.22 DAVID R GILDEA 42  
02.58.79 NORBERT OLDMAN 41  
03.00.74 BILL MOYER 40  
03.00.78 TOM BOKA 41  
03.01.42 RICHARD POMERLY 42  
03.02.02 JIM OLSON 42  
50 MTR BUTTERFLY MEN 40-44  
. 27.56 K LUDWIG 1983  
28.68 CHARLES GANTNER 40 NATLS  
28.86 MARTY HULL 42  
29.31 TOM CALOMERIS 42  
29.44 LARRY RAFFANELLI 42  
29.61 SCOTT GUTHRIE WG  
29.77 JACK GEOGHEGAN WG  
29.92 JEFF COOKE 40  
30.10 JAMES M GREEN WG  
30.16 HARRY GREENFIELD 40  
30.31 ROBERT E WARNER 43  
100 MTR BUTTERFLY MEN 40-44  
. 1.02.05 L LARSON 1980  
01.03.59 TIMOTHY R GARTON WG  
01.04.57 DAVID LYONS 42 NATLS  
01.04.74 CHARLES GANTNER 40  
01.05.80 GERRY DELONG 41  
01.06.15 ERIC SNYDER 42  
01.06.17 DONALD MC INTOSH 42  
01.06.20 MARTY HULL 42  
01.07.26 JACK GEOGHEGAN 43  
01.07.28 JAMES M GREEN WG  
01.08.58 DICK FITZMAN 41  
200 MTR BUTTERFLY MEN 40-44  
. 2.27.47 L LARSON 1981  
02.31.39 JAMES GREEN 40 NATLS  
02.32.68 PHILIP GOODE 42  
02.35.47 JACK GEOGHEGAN 43  
02.38.72 DAVID LYONS 42  
02.40.46 ERIC SNYDER 42  
02.41.59 MICHAEL LAUX 43  
02.41.85 GERRY DELONG 41  
02.41.91 KENNETH BERGQUIST 41  
02.43.05 ALLAN L CARTWRIGHT 43  
02.46.02 HUGH RODDIN 43  
200 MTR IND. MEDLEY MEN 40-44  
. 2.23.20 T GARTON 1985  
02.23.20 TIMOTHY R GARTON WG  
02.29.45 EDWARD GRAY WG  
02.33.03 ROBERT CORRIS 40 NATLS  
02.34.97 GERRY DELONG 41  
02.37.39 ALLAN L CARTWRIGHT 43  
02.38.31 ERIC SNYDER 42  
02.39.03 BERNARD VAN DYK 40  
02.39.96 JACK GEOGHEGAN 43  
02.40.09 MARK LITMAN 40  
02.41.35 JAMES GREEN 40  
400 MTR IND. MEDLEY MEN 40-44  
. 5.08.30 T GARTON 1985  
05.08.30 TIMOTHY R GARTON WG  
05.24.28 EDWARD GRAY WG  
05.35.22 ROBERT CORRIS 40 NATLS  
05.38.97 TEX HARASITZ 43  
05.40.61 ALLAN L CARTWRIGHT 43  
05.40.74 GERRY DELONG 41  
05.47.99 HUGH O WINN 43  
05.48.38 JAMES M GREEN WG  
05.48.42 ERIC SNYDER 42  
05.52.35 PHILIP GOODE 42  
\*\*\*\*\*50 MTR FREESTYLE M45-49\*\*\*\*\*  
. 26.12 J FARRELL 1983  
27.43 PETER SINTZ WG  
27.90 LOWELL JOHNSON WG  
27.98 JOHN BENDER WG  
28.29 FRANZ WILLIAMS 45 NATLS  
28.32 WILLIAM VAN HORN 46  
28.62 HENRY SOUTHALL 45  
28.77 CHARLES BECHTEL 47  
28.92 SAM KOOSTRA 49  
29.09 WILLIAM L EARLEY 48  
29.19 TRENT TOENING 46  
100 MTR FREESTYLE MEN 45-49  
. 58.76 J FARRELL 1982  
59.60 PETER SINTZ WG  
61.45 DAVID COSTILL 49  
61.77 WILLIAM VAN HORN 46 NATLS  
62.80 CHARLES BECHTEL 47  
64.20 SAM KOOSTRA 49  
64.71 JOHN HALLIDAY 48  
66.34 JOHN HALLIDAY 48  
66.60 CARL W CHRISTENSEN WG  
66.61 DAVID HARRISON 47  
67.40 KENNETH MILLER 47  
200 MTR FREESTYLE MEN 45-49  
. 2.09.30 E HINSHAW 1982  
02.13.35 PETER SINTZ WG  
02.18.90 DAVID COSTILL 49  
02.19.19 WILLIAM VAN HORN NATL  
02.19.56 HENRY SOUTHALL WG  
02.22.57 KIRK CANTERBURY WG  
02.22.61 BILL STEUART 48  
02.24.11 DAVID HARRISON 47  
02.25.08 SAM KOOSTRA 49  
02.26.34 CHARLES BECHTEL 47  
02.27.36 MEL GOLDSTEIN 46  
400 MTR FREESTYLE MEN 45-49  
. 4.37.15 E HINSHAW 1982  
04.37.15 PETER SINTZ WG  
04.53.17 DRURY GALLAGHER NATL  
04.53.41 BILL STEUART 48  
05.01.19 KIRK CANTERBURY WG  
05.05.19 HENRY SOUTHALL WG  
05.05.29 DAVID HARRISON 47  
05.10.24 WILLIAM VAN HORN 46  
05.10.30 PATRICK SCHLUP 45  
05.17.78 MEL GOLDSTEIN 46  
05.18.26 SAM KOOSTRA 49  
800 MTR FREESTYLE M45-49-----  
. 10.33.67 B MULLIKEN 1985  
10.33.67 BILL MULLIKEN 45  
10.34.11 DRURY GALLAGHER 46  
11.18.05 BEN WISCKOL 45 CA 7/6  
11.37.01 ERNIE LESKOVITZ 48  
11.54.37 RAYMOND S BURNS JR 49  
11.55.42 BARRY FASBENDER 48  
11.58.74 PERT PETERSEN 46  
11.59.83 JOHN LA BOURGEOIS 47  
12.03.43 FRANK NEWQUIST 47  
12.15.00 FOSTER DE JESUS 49  
1500 MTR FREESTYLE MEN 45-49  
. 18.34.73 E HINSHAW 1983  
19.29.41 DRURY GALLAGHER NATLS  
19.29.51 PETER SINTZ WG  
19.32.77 BILL STEUART 48  
20.04.90 KIRK CANTERBURY WG  
20.31.40 DAVID HARRISON 47  
20.41.61 PATRICK SCHLUP 45  
20.43.49 BILL MULLIKEN 45  
20.45.92 WILLIAM VAN HORN 46  
20.51.30 SAM KOOSTRA 49  
21.18.67 BEN WISCKOL 45  
50 MTR BACKSTROKE MEN 45-49  
. 30.90 E HINSHAW 1983  
33.21 ARTHUR SMITH 46 NATLS  
34.17 WILLIAM EARLEY 48  
34.21 RICHARD CAMPBELL 45  
34.58 CHICK MC ILROY 46  
34.69 DALE MC GINLEY 48  
34.86 LOWELL JOHNSON WG  
35.10 JAMES BOHAN 49  
35.40 CHARLES BECHTEL 48  
36.31 KLINE WILSON 47  
36.33 ALAN JOHNSON 48  
100 MTR BACKSTROKE MEN 45-49  
. 1.10.12 F MC KINNEY 1984  
01.13.46 ARTHUR SMITH 46 NATLS  
01.17.72 DALE MC GINLEY 48  
01.18.00 ALAN JOHNSON 48  
01.18.05 CHARLES BECHTEL 47  
01.18.20 KENT M PRICE 47  
01.18.84 RICHARD CAMPBELL 45  
01.19.20 ROBERT F NORRIS 47  
01.19.29 WILLIAM EARLEY 48  
01.19.58 J GILBERT 49  
01.19.98 BEN WISCKOL 45  
200 MTR BACKSTROKE MEN 45-49  
. 2.35.57 E HINSHAW 1983  
02.43.82 ARTHUR SMITH 46 NATLS  
02.47.72 ALAN JOHNSON 48  
02.48.54 KENT M PRICE 47  
02.49.55 TOM MACEDO 48  
02.50.80 ROBERT F NORRIS 47  
02.54.31 BEN WISCKOL 45  
02.55.67 RICHARD CAMPBELL 45  
02.56.09 CHARLES BECHTEL 47  
03.01.08 DALE MC GINLEY 48  
03.02.51 WILLIAM EARLEY 48  
50 MTR BREASTSTROKE MEN 45-49  
. 33.91 M SANGUILY 1978  
35.38 WILLIAM MULLIKEN 45 NATL  
36.55 CYRUS HOPKINS WG  
36.95 WANG LAU WG  
36.98 WALT REID 45  
37.26 ROBERT JOHNSTON WG  
37.45 HANS REICHEL 48  
37.84 DONALD HASTINGS 45  
38.27 DAVID COSTILL 49  
38.32 RAYMOND S BURNS JR 49  
38.73 ULKA D SASAFAN WG  
100 MTR BREASTSTROKE MEN 45-49  
. 1.15.47 M SANGUILY 1978  
01.17.86 WILLIAM MULLIKEN NATL  
01.18.29 DRURY GALLAGHER 46  
01.20.43 CYRUS HOPKINS WG  
01.23.39 WANG LAU WG  
01.24.50 HANS REICHEL 48  
01.24.81 WALT REID 45  
01.25.34 DONALD HASTINGS 45  
01.25.92 RAYMOND S BURNS JR 49  
01.25.99 PATRICK SCHLUP 45  
01.26.23 ROBERT JOHNSTON WG  
200 MTR BREASTSTROKE MEN 45-49  
. 2.52.13 W MULLIKEN 1985  
02.52.13 WILLIAM MULLIKEN NATL  
02.55.73 DRURY GALLAGHER 46  
02.59.06 CYRUS HOPKINS WG  
03.01.21 HANS REICHEL 48  
03.02.99 PATRICK SCHLUP 45  
03.06.39 WANG LAU WG  
03.10.00 DONALD HASTINGS 45  
03.13.19 JOHN HALLIDAY 48  
03.13.20 ULKA D SASAFAN WG  
03.13.40 WALT REID 45  
50 MTR BUTTERFLY MEN 45-49  
. 29.20 J FARRELL 1982  
29.83 PETER SINTZ WG  
30.34 DAVID COSTILL 49  
30.39 BERT PETERSEN 46  
31.07 JOHN BENDER WG  
31.12 BILL STEUART 48  
31.36 PETER R TAFT 49  
31.55 ARTHUR SMITH 46 NATLS  
32.08 HENRY SOUTHALL 45  
32.19 DICK CAMPBELL 45  
32.30 CHICK MC ILROY 46  
100 MTR BUTTERFLY MEN 45-49  
. 1.06.65 B YORZYK 1980  
01.07.50 PETER SINTZ WG  
01.09.96 BILL STEUART 47  
01.10.34 BERT PETERSEN 46  
01.12.19 MEL GOLDSTEIN 46  
01.13.92 TONY SILVESTRI 45  
01.14.17 ERNIE LESKOVITZ 49  
01.15.61 BEN WISCKOL 45  
01.16.52 FRANZ WILLIAMS 45  
01.16.81 WILLIAM TIMKEN 46  
01.17.05 WILLIAM JONES 48  
200 MTR BUTTERFLY MEN 45-49  
. 2.38.72 B YORZYK 1981  
02.44.08 WILLIAM MULLIKEN NAT  
02.52.13 BILL STEUART 48  
02.52.65 MEL GOLDSTEIN 46  
02.58.81 TONY SILVESTRI 45  
02.59.03 FRANZ WILLIAMS 45  
03.01.30 BEN WISCKOL 45  
03.01.41 WILLIAM TIMKEN 46  
03.01.84 BERT PETERSEN 46  
03.05.61 CYRUS HOPKINS WG  
03.05.65 WILLIAM JONES 48  
200 MTR IND. MEDLEY MEN 45-49  
. 2.32.06 E HINSHAW 1982  
02.35.46 DRURY GALLAGHER NATL  
02.37.36 DAVID COSTILL 49  
02.39.22 WILLIAM MULLIKEN 45  
02.42.09 KIRK CANTERBURY WG  
02.47.06 CYRUS HOPKINS 47  
02.48.55 PATRICK SCHLUP 45  
02.48.96 BILL STEUART 48  
02.49.26 ARTHUR SMITH 46  
02.51.86 BEN WISCKOL 45  
02.52.48 JOHN HALLIDAY 48  
400 MTR IND. MEDLEY MEN 45-49  
. 5.27.32 E HINSHAW 1983  
05.43.28 WILLIAM MULLIKEN 45  
05.45.34 KIRK CANTERBURY WG  
05.46.13 DRURY GALLAGHER NATL  
06.04.63 ARTHUR SMITH 46  
06.05.85 CYRUS HOPKINS 47  
06.06.54 PATRICK SCHLUP 45  
06.15.31 BEN WISCKOL 45  
06.18.34 DONALD HASTINGS 45  
06.27.38 RICHARD CAMPBELL 45  
06.27.76 BARRY A FASBENDER 48  
\*\*\*\*\*50 MTR FREESTYLE M50-54\*\*\*\*\*  
. 26.16 D HILL 1983  
28.34 PHILIP GAY 51 NATLS  
28.60 SAM KOOSTRA 50  
28.80 DAVID R ADDLEMAN WG  
28.99 JACK WEBB 50  
29.02 BURWELL JONES 52  
29.33 JACK R BEATTIE WG  
29.35 JOE KAUFMANN 50  
29.59 JOHN KORTHEUER 54  
29.77 DONALD READ 51  
29.87 DAVE DRUM 60  
100 MTR FREESTYLE MEN 50-54  
. 59.25 D HILL 1983  
62.96 SAM KOOSTRA 50 NATLS  
63.16 BURWELL JONES 52  
64.79 PHILIP GAY 51  
65.50 JACK R BEATTIE WG  
66.80 JOHN KALAS WG  
67.60 GRAHAM MC GILL 52  
67.62 DAVE DRUM 50  
68.14 DONALD READ 51  
68.30 DAVID MC COMB WG  
68.37 JOE PHILLIPS 52  
200 MTR FREESTYLE MEN 50-54  
. 2.17.97 B JONES 1985  
02.17.97 BURWELL JONES 52 NATLS  
02.20.26 SAM KOOSTRA 50  
02.28.00 JOHN KALAS WG  
02.32.62 JACK R BEATTIE WG  
02.32.62 BILL KING WG  
02.34.24 PETER BUCKLEY 54  
02.35.16 JAMES JOHNSON 50  
02.39.04 CHARLESS LEBORGEOIS 51  
02.40.29 WILLIAM B STERN WG  
02.40.51 ARTHUR WELCH 52  
400 MTR FREESTYLE MEN 50-54  
. 4.52.28 B JONES 1985  
04.52.28 BURWELL JONES 52  
05.07.52 SAM KOOSTRA 50  
05.16.74 JOHN KALAS WG  
05.25.88 BILL KING WG  
05.26.97 CHARLESS LEBORGEOIS 51  
05.31.96 GEORGE BRUNSTAD 50  
05.33.80 RAYMOND S BURNS JR 50  
05.36.89 JAMES JOHNSON 50  
05.38.26 JOE PHILLIPS 52  
05.41.21 ARTHUR WELCH 52  
800 MTR FREESTYLE M50-54-----  
. 10.37.19 B JONES 1985  
10.37.19 BURWELL JONES 52  
10.37.22 SAM KOOSTRA 50  
12.11.50 JAMES J JOHNSON 50  
12.24.50 KENNETH R KIMBALL 54  
12.42.80 BILL CHRISTIAN 54  
13.02.82 EDWARD MC WELCH 50  
13.12.27 ROBERT BENSON 50  
13.16.98 HERB KERN 53  
13.46.35 VERNON E KNIGHT 50  
15.07.26 RON SCHEIDELMAN 50  
1500 MTR FREESTYLE MEN 50-54  
. 19.28.41 B JONES 1985  
19.28.41 BURWELL JONES WG  
20.46.50 SAM KOOSTRA 50  
21.37.95 JOHN KALAS WG  
21.38.49 CHARLESS LEBORGEOIS 51  
21.45.53 GEORGE BRUNSTAD 50  
22.12.99 BOB BEACH 54  
22.19.68 WAYNE LEENGRAN 54  
22.22.38 ARTHUR WELCH 52  
22.37.11 FRANK E REYNOLDS 53  
23.00.10 JAMES JOHNSON 50  
50 MTR BACKSTROKE MEN 50-54  
. 32.78 D BROWN 1983  
33.16 YOSHI OYAKAWA 51  
33.22 DON L BROWN WG  
33.29 BURWELL JONES 52  
33.72 JACK R BEATTIE WG  
33.88 JACK WEBB 50  
33.92 D BARR CLAYSON WG  
35.20 DAVID R ADDLEMAN WG  
35.76 JOEY KAUFMANN 50  
36.77 RICHARD L BENNETT 54  
37.06 STAN MC CONNELL 53  
100 MTR BACKSTROKE MEN 50-54  
. 1.11.27 D BROWN 1984  
01.11.30 BURWELL JONES WG  
01.11.80 DON L BROWN WG  
01.15.60 JACK R BEATTIE WG  
01.17.30 YOSHI OYAKAWA 51  
01.18.66 D BARR CLAYSON NATLS  
01.19.19 RICHARD L BENNETT 54  
01.21.84 STAN MC CONNELL 53  
01.24.95 DAVID ADDLEMAN 50  
01.26.94 DAVID COOK 50  
01.27.14 LLOYD SKRAMSTAD 51  
200 MTR BACKSTROKE MEN 50-54  
. 2.35.44 B JONES 1985  
02.35.44 BURWELL JONES WG  
02.38.56 DON L BROWN WG  
02.49.27 JACK R BEATTIE WG  
02.51.70 D BARR CLAYSON WG  
02.53.25 RICHARD L BENNETT 54  
03.05.15 STAN MC CONNELL 53  
03.11.32 LLOYD SKRAMSTAD 51  
03.13.56 KEN KIMBALL 54  
03.13.79 ART WELCH 52  
03.14.59 WILLIAM CHRISTIAN 54  
50 MTR BREASTSTROKE MEN 50-54  
. 33.85 M SANGUILY 1983  
34.20 MANUEL SANGUILY WG  
34.53 JOHN KORTHEUER 54  
37.84 THOMAS KOENIG 53 NATLS  
38.36 JOEY KAUFMANN 50  
38.41 RAYMOND S BURNS WG  
38.64 D BARR CLAYSON WG  
38.86 BURWELL JONES 52  
39.32 SAM KOOSTRA 50  
39.59 HENRY F LENARTZ 50  
39.83 PHILIP GAY 51  
100 MTR BREASTSTROKE MEN 50-54  
. 1.15.40 M SANGUILY 1983  
01.17.16 MANUEL SANGUILY WG  
01.21.10 JOHN KORTHEUER 54  
01.25.15 RAYMOND BURNS JR NATLS  
01.26.27 THOMAS KOENIG 53  
01.26.75 D BARR CLAYSON WG  
01.29.07 LEONARD SILVERSTEIN WG  
01.29.50 JOE KAUFMANN 50  
01.29.84 HENRY F LENARTZ 50  
01.30.17 IVAN SCHLAPROBSKY WG  
01.30.55 ROBERT KUENY 54  
200 MTR BREASTSTROKE MEN 50-54  
. 2.53.76 M SANGUILY 1983  
02.59.49 MANUEL SANGUILY WG  
03.07.72 JOHN KORTHEUER 54  
03.11.25 LEONARD SILVERSTEIN WG  
03.12.17 D BARR CLAYSON 50  
03.14.00 ROBERT KUENY 54  
03.14.01 BURWELL JONES 52  
03.16.22 RAYMOND BURNS JR 50  
03.16.39 NICHOLAS M BERENYI WG  
03.16.64 ROB W BEST 52  
03.20.23 JOSEPH BITZER 53  
50 MTR BUTTERFLY MEN 50-54  
. 29.97 H BEGEL 1979  
31.77 DAVE DRUM 60  
32.26 JOHN KORTHEUER 54  
32.91 BURWELL JONES 52  
33.27 DAVID R ADDLEMAN WG  
33.45 MANUEL SANGUILY WG  
33.58 HENRY F LENARTZ 50  
33.50 HERB KERN 53  
33.69 STEVEN SCHOFIELD 53  
33.84 DONALD L BROWN 52  
33.85 JACK BEATTIE 50  
100 MTR BUTTERFLY MEN 50-54  
. 1.07.13 B YORZYK 1983  
01.12.82 BURWELL JONES 52  
01.16.78 DON L BROWN WG  
01.17.65 MANUEL SANGUILY WG  
01.20.53 CHARLESS LEBORGEOIS 51  
01.20.79 JOHN KORTHEUER 54  
01.20.81 JOHN KALAS WG  
01.21.58 RAYMOND BURNS JR 50  
01.21.74 JACK BEATTIE 50  
01.23.84 JOE SANDO 51  
01.24.66 ARTHUR WELCH 52  
200 MTR BUTTERFLY MEN 50-54  
. 2.33.79 B YORZYK 1983  
03.03.60 CHARLESS LEBORGEOIS 51  
03.05.99 BURWELL JONES 52  
03.12.11 GEORGE BRUNSTAD NATLS  
03.13.46 LEONARD SILVERSTEIN WG  
03.15.01 ROBERT KUENY 54  
03.15.71 RAYMOND S BURNS WG  
03.17.52 JAMES JOHNSON 50  
03.20.40 ARTHUR WELCH 52  
03.23.08 HERB KERN 53  
03.25.14 JOE SANDO 51  
200 MTR IND. MEDLEY MEN 50-54  
. 2.35.51 B JONES 1985  
02.35.51 BURWELL JONES WG  
02.46.42 DON L BROWN WG  
02.55.38 GEORGE BRUNSTAD 50  
02.55.43 JACK BEATTIE 50  
02.57.61 JAMES JOHNSON 50  
02.58.18 ROBERT KUENY 54  
03.00.15 DAVE DRUM 50  
03.00.22 JOHN KORTHEUER 54  
03.01.14 RAYMOND BURNS JR 50  
03.02.34 STAN MC CONNELL 53  
400 MTR IND. MEDLEY MEN 50-54  
. 5.41.04 B JONES 1985  
05.41.04 BURWELL JONES WG  
05.57.29 DON L BROWN WG  
06.20.01 GEORGE BRUNSTAD 50  
06.32.90 CHARLESS LEBORGEOIS 51  
06.33.36 ROBERT KUENY 54  
06.36.82 JAMES JOHNSON 50  
06.44.22 NICHOLAS M BERENYI WG  
06.45.64 RAYMOND S BURNS WG  
06.47.31 STAN MC CONNELL 53  
06.49.06 ART WELCH 52  
\*\*\*\*\*50 MTR FREESTYLE M55-59\*\*\*\*\*  
. 27.43 B HERITIER 1983  
28.23 HAL BEGEL REL SPL  
29.23 BOB HERITIER 57  
29.25 BOYD W JOHNSON 57  
29.84 WILLIAM J IRWIN 57  
29.84 LARRY MEYER 55  
30.30 GENE CUNNEY 57  
30.57 PETER VAN DIJK 56  
30.81 BOYD W JOHNSON 57  
30.99 NEAL R PALMER 55  
31.18 JAMES PITTS 55  
100 MTR FREESTYLE MEN 55-59  
. 1.04.38 B HERITIER 1983  
01.04.43 HAROLD BEGEL 56 NATLS  
01.07.20 PETER VAN DIJK 56  
01.07.57 BOB HERITIER 57  
01.09.11 PETER BUCKLEY 55  
01.09.12 LARRY MEYER 55  
01.10.73 JAMES PITTS 55  
01.11.44 BENJAMIN TARLTON 55  
01.11.59 DUNDY TARLTON 55  
01.11.68 NEAL R PALMER 55  
01.12.04 GENE CUNNEY 57  
200 MTR FREESTYLE MEN 55-59  
. 2.26.31 W WILSON 1983  
02.27.68 WIN WILSON 58 NATLS  
02.27.78 HAROLD BEGEL 56  
02.31.58 BOB HERITIER 57  
02.33.79 PETER VAN DIJK 56  
02.35.87 PETER BUCKLEY 55  
02.39.16 BUD SCHUMACHER 55  
02.40.62 FRED BARTLETT 55  
02.42.24 LENROD GOLDSTONE 56  
02.45.51 JAMES PITTS 55  
02.45.83 DUANE L DRAVES 59  
400 MTR FREESTYLE MEN 55-59  
. 5.16.83 W WILSON 1983  
05.20.20 WIN WILSON 50 NATLS  
05.34.52 BOB BEACH 55  
05.39.39 PETER BUCKLEY 55  
05.42.52 FRED BARTLETT 55  
05.42.54 BOB HERITIER 57  
05.43.57 ROGER FRANKS 58  
05.51.81 BRUNO WEBER WG  
05.57.77 ROGER FRANKS 58  
05.58.17 DUANE L DRAVES 59  
06.04.73 EDUARD SCHANER WG  
800 MTR FREESTYLE M55-59-----  
. 11.39.06 R FRANKS 1985  
11.39.16 JOHN ALLEVA 57 DC 7/13  
12.15.96 ROGER FRANKS 58  
12.15.96 WILLIAM J IRWIN 57  
12.30.63 ARTHUR G TEBBENS 55  
13.03.79 HARLAN DRAKE 57  
13.11.89 C H SHELTON 66  
14.46.69 ARTHUR S FRIEDLAND 55  
15.00.13 WILLIAM MARSHALL 59  
15.11.23 JOHN BAUMAN 58  
15.18.45 FRANK SAMOYA 55  
1500 MTR FREESTYLE MEN 55-59  
. 21.28.64 W WILSON 1983  
22.11.85 ROBERT E BEACH WG  
22.28.67 PETER BUCKLEY 55 NATL  
23.11.89 ROGER FRANKS 58  
23.12.29 BRUNO WEBER WG  
23.19.19 LARRY MEYER 55  
23.28.39 EFFREY FIERRO 56  
24.13.75 EDUARD SCHANER WG  
24.52.08 HARLAN DRAKE 57  
24.56.53 ARTHUR G TEBBENS 55  
25.10.49 JAMES T PITTS 55  
50 MTR BACKSTROKE MEN 55-59  
. 34.13 B JOHNSON 1983  
34.78 HAROLD BEGEL 56 NATLS  
35.39 PETER VAN DIJK 56  
35.64 BOYD W JOHNSON 57  
35.66 ROGER FRANKS 58  
36.58 NEAL R PALMER 55  
36.98 LARRY MEYER 55  
37.24 RUBE WOLF JR 58  
38.91 JOHN WEEDEN 58  
38.95 CHARLES SHELTON 55  
39.10 ROBERT BLOEBAUM 59  
100 MTR BACKSTROKE MEN 55-59  
. 1.18.53 R FRANKS 1985  
01.18.53 ROGER FRANKS 58 NATLS  
01.18.65 PETER VAN DIJK WG  
01.26.87 DUANE L DRAVES 59  
01.27.05 JOHN WEEDEN 58  
01.27.39 NEAL R PALMER 55  
01.27.64 RUBE WOLF JR 58  
01.28.92 CHARLES SHELTON 55  
01.29.09 ROBERT WHITE 58  
01.29.93 LUMAN SUTTON 58  
01.30.12 RALPH N COXHEAD 56  
200 MTR BACKSTROKE MEN 55-59  
. 2.51.91 P HUTINGER 1981  
02.56.38 ROGER FRANKS WG  
02.58.43 PETER VAN DIJK WG  
03.00.66 HAROLD BEGEL 56 NATL  
03.04.01 BOB MILLER 56  
03.06.06 DUANE L DRAVES 59  
03.12.31 FRED BARTLETT 55  
03.12.62 RUBE WOLF JR 58  
03.13.48 JOHN WEEDEN 58  
03.18.08 CHARLES SHELTON 55  
03.18.75 ROBERT WHITE 58  
50 MTR BREASTSTROKE MEN 55-59  
. 37.48 THT HAARTZ 1983  
38.23 CHARLES V MOSS WG  
38.74 JOSEPH L KURTZMAN WG  
39.05 F H TED HAARTZ 57  
40.09 DAN GRUENDER 55  
40.32 HAN HELLMAN 55  
41.69 STANLEY FRAZER WG  
41.79 JAMES FORBES 59  
41.79 ROBERT METH 56  
42.15 DON W CONKLIN 57  
42.16 ARNOLD FORMO 58  
100 MTR BREASTSTROKE MEN 55-59  
. 1.22.57 F T HAARTZ 1983  
01.26.68 CHARLES V MOSS WG  
01.26.84 F H TED HAARTZ 57  
01.31.77 ROBERT METH 56  
01.32.06 DONALD HESTER 58  
01.32.91 GEORGE MC VEY 58  
01.34.01 DON W CONKLIN 57  
01.34.17 RUBE WOLF JR 58  
01.35.10 JOSEPH L KURTZMAN WG  
01.35.45 MILTON BRIER 57  
01.36.40 DAN GRUENDER 55  
200 MTR BREASTSTROKE MEN 55-59  
. 3.11.74 F T HAARTZ 1984  
03.12.83 CHARLES V MOSS WG  
03.16.95 F H TED HAARTZ 57  
03.21.29 GEORGE MC VEY 58  
03.26.03 ROBERT METH 56  
03.31.94 ALBERT CRAIG 57  
03.32.23 MILTON BRIER 57  
03.33.34 JOSEPH L KURTZMAN WG  
03.36.16 RUBE WOLF JR 58  
03.39.64 JOHN BAUMAN 55  
03.43.80 SAUL BARRET 59  
50 MTR BUTTERFLY MEN 55-59  
. 31.68 H BEGEL 1985  
31.68 HAROLD BEGEL 56 NATLS  
33.34 WIN WILSON 58  
34.01 JOSEPH KURTZMAN 59  
34.35 LUMAN SUTTON 58  
34.89 RUBE WOLF JR 58  
34.90 STANLEY FRAZER WG  
35.05 LENROD GOLDSTONE 56  
35.40 CHARLES SHELTON 55  
36.13 BENJAMIN D TARLTON WG  
36.34 F H TED HAARTZ 57  
100 MTR BUTTERFLY MEN 55-59  
. 1.14.20 W WILSON 1983  
01.15.65 WIN WILSON 58 NATLS  
01.18.91 CHARLES V MOSS WG  
01.21.71 JOSEPH L KURTZMAN WG  
01.26.79 BENJAMIN D TARLTON WG  
01.26.97 LENROD GOLDSTONE 56

01.28.02 DUDLEY TARLTON 55  
01.28.04 MILTON BRIER 57  
01.35.24 EDUARD SCHAMER 57  
01.34.10 ARTHUR B TEBBENS 55  
01.34.07 JOHN BAUMAN 55  
200 MTR BUTTERFLY MEN 55-59  
3.04.49 C MOSS 1983  
03.07.98 CHARLES V MOSS WG  
03.14.43 JOSEPH L KURTZMAN WG  
03.31.40 JOHN BAUMAN 55  
03.36.38 F H TED HAART 57  
03.38.70 ARTHUR G TEBBENS 57  
03.39.26 WILLIAM J IRWIN 57  
03.40.30 BENJAMIN D TARLTON WG  
03.43.94 BUD SCHUMACHER 55  
03.57.04 JOE SCHAEFER 55  
03.57.11 DEAN PIERCE 55  
200 MTR IND.MEDLEY MEN 55-59  
2.50.42 C MOSS 1983  
02.59.28 CHARLES V MOSS WG  
02.58.56 WIN WILSON 58 NATLS  
03.02.35 ROGER FRANKS 58  
03.03.35 FRED BARTLETT 56  
03.04.01 LENROD GOLDSTONE 55  
03.05.78 DUANE L DRAVES 59  
03.06.34 WILLIAM J IRWIN 57  
03.06.86 F H TED HAARTZ 57  
03.13.05 RURE WOLF JR 58  
03.13.00 BRUND WEBER WG  
400 MTR IND.MEDLEY MEN 55-59  
6.14.01 B WEBER 1982  
06.17.06 CHARLES V MOSS WG  
06.56.10 WIN WILSON 58 NATLS  
06.49.17 ROGER FRANKS 58  
06.47.01 BRUND WEBER WG  
06.48.47 WILLIAM J IRWIN 57  
06.55.25 LENROD GOLDSTONE 56  
07.00.40 DUANE L DRAVES 59  
07.05.74 EDUARD SCHAMER 57  
07.21.59 C H SHLODIN 66  
07.21.91 JOHN BAUMAN 55  
\*\*\*\*50 MTR FREESTYLE M60-64\*\*\*\*  
28.83 P POWLISON 1982  
28.91 FRANK PIEMME 60  
29.19 PETER A POWLISON 63  
30.38 JOHN FLORANCE 62 NATLS  
31.24 JOHN WOODS 61  
31.30 BERNARD GUTTILLA WG  
31.33 RAY FREDERICK 61  
32.16 FRANK GRANNIS 60  
32.22 JURGEN B SCHMIDT 62  
32.24 WILLIAM ZEMER JR 62  
32.58 BOB MERRICK 64  
100 MTR FREESTYLE MEN 60-64  
1.04.22 P POWLISON 1984  
01.07.38 FRANK PIEMME 60  
01.09.84 JOHN WOODS 61 NATLS  
01.10.45 BERNARD GUTTILLA 60  
01.11.17 JOHN FLORANCE 62  
01.11.18 RAY FREDERICK 61  
01.11.39 PERRY ROCKWELL 60  
01.14.40 WILLIAM ZEMER JR 62  
01.14.53 EDWARD RUDLOFF SR 62  
01.15.01 JURGEN B SCHMIDT 62  
01.15.43 WAYNE SHADBOULT 61  
200 MTR FREESTYLE MEN 60-64  
2.27.03 P POWLISON 1984  
02.37.66 JOHN WOODS 61 NATLS  
02.41.36 FRANK PIEMME 60  
02.42.19 BERNARD J GUTTILLA 60  
02.42.58 RAY FREDERICK 61  
02.48.58 PERRY ROCKWELL 60  
02.50.81 WAYNE SHADBOULT 61  
02.52.79 JURGEN B SCHMIDT 62  
02.52.93 JAMES WILLIAMSON 61  
02.53.73 JERRY JARROLD 63  
02.54.48 FRED TAIOLI 64  
400 MTR FREESTYLE MEN 60-64  
5.28.90 J WELCH 1979  
05.46.81 BERNARD GUTTILLA WG  
05.51.61 JOHN WOODS 61 NATLS  
06.01.66 RAY FREDERICK 61  
06.07.86 JAMES EDWARDS 62  
06.11.13 FRED TAIOLI 64  
06.12.29 FRANK PIEMME 60  
06.12.48 JURGEN B SCHMIDT 62  
06.19.91 BOB MERRICK 64  
06.21.89 WAYNE SHADBOULT 61  
06.23.81 STAN W ALDRICH 60  
800 MTR FREESTYLE M60-64-----  
12.27.71 B GUTTILLA 1985  
12.27.71 BERNARD J GUTTILLA 60  
12.34.04 JOHN WOODS 61  
13.34.27 GILBERT YOUNG 63  
14.34.67 AGOSTINO ARCIDIACONO 61  
15.08.94 HENRY KNECHT 64  
18.19.54 BOHDAN CELEWYCZ 62  
1500 MTR FREESTYLE MEN 60-64  
22.03.54 J WELCH 1979  
23.41.14 BERNARD J GUTTILLA 60  
24.21.99 RAY FREDERICK 61  
24.57.51 JAMES EDWARDS 62 NATLS  
25.07.72 STAN W ALDRICH 60  
25.11.50 FRED TAIOLI 64  
25.31.23 JURGEN B SCHMIDT 62  
25.41.59 GILBERT YOUNG 63  
26.08.85 PETER LEE 62  
27.13.57 DON GREETHAM 63  
27.18.17 ERNIE SMITH 64  
50 MTR BACKSTROKE MEN 60-64  
36.01 P POWLISON 1983  
36.63 JOHN DILLEY 64  
37.15 GEORGE E GANDSEY 62  
37.18 ALAN WHEEDEN 61 NATLS  
37.70 IRVING KATZ WG  
38.66 FRANK PIEMME 60  
38.75 JOHN BAILEY 63  
39.04 WILLIAM ZEMER JR 62  
39.75 JACK MC CANN WG  
39.86 EARL WALTER 64  
41.03 JEROME JARROLD WG  
100 MTR BACKSTROKE MEN 60-64  
1.20.74 L SMITH 1972  
01.22.97 IRVING KATZ 62 NATLS  
01.23.26 ALAN WHEEDEN 61  
01.25.50 GEORGE E GANDSEY WG  
01.29.35 ROGER B HOLMES 63  
01.31.03 ROBERT BRUNO 62  
01.31.40 WILLIAM ZEMER JR 62  
01.32.10 GEORGE MELICK 60  
01.33.90 JACK MC CANN WG  
01.34.55 DELBERT BROWN 60  
01.34.94 FRANK PIEMME 60  
200 MTR BACKSTROKE MEN 60-64  
2.56.45 T KATZ 1984  
02.56.84 IRVING KATZ WG  
03.09.93 ALAN WHEEDEN 61  
03.10.57 GEORGE GANDSEY 62  
03.22.40 ROGER B HOLMES 63  
03.22.59 JAMES EDWARDS 62  
03.26.28 EARL WALTER 64  
03.27.63 GEORGE MELICK WG  
03.28.01 RUSSELL PROCTOR 60  
03.33.66 BOB MERRICK 64  
03.36.72 JACK MC CANN WG  
50 MTR BREASTSTROKE MEN 60-64  
39.01 J RICHARDS 1983  
39.62 GEORGE E RUDLOFF WG  
39.90 FRANK PIEMME 60  
40.68 BARTON GREENBURG 61  
42.12 TED VON BERKEFELDT 63  
42.54 GEORGE MELICK WG  
42.96 TOM F DOWELL 63  
43.09 BOB COWLING 62  
43.23 ABRASHA BRAININ WG  
43.41 HENNING L ANDERSON WG  
43.43 IRVING KATZ 61  
100 MTR BREASTSTROKE MEN 60-64  
1.30.04 T V-BERKEFELDT 1982  
01.30.08 GEORGE E RUDLOFF WG  
01.30.87 FRANK PIEMME 60  
01.34.58 BARTON GREENBURG 61  
01.38.10 BOB COWLING 62  
01.40.06 NORMAN GORSOE 61  
01.40.61 GEORGE MELICK WG  
01.40.64 ABRASHA BRAININ WG  
01.41.16 HENNING ANDERSON 61  
01.41.95 JOHN WOODS 61  
01.42.49 GEORGE CUNNINGHAM 60  
200 MTR BREASTSTROKE MEN 60-64  
3.21.95 J HIGGINS 1976  
03.25.06 G EDWARD RUDLOFF 62  
03.34.04 FRANK PIEMME 60  
03.39.65 JOHN WOODS 61  
03.41.40 JEROME JARROLD WG  
03.41.52 GEORGE CUNNINGHAM 60  
03.42.06 NORMAN GORSOE 61  
03.44.66 ABRASHA BRAININ WG  
03.46.20 BOB COWLING 62  
03.48.32 GEORGE MELICK WG  
03.51.28 PETER LEE 62  
50 MTR BUTTERFLY MEN 60-64  
32.19 FRANK PIEMME 60 CA 5/26  
34.48 PERRY ROCKWELL 60 NATLS  
35.85 ROGER B HOLMES 63A  
35.92 IRVING KATZ 61  
35.95 JOHN WOODS 61  
36.93 JURGEN B SCHMIDT 62  
37.79 RAYMOND T LAVENDIER 63  
38.99 TED VON BERKEFELDT 63  
39.40 EDWARD RUDLOFF SR 62  
39.50 BOB COWLING 62  
100 MTR BUTTERFLY MEN 60-64  
1.23.30 J CREWS 1980  
01.23.74 IRVING KATZ WG  
01.26.33 FRANK PIEMME 60  
01.27.90 PERRY ROCKWELL 60  
01.33.04 GEORGE E RUDLOFF WG  
01.34.55 BOB MERRICK 64  
01.36.33 BOB COWLING 62  
01.39.02 RAYMOND T LAVENDIER WG  
01.40.92 RANDY BRADHAM 60  
01.43.08 EARL WALTER 64  
01.44.28 BALINT PAPP 63  
200 MTR BUTTERFLY MEN 60-64  
3.10.88 I KATZ 1984  
03.23.10 IRVING KATZ WG  
03.32.80 G EDWARD RUDLOFF 62  
03.53.87 EARL WALTER 64  
04.02.70 RANDY BRADHAM 60  
04.07.11 PAUL CRAIG 64  
04.12.64 B STADIG 62  
04.28.63 PETER LEE 62  
04.34.10 DOUG STRONG 60  
400 MTR IND.MEDLEY MEN 60-64  
2.56.57 P POWLISON 1983  
02.57.78 IRVING KATZ WG  
03.09.99 FRANK PIEMME 60  
03.18.90 G EDWARD RUDLOFF 62  
03.19.70 PERRY ROCKWELL 60  
03.20.06 ART KOBLIS 61  
03.32.82 EARL WALTER 64  
03.35.04 BALINT PAPP 63  
03.35.63 PETER LEE 62  
03.36.84 JAMES WILLIAMSON 61  
03.40.57 RANDY BRADHAM 60  
400 MTR IND.MEDLEY MEN 60-64  
6.32.33 P POWLISON 1982  
06.36.05 IRVING KATZ WG  
07.00.01 FRANK PIEMME 60  
07.03.90 G EDWARD RUDLOFF 62  
07.44.21 PETER LEE 62  
08.02.22 RANDY BRADHAM 60  
08.09.11 ALEX M INTOSH 61  
08.17.28 C SCHMIDT 62  
08.20.39 CALVIN BARNES 61  
08.23.07 B STADIG 62  
\*\*\*\*50 MTR FREESTYLE M65-69\*\*\*\*  
29.30 B DAVIDSON 1984  
31.65 ANDRES HOLDEN 66  
32.15 HARRY RAWSTROM 68 NATLS  
32.23 RAYMOND F TAFT 66  
32.64 JAMES GREEN 66  
32.86 BOB MERRICK 65  
33.07 LEE ROSS 69  
33.19 LYNN SURLS 67  
33.43 GUS CLEMENS 67  
33.51 WILLIAM A MOLVIE 66  
33.67 WILLIAM JOHNSTON WG  
100 MTR FREESTYLE MEN 65-69  
1.08.15 J WELCH 1983  
01.10.75 ANDREW HOLDEN 66  
01.11.31 RAYMOND F TAFT 66  
01.14.60 BIRCH DAVIDSON 66 NATLS  
01.15.72 BOB MERRICK 65  
01.15.83 GUS CLEMENS 67  
01.16.50 ALDO V DA ROSA 67  
01.16.86 STEVE P CARLSON 65  
01.17.52 LYNN SURLS 67  
01.18.05 GERALD HUESTIS 65  
01.18.28 HARRY RAWSTROM 68  
400 MTR FREESTYLE MEN 65-69  
2.38.11 J WELCH 1983  
02.45.00 RAYMOND F TAFT 66  
02.51.75 BOB MERRICK 65  
02.53.64 BIRCH DAVIDSON 66 NATLS  
02.55.58 ALDO V DA ROSA 67  
02.56.04 FRANK MURPHY 67  
02.57.28 GUS CLEMENS 67  
02.58.31 LYNN SURLS 67  
03.00.77 BILL ODMAN 65  
03.02.88 BILL BURRELL 67  
03.06.32 CHESTER GOSSTYLA 65  
200 MTR FREESTYLE MEN 65-69  
5.38.79 J WELCH 1983  
05.39.06 RAYMOND F TAFT 66  
06.06.42 BIRCH DAVIDSON 66 NATLS  
06.20.44 ALDO V DA ROSA 67  
06.22.13 FRANK MURPHY 67  
06.28.63 BOB MERRICK 65  
06.28.71 BILL ODMAN 65  
06.31.78 RICHARD GUIDO 68  
06.32.57 LYNN SURLS 67  
06.34.47 STEVE P CARLSON 65  
06.40.13 BILL BURRELL 67  
800 MTR FREESTYLE M65-69-----  
12.09.27 LYNN SURLS 67  
12.29.73 RICHARD GUIDO 68  
14.12.03 HERRY SIEBERT 67  
14.46.08 ALDO V DA ROSA 67  
15.22.30 JOHN MERRILL 68  
15.32.56 RICHARD LINDAUER 65  
19.07.61 JOHN SIMMS 67  
1500 MTR FREESTYLE MENT 65-69  
23.04.59 J WELCH 1983  
24.45.11 ALDO V DA ROSA 67  
24.52.09 RAYMOND F TAFT 66  
25.24.30 BOB MERRICK 65  
25.37.92 FRANK MURPH 67 NATLS  
26.33.65 RICHARD T SMITH WG  
26.45.09 RICHARD GUIDO 68  
26.58.53 HARWELL F MOSELEY WG  
27.12.93 AUSTIN NEWMAN 69  
27.48.90 JOHN BRICKER WG  
27.53.02 E BUD DALLMANN WG  
50 MTR BACKSTROKE MEN 65-69  
37.57 R TAFT 1985  
37.57 RAYMOND F TAFT 66 CA 6/16  
40.60 JOHN BRICKER WG  
40.65 DAVID VOLK 68 NATLS  
40.69 ALBERT VANDEWEGHE 68  
40.99 ANDREW HOLDEN 66  
41.22 BOB MERRICK 65  
41.25 ROBERT KNAPP WG  
41.37 WILLIAM ROWE 69  
41.52 WILLIAM A MOLVIE 66  
41.87 JOHN MERRILL 68  
100 MTR BACKSTROKE MEN 65-69  
1.26.83 R TAFT 1985  
01.26.83 RAY TAFT 66 CA 6/15  
01.30.88 JOHN BRICKER 65  
01.31.41 DAVID VOLK 68 NATLS  
01.33.55 HARRY LIBER 66  
01.35.22 ALDO V DA ROSA 67  
01.35.31 WILLIAM A MOLVIE 66  
01.36.35 JOHN MERRILL 68  
01.37.36 BRION WINSHIP 67  
01.37.78 BOB MERRICK 65  
01.37.80 CHESTER GOSSTYLA 65  
200 MTR BACKSTROKE MEN 65-69  
3.12.68 R TAFT 1985  
03.12.68 RAY TAFT 66 CA 7/13  
03.21.42 JOHN BRICKER WG  
03.23.49 DAVID VOLK 68 NATLS  
03.28.76 JOHN MERRILL 68  
03.30.12 RICHARD LINDAUER 65  
03.35.60 CLIFF CROOME 68  
03.35.72 GEORGE HUBBELL 65  
03.39.52 BOB MERRICK 65  
03.40.28 ROGER CHAMBERLAIN 68  
03.41.53 BILL URRICH 65  
50 MTR BREASTSTROKE MEN 65-69  
40.21 P KRUP 1983  
41.70 PAUL KRUP 67  
42.28 ALDO V DA ROSA 67  
42.50 RAYMOND F TAFT 66  
44.01 DAVID VOLK 68  
44.38 BOB MERRICK 65  
45.18 E DON MC CULLOUGH 69  
45.39 ROGER CHAMBERLAIN 68  
46.07 RUSS WITTE 68  
46.14 WALLACE SAWHILL 65  
46.28 BILL URRICH 65  
100 MTR BREASTSTROKE MEN 65-69  
1.31.99 A DA ROSA 1984  
01.32.19 ALDO V DA ROSA 67  
01.36.18 RAYMOND F TAFT 66  
01.36.30 PAUL KRUP 67 NATLS  
01.37.97 BOB MERRICK 65  
01.38.81 E DON MC CULLOUGH 69  
01.42.90 GEORGE HUBBELL 65  
01.44.91 ANDREW HOLDEN 66  
01.46.23 RUSS WITTE 68  
01.46.28 CHESTER GOSSTYLA 65  
01.46.95 RAYMOND WALKER 65  
200 MTR BREASTSTROKE MEN 65-69  
1.27.47 A DA ROSA 1984  
03.28.45 ALDO V DA ROSA 67  
03.34.56 PAUL KRUP 67 NATLS  
03.34.59 BIRCH DAVIDSON 66  
03.39.70 E DON MC CULLOUGH WG  
03.42.44 BOB MERRICK 65  
03.47.04 ANDREW HOLDEN 66  
03.49.91 GEORGE HUBBELL 65  
03.51.42 RAYMOND WALKER 65  
03.56.07 ROGER CHAMBERLAIN 68  
03.56.71 CHESTER GOSSTYLA 65  
50 MTR BUTTERFLY MEN 65-69  
35.21 A HOLDEN 1984  
34.88 ANDREW HOLDEN 66 CA NV  
35.48 RAYMOND F TAFT 66  
38.46 CHESTER GOSSTYLA 65  
38.90 BILL BURRELL 67  
39.25 CLIFF CROOME 68  
39.75 PAUL KRUP 67 NATLS  
40.75 BOB MERRICK 65  
40.54 ROBERT KNAPP WG  
41.53 BILL URRICH 65  
42.26 CAL SCHAEFFER 67  
100 MTR BUTTERFLY MEN 65-69  
1.29.32 A HOLDEN 1984  
01.29.47 ANDREW HOLDEN 66  
01.33.26 RAYMOND F TAFT 66  
01.34.15 CHESTER GOSSTYLA 65  
01.35.60 BOB MERRICK 65  
01.37.92 PAUL KRUP 67 NATLS  
01.39.07 HARWELL F MOSELEY WG  
01.40.51 ALDO V DA ROSA 67  
01.45.85 ROBERT KNAPP WG  
01.46.72 CAL SCHAEFFER 67  
01.47.95 RICHARD J GUIDO 68  
200 MTR BUTTERFLY MEN 65-69  
3.34.69 B DAVIDSON 1984  
03.41.34 PAUL KRUP 67 NATLS  
03.44.43 ALDO V DA ROSA 67  
03.49.45 RAYMOND F TAFT 66  
03.50.29 CHESTER GOSSTYLA 65  
03.55.58 BOB MERRICK 65  
03.59.65 RICHARD GUIDO 68  
04.08.75 RAYMOND WALKER 65  
04.09.45 WILLIAM JOHNSTON 67  
04.12.35 HARWELL F MOSELEY WG  
04.12.54 JOHN BRICKER WG  
200 MTR IND.MEDLEY 65-69  
3.08.27 R TAFT 1985  
03.08.27 RAY TAFT 66 CA 7/13  
03.16.28 BIRCH DAVIDSON 66 NATL  
03.17.66 ANDREW HOLDEN 66  
03.18.08 ALDO V DA ROSA 67  
03.19.76 BOB MERRICK 65  
03.28.55 CHESTER GOSSTYLA 65  
03.34.54 BILL BURRELL 67  
03.35.10 E DON MC CULLOUGH 69  
03.36.90 HARWELL F MOSELEY WG  
03.38.09 ROGER CHAMBERLAIN 68  
400 MTR IND.MEDLEY MEN 65-69  
6.53.59 R TAFT 1985  
06.53.59 RAY TAFT 66 CA 7/26  
07.08.98 BIRCH DAVIDSON 66 NATL  
07.18.37 ALDO V DA ROSA 67  
07.20.27 BOB MERRICK 65  
07.29.96 CHESTER GOSSTYLA 65  
07.48.83 PAUL KRUP 67  
07.51.53 RAYMOND WALKER 65  
07.55.70 HARWELL F MOSELEY WG  
07.56.64 RICHARD T SMITH WG  
08.01.17 RICHARD GUIDO 68  
\*\*\*\*50 MTR FREESTYLE M70-74\*\*\*\*  
29.35 K LEMMON 1984  
32.74 KELLEY LEMMON 73 NATLS  
33.76 DEXTER WOODFORD WG  
34.63 WILLIAM H GRANT WG  
35.06 WOODY BOMERSOCK 72  
35.37 OBEI JAMES 70  
35.54 BERT KASSELL 72  
35.67 REG RICHARDSON 73  
36.09 EUGENE JENNINGS 70  
36.09 HAROLD M SEXTON 70  
36.20 A D MORTENSON 70  
100 MTR FREESTYLE MEN 70-74  
1.11.61 K LEMMON 1983  
01.11.65 KELLEY LEMMON 73 NATL  
01.18.55 DEXTER WOODFORD WG  
01.22.36 REG RICHARDSON 73  
01.24.03 OBEI JAMES 70  
01.24.58 WILLIAM H GRANT WG  
01.24.63 HAROLD M SEXTON 70  
01.25.21 WOODY BOMERSOCK 72  
01.27.57 A D MORTENSON 70  
01.27.59 GENE CROSSETT 71  
01.28.39 ROLAND PORTMAN 71  
200 MTR FREESTYLE MEN 70-74  
2.44.86 K LEMMON 1983  
02.58.66 KELLEY LEMMON 73 NATL  
02.59.59 DEXTER WOODFORD WG  
03.07.91 HAROLD M SEXTON 70  
03.10.90 REG RICHARDSON 73  
03.20.38 OBEI JAMES 70  
03.21.19 GARY WEISENTHAL 71  
03.21.72 GENE CROSSETT 71  
03.24.72 ROLAND PORTMAN 71  
03.27.00 DOC SCHOFIELD 71  
03.31.12 JOE S IRVINE 74  
400 MTR FREESTYLE MEN 70-74  
6.08.19 K LEMMON 1983  
06.28.76 DEXTER WOODFORD 71  
06.28.72 KELLEY LEMMON 73 NATL  
06.58.72 EDWARD SHEA 70  
07.11.86 HAROLD SEXTON 70  
07.12.60 GARY WEISENTHAL 71  
07.13.22 JERRY DONOVAN 71  
07.26.85 JOHN STINSON 72  
07.29.97 ROLAND PORTMAN 71  
07.30.00 GENE CROSSETT 71  
07.30.88 HAMILTON ANDERSON 71  
800 MTR FREESTYLE M70-74-----  
13.49.47 H HOME 1985  
13.49.47 HERBERT HOWE 72  
14.10.44 HAROLD SEXTON 70  
15.24.93 GENE CROSSETT 71  
15.53.02 JERRY DONOVAN 71  
21.23.69 SIZER CHAMBLISS 71  
24.16.90 GEORGE MC SPADEN 73  
1500 MTR FREESTYLE MEN 70-74  
25.14.63 D WOODFORD 1985  
25.03.18 HERBERT HOWE 72 NV  
25.14.63 DEXTER WOODFORD WG  
26.09.08 EDWARD SHEA 70 NATLS  
27.09.42 HAROLD SEXTON 70  
28.16.19 JOHN STINSON 72  
28.32.63 GARY WEISENTHAL 71  
29.44.98 JERRY DONOVAN 71  
29.51.13 GENE CROSSETT 71  
30.20.01 DOC SCHOFIELD 71  
31.01.56 JOE S IRVINE 74  
50 MTR BACKSTROKE MEN 70-74  
39.64 E SHEA 1985  
39.64 EDWARD J SHEA WG  
41.31 GARY WEISENTHAL 71  
44.51 REG RICHARDSON 73  
44.94 DICK WESTERFIELD 70  
45.25 EUGENE JENNINGS 70  
45.34 WILLIAM H GRANT WG  
46.56 HAROLD SEXTON 70  
47.19 BOB SLOAN 71  
47.24 BILL FITE 72  
49.18 FRANK TILLOTSON 70  
100 MTR BACKSTROKE MEN 70-74  
1.30.63 E SHEA 1985  
01.30.63 EDWARD J SHEA WG  
01.40.21 DICK WESTERFIELD 70  
01.41.96 GARY WEISENTHAL 71  
01.44.04 REG RICHARDSON 73  
01.45.74 WILLIAM H GRANT WG  
01.47.27 EUGENE JENNINGS 70  
01.47.74 JOHN KEEFE WG  
01.48.21 WALTER KLINASEWSKI 70  
01.48.70 CARL W THORNBURG WG  
01.50.71 JACK KEEFE 70  
200 MTR BACKSTROKE MEN 70-74  
3.18.45 E SHEA 1985  
03.18.45 EDWARD J SHEA WG  
03.43.36 DICK WESTERFIELD 70  
03.57.15 REG RICHARDSON 73  
03.57.32 GARY WEISENTHAL 71  
03.59.35 CARL W THORNBURG WG  
04.01.19 EUGENE JENNINGS 70  
04.02.45 FRANK TILLOTSON 70  
04.02.85 DON STEVENSON 73  
04.04.20 GENE CADDEY 71  
04.06.01 BILL FITE 72  
50 MTR BREASTSTROKE MEN 70-74  
41.44 B ALLEN 1984  
42.58 BENNETT ALLEN 70  
50.34 REG RICHARDSON 73  
51.88 DON ERION 71  
52.33 ROBERT SCHMIDT WG  
52.39 BILL FITE 72  
52.95 RICHARD DAVENPORT 70  
54.04 PAUL SEIDL 71  
54.12 HAROLD SEXTON 70  
55.08 WALTER KLINASEWSKI 70  
55.00 JOHN RAPIN 71  
100 MTR BREASTSTROKE MEN 70-74  
1.33.20 B ALLEN 1984  
01.32.37 H STEINBIUS NV 6/29/84  
01.35.21 BENNETT ALLEN 70  
01.52.80 REG RICHARDSON 73  
01.56.96 DON STEVENSON 73  
01.57.33 DON ERION 71  
01.57.39 JOHN STINSON 72  
01.59.73 BILL FITE 72  
02.04.51 GENE CADDEY 71  
02.08.19 JOHN RAPIN 71  
02.08.53 ROBERT SCHMIDT WG  
200 MTR BREASTSTROKE MEN 70-74  
3.36 00 B ALLEN 1974  
EN 1984  
04.07.22 REG RICHARDSON 73 NATL  
04.08.14 JOHN STINSON 72  
04.19.22 DON STEVENSON 73  
04.19.91 BILL FITE 72  
04.20.81 DEXTER WOODFORD  
04.35.49 DON ERION 71  
04.38.56 CARL W THORNBURG WG  
04.51.14 JERRY DONOVAN 71  
05.03.10 HENRY STEINBIUS 72  
05.04.65 FRANK H TILLOTSON WG  
50 MTR BUTTERFLY MEN 70-74  
38.79 K LEMMON 1983  
41.22 WILLIAM H GRANT WG  
42.13 KELLEY LEMMON NATLS  
43.99 JESSE COON 74  
44.05 EUGENE JENNINGS 70  
46.48 GENE WADE 70  
48.12 JOHN STINSON 72  
49.06 GENE BECK 70  
53.78 BILL FITE 70  
55.44 BERT KASSELL 72  
63.60 JERRY DONOVAN 71  
100 MTR BUTTERFLY MEN 70-74  
1.39.69 W PFEIFFER 1984  
01.48.12 JOHN STINSON 72  
01.51.70 WILLIAM GRANT 71  
01.51.74 EUGENE JENNINGS 70  
01.55.87 JESSE COON 74  
02.00.98 BILL FITE 72  
02.09.33 GENE WADE 70  
02.14.00 CARL W THORNBURG WG  
02.17.75 GENE BECK 70  
02.27.22 GENE CADDEY 71  
02.33.23 JERRY DONOVAN 71  
200 MTR BUTTERFLY MEN 70-74  
3.43.08 W PFEIFFER 1984  
04.05.39 JOHN STINSON 72 NATL  
04.07.93 EUGENE JENNINGS 70  
04.27.47 JESSE COON 74  
04.44.41 BILL FITE 72  
04.56.15 JERRY DONOVAN 71  
04.58.05 DON STEVENSON 73  
05.09.62 CARL THORNBURG WG  
05.58.00 FRANK H TILLOTSON 70  
200 MTR IND.MEDLEY MEN 70-74  
3.21.96 K LEMMON 1983  
03.33.50 KELLEY LEMMON 73  
03.49.41 HAROLD SEXTON 70  
03.51.40 DICK WESTERFIELD 70  
03.54.33 WILLIAM H GRANT WG  
03.55.69 JOHN STINSON 72  
04.02.73 BILL FITE 72  
04.10.50 CARL W THORNBURG WG  
04.10.52 GENE CADDEY 71  
04.13.24 JESSE COON 74  
04.15.32 JERRY DONOVAN 71  
400 MTR IND.MEDLEY MEN 70-74  
7.29.78 W PFEIFFER 1984  
08.25.01 JOHN STINSON 72  
08.47.09 BILL FITE 72  
09.07.53 DON STEVENSON 73  
09.12.84 JESSE COON 74  
09.17.21 CARL W THORNBURG WG  
09.44.31 FRANK H TILLOTSON 70  
\*\*\*\*50 MTR FREESTYLE M75-79\*\*\*\*  
32.50 L COLLET 1983  
34.45 LYLE COLLET 77 NATLS  
35.13 BILL SHOTT 75  
36.87 GERSON SOBEL 75  
36.89 FRANK R BELLAIRE WG  
38.13 DAN DOTTERWHEEL 76  
38.57 LLOYD OSBORNE 76  
39.16 DAVID MC AREE 76  
39.34 PATRICK FRANK 77  
39.40 FRANCIS JOWETT 75  
39.49 TOM MONAHAN 75

100 MTR FREESTYLE MEN 75-79	52.59 LLOYD OSBORNE 76	50 MTR BUTTERFLY MEN 80-84
1.18.53 L COLLET 1984	53.39 JIM PENFIELD 77	57.67 J ANDERSON 1983
01.22.30 LYLE COLLET 77 NATLS	54.64 LEONARD A CHAPIN 77	63.25 AL KALLUNKI W6
01.23.17 GERSON SOBEL 75	61.20 ALBERT GELSDORF 79 NATLS	75.29 TOM CURETON 83
01.27.34 BILL SHOTT 75	73.08 FRANCIS JOSETT 75	80.09 JOHN M ANDERSON 80
01.28.06 PATRICK FRANK 77	74.66 ABE OLANOFF 79	91.66 GUS LANGNER 81
01.29.48 LLOYD OSBORNE 76	83.87 EARNEST BRISCOE 78	100 MTR BUTTERFLY MEN 80-84
01.30.68 DAVID MC AFEF 76	100 MTR BUTTERFLY MEN 75-79	2.43.61 A KALLUNKI 1985
01.31.11 FRANK R BELLAIRE W6	1.49.04 W SHOTT 1985	02.43.61 AL KALLUNKI W6
01.36.45 FRANCIS JOWETT 75	02.04.17 BILL SHOTT 75 CA 6/2	03.13.60 THOMAS CURETON W6
01.38.18 JIM PENFIELD 77	02.04.17 BILL STINSON 76	200 MTR BUTTERFLY MEN 80-84
01.39.72 DAN DOTTERWEICH 76	02.19.07 LLOYD OSBORNE 76	5.56.13 A KALLUNKI 1985
200 MTR FREESTYLE MEN 75-79	02.29.01 JIM PENFIELD 77	05.56.13 AL KALLUNKI W6
2.57.83 A RULE 1981	02.29.07 ALFRED GUTH 77	200 MTR IND.MEDLEY MEN 80-84
03.17.02 LYLE COLLET 77 NATLS	4.34.59 B STINSON 1984	04.53.08 AL KALLUNKI W6
03.22.12 LLOYD OSBORNE 76	04.34.00 BILL STINSON 76 FL NV	05.20.77 THOMAS CURETON 84 NATLS
03.22.27 PATRICK FRANK 77	05.37.51 ALFRED GUTH 77	400 MTR IND.MEDLEY MEN 80-84
03.24.28 GERSON SOBEL 75	200 MTR IND.MEDLEY MEN 75-79	10.44.82 A KALLUNKI 1984
03.24.79 BILL SHOTT 75	3.59.57 B SHOTT 1985	****50 MTR FREESTYLE-MBS-89****
03.25.60 DAVID MC AFEF 76	03.59.57 BILL SHOTT 75 CA 8/3	50.74 B LANE 1980
03.39.82 FRANK R BELLAIRE W6	04.03.62 LLOYD OSBORNE 76 NATLS	01.06.99 PAUL E SPANGLER 86
03.43.83 LEONARD A CHAPIN 77	04.31.42 BILL STINSON 76	01.34.86 TONY LOPEZ 85 NATLS
03.45.08 HERB EISENSCHMIDT 78	04.37.51 ALFRED GUTH 77	100 MTR FREESTYLE MEN 85-89
03.46.87 ART HARGRAVE 78	04.49.41 JIM PENFIELD 77	2.07.87 C WHEELER 1982
400 MTR FREESTYLE MEN 75-79	05.05.58 ABE OLANOFF 79	02.30.33 PAUL E SPANGLER 86
6.27.76 A RULE 1981	05.08.41 HAROLD BARR 75	200 MTR FREESTYLE MEN 85-89
07.03.16 LLOYD OSBORNE 76	400 MTR IND.MEDLEY MEN 75-79	5.22.40 J BLUMBERG 1982
07.25.45 DAVID MC AFEF 76	8.53.00 L OSBORNE 1984	05.41.92 FREDERICK ALLEN NATLS
07.35.39 BILL SHOTT 75	09.27.49 LLOYD OSBORNE 76 NATLS	400 MTR FREESTYLE MEN 85-89
07.51.95 HERB EISENSCHMIDT 78	09.28.17 BILL SHOTT 75	11.19.63 J BLUMBERG 1982
07.59.97 LEONARD A CHAPIN 77	09.28.31 ALFRED GUTH 77	11.21.25 FREDERICK ALLEN NATLS
08.16.45 CHARLES WOOD 77	10.00.42 BILL STINSON 76	800 MTR FREESTYLE MBS-59-----
08.18.87 ART HARGRAVE 78	****50 MTR FREESTYLE MBO-84****	?
08.25.51 BILL MOLLOY 75	38.95 C ROSS 1980	1500 MTR FREESTYLE MEN 85-89
08.38.08 BILL STINSON 76	42.29 MAXWELL VOGT 80 NATLS	41.06.87 F ALLEN 1984
08.40.25 JOHN NEWTON 76	44.44 THOMAS CURETON 84	50 MTR BACKSTROKE MEN 85-89
800 MTR FREESTYLE M75-79-----	45.30 REGINALD HARRISON 81	1.02.40 T LANE 1981
15.20.40 L OSBORNE 1985	46.73 GUS LANGNER 81	01.34.57 TONY LOPEZ 85 NATLS
15.20.40 LLOYD OSBORNE 76	47.04 EDMUND DEUSS 80	100 MTR BACKSTROKE MEN 85-89
16.21.33 DAVE MC AFEF 75	50.15 JAMES BURNS 82	2.43.70 T LANE 1981
17.28.22 BILL STINSON 76	50.45 AL KALLUNKI 81	03.30.57 TONY LOPEZ 85 NATLS
17.43.50 BILL MOLLOY 75	50.48 CHARLES MC CALLISTER 81	200 MTR BACKSTROKE MEN 85-89
1500 MTR FREESTYLE MEN 75-79	50.78 JOHN S ROBINSON W6	6.13.80 J BLUMBERG 1982
26.08.40 A RULE 1981	51.92 SHELDON WHITE 80	07.54.03 TONY LOPEZ 85 NATLS
29.00.89 LLOYD OSBORNE 76	100 MTR FREESTYLE MEN 80-84	50 MTR BREASTSTROKE MEN 85-89
29.42.89 DAVID MC AFEF 76	1.33.72 C ROSS 1980	1.06.00 T LANE 1981
30.51.73 BILL SHOTT 75	01.35.28 MAXWELL VOGT 80 NATLS	02.42.45 TONY LOPEZ 85 NATLS
32.12.47 LEONARD A CHAPIN 77	01.39.90 GUS LANGNER 82	100 MTR BREASTSTROKE MEN 85-89
33.20.25 ALFRED GUTH 77	01.48.58 REGINALD HARRISON 81	2.43.08 T LANE 1981
33.27.45 OSCAR SIGRIST 77	01.53.24 TOM CURETON 83	03.19.00 JOHN R WHITTEMORE 85
33.41.01 CHARLES WOOD 77	01.56.35 JOHN S ROBINSON W6	200 MTR BREASTSTROKE MEN 85-89
34.20.00 BILL STINSON 76	02.01.06 JAMES BURNS 82	6.23.90 T LANE 1981
34.24.43 JOHN NEWTON 76	02.13.34 JOSEPH M EARLEY 82	50 MTR BUTTERFLY MEN 85-89
40.27.29 HARRY JAGGERS 78	02.13.50 JOE KAUFMAN 80	1.40.01 F ALLEN 1984
50 MTR BACKSTROKE MEN 75-79	02.15.44 CHARLES MC CALLISTER 81	01.48.54 FREDERICK ALLEN NATLS
40.47 A HARGRAVE 1982	02.21.10 JOHN M ANDERSON 80	100 MTR BUTTERFLY MEN 85-89
43.33 LYLE COLLET 77 NATLS	200 MTR FREESTYLE MEN 80-84	NO RECORD
45.12 CARTER MORGAN 76	3.31.79 G LANGNER 1983	200 MTR BUTTERFLY MEN 85-89
46.35 LLOYD OSBORNE 76	03.34.25 GUS LANGNER 82 NATLS	NO RECORD
48.49 LEE STARR 76	04.42.29 JOHN S ROBINSON W6	200 MTR IND.MEDLEY MEN 85-89
48.53 ART HARGRAVE 78	04.54.52 JOE KAUFMAN 80	6.56.41 F ALLEN 1985
49.04 HERB EISENSCHMIDT 78	04.55.50 JAMES BURNS 82	06.56.41 FREDERICK ALLEN NATLS
49.54 TOM MONAHAN 75	05.34.39 JOHN M ANDERSON 80	400 MTR IND.MEDLEY MEN 85-89
50.36 OSCAR SIGRIST 77	05.56.65 VICTOR F SAGUES 81	NO RECORD
51.43 JACK HOEY 75	400 MTR FREESTYLE MEN 80-84	****50 MTR FREESTYLE M90-****
53.01 GEORGE DOERFFEL 76	7.23.09 G LANGNER 1983	59.88 C WHEELER 1984
100 MTR BACKSTROKE MEN 75-79	07.23.40 GUS LANGNER 82	100 MTR FREESTYLE MEN 90+
1.32.92 A HARGRAVE 1982	09.37.22 AL KALLUNKI 81	2.14.06 C WHEELER 1984
01.43.85 LYLE COLLET 77 NATLS	10.04.28 EDMUND DEUSS 80	200 MTR FREESTYLE MEN 90+
01.45.43 ART HARGRAVE 78	10.19.05 SHELDON WHITE 80	NO RECORD
01.48.52 HERB EISENSCHMIDT 78	800 MTR FREESTYLE MBO-84-----	800 MTR FREESTYLE MEN 90+
01.49.23 LLOYD B OSBORNE 76	15.53.13 B LANGNER 1985	NO RECORD
01.49.23 LEE STARR 76	15.53.13 GUS LANGNER 82	800 MTR FREESTYLE M90+-----
01.50.62 OSCAR SIGRIST 77	1500 MTR FREESTYLE MEN 80-84	NO RECORD
01.54.32 OSCAR SIGRIST 77	28.54.95 G LANGNER 1983	1500 MTR FREESTYLE MEN 90+
01.58.78 JACK HOEY 75	30.43.32 GUS LANGNER 82 NATLS	NO RECORD
02.06.82 WILLIAM SHARE 76	50 MTR BACKSTROKE MEN 80-84	50 MTR BACKSTROKE MEN 90+
02.07.21 ALFRED GUTH 77	53.92 T CURETON 1983	2.16.90 L WAGENER 1982
02.15.76 MAURICE YOUNG 76	54.55 MAXWELL VOGT 80 NATLS	100 MTR BACKSTROKE MEN 90+
200 MTR BACKSTROKE MEN 75-79	55.07 REGINALD HARRISON 81	5.04.51 L WAGENER 1982
3.34.86 A HARGRAVE 1982	56.95 THOMAS CUERTON 84	
03.56.57 HERB EISENSCHMIDT 78	60.35 AL KALLUNKI 81	
04.02.64 OSCAR SIGRIST 77 NATL	64.27 EDMUND DEUSS 80	
04.07.07 LLOYD OSBORNE 76	64.73 JAMES MATTHEWS 81	
04.09.14 ART HARGRAVE 78	64.89 JOSEPH M EARLEY 82	
04.09.37 LYLE COLLET 77	69.29 JAMES BURNS 82	
04.20.16 JACK HOEY 75	71.54 FOSTER HOLT 80	
04.20.61 TOM MONAHAN 75	74.13 JOHN M ANDERSON 80	
04.25.18 ALFRED GUTH 77	100 MTR BACKSTROKE MEN 80-84	
04.27.24 GEORGE DOERFFEL 76	2.06.19 T CURETON 1982	
04.40.56 BILL SHARE 76	02.15.00 THOMAS CURETON 84 NATLS	
50 MTR BREASTSTROKE MEN 75-79	02.26.12 JAMES MATTHEWS 81	
48.70 D DOTTERWEICH 1984	02.30.59 FOSTER HOLT 80	
45.92 BILL SHOTT 75 CA NV	02.34.01 JOSEPH M EARLEY 82	
49.22 ALBERT GELSDORF 79 NATLS	02.39.35 JAMES BURNS 82	
49.34 DAN DOTTERWEICH 76	02.42.32 JOE KAUFMAN 80	
50.38 JIM PENFIELD 77	02.53.60 JOHN M ANDERSON 80	
52.43 WILLIAM SHARE 76	03.10.37 VICTOR F SAGUES 81	
55.48 HAROLD BARR 75	03.13.25 CHARLES MC CALLISTER 81	
56.28 BILL STINSON 76	200 MTR BACKSTROKE MEN 80-84	
57.48 ALFRED GUTH 77	4.33.53 T CURETON 1982	
59.68 FRANCIS JOWETT 75	05.09.00 THOMAS CURETON 84 NATLS	
59.89 MAURICE YOUNG 76	05.14.28 FOSTER HOLT 80	
100 MTR BREASTSTROKE MEN 75-79	05.16.34 AL KALLUNKI 81	
1.50.46 W SHOTT 1985	05.39.69 JOE KAUFMAN 80	
01.50.46 BILL SHOTT 75 CA 83	06.06.21 JAMES BURNS 82	
01.54.16 ALBERT GELSDORF NATLS	06.37.33 STAN BATES 80	
01.56.26 DAN DOTTERWEICH 76	50 MTR BREASTSTROKE MEN 80-84	
01.58.40 WILLIAM SHARE 76	54.29 A KALLUNKI 1984	
02.03.28 JIM PENFIELD 77	00.55.00 AL KALLUNKI W6	
02.07.79 OSCAR SIGRIST 77	01.04.51 GUS LANGNER 82 NATLS	
02.09.29 ALFRED GUTH 77	01.04.66 MAXWELL VOGT 80	
02.10.68 HAROLD BARR 75	01.13.12 TOM CURETON 83	
02.19.00 ABE OLANOFF 79	01.27.37 JOHN M ANDERSON 80	
02.21.52 BILL STINSON 76	01.42.65 CHARLES MC CALLISTER 81	
200 MTR BREASTSTROKE MEN 75-79	100 MTR BREASTSTROKE MEN 80-84	
4.16.44 D DOTTERWEICH 1984	2.04.84 A KALLUNKI 1984	
04.19.77 DAN DOTTERWEICH NATLS	02.13.29 AL KALLUNKI W6	
04.21.50 BILL SHOTT 75	02.18.77 GUS LANGNER 82 NATLS	
04.27.88 ALFRED GUTH 77	02.52.46 TOM CURETON 83	
04.30.01 ALBERT GELSDORF 79	03.21.16 JOHN M ANDERSON 80	
04.31.40 WILLIAM SHARE 76	03.52.38 CHARLES MC CALLISTER 81	
04.50.10 HAROLD BARR 75	200 MTR BREASTSTROKE MEN 80-84	
04.55.29 JIM PENFIELD 77	4.43.91 A KALLUNKI 1985	
05.02.71 OSCAR SIGRIST 77	04.43.91 AL KALLUNKI W6	
05.03.42 ABE OLANOFF 79	05.02.90 GUS LANGNER 82	
05.32.69 BILL STINSON 76	06.29.01 OTTO DINGFIELD W6	
50 MTR BUTTERFLY MEN 75-79		
42.11 W SHOTT 1985		
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## INTRODUCTION

### Are You A Swimmer Looking For A Diet That Will Give You A Competitive Edge?

It's not surprising if you are. Swimmers, like all athletes are easily persuaded to search for that magic food, diet, or supplement that will help them improve their performance. Aside from heredity and training, no single factor plays a bigger role in the quality of a swimmer's performance than diet. But despite the wealth of information on nutrition in general, few efforts have been made to describe the nutritional needs and the best dietary regimen for training and competing swimmers.

This is not to say that coaches, trainers, parents and swimmers don't feel nutrition is important. To the contrary, all persons engaged in sports have, at one time, hoped and searched for the "magic food" that would help them win.

Unfortunately, in the quest for success, most swimmers are willing to try any dietary regimen or nutritional supplement. A recent survey of high school, university and post graduate athletes found that many nutritional practices are still widely used and they contribute nothing to the athletes' efforts. These habits and practices simply reflect a lack of education and objectivity that exists with sports nutrition.

## THE BASICS

Belief in the special powers of diets, foods or supplements can give you an important psychological boost, but the nutrients found in food will do more and help your training efforts pay off.

Carbohydrates, fat, protein, vitamins, minerals and water are the six major classes of nutrients. These nutrients are chemical substances obtained from foods during digestion. They work together to supply swimmers with energy and help to build and maintain body cells, and to regulate body processes.

Energy (or calories) is supplied by carbohydrates, fat and protein. They are the energy or fuel source for your body, just as gasoline is the fuel for cars.

### Carbohydrates:

Swimmers get most of the energy for their workouts and performance from carbohydrates. Certain foods - such as breads, cereals, pasta, fruits and vegetables - are excellent sources of carbohydrates. These foods are the primary source of energy used for swimmers.

### Fat:

Fat is also an energy source for swimmers. But it takes 20-30 minutes from the time athletes start to exercise until enough fat is available to be of much help during exercise. Cakes, pies, french fries, and pastries are foods that are high in fat. Swimmers have no problems in consuming fatty foods. As a matter of fact they usually consume too much fat and as a result don't eat enough carbohydrates.

### Protein:

Protein, found throughout the body, is necessary to build all body cells. It is possible to use protein for energy; however, it's one of its least important functions in the body. Only during starvation or extreme malnutrition does the body use protein as a source of fuel.

### How Much Carbohydrate, Fat And Protein Do Swimmers Need?

It has been clearly shown that swimmers in training need more calories and these extra calories should be coming from foods that are high in carbohydrates. A swimmer's diet should contain an energy nutrient balance that includes:

- 12 - 15 percent protein
- 25 - 30 percent fat
- 55 - 70 percent carbohydrate

## WHAT SHOULD SWIMMERS EAT?

As a swimmer you need about 50 nutrients for top performance. You can get these nutrients by including the recommended number of servings daily from each food group and by choosing a variety of foods from each food group.

### Weight Control:

The recommended weight loss for swimmers is 1 to 2 pounds of body fat per week. If you lose weight any faster than that, chances are you may begin to lose muscle.

For a swimmer to cut their caloric intake below 2,000 calories means you won't be getting the energy needed for training and competition. In short, your performance suffers.

The fastest way to lose weight is with a combination of diet and exercise. If you eat 500 calories less and burn 500 calories more through exercise, by the end of one week, you could lose two pounds.

Be sensible about the diet and remember that any crash diet results in poor performance.

### Pre-Competition Meals:

The purpose of the pre-event meal is NOT to supply extra energy for competition, but to keep you from feeling hungry before and during the event.

Remember these guidelines when choosing your pre-competition meal:

- 1 Avoid overeating
- 2 Eat your pre-competition meal three to four hours before the event
- 3 Choose meals that include mostly foods high in carbohydrate and low in fat

## DON'T LET NUTRITION MYTHS HURT YOUR PERFORMANCE

### MYTH:

Consuming large amounts of protein or taking protein supplements will increase muscle size and strength.

### FACT:

Excess protein will not increase muscle growth and strength. A normal diet will supply you with more than enough protein to build muscles.

### MYTH:

Eating honey, sugar, soda pop or a candy bar is an excellent way to get quick energy just before competition or practice.

### FACT:

The energy used in competition or practice comes from foods eaten days prior to the event. A diet consisting of the four food groups and adequate training will enable you to perform at your best.

### MYTH:

Drinking water during exercise causes an upset stomach and cramps.

### FACT:

There is no evidence that water during exercise causes upset stomach or any other problem. In fact, drinking water is very important. One-half cup of water every 10-15 minutes helps replace body fluids lost as sweat.

### MYTH:

Milk before an event causes cotton mouth and cuts speed and wind.

### FACT:

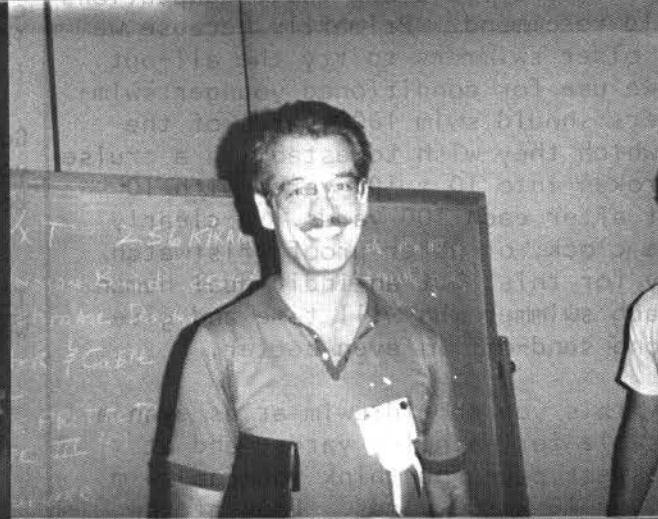
Cotton mouth appears to be due to emotional stress and fluid loss. Milk does not cause a decline in performance.



TRAINING TABLE GUIDE	
<b>MILK GROUP</b>	4 or more servings daily for teenagers. 2 or more servings daily for adults. Milk, yogurt, all types of cheeses, ice cream
<b>MEAT GROUP</b>	2 or more servings daily Meat, fish, fowl, pork, lamb, fish, poultry, eggs, shellfish, beans, and peas, soybeans, peanut butter
<b>FRUIT-VEGETABLE GROUP</b>	8 or more servings daily. All fruits and vegetables. Be sure to include good sources of Vitamin C and Vitamin A
<b>GRAIN GROUP</b>	8 or more servings daily. Whole grains, refined grains, enriched grain products, such as cereals, breads, waffles, pasta, macaroni, spaghetti, cookies, crackers, and rice



# New Officers



**PRESIDENT - Thomas D. Boak, Jr.** Tom has been active in both collegiate and masters. He still excells in breaststroke in the 40-44 age group. Competes for Lone Star, is married with a son 15 and daughter 5.

**SECRETARY - Nancy Ridout** Nancy competed for age group teams in Ohio and for the Ann Arbor Swim Club. She now lives in CA, is married and the mother of two sons aged 13 & 16. Nancy holds numerous USMS records.

**PAST-PRESIDENT - Michael A. Laux** Mike is a true competitor! Not only has he been USMS president for four years but he is notorious for his 150 efforts in the 200 fly! Mike was our 1985 "Arthur" award recipient.

**VICE-PRESIDENT - Gail M. Dummer** Gail has been active in masters swimming for twelve years. She has moved around a lot and currently competes for Michigan Masters. Gail has coached and is a physical education teacher.

**TREASURER - E. Kevin Kelly** Kevin was an age group and high school swimmer. He now competes for the Hawkeye Masters (Iowa). Kevin is a lawyer, married with two daughters and a stepson. Competes in the 40-44 group.

**EXECUTIVE SECRETARY - Dorothy Donnelly** Dot swam for the WSA back in the 30's and 40's. She currently holds records and has many Top Ten Times in the 60-64 age group. Dorothy has been active in masters swimming for 12 yrs.

## CRUISE INTERVALS AS ADAPTEN FOR MASTERS

June 1985 - By: Dick Bower

Interested swimmers can read my articles on Cruise Intervals which were published in Swimming World Magazine, in the April and June 1985 issues. If you don't take this magazine you can write me and I will send you copies.

Briefly the Cruise Interval provides a means of adapting workouts to the ability of each swimmer. It is a means of developing endurance with a minimum of pain and agony while avoiding overtraining. It is meant to be used by swimmers who are capable of doing repeat swims totaling about 1000 yards in a set.

For masters swimmers there are these adaptations which I would recommend. Primarily because we do not want older swimmers to try the all-out test which we use for conditioned younger swimmers. Masters should swim 1000 yards of the stroke for which they wish to establish a cruise interval, broken into 10 x 100 yards with 10 seconds rest after each 100 yards. A clearly visible pace clock, or water proof wristwatch is necessary for this, but an individual human timer for each swimmer who will time and give the ten second send-off is even better.

When you try this you should swim at as even a pace as possible for each 100 yards, and at about the fastest pace you think you can swim comfortably for 10 x 100 yards. Look at the clock (or your waterproof watch) when you finish each 100 yards and start again ten seconds later. When you finish the tenth 100 yards record your total time. The pace clock or watch should have been running continuously since you started on the first 100 yards. Then:

- 1) Take your total time and convert it to seconds (60 sec for each minute).
- 2) Add 10 seconds because you only rested nine times.
- 3) Divide this total number by 10.
- 4) Convert this total back to minutes and seconds. This is the average amount of time you took to swim each 100 yards plus your ten seconds.
- 5) Round this off to the next highest 5 second increment and you will have your starting "masters cruise interval".
- 6) Swim at least 10 x 100 yards of this stroke on this interval at least twice a week. More if you like it.
- 7) Try to hold an even pace when you swim these 100's and try to gradually improve your average time per 100. You won't improve every time you swim but you will as the months go by.

- 8) When you are able to get over fifteen seconds average rest between 100's, it is time to move to a 5 second faster interval.

In this way you can gradually improve your endurance and also learn to swim your distance races at an even pace. Vary the way you use these cruise intervals. Add ten or more seconds to your interval for warm-ups and tapers. Use two times your 100 interval when you want to do 200's and use 5 times your 100 interval when you want to do 500's. With a little math you can figure your cruise interval for any distance.

If you aren't feeling well or when you are returning from a lay-off add time to your interval. When your cruise intervals feel relatively easy do more than ten 100's. You can add more 100's before you drop to a five second faster interval for ten.

Good luck and send me your name and address if you want more information. Write to: Dick Bower, 600 Haring Road, Metairie, LA 70001.

### TEAM SCORES FOR LONG COURSE NATIONALS IN R.I.

WOMEN:	1.	New England	1006.5
	2.	D.C. Masters	539.5
	3.	Jersey Masters	431.0
	4.	Connecticut Masters	349.0
	5.	Metro Masters	240.0
	6.	Middle Atlantic	239.0
	6.	Virginia Masters	239.0
	8.	Ohio Masters	201.0
	9.	Lincoln Masters	163.0
	10.	St. Petersburg	162.0

MEN:	1.	New England	1247.0
	2.	D.C. Masters	576.5
	3.	Connecticut	458.5
	4.	Metro Masters	441.0
	5.	Olympic Club	416.0
	6.	Middle Atlantic	388.0
	7.	Jersey Masters	295.0
	8.	Lincoln Masters	293.0
	9.	Ohio Masters	214.0
	10.	Valley Forge	157.0

COMBINED	1.	New England	2253.5
	2.	D.C. Masters	1116.0
	3.	Connecticut	807.5
	4.	Jersey Masters	726.0
	5.	Metro Masters	681.0
	6.	Middle Atlantic	627.0
	7.	Lincoln Masters	456.0
	8.	Olympic Club	416.0
	9.	Ohio Masters	415.0
	10.	St. Petersburg	309.0
	10.	Valley Forge	309.0

# SWIM-MASTER

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## Swimming News

IN AND AROUND THE INDUSTRY - The (NSPF) National Swimming Pool Foundation has completed a nine-month study on the "pike/scoop" racing dive . . . the study, conducted by James Counsilman, Ph.D., Indiana University, found the dive to be slower than other racing dives and hazardous when done in shallow water. The research was instigated by the number of cervical injuries from swimmers striking the bottom of the pool while attempting the dive off the starting platforms . . . NSPF funded the study to determine if the dive was faster (as believed) than other dives and in what way it exposed the athlete to a tragic injury. Results: the conventional "grab" start is the fastest . . . "pike/scoop" is the slowest.....

1st WORLD MASTERS GAMES - From all reports this was a terrific meet! Over 1500 swimmers from 29 countries attended and had the experience of a lifetime! The Etobicoke Olympium is a fantastic facility and the meet was very well run. The results were posted in Providence but I have not received a copy.....

LONG COURSE NATIONALS - Almost 800 swimmers were entered in the meet - 497 men and 300 women - ranging in age from barely 25 to 86.5. Swimmers represented 121 teams, which came from all over the USA, Puerto Rico, Canada, England, Australia, New Zealand, Sweden and Switzerland. NEM entered 175 men and women and WON!!!!!!!!!!!!

CHICAGO MASTERS SWIM CLUB - The Chicago Masters Swim Club boasts that they secured the largest number of swimming hours per week of any Masters Swimming group in the country. They had a total of 32 hours a week for training plus time for weights.....Anyone have more?.....

MASTERS AQUATIC COACHES ASSOCIATION - Usually, swimming for masters cannot be gleaned from the clinics usually held as they cater to the Age Group and Senior swimmer. Kerry O'Brien of the Walnut Creek Masters in northern California is organizing a Masters Coaching Clinic. There are plans ahead for a Masters Clinic to be held for coaches of the South/Eastern states at the University of Alabama, in Tuscaloosa in May of 1986. The MACA would like to encourage other individuals and/or groups of coaches to do the same in their areas. If assistance is needed please call Judy Meyer at (805) 569-1042.....

TIRED OF THE STANDARD MEDAL? - Several years ago a young Italian on a post-doc in physics at V.P.I. suggested an interesting alternative to our award system. As part of a festival he had competed in a swimming race in the moat around a medieval castle. He won first prize, a large salami, which he reported was excellent and collected no dust.....

HOUSE OUR SWIMMERS TONIGHT - Or, H.O.S.T. as it is called by the Oregon Masters, is a unique committee set up to help swimmers in need of lodging when traveling out-of-town to swim meets. Might be an interesting idea for your location...  
SOUTHERN MASTERS SWIMMING AWARD CATEGORIES -

1) Outstanding Male Swimmer; 2) Outstanding Female Swimmer; 3) Most Improved Male Swimmer; 4) Most improved Female Swimmer; 5) Best Female Figure (over 40); 6) Best Female Figure (30-39); 7) Best Female Figure (under 29); 8) Best Male Physique (over 40); 9) Best Male Physique (30-39); 10) Best Male Physique (under 29); 11) All-Star Party Team (6 pack award); 12) Masochistic Swimmer Award (male); 13) Masochistic Swimmer Award (female); 14) Red Badge of Courage Award; 15) Purple Heart Award; 16) Most Gracious Swimmer; 17) Most Gentlemanly Swimmer; 18) Longest Distance to Workout Award; 19) Best Wiggle Award; 20) Most Cunning, Treacherous, and Deceitful Award; 21) Most Faithful Lap Counter Award; 22) Most Turbulance Award; 23) Smoothest Stroke Award; 24) Best Start Award; 25) Best Turn Award; 26) Most Unique Stroke Award; 27) Most Supportive Coach Award; and 28) Distinguished Service Award. Thought this was a very complete list of awards for any swimming team!.....

WHEN IT IS TIME TO RENEW SWIM-MASTER - Many of you are new subscribers but even the old subscribers need to be reminded of when it is time to renew. You will find the words in red on your label "TIME TO RENEW". If you happen to miss this reminder, check the three numbers that appear after your name. First number is your last issue of the last two numbers - the year....

# SWIM-MASTER

June Krauser, Editor  
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## SWIM CALENDAR

VOL XIV - No 9

NOV - DEC 1985

NOV	2	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
	2	SC - Marvin Schwartz, 301 Industrial Blvd., Conway, AR 72032
	3	SC - Pentathlon - Steve Kaiser, POB 8205, Sacramento, CA 95818
	8	SC - Jeroen Kok, 1204 Banner Ave., Edmond, OK 73034
	9	SC - Will Worley, 1001 Village Dr., College Station, TX 77840
	9	SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
	9-10	SC - Steve Wycoff, 1115 Cornelia Rd., Anderson, SC 29621
	9-10	SC - Steve Harrell, Clwtr-Lgo-YMCA Masters, 1005 S Highland Av, Clearwater, FL 33515
	16	SC - Emmett Hines, 3855 Holman, Houston, TX 77004
	16-17	SC - Bob Madrigal, 506 Baden #3, So. San Francisco, CA 94080
	16-17	SC - Marilyn Grindrod (779-7796), Poulsbo, WA 98370
	17	SC - Biathlon, Austin Newman, 106 Marion Ave., Westfield, NJ 07090
	23-24	SC - Kris Wingenroth, 5310 Greenbriar #8, Houston, TX 77005
	24	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
	24	SC - Harry Rawstrom, Carpenter Sprots Bldg., U of Del., Newark, DE 19716
	24	SC - J. K. Edwards, 2 Thayer St., Providence, RI 02906
DEC	1	SC - 500 & 1650 - Alicia Coleman, 24 The Point, Coronado, CA 92118
	1	SC - John G. Merryman, 325 Abbey Rd., Berwyn, PA 19312
	7	SC - Sally Peterson, POB 9122, Truckee, CA 95737
	7	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
	7	SC - Beth Breier, 7607 West Lake Dr., West Palm Beach, FL 33406 (40 & Over)
	7-8	SC - John S. Grzeszczak, POB 10355, Goldsboro, NC 27532
	8	SC - Paul Blair, 1 Huntington Dr., Little Rock, AR 72207
	8	SC - Bert Petersen, 2051 NE 137th, Portland, OR 97230
	13-14	SC - Marilyn Gelinis, POB 66248, Seattle, WA 98166
	14	SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
	14	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
	14	SC - Bill Walker, 6046 Jessup, Cincinnati, OH 45239
	14-15	SC - Dennis Wilson, 820 N. Quebec, Tulsa, OK 74115
	14-15	SC - Pentathlon, Suncoast Masters, Boys Club, Sarasota, FL Indoor Pool
	22	SC - 5000 M - Randy Julian, Dad's Club Y, 1006 Voss Rd., Houston, TX 77055
JAN	11	SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
	18	SC - Ron Bank, 80 Pebble Beach Rd., Little Rock, AR 72212
	18	SC - Relays - Gary Carter, 12 Lilum Ct., The Woodlands, TX 77380
	18	SC - Marvin Schwartz, 301 Industrial Blvd., Conway, AR 72032 (also Seminar)
	25-Feb	1 - Masters Training & Skill Development Holiday Justus Aquatic Center, Orlando, FL - Call 1-800-245-SWIM
FEB	1	SC Mtr - John Spannuth, Cleveland County Y, 1801 Halley Av, Norman, OK 73069
	8	SC - Ed Levy, 7979 Symphony, Cincinnati, OH 45242 - Blue Ash YMXA
	8-9	SC - Kris Wingenroth, 5310 Greenbriar #8, Houston, TX 77005
	15	1500 M - Marvin Schwartz, 301 Industrial Blvd., Conway, AK 72032
	15-16	SC - David A. Parler, 1639-F Juniper St., Charleston, SC 29407
	16	SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
	22	SC - Marty Ott, 1451 Longacre, Cincinnati, OH 45240 - Powel Crosley Jr. YMCA