

Table with 3 columns: Name, Age, and another Name/Age. Contains a dense list of names and corresponding numbers.

Table with 4 columns: Name, Number, Name, Number, Name, Number, Name, Number. Lists names and associated numbers in a grid format.

So Cal Aquatic Mas	2:24.00
St. Louis Masters	2:25.66
<u>400 M MEDLEY RELAY</u>	
Lincoln Masters	*7:30.12
So Cal Aquatic Mas	7:51.13
<u>400 M FREE RELAY</u>	
So Cal Aquatic	*6:31.44
<u>800 M FREE RELAY</u>	
So Cal Aquatic	*14:57.23
<u>MEN 280+</u>	
<u>200 M MEDLEY RELAY</u>	
Oregon Masters	*2:49.34
Lone Star Masters	2:58.39
MidAtlantic Mas	3:06.17
San Mateo Marlins	3:14.53
St. Petersburg	3:18.39
Rinconada Masters	3:22.01
Long Beach Masters	3:25.99
Lakeside Masters	3:51.84
<u>200 M FREE RELAY</u>	
2:18.63 NR MidAtlantic Mas	
MidAtlantic Mas	2:32.10
Lone Star Masters	2:40.70
Ohio Masters	2:41.22
Long Beach Masters	2:50.28
Walnut Creek Mas	2:52.64
St. Petersburg Mas	2:58.93
Lakeside Masters	3:11.05
Lincoln Masters	3:49.71
<u>400 M MEDLEY RELAY</u>	
Long Beach Mas	*8:21.00
<u>400 M FREE RELAY</u>	
Long Beach Mas	*7:23.30
<u>800 M FREE RELAY</u>	
Long Beach Mas	*17:10.91

<u>MIXED 76+</u>	
<u>200 M MEDLEY RELAY</u>	
St. Petersburg	*2:08.18
Walnut Creek Mas	2:10.29
F.A.S.T.	2:11.49
Lincoln Masters	2:17.92
Louisville OT Y	2:20.60
Walnut Creek B	2:20.99
Missouri Valley	2:24.77
<u>200 M FREE RELAY</u>	
Sac Assn of Mas	*1:55.94
Walnut Creek Mas	1:56.76
Santa Clara Mas	1:56.78
San Mateo Marlins	1:57.26
Lincoln Masters	1:57.75
Davis Aquatic Mas	1:58.88
Ladera Oaks	1:59.03
Missouri Valley	2:00.29
St. Petersburg	2:01.04
High	2:01.04
<u>400 M MEDLEY RELAY</u>	
Cal Tech-PAC Mas	*5:01.19
<u>400 M FREE RELAY</u>	
Lincoln Masters	*4:36.56
<u>MIXED 100+</u>	
Texas Aquatics	*2:00.93
Swimasters of TX	2:02.31
Lone Star Masters	2:02.43
D.C. Masters	2:04.67
San Diego Sw Mas	2:07.58
So Cal Aquatic Mas	2:09.77
Lynbrook Masters	2:10.62
Lone Star Masters	2:11.06
U of Houston	2:11.26
Mission Bay Mas	2:11.56

<u>200 M FREE RELAY</u>	
D.C. Masters	*1:46.28
Lone Star Masters	1:48.23
Texas Aquatics Mas	1:48.83
Swimasters of TX	1:48.86
San Diego Sw Mas	1:51.82
Walnut Creek Mas	1:52.59
Lakeside Masters	1:53.10
Lynbrook Masters	1:56.04
Gold Coast Masters	1:56.88
U of Houston	1:57.71
<u>400 M FREE RELAY</u>	
Central Coast Mas	*4:45.64
El Camino SC	5:06.44
<u>800 M FREE RELAY</u>	
South Bay Waves	*9:54.57
El Camino SC	11:21.88
South Bay Waves B	11:41.90
South Bay Waves C	11:51.86
<u>MIXED 120+</u>	
<u>200 M MEDLEY RELAY</u>	
1:58.03 NR D.C. Masters	
D.C. Masters	1:58.33
Lone Star Masters	2:01.61
S.F. Parks & Rec	2:04.27
Lone Star Masters	2:04.60
Walnut Creek Mas	2:05.39
Belmont Shores SC	2:06.01
New England Mas	2:07.53
Lakeside Masters	2:07.97
Sac Assn of Mas	2:09.48
Swimasters of TX	2:10.26

<u>200 M FREE RELAY</u>	
Lone Star Masters	*1:44.84
D.C. Masters	1:50.86
Lakeside Masters	1:53.12
Walnut Creek Mas	1:55.77
Longhorn Masters	1:58.10
Boca Masters	1:58.12
San Mateo Marlins	1:58.52
Ohio Masters	1:59.40
Boits	1:59.88
Virginia Masters	2:01.50
<u>400 M MEDLEY RELAY</u>	
Sharks	*6:12.23
El Camino SC	6:18.45
Central Coast Mas	6:22.14
Lincoln Masters	6:36.24
Birmingham Swim	6:51.36
<u>400 M FREE RELAY</u>	
Sharks	*4:50.77
Lincoln Masters	4:52.97
South Bay Waves	5:04.94
Lincoln Masters B	5:13.61
Lincoln Masters C	5:27.03
<u>800 M FREE RELAY</u>	
Central Coast	*10:49.72
Las Vegas Masters	11:40.61
<u>MIXED 160+</u>	
<u>200 M MEDLEY RELAY</u>	
Los Altos Masters	*2:07.61
Lincoln Masters	2:12.36
Lone Star Masters	2:13.18
New England Mas	2:13.26
Central Fl. Masters	2:13.84
Pacific Northwest	2:15.81
Lakeside Masters	2:21.87
Charleston Masters	2:23.86
Empire State Mas	2:24.03
Piano Wetcats	2:24.23

<u>200 M FREE RELAY</u>	
Los Altos Masters	*1:52.55
Lincoln Masters	2:00.01
Charleston Masters	2:04.82
Pacific Northwest	2:05.65
New England Mas	2:07.88
Arkansas Masters	2:08.62
D.C. Masters	2:09.28
Lakeside Masters	2:09.98
Cregon Masters	2:10.01
Piano Wetcats	2:10.99
<u>400 M MEDLEY RELAY</u>	
Lincoln Masters	*5:28.18
St. Louis Masters	5:35.71
Lincoln Masters B	6:04.69
Lincoln Masters C	7:13.41
<u>400 M FREE RELAY</u>	
D.C. Masters	*4:30.63
Birmingham Swim	6:17.82
Lincoln Masters	6:21.05
Newport Beach Mas	6:45.93
<u>800 M FREE RELAY</u>	
San Diego Swim	*10:18.62
Newport Beach Mas	15:17.05
<u>MIXED 200+</u>	
<u>200 M MEDLEY RELAY</u>	
Oregon Masters	*2:20.00
D.C. Masters	2:20.38
San Diego Swim	2:24.83
St. Louis Masters	2:30.49
Rinconada Masters	2:35.57
San Mateo Masters	2:37.53
Arizona Masters	2:37.55
Valley Forge Mas	2:37.68
Lincoln Masters	2:40.76
Sac Assn of Mas	2:40.76

<u>200 M FREE RELAY</u>	
D.C. Masters	*1:59.04
Pacific Northwest	2:08.14
San Diego Swim	2:10.40
Rinconada Masters	2:11.69
D.C. Masters B	2:13.25
Lincoln Masters	2:17.12
Valley Forge Mas	2:19.42
Rinconada Mas B	2:21.27
Walnut Creek Mas	2:22.39
Arizona Masters	2:22.68
<u>400 M MEDLEY RELAY</u>	
D.C. Masters	*5:38.87
<u>400 M FREE RELAY</u>	
Arizona Masters	*5:33.66
Lincoln Masters	6:22.59
<u>MIXED 240+</u>	
<u>200 M MEDLEY RELAY</u>	
2:42.29 NR Connecticut Mas	
Ohio Masters	2:49.18
Los Altos Masters	2:51.07
D.C. Masters	2:52.09
Lincoln Masters	2:59.94
Sarasota Masters	3:07.14
Jersey Masters	3:08.59
San Mateo Marlins	3:16.51
Rinconada Masters	3:19.60
Walnut Creek Mas	3:24.00
Pacific Northwest	3:24.00
Central Coast Mas	3:46.84
<u>200 M FREE RELAY</u>	
2:14.93 NR So Cal	
Los Altos Masters	2:34.58
Sarasota Masters	2:37.09
Jersey Masters	2:43.79
Oregon Masters	2:45.25
Lincoln Masters	2:49.53
Ohio Masters	2:54.10

Walnut Creek Mas	2:58.44
St. Louis Masters	3:07.08
Lakeside Masters	3:14.23
Lincoln Masters	3:51.76
<u>400 M MEDLEY RELAY</u>	
Central Coast Mas	*7:40.62
Newport Beach Mas	9:21.74
<u>800 M FREE RELAY</u>	
Santa Barbara SC	*13:22.80
<u>MIXED 280+</u>	
<u>200 M MEDLEY RELAY</u>	
3:03.75 NR So Cal	
Aqua Mas	3:11.02
MidAtlantic Mas	3:20.14
Walnut Creek Mas	3:25.94
Rinconada Masters	3:29.44
Lakeside Masters	3:51.84
San Mateo Marlins	3:58.48
Lone Star Masters	3:58.48
Rinconada B	4:14.11
Lone Star Masters	4:17.68
Walnut Creek Mas	4:38.36
<u>200 M FREE RELAY</u>	
MidAtlantic Mas	*2:48.02
San Mateo Marlins	2:50.47
Rinconada Masters	2:55.44
San Mateo Marlins	2:59.02
Wisconsin Masters	3:11.95
Walnut Creek Mas	3:13.67
Lone Star Masters	3:23.10
San Mateo Marlins	3:24.13
St. Petersburg	3:33.48
Rinconada Masters	3:41.50
* National Record	



19 THE 87 YEAR 87



TOP L - Two baby boys born - mothers are Huddie Murray & Mary Hughes
 TOP R - Jane Katz congratulates Manhattan Is Marathon winner - Shelley Taylor
 MIDDLE L - Greeting friends - Mary Lee Watson & Bruce Tomkins
 MIDDLE R - Helping at Sooner State Games - Karen Barnes & Jerry Auth
 BOTTOM R - Meet rained out in St. Pete Jim Acker giving out awards

TOP MIDDLE - Always clowning - Susi Chandler
 MIDDLE MIDDLE - Four charmers - Viola Thompson, Margaret Samson, Joan Osborne & Nancy Clark
 BOTTOM MIDDLE - Representing Michigan Masters - Barbara Dreher & Lynne Weir

Master-pieces in water world

By Kim Q. Berkshire
Sports Editor

Twenty-five year old Karlyn Pipes must have read one of the featured articles out of this month's "Cosmo." In this glamorous edition of the chic and not-so-chic, the virtues of the "older" female collegian are extolled.

But Pipes, a Chula Vista/Coronado swimmer who just left on a recruiting trip to Chico State University and who recently broke two (United States Masters Swimming) world records at the U.S. Masters Long Course Swim Meet in Houston, Texas, is pursuing a degree in communication on her own terms.

She's ready to quit "traveling and playing" as she bluntly stated, in wake of her jaunts to the Pacific and her work as a California State Beach lifeguard.

Pipes graduated from Coronado High School in 1980 (she attended Castle Park before transferring to the island for the last six months of her senior year) and turned her back on a swimming scholarship to the University of Arkansas.

"For a variety of reasons, I didn't like it and came home," the exuberant Pipes said. "So for the last five years, I've been traveling and playing. I spent six

months in New Zealand and Australia. Before that, I was guarding, always somewhere in the South Bay," but her swimming had taken a back seat to all else on her priority list. "I wasn't really swimming, I was doing just a minimal amount to maintain proficiency," she said.

Now, however, things are topsy-turvy in her fast paced life. Her world records have changed her perspective. "My life has been turned upside down. I thought I would do well, but not this well. As you get older, you think you have to get slower, but I swam faster than I ever had. I'm mentally tougher and more mature than I was five years ago. There's no way I should have swam that fast. It just goes to show you that 95 percent of the race is in your head."

Pipes' renewed interest in the sport in which she excelled so in high school, came just four months ago and after a five-year layoff. She was living in Lake Tahoe, swimming when the spirit moved her, and on the spur of the moment in May, she entered a Masters' swim meet in Stanford.

"In my first Nationals, I did pretty well. My times were better than I expected for having trained so little," Pipes said of her initial effort. "Now I wonder what I could do with a coach. The May meet was the first time I com-

peted (in short course events). I took a second in the 200-meter backstroke and I got top 10 in every event I entered."

With her renewed love affair with the water, she is "really psyched," and ready to deal with the demands of school and sport. "Swimming is a catalyst for me. I'm ready to do both," she said. The goal is next year's Olympic Trials. "I won't make it to the Olympics, but I'd like to be able to make the trials."

While Pipes wouldn't recommend an extended respite from a sport as long as hers, she said, but "it depends on the individual. Me, taking the break that long, it let my interest build. Now, my interest level is so high. I used to have a dream of being a swimmer again and that dream came true."

She admits that her time off "definitely kept me from burning out," but there was never the hate/love relationship that seems to hit many swimmers. "I was never completely out of it. I just hung up my suit for a while.

"The medals, the records, all that is just icing on the cake. The feelings are what's great, just to be back in swimming."

Karlyn's biggest spark plug in the water is her mother, Chula Vista resident Adrienne Pipes, who has even more bragging

rights than her daughter. "Mom is ranked in the top 10 in the world in quite a few Masters' events. I got my start from her. She's my inspiration. She gets up at 5:30 or 6 (yes, a.m.) to train. Any 53-year-old who does that, well, it inspires you."

Adrienne is actively involved in Masters swimming, as a referee at the "C" meets for young swimmers and on to being an official at Nationals and Junior Nationals. "She's always had a hand in (swimming). And she's one tough judge; she's my toughest judge. She doesn't let me get away with anything," Karlyn said.

The mother/daughter team swims together, "whenever we can find a place and the time," Karlyn said. In keeping the water wings all in the family, Adrienne's boyfriend is also a Masters' swimmer and Karlyn's older sister, Kirsten Wolfe, holds California state records for handcapped swimmers.

At Houston, Karlyn placed first (5:12.45) in the 400-meter individual medley, breaking the old record by nine seconds. She set a national record and won the 200 back in 2:28.45, then swam to first in the 100 back, in a 1:09.71. Her 2:28.45 in the 200 IM broke another world record, but she had to settle for second.



Staff photo by Paul Longworth

Under or above water, Adrienne Pipes (left) and daughter Karlyn have something to smile and be bubbly about.

SWIM-MASTER

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Swimming News

A GREAT UNIVERSITY HONOURS IT'S GREAT - The University of Toronto honored James Innes "Hud" Stewart - Football; Swimming; Track; graduated from Tinity College 1935; holds 4 graduate degrees. A versatile athlete, "Hud" Stewart received Special First T awards in Boxing, Football, Rigger and Track. He also played Lacrosse. He was a member of the 1932-33 Varsity championship Boxing team and was on the 1932 Canadian Olympic team in track. Stewart has won 25 Masters Swimming Gold Medals while representing U of T, including two gold medals at the 1985 World Masters Games in Toronto. The author of five books, he continues to teach at U of T.....

A SWIMMING TIP - (Reprinted from the SPMA Newsletter and submitted by Bonnie Evans) **DESCENDING?** Descending means that you make the pace of your swimming, faster and faster with each repeat that you do. You descend your times while you increase your efforts. For example, in a set of 9x100 free on 2:00 interval descending 1 to 3, your times might look something like this:

1:32 1:29 1:27 1:30 1:29 1:26 1:28 1:27 1:24

Descending allows you to burn up more calories in a workout because you don't "tighten up". You learn pace and develop a better sense of timing. Also, you will not put as much strain on your joints and muscles because you are letting them warm up during the exercise. The endorphins

start flowing and you finish off with a great set. It is a form of injury prevention to descend all of your sets - swim, kick and pull sets. **TODAY'S CHUCKLE** - SWIMMERS are people who go to great lengths.....
FIBER - Now it is recommended that we eat 30gms of fiber a day! Do you?

Dietary Fiber

Here is how the fiber content of food adds up:

Food	Serving	Fiber
Prunes	6 dried	9.3 gms
Bran, cereal	1/3 cup	8.9 gms
Pinto beans	1/2 cup	5.8 gms
Blackberries	1/2 cup	5.3 gms
Oats, whole	1/2 cup	5.2 gms
Brown rice	1/2 cup	4.9 gms
Dried figs	2 average	4.7 gms
Peas	1/2 cup	4.2 gms
Banana	1 average	4.1 gms
Broccoli	1/2 cup	3.2 gms
Potato, baked	1 average	3.1 gms
Apple	1 average	3.0 gms
Peanuts, roasted	1/4 cup	2.9 gms
Carrots, raw	1 medium	2.4 gms
Brussels sprouts	1/2 cup	2.2 gms
Bread, wheat	1 slice	2.1 gms
Popcorn	3 cups	1.9 gms

NEIGHBORS IN SPORTS

Ken Tillman

Swimmer

AGE: 41.

RESIDENCE: Fort Lauderdale.

OCCUPATION: Lifeguard in Fort Lauderdale.

PERSONAL: Born in Long Island, N.Y. . . . Moved to Fort Lauderdale eight years ago . . . Married to Dale Polowski-Tillman, an accomplished triathlete . . . Graduated with an education degree in 1971 from Monmouth College in Monmouth, N.J. . . . Attended college on a swimming scholarship . . . Rows as a hobby . . . 5 feet, 10 inches . . . 155 pounds...

ACCOMPLISHMENTS: Tillman, who earned 10 NAIA (National Association of Intercollegiate Athletics) titles as a collegiate swimmer, is the national masters champion in the 200 individual medley — a combination of the butterfly, backstroke, breaststroke and freestyle. He won the championship last summer.

THE BEST THING ABOUT SWIMMING: "It keeps you fit without too many injuries. You don't pound your ankles and knees."

THE HARDEST THING ABOUT SWIMMING: "Pushing yourself to do interval training."

QUOTE: "The national masters competition was pretty interesting. It was my first pool race in at least 10 years."



SWIM-MASTER

June Krauser, Editor
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SWIM CALENDAR

VOL XVII - No 1

JANUARY 1988

JAN	ONE HOUR SWIM - Art Smith, 337 Chesapeake Dr., Great Falls, VA 22066
16	SC - Al Burhham 264 Wyckoff Rd., Eatontown, NJ 07724
16	LC - Brenda Hennessy, 1414 Glengarry, Jacksonville, FL 32207 - U of FLA at Gainesville
17	SC - Relay Meet, Ed Wojtowicz, JCC, 18900 NE 25 Ave., North Miami Bch, FL 33180
17	SC - Gordon Gray, P.O. Box 84, Keyport, WA 98345
17	SC - Lynda Christiansen, 12 Lindy Lane, Essex Jct., VT 05452
22-24	SC - Joan Diercks, 7005 Kingman Dr., Indianapolis, IN 46256
24	SC - Lafayette College, Tom Pickel, 1149 Garden St., EAston, PA 18042
23	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
30	SC - Robin Smith, 58 Wake Rd., Upper Saddle River, NJ 07458
30-31	SC - John Kortheuer, 3331 Windsor Dr., Charlotte, NC 28209
30-31	SC - NSF Pool - Brian Wilder, 16407 Ashwood, Tampa, FL 33624
FEB	6 Pentathlon - OMS, 18476 Timbergrove Ct., Lake Oswego, OR 97034
6	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
7	SC - Suzanne Rague, 263 West End Ave, 9C, NY, NY 10023 - Merchant Marine Academy
7	SC - Bruce Erickson, Team Seattle, 600 E Pine St #515, Seattle, WA 98122
12-13	SC - Ken Hickey, 905 Muldoon Rd., A-35, Anchorage, AK 99504
12-15	SC - Dick Bower, 600 Haring Road, Metairie, LA 70001
13	SC - Dick Fadgin, 301 DeLoach St., Memphis, TN 38111
13-14	SC - Mary Dowlen, Math Dept, College of Charleston, Charleston, SC 29407
20	SC - Animal Meet - Gordon Gray, PO Box 84, Keyport, WA 98345
20	SC - Brenda Hennessy, 1414 Glengarry, JAX, FL 32207 - U of North Florida at JAX
27	Pentathlon - San Diego Imperial
28	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
MAR	4-5 Pentathlon - OMS, 18476 Timbergrove Ct., Lake Oswego, OR 97034
6	SC - Ed Wojtowicz, JCC, 18900 NE 25 Ave., North Miami, Beach, FL 33180
12-13	SC - Dynamo Community Swim Center, Atlanta, GA
13	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
13	SC - Ann Degnan, Plainville Parks & Rec (203) 747-6022
19	Pentathlon - Meadows Park Pool, Boca Raton, FL
19-20	SC - Dottie Whitcomb, 1981 Villafane Dr., Pensacola, FL 32503
26-27	SC - Maury Schott, %Triad Masters Swimming, POB 10428, Greensboro, NC 27404
27	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
ARKANSAS MASTERS	- Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212 Jan 16, 30; Feb 13, 20; Mar 26; June 18; July 16
CORONADO MASTERS ASSOCIATION	- Alicia Coleman, 24 The Point, Coronado, CA 92118 MAR 13 SC; May 29 LC; July 24 LC; Oct 9 SC; Dec 4 SC Distance
MAY 13-16	CANADIAN MASTERS SCM CHAMPIONSHIPS - Vancouver, B.C.
19-22	USMS SC NATIONALS - Huddie Murray, % TX Swim Ctr, 1900 E Campus Dr, Austin, TX 78705
AUG 25-28	USMS LC NATIONALS - 1988 USMS LC Champ, 717 South Road, EAst Aurora, NY 14052
OCT 10-15	2nd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Australia

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