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FREESTYLE

TOM LYNDON

(Reprinted from NEM NEWS)

TIME TO TAKE THE PLUNGE "For the past year I have enjoyed receiving NEM NEWS and thinking about competitive swimming. I have finally put aside my insecurities so that I may proceed with working on my skills such as flip turns and racing dives. I've been swimming for about 7 or 8 years, but only in the past 2 or 3 years thinking about speed, form, and now competing. I've done the posted workouts at the... pool and plan to go to...coached workouts. I've heard about the wonderful camaraderies swimmers have and look to that for the confidence I need." (From a recent letter to our club's Registrar, Diane Reed.)

Sound like anyone you know? She sure sounds like a lot of swimmers I know, including myself in 1973, when I read the newsletter for a year while only thinking about going to my first meet. From time to time I step back from the edge of the pool and reassess why I am in the water and what I want to happen because of it.

AS TIME GOES BY.. The first of a new year is a good time to think about what you want to do in terms of swimming more, less, faster, slower, or differently. Some, like radishes, sprout up quickly, do whatever specific thing they have been thinking about, then vanish from our scene. Other are more complicated annuals. Not so many are perennials in a variety of forms finding fertile ground, which may be only a chink in a "crannied wall". Within our club are swimmers going at it about any way you could imagine. Some think they have a good "game plan" for themselves. Not so many presume to know what's good for others. Each of us has different considerations and weighs them differently. Here's some thoughts on some of them.

Time available for workouts is one of the more cunning, because swimming time is not simply something that is given to us. We have to extricate it from our other activities that some would call busy schedules or over committed day to day exisences or - more vividly - crazy lifestyles that we find ourselves careening around in. If you want to swim a certain number of times a week, you can probably carve out that time. The question is: what must you give up or reduce to get this time?

I've had years in my life what I could easily find time to swim as frequently as I wished. Some years ago I swam 35 consecutive days. (By the way, nothing special occured to me in terms of swimming performance breakthroughs, heightened visions of life, or just plain old feeling good as a result of swimming more than usual.) Sometimes I have had to struggle with each new week's schedule to find niches among the other stuff in my life to find three swim workouts in each week. I've occasionally done two workouts in a day to meet my week's quota.

I have reached one conclusion over and over again. I expect always to have some sort of plan for swimming on a regular basis. Two months ago, when I was regressing when I didn't think I should be, I took a month off. When I resumed, I enjoyed it more and swam better. It was important for me that I planned to stop and I planned to resume. Don't drift away from it for a while or more without a plan.

Fitness will always be in style, as far as I am concerned, regardless of what those stopwatches say about how fast I'm performing. When I've had periods of slower times than I thought were reasonable compared with my expectations, I eventually came back to that realization. Swimming does help make you fit and that is something I want. The act of swimming certainly contributes to fitness; my outlook on my lifestyle outside the pool may contribute more. When I feel I am fit, I have a sharpened awareness of what's going on in my life, I am more interested in directing my energies towards what matters the most, and I am better able to appreciate the joy of living.

Health is not guaranteen forever by being fit, but fitness improves the odds for good health. That's reason enough.

Performance matters for most of us, whether it be less gross flip turns, swimming a 200 yard race for the first time, or achieving a time we have been aiming for. These are ways we can ascertain how we are doing in the performance game and probably should suffice for many.

If anything is a bugaboo, it is this thing called "good". I have many times asked a swimmer at the end of a race if the time he or she just swam was a good one for him or her. Some construe this to mean that a time is only good if it was better than last time, up to some schedule presumably known by an elite few for measuring excellence, or was faster than someone else's. Now there is nothing wrong with these criteria. For the lucky few and - for most - brief periods of time, these criteria work. I've had some real highs off them. However, many of us either can't deliver our bodies over the water to a stopwatch in such a way that we can feel really good about it all the time. I certainly haven't been writing home about my times lately. But I'm satisfied with my performance, because I have established other criteria that I'm comfortable with and sufficiently able to approach if not meet or exceed them.

While it has its edge of sadness, U.S. Poet Laureate Richard Wilbur rightly noted, "Even a bad poem gives you a moment of release." The act of achieving whatever it is you achieved can be more important than what you achieved.

Camaraderie can be found many places and many ways. Swimming is one of them. It does get you out of the house and mixing with interesting people, practically all of whom I have liked. Sure, I'm biased, but that's an important reason for me.

I hope this is a fine year for all of us swimmers and that we do what we can to help each other towards whatever it is we're seeking by making plans - resolutions, if you will - for this new year. It will come our way only once. All of us have the opportunity to decide how we want to try to connec our lives to it. Let's give it our best shot!

15th SE CHAMPIONSHIPS, OAK RIDGE, TN, Oct. 24-25, 1987:
(1) Bob & Susan Couch, Natalie & Robert; (2) Barbara Weisenseel, Peggy Dartel, Doug & Elaine Call; (3) Kay Miller, Cheryl Bingham, Katie Cottrell; (4) Peter Mullen, Mary Lee Watson; (5) Lee Eisinger, Dexter Woodford; (6) Margery Meyer, Marguerite Meyer, Leen Schappel; (7) Skippy & Greg Mattson; (8) Ann Porter, Martha Perry, Bobbe Smith, Ed Porter, Dean Perry; (9) Kathy Bradley, Jim Impara; (10) Kate Farrar, Ken Miller, Bentley Marane; (11) Jim Impara, Mary Dowlen, Howard Stoker, Milton Gee, John Kortheuer; (12) Pat Wilson, Scott Caden, Linda Wilson.

SQUTHEASTERN MASTERS CHAMPIONSHIPS
SANCTION #108DW87
OAK RIDGE, TENNESSEE
OCTOBER 24 & 25, 1987 (25 YD POOL)

WOMEN 19-24

50 YD FREESTYLE
#DIANE R GREEN 24 27.96
MELANIE L RITER 22 28.67
CASSANDRA L CARMICHAEL 20 29.69
AIMEE M HERRING 22 31.47
NANCY E WEISS 24 37.83
KATHLEEN M SMITH 21 42.37

100 YD FREESTYLE
#DIANE R GREEN 24 1:00.99
MELANIE L RITER 22 @1:02.70
CASSANDRA L CARMICHAEL 1:05.23
#DOROTHY M MEAD 20 1:08.19
AIMEE M HERRING 22 1:15.80
KATHLEEN M SMITH 21 1:34.08
NANCY E WEISS 24 1:34.82

200 YD FREESTYLE
#DIANE R GREEN 24 2:07.77
MELANIE L RITER 22 @2:20.73
CASSANDRA L CARMICHAEL 2:24.40
KATHLEEN M SMITH 21 3:37.06
NANCY E WEISS 24 3:23.54

500 YD FREESTYLE
#DIANE R GREEN 24 5:40.63

50 YD BACKSTROKE
MELANIE L RITER 22 @32.17
KATHLEEN M SMITH 21 44.49

100 YD BACKSTROKE
MELANIE L RITER 22 @1:09.20
#DIANE R GREEN 24 1:13.22
#DOROTHY M MEAD 20 1:17.79
KATHLEEN M SMITH 21 1:39.08

200 YD BACKSTROKE
#DOROTHY M MEAD 20 2:48.16

50 YD BREASTSTROKE
#DOROTHY M MEAD 20 37.98
NANCY E WEISS 24 50.80

100 YD BREASTSTROKE
AIMEE M HERRING 22 @1:31.85

50 YD BUTTERFLY
#DIANE R GREEN 24 30.36
CASSANDRA L CARMICHAEL 20 @30.97

100 YD BUTTERFLY
#DIANE R GREEN 24 1:08.02
CASSANDRA L CARMICHAEL @1:11.70

100 YD INDIVIDUAL MEDLEY
#DIANE R GREEN 24 1:10.27
MELANIE L RITER 22 @1:12.90
CASSANDRA L CARMICHAEL 1:13.62
#DOROTHY M MEAD 20 1:14.53
NANCY E WEISS 24 1:43.33

200 YD IND. MED.
CASSANDRA L CARMICHAEL @2:41.88

WOMEN 25-29

50 YD FREESTYLE
#MICHIKO S MARTIN 25 25.93
MARGUERITE V MEYER 28 27.42
#JENNIFER BANNER 28 28.62
BARBARA M WEISENSEEL 29 29.40
DANA WEDEL 27 29.53
#MARY ELLEN PALKER 28 30.31
NANCY C HIGHSMITH 29 34.90

100 YD FREESTYLE
#MICHIKO S MARTIN 25 57.35
MARGUERITE V MEYER 28 1:00.91
BARBARA M WEISENSEEL 29 1:07.32
#MARY ELLEN PALKER 28 1:07.39
NANCY C HIGHSMITH 29 1:20.39

200 YD FREESTYLE
MARGUERITE V MEYER 28 2:07.70
JANET L ALEXANDER 25 2:25.23
NANCY C HIGHSMITH 29 2:58.07
PAMELA M ROBERTSON 28 3:31.25

500 YD FREESTYLE
MARGUERITE V MEYER 28 5:40.14
JANET L ALEXANDER 25 6:37.01

50 YD BACKSTROKE
JANET L ALEXANDER 25 32.02
MARY ELLEN PALKER 28 32.12
MARGUERITE V MEYER 28 35.38
DANA WEDEL 27 35.99
#JENNIFER BANNER 28 36.25
BARBARA M WEISENSEEL 29 39.33
NANCY C HIGHSMITH 29 44.48

100 YD BACKSTROKE
JANET L ALEXANDER 25 1:09.91
#MARY ELLEN PALKER 28 1:16.34
MARGUERITE V MEYER 28 1:16.39
#JENNIFER BANNER 28 1:21.74
NANCY C HIGHSMITH 29 1:31.60

200 YD BACKSTROKE
JANET L ALEXANDER 25 2:32.24
DANA WEDEL 27 2:55.82
PAMELA M ROBERTSON 28 3:31.39

50 YD BREASTSTROKE
DANA WEDEL 27 38.44
BARBARA M WEISENSEEL 29 41.14
PAMELA M ROBERTSON 28 42.95

100 YD BREASTSTROKE
#JENNIFER BANNER 28 1:20.69
BARBARA M WEISENSEEL 29 1:33.00

50 YD BUTTERFLY
#MICHIKO S MARTIN 25 28.71
MARGUERITE V MEYER 28 30.50
DANA WEDEL 27 34.02

100 YD BUTTERFLY
#MARY ELLEN PALKER 28 1:14.46
DANA WEDEL 27 1:19.33

200 YD BUTTERFLY
DANA WEDEL 27 3:09.35

100 YD I. M.
#MICHIKO S MARTIN 25 1:07.46
MARGUERITE V MEYER 28 1:12.99
JANET L ALEXANDER 25 1:14.50
#MARY ELLEN PALKER 28 1:15.73
BARBARA M WEISENSEEL 29 1:22.43
NANCY C HIGHSMITH 29 1:29.24
PAMELA M ROBERTSON 28 1:33.48

200 YD I. M.
MARGUERITE V MEYER 28 2:31.22
JANET L ALEXANDER 25 2:39.35
DANA WEDEL 27 2:43.00
PAMELA M ROBERTSON 3:33.95

400 YD I. M.
MARGUERITE V MEYER 28 5:22.35
JANET L ALEXANDER 25 5:46.35
DANA WEDEL 27 5:54.56

WOMEN 30-34

50 YD FREESTYLE
#MARY DOWLEN 32 29.48
PEGGY H DARDEN 33 29.61
NETTIE BLUME 33 29.98
SHARON R FLEENOR 34 34.26
#JOAN MAHERY 32 36.28
LISE J LESHER 32 37.80

100 YD FREESTYLE
KATHY BRADLEY 31 1:01.81
#MARY DOWLEN 32 1:05.50
PEGGY H DARDEN 33 1:05.86
NETTIE BLUME 33 1:06.34
ANNE K HOUSTON 30 1:09.98
SHARON R FLEENOR 34 1:16.99
#JOAN MAHERY 32 1:18.22
ELIZABETH DEMING 32 1:18.36
LISE J LESHER 32 1:20.90

200 YD FREESTYLE
NETTIE BLUME 33 2:30.41
PEGGY H DARDEN 33 2:32.67
#JOAN MAHERY 32 2:51.34
LISE J LESHER 32 2:52.78

500 YD FREESTYLE
#PATRICIA MATTSON 34 5:48.75
NETTIE BLUME 33 7:01.13
LISE J LESHER 32 7:39.60
#JOAN MAHERY 32 7:45.93
ELIZABETH DEMING 32 8:11.26

50 YD BACKSTROKE
#MARY DOWLEN 32 34.14
PEGGY H DARDEN 33 35.14
#SUZETTE DUTCH 34 37.49
LISE J LESHER 32 44.96
SHARON R FLEENOR 34 47.93
#JOAN MAHERY 32 48.35

100 YD BACKSTROKE
#MARY DOWLEN 32 1:14.66
PEGGY H DARDEN 33 1:17.95
#SUZETTE DUTCH 34 1:23.89
#JOAN MAHERY 32 1:48.13

200 YD BACKSTROKE
#PATRICIA MATTSON 34 2:42.01
#SUZETTE DUTCH 34 3:02.53
ANNE K HOUSTON 30 3:21.23

50 YD BREASTSTROKE
#PATRICIA MATTSON 34 35.74
#MARY DOWLEN 32 36.85
ANNE K HOUSTON 30 39.52
SHARON R FLEENOR 34 44.49

100 YD BREASTSTROKE
#PATRICIA MATTSON 34 1:17.39
#MARY DOWLEN 32 1:21.52
ANNE K HOUSTON 30 1:25.28
SHARON R FLEENOR 34 1:38.05

200 YD BREASTSTROKE
#PATRICIA MATTSON 34 2:50.28
ANNE K HOUSTON 30 3:04.44

50 YD BUTTERFLY
#PATRICIA MATTSON 34 32.78
NETTIE BLUME 33 34.07
#MARY DOWLEN 32 34.17
PEGGY H DARDEN 33 34.40
ANNE K HOUSTON 30 35.03
SHARON R FLEENOR 34 38.14

100 YD BUTTERFLY
#MARY DOWLEN 32 1:16.31
ANNE K HOUSTON 30 1:21.90
SHARON R FLEENOR 34 1:32.23

100 YD I. M.
KATHY BRADLEY 31 1:08.26
#PATRICIA MATTSON 34 1:11.28
#MARY DOWLEN 32 1:13.58
ANNE K HOUSTON 30 1:17.48
PEGGY H DARDEN 33 1:18.62
SHARON R FLEENOR 34 1:30.21
LISE J LESHER 32 1:33.27

200 YD I. M.
KATHY BRADLEY 31 2:26.93
#PATRICIA MATTSON 34 2:32.00
#MARY DOWLEN 32 2:42.44
ANNE K HOUSTON 30 2:55.40
SHARON R FLEENOR 34 3:17.57

400 YD I. M.
ANNE K HOUSTON 30 6:20.72

WOMEN 35-39

50 YD FREESTYLE
#KATE FARRAR 37 29.64
#WINIFRED W PRALL 39 30.52
#SANDRA CATHEY 38 33.47
LYNN ROLLINS 35 35.09

100 YD FREESTYLE
SUSANNE E CHANDLER 36 1:01.01
#KATE FARRAR 37 1:05.35
#WINIFRED S PRALL 39 1:07.19
LYNN ROLLINS 35 1:19.08

200 YD FREESTYLE
SUSANNE E CHANDLER 36 2:12.16
#KATE FARRAR 37 2:24.21

500 YD FREESTYLE
SUSANNE E CHANDLER 36 5:52.43
#KATE FARRAR 37 6:24.36
#WINIFRED S PRALL 39 7:06.27

200 YD BACKSTROKE
#SANDRA CATHEY 38 3:06.50

50 YD BREASTSTROKE
#SANDRA CATHEY 38 42.33
LYNN ROLLINS 35 44.56

100 YD BREASTSTROKE
SUSANNE E CHANDLER 36 1:18.00
#SANDRA CATHEY 38 1:33.04
LYNN ROLLINS 35 1:40.20

200 YD BREASTSTROKE
#SANDRA CATHEY 38 3:18.21
LYNN ROLLINS 35 3:33.74

50 YD BUTTERFLY
SUSANNE E CHANDLER 36 29.31
#KATE FARRAR 37 35.03
LYNN ROLLINS 35 45.03

100 YD BUTTERFLY
SUSANNE E CHANDLER 36 1:03.91
#WINIFRED S PRALL 39 1:27.64

200 YD BUTTERFLY
SUSANNE E CHANDLER 36 2:24.15
#WINIFRED S PRALL 39 3:07.37
#SANDRA CATHEY 38 3:28.92

100 YD I. M.
SUSANNE E CHANDLER 36 1:08.73
#KATE FARRAR 37 1:18.14
#WINIFRED S PRALL 39 1:20.27
LYNN ROLLINS 35 1:33.35

200 YD I. M.
SUSANNE E CHANDLER 36 2:25.61
#WINIFRED S PRALL 39 3:00.64

400 YD I. M.
SUSANNE E CHANDLER 36 5:14.50

WOMEN 40-44

50 YD FREESTYLE
JESSIE B WATSON 41 30.35
#JEANNIE MITCHELL 40 31.19
CRYSTAL L RYMER 40 32.46
#DORIS LOCKER 43 34.18
#BENTLEY MARANE 44 34.23
#MIRIAM C GAITSKILL 42 36.77
KATIE COTTRELL 42 37.61
KRIS BOSTON 44 38.94

100 YD FREESTYLE
#MARY PAT MALEY 44 1:11.87
CRYSTAL L RYMER 40 1:16.20
#DORIS LOCKER 43 1:16.27
#BENTLEY MARANE 44 1:16.72
KATIE COTTRELL 42 1:25.39
KRIS BOSTON 44 1:34.18

200 YD FREESTYLE
#MARY PAT MALEY 44 2:34.64
#JEANNIE MITCHELL 40 2:35.17
#DORIS LOCKER 43 2:46.43
#BENTLEY MARANE 44 2:52.10
CRYSTAL L RYMER 40 2:57.99
#MIRIAM C GAITSKILL 42 3:03.32
KATIE COTTRELL 42 3:03.85

500 YD FREESTYLE
#MARY PAT MALEY 44 6:47.17
#JEANNIE MITCHELL 40 7:11.86
#DORIS LOCKER 43 7:22.81
#BENTLEY MARANE 44 7:54.54
#MIRIAM C GAITSKILL 42 8:25.86

50 YD BACKSTROKE
#JEANNIE MITCHELL 40 34.93
JESSIE B WATSON 41 38.94
CRYSTAL L RYMER 40 42.74
#DORIS LOCKER 43 42.75
#BENTLEY MARANE 44 47.07

100 YD BACKSTROKE
#JEANNIE MITCHELL 40 1:17.54
JESSIE B WATSON 41 1:24.11
#DORIS LOCKER 43 1:32.99
CRYSTAL L RYMER 40 1:35.21
#MIRIAM C GAITSKILL 42 1:37.16

200 YD BACKSTROKE
#JEANNIE MITCHELL 40 2:49.80
JESSIE B WATSON 41 3:08.19
#MIRIAM C GAITSKILL 42 3:25.75
#BENTLEY MARANE 44 3:47.86

50 YD BREASTSTROKE
JESSIE B WATSON 41 38.19
KATIE COTTRELL 42 43.37
CRYSTAL L RYMER 40 44.98
#JEANNIE MITCHELL 40 45.14
#DORIS LOCKER 43 45.49
BILLIE WHISNANT 40 51.70
KRIS BOSTON 44 58.76

100 YD BREASTSTROKE
JESSIE B WATSON 41 1:24.40
#JEANNIE MITCHELL 40 1:35.33
KATIE COTTRELL 42 1:36.02
CRYSTAL L RYMER 40 1:41.67
BILLIE WHISNANT 40 1:53.58

200 YD BREASTSTROKE
JESSIE B WATSON 41 @3:11.07
#MARY PAT MALEY 44 3:27.18
KATIE COTTRELL 42 3:31.41
BILLIE WHISNANT 40 4:12.37

50 YD BUTTERFLY
JESSIE B WATSON 41 @34.26
#JEANNIE MITCHELL 40 38.19
#DORIS LOCKER 43 40.56
CRYSTAL L RYMER 40 41.25
#MARY PAT MALEY 44 43.43
#BENTLEY MARANE 44 44.83
#MIRIAM C GAITSKILL 42 45.04
BILLIE WHISNANT 40 48.46

100 YD BUTTERFLY
#MARY PAT MALEY 44 1:40.38

200 YD BUTTERFLY
#MARY PAT MALEY 44 3:21.60

100 YD I. M.
JESSIE B WATSON 41 @1:18.64
#JEANNIE MITCHELL 40 1:20.24
#MARY PAT MALEY 44 1:26.29
#DORIS LOCKER 43 1:28.28
CRYSTAL L RYMER 41 1:30.17
KATIE COTTRELL 42 1:36.49
#MIRIAM C GAITSKILL 42 1:36.94
BILLIE WHISNANT 40 1:45.91

200 YD I. M.
JESSIE B WATSON 41 2:59.34
#MARY PAT MALEY 44 3:00.65
CRYSTAL L RYMER 40 3:23.35
#MIRIAM C GAITSKILL 42 3:31.45
BILLIE WHISNANT 40 4:01.03

400 YD I. M.
#MARY PAT MALEY 44 6:35.84
#MIRIAM C GAITSKILL 42 7:35.93

WOMEN 45-49

50 YD FREESTYLE
SALLY W MENK 49 36.32
#MARY A MEAD 45 36.90

100 YD FREESTYLE
SALLY W MENK 49 1:22.84
#MARY A MEAD 45 1:25.03

200 YD FREESTYLE
SALLY W MENK 49 3:10.56

500 YD FREESTYLE
SALLY W MENK 49 8:52.25
YOUNG-JA COLEMAN 49 9:10.81

50 YD BACKSTROKE
#MARY A MEAD 45 53.89

100 YD BACKSTROKE
#MARY A MEAD 45 1:50.04

50 YD BREASTSTROKE
#MARY A MEAD 45 44.32
SALLY W MENK 49 47.24
MARTHA G PERRY 48 1:01.72

100 YD BREASTSTROKE
#MARY A MEAD 45 1:37.56
SALLY W MENK 49 1:42.17
YOUNG-JA COLEMAN 49 1:57.26

200 YD BREASTSTROKE
#MARY A MEAD 45 3:41.80
SALLY W MENK 49 3:43.66

50 YD BUTTERFLY
#MARY A MEAD 45 45.42
SALLY W MENK 49 49.26
YOUNG-JA COLEMAN 49 57.30

100 YD I. M.
#MARY A MEAD 45 1:34.32
SALLY W MENK 49 1:35.84
YOUNG-JA COLEMAN 49 1:52.46

200 YD I. M.
SALLY W MENK 49 3:39.93
#MARY A MEAD 45 3:43.01
YOUNG-JA COLEMAN 49 4:09.61

400 YD I. M.
YOUNG-JA COLEMAN 49 8:40.80

WOMEN 50-54

50 YD FREESTYLE
JEAN S FOX 52 32.90
BARBARA K HANSEN 50 33.52

100 YD FREESTYLE
JEAN S FOX 52 1:16.94
BARBARA K HANSEN 50 1:19.64
CLAIRE F RASOR 50 1:45.98

200 YD FREESTYLE
JEAN S FOX 52 2:59.02
BARBARA K HANSEN 50 3:04.79
MURIEL K ZAGER 54 4:14.91

500 YD FREESTYLE
JEAN S FOX 52 8:33.65
MURIEL K ZAGER 54 11:04.10

50 YD BACKSTROKE
BARBARA K HANSEN 50 39.27
JEAN S FOX 52 41.05
MURIEL K ZAGER 54 1:12.79

100 YD BACKSTROKE
JEAN S FOX 52 1:33.43
CLAIRE F RASOR 50 1:46.35

200 YD BACKSTROKE
JEAN S FOX 52 3:37.00
CLAIRE F RASOR 50 3:51.67

200 YD BUTTERFLY
MURIEL K ZAGER 54 6:23.14

100 YD I. M.
BARBARA K HANSEN 50 1:35.18

200 YD I. M.
BARBARA K HANSEN 50 3:39.00
MURIEL K ZAGER 54 5:29.51

400 YD I. M.
MURIEL K ZAGER 54 11:26.56

WOMEN 55-59

50 YD FREESTYLE
DOTTY WHITCOMB 58 45.27
ANN W PORTER 59 45.89

100 YD FREESTYLE
ROXANNE MOTTER 55 1:09.21
ANN W PORTER 59 1:46.07

200 YD FREESTYLE
ROXANNE MOTTER 55 2:34.56
ANN W PORTER 59 3:50.37

500 YD FREESTYLE
ANN W PORTER 59 10:02.57

50 YD BACKSTROKE
ROXANNE MOTTER 55 37.45
DOTTY WHITCOMB 58 51.06
ANN W PORTER 59 52.46

100 YD BACKSTROKE
ROXANNE MOTTER 55 1:23.59

50 YD BREASTSTROKE
ROXANNE MOTTER 55 44.26
DOTTY WHITCOMB 58 55.50

50 YD BUTTERFLY
ROXANNE MOTTER 55 35.51

100 YD I. M.
ANN W PORTER 59 2:01.81

200 YD I. M.
ROXANNE MOTTER 55 3:06.11

400 YD I. M.
ROXANNE MOTTER 55 @6:36.32

WOMEN 60-64

50 YD FREESTYLE
MARGERY MEYER 64 @37.28
JOANNE MARSHALL 63 48.75

100 YD FREESTYLE
MARGERY MEYER 64 1:26.04
JOANNE MARSHALL 63 1:44.00

200 YD FREESTYLE
MARGERY MEYER 64 3:12.03
JOANNE MARSHALL 63 3:37.90

500 YD FREESTYLE
MARGERY MEYER 64 8:37.08
ELLEEN SCHAPPEL 61 9:04.80
JOANNE MARSHALL 63 9:43.37

50 YD BACKSTROKE
MARGERY MEYER 64 @42.13
JOANNE MARSHALL 63 1:00.62

100 YD BACKSTROKE
MARGERY MEYER 64 @1:34.23

200 YD BACKSTROKE
MARGERY MEYER 64 3:32.38

50 YD BREASTSTROKE
ELLEEN SCHAPPEL 61 53.66

50 YD BUTTERFLY
ELLEEN SCHAPPEL 61 53.71

200 YD I. M.
ELLEEN SCHAPPEL 61 4:00.13

WOMEN 65-69

50 YD FREESTYLE
#MARY FULMER 68 41.64
MARY LEE WATSON 65 42.47
FRANCES BELL 69 57.96

100 YD FREESTYLE
#MARY FULMER 68 1:42.14
FRANCES BELL 69 2:08.36

200 YD FREESTYLE
MARY LEE WATSON 65 3:10.82
#MARY FULMER 68 3:51.10
ZONA SEARS JONES 69 5:04.67

500 YD FREESTYLE
MARY LEE WATSON 65 8:26.61
#MARY FULMER 68 10:55.70
FRANCES BELL 69 12:10.10
ZONA SEARS JONES 69 13:09.45

50 YD BACKSTROKE
MARY LEE WATSON 65 @50.16
#MARY FULMER 68 53.82

100 YD BACKSTROKE
MARY LEE WATSON 65 1:47.81
#MARY FULMER 68 2:12.43
ZONA SEARS JONES 69 2:55.27

200 YD BACKSTROKE
MARY LEE WATSON 65 3:40.48

50 YD BREASTSTROKE
#MARY FULMER 68 58.08
FRANCES BELL 69 1:12.26
ZONA SEARS JONES 69 1:39.65

100 YD BREASTSTROKE
#MARY FULMER 68 2:16.28
FRANCES BELL 69 2:22.85
ZONA SEARS JONES 69 3:32.44

200 YD BREASTSTROKE
FRANCES BELL 69 5:07.60

50 YD BUTTERFLY
#MARY FULMER 68 59.02
FRANCES BELL 69 @1:10.72

100 YD BUTTERFLY
FRANCES BELL 69 @2:38.25

200 YD BUTTERFLY
FRANCES BELL 69 @5:23.06

100 YD I. M.
MARY LEE WATSON 65 1:53.37
#MARY FULMER 68 2:00.27

200 YD I. M.
MARY LEE WATSON 65 @4:05.58

WOMEN 70-74

JANET T MESERVEY 73
500 YD FREESTYLE 11:33.06
100 YD BACKSTROKE @2:06.13
200 YD BACKSTROKE 4:26.75
50 YD BREASTSTROKE 1:03.49
100 YD BREASTSTROKE 2:25.68
200 YD BREASTSTROKE 5:19.53

MEN 19-24

50 YD FREESTYLE
JOE CROZIER 24 @23.07
#JEFF B ALEXANDER 24 23.36
SCOTT G CADEN 24 25.82
ADAM LIGHT 22 36.59

100 YD FREESTYLE
JOE CROZIER 24 @50.89
#JOHN S DENISON 24 52.16
SCOTT G CADEN 24 56.46
DAVID G MATTHEWS 24 1:01.95
ADAM LIGHT 22 1:22.88

200 YD FREESTYLE
JOE CROZIER 24 @1:58.10
#JOHN S DENISON 24 1:59.89
SCOTT G CADEN 24 2:08.90
ADAM LIGHT 22 3:21.91

500 YD FREESTYLE
DAVID G MATTHEWS 24 @5:49.89
SCOTT G CADEN 24 6:07.84

50 YD BACKSTROKE
JOE CROZIER 24 @28.28

100 YD BACKSTROKE
ADAM LIGHT 22 @1:46.33

200 YD BACKSTROKE
JOE CROZIER 24 @2:36.18

50 YD BREASTSTROKE
#JEFF B ALEXANDER 24 28.45
JOE CROZIER 24 @31.78
ADAM LIGHT 22 42.44

100 YD BREASTSTROKE
#JEFF B ALEXANDER 24 1:03.79
ADAM LIGHT 22 @1:36.97

200 YD BREASTSTROKE
ADAM LIGHT 22 @3:31.32

50 YD BUTTERFLY
JOE CROZIER 24 @25.71
SCOTT G CADEN 24 28.19
ADAM LIGHT 22 58.58

100 YD BUTTERFLY
JOE CROZIER 24 @57.51
#JOHN S DENISON 24 59.68
SCOTT G CADEN 24 1:03.99

200 YD BUTTERFLY
JOE CROZIER 24 @2:13.92

100 YD I. M.
JOE CROZIER 24 @59.11
#JEFF B ALEXANDER 24 59.30
#JOHN S DENISON 24 1:03.41
SCOTT G CADEN 24 1:06.51
DAVID G MATTHEWS 24 1:08.85
ADAM LIGHT 22 1:44.23

200 YD I. M.
DAVID G MATTHEWS 24 @2:26.18
SCOTT G CADEN 24 2:27.33

MEN 25-29

50 YD FREESTYLE
SCOTT P PLACE 29 23.12

100 YD FREESTYLE
SCOTT P PLACE 29 50.31
GEORGE L DINWIDDIE 28 1:01.86

200 YD FREESTYLE
SCOTT P PLACE 29 1:52.28
#TODD W STULTZ 27 1:58.19
GEORGE L DINWIDDIE 28 2:15.17

500 YD FREESTYLE
SCOTT P PLACE 29 5:03.54
#TODD W STULTZ 27 5:20.67
GEORGE L DINWIDDIE 28 6:28.10

50 YD BACKSTROKE
SCOTT P PLACE 29 28.82

200 YD BACKSTROKE
SCOTT P PLACE 29 2:19.89

50 YD BREASTSTROKE
#MARK METZ 25 27.71

100 YD BREASTSTROKE
#MARK METZ 25 1:01.69

100 YD BUTTERFLY
#TODD W STULTZ 27 1:01.43

100 YD I. M.
#MARK METZ 25 55.81
SCOTT P PLACE 29 59.62
GEORGE L DINWIDDIE 28 1:13.08

200 YD I. M.
SCOTT P PLACE 29 2:08.21
#TODD W STULTZ 27 2:13.73
400 YD I. M.
SCOTT P PLACE 29 4:39.01
#TODD W STULTZ 27 4:46.74

MEN 30-34

50 YD FREESTYLE
#TOM YOUNGER 31 23.17
RICHARD JORDAN 34 25.09
STEPHEN B CHRISTENSEN 31 27.41
#JEFFERY PALKER 31 27.62
JOHN M DUDEFF 34 28.90
100 YD FREESTYLE
#W CASEY CLAFLIN 34 51.69
NATHAN LEIGH 31 52.30
RICHARD JORDAN 34 53.56
JOHN C McAMIS 34 57.26
STEPHEN B CHRISTENSEN 31 1:00.84
JAMES J MYERS 34 1:02.57
JOHN M DUDEFF 34 1:04.88
WILLIAM B ROBERTSON 34 1:16.75
200 YD FREESTYLE
RICHARD JORDAN 34 2:00.21
JOHN C McAMIS 34 2:10.37
JEFFREY R LEVINE 34 2:18.36
WILLIAM B ROBERTSON 34 2:53.46
500 YD FREESTYLE
NATHAN LEIGH 31 5:20.60
RICHARD JORDAN 34 5:31.09
STEPHEN B CHRISTENSEN 31 6:38.12
JAMES J MYERS 34 6:39.15
#JEFF RUBINSTEIN 34 8:09.14
50 YD BACKSTROKE
#W CASEY CLAFLIN 34 25.82
#TOM YOUNGER 31 26.80
#JEFFERY PALKER 31 31.66
JOHN M DUDEFF 34 38.56
100 YD BACKSTROKE
#W CASEY CLAFLIN 34 58.08
#TOM YOUNGER 31 1:00.12
WARREN N BAGGETT 34 1:04.82
RICHARD JORDAN 34 1:10.80
#JEFFERY PALKER 31 1:13.74
JOHN M DUDEFF 34 1:30.27
200 YD BACKSTROKE
#W CASEY CLAFLIN 34 2:11.64
#TOM YOUNGER 31 2:17.75
WARREN N BAGGETT 34 2:22.64
50 YD BREASTSTROKE
#TOM YOUNGER 31 30.70
NATHAN LEIGH 31 33.21
JOHN M DUDEFF 34 33.95
#JEFFERY PALKER 31 35.31
STEPHEN B CHRISTENSEN 31 38.03
#JEFF RUBINSTEIN 34 40.23
100 YD BREASTSTROKE
JOHN M DUDEFF 34 1:18.02
200 YD BREASTSTROKE
JEFFREY R LEVINE 34 2:49.47
JOHN M DUDEFF 34 2:53.23
#JEFF RUBINSTEIN 34 3:23.07
STEPHEN B CHRISTENSEN 3:23.58
50 YD BUTTERFLY
#TOM YOUNGER 31 24.12
#W CASEY CLAFLIN 34 25.63
RICHARD JORDAN 34 26.32
JOHN C McAMIS 34 28.32
JOHN M DUDEFF 34 33.01
STEPHEN B CHRISTENSEN 31 36.64
100 YD BUTTERFLY
#W CASEY CLAFLIN 34 55.93
RICHARD JORDAN 34 58.68
JOHN C McAMIS 34 1:06.85
200 YD BUTTERFLY
#W CASEY CLAFLIN 34 2:12.12
RICHARD JORDAN 34 2:17.21
NATHAN LEIGH 31 2:19.98
100 YD I. M.
#TOM YOUNGER 31 58.10
NATHAN LEIGH 31 1:01.64
WARREN N BAGGETT 34 1:04.30
RICHARD JORDAN 34 1:04.48
JOHN C McAMIS 34 1:07.67
JEFFREY R LEVINE 34 1:11.19
JOHN M DUDEFF 34 1:13.19
#JEFF RUBINSTEIN 34 1:25.99
WILLIAM B ROBERTSON 34 1:33.89
200 YD I. M.
#W CASEY CLAFLIN 34 2:08.10
JEFFREY R LEVINE 34 2:40.48
JOHN M DUDEFF 34 2:55.94
WILLIAM B ROBERTSON 34 3:48.60
400 YD I. M.
#W CASEY CLAFLIN 34 4:46.39
RICHARD JORDAN 34 5:08.47
JOHN C McAMIS 34 5:37.04

MEN 35-39

50 YD FREESTYLE
S DIRK VAN HOESEN 38 23.76
#LEE EISINGER 38 23.83
JOHN W WOODWARD 36 24.68
JOHN D CONNOR 37 25.35
#ED MILLER 38 25.92
ROBERT W INSALACO 36 26.21
CHARLES W REYNOLDS 35 26.40
LARRY DAVIS 35 27.25
"CB" BROWN 37 27.47
HANK A LAZER 37 27.63
DOUGLAS B CALL 35 27.67
ALAN SHEETS 37 28.07
KENNETH D CHURCH 38 29.20
#JOSEPH D ABRAHAM 36 33.72
100 YD FREESTYLE
#LEE EISINGER 38 51.31
#PAT SAVAGE 36 55.18
JOHN D CONNOR 37 55.68
JOHN W WOODWARD 36 56.01
ROBERT W INSALACO 36 57.57
LARRY DAVIS 35 1:00.64
HANK A LAZER 37 1:02.07
DOUGLAS B CALL 35 1:02.28
ALAN SHEETS 37 1:03.20
KENNETH D CHURCH 38 1:05.42
#JOSEPH D ABRAHAM 36 1:15.09
LARRY BURN 39 1:24.56
200 YD FREESTYLE
#LEE EISINGER 38 1:56.27
JOHN W WOODWARD 36 2:04.62
#PAT SAVAGE 36 2:04.97
JOHN D CONNOR 37 2:11.29
ROBERT W INSALACO 36 2:11.79
WILL SCHREIBER 39 2:22.22
KENNETH D CHURCH 38 2:26.56
HANK A LAZER 37 2:26.58
ALAN SHEETS 37 2:28.15
#JOSEPH D ABRAHAM 36 2:54.33
500 YD FREESTYLE
ROBERT W INSALACO 36 6:16.87
WILL SCHREIBER 39 6:21.97
DOUGLAS B CALL 35 6:43.67
KENNETH D CHURCH 38 6:48.78
ALAN SHEETS 37 6:55.04
HANK A LAZER 37 6:59.32
#JOSEPH D ABRAHAM 36 7:39.59
50 YD BACKSTROKE
#LEE EISINGER 38 28.83
JOHN W WOODWARD 36 30.64
JOHN D CONNOR 37 31.04
CHARLES W REYNOLDS 35 32.83
"CB" BROWN 37 33.42
#ED MILLER 38 33.81
LARRY DAVIS 35 35.84
DOUGLAS B CALL 35 37.15
BRUCE A TOMKINS 36 39.34
#JOSEPH D ABRAHAM 36 49.20
100 YD BACKSTROKE
JOHN W WOODWARD 36 1:07.70
JOHN D CONNOR 37 1:10.96
"CB" BROWN 37 1:13.74
LARRY DAVIS 35 1:18.24
DOUGLAS B CALL 35 1:26.39
BRUCE A TOMKINS 36 1:32.68
#N ROBERT ANDERSON 35 1:33.43
200 YD BACKSTROKE
KENNETH D CHURCH 38 3:07.00
BRUCE A TOMKINS 36 3:23.21
50 YD BREASTSTROKE
S DIRK VAN HOESEN 38 30.82
#LEE EISINGER 38 30.85
#ED MILLER 38 34.40
JOHN W WOODWARD 36 35.49
LARRY DAVIS 35 36.02
WILL SCHREIBER 39 36.24
ALAN SHEETS 37 37.95
BRUCE A TOMKINS 36 39.28
100 YD BREASTSTROKE
S DIRK VAN HOESEN 38 @1:07.60
CHARLES W REYNOLDS 35 1:16.77
WILL SCHREIBER 39 1:16.93
JOHN W WOODWARD 36 1:24.24
ALAN SHEETS 37 1:26.57
BRUCE A TOMKINS 36 1:30.06
200 YD BREASTSTROKE
WILL SCHREIBER 39 2:46.11
ALAN SHEETS 37 3:12.74
50 YD BUTTERFLY
#LEE EISINGER 38 26.44
#PAT SAVAGE 36 26.82
ROBERT W INSALACO 36 27.39
JOHN W WOODWARD 36 27.93
JOHN D CONNOR 37 28.25
CHARLES W REYNOLDS 35 30.67
"CB" BROWN 37 30.97
ALAN SHEETS 37 31.59
KENNETH D CHURCH 38 31.98
LARRY DAVIS 35 32.06
HANK A LAZER 37 35.12
100 YD BUTTERFLY
#LEE EISINGER 38 1:00.23
#PAT SAVAGE 36 1:01.37
KENNETH D CHURCH 38 1:14.56
"CB" BROWN 37 1:15.59
200 YD BUTTERFLY
#PAT SAVAGE 36 2:22.05
KENNETH D CHURCH 38 3:00.48
100 YD I. M.
#LEE EISINGER 38 59.93
S DIRK VAN HOESEN 1:02.35
#PAT SAVAGE 36 1:02.58
JOHN W WOODWARD 36 1:05.55
JOHN D CONNOR 37 1:07.26
#ED MILLER 38 1:10.10
LARRY DAVIS 35 1:11.81
"CB" BROWN 37 1:11.96
ROBERT W INSALACO 36 1:12.25
ALAN SHEETS 37 1:13.88
WILL SCHREIBER 39 1:14.37
HANK A LAZER 37 1:17.97
200 YD I. M.
#LEE EISINGER 38 2:15.06
#PAT SAVAGE 36 2:18.05
JOHN D CONNOR 37 2:31.89
WILL SCHREIBER 39 2:41.70
ALAN SHEETS 37 2:54.92
KENNETH D CHURCH 38 3:00.24
#N ROBERT ANDERSON 35 3:01.78
400 YD I. M.
#PAT SAVAGE 36 5:12.78
KENNETH D CHURCH 38 6:24.40

MEN 40-44

50 YD FREESTYLE
#STEVE BARDEN 42 26.98
CHARLES E HENSLEE III 40 27.80
FRANK R MARTINEZ 41 29.53
GARRY W WARREN 40 30.74
JOHN R GIBSON 40 32.21
CHARLES FLOYD 44 34.04
100 YD FREESTYLE
GARRY W WARREN 40 1:03.67
FRANK R MARTINEZ 41 1:06.32
WILLARD G NEVE 41 1:10.27
CHARLES FLOYD 44 1:19.29
200 YD FREESTYLE
BOB E COUCH 40 @1:58.19
GARRY W WARREN 40 2:20.32
FRANK R MARTINEZ 41 2:25.94
STEVEN A SNOW 41 2:38.56
JOHN R GIBSON 40 2:52.02
CHARLES FLOYD 44 3:10.17
500 YD FREESTYLE
BOB E COUCH 40 5:30.68
GARRY W WARREN 40 6:23.43
FRANK R MARTINEZ 41 6:51.24
STEVEN A SNOW 41 7:09.56
JOHN R GIBSON 40 8:30.19
CHARLES FLOYD 44 9:55.97
50 YD BACKSTROKE
GARRY W WARREN 40 36.67
JOHN R GIBSON 40 37.68
100 YD BACKSTROKE
GARRY W WARREN 40 1:17.07
WILLARD G NEVE 41 1:21.65
JOHN R GIBSON 40 1:31.05
200 YD BACKSTROKE
GARRY W WARREN 40 2:48.73
WILLARD G NEVE 41 3:04.98
JOHN R GIBSON 40 3:21.22
50 YD BREASTSTROKE
CHARLES FLOYD 44 41.89
FRANK R MARTINEZ 41 42.01
100 YD BREASTSTROKE
#STEVE BARDEN 42 1:13.70
CHARLES FLOYD 44 1:33.37
200 YD BREASTSTROKE
#STEVE BARDEN 42 2:41.59
CHARLES FLOYD 44 3:43.19
50 YD BUTTERFLY
BOB E COUCH 40 28.49
STEVEN A SNOW 41 32.03
CHARLES E HENSLEE III 40 32.04
FRANK R MARTINEZ 41 36.01
JOHN R GIBSON 40 38.22
100 YD BUTTERFLY
CHARLES E HENSLEE III 1:15.73
STEVEN A SNOW 41 1:19.70
200 YD BUTTERFLY
CHARLES E HENSLEE III 2:55.78
STEVEN A SNOW 41 3:15.53
100 YD I. M.
BOB E COUCH 40 @1:03.00
CHARLES E HENSLEE III 1:16.28
WILLARD G NEVE 41 1:22.09
FRANK R MARTINEZ 41 1:22.58
STEVEN A SNOW 41 1:28.29
JOHN R GIBSON 40 1:28.99
200 YD I. M.
BOB E COUCH 40 2:20.46
CHARLES E HENSLEE III 2:55.54
FRANK R MARTINEZ 41 3:01.03
STEVEN A SNOW 41 3:16.42
JOHN R GIBSON 40 3:29.04
400 YD I. M.
BOB E COUCH 40 5:06.30
CHARLES E HENSLEE III 6:18.85
STEVEN A SNOW 41 7:01.45
JOHN R GIBSON 40 7:17.84

MEN 45-49

50 YD FREESTYLE
PAT WILSON 45 @25.15
#KENNETH MILLER 49 25.50
#JAMES C IMPARA 46 29.35
100 YD FREESTYLE
PAT WILSON 45 @55.23
#KENNETH MILLER 49 57.45
#JAMES C IMPARA 46 1:08.72
200 YD FREESTYLE
#KENNETH MILLER 49 2:09.61
PAT WILSON 45 2:10.91
500 YD FREESTYLE
#KENNETH MILLER 49 6:05.79
PAT WILSON 45 6:17.06
DONALD W HASTINGS 47 6:20.53
50 YD BACKSTROKE
PAT WILSON 45 33.34
ANDREW J STILL 49 34.71
#KENNETH MILLER 49 34.92
100 YD BACKSTROKE
#KENNETH MILLER 49 1:17.80
ANDREW J STILL 49 1:18.96
200 YD BACKSTROKE
DONALD P BARRETT 47 2:41.44
ANDREW J STILL 49 2:54.35
50 YD BREASTSTROKE
DONALD W HASTINGS 47 33.51
#JAMES C IMPARA 46 36.25
ANDREW J STILL 49 43.16
#KENNETH MILLER 49 46.42
100 YD BREASTSTROKE
DONALD W HASTINGS 47 1:16.61
#JAMES C IMPARA 46 1:19.30
ANDREW J STILL 49 1:39.34
200 YD BREASTSTROKE
DONALD W HASTINGS 47 2:49.86
#JAMES C IMPARA 46 3:04.33
ANDREW J STILL 49 4:02.40
50 YD BUTTERFLY
ERIC SNYDER 45 27.74
#KENNETH MILLER 49 27.90
DONALD W HASTINGS 47 29.65
PAT WILSON 45 30.61
100 YD BUTTERFLY
ERIC SNYDER 45 @1:03.35
#KENNETH MILLER 49 1:08.62
DONALD W HASTINGS 47 1:13.94
200 YD BUTTERFLY
ERIC SNYDER 45 2:39.74
DONALD P BARRETT 47 3:20.93
100 YD I. M.
PAT WILSON 45 1:07.01
ERIC SNYDER 45 1:07.61
DONALD W HASTINGS 47 1:10.22
DONALD P BARRETT 47 1:10.31
#KENNETH MILLER 49 1:10.58
#JAMES C IMPARA 46 1:21.05
ANDREW J STILL 49 1:28.79
200 YD I. M.
PAT WILSON 45 2:30.64
ERIC SNYDER 45 2:33.07
DONALD W HASTINGS 47 2:37.17
400 YD I. M.
ERIC SNYDER 45 @5:36.01
DONALD W HASTINGS 47 5:45.85

MEN 50-54

50 YD FREESTYLE
WILLIAM J LAUER 52 27.28
#JOHN EBERLY 50 28.07
#MILTON GEE 50 29.33
JOHN A REAVES JR 52 40.78
100 YD FREESTYLE
WILLIAM J LAUER 52 1:01.97
#JOHN EBERLY 50 1:05.40
JOHN A REAVES JR 52 1:35.51
200 YD FREESTYLE
WILLIAM J LAUER 52 2:24.38
#MILTON GEE 50 2:27.64
JOHN A REAVES JR 52 3:39.51
500 YD FREESTYLE
WILLIAM J LAUER 52 6:40.39
WANG L LAU 50 6:53.92
50 YD BACKSTROKE
#JOHN EBERLY 50 35.59
JOHN JOHNSON 54 46.89
100 YD BACKSTROKE
#JOHN EBERLY 50 1:18.59
#MILTON GEE 50 1:23.10
JOHN JOHNSON 54 1:37.42
200 YD BACKSTROKE
#JOHN EBERLY 50 3:06.83
JOHN JOHNSON 54 3:28.97
50 YD BREASTSTROKE
#MILTON GEE 50 33.38
WANG L LAU 50 33.73
JOHN JOHNSON 54 43.64
JOHN A REAVES JR 52 53.83
100 YD BREASTSTROKE
WANG L LAU 50 1:14.98
#MILTON GEE 50 1:15.26
JOHN JOHNSON 54 1:35.70
200 YD BREASTSTROKE
WANG L LAU 50 2:43.24
#MILTON GEE 50 2:51.76
JOHN JOHNSON 54 3:33.90
50 YD BUTTERFLY
WILLIAM J LAUER 52 30.83
WANG L LAU 50 31.27
#JOHN EBERLY 50 31.91
#MILTON GEE 50 32.84
100 YD BUTTERFLY
WILLIAM J LAUER 52 1:12.28
WANG L LAU 50 1:21.02
200 YD BUTTERFLY
WANG L LAU 50 2:45.74
WILLIAM J LAUER 52 3:02.66
#MILTON GEE 50 3:02.87
100 YD I. M.
WILLIAM J LAUER 52 1:11.11
JOHN JOHNSON 54 1:37.64
200 YD I. M.
WANG L LAU 50 2:40.94
WILLIAM J LAUER 52 2:46.18
JOHN JOHNSON 54 3:33.76
400 YD I. M.
WANG L LAU 50 5:51.17
WILLIAM J LAUER 52 5:58.02

MEN 55-59

50 YD FREESTYLE
ERIC YOUNGQUIST 59 28.62
RICHARD C BREITENFELD 58 30.58
TED R WOOD 59 32.18
BILL LOCKE 56 34.61
JIMMY R NOONAN 55 36.92
ROBERT M HILL 59 39.44
JOSEPH D HANSEN 57 40.48
100 YD FREESTYLE
ERIC YOUNGQUIST 59 1:04.95
RICHARD C BREITENFELD 58 1:12.60
TED R WOOD 59 1:21.55
BILL LOCKE 56 1:25.15
ROBERT M HILL 59 1:32.97
JOSEPH D HANSEN 57 1:35.55
200 YD FREESTYLE
ERIC YOUNGQUIST 59 2:25.88
RICHARD C BREITENFELD 58 2:56.20
JOSEPH W RICHARDS 59 3:16.73
JIMMY R NOONAN 55 3:17.85
ROBERT M HILL 59 3:27.02
BILL LOCKE 56 3:31.77
500 YD FREESTYLE
ERIC YOUNGQUIST 59 6:38.88
#JOHN D KORTHEUER 56 7:17.61
JIMMY R NOONAN 55 8:53.60
ROBERT M HILL 59 9:31.27
50 YD BACKSTROKE
RICHARD C BREITENFELD 58 39.62
TED R WOOD 59 42.49
JIMMY R NOONAN 55 43.96
JOSEPH W RICHARDS 59 45.95
JOSEPH D HANSEN 57 49.27
ROBERT M HILL 59 54.64
100 YD BACKSTROKE
RICHARD C BREITENFELD 1:32.88
JIMMY R NOONAN 55 1:40.73
JOSEPH W RICHARDS 59 1:47.03
JOSEPH D HANSEN 57 1:50.48
200 YD BACKSTROKE
JIMMY R NOONAN 55 3:36.13
RICHARD C BREITENFELD 3:36.93
JOSEPH W RICHARDS 59 3:48.48
50 YD BREASTSTROKE
#JOHN D KORTHEUER 56 32.39
TED R WOOD 59 40.99
JOSEPH W RICHARDS 59 46.03
JOSEPH D HANSEN 57 46.35
RICHARD C BREITENFELD 58 48.35
100 YD BREASTSTROKE
#JOHN D KORTHEUER 56 1:12.48
TED R WOOD 59 1:34.82
JOSEPH D HANSEN 57 1:44.48
JOSEPH W RICHARDS 59 1:45.72
200 YD BREASTSTROKE
#JOHN D KORTHEUER 56 2 47.65
JOSEPH W RICHARDS 59 4:01.64
50 YD BUTTERFLY
BILL LOCKE 56 41.05
TED R WOOD 59 41.86
RICHARD C BREITENFELD 58 45.95
JIMMY R NOONAN 55 46.47
JOSEPH D HANSEN 57 49.34
ROBERT M HILL 59 49.43
100 YD BUTTERFLY
ERIC YOUNGQUIST 59 1:24.34
BILL LOCKE 56 1:47.21
ROBERT M HILL 59 2:07.86
200 YD BUTTERFLY
BILL LOCKE 56 4:14.91
100 YD I. M.
ERIC YOUNGQUIST 59 1:19.13
TED R WOOD 59 1:33.85
JIMMY R NOONAN 55 1:36.54
JOSEPH D HANSEN 57 1:40.82
BILL LOCKE 56 1:44.91
ROBERT M HILL 59 1:56.70
200 YD I. M.
ERIC YOUNGQUIST 59 2:51.58
JOSEPH W RICHARDS 59 3:42.97
JIMMY R NOONAN 55 3:48.30
BILL LOCKE 56 3:56.82
ROBERT M HILL 59 4:13.98
400 YD I. M.
ERIC YOUNGQUIST 59 6:05.64

MEN 60-64

50 YD FREESTYLE
#JOHN M WOODS 64 28.48
WILLIS MOORE 60 30.54
LOUIS E DUNLAVY 60 30.90
WILLIAM L MARSHALL 61 31.61
GERALD WEINERMAN 60 43.02
100 YD FREESTYLE
#JOHN M WOODS 64 1:03.56
LOUIS E DUNLAVY 60 1:10.63
WILLIS MOORE 60 1:12.19
WILLIAM L MARSHALL 61 1:12.52
GERALD WEINERMAN 60 1:41.69
200 YD FREESTYLE
LOUIS E DUNLAVY 60 2:48.35
WILLIAM L MARSHALL 61 2:55.03
500 YD FREESTYLE
#JOHN M WOODS 64 6:42.19
HOWARD W STOKER 62 8:34.81
50 YD BACKSTROKE
#JOHN M WOODS 64 34.47
LOUIS E DUNLAVY 60 38.58
WILLIAM L MARSHALL 61 42.20
WILLIS MOORE 60 42.84
100 YD BACKSTROKE
#JOHN M WOODS 64 1:19.26
LOUIS E DUNLAVY 60 1:27.17
WILLIS MOORE 60 1:36.37
WILLIAM L MARSHALL 61 1:36.81
HOWARD W STOKER 62 2:03.04
200 YD BACKSTROKE
LOUIS E DUNLAVY 60 3:12.77
50 YD BREASTSTROKE
WILLIAM L MARSHALL 61 43.69
WILLIS MOORE 60 45.44
LOUIS E DUNLAVY 60 46.11
GERALD WEINERMAN 60 48.14
HOWARD W STOKER 62 49.42
100 YD BREASTSTROKE
WILLIS MOORE 60 1:44.63
WILLIAM L MARSHALL 61 1:46.24
HOWARD W STOKER 62 1:50.01
GERALD WEINERMAN 60 1:50.56
50 YD BUTTERFLY
#JOHN M WOODS 64 34.92
LOUIS E DUNLAVY 60 36.11
WILLIAM L MARSHALL 61 37.98
WILLIS MOORE 60 46.15
100 YD I. M.
#JOHN M WOODS 64 1:15.38
WILLIAM L MARSHALL 61 1:28.03
LOUIS E DUNLAVY 60 1:25.04
WILLIS MOORE 60 1:29.36
200 YD I. M.
#JOHN M WOODS 64 2:50.88
WILLIAM L MARSHALL 61 3:25.15

MEN 65-69

JIM JOHNSON 67
50 YD FREESTYLE 34.58
100 YD FREESTYLE 1:27.49
200 YD FREESTYLE 3:18.86
50 YD BACKSTROKE 52.76
50 YD BREASTSTROKE 1:02.70
100 YD BREASTSTROKE 2:22.14
100 YD I. M. 1:54.17
200 YD I. M. 4:17.75

MEN 70-74

50 YD FREESTYLE
#DEXTER E WOODFORD 73 32.41
WILLIAM J CHARLTON 71 51.46
100 YD FREESTYLE
#DEXTER E WOODFORD 73 1:13.32
WILLIAM J CHARLTON 71 2:06.41
200 YD FREESTYLE
#DEXTER E WOODFORD 73 2:44.40
500 YD FREESTYLE
#DEXTER E WOODFORD 73 7:28.42
50 YD BACKSTROKE
#DEXTER E WOODFORD 73 44.25
50 YD BREASTSTROKE
#DEXTER E WOODFORD 73 47.10
200 YD BREASTSTROKE
#DEXTER E WOODFORD 73 3:42.12

MEN 75-79

#EDWARD FULMER 75
50 YD FREESTYLE 37.11
100 YD FREESTYLE 1:27.81
200 YD FREESTYLE 3:39.86
500 YD FREESTYLE 10:14.43
50 YD BACKSTROKE 47.58
100 YD BACKSTROKE 1:51.41
50 YD BREASTSTROKE 45.31
100 YD BREASTSTROKE 1:48.68
200 YD BREASTSTROKE 4:21.48
100 YD I. M. 1:47.94

WOMEN 200 YD FREE RELAY

19+
#STROH'S SWIM TEAM 1:59.29
DIANE R GREEN 24
JOAN MAHERY 32
MARY ELLEN PALKER 28
MICHIKO S MARTIN 25
KWSY MASTERS @2:09.68
AIMEE M HERRING 22
ELIZABETH DEMING 32
NANCY C HIGHSMITH 29
JANET L ALEXANDER 25
CRIMSON TIDE MASTERS 2:35.03
FRANCES BELL 69
CASSANDRA L CARMICHAEL 20
LISE J LESHER 32
NETTIE BLUME 33
25+
SHOALS SHARKS MASTERS 2:04.40
BARBARA M WEISENSEEL 29
PEGGY H DARDEN 33
MARGERY MEYER 64
MARGUERITE V MEYER 28

BRISTOL MASTERS 2:11.46
DANA WEDEL 27
BILLIE WHISNANT 40
SHARON R FLEENOR 34
SUSANNE E CHANDLER 36
45+
BRISTOL MASTERS 3:00.52
ROXANNE MOTTER 55
MURIEL K ZAGER 54
YOUNG-JA COLEMAN 49
CLAIRE F RASOR 50

WOMEN 200 YARD MEDLEY RELAY

19+
CRIMSON TIDE MASTERS @2:58.20
LISE J LESHER 32
FRANCES BELL 69
CASSANDRA L CARMICHAEL 20
NETTIE BLUME 33
25+
SHOALS SHARKS MASTERS 2:25.95
MARGERY MEYER 64
BARBARA M WEISENSEEL 29
PEGGY H DARDEN 33
MARGUERITE V MEYER 28
BRISTOL MASTERS 2:30.77
DANA WEDEL 27
SHARON R FLEENOR 34
SUSANNE E CHANDLER 36
BILLIE WHISNANT 40
KWSY MASTERS 2:32.16
NANCY C HIGHSMITH 29
PAMELA M ROBERTSON 28
JANET L ALEXANDER 25
ELIZABETH DEMING 32
45+
BRISTOL MASTERS 3:28.48
MURIEL K ZAGER 54
YOUNG-JA COLEMAN 49
ROXANNE MOTTER 55
CLAIRE F RASOR 50

MIXED 200 YD FREE RELAY

19+
SHOALS SHARKS MASTERS @1:47.45
PAT WILSON 45
PEGGY H DARDEN 33
MARGUERITE V MEYER 28
SCOTT G CADEN 24
CRIMSON TIDE MASTERS 1:51.85
JEFFREY R LEVINE 34
NETTIE BLUME 33
CASSANDRA L CARMICHAEL 20
BOB E COUCH 40
KWSY MASTERS 1:51.90
JANET L ALEXANDER 25
ROBERT W INSALACO 36
AIMEE M HERRING 22
JOE CROZIER 24
BRISTOL MASTERS 2:23.93
CHARLES E HENSLEE III 40
BILLIE WHISNANT 40
ADAM LIGHT 22
NANCY E WEISS 24
25+
BRISTOL MASTERS 1:53.21
DANA WEDEL 27
LARRY DAVIS 35
SHARON R FLEENOR 34
SCOTT P PLACE 29
KWSY MASTERS 2:04.84
NANCY C HIGHSMITH 29
GEORGE L DINWIDDIE 28
PAMELA M ROBERTSON 28
"CB" BROWN 37
CRIMSON TIDE MASTERS 2:33.22
FRANCES BELL 69
HANK A LAZER 37
WILL SCHREIBER 39
LISE J LESHER 32
35+
BRISTOL MASTERS 1:50.83
JOHN W WOODWARD 36
ROXANNE MOTTER 55
SUSANNE E CHANDLER 36
JOHN D CONNOR 37
OAK RIDGE MASTERS 2:38.30
BRUCE A TOMKINS 36
JOANNE MARSHALL 63
KATIE COTTRELL 42
WILLIAM L MARSHALL 61
45+
KWSY MASTERS 2:05.24
BARBARA K HANSEN 50
DONALD W HASTINGS 47
JEAN S FOX 52
WILLIAM J LAUER 52
BRISTOL MASTERS 2:48.72
ANDREW J STILL 49
YOUNG-JA COLEMAN 49
MURIEL K ZAGER 54
BILL LOCKE 56

MEN 200 YD FREE RELAY

19+
SHOALS SHARKS MASTERS @1:44.21
PAT WILSON 45
DOUGLAS B CALL 35
STEPHEN B CHRISTENSEN 31
SCOTT G CADEN 24
KWSY MASTERS 1:47.01
GEORGE L DINWIDDIE 28
JOHN M DUDEFF 34
JAMES J MYERS 34
JOE CROZIER 24
25+
#STROH'S SWIM TEAM 1:40.29
JEFFERY PALKER 31
MARK METZ 25
TOM YOUNGER 31
KENNETH MILLER 49
CRIMSON TIDE MASTERS 1:48.44
HANK A LAZER 37
GARRY W WARREN 40
JEFFREY R LEVINE 34
BOB E COUCH 40
KWSY MASTERS 2:02.66
DONALD W HASTINGS 47
WANG L LAU 50
WILLIAM B ROBERTSON 34
WILLIAM J LAUER 52

BRISTOL MASTERS 2:08.15
ANDREW J STILL 49
BILL LOCKE 56
JOSEPH W RICHARDS 59
SCOTT P PLACE 29
35+
BRISTOL MASTERS 1:46.34
JOHN W WOODWARD 36
LARRY DAVIS 35
CHARLES E HENSLEE III 40
JOHN D CONNOR 37
OAK RIDGE MASTERS 2:07.76
S DIRK VAN HOESEN 38
BRUCE A TOMKINS 36
JOHN JOHNSON 54
WILLIAM L MARSHALL 61
CLEVELAND MASTER CATS 2:12.49
WILLIS MOORE 60
CHARLES FLOYD 44
JIM JOHNSON 67
WILLARD G NEVE 41
55+
KWSY MASTERS 2:37.81
JOSEPH D HANSEN 57
GERALD WEINERMAN 60
ROBERT M HILL 59
TED R WOOD 59

MEN 200 YD MEDLEY RELAY

19+
SHOALS SHARKS @2:09.24
DOUGLAS B CALL 35
SCOTT G CADEN 24
PAT WILSON 45
STEPHEN B CHRISTENSEN 31
BRISTOL MASTERS 2:23.79
ANDREW J STILL 49
ADAM LIGHT 22
SCOTT P PLACE 29
BILL LOCKE 56
25+
#STROH'S SWIM TEAM 1:50.90
JEFFERY PALKER 31
MARK METZ 25
TOM YOUNGER 31
KENNETH MILLER 49
#OHIO MASTERS 1:58.20
TODD W STULTZ 27
LEE EISINGER 38
PAT SAVAGE 36
DEXTER WOODFORD 73
KWSY MASTERS 2:09.16
WILLIAM J LAUER 52
WANG L LAU 50
DONALD W HASTINGS 47
JOHN M DUDEFF 34
35+
CRIMSON TIDE MASTERS 2:05.13
GARRY W WARREN 40
WILL SCHREIBER 39
BOB E COUCH 40
HANK A LAZER 37
BRISTOL MASTERS 2:06.14
JOHN W WOODWARD 36
LARRY DAVIS 35
CHARLES E HENSLEE III 40
JOHN D CONNOR 37
KWSY MASTERS 2:09.40
"CB" BROWN 37
CHARLES W REYNOLDS 35
ROBERT W INSALACO 36
KENNETH D CHURCH 38
CLEVELAND MASTER CATS 2:19.46
WILLARD G NEVE 41
CHARLES FLOYD 44
ERIC SNYDER 45
WILLIS MOORE 60
55+
KWSY MASTERS 3:07.68
TED R WOOD 59
JOSEPH D HANSEN 57
ROBERT M HILL 59
GERALD WEINERMAN 60

# INDICATES ANOTHER LMSC
@ INDICATES SOUTHEASTERN RECORD

TEAM SCORES

KWSY MASTERS	832
BRISTOL MASTERS	815
SHOALS SHARKS MASTERS	404
CRIMSON TIDE MASTERS	399
STROH'S SWIM TEAM	382
OAK RIDGE MASTERS	277
CLEVELAND MASTER CATS	263
O*H*I*O MASTERS	254
GEORGIA MASTERS	208
GREATER PENSACOLA A C MASTERS	172
GREATER NASHVILLE MASTERS	152
SUN COAST MASTERS	147
MECKLENBURG A C MASTERS	116
BIRMINGHAM SWIM LEAGUE MSTRS	99
MARLIN MASTERS	95
CINCINNATI PEPSI MARLIN MSTRS	90
UNIV OF TN MEMPHIS MASTERS	73
D C MASTERS	64
CHARLESTON MASTERS	60
MEMPHIS JEWISH COMM CTR	40
WIMBLETON SPORTSPLEX MASTERS	34
CITY OF MOBILE SWIM ASSN MSTRS	31
CHATTANOOGA DOWNTOWN Y MASTERS	31
TAMPA BAY RAYS	20
LEXINGTON MASTERS	3

FALL 1987 EL CAMINO SCM
WOODLAND HILLS 20 SEPT 1987
87-16 25 Meter Pool

WOMEN 19-24

200 METER FREESTYLE
Carole D. Clarke 24 2:21.57

WOMEN 25-29

50 METER FREESTYLE
Marysue Eads 27 29.14
Jeanne S. McAllister 29 35.89
200 METER FREESTYLE
Marysue Eads 27 2:30.49
100 METER BACKSTROKE
Marysue Eads 27 1:36.21
J S. McAllister 29 1:37.64
50 METER BREASTSTROKE
Jeanne S. McAllister 29 49.84
100 METER BUTTERFLY
Marysue Eads 27 1:38.10
J S. McAllister 29 1:50.56
200 METER INDIVIDUAL MEDLEY
J S. McAllister 29 3:26.50

WOMEN 30-34

50 METER FREESTYLE
Kay E. Weston 32 31.85
Janet D. Millian 33 38.94
200 METER FREESTYLE
Alison Asher Esses 33 2:41.52
100 METER BACKSTROKE
Janet D. Millian 33 1:50.08
Kay E. Weston 32 DISQ
200 METER BREASTSTROKE
Alison Asher Esses 33 3:24.12
100 METER BUTTERFLY
Alison Asher Esses 33 1:25.98
Janet D. Millian 33 1:51.27
200 METER INDIVIDUAL MEDLEY
Alison Asher Esses 33 3:02.69

WOMEN 40-44

50 METER FREESTYLE
Leeanne Naftali 40 39.62
200 METER FREESTYLE
Leeanne Naftali 40 3:10.96
100 METER BACKSTROKE
Linda J. Tepe 40 1:36.97
Leeanne Naftali 40 1:49.50
50 METER BREASTSTROKE
Leeanne Naftali 40 54.80
200 METER BREASTSTROKE
Linda J. Tepe 40 3:35.51
100 METER BUTTERFLY
Linda J. Tepe 40 1:37.37
200 METER INDIVIDUAL MEDLEY
Linda J. Tepe 40 3:22.08
Leeanne Naftali 40 3:47.00

WOMEN 45-49

50 METER FREESTYLE
Sylvia J. Glenn 49 40.78
200 METER FREESTYLE
Sylvia J. Glenn 49 3:09.40
100 METER BACKSTROKE
Janet E Royer 46 1:43.56
Sylvia J. Glenn 49 1:53.97
50 METER BREASTSTROKE
Sylvia J. Glenn 49 50.42
200 METER BREASTSTROKE
Janet E Royer 46 3:37.09
Sylvia J. Glenn 49 3:55.68
100 METER BUTTERFLY
Janet E Royer 46 1:31.66

WOMEN 50-54

50 METER FREESTYLE
Mary G. Barsaleau 50 34.84
Teri L. Schumacher 50 42.16
200 METER FREESTYLE
Mary G. Barsaleau 50 3:04.38
Teri L. Schumacher 50 3:28.13
50 METER BREASTSTROKE
Teri L. Schumacher 50 1:06.03
100 METER BUTTERFLY
Mary G. Barsaleau 50 1:41.12

WOMEN 55-59

50 METER FREESTYLE
Laurie J. Olsen 55 34.56
Anne B. Adams 59 36.18
Claire D. Smith 59 38.41
Janet Wolver 58 41.48
Tracy A. Becker 56 1:45.44
200 METER FREESTYLE
Anne B. Adams 59 2:56.60
Malchia S. Olshan 56 3:12.84
Janet Wolver 58 3:32.05
100 METER BACKSTROKE
Anne B. Adams 59 1:37.46
Malchia S. Olshan 56 1:59.50
Janet Wolver 58 2:05.99
50 METER BREASTSTROKE
Janet Wolver 58 51.53
200 METER BREASTSTROKE
Malchia S. Olshan 56 4:12.90
100 METER BUTTERFLY
Anne B. Adams 59 1:36.19
Malchia S. Olshan 56 1:58.35
200 METER INDIVIDUAL MEDLEY
Malchia S. Olshan 56 3:51.53
Claire D. Smith 59 4:27.61

WOMEN 60-64

200 METER FREESTYLE
Grace Altus 63 3:26.34
100 METER BACKSTROKE
Grace Altus 63 2:06.05
200 METER BREASTSTROKE
Grace Altus 63 4:55.44
100 METER BUTTERFLY
Grace Altus 63 2:15.12
200 METER INDIVIDUAL MEDLEY
Grace Altus 63 4:20.21

WOMEN 65-69

50 METER FREESTYLE
Maurine E. Kornfeld 65 47.51
200 METER FREESTYLE
Rita Simonton 69 3:33.55
Maurine E. Kornfeld 65 4:01.44
100 METER BACKSTROKE
Rita Simonton 69 1:57.61
Maurine E. Kornfeld 65 2:09.19
200 METER BREASTSTROKE
Rita Simonton 69 4:25.64
100 METER BUTTERFLY
Rita Simonton 69 2:10.51
200 METER INDIVIDUAL MEDLEY
Rita Simonton 69 4:03.12
Maurine E. Kornfeld 65 DISQ

WOMEN 70-74

50 METER FREESTYLE
Sharon Thompson 71 40.58
200 METER FREESTYLE
Ruth Ridenour 72 5:07.37
100 METER BACKSTROKE
Sharon Thompson 71 1:57.23
200 METER BREASTSTROKE
Sharon Thompson 71 4:17.07
200 METER INDIVIDUAL MEDLEY
Ruth Ridenour 72 6:07.89

WOMEN 80-84

50 METER FREESTYLE
Katherine L. Pelton 82 1:04.66
200 METER FREESTYLE
Elizabeth Mauric 83 6:13.06
100 METER BACKSTROKE
Elizabeth Mauric 83 3:59.93
200 METER BREASTSTROKE
Katherine L. Pelton 82 6:21.12
Elizabeth Mauric 83 8:09.78
100 METER BUTTERFLY
Katherine L. Pelton 82 3:10.60

MEN 19-24

50 METER FREESTYLE
Mike Bell 23 31.61
200 METER FREESTYLE
Mike Bell 23 2:33.72
100 METER BACKSTROKE
Mike Bell 23 1:20.69
William Scott 23 1:29.37
200 METER INDIVIDUAL MEDLEY
Mike Bell 23 3:00.14
William Scott 23 DISQ

MEN 25-29

50 METER FREESTYLE
Bill Dawson 28 25.17
Paul D. Hove 26 28.34
Louis Lippitt 28 33.19
200 METER FREESTYLE
Paul D. Hove 26 2:18.12
George R. Downs 28 2:23.83
Louis Lippitt 28 2:52.18
100 METER BACKSTROKE
Paul D. Hove 26 1:16.19
50 METER BREASTSTROKE
Louis Lippitt 28 45.60
200 METER BREASTSTROKE
Paul D. Hove 26 3:07.48
100 METER BUTTERFLY
Paul D. Hove 26 1:04.51
George R. Downs 28 1:16.54
200 METER INDIVIDUAL MEDLEY
George R. Downs 28 2:37.79
Louis Lippitt 28 3:31.59

MEN 30-34

50 METER FREESTYLE
Ardeshir Noroozkhani 32 26.93
Barron A. Cudda 32 29.64
Richard K. Wagner 30 38.78
David R. Wampler 32 39.21
200 METER FREESTYLE
John H. Rademaker 33 2:41.00
David R. Wampler 32 3:18.05
Richard K. Wagner 30 3:19.62
100 METER BACKSTROKE
Barron A. Cudda 32 1:19.39
Jack I. Nelson 32 1:22.93
50 METER BREASTSTROKE
Ardeshir Noroozkhani 32 36.61
Jack I. Nelson 32 43.80
Richard K. Wagner 30 51.75
David R. Wampler 32 52.50
200 METER BREASTSTROKE
Jack I. Nelson 32 3:15.81
100 METER BUTTERFLY
Barron A. Cudda 32 1:12.90
Jack I. Nelson 32 1:24.74
Richard K. Wagner 30 1:51.82
200 METER INDIVIDUAL MEDLEY
Barron A. Cudda 32 2:41.91
John H. Rademaker 33 3:05.77
Jack I. Nelson 32 3:07.28

MEN 35-39

50 METER FREESTYLE
Ernest F. Williams 36 32.70
Keith Bell 38* 32.94
Martin J. Daly 35 34.58
Barry A. Lant 35 44.59
200 METER FREESTYLE
Barry A. Lant 35 3:30.71
100 METER BACKSTROKE
Wayne A. Smith 39 1:25.56
Ernest F. Williams 36 1:34.13
Martin J. Daly 35 1:34.49
Barry A. Lant 35 1:52.91
50 METER BREASTSTROKE
Keith Bell 38* 40.83
Ernest F. Williams 36 41.27
200 METER BREASTSTROKE
Wayne A. Smith 39 2:54.89
100 METER BUTTERFLY
Wayne A. Smith 39 1:18.53
200 METER INDIVIDUAL MEDLEY
Martin J. Daly 35 3:26.58

MEN 40-44

50 METER FREESTYLE
Gary Langendoen 42 26.48
James A. Baer 41 28.98
Herbert E. Barthels 41 29.33
Robert B. Hudek 41 31.18
Gary McDowell 44 39.32
200 METER FREESTYLE
Gary Langendoen 42 2:19.32
James A. Baer 41 2:38.20
Robert B. Hudek 41 2:38.48
100 METER BACKSTROKE
James A. Baer 41 1:17.60
Robert B. Hudek 41 1:29.36
Gary McDowell 44 1:49.35
50 METER BREASTSTROKE
James A. Baer 41 37.39
Herbert E. Barthels 41 40.55
200 METER BREASTSTROKE
Herbert E. Barthels 41 3:02.66
100 METER BUTTERFLY
Gary Langendoen 42 1:02.72
James A. Baer 41 1:12.78
Herbert E. Barthels 41 1:17.79
Robert B. Hudek 41 1:24.14

MEN 45-49

50 METER FREESTYLE
Howard A. Ferguson 45 32.69
50 METER BREASTSTROKE
Howard A. Ferguson 45 41.04

MEN 50-54

50 METER FREESTYLE
Michael D. Hearn 53 36.83
Charles Niederman 52 40.07
200 METER FREESTYLE
Charles Niederman 52 3:09.33
100 METER BACKSTROKE
Charles Niederman 52 1:54.17
50 METER BREASTSTROKE
Charles Niederman 52 45.77
200 METER BREASTSTROKE
Michael D. Hearn 53 3:47.14
Charles Niederman 52 3:48.64

MEN 55-59

50 METER FREESTYLE
Steven Schofield 55 32.49
Greg Carter 55* 33.93
200 METER FREESTYLE
Art Welch 55 2:38.12
Steven Schofield 55 2:46.26
Bill Hebert 56 2:54.39
100 METER BACKSTROKE
Art Welch 55 1:33.15
Bill Hebert 56 1:35.44
50 METER BREASTSTROKE
Steven Schofield 55 45.55
Bill Hebert 56 46.37
Art Welch 55 49.54
200 METER BREASTSTROKE
Steven Schofield 55 3:42.99
Bill Hebert 56 3:47.22
100 METER BUTTERFLY
Art Welch 55 1:22.06
200 METER INDIVIDUAL MEDLEY
Art Welch 55 3:07.34
Bill Hebert 56 3:23.51

MEN 60-64

50 METER FREESTYLE
George Brinton 63 36.23
Giv Cornfield 61 44.52
Michael Freedman 62 54.95
200 METER FREESTYLE
Bruce W Sumner 62 3:05.12
C Frederick Schmidt 61 3:18.06
George Brinton 63 3:25.85
100 METER BACKSTROKE
Bruce W Sumner 62 1:36.99
George Brinton 63 1:51.14
Giv Cornfield 61 2:00.23
C Frederick Schmidt 61 2:06.73
50 METER BREASTSTROKE
C. Frederick Schmidt 61 46.34
George Brinton 63 55.13
200 METER BREASTSTROKE
Bruce W Sumner 62 3:32.17
C Frederick Schmidt 61 4:01.28
Giv Cornfield 61 4:22.70
100 METER BUTTERFLY
Bruce W Sumner 62 1:44.12
200 METER INDIVIDUAL MEDLEY
Bruce W Sumner 62 3:21.83
C Frederick Schmidt 61 4:01.47
Giv Cornfield 61 4:16.42
George Brinton 63 4:21.40

MEN 65-69

50 METER FREESTYLE
Bob Merrick 67 34.76
Alan L. Sutton 65 48.62
200 METER FREESTYLE
Bob Merrick 67 2:55.59
100 METER BACKSTROKE
Bob Merrick 67 1:35.74
Brion Winship 69 1:39.17
Alan L. Sutton 65 2:15.19
50 METER BREASTSTROKE
Brion Winship 69 1:01.08
100 METER BUTTERFLY
Bob Merrick 67 1:39.36

MEN 70-74

50 METER FREESTYLE
Woody Bowersock 74 34.78
Ed Allen Jr. 71 39.41
200 METER FREESTYLE
Woody Bowersock 74 3:37.58
100 METER BACKSTROKE
Ed Allen Jr. 71 1:59.98
50 METER BREASTSTROKE
Ed Allen Jr. 71 59.83
200 METER INDIVIDUAL MEDLEY
Woody Bowersock 74 4:21.12

MEN 75-79

50 METER FREESTYLE
Reg Richardson 76 36.12
200 METER FREESTYLE
Reg Richardson 76 3:11.42
100 METER BACKSTROKE
Reg Richardson 76 1:44.07
Alfred Guth 79 2:12.34
50 METER BREASTSTROKE
Reg Richardson 76 50.52
Alfred Guth 79 59.42
200 METER BREASTSTROKE
Alfred Guth 79 4:34.25
100 METER BUTTERFLY
Alfred Guth 79 2:24.94
200 METER INDIVIDUAL MEDLEY
Alfred Guth 79 4:32.81

MIXED 120+

200 METER MEDLEY RELAY
Central Coast Masters
Donna L. Petty 32
James A. Jeffers 53
Ron O. Milner 26
Ginny L. Jost 32 2:30.59

* Denotes non SPMA swimmer

Programmed by Curt Mosso

FALL 1987 IND HILLS SCM
SANTA FE SPRINGS 3 OCT. 1987
87-17 25 Meter Pool

WOMEN 19-24

50 METER FREESTYLE
Jamie L. Smith 23 31.70
Linda K. Parrish 24 31.81
Jacque K. Flynn 23 33.05

100 METER FREESTYLE
Jamie L. Smith 23 1:08.64
Linda K. Parrish 24 1:10.50
Jacque K. Flynn 23 1:12.26

50 METER BACKSTROKE
Denise R. Pickford 22 37.09
Jamie L. Smith 23 37.22

200 METER BACKSTROKE
Jamie L. Smith 23 2:54.85

100 METER BREASTSTROKE
Denise R. Pickford 22 1:23.11
Linda K. Parrish 24 1:36.67

50 METER BUTTERFLY
Denise R. Pickford 22 33.13
Jacque K. Flynn 23 37.85

100 METER INDIVIDUAL MEDLEY
Jamie L. Smith 23 1:22.12
Linda K. Parrish 24 1:24.17
Jacque K. Flynn 23 1:28.26
Denise R. Pickford 22 DISQ

WOMEN 25-29

50 METER FREESTYLE
Vicki R. Smith 29 31.84
Colleen M. Nagle 29 33.69
Carlotta B. Falzone 29 38.64

100 METER FREESTYLE
Nancy S. Mitchell 26 1:06.39

50 METER BACKSTROKE
Vicki R. Smith 29 38.75
Colleen M. Nagle 29 41.09
Jeanne S. McAllister 29 45.88

200 METER BACKSTROKE
Nancy S. Mitchell 26 2:42.47
J S. McAllister 29 3:26.91

100 METER BREASTSTROKE
Nancy S. Mitchell 26 1:21.00
Vicki R. Smith 29 1:28.35
J S. McAllister 29 1:52.00

50 METER BUTTERFLY
Colleen M. Nagle 29 35.61
Vicki R. Smith 29 35.66
Jeanne S. McAllister 29 43.37
Carlotta B. Falzone 29 45.99

200 METER BUTTERFLY
Nancy S. Mitchell 26 2:29.84

100 METER INDIVIDUAL MEDLEY
Nancy S. Mitchell 26 1:13.45
Vicki R. Smith 29 1:19.15
Colleen M. Nagle 29 1:24.31
J S. McAllister 29 1:34.01

WOMEN 30-34

50 METER FREESTYLE
Shannon Sullivan 33 33.04
Gail R. Ruscetta 30 42.94

100 METER FREESTYLE
Shannon Sullivan 33 1:12.11
E M. Walters 31 1:26.33
Susan R. Richter 34 1:47.69

50 METER BACKSTROKE
Donna L. Petty 32 40.29

200 METER BACKSTROKE
Donna L. Petty 32 3:02.36
E M. Walters 31 3:40.89

100 METER BREASTSTROKE
Donna L. Petty 32 1:32.26
Alison Asher Esses 33 1:34.88
Shannon Sullivan 33 1:36.45
E M. Walters 31 1:48.84

50 METER BUTTERFLY
Alison Asher Esses 33 37.43
Shannon Sullivan 33 37.73
Elizabeth M. Walters 31 50.40
Susan R. Richter 34 58.30

200 METER BUTTERFLY
Alison Asher Esses 33 3:15.40
Donna L. Petty 32 3:25.01

100 METER INDIVIDUAL MEDLEY
Donna L. Petty 32 1:22.23
Shannon Sullivan 33 1:24.08
Alison Asher Esses 33 1:26.68
E M. Walters 31 1:39.39
Susan R. Richter 34 2:08.33

WOMEN 35-39

50 METER FREESTYLE
Suzanne M. Scholton 38 37.11
Karen E. Rubin 37 37.12

100 METER FREESTYLE
Judy A. Bloore 35 1:19.86
Karen E. Rubin 37 1:21.19
Suzanne M. Scholton 38 1:27.09

50 METER BACKSTROKE
Judy A. Bloore 35 43.81
Suzanne M. Scholton 38 47.29

200 METER BACKSTROKE
Judy A. Bloore 35 3:46.33

100 METER BREASTSTROKE
Karen E. Rubin 37 1:41.75

50 METER BUTTERFLY
Judy A. Bloore 35 39.73
Karen E. Rubin 37 41.53

100 METER INDIVIDUAL MEDLEY
Judy A. Bloore 35 1:33.69
Karen E. Rubin 37 1:34.66
Suzanne M. Scholton 38 1:39.17

WOMEN 40-44

100 METER FREESTYLE
Lucy Johnson 40 1:12.83

50 METER BACKSTROKE
Linda J. Tepe 40 42.77

200 METER BACKSTROKE
Linda J. Tepe 40 3:25.50

100 METER BREASTSTROKE
Linda J. Tepe 40 1:41.53

50 METER BUTTERFLY
Lucy Johnson 40 35.18
Linda J. Tepe 40 41.48

200 METER BUTTERFLY
Linda J. Tepe 40 3:33.22

100 METER INDIVIDUAL MEDLEY
Lucy Johnson 40 1:23.22

WOMEN 45-49

50 METER FREESTYLE
Sylvia J. Glenn 49 40.00

100 METER FREESTYLE
Sylvia J. Glenn 49 1:29.00

200 METER BACKSTROKE
Sylvia J. Glenn 49 3:55.58

100 METER BREASTSTROKE
Janet E Royer 46 1:46.80
Sylvia J. Glenn 49 1:51.37
Helen Geoffrion 48 1:53.78

50 METER BUTTERFLY
Janet E Royer 46 40.17

200 METER BUTTERFLY
Janet E Royer 46 3:26.00
Helen Geoffrion 48 4:03.80

100 METER INDIVIDUAL MEDLEY
Janet E Royer 46 1:33.67
Sylvia J. Glenn 49 1:43.06

WOMEN 50-54

50 METER FREESTYLE
Jeanne Little 50 35.14
Barbara W. Friedrich 51 42.28
Virginia M. Clark 51 58.31

100 METER FREESTYLE
Jeanne Little 50 1:22.04
B W. Friedrich 51 1:35.12

50 METER BACKSTROKE
Barbara W. Friedrich 51 55.47

100 METER BREASTSTROKE
Virginia M. Clark 51 2:38.50

50 METER BUTTERFLY
Jeanne Little 50 41.94

200 METER BUTTERFLY
Jeanne Little 50 3:53.20

100 METER INDIVIDUAL MEDLEY
B W. Friedrich 51 2:01.09

WOMEN 55-59

50 METER FREESTYLE
Georgia L. Flaugher 59 1:02.06

100 METER FREESTYLE
Anne B. Adams 59 1:20.77
Malchia S. Olshan 56 1:33.69
Georgia L. Flaugher 59 2:22.28

50 METER BACKSTROKE
Anne B. Adams 59 45.67

200 METER BACKSTROKE
Malchia S. Olshan 56 4:05.19

100 METER BREASTSTROKE
Malchia S. Olshan 56 2:02.57

50 METER BUTTERFLY
Anne B. Adams 59 39.94
Malchia S. Olshan 56 54.87

200 METER BUTTERFLY
Anne B. Adams 59 3:33.31
Malchia S. Olshan 56 4:16.70

WOMEN 60-64

50 METER FREESTYLE
Ruth H. Baar 64 41.84
Grace Altus 63 43.88
Kathy M. Dixon 60 49.45

100 METER FREESTYLE
Ruth H. Baar 64 1:34.41
Grace Altus 63 1:34.75
Gloria Marienthal 62 1:51.06

50 METER BACKSTROKE
Ruth H. Baar 64 53.56

200 METER BACKSTROKE
Gloria Marienthal 62 4:29.66

100 METER BREASTSTROKE
Kathy M. Dixon 60 2:07.25
Grace Altus 63 2:17.36

50 METER BUTTERFLY
Kathy M. Dixon 60 51.69
Grace Altus 63 55.66

200 METER BUTTERFLY
Gloria Marienthal 62 5:23.85

100 METER INDIVIDUAL MEDLEY
Kathy M. Dixon 60 1:56.04
Grace Altus 63 1:57.36

WOMEN 65-69

100 METER FREESTYLE
Rita Simonton 69 1:36.58

200 METER BACKSTROKE
Rita Simonton 69 4:01.78

200 METER BUTTERFLY
Rita Simonton 69 4:34.70

WOMEN 70-74

50 METER FREESTYLE
Ruth Ridenour 72 1:05.88

100 METER FREESTYLE
Ruth Ridenour 72 2:23.01

100 METER INDIVIDUAL MEDLEY
Ruth Ridenour 72 2:54.78

WOMEN 80-84

100 METER BREASTSTROKE
Katherine L. Pelton 82 2:57.04

50 METER BUTTERFLY
Katherine L. Pelton 82 1:19.40

200 METER BUTTERFLY
Katherine L. Pelton 82 7:03.62

MEN 19-24

50 METER FREESTYLE
Michael R. Reider 23 27.59
Michael L. Cornejo 24 31.89

100 METER FREESTYLE
R. Glen Stevenson 24 59.08
Michael L. Cornejo 24 1:13.65

100 METER BREASTSTROKE
R. Glen Stevenson 24 1:13.92

50 METER BUTTERFLY
Michael R. Reider 23 29.96

100 METER INDIVIDUAL MEDLEY
Michael R. Reider 23 1:10.84

MEN 25-29

50 METER FREESTYLE
Gary A. Rumble 28 26.26
Gregory W. Maine 25 26.58
James S. Butler 28 29.28
Matt Truxaw 28 30.37

100 METER FREESTYLE
Matt Truxaw 28 1:04.69

50 METER BACKSTROKE
Gary A. Rumble 28 34.12
Matt Truxaw 28 41.00
Gregory W. Maine 25 41.45

100 METER BREASTSTROKE
Gregory W. Maine 25 1:25.22

50 METER BUTTERFLY
Gary A. Rumble 28 30.34
James S. Butler 28 32.31
Matt Truxaw 28 32.74
Gregory W. Maine 25 33.75

200 METER BUTTERFLY
Gary A. Rumble 28 2:35.70

100 METER INDIVIDUAL MEDLEY
James S. Butler 28 1:16.26
Matt Truxaw 28 1:18.40
Gregory W. Maine 25 1:18.85

MEN 30-34

50 METER FREESTYLE
Michael Heather 33 26.61
Jim Williams 30 26.94
Steve B. Clark 34 27.67
Howard A. Ferguson 32 29.56
Larry K. Winn 33 38.56

100 METER FREESTYLE
Bernard J. Townsend 34 58.42
Jim Williams 30 59.45
Steve B. Clark 34 1:00.57
Michael Heather 33 1:01.67
Howard A. Ferguson 32 1:06.97
Larry K. Winn 33 1:36.57

50 METER BACKSTROKE
Jim Williams 30 32.99
Michael Heather 33 33.91
Steve B. Clark 34 35.72
Dennis Skupinski 31 37.27
Larry K. Winn 33 52.94

100 METER BREASTSTROKE
Dennis Skupinski 31 1:30.94

50 METER BUTTERFLY
Jim Williams 30 29.39
Michael Heather 33 29.40
Dennis Skupinski 31 29.55
Steve B. Clark 34 32.00
Howard A. Ferguson 32 33.86

200 METER BUTTERFLY
Dennis Skupinski 31 2:49.23
Howard A. Ferguson 32 3:09.91

100 METER INDIVIDUAL MEDLEY
Steve B. Clark 34 1:11.36

MEN 35-39

50 METER FREESTYLE
William A. Smith Jr. 39 39.03

100 METER FREESTYLE
William A. Smith Jr. 39 DNF

50 METER BACKSTROKE
Paul K. Hupka 35 42.20

100 METER BREASTSTROKE
Wayne A. Smith 39 1:20.53
Paul K. Hupka 35 1:37.69

200 METER BUTTERFLY
Wayne A. Smith 39 3:09.18

100 METER INDIVIDUAL MEDLEY
Wayne A. Smith 39 1:19.58
Paul K. Hupka 35 1:26.59

MEN 40-44

50 METER FREESTYLE
Mike D. Rohrback 40 28.94
Sanford G. Scholton 42 32.56

100 METER FREESTYLE
Hugh N. Batten 40 1:03.14
Martin S. Roch 41 1:09.33
Sanford G. Scholton 42 1:19.20

50 METER BACKSTROKE
Gary Langendoen 42 34.46
Sanford G. Scholton 42 39.56

100 METER BREASTSTROKE
Jerry Richards 41 1:22.95
Hugh N. Batten 40 1:23.26
Martin S. Roch 41 1:27.67

50 METER BUTTERFLY
Gary Langendoen 42 28.62
Hugh N. Batten 40 29.88
Jerry Richards 41 30.05
Mike D. Rohrback 40 30.39
Martin S. Roch 41 36.06

200 METER BUTTERFLY
Jerry Richards 41 3:11.88

100 METER INDIVIDUAL MEDLEY
Gary Langendoen 42 1:08.28
Hugh N. Batten 40 1:11.51
Mike D. Rohrback 40 1:14.26
Martin S. Roch 41 1:20.59
Sanford G. Scholton 42 1:31.22

MEN 50-54

50 METER FREESTYLE
James A. Jeffers 53 37.15

100 METER BREASTSTROKE
James A. Jeffers 53 1:40.37
Ronald J. Clark 51 2:00.14

50 METER BUTTERFLY
Ronald J. Clark 51 48.33
James A. Jeffers 53 52.44

100 METER INDIVIDUAL MEDLEY
James A. Jeffers 53 1:40.92
Ronald J. Clark 51 1:54.99

MEN 55-59

50 METER FREESTYLE
William J. Kent 55 29.88
Robert Congelliere 58 30.26
Frank E. Reynolds 55 31.08
Parry O'Brien 55 33.67
Phillip J. Smith 55 33.84

100 METER FREESTYLE
Frank E. Reynolds 55 1:07.62
Steven Schofield 55 1:11.76
Art Welch 55 1:13.12
Bill Hebert 56 1:14.25
Parry O'Brien 55 1:19.89
Phillip J. Smith 55 1:21.15

50 METER BACKSTROKE
Bill Hebert 56 43.20

200 METER BACKSTROKE
Art Welch 55 3:19.00

100 METER BREASTSTROKE
Frank E. Reynolds 55 1:36.41
Steven Schofield 55 1:39.51
Bill Hebert 56 1:45.50
Art Welch 55 1:50.56

50 METER BUTTERFLY
Frank E. Reynolds 55 34.48
Steven Schofield 55 36.20
Art Welch 55 36.75
Bill Hebert 56 39.15

200 METER BUTTERFLY
Art Welch 55 3:14.36

100 METER INDIVIDUAL MEDLEY
Phillip J. Smith 55 1:38.69
Frank E. Reynolds 55 DISQ

MEN 60-64

50 METER FREESTYLE
Jurgen B. Schmidt 64 32.10
George Brinton 63 36.47
Jack F. King 64 54.77

100 METER FREESTYLE
Jurgen B. Schmidt 64 1:16.39
C Frederick Schmidt 61 1:22.50
Jack F. King 64 2:09.11

50 METER BACKSTROKE
George Brinton 63 48.23
C. Frederick Schmidt 61 50.06
Jack F. King 64 1:18.24

100 METER BREASTSTROKE
C Frederick Schmidt 61 1:42.31
George Brinton 63 2:03.63

50 METER BUTTERFLY
Jurgen B. Schmidt 64 36.36
C. Frederick Schmidt 61 47.61
George Brinton 63 52.81

100 METER INDIVIDUAL MEDLEY
Jurgen B. Schmidt 64 1:31.59
C Frederick Schmidt 61 1:40.01
George Brinton 63 1:44.33
Jack F. King 64 DISQ

MEN 65-69

100 METER FREESTYLE
Bob Merrick 67 1:16.78

200 METER BACKSTROKE
T. R. Johnson Jr. 65 5:39.13

100 METER BREASTSTROKE
Bob Merrick 67 1:36.81
T. R. Johnson Jr. 65 2:53.47

50 METER BUTTERFLY
Bob Merrick 67 42.37
T. R. Johnson Jr. 65 1:17.09

200 METER BUTTERFLY
T. R. Johnson Jr. 65 6:19.08

100 METER INDIVIDUAL MEDLEY
Bob Merrick 67 1:29.97
T. R. Johnson Jr. 65 2:41.15

MEN 70-74

50 METER FREESTYLE
Woody Bowersock 74 34.37
Ed Allen Jr. 71 40.56

100 METER FREESTYLE
Woody Bowersock 74 1:27.33
Ernest B. Van Horn 71 1:30.55
Ed Allen Jr. 71 1:42.68

50 METER BACKSTROKE
Ernest B. Van Horn 71 51.77

200 METER BACKSTROKE
Woody Bowersock 74 4:00.61
Ernest B. Van Horn 71 4:02.22

100 METER BREASTSTROKE
Ernest B. Van Horn 71 1:56.91
Ed Allen Jr. 71 2:23.51

50 METER BUTTERFLY
Woody Bowersock 74 54.30

100 METER INDIVIDUAL MEDLEY
Woody Bowersock 74 1:49.08

MEN 75-79

50 METER FREESTYLE
Reg Richardson 76 36.92
John M. Burnside 77 40.50

100 METER FREESTYLE
Reg Richardson 76 1:28.62

50 METER BACKSTROKE
Reg Richardson 76 48.61
John M. Burnside 77 55.87

200 METER BACKSTROKE
Reg Richardson 76 4:00.03

100 METER BREASTSTROKE
John M. Burnside 77 2:03.75
Alfred Guth 79 2:06.56

50 METER BUTTERFLY
John M. Burnside 77 48.22
Alfred Guth 79 59.92

200 METER BUTTERFLY
Alfred Guth 79 5:27.79

100 METER INDIVIDUAL MEDLEY
Reg Richardson 76 1:43.46
John M. Burnside 77 1:49.62
Alfred Guth 79 2:08.34

* Denotes non SPMA swimmer

Programmed by Curt **Mosso**

1987 USMS LC NATIONAL CHAMPIONSHIPS

MEN & WOMEN COMBINED TEAM SCORES

DIVISION I

Lone Star Masters	1683.5
D.C. Masters	1415.0
Swimasters of Texas	384.0

DIVISION II

Lincoln Masters	538
San Diego Swim Masters	523
Ohio Masters	493
Lakeside Masters	418
New England Masters	380
Middle Atlantic Masters	330
Jersey Masters	311
St. Louis Masters	291.5
Arizona Masters	264
Dad's Club	260.5
The Olympic Club	252
Pacific Northwest Aquatics	247
Central Florida Masters	247
Southern CA Aquatic Masters	242
Empire State Masters	239
Casuarina Masters	229
Virginia Masters Swim Team	224
Charleston Masters	219
Sportspsych Swim Team	213
Oregon Masters Swimming	208
Texas Aquatics Masters-Irv	206
Arkansas Masters	204
St. Pete Masters	187
Valley Forge Masters	177
Missouri Valley	166
Longhorn Masters	164
Connecticut Masters	158
Greater Indiana Masters S.A.	150
New Orleans Aquatics	150
Dick Bower Bolts	138
Mission Bay	137
Gold Coast Masters	134
Humuhumunukunukuap'a	133
Rocky Mountain Masters	132
Los Altos Masters	128
Belmont Shore Swim Club	127
Clearwater-Largo YMCA	126
Univ of Houston Masters	124
Rinconada Masters	116
Walnut Creek Masters	113
St. Tammany Masters	111
Tamalpais Aquatic Masters	106
Chicago Masters	106
Etobicoke Masters	105
Shoals Sharks Masters	103
Oklahoma Masters Swim Team	103
Sierra Nevada Masters	94
Tulsa Mastes Swim Club	89
Suncoast Masters	89
Chinese Taipei	88.5
Jax Navy Masters	87
Westside Masters	82.5
Monterey Bay Masters	81
D.C. Dep't. of Recreation	74
El Paso Aqua Posse	73
Niagara Maters	72.5
Michigan Masters	68
Burlington Masters	67
Multmomah Athletic Club	65
Raleigh Area Masters	62
Birmingham Swim League	61
Lynbrook Aquatic Masters	60
Crimson Tide Masters	58
Prairie Masters	56
Greater Nashville Masters	56
Cincinnati Pepsi Marlins Mst	56
Plano Wetcats	55
Bristol Masters	54
Chesapeake Masters	53
Sacramento Masters	53
Metro Aquatic Club	53
Georgia Mstrs Killer Whales	52
Aqua Masters Azteca	52
Neptune Masters	52
Plantation Swim Team	48
Greater Pensacola Aquatic	48
Sonoma State Univ. Masters	47
Scarborough Masters	45
New Mexico Masters	45
Caltech - Pasadena Masters	44
Martin County	43
Indian River Comm. College	42
York City Baths Club	42
Powerpoints Masters	41
Hierdurch	41
Maryland Masters	39
Olympian Masters Swim Club	39
Boca Raton Masters	38
Baylormeds	38
Transtar Masters	38
Space City Masters	38
Baton Rouge Crawfish Masters	37
Redding Masters	36
Peru Swim Team	34
Portsmouth Northsea S.C.	34
Industry Hills Aquatics Club	34
City of Mobile Swim Assn	34
SF Adliswil	33
Gateshead Metro A.S. & T.C.	33
Husky Swim Club	32
Cross Gates Masters	29
Northeast Masters	27
Knoxville Westside Y	26
Trojan Swim Club	26
Pointe Claire Masters	26
Austenacious Swim Team	25
Omaha Masters	24
Seymour Rapids	22
Vermont Masters	21
Corpus Christi Masters	20
Tayside Masters	16
Churchill Masters	16
Rice	15
Aqua Regio N.L.	15
Half Masters	15
San Mateo Marlins	15
San Antonio Northside	15
Central Coast Masters	12
Mid-Cities Masters	11
Beaumont Masters Swim Club	6
Strawberry Canyon AQ Masters	6
SC Eichholz Gerlafingen	5
Minnesota Masters Swim Club	5
Las Vegas Masters	4
Concord Masters	3
Univ of W Ontario AQ Masters	3
Richardson Masters	3
Sports West Alaska Masters	3
Edmonton Masters Swim Club	2

WOMEN ONLY TEAM SCORES

DIVISION I

Lone Star Masters	730

DIVISION II

D. C. Masters	537
Lakeside Masters	252
Lincoln Masters	241
Ohio Masters	228
Virginia Masters Swim Team	200

MEN ONLY TEAM SCORES

DIVISION I

Lone Star Masters	781
D.C. Masters	728
Swimasters of Texas	268
The Olympic Club	252
Dad's Club	236
Chinese Taipei	70.5

DIVISION II

San Diego Swim Masters	306
Lincoln Masters	239
Middle Atlantic Masters	226
Ohio Masters	217
Casuarina Masters	212

Nutrition & Hydration in Swimming:
How They Can Affect Your Performance

Carbohydrate: Premium Fuel for Athletes

Just as a car runs best with a full tank of the proper fuel, your body will perform at its maximum when filled with the right "nutritional fuel." For athletes, that fuel is complex carbohydrate, obtained from foods such as cereal, bread, pasta, fresh fruits, and baked potatoes.

During digestion, carbohydrate is broken down into glucose, an important energy source used by muscles during exercise. Glucose may be used by your body immediately or stored in the liver and muscles as glycogen, readily available as fuel for activity at a future time. That's important, because endurance is related to the amount of glycogen (fuel) stored in your muscles. The greater the amount, the longer your body can delay the onset of exhaustion . . . the point your body runs out of "gas" and fatigue sets in.

Obviously, the best way to prepare your body for intensive training or competition is to build up muscle glycogen levels . . . and that means eating foods that are high in complex carbohydrate. Fig. 1 compares the effect of three different diets on muscle glycogen levels and endurance (time to exhaustion). Clearly, the high-carbohydrate diet is the superior choice for supplying energy and prolonging endurance.

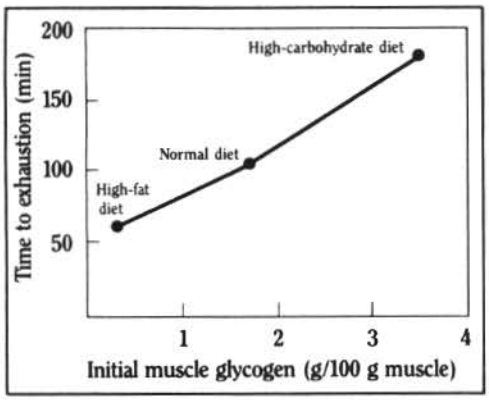


Fig 1. Effects are shown of a mixed ("normal") diet, a low-carbohydrate (high-fat) diet, and a high-carbohydrate diet on the glycogen content of the quadriceps femoris and the duration of exercise on a bicycle ergometer. (From Bergstrom J, Hermansen L, Hultman E, et al: Diet, muscle glycogen and physical performance. *Acta Physiol Scand* 71:140, 1967.)

Carbohydrate in Your Diet

If you think all calories are alike, guess again. Calories are derived from three different sources: carbohydrate, protein, and fat. Together, they add up to your total calorie intake. For an athlete's energy requirements, *carbohydrate* calories are the most important. Many foods contain carbohydrate, but some are far better sources than others. That's important, because if you're consuming 2500 Calories or more each day, about 60% to 65% of total calories should come from carbohydrate. Of the remaining calories, approximately 15% should come from protein and the remaining 20% from fat.

Because of the difference in their metabolic processes, male and female swimmers have somewhat different caloric requirements, although the 60% to 65% carbohydrate objective should be applied equally. For example, if a male swimmer's daily diet consists of 5000 total calories, approximately 3000 of them should be *carbohydrate* calories (750 grams of carbohydrate). A female swimmer requiring 4000 total calories per day should consume at least 2400 carbohydrate calories (600 grams of carbohydrate). These figures are only approximations, since actual caloric requirements reflect age, sex, body size, and the duration and intensity of daily practice and training.

In any case, it should be clear that swimmers require a steady diet rich in complex carbohydrate to generate the energy and strength needed for competitive swimming. Foods such as hamburgers, chips, mayonnaise, and candy bars contain high levels of fat, making them poor sources of nutrition for the athlete. Instead, choose items from the following table, which lists several foods high in carbohydrate and low or moderate in fat.

EXAMPLES OF HIGH-CARBOHYDRATE FOODS THAT ARE MODERATE OR LOW IN FAT

Food	Calories	Carbohydrate(g)
Apple, medium	81	21
Grapes, 1 cup	58	16
Strawberry Yogurt, 1 cup	257	43
Peas, cooked, 1 cup	110	19
Applesauce, ½ cup	97	26
Banana, medium	105	27
Corn, ½ cup	88	21
Baked Potato, large	139	32
Raisins, ⅓ cup	300	79
Whole Wheat Bread, slice	61	11
Corn Bread, 1 piece	198	29
Macaroni & Cheese, 1 cup	217	31
Noodles, egg, 1 cup	178	33
Cheese Pizza, one piece	153	18
Rice, 1 cup	205	45
White Toast, 1 slice	64	12
Corn Tortilla, 6" dia	67	13
Spaghetti with Tomato Sauce, 1 cup	179	34
EXCEED® High-Carbohydrate Source, 1 qt	920	230
EXCEED® Fluid Replacement and Energy Drink, 1 qt	270	68
EXCEED® Nutritional Beverage, 8-oz can	360	47

Key Nutrition Periods

If you think nutrition starts and stops at the training table, you're mistaken. Nutrition and hydration play important—and different—roles throughout the season. For swimmers, the four nutrition periods of greatest concern are:

- Early Season
- Pre-Competition
- Heavy Training
- Taper Phase

The following graph illustrates where these periods occur within a typical high school swimming season (the Pre-Competition nutrition period is defined as the 4 or 5 hours immediately preceding the meet). The shaded areas designate the periods when swimmers are most likely to suffer chronic glycogen shortages . . . at these times a swimmer's carbohydrate intake is especially important.

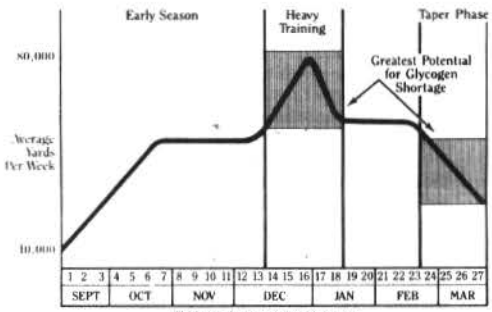


Fig 2. Unlike most other sports, the workload intensity of swimming practice varies dramatically during the season. Depending on the coach, the workload may increase from 30% to 75% during the Heavy Training Period. Later in the season, the workload may be reduced by as much as 40% to 80% during the Taper Phase. In each instance, swimmers face the potential for glycogen shortages if carbohydrate intake is not monitored and matched to energy expenditures.

Each of these nutritional periods has its own special nutrition and hydration requirements. How well—or how poorly—you meet these requirements can affect how much strength you have, how much endurance you can expect, and how well and quickly you recover from competition.

Early Season Training: A Key Nutrition Period

How many calories you need during the early season training period reflects how many calories you burn each day. This isn't always easy to determine, because the energy you burn varies according to body size, sex, and the intensity and duration of your workouts. A typical high school level workout may build up to approximately 50,000 yards per week during the early season. Sprinters in the 50- and 100-yard events may average slightly less yardage per week (30,000 to 35,000) while the distance swimmers may average more (60,000 to 65,000).

Assume you burn 5000 Calories per day—not unreasonable for a 16-year-old male high school swimmer averaging 50,000 yards per week. To generate energy for daily activity at this level, your objective should be a 5000 Calorie diet with 60% to 65% of total calories derived from carbohydrate. A typical female swimmer practicing at the same workout level may require 4000 Calories per day, also with 60% to 65% of total calories from carbohydrate.

Your coach, trainer, or team physician can advise you what your energy requirements are and establish carbohydrate objectives matched to your specific needs.

Carbohydrate Supplements

Often, it's difficult to know precisely how many carbohydrate calories you're consuming. It's important to keep track of carbohydrate, because you're eating for energy and to build endurance. You should try to meet your carbohydrate requirement *before* your total calorie goal. Swimmers who fail to satisfy carbohydrate requirements may experience chronic glycogen depletion at critical times during the season, as shown in Fig 2. A loss of energy and endurance can definitely reduce the effectiveness of your training, causing your performance to "plateau" or go "stale."

To help meet daily carbohydrate requirements, you may wish to include a carbohydrate supplement in your nutrition program. EXCEED® High-Carbohydrate Source is a supplement that can help you reach your carbohydrate intake goals. EXCEED makes it easy to consume precise, measured quantities of complex carbohydrate in convenient, good-tasting form.

EXCEED High-Carbohydrate Source is a *concentrated* source of dietary carbohydrate providing 920 total calories per quart. With 230 grams of carbohydrate per quart, High-Carbohydrate Source is ideal for helping swimmers supplement normal carbohydrate intake without the bulk of additional solid foods. Additionally, High-Carbohydrate Source contains 100% of the US Recommended Dietary Allowance (RDA) for important B-complex vitamins to help ensure efficient energy metabolism. Product is supplied in powder form and mixes easily with water to make a Golden Punch-flavored beverage that can be consumed with meals or as refreshment throughout the day. More information about EXCEED High-Carbohydrate Source can be found in the Post-Competition Recovery section.

Shown are two sample breakfast menus that illustrate how EXCEED High-Carbohydrate Source can be used to increase carbohydrate while reducing fat intake.

SAMPLE BREAKFAST MENU INCLUDING TYPICAL HIGH-FAT FOODS

Item and Portion	Calories	Carb. (grams)	Protein (grams)	Fat (grams)
3 large eggs, fried	248	2	16	19
6 strips of bacon, fried	219	0	12	19
2 slices of bread, toasted	135	25	4	2
2 tablespoons of jelly	98	25	0	0
2 pats of butter	72	0	0	8
1 cup of orange juice	112	27	2	0
Total:	884	79	34	48
% Total Calories:		36%	15%	49%

Compare the same meal after the high-fat items have been reduced or removed, and a single 8-fl-oz serving of EXCEED High-Carbohydrate Source has been added:

1 cup of 2% milk	122	12	8	5
2 slices of bread, toasted	135	25	4	2
2 tablespoons of jelly	98	25	0	0
1 8-fl-oz glass of High-Carbohydrate Source	230	57	0	0
1 large egg, fried	83	1	5	6
3 strips of bacon, fried	82	0	4	7
Total:	750	120	21	20
% Total Calories:		64%	12%	24%

Total calories have been reduced by 15% but, more importantly, carbohydrate has been increased by 52%! Note that the carbohydrate total now reaches the 60% to 65% recommended range and that protein and fat fall extremely close to their recommended levels of 15% and 20% of total calories, respectively.

Once you identify the high-fat items in your diet, you can begin to take charge of daily nutrition by reducing or eliminating those items in favor of foods that help you reach your carbohydrate goals. Work with your coach or trainer to determine the carbohydrate sources and quantities best suited to your individual requirements.

Weight Management:
Where Diet and Discipline Come Together

In swimming, energy production is the major concern. Because energy requirements of the sport are so high, swimmers must always be conscious of their daily energy requirements. Some swimmers may actually have difficulty consuming sufficient carbohydrate calories to support an aggressive training program, which can include practice distances as high as 12,000 yards per *day* in some college programs.

For most high school programs, however, weight control can play an important role by helping swimmers maximize what *can be described as lean body weight*, or muscle tissue. In general, a useful guideline for swimmers (and *all* athletes) to remember is that BODY COMPOSITION IS MORE IMPORTANT THAN WEIGHT IN DETERMINING ATHLETIC PERFORMANCE. For swimmers, this means attaining a weight that incorporates a desirable ratio of *lean* body weight to *fat* body weight.

To accomplish this, a swimmer should follow a regular diet that contributes heavily to energy and strength development without depositing too much body fat. As previously noted, swimmers need to eat for energy and should emphasize carbohydrate in their food selections.

Managing Fat Weight

Fat in the body is basically stored energy, although to be efficiently utilized as fuel, it needs to be burned in the presence of oxygen. Swim training is very oxygen-intensive (aerobic), so fat does play a role as an energy source.

However, excess fat also represents extra weight that you must carry during competition. Additionally, body fat contributes nothing to strength and power . . . important aspects of your performance. Your dietary and training challenge, then, is to strike an acceptable balance between lean body weight and fat body weight.

Research suggests that adolescent male swimmers should strive to maintain a range of 5% to 8% body fat. For females, the suggested range is 15% to 19%. Although this range may seem high, remember that basic differences in the metabolic processes make it natural for females to have a higher percentage of body fat than males, even when participating in highly aerobic sports activities. As a reference point within those ranges, you may wish to note that the *average* percent body fat for men on the 1984 US Olympic Swim Team was 6%, and for women 17%.*

*Source: Sports Medicine Program, USA Swimming, Inc.

Play It Safe!

Male and female swimmers alike have little to gain by attempting to lower their percent body fat below recommended levels. It's not possible to lose *all* body fat, and losing too much can be medically unsafe. Female swimmers in particular should beware of weight-obsession, which may lead to starvation or crash dieting and serious medical problems.

The best approach is to work with your coach or trainer to identify a percent body fat "target" that's best for you. Once a goal has been established, your coach or trainer will probably use a skinfold caliper to periodically monitor percent body fat so you can determine the effectiveness of your diet and training. And once you've reached your target percent, stick with it; the belief that the leanest body composition automatically leads to improved performance has never been demonstrated.

Losing Fat Weight

Losing weight properly takes discipline and patience. The most healthful way to accomplish body fat loss is to maintain or increase exercise while reducing food intake. Starvation and crash diets aren't effective because muscle tissue begins to break down. Additionally, swimmers who don't consume sufficient carbohydrate calories on a daily basis may experience a loss of muscle tissue as well as chronic fatigue. Any time weight loss is in the form of muscle tissue, an accompanying loss of strength, power, and muscular endurance will also occur.

To lose fat weight, you need to reduce the number of calories you consume while maintaining or increasing your training workload. For each pound of fat you want to lose, you'll need to eliminate 3500 Calories from your diet. To lose 2 pounds in a week, for example, requires an energy deficit of 7000 Calories, or 1000 Calories per day. That's a lot of calories to remove from your diet while participating in a sport that demands a constant supply of energy. A better way to lose the 2 pounds is to eat 500 fewer Calories each day *and* burn an additional 500 Calories each day for a week. However, under no circumstances should the average high school athlete consume fewer than 2000 Calories per day. Good nutrition is absolutely essential to a growing athlete during the high school years. Bone growth in particular may be especially sensitive to the effects of bad nutrition caused by starvation and crash diets.

The following table shows *approximate* energy burned for various sports and exercises. You may wish to increase your swimming time or add one or more of these activities to your workout program as a way to burn additional calories.

Approximate Calories Expended per Hour for Various Sports Activities*

Swimming	1200 Calories
Calisthenics	750 Calories
Jogging	750 Calories
Bicycle Riding	500 Calories

*Actual calories expended will vary according to the intensity of exercise, age, and body size.

Allow time to lose weight; about 1 or 2 pounds per week can be safely lost using the dietary and exercise guidelines in this chapter.

Gaining Lean Body Weight

Adding a few pounds may seem easy, but unless the weight you add is muscle, you may wind up with little more than body fat. If you're going to add weight, do it right . . . gain weight that makes you stronger and allows you to compete more effectively.

To gain 1 pound of muscle requires 2500 *additional* calories in your diet plus increased exercise. That's 350 extra calories per day, if your objective is to gain a pound in 1 week. The majority of these calories should be in the form of carbohydrate, and here is where a supplement such as EXCEED® Nutritional Beverage can help. EXCEED provides 360 total calories (188 carbohydrate calories) per 8-fl-oz serving, so it's easy to calculate the addition to your normal diet. And, EXCEED provides you with an appropriate blend of carbohydrate, protein, and fat to help support the development of lean body weight.

However, the additional calories you consume *must* be supported by an increase in your weight program or workout schedule. It's *exercise* that stimulates muscle growth and improves strength. If you don't increase exercise, the added calories may simply be converted to fat. To ensure the weight you gain appears in the form of muscle, you *must* increase the workload to the muscle groups needed for competition.

The Pre-Competition Meal

The pre-competition meal is really a "mini nutrition period" that occurs in the 4 or 5 hours before the start of the meet. Unfortunately, many swimmers don't understand the exact role of the pre-competition meal. It has little effect on increasing muscle glycogen levels. It is the foods eaten 3 to 4 days before a meet that help establish glycogen levels in the muscles. By meet day, glycogen levels are mostly "set" and there is little you can do to increase them in the hours before competition.

The pre-competition meal is important for maintaining your blood glucose and liver glycogen stores, key energy sources used in the early stages of competition. By maintaining blood glucose levels at the start of the meet, your dependency on muscle glycogen will be delayed, and *that* helps prolong endurance.

To avoid stomach upset, nausea, or that "stuffed" feeling, consume the meal 3 to 4 hours before the start of the meet. Avoid spicy, fatty, and high-fiber foods, too. These are difficult to digest and may cause intestinal distress or nausea later during the meet. You'll swim more comfortably when you've eaten easy-to-digest foods and your stomach is relatively empty.

What To Eat

Nutrition-conscious athletes now avoid traditional foods such as the steak dinner, as well as other high-fat, high-protein foods such as hamburgers, French fries, chips, and mayonnaise. These foods remain in the stomach too long and slow down the digestion process.

Foods that are rich in complex carbohydrate are generally easier to digest and empty from the stomach faster than high-fat, high-protein foods. That's important, because not only do you want to swim on a relatively empty stomach, you also want the foods you eat to be efficiently converted to energy. Cereals, pasta, baked potatoes, and muffins are good carbohydrate sources that are easily digested and converted into glucose.

Vegetables and fruit juices are also good pre-competition meal items, as are some dairy items such as lowfat yogurt, ice milk, and lowfat milk.

Pre-Competition Meal Supplements and Substitutes

Swimmers who prefer a light, non-filling pre-competition meal often substitute a sports nutrition beverage for solid food or supplement a small, light meal with a nutritional beverage.

EXCEED Nutritional Beverage is an ideal choice for your pre-competition meal; it's nutritionally complete and well balanced, so you won't sacrifice essential nutrients if you use it in place of solid food. And because EXCEED empties from the stomach quickly, you can enjoy it close to competition without worrying about a full stomach. Sixty-six percent of EXCEED Nutritional Beverage empties from the stomach in 1 hour; 98% in 2 hours.

Post-Competition Recovery

Another "mini" nutrition period occurs immediately after intensive training or competition. Even with regular fluid breaks you may have lost large quantities of body water in the form of sweat. Muscle glycogen levels may be low, leaving you feeling weak and exhausted. If competition has been especially intense and prolonged, as in a 2- or 3-day championship meet, muscle glycogen levels may be unusually depleted. Now is the time to start the recovery process so you can resume practice with renewed energy and endurance.

Rehydrating body tissues *and* replenishing muscle glycogen can be accomplished with EXCEED High-Carbohydrate Source. One or two 8-fl-oz glasses of EXCEED are ideal to help stimulate glycogen resynthesis.

Fig 4 illustrates the effect of carbohydrate on replenishing muscle glycogen levels. Note that depletion occurs initially at the same rate, but that a diet rich in carbohydrate dramatically improves the rate of glycogen recovery.

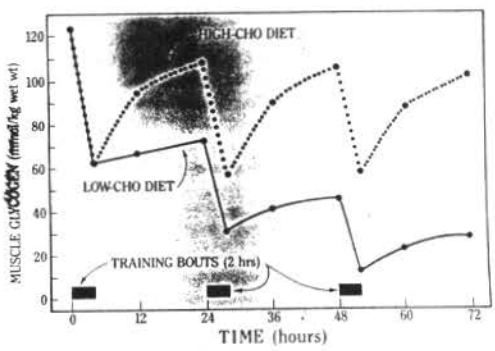


Fig 4. Muscle glycogen content is shown during 3 successive days of heavy training with diets whose caloric compositions were 60% carbohydrate (low CHO) and 70% carbohydrate (high CHO). (From Costill DL, Miller JM: Nutrition for endurance sport: Carbohydrate and fluid balance. *Int J Sports Med* 1:2, 1980.)

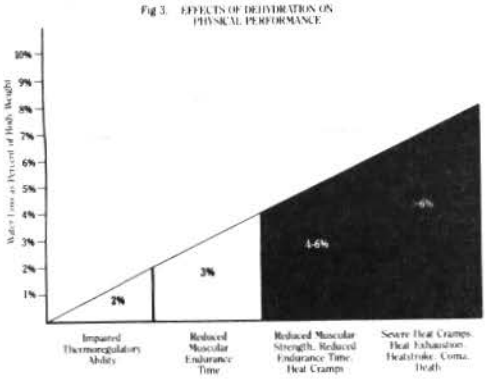
Obviously, the best time to start recovery is as soon as possible after your last event of the day, preferably within 30 minutes. Because it mixes easily with water, EXCEED High-Carbohydrate Source can be quickly prepared after the day's action, or kept pre-mixed in a cooler ready for immediate use.

Nutrition and Hydration During Competition

Once competition is under way, your body still needs fluids and nutrients to sustain physical effort and fight fatigue. Although many coaches and swimmers don't realize it, dehydration *can* be a problem in swimming, especially if the air and water temperatures are warm. Remember, sweating is the body's main mechanism for cooling itself; even though your practice and competition take place in the water, you can still lose a great deal of body water in the form of sweat. Additionally, water is also needed to aid digestion and energy production. Dehydration robs your body of the primary means to cool itself and generate energy.

The following graph illustrates the effects of dehydration on athletic performance. To help guard against dehydration, have yourself weighed before and after practice sessions. Drink a pint of water for every pound lost during practice, even though you may not feel thirsty.

Fig 3. EFFECTS OF DEHYDRATION ON PHYSICAL PERFORMANCE



Observe good nutrition and hydration habits in the time before you compete. If you find yourself with several hours until your event, enjoy a light snack or refreshments if you wish. But if you're going to swim right away or your event is an hour or less away, be very cautious about what you eat or drink. In the hour preceding competition, drink only plain water. Soft drinks, fruit juices, and beverages or snacks that contain sugar in any form aren't appropriate this close to competition . . . they can trigger a sudden drop in blood glucose (hypoglycemia) with the onset of intense activity. Additionally, drinks that contain high concentrations of sucrose (table sugar) tend to empty from the stomach more slowly than water. You don't want to start swimming with a stomach full of anything, including liquids.

Once your event is under way, fluid requirements change. Your body loses water in the form of sweat, particularly in the distance events, and it should be replaced. You also lose energy as your blood glucose and liver and muscle glycogen stores are used. Replacing the water is easy, but until recently there wasn't much you could do about replenishing energy.

A product that can help accomplish both is EXCEED® Fluid Replacement and Energy Drink. It helps replenish the water your body loses in the form of sweat and provides a source of energy in the form of POLYCOSE® Glucose Polymers, an easily digested carbohydrate polymer. In tournaments or long practice situations, EXCEED Fluid Replacement and Energy Drink should be used like plain water . . . that means taking regular fluid breaks between events or practice intervals. The glucose polymers in EXCEED help your body fight fatigue by maintaining blood glucose levels.

Heavy Training Period

With the approach of the Thanksgiving and Christmas holidays, most coaches take advantage of vacation time to dramatically increase the duration and intensity of workouts. Where the team averaged 40,000 to 50,000 yards per week during normal training, the average may now be as great as 65,000 to 75,000 yards per week, an increase of 50%.

For swimmers, daily caloric requirements may increase by as many as 2000 Calories to meet the additional need for energy. You may require more or less, depending on your age, body size, sex, and the intensity of training. At the college level, for example, where the duration and intensity of training may be much greater, the female swimmer may now require as many as 5000 total calories per day, with male swimmers needing as many as 6000 Calories.

This is a critical nutrition period for swimmers, who may respond by "eating everything in sight." Unfortunately, this often leads to excess consumption of high-fat snacks and meals. What's needed during this time is a high-calorie, high-carbohydrate diet.

Carbohydrate supplementation is essential to meet the needs of the heavy training period. Greater portions of pasta, potatoes, and breads can help, but many swimmers may prefer the concentrated carbohydrate contained in EXCEED High-Carbohydrate Source as a way to generate additional energy without the bulk of extra solid food. Additional quantities of High-Carbohydrate Source can be easily integrated into your daily menu to supplement normal carbohydrate intake. Similarly, EXCEED Nutritional Beverage can be added to meals or used as a nutritious, high-carbohydrate snack between meals.

The additional carbohydrate you consume must be timed carefully, however. As the heavy training period ends, energy requirements drop back to the "normal" level of regular training for a few weeks. Swimmers who have grown accustomed to enjoying larger portions and more variety in their menus may have difficulty cutting back on calories.

The Taper Phase

As the season winds down, many coaches drastically reduce the duration and intensity of workouts in preparation for the championships. The taper phase usually occurs 2 to 3 weeks before the championships, and yardage may be cut 60% to 80% during this time. In some cases, this can mean the average practice distances drop as low as 15,000 to 20,000 yards per week.

For swimmers, the taper phase is nutritionally complex and one of the most difficult periods to deal with. After 5 or more months of eating to meet high energy demands, you're suddenly faced with reduced energy requirements that can drop your needs to fewer than 3000 Calories per day. For female swimmers in particular, this is a difficult time. Unless carbohydrate and total calories are tailored appropriately, there is a definite tendency to gain weight. To counteract this, many female swimmers may resort to starvation or crash dieting, which can easily lead to chronic glycogen shortage or eventual medical problems.

The best approach is to work closely with your coach so you'll know when to plan for a change in your diet. As a rule, the correct nutritional approach during the taper phase is "Low Calorie—High Carbohydrate." Excess dietary fat in this period has a great tendency to be stored as body fat rather than burned as energy. But carbohydrate is still needed in abundance to support your training and build muscle glycogen levels in preparation for championship competition.

EXCEED High-Carbohydrate Source is an ideal supplement for this period, allowing you to cut back on high-fat, high-protein foods without compromising carbohydrate intake.

Work with your coach or trainer to establish a carbohydrate objective in the taper phase. Once this is known, you can adapt your nutrition accordingly and choose a supplement that meets your nutritional and carbohydrate objectives.

Summary

Regardless of the techniques or products you use in your swimming nutrition and hydration programs, use common sense and good judgment throughout the season. The following tips summarize many of the sections in this booklet and should help you achieve a safe and rewarding season:

- Eat three balanced meals a day, including foods from all the major groups: dairy, meat, fruit and vegetable, and grain.
- Avoid high-fat, high-sugar foods and snacks such as chips, soft drinks, mayonnaise, candy bars, and desserts.
- Emphasize foods that are rich in complex carbohydrate—cereals, pasta, baked potatoes, *muffins*, and vegetables.
- Use skim milk instead of whole milk. Substitute diet soft drinks for high-sugar brands. (Better yet, drink fruit juice.)
- Make sure your snacks are nutritious and good sources of energy. Fresh fruits, juices, and EXCEED Nutritional Beverage are good choices.
- Remember—good nutrition is something you apply every day throughout the season . . . not just the day before a meet. If you take shortcuts, expect to pay the price in reduced performance.

Question and Answer Clinic

Q: There's been almost no mention of protein in this booklet—isn't protein an essential nutrient for swimmers?

A: It is, but there's also a lot of myth and misunderstanding about the role of protein in the athlete's diet. A major function of protein is to provide structure for many body tissues, including muscles, tendons, ligaments, skin, and hair. Athletes *do* need more protein in their diets than nonactive people, about 75 to 100 grams per day for the average athlete. However, the typical American diet delivers 150 to 200 grams per day, much more than you actually need—or can use. That's the "myth" of the so-called high-protein diet . . . even swimmers don't *need* more than 75 to 100 grams per day. Typically, all that happens with a high-protein diet is that excess protein is either burned as fuel or converted to fat and stored. If you eat right to begin with, a high-protein diet is generally a waste of time and money.

Q: What about protein powders and amino acid tablets . . . aren't they supposed to stimulate muscle growth?

A: About the only thing these products stimulate is a decrease in your spending money. If you eat right to begin with, you get plenty of protein in your diet. Muscle growth *cannot* be stimulated merely by increasing protein or amino acid intake alone. Whatever the body doesn't need to make muscle tissue, blood, or supportive tissue is simply broken down and used as energy or converted to fat and stored. Research studies (and there have been a lot of them) have failed to discover any beneficial effect on strength, power, or muscular endurance as a result of excess protein or amino acid intake.

Q: Will increased vitamin intake build stamina or endurance?

A: Sorry, but even megavitamin doses have little or no effect on stamina or endurance. The quantities of vitamins you need on a daily basis are usually expressed as "Recommended Dietary Allowance," or RDA for short. Increasing your intake beyond RDA levels won't increase enzyme activity or energy metabolism. If you're unsure whether your diet contains the necessary RDA levels of essential vitamins, a daily multivitamin pill is usually more than enough to make up the difference. The claim that high vitamin doses will enhance athletic performance is based on the unscientific notion that if a little bit of something is good for you, a lot of it will be even better. Unfortunately, when it comes to vitamins—or protein or amino acids—research has failed to discover any truth in these claims.

Q: Is there *any* supplement or food product that really seems to boost energy?

A: About the only thing that remotely qualifies is caffeine, and practically all coaches and physicians condemn its use. Caffeine is, after all, a drug and while it may cause you to feel more energetic for a while, it may also cause you to feel nervous, tense, and unable to concentrate. Many so-called "miracle energy formulas" rely on caffeine to create a false sense of energy and vigor (there is *no* caffeine in any EXCEED Sports Nutritional product). As we stated on the very first page: There are no substitutes for good nutrition and plenty of training and practice.

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Swimming News

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BRISBANE WORLD CHAMPIONSHIPS 1988 - Following the USAS convention it may be helpful to clarify the information concerning travel for the Brisbane World Championships. Entry forms and meet information for the 2nd FINA/MSI World Championships are available from Margaret Samson, MSI News, P.O. Box 70366, Pasadena, CA 91107. Swimmers who plan to participate in the World Championships should book their travel and lodging with a travel agent that is associated with JET-SET Tours. The three U.S. travel agencies currently associated with Jetset are: 1) Swimtour International/Ask Mr. Foster of Connecticut - the official USMS travel agent for "World Masters Swim '88", 413 Canal St., Stamford, CT 06902, 800/243-6346. 2) Away to Travel - Joyce Wydrzynski, 7314 NE Fremont, Portland, OR 97213, 503/281-1234. 3) Travel Magic - Brisbane-88, Shannon Sullivan, 818/891-7871 (call collect), or Margaret Samson, MSI News, PO Box 70366, Pasadena CA 91107, 818/793-2582.....

PAN-PACIFIC MASTERS AQUATIC GAMES - To be held October 7-15, 1989. To be held at the Indiana University Natatorium - Indianapolis (IUPUI), Eagle Creek Park, Indianapolis, IN. To be held for male and female Masters athletes in swimming, diving, synchronized swimming, water polo, and long distance (open water) swimming. Countries to be represented include Pacific rim nations, including United States, Canada, Mexico, Korea, Japan, Australia, New Zealand, Chile, Peru, Columbia (top 10 nations be be represented). To be expected - 2500 athletes, including 500-750 from outside of the United States. For further information contact Tom Boak, USMS President, 713-367-4533 or Tina Martin, FINA Masters Committee, 818-793-5862.....

'89 Masters swim meet set for city

The first international Masters aquatics meet to be staged in the United States will come to Indianapolis in the fall of 1989.

Mel Goldstein, chairman of the Greater Indiana Masters Swimming Association, has announced that the Pan-Pacific Masters Aquatic Games will be held here Oct. 7-15. Four of the disciplines — swimming, diving, synchronized swimming and water polo — will be held in the Natatorium at IUPUI.

The other discipline, long distance (open water) swimming, will be held in Eagle Creek Park.

Goldstein, who will be meet director, projects that at least 2,500 athletes from as many as 10 countries will compete in various age groups. The meet is sanctioned by FINA, the international governing body for aquatics.

The Masters classifications start at age 25.

Besides the host country, the meet is expected to attract athletes from Canada, Mexico, Korea, Japan, Australia, New Zealand, Chile, Peru and Colombia.

The Natatorium hosted the U.S. Masters swimming championships in 1983 and has been the site of numerous other world-class aquatics competitions since it was opened in 1982.

"We are very pleased this event is coming to Indianapolis," said Tom Boak of Houston, president of U.S. Masters Swimming. "The Natatorium is one of the finest facilities of its kind in the country — if not the world. There are ao few places in the U.S. capable of hosting an event of such magnitude and Indianapolis is uniquely qualified.

"The city is committed to sports. The support we get from Indiana University and IUPUI people is unusual in the sports world."

The Natatorium will host U.S. Olympic trials in synchro swimming and diving next year, along with the NCAA Division I men's championships. Indianapolis is also bidding for the 1992 World Masters Aquatics Games.

WORLD SENIOR GAMES - October 10-22, 1988 - to be held in St. George, Utah. All participants must be 50 years of age by 12/31/88. The Preliminary Schedule has swimming scheduled for Wed, Oct. 12, Thur. Oct. 13 and Fri. Oct. 14.....

SWIM-MASTER

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

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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XVII - No 2 FEBRUARY 1988

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
	7	SC - Tom Lyons, Rt. 1, Box 555, Broad Run, VA 22014 (703) 471-4035 or 347-7528
	7	Fairport Meet (near Rochester), Contact Gary Austin (716) 544-2427
	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 - David A. Parler, 1639-F Juniper St., Charleston, SC 29407
	13-14	SC - Leo Letendre, 167 Glandore Drive, Manchester, MO 63021
	14	SC - Valley Forge Winter Classic - Swathmore College
	14	SC - Suzy Johnson, 39 Colligan Point, Plattsburgh, NY 12901
	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
	20	SC - Maureen Rohers, Toms River YMCA, 1088 Whatty Rd., POB 130, Toms River, NJ 08754
	21	SC - Mike Litzinger, University of Iowa Pool, Iowa City, IA 52240
	21	MCC Marauders Distance Meet (Rochster) - Lorie Gibson-rick, (716) 671-8159
	28	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
	28	Downtown Athletic Club 1650 Meet - Ed Coyne (212) 425-7000
	28	University of Rochester - Gary Austin (716) 544-2427
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
	6	Pentathlon - Darien Y - Peg Erlenkotter (203) 329-1131
	12-13	SC - Dynamo Community Swim Center, R. Anderson, 4549 H Northside Pky, 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	SC - Joanita Reed, Rt. 20, Box 208 KK, San Antonio, TX 78218 (512) 625-3511
	19	SC - Andy Knapp, 1020 Timberidge Rd., Harrah, OK 73045
	19-20	SC - Dottie Whitcomb, 1981 Villafane Dr., Pensacola, FL 32503
	19-20	SC - Mike Lewellyn, JCPRD, 6501 Antioch Road, Shawnee Mission, KS 66202
	26-27	SC - Maury Schott, c/o Triad Masters Swimming, POB 10428, Greensboro, NC 27404
	26	SC - Ron Banks, 80 Pebble Beach Dr., Little Rock, AR 72212
	26-27	SC - Buffalo Meet - Gene Donner (716) 652-9151
	26-27	SC - Harry Rawstrom, Carpenter Sports Bldg, Univ. of DE, Newark, DE 19716
	27	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
CORONADO MASTERS ASSOCIATION - Alicia Coleman, 24 The Point, Coronado, CA 92118		
		Mar 13 SC, Mar 20 SC, May 29 LC, Jul 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, c/o TX Swim Ctr, 1900 E Campus Dr, Austin, TX

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