



UNITED STATES MASTERS SWIMMING CONVENTION 1988 - EXECUTIVE COMMITTEE MEMBERS



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CONVENTION NEWS

The 1988 USMS Convention was held in St. Louis, MO, from Oct. 19-23. A total of 126 certified delegates and 10 guests attended, with representation from 42 of our 54 LMSCs. USMS is part of UNITED STATES AQUATIC SPORTS. (Above picture submitted by Gail Dummer.)

Changes which affect your LMSC as far as Rules Amendments are as follows and become effective Jan. 1, 1989 unless otherwise specified.

* The 90+ age group has been amended to read 90-94 and 95+.

* The 85+ age group has been added to the SC relay events and the 320+ age group to the SCM and LC relay events.

* Our forward start remains the SC start, with the swimmer assuming a position with at least one foot at the front of the block before the command "take your mark". The swimmer may start from the starting block, pool deck, or a push from the wall. EFFECTIVE IMMEDIATELY

* The backstroke start reads: "The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or starting grips. The feet may be placed in any position on the end of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, nor either hand from the starting grips or pool edge. Standing in or on the gutter is not permitted at any time either before or after the start. A backstroke starting block may not be used." EFFECTIVE IMMEDIATELY

* Officials for meets should include at least one USS or YMCA certified referee, starter, or stroke and turn judge. EFFECTIVE JAN 1, 1990

* Relay leadoff split times will not be considered for records or Top Ten times.

* American USMS Records have been changed to USMS National Records, and Open USMS Records have been deleted.

The important rule changes relating to our USMS National Championships are:

* The deadline for receipt of entries has been changed from 30 to 35 days prior to the meet.

* The Championship Committee may restrict swimmers to competing in 5 individual events if over 1000 entries are received for LC meets or 2000 entries for SC meets.

* Swimmers affiliation as stated on the entry form, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

* Official USMS relay cards must be used.

* A copy of your current USMS registration card must accompany your entry.

* the 200 yard Mixed Free Relay will be swum before the 400 IM on the third day of the meet.

CHAMPIONSHIP COMMITTEE - The 1990 SC Nationals were awarded to the University of Southern California (May 18-21) and the LC Nationals to The Woodlands, TX (Aug 24-27).

INTERNATIONAL COMMITTEE - Indianapolis will host the first two international meets to be held in the U.S., the 1989 Pan Pacific Games on Oct 7-15

and the 1992 World Championships.

RECORDS/TABULATION COMMITTEE - Requirements for submitting World Records must be received by the world recorder within six months of the swim and include all documentation, including proof-of-age and pool length certification.

CONVENTION COMMITTEE - The 1989 Convention will be held in Portland, OR at the Marriott on Sep. 17-24. 1990 is in Pittsburgh, PA and 1991 will be in Louisville, KY. We extend thanks to Ozark LMSC, especially Diane and Leo Letendre, for the hospitality extended to the delegates and for the social which they hosted.

INSURANCE - We now have our own coverage. Our liability coverage includes usual aquatic activities, but does not cover sanctioning or approval of synchronized swimming, diving, or water polo competition. Diving from other than the starting platform or the edge of the pool is not covered.

FINANCE - In recent years revenues have increased proportionately to the number of registered swimmers, about 20% annually. However, during the immediately past year, registrations have tapered off to the extent that USMS is planning for a zero growth year. We have a reserve fund but by holding expenses we can increase the size of the reserve fund. In Sept this year the USMS portion of the registration fee went to \$9 to cover the cost of the increases insurance premium. In Sept. 1989 the USMS fee will increase from \$9 to \$12. The reasons are namely fewer new swimmer each year, rising expenses (notably insurance), and the need to maintain an adequate reserve fund to protect the future of USMS.

1988 RANSOM ARTHUR AWARD - The 1988 honoree as recipient of the Dr. Ransom Arthur award is John R. Spanuth. John has long been active in swimming, first through the AAU and as coach at Phillips Petroleum in Bartlesville, OK. Later, he served as president of the American Swimming Coaches Association. John served in many capacities for the AAU, as a member of the Age Group Rules Committee, Women's Olympic Swimming Committee, Joint International Swimming Committee, and also as AAU Aquatics Administrator. John provided the leadership to organize the program for Masters swimming and was a prime mover in getting the program approved by the National AAU. He organized and directed the first-ever National Masters Swimming Championship in 1970 and 1971 in Amarillo, TX and the first-ever YMCA Masters Swimming Championships, held in Reading, PA.

(NOTE - My thanks to Gail Dummer for many of the above facts - found in the USMS NEWSLETTER. You might have received the NEWSLETTER before SWIM-MASTER.)

1989 USMS Rule Book

USMS finally has its very own rule book!!! The inaugural edition of the *1989 USMS Code of Regulations and Rules for Competition* will be available January 1, 1989. To reserve your personal copy of the rule book, send your name, complete address, and payment (\$6 payable to USMS) to Dorothy Donnelly, USMS National Office, 2 Peter Avenue, Rutland, MA 01543. A copy of the rule book will automatically be sent to each club, LMSC registrar, and USMS Board of Directors member.

FREESTYLE Tom Lyndon

Reprinted from NEM NEWS - J.K. Edwards, Editor

WINNING WAYS...Here are some clippings and quotes from champions in other sports.

Florence Griffith Joyner: Stunning world record smasher of the 100 meter dash can now squat-lift 325 pounds, after she undertook an extensive weight training program during the past year.

Boris Becker: When asked what he thought would make a difference in the next day's Wimbledon finals (he lost to Edberg). "It has not much to do with tennis."

Stefan Edberg: The day before he beat Becker, he said, "The winner will be the one who deserves it most."

Isiah Thomas: Despite a badly sprained ankle, he practically carried the Detroit Pistons to victory over the LA Lakers. "It's all upstairs, man.", referring to what it takes to win at the playoff level. "It has nothing to do with skill; it's all to do with will."

Tarzan Brown: Boston Marathon mentor, Jock Semple, chastised the three time winner's failure to perform up to what he thought was his potential with this dismissal, "He had a million dollar pair of legs and a ten cent head."

What does it take to win? Plenty. Natural talent and the opportunity to develop it go a long way. Include good coaching. But how many of the champions are champions despite others having more to offer, seemingly?

In 1902, Australia's Freddy Lane was the first man under a minute for the 100 yard freestyle (59.6). In 1904 Emil Rausch was the last to win the Olympic 400 freestyle using the sidestroke. Twenty feet and eight feet used to be out of sight for the pole vault and high jump. When we go out to win, we should think in terms of what we are trying for and what we are willing to give to get it. Robert Browning said something to the effect that, "A man's reach should exceed his grasp, or what's a heaven for."

For those of us who like to daydream about winning from time to time but are content to "perform creditably" in the pack or maybe not even be measured against the pack, we can still take satisfaction in knowing we have a sense of what it takes, what that "right stuff" is.

10/88

DR SPRINT PICKS ON WORLDS OLDEST SWIMMER

(Reprinted from Aqua-Master - Oregon)

Collister Wheeler set a new World Record recently when he swam the 50 M Free in 1:06.06. On the surface, this is great for someone born in 1893 (95 yrs old), but he could have swum faster!

What lessons can we learn from studying how he looked in his race? Watching his was the high point for me at the Oregon State Games where I positioned myself in the warmup lanes about 10 feet from his lane and analyzed his underwater stroke during his record setting performance.

IMPRESSIVELY RISKY START - Colli took his mark at deck level (about 20 in above the water) he didn't use the starting block (30 in high). It seems like more and more older folks are starting in the water. Why not dive in when the water is deep? Perhaps you must take risks to put zest in your life so you too can be a 95 yr old swimmer.

When is the last time you dived off a diving board? How about jumping off a 3 meter board? Yes, we all know that when you were 20 yrs old you dove off the 10 meter platform but what have you done lately? Scared? Have your fears taken over? When making a graph it assumes a linear degradation of physical ability. For example, a 3 meter (about 10 ft) high diving board should challenge a 70 yr old man. Next time you have some free minutes in the pool, try jumping off the 1 meter board, then dive. If there is a 3 meter board, climb it, walk to the end and confront your fears. Understand how fears can grip your life and perhaps shorten or inhibit it. A 10 meter jump will not hurt you but you can be scared to death. If you jump, be proud, your on your way to a zestful 95 year age. Remember, Colli dove, I'm only asking you to think about jumping. After your successful jump, think about your other silly fears.

INEFFICIENT JERKY STROKE - Colli uses a standard crawl stroke with a trudgeon kick. I reckon about 80% of his forward speed comes from his legs. He has impressive legs. The trudgeon kick is a jerky way of swimming. Good modern swimmers apply power to the water with a smooth constant delivery. A lunging swimmer greatly increases water friction. This is why freestyle will probably always be faster than butterfly because flyers lurch forward after the double arm pull and then slow down. Double arm backstroke is even more inefficient compared to normal backstroke. Breaststroke is horribly inefficient due to its jerky pull and kick. The

best a breaststroker can do is to pull when the legs are streamline and visa-versa. It's all timing, and the goal of timing is to minimize the lunging.

WORK ON YOUR LEGS - Colli confirms the Dr. Sprint theory that as you age, your leg power plays a more important role in everyday life. If you take your legs for granted and not treat and train them well, you could lose your mobility in later life. Colli is carrying a light body on some good looking legs. He popped out of the pool after his race and walked cleanly afterwards. I've seen so many swimmers trash their shoulders with pull buoy and hand paddle workouts. They flirt with permanent injury to their upper bodies. The more I see people quitting the sport due to injuries caused by excessive pulling yardage the more I stick to my philosophy of no pulling and with 1/2 of my workout yardage as kicking. I've been doing it for 10 years and I'm not so slow.

NO ARNOLD SCHWARTZENEGGER ARMS - Colli, like most Masters over 50 years old, use the old straight arm pull stroke. Who does he think he is? Arnold Schwarzenegger? It takes tremendous power to quickly pull a straight outstretched arm through a semi-circular pattern. I don't think even Arnold has the power. The key word here is QUICK pull. If you cannot move your hand quickly when it is sticking out (at right angles) from your body, then it acts as a big sea anchor to slow you down. Colli, like all good sprinters, has obviously taken the time to train his legs. With a fearless resolve, smooth flutter kick, a streamline bent arm stroke, Colli could easily break the minute barrier.

AWARD OF DISTINGUISHED SERVICE CROSS

By direction of the President, a Distinguished Service Cross is awarded to: (Oct. 14, 1944) Lt. Col. Kelley B. Lemmon Jr. For extraordinary heroism in connection with military operations against an armed enemy on 23 Aug 1944 in the vicinity of Fontainebleau, France. This officer, attacking across the Seine River, discovered upon reaching the river that the bridge had been destroyed. Rather than order one of his men to cross the river, which was 350 yards wide at this point and under intense enemy small arms Col. Lemmon swam the river. Upon reaching the shore he secured 5 civilian boats, tied them together and paddled them back to our shore. These boats were immediately utilized to establish the bridgehead. The outstanding heroism, extreme devotion to duty, and high courage displayed by Col. Lemmon reflects great credit on himself and is in keeping with the highest tradition of the Service. By command of Lieutenant General PATTON.

**UNITED STATES MASTERS SWIMMING
NATIONAL LONG COURSE CHAMPIONSHIPS
Alumni Arena - University of Buffalo-Amherst, NY**

WOMEN 25-29

50 M FREE
27:50 M Holmes
27:79 B Heuer
28:36 T Bucher
28:54 M Schmitt
28:95 R Wetzel
28:98 M Brown
29:06 J Keogh
29:22 A Draves
100 M FREE
1:00:23 M Holmes
1:01:08 B Heuer
1:01:91 M Schmitt
1:03:31 T Bucher
1:03:72 M Brown
1:03:83 R Wetzel
1:04:29 B K Frazier
1:04:97 J Keogh
200 M FREE
2:09:72 M Holmes
2:10:02 A Pope
2:15:47 M Schmitt
2:21:03 J Keogh
2:21:17 B K Frazier
2:21:51 R Wetzel
2:24:08 D Kurucz
2:25:31 M Meyer
400 M FREE
4:31:02 M Holmes
4:31:09 A Pope
4:51:87 M Schmitt
4:56:61 D Kurucz
4:59:27 C Stanham
5:00:93 R Wetzel
5:01:51 M Meyer
5:01:85 S O'Hara
800 M FREE
9:32:99 M Holmes
10:11:20 D Kurucz
10:16:76 S O'Hara
10:27:45 B K Frazier
10:31:48 R Wetzel
11:03:71 C Hallett
11:21:02 B Witte
11:26:25
1500 M FREE
17:38:78 A Pope
19:17:91 M Meyer
19:59:83 M H Charlap
20:11:28 J Keogh
20:34:99 A Hausher
20:38:97 A Grossman
21:30:76 K Greene
22:05:82 K Fortoul
50 M BACK
32:64 M Brown
34:60 S Osborne
34:61 C Staham
35:93 A Boehlert
36:67 S Lawson
38:37 B Gregory
44:27 M Weir
100 M BACK
1:10:67 T Bucher
1:10:88 M Brown
1:14:17 A Hausher
1:15:01 C Statham
1:15:28 S Osborne
1:21:31 S Lawson
1:25:17 M Courtenay
1:26:37 M Morris
200 M BACK
2:34:22 M Brown
2:40:33 C Statham
2:42:59 A Hausher
2:45:12 S Osborne
2:47:02 C Griffith
3:01:64 M Courtenay
3:11:55 B Gregory
50 M BREAST
36:49 G Gatti
37:03 B Heuer
39:00 S O'Hara
39:07 R Wetzel
40:25 O'Shaughnessy
40:87 L Reed
47:41 T conover
100 M BREAST
1:19:66 G Gatti
1:21:53 B Heuer
1:22:38 J Ford
1:28:78 O'Shaughnessy
1:33:51 L Reed
1:33:52 A Grossman
1:35:25 S Lawson

200 M BREAST
2:52:78 G Gatti
3:07:43 O'Shaughnessy
3:20:81 A Grossman
3:25:02 L Reed
3:33:37 B Witte
50 M FLY
29:94 T Bucher
30:59 J Ford
30:97 G Gatti
31:30 B Heuer
31:31 B K Frazier
31:99 A Draves
32:23 M Brown
33:64 T Dechene
100 M FLY
1:06:21 J Ford
1:08:01 T Bucher
1:09:32 B Heuer
1:09:70 B K Frazier
1:14:33 C Griffith
1:14:81 T Dechene
1:15:18 M Brown
1:16:53 M Morris
200 M FLY
2:25:44 J Ford
2:29:03 A Pope
2:36:29 D Kurucz
2:39:25 C Griffith
2:45:78 S O'Hara
2:58:38 T Dechene
3:00:90 K Fortoul
3:01:52 B Witte
200 M IM
2:29:46 J Ford
2:32:75 A Pope
2:35:53 M Schmitt
2:36:49 G Gatti
2:39:77 T Bucher
2:39:82 S O'Hara
2:39:84 C Griffith
2:40:61 C Statham
400 M IM
5:16:70 J Ford
5:22:38 A Pope
5:35:52 M Schmitt
5:40:06 D Kurucz
5:43:55 S O'Hara
5:51:84 M Meyer
6:29:24 B Witte
6:30:09 L Reed
WOMEN 30-34
50 M FREE
26:37 Neilson-Bell
28:74 L Stecker
28:79 M Dugger
29:37 B Test
29:68 W Ryan
29:95 L Osborne
31:22 V Sandberg
31:62 W Elliott
100 M FREE
58:85 Neilson-Bell
1:03:03 B Crowder
1:04:09 M Dugger
1:15:15 L Stecker
1:07:88 B Test
1:09:45 J Wylegala
1:09:99 W Ryan
1:10:63 W Elliott
200 M FREE
2:17:30 B Crowder
2:18:16 M Curl
2:20:04 P Martin
2:20:06 M Luggen
2:21:88 C Neville
2:25:78 L Bamber
2:30:48 L Stecker
2:33:58 A Allen
400 M FREE
4:42:79 Neilson-Bell
4:47:65 C Neville
4:49:45 M Curl
4:52:09 B Crowder
4:52:97 M Dugger
4:58:64 P Martin
5:06:00 H Murray
5:21:24 L Haneman
800 M FREE
9:53:86 C Neville
10:03:49 M Dugger
10:22:66 P Martin
10:25:20 H Murray
11:30:83 D Cayce
11:36:50 A Depraeter
11:57:29 K Wise
12:19:17 J Sherman

1500 M FREE
19:23:47 K Farnsworth
20:34:51 L Bamber
20:51:45 L Haneman
21:04:65 Steadman-Martin
21:17:64 B Bond
21:33:22 A Allen
22:07:15 C Belva
22:42:86 J Crouse
50 M BACK
32:37 B Mauer
34:25 K Adams
34:82 B Test
36:16 Steadman-Martin
36:37 L Derlan
37:77 J Ruff
38:05 L Lajeunesse
38:51 P Stroud
100 M BACK
1:09:08 B Mauer
1:15:31 K Adams
1:17:66 B Test
1:19:40 Steadman-Martin
1:20:60 L Derlan
1:21:18 J Ruff
1:24:60 H Knauer
1:25:10 P Stroud
200 M BACK
2:30:28 B Mauer
2:44:08 H Murray
2:49:16 K Adams
2:50:39 Steadman-Martin
2:51:34 J Ruff
2:52:03 L Derlan
2:53:74 L Haneman
2:54:02 L Bamber
50 M BREAST
37:00 L Osborne
38:55 L Lajeunesse
38:91 W Ryan
38:93 M Dugger
40:35 B Test
41:06 J Wylegala
41:46 L Stecker
42:13 C Everhart
100 M BREAST
1:22:79 L Osborne
1:26:32 W Ryan
1:27:09 L Lajeunesse
1:29:87 L Derlan
1:30:46 D Daymond
1:33:96 C Everhart
1:35:40 N Sherman
1:35:62 J Sherman
200 M BREAST
3:03:11 H Murray
3:06:16 L Osborne
3:16:80 B Bond
3:24:63 J Sherman
3:24:88 P Timmins
3:26:59 N Sherman
3:28:98 D Cayce
3:33:76 K Wise
50 M FLY
29:91 Neilson-Bell
30:20 B Crowder
32:38 L Bamber
32:39 D Daymond
32:77 S Geerling
33:74 W Elliott
34:28 L Derlan
34:52 J Crouse
100 M FLY
1:07:07 Neilson-Bell
1:08:16 B Crowder
1:09:45 C Neville
1:09:59 M Curl
1:11:21 D Daymond
1:11:39 P Martin
1:12:81 L Bamber
1:13:81 S Geerling
200 M FLY
2:30:34 B Mauer
2:30:46 H Murray
2:31:77 C Neville
2:37:35 D Daymond
2:38:53 M Curl
2:41:29 L Bamber
2:41:88 S Geerling
2:51:07 Steadman-Martin
200 M IM
2:29:22 Neilson-Bell
2:33:96 B Mauer
2:34:98 M Curl
2:38:07 C Neville
2:39:06 B Crowder
2:39:76 P Martin
2:43:79 D Daymond
2:46:41 K Adams

400 M IM
5:23:84 B Mauer
5:29:10 M Curl
5:45:73 D Daymond
5:59:37 S Geerling
6:08:21 Steadman-Martin
6:09:16 V Sandberg
6:19:47 B Bond
6:40:75 H Knauer
WOMEN 35-39
50 M FREE
27:91 J Hirsty
29:22 C Stidwill
30:08 D Morosky
30:65 A Huber
30:69 S Tandy
30:76 B Ross
31:11 F Hare
31:18 D Walker
100 M FREE
1:00:25 S Halfacre
1:02:41 J Hirsty
1:03:01 C Stidwill
1:08:11 D Morosky
1:09:06 F Hare
1:09:59 A Huber
1:11:38 A Laborwit
1:11:82 K Casey
200 M FREE
2:09:33 S Halfacre
2:15:12 J Hirsty
2:21:19 C Stidwill
2:26:08 D Munger
2:32:14 A Huber
2:36:80 A Laborwit
2:40:84 C Kane
2:43:19 S Rague
400 M FREE
4:33:08 S Halfacre
4:50:44 J Hirsty
5:00:81 C Stidwill
5:04:89 D Munger
5:22:59 G Greenwood
5:27:34 F Gare
5:30:52 T Gault
5:31:97 A Laborwit
800 M FREE
9:24:54 S Halfacre
9:59:08 J Hirsty
10:18:74 C Stidwill
10:39:44 D Munger
11:12:45 F Hare
11:14:80 S Rague
11:30:00 A Huber
11:44:20 A Laborwit
1500 M FREE
21:07:46 G Greenwood
21:17:75 T Gault
21:38:20 D Everitt
21:48:28 W Cimarno
22:43:79 S Smeader
23:54:70 M Smith
24:00:02 K Grant
24:06:28 K Davis
50 M BACK
36:01 D Walker
36:74 D Kennedy
37:84 F Hare
37:98 B Ross
38:02 D Morosky
38:06 C Shields
38:76 C Kane
40:48 C Schroeder
100 M BACK
1:19:59 D Walker
1:21:10 D Kennedy
1:22:19 D Morosky
1:22:48 B Ross
1:24:96 C Shields
1:25:53 C Kane
1:34:53 K Price
1:35:87 S Bruce
200 M BACK
2:55:42 S Walsh
3:01:00 B Ross
3:05:86 D Kennedy
3:06:05 G Deely
3:06:67 C Shields
3:07:27 C Kane
3:16:87 C Schroeder
3:32:92 K Price
50 M BREAST
37:67 D Walker
38:89 D Munger
40:29 K Casey
41:76 N Miller
43:40 J Maclellan
45:67 D Kennedy
45:93 A Laborwit
48:30 G Dummer

100 M BREAST
1:23:44 D Walker
1:24:30 D Munger
1:31:70 S Bloomfield
1:32:26 K Casey
1:32:42 N Miller
1:34:57 D Everitt
1:38:58 S Smeader
1:39:24 J Maclellan
200 M BREAST
3:01:64 D Walker
3:06:56 D Munger
3:14:27 S Walsh
3:15:57 S Bloomfield
3:22:90 K Casey
3:24:01 D Everitt
3:26:01 N Miller
3:27:37 S Smeader
50 M FLY
29:27 S Halfacre
32:12 J Hirsty
33:51 B Ross
33:62 D Morosky
34:19 T Gault
35:47 S Tandy
35:82 S Webster
37:80 S Bruce
100 M FLY
1:05:39 S Halfacre
1:14:76 S Walsh
1:16:11 B Ross
1:16:95 D Everitt
1:21:24 T Gault
1:23:78 S Rague
1:26:56 C Schroeder
2:04:02 J Denti
200 M FLY
2:44:98 S Walsh
2:54:78 D Everitt
3:00:87 S Rague
3:04:06 T Gault
3:27:01 C Schroeder
3:32:07 K Davis
4:06:98 L Hardcastle
4:10:27 L Janacek
200 M IM
2:41:54 C Stidwill
2:49:23 S Walsh
3:04:03 C Shields
3:07:12 S Bloomfield
3:07:37 C Kane
3:08:55 S Smeader
3:10:82 A Huber
3:11:14 S Tandy
400 M IM
5:5:616 S Walsh
6:12:20 D Everitt
6:31:31 S Rague
6:39:57 S Bloomfield
6:42:91 C Shields
6:50:69 N Miller
7:41:71 C Steerman
8:55:32 S Strang
WOMEN 40-44
50 M FREE
29:58 D Strickland
30:19 S Herrington
31:14 A Page
32:71 S Rousseau
33:01 I David
34:04 J Carson
34:47 B Bukowski
34:76 J Zullo
100 M FREE
1:06:89 S Peterson
1:08:04 S Herrington
1:08:14 L Johnson
1:12:16 A Svanson
1:12:63 C Slimak
1:13:70 S Rousseau
1:15:69 C Zimmet
1:15:79 J Mitchell
200 M FREE
2:33:42 S Peterson
2:37:70 A Svanson
2:39:25 C Slimak
2:46:14 S Rousseau
2:46:40 C Zimmet
2:49:24 M Pohlmann
2:51:18 M Lebsack
2:53:52 B Bukowski
400 M FREE
5:22:99 S Peterson
5:24:18 L Johnson
5:39:40 S Schaffer
5:40:27 A Svanson
5:45:05 A Page
5:51:34 C Pohlmann
5:52:70 C Zimmet
5:54:31 M Lebsack

800 M FREE
11:28:48 S Schaffer
12:03:68 C Zimmet
12:51:33 B Bukowski
12:56:65 K Sutherland
13:16:08 L Ebinger
13:17:94 K Turner
13:34:74 S Sachs
14:19:69 J Prebble
1500 M FREE
21:07:74 S Peterson
22:07:65 A Svanson
22:35:27 M Lebsack
23:21:92 B Voloshen
25:26:86 A Gunther
27:34:69 L Dudman
27:47:00 R Moore
50 M BACK
34:85 D Strickland
37:22 S Herrington
38:47 J Mitchell
41:57 R Richard
43:87 G Baker
45:72 R Moore
49:08 D Locker
50:15 S Byrd
100 M BACK
1:16:64 D Strickland
1:22:56 S Herrington
1:23:95 M Pohlmann
1:26:78 J Mitchell
1:33:61 R Richard
1:38:31 G Baker
1:48:57 D Locker
200 M BACK
2:48:11 D Strickland
2:58:53 S Herrington
3:02:48 M Pohlmann
3:08:25 C Zimmet
3:09:77 J Mitchell
3:13:94 Murphy-Sherman
3:24:93 R Richard
3:30:11 G Baker
50 M BREAST
39:21 G Pierson
39:47 C Slimak
41:73 S Peterson
42:94 Murphy-Sherman
43:50 L Cartee
43:72 J Watson
45:81 M Thomas
46:43 J Zullo
100 M BREAST
1:27:14 G Pierson
1:32:60 S Peterson
1:35:40 Murphy-Sherman
1:35:80 M Thomas
1:37:93 L Cartee
1:40:87 J Watson
1:41:24 K Sutherland
1:41:38 J Zullo
200 M BREAST
3:10:08 G Pierson
3:14:36 C Slimak
3:22:55 M Thomas
3:25:06 Murphy-Sherman
3:32:94 L Cartee
3:38:67 K Sutherland
3:43:08 J Zullo
3:43:80 A Gunther
50 M FLY
31:98 G Strickland
34:06 S Rousseau
34:22 L Johnson
35:71 A Page
35:71 I David
36:17 S Schaffer
40:13 L Cartee
41:14 J Watson
100 M FLY
1:14:76 D Strickland
1:17:94 L Johnson
1:21:67 S Schaffer
1:21:89 S Rousseau
1:26:33 I David
1:37:79 J Prebble
1:55:94 C Dickson
1:56:10 K Sutherland
200 M FLY
2:59:39 S Schaffer
3:08:63 G Pierson
3:11:03 S Rousseau
3:19:14 C Zimmet
3:19:14 M Pohlmann
3:22:97 A Svanson
3:26:67 I David
4:08:78 M Lebsack
200 M IM
2:58:14 C Slimak
2:58:40 G Pierson
3:08:05 Murphy-Sherman

3:15.38 L Cartee	100 M BREAST	1:23.40 B Jordan	100 M BACK	3:23.94 K Lasun	4:26.87 B Kokos	100 M BREAST
3:30.49 A Gunther	1:29.75 J Leilich	1:31.65 A Konig	1:31.65 A Konig	3:26.61 B Johnson	4:28.64 M Nellen	1:47.72 R Kenner
3:32.11 R Richard	1:35.36 B Frid	1:31.74 L Griffin	1:38.36 M Land	3:27.01 J McIntyre	200 M IM	1:57.08 T Roach
3:35.40 G Baker	1:38.52 B Durrant	1:38.36 M Land	1:44.49 P Tullman	3:35.42 A Lawrence	3:25.70 J Oliver	2:05.37 M Ebert
3:35.50 B Adler	1:44.21 M Vanevery	1:44.49 P Tullman	1:47.99 S Campbell	3:38.61 S Martin	3:35.71 N Macbeth	2:06.02 B Dunn
400 M IM	1:50.74 S Kingdon	1:52.67 M C Hans	1:52.67 M C Hans	400 M FREE	3:41.01 L Kron	2:25.08 M Peterson
6:17.40 S Schaffer	200 M BREAST	1:53.47 C Rossi	200 M BACK	5:39.90 L Stoinoff	3:58.92 S Scott	2:25.60 D Carr
6:24.85 S Herrington	3:15.97 J Leilich	200 M BACK	3:03.04 B Jordan	6:38.64 D Reed	4:02.92 M Nellen	DQ J Pinnick
6:27.45 C Slimak	3:35.02 B Durrant	3:18.35 A Konig	3:18.35 A Konig	7:03.41 C Ferguson	4:08.18 B Glancy	200 M BREAST
6:39.73 G Pierson	3:41.83 A Johnson	3:24.00 L Griffin	3:24.00 L Griffin	7:14.68 K Eason	4:14.98 B Kokos	3:52.75 R Kenner
6:39.75 A Svanson	3:45.78 M Vanevery	3:26.93 B Zaremski	3:26.93 B Zaremski	7:18.78 B Johnson	4:19.37 S Kysor	4:00.93 J Krauser
6:46.30 Murphy-Sherman	3:49.07 J Odium	3:39.38 M Land	3:39.38 M Land	7:23.01 J McIntyre	400 M IM	4:27.57 M Ebert
6:46.39 M Pohlmann	3:58.65 S Kingdon	3:41.50 J Parrett	3:41.50 J Parrett	7:31.06 F McIntosh	6:53.12 L Stoinoff	4:32.34 G Olsen
6:47.13 A Page	4:14.98 P Arnold	3:46.37 P Tullman	3:46.37 P Tullman	7:34.92 B Stanley	7:30.58 J Oliver	5:18.41 M Peterson
	4:30.33 I Parker	4:02.53 M C Hans	4:02.53 M C Hans	800 M FREE	8:16.23 N Macbeth	50 M FLY
WOMEN 45-49	50 M FLY	50 M BREAST	50 M BREAST	11:30.97 L Stoinoff	8:25.37 A Dallam	43.86 E Gruender
50 M FREE	33.98 N Ridout	45.02 M Jebe	45.02 M Jebe	14:44.10 B Johnson	8:30.99 M Nellen	46.10 J Troy
31.03 N Ridout	35.76 B Frid	46.54 A Jones	46.54 A Jones	15:12.09 J McIntyre	8:31.01 M Hagan	48.64 B Dunn
32.40 A Proebsting	35.85 B Hoellen	47.32 A Johnsen	47.32 A Johnsen	15:17.99 B Stanley	8:48.86 B Glancy	49.67 D Sehorn
33.70 N Kirkendall	38.98 A Johnson	49.12 M Land	49.12 M Land	15:46.42 A Lawrence	8:49.62 B Kokos	51.05 C Derr
33.70 B Hoellen	49.04 K Rattray	49.12 B Tucker	49.12 B Tucker	16:08.38 S Martin	4:19.37 S Kysor	51.94 T Roach
34.38 B Bennett	100 M FLY	51.14 V Lyons	51.14 V Lyons	17:21.95 A Sinacore	400 M IM	
38.56 L Quigley	1:24.82 B Hoellen	52.13 M Hawkins	52.13 M Hawkins	1500 M FREE	6:53.12 L Stoinoff	100 M FLY
38.90 J Gibbs	1:28.10 J Katz	52.80 C Rossi	52.80 C Rossi	28:12.54 A Dallam	7:30.58 J Oliver	1:40.44 J Krauser
38.92 L Murray	2:12.62 I Parker	100 M BREAST	100 M BREAST	28:50.04 F McIntosh	8:16.23 N Macbeth	1:43.89 E Gruender
100 M FREE	DQ L McGonigal	1:30.00 J Bruner	1:30.00 J Bruner	35:44.57 R Protopapas	8:25.37 A Dallam	1:58.44 B Dunn
1:10.31 N Ridout	200 M FLY	1:37.05 M Jebe	1:37.05 M Jebe	50 M BACK	8:30.99 M Nellen	1:59.42 C Derr
1:14.77 N Kirkendall	3:22.83 B Hoellen	1:44.04 M Land	1:44.04 M Land	45.78 N Macbeth	8:48.86 B Glancy	2:26.18 G Olsen
1:16.77 A Proebsting	3:37.90 M P Maley	1:45.27 A Jones	1:45.27 A Jones	47.90 S Eisele	8:49.62 B Kokos	2:39.56 R Seagren
1:23.70 A Johnson	3:51.05 B Bennett	1:49.79 A Johnsen	1:49.79 A Johnsen	48.07 S Prazer	400 M IM	
1:25.54 J Gibbs	4:00.45 J Odium	1:53.91 C Rossi	1:53.91 C Rossi	48.15 K Eason	200 M FLY	3:37.68 B J Russ
1:26.23 L Murray	5:11.33 J Munise	1:54.12 M Hawkins	1:54.12 M Hawkins	48.44 J McIntyre	3:39.71 J Krauser	3:39.71 J Krauser
1:37.08 J Fleischman	200 M IM	1:56.44 B Tucker	1:56.44 B Tucker	50.54 A Dallam	4:52.88 G Olsen	4:52.88 G Olsen
1:38.01 G Collier	2:59.89 N Ridout	2:26.03 J Bruner	2:26.03 J Bruner	50.87 B Pitts	7:32.99 M Newman	200 M IM
200 M FREE	3:09.56 J Katz	3:30.46 M Jebe	3:30.46 M Jebe	51.94 S Long	3:18.34 C Walker	3:18.34 C Walker
2:38.64 N Ridout	3:16.66 J Leilich	3:49.45 M Land	3:49.45 M Land	100 M BACK	3:31.23 F Carr	3:31.23 F Carr
2:46.11 M P Maley	3:21.56 M P Maley	3:57.45 A Jones	3:57.45 A Jones	1:39.27 N Macbeth	3:33.38 B J Russ	3:33.38 B J Russ
2:47.18 B Bennett	3:52.73 S Kingdon	4:06.34 S Dearborn	4:06.34 S Dearborn	1:43.41 S Eisele	3:41.17 B Greetham	3:41.17 B Greetham
2:51.22 N Kirkendall	4:35.14 J Munise	4:08.49 C Rossi	4:08.49 C Rossi	1:46.51 J McIntyre	3:41.95 D Sehorn	3:41.95 D Sehorn
2:51.37 J Leilich	400 M IM	4:32.53 J Fisher	4:32.53 J Fisher	1:50.05 S Prazer	3:44.35 J Troy	3:44.35 J Troy
2:54.16 A Proebsting	6:56.28 B Bennett	50 M FLY	50 M FLY	1:51.53 S Kysor	4:05.16 B Dunn	4:05.16 B Dunn
3:08.79 L Murray	7:07.07 M P Maley	38.34 J Bruner	38.34 J Bruner	1:53.95 S Long	4:12.86 T Roach	4:12.86 T Roach
3:14.28 B Smith	7:37.77 J Odium	41.45 B Whittall	41.45 B Whittall	1:54.56 P Boorman	400 M IM	
400 M FREE	8:01.85 S Kingdon	44.57 A Jones	44.57 A Jones	1:57.12 B Pitts	7:25.69 J Krauser	7:25.69 J Krauser
5:36.46 N Ridout	9:42.15 J Munise	47.05 A Johnsen	47.05 A Johnsen	200 M BACK	8:41.71 B Dunn	8:41.71 B Dunn
5:58.22 B Frid	WOMEN 50-54	52.05 J Fisher	52.05 J Fisher	3:11.44 L Stoinoff	12:37.10 M Newman	12:37.10 M Newman
5:58.69 M P Maley	50 M FREE	52.05 J Fisher	52.05 J Fisher	3:27.86 N Macbeth	WOMEN 65-69	
6:09.75 N Kirkendall	32.69 J Bruner	50 M FLY	50 M FLY	3:44.70 S Eisele	50 M FREE	37.12 D Donnelly
6:33.42 L Murray	33.40 B Zaremski	1:34.11 L Griffin	1:34.11 L Griffin	3:47.19 J McIntyre	37.12 D Donnelly	37.12 D Donnelly
6:39.65 S Kingdon	34.17 A Konig	1:53.18 A Johnsen	1:53.18 A Johnsen	4:00.86 S Kysor	39.10 J Merryman	39.10 J Merryman
6:49.92 B Smith	36.80 S Campbell	1:54.91 J Fisher	1:54.91 J Fisher	4:11.93 F McIntosh	41.73 B A Burrill	41.73 B A Burrill
7:01.85 L Beaver	36.95 A Jones	2:05.63 J Parrett	2:05.63 J Parrett	4:21.54 B Pitts	42.23 S Marvel	42.23 S Marvel
800 M FREE	37.94 B Whittall	2:08.58 M Brogan	2:08.58 M Brogan	4:25.40 E Lyman	44.55 N Phillips	44.55 N Phillips
11:30.10 J Katz	38.74 S Dearborn	2:11.86 B Tucker	2:11.86 B Tucker	50 M BREAST	51.20 D Kimmel	51.20 D Kimmel
12:37.46 J Leilich	39.40 P Tullman	200 M FLY	200 M FLY	47.62 L Kron	56.31 G Fusselman	56.31 G Fusselman
13:57.36 B Smith	100 M FREE	3:29.61 B Jordan	3:29.61 B Jordan	48.25 S Eisele	100 M FREE	
15:22.40 J Puskas	1:12.61 J Bruner	3:28.82 B Whittall	3:28.82 B Whittall	48.47 S Long	1:25.71 D Donnelly	1:25.71 D Donnelly
15:56.06 J Munise	1:15.75 A Konig	3:42.84 L Griffin	3:42.84 L Griffin	52.34 C Ferguson	1:30.27 J Merryman	1:30.27 J Merryman
16:19.49 K Rattray	1:17.66 B Zaremski	200 M IM	200 M IM	52.56 M Hagan	1:34.98 B A Burrill	1:34.98 B A Burrill
17:54.70 E Trevison	1:24.11 S Campbell	3:11.94 B Jordan	3:11.94 B Jordan	53.35 M Nellen	1:38.39 N Phillips	1:38.39 N Phillips
18:12.51 T Baker	1:25.06 A Jones	3:35.79 M Jebe	3:35.79 M Jebe	53.94 S Scott	1:39.37 M L Watson	1:39.37 M L Watson
1500 M FREE	1:27.95 S Dearborn	3:48.69 A Johnsen	3:48.69 A Johnsen	54.26 P Boorman	1:39.83 S Marvel	1:39.83 S Marvel
23:15.57 M P Maley	1:29.72 P Tullman	4:07.54 B Tucker	4:07.54 B Tucker	100 M BREAST	1:53.86 D Kimmel	1:53.86 D Kimmel
25:22.76 L Murray	1:34.91 M Jebe	4:19.67 C Baldwin	4:19.67 C Baldwin	1:43.72 L Kron	2:04.47 L Heath	2:04.47 L Heath
26:19.49 S Kingdon	200 M FREE	4:30.43 M C Hans	4:30.43 M C Hans	1:45.68 J Oliver	200 M FREE	
27:28.75 L McGonigal	2:48.92 J Bruner	400 M IM	400 M IM	1:48.68 S Eisele	3:18.51 D Donnelly	3:18.51 D Donnelly
27:38.67 L Beaver	2:49.79 A Konig	6:56.08 B Jordan	6:56.08 B Jordan	1:50.91 S Long	3:24.29 M L Watson	3:24.29 M L Watson
27:42.07 J Fleischman	2:54.52 B Whittall	7:09.60 B Zaremski	7:09.60 B Zaremski	1:54.57 M Hagan	3:31.96 M Meyer	3:31.96 M Meyer
27:45.38 P Arnold	2:56.24 B Zaremski	7:50.12 M Jebe	7:50.12 M Jebe	1:56.08 C Ferguson	3:37.59 B A Burrill	3:37.59 B A Burrill
28:09.72 L Easton	3:18.40 J Parrett	7:51.52 L Griffin	7:51.52 L Griffin	1:59.58 M Nellen	3:40.03 N Phillips	3:40.03 N Phillips
50 M BACK	3:18.89 P Tullman	8:29.77 M Brogan	8:29.77 M Brogan	2:00.31 J Campbell	3:48.89 H Hummer	3:48.89 H Hummer
40.48 B Hoellen	3:24.06 M A Stone	9:12.23 B Tucker	9:12.23 B Tucker	200 M BREAST	4:08.14 D Kimmel	4:08.14 D Kimmel
40.87 B Durrant	3:25.40 D Dorion	WOMEN 55-59	WOMEN 55-59	3:32.31 L Stoinoff	4:27.11 E Wardner	4:27.11 E Wardner
40.88 B Frid	400 M FREE	35.10 D Reed	35.10 D Reed	3:40.98 L Kron	400 M FREE	
41.03 N Kirkendall	6:14.71 B Whittall	37.84 B Johnson	37.84 B Johnson	3:59.59 S Eisele	7:07.55 M L Watson	7:07.55 M L Watson
44.47 J Odium	6:54.72 J Parrett	37.95 C Ferguson	37.95 C Ferguson	4:01.69 S Long	7:36.08 D Donnelly	7:36.08 D Donnelly
45.30 M Vanevery	7:01.19 S Dearborn	40.00 S Scott	40.00 S Scott	4:16.30 M Hagan	7:37.43 B A Burrill	7:37.43 B A Burrill
46.21 A Proebsting	7:07.59 D Dorion	41.36 B Kokos	41.36 B Kokos	4:16.30 M STroud	7:37.88 S Marvel	7:37.88 S Marvel
48.42 B Smith	7:19.55 M A Stone	41.45 S Martin	41.45 S Martin	4:20.72 J Campbell	7:56.65 H Hummer	7:56.65 H Hummer
100 M BACK	8:27.80 M Calabrese	42.82 P Boorman	42.82 P Boorman	4:44.88 S Kysor	8:49.77 D Kimmel	8:49.77 D Kimmel
1:25.68 B Bennett	10:03.13 M Kurtz	42.97 M O'Donnell	42.97 M O'Donnell	50 M FLY	9:02.71 M Kreipe	9:02.71 M Kreipe
1:29.40 B Hoellen	800 M FREE	100 M FREE	100 M FREE	40.23 J Oliver	9:12.88 M Chadwick	9:12.88 M Chadwick
1:29.97 B Frid	12:54.57 M Calabrese	35.10 D Reed	35.10 D Reed	47.10 S Scott	800 M FREE	
1:32.74 B Durrant	13:02.02 B Zaremski	37.84 B Johnson	37.84 B Johnson	47.71 A Dallam	15:38.16 M Meyer	15:38.16 M Meyer
1:32.83 N Kirkendall	16:21.87 C Baldwin	37.95 C Ferguson	37.95 C Ferguson	49.95 A Sinacore	15:43.86 B A Burrill	15:43.86 B A Burrill
1:40.77 J Odium	1500 M FREE	40.00 S Scott	40.00 S Scott	50.53 B Kokos	15:44.73 S Marvel	15:44.73 S Marvel
1:40.86 A Proebsting	27:11.24 J Parrett	41.36 B Kokos	41.36 B Kokos	50.57 S Prazer	18:07.67 D Kimmel	18:07.67 D Kimmel
1:42.91 M Vanevery	27:36.87 S Dearborn	41.45 S Martin	41.45 S Martin	50.91 S Long	19:18.87 R Wunderlich	19:18.87 R Wunderlich
200 M BACK	29:14.35 M Brogan	42.82 P Boorman	42.82 P Boorman	52.77 A Lawrence	19:23.49 L Heath	19:23.49 L Heath
3:14.82 B Bennett	32.38.90 M Calabrese	42.97 M O'Donnell	42.97 M O'Donnell	100 M FLY	1500 M FREE	
3:21.63 B Frid	50 M BACK	1:20.79 D Reed	1:20.79 D Reed	1:33.87 J Oliver	28:44.26 M L Watson	28:44.26 M L Watson
3:22.88 B Durrant	37.90 B Jordan	1:25.06 C Ferguson	1:25.06 C Ferguson	1:50.81 A Dallam	30:33.34 H Hummer	30:33.34 H Hummer
3:36.99 J Odium	42.72 L Griffin	1:32.67 B Johnson	1:32.67 B Johnson	1:58.11 M Hagan	35:13.72 M Kreipe	35:13.72 M Kreipe
3:40.50 M Vanevery	42.90 A Konig	1:34.13 S Scott	1:34.13 S Scott	2:01.78 M Nellen	35:48.60 M Chadwick	35:48.60 M Chadwick
3:44.01 B Smith	45.27 M Land	1:36.31 A Lawrence	1:36.31 A Lawrence	2:02.21 B Kokos	50 M BACK	
3:51.43 K Rattray	45.76 P Tullman	1:36.79 M O'Donnell	1:36.79 M O'Donnell	2:15.44 A Sinacore	47.14 J Merryman	47.14 J Merryman
4:01.53 L Easton	46.73 L Radack	1:37.89 S Martin	1:37.89 S Martin	4:19.62 E Lyman	47.20 M Meyer	47.20 M Meyer
50 M BREAST	49.52 M C Hans	1:39.76 P Boorman	1:39.76 P Boorman	200 M FLY	49.52 N Phillips	49.52 N Phillips
41.37 J Leilich	50.09 A Johnsen	200 M FREE	200 M FREE	3:40.00 J Oliver	53.91 S Marvel	53.91 S Marvel
44.09 B Durrant		2:44.23 L Stoinoff	2:44.23 L Stoinoff	4:00.01 A Dallam	56.39 A Eibl	56.39 A Eibl
46.52 M Vanevery		2:07.29 D Reed	2:07.29 D Reed	4:02.19 L Kron	57.05 L Heath	57.05 L Heath
		3:13.28 C Ferguson	3:13.28 C Ferguson	4:19.43 M Haqan		

1:04.37	R Kariker	1500 M FREE	31:09.42	Y Frischhertz	100 M FLY	31.58	J Willis	200 M FREE	1:01.29	D Stephenson								
1:04.86	E Wardner		33:38.57	J Durston		31.80	D Towne	1:58.56	D Stephenson	1:01.49	C Norelli							
100 M BACK			36:40.31	E Laflin		33.72	R Block	2:01.14	S Marvin	1:01.98	R Schackie							
1:47.45	M Meyer		40:50.11	F Bell	200 M FLY	36.32	A Colvin	2:03.91	R Copeland	1:03.57	W McKinny							
1:48.31	N Phillips		50:50 M BACK		6:08.99	E Mattila	38.09	S Barr	2:04.37	L Wood	1:03.67	R Forrestel						
1:48.41	J Merryman		49.18	J Mulligan	200 M IM	5:11.46	E Mattila	38.43	W Lindhorst	2:06.95	J Densmore	1:04.84	J Chambers					
1:55.26	M L Watson		49.56	Y Frischhertz	5:11.46	E Mattila	100 M BACK	2:10.20	F Munson	200 M FLY								
2:01.41	L Heath		52.05	G Zint	6:59.17	F D Riordan	1:03.54	J Reinhardt	2:11.67	R Nichols	2:09.59	W Specht						
2:01.64	A Eibl		53.04	M Helgran	400 M IM	1:07.78	J Willis	1:07.78	J Willis	2:14.43	R Jacobson	2:13.23	J Densmore					
2:28.34	E Wardner		58.50	S Wicklun	10:54.60	E Mattila	1:09.90	M Painter	400 M FREE	4:23.76	R Copeland	2:14.76	B Rogers					
3:10.68	F Melick		59.15	S Joy	WOMEN 80-84		1:18.61	S Wisner	4:26.44	D Stephenson	2:16.22	R M Schuman						
200 M BACK			59.23	N Clark	50 M FREE		1:20.52	S Kozlowski	4:27.14	J Brinkman	2:21.39	T Wolf						
3:55.60	M Meyer		1:00.64	M Lathram	1:05.07	K Eschmann	1:23.96	W Draves	4:30.37	R Vanderlin	2:21.69	L Wood						
3:57.09	J Merryman		100 M BACK		1:22.49	C Barnum	1:26.29	S Swanekamp	4:30.60	R Nicholas	2:23.06	R Schackie						
4:00.46	N Phillips		1:52.24	Y Frischhertz	2:23.35	K Eschmann	200 M BACK		4:31.23	B Rogers	2:25.98	J Culhane						
4:00.97	M L Watson		1:53.94	J Mulligan	2:23.35	K Eschmann	100 M FREE		4:40.17	L Wood	200 M IM							
4:18.85	A Eibl		1:56.29	L Donovan	3:04.40	C Barnum	2:00 M BACK		4:44.58	J Thibodeaux	2:16.77	T Wolf						
4:21.70	S Marvel		1:56.73	M Wicklun	50 M BACK		1:09.43	S Scott	800 M FREE	9:33.04	L Wood	2:17.36	R M Schuman					
4:25.55	L Heath		2:09.30	S Joy	50 M FREE		1:16.09	K Eschmann	9:49.00	F Munson	9:54.79	Christiansen	2:17.36	R M Schuman				
4:57.71	R Wunderlich		2:15.77	M Lathram	1:32.86	C Barnum	1:32.86	C Barnum	9:55.51	J Thibodeaux	10:05.71	R Jordan	2:21.57	B Howell				
50 M BREAST			2:28.57	L Murphy	100 M BACK		2:30.83	S Scott	10:47.67	J Rossi	11:21.55	R Courteau	2:21.97	M Kanzler				
52.53	J Howell		2:38.68	B Havlicek	200 M BACK		3:52.09	C Barnum	17:06.73	R Nichols	17:10.48	D Stephenson	2:22.13	J Densmore				
59.21	A Eibl		4:06.06	Y Frischhertz	4:09.87	M Wicklun	200 M BACK		17:06.73	R Nichols	17:10.48	D Stephenson	2:23.86	W McKinny				
1:02.02	M Kreipe		4:57.71	M Lathram	4:57.71	M Lathram	5:38.42	S Scott	17:35.63	R Copeland	17:35.63	R Copeland	2:24.57	M Slowey				
2:03.25	F Melick		5:38.42	B Havlicek	50 M BREAST		7:58.23	S Scott	18:55.37	R Vanderlin	18:55.37	R Vanderlin	2:26.30	K Neubauer				
100 M BREAST			52.17	G Zint	200 M IM		6:55.44	S Scott	19:19.16	J Hoopingartner	19:40.33	J Chambers	4:54.97	R M Schuman				
2:01.23	J Howell		56.92	S Helgren	400 M IM		14:01.42	S Scott	1:07.89	M Stohrer	1:07.89	M Stohrer	4:58.51	T Wolf				
2:13.44	A Eibl		57.60	D Woodside	WOMEN 85-89		1:44.50	A Bauscher	1:10.48	B Doyle	1:10.48	B Doyle	5:00.00	J Densmore				
2:22.13	J Dougherty		57.60	S Joy	50 M FREE		1:44.50	A Bauscher	1:12.03	M Casciato	1:12.03	M Casciato	5:04.02	B Rogers				
2:27.23	M Kreipe		1:02.84	E Colburn	50 M FREE		1:44.50	A Bauscher	1:12.46	M Painter	1:12.46	M Painter	5:05.74	R Copeland				
DQ	F Melick		1:57.78	G Zint	200 M FREE		5:51.54	A Bauscher	1:12.68	G Oxlley	1:12.68	G Oxlley	5:10.25	M Slowey				
200 M BREAST			2:11.07	S Helgren	200 M FREE		800 M FREE		1:14.73	S Roeder	1:14.73	S Roeder	5:13.13	R Schackie				
4:29.85	J Howell		2:16.92	S Joy	50 M FREE		24:23.38	A Bauscher	1:15.51	T Lawson	1:15.51	T Lawson	26.25	E Echols				
4:54.20	A Eibl		2:18.48	D Woodside	200 M FREE		50 M FREE		1:18.23	W Wilson	1:18.23	W Wilson	26.30	C Stevens				
4:57.40	J Dougherty		2:20.71	M Wentworth	800 M FREE		24:23.38	A Bauscher	2:33.50	M Stohrer	2:33.50	M Stohrer	26.51	L Eisinger				
50 M FLY			2:36.20	E Colburn	50 M BACK		1:26.82	A Bauscher	2:34.26	B Doyle	2:34.26	B Doyle	26.54	T Ralph				
49.23	J Merryman		2:55.99	F Bell	200 M BACK		6:01.13	A Bauscher	2:40.08	M Casciato	2:40.08	M Casciato	26.58	P Brunson				
53.00	D Donnelly		3:37.64	M Anderson	200 M BREAST		6:01.13	A Bauscher	2:42.26	G Oxlley	2:42.26	G Oxlley	26.63	W Drake				
54.48	H Hummer		4:23.77	G Zint	4:23.77	G Zint	200 M IM		2:45.21	M Painter	2:45.21	M Painter	26.74	R Brown				
55.31	J Howell		4:48.43	S Helgren	200 M IM		9:22.60	A Bauscher	2:46.73	S Roeder	2:46.73	S Roeder	26.74	R Rober				
1:06.44	R Kariker		5:03.00	M Wentworth	*****		MEN 25-29		2:56.06	W Wilson	2:56.06	W Wilson	100 M FREE					
100 M FLY			5:09.85	S Joy	50 M FREE		24.64	S Seiple	3:01.12	N Chafetz	3:01.12	N Chafetz	55.59	J Perout				
2:07.28	H Hummer		5:17.85	D Woodside	50 M FREE		24.87	J Reinhardt	26.03	S Seiple	26.03	S Seiple	57.10	P Brunson				
2:16.28	J Dougherty		5:59.49	F Bell	50 M FREE		25.73	D Towne	27.25	T Chappell	27.25	T Chappell	57.33	C Stevens				
2:19.55	J Howell		6:01.95	A Wilder	50 M FLY		25.82	T Chappell	27.50	T Lawson	27.50	T Lawson	59.09	J Nolan				
2:33.23	R Kariker		51.07	G Zint	50 M FLY		25.86	G Oxlley	27.50	D Towne	27.50	D Towne	59.32	E Echols				
2:44.92	R Wunderlich		1:00.84	E Colburn	50 M FLY		26.15	B Doyle	27.50	R Pearson	27.50	R Pearson	59.45	R Brown				
200 M FLY			1:20.10	L Murphy	50 M FLY		26.22	R Pearson	27.50	R Pearson	27.50	R Pearson	59.78	L Eisinger				
5:01.56	H Hummer		1:20.66	A Wilder	100 M FLY		26.24	R Myers	27.50	D Towne	27.50	D Towne	1:00.36	F Warner				
5:01.84	J Dougherty		2:28.96	J Durston	2:28.96	J Durston	54.13	S Seiple	27.50	R Pearson	27.50	R Pearson	1:00.73	D Farmer				
5:41.87	R Kariker		2:31.19	M Wentworth	2:31.19	M Wentworth	54.56	T Chappell	27.50	R Pearson	27.50	R Pearson	200 M FREE					
200 M IM			3:07.97	F Bell	3:07.97	F Bell	56.77	G Oxlley	27.50	R Pearson	27.50	R Pearson	55.59	J Perout				
4:00.09	D Donnelly		5:20.83	M Wentworth	5:20.83	M Wentworth	57.32	T Stultz	27.50	R Pearson	27.50	R Pearson	57.10	P Brunson				
4:36.53	J Dougherty		5:24.32	J Durston	5:24.32	J Durston	59.41	P Glauber	27.50	R Pearson	27.50	R Pearson	57.33	C Stevens				
4:57.24	M Kreipe		6:33.69	F Bell	6:33.69	F Bell	1:00.06	R Pearson	27.50	R Pearson	27.50	R Pearson	59.09	J Nolan				
5:19.68	R Wunderlich		8:09.63	A Wilder	8:09.63	A Wilder	1:02.65	R Hale	27.50	R Pearson	27.50	R Pearson	59.32	E Echols				
400 M IM			4:18.14	G Zint	4:18.14	G Zint	1:02.86	P Weber	27.50	R Pearson	27.50	R Pearson	59.45	R Brown				
9:27.82	J Dougherty		4:51.50	J Durston	4:51.50	J Durston	1:57.93	T Chappell	27.50	R Pearson	27.50	R Pearson	59.78	L Eisinger				
9:28.44	J Howell		4:55.40	M Wentworth	4:55.40	M Wentworth	2:02.64	P Mitchell	27.50	R Pearson	27.50	R Pearson	1:00.36	F Warner				
10:51.01	R Wunderlich		12:35.99	A Wilder	12:35.99	A Wilder	2:05.48	T Stultz	27.50	R Pearson	27.50	R Pearson	1:00.73	D Farmer				
11:05.16	R Kariker		DQ	J Durston	DQ	J Durston	2:06.60	R Myers	27.50	R Pearson	27.50	R Pearson	200 M FREE					
WOMEN 70-74			5:20.83	M Wentworth	5:20.83	M Wentworth	2:10.12	K Kolb	27.50	R Pearson	27.50	R Pearson	55.59	J Perout				
50 M FREE			5:24.32	J Durston	5:24.32	J Durston	2:15.57	R Rieger	27.50	R Pearson	27.50	R Pearson	57.10	P Brunson				
39.89	L Donovan		6:33.69	F Bell	6:33.69	F Bell	2:18.88	D Hodge	27.50	R Pearson	27.50	R Pearson	57.33	C Stevens				
42.06	J Mulligan		8:09.63	A Wilder	8:09.63	A Wilder	2:19.22	R Hale	27.50	R Pearson	27.50	R Pearson	59.09	J Nolan				
54.58	A Habich		4:18.14	G Zint	4:18.14	G Zint	400 M FREE		27.50	R Pearson	27.50	R Pearson	59.32	E Echols				
56.31	E Colburn		4:51.50	J Durston	4:51.50	J Durston	4:14.17	T Chappell	27.50	R Pearson	27.50	R Pearson	59.45	R Brown				
56.84	M Lathram		4:55.40	M Wentworth	4:55.40	M Wentworth	4:14.39	K Kolb	27.50	R Pearson	27.50	R Pearson	59.78	L Eisinger				
59.37	L Murphy		12:35.99	A Wilder	12:35.99	A Wilder	4:25.47	P Mitchell	27.50	R Pearson	27.50	R Pearson	1:00.36	F Warner				
1:01.78	E Laflin		DQ	J Durston	DQ	J Durston	4:29.88	T Stultz	27.50	R Pearson	27.50	R Pearson	1:00.73	D Farmer				
100 M FREE			5:20.83	M Wentworth	5:20.83	M Wentworth	4:38.59	S Roeder	27.50	R Pearson	27.50	R Pearson	200 M FREE					
1:30.79	L Donovan		5:24.32	J Durston	5:24.32	J Durston	4:46.78	R Rieger	27.50	R Pearson	27.50	R Pearson	55.59	J Perout				
1:40.33	J Mulligan		6:33.69	F Bell	6:33.69	F Bell	4:51.39	J Willis	27.50	R Pearson	27.50	R Pearson	57.10	P Brunson				
1:46.41	N Clark		8:09.63	A Wilder	8:09.63	A Wilder	5:01.58	S Wisner	27.50	R Pearson	27.50	R Pearson	57.33	C Stevens				
1:51.52	M Wicklun		4:18.14	G Zint	4:18.14	G Zint	9:16.00	P Mitchell	27.50	R Pearson	27.50	R Pearson	59.09	J Nolan				
2:10.12	A Habich		4:51.50	J Durston	4:51.50	J Durston	9:41.93	S Roeder	27.50	R Pearson	27.50	R Pearson	59.32	E Echols				
2:11.32	M Lathram		12:35.99	A Wilder	12:35.99	A Wilder	10:26.26	S Wisner	27.50	R Pearson	27.50	R Pearson	59.45	R Brown				
2:15.05	E Colburn		DQ	J Durston	DQ	J Durston	11:03.04	M Painter	27.50	R Pearson	27.50	R Pearson	59.78	L Eisinger				
2:15.58	L Murphy		5:20.83	M Wentworth	5:20.83	M Wentworth	11:03.04	P Weber	27.50	R Pearson	27.50	R Pearson	1:00.36	F Warner				
200 M FREE			5:24.32	J Durston	5:24.32	J Durston	11:53.78	S Swanekamp	27.50	R Pearson	27.50	R Pearson	1:00.73	D Farmer				
3:33.91	L Donovan		6:33.69	F Bell	6:33.69	F Bell	12:08.19	R Hale	27.50	R Pearson	27.50	R Pearson	200 M FREE					
3:46.00	Y Frischhertz		4:18.14	G Zint	4:18.14	G Zint	9:16.00	P Mitchell	27.50	R Pearson	27.50	R Pearson	55.59	J Perout				
3:50.76	N Clark		4:51.50	J Durston	4:51.50	J Durston	9:41.93	S Roeder	27.50	R Pearson	27.50	R Pearson	57.10	P Brunson				
4:13.46	M Wicklun		12:35.99	A Wilder	12:35.99	A Wilder	10:26.26	S Wisner	27.50	R Pearson	27.50	R Pearson	57.33	C Stevens				
4:32.97	P Dittman		DQ	J Durston	DQ	J Durston	11:03.04	M Painter	27.50	R Pearson	27.50	R Pearson	59.09	J Nolan				
4:44.29	E Laflin		5:20.83	M Wentworth	5:20.83	M Wentworth	11:03.04	P Weber	27.50	R Pearson	27.50	R Pearson	59.32	E Echols				
4:55.74																		

100 M BACK	100 M FREE	29.15 D Thomas	100 M BACK	100 M FREE	50 M FLY
1:04.07 W Tingley	59.07 D Audley	29.19 T Meade	1:07.93 R Burns	1:01.46 R Proebsting	29.03 R Proebsting
1:05.17 R Bober	59.24 T Jarvis	29.25 R Shaw	1:10.37 E Cazalet	1:02.84 J Smith	30.35 J Smith
1:05.48 J Perout	59.39 T Meehan	29.79 D Rogacki	1:17.07 H Sober	1:04.61 D Harrison	31.35 W Dobler
1:05.97 W Drake	59.60 D Rogacki	30.54 T Alloway	1:17.23 G McNamara	1:04.93 E Leskovitz	31.87 J Katz
1:10.19 F Warner	1:00.01 T Meade	30.88 A Wachtel	1:19.10 A Smith	1:05.45 P Gay	32.27 T Tashnick
1:11.24 F Thompson	1:01.01 R Shaw		1:23.06 R Reimers	1:06.85 J Legourgeois	34.04 J Convey
1:14.53 D Farmer	1:02.39 M Slenker		1:25.44 E Phelps	1:06.97 P Crumbine	34.11 R Cheadle
1:19.20 R Davie	1:02.81 J Sartore		1:28.33 D Diehl	1:07.02 J Halliday	35.26 T Mahaffy
200 M BACK	200 M FREE	100 M FLY	200 M BACK	200 M FREE	100 M FLY
2:21.95 R Bober	2:09.78 D Audley	1:04.83 T Jarvis	2:32.16 R Burns	2:20.08 D Harrison	1:08.02 R Proebsting
2:24.19 W Drake	2:14.89 G Arneson	1:05.48 K Bell	2:34.57 E Cazalet	2:21.48 R Proebsting	1:12.47 E Leskovitz
2:25.34 E Brown	2:17.28 T Meade	1:06.48 D Thomas	2:53.90 R B Hunter	2:25.25 E Leskovitz	1:16.96 T Tashnick
2:26.07 W Tingley	2:18.52 R Shaw	1:07.96 M Slenker	2:54.29 A Smith	2:25.70 S Jones	1:18.54 T Mahaffy
2:26.77 J Perout	2:18.87 T Krug	1:08.46 R Kolonowski	2:55.25 G McNamara	2:26.40 C Woolley	1:22.45 K Price
2:34.89 L Chase	2:21.08 T Meehan	1:10.70 J Bope	2:58.79 K Raustiala	2:33.17 J Legourgeois	1:27.73 J Katz
2:35.04 F Warner	2:25.80 D Galine	1:10.96 J Coplan	3:00.89 H Grogan	2:34.19 L Bettis	1:29.74 R Cheadle
2:35.71 F Thompson	2:26.05 W Hartke		3:03.94 R Reimers	2:35.05 P Crumbine	1:31.34 N Wortmann
50 M BREAST	400 M FREE	200 M FLY	50 M BREAST	400 M FREE	200 M FLY
32.73 R Enright	4:36.65 R T Spieker	2:27.05 K Bell	34.37 T Boak	5:00.96 D Harrison	2:46.41 R Proebsting
32.85 D Samuelsohn	4:39.32 K Bell	2:35.74 R Kolonowski	35.83 L D Markusic	5:09.38 C Woolley	3:05.14 C Hopkins
32.98 D Schminke	4:43.07 D Audley	2:47.06 J Coplan	35.98 B Finlay	5:13.40 S Jones	3:05.22 T Mahaffy
33.76 J Locke	4:49.34 E Bartsch	2:48.45 G Arneson	36.99 P Whitten	5:31.20 L Bettis	3:27.10 C Carpenter
33.83 E Kenehan	4:50.87 G Arneson	3:00.95 D Gregg	38.77 D Messineo	5:32.41 J Berthe	3:36.38 F Newquist
34.08 G Harrison	5:02.72 T Krug	3:13.98 R Rueff	38.85 B Garcia	5:36.33 D McGinley	3:48.06 N Wortmann
35.12 W Walter	5:07.82 R Ball	200 M IM	41.27 J Desimone	5:42.75 R Heller	200 M IM
35.40 D Rotthoff	5:10.28 J Bope	2:28.98 T Spieker	42.18 W Huber	5:43.38 J Johnson	2:49.36 C Hopkins
100 M BREAST	800 M FREE	2:30.53 K Bell	100 M BREAST	800 M FREE	200 M FLY
1:12.48 G Harrison	9:37.21 R T Spieker	2:39.74 G Arneson	1:17.95 T Boak	10:29.43 D Harrison	2:50.37 S Jones
1:12.80 R Enright	9:59.18 D Audley	2:40.16 R Corris	1:19.36 B Finlay	10:56.00 E Leskovitz	2:52.21 J Halliday
1:13.60 D Samuelsohn	10:11.30 E Bartsch	2:45.63 J Bope	1:20.25 P Whitten	11:56.55 D McGinley	2:53.06 W Dobler
1:15.18 J Locke	10:44.10 R Ball	2:51.75 P Gibbs	1:20.80 W Wood	12:02.58 R Burns	2:56.36 T Tashnick
1:17.40 E Kenehan	10:54.99 R Corris	2:54.77 W Smith	1:20.00 L D Markusic	12:06.09 F Newquist	2:58.25 L Bettis
1:19.81 W Walter	11:04.94 D Campbell	2:55.05 R Rueff	1:26.87 A Thomson	12:54.57 R Cheadle	3:04.67 J Berthe
1:20.71 S Fay	11:07.80 G Brenner	400M IM	1:26.90 D Messineo	13:37.64 P Haefner	400 M IM
1:22.16 R Walker	11:22.12 P Gibbs	4:19.27 T Spieker	1:27.63 M Laux	1500 M FREE	6:04.07 C Woolley
200 M BREAST	1500 M FREE	5:30.26 K Bell	200 M BREAST	1500 M FREE	6:08.12 S Jones
2:38.01 G Harrison	18:54.38 K Bell	6:22.69 R Rueff	2:52.79 D Gallagher	20:28.17 C Woolley	6:14.56 C Hopkins
2:41.24 R Enright	19:09.06 G Arneson	6:23.04 W Smith	2:55.00 T Boak	20:44.94 S Jones	6:20.73 T Tashnick
2:49.03 J Locke	20:28.32 J Bope	MEN 45-49	2:56.26 P Whitten	20:52.14 K Price	6:29.49 J Berthe
2:53.62 J Wright	22:27.98 A Howell	27.52 R B Hunter	2:56.59 B Finlay	21:58.33 J Berthe	6:41.00 J Johnson
2:55.47 D Levinson	22:32.51 D Daly	28.11 L Hewes	3:03.93 L D Markusic	23:09.71 R Heller	6:43.94 D Teschner
3:00.52 R Walker	22:57.91 R Burns	28.17 J Fulop	3:08.53 A Thomson	25:03.75 C Naas	6:46.51 C Carpenter
3:00.80 E Kenehan	22:59.88 D Collins	28.23 H Sober	3:11.87 D Messineo	25:21.61 J Goldman	MEN 55-59
3:06.95 G Lehman	23:30.78 G Boyd	28.96 W Gosnold	3:12.70 M Laux	26:45.82 R Johnston	50 M FREE
50 M FLY	50 M BACK	29.00 H Southall	50 M FLY	50 M BACK	27.42 M Muckleroy
27.69 L Chase	30.83 D Thomas	29.02 M Trefonoff	29.54 L Hewes	31.64 J Smith	29.22 J Kortheuer
28.07 B Behun	31.21 E Bartsch	29.04 W Newman	30.10 R Burns	34.34 D McGinley	30.62 P Buckley
28.67 R Vazmina	32.07 R Kolonowski	100 M FREE	30.84 P Goode	35.19 D B Clayson	30.65 P Vandijk
28.71 D Samuelsohn	32.11 D Rogacki	59.63 J Geoghegan	31.28 R B Hunter	36.57 W Radack	31.08 J Pitts
28.85 E Echols	21.75 T Finnegan	1:00.27 W Wood	32.14 W Donohue	37.53 D Read	31.48 M Foster
28.87 E Kenehan	32.78 T Meehan	1:01.24 E Cazalet	32.21 A Smith	38.68 B Sengstock	31.61 J Diehl
29.11 J Strand	33.32 P Gibbs	1:02.71 R B Hunter	32.22 H Sober	40.10 R Mugavin	31.74 B King
29.54 T Ralph	33.42 R Burns	1:04.21 L Hewes	32.28 G Cramer	40.57 B Kurtz	100 M FREE
100 M FLY	100 M BACK	1:05.01 T Boak	100 M FLY	100 M BACK	1:03.73 M Muckleroy
1:02.75 E Brown	1:07.65 E Bartsch	1:05.47 B Bourassa	1:06.19 J Geoghegan	1:10.54 J Smith	1:07.54 J Kalas
1:03.96 C Stevens	1:07.82 D Thomas	1:05.81 W Gosnold	1:07.79 P Goode	1:20.30 D McGinley	1:08.70 P Buckley
1:04.72 T Gest	1:08.19 R T Spieker	200 M FREE	1:13.52 M Goldstein	1:20.69 L Bettis	1:09.31 P Vandijk
1:05.27 D Levinson	1:11.88 R Kolonowski	2:20.79 E Cazalet	1:13.93 R Bennett	1:23.44 W Radack	1:09.33 W Stern
1:05.28 D Samuelsohn	1:11.98 K O'Hara	2:24.93 L Hewes	1:14.26 M Laux	1:27.48 D Read	1:10.09 G Milne
1:05.38 B Penn	1:13.14 P Gibbs	2:25.19 B Bourassa	1:15.11 K Raustiala	1:28.64 B Kurtz	1:10.46 W Jeffries
1:06.74 F McIntyre	1:14.19 T Finnegan	2:25.31 L D Markusic	1:16.06 G Cramer	1:29.43 J Convey	1:12.31 J Pitts
1:07.08 J Strand	1:15.99 D Galine	2:26.64 E K Kelly	1:16.35 R B Hunter	1:29.98 B Sengstock	200 M FREE
200 M FLY	200 BACK	2:27.47 R B Hunter	200 M FLY	200 M BACK	2:31.39 J Kalas
2:17.05 E Brown	2:25.33 R T Spieker	2:29.73 A Thomson	2:53.81 M Laux	2:41.89 J Smith	2:32.61 P Buckley
2:24.37 T Gest	2:25.89 E Bartsch	2:36.00 W Newman	2:54.09 K Raustiala	2:54.85 L Bettis	2:33.16 W Jeffries
2:25.09 B Penn	2:33.14 D Thomas	400 M FREE	2:56.10 M Goldstein	2:57.17 D McGinley	2:33.80 G Milne
2:26.18 K Polansky	2:37.41 R Kolonowski	4:43.36 E Cazalet	2:56.68 R Bennett	2:57.89 D B Clayson	2:34.03 B King
2:26.76 J LaMontagne	2:41.42 T Meehan	5:07.27 R Burns	2:57.02 H Grogan	3:00.11 K Price	2:40.67 A Scott
2:28.91 D Levinson	2:44.73 K O'Hara	5:12.20 B Bourassa	3:00.90 P Whitten	3:03.82 T Tashnick	2:42.47 A Welch
2:32.11 F McIntyre	2:44.87 R Burns	5:20.69 G Cramer	3:18.07 J Desimone	3:06.99 W Radack	2:48.36 S Mullins
2:32.56 C Bowman	2:46.01 P Gibbs	5:22.51 L D Markusic	3:43.39 E Morgan	3:10.14 J Convey	400 M FREE
200 M IM	50 M BREAST	5:26.56 A Thomson	200 M IM	50 M BREAST	5:23.67 J Kalas
2:24.93 K Polansky	34.74 D Rogacki	5:27.07 K Raustiala	2:34.15 D Gallagher	36.06 D Daboll	5:27.16 W Jeffries
2:25.12 W Drake	34.74 T Alloway	800 M FREE	2:34.42 W Wood	36.68 C Hopkins	5:31.55 P Buckley
2:27.47 R Enright	35.36 R Shaw	9:50.24 E Cazalet	2:34.86 R Burns	37.46 M Gee	5:32.22 B King
2:28.36 J LaMontagne	35.47 W Smith	10:26.43 W Wood	2:45.82 A Thomson	37.79 R Johnston	5:38.70 G Milne
2:31.00 C Bowman	36.36 J Goodwin	10:41.80 P Goode	2:49.24 M Laux	38.85 L Kirchner	5:41.48 A Scott
2:31.86 G Harrison	37.45 A Pethybridge	10:49.62 M Goldstein	2:51.39 B Bourassa	39.02 R Burns	5:46.50 A Welch
2:32.69 J Bayles	38.67 T Riker	10:56.03 H Grogan	2:51.81 B Finlay	39.14 R Mugavin	6:04.11 S Mullins
2:32.71 T Gest	39.83 V Dudley	11:26.84 L D Markusic	2:52.71 H Grogan	39.20 U Sasapan	800 M FREE
400 M IM	100 M BREAST	11:40.98 D Brown	400 M IM	100 M BREAST	11:09.09 J Kalas
5:11.87 K Polansky	1:16.06 N Olzmann	11:54.71 B Weir	5:56.05 P Goode	1:19.85 G Downs	11:30.43 P Buckley
5:13.66 R Enright	1:18.10 D Rogacki	1500 M FREE	6:00.42 P Whitten	1:21.53 D Daboll	11:32.20 A Welch
5:19.32 C Bowman	1:20.99 W Smith	19:20.03 D Gallagher	6:04.15 B Bourassa	1:22.40 C Hopkins	14:24.61 H Ferris
5:19.94 J LaMontagne	1:21.15 T Meade	20:01.07 E K Kelly	6:05.50 B Finlay	1:25.10 M Gee	14:25.52 R Ellis
5:20.50 G Harrison	1:22.21 T Alloway	20:44.85 G Cramer	6:09.33 A Thomson	1:26.32 W English	14:45.08 D Tarlton
5:25.89 L Chase	1:23.86 J Goodwin	21:32.09 K Raustiala	6:13.10 A Smith	1:26.35 J Halliday	16:54.70 P Quinn
5:28.67 T Gest	1:24.81 J Brojek	21:32.98 H Southall	6:26.60 R Bennett	1:26.82 R Johnston	1500 M FREE
5:29.68 J Bayles	1:29.85 R Ball	21:34.73 B Bourassa	6:34.10 E K Kelly	1:28.47 L Kirchner	21:46.89 W Jeffries
MEN 40-44	200 M BREAST	23:49.73 R Haig	MEN 50-54	200 M BREAST	22:18.39 G Milne
50 M FREE	2:48.07 N Olzmann	26:27.50 J Beck	50 M FREE	3:00.23 C Hopkins	22:32.90 W Stern
26.14 T Meade	2:57.25 W Smith	50 M BACK	27.42 R Proebsting	3:04.94 G Downs	22:36.00 A Scott
26.33 T Meehan	2:57.67 R Corris	30.67 R Burns	27.48 J Smith	3:05.71 D Daboll	23:25.77 F Bartlett
26.49 T Jarvis	3:08.72 J Brojek	31.94 P Whitten	28.23 J Katz	3:08.36 J Halliday	23:54.61 S Mullins
26.54 D Thomas	3:09.09 J Goodwin	31.96 J Geoghegan	28.29 P Gay	3:09.16 S Jones	24:20.71 B Hungerford
26.54 D Rogacki	3:18.13 D King	33.85 H Sober	29.01 J Lebourgeois	3:11.75 M Gee	24:30.00 N Berenyi
26.82 R Shaw	3:18.28 D Campbell	34.65 A Smith	29.08 W Dobler	3:16.28 W English	50 M BACK
27.12 A Wachtel	3:28.54 T Riker	35.31 J Fulop	29.23 P Crumbine	3:18.67 L Bettis	35.94 M Muckleroy
27.21 J Sartore	50 M FLY	35.71 G McNamara	29.86 J Halliday		36.37 P Vandijk
	28.66 T Meehan	36.84 D Diehl			37.95 M Foster
	28.66 T Jarvis				

38.15	A Mayer	32.60	T Smith	36.13	W Irwin	100 M BACK	200 M FREE	1:54.30	C Schaeffer
39.00	F Sullivan	32.89	S Prazer	36.40	F Hall	1:25.68	D Woodford	2:22.09	E Dreschner
39.13	G Markoff	33.01	J Wollé	38.42	D Scott	1:27.23	P Milson	2:51.20	W Grant
39.35	W Stern	100 M FREE		100 M FLY		1:33.52	F Murphy	200 M FLY	
40.05	G Gillin	1:07.37	B Heritier	1:19.01	W Wilson	1:33.70	B Molvie	3:29.78	H Shostchuk
100 M BACK		1:08.63	W Wilson	1:21.62	C Moss	1:38.15	J Edwards	3:35.03	H Rawstrom
1:21.62	P Vankijk	1:01.13	W Irwin	1:24.92	J Kurtzman	1:40.06	E Schofield	3:42.78	C Breeding
1:28.11	R Spaid	1:12.44	E Youngquist	1:35.41	P Rockwell	1:40.26	C Webb	3:45.09	R Witte
1:28.75	A Mayer	1:14.36	J Wollé	1:35.52	T Roach	1:46.29	J Cranch	3:45.34	J Donovan
1:28.99	M Foster	1:15.00	P Rockwell	1:47.91	R Bradham	200 M BACK		400 M FREE	
1:29.36	G Gillin	1:17.06	F Hall	1:49.08	G Cunningham	3:13.72	E Hall	6:31.16	A Darosa
1:29.71	A Scott	1:19.02	E Hulme	1:55.21	J Burns	3:15.98	R Holmes	6:36.89	M Fluke
1:30.14	F Sullivan	200 M FREE		200 M FLY		3:27.48	J Jarrold	6:37.14	F Murphy
1:31.99	T Lutman	2:30.03	B Heritier	3:05.41	C Moss	3:33.01	J Edwards	6:41.95	D Woodfork
200 M BACK		2:31.46	W Wilson	3:08.71	J Kurtzman	3:35.12	H Forest	6:51.08	R Johnston
3:06.90	P Vandijk	2:38.29	E Youngquist	3:27.00	T Haartz	3:40.26	B Molvie	7:15.30	G Rafter
3:12.99	A Scott	2:42.09	W Irwin	3:28.74	L Arth	3:45.87	B Uhrich	7:30.78	H Shostchuk
3:15.44	R Spaid	2:48.95	J Wollé	3:29.42	E Youngquist	3:49.54	C Harris	7:43.54	J Donovan
3:16.42	F Sullivan	2:56.98	P Rockwell	4:05.64	R Daniel	50 M BREAST		800 M FREE	
3:17.06	F Bartlett	3:02.66	F Hall	4:16.20	R Bradham	45.77	J Florance	13:12.86	A Darosa
3:20.69	M Foster	3:03.46	E Hulme	4:21.65	W Rosenthal	46.25	D Gingras	13:46.32	E Shea
3:22.82	T Lutman	400 M FREE		200 M IM		46.35	A Weatherhead	14:58.51	G Rafter
3:25.92	J Diehl	5:36.82	W Wilson	2:55.93	C Moss	46.60	A Brainin	16:52.26	H Anderson
50 M BREAST		5:45.12	E Youngquist	3:04.73	R Franks	47.08	R Bruno	17:53.67	F Tillotson
34.20	J Kortheuer	5:47.65	W Irwin	3:05.56	T Smith	47.61	B Uhrich	19:52.91	W Struthers
34.96	M Sanguily	5:51.75	R Franks	3:08.18	W Irwin	48.02	J Green	1500 M FREE	
41.06	D Gruender	6:01.33	J Wollé	3:09.73	T Haartz	48.22	R Donovan	26:05.40	F Murphy
41.80	M Foster	6:18.87	J Daily	3:16.28	L Arth	100 M BREAST		26:49.12	R Guido
44.18	R Fryling	6:35.89	R Daniel	3:18.70	J Daily	1:37.72	B Merrick	26:57.27	D Woodford
44.35	J Taylor	6:50.77	R Bradham	3:19.74	T Roach	1:44.05	A Brainin	28:09.72	J Donovan
45.35	T Lyons	800 M FREE		400 M IM		1:47.23	R Bruno	28:13.98	J Merrill
45.77	P Cath	11:13.16	W Wilson	6:18.89	C Moss	1:48.64	P Lee	30:42.99	E Mortimer
100 M BREAST		11:13.58	B Heritier	6:43.16	R Franks	1:49.43	B Uhrich	31:34.61	H Shostchuk
1:17.87	J Kortheuer	12:41.07	L Arth	6:45.68	L Arth	1:53.22	P Crago	35:48.60	R Chamberlain
1:18.19	M Sanguily	12:46.18	J Wollé	7:30.91	J Daily	1:53.28	A Weatherhead	50 M BACK	
1:25.91	Schlapobersky	13:21.81	T Haartz	7:52.41	R Daniel	1:55.48	R Donovan	39.88	A Vandeweghe
1:36.00	D Gruender	13:51.19	R Daniel	8:07.36	W Rosenthal	200 M BREAST		43.31	J Merrill
1:37.20	R Meth	16:32.24	V Ouchakof	8:22.53	G Cunningham	3:35.60	B Merrick	45.47	N Fluke
1:41.86	T Lyons	1500 M FREE		MEN 65-69		3:49.53	J Jarrold	45.50	E Huxhold
1:42.36	J Taylor	22:21.65	E Youngquist	50 M FREE		3:55.25	A Brainin	45.70	P Milson
1:44.06	P Cath	28:50.92	Briesemeister	31.19	J Florance	4:07.29	R Bruno	48.53	D Woodford
200 M BREAST		50 M BACK		31.55	E Hall	4:07.82	P Lee	50.01	J Keefer
2:58.83	M Sanguily	36.48	R Franks	31.57	R Holmes	4:15.91	P Crago	50.73	F Tillotson
3:12.77	Schlapobersky	36.88	R Tannehill	32.72	D Schwab	4:17.91	W Campbell	100 M BACK	
3:21.79	N Berenyi	37.10	T Smith	33.43	J Green	4:17.95	R Depalma	1:28.30	A Vandeweghe
3:34.87	R Meth	37.28	G Gandsey	33.79	B Molvie	50 M FLY		1:31.00	E Shea
3:36.49	D Gruender	42.21	W Haynes	33.98	W Campbell	36.72	R Holmes	1:36.07	J Merrill
3:49.35	T Lyons	42.25	S Prazer	34.25	A Weatherhead	40.48	B Uhrich	1:38.39	N Fluke
3:52.53	R Fryling	42.28	E Hulme	100 M FREE		40.94	P Crago	1:44.60	P Milson
4:14.90	D Zirnheld	43.37	R Stickeny	1:10.78	E Hall	43.61	R Wright	1:49.19	E Huxhold
50 M FLY		100 M BACK		1:11.51	J Florance	44.91	D Schwab	1:54.42	F Tillotson
31.76	J Kortheuer	1:19.10	R Franks	1:17.33	D Greetham	49.33	J Randall	2:05.44	A Fisher
32.93	M Muckleroy	1:21.34	T Smith	1:20.02	D Schwab	50.90	R Bruno	200 M BACK	
33.73	L Goldstone	1:23.10	R Tannehill	1:20.52	J Edwards	53.20	R Simpson	3:18.03	E Sjea
35.18	F Sullivan	1:28.12	G Gandsey	1:21.54	J Green	100 M FLY		3:19.82	A Vandeweghe
36.32	A Welch	1:33.90	J Daily	1:22.26	R Simpson	1:43.33	P Crago	3:28.41	J Merrill
38.81	J Taylor	1:34.51	W Haynes	1:23.95	C Harris	1:42.83	C Webb	3:31.48	N Fluke
39.38	M Torsney	1:36.05	G Melick	200 M FREE		2:12.49	A Brainin	4:07.66	J Keefer
40.62	W Foley	1:41.17	E Hulme	2:44.90	E Hall	2:19.59	P Golar	4:08.06	E Huxhold
100 M FLY		200 M BACK		2:52.99	J Jarrold	2:19.60	R Morse	4:11.92	F Tillotson
1:19.11	M Sanguily	2:56.36	R Franks	2:53.36	J Florance	200 M FLY		4:34.46	A Fisher
1:24.12	A Welch	3:04.93	T Smith	3:00.61	J Edwards	3:58.23	B Merrick	50 M BREAST	
1:26.56	L Goldstone	3:06.54	R Tannehill	3:06.10	D Greetham	4:09.31	P Crago	42.55	P Krup
1:27.69	F Sullivan	3:16.91	G Gandsey	3:06.43	C Harris	4:21.21	C Webb	45.12	R Witte
1:33.52	M Torsney	3:19.10	T Haartz	3:11.52	E Schofield	5:15.90	R Morse	45.52	E D McCullough
1:35.09	F Bartlett	3:28.02	J Daily	3:11.71	D Schwab	5:29.65	P Golar	47.98	R Firlotte
1:35.52	J Howell	3:33.22	T Roach	400 M FREE		200 M IM		48.12	R Chamberlain
1:38.98	D Tarlton	3:34.33	G Melick	6:14.28	J Jarrold	3:12.60	E Hall	49.23	C Schaeffer
200 M FLY		50 M BREAST		6:27.60	J Edwards	3:23.74	B Merrick	51.70	H Rawstrom
3:00.91	M Sanguily	38.01	C Moss	6:39.92	P Lee	3:24.14	J Jarrold	54.67	E Dreschner
3:14.79	L Goldstone	38.17	J Kurtzman	6:58.22	E Schofield	3:27.30	B Uhrich	100 M BREAST	
3:23.23	N Berenyi	39.45	D Scott	7:08.30	C Harris	3:45.77	C Webb	1:34.53	A Darosa
3:24.44	A Welch	41.78	J Forbes	7:08.75	D Greetham	3:46.69	H Forest	1:38.05	P Krup
3:38.61	M Torsney	42.87	G Melick	7:20.08	R Mondro	3:52.52	P Lee	1:39.90	E D McCullough
3:59.38	B Johnson	43.76	N Garsoe	7:41.85	R Simpson	3:52.53	R Wright	1:40.23	R Witte
4:50.79	H Furash	43.85	S Prazer	800 M FREE		400 M IM		1:50.91	R Chamberlain
200 M IM		45.05	E Hulme	12:51.45	J Jarrold	7:25.39	B Merrick	1:42.21	C Schaeffer
3:02.50	L Goldstone	100 M BREAST		14:43.01	D Greetham	8:01.43	P Lee	1:54.11	R Firlotte
3:11.02	F Bartlett	1:27.68	T Haartz	15:18.17	W Campbell	8:16.25	H Forest	1:59.56	G Rafter
3:11.48	F Sullivan	1:30.72	D Scott	15:41.49	A Weatherhead	8:25.57	C Webb	200 M BREAST	
3:12.59	W Jeffries	1:32.77	L Arth	16:46.70	J Cranch	9:54.06	P Golar	3:32.90	A Darosa
3:14.06	N Berenyi	1:33.85	T Roach	17:11.67	D Eskin	10:46.50	R Morse	3:43.58	P Drup
3:20.17	G Gillin	1:37.42	J Forbes	22:33.17	C Kengel	MEN 70-74		3:45.12	E D McCullough
3:20.35	T Lutman	1:37.74	G Mcvey	1500 M FREE		50 M FREE		3:46.11	R Witte
3:30.55	M Torsney	1:41.39	N Garsoe	25:24.14	B Merrick	33.01	F Havlicek	4:13.90	R Chamberlain
400 M IM		1:42.63	G Cunningham	25:47.10	P Lee	33.09	H Rawstrom	4:15.36	C Schaeffer
6:41.62	L Goldstone	200 M BREAST		25:51.04	J Edwards	33.58	A Vandeweghe	4:15.76	D Woodford
6:49.88	F Bartlett	3:18.06	T Haartz	27:38.67	H Forest	34.29	P Milson	4:36.98	R Firlotte
6:51.64	N Berenyi	3:25.26	L Arth	27:53.98	E Schofield	35.11	H Class	50 M FLY	
6:58.27	G Gillin	3:25.91	T Roach	28:47.96	R Mondro	35.65	W Grant	39.67	F Havlicek
7:20.25	S Mullins	3:28.03	J Kurtzman	30:20.37	R Depalma	37.35	H Shostchuk	40.04	P Krup
7:31.90	T Lutman	3:29.75	D Scott	35:15.90	H Pinnick	39.17	C Breeding	41.90	A Vandeweghe
8:02.46	R Fryling	3:39.94	G Cunningham	50 M BACK		100 M FREE		43.65	W Grant
8:04.95	Kokos	3:40.10	J Daily	39.57	R Holmes	1:16.05	F Havlicek	44.12	G Rafter
MEN 60-64		3:46.17	N Garsoe	40.04	B Molvie	1:20.66	H Rawstrom	47.14	C Schaeffer
50 M FREE		50 M FLY		41.86	H Forest	1:20.85	P Milson	47.90	R Chamberlain
29.30	B Heritier	33.35	W Wilson	43.05	W Joslyn	1:22.17	D Woodfork	53.15	H Rawstrom
30.38	C Moss	34.71	P Rockwell	43.17	B Uhrich	1:26.34	F Murphy	100 M FLY	
30.45	W Irwin	35.74	S Prazer	45.17	E Schofield	1:27.18	R Johnston	1:36.56	P Krup
31.61	P Rockwell	35.78	T Smith	48.40	R Bruno	1:27.21	H Shostchuk	1:47.34	E D McCullough
32.36	F Hall	35.88	J Kurtzman	49.39	J Cranch	1:27.68	W Grant	1:49.18	G Rafter

400 M FREE 8:23.20 C Wood 10:08.18 H Jagers 1500 M FREE 32:08.29 C Wood 35:44.57 H Jagers 50 M BACK 54.75 J Penfield 1:02.58 R Nelson 1:02.93 H Jagers 1:03.63 M Vogt 100 M BACK 2:08.81 J Penfield 2:22.03 H Jagers 200 M BACK 5:04.88 H Jagers 50 M BREAST 1:03.59 A Olanoff 100 M BREAST 2:10.62 J Penfield 2:21.61 A Olanoff 200 M BREAST 5:10.14 A Olanoff 50 M FLY 54.31 J Penfield 200 M IM 5:11.70 A Olanoff 400 M IM 11:18.04 A Olanoff MEN 85-89 50 M FREE 46.76 G Langner 58.47 J Burns 1:35.81 T Lopez 100 M FREE 2:33.44 J Burns 1500 M FREE 33:08.07 G Langner 50 M BACK 1:06.84 G Langner 1:23.88 J Burns 1:40.58 T Lopez 100 M BACK 3:20.69 J Burns 3:38.50 T Lopez 200 M BACK 5:39.97 G Langner 7:38.68 J Burns 8:28.90 T Lopez 50 M BREAST 1:13.29 G Langner 1:59.45 J Burns 2:32.42 T Lopez 50 M FLY 2:11.99 G Langner	WOMEN'S 200 M MEDLEY RELAY 100 + 2:06.67 VALLEY FORGE A 2:06.67 HOLMES A 2:10.12 LAKESIDE A 2:15.62 CHATEAUGUAY A 2:25.37 NIAGARA A 2:26.07 CONNECTICUT A 2:46.96 EMPIRE STATE A 120 + 2:17.56 HOLMES A 2:19.42 NEW ENGLAND A 2:23.75 DC B 2:25.83 DC A 2:30.64 LAKESIDE A 2:30.86 NIAGARA B 2:34.81 VIRGINIA A 2:56.87 PICKERING A 160 + 2:20.53 DC A 2:26.02 EMPIRE STATE B 2:29.34 VALLEY FORGE A 2:32.19 NIAGARA B 2:32.40 VIRGINIA A 2:34.56 NEW ENGLAND A 2:51.88 HOLMES A 2:54.04 NIAGARA A 200 + 2:48.58 DC A 3:04.50 EMPIRE STATE A 3:05.50 VALLEY FORGE A 3:07.26 MID ATLANTIC A 3:12.53 JERSEY A 3:23.08 LINCOLN A 3:27.21 PACIFIC A 3:55.38 OHIO A 240 + 3:05.36 HOLMES A 3:06.86 OHIO A 3:13.00 CONNECTICUT 3:23.94 NIAGARA A 3:24.83 EMPIRE B 3:32.74 LINCOLN A 3:37.14 MID ATLANTIC A 3:38.83 EMPIRE STATE A 280 + 3:51.38 DC A MEN'S 200 M FREE RELAY 1:40.57 MID ATLANTIC A 1:40.93 HOLMES A 1:43.73 DC A 1:47.29 MICHIGAN A 1:49.34 CONNECTICUT A 1:50.60 EMPIRE STATE A 1:54.85 NEW ENGLAND B 1:54.86 RED RIVER A	2:03.44 NEW ENGLAND A 2:04.67 OHIO MASTERS 160 + 2:01.21 HOLMES 2:02.43 LAKESIDE A 2:03.76 NIAGARA A 2:04.11 dc a 2:08.70 NEW ENGLAND A 2:08.83 MICHIGAN A 2:13.58 SAN MATEO A 2:14.45 DC B 200 + 2:08.82 CONNECTICUT A 2:10.69 NEW ENGLAND A 2:19.09 W PENN A 2:19.21 VIRGINIA A 2:19.35 CASUARINA A 2:20.51 EMPIRE STATE A 2:22.80 DC A 2:25.50 VALLEY FORGE A 240 + 2:22.07 HOLMES 2:33.42 ST PETE 2:34.11 EMPIRE STATE A 2:37.05 MICHIGAN A 2:43.58 MID ATLANTIC A 2:49.42 OHIO MASTERS 3:05.24 DC MASTERS 3:08.91 NIAGARA C 280 + 2:44.77 HOLMES 2:48.12 OHIO MASTERS 2:53.27 MID ATLANTIC A 2:55.74 LINCOLN 3:09.25 CONNECTICUT A 3:12.68 JERSEY MASTERS MIXED 200 M FREE RELAY 100 + 1:45.58 HOLMES A 1:52.42 VALLEY FORGE A 2:15.62 EMPIRE STATE A 120 + 1:49.38 LAKESIDE A 1:51.32 DC A 1:53.38 SWIMASTERS A 1:54.14 HOLMES A 2:03.54 VIRGINIA A 2:04.62 DC B 2:05.72 NIAGARA B 160 + 1:53.27 DC A 1:58.95 DC B 2:00.60 NEW ENGLAND A 2:07.70 VIRGINIA A 2:08.43 VALLEY FORGE A 2:14.35 PACIFIC NW A 2:17.33 HOLMES A 200 + 2:03.41 DC B 2:09.80 VIRGINIA A 2:11.17 VALLEY FORGE A 2:32.18 DC A 2:32.64 ARIZONA A 2:35.57 EMPIRE STATE A 2:43.93 NIAGARA A 240 + 2:19.23 HOLMES A 2:29.29 CONNECTICUT A 2:32.26 OHIO A 2:37.93 LINCOLN A 2:40.53 JERSEY A 2:51.99 NIAGARA A 2:56.88 DC A 280 + 2:29.29 DC A 2:45.26 CONNECTICUT A 3:08.07 MID ATLANTIC A 3:20.56 HOLMES A MIXED 200 M MEDLEY RELAY 100 + 1:56.58 HOLMES A 2:05.59 VALLEY FORGE A 2:16.98 CONNECTICUT A 2:19.00 VIRGINIA A 2:27.93 EMPIRE STATE A 120 + 2:00.85 HOLMES A 2:01.30 DC A 2:03.52 MID ATLANTIC A 2:04.88 LAKESIDE A 2:07.04 NEW ENGLAND A 2:07.22 VALLEY FORGE A 2:07.33 MICHIGAN A 2:09.00 SWIMASTERS A 160 + 2:10.48 EMPIRE STATE A 2:12.44 DC A 2:12.85 HOLMES A 2:14.50 DC B 2:15.31 OREGON A	2:16.84 NEW ENGLAND A 2:18.32 HOLMES B 2:18.44 LAKESIDE A 200 + 2:20.34 DC A 2:27.81 LOS ALTOS 2:29.92 TAMALPAIS A 2:30.03 VIRGINIA A 2:30.64 CONNECTICUT A 2:33.33 EMPIRE STATE A 2:34.67 W PENN A 2:37.14 EMPIRE STATE A 240 + 2:29.30 NEW ENGLAND A 2:36.20 HOLMES A 2:45.91 MID ATLANTIC A 2:49.86 OHIO A 2:50.10 CONNECTICUT A 2:51.24 LINCOLN B 2:58.27 HOLMES B 2:59.47 NEW ENGLAND B 280 + 3:15.52 CONNECTICUT A 3:15.83 HOLMES A 3:22.30 DC B 3:28.04 DC A 3:30.22 OHIO A 3:42.49 MID ATLANTIC A 4:09.24 LINCOLN A 4:33.07 JERSEY A
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Did You Know that ...

- The word substitute on the label means the product is nutritionally equivalent to the food it resembles. The word imitation means the product contains fewer vitamins, minerals or other nutrients than the food it resembles.
- Most types of pasta are made primarily with flour and water and are therefore cholesterol free. But egg noodles, which are made with egg yolks, contain about 55 milligrams of cholesterol per cup — or between 15 and 20 percent of the 300-milligram daily limit recommended by the American Heart Association.
- A cup of skim milk has only five milligrams of cholesterol. A cup of whole milk has 33.
- Just one tablespoon of grated Parmesan cheese supplies almost 10 percent of the RDA for calcium. But remember, that same tablespoon provides 33 calories, 40 percent of which come from fat, so don't spoon on too much.
- Calorie needs decrease about two percent per decade during adulthood. So if your daily calorie intake and activity level stay the same from ages 20 through 70, you could conceivably gain a great deal of weight by the time you become a senior citizen.

TEAM SCORES

WOMEN - Division I	
DC MASTERS	659.5
HOLMES LUMBERJAX	586.0
NIAGARA	436.0
EMPIRE STATE	428.0
NEW ENGLAND MASTERS	400.5
MEN - DIVISION I	
HOLMES LUMBERJAX	799.5
NEW ENGLAND MASTERS	559.0
DC MASTERS	513.5
MICHIGAN MASTERS	435.0
MID ATLANTIC MASTERS	404.0
COMBINED - DIVISION I	
HOLMES LUMBERJAX	1572.5
DC MASTERS	1317.0
NEW ENGLAND MASTERS	1047.5
MID ATLANTIC MASTERS	828.0
EMPIRE STATE	800.5
WOMEN - DIVISION II	
LAKESIDE	338.0
VALLEY FORGE	242.0
LINCOLN MASTERS	214.5
VIRGINIA MASTERS	155.0
OREGON MASTERS	117.0
MEN - DIVISION II	
LINCOLN MASTERS	159.0
LAM	137.5
VIRGINIA MASTERS	131.0
MAC	123.5
LAKESIDE	117.0
COMBINED - DIVISION II	
VALLEY FORGE	596.0
LAKESIDE	479.0
LINCOLN MASTERS	399.5
VIRGINIA MASTERS	326.0
LAM	201.5



PICTURES BY MILDRED & HAM ANDERSON AND GAIL DUMMER
 TOP: Jane Howe and Jean Durston
 CENTER: June Krauser and Frank McIntyre
 BOTTOM: Mary Pat Maley, Gene Donner (meet director) and Suzanne Rague

DEHYDRATION

By Sheri Brownstein
Health Fitness Specialist

Now that summer is here, everyone should concern themselves with water inside and outside their body. Oddly enough, a swimmer needs to consume water before during and after a workout. Just because you are in water does not mean you sweat any less than a runner, biker or tennis player. Any kind of exercise in extreme heat, such as the weather here in Florida can be harmful to the body. Swimmers should be sure to fuel up with water because more than other sports you may not recognize thirst while in water.

According to Nutritionist Eleanor Williams, of the Univ. of Maryland, water is the largest component of the body, making up about 73 percent of lean body mass (fat-free body weight). In a pool workout the body can lose an average of two to ten pounds of fluid resulting in dehydration or some form of heat stress.

The three most common forms of heat stress due to overexertion in heat are heat cramps, heat exhaustion and the most dangerous, heat stroke. To prevent or remedy any heat stressor WATER should be consumed in large quantities.

There are many myths about special replacement fluids. The most common misunderstanding is the salt-replacement myth. True, the body loses sodium as it sweats, but sodium is also the most abundant mineral in the bloodstream. According to Dr. Robert Haas, author of EAT TO WIN, replacing lost fluids with a 'sports drink' or soda draws

water away from fatigued muscles where it is needed most. According to Williams, water contains trace minerals which form the necessary electrolytes that regulate the distribution of water in the body. Water easily passes through cell membranes in order to deliver nutrients and remove wastes and toxic substances. Water also maintains the contractibility of muscles and normal nerve impulse transmission. Additionally water is essential for maintaining body temperature. As you sweat the body rids itself of heat--this is the body's cooling system.

Water, water, and more water is the most efficient way to replenish fluid to fatigued muscles. There is no substitute for this natural, non-caloric thirst quencher.

To avoid dehydration, I suggest working out in the early morning hours when temperatures are at a low or late evening after sundown. Those of you who work out in the afternoon should bring cooled water bottles for the poolside. I have included a chart of the type of heat stress, symptoms, and what you can do to help a fellow swimmer if you suspect dehydration. Meanwhile, take precaution by drinking plenty of water before, during, and after your practice

HEAT STRESS	SYMPTOMS	REMEDY
HEAT CRAMPS	Tightness in muscle region... usually in calf or abdomen	Drink plenty of water...move to cooler environment.
HEAT EXHAUSTION	Collapse of victim, profuse sweating, flushed skin, mildly elevated temperature, dizziness, hyperventilation, rapid pulse.	Ingestion of large quantities of water. Move victim to cool place.
HEAT STROKE	Most dangerous. This is a serious life-threatening emergency-call medical atten.immediately. Basically a breakdown in the sweating mechanism. Sudden collapse, loss of consciousness,temp.106F or higher. Can occur suddenly without warning.	Lower body temp.- get victim into cool place. Strip off all clothing and douse with cool water/ fan with a towel. Imperative victim be transported to a hospital as quickly as possible.

SWIM-MASTER

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Swimming News

NEW BOOK - Guess what? Bert wrote a book! It took over a year, off and on. Preliminary title is "The Masters Bible" - The 1001 little things you need to know to be an effective Masters Swimmer. Written for swimmers by a swimmer. It should be helpful for all Masters - from the first-timer to the seasoned veteran. Lot's of "how to" stuff, little tips for day to day swimming. It's not a money-maker, only \$9.95 postage paid. In order to be the first in your area to have this 'masterpiece', please send name, address, and check to Bert Petersen, 2051 NE 137th, Portland, OR 97230.....

AUSTRALIA WORLD CHAMPIONSHIPS - We are still waiting for the results. Paid \$47.50 for these results and hope to get them soon. I still haven't received my medal for the 800 meter free. I left the pool before the 800's were completed and was not sure that I had won until the lovely lady from Australia who was second sent me a letter of congratulations! That sure was nice of you - Elizabeth Wallis!.....

FOREIGN SUBSCRIBERS - I now have to place Swim-Master in an envelope which adds to the weight. I can no longer get 16# paper and they have to use 20#. I will look for lighter weight envelopes or you might find a page or two missing from you copy. Sorry!.....

2-MILE NATIONAL CHAMPIONSHIP - Nestled beneath the Blue Ridge Mountains in Charlottesville, VA, is picturesque Chris Green Lake, site of the annual 2-Mile National Championship hosted by Virginia Masters Swim Team. This race was first swum in 1979 and has been gaining in popularity each year as swimmers return from all over the country to try to improve their times or in some cases, just to see if they can make it to the finish line within the 2-hour time limit. A 1/4 mile cable is stretched between two pylons, around which the swimmers compete in two heats. Left-sided breathers swim in one heat and right-sided breathers in the other. Times are recorded by computer. This year's meet, was held on July 9th and included six competitors over the age of 70, all of whom finished the course including 80-year old Charles Wood from Jamesburg, NJ. If you are interested in participating in next year's 2-Mile Lake Swim, please send your name and address to Jim Miller, M.D., 1471 Johnston-Willis Dr., Richmond, VA 23235.....

1988 HAWAIIAN POSTAL RELAYS - The results are in and DC Masters were once again the winners! DC had 409 points and runner up was the HUMU team with 211 points. Third went to St. Petersburg, 4th - Lincoln "Y" nauts of Nebraska, 5th - New Port Beach Masters, 6th - Northshore Masters of Louisiana, 7th - Wyoming Masters and 8th - New Jersey Masters. April is still relay month in Hawaii. Aloha!.....

LETTER TO THE EDITOR APPEARING IN THE ST. PETE TIMES - In view of the spate of derogatory remarks piled on this fair city I thought the following might have some interest for you. Because of my former connections with swimming in Great Britain and the fact that I wax lyrically about St. Petersburg each time I return there, there has been a steady stream of visitors this past year. The top English swim coach, Terry Denison, recently brought over nine Olympic hopefuls, including European champion breaststroker Adrain Morehouse, for a preparation camp. The British Broadcasting Corporation came too, and produced a program about the visit. The result was that one recent night in Great Britain some 11 million viewers were introduced to St. Petersburg and were told and shown just how lovely it is and what a wonderful situation it is for big-time swimming preparation. I relate all this to highlight how little is ordinarily known, in Great Britain at least, about the city. Most people there I have talked to think of Leningrad when I mention St. Petersburg. So if Chicago, and other such "pleasant" areas have strange ideas about the future home of the White Sox maybe it's because somebody is not doing a good enough job selling St. Petersburg. George E. Bole, St. Petersburg.....

CHEMICALS OUT - We don't need to put chemicals in our pools - use the TARN-PURE electronic ionization method and put only WATER into your pool!.

SWIM-MASTER



June Krauser, Editor
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SWIM CALENDAR

VOL XVII - No 9

NOV-DEC 1988

DEC	3	SC - Sally Ann Peterson, PO Box 9499, Truckee, CA 95737
	3	SCM - Steve Schofield, 7914 Sadring, West Hills, CA 91304
	3	SCM - Morristown - Beard School Pool, New Jersey
	3	SC - OMS, P.O. Box 1033, Tualatin, OR 97062
	3	SCM - South County Y - Leo Letendre, 267 Alandore Dr., Manchester, MO 63021
	4	SC - Distance - Alicia Coleman, 24 The Point, Coronado, CA 92118
	10-11	SCM - Judy Meyer, 10333 Diego Dr. S, Boca Raton, FL 33428
	10-11	SCM - Dick Bower, 600 Haring Rd., Metairie, LA 70001
	11	SC - White Plains YMCA, 250 Mamoronach Ave., White Plains, NY 10605
	11	1650- David Diehl, 12511 Littleton St., Silver Spring, MD 20906
JAN	7	SC - Daniel H Davis, 104 Ardmore St., Hamden, CT 06517
	14	SC - Orlando - Justus, Judy Meyer, 10333 Diego Dr. S., Boca Raton, FL 33428
	21	SC - Redbank YMCA - New Jersey
	21	One Hour Swim - Little Rock YMCA
	21	One Hour Swim - St. Louis, MO
	22	One Hour Swim - Mission Bay, Judy Meyer - above
	28-29	SC - Brian Wilder, 16407 Ashwood Dr., Tampa, FL 33624
FEB	5	SCM - SDI, 1135 Garnet-K, San Diego, CA 92109
	4	SC - Lt. Susan Petersen, US MMA, Athletics Office, Kings Point, NY 11024
	3-5	SC - Dick Bower, 600 Haring Rd., Metairie, LA 70001
	11	SC - City of No. Miami, 776 NE 125 St., North Miami, FL 33161 (Ken Stephens)
	11	Mile Meet - Leo Letendre, 267 Alandore Dr., Manchester, MO 63021
	12	SC - C.T. Branin Natatorium, Canton, OH - Pieter Cath 216-248-8270
	17-18	SC - Ken Hickey, 905 Muldoon Rd., A-35, Anchorage, Alaska 99504
	17-19	SCM - Orlando, FL - Pine Hills Boys Club
	18	SC - Matt Preble, 5410 E 7th St., Tucson, AZ 85711
	18-19	SC - George Fisette, P.O. Box 1604, Charleston, SC 29402
	26	Pentathlon - SDI, 1135 Garnet-K, San Diego, CA 92109
	26	1650 - Downtown Athletic Club
MAR	11	SC - Kent, OH - Pieter Cath 216-248-8270
	11-12	SC - Leo Letendre, 267 Alandore Dr., Manchester, MO 63021
	11-12	SC - Mission Bay - Judy Meyer - above
	12	SC - Coronado - SDI, 1135 Garnet-K, San Diego, CA 92109
	18-19	SC - Lisa Watson, 2104 Howell Blvd., Duluth, GA 30136
	30-APR	2 - SC - St. Pete Regionals
APR	1	Pentathlon - Leo Letendre, 267 Alandore Dr., Manchester, MO 63021
	1-2	SC - David Briggs, 181 Longleaf Dr., Spartanburg, SC 29302
	2	Pentathlon - SDI, 1135 Garnet-K, San Diego, CA 92109
	8-9	SC - Cleveland State University, Cleveland, OH - Pieter Cath 216-248-8270
	15	SC - SDI, 1135 Garnet-K, San Diego, CA 92109
	28-May	1 SC - YMCA NATIONALS - Gerald J Meyer 216-651-7928 - Cleveland State University
	29-30	SC - SE Regionals, John Brucato, 213 Osceola Ave., Nashville, TN 37205

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