



SWIM-MASTER

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OFFICIAL PUBLICATION OF THE MASTERS SWIMMING COMMITTEE

NOVEMBER 1975

CONTINUITY AFTER COLLEGE - EXPANDING AQUATIC COACHING HORIZONS: THE MASTERS PROGRAM

by Prof. Jane Katz, Associate Prof. of Health and Physical Education, Bronx Community College of the City University of New York

Where will your swimmers be five, ten, - yes, even forty or more years from now? Whether you are presently coaching a Girls Amateur Athletic Union age-group team, a high school or specifically a college inter-collegiate program, expanding horizons lie ahead. These can be fulfilled in the new A.A.U. Masters Swimming Program. This program extends aquatic competition for women (and men) far beyond the conventional age range possible in former years. The parameters for coaches as well as for competitors have been broadened from a relatively small age range to truly a lifetime activity. This presents a challenge to the coach as well as to the swimmers themselves.

COMPONENTS OF THE MASTERS SWIMMING PROGRAM: Masters Swimming is a new 5-year-old nationwide program of social swimming sponsored by the Amateur Athletic Union. It is fully co-educational for swimmers of all ages 25 and over and provides competition with people your own age. There is no required skill level and is open to all swimmers. Whether your goal is recreation, physical conditioning, competition or as a leisure time activity - or all of these - the Masters Program is tailor-made for your needs.

The Masters Swimming Program has the following features: 1) It is fully sanctioned by the Amateur Athletic Union, which is the national governing body for aquatic events. 2) Meets are sponsored by various local swim groups throughout the nation on a frequent basis. 3) Swimming practice, is done at your own leisure time as little or as often as you like, as easily or intensely as you prefer. 4) Competition is provided in the meets in all the four competitive strokes in all distances for both sexes, no specific skill level is required to compete. 5) Swimming competition is provided for individuals and/or teams. 6) Competition is within five year age groups beginning at age 25 and continuing to 80 and over. Some of the local meets have

an 18-24 year age group category to encourage continuous participation. 7) Social activities are provided at most meets hosted by the local swim groups. 8) There are two national meets - one long course / 50 mtr.; and one short course / 25 yds. Recognition and awards are given to those who place in the top of their five year group in any event. (Usually 1st through sixth place finishers are awarded either certificates, ribbons, medals, plaques, or some unique hand crafted item from the local sponsoring association.) 9) National records are kept for the top ten times in all events for each five year age group. These times are gathered from all the meets throughout the year and are published in Swim Master Magazine, which is the official AAU National Publication for all Masters events. 10) Each competitor is strongly encouraged to have a complete medical evaluation before beginning in the Masters Program.

PHYSICAL FITNESS BENEFITS OF THE MASTERS PROGRAM: Of great importance is the increase in physical fitness when an individual participates in a program like Masters Swimming throughout life. Since most of an individual's weight is supported by the water when swimming, there is little chance of causing strain or injury to the body. This becomes an increasing concern with advancing age in most sports. Swimming primarily exercises the heart and lungs, thus increasing cardio-vascular and pulmonary efficiency which lends itself to a generally better physical well-being. The following excerpts are quotes regarding the Masters Program from physicians and knowledgeable individuals in the field of physical fitness.

1) "The swimming pools of America are a magnificent health resource which has been insufficiently exploited. If all our pools, private and public, were fully and appropriately used, they could benefit literally millions of Americans, young and old, for swimming, in my opinion, is one of the most healthful forms of exercise for people of all ages - and particularly for people 30 and over. In the older age groups, swimming even presents the possibility of helping to prevent one of the great health hazards in our nation today, coronary artery disease." Dr. Ransom

J. Arthur, M.D., Founder of Masters Swimming
2) "I believe that most medical authorities would support the belief that exercise helps a person look, feel and work better, regardless of age." C. Carson Conrad, Executive Director of the President's Council on Physical Fitness and Sports.

3) Dr. Hrachovec, a researcher for molecular biology at the USC Gerontology Center "exercise is the closest thing to an anti-aging pill now available." Also, "staying young and vigorous today requires self discipline."

4) Dr. Hutinger, an avid participant in the program, calls masters swimming "The fountain of youth." He says Masters Swimming "may indeed provide a possible means for delaying the aging process." Also, "Research studies have demonstrated that the aging process can be slowed down and some reversals can be brought about through a regular year round training program."

GROWING INTEREST AND PARTICIPATION IN PROGRAM: One has only to attend any of the many masters swimming meets across the nation to witness that the intensity of interest and competitive spirit of the swimmers does not diminish in any way with age. The number and percentage of women participating in the program has been increasing each year.

Women comprised more than forty per-cent of the 633 competitors at the national masters short course swimming championships held at the International Swimming Hall of Fame Pool in May, 1975. At the present time there are several hundred active masters teams throughout the nation, with an ever-increasing number of both competitors and new teams appearing each year.

NEW MASTERS HORIZONS: Often, women competitive swimming coaches are involved in other areas of aquatics. Competitive and fancy diving has a foothold in the masters program as well, and has its own masters program.

At the present time, synchronized swimming is getting a toe-hold in the masters program. It is logical that this creative aquatic sport can also be expanded to reach the relative levels of participation as masters swimming already has. The First Annual Masters Synchronized Swimming Championships took place September 26-28, 1975.

From a coaching as well as competitive standpoint, diving and synchronized swimming are additional horizons that can be developed through the Masters Program.

Anyone interested in obtaining further information regarding the Masters Program in

their area, should contact the local A.A.U. registration committee in their area of jurisdiction.

If your local A.A.U. office does not have sufficient information, you can contact the National AAU Headquarters at: 3400 West 86th Street, Indianapolis, IN 46268.

The Masters Swimming Program is unique in that it provides a leisure time recreation, social and athletic program that women can participate in throughout their entire life. Most sports programs become too strenuous in later life and competition with younger girls becomes impossible.

In addition, individuals with certain disabilities have used the water for years to help overcome their handicap. Many have perfected their swimming skills by participating in the Masters Swimming Program.

The Masters Swimming Program provides the opportunity for a healthy lifetime recreational leisure time program at a pace tailor-made for each woman.

About The Author: Prof. Katz has taught at Bronx Community College since 1964. She has been a member of several international swimming and synchronized swimming teams. Her most recent award was being selected to the Women's A.A.U. All-American Masters Swimming Team for 1974. In addition, she currently holds several national A.A.U. Masters Swimming records.

Aging Stars Stay Young In The Swim

United Press International

PRESCOTT, Ariz. — The Big, brawny man churned his way to a gold medal in 1932 in the 400-meter free-style swim at the Olympic Games in Los Angeles. The time of 4:48.4 made Buster Crabbe the first Olympic champion to better the five-minute mark in the event.

The handsome graduate of the University of Southern California, who was reared in Hawaii, practically grew up in the water. He was a 16-letter man in high school, winning a letter every year in football, basketball, track, and swimming.

During the 10 years after his Olympic victory, Crabbe won 16 world and 35 national titles as an amateur swimmer.

His rugged athletic frame led to a Hollywood contract. He starred as Flash Gordon, Buck Rogers, and, naturally, Tarzan. Later he starred in the television series Captain Gallant of the Foreign Legion.

Crabbe now lives here, after a successful career as a stockbroker in New York. He makes appearances for Boy Scouts and at swim meets and he lectures at colleges. He swims every day. A few years ago, he returned to the Los Angeles pool in which he won his Olympic medal and captured the seniors' 400-meter event in-record time.

Trim and barrel-chested at 67 years, Crabbe is still married to Adah Virginia Held. Their wedding was 42 years ago.



RINCONADA MASTERS - WINNERS OF THE PACIFIC ASSOCIATION LONG COURSE CHAMPIONSHIPS
 Fremont Hills Country Club, Los Altos Hills, CA August 2-3, 1975



PEG PICKENS, NAN LIMBAUGH AND DOROTHY RESIGUIE - Close competitors in the 50-54 Age Group - New Braunfels, TX June 28-29, 1975



EDY GOLDMAN, San Mateo, CA, a 65-year old grandmother, set five new swim records in 65-69 group at LC Nationals held in Knoxville, TN.

Starting with meets held after September 15, 1975, Ted Haartz, Ed Reed Sr., and Enid Uhrich (our Records and Top Ten Times Chairmen) will begin rejecting meet results not in the proper form.

Last Year, over 48,000 entires were received to check. It is no longer possible to keep accurate records unless they are sent in standardized form. Each of their notebooks contains a separate section for each age group. In each age group section there is a page for each event. Then each page is duplicated for the long course meets. This means that each notebook contains 374 pages. Their notebooks are set up to take the same form that is required if you want your results to be published in Swim-Master.

Since many swimmers write and ask questions, the meets are then filed and often referred to. The non-uniform results are impossible to cross-check for accuracy.

So, if you swim, and your meet results are not in the co-rect form, contact your meet manager and request that the results be redone - or they will not be considered by our chairmen.

Oh, yes, AAU does not recognize 'A' and 'B' category swimmers - so please do not make such distinctions in your meet results. The;times must be grouped together on the result sheet.

SUBSCRIPTION FORM



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**MASTERS
CORNER**



By Capt. Ransom J. Arthur

The National Masters Long Course Championships, which were successfully held in Knoxville, Tennessee, marked our tenth national meet. In 1970 and 1971 we had only one meet, the short course in Amarillo, Texas. Since 1971 we have had two meets a year and this should be our format in perpetuity.

The Tennessee meet was held in an absolutely splendid facility at the university. The aquatic center there is unrivaled, featuring two 50 meter pools, one indoors and one outdoors. The indoor pool is housed in the very handsome building and has all sorts of useful amenities.

The meet, which attracted slightly less than 400 swimmers, proceeded very well and there were the usual record-breaking performances the details of which will be set forth in *Swim-Master* in subsequent issues. As always, there were some initial perturbations, but soon everything began to run smoothly and the swimming on Sunday was handled without a flaw.

Naturally, there were some complaints about the officiating, some saying that no one should have been disqualified, others saying that somebody else should have been disqualified, etc. I can only repeat what I have written in many past columns: we attempt to ask the organizers of the national meets to brief their officials about the realities of Masters swimming. We would like the officials to cite any violations in a uniform manner, giving due weight to the problems of the infirmities of age in the older groups.

Obviously, in a national championship, flagrant violations of swimming rules must result in disqualification. However, the kind of extraordinarily close scrutiny given in age group meets where the youngsters are trying to learn correct technique is obviously inappropriate for Masters competition. I would wish our judging to be parallel to that of the Olympic Games, where basically only obvious violations are a cause for disqualification.

Judging can never be an exact science and, as in so many fields of human endeavor, judgment is all important. Judgment must necessarily include not only appreciation of the written rules but also some realization of the kind of competition being judged, with nice attention to the limitations of the participants and the setting of the event. Judging in the Olympic Games or the World Championships rarely results in disqualification.

Obviously, the main factor in the paucity of adverse judgments is the supreme skill of the international athletes who are competing. However, those of us who have viewed the Olympic Games or films thereof see many times where minor rule transgressions occur in the specialty strokes, particularly in the kick in the butterfly, the head and the legs in the breaststroke, and in the backstroke turns. The Olympic judges, however, look only for the obvious violation which is clearly unfair to the other competitors. I would hope the same enlightened spirit would govern judging in Masters meets. Nevertheless, there will always be disputes.

The planning for the first World Masters Swimming and Diving Championships is going forward at a great rate. I underestimated the amount of interest that would be forthcoming. I was thinking in terms of a first meet rather like Amarillo in 1970. Clearly that will not be the case and there will be very many more competitors than we had then. We do not yet have a pool but will be looking for one most assiduously. We formed an informal organization to get on with the work of developing such meets.

Tentatively, it will be called the International Masters Aquatic Association and its purpose will be to foster Masters competition in aquatics throughout the world. Our meet may bring us into conflict with other swimming organizations, but I think we will move ahead and cross that bridge when we come to it. Our initial planning is for a meet every other year with the first one to be held next year.

FOR THE RECORD

**REGION 12 MASTERS
LONG COURSE
CHAMPIONSHIPS**

MT. PARK REC. CENTER
LAKE OSWEGO, OREGON

AUG. 15, 16, 17, 1975

Red

WOMEN 25 - 29

50 m. FREESTYLE	
Judy Shaw, 27	1:35.2
100 m. FREESTYLE	
Judy Shaw, 27	1:16.2
200 m. FREESTYLE	
Judy Shaw, 27	2:59.3
400 m. FREESTYLE	
Mary McIntyre, 27	6:33.6
1500 m. FREESTYLE	
Mary McIntyre, 27	26:15.4
100 m. BACKSTROKE	
Susan Snyder, 26	1:28.9
Mary McIntyre, 27	1:36.1
200 m. BACKSTROKE	
Susan Snyder, 26	3:16.1
50 m. BREASTROKE	
Mary McIntyre, 27	1:46.4
Carol Miller, 29	1:50.9
100 m. BREASTROKE	
Susan Snyder, 26	1:38.3
Mary McIntyre, 27	1:41.5
Carol Miller, 29	2:02.2
100 m. BUTTERFLY	
Susan Snyder, 27	1:27.8
200 m. BUTTERFLY	
Susan Snyder, 26	3:15.9
50 m. FREESTYLE	
Alice Zabudsky, 30	1:35.5
Janet Russell, 31	1:37.9
Sue Henderson, 33	1:41.1
Patty Peterson, 30	1:41.3
100 m. FREESTYLE	
Janet Russell, 31	1:28.0
Sue Henderson, 33	1:35.7
200 m. FREESTYLE	
Janet Russell, 31	3:15.4
400 m. FREESTYLE	
Janet Russell, 31	6:15.1
Sue Henderson, 33	8:38.6
50 m. BREASTROKE	
Patty Peterson, 30	1:49.9
100 m. BREASTROKE	
Patty Peterson, 30	1:53.5
200 m. BREASTROKE	
Alice Zabudsky, 30	1:33.0
Patty Peterson, 30	2:11.1
200 m. IND. MEDLEY	
Patty Peterson, 30	4:11.9
50 m. FREESTYLE	
Juanita Correa, 39	1:32.0
Carol Friedley, 35	1:38.0
100 m. FREESTYLE	
Juanita Correa, 39	1:12.3
Jan Moen, 37	1:24.5
Jean Abrams, 36	1:34.1
200 m. FREESTYLE	
Juanita Correa, 39	2:46.2
400 m. FREESTYLE	
Juanita Correa, 39	5:53.0
Jan Moen, 37	6:15.4
1500 m. FREESTYLE	
Jean Abrams, 36	27:13.5
50 m. BACKSTROKE	
Jean Abrams, 36	1:46.7
Carol Friedley, 35	1:47.0
50 m. BREASTROKE	
Carol Friedley, 35	1:50.0
100 m. BREASTROKE	
Jan Moen, 37	1:43.1
Carol Friedley, 35	1:51.3
200 m. BREASTROKE	
Jan Moen, 37	3:40.1
50 m. BUTTERFLY	
Jean Abrams, 36	1:42.0
100 m. BUTTERFLY	
Jean Abrams, 36	1:47.1
200 m. IND. MEDLEY	
Jan Moen, 37	3:47.5
50 m. FREESTYLE	
Shirley Lehman, 40	1:38.2
Carol Eaton, 40	1:41.9
Jeanne Kennett, 40	1:44.7
100 m. FREESTYLE	
Shirley Lehman, 40	1:31.0
Carol Eaton, 40	1:35.9
200 m. FREESTYLE	
Carol Eaton, 40	3:39.6
400 m. FREESTYLE	
Carol Eaton, 40	7:29.6
Jeanne Kennett, 40	9:05.0
1500 m. FREESTYLE	
Carol Eaton, 40	30:10.2
50 m. BACKSTROKE	
Connie Wilson, 40	1:44.0
Shirley Lehman, 40	1:45.0
Jeanne Kennett, 40	1:42.6
100 m. BACKSTROKE	
Connie Wilson, 40	1:37.0
200 m. BACKSTROKE	
Connie Wilson, 40	3:26.9
50 m. BREASTROKE	
Janet Twilight, 44	1:55.3

100 m. BREASTROKE

Connie Wilson, 40	2:12.9
50 m. BUTTERFLY	
Shirley Lehman, 40	1:50.2
Janet Twilight, 44	1:00.8
Jeanne Kennett, 40	1:02.6
200 m. IND. MEDLEY	
Janet Twilight, 44	4:52.6
Jeanne Kennett, 40	4:56.4
50 m. FREESTYLE	
Christine Weitzer, 45	1:49.0
100 m. FREESTYLE	
Christine Weitzer, 45	2:00.4
50 m. BACKSTROKE	
Christine Weitzer, 45	1:54.9
100 m. BACKSTROKE	
Christine Weitzer, 45	1:58.7
50 m. BREASTROKE	
Virginia Joslin, 50	1:51.2
100 m. BREASTROKE	
Virginia Joslin, 50	1:01.0
200 m. BREASTROKE	
Elfie Stevenin, 53	5:43.3
50 m. BUTTERFLY	
Elfie Stevenin, 53	6:52.4
100 m. BUTTERFLY	
Elfie Stevenin, 53	1:35.6
200 m. BUTTERFLY	
Elfie Stevenin, 53	3:45.0
50 m. IND. MEDLEY	
Elfie Stevenin, 53	6:28.2
50 m. FREESTYLE	
Eileen Biglin, 57	1:53.2
100 m. FREESTYLE	
Eileen Biglin, 57	2:10.7
50 m. BACKSTROKE	
Maxine Carlson, 55	1:54.7
100 m. BACKSTROKE	
Eileen Biglin, 57	1:58.9
200 m. BACKSTROKE	
Maxine Carlson, 55	2:10.2
50 m. BREASTROKE	
Maxine Carlson, 55	1:56.7
100 m. BREASTROKE	
Maxine Carlson, 55	2:10.2
50 m. BUTTERFLY	
Hazel Bressle, 66	1:35.2
100 m. BUTTERFLY	
Hazel Bressle, 66	1:41.1
50 m. BREASTROKE	
Hazel Bressle, 66	1:41.4
100 m. BREASTROKE	
Hazel Bressle, 66	1:41.4
50 m. FREESTYLE	
Trond Williams, 25	1:26.4
Bob Maestre, 25	1:26.9
Ernie Glass, 25	1:28.2
Jon Stout, 28	1:29.1
100 m. FREESTYLE	
Bob Maestre, 25	1:01.6
Trond Williams, 25	1:02.5
Kim Lintner, 26	1:02.5
200 m. FREESTYLE	
Bob Maestre, 25	2:12.9
400 m. FREESTYLE	
Bob Maestre, 25	5:13.0
1500 m. FREESTYLE	
Alan Jones, 28	27:00.3
Doug Crichton, 28	32:48.8
50 m. BACKSTROKE	
Jon Stout, 28	1:32.9
Ernie Glass, 25	1:34.2
100 m. BACKSTROKE	
Jon Stout, 28	1:13.6
200 m. BACKSTROKE	
Jon Stout, 28	2:46.6
50 m. BUTTERFLY	
Kim Lintner, 26	1:29.9
Ernie Glass, 25	1:30.7
Jed Cronin, 26	1:32.0
200 m. IND. MEDLEY	
Kim Lintner, 26	2:46.1
Jon Stout, 28	2:46.4
50 m. FREESTYLE	
Karl von Tagen, 31	1:26.5
Jack Miller, 32	1:30.8
Rose, 33	1:34.2
100 m. FREESTYLE	
Karl von Tagen, 31	1:59.8
Jere Mars, 33	1:37.5
200 m. FREESTYLE	
Harry Lewis, 33	2:13.1
400 m. FREESTYLE	
Steve Engel, 32	5:107.0
1500 m. FREESTYLE	
Harry Lewis, 33	24:14.1
Stuart Norris, 32	27:14.8
50 m. BACKSTROKE	
Harry Lewis, 33	1:43.7
100 m. BACKSTROKE	
Harry Lewis, 33	1:29.0
200 m. BACKSTROKE	
Harry Lewis, 33	3:09.2
50 m. BREASTROKE	
Jack Miller, 32	1:37.2
Ed Ritz, 31	1:47.5
Jere Mars, 33	1:56.0
100 m. BREASTROKE	
Jack Miller, 32	1:29.7
Ed Ritz, 31	1:41.7
200 m. BREASTROKE	
Steve Engel, 32	2:59.1
Ed Ritz, 31	3:13.7
50 m. BUTTERFLY	
Karl von Tagen, 31	1:30.5
Jack Miller, 32	1:34.1

100 m. BUTTERFLY

Jack Miller, 32	1:28.5
200 m. IND. MEDLEY	
Karl von Tagen, 31	2:42.5
400 m. IND. MEDLEY	
Steve Engel, 32	5:35.5
MEN 35 - 39	
50 m. FREESTYLE	
Jim Bigler, 39	1:33.0
100 m. FREESTYLE	
Mel McElroy, 35	1:04.6
200 m. FREESTYLE	
Mel McElroy, 35	2:12.5
400 m. FREESTYLE	
Mel McElroy, 35	5:11.5
1500 m. FREESTYLE	
Jim Bigler, 39	21:22.7
50 m. BACKSTROKE	
Mel McElroy, 35	1:20.2
100 m. BACKSTROKE	
Klaas Schenk, 35	2:53.1
MEN 40 - 44	
50 m. FREESTYLE	
Geo. Burgess, 43	1:33.9
Brian Heard, 41	1:40.0
100 m. FREESTYLE	
Jim Davies, 41	1:11.1
200 m. FREESTYLE	
Jim Davies, 41	2:15.3
400 m. FREESTYLE	
Fred Sprenger, 44	5:56.4
Jim Davies, 41	6:13.7
1500 m. FREESTYLE	
Fred Sprenger, 44	23:50.4
Jim Davies, 41	26:15.8
50 m. BACKSTROKE	
Tom Polley, 41	1:48.0
100 m. BACKSTROKE	
Tom Polley, 41	1:45.4
200 m. BACKSTROKE	
Tom Polley, 41	3:49.3
50 m. BREASTROKE	
Geo. Burgess, 43	1:42.5
Emmanuel Seng, 44	1:48.1
Brian Heard, 41	1:52.0
100 m. BREASTROKE	
Geo. Burgess, 43	1:37.1
Emmanuel Seng, 44	1:45.7
Brian Heard, 41	1:57.5
200 m. BREASTROKE	
Geo. Burgess, 43	3:55.0
Emmanuel Seng, 44	3:59.2
50 m. BUTTERFLY	
Geo. Burgess, 43	1:39.1
100 m. BUTTERFLY	
Jim Davies, 41	1:35.9
Tom Polley, 41	2:08.5
200 m. IND. MEDLEY	
Tom Polley, 41	4:12.7
MEN 45 - 49	
50 m. FREESTYLE	
Chuck Harrison, 49	1:36.0
100 m. FREESTYLE	
Chuck Harrison, 49	1:26.3
200 m. FREESTYLE	
Chuck Harrison, 49	3:19.5
400 m. FREESTYLE	
Charles Sheldon, 46	6:19.3
Chuck Harrison, 49	7:08.5
Fred Eckhardt, 49	7:53.2
1500 m. FREESTYLE	
Chuck Harrison, 49	29:12.7
Fred Eckhardt, 49	30:37.5
50 m. BACKSTROKE	
Donlan Jones, 45	1:37.4
Charles Sheldon, 46	1:37.8
100 m. BACKSTROKE	
Charles Sheldon, 46	1:25.8
Donlan Jones, 45	1:26.6
50 m. BREASTROKE	
Donlan Jones, 45	1:44.9
Fred Eckhardt, 49	1:48.5
50 m. BUTTERFLY	
Donlan Jones, 45	1:40.4
Fred Eckhardt, 49	1:40.6
100 m. BUTTERFLY	
Fred Eckhardt, 49	1:40.6
200 m. IND. MEDLEY	
Donlan Jones, 45	3:33.1
MEN 50 - 54	
200 m. FREESTYLE	
Charles McIntyre, 52	3:24.6
400 m. FREESTYLE	
Charles McIntyre, 52	7:08.7
50 m. BACKSTROKE	
Earl Walter, 54	1:37.5
Charles McIntyre, 52	1:43.3
100 m. BACKSTROKE	
Earl Walter, 54	1:25.6
Charles McIntyre, 52	1:38.1
200 m. BACKSTROKE	
Earl Walter, 54	3:17.8
Charles McIntyre, 52	3:51.9
200 m. IND. MEDLEY	
Earl Walter, 54	3:25.4
MEN 55 - 59	
1500 m. FREESTYLE	
Fred Wiggin, 59	30:06.0
50 m. BACKSTROKE	
Fred Wiggin, 59	1:43.5
100 m. BACKSTROKE	
Fred Wiggin, 59	1:36.7
200 m. BACKSTROKE	
Fred Wiggin, 59	3:30.0
200 m. IND. MEDLEY	
Fred Wiggin, 59	3:41.2
MEN 60 - 64	
50 m. FREESTYLE	
Geo. Bailey, 63	1:46.4

50 m. BACKSTROKE

Geo. Bailey, 63	1:57.4
50 m. BREASTROKE	
Karl Frederick, 61	1:45.3
Geo. Bailey, 63	1:52.8
100 m. BREASTROKE	
Karl Frederick, 61	1:43.7
Geo. Bailey, 63	2:03.9
50 m. BUTTERFLY	
Karl Frederick, 61	1:44.0
WOMEN - RELAYS	
200 m. FREESTYLE 25 & UP	
PNA Masters	
Correa, Moen, 2:19.5	
Henderson, Russell	
Oregon Masters	
Snyder, Peterson 2:34.1	
Wilson, Shaw	
PNA Masters	
McElroy, Miller 3:04.9	
Twight, McIntyre	
35 & UP	
PNA Masters	
Carlson, Abrams 3:03.2	
Lehman, Eaton	
200 m. MEDLEY 25 & UP	
Oregon Masters	
Wilson, Shaw 2:45.2	
Snyder, Peterson	
PNA Masters	
Correa, Moen 2:59.7	
Russell, Henderson	
35 & UP	
PNA Masters	
Carlson, Abrams 3:21.2	
Lehman, Eaton	
MEN - RELAYS	
200 m. FREESTYLE 25 & UP	
Oregon Masters	
Williams, Glass 1:47.6	
Maestre, von Tagen	
35 & UP	
PNA Masters	
Frederick, McIntyre 2:18.6	
Davies, McElroy	
Oregon Masters	
Burgess, Jones 2:34.9	
Walters, Sang	
200 m. MEDLEY 25 & UP	
Oregon Masters	
Jones, Seng 2:42.2	
Burgess, Walter	
PNA Masters	
Wiggin, McElroy 2:47.6	
Davies, Polley	
MIXED RELAY	
200 m. FREESTYLE 25 & UP	
PNA Masters	
Henderson, McElroy 2:36.5	
Miller, McIntyre	
35 & UP	
Oregon Masters	
Wilson, Friedly 2:26.6	
Burgess, Sprenger	
PNA Masters	
Foley, Davies 2:30.4	
Abrams, Lehman	
45 & UP	
Oregon Masters	
Walters, Harrison 2:47.2	
Joslin, Wietzer	
FINAL POINT TOTALS	
Oregon Masters -- 788	
PNA Masters ----- 621	
IE Masters ----- 54	

100 meter FREESTYLE

Jack Geoghegan 33	2:12.99
Walter Campbell 30	3:21.92
100 meter BACKSTROKE	
Jack Geoghegan 33	32.82
Phil Whitten 32	33.02
Ed Reed Jr 30	33.21
Bruce Calvert 32	33.60
100 meter BACKSTROKE	
Phil Whitten 32	1:11.3
100 meter BACKSTROKE	
Phil Whitten 32	2:38.7
50 meter BREASTROKE	
Bruce Calvert 32	35.26
Phil Whitten 32	35.52
Dennis Knaus 33	37.05
100 meter BACKSTROKE	
Dennis Knaus 33	1:23.40
100 meter BREASTROKE	
Phil Whitten 32	2:08.94
50 meter BUTTERFLY	
Jack Geoghegan 33	30.14
100 meter BUTTERFLY	
Avraham Melamed 30	1:00.56
200 meter BUTTERFLY	
Avraham Melamed 30	2:14.24
Jack Geoghegan 33	2:40.93
400 meter IND. MEDLEY	
Jack Geoghegan 33	5:45.31
Phil Whitten 32	6:18.26
MEN 35-39	
50 meter FREESTYLE	
Richard Beal 36	34.98
50 meter BACKSTROKE	
Bill Murray 38	35.36
100 meter BACKSTROKE	
Bill Murray 38	1:26.21
200 meter BACKSTROKE	
Bill Murray 38	3:09.91
50 meter BREASTROKE	
Tom Ockerse 35	36.20
100 meter BREASTROKE	
Tom Ockerse 35	1:27.23
50 meter BUTTERFLY	
Bill Murray 38	33.46
100 meter BUTTERFLY	
Bill Murray 38	1:20.5
MEN 40-44	
50 meter FREESTYLE	
Paul Blackhall 41	29.05
Bill Christian 44	33.06
Ed Haber 42	34.21
Tom Ringrose 41	35.23
100 meter FREESTYLE	
Paul Blackhall 41	1:11.76
Ed Haber 42	1:16.5
200 meter FREESTYLE	
Ed Haber 42	2:48.19
400 meter FREESTYLE	
Ed Haber 42	5:55.96
Bill Christian 44	6:41.06
Harold Schein 40	7:19.27
50 meter BACKSTROKE	
Paul Blackhall 41	36.12
50 meter BREASTROKE	

200 meter IND. MEDLEY	100 meter BACKSTROKE	WOMEN 65-69	100 METER FREESTYLE
Len Goldstone 47 2:59.11	Patricia Turner 36 49.00	200 meter BACKSTROKE	Louise Jobson 56 1:50.8
Fred Bartlett 45 3:15.07	2 meter BUTTERFLY	Evelyn Somers 68 6:02.10	100 METER BACKSTROKE
400 meter IND. MEDLEY	Patricia Turner 36 40.62	50 meter BREASTSTROKE	Rosena Frzychoda 55 2:44.5
Len Goldstone 46 6:44.6	100 meter IND. MEDLEY	Evelyn Somers 68 1:14.41	50 METER BREASTSTROKE
Ted Haartz 47 6:51.77	Patricia Turner 36 3:25.95	100 meters FREESTYLE	Louise Jobson 56 1:07.0
MEN 50-54	WOMEN 40-44	50 meter FREESTYLE	MEN 25-29
50 meter FREESTYLE	50 meter FREESTYLE	Evelyn Somers 68 1:03.23	100 METER FREESTYLE
Chuck McCarthy 50 36.01	Judy Puleston 40 44.90	50 meter BACKSTROKE	Bill Reichle 27 1:03.5
200 meter FREESTYLE	John Mitigay 40 53.91	Evelyn Somers 68 1:25.30	MEN 30-34
Jim Edwards 53 2:47.39	100 meter FREESTYLE	WOMEN 70-79	50 METER FREESTYLE
400 meter FREESTYLE	Judy Puleston 40 1:14.30	50 meter BREASTSTROKE	Paul Smith 31 28.9
Jim Edwards 53 5:54.22	Jane Huber 40(200 mtr) 3:31.05	Doris Hogan 74 1:15.18	Jack Likins 30 30.0
50 meter BACKSTROKE	Jane Huber 40 7:22.71	100 meter BACKSTROKE	Harry Hamilton 34 32.3
Jim Edwards 53 40.50	100 meter BACKSTROKE	Doris Hogan 74 3:05.02	100 METER FREESTYLE
100 meter BACKSTROKE	Donna Edelbaum 41 51.06	MEN FREE RELAYS	Jack Likins 30 1:06.0
Jim Edwards 53 1:29.00	Jane Huber 40 53.88	35+	Paul Smith 31 1:07.9
50 meter BREASTSTROKE	Jane Huber 40 1:54.50	NEM Paul Blackhall, Harold Schein	Harry Hamilton 34 1:10.8
Chuck McCarthy 50 46.04	100 meter BACKSTROKE	Bill Murray, Tom Ockerre 2:08.29	Sandy Thatcher 32 1:15.9
100 meter BREASTSTROKE	Jane Huber 40 4:10.69	45+	400 METER FREESTYLE
Chuck McCarthy 50 1:44.55	50 meter BREASTSTROKE	55+ Bill Ulrich, Ed Reed Sr 2:06.80	Harry Hamilton 34 5:15.8
Chuck McCarthy 50 45.90	Jane Huber 40 52.07	Abe Olanoff, C. Schaller 2:31.64	Jack Likins 30 5:31.1
100 meter BUTTERFLY	Donna Edelbaum 41 52.86	WOMEN FREE RELAY	Paul Smith 31 5:35.3
Chuck McCarthy 50 1:41.93	100 meter BREASTSTROKE	35+	Joel Brotman 32 6:25.5
MEN 55-59	Donna Edelbaum 41 1:52.04	35+ Judy Puleston, Donna Edelbaum,	100 METER BACKSTROKE
Ed Reed Sr 59 33.49	1:58.26	Jean Beers, Joan McIntyre 2:51.52	Paul Smith 31 1:18.0
100 meter FREESTYLE	200 meter BREASTSTROKE	COED RELAY	Mike Reissing 33 1:23.0
Ed Reed Sr 55 1:21.34	Bexene Ashford 40 4:24.59	35+	Sandy Thatcher 32 1:28.4
200 meter FREESTYLE	50 meter BUTTERFLY	NEM Ted Ricks, Dave Farnham,	50 METER BREASTSTROKE
Bill McCarthy 57 4:10.04	Donna Edelbaum 40 48.12	Donna Edelbaum, Judy Puleston	Sandy Thatcher 32 42.3
Vern Dawson 55 4:24.34	400 meter IND. MEDLEY	45+ 2:24.36	400 METER INDIVIDUAL MEDLEY
400 meter FREESTYLE	Donna Edelbaum 41 8:42.8	CONN M. Ergin, Len Goldstone,	Sandy Thatcher 32 6:44.4
John Merrill 58 6:55.87	WOMEN 45-49	Dorothy Donnelly, Nancy Phillips	MEN 35-39
Bill McCarthy 57 8:43.12	50 meter FREESTYLE	55+	50 METER FREESTYLE
Vern Dawson 55 9:08.20	Joan McIntyre 46 40.05	CONN John Merrill, G. Langner,	Joe Robinson 35 28.6
50 meter BACKSTROKE	Angela Page 49 57.10	R. Offenhauser, J. Pieretti 2:50.81	Amar Lathi 39 30.2
John Merrill 58 40.85	100 meter FREESTYLE	NEM B. Ulrich, E. Reed Sr	Bob Walden 36 30.6
John Merrill 55 41.41	Pat Clinton 45 1:22.36	D. Hogan, J. Baker 3:30.05	Ben Simon 37 33.1
100 meter BACKSTROKE	Joan McIntyre 46 1:29.65	CRANFORD COMMUNITY REC.	Lou Abel 39 35.3
John Merrill 58 1:30.45	200 meter FREESTYLE	CRANFORD, NEW JERSEY	Roger Smith 36 35.6
Bill Ulrich 55 1:37.00	Pat Clinton 45 3:01.37	August 17, 1975	100 METER FREESTYLE
200 meter BACKSTROKE	400 meter FREESTYLE	WOMEN 25-29	Joe Robinson 35 1:01.4
John Merrill 58 3:18.00	Pat Clinton 45 6:37.00	50 METER FREESTYLE	Bob Walden 36 1:09.3
50 meter BREASTSTROKE	Tink Bolster 46 44.80	Judy Davis 25 35.6	Ben Simon 37 1:21.0
Bernard Slavin 56 59.4	Joan McIntyre 46 47.86	Ducky Berkley 25 37.0	400 METER FREESTYLE
100 meter BREASTSTROKE	Dorothy Carr 48 1:00.58	100 METER FREESTYLE	Bob Walden 36 5:35.9
Bernard Slavin 56 2:12.12	100 meter BACKSTROKE	Ducky Berkley 25 1:32.5	Joe Robinson 35 5:46.9
200 meter BREASTSTROKE	Joan McIntyre 46 3:51.64	100 METER BUTTERFLY	Roger Smith 36 6:49.8
Bernard Slavin 56 5:01.49	50 meter BREASTSTROKE	Judy Davis 25 1:24.6	100 METER BACKSTROKE
50 meter BUTTERFLY	Tink Bolster 46 51.51	Valeria Pecce 32 32.2	Ben Simon 37 1:33.5
Bill Ulrich 55 35.72	Angela Page 49 1:26.27	Sharon Washbourne 34 43.6	Lou Abel 39 38.8
Ed Reed Sr 55 45.44	200 meter BUTTERFLY	Arlene Riggins 34 48.5	Ben Simon 37 1:02.3
100 meter BUTTERFLY	Tink Bolster 46 3:52.03	Lynn Joesten 34 1:17.4	100 METER BREASTSTROKE
Ed Reed Sr 55 1:49.11	400 meter IND. MEDLEY	Valeria Pecce 32 5:57.0	Lou Abel 39 1:30.0
A1 Steeves 55 2:33.67	Tink Bolster 46 7:50.00	Sharon Washbourne 34 54.1	100 METER BUTTERFLY
200 meter BUTTERFLY	WOMEN 50-54	Arlene Riggins 34 2:16.5	Ben Simon 37 1:33.2
Ed Reed Sr 55 4:39.10	50 meter FREESTYLE	Lynn Joesten 34 45.6	400 METER INDIVIDUAL MEDLEY
A1 Steeves 55 5:47.09	Dorothy Donnelly 53 35.50	Sharon Washbourne 34 54.1	Lou Abel 39 7:30.5
200 meter IND. MEDLEY	Dorothy Donnelly 53 41.99	Merilyn Diamond 34 1:36.1	Ben Simon 37 8:02.8
Bill Ulrich 55 3:26.89	Jean Beers 53 43.21	Sharon Washbourne 34 2:16.5	MEN 40-44
MEN 65-69	Enid Ulrich 53 1:30.77	Lynn Joesten 34 1:17.4	Richard Ellis 42 32.2
50 meter FREESTYLE	100 meter FREESTYLE	Valeria Pecce 32 5:57.0	Ken Rooney 43 32.4
C. Larry Schaller 66 40.43	Dorothy Donnelly 53 1:20.23	Lynn Joesten 34 1:31.0	Charles Stott 43 34.9
100 meter FREESTYLE	Nancy Phillips 54 NT	Merilyn Diamond 34 1:36.1	Ken Dawson 44 36.0
Abe Olanoff 69 1:44.20	200 meters FREESTYLE	Sharon Washbourne 34 2:16.5	Walter Woodruff 43 36.6
200 meter FREESTYLE	Dorothy Donnelly 53 3:11.30	Lynn Joesten 34 45.6	Ira Stein 40 38.7
Abe Olanoff 69 3:50.1	400 meters FREESTYLE	Sharon Washbourne 34 54.1	Bob Miller 41 38.9
50 meter BREASTSTROKE	Nancy Phillips 54 7:58.00	400 METER INDIVIDUAL MEDLEY	Dexter Taylor 41 40.9
Abe Olanoff 69 52.76	Nancy Phillips 54 48.00	Lynn Joesten 34 6:54.5	Richard Ellis 42 1:14.1
100 meter BREASTSTROKE	Jean Beers 53 59.61	WOMEN 40-44	Walter Woodruff 43 1:24.0
Abe Olanoff 69 1:56.13	Enid Ulrich 53 1:24.0	50 METER FREESTYLE	Charles Stott 43 1:24.1
200 meter BREASTSTROKE	100 meter BACKSTROKE	Joan Galvin 43 43.2	Ken Dawson 44 1:24.5
Abe Olanoff 69 4:13.80	Dorothy Donnelly 53 1:47.97	400 METER FREESTYLE	Dexter Taylor 41 1:33.1
MEN 70-79	Nancy Phillips 54 2:00.93	Jan Moeller 40 8:10.7	Ira Stein 40 1:38.0
100 meter FREESTYLE	50 meters BREASTSTROKE	Joan Galvin 43 1:59.7	Bob Miller 41 1:47.6
G. Harold Langner 72 1:35.94	Jean Beers 53 59.31	Jan Moeller 40 2:06.4	400 METER FREESTYLE
200 meter FREESTYLE	Enid Ulrich 53 1:57.54	50 METER BREASTSTROKE	Ken Dawson 44 6:34.2
G. Harold Langner 72 3:24.92	200 meters IND. MEDLEY	Jan Moeller 40 50.5	Charles Stott 43 6:34.5
400 meter FREESTYLE	Dorothy Donnelly 53 3:49.01	WOMEN 45-49	Richard Ellis 42 7:23.8
G. Harold Langner 72 7:08.15	50 meter FREESTYLE	50 meter FREESTYLE	MEN 40-44
50 meter BACKSTROKE	Jean Pieretti 55 35.73	Lainey Doonan 48 40.0	Ken Rooney 43 1:32.6
G. Harold Langner 72 1:12.44	Jean Baker 55 1:00.50	Lee Jackson 48 55.0	Walter Woodruff 43 1:44.0
100 meter BREASTSTROKE	100 meter FREESTYLE	100 METER FREESTYLE	Ken Dawson 44 1:46.1
G. Harold Langner 72 1:08.70	Jean Pieretti 55 1:21.28	Lainey Doonan 48 1:42.5	Richard Ellis 42 1:48.5
MEN 25-29	200 meter FREESTYLE	Lee Jackson 48 2:19.0	Ira Stein 40 2:33.4
100 meter FREESTYLE	Jean Pieretti 55 3:12.97	100 METER BACKSTROKE	Bob Miller 41 2:33.8
Therine Watson 25 1:28.20	50 meter BACKSTROKE	Lainey Doonan 48 1:55.7	50 METER BREASTSTROKE
Therine Watson 25 3:04.59	Jean Pieretti 55 45.89	Lee Jackson 48 1:19.5	Walter Woodruff 43 45.2
400 meter FREESTYLE	200 meter BACKSTROKE	WOMEN 50-54	Ira Stein 40 48.4
Therine Watson 25 6:25.08	Jean Pieretti 55 3:48.11	Charlotte Costello 52 37.6	Ken Rooney 43 51.0
100 meter IND. MEDLEY	50 meter BREASTSTROKE	Charlot Costello 52 1:29.5	Richard Ellis 42 55.3
Therine Watson 25 3:45.48	Jean Baker 55 1:08.76	400 METER FREESTYLE	Ken Dawson 44 55.4
WOMEN 30-34	100 meter BREASTSTROKE	Charlot Costello 52 7:19.6	Bob Miller 41 56.7
50 meter FREESTYLE	Jean Baker 55 2:32.77	50 METER BREASTSTROKE	100 METER BUTTERFLY
Jean Ockerre 30 46.93	WOMEN 50-64	Charlot Costello 52 49.6	Walter Woodruff 43 1:42.0
100 meter BREASTSTROKE	50 meter FREESTYLE	100 METER BUTTERFLY	Ira Stein 40 1:51.2
Liz. Atwood-Mets 31 45.13	Helen Offenhauser 63 52.00	Charlot Costello 52 1:47.7	Ken Dawson 44 1:55.7
100 meter BACKSTROKE	100 meter FREESTYLE	WOMEN 55-59	400 METER INDIVIDUAL MEDLEY
Liz. Atwood-Mets 31 1:38.51	Helen Offenhauser 63 1:51.44	50 meter FREESTYLE	Walter Woodruff 43 8:00.0
200 meter BREASTSTROKE	50 meter BACKSTROKE	Louise Jobson 56 43.4	Ira Stein 40 8:27.5
Liz. Atwood-Mets 31 3:30.23	Helen Offenhauser 63 1:00.30	Rosena Frzychoda 55 47.9	MEN 45-49
400 meter IND. MEDLEY	200 meter BACKSTROKE	Augusta Gromek 58 1:04.8	50 METER FREESTYLE
Liz. Atwood-Mets 31 7:08.40	Helen Offenhauser 63 4:27.50	WOMEN 55-59	Jim Forbes 49 33.8
MEN 35-39	400 meter IND. MEDLEY	Louise Jobson 56 43.4	Adrian Heffern 48 33.9
50 meter FREESTYLE	Helen Offenhauser 63 10:36.44	Rosena Frzychoda 55 47.9	Dan Sullivan 48 34.3
Patricia Turner 36 36.39	MEN 55-59	Augusta Gromek 58 1:04.8	Rob Mc Williams 46 36.6
100 meter FREESTYLE	50 meter FREESTYLE		John Redfern 45 38.1
Patricia Turner 36 3:07.69	Jim Forbes 49 33.8		Jim Van Loon 47 39.7

<u>400m Free</u>	
Judy Casello 30	8:09.96
<u>1500m Free</u>	
Judy Casello 30	31:34.88
<u>50m Fly</u>	
Judy Casello 30	58.18
<u>Women 35-39</u>	
<u>50m Free</u>	
Eve Anderson 37	34.60
Judy Collins 36	36.32
Lida Chase 37	40.79
<u>100m Free</u>	
Eve Anderson 37	1:21.10
<u>200m Free</u>	
Judy Collins 36	3:07.00
Eve Anderson 37	3:07.91
<u>1500m Free</u>	
Garry Sanner 36	38:08.31
<u>50m Breast</u>	
Eve Anderson 37	57.28
<u>200m Breast</u>	
Garry Sanner 36	4:47.39
<u>50m Back</u>	
Lou Herman 36	43.53
Lida Chase 37	51.95
<u>200m Back</u>	
Judy Collins 36	3:38.58
Judy Collins 36	43.84
<u>Women 40-44</u>	
<u>50m Free</u>	
L Stringfellow 40	45.57
<u>100m Free</u>	
L Stringfellow 40	1:40.95
<u>50m Breast</u>	
L Stringfellow 40	1:03.50
<u>50m Back</u>	
L Stringfellow 40	1:00.16
L Stringfellow 40	1:00.40
<u>Women 45-49</u>	
<u>50m Free</u>	
D Pannabecker 49	47.52
<u>50m Back</u>	
Joy Ford 47	55.58
D Pannabecker 49	1:04.91
<u>100m Back</u>	
Joy Ford 47	2:03.77
<u>200m Back</u>	
Joy Ford 47	4:22.65
<u>50m Breast</u>	
D Pannabecker 49	1:03.03
<u>100 Breast</u>	
D Pannabecker 49	2:21.79
<u>Women 65-69</u>	
<u>50m Back</u>	
Selma Rosenberg 65	1:23.24
<u>Women 70-79</u>	
<u>50m Free</u>	
Eleanor Anderson 70	55.78
<u>100m Free</u>	
Eleanor Anderson 70	2:24.09
<u>Men 25-29</u>	
<u>100m Free</u>	
Richard Merritt 28	1:01.49
Gary Nisemeyer 28	1:17.04
<u>200m Free</u>	
Gary Nisemeyer 28	2:27.89
<u>400m Free</u>	
Joel Wilson 26	4:58.57
Richard Merritt 28	5:21.06
Gary Nisemeyer 28	5:23.16
Bob Justman 27	6:42.44
<u>1500m Free</u>	
Joel Wilson 26	19:24.56
<u>50m Breast</u>	
Roger Takabayashi 27	35.04
<u>100m Fly</u>	
Richard Merritt 28	1:11.16
Richard Glass 26	1:11.39
<u>200m Ind Med</u>	
Richard Merritt 28	2:47.40
<u>Men 30-34</u>	
<u>50m Free</u>	
Bruce Clark 33	27.08
Jack Karbens 33	44.80
<u>100m Free</u>	
Bruce Clark 33	1:02.12
Jack Karbens 33	1:54.04
<u>400m Free</u>	
Robert Poiletman 31	5:23.78
<u>50m Back</u>	
Bruce Clark 33	34.83
<u>50m Breast</u>	
Bruce Clark 33	38.79
Bob Schmitt 31	40.63
<u>100m Breast</u>	
Bob Schmitt 31	1:31.07
<u>50m Fly</u>	
Bruce Clark 33	32.81
<u>100m Fly</u>	
Robert Poiletman 31	1:06.77
<u>200m Ind Med</u>	
Robert Poiletman 31	2:48.28
<u>Men 35-39</u>	
<u>50m Free</u>	
John Collins 39	43.04
<u>100m Free</u>	
John Collins 39	1:50.36
<u>200m Free</u>	
Bob Roper 36	2:42.70
<u>400m Free</u>	
Bob Roper 36	5:43.64
<u>1500m Free</u>	
Bob Roper 36	22:10.06

<u>Men 40-44</u>	
<u>50m Free</u>	
Denis Rice 43	31.83
<u>100m Free</u>	
Jim Cotton 42	1:14.70
Denis Rice 43	1:19.08
<u>200m Free</u>	
Denis Rice 43	2:47.43
<u>400m Free</u>	
Denis Rice 43	5:53.03
<u>1500m Free</u>	
Denis Rice 43	24:04.00
<u>50m Back</u>	
John Goode 41	35.86
<u>100m Back</u>	
John Goode 41	1:25.06
<u>50m Breast</u>	
Jim Cotton 42	41:22
<u>100m Breast</u>	
Jim Cotton 42	1:31.13
<u>Men 45-49</u>	
<u>50m Free</u>	
Lou Herman 45	31.37
Pete Love 46	35.39
<u>200m Free</u>	
Fred Trask 47	2:47.88
<u>50m Breast</u>	
Pete Love 46	50.81
<u>100m Breast</u>	
Pete Love 46	1:51.70
<u>100m Back</u>	
Fred Trask 47	1:33.03
<u>50m Fly</u>	
Pete Love 46	49.60
<u>200m Ind Med</u>	
Fred Trask 47	3:27.39
<u>Men 55-59</u>	
<u>50m Free</u>	
George Furlong 58	35.91
<u>100m Free</u>	
George Furlong 58	1:24.34
<u>200m Free</u>	
George Furlong 58	3:20.40
<u>400m Free</u>	
George Furlong 58	7:45.15
<u>1500m Free</u>	
George Furlong 58	30:36.44
<u>Men 60-64</u>	
<u>50m Free</u>	
Harold Sexton 60	33.27
<u>1500m Free</u>	
Jerome Holmes 60	30:15.15
<u>50m Back</u>	
Harold Sexton 60	45.61
Jerome Holmes 60	50.00
<u>50m Breast</u>	
Harold Sexton 60	52.81
Jerome Holmes 60	1:04.90
<u>50m Fly</u>	
Jerome Holmes 60	53.09
<u>200m Ind Med</u>	
Jerome Holmes 60	4:30.31
<u>Men 65-69</u>	
<u>50m Free</u>	
Lloyd Osborne 66	35.60
<u>200m Free</u>	
Lloyd Osborne 66	2:59.42
<u>400m Free</u>	
Lloyd Osborne 66	6:35.41
<u>1500m Free</u>	
Lloyd Osborne 66	26:00.62
<u>Men 70-79</u>	
<u>50m Free</u>	
John Anderson 72	42.22
<u>200m Free</u>	
Wally Laury 74	4:50.77
<u>400m Free</u>	
Wally Laury 74	10:22.77
<u>1500m Free</u>	
John Anderson 72	36:04.74
Wally Laury 74	39:15.04
<u>50m Breast</u>	
Karl Storz 76	1:08.16
<u>100m Breast</u>	
Wally Laury 74	2:29.52
Karl Storz 76	2:42.50
<u>200m Breast</u>	
Wally Laury 74	5:30.39
Karl Storz 76	6:15.29
<u>200m Med Rel</u>	
Men 35 & up	Waikiki Swim Club 2:20.74
(Goode, Herman, Cotton, Trask)	
Greater Kansas City September 27-28, 1975	
<u>Women 25-29</u>	
<u>50 Yd. Freestyle</u>	
P. Livingston 28	29.6
R. McPherson 26	30.4
C. Poste 28	36.0
<u>100 Yd. Freestyle</u>	
R. McPherson 26	1:09.3
<u>200 Yd. Freestyle</u>	
R. McPherson 26	2:41.9
<u>100 Yd. Backstroke</u>	
P. Livingston 28	1:17.2
<u>200 Yd. Backstroke</u>	
P. Livingston 28	2:48.5
M. Klier 26	3:12.5
<u>50 Yd. Breaststroke</u>	
C. Poste 28	41.5

<u>100 Yd. Breaststroke</u>	
C. Poste 28	1:31.8
<u>200 Yd. Breaststroke</u>	
C. Poste 28	3:23.5
<u>50 Yd. Butterfly</u>	
P. Livingston 28	33.2
<u>100 Yd. I.M.</u>	
P. Livingston 28	1:17.0
<u>200 Yd. I.M.</u>	
P. Livingston 28	1:30.5
<u>500 Yd. Freestyle</u>	
P. Livingston 28	2:50.7
<u>Women 30-35</u>	
<u>50 Yd. Freestyle</u>	
C. Effertz 32	45.2
<u>100 Yd. Freestyle</u>	
C. Effertz 32	1:51.0
<u>200 Yd. Freestyle</u>	
C. Effertz 32	4:09.0
<u>500 Yd. Freestyle</u>	
C. Effertz 32	11:39.8
<u>100 Yd. Breaststroke</u>	
L. Minningerode 33	1:46.8
<u>Women 35-39</u>	
<u>50 Yd. Freestyle</u>	
B. Zeremski 37	30.7
<u>100 Yd. Freestyle</u>	
B. Zeremski 37	1:09.8
<u>200 Yd. Freestyle</u>	
B. Zeremski 37	2:34.3
<u>500 Yd. Freestyle</u>	
B. Zeremski 37	6:58.4
<u>100 Yd. I.M.</u>	
B. Zeremski 37	1:21.9
<u>200 Yd. I.M.</u>	
B. Zeremski 37	3:01.2
<u>Women 40-44</u>	
<u>100 Yd. Freestyle</u>	
V. Nohinek 44	1:43.2
<u>100 Yd. Backstroke</u>	
V. Nohinek 44	1:49.1
<u>100 Yd. I.M.</u>	
V. Nohinek 44	2:03.0
<u>Women 55-59</u>	
<u>50 Yd. Freestyle</u>	
M. Scheier 59	48.9
<u>100 Yd. Freestyle</u>	
M. Scheier 59	1:52.0
<u>200 Yd. Freestyle</u>	
M. Scheier 59	4:08.1
<u>500 Yd. Freestyle</u>	
M. Scheier 59	11:02.6
<u>100 Yd. Backstroke</u>	
M. Scheier 59	2:11.0
<u>200 Yd. Backstroke</u>	
M. Scheier 59	4:36.3
<u>Women 60-64</u>	
<u>50 Yd. Freestyle</u>	
M. Anderson 61	53.3
<u>100 Yd. Freestyle</u>	
M. Anderson 61	1:52.1
<u>200 Yd. Freestyle</u>	
M. Anderson 61	4:13.6
<u>50 Yd. Backstroke</u>	
M. Anderson 61	55.0
<u>100 Yd. Backstroke</u>	
M. Anderson 61	2:04.6
<u>200 Yd. Backstroke</u>	
M. Anderson 61	4:15.1
<u>100 Yd. I.M.</u>	
M. Anderson 61	2:00.6
<u>400 Yd. I.M.</u>	
M. Anderson 61	9:00.0
<u>Men 25-29</u>	
<u>50 Yd. Freestyle</u>	
M. Klein 29	26.4
D. Earnhart 25	29.4
T. McPherson 27	31.0
<u>100 Yd. Freestyle</u>	
R. Sabates 25	51.4
C. Glidden 25	59.4
M. Klein 29	1:00.0
<u>200 Yd. Freestyle</u>	
C. Glidden 25	2:11.5
M. Klein 29	2:16.3
B. Jones 28	2:23.6
<u>500 Yd. Freestyle</u>	
C. Glidden 25	6:28.5
B. Jones 28	6:48.0
<u>50 Yd. Backstroke</u>	
T. McPherson 27	38.0
<u>100 Yd. Backstroke</u>	
B. Jones 28	1:08.5
<u>200 Yd. Backstroke</u>	
B. Jones 28	2:31.6
<u>50 Yd. Breaststroke</u>	
J. Wood 26	32.2
C. Glidden 25	33.9
M. Klein 29	34.7
D. Earnhart 25	36.9
<u>100 Yd. Breaststroke</u>	
J. Wood 26	1:12.2
<u>200 Yd. Breaststroke</u>	
J. Wood 26	2:48.6
C. Glidden 25	3:06.5
B. Jones 28	3:07.7
D. Earnhart 25	3:09.0
<u>100 Yd. I.M.</u>	
C. Glidden 25	1:05.5
J. Wood 26	1:08.7
B. Jones 28	1:10.7
T. McPherson 27	1:21.0
<u>200 Yd. I.M.</u>	
C. Glidden 25	2:21.5
J. Wood 26	2:32.3
B. Jones 28	2:37.4
<u>400 Yd. I.M.</u>	
J. Wood 26	5:31.4
C. Glidden 25	5:41.6
B. Jones 28	6:07.6

<u>Men 30-34</u>	
<u>50 Yd. Freestyle</u>	
C. Weeks 34	25.6
B. Poste 32	26.3
M. Freerks 30	28.8
<u>100 Yd. Freestyle</u>	
B. Poste 32	1:02.2
C. Miller 34	1:04.5
<u>200 Yd. Freestyle</u>	
C. Miller 34	2:23.0
<u>500 Yd. Freestyle</u>	
C. Miller 34	6:34.0
<u>50 Yd. Backstroke</u>	
C. Miller 34	36.0
<u>100 Yd. Backstroke</u>	
C. Miller 34	1:19.3
<u>200 Yd. Backstroke</u>	
C. Miller 34	2:48.5
<u>50 Yd. Breaststroke</u>	
B. Poste 32	33.7
C. Weeks 34	34.2
<u>50 Yd. Butterfly</u>	
C. Weeks 34	28.4
B. Poste 32	28.9
C. Miller 34	31.3
<u>100 Yd. I.M.</u>	
C. Weeks 34	1:05.8
B. Poste 32	1:07.8
C. Miller 34	1:24.9
<u>Men 35-39</u>	
<u>50 Yd. Freestyle</u>	
J. George 39	28.1
M. Brody 37	33.0
<u>100 Yd. Freestyle</u>	
J. George 39	1:07.3
M. Brody 37	1:13.5
<u>200 Yd. Freestyle</u>	
V. Mellen 35	2:34.2
J. George 39	2:35.3
M. Brody 37	3:15.2
<u>500 Yd. Freestyle</u>	
J. George 39	7:18.3
M. Brody 37	9:06.5
<u>50 Yd. Backstroke</u>	
J. George 39	34.5
<u>100 Yd. Backstroke</u>	
J. George 39	1:18.2
<u>200 Yd. Backstroke</u>	
J. George 39	3:07.8
<u>50 Yd. Breaststroke</u>	
W. Arnold 39	33.9
M. Brody 37	40.3
<u>100 Yd. Breaststroke</u>	
M. Brody 37	1:32.9
<u>200 Yd. Breaststroke</u>	
V. Mellen 35	3:16.3
<u>100 Yd. I.M.</u>	
W. Arnold 39	1:07.5
M. Brody 37	1:26.0
<u>200 Yd. I.M.</u>	
M. Brody 37	3:22.2
<u>Men 40-44</u>	
<u>50 Yd. Freestyle</u>	
J. Taylor 42	28.0
<u>100 Yd. Freestyle</u>	
J. Taylor 42	1:03.7
<u>200 Yd. Freestyle</u>	
J. Taylor 42	2:21.1
<u>Men 45-49</u>	
<u>50 Yd. Freestyle</u>	
H. Martin 45	27.9
J. Zagor 48	28.9
<u>50 Yd. Backstroke</u>	
H. Martin 45	30.7
J. Zagor 48	36.6
<u>100 Yd. Backstroke</u>	
H. Martin 45	1:09.6
<u>200 Yd. Backstroke</u>	
H. Martin 45	2:34.2
<u>50 Yd. Butterfly</u>	
J. Zagor 48	35.6
<u>Men 60-64</u>	
<u>50 Yd. Freestyle</u>	
B. Grant 61	28.1
H. Anderson 61	31.4
H. Weeks 62	33.0
<u>100 Yd. Freestyle</u>	
B. Grant 61	1:05.0
H. Anderson 61	1:11.8
<u>200 Yd. Freestyle</u>	
H. Anderson 61	2:41.1
<u>500 Yd. Freestyle</u>	
H. Anderson 61	7:18.6
<u>50 Yd. Backstroke</u>	
B. Grant 61	37.4
H. Weeks 62	40.7
<u>100 Yd. Backstroke</u>	
B. Grant 61	1:25.3
H. Anderson 61	1:29.0
<u>200 Yd. Backstroke</u>	
H. Anderson 61	3:19.3
<u>50 Yd. Breaststroke</u>	
H. Weeks 62	37.7
B. Grant 61	40.9
<u>100 Yd. Breaststroke</u>	
H. Weeks 62	1:27.4
<u>50 Yd. Butterfly</u>	
B. Grant 61	34.2
<u>100 Yd. I.M.</u>	
B. Grant 61	1:19.6
H. Anderson 61	1:24.5
H. Weeks 62	1:26.4
<u>200 Yd. I.M.</u>	
H. Anderson 61	3:16.2

<u>TARHEEL MASTERS 9-13-75</u>	
<u>Greensboro, North Carolina</u>	
<u>Women 25-29</u>	
<u>50 YARD FREESTYLE</u>	
Meredith Cox 26	30.40
<u>50 YARD BACKSTROKE</u>	
Meredith Cox 26	37.50
<u>50 YARD BUTTERFLY</u>	
Meredith Cox 26	37.71
<u>100 YARD I.M.</u>	
Meredith Cox 26	1:24.01
<u>Women 50-54</u>	
<u>50 YARD FREESTYLE</u>	
Dorothy Reesequie 54	31.39
<u>500 YARD FREESTYLE</u>	
Dorothy Reesequie 54	7:12.34
<u>Men 25-29</u>	
<u>50 YARD FREESTYLE</u>	
David Apple 26	26.67
<u>100 YARD FREESTYLE</u>	
David Apple 26	1:03.07
<u>500 YARD FREESTYLE</u>	
David Apple 26	7:16.00
<u>50 YARD BREASTSTROKE</u>	
David Apple 26	37.78
<u>Men 30-34</u>	
<u>50 YARD FREESTYLE</u>	
N.J. Herrick 31	25.02
<u>500 YARD FREESTYLE</u>	

AAU NATIONAL MEN'S AND WOMEN'S LONG COURSE MASTERS SWIMMING CHAMPIONSHIPS
UNIVERSITY OF TENNESSEE STUDENT AQUATIC CENTER
Knoxville, Tennessee Aug. 29, 30, 31, 1975

WOMEN 25-29

50 Meter Freestyle		
Elynn Morris	26 DCM	29.304
Susie White	28 RRST	30.188
Martha Gatchell	26 UAC	31.045
Diane Garton	25 GASC	31.812
Wendith Cox	26 TM	33.129
Nancy Miller	26 CRM	34.894
100 Meter Freestyle		
Elynn Morris	26 DCM	1:06.754
Susie White	28 RRST	1:07.501
Anne Grans	28 CSC	1:07.565
Martha Gatchell	26 UAC	1:09.8
Joanne Menard	27 GCM	1:17.109
Wendith Cox	26 TM	1:18.232
200 Meter Freestyle		
Anne Grans	28 CSC	2:29.203
Martha Gatchell	26 UAC	2:34.385
Elynn Morris	26 DCM	2:35.728
Diane Garton	25 GASC	2:36.5
Susie White	28 RRST	2:38.675
Joanne Menard	27 GCM	2:49.808
400 Meter Freestyle		
Anne Grans	28 CSC	5:19.790
Martha Gatchell	26 UAC	5:32.7
Elynn Morris	26 DCM	5:37.849
Diane Garton	25 GASC	5:38.802
Cathy Engelhardt	25 GCM	5:41.236
Susan Schaffer	27 UN	5:48.975
Susie White	28 RRST	6:00.247
Joanne May	27 UN	6:03.387
Joanne Menard	27 GCM	6:07.121
800 Meter Freestyle		
Cathy Engelhardt	25 GCM	23:00.186
Joanne May	27 UN	24:17.105
Linda Sadowski	27 UN	25:34.457
1000 Meter Freestyle		
Maureen O'Hara	27 ZA	1:26.245
Susan Schaffer	27 UN	1:29.898
Joanne Menard	27 GCM	1:34.478
50 Meter Backstroke		
Susan Schaffer	27 UN	3:06.113
Cathy Engelhardt	25 GCM	3:10.855
Joanne May	27 UN	3:19.249
Joanne Menard	27 GCM	3:26.0
100 Meter Backstroke		
Cindy Lane	28 UN	1:28.678
Nancy Miller	26 CRM	1:37.2
Nancy Barnett	26 GCM	1:38.5
Lynda Sadowski	27 UN	1:38.869
Joanne May	27 UN	1:41.929
Frances Flemmons	26 TM	1:44.287
200 Meter Backstroke		
Cindy Lane	28 UN	3:16.840
Susan Schaffer	27 UN	3:26.512
Nancy Barnett	26 GCM	3:34.063
Lynda Sadowski	27 UN	3:36.578
Joanne May	27 UN	3:41.392
50 Meter Butterfly		
Anne Grans	28 CSC	0:32.457
Elynn Morris	26 DCM	0:35.123
Diane Garton	25 GASC	0:35.6
Frances Flemmons	26 TM	0:37.767
Wendith Cox	26 TM	0:37.983
100 Meter Butterfly		
Anne Grans	28 CSC	1:15.640
Cathy Engelhardt	25 GCM	1:19.426
Frances Flemmons	26 TM	1:31.034
200 Meter Individual Medley		
Martha Gatchell	26 UAC	2:55.582
Diane Garton	25 GASC	2:59.439
Cathy Engelhardt	25 GCM	3:00.104
Susan Schaffer	27 UN	3:02.5
Lynda Sadowski	27 UN	3:26.132
Women 30-34		
50 Meter Freestyle		
Diane Todd	31 DCM	29.930
Irene David	31 RRSC	31.0
Jennifer Parks	31 INSC	31.168
Nancy Kirkendall	32 DCM	32.244
Carolyn DeLuca	32 MISC	32.229
Linda Combes	32 TM	34.730
Betsy Durrant	33 TM	35.505
Susan Husson	31 DCM	37.100
Susan Mannino	32 SM	41.159
100 Meter Freestyle		
Dianna Todd	31 DCM	1:08.526
Lynne Weir	34 MISC	1:10.681
Irene David	31 RRSC	1:10.7
Nancy Kirkendall	32 DCM	1:11.441
Linda Combes	32 TM	1:12.976
Susan Husson	31 DCM	1:12.226
Diane Humphrey	32 INSC	1:12.952
Susan Mannino	32 SM	1:13.226
Carol Rhudy	33 MISC	1:17.682
Barbara Jean Gore	30 INSC	1:16.262
200 Meter Freestyle		
Jane Katz	32 MNYT	2:35.434
Lynne Weir	34 MISC	2:41.937
Betty Bennett	32 INSC	2:42.184
Ceese Brown	31 USN	2:47.281
Carolyn DeLuca	32 MISC	2:49.936
Nancy Kirkendall	32 DCM	2:50.1
Susan Husson	31 DCM	3:13.661
Carol Rhudy	33 MISC	3:10.845
Barbara Jean Gore	30 INSC	4:07.349
400 Meter Freestyle		
Jane Katz	32 MNYT	5:25.224
Lynne Weir	34 MISC	5:33.845
Jennifer Parks	31 MISC	5:43.112
Betty Bennett	32 INSC	5:52.0
Ceese Brown	31 USN	6:00.905
Nancy Kirkendall	32 DCM	6:03.509
Irene David	31 RRSC	6:05.451
Susan Husson	31 DCM	6:12.746
E. Atwood-Metz	31 MNYT	6:15.027
Carol Rhudy	33 MISC	7:57.084
Barbara Jean Gore	30 INSC	8:52.072

1500 Meter Freestyle		
Jane Katz	32 MNYT	21:24.017
Lynne Weir	34 MISC	22:32.806
Ceese Brown	31 USN	23:17.043
E. Atwood-Metz	31 MNYT	25:59.860
Diane Humphrey	32 INSC	27:58.138
Barbara Jean Gore	30 INSC	35:52.967
100 Meter Backstroke		
Jennifer Parks	31 MISC	1:17.324
Betty Bennett	32 INSC	1:22.498
Ceese Brown	31 USN	1:25.4
Nancy Kirkendall	32 DCM	1:30.761
Betsy Durrant	33 TM	1:33.652
Judith Coble	33 YAC	1:44.9
200 Meter Backstroke		
Jennifer Parks	31 MISC	2:48.933
Betty Bennett	32 INSC	2:58.4
Jane Katz	32 MNYT	3:02.1
Patricia Mills	33 DCM	3:16.486
Betsy Durrant	33 TM	3:27.630
Judith Coble	33 YAC	4:06.871
100 Meter Breaststroke		
Patricia Mills	33 DCM	1:32.492
Susan Peterson	32 MNYT	1:35.272
Diane Todd	31 DCM	1:36.668
E. Atwood-Metz	31 MNYT	1:37.7
Lynne Weir	34 MISC	1:39.665
Betsy Durrant	33 TM	1:43.154
Carol Rhudy	33 MISC	1:46.921
Diane Humphrey	32 INSC	1:51.95
Judith Coble	33 YAC	2:03.564
Susan Mannino	32 SM	2:06.392
200 Meter Breaststroke		
Patricia Mills	33 DCM	3:23.517
Susan B. Peterson	32 MNYT	3:25.553
E. Atwood-Metz	31 MNYT	3:26.065
Betsy Durrant	33 TM	3:46.9
Carol Rhudy	33 MISC	3:52.466
Diane Humphrey	32 INSC	4:07.328
Judith Coble	33 YAC	4:34.833
50 Meter Butterfly		
Susan Peterson	32 MNYT	0:32.391
Irene David	31 RRSC	0:32.691
Diane Todd	31 DCM	0:32.918
Carolyn DeLuca	32 MNYT	0:33.8
100 Meter Butterfly		
Susan Peterson	32 MNYT	1:12.577
Carolyn DeLuca	32 MISC	1:16.821
Irene David	31 RRSC	1:18.789
Diane Todd	31 DCM	1:19.920
Ceese Brown	31 USN	1:25.287
E. Atwood-Metz	31 MNYT	1:45.047
200 Meter Individual Medley		
Susan Peterson	32 MNYT	2:53.044
Jane Katz	32 MNYT	2:58.793
Jennifer Parks	31 MISC	3:01.621
Betty Bennett	32 INSC	3:04.608
Patricia Mills	33 DCM	3:10.951
Carolyn DeLuca	32 MISC	3:11.2
Barbara Jean Gore	30 INSC	4:12.928
Women 35-39		
50 Meter Freestyle		
Jane Thornburg	37 TOM	32.465
Barbara Zarenski	38 KCM	34.136
Alice Jones	37 UAC	34.234
Dot Gates	39 DCM	34.377
Julie Gideonse	37 DCM	36.066
Jane Perkins	35 JM	37.7
Lynn Rigley	36 DSC	41.876
Janice Fenske	37 SSM	44.929
Julie Nagel	38 SFRD	45.691
100 Meter Freestyle		
Helen Buss	39 SLM	1:11.988
Jane Thornburg	37 TOM	1:12.233
Alice Jones	37 UAC	1:15.701
Barbara Zarenski	38 KCM	1:17.686
Dot Gates	39 DCM	1:19.928
Lucille Griffin	37 BS	1:21.43
Julie Gideonse	37 DCM	1:31.4
Jane Perkins	35 JM	1:32.130
Lynn Rigley	36 DSC	1:39.029
Janice Fenske	37 SSM	1:47.771
200 Meter Freestyle		
Helen Buss	39 SLM	2:37.957
Jane Thornburg	37 TOM	2:44.928
Barbara Zarenski	38 KCM	2:54.0
Barbara Jordan	38 RM	2:54.387
Alice Jones	37 UAC	2:54.406
Jane Perkins	35 JM	3:12.854
400 Meter Freestyle		
Helen Buss	39 SLM	5:30.423
Jane Thornburg	37 TOM	5:58.655
Barbara Zarenski	38 KCM	6:04.002
Barbara Jordan	38 RM	6:05.420
Alice Jones	37 UAC	6:20.570
Lucille Griffin	37 BS	6:49.941
Jane Perkins	35 JM	8:12.269
1500 Meter Freestyle		
Helen Buss	39 SLM	21:31.782
Barbara Jordan	38 RM	24:02.043
Beth Gabriel	36 MISC	26:27.438
Lucille Griffin	37 BS	26:46.676
Jill Oberweis	37 INSC	26:52.612
Natalie Johnson	36 SM	30:47.185
Jane Perkins	35 JM	33:27.548
100 Meter Backstroke		
Barbara Jordan	38 RM	1:42.829
Julie Gideonse	37 DCM	1:40.165
Millie Bergeron	35 GCM	1:41.869
Jill Oberweis	37 INSC	1:42.115
Beth Gabriel	36 MISC	1:43.9
Lucille Griffin	37 BS	1:47.173
Julie Nagel	38 SFRD	1:47.844
Janice Fenske	37 SSM	2:18.712
200 Meter Backstroke		
Barbara Jordan	38 RM	3:02.214
Millie Bergeron	35 GCM	3:17.963
Jill Oberweis	37 INSC	3:21.876

50 Meter Freestyle		
Julie Gideonse	37 DCM	3:23.9
Beth Gabriel	36 MISC	3:26.405
Lucille Griffin	37 BS	3:27.839
100 Meter Breaststroke		
Beth Gabriel	36 MISC	1:31.1
Helen Geoffrion	36 LAM	1:43.8
Alice Jones	37 UAC	1:44.365
Natalie Johnson	36 SM	1:51.6
Janice Fenske	37 SSM	2:05.832
200 Meter Breaststroke		
Beth Gabriel	36 MISC	3:35.506
Helen Geoffrion	36 LAM	3:56.427
Natalie Johnson	36 SM	4:03.950
50 Meter Butterfly		
Millie Bergeron	35 GCM	0:35.603
Helen Geoffrion	36 LAM	0:41.9
Kathryn Norton	36 DCM	0:42.269
Dot Gates	39 DCM	0:42.902
Janice Fenske	37 SSM	1:00.279
100 Meter Butterfly		
Helen Buss	39 SLM	1:24.663
Millie Bergeron	35 GCM	1:25.448
Jill Oberweis	37 INSC	1:25.879
Helen Geoffrion	36 LAM	1:28.697
Kathryn Norton	36 DCM	1:28.908
Natalie Johnson	36 SM	1:45.932
200 Meter Individual Medley		
Millie Bergeron	35 GCM	3:13.902
Barbara Zarenski	38 KCM	3:20.846
Jane Thornburg	37 TOM	3:23.7
Jill Oberweis	37 INSC	3:28.366
Kathryn Norton	36 DCM	3:41.500
Helen Geoffrion	36 LAM	3:48.601
Natalie Johnson	36 SM	3:56.777
Women 40-44		
50 Meter Freestyle		
Betty Brey	43 DCM	32.174
Jayne Bruner	41 AMY	32.321
Jean Fox	40 UN	36.576
J. D. Smith	44 IAM	36.666
Adrienne Pipes	41 CM	37.162
M. Wendy Williams	42 ORM	46.816
100 Meter Freestyle		
Jayne Bruner	41 AMY	1:13.365
Betty Brey	43 DCM	1:15.859
Jean Fox	40 DCM	1:28.181
Genita Thor	42 ORM	1:35.6
Mta Glass	41 GASC	1:46.107
Mary Wendy Williams	42 ORM	1:47.269
200 Meter Freestyle		
Betty Brey	43 DCM	3:01.176
Adrienne Pipes	41 CM	3:18.131
Genita Thor	42 ORM	3:24.020
Jane Huber	42 ACC	3:29.426
Mta Glass	41 GASC	3:37.4
400 Meter Freestyle		
Anne McGuire	40 GCM	6:25.503
Genita Thor	42 ORM	6:51.107
Jane Huber	42 ACC	7:11.440
1500 Meter Freestyle		
Anne McGuire	40 GCM	25:04.894
Genita Thor	42 ORM	27:47.049
Jane Huber	42 ACC	29:23.8
100 Meter Backstroke		
Connie Wilson	40 OAC	1:33.885
Jean Fox	40 UN	1:35.628
J. D. Smith	44 IAM	1:45.328
Genita Thor	42 ORM	1:58.008
Jane Huber	42 ACC	2:02.107
M. Wendy Williams	42 ORM	2:13.425
Patti Rutinger	42 INSC	2:18.021
200 Meter Backstroke		
Connie Wilson	40 OAC	3:25.611
Ann Champ	40 UN	3:32.034
Jean Fox	40 UN	3:42.970
Jacqueline Smith	44 IAM	3:47.754
Jane Huber	42 ACC	4:04.512
Patti Rutinger	42 INSC	4:46.2
100 Meter Breaststroke		
Anne McGuire	40 GCM	1:34.119
Ann Champ	40 UN	1:44.317
Jacqueline Smith	44 IAM	1:46.000
Mary Wendy Williams	42 ORM	2:13.836
200 Meter Breaststroke		
Anne McGuire	40 GCM	3:32.735
Jayne Bruner	41 AMY	3:33.264
Ann Champ	40 UN	3:50.733
M. Wendy Williams	42 ORM	

200 Meter Individual Medley			50 Meter Freestyle			DC Masters B			SPRD		
Dorothy Reseggie	54 TM	3:36.969	Edie Goldman	65 SM	1:7.588	(Morton, Gideonse, J., Chen, Monsein)	2:16.018	(McGuire, Jennings, Tillotson, Pray)			2:55.629
Charlotte Costello	52 SMNY	3:37.126	Rita Shephard	66 SOMSC	53.163	Oak Ridge Masters A	2:27.342	Illinois Masters			3:02.513
Jeanne Merryman	52 MAM	4:03.445	Ruth Switzer	67 SM	56.803	(Thor, Williams, Lauer, Lison)		(Stelsid, Havlicek, Bushnell, Reeve)			3:10.331
Lillian Kyte	53 ORM	4:12.860	Elizabeth Gray	69 CM	1:15.1	Shabbos Sharks Masters	2:57.19	DC Masters			
Jan Swally	53 SM	4:12.8						(Draves, Bender, Scott, McAfee)			
Women 55-59			100 Meter Freestyle			Oak Ridge Masters B			Men 25-29		
Jean Pieretti	55 CMSC	35.908	Edie Goldman	65 SM	1:55.800	(Marshall, Schappell, Johnson, Rahn)	3:07.379	50 Meter Freestyle			
Zada Taft	56 SM	42.762	Ruth Switzer	67 SM	2:04.848	45 + 200 M Freestyle Relay Mixed		Paul Katz	25 PHSC	25.390	
Annetta Pfeiffer	57 UN	43.940	Frances Watkins	76 IMSC	2:28.7	Illinois Masters	2:11.904	Bruce Petersen	28 GASC	26.630	
Virginia Allen	56 DCM	44.217	Nellie Brown	82 DCM	3:16.8	(Schmidt, Reeves, Turcotte, Rutinger)		John Connor	25 TOB	26.730	
Viola Thompson	57 GALT	44.387				DC Masters A	2:30.151	Blair Richards	25 DCM	27.152	
100 Meter Freestyle			200 Meter Freestyle			Oak Ridge Masters A <th colspan="3">Robert Vielhaber </th>			Robert Vielhaber		
Jean Pieretti	55 CMSC	1:24.198	Rita Shephard	66 SOMSC	4:26.376	(Eves, Moffit, Hamner, Moffit)	2:37.680	David Gibson	29 ORN	27.836	
Helen Kummer	56 DC	1:32.100	Ruth Switzer	67 SM	4:36.960	(Ragan, Brynstad, Marshall, Harris)	2:47.680	Chris Kitchin	28 OHIO	27.9	
Annetta Pfeiffer	57 UN	1:45.0	Edie Goldman	65 SM	9:14.680	Metro Masters of NY	2:48.545	Bill Koller	26 MANAC	27.949	
Wilhelmina Scheier	59 KCM	2:07.843	Ruth Switzer	67 SM	9:40.509	(Katz, F, Costello, Katz, L, Guido)	3:07.677	Jeff Jackson	26 AM	27.982	
200 Meter Freestyle			1500 Meter Freestyle			DC Masters B			James M. Donnelly		
Jean Pieretti	55 CMSC	3:24.338	Edie Goldman	65 SM	35:45.4	(McAfee, Sagasti, Flannagan, Mann)	3:08.734	Tim Hill	27 SM	28.672	
Margaret George	58 GALT	3:48.146	Ruth Switzer	67 SM	37:08.931	Oak Ridge Masters B		George A. Burke	26 SM	29.2	
Annetta Pfeiffer	57 UN	3:57.584	Evelyn Somers	68 CMSC	38:32.35	(Grunst, AlPussell, Gooch, Grunst W)	3:10.734	Jim Allen	26 SM	30.170	
Lorraine Peterson	57 GALT	4:17.473	Frances B. Watkins	76 IMSC	45:154.306	55 + 200 M Freestyle Relay Mixed		Wallace Burke	25 SM	30.538	
Wilhelmina Scheier	59 KCM	4:55.568				DC Masters A	2:31.881	Warren Thompson	28 UN	31.621	
100 Meter Freestyle			100 Meter Backstroke			DC Masters B			100 Meter Freestyle		
Helen Kummer	56 DCM	7:12.257	Rita Shephard	66 SOMSC	2:26.301	(Scott, Clark, Hamner, Draves)	2:39.419	Paul Katz	25 PHSC	0:56.125	
Nancy Pessel	55 DCM	7:44.181	Elizabeth Gray	69 CM	3:32.714	San Mateo Marlins	2:48.987	Bruce Petersen	28 OSC	1:00.229	
Zada Taft	56 SM	8:06.939	Rita Shephard	66 SOMSC	5:11.031	(Goldman, Taft Z, Koppel, Taft R)		Blair Richards	25 DCM	1:00.7	
Annetta Pfeiffer	57 UN	8:14.235	Evelyn Somers	68 CMSC	6:03.8	DC Masters B	2:56.716	John Lane	29 UN	1:01.076	
Ruth Wunderlich	56 OHIO	8:54.893				Oak Ridge Masters A		Jim Allen	26 SM	1:03.508	
1500 Meter Freestyle			200 Meter Breaststroke			Oak Ridge Masters B			William Cerny		
Helen Kummer	56 DCM	28:11.121	Evelyn Somers	68 CMSC	6:27.970	(Lyon, Meservey, Ashton, Crews)	3:03.461	Jeff Jackson	26 AM	1:03.576	
Nancy Pessel	55 DCM	29:04.061				Oak Ridge Masters A		Tim Hill	27 SM	1:06.526	
Pat Mathiesen	59 SM	36:03.304	Edie Goldman	65 SM	5:09.728	(Sachs, Phillips, Lindauer, McDuffie)		John Quarrud	29 SPRD	1:06.189	
Wilhelmina Scheier	59 KCM	39:07.121				Relays - Men			Michael Ross	27 MANAC	1:07.057
Lorraine I. Peterson	57 GALT	39:15.757				25 + 200 M Freestyle Relay		George Burke	26 SM	1:09.929	
100 Meter Backstroke			Women 70-72			DC Masters	1:48.368	Warren Thompson	28 UN	1:10.5	
Jean Pieretti	55 CMSC	1:42.179	200 Meter Freestyle	76 IMSC	5:11.167	(Randall, Husson, Vielhaber, Richards)		David Solomon	26 AM	2:11.195	
Zada Taft	56 SM	1:52.352	Frances Watkins	76 IMSC	10:43.304	Oak Ridge Masters	1:50.447	Daniel Rueff	28 GM	2:13.400	
Margaret George	58 GALT	1:55.8	100 Meter Freestyle	76 IMSC	10:43.304	(Green, Morris, Gibson, Reynolds)		William Cerny	27 UN	2:13.4	
Virginia Allen	56 DCM	1:58.731	100 Meter Backstroke	76 IMSC	2:42.845	Suncoast Masters	1:51.619	John Lane	29 UN	2:13.923	
Mims Jennings	55 SPRD	1:59.761	Frances B. Watkins	76 IMSC	2:42.845	Donnelly, Burke, Hill, Jones		Jim Allen	26 SM	2:20.227	
Ruth Wunderlich	56 OHIO	2:00.3	Women 80 & Over			S.P.R.D.	1:53.113	Bruce Petersen	28 GASC	2:21.044	
Wilhelmina Scheier	59 KCM	2:23.195	50 Meter Freestyle	82 DCM	1:45.000	(Moon, Quarrud, Nagel, Hicks)		Blair Richards	25 DCM	2:28.095	
Bunny Havlicek	57 IMSC	2:29.757	Nellie Brown	82 DCM	1:45.000	Madison A&M&C	1:57.080	Michael Ross	27 MANAC	2:29.027	
200 Meter Backstroke			100 Meter Freestyle	82 DCM	1:47.6	(Jenkins, Hellmuth, Ross, Koella)	2:00.351	John Quarrud	29 SPRD	2:38.323	
Jean Pieretti	55 CMSC	3:47.893	Nellie Brown	82 DCM	1:47.6	New Jersey Masters	2:11.555	Dale Jenkins	25 MANAC	2:39.7	
Zada Taft	56 SM	3:58.344				(Goode, Walden, Hamilton, Lentsch)		Tim Hill	27 SM	2:44.486	
Margaret George	58 GALT	4:08.482				Metro Masters of NY	2:11.555	Warren Thompson	28 UN	3:00.176	
Virginia Allen	56 DCM	4:20.384				(Meyer, Katz, Forbes, Guido)		100 Meter Freestyle			
Mims Jennings	55 SPRD	4:24.2				25 + 200 M Medley Relay	2:02.276	William Cerny	27 UN	4:39.242	
Ruth Wunderlich	56 OHIO	4:32.760				DC Masters	2:02.276	Daniel Rueff	28 GM	4:48.473	
Bunny Havlicek	57 IMSC	5:24.028				(Randall, Husson, Vielhaber, Richards)	2:07.289	John Lane	29 UN	4:52.074	
100 Meter Breaststroke						Suncoast Masters	2:09.641	Michael A. Ross	27 MANAC	5:17.751	
Nancy Pessel	55 DCM	1:43.828				(Donnelly, Burke, W, Jones, Burke G)	2:12.996	John Quarrud	29 SPRD	5:43.104	
Viola Thompson	57 GALT	1:58.371				Madison A&M&C	2:12.996	Dale Jenkins	25 MANAC	5:48.361	
Margaret George	58 GALT	2:02.369				(Jenkins, Koller, Hamner, Ross)	2:12.996	Warren Thompson	28 UN	5:56.827	
Lorraine Peterson	57 GALT	2:31.9				Oak Ridge Masters	2:12.996	1500 Meter Freestyle			
Wilhelmina Scheier	59 KCM	3:12.109				(Horris, Green, Gibson, Reynolds)	2:28.653	William Cerny	27 TOB	18:20.124	
200 Meter Breaststroke						Metro Masters of NY	2:28.653	Paul Katz	25 PHSC	18:48.701	
Nancy Pessel	55 DCM	3:44.524				Jersey Masters	2:36.450	Daniel Rueff	28 GM	19:48.8239	
Margaret George	58 GALT	4:23.174				(Walden, Hamilton, Sullivan, Woodruff)		Michael Ross	27 MANAC	21:14.785	
Pat Mathiesen	59 SM	4:42.340				35 + 200 M Freestyle Relay	1:53.080	Blair Richards	25 PCN	21:47.801	
50 Meter Butterfly						Michigan Masters	1:53.375	Dale Jenkins	25 MANAC	22:54.769	
Helen Kummer	56 DCM	0:49.747				(Martin, Hoos, Heritier, Reinke)	1:53.375	John Quarrud	29 SPRD	23:29.377	
Viola Thompson	57 GALT	0:52.752				Southern Ohio Masters	1:55.880	Warren Thompson	28 UN	23:42.437	
Pat Mathiesen	59 SM	1:04.9				DC Masters	2:17.685	100 Meter Backstroke			
Ruth Wunderlich	56 OHIO	1:07.580				(Monsein, Gideonse S, Mahood, Drum)	2:17.685	George Schmidt	25 TAFB	1:07.703	
Annetta Pfeiffer	57 UN	1:12.610				Oak Ridge Masters	2:17.685	Larry Chase	27 ZA	1:09.756	
100 Meter Butterfly						35 + 200 M Medley Relay	2:17.006	Jim Allen	26 SM	1:09.8	
Helen Kummer	56 DCM	1:58.998				DC Masters	2:17.006	Fred Forshey, Jr.	26 PSM	1:15.659	
Viola Thompson	57 GALT	2:12.925				(Monsein, Kutyna, Drum, Gideonse S)	2:10.885	Wallace Burke	25 SM	1:16.649	
Pat Mathiesen	59 SM	2:18.969				Michigan Masters	2:10.885	Dale Jenkins	25 MANAC	1:17.579	
200 Meter Individual Medley						(Martin, Hoos, Garbus, Reinke)	2:13.295	Robert Vielhaber	27 DCM	1:21.797	
Viola Thompson	57 GALT	4:09.603				Southern Ohio Masters	2:14.2	Dick Capps	29 TM	14:3.812	
Zada Taft	56 SM	4:14.472				(Stickney, Anderson, Heinrich, Henry)		Chris Kitchin	28 OHIO	2:07.604	
Pat Mathiesen	59 SM	4:32.329				Oak Ridge Masters	2:35.829	200 Meter Backstroke			
Ruth Wunderlich	56 OHIO	4:42.773				(Campbell, Cloyers, Timken, Otis)	2:35.829	George Schmidt	25 TAFB	2:29.528	
Women 60-64						Oak Ridge Masters	2:35.829	Larry Chase	27 ZA	2:32.490	
Nancy Clark	61 DCM	1:41.926				(Lison, Johnson, Lauer, Rahn)	2:40.195	Jim Allen	26 SM	2:39.863	
Georgia McCarthy	62 UN	1:42.985				45 + 200 M Freestyle Relay	2:01.195	Wallace Burke	25 SM	2:50.911	
Dorothy Fralay	61 TOM	57.831				Illinois Masters	2:02.073	Dale Jenkins	25 MANAC	2:53.3	
Francis L. Sachs	61 ORM	59.918				DC Masters	2:02.073	100 Meter Breaststroke			
100 Meter Freestyle						(Eves, Mann, Flanagan, Moffit)	2:09.127	Michael Cohen	29 VBC	1:12.316	
Nancy Clark	61 DCM	1:34.916				NEM	2:09.127	Bill Koller	26 MANAC	1:15.039	
Georgia McCarthy	62 UN	1:51.711				(Smith, Ulrich, Edwards, Haartz)	2:09.798	Allen Stark	26 TOM	1:16.9	
Janet Meservey	60 ORM	2:07.920				MOST	2:11.919	Larry Chase	27 ZA	1:19.500	
Dorothy Fralay	61 TOM	2:18.687				(Nicoll, Hellman, Dallman, Odobina)	2:11.919	James Donnelly	26 SM	1:19.877	
Eileen McAfee	62 DCM	2:30.7				Oak Ridge Masters	2:18.560	Ralph Moon	25 SPRD	1:20.187	
200 Meter Freestyle						(Marshall, Gooch, Grunst, Harris)	2:18.560	Fred Forshey	26 PSM	1:21.286	
Nancy Clark	61 DCM	3:38.988				DC Masters	2:18.560	Kevin O'Keefe	27 SM	1:28.287	
Francis Sachs	61 ORM	4:18.9				(Moffit, Flanagan, Eves, Mann)	2:22.665	Chris McNaught	29 UN	1:28.472	
Dorothy Fralay	61 TOM	5:14.682				NEM	2:22.665	200 Meter Breaststroke			
100 Meter Freestyle						(Smith, Haartz, Ulrich, Edwards)	2:25.309	Michael G. Cohen	29 VBC	2:41.942	
Nancy Clark	61 DCM	7:44.343				Illinois Masters	2:25.309	Bill Koller	26 MANAC	2:50.872	
Francis L. Sachs	61 ORM	10:43.410				(Schmidt, Koblish, Hutinger, Ocker)	2:26.916	Allen Stark	26 TOM	2:52.317	
1500 Meter Freestyle						Tosa Swim Club	2:26.916	Larry Chase	27 ZA	2:58.321	
Francis Sachs	61 ORM	4:14.5.613				(Wilson, Trowicki, Bauman, Tockwell)	2:33.667	James M. Donnelly	26 SM	2:58.363	
100 Meter Backstroke						MOST	2:33.667	Ralph Moon	25 SPRD	2:58.829	
Georgia McCarthy	62 UN	2:06.904				(Nicoll, Hellman, Dallman, Odobina)	2:35.102	Chris McNaught	29 TM	3:13.693	
Janet Meservey	60 ORM	2:18.774				Oak Ridge Masters	2:40.195	Kevin O'Keefe	27 SM	3:26.332	
Dorothy Fralay	61 TOM	2:26.500				(Gooch, Marshall, Harris, Grunst)	2:40.195	50 Meter Butterfly			
Frances L. Sachs	61 ORM	2:34.963				55 + 200 M Freestyle Relay	2:12.195	Paul Katz	25 PHSC	27.242	
200 Meter Backstroke						Oak Ridge Masters	2:12.195	David Solomon	26 AM	28.116	
Mildred Anderson	61 TOM	4:33.670				(Crews, Lindauer, McDuffie, Ashton)	2:16.920	Robert Vielhaber	27 DCM	29.210	
Georgia McCarthy	62 UN	4:40.701				Mid Atlantic Masters	2:16.920	Fred Forshey	26 PSM	29.2	
Dorothy Fralay	61 TOM	5:20.371				(Row, Curran, Jagers, Ravstrom)	2:21.274	John Connor	25 TOB	29.297	
Janet Meservey	60 ORM	5:21.903				DC Masters A	2:21.274	David Gibson	29 ORN	30.2	
100 Meter Breaststroke						(Miller, Sewell, Gibson, Reynolds)	2:28.592				

John Lane	29 UN	1:09.694	Walter Heares	32 OMSD	2:50.2	Tom Bigley, Jr.	36 DSC	3:34.100	Graham Johnston	44 TSM	2:44.813
Allen Stark	26 TSM	1:11.473	Bob Wilson	32 GFFY	2:57.810				H. A. Giddeonse	41 DCM	2:44.866
Kevin O'Keefe	27 SMI	1:21.568	James Crane	33 DC	3:01.883				Paul O. Reinke	40 MNSC	2:53.136
200 Meter Individual Medley			Men 35-39			Men 40-44			Men 45-49		
George Schmidt	25 TAFB	2:26.060	50 Meter Freestyle			H. A. Giddeonse	41 DCM	26.981	Dave Drum	40 DCM	2:55.0
Larry Chase	27 ZA	2:27.8	Bill Clearhout	35 OMSD	27.168	Nave Drum	40 DCM	28.551	Bill Lauer	40 CRM	3:00.360
Daniel Ruff	28 OM	2:32.385	Carl T. Woolley	38 UN	27.627	K. Gene Nagel	40 SPRD	30.136	Tom Koening	43 MNSC	3:02.927
David Solomon	26 AMM	2:33.047	Howard Roberts	36 UN	27.746	Wade Barber	40 SIM	30.745	Ed Schelonka	43 NMM	3:13.917
Bill Koller	26 MAMAC	2:37.175	Bill Barley	38 CM	28.073	Abba J. Kastin	40 GMSD	31.658	George Brunstad	41 MNSC	3:14.882
Ralph Moon	25 SPRD	2:40.329	George Worthington	38 CM	28.509	Jim Kirts	40 DSC	31.736	Ray Chen	41 DCM	3:15.322
Allen Stark	26 TOM	2:47.663	Neal McDonnell	35 MAM	28.8	Ed Schelonka	43 NMS	31.738	Barney Hungerford	42 NJANG	3:16.6
Robert Vielhaber	27 DCM	2:47.899	Peter Lizon	37 ORM	29.087	Jack H. Olsen	43 UN	31.819	John Huson	40 TM	3:17.397
James M. Donnelly	26 SM	2:51.223	Larry B. Anderson	38 SOMSC	29.230	Nick Berenyi	42 CAA	33.780	Ronald T. Austin	40 MNSC	3:17.731
Wallace Burke	25 SM	2:57.490	Joseph Henry	39 SOMSC	29.580	100 Meter Freestyle			Walter W. Woodruff	43 JM	3:19.284
Chris McNaught	29 UTM	2:59.9	Bob Walden	36 JM	30.338	H. A. Giddeonse	41 DCM	1:02.145	R. Scheidelman	40 RNSC	3:22.026
Kevin O'Keefe	27 SMI	3:05.857	Phillip J. Hellmuth	37 MAMAC	32.637	Gaither Rosser	40 GCM	1:02.677	John Johnson	42 ORM	4:01.002
George Burke	26 SM	3:09.206	Leigh Harris	35 UN	40.493	Graham Johnston	44 TOM	1:04.146	Men 45-49		
Men 30-34			100 Meter Freestyle			Dave Drum	40 DCM	1:04.4	50 Meter Freestyle		
50 Meter Freestyle			Bill Clearhout	35 OMSD	1:00.861	Paul Reinke	40 MNSC	1:08.282	Charles Moss	47 MNSC	28.981
Tim Garton	33 RYM	26.101	Howard Roberts	36 UN	1:01.556	W. Gene Nagel	40 UN	1:10.755	Bob Heritier	47 MNSC	29.1
Jack Geoghegan	33 OMSD	26.185	Carl Woolley	38 UN	1:02.194	Jack Olsen	43 UN	1:11.322	Roy Stokney	48 SOMSC	29.342
John White	30 RRST	26.846	Larry Anderson	38 SOMSC	1:06.0	Jim Kirts	40 DSC	1:12.934	Edward Bues, Jr.	46 DCM	29.576
John Lionberger	30 DSC	27.198	Joseph Henry	39 SOMSC	1:06.15	Ed Schelonka	43 NMM	1:13.200	Larry Larimore	48 LAM	30.090
Douglas Buchanan	31 NYAC	27.535	Peter Lizon	37 OMS	1:06.523	Abba J. Kastin	40 GMSD	1:16.0	Ted Haartz	47 NEM	30.634
Ray Randall	31 DCM	28.215	Bob Walden	36 JM	1:07.285	Nick Berenyi	42 CAA	1:18.874	Alfonso A. Allen	45 CESD	30.924
Bo Rhudy	33 MNSC	28.300	Dallas Boggs	37 JM	1:11.769	200 Meter Freestyle			Morvan Schueckler	48 RR	31.213
Arthur R. Hale	33 HIAC	29.760	William Mahood	38 DCM	1:13.362	Burwell Jones	42 SM	2:11.662	Steve Grobina	47 MOST	31.748
100 Meter Freestyle			Phillip Hellmuth	37 MAMAC	1:14.295	Graham Johnston	44 TOM	2:19.273	Edward Kirk	45 CSSC	34.351
Tim Garton	33 RYM	56.989	Leigh Harris	35 UN	1:14.258	Gaither Rosser	40 GCM	2:25.767	Barton Anson	49 SOMSC	34.180
Jack Geoghegan	33 OMSD	58.067	200 Meter Freestyle			Jerome J. Garbus	41 MNSC	2:31.770	100 Meter Freestyle		
John White	30 RRSC	1:01.2	Carl Woolley	38 UN	2:22.341	Jack H. Olsen	43 UN	2:44.082	Charles Moss	47 MNSC	1:04.644
James Crane	33 DC	1:01.435	Bill Clearhout	38 UN	2:22.941	Barney Hungerford	42 NJANG	2:51.750	Carl Yates	48 RM	1:06.875
Ray Randall	31 DCM	1:01.5	John duPont	36 SC	2:25.376	Abba J. Kastin	40 GMSD	3:01.997	Roy Stokney	48 SOMSC	1:07.556
Douglas Buchanan	31 NYAC	1:02.840	Neal McDonnell	36 MAM	2:29.5	400 Meter Freestyle			Edward Bues, Jr.	46 DCM	1:07.605
Bo Rhudy	33 MNSC	1:04.385	Bob Walden	36 JM	2:31.798	Burwell Jones	42 SM	4:49.821	Norman Schueckler	48 RR	1:08.057
John Lionberger	30 DSC	1:04.737	Arnold Kleban	38 DSC	2:37.454	Graham Johnston	44 TOM	4:52.678	Ted Haartz	47 NEM	1:09.993
Harry Hamilton	34 JM	1:08.073	Dallas Boggs	37 CM	2:39.028	Gaither Rosser	40 GCM	5:23.378	Steve Grobina	47 MOST	1:12.194
200 Meter Freestyle			Jerome Lendway	36 SM	2:41.765	Tom Koening	43 MNSC	5:40.530	Bob Beach	45 SPRD	1:12.205
Tim Garton	33 RYM	2:09.465	W. L. Mahood	38 DCM	2:46.194	Art Welch	42 LB	5:50.140	Everett E. Mann	45 DCM	1:12.810
Jack Geoghegan	33 OMSD	2:09.8	Phillip Hellmuth	37 MAMAC	2:48.631	Skip Monsein	41 DCM	5:52.670	Edward Kirk	45 CSSC	1:20.106
James Crane	33 DC	2:11.914	400 Meter Freestyle			Jack H. Olsen	43 UN	5:53.966	Barton Anson	49 SOMSC	1:24.361
Phillip Goode	32 JM	2:12.061	John duPont	36 SC	5:02.329	Barney Hungerford	42 NJANG	6:00.396	200 Meter Freestyle		
James Green	30 ORM	2:25.600	Carl T. Woolley	38 UN	5:05.994	George Brunstad	41 MNSC	6:08.292	Carl Yates	48 RM	2:28.157
Harry Hamilton	34 JM	2:25.741	Gary Heinrich	35 SOMSC	5:11.4	Wade Barber	40 SIM	6:22.138	Bob Beach	45 SPRD	2:35.000
Douglas Buchanan	31 NYAC	2:28.630	Bob Walden	36 JM	5:32.427	Graham Johnston	44 TOM	13:22.965	Bob Heritier	47 MNSC	2:35.318
David Sachs	33 NMM	2:33.276	Dallas Boggs	37 CM	5:37.890	Burwell Jones	42 SM	19:29.580	Norman Schueckler	48 RR	2:39.144
Bo Rhudy	33 MNSC	2:34.663	W. R. Tinken, Jr.	36 OHIO	5:42.637	Tom Koening	43 MNSC	22:41.333	Dick Mesirov	48 MAM	2:42.0
400 Meter Freestyle			Robert Neeves	35 UN	5:45.735	Jerome Garbus	41 MNSC	22:41.359	Edward Bues, Jr.	46 DCM	2:45.730
James Crane	33 DC	4:41.136	Arnold Kleban	38 DSC	5:48.790	Art Welch	42 LB	22:55.257	T. E. Mann	45 DCM	2:49.664
Jack Geoghegan	33 OMSD	4:44.025	Don Glass	36 GASC	5:49.098	Bill Lauer	40 ORM	23:23.132	Edward Kirk	45 CSSC	2:58.185
Phillip Goode	32 JM	4:57.008	Phillip Hellmuth	37 MAMAC	5:52.282	N. Gene Nagel	40 SPRD	24:10.537	Barton Anson	49 SOMSC	3:15.109
Harry Hamilton	34 JM	5:10.295	W. L. Mahood	38 DCM	5:53.1	Barney Hungerford	42 NJANG	24:19.073	400 Meter Freestyle		
James M. Green	30 ORM	5:24.562	Jerome Lendway	36 SM	5:54.842	Jack Olsen	43 UN	24:35.947	Carl Yates	48 RM	5:10.700
Richard Meyer	34 NYNY	5:57.115	Tom Bigley, Jr.	36 DSC	6:44.839	Wade Barber	40 SIM	25:11.7	Bob Beach	45 SPRD	5:31.122
John E. Warner	31 MAMAC	6:24.184	Leigh Harris	35 UN	7:12.715	R. Scheidelman	40 RNSC	29:07.196	Norman Schueckler	48 RR	5:33.173
Arthur R. Hale	33 HIAC	6:33.545	1500 Meter Freestyle			Skip Monsein	41 DCM	1:14.637	Dick Mesirov	48 MAM	5:38.284
1500 Meter Freestyle			John duPont	36 SC	20:31.609	Jerome Garbus	41 MNSC	1:21.218	Bob Heritier	47 MNSC	5:40.009
James Crane	33 DCM	19:06.734	Carl Woolley	38 UN	20:34.177	Art Mayer	43 MAM	1:23.202	John H. Bauman	45 TOMA	6:00.206
Phillip Goode	32 JM	19:43.385	Gary Heinrich	35 SOMSC	21:02.786	Ray Chen	42 LB	1:26.862	E. E. Mann	45 DCM	6:06.623
Harry Hamilton	34 JM	20:46.880	Joseph Berthe	30 NN	22:33.573	Art Welch	42 LB	1:26.862	Edward Kirk	45 CSSC	6:40.388
Harry DeVictoria	30 NMM	20:55.165	Dallas Boggs	37 CM	22:36.175	Ray Chen	42 LB	1:27.6	Wm. L. Marshall	49 ORM	6:51.466
John Hellmann	33 SOMSC	22:18.820	Bob Walden	36 JM	22:44.074	George Brunstad	41 OMSD	1:28.109	Barton Anson	49 SOMSC	6:57.963
100 Meter Backstroke			Arnold Kleban	38 DSC	22:49.591	John Johnson	42 ORM	1:46.937	Jim Forbes	49 NYNY	7:12.464
Jon L. Hellmann	33 SOMSC	1:10.625	Phillip J. Hellmuth	37 MAMAC	23:06.545	200 Meter Backstroke			Carl Yates	48 RM	2:05.104
David Hicks	40 SPRD	1:10.693	Jerome Lendway	36 SM	23:19.233	Skip Monsein	41 DCM	2:46.341	Norman Schueckler	48 RR	2:21.04
Ray Randall	31 DCM	1:12.201	William Mahood	38 DCM	23:50.958	Jerome J. Garbus	41 MNSC	3:00.845	Bob Beach	45 SPRD	2:21.371
Richard Meyer	34 NYNY	1:12.5	Leigh Harris	35 UN	24:03.191	Art Welch	42 LB	3:05.983	Tic Mesirov	48 MAM	2:23.647
Paul Betser	33 SPRD	1:14.084	100 Meter Backstroke			Art Mayer	43 MAM	3:07.4	Everett Mann	45 DCM	2:24.276
Al Cartwright	33 UN	1:15.103	Neal McDonnell	36 MAM	1:10.983	Barney Hungerford	42 NJANG	3:10.872	Bob Harris	48 ORM	2:50.117
Bo Rhudy	33 MNSC	1:24.308	Bill Barley	38 CM	1:11.363	Ray Chen	41 DCM	3:12.564	Dan Sullivan	48 JM	2:52.737
David Sachs	33 NMM	1:25.068	Kirk Canterbury	37 CM	1:11.971	George Brunstad	41 OMSD	3:22.869	Edward Kirk	45 CSSC	2:52.872
200 Meter Backstroke			Arnold Kleban	38 INSC	1:15.705	John Johnson	42 ORM	3:47.543	William Marshall	49 ORM	2:59.564
Jon L. Hellmann	33 SOMSC	2:36.190	Phillip J. Hellmuth	37 MAMAC	1:16.725	100 Meter Breaststroke			100 Meter Backstroke		
David Hicks	30 SPRD	2:35.322	Tom Bigley, Jr.	36 DSC	1:40.946	William Davis	41 LAM	1:13.794	Mark Coughlin	47 DCM	1:27.473
Al Cartwright	33 UN	2:41.797	Leigh Harris	35 UN	1:45.278	Paul Reinke	40 MNSC	1:18.895	Dan Sullivan	48 JM	1:28.785
Richard Meyer	34 NYNY	2:45.822	200 Meter Breaststroke			Harry Brown	41 SPRD	1:25.380	Everett Mann	45 DCM	1:39.4
Peter Betser	33 SPRD	2:46.137	Neal McDonnell	35 MAM	2:39.532	Tom Koening	43 MNSC	1:25.467	Bobby J. Hansen	49 UN	1:41.939
Ray Randall	31 DCM	2:46.1	Kirk Canterbury	39 TM	2:44.126	Don Kutyna	41 DCM	1:26.997	Wm. L. Marshall	49 ORM	1:48.682
Robert Huson	30 OM	2:57.044	Ray Martin	33 OMSD	2:44.972	Ronald Austin	40 MOST	1:27.593	200 Meter Backstroke		
Bob Wilson	32 GFFY	3:05.487	Bill Barley	38 CM	2:46.5	Nick Berenyi	42 CAA	1:29.0	Bob Heritier	47 MNSC	2:59.369
100 Meter Breaststroke			Arnold Kleban	38 INSC	2:55.988	K. Gene Nagel	40 SPRD	1:29.902	Mark Coughlin	47 DCM	3:08.830
Robert Huson	30 DCM	1:16.922	Tom Bigley, Jr.	36 DSC	3:43.045	Ray Chen	41 DCM	1:32.393	Bob Beach	45 SPRD	3:17.8
Bob Browning	30 UN	1:17.305	100 Meter Breaststroke			John Huson	40 TM	1:33.117	Dan Sullivan	48 JM	3:20.092
John Wagner	31 MAMAC	1:22.842	Robert Neeves	35 UN	1:18.464	Jim Kirts	40 DSC	1:37.175	William Marshall	49 ORM	4:00.573
Peter Betser	33 SPRD	1:23.165	Howard Roberts	36 UN	1:21.217	R. Scheidelman	40 RNSC	1:40.5	100 Meter Breaststroke		
Harry DeVictoria	30 S2:	1:24.4	Larry Anderson	38 SOMAC	1:25.862	John Johnson	42 ORM	1:44.193	Roy Stokney	48 SOMSC	1:25.165
Arthur Hale	33 HIAC	1:33.360	Don Glass	36 GASC	1:29.0	Dave D. Reinke	40 MNSC	2:59.576	Ted Haartz	47 NEM	1:26.788
200 Meter Breaststroke			Frederick Herr	38 SWA	1:33.3	William K. Davis	41 LAM	2:59.720	Jim Forbes	49 NYNY	1:28.629
Robert Huson	30 DCM	2:49.356	Jerome Lendway	36 SM	1:34.870	Tom Koening	43 MNSC	3:12.909	Matt Flanagan	49 DCM	1:28.975
Walter Heares	32 OMSD	3:02.245	Lauren Humphrey	36 INSC	1:59.861	Don Kutyna	41 DCM	3:13.176	Mark Coughlin	47 DCM	1:31.098
John E. Warner	31 MAMAC	3:03.213	200 Meter Breaststroke			Ronald T. Austin	40 MOST	3:15.094	Bruno Weber	48 CSA	1:31.344
Peter Betser	33 SPRD	3:07.670	Howard S. Roberts	35 UN	2:58.456	Harry Brown	41 SPRD	3:15.974	Ransom Arthur	49 LAM	1:31.915
Harry DeVictoria	30 SMI	3:10.773	Robert Neeves	35 UN	2:58.783	Nick Berenyi	42 CAA	3:20.261	Dick Mesirov	48 MAM	1:36.827
Arthur R. Hale	33 HIAC	3:18.405	Larry B. Anderson	38 SOMSC	3:13.340	K. Gene Nagel	40 SPRD	3:21.7	Art Kelley	49 SIM	1:38.165
50 Meter Butterfly			Don Glass	36 GASC	3:15.059	N. Gene Nagel	40 SPRD	3:26.191	Bobby Hansen	49 UN	1:42.589
John White	30 RRST	27.515	Jerome Lendway	36 SM	3:23.359	Ray Chen	41 DCM	3:26.478	200 Meter Breaststroke		
Jack Geoghegan	33 OMSD	28.531	Frederick Herr	38 SWA	3:36.906	John Huson	40 TM	3:29.882	Roy Stokney	48 SOMSC	3:10.887
Law Brumm	33 TOOSA	30.053	George Worthington	38 CM	29.308	Jim Kirts	40 DSC	3:34.009	Larry Larimore	48 LAM	3:13.256
Phillip Goode	32 JM	30.521	Gary Heinrich	35 SOMSC	29.630	John Johnson	42 ORM	3:50.020	Bruno H. Weber	48 CSA	3:14.181
James Green	30 ORM	30.6	Bill Clearhout	35 OMSD	30.118	50 Meter Butterfly			Ted Haartz	47 NEM	3:15.313
Bo Rhudy	33 MNSC	31.949	Ray Martin	38 MNSC	31.6	Dave Drum	41 DCM	29.512	Matt Flanagan	49 DCM	3:17.464
David Sachs	33 NMM	32.373	W. R. Tinken, Jr.	36 OHIO	32.225	Gaither Rosser	40 GCM	30.249	John H. Bauman	45 TOMA	3:19.130
Arthur Hale	33 HIAC	32.497	Joseph Henry	39 SOMAC	32.2	Bill Lauer	40 ORM	32.879	Jim Forbes	49 NYNY</	

MASTERS NOTES SWIMMING

EDITOR'S NOTE: My move has been completed and please use my new address: 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305. Home phone (305) 564-6185, office (305) 961-9700.

UHRICH'S HELPFUL HINTS: To become a good swimmer you must improve your body in the following ways: 1) Increase your endurance, 2) Increase your swimming skills, 3) Increase your strength, 4) increase your circulation, 5) Increase your ability to keep oxygen in your body, 6) increase your ability to take minor discomforts associated with training. It takes many different kinds of swim training to accomplish these things. One type is called MARATHON TRAINING. It is swimming a very steady but slow pace where you try to increase the number of lengths you can swim without stopping. Try to swim two lengths of the pool, then next time try four lengths, etc. until you can swim at least twenty lengths without stopping at the ends or letting your feet touch the bottom. Try to end your swim at the same speed you started swimming. Try to use smooth and regular strokes and kick steadily. Just push yourself a light amount each time. After you have learned to swim twenty lengths steadily then you can try to SLOWLY speed up each length. Above all, be sure that your doctor has given you a checkup and you have his approval to swim.....

INTERNATIONAL NEWS: Pedro Garcia - former SPA Masters Swimmer - has returned to his native home - Ecuador. He has organized the First Ecuadorian Masters Championships with over 100 entries! In December the Peruvian Masters will join the Ecuadorian Masters for the first South American Master's meet. The South American Championships are being planned for next year.....

NORTH/SOUTH DUAL MEET: Even though the competition will be fierce, the North is staying at the same motel as the South. A Spaghetti feed and dance are being planned as the social events for the week-end.....

O*H*I*O (Old Hearts Inspiring Others) MASTERS: Report that the U.S. Olympic Swimming Team plans on using the new C.T. Branin Natatorium next summer for three weeks before heading for Montreal! The pool, located in Canton, Ohio, is an indoor facility 25 yards wide and 50 meters long with 1 & 3 meter diving boards. Perhaps we can have a National Masters Meet in Canton some year...

QUESTION: Who pedaled their bike all the way from Chicago to Huntington, IN to swim in the Huntington Mile and then back again? Was it Alan Stern?.....

SYNCHRONIZED SWIMMING: The first Masters National Championships in Synchronized Swimming were held recently in Reading, PA. Opening the competition to the tune, "If You Were the Only Girl in the World" was the mixed duet of Judith Coble and Ransom Arthur! Perhaps we can encourage more mixed duets for next year's meet.....

HE'S HOOKED: Bob Colyer, head swim coach at Valparaiso University in Valparaiso, IN writes that "now after 15 months of participation, I have to complete my involvement with Swim-Master. There's no way to measure adequately the benefits one gains from the conditioning and camaraderie and competition that is Masters Swimming. I knew this as an observer and can feel it even more so as I get more and more deeply involved. The Gatorade group at IU, where I've spent the past two summers completing my doctorate, is simply one super group of people with the proper mixture of dedication and enjoyment. I hope to continue to encourage more participation in this part of the state as well....

READING YMCA MASTERS SWIMMING PROGRAM: John Spannuth is putting out a great newsletter for the Reading Y group. Many of the swimmers up there are improving their times. The social hour is also improving! At their next meet the winning team will be awarded a cake but they must share it with everybody.....

TOURING: Al Guth of San Pedro is touring the Far East and searching for pools to work out in in Hong Kong and Thailand.....

LAWRENCEVILLE: Fred Stickel, an alumnus of the Lawrenceville School, has arranged for the use of the pool for a Masters Meet to be held on Nov. 2nd. He has had great cooperation on the part of everyone connected with the school including the Coach, Arthur Schonheiter, Jr., who is the son of his former coach, George, Sr. Fred expects swimmers from Connecticut, New England, Pennsylvania and Metropolitan.....

FINA RECOGNITION: There are difficulties in getting official recognition of Masters Swimming in terms of the F.I.N.A. rules. The nations advocating recognition are U.S., Australia, Canada and Japan but most Iron Curtain Countries have offered no support, obviously because the way in which the sport is organized in these countries which recognize no professionals or amateurs as such - in fact they are all good "comrades". We will continue our efforts to achieve World recognition.....

SWIM-MASTER

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



FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM MEET SCHEDULE

NOV 11, DEC 7, JAN 6, JAN 25, FEB 2, MAR 2, -	New England AAU - Enid Uhrich, 25 Lafayette Rd., Newton Lower Falls, MA 02162
MAR 21, APR 6, APR 24-25, MAY 4, JUN 1	
DEC 14, JAN 11, FEB 15, MAR 28, APR 25 -	Ohio Association - Roy Stickney 235 N. Remington Road, Bexley, OH 43209
NOV 22-23, JAN 10-11, FEB 28-29, APR 3-4, JUN 12-13, AUG 13-15 -	Pacific Northwest AAU
NOV 1-2, JAN 31-FEB 1, MAR 20-21, JUN 5-6, JUL 17-18 -	Oregon AAU (Portland)
DEC 14, FEB 7-8, APR 24-25 -	Inland Empire AAU (Spokane)
FEB 28-29, MAR 27-28, APR 17 &/or 18, MAY 1 &/or 2, JUN 12-13, JUL 10-11, JUL 31 or AUG 1, SEP 11-12, OCT 9-10, NOV 20-21, DEC 4 &/or 5 -	Pacific Association - Tentative
NOV 17, DEC 8, JAN 26, FEB 16, MAR 15, APR 17, MAY 15 -	Minnesota Association - David J. Beardsley, 1380 Terrace Dr. #102, Roseville, MN 55113
NOV 1	P.S.A.-A.A.U. Diving - Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011
NOV 1	North Palm Beach - Nancy Barnette, 1715 N. "K" St., Lake Worth, FL
NOV 2	Jersey Masters SC - Fred Stickel III, 571 Pompton Av, Cedar Grove, NJ 07009
NOV 8-9	Oak Ridge - Bobbe Smith, 456 East Dr., Oak Ridge, TN 38730
NOV 9	Caltech - Scott MacCluer, Caltech Ath. Dept., 1201 E. California Blvd., Pasadena, CA 91125
NOV 15	D.C. Masters - Bob Husson, 112 - 10th St. S.E., Washington, DC 20003
NOV 20-22	NSPI Convention - New Orleans' Rivergate Exposition Center
NOV 22	Tri Meet - Petersburg, FL - Gold Coast Masters, St. Pete Masters and Suncoast Masters of Sarasota
NOV 22	Union A.C. - Alice Jones, 2740 Watson Blvd., Endwell, NY 13760
NOV 28-29	Age Group & Seniors and Masters - Green Wave Swim Club, P.O. Box 52334, New Orleans, LA 70152
NOV 30 - DEC 6 -	AAU ANNUAL CONVENTION - NEW ORLEANS
DEC 6	Lakewood Masters - Sally Peterson, 2107 San Vicente Ave., Long Beach, CA
DEC 6-7	LEA-AAU SC - Tom Cloyes, 1642 Cleveland Ave. NW, Canton, OH 44703
DEC	1650 Swim - DC Masters - Bob Husson (above)
JAN	DC Masters Pentathlon - Bob Husson (above)
JAN 10	CT Midwinter - Daniel Davis, 434 Mix Ave., Hamden, CT 06514
APR 10-11	OHIO Championships - Tom Cloyes (above) (tentative)
DEC 3	NATIONAL MASTERS SWIMMING COMMITTEE MEETING - 8 P.M. - NEW ORLEANS, LA
DEC 13	WPB - Millie Bergeron, 2541 Boundbrook Blvd., #112, West Palm Beach, FL 33406
FEB 7-8	Univ. of Oklahoma - Martin Brody, P.O. Box 14662, Okla. City, OK 73114
FEB 8	Long Beach, NY - James Forbes, 8 Cambridge Dr., Bethpage, NY 11714