



# SWIM-MASTER

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MAY 1976

ATROPHY OF DISUSE -- ENEMY OF THE AGED

NATIONAL ASSOCIATION FOR HUMAN DEVELOPMENT

## A Fitness Program for Senior Citizens

THEODORE G. KLUMPP, M. D.

The people of this great country of ours have gratefully begun to recognize that there is something special, something different, about that period of our lives referred to as old age. Although we know that we are old, we prefer to be called Senior Citizens, which is a more gentle and kindly designation and emphasizes our real status in society. It is a term which I favor.

In the beginning, as a nation we concerned ourselves with the material needs of senior citizens and their environment, and justifiably so. We have tried to bolster their economic welfare, assisting in meeting the cost of illness, food, housing and transportation. We have even recognized the need for sociability and entertainment. We all know that these programs are far from adequate, but they represent steps in the right direction.

But heretofore we have given very little consideration to man in his internal environment, his physical and mental well being. We have done little or nothing to combat the degenerative changes that sometimes sooner, and sometimes later, reduce us to living vegetables. We have just assumed that there was nothing we could do to forestall the process of rapid decline, nothing we could do to influence the inevitable shrinking of our activities. We have assumed that month by month and year by year we would be compelled to give up one source of pleasure after another until there was nothing left but television, eating and snoozing. We accepted the fact that some people went downhill faster than others. We looked upon red-cheeked, bright-eyed older people who danced, jogged, bowled, skated, skied, rode bicycles, played golf and tennis and continued their sex lives until the end -- we looked upon them as nature's freaks. But we never asked why! Nor did we consider the possibility that we too could be one of those "freaks," out there doing something and having a wonderful time at 65, 75, 85, and even longer.

My interest in the process of aging began long before I joined the ranks of senior citizens, indeed when I was still a young man, a third-year medical student, beginning to see my first patients in the hospitals of Boston. From the very beginning I noted that the minds and bodies of some patients were worn out and decrepit at 65 and others were bright, vigorous and in splendid condition at the same age. The first temptation was to accept what had been taught me, namely that this was a matter of heredity. But that really explained nothing and offered no hope, no solution to the problem. Yes, perhaps heredity has something to do with it, but heredity does its work through chemical, hormonal and biophysical mechanisms. Now in that context perhaps we could do something about it. That is, if we knew what these chemical, hormonal and biophysical mechanisms were, perhaps we could do something to change them and thus influence the process of aging so that more people would live to 65 and beyond in good condition and able to continue to do more of the things that contribute to the joy of living -- in other words, to add years of living to life.

And so, in my third year of medical school, I decided to work in the famous Harvard Fatigue Laboratory, where they were studying the biochemical mechanisms of the human body under various conditions and at various ages. To do this I had to steer a very careful course. I elected to

take time from my courses in Surgery, Obstetrics and Urology to work in the Fatigue Laboratory, and yet I had to learn enough of those subjects to pass the school and National Board Examinations. But the switch was worthwhile, and I began to find answers to some of the questions about aging that interested me most. In the time that remains I shall discuss some of those questions and what I think are some of the answers.

As we grow older, and long before we reach 65 or even 60, there is a great temptation to cut down on physical and even mental activity. All around us people are constantly urging us to take it easy and remind us that we are not as young as we used to be. Whenever we start to do something that involves a bit of physical activity, somebody younger jumps up and takes the broom or the rake or the shovel out of our hands and says, "Let me do it." They don't let you walk any more. There's always a car or a bus right at the door, with husky men to push or pull you up the two steps of the bus. Our attitude is one of over protection. As a mark of consideration and respect, that's very agreeable. It relieves us of a lot of chores, but at the same time it deprives us of an opportunity for wholesome exercise. There is no denying that it is a lot more comfortable to just sit and do nothing and have other people wait on you. It's very easy to do nothing when everyone around you expects you to do nothing. But pretty soon, as a result of this kindly and well meant but misplaced solicitude, we are no longer physically and mentally able to do the things we used to, and we have to sit and rest, and furthermore we are more tired from doing little or nothing than we used to be when we were more active. We resign ourselves to this new-found disability with the sad thought that, after all, we are 60 and getting older every day. Well, my friends I am convinced that it is not so much that we are 60, as the fact that the effects of atrophy of disuse are responsible.

We have forgotten that we are more tired than our fathers and father's fathers used to be when they ran, walked, shoveled snow, stoked the furnace, carried out the ashes, climbed the stairs a dozen times a day, chopped wood, pitched hay, dug ditches, walked to the village store sometimes more than a mile away, and Mon and Dad did the family wash in one of those then-new washing machines, in which the agitator was activated by a pump handle, which provided an hour's wholesome exercise. Nowadays we just push a button to do the same job.

It has been estimated that in 1850, 30% of the work energy in the United States was furnished by human muscle power. Today it is far less than 1%. These figures provide a valuable impression of what has happened to physical activity in the daily lives of our people. And, of course, what has happened to older persons is even worse. And along with this drastic decline in physical activity there has been an equally drastic increase in the incidence of heart attacks.

It is not a theory but a biological fact that functions that are not used, or are used less, decline and the organs and tissues responsible for them atrophy. Animals confined to dark caves lose their sight, and in some their eyes actually disappear. In ancient Hawaii it was considered unbecoming for kings and queens to walk. They were borne by porters wherever they went. They soon lost the ability to walk. After prolonged immobilization, as for instance

in a plaster cast after an accident or an operation, or continuous confinement in bed, the bones lost their calcium, joints stiffen, clots form in the blood vessels, digestion is impaired and the bowels and organs of excretion lose their functional efficiency. I have no doubt that the regulators of bodily functions, the endocrine glands, in their delicately balanced interrelationships, suffer also.

Perhaps the most significant medical contribution of the flights of Apollo astronauts was the clear and unequivocal demonstration of how quickly physical deterioration occurs in the absence of exercise. This was strikingly demonstrated by every standard of measurement that was made. The functional capacity of the astronauts' hearts and circulation declined very rapidly. The skeletal muscles and their sinews weakened to the extent that they were unable to stand after they were released from their space capsule.

Based on loss of motivation and interest, the kind but misplaced protective attitudes of younger friends and relatives, and the popular fear psychosis against exercise and exertion, our middle aged and older people are encouraged and virtually compelled to reduce their physical activities to the point where atrophy of disuse sets in, with damaging if not disastrous results.

On the other hand, there are tens of thousands of senior citizens who continue their lives of vigorous activity into their seventies, eighties and nineties. For years I played tennis with Teddy Pell in his nineties, and he was a national champion the year I was born. King Gustav of Sweden was another who actively played the game at the same ripe old age.

Some years ago I arranged for Dr. Paul White, the greatest cardiologist of our era, to come to New York and make a talk before a civic group there. Well, this group is composed primarily of advertisers and salesmen and they wanted to have some kind of gimmick to mark the occasion. And lo and behold, as he came in he was presented with a kerchief on which was embroidered, "Take it easy." They had totally misunderstood or not been aware of the message that Dr. Paul White was about to bring them. So when he got up he pulled this thing out of his pocket and he looked at it, and he said, "There is a typographical error here in this kerchief." He looked at it, and they all looked at it and wondered what the error was, and he said, "There has been a word omitted -- 'Don't.' Don't take it easy, and that, I think, should be our slogan rather than 'Take it easy.'"

Well -- after this talk I asked Dr. White if he were going back to Boston. He said yes, so I replied, "Let me come down with you and help you get a taxi." He said, "I don't want a taxi, I'm going to walk to the airport." Dr. White was then in his eighties. "But Doctor White," I remonstrated, "do you know how far La Guardia Airport is, and I doubt that they allow pedestrians on the Triborough Bridge." "Oh yes, they do," he replied, "I've done it before."

Or take my friend Aunt Polly. At the age of 88 she was riding her great grandson's bicycle. Like him she fell off and fractured two ribs. She refused medical attention because she was too busy and was afraid the doctors would immobilize her. She said, "I can strap my own chest just as well as they can, and I can go about my business." Which she did, and it healed perfectly and quickly.

On a visit to Cuba in the days before Castro, I met a surgeon, President of the Cuban Medical Association, a man in his eighties. In greeting me he extended his left hand and I wondered why. Later he explained that he had broken his right hand in a car accident, and said, "If I let them but my right hand in a cast, I'll never operate again. It hurts a little more this way, but I can continue to exercise my fingers and it will heal more quickly and without loss of mobility." At 84 Marian Hart is off on a ten month globe trot in her single engine Beechcraft plane which she flies alone. After the age of 65 she has soloed the Atlantic Ocean 6 or 8 times - she forgets which. Well, I don't recommend the extremes to which Aunt Polly and my Cuban friend and Marian Hart went, but both of them wanted to avoid the effects of atrophy of disuse.

I have referred to a few examples of people who have

maintained themselves in good physical condition. At this point let me introduce a note of caution. The senior citizens you will be working with are, by and large, not in good physical condition. Generally speaking, they are going to be the ones who are already suffering from the effects of atrophy of disuse. But most of them are not hopeless. Nature is kind, and will respond to sane common sense programs of increased activity and gentle exercise. Whatever deterioration has taken place has been coming on for years. Their hearts, circulation, muscles, ligaments, tendons and joints are likely to be weak and flabby. Starting exercise programs for these people is the one time when the advice, "Take it easy," is good advice. Physical rehabilitation will be a slow, gradual process for most of them, and you might as well face it, impossible for a small number. Each person will be different, but the human body fortunately carries a pretty reliable signal system to let you know when it is being pressed too hard. Above all, you leaders must be patient and use your common sense. Marked shortness of breath, pain in the chest or elsewhere, extreme fatigue, muscle and joint pains, are common signals to lessen the degree of physical activity. Intervals of rest for catching up are also important. It ordinarily takes weeks, if not months, before there is noticeable gain in strength and endurance. But when it comes, you will have added zest and fulfillment to the lives of these senior citizens.

The objective is to be able to live a full and complete life and do all the things that are so interesting and so pleasurable and so wonderful in life. I think that a by-product of all this is an increased span of life, but the purpose should not necessarily be just that -- it should be to have more living and more fun and more accomplishment in the time that you are living. Too many senior citizens are afraid to live for fear of dying.

To crudely paraphrase a sentence from the Book of Matthew, "What does it profit a man if he gains all the social security he needs and loses his capacity to enjoy life?"

In summary, I believe that we must do everything we can, as we grow older, to resist the inclination to slow down the tempo of our living. I am convinced that, if you will just sit and wait for death to come along, you will not have to wait so long.

## SUBSCRIPTION FORM



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# 1952 Olympian back in swim

By DAVE MOORMANN  
St. Petersburg Times Staff Writer

The years have been kind to Kurt Pluntke. At 200 pounds he is only 15 pounds heavier when swimming for West Germany in the 1952 Summer Olympic Games in Helsinki. He still carries his great sense of humor and is enjoying life as a fire fighter in Toronto, where he has lived for the past two decades.

He still engages in athletics, too, playing squash two hours a day and racing snowmobiles. But at 43, the cigarettes and drinks have deprived Pluntke of his "swimming shape" of 1952.

Oh, he swam occasionally and still was proficient although he followed no rigid training schedule. That was until November, when he learned of the Masters swim program for people 25 years and older.

"I enjoy it now, I'm really looking forward to going to the nationals," he explained Sunday. "I've got a lot of time on my hands and swimming has seemed to filled my life again. And maybe I'll run into a lot of my old buddies."

ATTENDING HIS first Masters event, the three-day AAU Southern Regional Masters Swimming Championships in St. Petersburg, which ended Sunday. Pluntke met Dr. Burwell "Bumby" Jones, a member of the United States Olympic sprint relay teams in 1952. Jones, 46,

who has trained constantly since Helsinki, defeated Pluntke in every confrontation at the meet's finals Sunday.

But Pluntke has taken a liking to the Masters swim program and he figures to "get into half-decent shape. And maybe I'll be able to give Bumby a race."

"This is the most important thing to happen to swimming since they divided swimming into age-group competition 20 years ago," Jones said. "The outlook is unlimited."

MANY ENTER the Masters program for health or physical reasons. For Jones it was only natural. A resident of Sarasota, where he has practiced dermatology for the last 10 years, he has a backyard swimming pool and often practices with the Sarasota High School swim team.

Averaging 4,600 yards a day, as he did in 1974, Jones has attended all eight national tournaments and the six St. Petersburg events. This year's national meet is scheduled for mid-May in Mission Viejo, Calif. A World Masters Championship has been tentatively set for July in East Lansing, Mich.

"There are about 12 countries with Master programs," he said. "People do get tired of being a spectator . . . they're a little well-worn in the seat of the pants. And the idea that because you're 22-years-old and a senior in college you should retire is out of the Dark Ages."

SIX YEARS AGO when Circuit Judge Robert Beach initiated the event, 17 swimmers from around the country attended. Last weekend nearly 200 crowded around North Shore Pool, including St. Petersburg's John McGuire, the oldest male competitor at 72.

McGuire, after retiring to Florida from Pittsburgh, Pa., in 1970, took up swimming, something he hadn't done since swimming as a youth against college athletes from 1916-20. His heart condition improved, he set a national age record the first time he swam the 200-yard freestyle, and now he has become disciple of the program.

"To stay in shape is the main objective," he said, "but once you get into it, you start to enjoy it and you meet people all over the country." He plans to enter the nationals if he can find the money.

Despite its increasing popularity, Jones said 25-year-old Mark Spitz, the winner of seven gold medals at the 1972 Olympics, refuses to enter. "It wouldn't be a lark for Spitz if he began swimming," Jones said. "There's at least two or three people that could beat him."

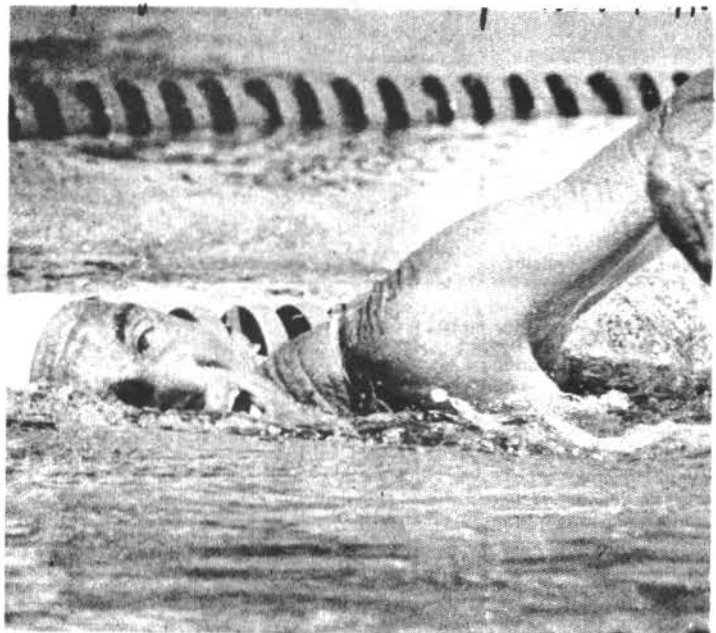
Even Buster Crabbe, a 1932 Olympic gold medal winner has met defeat. "It may be the highlight of their life," Jones said of Crabbe's conquerors — at the same time referring to every Masters Swimmer.

## . . . These Were In Races



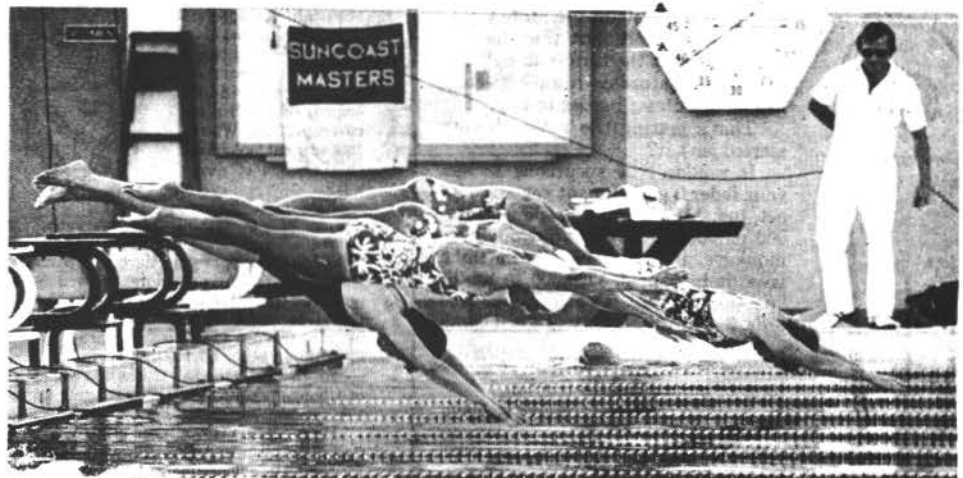
Staff Photo by FRASER HALE

A staggered backstroke start.



St. Petersburg Times — FRASER HALE

Fort Lauderdale's Sis Fogle shows style at 72.

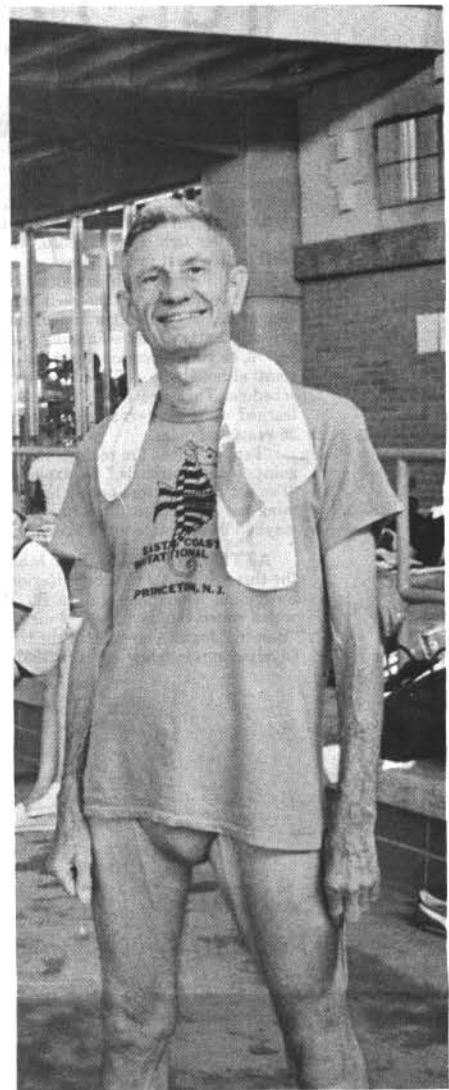


Master swimmers, above, got wet in the North Shore Pool AAU meet Friday.





## Where Old Swimmers Live Forever



### Sports Medicine

By G. R. Greenwell, M.D.  
AAU Chairman, Sports Medicine

Last issue we discussed fluid intake during sports activities.

You can make your own inexpensive fluid replacement solution by mixing one-half teaspoon of table salt, a half teaspoon of potassium chloride (available from your druggist) and one-half cup of sugar in a gallon of water. Flavoring such as lemon juice may be added if desired. Another fluid replacement is to drink equal quantities of water and tomato juice.

More and more people are involved in aquatic activities such as swimming and perhaps it's time to cover hints on preventing and treating early "swimmers ear" problems.

Prevention is our best approach. The swimming pool is not the only source of the fungus and germs that can cause ear infections. These can also get into the moisture in the ear canal from the air.

If there is little moisture in the ear canal, it makes an ideal condition for growth of fungus and germs — a warm, moist, dark container. Therefore, it's important to remove all moisture from the ear canal as soon as possible after getting out of water.

After drying with a towel, fill each ear with alcohol, letting the alcohol evaporate all of the moisture out of the ears. If the alcohol causes pain, this indicates an infection may have already started and treatment by a physician would be advisable.

Thorough cleansing of all wax by your physician is essential for rapid healing to take place. I've found that most swimmers treated in this manner can continue their usual aquatic activities.

### Sunburns



**ISHOF** - A Reception for Honorees and the Honoree Induction Banquet for 1976 was held at the new Bahia Mar Hotel on April 19th. Art Linkletter was guest speaker. Pictured with Art are George Breen, Bob Nelson, Art, June Krauser, Millie Bergeron and Carl Robie. Other Masters Swimmers attending were Bill Yorzyk, Jim Councilman, Uhro and Roy Saari, Tim Hill, Jackie Thompson, Connie Corson, Bill Prew and perhaps others. Roy Saari, Jim Councilman and Carl Robie were among this years honorees.

**ALL-AMERICAN** - Stan Craigie, 69, All American from the Capitol East Sea Devils (Washington DC). The DC Masters had 14 All-Americans on the list - 10 women and 4 men.

**SUNBURNS** - The Suncoast Masters of Sarasota, Florida, won the Southern Regional Championships at St. Pete. Coach Natalie Johnson holds the team trophy with Bob Beach and George Burke waiting for the cork to pop! Olympians swimming in the meet included Tony Jarvis (Great Britain), Bumpy Jones (USA), Silvia Eisele (Austria) and Kurt Pluntke (Germany). Tony, Silvia and Kurt came from Canada where they are now living. Bottom picture shows most of the individual high point winners.

# Short Course

# RECORDS

COMPILED BY TED HAARTZ

APRIL 1976

WOMEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 FREE	25.69	25.50	27.00	27.84	28.50	30.50	31.57	35.50	41.50	46.82	59.47	1:29.90
100 "	56.11	57.50	1:00.97	1:02.50	1:02.80	1:08.40	1:11.17	1:21.90	1:40.00	1:51.45	3:16.51	3:30.70
200 "	2:04.22	2:13.48	2:18.70	2:19.40	2:19.50	2:36.40	2:50.31	3:05.50	3:34.00	4:28.20		7:05.73
500 "	5:31.30	6:04.90	6:08.85	6:05.10	6:20.20	7:12.34	7:33.79	8:25.02	10:05.90	11:35.60		19:37.70
1650 "	19:23.92	20:52.26	21:23.79	21:25.46	21:53.07	25:13.10	26:37.00	29:48.44	35:44.10	40:00.00		
50 BACK	30.50	29.47	31.80	35.10	34.80	39.05	41.73	43.20	53.20	1:12.00	1:12.77	1:52.20
100 "	1:05.68	1:09.12	1:11.20	1:15.70	1:15.30	1:22.95	1:31.48	1:36.10	2:00.00	2:30.70		4:11.60
200 "	2:26.07	2:33.75	2:37.97	2:42.90	2:42.70	3:09.41	3:18.76	3:34.20	4:29.55	5:53.90		8:34.00
50 BRST	33.05	36.00	36.60	36.70	36.90	41.60	44.60	49.58	54.20	1:08.50	1:08.50	
100 "	1:10.70	1:17.50	1:18.10	1:19.03	1:18.86	1:30.44	1:34.24	1:50.60	1:58.10	2:35.91	2:01.90	
200 "	2:32.40	2:46.00	2:50.41	2:50.07	2:54.70	3:17.39	3:21.61	4:01.14	4:20.98	5:15.90		
50 FLY	28.42	28.36	28.76	30.10	30.70	36.40	39.20	47.59	54.70	1:19.97		
100 "	1:02.20	1:04.87	1:08.37	1:12.70	1:11.15	1:31.89	1:34.24	1:48.69	2:12.50			
200 "	2:29.40	2:33.55	2:51.13	2:50.00	2:42.30	3:23.80	3:33.10	4:01.59				
100 I.M.	1:05.97	1:08.56	1:09.93	1:09.90	1:11.35	1:21.19	1:29.47	1:39.12	2:58.40			
200 "	2:23.20	2:33.50	2:36.03	2:35.13	2:34.41	3:04.53	3:20.10	3:41.90	4:28.60			
400 "	5:00.00	5:18.30	5:42.50	5:44.40	5:34.80	6:59.85	7:25.70	7:55.09				

MEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 FREE	21.30	22.50	23.10	23.17	24.16	24.68	25.50	27.00	27.64	32.10	32.60	43.30
100 "	46.62	49.53	51.99	51.79	55.30	57.00	51.90	1:02.90	1:03.90	1:14.08	1:12.90	1:39.20
200 "	1:43.71	1:50.66	1:57.10	1:56.40	2:00.56	2:11.25	2:08.50	2:28.15	2:29.50	2:49.40	2:48.60	3:33.80
500 "	4:44.78	5:08.32	5:17.70	5:13.03	5:29.38	5:57.44	5:58.77	6:46.80	6:51.45	7:50.40		
1650 "	16:56.86	18:26.78	18:56.00	18:29.52	19:49.73	21:21.87	21:01.50	23:49.90	24:18.57	27:46.91		
50 BACK	25.37	25.90	28.13	28.20	30.18	30.10	32.90	32.60	36.21	46.50	58.95	
100 "	55.88	57.00	1:01.40	1:01.39	1:04.18	1:05.40	1:09.30	1:11.10	1:21.26	1:44.25	2:11.77	
200 "	2:03.50	2:06.40	2:14.42	2:16.38	2:20.69	2:24.50	2:30.70	2:49.90	3:05.76	3:45.00		
50 BRST	29.07	28.40	30.80	30.90	32.60	33.80	33.12	35.29	36.64	44.25	54.19	
100 "	1:00.38	1:01.81	1:06.94	1:07.07	1:11.90	1:13.60	1:14.21	1:18.89	1:27.40	1:38.90	2:14.79	2:48.30
200 "	2:12.52	2:18.27	2:29.18	2:29.61	2:40.66	2:45.60	2:51.32	2:59.11	3:24.80	3:36.16	5:14.61	7:59.30
50 FLY	23.80	24.00	25.80	25.95	26.00	28.09	29.18	30.70	36.60	42.09		
100 "	51.13	54.30	57.95	59.03	1:02.79	1:04.15	1:07.22	1:16.67	1:39.60	1:47.95		
200 "	1:58.70	2:05.10	2:20.20	2:34.00	2:39.91	2:42.80	2:56.79	3:09.00	3:50.06			
100 I.M.	54.87	57.02	1:00.99	1:00.13	1:03.77	1:04.76	1:09.62	1:12.89	1:20.40	1:33.60		
200 "	1:59.22	2:05.47	2:13.54	2:15.38	2:20.76	2:26.68	2:35.40	2:49.56	3:23.30	3:37.97		
400 "	4:26.90	4:44.50	4:59.70	5:01.60	5:22.80	5:27.03	5:50.80	6:16.10	7:16.90	8:00.10		

RELAYS	MEN		WOMEN		MIXED
	FREE	MEDLEY	FREE	MEDLEY	FREE
25+	1:29.30	1:41.20	1:43.31	1:58.01	1:36.60
35+	1:34.53	1:48.52	1:55.70	2:11.21	1:44.57
45+	1:42.32	1:56.08	2:07.57	2:27.15	1:50.08
55+	1:57.25	2:13.43	2:43.23	3:05.30	2:12.97
65+	2:57.08	3:54.40			

**WORKOUTS BY ENID UHRICH** - The following workouts are simple examples and hopefully will make your practices more fun through variety. The time given "on 3:00 minutes" means: swim the distance indicated and then rest until the clock reaches the 3 minute mark again, at which time you begin your second swim: e.g. 4 x 100 on 3 min. If you swim your first 100 yards in 1:30 you have 1:30 rest; if you swim it in 2:00, you only have 1:00 rest. Repeat 4 times. Swim the repeated sets using the same stroke, which I've indicated as the stroke of your choice. As you improve you can decrease the amount of time rested between swims. Rest about 2 minutes between each set.

### INTERMEDIATES

1,000 yards - 30-35 minutes  
Swim 500 free - Rest 2 min.  
1 X 200 choice - Rest 2 min.  
2 X 100 choice on 3:30 min.  
2 X 50 choice on 2:00 min.

1,000 yards - 30-35 minutes  
1 X 200 Free - Rest 2 min.  
2 X 100 IM on 3:00  
1 X 100 kicking IM )  
1 X 100 pulling IM (on 3:00  
1 X 100 swim IM )  
4 X 25 choice on :45  
2 X 100 Free on 3:00

1,000 yards - 30-35 min.  
1 X 500 Free - Rest 2:00  
5 X 100 choice on 3:00  
4 X 50 Free Kick on 1:15  
4 X 50 Free pull on 1:05  
2 X 50 Free on 1:00

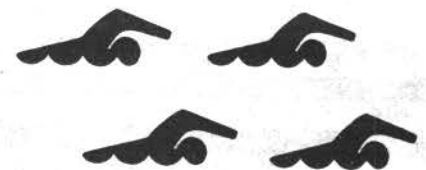
(Do these next 5 workouts consecutively for a week)

1,450 yards  
1 X 500 Free  
2 X 200 Choice on 5:00  
4 X 50 Free pull on 1:15  
3 X 50 Free kick on 1:15  
4 X 50 Free on 1:10

1,575 yards  
1 X 600 Free  
3 X 175 Choice on 5:00  
5 X 50 Free 1:15  
1 X 100 Choice kick  
1 X 100 Choice

1,600 yards  
1 X 500 Free  
4 X 150 Choice on 4:00  
4 X 50 Free pull on 1:30  
3 X 50 Choice kick on 1:15  
1 X 150 Free

1,575 yards  
1 X 600 Free  
5 X 125 Choice on 4:00  
4 X 50 Choice kick on 1:15  
3 X 50 Free on 1:05  
1,450 yards  
1 X 400 Free  
6 X 100 Choice on 3:00  
4 X 50 Free kick on 1:15  
5 X 50 Free on 1:10





# Pregame Meal: To Eat or Not to Eat — and What?

Edited by Donald L. Cooper, MD, with Jeff Fair, ATC, CCT

**T**he content of the pregame meal is usually based on tradition passed on from coach to coach, without much consideration of its value to the players.

The traditional precompetition meal — steak, scrambled eggs, green beans, toast, honey, and tea — is still widely used today because most coaches are not aware that this is not wise for physiological reasons. Rose and Fuenning<sup>1</sup> at the University of Nebraska found that this type of meal was still in the stomach even after the game was over, and it could only have acted as an extra weight or bolus of no nutritional value to many players.

There are several other types of precompetition meals. We think it is probably best for an athlete to eat an easily digestible, high carbohydrate pregame meal if he feels he needs to eat at all. The protein dominated meal takes about 5% to 10% more oxygen to metabolize or even start to digest. In addition, the kidneys have to excrete the ammonium acid and urea that is the waste product of protein metabolism, and any athlete worth his salt will be shunting the majority of his blood away from the kidneys to the muscles. This means the waste products just circulate until after the game and may contribute to more early signs of fatigue. The breakdown products of carbohydrate metabolism end up as carbon dioxide, which can be excreted easily through the lungs. The kidneys aren't necessarily involved.

We recommend a precompetition meal of orange juice, pancakes with a small amount of butter and syrup, dry toast, honey, fruit, fruit cup or Jello-O, milk or tea with sugar.<sup>2</sup>

Several years ago during a regular football season we studied the effect of a liquid pregame meal

and found that athletes experienced no nausea, vomiting, or stomach cramps, and that their stamina was not adversely affected.<sup>3</sup> This regimen is still used by many schools and it certainly has merit. Many good athletes have no desire to eat, and we agree that the pregame meal is not essential. In fact, we have observed over many years that some of the truly great athletes ate absolutely nothing before competition.

We do agree with Åstrand that the food consumption of the athlete should probably be somewhat modified before competition. We think he should try to eat a diet with an increased amount of carbohydrates the day before competition to improve his stamina for prolonged exercise. The pregame meal advocated by Åstrand consists of porridge, bread, eggs, butter, coffee, and milk.<sup>4</sup>

In a study testing three different pregame meals (steak and eggs, pancakes, and oatmeal and eggs), no significant difference was found in the athletes' performances in the two-mile run. A questionnaire completed by the

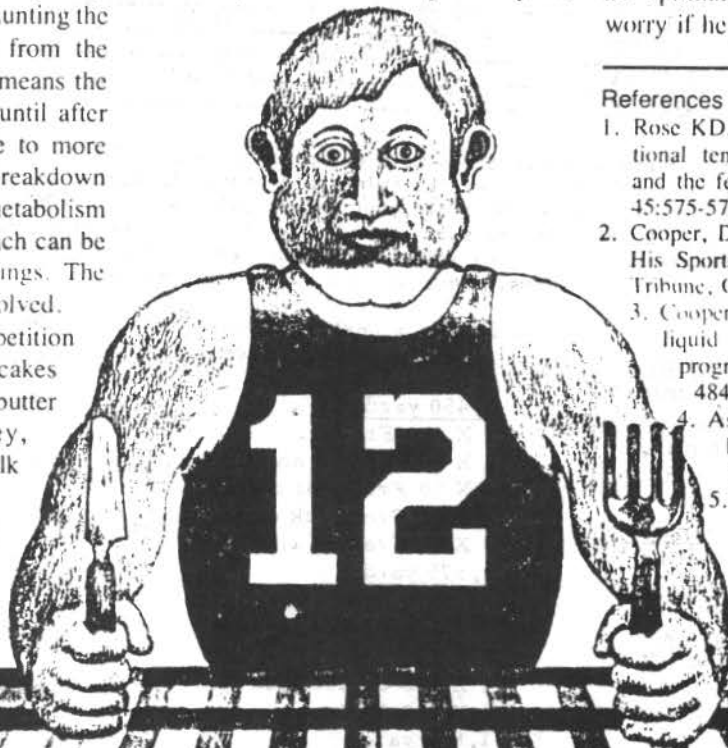
participants suggested that the psychological factors surrounding the pregame meal may be more significant than the food.<sup>5</sup>

We feel that the content of the pregame meal is not critical as long as it does not make the athlete sick, uncomfortable, irritate his gastrointestinal tract, or markedly delay the emptying time of his stomach. Far more important is the combination of diet and exercise during the week preceding competition. By working extremely hard on Tuesday and Wednesday, thus exhausting the muscle glycogen; and having light workouts on Thursday, very little or no work on Friday, and a diet higher in carbohydrate foods these latter two days, the athlete should be ready for competition and a maximum effort on Saturday.

What the athlete eats as his pregame meal is probably not going to influence physiological performance a great deal. But it may very well have an important psychological impact. The main thing is not to handicap the athlete's chances for an optimum performance and not to worry if he prefers to eat nothing. ■

### References

1. Rose KD, Fuenning SI: Pre-game emotional tension, gastrointestinal motility and the feeding of athletes. *Neb Med J* 45:575-579, 1960
2. Cooper, DL: Athlete's Diet Must Match His Sports' Caloric Demands. *Medical Tribune*, Oct, 1965
3. Cooper DL, Bird B, Blain J: Use of a liquid meal in a football training program. *J Okl State Med Assoc* 55: 484-486, 1962
4. Åstrand PO: Diet and Athletic Performance. *Federation* Nov, Dec, 1967
5. Fair JD: Effects of Three Pre-Competition Meals Up on Subsequent Performance in a Two-Mile Run. MS Thesis. U North Dakota, 1974



**FOR THE RECORD**

BERKELEY RECREATION CENTER  
BERKELEY HEIGHTS, NJ  
December 13, 1975

**WOMEN 25-29**  
50 YARDS FREESTYLE  
Beth Maloney 25 34.9  
Jane Cooper 28 41.2  
500 YARDS FREESTYLE  
Cathy Maloney 25 7:24.1  
50 YARDS BACKSTROKE  
Jan Hamilton 29 46.8  
100 YARDS BUTTERFLY  
Cathy Maloney 25 1:30.0  
100 YARDS INDIVIDUAL MEDLEY  
Beth Maloney 25 1:24.9

**WOMEN 30-34**  
500 YARDS FREESTYLE  
Valeria Pecce 32 6:29.4  
Patricia Mills 7:14.4  
200 YARDS BREASTSTROKE  
Liz Atwood-Metz 32 2:57.8  
Jane Katz 32 2:59.0  
Jane Murphy 31 3:05.6  
Lynn Joesten 34 3:06.8  
100 YARDS BUTTERFLY  
Valeria Pecce 32 1:08.0  
Jane Katz 32 1:08.9  
100 YARDS INDIVIDUAL MEDLEY  
Lynn Joesten 34 1:13.8  
Liz Atwood-Metz 32 1:18.3  
Jane Murphy 31 1:21.8

**WOMEN 35-39**  
500 YARDS FREESTYLE  
Ada Busso 9:52.2

**WOMEN 40-44**  
50 YARDS FREESTYLE  
Jan Moeller 40 35.2  
Phyllis Cinco 36.3  
June Seidle 59.9  
50 YARDS BACKSTROKE  
Phyllis Cinco 42.0  
200 YARDS BREASTSTROKE  
June Seidle 5:18.7  
100 YARDS BUTTERFLY  
Jan Moeller 40 1:42.8

**WOMEN 45-49**  
50 YARDS FREESTYLE  
Carolyn Derr 47 37.8  
Ruth Koss 48 49.0  
500 YARDS FREESTYLE  
Carolyn Derr 47 8:47.4  
Ruth Koss 48 12:20.2

**WOMEN 45-49**  
50 YARDS BACKSTROKE  
Ruth Koss 48 59.2  
200 YARDS BREASTSTROKE  
Lisa Bogatko 46 3:24.9  
100 YARDS INDIVIDUAL MEDLEY  
Lisa Bogatko 46 1:31.4

**WOMEN 50-54**  
200 YARDS BREASTSTROKE  
Charlotte Costello 52 3:22.0  
100 YARDS BUTTERFLY  
Charlotte Costello 1:32.4  
100 YARDS INDIVIDUAL MEDLEY  
Charlotte Costello 1:26.9

**WOMEN 60-64**  
50 YARDS FREESTYLE  
Susan Haywood 61 38.8  
500 YARDS FREESTYLE  
Susan Haywood 61 9:20.1

**MEN 25-29**  
50 YARDS FREESTYLE  
Chuck Belinsky 26.6  
Wilfredo Santiago 26.8  
Michael Victor 34.5  
500 YARDS FREESTYLE  
Charles McEntee 6:21.4  
Chuck Belinsky 6:22.1  
50 YARDS BACKSTROKE  
Adolfo Santiago 29.8  
Michael Victor 45.8  
100 YARDS INDIVIDUAL MEDLEY  
Charles McEntee 1:05.7  
Adolfo Santiago 1:05.8  
Chuck Belinsky 1:08.8

**MEN 30-34**  
50 YARDS FREESTYLE  
Jack Likins 31 25.6  
Harry Hamilton 34 27.0  
Joel Brotman 32 27.5  
500 YARDS FREESTYLE  
Phillip Goode 32 5:32.5  
Harry Hamilton 34 5:33.6  
Jack Likins 31 5:43.9  
Joel Brotman 32 7:40.7  
200 YARDS BREASTSTROKE  
Simon Schutzer 31 3:12/6  
100 YARDS BUTTERFLY  
Phillip Goode 32 1:00.0  
100 YARDS INDIVIDUAL MEDLEY  
Jack Likins 31 1:06.2  
Joel Brotman 32 1:18.2  
Simon Schutzer 31 1:20.5

**MEN 35-39**  
50 YARDS FREESTYLE  
Amar Lathi 39 26.0  
Bob Walden 36 26.5  
500 YARDS FREESTYLE  
Jon Loft 37 6:51.5  
50 YARDS BACKSTROKE  
Amar Lathi 39 32.0  
200 YARDS BREASTSTROKE  
Lou Abel 39 3:52.7  
100 YARDS INDIVIDUAL MEDLEY  
Amar Lathi 39 1:09.0  
Lou Abel 39 1:18.5

**MEN 40-44**  
50 YARDS FREESTYLE  
Fred Maguire 42 26.6  
Guyla Horvath 32.4  
Bob Miller 42 34.3  
500 YARDS FREESTYLE  
George Brunstad 41 6:33.9  
Bob Miller 42 8:58.3  
200 YARDS BREASTSTROKE  
George Brunstad 41 3:04.6  
Guyla Horvath 3:29.5  
100 YARDS INDIVIDUAL MEDLEY  
George Brunstad 41 1:14.4  
Fred Maguire 42 1:18.2  
Bob Miller 42 1:35.2

**MEN 45-49**  
50 YARDS FREESTYLE  
Dan Sullivan 48 28.4  
500 YARDS FREESTYLE  
Dan Sullivan 48 6:56.3  
Ken Dawson 7:03.0  
50 YARDS BACKSTROKE  
Ken Dawson 37.2  
100 YARDS INDIVIDUAL MEDLEY  
Ken Dawson 1:21.6  
Dan Sullivan 48 1:21.8

**MEN 50-54**  
50 YARDS BACKSTROKE  
Dick Sanborn 52 33.7  
100 YARDS BUTTERFLY  
Henry Lentzsch 50 1:31.0  
100 YARDS INDIVIDUAL MEDLEY  
Henry Lentzsch 50 1:19.2

**MEN 60-64**  
50 YARDS FREESTYLE  
Austin Newman 60 29.2  
Fred Stichel 60 33.5  
Gabriel Mosner 62 35.4  
Bob Coyle 62 39.7  
500 YARDS FREESTYLE  
Austin Newman 60 6:46.77  
Bob Coyle 62 8:46.2  
50 YARDS BACKSTROKE  
Bob Coyle 62 40.3  
Fred Stichel 60 44.9  
100 YARDS INDIVIDUAL MEDLEY  
Austin Newman 60 1:29.1

**MEN 65-69**  
50 YARDS BACKSTROKE  
Oscar Sigrist 67 41.0  
Sidney Silbert 67 49.4  
200 YARDS BREASTSTROKE  
Oscar Sigrist 67 3:48.9  
100 YARDS BUTTERFLY  
Sidney Silbert 67 2:08.5  
100 YARDS INDIVIDUAL MEDLEY  
Oscar Sigrist 67 1:29.5

**OKLAHOMA STATE MASTERS**  
February 7-8, 1976

**Women 25-29**  
50 Yd. Freestyle  
J. Stewart, 27 27.50  
P. Brady, 27 28.53  
C. Merryfield, 25 28.66  
V. Williams, 29 29.06  
D. Martin, 25 34.11  
C. Poste, 29 34.51  
S. Austin, 26 41.50

100 Yd. Freestyle  
J. Stewart, 27 1:00.43  
V. Williams, 29 1:05.37  
C. Poste, 29 1:21.97  
L. Carlsson, 26 1:27.04  
200 Yd. Freestyle  
J. Stewart, 27 2:13.30  
V. Williams, 29 2:25.61  
L. Riedel, 27 2:50.26  
S. Austin, 26 3:22.41

500 Yd. Freestyle  
J. May, 27 6:51.13  
V. Williams, 29 6:56.23  
P. Brady, 27 7:20.99  
L. Riedel, 27 7:47.18  
C. Poste, 29 7:51.98  
S. Austin, 26 9:28.44  
1650 Yd. Freestyle  
V. Williams, 29 24:11.21  
J. May, 27 24:14.87  
L. Riedel, 27 26:26.79

50 Yd. Backstroke  
J. Stewart, 27 33.45  
C. Merryfield, 25 34.01  
J. May, 27 39.92  
S. Austin, 26 43.52  
100 Yd. Backstroke  
P. Stewart, 27 1:13.26  
J. Brady, 27 1:15.98  
D. Martin, 25 1:32.14  
S. Austin, 26 1:37.63  
L. Riedel, 27 1:37.93

200 Yd. Backstroke  
P. Brady, 27 2:46.79  
J. May, 27 2:58.38  
S. Austin, 26 3:38.27  
50 Yd. Breaststroke  
C. Merryfield, 25 37.67  
J. May, 27 40.87  
C. Poste, 29 42.00  
L. Carlsson, 26 44.34  
S. Austin, 26 1:00.68

100 Yd. Breaststroke  
J. May, 27 1:28.47  
S. O'Brien, 25 1:28.53  
C. Poste, 29 1:32.93  
L. Carlsson, 26 1:35.78  
200 Yd. Breaststroke  
J. May, 27 3:10.21  
C. Poste, 29 3:24.90  
L. Carlsson, 26 3:39.54

50 Yd. Butterfly  
J. Stewart, 27 29.46  
V. Williams, 29 30.68  
P. Brady, 27 33.24  
100 Yd. Butterfly  
J. Stewart, 27 1:06.28  
P. Brady, 27 1:17.79

100 Yd. Individual Medley  
J. Stewart, 27 1:09.64  
P. Brady, 27 1:13.00  
V. Williams, 29 1:16.28  
J. May, 27 1:20.59  
D. Martin, 25 1:33.71  
200 Yd. Individual Medley  
P. Brady, 27 2:39.51

**Women 30-34**  
50 Yd. Freestyle  
I. David, 32 28.15  
S. Lynch, 30 29.50  
D. Humphrey, 33 33.89  
M. Mauldin, 30 33.96  
K. Zentgraf, 34 34.74  
C. Rojas, 30 36.81  
L. McEachern, 34 41.22

100 Yd. Freestyle  
M. Harlow, 32 1:02.77  
I. David, 32 1:02.79  
D. Humphrey, 33 1:16.59  
L. McEachern, 34 1:33.05  
B. Campbell, 31 1:37.36  
J. Kennerly, 30 1:42.98

200 Yd. Freestyle  
M. Harlow, 32 2:20.21  
I. David, 32 2:27.06  
K. Zentgraf, 34 3:06.13  
J. Kennerly, 30 3:57.51

500 Yd. Freestyle  
M. Harlow, 32 6:25.33  
S. Brougher, 34 7:05.73  
D. Humphrey, 33 7:59.61  
J. Kennerly, 30 10:38.64

1650 Yd. Freestyle  
M. Harlow, 32 21:44.29  
I. David, 32 24:15.07  
D. Humphrey, 33 27:51.07  
M. Mauldin, 30 29:55.80  
B. Yurtis, 30 33:56.36  
J. Kennerly, 30 36:11.28

50 Yd. Backstroke  
K. Zentgraf, 34 40.01  
M. Mauldin, 30 40.21  
L. McEachern, 34 48.43

100 Yd. Backstroke  
N. Crockett, 32 1:18.65  
M. Harlow, 32 1:21.87  
K. Zentgraf, 34 1:29.94

200 Yd. Backstroke  
N. Crockett, 32 2:52.94  
K. Zentgraf, 34 3:16.81

50 Yd. Breaststroke  
S. Lynch, 30 37.63  
D. Humphrey, 33 43.40  
M. Mauldin, 30 43.64  
C. Rojas, 30 44.63  
L. McEachern, 34 49.73

100 Yd. Breaststroke  
S. Lynch, 30 1:23.19  
D. Humphrey, 33 1:36.41  
M. Mauldin, 30 1:40.11  
L. McEachern, 34 1:48.74

200 Yd. Breaststroke  
S. Lynch, 30 3:09.35  
D. Humphrey, 33 3:35.13  
L. McEachern, 34 3:53.06

50 Yd. Butterfly  
I. David, 32 29.60  
M. Harlow, 32 32.97  
S. Lynch, 30 33.39  
S. Brougher, 34 34.07  
K. Zentgraf, 34 38.70  
M. Mauldin, 30 40.84  
C. Rojas, 30 42.31

100 Yd. Butterfly  
I. David, 32 1:10.89  
M. Harlow, 32 1:17.22  
K. Zentgraf, 34 1:42.66

100 Yd. Individual Medley  
I. David, 32 1:16.89  
M. Harlow, 32 1:17.05  
L. Lynch, 30 1:22.90  
M. Mauldin, 30 1:26.53  
K. Zentgraf, 34 1:26.88

200 Yd. Individual Medley  
I. David, 32 2:55.18  
S. Lynch, 30 2:59.46

**Women 35-39**  
50 Yd. Freestyle  
B. Zaremski, 38 29.97  
G. Gillmore, 37 35.26  
S. Bennett, 37 39.43  
T. Beniariis, 36 45.03  
J. Allen, 35 51.73

100 Yd. Freestyle  
B. Zaremski, 38 1:08.28  
G. Gillmore, 37 1:22.20  
S. Bennett, 37 1:28.14

200 Yd. Freestyle  
B. Zaremski, 38 2:31.64

1650 Yd. Freestyle  
B. Zaremski, 38 24:21.89

50 Yd. Backstroke  
G. Gillmore, 37 44.42  
J. Allen, 35 50.73  
S. Bennett, 37 51.41  
T. Beniariis, 36 59.44

100 Yd. Backstroke  
G. Gillmore, 37 1:41.14  
S. Bennett, 37 1:48.90

200 Yd. Backstroke  
S. Bennett, 37 4:06.74

50 Yd. Breaststroke  
B. Zaremski, 38 43.79  
N. Wakefield, 37 52.56  
J. Allen, 35 59.53  
T. Beniariis, 36 1:15.94

100 Yd. Breaststroke  
J. Allen, 35 2:05.85  
T. Beniariis, 36 3:05.74

200 Yd. Breaststroke  
S. Bennett, 37 4:07.65

50 Yd. Butterfly  
B. Zaremski, 38 38.40  
T. Beniariis, 36 54.10

100 Yd. Individual Medley  
B. Zaremski, 38 1:21.21  
S. Bennett, 37 1:47.98  
T. Beniariis, 36 2:12.39

200 Yd. Individual Medley  
B. Zaremski, 38 2:58.10

**Women 40-44**  
50 Yd. Freestyle  
H. Buss, 40 30.31  
J. Moeller, 41 38.29  
B. Stiles, 41 38.88

100 Yd. Freestyle  
H. Buss, 40 1:05.86  
P. Byrd, 40 1:24.58  
J. Moeller, 41 1:27.58  
B. Stiles, 41 1:31.54

200 Yd. Freestyle  
H. Buss, 40 2:20.45  
P. Kepner, 43 2:47.75

500 Yd. Freestyle  
H. Buss, 40 6:13.81  
P. Kepner, 43 7:47.32

1650 Yd. Freestyle  
H. Buss, 40 \* 21:25.46  
P. Kepner, 43 26:45.27

50 Yd. Backstroke  
P. Puckett, 44 44.35  
J. Moeller, 41 46.41

100 Yd. Backstroke  
P. Kepner, 43 1:30.37  
P. Puckett, 44 1:35.61  
B. Stiles, 41 1:58.40

200 Yd. Backstroke  
P. Kepner, 43 3:10.70  
P. Puckett, 44 3:21.19  
P. Hutinger, 44 4:26.60

50 Yd. Breaststroke  
J. Moeller, 41 44.54  
P. Puckett, 44 46.96  
P. Byrd, 40 48.03  
B. Stiles, 41 50.80

100 Yd. Breaststroke  
J. Moeller, 41 1:37.79  
P. Puckett, 44 1:40.59  
P. Byrd, 40 1:40.81  
B. Stiles, 41 1:50.50

200 Yd. Breaststroke  
P. Kepner, 43 3:22.78  
P. Puckett, 44 3:35.42  
J. Moeller, 41 3:41.77  
P. Byrd, 40 3:48.34

50 Yd. Butterfly  
H. Buss, 40 34.48  
P. Byrd, 40 43.10  
J. Moeller, 41 43.76

100 Yd. Butterfly  
H. Buss, 40 1:18.30  
J. Moeller, 41 1:46.29  
P. Byrd, 40 1:51.82

100 Yd. Individual Medley  
H. Buss, 40 1:18.11  
P. Kepner, 43 1:26.74  
P. Byrd, 40 1:36.88  
P. Puckett, 44 1:39.99  
B. Stiles, 41 1:45.25

200 Yd. Individual Medley  
P. Kepner, 43 3:06.90  
P. Byrd, 40 3:31.46

**Women 45-49**  
50 Yd. Freestyle  
J. Anderson, 45 33.19  
L. Mann, 48 36.53  
L. Bogatko, 46 36.65  
M. Shorney, 45 37.95  
E. Brown, 49 39.49  
L. Boucher, 46 48.37  
R. Koss, 48 49.27

100 Yd. Freestyle  
J. Anderson, 45 1:13.87  
L. Bogatko, 46 1:21.45  
R. Lier, 46 1:25.80  
E. Brown, 49 1:29.69  
L. Mann, 48 1:29.93  
R. Koss, 48 2:00.98

200 Yd. Freestyle  
J. Anderson, 45 2:40.50  
R. Lier, 46 3:06.45  
J. Amato, 47 3:21.73  
L. Mann, 48 3:22.68  
E. Brown, 49 3:23.91  
R. Koss, 48 4:30.52

500 Yd. Freestyle  
J. Anderson, 45 7:31.11  
R. Lier, 46 8:19.52  
J. Amato, 47 9:22.93  
E. Brown, 49 9:27.74

1650 Yd. Freestyle  
J. Anderson, 45 25:55.65  
R. Lier, 46 29:19.14  
J. Amato, 47 31:39.50

50 Yd. Backstroke

Table with 2 columns: Name and Time. Includes L. Mann, M. Shorney, R. Boucher, R. Koss, C. Millican.

100 Yd. Backstroke

Table with 2 columns: Name and Time. Includes Ruth Lier, J. Amato, L. Mann, M. Shorney, R. Koss.

200 Yd. Backstroke

Table with 2 columns: Name and Time. Includes J. Amato, R. Lier, L. Mann, M. Shorney, R. Koss.

50 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes L. Bogatko, J. Anderson, L. Mann, M. Shorney, C. Millican.

100 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes L. Bogatko, J. Anderson, L. Mann, M. Shorney, L. Boucher.

200 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes Lisa Bogatko.

50 Yd. Butterfly

Table with 2 columns: Name and Time. Includes L. Bogatko, J. Anderson.

100 Yd. Butterfly

Table with 2 columns: Name and Time. Includes J. Amato, L. Bogatko.

100 Yd. Individual Medley

Table with 2 columns: Name and Time. Includes J. Anderson, J. Amato, L. Mann, C. Millican.

200 Yd. Individual Medley

Table with 2 columns: Name and Time. Includes L. Bogatko, J. Amato.

Women 50-54

50 Yd. Freestyle

Table with 2 columns: Name and Time. Includes P. Pickens, F. Karet, K. Worley, B. Dallman, U. McGill.

100 Yd. Freestyle

Table with 2 columns: Name and Time. Includes P. Pickens, F. Karet, K. Worley, B. Dallman, U. McGill.

200 Yd. Freestyle

Table with 2 columns: Name and Time. Includes P. Pickens, K. Worley.

500 Yd. Freestyle

Table with 2 columns: Name and Time. Includes P. Pickens, K. Worley.

50 Yd. Backstroke

Table with 2 columns: Name and Time. Includes F. Karet, B. Dallman, U. McGill.

100 Yd. Backstroke

Table with 2 columns: Name and Time. Includes P. Pickens, U. McGill, B. Dallman.

200 Yd. Backstroke

Table with 2 columns: Name and Time. Includes U. McGill.

50 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes F. Karet, B. Dallman.

100 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes F. Karet, B. Dallman.

50 Yd. Butterfly

Table with 2 columns: Name and Time. Includes P. Pickens.

100 Yd. Butterfly

Table with 2 columns: Name and Time. Includes P. Pickens.

100 Yd. Individual Medley

Table with 2 columns: Name and Time. Includes P. Pickens.

Women 55-59

50 Yd. Freestyle

Table with 2 columns: Name and Time. Includes R. Schiffler, P. Townsend, L. Peterson, M. Harper.

100 Yd. Freestyle

Table with 2 columns: Name and Time. Includes P. Townsend.

200 Yd. Freestyle

Table with 2 columns: Name and Time. Includes P. Townsend.

500 Yd. Freestyle

Table with 2 columns: Name and Time. Includes M. Harper, L. Peterson.

50 Yd. Backstroke

Table with 2 columns: Name and Time. Includes M. Harper, L. Peterson, P. Townsend.

100 Yd. Backstroke

Table with 2 columns: Name and Time. Includes M. Harper, L. Peterson, P. Townsend.

200 Yd. Backstroke

Table with 2 columns: Name and Time. Includes M. Harper, L. Peterson, P. Townsend.

50 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes R. Schiffler, L. Peterson.

100 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes R. Schiffler, L. Peterson.

Women 60-64

50 Yd. Freestyle

Table with 2 columns: Name and Time. Includes G. McCarthy.

100 Yd. Freestyle

Table with 2 columns: Name and Time. Includes G. McCarthy, J. Meservey.

200 Yd. Freestyle

Table with 2 columns: Name and Time. Includes G. McCarthy, J. Meservey.

500 Yd. Freestyle

Table with 2 columns: Name and Time. Includes M. Anderson.

1650 Yd. Freestyle

Table with 2 columns: Name and Time. Includes J. Meservey.

50 Yd. Backstroke

Table with 2 columns: Name and Time. Includes G. McCarthy.

100 Yd. Backstroke

Table with 2 columns: Name and Time. Includes G. McCarthy, J. Meservey.

200 Yd. Backstroke

Table with 2 columns: Name and Time. Includes G. McCarthy.

50 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes M. Anderson, G. McCarthy.

100 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes M. Anderson, J. Meservey.

200 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes M. Anderson, J. Meservey.

50 Yd. Butterfly

Table with 2 columns: Name and Time. Includes M. Anderson.

100 Yd. Butterfly

Table with 2 columns: Name and Time. Includes M. Anderson.

100 Yd. Individual Medley

Table with 2 columns: Name and Time. Includes G. McCarthy, M. Anderson.

200 Yd. Individual Medley

Table with 2 columns: Name and Time. Includes M. Anderson, J. Meservey.

Women 75-79

50 Yd. Freestyle

Table with 2 columns: Name and Time. Includes W. Hughes.

100 Yd. Freestyle

Table with 2 columns: Name and Time. Includes W. Hughes.

50 Yd. Backstroke

Table with 2 columns: Name and Time. Includes W. Hughes.

50 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes W. Hughes.

Men 25-29

50 Yd. Freestyle

Table with 2 columns: Name and Time. Includes P. Tietze, M. Moffitt, K. Murphy, L. Weiss, R. Scovill, W. Baker, G. Puckett, T. Weirich, D. Simpson, J. Brimer.

100 Yd. Freestyle

Table with 2 columns: Name and Time. Includes P. Tietze, K. Murphy, M. Moffitt, A. Knapp, D. Simpson, T. Weirich, J. Brimer.

200 Yd. Freestyle

Table with 2 columns: Name and Time. Includes P. Tietze, L. Peterson, T. Gibson.

500 Yd. Freestyle

Table with 2 columns: Name and Time. Includes M. Moffitt.

1650 Yd. Freestyle

Table with 2 columns: Name and Time. Includes C. Schober.

50 Yd. Backstroke

Table with 2 columns: Name and Time. Includes K. Murphy, M. McKinney, L. Weiss, P. Tietze, R. Scovill, T. Weirich, W. Baker, J. Brimer.

100 Yd. Backstroke

Table with 2 columns: Name and Time. Includes K. Murphy, C. Schober, M. Moffitt, R. Scovill, T. Weirich, T. Gibson.

200 Yd. Backstroke

Table with 2 columns: Name and Time. Includes K. Murphy, R. Scovill, T. Weirich.

50 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes L. Weiss, G. Puckett, R. Scovill, M. Moffitt, P. Tietze, W. Baker.

100 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes L. Weiss, G. Puckett, R. Scovill, A. Knapp.

200 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes L. Weiss, R. Scovill, T. Gibson.

50 Yd. Butterfly

Table with 2 columns: Name and Time. Includes M. McKinney, P. Tietze, M. Moffitt, L. Weiss, G. Puckett, W. Baker, D. Simpson, R. Scovill.

100 Yd. Butterfly

Table with 2 columns: Name and Time. Includes K. Murphy, C. Schober, P. Tietze, T. Gibson.

100 Yd. Individual Medley

Table with 2 columns: Name and Time. Includes K. Murphy, P. Tietze, L. Weiss, M. Moffitt, C. Schober, T. Weirich, G. Puckett, W. Baker.

200 Yd. Individual Medley

Table with 2 columns: Name and Time. Includes K. Murphy, M. Moffitt, L. Weiss, T. Gibson.

Men 30-34

50 Yd. Freestyle

Table with 2 columns: Name and Time. Includes David Schmidt, D. Hicks, C. Weeks, K. Willcox, M. O'Hara, B. Spears.

100 Yd. Freestyle

Table with 2 columns: Name and Time. Includes D. Schmidt, K. Willcox, M. O'Hara, C. Miller, T. Campbell.

200 Yd. Freestyle

Table with 2 columns: Name and Time. Includes C. Miller, M. O'Hara.

500 Yd. Freestyle

Table with 2 columns: Name and Time. Includes C. Miller, M. O'Hara.

1650 Yd. Freestyle

Table with 2 columns: Name and Time. Includes C. Miller.

50 Yd. Backstroke

Table with 2 columns: Name and Time. Includes D. Hicks, C. Weeks, D. Schmidt, M. O'Hara, B. Spears.

100 Yd. Backstroke

Table with 2 columns: Name and Time. Includes D. Hicks, C. Weeks, D. Schmidt, C. Miller.

200 Yd. Backstroke

Table with 2 columns: Name and Time. Includes D. Hicks, C. Miller.

50 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes D. Schmidt, C. Weeks, N. Biles.

100 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes C. Weeks, W. Gonser, N. Biles.

200 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes N. Biles.

50 Yd. Butterfly

Table with 2 columns: Name and Time. Includes D. Hicks, D. Schmidt, C. Weeks, K. Willcox.

100 Yd. Butterfly

Table with 2 columns: Name and Time. Includes D. Hicks, K. Willcox, C. Miller.

100 Yd. Individual Medley

Table with 2 columns: Name and Time. Includes D. Hicks, D. Schmidt, C. Weeks, K. Willcox, C. Miller.

200 Yd. Individual Medley

Table with 2 columns: Name and Time. Includes D. Hicks, C. Weeks, W. Gonser, D. Schmidt, K. Willcox.

Men 35-39

50 Yd. Freestyle

Table with 2 columns: Name and Time. Includes W. Claerhout, A. Snider, A. Coxon, B. Carter, C. Restrepo, J. Jackson, R. Ebbrey, L. Humphrey, R. Geckle.

100 Yd. Freestyle

Table with 2 columns: Name and Time. Includes W. Claerhout, A. Snider, A. Coxon, P. Brounger, C. Restrepo, M. Riggs, Jr.

200 Yd. Freestyle

Table with 2 columns: Name and Time. Includes W. Claerhout, A. Snider, A. Coxon, P. Brounger.

500 Yd. Freestyle

Table with 2 columns: Name and Time. Includes A. Snider, J. Jackson, C. Allen, R. Geckle.

1650 Yd. Freestyle

Table with 2 columns: Name and Time. Includes A. Snider, R. Geckle.

50 Yd. Backstroke

Table with 2 columns: Name and Time. Includes A. Coxon, N. McCallum, C. Allen, J. Jackson, R. Geckle.

100 Yd. Backstroke

Table with 2 columns: Name and Time. Includes A. Coxon, N. McCallum, A. Snider, C. Allen, J. Jackson, R. Geckle.

200 Yd. Backstroke

Table with 2 columns: Name and Time. Includes J. Jackson, R. Geckle.

50 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes R. Ebbrey, L. Humphrey, J. Jackson.

100 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes M. Riggs, Jr., L. Humphrey.

200 Yd. Breaststroke

Table with 2 columns: Name and Time. Includes C. Allen, L. Humphrey.

50 Yd. Butterfly

Table with 2 columns: Name and Time. Includes W. Claerhout, A. Coxon, C. Restrepo, R. Geckle.

100 Yd. Butterfly

Table with 2 columns: Name and Time. Includes W. Claerhout, A. Coxon, C. Restrepo.

100 Yd. Individual Medley

Table with 2 columns: Name and Time. Includes A. Coxon, W. Claerhout, A. Snider, C. Restrepo, M. Brody, J. Jackson, R. Geckle.

200 Yd. Individual Medley

Table with 2 columns: Name and Time. Includes J. Jackson.

Men 40-44

50 Yd. Freestyle

Table with 2 columns: Name and Time. Includes B. Jones, J. O'Reilly, H. Zentgraf, J. Neal, L. Meiring, J. George, E. Schelonka, R. McEnchern, A. Mayer, H. Headrick, J. Green, J. Miller, Jr.

100 Yd. Freestyle

Table with 2 columns: Name and Time. Includes B. Jones, J. O'Reilly, H. Zentgraf, J. Neal, J. George, A. Mayer, E. Schelonka, H. Headrick, J. Bennett, J. Miller.

200 Yd. Freestyle

Table with 2 columns: Name and Time. Includes B. Jones, G. Johnston, J. O'Reilly, W. Barber, J. Neal, H. Zentgraf, H. Headrick, R. McEnchern, J. Green, J. Miller.

500 Yd. Freestyle

Table with 2 columns: Name and Time. Includes B. Jones, J. O'Reilly, D. O'Brien, T. Hetzel, H. Headrick.







RESULTS		1650 YD FREESTYLE		100 YD BACKSTROKE		500 YARD FREESTYLE		Cullen Bullock		2:52.2	
Wauwatosa, Wisconsin		Lew Brumm 33	23:45.00	Frank Havlicek 57	1:22.31	Anne McGuire	7:03.8	John Mello	2:58.2		
2/14/76 and 3/20/76		50 YD BREASTSTROKE		200 YD BUTTERFLY		1650 YARD FREESTYLE		50 YARD BUTTERFLY			
25 YD Pool Sanction #75-69		John Goetz 33	1:34.58	Frank Havlicek 57	3:06.00	Anne McGuire	24:36.2	Gerry DeLong	26.5		
		100 YD BREASTSTROKE		100 YD IM		50 YARD BREASTSTROKE		K.C. Dawson	27.3		
		John Goetz 33	1:15.16	Frank Havlicek 57	1:12.56	Anne McGuire	37.8	John Zeigler	29.8		
		200 YD BREASTSTROKE		MEN 60-64		100 YARD BREASTSTROKE		Robert Klein	30.0		
		John Goetz 33	2:48.68	200 YD FREESTYLE		Anne McGuire	1:23.8	100 YARD BUTTERFLY			
WOMEN 19-24		50 YD BUTTERFLY		Chuck Wilson 60	2:30.43	200 YARD BREASTSTROKE		Gerry DeLong	58.8		
		Pattie Seitz 22	1:30.84	Herbert Howe 63	2:30.79	Anne McGuire	3:07.1	K.C. Dawson	1:00.6		
		100 YD FREESTYLE		500 YD FREESTYLE		50 YARD BUTTERFLY		Gerry DeLong	1:02.6		
		Pattie Seitz 22	1:13.07	Herbert Howe 63	6:58.60	Anne McGuire	35.6	K.C. Dawson	1:05.3		
		Betsy Kahn 19	1:25.01	Chuck Wilson 60	7:31.26	100 YARD IND. MEDLEY		John Zeigler	1:10.5		
		500 YD FREESTYLE		Lew Brumm 33	2:26.83	200 YARD IND. MEDLEY		John Mello	1:12.2		
		Betsy Kahn 19	8:29.08	George Trawicki 60	1:35.29	Anne McGuire	2:56.5	Gerry DeLong	2:20.9		
		50 YD BACKSTROKE		100 YD BREASTSTROKE		WOMEN 45-49		John Zeigler	2:23.2		
		Pattie Sietz 22	1:39.64	George Trawicki 60	1:19.24	50 YARD FREESTYLE		John Mello	2:59.4		
		50 YD BREASTSTROKE		200 YD IM		Vicki Yambrick	53.3	MEN 35-39			
		Pattie Seitz 22	1:41.11	Chuck Wilson 60	2:49.56	200 YARD FREESTYLE		50 YARD FREESTYLE			
		100 YD BREASTSTROKE		Herbert Howe 63	3:21.00	Vicki Yambrick	4:09.0	Harry Miller	34.0		
		Pattie Seitz 22	1:30.94	MEN 65-69		500 YARD FREESTYLE		100 YARD FREESTYLE			
		50 YD BUTTERFLY		100 YD FREESTYLE		June Krauser	7:02.9	Jerry Mershon	1:20.3		
		Betsy Kahn 20	1:44.74	Clif Brown 69	2:52.51	Vicki Yambrick	11:22.5	200 YARD FREESTYLE	1:29.2		
WOMEN 25-29		100 YD FREESTYLE		1650 YD FREESTYLE		June Krauser	24:05.4	Harry Miller	3:21.5		
		Cheryl Kantor 29	1:22.48	Clif Brown 69	63:32.67	Vicki Yambrick	40:22.0	1650 YARD FREESTYLE			
		500 YD FREESTYLE		50 YD BACKSTROKE		June Krauser	1:34.0	Harry Miller	32:30.5		
		Nancy Stupka 29	7:46.87	Clif Brown 69	1:57.05	200 YARD BACKSTROKE		Harry Miller	4:01.3		
		50 YD BACKSTROKE		100 YD BACKSTROKE		June Krauser	2:12.6	50 YARD FREESTYLE			
		Nancy Stupka 29	1:38.28	Clif Brown 69	2:20.97	50 YARD BREASTSTROKE		Gaither Rosser	25.3		
		100 YD BACKSTROKE		200 YD BACKSTROKE		Vicki Yambrick	3:11.8	Sheldon Monsein	26.4		
		Nancy Stupka 29	1:25.28	Clif Brown 69	6:17.12	100 YARD BREASTSTROKE		Charles Kohnken	28.5		
		100 YD IM		50 YD BREASTSTROKE		June Krauser	1:35.9	Bob Minahan	31.1		
		Cheryl Kantor 29	1:37.26	Clif Brown 69	1:35.06	200 YARD BREASTSTROKE		100 YARD FREESTYLE			
WOMEN 35-39		50 YD FREESTYLE		200 YD FREESTYLE RELAY		June Krauser	3:24.0	Gaither Rosser	56.1		
		David Vear 44	1:40.29	Illinois Masters (Baugher- Havlicek-Koblish-Schmidt)	1:56.41	Vicki Yambrick	1:20.0	Bob Minahan	1:10.2		
		Wayne Leengran 44	1:06.39	45+		100 YARD BUTTERFLY		Gaither Rosser	2:10.2		
		100 YD FREESTYLE		SHEELER-WINTON 1ST ANNUAL		June Krauser	1:22.4	Charles Kohnken	2:28.4		
		Kay Juechter 39	1:38.04	GEORGE WASHINGTON'S HOLIDAY		Vicki Yambrick	2:26.7	Bob Minahan	2:44.9		
		Barb Russell 36	1:38.92	MASTERS SWIM MEET		June Krauser	1:26.1	Burwell Jones	5:44.0		
		100 YD FREESTYLE		Miami, Fla. Feb. 14-15, 1976		Vicki Yambrick	2:31.8	Gaither Rosser	6:07.0		
		Kay Juechter 39	1:26.63	WOMEN 25-29		200 YARD IND. MEDLEY		Sheldon Monsein	6:48.5		
		200 YD FREESTYLE		50 YARD FREESTYLE		June Krauser	3:01.3	Charles Kohnken	7:04.0		
		Jeanette Fischer 36	3:23.35	Cathy Engelhardt	29.8	1650 YARD FREESTYLE		Bob Minahan	7:35.6		
		50 YD BACKSTROKE		100 YARD FREESTYLE		Burwell Jones	19:37.1	100 YARD BACKSTROKE			
		Jeanette Fischer 36	1:49.73	Sharon Socol	1:28.2	Gaither Rosser	21:34.5	50 YARD FREESTYLE			
		50 YD BREASTSTROKE		200 YARD FREESTYLE		Charles Kohnken	25:06.0	200 YARD BACKSTROKE			
		Barb Russell 36	1:41.86	Joanne Menard	2:32.5	Bob Minahan	26:56.0	50 YARD BACKSTROKE			
		100 YD BREASTSTROKE		500 YARD FREESTYLE		Burwell Jones	28.8	200 YARD FREESTYLE			
		Barb Russell 36	1:34.07	Cathy Engelhardt	6:28.6	Sheldon Monsein	29.2	100 YARD BACKSTROKE			
		200 YD BREASTSTROKE		Joanne Menard	6:54.6	Bob Minahan	47.8	50 YARD FREESTYLE			
		Barb Russell 36	3:24.29	1650 YARD FREESTYLE		Burwell Jones	1:04.0	200 YARD FREESTYLE			
		100 YD IM		Cathy Engelhardt	21:55.7	Sheldon Monsein	1:05.1	100 YARD BACKSTROKE			
		Jeanette Fischer 36	1:49.65	Joanne Menard	24:13.0	Gaither Rosser	1:12.6	200 YARD BACKSTROKE			
		500 YD FREESTYLE		50 YARD BACKSTROKE		Burwell Jones	2:22.6	100 YARD FREESTYLE			
		Elizabeth John 65	11:41.32	Cathy Engelhardt	38.4	Sheldon Monsein	2:30.8	50 YARD BACKSTROKE			
		50 YD BACKSTROKE		Sharon Socol	44.8	Herb Kern	2:45.0	200 YARD FREESTYLE			
		Elizabeth John 65	1:56.70	100 YARD BACKSTROKE		50 YARD FREESTYLE		Burwell Jones	33.5		
		50 YD BREASTSTROKE		Cathy Engelhardt	1:19.5	Chuck Menard	33.9	Bob Minahan	42.2		
		Elizabeth John 65	1:55.13	Joanne Menard	1:28.2	David Silva	34.4	Charles Kohnken	44.5		
		100 YD BREASTSTROKE		200 YARD BACKSTROKE		100 YARD FREESTYLE		100 YARD BACKSTROKE			
		Elizabeth John 65	2:04.30	Cathy Engelhardt	2:53.7	Billy May	52.1	Burwell Jones	1:15.4		
		MEN 19-24		Joanne Menard	3:04.5	100 YARD BACKSTROKE		Robert Minahan	1:39.0		
		Paul Milner 22	21:45.34	100 YARD BACKSTROKE		Chuck Menard	2:51.6	200 YARD FREESTYLE			
		100 YD BACKSTROKE		50 YARD FREESTYLE		1650 YARD FREESTYLE		Burwell Jones	2:39.0		
		Paul Milner 22	1:08.20	Cathy Engelhardt	1:29.1	David Silva	30:55.2	50 YARD BUTTERFLY			
		200 YD BACKSTROKE		Joanne Menard	35.0	MEN 30-34		Gaither Rosser	28.1		
		Paul Milner 22	2:28.90	100 YARD IND. MEDLEY		John Mello	26.5	Burwell Jones	28.4		
		MEN 25-29		Cathy Engelhardt	1:17.1	Cullen Bullock	26.5	Sheldon Monsein	30.9		
		Mark Prange 28	1:25.10	200 YARD IND. MEDLEY		100 YARD FREESTYLE		Gaither Rosser	1:05.5		
		Robert Becker 26	1:27.15	Cathy Engelhardt	2:45.9	Gerry DeLong	56.5	100 YARD IND. MEDLEY			
		100 YD FREESTYLE		Joanne Menard	3:04.5	John Mello	59.9	Burwell Jones	1:02.5		
		Mark Prange 28	1:54.76	50 YARD FREESTYLE		K.C. Dawson	1:00.5	Gaither Rosser	1:09.9		
		Tom Ertel 28	1:57.05	200 YARD FREESTYLE		Gerry DeLong	2:09.1	Sheldon Monsein	1:11.5		
		50 YD FREESTYLE		Fam Segar	1:41.2	John Mello	2:12.8	Bob Minahan	1:30.8		
		Ron Krier 29	6:40.48	500 YARD FREESTYLE		500 YARD FREESTYLE		200 YARD IND. MEDLEY			
		Phil Jelinek 29	7:16.82	Sandy Mershon	10:58.4	Gerry DeLong	5:54.2	Herb Kern	2:36.5		
		1650 YD FREESTYLE		1650 YARD FREESTYLE		K.C. Dawson	6:43.3	MEN 45-49			
		Jim Kervin 25	20:33.29	Fam Segar	38:53.8	John Zeigler	22:15.7	50 YARD FREESTYLE			
		100 YD BACKSTROKE		50 YARD BACKSTROKE		Cullen Bullock	22:56.7	Dan Malone	26.0		
		Tom Ertel 28	1:01.94	Fam Segar	53.8	John Zeigler	23:38.9	William Adams	28.5		
		Jim Kervin 25	1:04.54	Sandy Mershon	58.9	K.C. Dawson		100 YARD FREESTYLE			
		Robert Becker 25	1:23.41	100 YARD BREASTSTROKE		50 YARD BACKSTROKE		Dan Malone	58.0		
		200 YD BACKSTROKE		500 YD FREESTYLE		100 YARD FREESTYLE		William Adams	1:04.1		
		Tom Ertel 28	2:21.96	Fam Segar	2:06.9	John Zeigler	32.8	200 YARD FREESTYLE			
		100 YD BREASTSTROKE		WOMEN 35-39		Gaither Rosser	34.1	100 YARD BUTTERFLY			
		Robert Becker 26	1:20.20	Ann Colvin	49.3	William Adams	37.6	500 YARD FREESTYLE			
		Ron Prater 29	1:21.04	200 YARD FREESTYLE		Dan Malone	6:29.4	100 YARD FREESTYLE			
		100 YD BUTTERFLY		50 YARD BACKSTROKE		William Adams	7:11.8	1650 YARD FREESTYLE			
		Jim Kervin 25	1:04.21	Ann Colvin	4:18.9	Robert Beach	11:11.4	50 YARD FREESTYLE			
		Phil Jelinek 29	1:13.23	50 YARD BREASTSTROKE		Bill Adams	1:19.3	200 YARD FREESTYLE			
		100 YD IM		Ann Colvin	51.2	Bev Shives	2:39.0	100 YARD BACKSTROKE			
		Ron Krier 29	1:04.83	50 YARD BUTTERFLY		Gerry DeLong	31.6	50 YARD FREESTYLE			
		Tom Ertel 28	1:05.09	Ann Colvin	53.4	John Zeigler	32.6	100 YARD BACKSTROKE			
		Ron Prater 29	1:09.39	100 YARD IND. MEDLEY		John Zeigler	32.6	William Adams	1:19.0		
		Robert Becker 25	1:17.26	Ann Colvin	2:03.8	Cullen Bullock	34.1	Robert Beach	1:22.0		
		200 YD IM		WOMEN 40-44		John Mello	34.9	50 YARD BREASTSTROKE			
		Ron Prater 29	2:36.57	50 YARD FREESTYLE		Robert Klein	35.5	Dan Malone	37.8		
		Phil Jelinek 29	2:42.10	1650 YD FREESTYLE		100 YARD BREASTSTROKE		Bill Adams	42.6		
		Robert Becker 25	2:53.95	Lynn Surles 58	3:00.76	John Zeigler	1:13.1	50 YARD BUTTERFLY			
		MEN 30-34		500 YD FREESTYLE		John Mello	1:17.3	100 YARD IND. MEDLEY			
		Lew Brumm 33	7:09.58	Norman Folker 57	8:12.30	200 YARD BREASTSTROKE		Bill Adams	1:14.6		
		500 YD FREESTYLE		1650 YD FREESTYLE		John Zeigler	2:37.9	Dan Malone	1:14.9		
		Lew Brumm 33	25:06.00	Lynn Surles 58	27:59.00	100 YARD IND. MEDLEY					
		Norman Folker 57	27:59.00	Ann McGuire	2:37.6	500 YD FREESTYLE					



1650 YARD FREESTYLE		Katay Roose	37.8
Sig Langner	44:52.8	Boots Stockton	50.4
50 YARD BACKSTROKE		100 yrd ind. med.	
Peter Jurczyk	55.2	Marcy Harlow	1:17.4
Harold Langner	1:06.2	Fatay Roose	1:21.5
Fritz Babendererde	1:14.1	Boots Stockton	1:36.9
100 YARD BACKSTROKE		35-39	
Peter Jurczyk	2:14.6	50 yrd freestyle	
Sig Langner	3:06.2	Jo Yabe	41.5
50 YARD BREASTSTROKE		100 yrd backstroke	
Fritz Babendererde	1:02.0	Jo Yabe	1:48.4
Peter Jurczyk	1:05.9	200 yrd breaststroke	
Sig Langner	1:06.2	Jo Yabe	3:52.0
100 YARD BREASTSTROKE		100 yrd ind. med.	
Fritz Babendererde	2:35.0	Jo Yabe	1:43.8
200 YARD BREASTSTROKE		40-44	
Fritz Babendererde	5:33.5	50 yrd freestyle	
50 YARD BUTTERFLY		Feggy Kepner 43	33.5
Harold Langner	1:13.6	Dorothy Kleist 44	49.8
		50 yrd butterfly	
		Feggy Kepner 43	41.5
		100 yrd ind. med.	
		Feggy Kepner 43	1:27.8
		Dorothy Kleist 44	2:12.0
		45-49	
		50 yrd freestyle	
		Louise Mann 48	35.8
		200 yrd freestyle	
		Louise Mann 48	3:29.6
		100 yrd backstroke	
		Joyce Amato 47	1:37.5
		Louise Mann 48	1:43.5
		50 yrd butterfly	
		Joyce Amato 47	41.2
		100 yrd butterfly	
		Louise Mann 48	1:46.0
		100 yrd ind. med.	
		Joyce Amato 47	1:37.8
		50-54	
		50 yrd freestyle	
		Frances Karet 53	43.0
		100 yrd backstroke	
		Frances Karet 53	2:05.0
		MEN	
		25-29	
		50 yrd freestyle	
		G. Acney	21.9
		50 yrd butterfly	
		G. Acney	35.1
		100 yrd ind. med.	
		G. Acney	1:11.3
		30-34	
		50 yrd freestyle	
		raul Cooper 34	27.1
		John Tobin 33	28.4
		Goodwin	29.9
		Mike Chesnoe 34	33.1
		200 yrd freestyle	
		John Tobin 33	2:31.5
		Mike Chesnoe 34	3:07.6
		100 yrd backstroke	
		John Tobin 33	1:17.6
		Goodwin	1:25.2
		Mike Chesnoe 34	1:42.0
		200 yrd breaststroke	
		Goodwin	2:56.0
		50 yrd butterfly	
		John Tobin 33	30.5
		raul Cooper 34	32.2
		Goodwin	32.9
		100 yrd ind. med.	
		raul Cooper 34	1:13.0
		Goodwin	1:14.2
		40-44	
		50 yrd freestyle	
		George Kenry 40	26.8
		100 yrd backstroke	
		George Kenry 40	1:27.7
		100 yrd ind. med.	
		George Kenry 40	1:23.4
		50-54	
		50 yrd freestyle	
		Skip Mann 51	26.0
		warren Kleist 54	27.3
		John Van Nest	28.8
		Herb wallower 53	29.4
		200 yrd freestyle	
		Herb wallower 53	2:45.0
		100 yrd backstroke	
		warren Kleist 54	1:21.0
		John Van Nest	1:21.9
		200 yrd backstroke	
		John Van Nest	3:03.5
		200 yrd breaststroke	
		Skip Mann 51	2:45.6
		50 yrd butterfly	
		John Van Nest	35.9
		100 yrd ind. med.	
		Skip Mann 51	1:11.5
		warren Kleist 54	1:14.8
		Herb wallower 53	1:24.2
		55-59	
		50 yrd freestyle	
		Jack Warren	31.7
		100 yrd backstroke	
		Jack Warren	1:37.4
		50 yrd butterfly	
		Jack Warren	33.5
		100 yrd ind. med.	
		Jack Warren	1:19.4
		60-64	
		50 yrd freestyle	
		Louis Rinna	42.2
		100 yrd backstroke	
		Louis Rinna	1:46.1

MINNESOTA ASSOCIATION			
Monday, February 23, 1976			
WOMEN 25-29			
100 YARDS FREESTYLE			
Barbara Wheeler	34	1:21.7	
Mary Mordaunt	25	1:15.5	
50 YARDS BACKSTROKE			
Loretta Ghinn	29	47.0	
50 YARDS BREASTSTROKE			
Loretta Ghinn	29	45.3	
100 YARDS BREASTSTROKE			
Mary Mordaunt	25	1:34.3	
Loretta Ghinn	29	1:41.4	
100 YARDS INDIVIDUAL MEDLEY			
Mary Mordaunt	25	1:29.8	
WOMEN 30-34			
100 YARDS BACKSTROKE			
Barbara Wheeler	34	1:21.7	
100 YARDS BREASTSTROKE			
Barbara Wheeler	34	1:27.7	
100 YARDS BUTTERFLY			
Barbara Wheeler	34	1:23.4	
WOMEN 40-44			
100 YARDS FREESTYLE			
Nancy Crist	42	1:44.7	
50 YARDS BREASTSTROKE			
Nancy Crist	42	43.3	
50 FREESTYLE			
Nique Spranger	53	46.7	
50 YARDS FREESTYLE			
Manie J. Brown	71	1:20.7	
MEN 25-29			
50 YARDS FREESTYLE			
Jan Peterson	25	25.5	
Terry Gustafson	27	31.5	
100 YARDS FREESTYLE			
Robin Kleffman	28	57.8	
Bob Baker	28	59.1	
50 YARDS BACKSTROKE			
Tom Hodgson	26	27.7	
Terry Gustafson	27	34.0	
Jan Peterson	25	34.5	
100 YARDS BACKSTROKE			
Bill Farley	28	1:06.9	
200 YARDS BACKSTROKE			
Bill Farley	28	2:30.6	
50 YARDS BREASTSTROKE			
Marc Hamren	25	30.5	
100 YARDS BREASTSTROKE			
Marc Hamren	25	1:06.9	
Tom Hodgson	26	1:09.3	
200 YARDS BREASTSTROKE			
Marc Hamren	25	2:29.4	
Bob Baker	28	2:40.5	
50 YARDS BUTTERFLY			
Jan Peterson	25	27.8	
100 YARDS BUTTERFLY			
Robin Kleffman	28	1:01.2	
100 YARDS INDIVIDUAL MEDLEY			
Tom Hodgson	26	1:00.1	
MEN 30-34			
50 YARDS FREESTYLE			
Daniel Crooker	34	23.7	
100 YARDS FREESTYLE			
Daniel Crooker	34	54.1	
Bruce Kool	33	1:02.1	
50 YARDS BREASTSTROKE			
Bill Arland	31	32.2	
100 YARDS BREASTSTROKE			
Buz Scott	31	1:27.5	
50 YARDS BUTTERFLY			
Bill Arland	31	27.4	
100 YARDS INDIVIDUAL MEDLEY			
Bill Arland	31	1:04.2	
Daniel Crooker	34	1:06.7	
Bruce Kool	33	1:12.8	
Buz Scott	31	1:21.1	
200 YARDS INDIVIDUAL MEDLEY			
Bruce Kool	33	2:46.1	
MEN 35-39			
100 YARDS BREASTSTROKE			
Bill Kansas	39	1:16.3	
200 YARDS BREASTSTROKE			
Bill Kansas	39	2:51.0	
50 YARDS BUTTERFLY			
Bill Miller	36	28.7	
Pat Lyden	38	34.5	
Al Davson	36	36.7	
100 YARDS INDIVIDUAL MEDLEY			
Bill Miller	36	1:07.5	
Al Davson	36	1:29.5	
200 YARDS INDIVIDUAL MEDLEY			
Bill Miller	36	2:35.8	
Pat Lyden	38	3:11.0	
MEN 40-44			
100 YARDS FREESTYLE			
Den Schneeman	43	1:02.2	
Victor Berthene	44	1:10.0	
50 YARDS BACKSTROKE			
Victor Berthene	44	39.0	
100 YARDS BACKSTROKE			
Victor Berthene	44	1:31.1	
100 YARDS INDIVIDUAL MEDLEY			
Dan Schneeman	43	1:16.1	
MEN 55-59			
50 YARDS FREESTYLE			
Ray Hakonaki	55	25.2	
100 YARDS FREESTYLE			
Ray Hakonaki	55	59.2	
200 YARDS INDIVIDUAL MEDLEY			
Ray Hakonaki	55	2:51.3	
MEN 65-69			
50 YARDS FREESTYLE			
Joseph Fechter	67	38.8	
50 YARDS BACKSTROKE			
Joseph Fechter	67	1:07.0	

MIDLAND MASTERS MEET			
March 14, 1976 Midland, Mich.			
WOMEN 25-29			
50 YARD FREESTYLE			
Lynne Allsup		26.35	
Jan Okopyn		30.88	
100 YARD FREESTYLE			
Lynne Allsup		1:00.39	
Jan Hartsoe		1:05.27	
50 YARD BREASTSTROKE			
Jan Hartsoe		6:43.73	
Betsy King		7:41.58	
50 YARD BACKSTROKE			
Jan Okopyn		35.98	
Marge Ulrey		50.41	
50 YARD BREASTROKE			
Jan Okopyn		39.18	
Marge Ulrey		44.20	
100 YARD BREASTROKE			
Jan Okopyn		1:27.81	
50 YARD BUTTERFLY			
Lynne Allsup		30.27	
Jan Hartsoe		30.35	
WOMEN 30-34			
50 YARD FREESTYLE			
Alice Crow		39.25	
100 YARD FREESTYLE			
Alice Crow		1:28.21	
500 YARD FREESTYLE			
Alice Crow		8:41.37	
WOMEN 35-39			
50 YARD BACKSTROKE			
Pat Madden		54.12	
50 YARD BREASTROKE			
Pat Madden		51.74	
100 YARD BREASTROKE			
Pat Madden		2:02.68	
WOMEN 40-44			
50 YARD FREESTYLE			
Barl Birkhimer		48.39	
100 YARD FREESTYLE			
Jean Garbus		1:33.40	
50 YARD BACKSTROKE			
Barl Birkhimer		57.88	
100 YARD BACKSTROKE			
Jean Garbus		1:34.30	
100 YARD BREASTROKE			
Jean Garbus		1:31.90	
WOMEN 45-49			
50 YARD FREESTYLE			
Pat Gentry		36.62	
100 YARD FREESTYLE			
Pat Gentry		1:27.97	
50 YARD BACKSTROKE			
Pat Gentry		44.38	
100 YARD BACKSTROKE			
Pat Gentry		1:46.30	
MEN 25-29			
50 YARD FREESTYLE			
Gary Carter		23.76	
Greg Boerner		23.79	
Jim Makaruskas		23.82	
Bubba Phillips		26.69	
Rick Melick		26.97	
100 YARD FREESTYLE			
Jim Makaruskas		52.17	
Greg Boerner		52.51	
Gary Carter		52.97	
500 YARD FREESTYLE			
Jim Makaruskas		5:52.16	
Rick Melick		6:05.51	
50 YARD BREASTROKE			
Bubba Phillips		31.96	
100 YARD BREASTROKE			
Bubba Phillips		1:12.46	
50 YARD BUTTERFLY			
Greg Boerner		26.01	
Gary Carter		26.99	
Jim Makaruskas		28.38	
MEN 30-34			
50 YARD FREESTYLE			
Dan Cox		26.36	
Richard Flading		28.62	
100 YARD FREESTYLE			
Tom Spear		1:00.74	
500 YARD FREESTYLE			
Tom Spear		6:10.14	
Tom Dudley		6:21.20	
Richard Flading		6:53.79	
50 YARD BACKSTROKE			
Tom Spear		33.58	
100 YARD BACKSTROKE			
Tom Dudley		1:16.00	
50 YARD BREASTROKE			
George Runciman		30.87	
Dan Cox		33.11	
100 YARD BREASTROKE			
George Runciman		1:10.96	
Dan Cox		1:14.76	
Tom Spear		1:28.40	
Richard Flading		1:31.94	
50 YARD BUTTERFLY			
Tom Spear		29.03	
Tom Dudley		32.12	
200 YARD BUTTERFLY			
Tom Spear		2:30.23	
400 YARD IND. MEDLEY			
Tom Spear		5:23.42	
MEN 35-39			
50 YARD FREESTYLE			
Gary LaPrise		23.98	
Pete Palmer		26.46	
100 YARD FREESTYLE			
Gary LaPrise		53.75	
500 YARD FREESTYLE			
Gary LaPrise		6:14.44	
Ray Martin		6:17.02	
Bob Pierce		7:46.69	
50 YARD BACKSTROKE			
Pete Palmer		33.80	

50 YARD BUTTERFLY			
Gary LaPrise		26.84	
Ray Martin		29.72	
200 YARD BUTTERFLY			
Ray Martin		2:50.22	
400 YARD IND. MEDLEY			
Ray Martin		5:41.50	
Bob Pierce		6:43.01	
MEN 40-44			
50 YARD FREESTYLE			
Ed Campbell		30.41	
Ken Cook		34.27	
Ed Birkhimer		37.00	
100 YARD FREESTYLE			
Tom Koenig		1:02.31	
G. W. White		1:10.19	
500 YARD FREESTYLE			
Ed Campbell		8:02.99	
50 YARD BACKSTROKE			
Wally Dobler		30.73	
Jerry Garbus		33.41	
Tom Koenig		34.89	
100 YARD BACKSTROKE			
Wally Dobler		1:10.17	
Jerry Garbus		1:12.54	
G. W. White		1:26.70	
50 YARD BREASTROKE			
Tom Koenig		33.72	
Wally Dobler		33.86	
Ken Cook		39.88	
Ed Campbell		40.78	
100 YARD BREASTROKE			
Tom Koenig		1:14.71	
Ken Cook		1:30.84	
G. W. White		1:37.16	
Ed Birkhimer		1:45.94	
50 YARD BUTTERFLY			
Wally Dobler		27.67	
400 YARD IND. MEDLEY			
Tom Koenig		5:44.30	
MEN 45-49			
50 YARD FREESTYLE			
Arne Lagerkuist		28.17	
Alynn McCormic		28.58	
Bart Bremmer		28.71	
Herb Scoog		29.08	
Hank Hoover		30.05	
100 YARD FREESTYLE			
Bob Heritier		57.35	
Charles Moss		58.62	
Alynn McCormic		1:04.14	
Bart Bremmer		1:05.14	
Herb Scoog		1:09.90	
Hank Hoover		1:11.54	
500 YARD FREESTYLE			
Charles Moss		6:30.67	
Bart Bremmer		7:10.84	
Alynn McCormic		7:29.16	
50 YARD BACKSTROKE			
Herb Scoog		33.45	
Hank Hoover		40.83	
John Roundhouse		41.30	
100 YARD BACKSTROKE			
Charles Moss		1:12.41	
50 YARD BREASTROKE			
Arne Lagerkuist		36.06	
Bart Bremmer		38.76	
John Roundhouse		43.62	

# MASTERS NOTES SWIMMING

COMEBACK TRAIL - Harry Hurwitz says he is about to be discovered. His breakthrough will hinge on the distribution of his movie, a black comedy he calls "The Comeback Trail". It is a movie about two unscrupulous movie producers who hire an aging cowboy star for a return screen appearance. The producers quickly decide, however, that their only hope of making a buck lies in killing the star, thereby collecting the \$2-million for which they have insured his life. Starring as aging matinee idol Duke Montana is Buster Crabbe.....

INVENTOR OF SWIM FINS - "Almost everyone knows that Ben Franklin experimented a lot with electricity and invented the lightning rod. He also invented the Franklin Stove, bifocals, new kinds of printing presses. BUT SWIM FINS! Ben was a great swimmer and he made little paddles he could wear on his hands and feet to make himself go faster. He could have become rich by selling his inventions, but he said that ideas should belong to everyone. That's the kind of person he was. Benjamin Franklin was the only person to sign four of America's greatest documents- The Constitution of the United States of America; The Declaration of Independence; the Peace Treaty with England; and the Treaty with France for aid.".....

"SWIM FOR HEALTH...HAPPINESS...AND WELL-BEING!" - That's the theme of the new 80-slide carousel "Swim Today" Speakers Bureau program unveiled at the National Swimming Pool Institute's Champter Presidents and Staff recent meeting in Florida. The program is designed for NSPI members' use before local service, garden and fraternal groups and carefully combines two principal messages -- swimming as the Nation's Number One health resource for adults...and a home swimming pool as the Nation's Number One health facility.....

STUDY GROUP - Senility results from lack of oxygen to the brain caused by smoking, poor diet, and definitely a lack of exercise. Masters helps those concerned about physical fitness and the results from lack of same. Fun and the social aspect are secondary and the competitive aspect is last in importance. I am studying the results of lack of proper fitness which probably brings about arthritis, asthma, birth defects, cancer, heart disease, diabetes, hemophilia, mental illness and re-

tardation to a greater or lesser degree relative to fitness. We already know that fitness brings 11 more productive years to the life span. Physiology of aging above the chronological age has brought intensely interesting facts to light when viewed from the fitness condition. Send your senility problems for study and research by my group. Funds have already been given for further study in this vital area. O\*H\*I\*O MASTERS has been most instrumental in bringing about this interesting study group. For further info, contact me as the director: Thomas B. Cloyes, 1642 Cleveland NW, Canton, Ohio 44703. Gifts are tax-deductible to OHIO SWIMMING FOUNDATION.....

SUCCESSFUL MEET - Connie Wilson writes that the most successful meet yet for the whole of Region 12 was just held at the Multnomah Athletic Club, the long time home of so many good swimmers over the years. Most noteworthy among the 104 entrants was Collister Wheeler who at 82 broke National records for his age group by wide margins. Bounding around the pool all day was really inspiring. Three TV stations covered the meet. Mr. Wheeler swims 1300 to 1500 yards per day and runs, does push-ups and other exercises. Connie has acquired a supply of really nice special Masters pins and patches that she will sell singly or in quantities:

PINS - - 1-6	\$1.75 ea. + .50 postage
7 or more	\$1.25 ea. + 1.00 postage
PATCHES 1-6	\$1.30 ea. + .50 postage
7 or more	\$1.05 ea. + 1.00 postage

YALE'S RETIRING SWIM COACH - At a recent meet held at the Yale Pool with over 160 entrants, Phil Moriarity came to the pool in the morning to check on the electric timing, and ended up spending the day on the deck! He met so many of his former swimmers and former college rivals that he was greatly impressed. He was astounded with the times and the shape his former team members are in. He event went so far as to say that he may get out his trunks and join the program.....

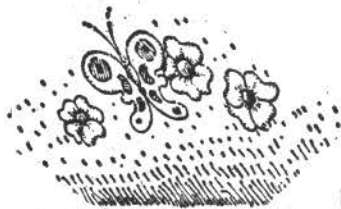
RELAY SYSTEM - Jane Hardy writes that they are trying a new relay system. Relay teams are due with entries (minus individual names) but we don't charge for the event--nor do we give out ribbons for the various places. It's much easier on the teams entering and a God-send to the women on the desk. No one seems to mind not getting relay ribbons.....

OKLAHOMA'S 1ST MASTERS MEET - Martin Brody writes, "It seemed like the only 2 swimmers in the country not entered were Mark Spitz and Gerald Ford! It was a definite learning experience and I promise that any and every facet of this meet that wasn't right this time, WILL be right next time!!".....

# SWIM-MASTER

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

## FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

## 1976 SWIM CALENDAR

VOL V - No 4

	New England AAU - Enid Uhrich, 25 Lafayette Rd., Newton Lower Falls, MA 02162
May 4, Jun 1	
	Hawaii Association - Richard Merritt, 4326 Aukai Ave., Honolulu, HI 96816
May 9, Aug 28 (Channel Swim), Aug 29 (Rough Water), Aug 30 (Dual Meet)	
	Ohio AAU - Roy Stickney, 235 North Remington Rd., Bexley, OH 43209
Jun 6, Jul 11, Aug 14-15	
	Oregon Association - Connie Wilson, 10315 SE 82nd, Portland, OR 97266
Jun 6, Jul 18	
	Pacific Northwest Association - Steve Engel, 2005 So. 308th, Federal Way, WA 98002
Jun 4-5, Jul 10-11, Aug 13-14	
	Pacific Association - Dore Schwab, Gray Oaks Box 772, Ross, CA 94957
Jun 12-13, Jul 10-11, Jul 30 or Aug 1, Sep 11-12, Oct 9-10, Nov 20-21, Dec 4/5	
	Southern Pacific Diving Schedule - Brud Cleaveland, 1520 Bay St., Santa Monica, CA
May 23, Jun 12-13, Jul 11, Nov 7	
MAY 1-2	Texas A&M - Will Worley, 1001 Village, College Station, TX 78218
May 1-2	East Coast Inv. - Bob Walden, 19 Hawthorne Dr., New Providence, NJ 07974
MAY 8	3rd Annual Spring Open - Alice U. Jones, 2740 Watson Blvd, Endwell, NY 13760
MAY 14-16	NATIONAL SC CHAMPIONSHIPS - Guy Barnicoat, 25211 Pacifica, Mission Viejo, CA
MAY 14-16	NATIONAL DIVING - Ted Keller, SHOF, One Hall of Fame Dr., Ft. Laud., FL
MAY 15-16	Minnesota - David J. Beardsley, 1380 Terrace Dr. #102, Roseville, MN 55113
MAY 28-30	Florida Assn. - R. E. Beach, Judicial Bldg., #402, St. Petersburg, FL 33701
MAY 30	Pentathlon - Janice Terrasi, c/o Coronado Municipal Pool, Coronado, CA
MAY 30	Whitefish Bay - Morgan Byers, WBHS, 1200 E. Fairmont Ave., Milwaukee, WI
JUN 5-6	Oakville Inv. - Ken Allen, 132 Cross Ave., Oakville, Ontario, Canada
JUN 12-13	Sr. Olympics (Swimming, Diving and Water Polo) - Judy Bell, Aquatics Div., Los Angeles County Rec. Dept., 155 W. Washington Blvd., Los Angeles, CA
JUN 26	Tar Heel LC - Dick Lortie, 1227 S. Hawthorne, Winston Salem, NC 27103
JUL 24	NATIONAL LONG DISTANCE CHAMPIONSHIPS - Clifford S. Brown, N76W22300 Cherry Hill Road, Sussex, WI 53089
JUL 30-31	LC - Mush Van Dolson, County of Nassau, Dept. of Rec. and Parks,
AUG 1	Eisenhower Park, East Meadow, NY 11554
AUG 27-29	NATIONAL LC CHAMPIONSHIPS - Wade Barber, 7314 Whitehaven Dr., St. Louis, MO

\*\*\*\*\*NO WORLD CHAMPIONSHIPS FOR 1976 - LOOK FOR THEM TO BE HELD IN 1977\*\*\*\*\*