



Masters Swimming Program Stimulates Fitness Motivation

Ransom J. Arthur, MD

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Both health professionals and laymen are well aware of the epidemic nature of atherosclerotic coronary artery disease throughout the world.¹ Precise understanding of the etiology, prevention, and cure of this disease has remained elusive. "Risk factors," such as high blood pressure, positive family history, high level of lipids in the blood, diabetes, elevated uric acid, emotional tension, physical inactivity, and heavy cigarette smoking have become widely publicized. The relationship, however, between such risk factors and the appearance of clinical disease is so far actuarial rather than absolute. Although the presence of these risk factors in any individual increases his chance of having the disease, it by no means guarantees that myocardial infarction will ultimately occur. Similarly, preventive measures, such as the cessation of cigarette smoking, a diet low in calories (especially saturated fat and sugar), and a graduated exercise program, lack final proof of efficacy.

Of major interest is whether exercise training is a useful therapeutic approach to prevention and treatment of heart disease. Hundreds of scientific papers have dealt with this subject, but the case for exercise still lacks final proof. The preponderance of evidence, however, particularly from work like that of Morris and associates,² continues to suggest that vigorous exercise substantially reduces the risk of developing coronary disease. Exercisers may reduce their risk to one-third of that for individuals who do not

exercise enough to increase their heart rates substantially. Studies of longshoremen in San Francisco³ seem to support this evidence.

Exercise promotes changes in myocardial responsiveness to hypoxia, helps to reduce systolic blood pressure, produces a resting bradycardia, and brings about a more rapid return to normal pulse rates after exertion in trained, as opposed to untrained, individuals. It may also change the resistance of the myocardium against the cardiotoxic effects of catecholamines. Improved coronary blood flow has been demonstrated in exercised animals. These training effects are well known and indicate an improvement in the cardiovascular system's ability to deal with work demands. Whether they also prevent the pathological processes involved in atheromatosis and arteriosclerosis is not clear. Data derived from studies of the longevity of athletes, however, suggest that individuals who continue exercising throughout their lives live longer than those who are either sedentary or who have been athletes only in their youth. Training effects on the cardiovascular system persist only if exercise is continued.

On the other side of the coin there are a number of studies dealing with sudden death during exercise. Friedman and co-workers⁴ in their study of 59 individuals dying of coronary artery disease have described the types of physical exertion implicated in sudden deaths. Opie⁵ in Cape Town, South Africa, described 21 sudden deaths in athletes. Eighteen of the deaths were thought to be caused by heart attacks during or immediately after exertion in sports. In most of these instances, the individuals involved had unfavorable family histories, were heavy smokers, or, especially in the case of referees in rugby matches, were not highly conditioned athletes by the fitness standards of runners or swimmers. A statement has been made that

no runner who has ever finished a marathon has died of coronary artery disease, but that clearly is not the case, as a recent communication⁶ indicated. In spite of these reports, many of us still believe a moderate exercise program, which involves challenge to the cardiopulmonary systems and maintenance throughout life, will prolong life through amelioration of coronary artery disease. In addition, of course, there appears to be an enormous increase in psychic well-being, including a reduction of anxiety and depression, that can occur as the result of a well-constructed and enjoyable exercise plan.

A problem immediately apparent in designing a permanent exercise program is sustaining motivation over weeks, months, years, and decades. Swimming, an exercise which some of us consider ideal for middle-aged and elderly people, can be exceedingly dreary without some goal beyond the sole attainment of fitness. It was to provide this continuing motivation that the idea of Masters swimming was generated early in the 1960s by several of us at the Naval Medical Neuropsychiatric Research Unit in San Diego. The program's major goal was to promote physical fitness through continued exercise. Its secondary purpose was to promote pleasure through the camaraderie that accompanies the formation and training of teams and participation in organized meets.

We had previously developed prototype swimming teams involving adults in San Diego and attempted to sell the idea nationally to various bodies including the AAU, NCAA, and the President's Council on Physical Fitness and Sports, without success. Meanwhile, unknown to us, others had been developing a similar program for adult athletes in track and field, which resulted in the Masters track program. Finally, in late 1969, we succeeded in interesting John Spanuth, then president of the American Swim Coaches Association, in sponsoring the first Masters swimming meet.

Our first competition was held in May 1970, at Amarillo, Texas. It involved swimmers aged 25 and over. We chose the low age of 25 because at that time there were essentially no swimmers in the United States of that age or older who were competing at the highest international levels. We were anxious then, as now, to avoid any appearance of conflict with the international competition of the Olympics, Pan American Games, and World Championships. Although we had relatively few swimmers, our first meet was a great success and the movement has grown steadily since that date. It was soon apparent that the original division of swimmers into ten-year age-groups was unfair, so we settled on five-year divisions, that is from 25 to 29, 30 to 34, and so forth, as representing the best practical solution to the problem of decreased performance with age.

In 1971, we officially became part of the AAU program. This connection was enormously helpful during our early years, although subsequently a number of jurisdictional problems arose revolving around the differing aims of the two organizations. Masters swimming strives for the greatest degree of inclusivity and wishes to post no barrier to anyone who is 25 years or older from competing. Many professionals, such as coaches, also participate, since we regard

any attempt to bar them from competition as antithetical to the major purposes of the Masters program.

There are currently two Masters national championships each year: a short course (25-yard pool) meet in May, and a long course (50-meter pool) championship in late summer. All the standard events, including freestyle, breaststroke, backstroke, butterfly stroke, individual medley, and relays, are included. The oldest swimmers who have competed have been aged 88 and 91. In addition, there are meets at the local level throughout the country during the year. In many districts there is a meet every month. Within the near future a World Masters Swimming Championship is planned. The program has expanded to include diving and now synchronized swimming, both of which sustain the main purpose—physical fitness in adults.

Medical research has been a feature of the program since its inception. We studied the swimmers in our first meet and were able to show cardiovascular changes following competition.⁷ There was a postexercise tachycardia and a fall in both systolic and diastolic blood pressures. There were also changes in serum uric acid and serum cholesterol. It appeared that the competition was safe for well-conditioned older competitors, but the profound demands on the cardiovascular systems made it hazardous for untrained swimmers to compete in this fashion. Accordingly, our general instructions to Masters swimmers have stressed the crucial importance of individualized workouts and a very long and slow induction period, extending over many months of gradually increasing length and intensity of swimming before any competition is attempted.⁸ To date, we have had no deaths or apparent heart attacks during actual competition. There is at least one known sudden death following a solitary practice session, but the pathological data did not indicate the precise cause of death. There has also been at least one documented heart attack in an individual who had been competing but whose chest pain came on prior to a scheduled race.

As a group, the Masters swimmers show the expected conditioning effects. They tend to have blood pressures lower than the mean for their age in the general population, to have bradycardia with resting pulses usually about 55 beats per minute, and to show exercise tolerance well beyond the mean. They tend to cluster in a similar body type, that of moderate mesomorphy with some endomorphy. They are so far predominantly Caucasian, although blacks and Asian-Americans do compete, and, of course, all are welcome. There are somewhat more men than women competing at present, but in some areas parity is approached.

Other sports medical findings of interest include the confirmation of linear decrease in swim performance.⁹ There is a 1% per year falloff in swim performance in the crawl stroke, and approximately that amount for the backstroke and breaststroke. Because of variegated experience and training of the participants, the butterfly stroke performance does not follow quite the same smooth pattern. This linear decrement speaks to the necessity of having age divisions, although these subdivisions prolong the length of the meets. Competition does seem a little unfair

when one is at the end of an age-group, but some outstanding champions are able to win even when at the upper edge of a group.

Another finding of great interest is the enormous amount of additional training necessary in order to obtain small performance gains.¹⁰ We have been able to show that at 1,000 yards a day one reaches 75% of maximum training effort, and at 2,000 yards, 85%. In order to reach 95% of maximum, however, one needs to go to 10,000 yards a day in training, and to get 99% to 100%, one would need to go to 16,000 yards a day. It would clearly be very difficult for any adult carrying his other usual responsibilities to reach this very great distance. Most Masters swimmers have established their workout schedule to cover about 1,000 yards a day on four or five days a week. There are a good many who do more, but it remains to be seen whether many individuals will be able to continue these more heroic regimens over the years. In any case, the postulated health benefits occur with 1,000 to 2,000 yards a day, and there is no obvious increased benefit from the longer workouts. In fact, there is some suspicion that lengthy and demanding workouts might be counterproductive.

As has been shown before, cardiovascular fitness does not seem to have any preventive effect on infectious disease. The useful effects of the program seem to lie primarily in changes in the functional capacities of the heart and lungs, and in the great increase in the sense of well-being that such a program can afford. An hour in the pool provides a surprising amount of psychotherapeutic benefits for many people.

As we enter our sixth year, the Masters program seems well established not only in the United States but also abroad in such countries as Australia, New Zealand, Japan, and the United Kingdom. There still remain doctrinal problems with the AAU and with the International Swimming Foundation, but no matter how these disputes turn out, we have no doubt that the program will sustain itself as an important motivational framework for promoting a lifelong exercise regimen that exerts tangible benefits on its participants in the form of physical and mental well-being.

References

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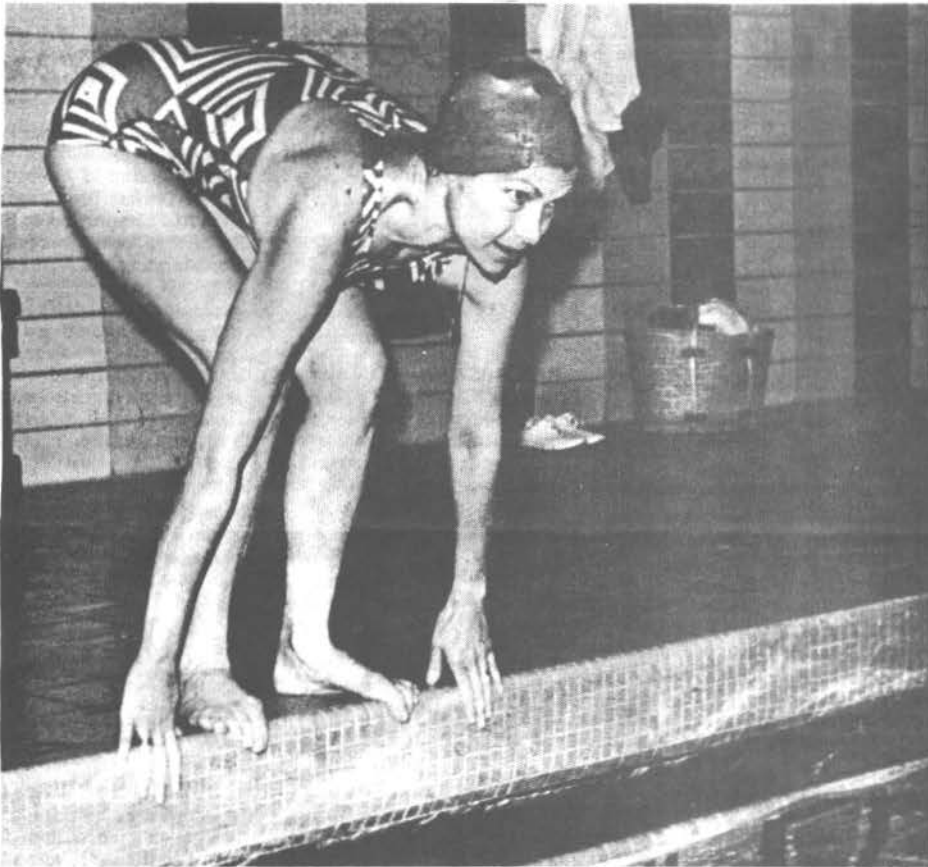


FORMER PRESIDENT Gerald R. Ford, during his visit to Fort Lauderdale and environs last week was officially inducted into The Swimming Hall of Fame as the first Honorary member and honoree. He signed his official "swimming" portrait which will be hung in the museum. In addition officials of The Hall of Fame presented Mr. Ford with a photograph of the facility (below) with an inscription commending him for his encouragement and support of the sport of swimming over the years.



The pictures on this page were taken at the informal reception held for Swimmer GERALD R. FORD on February 24, 1977 at the International Swimming Hall of Fame. The picture below l to r include Ford, Buck Dawson, Zac Zorn, Bill Morgan, Reed Ringel (ISHOF Treasurer and GCM swimmer) and June Krauser. It was a pleasure and a honor!





**Mercedes Galler
Mom swims, too**

Mercedes Galler: The lady likes to splash the water

Mercedes Galler is not one of these ladies who takes her child to swimming practice and then gets splashed at poolside.

No, she does the splashing in the pool.

An active parishioner in Christ The King community life, Mercedes, wife of LSU prof. Dieter Galler, isn't a spectator. She's a participant, and she doesn't mind getting her feet, hands and head wet to prove it.

The new secretary of the Crawfish Master Swimmers, Mercedes is able to do her swimming when she takes her seven-year-old son Mark for his practice sessions with the Bengal Swim Club. Mrs. Galler

and Mark go to swimming practice together at least three times a week.

In a couple of months, young Mark will have an opportunity to watch his mom do her splashing in the water. Mercedes, who replaced Susan Epps as secretary of the Crawfish Master Swimmers when Susan moved to New Orleans, will be competing in the Crawfish Masters Open set here in March.

The two-day swim meet will be held March 12-13 at the LSU swimming pool on the University campus.

Sponsored by the Baton Rouge Bengal Swim Team, the aquatic meet for swimmers 25 years and older is sanctioned by the

Southern Association of the Amateur Athletic Union.

Paul Hebert Jr., is among the locals who will be swimming at the Crawfish Masters Open. A former champ and coach at Catholic High, Hebert is among the top-ranked swimmers.

Also scheduled to compete are Jo Paul Steiner, a champion in the 60-year-old division, Dr. Elvin Choong, Cris Rojas, Carlyn Cruzan and other members of the local club.

Outstanding swimmers are also expected from Texas, Mississippi and Oklahoma. Good representation is also expected to come from the New Orleans club.



WOMEN IN SPORTS By PENNY BUTLER Gruender a Master

Send names of outstanding Arizona women athletes to Box 1950, Phoenix 85001.

When Edie Gruender tried to organize a swimming team while attending a Wisconsin high school, she was told by the P.E. department, "Girls don't do that."



Edie Gruender

Now, mother of five children, Edie runs a Masters Swimming program from her Phoenix backyard.

Originating from a cardiovascular fitness study by a navy doctor, the Masters program held its first National Championships in 1970 for adults 25 to over 80.

The underlying philosophy is "without a goal of competing against contemporaries, it is difficult for most people to work with the vigor, regularity and tenacity necessary to really benefit heart, lungs and muscles."

From learning to swim back East in the Chesapeake Bay at the age of seven, Edie has always managed to "find water. My dad's job kept us moving," she said. "He designed book stacks for libraries so we moved westward, wherever there was a new library.

"I took swimming and lifesaving lessons just to get in the water. Growing up I was always in the wrong place at the wrong time as far as competitively swimming. I find that at Nationals, my age group (45-49) is thick with girls who swam the '52 Olympics.

"When my husband was transferred to Phoenix in 1960, I started looking for water. What really scared me here were open irrigation ditches. My husband worked with migrant laborers and their babies were drowning all the time.

"We had two kids and only one car then so I had to arrange the once-a-week 'waterproofing' swim at the YWCA the day I did grocery shopping.

Edie's addiction to swimming increased. "As we had three more children, I swam a quarter mile every day wherever I could find water and as long as I could keep the kids busy and safe.

"In 1970 'Swimming World' magazine mentioned a Senior Olympics meet in California for the over 40 person in every sport. I decided to enter my first competition, trained three to four weeks and went over to it.

"You never forget your first experience. The swimming was in the 50 meter pool at the Los Angeles Coliseum, site of the '32 Olympics. The 400 free was outdoors, in icy water at 8 a.m.

"I didn't know how to swim it and didn't realize you don't go in hard because you'll poop out. I scared an ex-Olympian briefly but discovered I couldn't make eight round trips like that. I came in second.

"Our daughter swam with Desert Rats and my husband and I ran our club swimming program so we attended AAU meetings. Through that I was approached to run the Masters program in '73."

Edie has been the prime mover ever since. "Our first meet was in Mesa at a city pool," she recalled. "I'll never forget all those ribbons with 'July 29, 1973 on them — my birthday."

With no year round facility available in Phoenix, the search for water ended when the Gruenders put in their own pool last year "so my husband could get regular exercise in spite of irregular working hours," said Edie.

"The pool couldn't be little — my husband is 6-3 — and since we were building it, I convinced him it ought to meet AAU specs and be big enough to put on short course meets — 25 yards, three lanes."



'I try very much to be No. 1. . . . to see if I can still do this at my age. —Alfred Beffie

Why wait around for heart attack? Swimmer getting better with age

By MIKE MADIGAN
News Staff

Alfred Beffie still can't understand what all the excitement is about. Why all the fuss.

It is nearly a year now since he set records in three events at the AAU National Masters Long Course swimming championships in St. Louis. In fact, at the present, he's more concerned with his practice for the upcoming Short Course meet in May.

But, still, countrymen send him dated news clippings from The Netherlands. And the other day a doctor begged an interview to be included in a health book.

"I really don't think it is such a tremendous thing," said Beffie. "After all, I am only 75 years."

Alfred Beffie is a business broker in Boulder. He came to the United States 37 years ago but could only tolerate living in New Jersey the first 10. He moved to Colorado, and shortly after the Boulder YMCA opened in 1966, simultaneously quit smoking cigars ("I had puffed them all my life, one after another") and began swimming again.

WHEN BEFFIE WON the 50 meter butterfly (1:09.5) and 100 (2:18.87) and 200 meter breaststroke (5:17) events at last year's National Masters, he had been swimming nearly 65 years, since he learned as a boy in his homeland.

"Everybody had to swim because of the presence of all the canals and water," he explained. "We had to go through very rigorous tests. I was really reared on the backstroke, but I do also freestyle, but I am not too good. I want to get better."

There are not many who want to get better at anything after trying for three-quarters of a century. Beffie, between sips of sherry taken in the study of his home, says that's their problem.

"While I'm very proud, I cannot understand why more people my age are not doing things like this. Then we wouldn't have all these older people sitting around drooling and having heart attacks.

"I began swimming in competition for the same reason I stopped smoking cigars — I wanted to see if I could do it. And I've done it by not abusing myself, not imbibing too much. I like a drink," he said, raising the sherry. "I like wine, too. And you don't have to be a goody-goody and go to bed every night at 8 o'clock. Eating? You eat what you don't like and only eat half of it."

BEFFIE LIKES TO practice three to four times a week, preferably early in the morning. A normal workout while preparing for the Short Course championships (short course distances are measured in yards, long course events in meters) consists of about 40 times up and down the 25-yard YMCA pool.

A short, round man who after all his years in this country is still more likely to reply "Ja" than "Yes," he seems to bother himself with only three concerns:

— Short pools ("Because you have to turn. That takes a hell of a lot of energy from you, and I cannot flip. I just give myself a good poosh");

— People who play golf ("Sitting in that wagon, following that ball and giving it a kick is not really accomplishing much");

— And, his own waistline, which he imagines is in a conspiracy against him.

Sports

Actually, he is a rather trim-looking 75-year-old, 171-pound sprinter.

"One of the men I was to swim against in the Masters was Leroy Webster, the same age as I," Beffie said. "Every year he swims across the Columbia River, from the Oregon side to the Washington side.

"JUST BEFORE THE 200 breastroke, he came to me and said 'Mr. Beffie, I hope I can beat you.' I said 'Well, let's see.'"

Then Beffie described the conversation after he had set his third record. "He said 'Listen, Alfred, when you took off your shirt I saw your chest and I was anxious because you looked so strong.' He didn't know it, but when I looked at him he was so lean, I was the one who was worried."

It wasn't Ali and Foreman glaring at each other at the weigh-in, but the competition is there, says Beffie.

"Ya, ya, I am very ambitious. I like to win. Mrs. Beffie doesn't like to hear this, but, in a meet, I try very much to be No. 1. Not for the fame or the glory, but for my own self-pride — to see if I can still do this at my age."

Alfred Beffie tipped the rest of his sherry down and said, "Ja," most of your aging is in your mind."

By DIANE POLJACK
Miami News Staff

As a child you dreamed of glory as a successful competitive swimmer, but never had the chance to make your dream come true. So you swim recreationally now, having put away the things of a child. It just wasn't meant to be, you say.

You're not off the hook yet.

This Saturday the North Miami Second Annual Masters Swim Meet, sponsored by the City of North Miami Parks and Recreation Department and North Miami Swim Team, will give swimmers age 25 and over a chance to compete against others in their age divisions.

Participants will range from Master Swimmers holding national records to those who have never before swum competitively.

North Miami Master Swimmer Bill Share had the top national time for the 200-yard breaststroke in his age division in 1976. Share is 68 years old. He will compete Saturday.

So will Ramon Rodriguez, 57, who holds the national records for the 50, 100 and 200 meter breaststroke in the 55-59 division. He and another Master Swimmer, Fernando Lasa, swim with the Hialeah Seahorses, an age group club.

Rodriguez has competed most of his life — in track. For 19 years he held the 400 meter record in his native Spain and, for seven or eight years, the 200 meter record. He started swimming competitively only three years ago.

He broke the national record for the 200 breast two years ago in the Nationals at Fort Lauderdale — his first time in the event.

"You're never too old," says Rodriguez, who feels like he's "going back in age."

Last year's North Miami Masters meet had 70-80 entrants, from all parts of Florida and from out-of-state.



The North Miami Masters Swim Team is getting ready for a big weekend. Saturday, Feb. 12, they're hosting their second Amateur Athletic Union-sanctioned invitational tournament, with participants coming from as far away as Oklahoma. Warm-up's at 9 a.m. and the meet starts at 10 at North Miami Municipal Pool, NE Eighth Ave. and 131st St. The team, which began three years ago, is for folks aged 25 and up who enjoy keeping in shape. (L to R), team captain Sig Loeffler (at 71, the oldest team member), North Miami aquatics coordinator Virginia DiFederico, Bill Share and Marian Borken.

Journal Staff Photos by KAY MIKLAS



Miami News Staff Photos by BILL REINKE

Masters Bonnie Hoffman (left), Bill Share and Marian Borken practice for Saturday's meet.

FOR THE RECORD

SOUTHEASTERN AAU MASTERS
November 6 & 7, 1976
Oak Ridge, Tennessee

WOMEN 25-29

Table listing swimming times for women 25-29 in various events including 50 Yard Freestyle, 100 Yard Freestyle, 200 Yard Freestyle, 50 Yard Backstroke, 100 Yard Backstroke, 200 Yard Backstroke, 50 Yard Butterfly, 100 Yard Butterfly, and 200 Yard Butterfly. Includes names like Anne Grana, Gretchen Drake, and Julie Holworth.

50 Yard Backstroke

Table listing swimming times for women 30-34 in various events including 50 Yard Freestyle, 100 Yard Freestyle, 200 Yard Freestyle, 50 Yard Backstroke, 100 Yard Backstroke, 200 Yard Backstroke, 50 Yard Butterfly, 100 Yard Butterfly, and 200 Yard Butterfly. Includes names like Linda Mattie, Natalie Johnson, and Jean Fox.

WOMEN 35-39

Table listing swimming times for women 35-39 in various events including 50 Yard Freestyle, 100 Yard Freestyle, 200 Yard Freestyle, 50 Yard Backstroke, 100 Yard Backstroke, 200 Yard Backstroke, 50 Yard Butterfly, 100 Yard Butterfly, and 200 Yard Butterfly. Includes names like Lillian Kyle, Eileen Schappel, and Grace Lawton.

100 Yard Breaststroke

Table listing swimming times for women 40-44 in various events including 50 Yard Freestyle, 100 Yard Freestyle, 200 Yard Freestyle, 50 Yard Backstroke, 100 Yard Backstroke, 200 Yard Backstroke, 50 Yard Butterfly, 100 Yard Butterfly, and 200 Yard Butterfly. Includes names like Richard Bober, Wallace Burke, and M. Schneiderlochmer.

Richard Frederick

Table listing swimming times for women 45-49 in various events including 50 Yard Freestyle, 100 Yard Freestyle, 200 Yard Freestyle, 50 Yard Backstroke, 100 Yard Backstroke, 200 Yard Backstroke, 50 Yard Butterfly, 100 Yard Butterfly, and 200 Yard Butterfly. Includes names like Gerry Delong, Terry Palmer, and James Green.

WOMEN 50-54

Table listing swimming times for women 50-54 in various events including 50 Yard Freestyle, 100 Yard Freestyle, and 200 Yard Freestyle. Includes names like Linda Mattie and Natalie Johnson.

WOMEN 55-59

Table listing swimming times for women 55-59 in various events including 50 Yard Freestyle, 100 Yard Freestyle, and 200 Yard Freestyle. Includes names like Nancy Logan and Janet Wells.

WOMEN 60-64

Table listing swimming times for women 60-64 in various events including 50 Yard Freestyle, 100 Yard Freestyle, and 200 Yard Freestyle. Includes names like Janet Meservey and Nancy Logan.

WOMEN 65-69

Table listing swimming times for women 65-69 in various events including 50 Yard Freestyle, 100 Yard Freestyle, and 200 Yard Freestyle. Includes names like Ruth Switzer and Robert Sautters.

WOMEN 70-74

Table listing swimming times for women 70-74 in various events including 50 Yard Freestyle, 100 Yard Freestyle, and 200 Yard Freestyle. Includes names like Charles Bechtel and John Humphries.

50 Yard Breaststroke Bob Mosbrook 39	40.2
100 Yard Breaststroke Bob Mosbrook 39	1:30.3
200 Yard Breaststroke Bob Mosbrook 39	3:23.2
50 Yard Butterfly Charles Bechtel 38 John Huapries 39	28.1 29.2
100 Yard Individual Medley Charles Bechtel 38 Peter Lison 38	1:07.0 1:09.1
200 Yard Individual Medley Charles Bechtel 38 Peter Lison 38	2:39.6 2:43.7
400 Yard Individual Medley Peter Lison 38	6:18.2
MEN 40-44	
50 Yard Freestyle Gailther Rosser 42 Kirk Canterbury 40 Joseph Henry 40 George Harvey Ray Mattie 41	24.9 25.3 25.5 28.3 35.2
100 Yard Freestyle Gailther Rosser 42 Al Coxon 40 Kirk Canterbury 40 Joseph Henry 40 Dale Petranach 41 Ray Mattie 41	54.9 55.9 56.0 56.9 1:11.1 1:21.5
200 Yard Freestyle Kirk Canterbury 40 Gailther Rosser 42 Al Coxon 40 Dale Petranach 41 Ray Mattie 41	2:06.7 2:07.2 2:08.0 2:32.5 3:04.8
500 Yard Freestyle Kirk Canterbury 40 Gailther Rosser 42 Joseph Henry 40 Al Coxon 40 Bill Lauer 42 Dale Petranach 41 Nick Berenyi 44 Ray Mattie 41	5:55.8 6:00.2 6:07.1 6:22.7 6:30.4 6:40.1 7:26.9 8:34.0
50 Yard Backstroke Al Coxon 40 George Harvey John Johnson 43	29.2 33.8 40.2
100 Yard Backstroke Al Coxon 40 Gailther Rosser 42 George Harvey John Johnson 43	1:05.6 1:10.9 1:13.5 1:27.8
200 Yard Backstroke Al Coxon 40 Gailther Rosser 42 George Harvey John Johnson 43	2:32.3 2:42.2 2:58.3 3:13.5
50 Yard Breaststroke Nick Berenyi 44 Tom Seade 41 John Huson 42 John Johnson 43 Anell Silvey 43	35.0 35.3 36.1 40.5 42.3
100 Yard Breaststroke Nick Berenyi 44 Tom Seade 41 John Huson 42 Dale Petranach 41 John Johnson 43	1:17.8 1:19.8 1:21.6 1:29.3 1:30.5
200 Yard Breaststroke Nick Berenyi 44 John Huson 42 Dale Petranach 41 John Johnson 43	2:51.5 3:02.7 3:09.7 3:24.1
50 Yard Butterfly Gailther Rosser 42 Joseph Henry 40 Al Coxon 40 Kirk Canterbury 40 Bill Lauer 42	27.2 28.0 28.0 28.0 29.2
100 Yard Butterfly Kirk Canterbury 40 Gailther Rosser 42 Dale Petranach 41 John Huson 42	1:03.4 1:03.9 1:21.8 1:24.2
200 Yard Butterfly Kirk Canterbury 40 Bill Lauer 42 Dale Petranach 41 Nick Berenyi 44 John Huson 42	2:29.3 2:49.5 3:09.3 3:18.6 3:21.8
400 Yard Individual Medley Al Coxon 40 Kirk Canterbury 40 Bill Lauer 42 Gailther Rosser 42 Nick Berenyi 44 John Huson 42	1:03.9 1:05.0 1:08.0 1:08.6 1:19.3
200 Yard Individual Medley Kirk Canterbury 40 Al Coxon 40 Bill Lauer 42 Gailther Rosser 42 Nick Berenyi 44	2:23.6 2:28.2 2:35.6 2:40.3 2:47.6
400 Yard Individual Medley Kirk Canterbury 40 Bill Lauer 42 Dale Petranach 41 Nick Berenyi 44	5:12.2 5:50.5 6:02.9 6:09.8
MEN 45-49	
50 Yard Freestyle Harry Fox 47 Robert Beach 45	27.7 29.3

Kenneth Dawson 45 Art Mayer 45	29.3 29.5
100 Yard Freestyle Norman Schueckler 49 Robert Beach 45 Nick Kakos 46 Art Mayer 45	1:01.1 1:02.0 1:08.1 1:08.4
200 Yard Freestyle Robert Beach 45 Norman Schueckler 49 Bob Harris 49 Nick Kakos 46 Art Mayer 45 Kenneth Dawson 45 Jim Holland 47	2:16.5 2:17.7 2:25.0 2:32.7 2:33.4 2:34.5 2:46.2
500 Yard Freestyle Robert Beach 45 Norman Schueckler 49 Bob Harris 49 Kenneth Dawson 45 Nick Kakos 46	6:22.0 6:23.7 6:44.2 7:15.8 7:20.6
50 Yard Freestyle Art Mayer 45 Jim Holland 47 Nick Kakos 46 Kenneth Dawson 45	32.2 35.5 35.8 36.0
100 Yard Backstroke Art Mayer 45 Kenneth Dawson 45 Nick Kakos 46 Norman Schueckler 49 Robert Beach 45 Jim Holland 47	1:11.0 1:19.7 1:20.5 1:22.4 1:22.5 1:24.0
200 Yard Backstroke Art Mayer 45 Kenneth Dawson 45 Norman Schueckler 49 Robert Beach 45 Jim Holland 47	2:43.4 2:53.7 2:55.5 2:57.1 3:05.0
50 Yard Breaststroke Harry Fox 47 Art Mayer 45	35.1 45.4
100 Yard Breaststroke Norman Schueckler 49 Art Mayer 45	1:26.4 1:41.0
200 Yard Breaststroke Norman Schueckler 49	3:10.1
50 Yard Butterfly Harry Fox 47 Bob Harris 49	30.6 33.2
100 Yard Butterfly Harry Fox 47	1:20.4
200 Yard Butterfly Harry Fox 47	2:57.9
100 Yard Individual Medley Harry Fox 47 Norman Schueckler 49 Art Mayer 45 Jim Holland 47	1:14.2 1:14.4 1:19.0 1:21.5
200 Yard Individual Medley Norman Schueckler 49 Bob Harris 49	2:45.0 2:50.5
400 Yard Individual Medley Bob Harris 49 Norman Schueckler 49	5:59.6 5:59.7
MEN 50-54	
50 Yard Freestyle John Couzens 54 Matt Flanagan 50 Barton Anson 50 William Marshall 50	27.9 28.1 29.8 30.0
100 Yard Freestyle John Woods 53 John Couzens 54 Matt Flanagan 50 William Marshall 50 Barton Anson 50	1:01.3 1:03.0 1:03.2 1:06.7 1:10.6
200 Yard Freestyle John Woods 53 John Couzens 54 Matt Flanagan 50 William Marshall 50 Barton Anson 50	2:21.0 2:33.9 2:38.8 2:46.2 2:47.9
500 Yard Freestyle John Woods 53 Bob Hansen 50 Robert McDermott 54 Barton Anson 50	6:32.2 7:19.0 7:33.0 7:33.8
100 Yard Backstroke John Woods 53 Bob Hansen 50	33.1 34.8 39.0
200 Yard Backstroke John Woods 53 Matt Flanagan 50 Bob Hansen 50	1:18.5 1:31.9 1:45.5
500 Yard Backstroke Matt Flanagan 50 Bob Hansen 50 William Marshall 50	34.3 37.3 42.3
100 Yard Breaststroke Matt Flanagan 50 John Couzens 54 Robert McDermott 54	1:19.4 1:25.1
200 Yard Breaststroke Matt Flanagan 50 John Couzens 54	3:14.5
50 Yard Butterfly Matt Flanagan 50 Bob Hansen 50	30.3 33.6
100 Yard Butterfly Matt Flanagan 50 John Couzens 54 Robert McDermott 54	1:02.9 1:12.9 1:29.2
200 Yard Butterfly John Couzens 54 Robert McDermott 54	37.5 43.5

500 Yard Freestyle Clifford Brown 70	16:54.4
50 Yard Backstroke Clifford Brown 70	1:08.7
100 Yard Backstroke Clifford Brown 70	2:38.2
200 Yard Backstroke Irvin Merritt 73 Clifford Brown 70	4:26.3 5:20.0
200 Yard Breaststroke Irvin Merritt 73	5:08.2
100 Yard Butterfly Irvin Merritt 73	2:25.0
200 Yard Butterfly Irvin Merritt 73	*5:34.6
200 Yard Individual Medley Irvin Merritt 73	4:42.3
400 Yard Individual Medley Irvin Merritt 73	10:01.2
MEN 55-59	
50 Yard Freestyle Don Greetas 55	29.1
100 Yard Freestyle Don Greetas 55 Dick Lindauer 56 Harry Hutson 55	1:05.8 1:12.6 1:26.3
200 Yard Freestyle Don Greetas 55 Dick Lindauer 56 John Reeve 59	2:40.8 2:45.5 3:05.5
500 Yard Freestyle Don Greetas 55 Dick Lindauer 56 John Reeve 59	7:26.5 7:55.7 9:17.3
50 Yard Backstroke Dick Lindauer 56	38.5
100 Yard Backstroke Dick Lindauer 56	1:23.9 1:41.7
200 Yard Backstroke Dick Lindauer 56	2:58.9
50 Yard Breaststroke Bert Sprockin 59 Dick Lindauer 56	41.6 42.0
100 Yard Breaststroke Bert Sprockin 59 Dick Lindauer 56	1:33.5 1:40.5
200 Yard Breaststroke Bert Sprockin 59 Dick Lindauer 56	3:32.5 3:38.9
50 Yard Butterfly Don Greetas 55 John Reeve 59	35.9 46.5
100 Yard Individual Medley Don Greetas 55 Dick Lindauer 56	1:18.9 1:29.3
200 Yard Individual Medley John Reeve 59	3:43.0
MEN 60-64	
50 Yard Freestyle Hamilton Anderson 62 Chuck Roy 62	31.9 34.3
100 Yard Freestyle George Silveira 63 Hamilton Anderson 62 Chuck Roy 62	1:09.7 1:14.4 1:19.5
200 Yard Freestyle Hamilton Anderson 62 George Silveira 63 Chuck Roy 62	2:46.1 2:48.2 3:17.5
500 Yard Freestyle Hamilton Anderson 62 Wayne Haviland 60	7:46.8 11:39.1
100 Yard Backstroke George Silveira 63 Hamilton Anderson 62 Jerry Donovan 62	39.2 39.9 56.5
200 Yard Backstroke Hamilton Anderson 62 George Silveira 63	1:28.8 1:29.2
500 Yard Backstroke George Silveira 63 Hamilton Anderson 62	3:20.0 3:31.0
100 Yard Breaststroke Hamilton Anderson 62 Chuck Roy 62	42.5 43.0 44.3
200 Yard Breaststroke Chuck Roy 62 Jerry Donovan 62	1:35.0 1:39.8 1:39.8
50 Yard Butterfly George Silveira 63	1:37.2
100 Yard Individual Medley George Silveira 63	1:40.8
200 Yard Individual Medley George Silveira 63 Jerry Donovan 62	3:24.7 3:48.6
400 Yard Individual Medley George Silveira 63	7:44.4
MEN 70-74	
100 Yard Freestyle Clifford Brown 70	2:21.8
200 Yard Freestyle Irvin Merritt 73 Clifford Brown 70	4:09.0 5:41.9

MEN 85+	
200 Yard Medley Relay Oak Ridge Masters (Lindauer, Harris, Crews, Marshall)	2:15.2
MEN 85+	
200 Yard Freestyle Relay Oak Ridge Masters (Reeve, Lindauer, Silveiras, Crews)	2:19.1
TEAM STANDINGS	
Oak Ridge Masters	975
Suncoast Masters	583
OHM*'O Masters	561
Southern Ohio Masters	311
Gold Coast Masters	262
Darnel Masters	252
C. A. Masters	152
Texas Gulf Masters	147
St. Petersburg Rec. Dept.	109
L.B.D. & Virginia	108
Huntsville Alabama Masters	87
Allegheny Mtn. Masters	72
Etiobooks Masters (Toronto)	62
St. Louis Masters	58
W. Lafayette White Sharks	56
Mid-Atlantic Masters (Del.)	52
D.P.B. Swim Club (Pa.)	50
T. O. S. A.	44
Columbia Aquatic Assn. (Ms.)	39
South Carolina Masters	35
Rocky Mountain Masters	31
Metro-Masters (N. Y.)	27
Athens-McMinn YMCA (Tenn.)	11

LAKEWOOD CHRISTMAS INVITATIONAL Lakewood, Ga. 25 yd pool December 4, 1976	
WOMEN 25-29	
50 yd Freestyle Mimi Hayes 29 Cathy Cullum 28* Marie Z. Latham 28 Monica Jennings 25* 200 yd Freestyle Lucy Johnson 29 Cathy Cullum 28* Marie Z. Latham 28	27.43 27.48 30.73 38.30 2:13.08 2:14.41 2:48.41
WOMEN 30-34	
50 yd Freestyle Relay Cathy Cullum 28* Marie Latham 28	31.18 43.56
WOMEN 35-39	
50 yd Freestyle Bev Montrella 30 MaryLee Christensen 30* Cathy Berry 31 Barbara Stephenson 34 200 yd Freestyle MaryLee Christensen 30* Bev Montrella 30 Cathy Berry 31 30 yd Breaststroke Cathy Berry 31 200 yd Breaststroke Barbara Stephenson 34 100 yd Backstroke MaryLee Christensen 30* Bev Montrella 30 100 yd Butterfly Bev Montrella 30 200 yd Butterfly MaryLee Christensen 30* Bev Montrella 30 400 yd Individual Medley Bev Montrella 30	27.45 30.00 51.06 2:18.90 2:31.29 2:32.48 4:17.13 1:04.40 1:47.15 1:25.95 32.43 5:59.82
WOMEN 40-44	
50 yd Freestyle Janet E. Royer 35 Christine Martin 35 200 yd Freestyle Janet E. Royer 35 Sallie Humberger 35 Christine Martin 35 50 yd Backstroke Christine Martin 35 100 yd Backstroke Martha I. Childs 36 Helen Geoffrion 37 200 yd Breaststroke Martha I. Childs 36 Sallie Humberger 35 Helen Geoffrion 37 50 yd Butterfly Sallie Humberger 35 Janet E. Royer 35 Christine Martin 35 400 yd Individual Medley Martha I. Childs 36 Janet E. Royer 35 Sallie Humberger 35 Helen Geoffrion 37	30.86 35.02 2:36.41 2:40.94 2:56.76 46.41 1:27.10 1:31.93 3:09.22 3:04.67 3:19.36 34.44 35.58 39.44 8:20.20 6:23.26 6:44.83 7:11.11
WOMEN 45-49	
50 yd Freestyle N.A. Rasmussen 41 Oulja Nichol 44 Elizabeth Frost 41	37.09 56.98 58.74
200 yd Freestyle Relay Oak Ridge Masters (Harris, Johnson, Lison, Lauer) 200 Yard Medley Relay Oak Ridge Masters (Lison, Johnson, Lauer, Silvey)	2:59.17 3:01.70 3:53.70 2:23.2

100 yd Backstroke M.A. Rasmussen 41 1:46.71 50 yd Butterfly Adrienne Pipes 42* 40.72 M.A. Rasmussen 41 45.13 Oujia Nichols 44 1:04.87 400 yd Individual Medley Adrienne Pipes 42* 7:18.49 Evelyn Debaa 40 7:19.81 WOMEN 45-49 50 yd Freestyle Jacqueline D. Smith 45 30.71 Shirley Baird 45 49.27 200 yd Freestyle Jacqueline D. Smith 45 2:45.70 Margrit Graef 45 3:07.03 Shirley Baird 45 3:43.56 200 yd Breaststroke (40-44) Adrienne Pipes 42* 3:19.11 50 yd Backstroke Jacqueline D. Smith 45 39.37 Margrit Graef 45 44.69 Shirley Baird 45 55.77 100 yd Backstroke Shirley Baird 45 2:01.57 200 yd Breaststroke Jaqueline D. Smith 45 3:24.61 50 yd Butterfly Jaqueline D. Smith 45 35.84 Margrit Graef 45 43.09 400 yd Individual Medley Helga Linnaer Palmer 47 6:48.83 WOMEN 50-54 50 yd Freestyle Shirley Erickson 53 33.81 Joy McDaris 51 36.01 Grace Altus 52 39.99 Kathleen Jones 50 40.82 200 yd Freestyle Shirley Erickson 53 2:54.33 Joy McDaris 51 3:10.17 Kathleen Jones 50 3:26.45 50 yd Backstroke Shirley Erickson 53 41.43 Kathleen Jones 50 49.14 100 yd Backstroke Grace Altus 52 1:50.97 50 yd Butterfly Joy Mc Daris 51 43.16 Kathleen Jones 50 51.35 Grace Altus 52 51.87 100 yd Butterfly Grace Altus 52 2:07.58 400 yd Individual Medley Grace Altus 52 DQ WOMEN 55-59 50 yd Freestyle Bette F. Crowell 56 35.06 Lorraine Peterson 58 48.02 200 yd Freestyle Rita Simonton 58 3:05.90 Lorraine Peterson 58 3:52.17 50 yd Backstroke Bette F. Crowell 56 44.31 Lorraine Peterson 58 59.20 100 yd Backstroke Bette F. Crowell 56 1:36.06 Lorraine Peterson 58 2:09.14 200 yd Breaststroke Lorraine Peterson 58 4:46.91 400 yd Individual Medley Rita Simonton 58 7:32.49 WOMEN 60-64 50 yd Freestyle Irene Van Vorst 62 39.89 Ruth Ridenaar 62 56.61 200 yd Freestyle Irene Van Vorst 62 3:35.03 Ruth Ridenaar 62 4:30.54 200 yd Breaststroke (50-54) Joy Mc Daris 51 3:13.89 50 yd Backstroke Ruth Ridenaar 62 1:13.57 Maxine Merlino 64 DQ 200 yd Breaststroke Margaret George 60 3:47.46 Maxine Merlino 64 4:00.99 Ruth Ridenaar 62 6:03.56 50 yd Butterfly Margaret George 60 52.48 400 Individual Medley Margaret George 60 7:49.46 WOMEN 65-69 50 yd Freestyle Johnnie Belsho 68 51.57 Tilly Well 68 56.81 50 yd Backstroke Dorothea E. Cole 67 57.10 Johnnie Belsho 68 58.59 100 yd Backstroke Dorothea Cole 67 DQ 200 yd Breaststroke Tilly Well 68 4:59.27 50 yd Butterfly Dorothea E. Cole 67 1:09.42 WOMEN 70-74 50 yd Freestyle Elizabeth G. Maurio 72 58.74 200 yd Freestyle Elizabeth G. Maurio 72 4:34.77 200 yd Breaststroke Elizabeth G. Maurio 72 5:45.47 MEN 25-29 50 yd Freestyle Richard Eason 27 23.26 Tony Labianen 25 23.51 Michael Smith 28 25.37 Michael Blair 27 26.30 Rick Wilson 29 26.35 Daniel Beckman 28 26.69

50 yd Backstroke Richard Eason 27 28.62 Michael Smith 28 30.23 Michael Blair 27 30.69 Brent Lamb 25 30.97 Rick Wilson 29 33.38 100 yd Backstroke Michael Smith 28 1:07.32 Michael Blair 27 1:08.69 Brent Lamb 25 1:10.68 Daniel Beckman 28 1:31.62 50 yd Butterfly Ken Krueger 30 26.03 Jerry Homstad 27 26.96 Michael Smith 28 27.61 Daniel Beckman 28 34.05 100 yd Butterfly Jerry Homstad 27 58.61 Kim Lathrop 26 58.66 Corey Stanbury 25 59.84 Michael Smith 28 1:10.25 400 yd Individual Medley Corey Stanbury 25 4:52.35 Daniel Beckman 28 5:54.58 MEN 30-34 50 yd Freestyle Ken Krueger 30 23.09 Jon Bales 32 25.15 George Wright 34 25.88 Harlan Palmer 34 29.93 Bill Berry 32 37.39 200 yd Freestyle William Leach 30 1:58.35 George Wright 34 2:09.82 Jim Thomas 34* 2:38.39 50 yd Backstroke George Wright 34 31.43 Bill Berry 32 32.89 200 yd Breaststroke Thomas Thomson 32 2:40.83 Bill Berry 32 2:53.91 Harlan Palmer 34 3:16.53 50 yd Butterfly Jon Bales 32 28.44 George Wright 34 29.76 Harlan Palmer 34 35.92 Jim Thomas 34* 39.15 100 yd Butterfly Ken Krueger 30 57.25 Jon Bales 32 1:10.89 William Leach 30 DQ 400 yd Individual Medley William Leach 30 4:55.84 Jon Bales 32 5:45.75 Jim Thomas 34* 6:49.73 Stephen J. Ferrallo 30* 7:11.74 MEN 35-39 50 yd Freestyle Jim Brennan 37* 25.96 Art Hale 38 28.27 John H. Schwarz 35 31.45 200 yd Freestyle Jim Brennan 37* 2:16.47 John Schwarz 35 2:47.67 50 yd Backstroke Art Hale 38 33.08 Jim Brennan 37* 33.74 100 yd Backstroke Art Hale 38 1:23.55 200 yd Breaststroke John H. Schwarz 35 3:08.28 50 yd Butterfly Bambl Kishi 35 27.75 Jim Brennan 37* 27.87 John H. Schwarz 35 35.79 Art Hale 38 DQ 400 yd Individual Medley Bambl Kishi 35 5:53.09 MEN 40-44 50 yd Freestyle Jim Zurcher 42* 25.87 Howard Runyan 44 26.52 Joseph A. Klein 43 26.55 Dick Campbell 43 30.66 Budd Symes 42 36.87 200 yd Freestyle Jim Zurcher 42* 2:11.03 Buddy G. Belsho 42 2:14.02 Joseph A. Klein 43 2:20.86 Mark Hoffer 41 2:29.06 Curt Miller 44 2:33.38 Dick Campbell 43 2:45.28 David L. Kan 42 2:57.34 50 yd Backstroke Dick Campbell 43 42.83 Budd Symes 42 45.85 200 yd Breaststroke Budd Symes 42 2:53.92 David Lamott 41* 3:05.09 Robert Rubin 40 3:05.51 Dick Campbell 43 3:35.96 50 yd Butterfly Jim Zurcher 42* 29.09 Art Welch 44 29.35 David Lamott 41* 31.23 Mark Hoffer 41 31.83 Howard Runyan 44 33.12 Dick Campbell 43 43.62 Curt Miller 44 DQ 100 yd Butterfly Art Welch 44 1:08.94 Howard Runyan 44 1:15.18 400 yd Individual Medley Buddy G. Belsho 42 3:26.99 Art Welch 44 5:57.62 Curt Miller 44 6:14.06 Dick Miller 44 6:15.75 David Lamott 41 6:22.24 MEN 45-49 50 yd Freestyle Gordon Gillin 45* 27.60 Hal Nichols 48 31.74 Gerald Martinez 49 32.89 200 yd Freestyle Rudolf Graef 45 2:16.62 Gordon Gillin 45* 2:21.30 Tom Scotton 46 2:27.35 Bud Schumacher 46* 2:31.23

50 yd Backstroke Stan McConnell 45 32.03 Gordon Gillin 45* 33.74 100 yd Backstroke Stan McConnell 45 1:10.20 Rudolf Graef 45 1:13.45 Hal Nichols 48 1:19.50 Gerald Martinez 49 1:45.50 200 yd Breaststroke Rudolf Graef 45 2:51.76 Bud Schumacher 46* 2:59.93 Gordon Gillin 45* 3:25.46 50 yd Butterfly Stan McConnell 45 30.11 Larry Larrimore 46 30.73 Bud Schumacher 46* 32.58 Tom Scotton 46 33.03 Gerald Martinez 49 38.93 100 yd Butterfly Bud Schumacher 46* 1:16.15 400 yd Individual Medley Neal R. Palmer 46 5:51.11 Larry Larrimore 46 5:57.02 Bud Schumacher 46* 5:59.21 Tom Scotton 46 6:05.86 Gordon Gillin 45* 6:23.41 Hal Nichols 48 6:44.83 Gerald Martinez 49 7:25.19 200 yd Freestyle Jim Marcus 52 2:45.64 Hal Nichols 48 2:56.77 100 yd Backstroke Jim Marcus 52 1:28.39 Jack Burgan 54 1:29.74 200 yd Breaststroke Jack Burgan 54 3:05.34 Jim Marcus 52 3:09.63 Ransom J. Arthur 50 3:10.22 50 yd Butterfly Jim Marcus 52 33.39 400 yd Individual Medley Jack Burgan 54 6:17.75 Jim Marcus 52 6:20.00 MEN 55-59 50 yd Freestyle Lyle E. Felderman 57 27.87 Bob Merrick 56 28.58 Cliff Croome 59 29.00 Taylor Fletcher 55 31.65 Albert E. Frost 55* 32.24 200 yd Freestyle Bob Merrick 56 2:28.36 Lyle E. Felderman 57 2:37.78 Tom Lind 59 2:42.06 Taylor Fletcher 55 2:47.71 Albert E. Frost 55* 2:53.76 50 yd Backstroke Cliff Croome 59 37.91 100 yd Backstroke Robert H. Cowan 56* 1:17.61 Cliff Croome 59* 1:27.94 200 yd Breaststroke Ernie Neben 56 3:03.70 Tom Lind 59 3:04.70 Bob Merrick 56 3:11.97 Albert E. Frost 55* 3:19.04 Bruno Gumpel 57 3:26.37 50 yd Butterfly Robert H. Cowan 56* 33.36 Lyle E. Felderman 57 33.64 Cliff Croome 59* 35.32 Ernie Neben 56 37.21 Albert E. Frost 55* 38.78 100 yd Butterfly Ernie Neben 56 1:28.14 400 yd Individual Medley Robert H. Cowan 56* 6:12.74 Ernie Neben 56 6:19.22 Cliff Croome 59* 7:00.66 MEN 60-64 50 yd Freestyle Geza S. Gedeon 62 30.60 Gene Wade 62 31.51 200 yd Freestyle Walter Silke 63 3:38.30 Eldin Onsgard 64 2:57.73 50 yd Backstroke Eldin Onsgard 64 45.90 Walter Silke 63 52.79 Geza S. Gedeon 62 DQ 100 yd Backstroke Eldin Onsgard 64 1:47.35 Gene Wade 62 36.17 Eldin Onsgard 64 44.82 400 yd Individual Medley Eldin Onsgard 64 7:48.30 MEN 65-69 50 yd Freestyle Reg Richardson 65 29.31 Tom Monahan 66 31.69 200 yd Freestyle Reg Richardson 65 2:34.87 50 yd Backstroke Tom Monahan 66 37.38 100 yd Backstroke Reg Richardson 65 1:24.81 Tom Monahan 66 1:25.18 200 yd Breaststroke Reg Richardson 65 3:20.78 Ernest Hale 66 4:29.19 50 yd Butterfly Reg Richardson 65 36.51 Ernest Hale 66 44.97 100 yd Butterfly Ernest Hale 66 1:49.64 400 yd Individual Medley Alfred Guth 68 7:30.34 Ernest Hale 66 9:14.34 MEN 70-74 50 yd Freestyle Charles Cushman 74 49.48 200 yd Freestyle Charles Cushman 74 4:30.64 200 yd Breaststroke Erwin Schane 70 DQ

200 yd Freestyle Relay Santa Barbara Swim Club 2:29.61 (Erickson, Altus, Jones, McDaris) 55 + 50 yd Freestyle Relay Long Beach Masters 2:31.12 (Simonton, Crowell, Merlino, Matthews) MEN'S RELAYS 20 + (unofficial) 200 yd Freestyle Relay Swim Team of Flacentini 1:40.70 (Johnson, Pagerhang, Moon, Quintana) MIXED RELAYS 55 + 200 yd Medley Relay Long Beach Masters 2:32.16 (Crowell, Lind, Felderman, Simonton) OHS*100 Masters Winter Meet 12-4,5-76 25 yard course Branin Natatorium Canton, Ohio WOMEN 25-29 50 Yard Freestyle Linda Large 29 3:0.87 Laura Gauke 25 3:8.86 100 Yard Freestyle Gretchen Drake 27 1:03.06 Linda Large 29 1:11.50 Laura Gauke 25 1:29.68 200 Yard Freestyle Laura Gauke 25 3:32.19 500 Yard Freestyle Gretchen Drake 27 5:57.85 Laura Gauke 25 9:57.00 50 Yard Backstroke Linda Large 29 1:43.48 50 Yard Breaststroke Gretchen Drake 27 1:36.15 Linda Large 29 1:45.63 Diane Gulber 26 1:49.13 100 Yard Breaststroke Gretchen Drake 27 1:17.23 200 Yard Breaststroke Gretchen Drake 27 2:44.58 100 Yard Individual Medley Linda Large 29 2:27.45 400 Yard Individual Medley Gretchen Drake 27 5:26.68 WOMEN 30-34 50 Yard Freestyle Anne Coen 34 1:42.06 100 Yard Freestyle Anne Coen 34 1:34.43 200 Yard Freestyle Carol Rhydy 34 3:09.87 500 Yard Freestyle Carol Rhydy 34 8:51.58 1650 Yard Freestyle Carol Rhydy 34 30:14.27 50 Yard Backstroke Carol Rhydy 34 1:46.65 50 Yard Breaststroke Carol Rhydy 34 1:42.75 Anne Coen 34 1:56.51 100 Yard Breaststroke Carol Rhydy 34 1:34.95 200 Yard Breaststroke Carol Rhydy 34 3:28.65 WOMEN 35-39 50 Yard Freestyle Joyce Burrell 35 1:28.08 Ute Kahn 35 1:43.66 100 Yard Freestyle Joyce Burrell 35 1:06.49 200 Yard Freestyle Joyce Burrell 35 2:34.01 50 Yard Backstroke Joyce Burrell 35 1:35.11 Sandra Bell 36 1:46.89 100 yd Backstroke Joyce Burrell 35 1:20.30 50 Yard Breaststroke Sandra Bell 36 1:44.81 50 Yard Butterfly Sandra Bell 36 1:41.96 100 Yard Individual Medley Sandra Bell 36 1:37.65 WOMEN 40-44 50 Yard Freestyle Elfi Christian 43 1:40.11 50 Yard Breaststroke Elfi Christian 43 1:44.12 100 Yard Breaststroke Elfi Christian 43 1:34.07 200 Yard Breaststroke Elfi Christian 43 3:20.79 50 Yard Butterfly Elfi Christian 43 1:44.85 WOMEN 45-49 50 Yard Freestyle Betty Smith 45 1:34.61 Pearl McKillop 49 1:42.11 Darlyne Ferguson 48 1:46.10 100 Yard Freestyle Betty Smith 45 1:17.60 200 Yard Freestyle Betty Smith 45 3:01.36 Darlyne Ferguson 48 3:41.19 500 Yard Freestyle Betty Smith 45 8:31.07 50 Yard Backstroke Darlyne Ferguson 48 1:52.03 Pearl McKillop 49 1:52.98 100 Yard Backstroke Darlyne Ferguson 48 2:09.39 200 Yard Backstroke Darlyne Ferguson 48 4:37.79 50 Yard Breaststroke Pearl McKillop 49 1:48.51 Darlyne Ferguson 48 1:55.56 100 Yard Breaststroke Pearl McKillop 49 1:43.73

50 Yard Butterfly Betty Smith 45 1:40.01 Pearl McKillop 49 1:53.27 100 Yard Ind. Med. Betty Smith 45 1:30.13 200 Yard Ind. Med. Pearl McKillop 49 3:55.75 WOMEN 50-54 50 Yard Freestyle Bettie Wilkie 53 1:43.66 WOMEN 55-59 50 Yard Freestyle Peg Greethan 55 1:48.71 100 Yard Freestyle Peg Greethan 55 1:54.33 500 Yard Freestyle Ruth Wunderlich 58 9:44.92 1650 Yard Freestyle Ruth Wunderlich 58 32:42.49 50 Yard Backstroke Ruth Wunderlich 58 1:56.77 Peg Greethan 55 1:03.31 100 Yard Backstroke Ruth Wunderlich 58 2:53.71 200 Yard Breaststroke Ruth Wunderlich 58 2:05.16 50 Yard Butterfly Ruth Wunderlich 58 1:52.27 100 Yard Butterfly Ruth Wunderlich 58 2:05.11 WOMEN 60-64 50 Yard Freestyle Corneille Burton 64 1:10.64 50 Yard Breaststroke Corneille Burton 64 1:22.30 MEN 25-29 50 Yard Freestyle Frank Urban 29 1:24.61 Joel Vogt 29 1:27.49 500 Yard Freestyle Frank Urban 29 8:51.84 Bob Sautters 25 9:57.00 David G. Rothoff 25 1:53.66 Frank Urban 29 1:56.42 Tom Thiffault 25 1:09.92 500 Yard Freestyle Bob Sautters 25 5:43.35 Dennis Trois 28 6:32.81 1650 Yard Freestyle Bob Sautters 25 20:21.93 Dennis Trois 28 23:30.48 50 Yard Backstroke Chris Kitchin 29 1:28.08 Tom Thiffault 25 1:30.45 Frank Urban 29 1:31.31 100 Yard Backstroke Chris Kitchin 29 1:07.15 Frank Urban 29 1:12.00 Tom Thiffault 25 1:13.70 200 Yard Backstroke Tom Thiffault 25 2:41.79 50 Yard Breaststroke Jim Williams 26 1:30.26 David G. Rothoff 25 1:30.76 100 Yard Breaststroke Jim Williams 26 1:07.98 David G. Rothoff 25 1:09.64 200 Yard Breaststroke Jim Williams 26 2:37.63 50 Yard Butterfly Frank W. McIntyre 25 1:25.97 Chris Kitchin 29 1:26.93 Joel Vogt 29 1:28.41 Bob Sautters 25 1:58.43 Frank W. McIntyre 25 1:58.91 200 Yard Butterfly Frank W. McIntyre 25 2:22.97 100 Yard Ind. Med. Joel Vogt 29 1:08.00 400 Yard Ind. Med. Bob Sautters 25 5:01.85 MEN 30-34 50 Yard Freestyle Spike Frederick 34 1:23.90 Rick Bauschard 32 1:24.04 Bo Rhydy 34 1:24.17 100 Yard Freestyle Bo Rhydy 34 1:53.66 Rick Bauschard 32 1:54.46 200 Yard Freestyle John J. Flanagan 30 1:58.39 Bo Rhydy 34 2:01.03 500 Yard Freestyle Bo Rhydy 34 6:11.17 50 Yard Backstroke Robert VonFossen 30 1:29.19 Jim Horning 31 1:30.96 100 Yard Backstroke Robert VonFossen 30 1:07.05 Jim Horning 31 1:08.00 100 Yard Breaststroke Bo Rhydy 34 1:11.53 200 Yard Backstroke Jim Horning 31 2:33.03 Robert VonFossen 30 2:40.62 50 Yard Breaststroke Larry Yamahiro 30 1:33.38 Jim Horning 31 1:35.03 Kenneth Bechtol 33 1:36.96 100 Yard Breaststroke Larry Yamahiro 30 1:11.62 Kenneth Bechtol 33 1:23.79 200 Yard Breaststroke Larry Yamahiro 30 2:43.61 Kenneth Bechtol 33 3:05.45 50 Yard Butterfly John J. Flanagan 30 1:25.45 Spike Frederick 34 1:27.78 Larry Yamahiro 30 1:28.39 Kenneth Bechtol 33 1:35.10 100 Yard Butterfly John J. Flanagan 30 1:56.52 200 Yard Butterfly Larry Yamahiro 30 2:52.76 100 Yard Ind. Med. Rick Bauschard 32 1:03.63 Bo Rhydy 34 1:05.02 Jerry Barnes 34 1:10.65 400 Yard Ind. Med. Bill Bass 32 5:32.37

MAY 14-17		1650 Yard Freestyle		50 Yd Breast		55-59		WOMEN 60-64	
50 Yard Freestyle		Don Greethan 55	25:59.05	O.K. Bryant 30	33.16	Nancy Fessel	29:17.5	50 Yd Freestyle	
Chuck Bechtel 38	124.79	50 Yard Backstroke		Gary George 30	33.28			Dawn Musselman 63	1:36.70
John Humphries 39	125.54	Rich Wolfe 55	137.37	Bill Alderisio 33	35.56			100 Yd Freestyle	
Mr. DeVos 38	131.78	M.H. Chetrick 58	143.02	Tom Olesandar 34	37.82			Dawn Musselman 63	1:19.60
100 Yard Freestyle		100 Yard Backstroke		100 Yd Breast				200 Yd Freestyle	
Chuck Bechtel 38	1:55.52	M.H. Chetrick 58	1:13.70	OK Bryant 30	1:15.44	R. Shepard, 67	36:49.7	Dawn Musselman 63	3:05.10
John Humphries 39	1:59.22	50 Yard Backstroke		Gary George 30	1:16.32	G. Abraham, 66	48:05.2	50 Yd Backstroke	
Mr. DeVos 38	1:13.13	Rich Wolfe 55	140.77	Bill Alderisio 33	1:25.17			Dawn Musselman 63	1:45.20
200 Yard Freestyle		M.H. Chetrick 58	1:34.43	Tom Olesandar 34	1:37.55			100 Yd Backstroke	
Chuck Bechtel 38	2:10.27	Bill Burrell 58	1:19.76	100 Yd Breast				Dawn Musselman 63	1:36.20
Mr. DeVos 38	2:55.29	M.H. Chetrick 58	1:28.47	OK Bryant 30	2:15.51			WOMEN 65-69	
50 Yard Backstroke		100 Yard Buttefly		Tom Olesandar 30	3:12.25			50 Yd Freestyle	
Chuck Bechtel 38	1:30.70	M.H. Chetrick 58	1:29.57	100 Yd Fly				Hazel Bressie 67	1:27.80
100 Yard Backstroke		200 Yard Ind Med		Tom Olesandar 30	27.43			500 Yd Freestyle	
Chuck Bechtel 38	1:20.18	M.H. Chetrick 58	1:29.57	Spoke Frederick 34	27.74			Hazel Bressie 67	17:25.90
50 Yard Buttefly		200 Yard Ind Med		Bill Alderisio 33	29.94			50 Yd Backstroke	
Chuck Bechtel 38	1:30.15	Bill Burrell 58	2:48.61	100 Yd Fly				Hazel Bressie 67	1:25.00
John Humphries 39	1:31.30	MEN 60-64		Bill Alderisio 33	1:11.74			50 Yd Breaststroke	
50 Yard Freestyle		50 Yard Freestyle		Tom Olesandar 34	1:28.56			Hazel Bressie 67	1:27.90
George Harvey 43	1:28.84	Robert Lawrence 64	1:29.74	100 Yd I.M.				100 Yd Breaststroke	
Phillip Williamson 43	1:30.20	100 Yard Freestyle		Tom Olesandar 30	1:13.87			Hazel Bressie 67	3:10.50
Ray Beck 42	1:34.63	Robert Lawrence 64	1:11.62	Men 35 - 39				50 Yd Freestyle	
Roger Christian 43	1:34.98	Dudley Beatty 61	1:24.07	Larry Anderson 37	25.21			Kim Lintner 27	1:24.20
100 Yard Freestyle		200 Yard Freestyle		Lee Bettis 38	28.10			Doug Huestis 28	1:24.70
George Harvey 43	1:04.26	Robert Lawrence 64	3:00.82	Walter Pucher 35	30.60			Steven Barrett 29	1:26.00
Ray Beck 42	1:12.48	Dudley Beatty 61	3:23.37	Bill DeVos 38	30.72			Ted Gilbert 25	1:30.80
Dennis Mitchell 44	1:14.76	Dudley Beatty 61	9:39.59	100 Yd Free				100 Yd Freestyle	
200 Yard Freestyle		50 Yard Backstroke		Spoke Frederick 38	1:01.81			Doug Huestis 28	1:56.40
Dennis Mitchell 44	2:52.30	Robert Lawrence 64	1:2.01	Bill DeVos 38	1:13.33			Steven Barrett 29	1:56.40
Ray Beck 42	2:53.12	100 Yard Backstroke		Dave Ebner 36	1:14.05			Ted Gilbert 25	1:14.80
Phillip Williamson 43	2:58.44	Robert Lawrence 64	1:33.90	200 Yd Free				200 Yd Freestyle	
500 Yard Freestyle		MEN 70-74		Dave Ebner 36	2:42.67			Steven Barrett 29	2:11.60
Dennis Mitchell 44	8:12.58	50 Yard Freestyle		Bill DeVos 38	2:52.57			500 Yd Freestyle	
1650 Yard Freestyle		C.T. Branin 72	1:34.38	500 Yd Free				Eugene Kitts 29	7:34.80
Dennis Mitchell 44	26:52.14	50 Yard Backstroke		Larry Anderson 37	6:48.22			Kim Lintner 27	1:30.30
50 Yard Backstroke		C.T. Branin 72	1:48.38	Dave Ebner 36	7:42.20			Doug Adams 27	1:31.60
George Harvey 43	1:32.40			Dave Ebner 36	36.19			100 Yd Breaststroke	
Phillip Williamson 43	1:37.51			100 Yd Breast				Doug Adams 27	1:10.90
100 Yard Backstroke				Lee Bettis 38	1:29.00			Doug Adams 27	1:10.90
George Harvey 43	1:21.31			200 Yd Breast				Eugene Kitts 29	1:26.50
200 Yard Backstroke				Larry Anderson 37	2:48.81			200 Yd Breaststroke	
George Harvey 43	2:53.85			40 Yd Fly				Doug Adams 27	2:35.80
50 Yard Breaststroke				Dave Ebner 36	34.08			50 Yd Butterfly	
Jack Van Horn 44	1:34.62			100 Yd I.M.				Doug Huestis 28	1:28.00
Dennis Mitchell 44	1:42.98			Larry Anderson 37	1:04.84			Steven Barrett 29	1:29.70
Ray Beck 42	1:44.65			Lee Bettis 38	1:20.97			100 Yd Butterfly	
100 Yard Breaststroke								Doug Huestis 28	1:03.10
Dennis Mitchell 44	1:42.91							100 Yd I.M.	
200 Yard Breaststroke								Doug Adams 27	1:02.90
Dennis Mitchell 44	3:44.46							Kim Lintner 27	1:07.60
50 Yard Butterfly								100 Yd I.M.	
Jack Van Horn 44	1:30.88							Doug Adams 27	2:21.00
MEN 45-49								Doug Adams 28	2:27.40
50 Yard Freestyle								MEN 30-34	
Peter Vandijk 47	1:26.39							Pat Joseph 30	1:55.20
Jim Sipe 45	1:28.03							200 Yd Freestyle	
100 Yard Freestyle								Karl von Tagen 33	2:05.90
Peter Vandijk 47	1:57.79							Cecil Kribs 34	2:37.80
Jim Sipe 45	1:03.93							500 Yd Freestyle	
Nick Kakos 46	1:05.10							Pat Joseph 30	6:16.60
200 Yard Freestyle								50 Yd Backstroke	
Jim Sipe 45	2:13.52							Cecil Kribs 34	1:35.60
Nick Kakos 46	2:15.14							100 Yd Backstroke	
500 Yard Freestyle								Howard Moore 31	1:03.10
Nick Kakos 46	7:12.48							Don Thompson 30	1:16.00
30 Yard Backstroke								Cecil Kribs 34	1:22.80
Peter Vandijk 47	1:31.70							Howard Moore 31	2:19.90
Nick Kakos 46	1:35.94							Cecil Kribs 34	3:03.80
100 Yard Backstroke								50 Yd Breaststroke	
Peter Vandijk 47	1:19.98							Doug Atterbury 30	1:35.60
50 Yard Butterfly								Don Thompson 30	1:38.10
Harry Fox 47	1:30.08							100 Yd Breaststroke	
100 Yard Ind Med								Doug Atterbury 30	1:20.90
Nick Kakos 46	1:17.51							200 Yd Breaststroke	
MEN 50-54								Howard Moore 31	2:40.00
50 Yard Freestyle								50 Yd Butterfly	
John Woods 53	1:27.08							Karl von Tagen 33	1:27.30
Richard L. Avery 53	1:28.34							Don Thompson 30	1:29.70
Barton Anson 50	1:30.36							100 Yd I.M.	
100 Yard Freestyle								Howard Moore 31	1:05.20
Roy Stickey 50	1:58.77							Cecil Kribs 34	1:20.70
John Woods 53	1:01.59							200 Yd I.M.	
Barton Anson 50	1:17.10							Howard Moore 31	2:19.20
100 Yard Breaststroke								MEN 35-39	
Norval B. Stewart 53	1:35.15							50 Yd Freestyle	
200 Yard Freestyle								Jan Shaw 38	1:37.10
John Woods 53	2:20.41							Jan Shaw 38	1:42.60
500 Yard Freestyle								50 Yd Backstroke	
1650 Yard Freestyle								Stoinoff 43	1:33.60
John Woods 53	7:29.01							Connie Wilson 42	1:37.70
50 Yard Backstroke								Jeanne Kennett 41	1:41.30
Barton Anson 50	2:15.62							50 Yd Freestyle	
27:15.12								Stoinoff 43	1:14.20
John Woods 53	1:32.19							Stoinoff 43	2:48.60
Richard L. Avery 53	1:35.22							500 Yd Freestyle	
100 Yard Backstroke								Jeanne Kennett 41	9:59.80
John Woods 53	1:12.79							50 Yd Backstroke	
200 Yard Backstroke								Connie Wilson 42	1:40.00
John Woods 53	2:14.93							Stoinoff 43	1:40.60
Norval B. Stewart 53	2:56.66							50 Yd Breaststroke	
50 Yard Breaststroke								Connie Wilson 42	1:50.00
Roy Stickey 50	1:32.19							50 Yd Butterfly	
Norval B. Stewart 53	1:55.69							Stoinoff 43	1:53.10
100 Yard Breaststroke								Jeanne Kennett 41	1:53.10
Roy Stickey 50	1:13.10							100 Yd I.M.	
Norval B. Stewart 53	2:05.16							C. Schauburg 38	2:17.50
MEN 55-59								100 Yd I.M.	
50 Yard Freestyle								C. Schauburg 38	1:08.50
Bill Burrell 58	1:27.81							Joe Santry 36	1:18.00
Don Greethan 55	1:28.77							200 Yd I.M.	
Rich Wolfe 55	1:30.98							200 Yd I.M.	
M.H. Chetrick 58	1:33.17							C. Schauburg 38	2:39.90
Harry Anderson 57	1:37.06							Joe Santry 36	2:51.50
100 Yard Freestyle								50 Yd Freestyle	
Bill Burrell 58	1:02.36							Jim Bigler 41	1:29.00
Don Greethan 55	1:06.44							P. Tutmark 44	1:33.60
Harry Anderson 57	1:24.08							Brian Heard 42	1:34.60
200 Yard Freestyle								100 Yd Freestyle	
Bill Burrell 58	2:24.99							100 Yd Freestyle	
Don Greethan 55	2:41.43							50 Yd Breaststroke	
Harry Anderson 57	3:10.93							Brian Heard 42	1:42.30
500 Yard Freestyle								100 Yd Breaststroke	
Don Greethan 55	7:28.68							Brian Heard 42	2:38.40
Harry Anderson 57	9:12.89							MEN 45-49	
								50 Yd Freestyle	
								Eric Guert 47	1:30.00
								George Burgess 45	1:30.30
								Doulan Jones 46	1:30.40
								Leo Haglund 46	1:34.60

100 yd Freestyle	
Eric Guest 47	1:06.00
Leo Haglund 48	1:23.50
200 yd Freestyle	
Leo Haglund 48	3:12.10
500 yd Freestyle	
Leo Haglund 48	8:21.90
50 yd Backstroke	
Donlan Jones 46	1:34.50
50 yd Breaststroke	
George Burgess 45	1:37.20
Donlan Jones 46	1:38.50
Lee Miesen 49	1:38.50
Emmanuel Sang 45	1:42.90
100 yd Breaststroke	
George Burgess 45	1:24.10
Lee Miesen 49	1:25.90
200 yd Breaststroke	
Lee Miesen 49	3:07.80
Emmanuel Sang 45	3:15.90
50 yd Butterfly	
Emmanuel Sang 45	1:42.50
100 yd I.M.	
George Burgess 45	1:19.40
Lee Miesen 49	1:35.00
Emmanuel Sang 45	1:49.00
MEN 50-54	
50 yd Freestyle	
James Snow 50	1:31.00
Chuck Harrison 50	1:32.10
100 yd Freestyle	
Chuck Harrison 50	1:13.70
200 yd Freestyle	
Chuck Harrison 50	2:48.20
James Snow 50	2:51.00
500 yd Freestyle	
Chuck Harrison 50	7:19.00
50 yd Breaststroke	
James Snow 50	1:41.00
50 yd Butterfly	
Fred Eckhardt 50	1:35.40
100 yd Butterfly	
Fred Eckhardt 50	1:23.50
200 yd Butterfly	
Fred Eckhardt 50	3:05.30
100 yd I.M.	
James Snow 50	1:29.00
MEN 55-59	
50 yd Freestyle	
Neil Farnham 59	1:34.50
200 yd Freestyle	
Jim McGregor 56	3:21.80
500 yd Freestyle	
Jim McGregor 56	9:00.20
50 yd Backstroke	
Earl Walter 55	1:33.50
Neil Farnham 59	1:44.90
50 yd Breaststroke	
Earl Walter 55	1:38.50
Neil Farnham 59	1:47.30
100 yd Breaststroke	
Earl Walter 55	1:26.90
200 yd Breaststroke	
Earl Walter 55	3:10.10
50 yd Butterfly	
Earl Walter 55	3:09.30
MEN 60-64	
50 yd Freestyle	
Don Stevenson 64	1:32.80
George Eagon 60	1:34.50
Robert Musselman 61	1:43.20
100 yd Freestyle	
Don Stevenson 64	1:15.90
George Eagon 60	1:23.30
200 yd Freestyle	
Don Stevenson 64	2:56.10
George Eagon 60	3:14.80
500 yd Freestyle	
George Eagon 60	9:01.20
50 yd Backstroke	
Syd Hendy 63	1:40.00
Robert Musselman 61	1:01.60
100 yd Backstroke	
Syd Hendy 63	1:31.90
50 yd Breaststroke	
Robert Schmidt 61	1:44.60
Robert Musselman 61	1:57.50
100 yd Breaststroke	
Robert Schmidt 61	1:43.00
50 yd Butterfly	
Don Stevenson 64	1:41.10
100 yd I.M.	
Don Stevenson 64	1:31.10
MEN 65-69	
200 yd Freestyle	
John Hoy 67	3:28.10
500 yd Freestyle	
John Hoy 67	9:17.40
Max Straus 67	10:31.20
50 yd Backstroke	
Bob Hunter 65	1:01.00
100 yd Backstroke	
Max Straus 67	1:55.50
Bob Hunter 65	2:11.12
200 yd Backstroke	
Bob Hunter 65	4:47.40
50 yd Breaststroke	
Bob Hunter 65	1:16.30
100 yd Breaststroke	
Max Straus 67	1:52.50
100 yd I.M.	
Max Straus 67	1:59.90
MEN 70-74	
50 yd Freestyle	
Dana Thomas 70	1:35.00
100 yd Freestyle	
Dana Thomas 70	1:26.70
MEN 75-79	
50 yd Freestyle	
Roy Webster 75	1:57.20
100 yd Freestyle	
Roy Webster 75	2:17.40
200 yd Freestyle	
Roy Webster 75	5:18.50
50 yd Breaststroke	
Roy Webster 75	1:03.80
100 yd Breaststroke	
Roy Webster 75	2:30.90

F.N.A. MASTERS	
Shoreline Pool	
Seattle, Wash.	
Jan 18-19, 1976	
Div.	
WOMEN	
25-29	
50 Yd. Free	
Karen Price	1:46.9
500 Yd. Free	
Linda Sadowski	6:55.5
100 Yd. Breast	
Linda Sadowski	1:31.9
200 Yd. Breast	
Linda Sadowski	3:19.9
200 Yd. I.M.	
Linda Sadowski	3:07.5
30-34	
50 Yd. Free	
Wendy Milner	1:30.4
100 Yd. Free	
Wendy Milner	1:10.7
200 Yd. Free	
Wendy Milner	2:38.2
500 Yd. Free	
Birdie Knipel	10:54.7
1650 Free	
Birdie Knipel	36:20.9
100 Yd. Back	
Deanna Petre	1:37.5
50 Yd. Breast	
Deanna Petre	1:45.3
Birdie Knipel	1:51.9
100 Yd. Breast	
Deanna Petre	1:38.6
Birdie Knipel	1:51.6
50 Yd. Fly	
Wendy Milner	1:35.6
100 Yd. I.M.	
Wendy Milner	1:21.7
35-39	
50 Yd. Free	
Emily Blahous	1:35.7
Mary Jane Harader	1:35.9
100 Yd. Free	
Emily Blahous	1:17.5
200 Yd. Free	
Mary Lou Haugland	2:41.7
50 Yd. Back	
Karen Kohler	1:40.9
100 Yd. Back	
Karen Kohler	1:27.0
Emily Blahous	1:34.6
200 Yd. Back	
Karen Kohler	3:06.7
50 Yd. Breast	
Karen Kohler	1:44.0
100 Yd. Breast	
Emily Blahous	1:41.4
200 Yd. Breast	
Mary Lou Haugland	3:02.1
50 Yd. Fly	
Mary Lou Haugland	1:36.9
100 Yd. I.M.	
Mary Jane Harader	1:42.0
200 Yd. I.M.	
Karen Kohler	3:17.3
40-44	
50 Yd. Free	
Juanita Correa	1:27.8
Shirley Lehman	1:34.5
Rose Delong	1:46.6
100 Yd. Free	
Juanita Correa	1:01.4
Shirley Lehman	1:19.5
Susan Dearborn	1:23.7
Rose Delong	1:43.2
500 Yd. Free	
Juanita Correa	6:29.2
50 Yd. Back	
Shirley Lehman	1:48.0
100 Yd. Back	
Shirley Lehman	1:48.0
200 Yd. Back	
Rose Delong	3:51.3
100 Yd. Breast	
Juanita Correa	1:34.0
Susan Dearborn	1:45.3
Rose Delong	1:55.6
200 Yd. Breast	
Susan Dearborn	3:56.9
50 Yd. Fly	
Shirley Lehman	1:42.9
100 Yd. I.M.	
Shirley Lehman	1:40.3
400 Yd. I.M.	
Juanita Correa	6:03.7
45-49	
50 Yd. Free	
Pat Dotson	1:33.2
Jean Rumney	1:42.0
Janet Twilight	1:42.6
Rosi Letta	1:42.6
200 Yd. Free	
Janet Twilight	9:26.0
100 Yd. Breast	
Janet Twilight	1:48.8
50 Yd. Fly	
Jean Rumney	1:50.7
Rosi Letta	1:52.5
100 Yd. I.M.	
Pat Dotson	1:28.8
Janet Twilight	1:45.4
Jean Rumney	1:49.0
Rosi Letta	1:53.3
400 Yd. I.M.	
Janet Twilight	8:28.4
50-54	
100 Yd. Free	
Lola Keller	1:31.4
200 Yd. Free	
Lola Keller	3:29.3
500 Yd. Free	
Lola Keller	9:43.5
50 Yd. Back	
Lola Keller	1:48.7
100 Yd. Back	
Lola Keller	1:51.6
35-39	
100 Yd. Free	
Maxine Carlson	1:44.3

500 Yd. Free	
Maxine Carlson	10:26.4
50 Yd. Back	
Maxine Carlson	1:53.7
100 Yd. Back	
Maxine Carlson	1:52.4
500 Yd. Breast	
Maxine Carlson	1:57.3
50-54	
50 Yd. Free	
Dawn Musselman	1:34.5
100 Yd. Free	
Dawn Musselman	1:20.2
50 Yd. Back	
Dawn Musselman	1:43.2
100 Yd. Back	
Dawn Musselman	1:36.4
50 Yd. Breast	
Dawn Musselman	1:54.9
MEN	
25-29	
50 Yd. Free	
Thomas Cooper	1:24.1
Ed Johnson	1:25.0
Ken Visser	1:25.4
Jerry Gent	1:25.7
John Steiner	1:27.7
Wally Hampton	1:29.6
100 Yd. Free	
Ken Visser	1:15.4
Ed Johnson	1:16.9
Jerry Gent	1:17.0
John Steiner	1:01.0
Wally Hampton	1:15.3
200 Yd. Free	
Ken Visser	2:08.6
Roy Harachleb	2:15.3
John Steiner	2:20.9
Jerry Ruthrauff	2:31.5
Jerry Gent	2:37.3
Wally Hampton	4:52.8
500 Yd. Free	
Ken Visser	6:27.5
Roy Harachleb	6:37.2
Bob Apter	8:36.8
1650 Yd. Free	
John Steiner	22:33.9
50 Yd. Back	
Steve Price	1:32.1
Ed Johnson	1:33.5
100 Yd. Back	
Steve Price	1:09.0
50 Yd. Breast	
Ed Johnson	1:34.9
Jerry Ruthrauff	1:37.5
Ed Johnson	1:17.5
Bob Apter	1:24.6
200 Yd. Breast	
Bob Apter	3:02.1
50 Yd. Fly	
Thomas Cooper	1:26.6
Jerry Ruthrauff	1:29.7
100 Yd. Fly	
Jerry Ruthrauff	1:11.8
200 Yd. I.M.	
Thomas Cooper	1:02.6
Jerry Gent	1:10.0
Jerry Ruthrauff	1:13.0
Wally Hampton	2:17.9
30-34	
50 Yd. Free	
Harry Lewis	1:28.1
100 Yd. Free	
Harry Lewis	1:00.1
200 Yd. Free	
Steve Engel	2:08.4
Harry Lewis	2:13.8
500 Yd. Free	
Steve Engel	5:45.1
1650 Yd. Free	
Eugene Young	27:20.8
50 Yd. Breast	
Jack Miller	1:32.4
Jack Hooby	1:33.4
Steve Barber	1:34.8
100 Yd. Breast	
Jack Miller	1:16.5
200 Yd. Breast	
Steve Engel	2:38.9
Jack Miller	2:53.5
50 Yd. Fly	
Steve Barber	1:28.2
Steve Engel	1:28.3
Jack Miller	1:31.4
100 Yd. Fly	
Steve Barber	1:09.1
100 Yd. I.M.	
Jack Hooby	1:08.8
Steve Barber	1:09.0
Harry Lewis	1:13.2
200 Yd. I.M.	
Steve Barber	2:42.4
400 Yd. I.M.	
Steve Engel	4:58.7
35-39	
50 Yd. Free	
Emilio deCardenas	1:26.2
Ray Jeffries	1:31.5
Cerald Miller	1:31.6
100 Yd. Free	
Bob Thompson	1:00.7
Tom Long	1:00.9
Ray Jeffries	1:15.1
200 Yd. Free	
Robert Crawley	2:50.8
Ray Jeffries	3:19.0
300 Yd. Free	
Terry Botham	6:46.0
Hanna	7:25.1
Robert Crawley	7:33.5
1650 Yd. Free	
Bob Thompson	24:01.5
Charles Ehler	25:00.3
Robert Crawley	26:12.8
Terry Hanna	26:38.7
50 Yd. Back	
Emilio deCardenas	1:37.8

50 Yd. Breast	
Armin Arndt	1:30.4
100 Yd. Breast	
Armin Arndt	1:07.8
Tom Long	1:13.9
Terry Hanna	1:29.5
200 Yd. Breast	
Armin Arndt	2:28.1
Tom Long	2:39.4
Terry Hanna	3:20.0
50 Yd. Fly	
Bob Thompson	1:30.7
Bob Crawley	1:42.3
200 Yd. Fly	
Robert Crawley	3:33.9
100 Yd. I.M.	
Armin Arndt	1:06.2
200 Yd. I.M.	
Armin Arndt	2:26.6
40-44	
50 Yd. Free	
Jim King	1:28.1
Kirk Adams	1:28.9
100 Yd. Free	
Jim King	1:04.7
Robert Gotshall	1:10.7
200 Yd. Free	
Wally Hampton	2:27.1
Jim King	2:42.2
Robert Gotshall	2:43.8
500 Yd. Free	
George Kruss	8:08.6
1650 Yd. Free	
John Allen	27:09.0
George Kruss	30:01.2
100 Yd. Back	
Tom Foley	1:35.4
200 Yd. Back	
Tom Foley	3:27.0
200 Yd. Breast	
Tom Foley	3:44.3
100 Yd. I.M.	
Tom Foley	1:40.0
200 Yd. I.M.	
Tom Foley	3:29.1
45-49	
50 Yd. Free	
Steve Anson	1:33.6
John Ofstad	1:34.4
100 Yd. Free	
Tom Taylor	1:04.8
Steve Anson	1:12.7
John Ofstad	1:17.5
200 Yd. Free	
Steve Anson	2:51.4
John Ofstad	3:01.3
500 Yd. Free	
John Ofstad	7:54.2
1650 Yd. Free	
John Ofstad	27:23.2
50 Yd. Back	
Steve Anson	1:45.6
100 Yd. Back	
Steve Anson	1:33.0
50 Yd. Breast	
Winslow Whitman	1:47.3
200 Yd. Breast	
Tom Taylor	3:07.0
50 Yd. Free	
John Staub	1:30.9
100 Yd. Free	
John Staub	1:10.5
200 Yd. Free	
John Staub	2:56.2
500 Yd. Free	
John Staub	9:38.1
1650 Yd. Free	
James Harshby	25:12.6
50 Yd. Back	
Anton Holm	1:53.4
100 Yd. Back	
Anton Holm	1:48.5
55-59	
50 Yd. Free	
Robert Miller	1:32.9
50 Yd. Back	
Larry Straker	1:38.1
60-64	
50 Yd. Free	
Robert Musselman	1:42.7
200 Yd. Free	
John Downey	3:09.3
500 Yd. Free	
John Downey	8:46.7
1650 Yd. Free	
John Downey	30:10.9
50 Yd. Back	
Robert Musselman	1:00.5
50 Yd. Breast	
Karl Frederick	1:37.7
Robert Musselman	1:53.3
50 Yd. Fly	
Karl Frederick	1:36.4
100 Yd. Fly	
Gene Caddy	1:29.2
100 Yd. I.M.	
Karl Frederick	1:22.6
200 Yd. I.M.	
Gene Caddy	3:04.0
400 Yd. I.M.	
Gene Caddy	6:41.0
65-69	
50 Yd. Free	
Francis Jowett	1:33.0
200 Yd. Free	
Art Erickson	2:57.0
50 Yd. Back	
Francis Jowett	1:46.6
100 Yd. Back	
Bob Hunter	2:07.0
200 Yd. Back	
Bob Hunter	4:35.1
50 Yd. Breast	
Francis Jowett	1:44.1
Art Erickson	1:02.4
100 Yd. Breast	
Bob Hunter	3:01.5

50 Yd. Fly	
Francis Jowett	1:41.0
Art Erickson	1:47.5
100 Yd. I.M.	
Francis Jowett	1:33.5
RELAYS	
WOMEN 200 Yd. Free	
25 & Up Newport Hills	2:26.1
D. Petre, K. Kohler	2:26.1
E. Blahous, M. Haugland	2:45.0
45 & Up Red Shield	2:45.0
J. Rumney, L. Keller	3:15.9
D. Musselman, M. Carlson	3:15.9
WOMEN 200 Yd. Medley	
45 & Up Red Shield</	

WOMEN 45-49		500 yd FREESTYLE		50 yd Butterfly		100 yd IM		200 yd Breaststroke		50 yd Freestyle		100 yd Freestyle		200 yd Freestyle		400 yd Freestyle		800 yd Freestyle		1600 yd Freestyle		50 yd Breaststroke		100 yd Breaststroke		200 yd Breaststroke		400 yd Breaststroke		800 yd Breaststroke		1600 yd Breaststroke		50 yd Backstroke		100 yd Backstroke		200 yd Backstroke		400 yd Backstroke		800 yd Backstroke		1600 yd Backstroke		50 yd Flipper Kick		100 yd Flipper Kick		200 yd Flipper Kick		400 yd Flipper Kick		800 yd Flipper Kick		1600 yd Flipper Kick	
Margrit Graef 45	36.78	Art Welch 44	6:39.22	Alice Zabudsky 31	1:19.10	Jim Bigler 41	1:29.20	George Kruss 41	1:30.30	P.T. Tutmark 44	1:34.40	Brian Heard 42	1:35.00	Jim Bigler 41	1:05.50	George Kruss 41	1:12.30	P.T. Tutmark 44	1:17.10	Jim Bigler 41	2:17.40	George Kruss 41	2:49.30	Jim Bigler 41	2:17.40	George Kruss 41	2:41.20	P.T. Tutmark 44	2:49.30	Jim Bigler 41	2:17.40	George Kruss 41	2:41.20	P.T. Tutmark 44	2:49.30	Jim Bigler 41	2:17.40	George Kruss 41	2:41.20	P.T. Tutmark 44	2:49.30	Jim Bigler 41	2:17.40	George Kruss 41	2:41.20	P.T. Tutmark 44	2:49.30	Jim Bigler 41	2:17.40	George Kruss 41	2:41.20	P.T. Tutmark 44	2:49.30				

30-34	
100 yard free	
Mike Vleau	1:01.9
John Tobin	1:07.63
50 yard fly	
John Tobin	30.08
Mike Vleau	33.1
100 yard back	
Marvita Jones	1:23.0
100 yard I.M.	
John Tobin	1:15.06
25 yard back	
Mike Vleau	26.0
200 yard free	
Harvin Jones	2:37.08
John Tobin	2:58.8
25 yard flutter kick	
Mike Vleau	23.8
35-39	
100 yard free	
Paul Cooper	1:01.6
Michael Mandell	1:05.8
Bob Turner	1:12.5
50 yard free	
John Turner	14.04
50 yard fly	
Paul Cooper	30.4
200 yard free	
Bob Turner	2:52.99
40-44	
100 yard free	
George Henry	1:05.7
Hans Kriek	1:16.6
Randy Ott	1:23.1
25 yard breast	
Randy Ott	23.2
100 yard I.M.	
George Henry	1:10.07
Hans Kriek	1:29.0
200 yard free	
George Henry	2:43.72
Hans Kriek	2:54.0
100 yard breast	
George Henry	1:28.0
Randy Ott	1:48.4
25 yard flutter kick	
Hans Kriek	20.0
45-49	
100 yard free	
Williams	59.4
Bruno Weber	1:09.7
Don Freeman	1:12.6
Robert Martin	1:16.6
100 yard back	
Robert Martin	2:06.5
100 yard I.M.	
Bruno Weber	1:25.09
Don Freeman	1:30.1
25 yard back	
Robert Martin	23.8
200 yard free	
Williams	2:05.45
Bruno Weber	2:26.79
Don Freeman	2:24.5
100 yard breast	
Don Freeman	1:37.09
25 yard flutter kick	
Robert Martin	31.9
50-54	
100 yard free	
Dick Powers	1:06.0
Walt Lindstrom	1:09.2
25 yard free	
Al Sustrick	11.0
P-1 Goldhammer	19.7
100 yard back	
Walt Lindstrom	1:47.1
25 yard breast	
Dick Powers	15.92
Al Sustrick	22.0
100 yard breast	
Dick Powers	1:27.4
Walt Lindstrom	1:28.7
200 yard free	
Al Sustrick	2:17.0
55-59	
100 yard free	
Trock	1:15.9
50 yard fly	
John LeVett	41.3
M. Block	45.2
100 yard I.M.	
John LeVett	1:22.0
100 yard breaststroke	
John LeVett	1:42.4

200 YARD BREASTSTROKE	
Lynn Cartee 29	3:22.20
100 YD INDIVIDUAL MEDLEY	
Lynn Cartee 29	1:23.30
200 YD INDIVIDUAL MEDLEY	
Lynn Cartee 29	3:06.90
WOMEN 40-44	
50 YD FREESTYLE	
Anne McGulre 42	33.50
100 YD FREESTYLE	
Christa Saragoni 40	1:27.40
200 YD FREESTYLE	
Rita-Al Jones 43	2:45.50
Christa Saragoni 40	3:32.00
500 YD FREESTYLE	
Rita-Al Jones 43	7:29.40
100 YD BACKSTROKE	
Rita-Al Jones 43	1:30.90
200 YD BACKSTROKE	
Rita-Al Jones 43	3:18.20
50 YD BREASTSTROKE	
Anne McGulre 42	38.70
100 YD BREASTSTROKE	
Anne McGulre 42	1:27.20
50 YD BUTTERFLY	
Anne McGulre 42	37.10
Christa Saragoni 40	55.30
200 YD BUTTERFLY	
Anne McGulre 42	3:08.70
100 YD INDIVIDUAL MEDLEY	
Anne McGulre 42	1:23.20
Rita-Al Jones 43	1:27.70
100 YD INDIVIDUAL MEDLEY	
Anne McGulre 42	3:01.90
Rita-Al Jones 43	3:09.10
WOMEN 45-49	
200 YD FREESTYLE	
Dot Murray 47	3:46.00
500 YD FREESTYLE	
Dot Murray 47	10:09.50
WOMEN 50-54	
50 YD FREESTYLE	
June Krauser 50	35.40
200 YD FREESTYLE	
Grace Lawton 53	4:00.60
500 YD FREESTYLE	
Grace Lawton 53	11:01.00
50 YD BACKSTROKE	
June Krauser 50	45.20
100 YD BACKSTROKE	
June Krauser 50	1:35.20
200 YD BACKSTROKE	
Grace Lawton 53	2:04.70
500 YD BACKSTROKE	
June Krauser 50	3:16.80
Grace Lawton 53	4:28.00
50 YD BREASTSTROKE	
June Krauser 50	45.50
Grace Lawton 53	50.80
100 YD BREASTSTROKE	
June Krauser 50	1:35.50
Grace Lawton 53	1:57.80
200 YD BREASTSTROKE	
June Krauser 50	3:28.60
Grace Lawton 53	4:36.30
50 YD BUTTERFLY	
June Krauser 50	36.60
Grace Lawton 53	1:05.70
100 YD BUTTERFLY	
June Krauser 50	1:24.30
200 YD BUTTERFLY	
June Krauser 50	3:01.20
100 YD INDIVIDUAL MEDLEY	
Grace Lawton 53	2:06.80
200 YD INDIVIDUAL MEDLEY	
Grace Lawton 53	4:31.30
WOMEN 55-59	
EDNA HUNT 59	
50 Yd Freestyle	51.30
100 yd freestyle	1:58.30
50 yd breaststroke	55.50
100 yd breaststroke	1:59.90
WOMEN 70-74	
ROSE CAPLANE 70	
100 yd freestyle	2:21.50
200 yd freestyle	5:15.60
50 yd backstroke	1:01.00
100 yd backstroke	2:20.00
200 yd backstroke	5:15.40
50 yd breaststroke	1:02.70
100 yd breaststroke	2:17.00
200 yd breaststroke	4:53.50
MEN 25-29	
50 YD FREESTYLE	
Tony Bazant 27	24.20
George Burke 28	25.40
Don Beuttenmuller 29	25.60
James Donnelly 27	25.70
Richard Austin 25	31.20
100 YD FREESTYLE	
George Burke 28	57.80
200 YD FREESTYLE	
Tony Bazant 27	2:00.60
George Burke 28	2:17.20
Richard Austin 25	3:34.20
50 YD BACKSTROKE	
George Burke 28	34.40
200 YD BACKSTROKE	
Don Beuttenmuller 29	2:44.50
George Burke 28	2:52.00
50 YD BREASTSTROKE	
Tony Bazant 27	30.40
James Donnelly 27	32.20
100 YD BREASTSTROKE	
Tony Bazant 27	1:07.30
James Donnelly 27	1:11.40
200 YD BREASTSTROKE	
James Donnelly 27	2:37.10
50 YD BUTTERFLY	
Don Beuttenmuller 29	27.90
James Donnelly 27	28.70
George Burke 28	35.40
100 YD INDIVIDUAL MEDLEY	
Tony Bazant 27	1:01.00
James Donnelly 27	1:05.40
George Burke 28	1:15.00
200 YD INDIVIDUAL MEDLEY	
Tony Bazant 27	2:15.00
Don Beuttenmuller 29	2:36.50
James Donnelly 27	3:36.40

MEN 30-34	
100 YD FREESTYLE	
Richard Chelakis 30	57.00
200 YD FREESTYLE	
K. C. Dawson 31	2:04.40
Gerry DeLong 33	2:16.50
500 YD FREESTYLE	
K. C. Dawson 31	5:44.50
100 YD BACKSTROKE	
John Zeigler 31	1:12.40
200 YD BACKSTROKE	
John Zeigler 31	2:33.60
50 YD BREASTSTROKE	
John Zeigler 31	32.30
100 YD BREASTSTROKE	
John Zeigler 31	1:10.80
200 YD BREASTSTROKE	
John Zeigler 31	2:36.20
100 YD BUTTERFLY	
K. C. Dawson 31	58.20
Richard Chelakis 30	1:02.00
50 YD BREASTSTROKE	
Gerry DeLong 33	27.50
200 YD BUTTERFLY	
K. C. Dawson 31	2:13.90
John Zeigler 31	2:34.10
100 YD INDIVIDUAL MEDLEY	
John Zeigler 31	1:07.70
200 YD INDIVIDUAL MEDLEY	
John Zeigler 31	2:23.10
Gerry DeLong 33	2:35.00
MEN 40-44	
50 YD FREESTYLE	
Galther Rossar 43	25.50
100 YD FREESTYLE	
Burwell Jones 43	56.00
Galther Rossar 43	57.00
200 YD FREESTYLE	
Burwell Jones 43	2:02.50
Galther Rossar 43	2:10.50
500 YD FREESTYLE	
Burwell Jones 43	5:40.20
50 YD BACKSTROKE	
Galther Rossar 43	33.50
100 YD BACKSTROKE	
Burwell Jones 43	1:11.50
200 YD BACKSTROKE	
Burwell Jones 43	2:24.90
Galther Rossar 43	2:51.30
50 YD BREASTSTROKE	
Herb Kern 44	36.00
100 YD BREASTSTROKE	
Herb Kern 44	1:21.60
200 YD BREASTSTROKE	
Herb Kern 44	2:59.50
50 YD BUTTERFLY	
Galther Rossar 43	27.80
100 YD BUTTERFLY	
Galther Rossar 43	1:08.50
200 YD BUTTERFLY	
Burwell Jones 43	2:40.60
Herb Kern 44	2:54.50
100 YD INDIVIDUAL MEDLEY	
Burwell Jones 43	1:05.60
Herb Kern 44	1:10.70
200 YD INDIVIDUAL MEDLEY	
Burwell Jones 43	2:20.50
Galther Rossar 43	2:41.50
MEN 45-49	
50 YD FREESTYLE	
Snag Holmes 47	29.40
100 YD FREESTYLE	
Snag Holmes 47	1:16.00
200 YD FREESTYLE	
Bob Hillier 47	2:14.20
500 YD FREESTYLE	
Bob Hillier 47	6:09.10
200 YD BACKSTROKE	
Bob Hillier 47	2:27.20
50 YD BREASTSTROKE	
Joe Schaefer 47	39.40
100 YD BREASTSTROKE	
Joe Schaefer 47	1:26.50
200 YD BREASTSTROKE	
Bob Hillier 47	2:56.90
Joe Schaefer 47	3:22.60
50 YD BUTTERFLY	
Snag Holmes 47	32.10
100 YD BUTTERFLY	
Snag Holmes 47	1:23.98
200 YD BUTTERFLY	
Snag Holmes 47	3:21.40
100 YD INDIVIDUAL MEDLEY	
Bob Hillier 47	1:08.20
Joe Schaefer 47	1:21.70
200 YD INDIVIDUAL MEDLEY	
Joe Schaefer 47	3:05.80
MEN 50-54	
50 YD FREESTYLE	
BITT Moffit 52	27.30
Reed Ringel 54	29.40
Roland Hipsher 52	31.80
100 YD FREESTYLE	
Art Koblish 50	1:02.40
BITT Moffit 52	1:04.30
Reed Ringel 54	1:08.50
200 YD FREESTYLE	
Art Koblish 50	2:19.60
Reed Ringel 54	2:32.00
500 YD FREESTYLE	
Art Koblish 50	6:23.00
Reed Ringel 54	6:55.50
50 YD BACKSTROKE	
BITT Moffit 52	33.20
Reed Ringel 54	36.90
Roland Hipsher 52	37.50
100 YD BACKSTROKE	
BITT Moffit 52	1:16.70
200 YD BACKSTROKE	
BITT Moffit 52	2:47.00
50 YD BREASTSTROKE	
Reed Ringel 54	39.60
100 YD BREASTSTROKE	
Reed Ringel 54	1:30.00
50 YD BUTTERFLY	
Reed Ringel 54	35.90
Roland Hipsher 52	40.50
100 YD BUTTERFLY	
Art Koblish 50	1:12.50

200 YD BUTTERFLY	
Art Koblish 50	2:42.20
100 YD INDIVIDUAL MEDLEY	
Reed Ringel 54	1:18.40
Roland Hipsher 52	1:33.60
200 YD INDIVIDUAL MEDLEY	
Reed Ringel 54	2:58.90
MEN 55-59	
50 YD FREESTYLE	
Howard Rossmore 56	30.70
Stan Fisher 58	35.00
200 YD FREESTYLE	
Stan Fisher 58	3:29.50
50 YD BACKSTROKE	
Stan Fisher 58	40.00
Howard Rossmore 56	47.70
100 YD BACKSTROKE	
Stan Fisher 58	1:29.50
200 YD BACKSTROKE	
Stan Fisher 58	3:24.90
Howard Rossmore 56	4:03.30
50 YD BREASTSTROKE	
Howard Rossmore 56	39.10
100 YD BREASTSTROKE	
Howard Rossmore 56	1:29.10
200 YD BREASTSTROKE	
Howard Rossmore 56	3:34.60
50 YD BUTTERFLY	
Howard Rossmore 56	37.90
100 YD BUTTERFLY	
Howard Rossmore 56	1:35.00
100 YD INDIVIDUAL MEDLEY	
Howard Rossmore 56	1:23.10
200 YD INDIVIDUAL MEDLEY	
Howard Rossmore 56	3:21.30
MEN 60-64	
50 YD BREASTSTROKE	
Joseph Kapit 61	40.70
Joseph Kapit 61	1:29.80
50 YD BUTTERFLY	
CITFFord Straus 64	42.20
200 YD BUTTERFLY	
CITFFord Straus 64	3:41.10
MEN 65-69	
WILLIAM SHARE 67	
50 yd breaststroke	44.50
100 yd breaststroke	1:36.20
200 yd breaststroke	3:35.90
MEN 70-74	
50 YD FREESTYLE	
FITZ Babendererde 71	54.80
100 YD FREESTYLE	
FITZ Babendererde 71	2:05.70
200 YD BACKSTROKE	
Stg Loeffler 71	4:40.70
50 YD BREASTSTROKE	
Stg Loeffler 71	51.30
100 YD BREASTSTROKE	
Stg Loeffler 71	2:00.40
RELAYS	
WOMEN 25+ 200 YD FREE RELAY	
Gold Coast Masters	2:34.80
(Murray, Saragoni, Krauser, Barnette)	
MEN 25+ 200 YD FREE RELAY	
Gold Coast Masters	1:50.40
(Kern, Dawson, Zeigler, Rosser)	
MEN 45+ 200 YD FREE RELAY	
Gold Coast Masters	1:54.50
(Holmes, Moffit, Ringel, Miller)	
MEN 25+ 200 YD MEDLEY RELAY	
Gold Coast Masters	1:56.60
(Rosser, Bazant, Chelakis, Zeigler)	
MEN 45+ 200 YD MEDLEY RELAY	
Gold Coast Masters	2:07.30
(Holmes, Moffit, Schaefer, Ringel)	
25+ 200 YD MIXED FREE RELAY	
Gold Coast Masters	1:55.20
(Soule, Bazant, Barnette, Beuttenmuller)	
35+ 200 YD MIXED FREE RELAY	
Gold Coast Masters	2:16.90
(McGuire, Saragoni, Kern, Rosser)	
45+ 200 YD MIXED FREE RELAY	
Gold Coast Masters	2:24.90
(Krauser, Muntz, Moffit, Holmes)	

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MASTERS NOTES SWIMMING

SHORT COURSE CHAMPIONSHIPS - Entry blanks and cards have been sent to over 600 people! But, as of this date we are behind 1975. If you are interested in competing, there is still plenty of time to obtain your materials.....

LONG COURSE CHAMPIONSHIPS - The National Masters Executive Committee has approved of the dates of August 25-28 for the meet and has also approved of running the 1500 meter freestyle as the event for the first day pushing the other three days back one day. Information should be ready for the SC meet.....

NEWSLETTERS - Many clubs have their own newsletter. I wish to thank them all for sending copies to Swim-Master and at times I use information from them. Some of the newsletters are THE WET SET (Pacific Northwest), WAVE MAKER - (D.C. Masters), SUNCOAST MASTERS NEWS (Florida) METRO MASTERS NEWSLETTER (New York), NEMSC NEWS LETTER (New England), OLD STERNWHEELER'S MASTERS MONTHLY (Minnesota), and SPLASH MASTER (Washington)

MASTERS DIVING - is established and growing, but more meets and entrants are needed. Each locality which has had a meet should stage others on an annual basis thus keeping the local group active and informed. Each competitor should encourage friends to join. Preparing for a meet provides an incentive to obtain regular exercise. Anyone interested in starting Masters Diving and wants help, send word to Brud Cleaveland, 1520 Bay St., Santa Monica, CA 90405.....

THANK YOU - Gary Stutsel, Honorary Secretary of the Australian Union of Senior Swimmers writes, "I am writing to you on behalf of A.U. S.S.I. and those members who made the tour of the U.S.A., to thank you for your hospitality. Our people were very pleased at the manner in which they were entertained and are looking forward to the time when they can return to the U.S.A....."

COMPLETED CAREER - Jean Garbus writes, "Michigan has just lost a real friend to Masters Swimming with the death of Dr. M. H. 'Chet' Chetrick on Jan. 26th at the young age of 59. He swam in all our meets and attended several Nationals. He placed 8th in the Top 10 for the 100 mtr fly last year....."

TOP TEN PIN - Pins are still available! If interested, write to Rinconada Masters, 740 Clara Dr., Palo Alto, CA 94303. The pins are \$2.00 ea payable to Rinconada Masters.....

PUBLICITY - Dick Guido, Metropolitan AAU Masters Chairman, asks us to each write a letter

to Swimming World, 8622 Bellanca Ave., Los Angeles, CA 90045 regarding Swimming World not publishing Masters Top Ten Times this year. Here is the major text of a letter written to June Krauser by Mr. Guido: I have been talking with Albert Schoenfield, the publisher of Swimming World, about their publishing a special supplement for the Masters Top Ten Times. He obviously does not intend to publish this, unless he can get some sponsors for it, and he wants \$2,000.- or so to do the job. He has Speedo sponsoring the National Age Group and Jr. Olympic Best Times, but has broken the Masters Best Times away from it, and indicates he will not publish unless he gets somebody to pick up the tab. I think Schoenfield is acting on the belief that he has very little Masters participation in his circulation and a consequent lack of interest in these times. Part of the necessary job of convincing him that Masters plays a significant role in his circulation - I think we ought to mount a letter writing campaign from Master swimmers.....

TOP TEN PATCH - Don't forget that your Top Ten Patch is available for \$3.00 payable to O*H*1*0 Masters Swim Club by writing to Harry A. Fox, 1616 Amherst N.E., Massillon, OH 44646. Don't forget to include your full name, age, sex and event or events qualified in, in 1976.....

TOM CLOYES WRITES - Last December I had a severe stomach hemorrhage which put me within two hours of death according to the medical staff in the intensive care unit...local hospital. Not an ulcer type thing, just too much pressure and the whole wall of the stomach let go...I actually saw the damage with the scope. interesting. The doctors were all very much amazed and surprised to find my recovery only took two weeks for the blood count to return to normal. The stomach vessel walls will take longer because it involves tissue on an active vessel. The important fact is the blood count recovery which was expected to take over two months, took only two weeks. Masters swimming is the one thing that brought the situation back so quickly...quite a selling point for our fine sport and the wonderful people involved in masters. Four years ago, the heart let go (at age 51), but, again, masters did the trick. A special plan of gradual recovery over a period of years and the heart is now that of a twenty year old.....

FROM CANADA - "Hey, Matt Kennedy", said Beth Couvrette. "You've missed Lenora Gilchrist from the list of Masters records!!" Sure enough, Lenora set a masters record at the US Nationals in 1974 when at the age of 37 she swam the 100 yd backstroke in 1:11.2. Matt is keeping the Masters Records for Canada. Canada is hoping to have their first National Championships in 1977.....



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VOL VI - No 3

SWIM CALENDAR

NEW ENGLAND MASTERS SWIM CLUB - Joy Miller, 401 Essex St., Hamilton, MA 01936 APR 12, MAY 10, APR 23-24, JUN 7
PACIFIC NORTHWEST ASSOCIATION - Steve Engel, 2005 S. 308th, Federal Way, WA 98002 APR 2-3, JUN 4-5, JUL 16-17
OREGON ASSOCIATION - Connie Wilson, 10315 S.E. 82nd, Portland, OR 97266 APR 22-23, JUN 18-19, AUG 12-14
CORONADO MASTERS - 1019 7th St., Coronado, CA 92118 - MAY 29, JUL 10
HAWAII - Dave Drum, 99-1440 Aiea Hts. Dr., Aiea, HI 96701 APR 3, APR 24, MAY 8, JUN 19, JUL 24, JUN 5, JUL 10, AUG 14
ROCKY MT. MASTERS - Dennis West, 8225 Marshall Ct., Arvada, CO 80003 APR 4, APR 14, APR 22-24
APR 16 Powel Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
APR 16-17 Suncoast - Bill Podewitz, 3036 Wood St., Sarasota, FL 33579
APR 18-19 WIU - Dr. Paul Hutinger, Western Illinois University, Macomb, IL 61455
APR 22-24 E. Los Angeles - Don Rankin, 11731 Heathcliff Dr., Santa Ana, CA 92705
APR 23 Montreal Inv - Donna Horowitz, 220 Bedbrook Av, Montreal W, P.Q. Canada
APR 23-24 Eastern Champ - Wilmington Swim School, 2150 New Castle Av, New Castle, DE 19720
APR 23-24 Duke University - Dot Resseguie, P.O. Box 7, Tar Heel, NC 28392
APR 23-24 Greater Kansas City - Carol Poste, 811 Piatt Ln, Olathe, KS 66061
APR 24 Ohio - Roy Stickney, 235 N. Remington Rd., Bexley, OH 43209
APR 29-MAY 1 - Inland Empire Ass - Harry Lewis, 944 E. 39th, Spokane, WA 99203
APR 30-MAY 1 - Georgia - Curt Fehn, 2515 N.E. Expwy. Apt R-16, Atlanta, GA 30345
APR 30-MAY 1 - NJ Assn - Bob Walden, 19 Hawthorne Dr., New Providence, RI 07974
APR 30-MAY 1 - Texas A&M - Will Worley, 1001 Village Dr., College Station, TX 77840
APR 30-MAY 1 - State Meet - Beth Gabriel, 516 Ford St., Geneva, IL 60134
MAY 13-15 NATIONAL SC CHAMP - June Krauser, 2308 NE 19 Ave., Ft. Lauderdale, FL 33305
MAY 15 Rio Hondo Jr. Col. - Hal Nichols, 4854 Halkett Av, Rosemead, CA 91770
MAY 21-22 NATIONAL DIVING CHAMP - John Riley, 5731 N. Spahn Av, Lakewood, CA 90713
MAY 27-29 Southern LC - Robert E. Beach, c/o Judicial Bldg. #402, St. Petersburg, FL 33701
MAY 27-30 Virginia Masters Swim Camp - P.O. Box 6546, Charlottesville, VA 22906
MAY 28-29 Dad's Club - Jo May, 1405 Pine Chase, Houston, TX 77055
JUN 4-5 Oakville Inv - Ken Allen, 132 Cross St., Oakville, Ontario, Canada
JUN 17-19 NATIONAL YMCA MASTERS - Lollie Keller, 25 Park St., Montclair, NJ 07042
AUG 13-14 SMS LC - Nat Johnson, 520 Givens St., Sarasota, FL 33581
AUG 25-28 NATIONAL LC CHAMP - Jack Zappone, N 1311 Superior, Spokane, WA 99202
SEP 3 Maui Channel Swim - Jim Caldwell, 275 Makaweli Pl, Honolulu, HI 96825
SEP 5 Waikiki Rough Water Swim - Dept. of P&R, 650 S. King St., Honolulu, HI 96813
APR 23-24 Diving - Bill McAlister, 14407 Road 23 1/2, Madera, CA 93637
MAY 7 Diving - Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011
MAY 21-22 NATIONAL INDOOR - John Riley, 5731 North Spahn Ave., Lakewood, CA 90713
JUN 11-12 Senior Olympics - Warren Blaney, 5225 Whilshire Blvd., #302, Los Angeles, CA
JUL 10 Felix Grossman, 17960 Rancho Ave., Encino, CA 91316
AUG 13 John Samuelson, 230 Dolphin Cove Ct., Del Mar, CA 92014
AUG 20-21 NATIONAL OUTDOOR - Rich Lawler, 8210 Long Point Rd., Houston, TX 77055
SEP 10 Diving - Lyle Draves, 5732 Geyser Ave., Tarzana, CA 91356
OCT 8 Diving - Fred Fox, 30162 Branding Iron Rd., San Juan Capistrano, CA 92675
NOV 6 Diving - Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011