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# Masters Swimming Program Stimulates Fitness Motivation

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oth 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 Francisco<sup>3</sup> seem to support this evidence.

Exercise promotes changes in myocardial responsivity 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 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. Opie<sup>5</sup> 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 communication 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 Spannuth, 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 tenyear 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 (25yard 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. 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.

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# SHOF International SWIMMING HALL OF FAME, INC. 1 HALL OF FAME DRIVE - FORT LAUDERDALE FLORIDA 33316



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.





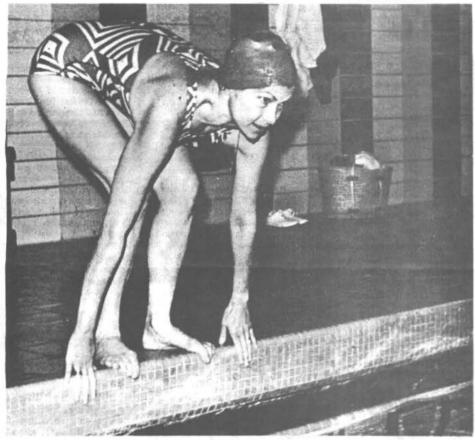
The pictures on this page were taken at the informal reception held for Swimmer GERALD R. FORD on February 24, 1977 at the International Swimming Hall of Fame. The picture below 1 to r include Ford, Buck Dawson, Zac Zorn, Bill Morgan, Reed Ringel (ISHOF Treasurer and GCM swimmer) and June Krauser. It was a pleasure and a honor!







Pictures by Paul Kizzle, R. A. Mullins and Minerva.



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



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."



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 1980, 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 A A U 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 5-3 — 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

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

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 smok-ing cigars ("I had puffed them all my life, one after another") and began swimming

WHEN BEFFIE WON the 50 meter but-terfly (1:09.5) and 100 (2:18.87) and 200 meter breastroke (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 under-stand 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 prepar-ing 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 25vard 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 the property of the pools of the property of the pools o

turn. That takes a hell of a lot of energy from you, and I cannot flip. I just give myself a good pooosh");

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

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

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

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

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 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 second Amateur Athletic Union-sanctioned invitational tournament, with partici-pants 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, 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



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Dorothy White 25 Linda Large 29	39.6 40.6	Rita-Al Jones 43 Maria Vijil 41	144.2 144.14 146.8	Lillian Kyte 54 Elleen Schappel 50	1,46.2	M. Schneiderlochner 26 Patrick Danley 28	33.3	50 Yard Butterfly	26.0
100 Yard Butterfly Janice Krauser 25	1:32.4	Gerda Gurney 42	47.8	Bobbe Smith 52 Grace Lawton 53	1:48,2	100 Yard Backstroke Hichard Bober 25	1:00.3	Gerry Delong 33 David Gibson 30	26.6 27.0
200 Tard Butterfly Anne Grans 29	2:32.5	100 Yard Breaststroke Elfi Christian 43	1:35.0	Joanne Marshall 52 200 Yard Individual Me	2:25.5 dler	Rick Krogsrud 29 Wallace Burke 26	1:06.6	James Green 31 Dan Whiteley 31	27.1 28.8
100 Yard Individual Med	iley	Rita-Al Jones 43 Maria Vijil 41	1:37.0	June Krauser 50 Lillian Kyte 54	3:02.9	M. Schneiderlochner 26 Patrick Danley 28	1:11.4	Terry Palmer 32 G. F. Terauds 34	29.3
Anne Grama 29 Gretchen Drake 27	1:12.3	200 Yard Breaststroke Elfi Christian 43	3127.4	Sybil Fussell 50 Grace Lawton 53	4:07.8	200 Yard Backstroke Rick Krogsrud 29	2126.5	Bo Bhudy 34 100 Yard Butterfly	
Judy Green 25 Dorothy White 25	1:19.9	Rita-Al Jones 43	3135.7	400 Yard Individual Me June Krauser 50		M. Schneiderlochner 26	2133.7	Gerry Delong 33 James Green 31	57.7 1:00.6
Janice Krauser 25 200 Yard Individual Med	1:26.9	50 Yard Butterfly Elfi Christian 43	46.3	Lillian Kyte 54 Sybil Fussell 50	8:17.5	50 Yard Breaststroke Danny Jackson 29	41.9	Dan Whiteley 31 G. F. Terauds 34	1:05.5
Gretchen Drake 27 Janice Krauser 25	2:35.4	100 Yard Butterfly Rita-Al Jones 43	1:34.4		8:45.0	100 Yard Breaststroke Rick Krogsrud 29	1:07.5	Terry Palmer 32 200 Yard Butterfly	1:16.0
400 Yard Individual Med	iley	200 Yard Butterfly Rita-Al Jones 43	3,44.8	NOMEN 55-59 100 Yard Freestyle		Danny Jackson 29	1,29,2	James Green 31 Gerry DeLong 33	2:17.0
Gretchen Drake 27	5:39.0	100 Yard Individual Med	ley	Dorothy Reseguis 55 Ruth Wunderlich 58	1109.5	200 Yard Breaststroke Rick Krogsrud 29 Bill Musser 27	2:31.5	Joe Biondi 33	2:37.7
NOMEN 30-34 50 Yard Freestyle		Rita-Al Jones 43 Scottle Holliday 43	1:27.4	200 Yard Freestyle Dorothy Ressegule 55	2:38.0	50 Yard Butterfly		Gerry DeLong 33	1:01.9
Winnie Krogsrud 30 Betty Frabalka 30	30.7	Maria Vijil 41 200 Yard Individual Med	1:45.8	50 Yard Backstroke		Robert Sautters 25 George Burke 28	26.7	James Green 31 John Heimann 34	1:04.2
Bonnie Mombrook 32 Kathleen Cottrell 31	34.6 38.2	Rita-Al Jones 43	3:08.3	Dorothy Ressegule 55 Peg Greetham 55	1:01.3	M. Schneiderlochmer 26 100 Yard Butterfly	29.8	G. F. Terauds 34 Bo Rhudy 34	1:05.5
300 Yard Freestyle Sonnie Mosbrook 32	1:11:1	400 Yard Individual Med Rita-Al Jones 43	6:48.6	100 Yard Backstroke Ruth Wunderlich 58	1,54,8	Richard Bober 25 Robert Sautters 25	58.6	Terry Palmer 32 Michael Morris 33	1:11.6
Betty Prabalka 30	1,16.8	WOMEN 45-49		200 Yard Backstroke Buth Wunderlich 58	56 (1904)	Bill Musser 27 Rick Krogsrud 29	1:02.8	Bob Wilson 33 200 Yard Individual Me	dley
Bonnie Mosbrook 32	2:41.2	50 Yard Freestyle Nancy Logan 49	36,2	100 Yard Breaststroke	4:10.3	M. Schneiderlochner 26	1:08.3	Gerry DeLong 33 James Green 31	2:16.8
Libby Portenberry 32 500 Yard Freestyle	3:17.0	Jamet Wells 46 Darlynne Ferguson 48	42.5 42.8	Suth Wunderlich 58 200 Yard Breaststroke	2,05.1	M. Schneiderlochner 26	2:36.9	G. F. Terauds 34 Joe Biondi 33	2:29.4
Sonnie Nosbrook 32 Vinnie Krogsrud 30	7:37.2	100 Yard Freestyle Betty Smith 45		Ruth Wunderlich 58	4:20.5	Rick Krogsrud 29 100 Yard Individual Med	lex	Bo Rhady 34 Bob Wilson 33	2:33.5
Carol Rhudy 34	8:44.3	Nancy Logan 49	1:21.2	50 Yard Butterfly Dorothy Resseguie 55	*38.4	Bick Krogsrud 29 Bruce Bartling 28	59.8	400 Yard Individual Me James Green 31	4158.8
Carol Rhudy 34	44.6	Nancy Logan 49	3:12.1	Ruth Wunderlich 58 100 Yard Individual Me	54.7	Robert Sautters 25 Wallace Burke 26	1:07.1	Gerry DeLong 33 G. F. Terauds 34	5105.6
100 Yard Backstroke Bonnie Mosbrook 32	1:32.5	Betty Smith 45 Darlynne Ferguson 48	3121.5	Dorothy Resseguie 55 Buth Wunderlich 58	1:24.7	George Burke 28 200 Yard Individual Med	1:09.6	Joe Blondi 33	5139.2
200 Yard Backstroke Bonnle Mosbrook 32	3:13.4	500 Yard Freestyle Betty Smith 45	8:36.2	200 Yard Individual Me	dley	Rick Krogsrud 29 Bruce Bartling 28	2:15.6	MEN 35-39	
50 Yard Breaststroke		Nancy Logan 49	8,59.6	Dorothy Resseguie 55 400 Yard Individual Me	*3:05.4	Robert Sautters 25 George Burke 28	2:26.0	Charles Bechtel 38	25.1
Carol Rhudy 34 Kathleen Cottrell 31	42.2 47.7	Nancy Logan 49	43.8	Dorothy Ressegute 55 Ruth Wunderlich 58	*6:52.3 8:36.5	400 Yard Individual Med	ley	John Humphries 39 Bob Mosbrook 39	30.9
Bonnie Mosbrook 32 100 Yard Breaststroke	49.1	Darlynne Ferguson 48 Janet Wells 46	52.8	WOMEN 60-64		Robert Sautters 25 Rick Krogsrud 29	5:05.0 5:07.1 5:23.4	Charles Bechtel 38	55.9
Betty Trabalka 30 Carol Rhudy 34	1:33.1	100 Yard Backstroke Betty Smith 45	1:39.5	100 Yard Freestyle Janet Heservey 62	1:50.3	Bruce Bartling 28	316314	John Humphries 39 Peter Lison 38	59.3 59.8
Kathleen Cottrell 31 200 Yard Breaststroke	1:47.3	Nancy Logan 49 Darlynne Ferguson 48	1:35.8	200 Yard Freestyle		50 Yard Freestyle Bo Rhudy 34		Bob Mosbrook 39 200 Yard Freestyle	1:13.6
Carol Rhudy 34	3129.6	200 Yard Backstroke Nancy Logan 49	3:37.7	Janet Meservey 62 500 Yard Freestyle	4100.7	G. F. Terauda 34	24.5 24.6	John Humphries 39	2:20.8
100 Yard Individual Mer Vinnie Krogarud 30	1122.2	Darlynne Ferguson 48	4153.5	Janet Meservey 62	10:35.5	Bichard Frederick 34 David Gibson 30	24.8 25.0	Bob Mosbrook 39 500 Yard Freestyle	2159.3
Betty Frabalka 30 Bonnie Mosbrock 32	1:24.1	50 Yard Breaststroke Darlynne Ferguson 48	55.7	50 Yard Backstroks Mildred Anderson 62	94.9	Dan Whiteley 31 Terry Palmer 32	25.1 25.5	Bob Mosbrook 39	8:27.5
200 Yard Individual Mer Betty Frabalka 30	3:04.0	50 Yard Butterfly Betty Smith 45	39.7	Janet Meservey 62 100 Yard Backstroke	57.8	Robert Gardner 34 Ron Peterson 34 Jack Ward 34	27.7 28.2 30.0	50 Yard Backstroke Charles Bechtel 38 Bob Mosbrook 39	31.4
KOMEN 35-39		Nancy Logan 49	47.4	Janet Meservey 62 200 Yard Backstroke	2:07.2	100 Yard Freestyle	50000	100 Yard Backstroke	
50 Yard Freestyle Linda Mattle 38	44.3	100 Yard Individual Med Betty Smith 45	1:30.2	Janet Meservey 62	4:19.1	G. F. Terauds 34 Be Rhudy 34	53.5 54.8	Charles Bechtel 38 200 Yard Backstroke	1:13.0
500 Yard Freestyle				50 Yard Breaststroke Mildred Anderson 62	51.1	Dan Whiteley 31 Michael Morris 33	55.2 57.4	Charles Sechtel 38	2157.7
Natalia Johnson 37	9:22.0			Janet Meservey 62	54.4	Terry Palmer 32	57.6		

December   1997   1998   199	50 Yard Breastatroke Bob Mosbrook 39 40.2	Kenneth Dayson 45 29.3	Bob Hansen 50 1:32.8	500 Yard Freestyle Clifford Brown 70 16:54.4	MEN 45+
Description   1965		Art Mayer 45 29.5	John Cousens 54 1:38.3		
Column   C	Bob Mosbrook 39 1:30.3	Norman Schueckler 49 1:01.1	John Woods 53 1:09.5		(Lindauer, Harris,
Color   Colo		Nick Kakos 46 1:08.1.	Bob Hansen 50 1:19.4		
Section   Sect	50 Yard Butterfly				
Section   Sect	Charles Sechtel 38 28.1	Robert Beach 45 2:16.5	Robert McDermott 54 1:34.2	Irvin Merritt ?3 4:26.3	Oak Ridge Masters 2:19.1
Section   Sect			John Woods 53 2:39.0		
Proceedings   Process	Charles Bechtel 38 1:07.0	Nick Kakos 46 2:32.7	Matt Flanagan 50 2:43.8	Irvin Merritt ?3 5:08.2	
Section   19	200 Yard Individual Medley	Kenneth Dawson 45 2:34.5	William Marshall 50 3:18.6	Irvin Merritt 73 2:25.0	
Section   Sect	Charles Bechtel 38 2:39.5 Peter Lison 38 2:43.7			200 Yard Butterfly	O*H*I*O Masters 561
## 1962   September   Septembe	400 Yard Individual Nedley	Robert Beach 45 6:22.0	John Woods 53 6:06.0		
The Contraction   1		Bob Harris 49 6:44.2		Irvin Merritt 73 4:42.3	Tarbeel Manters 232
Proceedings	mental control of the		MEN 55-59		Texas Gulf Masters 147
The part of the	Gaither Rosser 42 24.9		50 Yard Freestyle	RELAYS	L.B.D. & Virginia 108
State   Property   1-1-10   Property   1-1-1		Jim Holland 47 35.5		WOMEN 25+	Allegheny Mtn. Masters 72
100   100	George Harvey 28.3		Don Greetham 55 1:05.8	200 Yard Freestyle Relay O*H*I*O Masters 2:16.5	Etobicoke Masters (Toronto) 62
Control Control Section   10.00   10	100 Yard Freestyle			(Large, Rhudy, Smith,	W. Lafayette White Sharks 56
Section   Company   Comp		Kenneth Dawson 45 1:19.7	200 Yard Freestyle Don Greethan 55 2:40.8	Oak Hidge Masters 2:22,2	D.P.R. Swin Club (Pa.) 50
State   Stat	Kirk Canterbury 40 56.0	Norman Schueckler 49 1:22.4			Columbia Aquatic Assn.(Mi.) 39
20.   Dec.   Institution   1.0   1	Dale Petranech 41 1:11.1		500 Yard Freestyle Don Greetham 55 2:26.5		Rocky Mountain Masters 31
A. Canas Ao. 2002. Security of the control of the c	200 Yard Freestyle	200 Yard Backstroke	Dick Lindauer 56 7:55.7	(Trabalka, Cottrell,	
A. Charles 20   200.0	Kirk Canterbury 40 2:06.7 Gaither Rosser 42 2:07.2	Kenneth Dawson 45 2:53.7	50 Yard Backstroke		
Second   1996   10   10   10   10   10   10   10   1	Al Coxon 40 2:08.0	Norman Schueckler 49 2:55.5		200 Yard Freestyle Helay	LAKEWOOD CHRISTMAS INVITATIONAL
Common   C		Jim Holland 47 3:05.0	Dick Lindauer 56 1:23.9		Lakewood, Ca. 25 yd pool December 4, 1976
Common   C		Harry Fox 47 35.1		Holliday, Logan) Oak Ridge Masters 2:46,4	WOMEN 25-29 50 vd Freestyle
According to Section 19	Gaither Rosser 42 6:00.2	Art Mayer 45 45.4	Dick Lindauer 56 2:58.9	(Gurmey, Schappel,	Mimi Hayes 29 27,43
Second	Al Coxon 40 6:22.7				Marie Z. Latham 28 30.73
Section   Sect	Dale Petranech 41 6:40.1			Suncoast Masters 2:41.8	200 yd Freestyle
Solid Reserved   100.00   10				Holliday)	Cathy Cullum 28* 2:14.41
See   Secretaria by   3.7.5   Secr	50 Yard Backstroke	50 Yard Butterfly			50 vd Backstroke
All Loren Co.   10.5	George Harvey 33.8			Oak Ridge Masters 3:09.3	Cathy Cullum 28* 31.18
A composition   1.10			Dick Lindauer 56 3:38.9		100 vd Backstroke
John Johnson 9 107.8   Start Principles   Section   100   Red Individual Registry   100   Red	Al Coxon 40 1:05.6		50 Yard Butterfly Don Greethan 55 35.9	200 Yard Medley Relay	Debra Blair 25 1:14.65
A. Comm 50	George Harvey 1:13.5	Harry Fox 47 2:57.9	John Reeve 59 46.5		Debra Blair 25 2:57.63
A clarker flower 2 2,02.2   25.0   25.0   10.0   20.0   10.0   20.0   10.0   10.0   20.0   10		Harry Fox 47 1:14.2	Don Greetham 55 1:18.9		
The Johnson 19   1915   1916	Al Coxon 40 2:32.3			200 Yard Freestyle Relay 25+	Lucy Johnson 29 30.59
20   Inc.   Parasitricity				Oak Ridge Masters 1:54.0	Marie 2. Latham 28 35.38
No.   Section   1.00	John Johnson 43 3:13.5	Norman Schueckler 49 2:45.0	MEN 60-64	Gibson)	Debra Blair 25 1:10.21
Second Science   1997	Nick Berenyi 44 35.0		50 Yard Freestyle	(Rhudy, Large, Shudy,	Lucy Johnson 29 5:25.16
Married   Marr		Bob Harris 49 5:59.6		Suncoast Masters 1:59.8	50 vd Freestyle
Description   Part   Preserving   Part   Preserving   Part   Pa	John Johnson 43 40.5	Norman Schueckler 49 5:59.7	100 Yard Freestyle	Holliday, Burke)	Bev Montrella 30 27.45 MaryLee Christensen 30* 30.00
The strength   117.0   Part   Francisco   117.0   Part   Part   Francisco   117.0   Part	100 Yard Breaststroke		Hamilton Anderson 62 1:14.4		Cathy Berry 31 51.06
Second Design   1.12.5   Second Design   1.1	Nick Berenyi 44 1:17.8 Tom Rande 41 1:19.8	John Cousens 54 27.9	373	Drake, Henry)	200 vd Freestyle
John Johnson 10   1190.5   1	John Huson 42 1:21,6	Barton Anson 50 29.8		(Mattle, Ward,	Bev Montrella 30 2:32.48
John Name No. 2, 51.5   John No. 10.5   John Name No. 2, 51.5   John N	John Johnson 43 1:30.5		George Silvera 63 2:48,2		50 vd Backstroke
John Namon 42 100.7 William Namahaj 50 1105.0 Barton Asson 50 1105.0 Size Detarterly 100 120.1 Size Detarterly 100 120.1 Size Detarterly 100.0 Size Detart	Nick Berenyi 44 2:51.5	John Woods 53 1:01.3	500 Yard Freestyle	Oak Ridge Nasters 2:10.1	
So   Text   Direct   Description   So   Text   Description   So	John Huson 42 3:02.7	Matt Flanagan 50 1:03.2	Hamilton Andersor 62 7:46.8		100 yd Backstroke
Section   Comparison   Compar	John Johnson 43 3:24.1		50 Yard Backstroke	200 Yard Freestyle Relay 45+ O*H*I*O Masters 2:15.5	50 yd Butterfly
Joseph   Serry   According	50 Yard Butterfly Gaither Rosser 42 27.2	200 Yard Freestyle		(Kakon, Smith,	100 vd Butterfly
Mailton Addrson 62   128.0   Server No.	Joseph Henry 40 28.0		Jerry Donovan 62 56,5	Suncoast Masters 2:19.5	400 vd Individual Medley
Section   Sect	Kirk Canterbury 40 28.0	William Marshall 50 2:38.8	Hamilton Anderson 62 1:28.8	Silvera, Cousens)	Bev Montrella 30 5:59.82
Cather Rosser v2	100 Yard Butterfly	Barton Anson 50 2:47.9	이 있는데 귀하는 생각 하는데 가게 가지 않는데 그 그리고 있는데 가장 그리고 있다.	(Schappel, Lindauer	Janet E. Rover 15 30.86
Debt   Petramech 41   1221.8	Kirk Canterbury 40 1:03.4	John Woods 53 6132,2	George Silvera 63 3:20.0		Christine Martin 35
Second   S	Dale Petranech 41 1:21.8	William Marshall 50 7:33.0	50 Yard Breaststroke		
Rill Lauer 42   249.5   John Woods 33   118.5   John Woods 33   John Woods 34   John Woods 35   John Woods 3	200 Yard Butterfly	Barton Anson 50 7:33.8	Hamilton Anderson 62 42.5	O*H*I*O Masters 1:37.6	Christine Martin 35 2:56.76
Dale Petramech 4: 3,09.5 Matt Flanagan 50 34.8 Bob Hannesn 50 39.0 Chuck Boy 62 135.0 Chuck Boy 62 135.0 John Huson 42 3:21.8 John Mooks 51 1:18.5 Bob Hannesn 50 1:18.5 Bob Han	Kirk Canterbury 40 2:29.3 Bill Lauer 42 2:49.5	John Woods 53 33.1	Jerry Donewan 62 44.3	Rhudy, Fredericks)	Christine Martin 35 46.41
John Huson N2	Dale Petranech 41 3:09.3		Chuck Roy 62 1:35.0		Martha 1. Childs 36 1:27.10
100   Fard   Individual   Rediev   103.9   Rob Hansen 50   1131.9   200   Yard   Breastatroke   1105.0   Ritk   Canterbury 40   1105.0   Ritk   Canterbury 4	John Huson 42 3:21.8			Green Gibson)	Helen Geoffrion 37 1:31.93 200 vd Breastroke
Sill Lawr 42   108.6   200 Tard Backstroke   119.5   200 Tard Backstroke   219.5   200 Tard Individual Medley   219.6   219.	Al Coxon 40 1:03.9	Bob Hansen 50 1:31.9	200 Yard Breaststroke	(Peterson, Blivers,	Martha L. Childs 36 3109.22
Gather Rosser 47 1108.6 John Voods 53 2183.9 Nick Berenyl 44 1193 80b Hansen 50 3102.7 So Tard Breaststroke 1193 80b Hansen 50 3102.7 So Tard Breaststroke 1293.0 Nat Flanagan 50 1194.0 Nat Flanagan 50 1195.1 So Hansen 50 1125.1 So Hansen 50 1125.	Kirk Canterbury 40 1:05.0		Hamilton Anderson 62 3:39.3		Helen Geoffrion 37 3:19.36
Robert   Schemath   Solid	Gaither Rosser 47 1:08.6	John Woods 53 2:43.9	Chuck Boy 62 3:39-7	200 Yard Medley Relay	Sallie Humberger 35 34,44
Salter   S	200 Yard Individual Redley	Hobert McDersott 56 3:44.9	George Silvera 53 36.0	O*H*I*O Masters 1:56.6 (Rhudy, Horning	Christine Martin 35 39.44
Salid   Lauer 42   2.15.6   Bob Hannen 50   77.3   George Silvera 63   1.37.2   Gardner, Green, Glabon, Jackson)   Salid   Humberger 35   6.44.83	Xirk Canterbury 40 2:23.6 Al Coxon 40 2:28.2	Matt Flanagan 50 34.3		Oak Ridge Masters 2:07.5	Martha L. Childs 36 6:20.20
Nick Berenyi 44   2:47.6   100 Yard Breaststroke   100 Yard Breaststroke   100 Yard Stress Silvers 63   1:40.8   1:40.	Bill Lauer 42 2:35.6	Bob Hansen 50 37.3	George Stlvera 63 1:37.2	(Gardner, Green,	Sallie Humberger 35 6:44.83
John Huson 42 2156.6 Bob Hansen 50 119.4 200 Yard Individual Nedley George Silvers 63 3124.7 Geo	Nick Berenyi 44 2:47.6	100 Yard Breaststroke	George Silvera 63 1:40.8	Suncoast Masters 2:19.1	Melen Geoffrion 37 7:11.11 WOMEN 40-44
200 Yard   Breaststroke   200 Yard   Presstyle   200 Yard   200 Y	John Huson 42 2:56.8		200 Yard Individual Medley	Cousens, Peterron)	M.A. Resmussen 41 37.09
Site Canterbury 80   5:12.2   8bb Hannen 50   3:14.5   200 Yard Individual Medley   Coorge Silvers 63   7:44.4   Coorge Silvers 63   Coorge Silvers 64	400 Yard Individual Medley	200 Yard Breaststroke			Ouija Nicholm 44 56.98
Dale Petramech 41 6:02.9 Matt Flanagam 50 30.3 Limon, lauer 1 5:02.9 Matt Flanagam 50 30.3 Nick Bersnyi 44 6:09.8 Bob Hannen 50 33.6 MEN 70-74 200 Yard Medley Relay Out Flanagam 50 31.6 MEN 70-74 200 Yard Medley Relay Out Flanagam 50 01.73 Nicholn 44 31.53.70 Out Flanagam 50 31.6 MEN 70-74 200 Yard Medley Relay Out Flanagam 50 01.73 Nicholn 44 101.50 Out Flanagam 50 Nick Bersnyi 44 Nick Bersnyi	Kirk Canterbury 40 5:12.2		400 Yard Individual Medley	Oak Ridge Manters 1:58.7	
MEN 45-49   John Cousens 54   77.5   100 Yard Freestyle   Clifford Brown 70   2121.8   Clifford Brown	Dale Petramech 41 6:02.9	Matt Flanagan 50 30.3	1100000		Adrienne Pipes 42* 3:01.70
50 Yard Freestyle Harry Fox 47  Robert Beach 45  29.3 William Marshall 50  1:29.2 Livin Merritt 73  4:09.0  Clifford Brown 70  5:41.9		William Marshall 50 35.8			50 vd Backstroke
Harry Fox 47 27.7 100 Yard Butterfly 200 Yard Preestyle  Robert Beach 45 29.3 William Marshall 50 1:29.2 Irvin Merritt 73 4:09.0 Clifford Brown 70 5:41.9			Clifford Brown 70 2:21.8	(Lizon, Johnson,	Ouija Nichola 44 1101.50
Clifford Brown 70 5:41.9	Harry Fox 47 27.7	100 Yard Butterfly William Marshall 50 1.20 2	200 Yard Freestyle Irvin Merritt 73 4:09.0	Laur, Dilvey)	Elizabeth Frost 41 1:08.21
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100 vd Backstroke M.A. Rasmussen 41 1:46.71	50 vd Backstroke Richard Eason 27 28,62	50 vd Backstroke Stan McConnell 45	70 07	200 vd Freestyle Relay Sants Barbara Swim Club2:29.61	50 Yard Butterfly	10.000
50 vd Butterfly Adrienne Pipes 42* 40.22	Richard Eason 27 28.62 Michael Smith 28 30.23 Michael Blair 27 30.69	Gordon Gillin 45*	32.03	(Erickson, Altus, Jones, McDaris)	Betty Smith 45 Pearl McKillop 49	:53.27
M.A. Rasmussen 41 45.13 Ouija Nichols 44 1:04.87	Brent Lamb 25 30.97 Rick Wilson 29 33.38	100 vd Backstroke Stan McConnell 45 Rudolf Graef 45	1:10.20	55 + 200 vd Freestyle Relay	100 Yard Ind. Med. Betty Smith 45	1:30.13
Adrience Pipes 42 7:18.49	100 vd Backstroke Michael Smith 28 1:07.32	Hal Nichols 48 Gerald Martinez 49	1:19:50	Long Beach Masters 2:31.12 (Simonton, Crowell, Merlino,	200 Yard Ind. Med. Pearl McKillop 49	3:55.75
Evelyn Debes 40 7:19.81 WCMEN 45-49	Michael Blair 27 1:08.69 Brent Lamb 25 1:10.68	200 vd Breastroke Rudolf Graef 45	2:51.76	Matthews) MEN'S RELAYS	WOMEN 50-54 50 Yard Freestyle	46
50 vd Freestyle Jacqueline D. Smith 45 30.71	Daniel Beckman 28 1:31.62	Bud Schumacher 46* Gordon Gillin 45*	2159.93	20 + (unofficial)	Bettie Wilke 53 WOMEN 55-59	:43.66
Shirley Baird 45 49.27	50 vd Butterfly Kim Lathrop 26 26.03 Jerry Homstad 27 26.96	50 vd Butterfly Stan McConnell 45	30.11	Swim Team of Placentia 1:40.70 (Johnson, Fagerhang, Moon,	Peg Greetham 55	:48.71
Jaqueline D. Smith 45 2:45.70 Margrit Graef 45 3:07.03	Michael Smith 28 27.61 Daniel Beckman 28 34.05	Larry Larrimore 49 Bud Schumacher 46*	30.73 32.58	Quintana) MIXED RELAYS		1:54.33
Shirley Baird 45 3:43.56	100 vd Butterfly Jerry Homstad 27 58.61	Tom Scotton 46 Gerald Martinez 49	33.03	55 + 200 vd Medley Relay		44.92
200 yd Breastroke (40-44) Adrienne Pipes 42* 3:39.11	Kim Lathrop 26 58.66 Corey Stanbury 25 59.84	100 vd Butterfly Bud Schumacher 46*	1:16.15	Long Beach Masters 2:32.16 (Crowell, Lind, Pelderman,		42.49
50 vd Backstroke Jaqueline D. Smith 45 39.37	Michael Smith 28 1:10.25 400 yd Individual Medley	Neal R. Palmer 46	1ev 5:51.11	Simonton)		56.77
Margrit Graef 45 44.69 Shirley Baird 45 55.77	Corey Stanbury 25 4:52.35 Daniel Beckman 28 5:54.58	Larry Larrimore 49 Bud Schumacher 46*	5:57.02		100 Yard Backstroke	03.31
100 yd Backatroke Shirley Baird 45 2:01.57	MEN 30-34 50 vd Freestvle	Tom Scotton 46 Gordon Gillin 45*	6:05.86	OHH*I*O Masters Winter Neet	100 Yard Breaststroke	53.71
Jaqueline D. Smith 45 3:24.61	Ken Krueger 30 23.09 Jon Bales 32 25.15	Hal Nichols 48 Gerald Martinez 49	7:25.19	12-4,5-76 25 yard course Branin Natatorium	50 Yard Butterfly	:05.16
Jaqueline D. Smith 45 35.84	George Wright 34 25.88 Harlan Palmer 34 29.93	MEN 50-54 200 vd Freestyle Jim Marcus 52		Canton, Ohio	100 Yard Butterfly	52.27
Margrit Graef 45 43.09 400 vd Individual Medley	Bill Berry 32 37.39 200 vd Freestyle William Leach 30 1:58.35	Hal Nichols 48	2145,64	WOMEN 25-29 50 Yard Freestyle Linda Large 29 :30.87	WOMEN 60-64	05.11
Helga Linnes Palmer 47 6,48.83 WOMEN 50-54	George Wright 34 2:09.82	Jim Marous 52	1:28.39	laura Gaulke 25 :38.86	50 Yard Preestyle Cornelia Burton 64 1:1 50 Yard Breaststroke	10.64
Shirley Brickson 53 31.81 Joy McDaris 51 36.01	Jim Thomas 34* 2:38.39 50 vd Backstroke	Jack Burgan 54 200 vd Breastroke	1:29.74	Gretchen Drake 27 1:03.06 Linda Large 29 1:11.50	Cornelia Burton 64 1:2	22.30
Grace Altus 52 39.99 Kathleen Jones 50 40.82	George Wright 34 31.43 Bill Berry 32 32.89	Jack Burgan 54 Jim Marcus 52	3:05.34	Laura Gaulke 25 1:29.68 200 Yard Freestyle	50 Yard Freestyle	24.61
200 vd Preestyle Shirley Erickson 53 2:54.33	200 vd Breastroke Thomas Thomson 32 2:40.83	Ransom J. Arthur 50 50 vd Butterfly Jim Marcus 52	3:10.22	Laura Gaulke 25 3:32.19 500 Yard Freestyle	Frank Urban 29 :2	24.94
Joy McDaris 51 3:10.17 Kathleen Jones 50 3:26.45	Bill Berry 32 2:53.91 Harlan Palmer 34 3:16.53	400 vd Individual Med Jack Burgan 54	33.39 6:17.75	Gretchen Drake 27 5:57.85 Laura Gaulke 25 9:57.00	100 Yard Preestyle	51.84
50 vd Backstroke Shirley Brickson 53 41.43	Jon Bales 32 28.44	Jim Marcue 52 MEN 55-59	6:20.00	50 Yard Backstroke Linda Large 29 :43.48	David G. Rothoff 25 :5	53.66 56.42
Kathleen Jones 50 49.14 100 vd Backstroke	George Wright 34 29.76 Harlan Palmer 34 35.92 Jim Thomas 34* 39.15	50 yd Freestyle Lyle E. Felderman 57	27.87	50 Yard Breaststroke Gretchen Drake 27 136.15		09.92
Grace Altus 52 1:50.97 50 vd Butterfly	Jim Thomas 34* 39.15 100 vd Butterfly Ken Krueger 30 57.25	Bob Merrick 56 Cliff Croome 59	28.58 29.00	Linds Large 29 145.63 Diane Guiher 26 149.13	Bob Sautters 25 5:4	43.35
Joy Mc Daris 51 43.16 Kathleen Jones 50 51.35	Jon Bales 32 1:10.89 William Leach 30 DQ	Taylor Fletcher 55 Albert E. Frost 55*	31.65	100 Yard Breaststroke Gretchen Drake 27 1:17.23	1650 Yard Freestyle	21.93
Grace Altus 52 51.87	400 vd Individual Medley William Leach 30 4:55.84	200 yd Preestyle Bob Merrick 56	2128,36	200 Yard Breaststroke Gretchen Drake 27 2:44.58	Dennis Trolz 28 23:3 50 Yard Backstroke	30.48
100 vd Butterfly Grace Altus 52 2:07.58 400 vd Individual Medley	Jon Bales 32 5:45.75 Jim Thomas 34* 6:49.73	Lyle E. Felderman 57	2:37.78	100 Yard Individual Medley Linda Large 29 1:27.45	Chris Kitchin 29 :2	28.08 30.45
Grace Altum 52 DQ WOMEN 55-59	Stephen J. Perrello 30*7:11.74 MEN 35-39	Tom Lind 59 Taylor Pletcher 55	2:42.06	400 Yard Individual Medley Gretchen Drake 27 5:26.68		31.31
Bette F. Crowell 56 35.06	50 vd Freestyle Jim Bennan 37* 25.96	Albert E. Frost 55* 50 yd Backstroke	2153.76	WOON 30-34 50 Yard Freestyle	Chris Kitchin 29 1:0 Frank Urban 29 1:1	07.15 12.00
Lorraine Peterson 58 48.02 200 vd Preestyle	Art Hale 38 28.27	Cliff Croome 59 100 vd Backstroke Robert H. Cowan 56*	37.91	Anne Coen 34 :42.06	Tom Thiffault 25 1:1 200 Yard Backstroke	13.70
Lorraine Peterson 58 3:52.17	John H. Schwarz 35 31.45 200 vd Freestyle	Cliff Croome 59*	1:17.61	Anne Coen 34 1:34.43 200 Yard Freestyle	50 Tard Breaststroke	41.79
Sette P. Crowell 56 44.31	Jim Bennan 37* 2:16.47 John Schwarz 35 2:47.67	200 vd Breastroke Ernie Neben 56 Tom Lind 59	3:03.70	Carol Shudy 34 3:09.87 500 Yard Freestyle	David G. Rothoff 25 :3	30.26 30.76
Lorraine Peterson 58 59.20 100 vd Backstroke Bette F. Crowell 56 1:36.06	SO vd Backstroke Art Hale 38 33.08 Jim Bennan 37* 33.74	Bob Merrick 56 Albert E. Frost 55*	3:11.97	Carol Rhudy 34 8:51.58 1650 Yard Freestyle		07.98
Lorraine Peterson 58 2:09.14	100 vd Backstroke	Bruno Gumpel 57 50 yd Butterfly	3:26.37	Carol Rhudy 34 30:14.27 50 Yard Backstroke	200 Yard Breaststroke	09.64
Lorraine Peterson 58 4:46.91	Art Hale 38 1:23.55 200 vd Breastroke John H. Schwarz 35 3:08.28	Robert H. Cowan 56* Lyle E. Felderman 57	33.36 33.64	Carol Rhudy 34 :46.65 50 Yard Breaststroke	50 Yard Butterfly	37.63
Rita Simonton 58 7:32.49	50 vd Butterfly Bambi Kishi 35 27.75	Cliff Croome 59* Ernie Neben 56	35.32 37.21	Carol Rhudy 34	Chris Kitchin 29 :2	25.97 26.93
WOMEN 60-64 50 vd Preestvie Trene Van Vorst 64 39.89	Jim Bennan 37* 27.87 John K. Schwarz 35 35.79	Albert E. Frost 55* 100 vd Butterfly	38.78	Carol Rhudy 34 1:34.95	100 Yard Butterfly	28.41
Ruth Ridenour 62 56.61	Art Hale 38 DQ	Ernie Neben 56	1:28.14 lex	Carol Rhudy 34 3:28.65	Frank W. McIntyre 25 :5	58.43 58.91
Irene Van Vorst 64 3:35.03	Bambi Kishi 35 5:53.09 MEN 40-44	400 vd Individual Med Robert H. Cowan 56* Ernie Neben 56	6:12.74	WOMEN 35-39 50 Yard Freestyle Joyce Burrell 35 :28.08		22.97
Ruth Ridenour 62 4:30.54 200 yd Breastroke (50-54)	50 vd Freestyle Jim Zurcher 42* 25.87	Cliff Croome 59* MEN 60-64	7:00.66	Ute Kahn 35 :43.66		08.00
Joy Mc Daria 51 3:33.89 50 vd Backstroke	Howard Runyan 44 26.52 Joseph A. Klein 43 26.55	50 vd Freestyle Geza S. Gedeon 62	30.60	Joyce Burrell 35 1:06.49	Bob Sautters 25 5:0	01.85
Ruth Ridenour 62 1:13.57 Maxine Merlino 64 DQ	Dick Campbell 43 30.66 Budd Symes 42 36.27	Gene Wade 62 200 yd Freestyle Walter Slike 63	31.51	Joyce Burrell 35 2:34.01 50 Yard Backstroke	MEN 20-34 50 Yard Presstyle Spike Frederick 34 :2	23.90
200 vd Breastroke Margaret George 60 3:47.46	Jim Zurcher 42* 2:11.03	Eldin Onsgard 64	3138.39 2157.73	Joyce Burrell 35 135.11 Sandra Bell 36 146.89	Rick Bauschard 32 :2	24.04
Maxine Merlino 64 4:00.99 Ruth Ridenour 62 6:03.56	Joseph A. Klein 43 2:20.86	50 vd Backstroke Eldin Onsgard 64 Walter Slike 63	45.90	100 Yard Backstroke Joyce Burrell 35 1:20.30	100 Yard Freestyle	53.66
50 yd Butterfly Margaret George 60 52.48	Mark Hoffer 41 2:29.06 Curt Miller 44 2:33.38 Dick Campbell 43 2:45.28	Geza S. Gedeon 62	52.79 DQ	50 Yard Breaststroke Sandra Bell 36 :44.81		54.46
Margaret George 60 7:49.46	David L. Kan 42 2:57.34	100 vd Rackstroke Eldin Onsgard 64 50 vd Sutterfly	1:47.35	50 Yard Butterfly Sandra Bell :41.96	Bo Rhudy 34 2:0	58.39 01.03
50 yd Freestyle	50 yd Backstroke Dick Campbell 43 42.83 Budd Symes 42 45.85	Gene Wade 62 Eldin Onsgard 64	36.17 44.82	100 Yard Individual Medley Sandra Bell 36 1:37.65	500 Yard Freestyle Bo Rhudy 34 6:1	11.17
Johnnie Belshe 68 51.57 Tilly Weil 68 56.81	200 vd Breastroke Budd Symes 42 2:53.92	400 vd Individual Mad'		WOMEN 40-44 50 Yard Freestyle		29.49
50 vd Backstroke Dorothea E. Cole 67 57.10 Johnnie Belshe 68 58.59	David Lamott 41* 3:05.09 Robert Rubin 40 3:05.51	Eldin Onsgard 64 MEN 65=69 50 yd Freestyle		Elfi Christian 43 :40.11 50 Yard Breaststroke	100 Yard Backstroke	30.96
Johnnie Belahe 68 58.59 120 vd Backstroke Dorothea Cole 67 DQ	Dick Campoell 43	50 vd Preestyle Reg Richardson 65 Tom Monahan 66	29.31 31.69	Elfi Christian 43 :44.12 100 Yard Greatstroke Elfi Christian 43 1:34.07	Jim Horning 31 1:0	07.05
200 yd Breastroke	50 yd Butterfly Jim Zurcher 42* 29.09 Art Welch 44 29.35	200 vd Freestyle Reg Richardson 65	2:34.87	200 Yard Bresstatroke Elfi Christian 43 3:20.79	200 Yard Backstroke	11.53 33.03
50 vd Butterfly Dorothea E. Cole 67 WOMEN 70-74	David Lamott 41* 31.63 Mark Hoffer 41 31.83	50 vd Backstroke Tom Monahan 66	37.38	50 Yard Butterfly Flfi Christian 43 :44.85		40.62
SO vd Freentyle	Howard Runyan 44 33.12 Dick Campbell 43 43.62	Reg Richardson 55	1:24.81	WOMEN 45-49 50 Yard Freestyle	Larry Yamahiro 30 :3	33.38
50 vd Freestyle Elizabeth C. Maurio 72 58.74 200 vd Freestyle	Curt Miller 44 DQ	Tom Monahan 66 200 yd Breastroke	1:25.18	Betty Smith 45 r34.61 Pearl McKillop 49 r42.11	Kenneth Bechtol 33 13 100 Yard Breaststroke	36.96
Elizabeth C. Mauric 72 4:34.77	Art Welch 44 1:08.94 Howard Runyan 44 1:15:18	Reg Richardson 65 Ernest Hale 66	3:20.78 4:29.19	Darlynne Ferguson 48 :46.10 100 Yard Freestyle	Larry Yamahiro 30 1:1	11.62
200 vd Brenstroke Elizabeth C. Mauric 72 5:45.47 MEN 25-29	Buddy G. Belaha 42 5:26.99 Art Welch 44 5:57.62	SO yd Butterfly Reg Richardson 65	36.51	Betty Smith 45 1:17.60 200 Yard Freestyle	200 Yard Breaststroke	43.61
50 vd Freestyle Richard Eason 27 23.28	Art Welch 44 Howard Runyan 44 Curt Miller 44 6:15.75	Ernest Hale 66	44.97	Darlynne Perguson 48 3:41.19	Kenneth Bechtol 33 3:0 50 Yard Butterfly	05.45
Tony LaBianca 25 23.51 Michael Smith 28 25.37	David Lamott 41 6:22.24	Ernest Hale 66 400 vd Individual Med Alfred Guth 68	1:49.64 lex	500 Yard Preestyle Betty Smith 45 8:31.07	John J. Flanagan 30 :2 Spike Frederick 34 :2	25.45 27.78
Rick Wilson 29 26.35	50 yd Freestyle	Ernest Hale 66 MEN 70-74	7:30.34 9:14.34	50 Yard Backstroke Darlynne Ferguson 48 :52.03	Larry Yamahiro 30 :2 Kenneth Bechtol 33 :3	28.39 33.10
Daniel Beckman 28 26.69 200 yd Freestyle	Gordon Gillin 45* 27.60 Hal Nichols 48 31.74 Gerald Martinez 49 32.89	50 yd Freestyle Charles Cushman 74	49.48	Pearl McXillop 59 :52.98 100 Yard Backstroke		56.52
Tony LaBlanca 25 2:00.27 Corey Stanbury 25 2:00.29	200 vd Freestyle	Charles Cushman 74 200 vd Preestyle Charles Cushman 74	4:30.64	Darlynne Ferguson LS 2:09,39 200 Yard Backstroke		52.76
Rick Wilson 29 2:15.11 Daniel Beckman 28 2:15.96	Gordon Gillin 45° 2:21.30	200 ud Beaggteeke	A III. LE BOOK OF A	Darlymne Ferguson 48 4:37.79 50 Yard Breaststroke Pearl McKillop 49 :48.51	Rick Bauschard 32 1:0 Bo Rhudy 34 1:0	03.63
Sam Gooch 25* 2:59.33	Tom Scotton 46 2:27.35 Bud Schumacher 46* 2:31.23	Erwin Schanz 70 WOMEN'S RELAY:	<u> </u>	Darlynne Ferguson 16 155.56	Jerry Barnes 34 1:1	10.65
		8		Pearl McKillop 49 1:43.73	#111 Hass 32 5:3	32.37

MEN 35-39 50 Yard Freestyle	1650 Yard Freestyle Don Greetham 55 25:59.05	50 vd Breast O.K.Bryant 30	33,16	55-59 Nancy Pessel	29:17:5	WOMEN 60-64 50 yd Freestyle	
Chuck Bechtel 38 124.79	50 Yard Backstroke Rich Wolfe 55 :37.37	Gary George 30	33,28 35,56			Dawn Musselman 63 100 yd Freestyle	:36,70
Wm. DeVoe 38 :31.78	M.H. Chetrick 58 :43.02	Bill Alderisio 33 Tom Oleandar 34	37.82	65-69 R. Shephard, 67	36:49.7	Dawn Musselman 63 200 yd Freestyle	1:19,60
100 Yard Freestyle Chuck Bechtel 38 :55.52	N.H. Chetrick 58 1:13.70	0K Bryant 30	1:15.44	G. Abraham, 66	48:05.2	Dawn Musselman 63	3:05,10
John Humphries 39 :59.22 Wm. DeVoe 38 1:13.13	50 Yard Breaststroke Rich Wolfe 55 :40.77	Gary George 30 Bill Alderisio 33	1:16.32	MEN 25-29	10000000	50 yd Backstroke Dawn Musselman 63	:45.20
Chuck Bechtel 38 2:20.27	50 Yard Butterfly M.H. Chetrick 58 :34.43	Tom Oleandar 34 200 yd Breast	1:37.55	J. Parker, 26 A. Lloyd, 28	19:26.0	Dawn Musselman 63	1:36.20
Mm. De Voe 38 2:55.29 50 Yard Backstroke	100 Yard Butterfly Bill Burrell 58 1:19.76	OK Bryant 30 Tom Oleander 30	3112,25	B. Richards, 26 J. EcDonnell, 25	20:58.5	50 yd Freestyle	
Chuck Bechtel 38 :30.70 - 100 Yard Buckstroke	M.H. Chetrick 58 1:28.47 100 Yard Ind Med	50 vd Fly Tom Cleandar 30	27.43	30-34		Hazel Bressie 67 500 yd Freestyle	1:27,80
Chuck Bechtel 38 1:20.18 50 Yard Butterfly	M.H. Chetrick 58 1:29.57 200 Yard Ind Med	Spike Frederick 34 Bill Alderisio 33	27.74	R. Williams, 34 J. Myerberr, 34	20:46.9	Hazel Bressie 67 50 yd Backstroke	17:25.90
Chuck Bechtel 38 :30.15 John <u>Humphries</u> 39 :31.30	Rill Burrell 58 2:48.61 MEN 60-64	100 vd Fly Bill Alderisic 33	1:11.74	T. Calomeria, 34 R.Morgan, 31	21:35.6	Hazel Bressie 67 50 yd Breaststroke	1:25.00
MEN 40-44 50 Yard Preestyle	50 Yard Freestyle Robert Lawrence 64 129.74	Tom Oleandar 34	1:28,56	G. Belenky, 31	22:37.2	Hazel Bressie 67 100 yd Breaststroke	1:27.90
George Harvey 43 :28.84	100 Yard Freestyle Robert Lawrence 64 1:11.62	Tom Gleandar 30	1:13,87	35-39	24:14.5	Hazel Bressie 67 MEN 25-29	3:10,50
Ray Beck 42 134.63	Dudley Beatty 61 1:24.07 200 Yard Freestyle	Men 35 - 39 50 rd Free Larry Andersen 37	25,21	J. Swivel, 36 F. DeAndrade, 38	24:25.5	50 yd Freestyle Kim Lintner 27	:24.20
100 Yard Freestyle	Robert Lawrence 64 3:00.82 Dudley Beatty 61 3:23.37	Leo Bettis 38	28.10 30.60	Art Smith, 37	25:18.6	Doug Huestis 28 Steven Barrett 29	124.70
Ray Beck 42 1:12.48	500 Yard Preestyle Dudley Beatty 61 9:39.59	Walter Fuehrer 35 Bill DeVoe 38	30.72	5. Gideonse, 42	20:56.1	Ted Gilbert 25	:30.80
200 Yard Freestyle	Brooks R. Powell 62 10:13.92	100 vd Free Lee Bettis 38	1:01.81	D. letranech, 41 M. Smith,41	21:33.5	Doug Huestis 28	154.60
Dennis Mitchell 44 2:52.30 Bay Beck 42 2:53.12	50 Yard Backstroke Robert Lawrence 64 :42.01	Bill Devoe 38 Dave Ebner 36	1:13.33	R. Chen, 43 N. Berenyi, 44	25:12.2	Steven Barrett 29 Ted Gilbert 25	1:14.80
Phillip Williamson 43 2:58.44 500 Yard Freestyle	Robert Lawrence 64 1:33.90	200 yd Free Dave Ebner 36	2142.67	45-139 J. Alleva, 48	21:10.9	200 vi Freestyle Steven Barrett 29	2:11.60
Dennis Mitchell 44 F:12.58 1650 Yard Freestyle	MEN 70-74 50 Yard Freestyle C.T. Branin 72 :34.38	Bill Devoe 38 500 yd Free	2:52,57	G. Bonfield, 46 M. Coughlin, 48	24:17.04	500 yd Freestyle Eugene Kitta 29	7:34.80
Dennis Mitchell 44 26:52.14 50 Yard Backstroke	50 Yard Backstroke C.T. Branin 72 :48.38	Larry Andersen 37 Dave Ebner 36	5:48,22 7:42,20	G. Noyer, 46 J. Noward, 47	27:22.6	50 yd Backstroke Kim Lintner 27	:30,30
George Harvey 43 :32.40 Phillip Williamson 43 :37.51	U.1. Branin 72 A40.30	50 yd Breast Dave Haney 35	36.19	50-54	5919111	50 yd Breaststroke Doug Adams 27	:31.60
George Harvey L3 1:21.31		100 yd Breast Lee Bettis 38	1:29,00	H. Dodge, 54 J. Gilbert, 52	25:16.4	100 vd Breaststroke Doug Adams 27 Eugene Kitts 29	1:10.90
George Harvey 43 2:53.85	Golumbus Academy Dec. 12, 1976	200 vd Braest Larry Andersen 37	2:48.81	55-59	2412411	200 vd Breaststroke Doug Adams 27	2:35.80
50 Yard Breaststroke Jack Van Horn 44 134.62 Dennis Mitchell 44 142.98	Southern Ohio Masters a Sandpiper Swim Club Meet	50 yd Fly Dave Ebner 36	3408	W. Shaw, 57	32:31.2	50 yd Butterfly Doug Huestis 28	128.00
Ray Beck 42 144.65	Women 25 - 29	Larry Anderson 37	1:04.84	60-64 S. Laski, 60	34155.8	Steven Barrett 29 100 yd Butterfly	:29.70
Dennis Mitchell 44 1:42.91	10. yd Back Jan Ckopny 28 1:17,34	Lee Bettis 38	1120.97	65-69	555.0	Doug Huestis 28 100 yd I.M.	1:03.10
200 Yard Breaststroke Dennis Mitchell 44 3:44.46 50 Yard Butterfly	100 yd Breast Jan Okopny 28 1:23.92	Men 40 - 44 50 vd Free	28, 31	D. RcAfee, 67 W. Scott, 67	28:42.0	Doug Adams 27 Kim Lintner 27	1:02.90
Jack Van Horn 44 :30.88	50 vd Fly Jan Okopny 28 30.58	Robert Walker 43 Ed Held 40	28,90	H. Smith, 69 A. Abraham, 65	34:17.0	200 yd I.M. Doug Adams 27	2:21.00
50 Yard Freestyle Peter VanDijk 47 :26.39	100 yd I.M. Jan Okopny 28 1:13.23	100 vd Free Ed Heid 40	1:03,61	70-74	2114311	Doug Huestis 28 MEN 30-34	2127,40
Jim Sipe 45 128.03	200 vd I.M. Jan Okopny 28 2145.89	Robert Walker 43 Ed Heid 40	2:20.47	S. Graigie, 70	30:12.0	100 yd Freestyle Pat Joseph 30	155.20
Peter VanDijk 47 :57.79 Jim Sipe 45 1:03.93	Momen 35 - 39 50 vd Free	500 vi Free Robert #alker 43	6:45.99	~~~~		200 yd Freestyle Karl von Tagen 33	2:05.90
Nick Kakos 46 1:05.10	Carol Haney 36 31.42 50 yd Breast	Ed Heid 40 50 rd Back	6:46.00	OREGON ASSOCIATION PORTLAND COMMUNITY CO	LIEGE	Cecil Kriba 34 500 yd Freestyle	2:37.80
Jim Sipe 45 2:33.52	Garol Haney 36 37.21 50 vd Fly	Jay Lehr 40 100 yd Back	33,00	DECEMBER 18,1976 25 yd POOL		Pat Joseph 30 50 yd Backstroke	6:36.60
Nick Kakos L6 2:35.14 500 Yard Preestyle	Carol Haney 36 36.36	Jay Lehr 40 200 wd Back	1:15.77	WOMEN 25-29		Cecil Kribs 34 100 yd Backstroke	:35.60
Nick Kakos 46 7:24.48 50 Yard Backstroke	50 vi Free Sara William 43 36.41	Jay Lehr 40	2:58,79	50 yd Freestyle Linda Pollock 29	:28.50	Howard Moore 31 Don Thompson 30	1:03.10
Peter VanDijk 47 :31.70 Nick Kakos 46 :35.94	100 yd Free Sara Williman 43 1:24,68	Men 50 - 54 50 yd Free		50 vd Backstroke Linda Pollock 29	:34.40	Cecil Kribs 34 200 yd Backstroke	1:22.80
100 Yard Backstroke Peter VanDijk 47 1:19.98	50 vi Back Ann Champ 41 39.30	Roy Stickney 50 Richard Avery 53	25.80	50 yd Breaststroke Linda Pollock 29	:37.70	Howard Moore 31 Cecil Kribs 34	2:19.90
50 Yard Butterfly Harry Fox 47 :30.08	100 vd Back Ann Champ 41 1:25.53	50 yd Back Richard Avery 53	33,88	WOMEN 30-34 50 yd Backstroke		50 yd Breaststroke Doug Atterbury 30	:35,60
Nick Kakes 46 1:17.51	200 yd Back Ann Champ 41 3:07.42	100 yd Back Richard Avery 53	1:19.39	Jayne Chastain 31 100 yd Backstroke	:38,10	Don Thompson 30 100 yd Breaststroke	:38.10
MEN 50-54 50 Yard Freestyle	100 vd I.N. Sara Williman 43 1:35.10	100 vi L.M. Roy Stickney 50	1:08.59	Jayne Chastain 31 200 yd Backstroke	1:25,60	Boug Atterbury 30 200 yd Breaststroke	1:20.90
John Woods 53 :27.08 Richard L. Avery 53 :28.34	200 yd I.M. Ann Champ 41 3:07.89	200 vd 1.M. Roy Stimmey 50	2:42.68	Jayne Chastain 31 WOMEN 35-39	3:12.00	Howard Moore 31 50 yd Butterfly	2:40.00
Barton Anson 50 130.36 Norval B. Stewart 53 141.79	Hen 25 - 29	Men 55 - 59		50 yd Freestyle Jan Shaw 38	:37.10	Karl von Tagen 33 Don Thompson 30	:27,30
100 Yard Freestyle Boy Stickney 50 :58.97	50 vi Free Guy Helvin 29 25.55	50 rd Free M.H. Chetrick 58	32,69	50 yd Backstroke Jan Shaw 38	:42.60	100 yd I.M. Howard Moore 31	1:05.20
John Woods 53 1:01.59 Barton Anson 50 1:17.10	Jim Cloyes 27 26.09 Ron Bank 29 26.10	50 vi Sack M.H. Chetrick 58 50 vd 71v	63,22	WOMEN 40-44 50 yd Freestyle		Cecil Kribs 34 200 yd I.M.	1:20.70
Norval B. Stewart 53 1:35.15 200 Yant Freestyle	Hiles Cheiskel 28 27.00 100 yd Free	M.H.Chetrick 58	34.63	Stoinoff 43 Connie Wilson 42	:33,60	Howard Moore 31 MEN 35-39	2:19.20
John Woods 53 2:20.41 500 Yard Freestyle	Guy Helvin 29 58.26 Hiles Chedekel 28 59.62	100 Yd Fly M.H. Chetrick 58 100 yd I.H.	1:26.47	Jeanne Kennett 41 100 yd Freestyle	:41.30	50 yd Freestyle Jere Marra 35	:37.60
Barton Anson 50 7:29.01 1650 Yard Freestyle John Woods 53 21:52.64	Jim Gloyes 27 1:00.07 Ron dank 29 1:01.39	M.H. Chetrick 58	1:31,81	Stoinoff 43 200 vd Freestyle	1:14.20	Joe Santry 36	1:04.90
Barton Anson 50 27:15.12 50 Yard Backstroke	Jim Garges 25 1:01.92 Jean Hyers 26 1:04.72	M.H. Chetrick 58	3128.34	Stoinoff 43 500 yd Freestyle	2:48,60	Joe Santry 36	1:28.50
John Woods 53 t32.19	Men 25 - 29 200 yd Free	Non 60 - 64 50 vd Breast		Jeanne Kennett 41 50 yd Backstroke	9:59.80	C. Schaumburg 38	2:41.90
Norval B. Stewart 53 :45.92 100 Yard Backstroke	Miles Ghedekal 28 2:15.05 Guy Helvin 29 2:21.85	Jerry Donovan 62	46.07	Connie Wilson 42 Stoinoff 43	:40.00 :40.60	50 yd Breastatroke Jere Marrs 35	:49.70
John Woods 53 1:12.79	Jim Garges 25 2:23.54 Dean Kyers 26 2:26.09	Jerry Donovan 62 200 yd Breast	1:40.68	Jeanne Kennett 41 50 yd Breaststroke	:53.10	C. Schaumburg 38	2:57.50
Richard L. Avery 53 1:18.82 Norval B. Stewart 53 1:49.10	500 vd Free Miles Shedekel 28 6:28,17	Jerry Donovan 62	3137.76	Connie Wilson 42 50 yd Butterfly	:50,00	100 vd I.M. C. Schaumburg 38	1:08.50
200 Yard Backstroke John Woods 53 2:41.93	100 vi Breast Frank McIntyre 25 1:13.90	Jerry Donovan 62	43.46	Jeanne Kennett 41 100 vd I.M.	:53,10	Joe Santry 36 200 yd I.M.	1:18.00
Norwal P. Stewart 53 2:56.66 50 Yard Breaststroke Roy Stickney 60 :32.19	50 yd 7 ly Frank McIntyre 25 26.29			Jeanne Kennett 41	1:43.10	C. Schaumburg 38 Joe Santry 36	2:39.90 2:51.50
Norval B. Stewart 57 :55.69 100 Yard Breaststroke	Dean Myors 26 39,57	D. C. MASTRES 16 AMERICAN UNIVERS		WOMEN 45-49 100 yd Freestyle		50 yd Freestyle	-20 00
Hoy Stickney 50 1:13 to	100 vd Fly Frank WoIntyre 25 58.95 100 vd Lida	December 18, 197		Diane Williams 48 200 yd Freestyle Diane Williams 48	1:44.30	Jim Bigler 41 P. Tutmark 44 Brian Heard 42	:29.00 :33.60 :34.60
50 Yard Presstyle	Frunk Holntyre 25 1:04.58 Dean Hyers 26 1:14.24 200 vd 1.x.	WOMEN 25-29		Diane Williams 48 500 vd Freestyle Diane Williams 48	10:06.50	Brian Heard 42 100 yd Freestylc Jim Bigler 41	1:05.70
Bill Burrell 58 :27.81 Don Greetham 55 :28.77	Frank Heintyre 25 2:23.08	Chris Suppert, 25 2	1:12.5	200 yd Breaststroke	4:13.60	P. Tutmark 44	1:15.50
Rich Wolfe 55 :30.98 M.H. Chetrick 58 :33.17	Dean Myers 26 2:37.95		1155.5	Diane Williams 48 WOMEN 50-54		P. Tutmark 44	2:51.70
Harry Anderson 57 :37.06	Men 30 - 34 50 vd Cree	30-34 P. Mila, 34 2	94:14.8	50 yd Freestyle Mary Anne Wolfe 50 100 yd Freestyle	:35.40	500 yd Freentyle P. Tutmark 44 50 yd Breastatroke	7:57.40
Bill Burrell 58 1:02.36 Don Greetham 55 1:06.44	Spike Frederick 34 24.20 Jeff Zettler 33 28.52	N. Kirkendall, 33 2	5:16.4	Mary Anne Wolfe 50 200 yd Freestyle	1:21,30	Brian Heard 42 100 yd Breaststroke	142.30
Harry Anderson 57 1:24.08 200 Yard Freestyle	Stan McCloy 34, 31.02	40-44		Marquita Redstone 51 500 yd Freestyle	4:39.20	Brian Heard 42 MEN 45-49	2:38,40
Bill Burrell 58 2:24,93 Don Greetham 55 2:41.43	Tom Oleandar 34 1:00.43 200 Md Freq Tom Oleandar 34 2:41.85		0: <b>00.</b> 7 32:53.7	Marquita Redatone 51 50 vd Backstroke	12:25.90	50 yd Freestyle Eric Guest 47	:30.00
Harry Anderson 57 3:10.93 500 Yard Freestyle Don Greetham 55 7:28.68	50 vd Buck Jeff Zettler 33 36.31	50-54	12 i 67 A	Mary Anne Wolfe 50 200 yd I.M. Mary Anne Wolfe 50	:45,60	George Burgess 45 Donlan Jones 46	130,30
Harry Anderson 57 9:12.89	100 vd Back Tom Cleandar 34 1:21.58	Garol Knepp, 52	32157.0	Mary Anne Wolfe 50	3:38.20	Leo Haglund 48	:34.60
		7					

100 yd Freestyle Eric Guest 47	1:06.00	F.N.A. HASTERS		500 Yd. Free		50 Yd, Breast Armin Arndt	130.4	50 Yd. Fly
Leo Haglund 48	1:23.50	Shoreline Pool		Maxine Carlson 50 Yd. Back	10:26.4	100 Yd. Breast		Francis Jowett :41.0 Art Erickson :47.5
200 yd Freestyle		Seattle, Wash.		Maxine Carlson	:53.7	Armin Arndt	1:07.8	100 Yd. I.M.
Leo Haglund 48 500 yd Freestyle	3:12.10	Dec		100 Yd. Back Maxine Carlson		Tom Long Terry Henna	1:13.9	Francis Jowett 1:33.5
Lee Haglund 48	8:21.90	WOHEEN 25-29		100 Yd, Breast	1:52.4	200 Yd. Breast		RELAYS
50 yd Backstroke Donlan Jones 46	:34,50	50 Yd. Free	6207	Maxine Carlson	1:57.3	Armin Arndt Tom Long	2:28.1 2:39.4	WCMEN 200 Yd. Free
50 vd Breaststroke George Burgess 45		Karen Price	:46.9	50 Yd. Free		Terry Hanna	3:20.0	25 & Up Newport Hills 2:26.1
George Burgess 45 Bonlan Jones 46	137.20 138.50	500 Yd. Free Linda Sedowski	6:55.5	Dawn Musselmen	:34.5	50 Yd. Fly		D. Petre, K.Kohler
Lee Miesen 49	138.50	100 Yd. Breast	2022	100 Yd, Free Dawn Musselman	1:20.2	Bob Thompson Bob Crawley	:30.7	E. Blahous, M. Haugland
Emmanuel Sang 45	:42.90	Linda Sadowski 200 Yd, Breast	1:31.9	50 Yd. Beck	1:20.2	200 Yd, Fly		45 & Up Red Shield 2:45.0
100 yd Breaststroke George Burgess 45	1:24.10	Linds Sadowski	3:19.9	Dawn Musselman	:43.2	Robert Crawley	3:33.9	J. Rumney, L. Keller
Lee Miesen 49	1:25.90	200 Yd. I.M. Linda Sadowski	3:07.5	100 Yd. Back Dawn Musselman	1:36,4	100 Yd, I.M. Armin Arndt	1:06.2	D.Husselman, H. Carlson WOMEN 200 Yd, Medley
200 yd Breaststroke Lee Miesen 49	1.00.00	30-34	3:07.3	50 Yd. Breest		200 Yd. I.M.		45 & Up Red Shield
Emmanuel Sang 45	3:07.80	50 Yd. Free	15507	Dawn Musselman	:54.9	Armin Arndt	2:26.6	3:15.9
50 yd Butterfly		Wendy Milner 100 Yd. Free	:30.4	25-29		50 Yd. Free		D. Musselman, L. Keller J. Rummey, M. Carlson
Emmanuel Sang 45 100 yd 1.M.	:42.50	Wendy Milner	1:10.7	50 Yd. Free		Jim King	:28.1	MIXED 200 Yd. Free
George Burgess 45	1:19.40	200 Yd. Free	2.20.2	Thomas Cooper Ed Johnson	:24.1	Kirk Adams 100 Yd. Free	:28,9	25 & Up Newport Hills
Lee Miesen 49	1:35.00	Wandy Milner 500 Yd. Free	2:38.2	Ken Visser	:25.4	Jim King	1:04.7	2:19.9 J. Staub, E. Blahous
Emmanuel Sang 45 MEN 50-54	1:49.00	Birdie Knispel	10:54.7	Jerry Gent John Steiner	:25.7	Robert Gotshall	1:10.7	J. Ring, D. Petra
50 yd Freestyle		1650 Free Birdie Kniepel	36:20.9	Wally Hampton	:27.7	200 Yd. Free Eirk Adams	2:27.1	35 6 Up Other Team 1- 2:12.9
James Snow 50 Chuck Harrison 50	131.00	100 Yd. Back	30.2023	100 Yd. Fras		Jim King	2:42.2	M. Harader, S. Dearborn
100 yd Freestyle	:32.30	Deanna Petra	1:37.5	Ken Visser	155.4	Robert Gotshall 500 Yd. Pres	2:43.8	K. Adams, R. Jeffries
Chuck Harrison 50	1:13.70	Deanna Fetre	:45.3	8d Johnson Jerry Gent	1:00.7	George Krusz	8:08.6	2- Red Shield 2:24.3 R.DeLong, J. Miller
200 yd Freestyle Chuck Harrison 50	2:48.20	Birdie Knispel	:51.9	John Steiner	1:01.0	1650 Yd. Pree		J. Ofstad, S. Lehman
James Snow 50	2:51.00	100 Yd, Breast		Wally Hampton	1:53.3	John Allen George Kruss	27:09.0 30:01.2	55 & Up Red Shield
500 yd Freestyle		Deanna Petra Birdia Knispel	1:38.6	Z00 Yd. Free Ken Visser	2:08.6	100 Yd. Back		3:45.2 D.Musselman, M. Carlson
Chuck Harrison 50 50 yd Breaststroke	7159.00	50 Yd. Fly	110110	Roy Herschleb	2:15.3	Tom Foley	1:35.4	R.Musselman, A. Erickson
James Snow 50	141.00	Wendy Milner	:35.6	John Steiner	2:20.9	200 Yd. Back Tom Foley	3:27.0	MEN 200 Yd. Free
50 yd Butterfly	-14 40	100 Yd. I.M. Wendy Milner	1:21.7	Jerry Ruthrauff Jerry Gent	2:31.5	200 Yd. Breast		25 & Up Svy Chinooks 1:49.4
Fred Eckhardt 50 100 yd Butterfly	:35,40	35-39		Wally Hampton	4:52.8	Tom Foley	3:44.3	5. Johnson, E.deCardenas
Fred Eckhardt 50	1:23,50	50 Yd. Free	:35.7	500 Yd. Free Ken Visser	6:27.5	Tom Foley	1:40.0	B. Apter, D. Leander
200 yd Butterfly Fred Eckhardt 50	3:05,30	Emily Blahous Mary Jane Harader	:35.9	Roy Herschleb	6:37.2	200 Yd, I.M.		35 & Up 1- The Other Team 2:01.4
100 yd I.M.	3103.30	100 Yd. Free	174500	Bob Apter	8:36.8	Tom Foley 45-49	3:29.1	L. Straker, R. Miller
James Snow 50	1:29,00	Emily Blahous	1:17.5	1650 Yd. Free John Steiner	22:33.9	50 Yd, Free		R. Jeffries, K. Adams
50 yd Freestyle		200 Yd. Free Hary Lou Raugland	2:41.7	50 Yd. Back		Steve Anson	:33,6	2- Red Shield 2:18.2 A.Erickson, J. Ofstad
Neil Farmham 59	134.50	50 Yd. Back	1/25/20	Steve Price	:32,1	John Ofstad 100 Yd. Free	:34.4	T. Foley, J. Miller
200 yd Freestyle		Karen Kohler 100 Yd. Back	:40.9	Ed Johnson 100 Yd. Back	:33.5	Tom Taylor	1:04.8	HEN 200 Yd. Hedley
Jim McGregor 56 500 yd Freestyle	3:21.80	Karen Kohler	1:27.0	Steve Price	1:09.0	Steve Anson	1:12.7	25 & Up Svy Chinooks 2:11.5
Jim McGregor 56	9100.20	Emily Blahous	1:34.6	50 Yd. Breast	5544540	John Ofstad 200 Yd, Free	1:17.5	E.deCardenas, D. Leander
50 yd Backstroke	0722722	200 Yd. Back	3:06.7	Ed Johnson Jerry Ruthrauff	:34.9	Steve Anson	2:51.4	E. Johnson, B. apter
Farl Walter 55 Neil Farnham 59	:33,50	Karen Kohler 50 Yd. Breast	3.00.7	100 Yd, Breast		John Ofstad	3:01.3	
50 yd Breaststroke	144.50	Karen Kohler	:44.0	Ed Johnson	1:17.5	John Ofstad	7:54.2	AMEASSADOR COLLEGE MASTERS MEET
Earl Walter 55	:38.50	100 Yd. Breast	1.41.4	Bob Apter 200 Yd. Breast	1:24,6	1650 Yd. Free		Pasadena, California
Neil Farnham 59 100 yd Breaststroke	:47.30	Emily Blahous 200 Td. Breast	1:41.4	Bob Apter	3:02,1	John Ofstad 50 Yd. Back	27:23.2	Jan. 9, 1977 25 yd pool
Earl Walter 55	1:26.90	Mary Lou Haugland	3:02.1	50 Yd. Fly Thomas Cooper	240000	Steve Anson	:45.6	WOMEN 25-29
200 yd Breaststroke Earl Walter 55	3:10.10	Mary Lou Haugland	:36.9	Jerry Ruthrauff	:26.6	100 Yd. Back	* * *	50 yd FREESTYLE
200 yd Butterfly	3110,10	100 Yd. I.M.	.30,7	100 Yd. Fly		Steve Anson 50 Yd. Breast	1:33.0	Barbara Dunbar 27* 26.40
Earl Walter 55	3:09.30	Mary Jane Harader	1:42.0	Jerry Ruthrauff 100 Yd, I.W.	1:11.8	Winslow Whitman	:47.3	Janet Buchanan 25 30.73 100 yd FREESTYLE
50 yd Freestyle		ZOO Yd. I.M. Karen Kohler	3:17.3	Thomas Cooper	1:02.6	200 Yd. Breast		Lucy Johnson 29 1:00.10
Don Stevenson 64	132,80	40-44	511115	Jerry Gent	1:10.0	Tom Taylor 50-54	3:07.0	Janet Buchanan 25 1:08.11
George Eagon 60	:34.50	30 Yd, Free		Jerry Ruthrauff Wally Hampton	1:13.0	50 Yd. Fram		Lucy Johnson 29 6:12.57
Robert Musselman 61 100 yd Freestyle	143,20	Juanita Correa Shirley Lehman	:27.8	30-34	6.37.7	John Staub	:30.9	Katherine Watson 29* 7:16.98
Bon Stevenson 64	1:15.90	Rose DeLong	:46.6	50 Yd. Free	2000	John Staub	1:10.5	200 yd BUTTERFLY Barbara Dumbar 27* 2:23.99
George Eagon 60	1:23,30	100 Yd. Free	1:01.4	Harry Lewis 100 Yd. Free	:28.1	200 Yd, Free		Lucy Johnson 29 2:41.55
200 yd Freestyle Don Stevenson 64	2:56.10	Juanita Correa Shirley Lehman	1:19.5	Harry Lewis	1:00.1	John Staub 500 Yd. Free	2:54.2	Katherine Watson 29* 3:32,24
George Eagon 60	3:14.80	Susan Dearborn	1:23.7	200 Yd, Free Steve Engel	2:08.4	John Steiner	9:38.1	200 yd INDIVIDUAL MEDIEY Lucy Johnson 29 2:36.45
500 yd Freestyle George Eagon 60	9:01.20	Rose DaLong 500 Yd. Free	1:43.2	Harry Lewis	2:13.8	1650 Yd. Pres		Katherine Watson 29" 3:22.51
50 yd Backstroke	3102120	Juanita Correa	6:29.2	500 Yd. Free	2725	James Hershey 50 Yd. Back	25:12.6	WOMEN 30-34
Syd Hendy 63	140.00	50 Yd. Back		Steve Engel 1650 Yd. Free	5:45.1	Anton Holm	:53.4	Cathy Berry 32 55.12
Robert Musselman 61 100 yd Backstroke	1:01.60	Shirley Lehman 50 Yd, Breast	:48.0	Eugene Young	27:20.8	100 Yd. Breast Anton Holm	1:48.5	100 yd PREESTYLE Sally Ann Peterson 30 1:01.05
Syd Hendy 63	1:31,90	Rose DeLong	:51.3	50 Yd. Breast Jack Miller	49. 6	55-59	214013	Cathy Berry 32 1:51.83
50 yd Breaststroke Robert Schmidt 61	:44.60	100 Yd. Breast Juanita Corres	1:34.0	Jack Mosby	:32.4	55-59 50 Yd. Free	0.24	500 vd FREESTYLE
Robert Musselman 61	157.50	Susan Dearborn	1:45.3	Stave Barber	:34.8	Robert Miller 50 Yd. Back	:32.9	Cathy Berry 32 11:19.45 50 yd EREASTSTROKE
100 yd Breaststroke		Rose DeLong	1:55.6	100 Yd. Breast Jack Miller	1:16,5	Larry Straker	:38.1	Sally Ann Peterson 30 36.17
Robert Schmidt 61 50 yd Butterfly	1:43.00	200 Yd. Breast Susan Dearborn	3:56.9	200 Yd. Breast		50 Yd. Free		Sally Ann Peterson 30 1:21.93
Don Stevenson 64	:41.10	50 Yd. Fly		Steve Engel	2:38.9	Robert Musselman	:42.7	200 yd INDIVIDUAL MEDIEY
Don Stevenson 64	1:31.10	Shirley Lehman 100 Yd. I.M.	:42.9	Jack Miller 50 Yd. Fly	2:53.5	200 Yd. Free		Sally Ann Peterson 30 2:45.06
MEN 65-69	*132.50	Shirley Lehman	1:40.3	Steve Barber	:28.2	John Downey 500 Yd. Free	3:09.3	NOMEN 35-39 50 yd FREESTYLE
200 yd Freestyle	1 14	400 Yd. I.M.	4 00 7	Steve Engel Jack Miller	:28.3	John Downey	8:46.7	Janet Royer 35 31.44
John Hoey 67 500 ye Freestyle	3128,10	Juanita Corres 45-49	6:03.7	100 Yd. Fly	:31.4	John Downey	10-10 B	Christine Martin 35 36.16 100 yd FREESTYLE
John Hoey 67	9:17.40	50 Yd. Free		Steve Barber	1:09,1	50 Yd. Back	30:10.9	Janet Royer 35 1:07.77
Max Strauss 67	10:31.20	Pat Dotson	:33.2	Jack Mosby	1:08.8	Robert Musselman	1:00.5	Martha Childs 36 1:10.48
50 yd Backstroke Bob Hunter 65	1:01.00	Jean Rumney Janet Twight	:42.4	Steve Barber	1:09,0	50 Yd. Breast Earl Frederick	:37.7	Christine Martin 35 1:18.40 50 yd BREASTSTROKE
100 yd Backstroke	1.44.40	Rosi Latta	:42,6	Harry Lewis 200 Yd, I.M.	1:13.2	Robert Husselman	153.3	Martha Childs 36 39.21
Max Strauss 67 Bob Humter 65	1:55,50	Janet Twight	9:26.0	Steve Barber	2:42.4	50 Yd. Fly Rarl Frederick	:36.4	Sallie Humberger 35 39.80 Helen Geoffrion 38 40.58
200 yd Backstroke		100 Yd. Breast		400 Yd, I,M.	4.00.2	100 Yd. Fly		Christine Martin 35 47.54
Bob Hunter 65 50 yd Breaststroke	4:47.40	Janet Twight	1:48.8	Steve Engel 35-39	4:58.7	Gene Caddey	1:29.2	Martha Childs 36 1:26.50
Bob Hunter 65	1:16.30	50 Yd. Fly Jean Rumney	:50.7	50 Yd. Free	V 1972/20	100 Yd. I.H. Karl Prederick	1:22.6	Sallie Humberger 35 1:27.81
100 yd Breaststroke	1.52.60	Rosi Latta	:52.5	Emilio deCardenas Ray Jeffries	8 :26.2 :31.5	200 Yd. I.H.		200 yd BUTTERFLY
Max Strauss 67 100 yd I.M.	1:52.50	Pat Dotson	1:28.8	Gerald Miller	:31.6	Gene Caddey 400 Yd. I.H.	3:04.0	Janet Royer 35 3:09-51 Christine Martin 35 3:37-38
Max Strauss 67	1:59,90	Jenet Twight	1:45.4	100 Yd. Free		Gene Caddey	6:41.0	Helen Geoffrion 38 3:40.33
MEN 70-74 50 yd Freestyle		Jean Rumney	1:49.0	Bob Thompson Tom Long	1:00.7	65-69		200 yd INDIVIDUAL MEDLEY
Dana Thomas 70	:35.00	Rosi Latta 400 Yd. I.H.	1:53.3	Ray Jeffries	1:15.1	50 Yd. Free	1/44/4	Martha Childs 36 2:57.81 Jamet Royer 35 2:59.52
100 yd Freestyle		Janet Twight	8:28.4	200 Yd. Free Robert Crawley	2:50.8	Prancis Jowett 200 Yd. Free	:33.0	Sallie Humberger 35 3:07.61
Dana Thomas 70 MEN 75-79	1:26.70	50-54 100 Yd. Free		Ray Jeffries	3:19.0	Art Erickson	2:57.0	Helen Geoffrion 38 3:20.83 Christine Martin 35 3:26.45
50 yd Freestyle		Lois Keller	1:31.4	500 Yd. Fram		50 Yd. Back Francis Jowett		MOMEN 40-14
Roy Webster 75 100 yd Freestyle	:57.20	200 Yd. Free		Terry Botham Terry Hanna	6:46.0 7:25.1	100 Yd. Back	146.6	100 yd FRESTYLE Evelyn Debes 41 1:18.61
Roy Webster 75	2:17.40	Lois Keller 500 Yd. Free	3:29.3	Robert Crawley	7:33.5	Nob Hunter	2:07.0	M. A. Rasmussen 41 1:25.58
200 yd Freestyle		500 Yd. Free Lois Keller	9:43.5	1650 Yd. Free Bob Thompson	24:01.5	200 Yd. Back Bob Hunter	4:35.1	500 yd FREESTYLE
Roy Webster 75 50 yd Breaststroke	5:18.50	50 Yd. Back Lois Keller	:48.7	Charles Ehlert	25:00.3	50 Yd. Breast		Evelyn Debes 41 7:49.26 200 yd BACKSTROKE
Roy Webster 75	1:03.80	100 Vd. Back		Robert Crawley	26:12.8	Francis Jowett Art Erickson	1:02.4	200 yd BACKSTROKE Evelyn Debes 41 3:21.82
100 yd Breaststroke Roy Webster 75	2:30.90	Lois Keller 55-59	1:51.6	Terry Hanna 50 Yd. Back	26:38.7	100 Yd. Breast		50 yd BREASTSTROKE M. A. Rasmussen 41 52.76
		100 Yd, Pree		Emilio deCardena	1 137.8	Bob Hunter	3:01.5	200 yd INDIVIDUAL MEDLEY
		Maxine Carlson	1:44.3	10				M. A. Raszussen 41 3:43.71

NOMEN 45-49	500 wd PRESSTYTE	50 yd Butterfly		Mar Distance 41	- 20 . 00		
50 yd FRESTYLE Helga Palmer 47 30.91	500 yd FREESTILE Art Welch 44 6:39.22 Dick Campbell 43 7:30.16	Alice Zabudsky 31 100 yd IM	:33.40	Jim Bigler 41 George Krusz 41	:29,20 :30,30	CELEBRITY MASTER JANUARY 16, 1 Labyar, G	
Margrit Graof 45 36.78	50 yd BREASTSTROKE	Alice Zabudsky 31	1:19.10	P.T. Tutmark 44 Brian Heard 42	:34.40	11	CLO.
Helga Palmer 47 1:09,70	Art Welch 44 41.93	100 yd Backstroke		100 yd Freestyle Jim Bigler 41	1:05.50	25-29	
Margrit Graef 45 1:25.01 500 yd FREESTYLE	Dick Campbell 43 42.19 100 yd BREASTSTROKE	Mary Jane Harader 36 50 yd Butterfly	1:32.30	George Kruss 41 P.T. Tutmark 44	1:12.30	100 yard free Jean Bollman	1.15 0
Helga Falmer 47 7:19.49 50 rd BREASTSTROKE	Edgar Frank 40 1:19.79	Mary Jane Harader 36	249.20	200 yd Freestyle		Linda Riedel	1:15.2
Margrit Graef 45 41.94	Dick Campbell 43 1:38.14 200 vd BUTTERFLY Art Welch 44 2:42.16	Mary Jane Harader 36		Kirk Adams 43 Jim Bigler 41	2:27.40 2:41.20	Jean Bollmon	1:28.9
100 yd BREASTSTROKE Margrit Graef 45 1:33.03	Art Welch 44 2:42.16 200 yd INDIVIDUAL MEDLEY	50 yd Freestyle	4	P.T. Tutmark 44 1650 vd Freestyle	2:49,30	Linda Riedel 100 I.K.	1:39.69
NOMEN 50-54 100 yd PRESTYLE	Art Welch 44 2:48.46 Edgar Frank 40 3:10.17	Lavelle Stoinoff 44 Susan Bearborn 40	133,30	Jim Bigler 41	26:47.40	Molly KrGili Jear Bollman	1:30.7
Kathleen Jones 50 1:29.68	MEN 45-49	100 yd Freestyle		George Krusz 41 50 vd Breaststroke	29:01.50	200 yard free	
Jeanne Rathbun 51 1:41.23	50 rd FREESTYLE Rudolf Graef 45 27.67	Lavelle Stoinoff 44 200 vd Freestyle	1:16.00	Brian Heard 42 100 vd Breaststroke	:43.80	Jean Bollman Linda Riedel	2:49.3
Grace Altus 53 B:47.05	Larry Larisore 49 27.68	Susan Dearborn 40 1650 yd Freestyle	3:16.00	Brian Heard 42 MEN 45-49	1:36.70	lines Riedel	1:35.4
Kathleen Jones 50 9:33.00 50 yd BREASTSTROKE	Hal Nichols 48 31.81 100 yd FREESTYLE	Lavelle Stoinoff 44 50 yd Backstroke	26:56.50	50 yd Freestyle	100000000	Molly McGill 2° yard flutter kick	1:37.4
Kathleen Jones 50 1:02.42	Neal Palmer 46 57.67 Rudolf Graef 45 1:01.52	Connie Wilson 42	137,40	Lowell Neil 47 Eric Guest 47	126.70	Linda Riedel	20.06
100 yd BREASTSTROKE Grace Altum 53 2:15.92	Hal Wichols 48 1:12.60	Lavelle Stoinoff 44 100 yd Backstroke	141.90	100 yd Freestyle Fred Sprenger 45	1:05.10	100 yard free Narcy Harlow	1:02.3
Grace Altum 53 4:13.40	500 yd FREESTYLE Rudolf Graef 45 6:39.49	Connie Wilson 42 200 yd Backstroke	1:21.50	200 yd Freestyle		Marsha Heinig Rich Cranmer	1:08.2
Grace Altus 53 4:13.40 WOMEN 55-59 50 yd PROESTYLE	Hal Nichols 48 8:05.60 200 yd BACKSTROKE	Connie Wilson 42	3:03,40	Fred Sprenger 45 1650 yd Freestyle	2:25.60	Pat Kuchta	1:31.6
Bette Crowell 56 35.12	Hal Michols 48 3:01.51 50 yd BREASTSTROKE	50 yd Breaststroke Susan Dearborn 40	148.50	Fred Sprenger 45 50 yd Breaststroke	22:23.88	Louise Hekkers 25 yard free	1:34,34
Lorraine Peterson 58 47.81 100 yd FREESTYLE	Larry Larisore 49 34.42	50 yd Butterfly Susan Dearborn 40	143.90	Lowell Neil 47	136,10	Pat Kuchts 50 yard fly	17,63
Bette Crowell 56 1,23.09 Lorraine Peterson 58 1,43.30	larry Larimore 49 1:18.30	100 vd IM Susan Dearborn 40	1:36,60	100 vd Breaststroke Lee Meisen 49	1:21.90	Rich Cranmer Laurie Hamilton	32.8
500 yd FREESTYLE	200 yd INDIVIDUAL MEDIEY Rudolf Graef 45 2:40.64	WOMEN 45-49	1136,60	200 vd Breaststroke Lee Miesen 49	3:02.70	25 ward breast Louise Hekkers	
Rita Dimonton 58 8:28.44 Lorraine Peterson 58 10:12.32	Neal Palmer 46 2:42.70 MEN 50-54	200 yd Breaststroke Diane Williams 48	4:04.20	100 vd IM Lowell Neil 47	1:11,70	Pat Kuchta	26.16
200 yd BACKSTROKE Bette Crowell 56 3:27.20	50 yd FHEESTYLE	WOMEN 50-54	1	Lee Meisen 49	1:33.10	100 yard I.M. Marcy Harlow	1:18.8
Lorraine Peterson 58 4:31.45	Duane Draves 50 27.62 100 yd FRESTYLE	Mary Anne Wolfe 50	134.40	50 yd Freestyle		Rich Cranmer Marsha Heinig	1:20.8
100 yd BREASTSTROKE Lorraine Peterson 58 Z:14.41	Duane Draves 50 1:00.34 Jis Marcus 52 1:21.73	100 yd Freestyle Mary Anne Wolfe 50	1:20.60	James Holland 52 John Korugh 50	128.70	200 yard free	
200 yd BUTTERFLY Rita Simonton 58 3:57.44	500 yd FREESTYLE	200 yd Freestyle Mary Anne Wolfe 50	3:03.80	100 yd Freestyle		Marcy Harlow Marsha Heinig	2:32.5
WOMEN 60-64	Duane Draves 50 6:20.11 Jack Burgan 54 7:19.43	50 yd Backstroke		James Holland 52 John Koruga 50	1:07.20	Laurie Hamilton 100 yard breast	3:17.9
50 yd FREESTYLE Margaret George 60 39.79	Jim Marous 52 7:21.29 200 yd BACKSTROKE	Mary Anne Wolfe 50 WOMEN 60-64	:44.10	200 vd Freestyle James Holland 52	2:47.70	Louise Hekkers	1:39.0
Evelyn McKeon 62 43.51	Duane Draves 50 2:36.49	50 yd Freestyle	135.10	50 yd Backstroke		25 yard flutter kick Marcy Harlow	19.7
100 yd FHEESTYLE Evelyn McKeon 62 1:38.62	50 yd BREASTSTROKE Jack Burgan 54 37.47	Dawn Musselman 63 100 yd Freestylc		John Koruga 50 MIN 55-59	:40.90	Marsha Heinig	25.0
Grace Deal 63 1:50.68 500 yd FREESTYLE	200 yd BUTTERFLY	Dawn Musselman 63 50 yd Backstroke	1:19,60	50 vd Freestyle Robert Miller 55	:34,10	35-39	
Evelyn McKeon 62 9:39.74	200 yd INDIVIDUAL MEDLWY	Dawn Musselman 63	:43,70	100 vd Freestyle		100 yard free	
50 yd BREASTSTROKE Margaret George 60 50.47	Jim Marcum 52 3:06.43 Jack Burgan 94 3:22.09	100 yd Backstroke Dawn Musselman 63	1:41,00	Larry Straker 55 1650 vd Freestyle	1:13,40	Gancy Brueggemen 25 yard free	1:23.3
100 rd RREASTSTROKK Margaret George 60 1:47.70	MEN 55-59 50 yd PREESTYLE	100 yd IM Dawn Musselman 63	1:45,10	Jim McGregor 55	31:11.40	Diane Gimben	17.0
200 yd INDIVIDUAL MEDLEY	Bob Merrick 56 28,93	WOMEN 65-69		50 yd Backstroke Larry Straker 55	:41.80	Elisabeth Fernandez 100 yard back	17.2
WOMEN 70-74	Cliff Croome 59* 29.28 Ernie Weben 56 29.95	50 yd Freestyle Hazel Bressie 68	1:23.60	50 yd Butterfly Earl Walter 55	:34,50	Namey Brueggeman 25 yard breast	1:40.1
50 yd BREASTSTROKE Elisabeth Maurio 72 1:18.24	100 yd FREESTYLE	100 yd Freestyle Hazel Bressie 68	3:09,10	100 vd Butterfly Earl Walter 55	1:26.80	Elisabeth Fernandez	19.8
100 yd BEKASTSTHOKE Elizabeth Maurio 72 2:40.43	Cliff Croome 59* 1:07.92	50 yd Backstroke	1:26.00	200 yd Butterfly		Nancy Brueggenen	1:39.5
	50 yd BREASTSTROKE Bob Merrick 56 37.00	Hazel Bressie 68 50 yd Breaststroke		Earl Walter 55 400 vd DH	3:16,40	200 yard free Eancy Brueggenan	3:14.4
50 yd PRESETVIE	Ernie Neben 56 37.59	Hazel Bressic 68 100 yd Breaststroke	1:25.50	Earl Walter 55	6:16.20	100 yard breast	
Denny Bunn 27* 25.61	100 yd BREASTSTROKE	Hazel Bressie 68	3:07.20	50 yd Freestyle		Elizabeth Fernander	1234.0
100 vd FREESTYLE	Ernie Neben 56 1:23.07 Bob Merrick 56 1:23.91	MEN 25-29 50 yd Freestyle		Don Stevenson 64 Robert Munselman 61	:32.90	100 yard free	
Tony LaBianca 26 53.58 Corey Stanbury 25 54.67	Cliff Croome 59* 1:28.67 MEN 60-64	Ted Gilbert 25 100 yd Freestyle	:31.70	200 yd Freestyle Don Stevenson 64	3:01.90	Peg Kapner	1:18.59
David Dunbar 27. 1:00.78	50 yd FREESTYLE	Doug Huestis 28	154.70	50 yd Backstroke	3101.90	Sookey Scott 100 yard back	1:30.25
Corey Stanbury 25 5:31.07	Gene Wade 52 34.18	Ted Gilbert 25 200 yd Freestyle	1:11.20	Syd Hendy 63 Don Stevenson 64	:41.80	Peg Kepner 100 yard I.M.	1:31.04
50 yd BREASTSTROKE Denny Bunn 27* 32.40	Gene Wade 62 1:19.05	Doug Huestis 28 1650 yd Freestyle	2:08.90	Robert Musselman 61	1:00.10	Sookey Scott	1:44.1
200 yd INDIVIDUAL MEDIEY Corey Stanbury 25 2:12.96	Walter Slike 63 1:35.80 500 yd FREESTYLE	Eugene Kitts 29	26:56.90	100 yd Backstroke Syd Hendy 63	1:35.50	200 yard free Peg Kepner	2:58.5
Denny Bunn 27* 2:24.59	Don Rankin 60 6:54.31 Gene Wade 62 8:39.92	50 yd Breaststroke Boug Crichton 29	:36.60	200 yd Backstroke Syd Hendy 63	3:33.30	Sookey Scott 100 yard breast	3:14.1
David Dunbar 27* 2:46.99	Walter Slike 63 10:16.66	100 yd Breaststroke Doug Crichton 29	1:19,90	50 yd Breaststroke Don Stevenson 64		Sookey Scott	1:46.8
50 yd FREESTYLE	50 yd BREASTSTROKE Walter Slike 63 56.28	200 vd Breaststroke	2:54.10	Bob Schmidt 61	:43.10 :44.60	50-54	
Jon Bales 32 25.95 Tem Crocker 34* 27.43	200 yd BUTTERFLY Don Ramkin 60 3:24.60	Doug Crichton 29 50 yd Butterfly		Robert Musselman 61 100 yd Breaststroke	155.90	100 yard back	20
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100 yd FREESTYLE	Don Rankin 60 3:04.80 Gene Wade 62 3:44.52	Doug Huestia 25	1102.60	200 yd Breastatroke Bob Schmidt 61	4:01.30	100 yard breast L. Zittel	1:54.75
Robert Smith 33 53.14 Tom Crocker 34* 59.81	MEN 65-69 50 yd PREESTYLE	200 yd Butterfly Doug Huesti <u>s</u> 28	2:25,60	100 yd IM Don Stevenson 64	1:30.50	55-59	
Harlan Palmer 34 1:09.40 500 yd FREESTYLE	Reg Richardson 65 29.95	MEN 30-34 1650 yd Freestyle		MEN 65-69 50 yd Backstroke		100 yard free	
Bill Damm 30 5:15.84 Jon Bales 32 6:52.21	Ernest Hale 66 39.46	Steven Barrett 30 Stu Morris 33	22:22,50 23:46.40	Bob Hunter 65	158.80	Lou Heath 25 yard breast	1:52.0
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Bill Berry 32 33.42 Tom Crocker 34* 33.71	Reg Richardson 65 39.32	Stoddart Smith 33 100 yd Butterfly	:26,90	MEN 75-79	22.77.62.5	50-64	
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100 yd BREASTSTROKE	Reg Richardson 65 1:27.64 200 yd BUTTERFLY	200 yd IM Stu Morris 33	2:56,10	MIXED 25+		K. Schultz	2:23.0
Robert Smith 33 1:11.69 Tom Grocker 30* 1:13.55	Ernest Hale 66 4:15.80	MEN 35-39 50 yd Freestyle		200 yd Freestyle Multnomah Ath. Club.	2:13,60	200 yard free E. Schultz	4:35.07
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20 YG FREESTILE	SANDY, OREGON JANUARY 15 & 16, 1977	200 yd Backstroke Chas. Schaumburg 38	2:41.50	Holland, Bigler) The Other Team	2:10.20	Weiss	15.2
Martin Bohan 38 30.03 100 yd FREESTYLE	25 YARD POOL	50 yd Breaststroke Eldon Rose 35	:36.70	(Harader, Adams, Koruga, De <u>arborn)</u>		Sic Cooley	2" ++
Jeff Bryant 35 1:03.32 200 yd BACKSTROKK	50 vd Freestyle	100 vd Breastatroke Elden Rose 35	1:26,80	MEN 25+		Eriggs Carl Cocale	28.0 32.08
Charles Warren 38 3:07.15	50 yd Freestyle Alice Zabudsky 31 :30.60	50 yd Butterfly		200 yd Freestyle Multnomah Ath, Club	1:55.10	100 yard pack	
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Martin Bohan 38 42.83	Cathy Crichton 33 3:23.00	Chas, Schaumburg 38 100 yd IM	2:57.50	MEN 35+		100 yard I.E. Ric Cooley	98.5
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50 yd FREESTYLE	50 yd Backstroke Jayne Chastain 31 :40.10	200 yd IM Chas. Schaumburg 38	2:36,10	(Miller,Straker, Adams,Jefferies)		Dave Driscoll	1:25.7
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30-34		200 YARD BREASTSTROKE Lynn Cartee 29	3:22.20	MEN 30-34	
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Mike Vieau 100 yard back	33.1	50 YARD FREESTYLE Anne McGuire 42	33.50	K. C. Dawson 31	5:44.50
Karvin Jones	1:23.0	100 YD FREESTYLE		John Zeigler 31	1:12.40
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Pike Vieau	26.0	Rita-Al Jones 43 Christa Saragoni 40	2:45.50	50 YD BREASTSTROKE John Zeigler 31	32.30
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2° yard flutter kir's hand Brick	20.0	June Krauser 50 Grace Lawton 53	1:35.20	Herb Kern 44 100 YD BREASTSTROKE	36.00
45-49		June Krauser 50	3:16.80	Herb Kern 44 200 YD BREASTSTROKE	1:21.60
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Walt Lindstrom	1:09.5	100 yd freestyle 50 yd breeststroke	1:58.30	Bob Miller 47 50 YD BREASTSTROKE	2:27.20
25 yard free Al Sustrick	16.0	100 yd breaststroke WOMEN 70-74	1:59.90	Joe Schaefer 47 100 YD BREASTSTROKE	39.40
P:11 Goldhammer 100 yard back	19.7	ROSE CAPLANE 70	2-21 50	Joe Schaefer 47	1:26.50
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71ock	1:15.9	James Donnelly 27 Richard Auston 25	25.70 31.20	Joe Schaefer 47 MEN 50-54	3:05.80
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K. Block	+6.0	George Burke 28 200 YD FREESTYLE	57.80	BIII Moffit 52 Reed Ringel 54	27.30 29.40
John LeVett 100 yerg treastro	1:25.0	Tony Bazant 27 George Burke 28	2:00.60	Roland Hipsher 52 100 YD FREESTYLE	31.80
COLF. LeVell	1166.4	Richard Austin 25	3:34.20	Art Kobilsh 50	1:02.40
		50 YD BACKSTROKE George Burke 2B	34.40	Bill Moffit 52 Reed Ringel 54	1:08.50
POMPANO BEACH MAST	ERS MEET	Don Bauttenmuller 29	2:44.50	Art Koblish 50	2:19.60
STATE STREET, DESCRIPTION	25 yd Pool	George Burke 28 50 YD BREASTSTROKE	2:52.00	Reed Ringel 54 500 YD FREESTYLE Art Koblish 50	2:32.00
50 YARD FREESTYLE		Tony Bezant 27 James Donnelly 27	30.40	Reed Ringel 54	6:23.00
Nancy Soule 25 Lynn Cartee 29	29.70 34.30	Tony Bazant 27	1:07.30	50 YD BACKSTROKE BIII Moffit 53	33.20
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	44.50
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MEN 70-74	
50 YD FREESTYLE Fritz Babendererde 71	54.80
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(Murray, Saragoni, Kra	11565
Barnette) MEN 25+ 200 YD FREE RE Gold Coast Masters	YAF
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Rosser)	
MEN 45+ 200 YD FREE RE Gold Coast Masters	1:54.50
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(Krauser, Muntz, Moffl Holmes)	t,
TIO TIMES!	

1 9 7 7 RANSON J. ARTHUR AWARD COMMITTEE ROBERT E. BEACH, Chairman 545 - 1st Avenue North St. Petersburg, Florida 33701 Jamie Stewart (25-29) 10000 Hammerly #154 Houston, Texas 77080 Natalie Johnson (30-39) 520 Givens Street Barasota, Florida 33581 Dale Petranech (40-49) 2054 Huntington Avenue Apartment #1112 Alexandria, Virginia 22314 Duane Draves (50-59) 220 Rivo Alto Canal Long Beach, California 90803 Harry Jaggers (60-69) 492 Carmel Road Millville, New Jersey 08332 Harold Languer (70-79) Post Office Box 222 Millford, Connecticut 06460 Cindy Baxter (Zone I) 740 Clara Palo Alto, California 94303 Graham Johnston (Zone II) 8501 Watcha Drive Houston, Texas 77074 Dr. John Crews (Zone III) 105 West Malta Road Oak Ridge, Tennessee SWIM





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# MASTERS NOTES

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 MAS-TERS 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 0\*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 hemmorage 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'ved 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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### FIRST CLASS

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## 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 Suncoast - Bill Podewitz, 3036 Wood St., Sarasota, FL 33579 APR 16-17 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 Rio Hondo Jr. Col.- Hal Nichols, 4854 Halkett Av, Rosemead, CA 91770 MAY 15 NATIONAL DIVING CHAMP - John Riley, 5731 N. Spahn Av, Lakewood, CA 90713 MAY 21-22 Southern LC - Robert E. Beach, c/o Judicial Bldg. #402, St. Petersburg, FL 33701 MAY 27-29 Virginia Masters Swim Camp - P.O. Box 6546, Charlottesville, VA 22906 MAY 27-30 MAY 28-29 Dad's Club - Jo May, 1405 Pine Chase, Houston, TX 77055 4-5 Oakville Inv - Ken Allen, 132 Cross St., Oakville, Ontario, Canada NATIONAL YMCA MASTERS - Lollie Keller, 25 Park St., Montclair, NJ 07042 SMS LC - Nat Johnson, 520 Givens St., Sarasota, FL 33581 NATIONAL LC CHAMP - Jack Zappone, N 1311 Superior, Spokane, WA 99202 Maui Channel Swim - Jim Caldwell, 275 Makaweli Pl, Honolulu, HI 96825 AUG 25-28 Waikiki Rough Water Swim - Dept. of P&R, 650 S. King St., Honolulu, HI 96813 SEP Diving - Bill McAlister, 14407 Road 23 1/2, Madera, CA 93637 APR 23-24 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 Felix Grossman, 17960 Rancho Ave., Encino, CA 91316 JUL 10 John Samuelson, 230 Dolphin Cove Ct., Del Mar, CA 92014 AUG 13 AUG 20-21 MATIONAL OUTDOOR - Rich Lawler, 8210 Long Point Rd., Houston, TX 77055 Diving - Lyle Draves, 5732 Geyser Ave., Tarzana, CA 91356 SEP 10 Diving - Fred Fox, 30162 Branding Iron Rd., San Juan Capistrano, CA 92675 OCT Diving - Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011 NOV