



SWIM-MASTER

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Masters Swimming to Woodlands

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NAMES ON PAGE 11

PUT HEART INTO YOUR TRAINING
OR when does an interval become a repeat

by Fred Eckhardt

At first glance it would seem that Masters Swimmers of both sexes, ages from 25 to 85 or older, and with all levels of experience from beginner competitors to ex-Olympians would have very little in common with each other in the matter of workout formulation. Indeed in some ways this is so. I'm 54, and my workout bears little resemblance to that of a 25-year old ex-collegian who sometimes shares a lane adjacent to mine. Nevertheless we do share certain principals of practice.

THE BASIC WORKOUT FORMAT - The workout should be designed to increase your cardio-respiratory fitness, your muscular strength, and your competitive skills as well as develop your ability to go faster, all the while getting older in high style. Warmup--Aerobic drills--kick/pull practice--endurance overdistance--endurance fartleks--endurance intervals--coordination intervals--coordination repeats--sprints--cool down swims--are all elements of the workout package.

WARMUP - This is usually a number of lengths designed to prepare your body for energetic exercise. Swim from 8-40 lengths, (200-1000 yards) possibly including kicking or pulling practice, perhaps combining Aerobic training as well.

AEROBIC DRILLS - Twelve to thirty minutes swimming at a pace to raise your heart rate to 70 - 80% of its capacity.

KICK/PULL PRACTICE - Usually 20 - 40% of total mileage, depending on the time of the year. Kicking and pulling practice may also be done as any of the following.

ENDURANCE OVERDISTANCE - Early season practice, better done as aerobic drills. 500 - 1000 yards at a firm but moderate pace.

ENDURANCE FARTLEKS - Fartlek (Swed.) means "speed play". 400 - 800 yard swims in which you sprint various lengths. An example of this might be a pyramid or locomotive. 1-length hard, 1-length easy, 2 hard, 2 easy, 3 hard, 3 easy, 2 hard, 2 easy, 1 hard, 1 easy. The "hard" lengths start into the turn, and end out of the turn. You can also do a locomotive up to 4-hard, 4 easy. Another fun fartlek is the 1-hard, 2-easy swims. (or 1-hard, 1-easy). You pick the distance. The fartlek combines easily as an aerobic or endurance overdistance exercise. You may have another favorite fartlek, or you can devise your own. Surprise yourself as you go into a turn, and really powerhouse the turn, a length or two and another turn, before slowing down. Great fun.

INTERVAL OR REPEAT SERIES - The real "meat" of any workout is the interval or repeat series. A workout really cannot be called a workout without interval or repeat training. There are many variations in this type of training, and we can list only a few.

Endurance (short rest) intervals. These are usually Constant Rest Intervals (CRI) or Constant Start Intervals (CSI). A specific rest period is taken between each exercise which may be 25-50-75-100-125-200-250 yard units. For example 20 x 50/10" (CRI); Twenty fifty-yd* (mtr) swims, resting 10 seconds between each 50. Obviously you can't do these at your very best pace, but you can do them at a good strong pace. Your heart rate should be about 80%, and after the short rest period it should go down to 50%. Briefly, your exercise rate is calculated as follows: resting heart rate (your morning pulse) from your theoretical maximum heart rate (220 minus your age), which results in your exercise range. We refer to percentages of that figure, which are then tacked onto your minimum pulse to find the correct pulse YOU should have that is safe for YOUR age. For example, at age 54, my MHR is 166, and my RP 64, so my range is 102 (100). Thus 80% (80) added to my RP (80 + 64 = 144), rounded to 145. My pulse then, after each 50, should be 145. In the 10 second rest period my heart should settle to the 50% rate (64 + 51 = 115). If it does not go down to 115, I should take a longer rest interval, and proceed accordingly. My friend at 25, has a MHR of 195, (220-25), his RP is 65, so his range is 130, and he should aim for a pulse of (80% of 130 plus 65 = 104 + 65 = 169) 170, and he should let his heart come down to 50% (50% x 130 + 65 = 130), during his rests. After some experimentation you might find that YOU need an odd interval such as 13-seconds. Round it off to an even figure, and even then you might prefer another type of interval, which will start at a particular time. For example, when I do butterfly intervals my time is around 45 to 50 seconds, and I can do them on the minute. We call this type of exercise Constant Start Interval (CSI), and you might do 20 x 50 @ 1:00, 20 x 50 @ 1:15. Roy does his 20 x 50 @ :40. The principal is that the shorter the interval, the less speed training (about 20%), and the more endurance training (about 80%). In the early season training period, this is our basic aim--endurance.

Coordination intervals, repeats and sprints. Later in the season the intervals are longer, and the 50's fewer, because our aim is more coordination and speed, and presumably we have already built up our endurance. I swim my intervals then at 1:15 or 1:30, Roy would go at 1:00 or 1:15 for his 50-yd intervals. We strive for 85% EHR, and recovery to 30% between intervals. This might result in something like a 50-50 mix of endurance and speed. Towards the end of the season the time is stretched again, and this might result in 80% speed work and 20% endurance. (Heart rate still 85% but recovery more complete to 20%.) The distances for these intervals is kept short, especially if speed is the objective. This latter phase stresses a variation of interval training called Repetition Training (RT) or simply Repeats. Repeats are a form of CSI with longer intervals. They are the ultimate in training.

Quality - Usually fewer repetitions and much harder, high quality performance in each exercise. e.g. 10 x 50 @ 2:00 or 2:30. These would be done at your best pace, and you would expect to be nearly as fast as in competition, and your heart rate to 85% (or possibly a little higher--90%). Recovery would be to 20%. Roy does his at over 165, resting until his heart is at 90, and for me the figures are over 150 (actually I do 180) and resting to 85. These types of repeats are sometimes called sprints, and they are characterized by intense effort and speed. Each 50 represents a separate goal, and you should keep track of them to see how well you are doing. In the preceding description the distance of 50 yards (or meters) is used for comparison, but 25 - 200 yard distances are interchangeable in interval and repeat work, and these serve to provide variety in your training program. Some examples: (Early Season) CRI 40 x 25/5"; 15 x 75/10"; 10 x 100/15" CSI 40 x 25 @ 30"; 15 x 75 @ 1:30"; 10 x 100 @ 2:00"; 5x200 @ 4min REP 20 x 25 @ 1:00; 7 x 75 @ 3:00; 3 x 100 @ 4.00; 2 x 200 @ 8:00 (Late Season) CRI 20 x 25/5"; 7 x 75/15"; 5 x 100/20" CSI 20 x 25; 7 x 75; 5 x 100; 3 x 200; 2 x 400 REP 12 x 25 @ 1:15; 4 x 75 @ 3:15; 3 x 100 @ 5.00; 2 x 200 @ 10:00

Cooldown swim. This is how you retreat from your workout, with a 200-300 yard swim, to allow your circulation to return to normal, and your heart to recover from exercise. Needless to say, you should relax in this effort.

THE TRAINING PROGRAM - We can say that there are five phases to swim conditioning and training. These are: 1) Pre-season and post-season aerobic or endurance conditioning. Mostly overdistance, fartleks or jogging (bicycle anyone?). This provides a base of aerobic fitness for you to build on. 2) Early season endurance conditioning to build heart, lungs and capillaries--a base for competitive excellence later. 3) Mid-season training and conditioning mixes short interval endurance exercises and longer interval coordination and speed exercises. 4) Late season training mixes long interval and repetition training to develop speed and coordination. 5) Tapering-fine tuning before a "big meet". Usually total distance is cut back, and quality of effort is the keynote.

HOW OFTEN AND HOW MUCH - Daily training is probably best, or at least 5 to 6 times a week, but we masters swimmers cannot always manage that, and may have to settle for 3 or 4 times a week. I would say four is the minimum. When you are into the mid-season and late-season phases, it would be nice to train twice a day. Until you are about 30, you can pick up training with a minimum of pre-season effort, probably as little as 2-3 months, but as you grow older, and are starting your first training effort in many years, it would be wise to precede your early season training with about 6 months (30-40 years) to a full year (40 and older), (even long 50 or 60 and older) of aerobic training, after consulting a doctor. If time permits and you are young, you can train 3-7 miles a day at mid-season, but as you grow older, you may find that you need to break your training into shorter and more manageable segments, although you may not have to reduce the total, especially if you rest carefully, and perhaps nap between workouts. I find at my age that I can only work productively up to about 2500 yards at a time, and when I am training seriously (very seldom), I do two workouts a day, each one around a mile.

If I am really pressed for time I have a minimal workout. I do: 200 warmup, 10 x 50. 200 cooldown. Total 900 yards. If I'm lazy, I just do a 900 fartlek or 900 fly. I can stay reasonably fit aerobically, and pick up to more intensive training as necessary. Let your heart be your guide in all of your training, and you will find that your best efforts are carefully controlled. You will KNOW when the effort is sufficient, and you will also be able to prevent yourself from training too hard for your state of fitness. Your heart is a much better watchdog for your training effort than the clock, and it will always be honest with you.

Masters swimmers work as hard as kids

By Ward Bushee
LI sports editor

Dore Schwab of Ross got the itch to return to swimming in 1972.

Schwab hadn't swam a competitive stroke since he was a Pacific Coast Conference 50 and 100-yard champion for UCLA in the early 1940s.

"I had heard about the Senior Olympics," said Schwab, 60. "I used to be a hot swimmer so I figured I'd go down and burn these guys out."

Schwab was the one who felt the burning — all through his body.

"I realized I could only go four laps without dying," Schwab along with Nancy Ridout and Jane McAllister the charter members of the Tamalpais Aquatics Masters Club of Marin. He and some 35 others of the 80-member swim fitness club, compete in national level masters meets.

The Tam Masters, for swimmers 25 and over, evolved in 1980 out of succession of other clubs for all ages.

Schwab, whose chance at being on the U.S. Olympic

team was dashed by World War II, held Pacific Coast Masters records in the 50 and 100. He was a Masters national sprint champion in 1974 in the 50 and 100 meters.

But getting into that condition took some work. Schwab slimmed down 25 pounds in a hurry.

"I'll never forget seeing all these kids in tank suits. I'm wearing boxer shorts and have a big gut hanging out, right! But six months later I was wearing one of those funny little suits just like the kids."

The Tam Masters have two workouts in the morning and one in the evening at the Marin Academy pool. The coach is Marie McSweeney, who Schwab describes as a sweet, ruthless training coach.

"I've never met a truly finer person," says Schwab. "She just works your butt off and you come in and wonder what she has done to you. Neat person."

"A Tam Masters 'maraud' on a meet occurs about every third weekend. Schwab says McSweeney's enthusiasm is contagious.

"She suckers you in. She'll say 'we have a meet in two weeks and we'd just love to have you swim a relay.' Then, you see the people you train with and you feel the competitive juices.

"Pretty soon, you're swimming individually. You're hooked."

There's plenty of reinforcement. Tam Masters form cheering sections beside the pool that even water can't drown out.

"It's really neat to watch people slim down," muses Schwab, "and finally beat you."

The Tam Masters are not aquatic joggers. McSweeney keeps them in condition with hard work. The masters can also use a weight machine at Marin Academy.

"To go out and swim a half-mile is like walking around the block," Schwab says. "The difference is you work in this club. We do interval training, sprinting and whatever foolish things Marie dreams up. We're constantly changing and you always have to think what you are doing."

Schwab says effort is rewarded.

"You're self-esteem improves so much. Age difference vanishes once you put on a bathing suit. Swimming keeps your attitudes younger. You walk faster and taller."

♦ ♦ ♦ ♦

Tuesday's story failed to mention that swimmers Bob Placak and Robert Lager are now swimming with the Marin Pirates and no longer with the Indian Valley Aquatic Club.



Photo/Laura Hooy

Dore Schwab gets ready for meet



Sports Photo — DICK BLOUNT

Being 70 years of age doesn't slow Marie Heikkinen when she enters the water

Marie Heikkinen Swims For Fun Of It

By GENE WILSON
Sports Writer

Seventy-year-old Marie Heikkinen is like a bottle of rare vintage wine. She keeps improving with age.

Heikkinen, a member of the local YMCA swimming team, has held all sorts of state records in her age group during the past 15 years. Two weeks ago in the Eastern Regional U.S. Masters Swimming Meet at N.C. State she captured first place in the 50-yard and 100-yard breast stroke events, setting national time marks in both events.

With the recent success, Heikkinen is now attempting to improve all phases of her swimming.

Setting the national mark and earning other honors is no big deal for her.

"The reason I started swimming was for the exercise," Heikkinen said. "My husband, Sulo, who is in the service, was off in Viet Nam and my daughter was in college. Swimming is just a great exercise for me to stay in shape, and it's the least strenuous for me."

Heikkinen, a native of Virginia, Minn., did some swimming in high school, but only became active again in her 50th year.

Heikkinen was surprised at her record pace in the N.C. State meet, but admitted the conditions could have played a big part.

"Right before the meet there was a lightning storm," she remembered, "and they had to add water to the pool, which was only half full. The water temperature was only about 72 degrees and some of

the ladies' legs got purple in the cold water. Maybe that's the reason I swam so fast."

Heikkinen is planning to enter two more state meets this year, but is unsure about attending the national event in Houston later in the year.

"I plan to compete in the meet in Goldsboro and here in Fayetteville in September, but I'm not sure about the one in Houston.

"I can get lost when I don't know my way around and if I go to Houston it would have to be with my husband."

Heikkinen ranked second in the nation when she was in the 60-64 age bracket, and has risen to the top in the 70-74 division.

"But I never keep track of my records," she said. "I love to dance as well as swim. And I feel that belly dancing is especially fun. I hate to brag about the things I enjoy doing. I love art and I enjoy making my own clothes. I stay pretty active in addition to swimming."

Heikkinen feels her husband is somewhat like a coach. "He gives me a lot of encouragement and is really a better swimmer than I am. He is an endurance swimmer while I swim for speed. If he hadn't taken me, I would never have gone to a lot of meets. He's my biggest supporter."

Prizes and honors mean quite a bit to young people, but for Heikkinen, swimming offers much more. It's a way to stay in shape and have a lot of fun in the process.



Sports Photo — DICK BLOUNT

Marie Heikkinen wears her latest medal

Different folks swim to different strokes

Beginning in January, lap swimmers will be able to perfect their swimming skills by participating in a new Adult Masters Swim program.

In addition to providing a good cardiovascular workout, the program offers members three levels of training. At level one, the program will provide basic stroke development for those who wish to become more efficient swimmers. At level two, more advanced swimmers may wish to work on developing competitive skills. At the third level, more competitive swimmers will work on a training program to prepare themselves for Masters swim meets.

Bobbi Turcotte, program director and a Master swimmer, will provide the training 8:30-10 p.m., Tuesdays, beginning Jan. 5.

Remember, you do not have to be a

great swimmer to join in the fun. The object is to improve your skills. For more information, contact

Turcotte at Buehler Y or just show up on Tuesdays. There is no registration fee for this new aquatic program.



Bobbi Turcotte, program director and Master swimmer demonstrates one the strokes she will teach in the new Adult Masters Swim program.

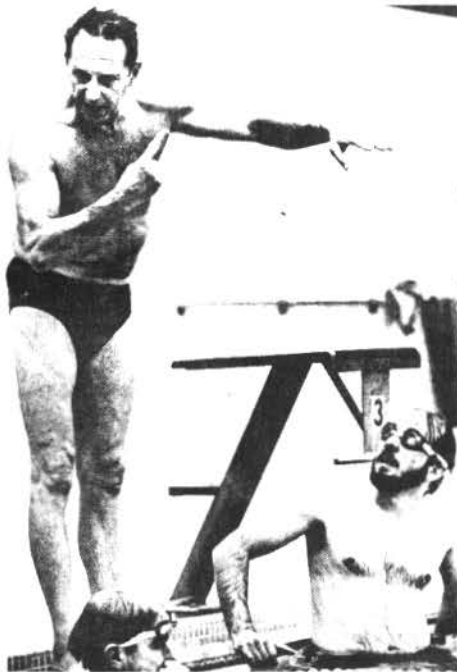
Update on Adult Masters Program

The new Adult Masters Swim program is well underway with approximately 35 men and women participating. Bobbi Turcotte, program director and Master swimmer, is very proud of the progress these swimmers have made along with the comradery that has developed among them.

On Tuesday and Friday evenings from 8:30 until 10 PM swimmers are offered an opportunity to perfect their skills at one of three levels of training. Turcotte emphasizes that "there is a place for everyone. The program is geared to start slowly and each individual is treated like an individual."

Swimmers set their own goals in this program and if 14 hours seems too long a time frame, Turcotte doesn't require them to remain the entire time. In the beginning, participants will easily tire, but can be assured of improved flexibility as well as a good cardio-vascular workout.

Turcotte feels that swimmers don't need to win races to learn something. At the onset of the program the first level swimmers that could swim one length of the pool have now worked up to 20 lengths. The more proficient second level swimmers are being taught turns and more advanced strokes, while the third level is competing in swim meets.



Frank Havlicek, Master Swimmer, instructs Dennis Bornath (left) and Bob Glorch in stroke techniques as part of the new Adult Masters swim program.

RESULTS

Bloomington, Ind., April 2 & 3, 1982
Indiana University Master's Annual
Short Course Swimming Meet

Women 25-29

50 Yards Freestyle
:29.43 Susan Medwid 29

100 Yards Freestyle
1:06.95 Susan Medwid 29
1:23.67 Janice Fountain 28

200 Yards Freestyle
2:55.33 Janice Fountain 28

500 Yards Freestyle
5:32.38 Mary Ann Stevens 28
7:29.88 Nan Witcher 26

1650 Yards Freestyle
18:49.33 Mary Ann Stevens 28

100 Yards Backstroke
1:11.61 Mary Ann Stevens 28
1:26.30 Nan Witcher 26

200 Yards Backstroke
3:11.75 Nan Witcher 26

50 Yards Breaststroke
:38.98 Paulette Blanchet 25

100 Yards Breaststroke
1:24.29 Paulette Blanchet 25
1:39.23 Janice Fountain 28

200 Yards Breaststroke
3:10.59 Paulette Blanchet 25

50 Yard Butterfly
:33.19 Paulette Blanchet 25
:33.75 Susan Medwid 29

200 Butterfly
2:20.03 Mary Ann Stevens 28

400 Yard Individual Medley
5:06.26 Mary Ann Stevens 28

Women 30-34

100 Yards Freestyle
1:10.26 Joan Diercks 33

200 Yards Freestyle
2:28.22 Joan Diercks 33

500 Yards Freestyle
6:31.58 Karen Saperstein 32
6:32.45 Joan Diercks 33
7:39.63 Starr Howlett 34

1650 Yards Freestyle
22:04.91 Karen Saperstein 32
25:54.66 Gail Dummer 31
26:15.29 Starr Howlett 34

50 Yards Backstroke
:43.84 Gail Dummer 31

50 Yards Breaststroke
:39.91 Gail Dummer 31

100 Yards Breaststroke
1:30.01 Karen Saperstein 32

50 Yards Butterfly
:37.84 Karen Saperstein 32

200 Yard Individual Medley
2:55.52 Karen Saperstein 32

3:21.59 Starr Howlett 34

400 Yard Individual Medley
6:40.19 Gail Dummer 31

Women 45-49

100 Yards Freestyle
1:28.74 Carol Lowengrub 45

50 Yards Breaststroke
:41.43 Peg Wirt 45

100 Yards Breaststroke
1:33.76 Peg Wirt 45

50 Yards Butterfly
:44.55 Carol Lowengrub 45

100 Yards Butterfly
1:48.48 Carol Lowengrub 45

Women 50-54

1650 Yards Freestyle
29:22.04 Carol Nicholas 51

100 Yards Breaststroke
1:42.82 Carol Nicholas

Men 25-29

50 Yards Freestyle
:22.33 Bill Vickery 28
:23.09 Bill Hasse 26
:24.14 Jack Vickery 26
:29.54 Scott Wells 27

100 Yards Freestyle
:51.31 Bill Vickery 28
:58.04 Charles Froman 25
:63.63 Scott Wells 27

200 Yards Freestyle
1:56.12 Maury Wolfred 29

1650 Yards Freestyle
22:05.45 Scott Wells 27

50 Yards Backstroke
:27.00 Robert Thomas 29
:29.94 Charles Froman 25

100 Yards Backstroke
1:05.30 Robert Thomas 29

200 Yards Backstroke
2:12.37 Maury Wolfred 29
2:16.23 Robert Thomas 29

50 Yard Breaststroke
:31.27 Jack Vickery 26

100 Yards Breaststroke
1:12.27 Jack Vickery 26

50 Yards Butterfly
:25.61 Bill Hasse 26
:25.73 Bill Vickery 28
:27.09 Charles Froman 25

100 Yards Butterfly
:59.25 Maury Wolfred 29

200 Yard Individual Medley
2:13.84 Bill Vickery 28

2:13.92 Bill Hasse 26

400 Yard Individual Medley
5:05.44 Robert Thomas 29

Men 30-34

50 Yards Freestyle
:24.00 John Ford 30
:24.48 Morgan Burke 30
:35.44 Jeffrey Krejci 35

100 Yards Freestyle
:52.25 John Ford 30
:57.21 Dennis Humphries 30
:57.50 Morgan Burke 30
:60.98 John Diercks 32
1:30.46 Jeffrey Krejci 30

200 Yards Freestyle
2:03.98 Dennis Humphries 30
2:09.14 Morgan Burke 30
2:13.18 John Diercks 32
2:25.94 Donald Dotlich 33

500 Yards Freestyle
5:42.54 Dennis Humphries 30
6:08.70 John Diercks 32
6:31.50 Donald Dotlich 33

1650 Yards Freestyle
20:11.40 Donald Sager 31
20:21.75 Dennis Humphries 30
21:57.14 Donald Dotlich 33

50 Yards Backstroke
:30.74 Morgan Burke 30

100 Yards Breaststroke
1:40.08 Jeffrey Krejci 30

50 Yards Butterfly
:26.11 David Tanner 32
:26.81 John Ford 30
:31.05 Donald Dotlich 33

100 Yards Butterfly
:57.86 David Tanner 32
:60.26 John Ford 30
:64.30 Donald Sager 31
1:12.97 John Diercks 32

200 Yards Butterfly
2:07.25 David Tanner 32

200 Yard Individual Medley
2:26.97 Morgan Burke 30

400 Yard Individual Medley
5:29.43 Donald Sager 31

Men 35-39

50 Yards Freestyle
:25.48 Kip Pope 35

100 Yards Freestyle
6:00.43 Greg Gwin 39

1650 Yards Freestyle
20:51.66 Greg Gwin 39

23:42.18 Donald Briggs 38

24:51.52 Robert Bringle 35

50 Yards Breaststroke
:30.32 Kip Pope 35

100 Yards Breaststroke
1:07.79 Kip Pope 35

200 Yards Breaststroke
2:41.36 Kip Pope 35
2:41.56 Greg Gwin 39

Men 45-49

50 Yards Freestyle
:26.68 Marty Mennen 45
:27.12 David Costill 46

100 Yards Freestyle
:58.68 Marty Mennen 45
:60.74 David Costill 46
:67.47 Russell Salmon 48

200 Yards Freestyle
2:12.46 Marty Mennen 45
2:26.34 Russell Salmon 48

500 Yards Freestyle
6:19.24 Marty Mennen 45
6:45.79 David Costill 46
6:56.27 Russell Salmon 48

50 Yards Backstroke
:35.80 Russell Salmon 48

50 Yards Butterfly
:30.10 David Costill 46

Men 50-54

50 Yards Freestyle
:35.30 Dale Trinka 50

200 Yards Freestyle
3:12.07 Tom Rillo 54

500 Yards Freestyle
8:48.62 Tom Rillo 54

1650 Yards Freestyle
30:42.59 Tom Rillo 54

50 Yards Breaststroke
:39.72 Dale Trinka 50

100 Yards Breaststroke
1:30.43 Dale Trinka

Men 55-59

100 Yards Freestyle
1:18.35 Douglas Strong 57

200 Yards Individual Medley
3:26.60 Douglas Strong 57

Men 60-64

50 Yards Freestyle
:30.05 James Councilman 61

100 Yards Freestyle
1:08.63 James Councilman 61

500 Yards Freestyle
6:43.01 James Councilman 61

1650 Yards Freestyle
23:50.10 James Councilman 61

Men 65-69

50 Yards Backstroke
:36.38 Ed Shea 67

100 Yards Backstroke
1:21.58 Ed Shea 67

200 Yards Backstroke
3:02.78 Ed Shea 67

Men 75-79

1650 Yards Freestyle
40:56.43 Irving Merritt 78

200 Yards Backstroke
4:55.66 Irving Merritt 78

200 Yards Breaststroke
6:07.71 Irving Merritt 78

200 Yards Butterfly
6:20.50 Irving Merritt 78

400 Yards Individual Medley
10:55.29 Irving Merritt 78

TC MASTERS SPRING PENTATHLON
25 yd. Piney Branch Pool,
Takoma Park, Maryland
April 10, 1982
PVMSC Sanction # PV82-5

WOMEN 25-29

50 yd. Free
Barb Bowman 27 :28.10
Susan Lee 27 :29.11
Nancy Baker 26 :32.78
Jill Hoover 28 :32.82

50 yd. Backstroke
Susan Lee 27 :32.50
Barb Bowman 27 :35.23
Nancy Baker 26 :35.61

50 yd. Breaststroke
Barb Bowman 27 :37.46
Susan Lee 27 :39.49
Nancy Baker 26 :42.20

50 yd. Butterfly
Barb Bowman 27 :30.70
Susan Lee 27 :32.76
Jill Hoover 28 :34.82
Nancy Baker 26 :35.00

100 yd. IM
Barb Bowman 27 1:10.86
Susan Lee 27 1:13.65
Nancy Baker 26 1:16.76

Pentathlon Points
Barb Bowman 27 33
Susan Lee 27 27
Nancy Baker 26 20

WOMEN 30-34

50 yd. Free
Faye Kelly 31 :29.40
Barbara Brand 32 :31.50
Dolly McClary 33 :34.14

500 yd. Free
Diddo Clark 33 6:35.48
Gail Dummer 31 7:32.11

50 yd. Backstroke
Faye Kelly 31 :32.90
Barbara Brand 32 :39.76
Dolly McClary 33 :40.86

50 yd. Breaststroke
Gail Dummer 31 :38.91
Faye Kelly 31 :39.05
Dolly McClary 33 :42.19
Barbara Brand 32 :42.39

50 yd. Butterfly
Faye Kelly 31 :33.28
Barbara Brand 32 :36.51
Dolly McClary 33 :37.50

100 yd. IM
Faye Kelly 31 1:16.42
Diddo Clark 33 1:18.47
Barbara Brand 32 1:21.29
Dolly McClary 33 1:23.12

Pentathlon Points
Faye Kelly 31 33
Dolly McClary 33 23
Barbara Brand 32 22

WOMEN 35-39

50 yd. Free
Carol Chidester 37 :27.60
Kitten Grant 35 :30.87
B. Charles 39 :33.17
Mary Boyd 35 :39.88
Joan Lawrence 37 :40.13

50 yd. Backstroke
Carol Chidester 37 :32.65
Kitten Grant 35 :36.11
B. Charles 39 :42.34
Joan Lawrence 37 :44.67
Mary Boyd 35 :53.33

50 yd. Breaststroke
Kitten Grant 35 :36.73
Carol Chidester 37 :37.49
B. Charles 39 :42.92
Joan Lawrence 37 :45.35
Mary Boyd 35 :53.03

50 yd. Butterfly
Carol Chidester 37 :30.09
Kitten Grant 35 :32.33
B. Charles 39 :41.05
Joan Lawrence 37 :48.15

100 yd. IM
Carol Chidester 37 1:08.05
Kitten Grant 35 1:16.96
B. Charles 39 1:26.96
Joan Lawrence 37 1:40.24

Pentathlon Points
Carol Chidester 37 33
Kitten Grant 35 27
B. Charles 39 20
Joan Lawrence 37 15

WOMEN 40-44

50 yd. Free
Judith Collins 43 :34.77

500 yd. Free
Judith Collins 43 7:34.71

50 yd. Backstroke
Joann Leilich 43 :39.85
Judith Collins 43 :41.25

50 yd. Breaststroke
Joann Leilich 43 :38.35
Judith Collins 43 :53.97

50 yd. Butterfly
Judith Collins 43 :39.29

100 yd. IM
Joann Leilich 43 1:21.48
Judith Collins 43 1:29.84

WOMEN 45-49

50 yd. Free
Kay Brockwell 46 :34.20
Leila Engman 45 :36.56
Thekla Brunner 46 :38.46
Jean Gentry 47 :39.74

500 yd. Free
Kay Brockwell 46 8:26.78

50 yd. Backstroke
Leila Engman 45 :44.32
Thekla Brunner 46 :44.63
Kay Brockwell 46 :46.52
Jean Gentry 47 :47.69

50 yd. Breaststroke
Kay Brockwell 46 :46.40
Thekla Brunner 46 :49.65
Leila Engman 45 :52.49
Jean Gentry 47 1:07.46

50 yd. Butterfly
Thekla Brunner 46 :44.90

100 yd. IM
Thekla Brunner 46 1:34.01

Pentathlon Points
Thekla Brunner 46 28

WOMEN 50-54

50 yd. Free
Barbara Glancy 50 :37.26
Mary Ann Treiber 51 :40.06
Betty Griffin 51 :40.81
Mathilde Huber 54 :48.68

500 yd. Free
Mathilde Huber 54 9:36.42

50 yd. Backstroke
Mary Ann Treiber 51 :48.11
Betty Griffin 51 :48.55
Barbara Glancy 50 :48.96
Mathilde Huber 54 1:16.08

50 yd. Breaststroke
Barbara Glancy 50 :49.93
Mary Ann Treiber 51 :50.97
Mathilde Huber 54 :57.48
Betty Griffin 51 1:07.76

50 yd. Butterfly
Barbara Glancy 50 :41.34
Mary Ann Treiber 51 :46.98
Betty Griffin 51 :58.89
Mathilde Huber 54 1:05.49

100 yd. IM		100 yd. IM		Edward Izumi 48	:34.55	Carroll Delaney 67	:51.37
Barbara Glancy 50	1:39.14	Don Anderson 30	1:01.27	100 yd. IM		H. Morningstar 65	1:04.40
Mary Ann Treiber 51	1:39.85	Larry DeMille-Wagman	1:05.67	Bob Goodwin 45	1:04.43	50 yd. Butterfly	
Betty Griffin 51	2:00.33	Barry Bluefeld 34	1:05.97	William Jones 45	1:06.22	Kelley Lemmon 69	:35.07
Mathilde Huber 54	2:09.45	Michael Nova 33	1:12.71	Sandy Gideonse 48	1:06.49	David Volk 65	:39.23
<u>Pentathlon Points</u>		Stephen Hogan 33	1:13.78	Curt Furberg 45	1:10.72	H. Morningstar 65	:59.81
Barbara Glancy 50	33	<u>Pentathlon Points</u>		Edward Izumi 48	1:13.41	100 yd. IM	
Mary Ann Treiber 51	27	Don Anderson 30	35	Richard Hay 45	1:16.61	David Volk 65	1:18.92
Betty Griffin 51	20	Larry DeMille-Wagman	23	<u>Pentathlon Points</u>		Kelley Lemmon 69	1:19.34
Mathilde Huber 54	16	Barry Bluefeld 34	20	Sandy Gideonse 48	32	H. Morningstar 65	2:06.87
WOMEN 60-64		Stephen Hogan 33	13	Bob Goodwin 45	26	<u>Pentathlon Points</u>	
50 yd. Free		Michael Nova 33	12	William Jones 45	20	David Volk 65	31
Helen Hummer 62	:37.40	MEN 35-39		Curt Furberg 45	15	Kelley Lemmon 69	29
Lorraine Murphy 63	:44.68	50 yd. Free		Edward Izumi 48	9	H. Morningstar 65	17
500 yd. Free		Kenneth Bergquist 37	:25.48	Richard Hay 45	8	MEN 70-74	
Helen Hummer 62	8:12.19	James Curland 37	:25.71	MEN 50-54		50 yd. Free	
50 yd. Backstroke		Anthony Young 38	:25.84	50 yd. Free		Dave McAfee 72	:33.97
Helen Hummer 62	:48.07	Terry Gernstein 39	:27.63	Edward Emes 52	:26.78	500 yd. Free	
Lorraine Murphy 63	:48.81	Robert Tippett 37	:36.55	Daniel Goodsaid 51	:31.29	Albert Abraham 71	11:14.25
50 yd. Butterfly		<u>500 yd. Free</u>		Tazewell Banks 50	:35.55	50 yd. Backstroke	
Helen Hummer 62	:44.07	Anthony Young 38	6:09.56	Tom Dewey 50	7:38.39	Dave McAfee 72	:46.95
WOMEN 65-69		Walter Meares 38	6:28.34	Tazewell Banks 50	8:47.91	Albert Abraham 71	:55.28
50 yd. Free		Bob Hussion 35	6:33.64	50 yd. Backstroke		50 yd. Breaststroke	
Mary Lathram 66	:45.83	50 yd. Backstroke		Edward Emes 52	:34.70	Albert Abraham 71	:51.77
500 yd. Free		James Curland 37	:33.30	Daniel Goodsaid 51	:37.75	Dave McAfee 72	:53.05
Mary Lathram 66	11:02.87	Kenneth Bergquist 37	:34.75	Tazewell Banks 50	:44.62	100 yd. IM	
50 yd. Backstroke		Terry Gernstein 39	:37.70	50 yd. Breaststroke		Dave McAfee 72	1:39.75
Mary Lathram 66	:49.64	50 yd. Breaststroke		Edward Emes 52	:38.38	<u>Pentathlon Points</u>	
WOMEN 70-74		Terry Gernstein 39	:32.39	Daniel Goodsaid 51	:45.06	Dave McAfee 72	26
50 yd. Free		Kenneth Bergquist 37	:35.03	Tazewell Banks 50	:51.60	MEN 75-79	
Rita Shephard 73	:52.16	James Curland 37	:40.30	50 yd. Butterfly		50 yd. Free	
500 yd. Free		Robert Tippett 37	:43.21	Edward Emes 52	:28.02	Stanton Craigie 75	:34.09
Rita Shephard 73	10:25.22	50 yd. Butterfly		Alfonso Allen 52	:28.69	50 yd. Backstroke	
Gertrude Abraham 72	11:36.34	Kenneth Bergquist 37	:28.46	Daniel Goodsaid 51	:34.29	Stanton Craigie 75	:49.49
50 yd. Backstroke		James Curland 37	:28.97	Tazewell Banks 50	:41.18	50 yd. Breaststroke	
Rita Shephard 73	:57.90	Terry Gernstein 39	:31.03	100 yd. IM		Stanton Craigie 75	:52.01
Gertrude Abraham 72	1:04.31	100 yd. IM		Edward Emes 52	1:13.81	50 yd. Butterfly	
50 yd. Breaststroke		Kenneth Bergquist 37	1:10.01	Daniel Goodsaid 51	1:20.61	Stanton Craigie 75	:44.83
Rita Shephard 73	1:18.06	Walter Meares 38	1:10.01	Tazewell Banks 50	1:36.90	100 yd. IM	
50 yd. Butterfly		Terry Gernstein 39	1:10.55	<u>Pentathlon Points</u>		Stanton Craigie 75	1:38.76
Rita Shephard 73	1:08.45	James Curland 37	1:14.65	Edward Emes 52	35	<u>Pentathlon Points</u>	
100 yd. IM		<u>Pentathlon Points</u>		Daniel Goodsaid 51	25	Stanton Craigie 75	35
Rita Shephard 73	2:19.24	Kenneth Bergquist 37	30	Tazewell Banks 50	20		
<u>Pentathlon Points</u>		James Curland 37	24	MEN 55-59			
Rita Shephard 73	35	Terry Gernstein 39	22	50 yd. Free			
MEN 25-29		MEN 40-44		William Campbell 58	:29.86		
50 yd. Free		50 yd. Free		James Ferguson 57	:34.60		
Curt Sulzer 26	:23.35	Jerome Yurow 41	:25.85	Ranjan Borra 59	:44.54		
Gilbert Braun 28	:24.04	Arthur Smith 42	:26.66	500 yd. Free			
Mark Meadows 28	:27.57	Michael O'Heeron 42	:28.85	Ranjan Borra 59	12:53.66		
Larry Bussey 28	:29.69	500 yd. Free		50 yd. Backstroke			
500 yd. Free		Jim Myerberg 40	5:59.41	James Ferguson 57	:47.16		
Curt Sulzer 26	4:59.37	Robert Parke 43	7:26.52	Ranjan Borra 59	:54.94		
Mark Meadows 28	6:14.89	50 yd. Backstroke		50 yd. Breaststroke			
50 yd. Backstroke		Arthur Smith 42	:29.46	William Campbell 58	:40.17		
Curt Sulzer 26	:29.37	Michael O'Heeron 42	:35.61	James Ferguson 57	:44.18		
Gilbert Braun 28	:31.31	Jerome Yurow 41	:36.48	Ranjan Borra 59	1:13.97		
Mark Meadows 28	:35.31	50 yd. Breaststroke		50 yd. Butterfly			
Larry Bussey 28	:38.09	Jerome Yurow 41	:33.62	James Ferguson 57	:50.86		
50 yd. Breaststroke		Arthur Smith 42	:33.81	100 yd. IM			
Curt Sulzer 26	:31.77	Michael O'Heeron 42	:38.13	James Ferguson 57	1:42.60		
Gilbert Braun 28	:32.85	50 yd. Butterfly		<u>Pentathlon Points</u>			
Larry Bussey 28	:42.05	Arthur Smith 42	:27.63	James Ferguson 57	33		
50 yd. Butterfly		Jerome Yurow 41	:29.57	MEN 60-64			
Curt Sulzer 26	:25.68	Michael O'Heeron 42	:30.82	50 yd. Free			
Gilbert Braun 28	:28.05	100 yd. IM		Frank Murphy 63	:31.92		
Larry Bussey 28	:32.30	Arthur Smith 42	1:07.40	500 yd. Free			
100 yd. IM		Jerome Yurow 41	1:10.61	Frank Murphy 63	7:19.13		
Curt Sulzer 26	:58.99	Michael O'Heeron 42	1:12.19	50 yd. Backstroke			
Gilbert Braun 28	1:04.70	<u>Pentathlon Points</u>		Frank Murphy 63	:43.49		
Larry Bussey 28	1:17.33	Arthur Smith 42	31	Harry Dodge 60	:45.75		
<u>Pentathlon Points</u>		Jerome Yurow 41	28	50 yd. Breaststroke			
Curt Sulzer 26	35	Michael O'Heeron 42	21	Harry Dodge 60	:42.65		
Gilbert Braun 28	25	MEN 45-49		George Szego 62	:43.42		
Larry Bussey 28	16	50 yd. Free		Frank Murphy 63	:46.66		
MEN 30-34		Sandy Gideonse 48	:24.47	Frank Murphy 63	:41.79		
50 yd. Free		Bob Goodwin 45	:24.67	100 yd. IM			
Don Anderson 30	:24.59	Curt Furberg 45	:27.17	Frank Murphy 63	1:29.41		
Larry DeMille-Wagman	:25.77	William Jones 45	:27.90	<u>Pentathlon Points</u>			
Barry Bluefeld 34	:26.77	Edward Izumi 48	:28.12	Frank Murphy 63	32		
Stephen Hogan 33	:28.52	Richard Hay 45	:29.14	MEN 65-69			
Michael Nova 33	:29.24	50 yd. Backstroke		50 yd. Free			
Glenn Strickland 30	:40.45	Sandy Gideonse 48	:30.11	Kelley Lemmon 69	:28.52		
50 yd. Backstroke		Bob Goodwin 45	:30.60	David Volk 65	:30.24		
Don Anderson 30	:29.86	Curt Furberg 45	:32.62	Hamilton Morningstar 65	:33.60		
Barry Bluefeld 34	:31.09	William Jones 45	:33.57	Frank Miller 68	:37.97		
Larry DeMille-Wagman	:32.58	Richard Hay 45	:33.95	Carroll Delaney 67	:38.24		
Stephen Hogan 33	:35.51	Edward Izumi 48	:35.29	500 yd. Free			
Michael Nova 33	:38.60	50 yd. Breaststroke		Frank Miller 68	9:17.19		
50 yd. Breaststroke		Sandy Gideonse 48	:33.77	Les Finnegan 67	9:41.07		
Don Anderson 30	:30.98	William Jones 45	:34.33	50 yd. Backstroke			
Michael Nova 33	:33.77	Bob Goodwin 45	:34.46	David Volk 65	:35.96		
Larry DeMille-Wagman	:34.22	Edward Izumi 48	:36.22	Kelley Lemmon 69	:39.06		
Barry Bluefeld 34	:35.40	Richard Hay 45	:38.22	Carroll Delaney 67	:43.79		
Stephen Hogan 33	:40.13	Curt Furberg 45	:38.31	Frank Miller 68	:48.47		
Glenn Strickland 30	:46.20	50 yd. Butterfly		H. Morningstar 65	:55.50		
50 yd. Butterfly		Sandy Gideonse 48	:26.90	50 yd. Breaststroke			
Don Anderson 30	:28.28	Bob Goodwin 45	:28.71	David Volk 65	:38.52		
Larry DeMille-Wagman	:29.09	William Jones 45	:29.20	Kelley Lemmon 69	:38.92		
Barry Bluefeld 34	:29.25	Curt Furberg 45	:30.42				
Stephen Hogan 33	:32.92	Richard Hay 45	:30.59				

BUEHLER YMCA 3rd ANNUAL PENTATHLON
Chicago, IL March 20, 1982

Female

25/29 50 yard Fly

1. Sidney Swayman	:29.97
2. Diane Nordlak	:33.06
3. Charlotte Renner	:37.17
4. Laurie Wilhite	:38.17
5. Laura O'Dell	:34.41

50 yard Backstroke

1. Sidney Swayman	:33.41
2. Charlotte Renner	:38.08
3. Laura O'Dell	:38.80
4. Diane Nordlak	:39.52
5. Laurie Wilhite	:40.38

50 yard Breaststroke

1. Sidney Swayman	:33.83
2. Laurie Wilhite	:39.78
3. Diane Nordlak	:41.84
4. Charlotte Renner	:44.41
5. Laura O'Dell	:46.61
6. Shirley DiVito	:47.84

50 yard Free

1. Sidney Swayman	:27.05
2. Diane Nordlak	:29.88
3. Charlotte Renner	:31.88
4. Laura O'Dell	:32.08
5. Laurie Wilhite	:32.22
6. Shirley DiVito	:45.85

100 yard individual medley

1. Sidney Swayman	1:07.20
2. Diane Nordlak	1:18.80
3. Charlotte Renner	1:21.00
4. Laura O'Dell	1:23.49
5. Laurie Wilhite	1:24.41
6. Shirley DiVito	2:00.37

30/34 Female

50 yard Fly

1. Trudy Patterson	:38.12
2. Paula Criel	:41.18
3. Lyn Lund	:41.84
4. Carol Taggart	:43.70

30/34 Female

50 yard Backstroke

Table with 2 columns: Rank, Name, Time. 1. Trudy Patterson :37.50, 2. Paula Criel :40.05, 3. Lyn Lund :40.39, 4. Carol Taggart :51.14

50 yard Breaststroke

Table with 2 columns: Rank, Name, Time. 1. Lyn Lund :41.88, 2. Trudy Patterson :42.35, 3. Paula Criel :43.00, 4. Carol Taggart :49.95

50 yard Free

Table with 2 columns: Rank, Name, Time. 1. Trudy Patterson :30.71, 2. Lyn Lund :33.04, 3. Paula Criel :33.85, 4. Carol Taggart :38.62

100 yard Individual Medley

Table with 2 columns: Rank, Name, Time. 1. Trudy Patterson 1:19.14, 2. Lyn Lund 1:23.39, 3. Paula Criel 1:28.41, 4. Carol Taggart 1:40.81

35/39 Female

50 yard Fly

Table with 2 columns: Rank, Name, Time. 1. Irene David :31.87, 2. Ann Marie Scott :35.02, 3. Pat Brommer :46.07, 4. Marilyn Gauthier :47.33

50 yard Backstroke

Table with 2 columns: Rank, Name, Time. 1. Ann Marie Scott :36.33, 2. Irene David :37.39, 3. Pat Brommer :44.69, 4. Marilyn Gauthier :48.97

50 yard Breaststroke

Table with 2 columns: Rank, Name, Time. 1. Irene David :43.29, 2. Ann Marie Scott :43.41, 3. Pat Brommer :43.81, 4. Marilyn Gauthier :56.40

50 yard Free

Table with 2 columns: Rank, Name, Time. 1. Irene David :29.34, 2. Ann Marie Scott :32.04, 3. Pat Brommer :34.60, 4. Marilyn Gauthier :37.53

35/39 Female

100 yard individual medley

Table with 2 columns: Rank, Name, Time. 1. Irene David 1:17.32, 2. Ann Marie Scott 1:20.29, 3. Pat Brommer 1:32.32, 4. Marilyn Gauthier 1:55.42

40/44

50 yard fly

Table with 2 columns: Rank, Name, Time. 1. Jean Funk :45.06, 2. Clarice Rossi :46.76

50 yard Back stroke

Table with 2 columns: Rank, Name, Time. 1. Clarice Rossi :44.18, 2. Jean Funk :50.21

50 yard Breaststroke

Table with 2 columns: Rank, Name, Time. 1. Jean Funk :42.09, 2. Clarice Rossi :46.86

50 yard Free

Table with 2 columns: Rank, Name, Time. 1. Jean Funk :37.33, 2. Clarice Rossi :38.34

100 yard individual medley

Table with 2 columns: Rank, Name, Time. 1. Jean Funk 1:34.67, 2. Clarice Rossi 1:35.47

50/54 50 yard Fly

Table with 2 columns: Rank, Name, Time. 1. Bobbi Turcotte :40.18

50 yard Backstroke

Table with 2 columns: Rank, Name, Time. 1. Bobbi Turcotte :38.18

50 yard Breaststroke

Table with 2 columns: Rank, Name, Time. 1. Bobbi Turcotte :48.51

50 yard Free

Table with 2 columns: Rank, Name, Time. 1. Bobbi Turcotte :33.21

100 yard individual medley

Table with 2 columns: Rank, Name, Time. 1. Bobbi Turcotte 1:30.85

60/64

Table with 2 columns: Rank, Name, Time. 1. Bunny Havlicek

50 yard backstroke

Table with 2 columns: Rank, Name, Time. 1. Bunny Havlicek 1:02.38

50 yard breaststroke

Table with 2 columns: Rank, Name, Time. 1. Bunny Havlicek 1:31.02

50 yard free

Table with 2 columns: Rank, Name, Time. 1. Bunny Havlicek 1:03.44

65/69

50 yard fly

Table with 2 columns: Rank, Name, Time. 1. Grace Wolfe :44.30

50 yard Backstroke

Table with 2 columns: Rank, Name, Time. 1. Grace Wolfe 1:02.52

50 yard breaststroke

Table with 2 columns: Rank, Name, Time. 1. Grace Wolfe :50.19

50 yard free

Table with 2 columns: Rank, Name, Time. 1. Grace Wolfe 1:06.40

100 yard individual medley

Table with 2 columns: Rank, Name, Time. 1. Grace Wolfe 2:14.22

25/29 Male

50 yard Fly

Table with 2 columns: Rank, Name, Time. 1. Jim Sencion :25.34, 2. Brad Stetson :26.01, 3. Eric Johnson :26.29, 4. Jerry Moran :26.76, 5. Ed Polaski :27.11, 6. Mark Anderson :27.28, 7. Chuck Follett :28.68, 8. Tom Ponsot :37.15, 9. Keith Nosekobel :47.24

50 yard backstroke

Table with 2 columns: Rank, Name, Time. 1. Eric Johnson :28.33, 2. Jim Sencion :28.61, 3. Brad Stetson :29.56, 4. Mark Anderson :29.70, 5. Chuck Follett :30.74, 6. Ed Polaski :31.49, 7. Jerry Moran :32.07, 8. Keith Nosekobel :44.68

50 yard breaststroke

Table with 2 columns: Rank, Name, Time. 1. Jerry Moran :30.00, 2. Jim Sencion :31.50, 3. Eric Johnson :32.15, 4. Brad Stetson :33.06, 5. Ed Polaski :34.78, 6. Mark Anderson :34.98, 7. Tom Ponsot :39.85, 8. Keith Nosekobel :49.00

50 yard free

Table with 2 columns: Rank, Name, Time. 1. Eric Johnson :23.82, 2. Brad Stetson :23.96, 3. Mark Anderson :24.07, 4. Jim Sencion :24.15, 5. Ed Polaski :24.51, 6. Chuck Follett :25.03, 7. Jerry Moran :25.36, 8. Tom Ponsot :29.41, 9. Keith Nosekobel :32.41

100 yard individual medley

Table with 2 columns: Rank, Name, Time. 1. Eric Johnson 1:00.12, 2. Jim Sencion 1:00.62, 3. Brad Stetson 1:02.35

Table with 2 columns: Rank, Name, Time. 4. Mark Anderson 1:02.51, 5. Jerry Moran 1:07.82, 6. Ed Polaski 1:04.58, 7. Chuck Follett 1:04.79, 8. Tom Ponsot 1:24.48, 9. Keith Nosekobel 1:27.87

30/34 Male

50 yard fly

Table with 2 columns: Rank, Name, Time. 1. Bruce Haffner :25.73, 2. Douglas Brengel :27.25, 3. Sean Davidson :27.27, 4. Donald Ford :28.37, 5. John Anderson :29.09, 6. John Christiansen :31.53, 7. Edward DeGrenier :32.97, 8. Richard Carr :33.82, 9. Jan Wisniewski :37.57

50 yard backstroke

Table with 2 columns: Rank, Name, Time. 1. Bruce Haffner :28.76, 2. Douglas Brengel :29.20, 3. John Anderson :32.59, 4. Donald Ford :32.66, 5. John Christiansen :35.92, 6. Sean Davidson :36.19, 7. Edward DeGrenier :37.10, 8. Richard Carr :40.13, 9. Jan Wisniewski :42.74

50 yard breaststroke

Table with 2 columns: Rank, Name, Time. 1. Bruce Haffner :30.52, 2. Donald Ford :34.05, 3. John Christiansen :34.53, 4. Douglas Brengel :35.06, 5. Sean Davidson :35.63, 6. Edward DeGrenier :37.44, 7. John Anderson :37.82, 8. Richard Carr :38.53

50 yard free

Table with 2 columns: Rank, Name, Time. 1. Bruce Haffner :23.80, 2. John Anderson :24.34, 3. Donald Ford :24.71, 4. Douglas Brengel :25.55, 5. Sean Davidson :25.94, 6. Richard Carr :30.34, 7. Edward DeGrenier :30.54, 8. Jan Wisniewski :31.82

100 yard individual medley

Table with 2 columns: Rank, Name, Time. 1. Bruce Haffner :59.17, 2. Douglas Brengel 1:04.08, 3. John Anderson 1:08.33, 4. Sean Davidson 1:09.90, 5. John Christiansen 1:10.89, 6. Richard Carr 1:16.93, 7. Jan Wisniewski 1:32.51

35/39 Male

50 yard fly

Table with 2 columns: Rank, Name, Time. 1. Bob Rounds :28.10, 2. Jan Soderstrom :28.66, 3. Daniel Saathoff :29.18, 4. Larry Weisblatt :29.66, 5. Philip Wanzenberg :29.90, 6. Jim Olson :30.27, 7. Barry Dayton :41.85

50 yard backstroke

Table with 2 columns: Rank, Name, Time. 1. Bob Rounds :29.84, 2. Jan Soderstrom :31.28, 3. Daniel Saathoff :33.14, 4. Larry Weisblatt :34.50, 5. Philip Wanzenberg :36.33, 6. Jim Olson :37.27, 7. Tom Finger :40.82, 8. Barry Dayton :43.34

50 yard Breaststroke

Table with 2 columns: Rank, Name, Time. 1. Bob Rounds :34.12, 2. Jim Olson :34.54, 3. Daniel Saathoff :35.39, 4. Jan Soderstrom :36.07, 5. Larry Wiesblatt :37.28, 6. Tom Finger :38.11, 7. Philip Wanzenberg :38.67, 8. Barry Dayton :45.74

50 yard free

Table with 2 columns: Rank, Name, Time. 1. Jan Soderstrom :25.00, 2. Philip Wanzenberg :25.51

Table with 2 columns: Rank, Name, Time. 3. Bob Rounds :25.71, 4. Daniel Saathoff :26.27, 5. Jim Olson :27.28, 6. Larry Weisblatt :28.67, 7. Tom Finger :32.45, 8. Barry Dayton :35.0

100 yard individual medley

Table with 2 columns: Rank, Name, Time. 1. Jan Soderstrom 1:04.32, 2. Bob Rounds 1:07.58, 3. Daniel Saathoff 1:08.93, 4. Jim Olson 1:10.56, 5. Larry Weisblatt 1:11.23, 6. Tom Finger 1:25.39, 7. Barry Dayton 1:33.17

40/44 Male

50 yard fly

Table with 2 columns: Rank, Name, Time. 1. Bob DeGrenier :27.97, 2. Robert Kamm :28.95, 3. Pat Pierce :29.43, 4. Bill Mulliken :29.95, 5. Phil Landrum :31.17, 6. Tom Lulhy :31.45, 7. Phil Roder :37.02, 8. Bill Burd :40.98, 9. Wayne Dinschel :48.58

50 yard breaststroke

Table with 2 columns: Rank, Name, Time. 1. Bill Mulliken :32.78, 2. Robert Kamm :36.56, 3. Tom Lulhy :38.70, 4. Bob DeGrenier :39.01, 5. Pat Pierce :39.71, 6. Phil Roder :42.66, 7. Bill Burd :42.69, 8. Phil Landrum :43.87, 9. Wayne Dinschel :45.74

50 yard backstroke

Table with 2 columns: Rank, Name, Time. 1. Bill Mulliken :32.25, 2. Robert Kamm :33.25, 3. Bob DeGrenier :33.57, 4. Pat Pierce :35.65, 5. Phil Roder :37.90, 6. Tom Lulhy :38.74, 7. Phil Landrum :39.10, 8. Bill Burd :41.63

50 yard free

Table with 2 columns: Rank, Name, Time. 1. Bob De Grenier :24.99, 2. Bill Mulliken :26.63, 3. Robert Kamm :27.23, 4. Pat Pierce :27.35, 5. Phil Landrum :29.20, 6. Phil Roder :30.99, 7. Tom Lulhy :32.38, 8. Wayne Dinschel :33.20, 9. Bill Burd :34.00

100 yard individual medley

Table with 2 columns: Rank, Name, Time. 1. Bob DeGrenier :24.99, 2. Bill Mulliken :26.63, 3. Robert Kamm :27.23, 4. Pat Pierce :27.35, 5. Phil Landrum :29.20, 6. Phil Roder :30.99, 7. Tom Lulhy :32.38, 8. Wayne Dinschel :33.20, 9. Bill Burd :34.00

45/49 male

50 yard fly

Table with 2 columns: Rank, Name, Time. 1. Rudy Lederer :30.14, 2. Sam Kogistre :33.73, 3. Steve Mullins :35.17

50 yard backstroke

Table with 2 columns: Rank, Name, Time. 1. Rudy Lederer :33.68, 2. Sam Kogistre :35.48, 3. Steve Mullins :36.60

50 yard breaststroke

Table with 2 columns: Rank, Name, Time. 1. Sam Kogistre :37.09, 2. Rudy Lederer :38.69, 3. Steve Mullins :42.55

50 yard free

Table with 2 columns: Rank, Name, Time. 1. Sam Kogistre :26.05, 2. Rudy Lederer :26.69, 3. Steve Mullins :28.50

Men 55-59

50 yds Freestyle		
William Grimsley	58	31.82
Russell Proctor	57	32.87
100 yds Freestyle		
William Grimsley	58	1:14.76
200 yds Freestyle		
Russell Proctor	57	2:38.33
500 yds Freestyle		
Russell Proctor	57	7:06.61
1650 yds Freestyle		
Russell Proctor	57	24:52.14
50 yds Backstroke		
Russell Proctor	57	36.88
William Grimsley	58	39.91
100 yds Backstroke		
William Grimsley	58	1:31.65
200 yds Backstroke		
Russell Proctor	57	3:01.69
Men 65-69		
500 yds Freestyle		
Roy E. Morse	65	7:50.32
1650 Freestyle		
Roy E. Morse	65	27:47.14
100 yds Breaststroke		
Roy E. Morse	65	1:41.67
Men 70-74		
50 yds Freestyle		
Marvin Robey	70	41.91
100 yds Freestyle		
Marvin Robey	70	1:40.43
1650 yds Freestyle		
George McSpadden	70	40:43.02
100 yds Backstroke		
Marvin Robey	70	1:55.60
50 yds Breaststroke		
Marvin Robey	70	53.46

WOMEN 30-34

50 YARD FREESTYLE		
LYNN SKRIFVARS 31*	27.02	
DEBBIE BRADBURY 30	28.16	
LINDA J. BAIRD 34	30.08	
CANDY SPAHR 33	36.13	
MARY LOU CAPPEL 32	37.13	
MARY ANNE HATTEMER 32	39.85	
100 YARD FREESTYLE		
LYNN SKRIFVARS 31*	58.28	
LUCY JOHNSON 34	1:00.15	
DEBBIE BRADBURY 30	1:03.58	
MARY LOU CAPPEL 32	1:23.08	
MARY ANNE HATTEMER 32	1:24.71	
100 YARD BACKSTROKE		
MIMI FRANK 34	1:12.77	
LUCY JOHNSON 34	1:14.74	
KATHERINE WATSON 34	1:22.97	
LINDA J. BAIRD 34	1:23.54	
MARY LOU CAPPEL 32	1:36.17	
50 YARD BREASTSTROKE		
DEBBIE BRADBURY 30	39.30	
CANDY SPAHR 33	42.86	
MARY LOU CAPPEL 32	49.01	
KATHERINE WATSON 34	50.90	
MARY ANNE HATTEMER 32	55.29	
100 YARD BREASTSTROKE		
DEBBIE BRADBURY 30	1:26.94	
LINDA J. BAIRD 34	1:29.52	
CANDY SPAHR 33	1:35.00	
MARY LOU CAPPEL 32	1:46.09	
KATHERINE WATSON 34	1:47.53	
MARY ANNE HATTEMER 32	1:54.93	
50 YARD BUTTERFLY		
LINDA J. BAIRD 34	34.54	
200 YARD BUTTERFLY		
BARBARA DUNBAR 33*	2:34.25	
LUCY JOHNSON 34	2:40.37	
KATHERINE WATSON 34	3:32.91	
200 YARD INDIVIDUAL MEDLEY		
LUCY JOHNSON 34	2:37.00	
MIMI FRANK 34	2:41.29	
LINDA J. BAIRD 34	2:52.02	

WOMEN 45-49

50 YARD FREESTYLE		
MARCIA ROWLAND 48	37.65	
JOAN S. BARRY 46	51.15	
VIRGINIA CLARK 45	1:09.56	
100 YARD FREESTYLE		
MARCIA ROWLAND 48	1:29.87	
JOAN S. BARRY 46	1:49.74	
100 YARD BACKSTROKE		
MARCIA ROWLAND 48	1:51.66	
JOAN S. BARRY 46	2:06.97	
50 YARD BREASTSTROKE		
JOAN S. BARRY 46	1:10.29	
100 YARD BREASTSTROKE		
JOAN S. BARRY 46	2:32.82	
50 YARD BUTTERFLY		
MARCIA ROWLAND 48	51.87	

WOMEN 50-54

50 YARD FREESTYLE		
JACQUELINE DUNLOP 51	32.02	
JANET WOLVER 53	37.71	
MAURETA BUNGE 53	37.90	
100 YARD FREESTYLE		
JANET WOLVER 53	1:25.17	
MAURETA BUNGE 53	1:27.36	
HELGA HAYES 54	1:27.80	
BETTY GARWOOD 54	1:39.73	
SHIRLEY BAIRD 51	1:44.78	
100 YARD BACKSTROKE		
ANNE ADAMS 53	1:22.20	
JACQUELINE DUNLOP 51	1:31.68	
SHIRLEY BAIRD 51	1:52.83	
JANET WOLVER 53	1:52.97	
BETTY GARWOOD 54	1:57.38	
50 YARD BREASTSTROKE		
JACQUELINE DUNLOP 51	42.08	
HELGA HAYES 54	48.95	
JANET WOLVER 53	50.77	
BETTY GARWOOD 54	54.95	
MAURETA BUNGE 53	1:00.19	
100 YARD BREASTSTROKE		
ANNE ADAMS 53	1:33.15	
HELGA HAYES 54	1:45.09	
JANET WOLVER 53	1:51.27	
BETTY GARWOOD 54	1:56.59	
SHIRLEY BAIRD 51	1:59.23	
50 YARD BUTTERFLY		
JACQUELINE DUNLOP 51	40.01	
200 YARD INDIVIDUAL MEDLEY		
JACQUELINE DUNLOP 51	3:16.14	
RITA B. MILLS 51	4:00.84	

WOMEN 55-59

50 YARD FREESTYLE		
MARY GOE 57	36.37	
SANDY STINSON 59	37.35	
RUTH H. BAAR 59	38.54	
GRACE ALTUS 58	38.73	
DIANA SILVA 59*	40.47	
CAROLA FISCHER 58	44.02	
GLORIA MARIENTHAL 56	44.23	
MARIE A. WILCOX 59	51.00	
100 YARD FREESTYLE		
GRACE ALTUS 58	1:22.96	
MARY GOE 57	1:23.99	
RUTH H. BAAR 59	1:24.74	
DIANA SILVA 59*	1:32.98	
GLORIA MARIENTHAL 56	1:41.23	
100 YARD BACKSTROKE		
MARY GOE 57	1:41.89	
SANDY STINSON 59	1:43.26	
RUTH H. BAAR 59	1:46.08	
DIANA SILVA 59*	1:49.10	
CAROLA FISCHER 58	1:52.37	
GLORIA MARIENTHAL 56	1:55.19	
100 YARD BREASTSTROKE		
SANDY STINSON 59	1:44.76	
50 YARD BUTTERFLY		
GRACE ALTUS 58	46.80	
SANDY STINSON 59	48.32	
200 YARD BUTTERFLY		
GRACE ALTUS 58	4:05.17	
200 YARD INDIVIDUAL MEDLEY		
SANDY STINSON 59	3:35.18	
GRACE ALTUS 58	3:42.60	

WOMEN 60-64

50 YARD FREESTYLE		
MAURINE E. KORNFELD 60	46.82	
100 YARD FREESTYLE		
MAURINE E. KORNFELD 60	1:48.40	
50 YARD BREASTSTROKE		
VIOLA THOMPSON 64	49.86	
100 YARD BREASTSTROKE		
RITA SIMONTON 63	1:48.03	
VIOLA THOMPSON 64	1:49.25	
50 YARD BUTTERFLY		
VIOLA THOMPSON 64	46.15	
200 YARD BUTTERFLY		
RITA SIMONTON 63	3:59.75	
VIOLA THOMPSON 64	4:12.85	
WOMEN 65-69		
100 YARD FREESTYLE		
IRENE VAN VORST 69	1:41.31	
RUTH RIDENOUR 67	1:55.97	
100 YARD BACKSTROKE		
IRENE VAN VORST 69	2:08.39	
RUTH RIDENOUR 67	2:22.56	

50 YARD BREASTSTROKE

IRENE VAN VORST 69	57.01	
50 YARD BUTTERFLY		
IRENE VAN VORST 69	1:05.63	
200 YARD BUTTERFLY		
RUTH RIDENOUR 67	5:10.62	
200 YARD INDIVIDUAL MEDLEY		
RUTH RIDENOUR 67	4:37.84	
WOMEN 70-74		
50 YARD FREESTYLE		
EVELYN BREAUX 70	1:20.30	
100 YARD FREESTYLE		
DOROTHEA E. COLE 72	2:09.49	
EVELYN BREAUX 70	3:03.55	
100 YARD BACKSTROKE		
DOROTHEA E. COLE 72	2:09.61	
EVELYN BREAUX 70	4:28.66	

MEN 25-29

50 YARD FREESTYLE		
MICHAEL BLATT 26	22.45	
CLAY EVANS 28	22.52	
CRAIG DOUGHERTY 25*	23.03	
MARK ELLIOT 28	23.09	
TOM DEVANE 26	23.21	
TERENCE HEARST 26	23.72	
JERRY WALSH 25	23.77	
KIP JERGER 29*	25.14	
ROBERT J. SCHIER 28	25.18	
MIKE SUTTLE 28	25.29	
NEIL CUMMING 27	25.58	
WILLIAM P. BURNS 27	25.73	
JOHN B. QUINTANA 29*	26.28	
KEVIN MCREYNOLDS 28	26.29	
100 YARD FREESTYLE		
CLAY EVANS 28	49.35	
MICHAEL BLATT 26	50.33	
MICHAEL HEATHER 27	50.58	
MARK ELLIOT 28	51.01	
JOHN TOWNSEND 28	51.34	
CRAIG DOUGHERTY 25*	51.60	
JERRY WALSH 25	52.61	
KEVIN RONEY 27*	53.09	
TERENCE HEARST 26	53.68	
MATT STRONG 28*	54.21	
MIKE SUTTLE 28	54.46	
TOM DEVANE 26	54.46	
THOMAS BRADLEY 25	55.18	
KIP JERGER 29*	55.74	
STEVE SCHMIDT 25	55.99	
ROBERT J. SCHIER 28	56.71	
WILLIAM P. BURNS 27	57.33	
NEIL CUMMING 27	57.93	
KEVIN MCREYNOLDS 28	58.75	
100 YARD BACKSTROKE		
JOHN CLEVELAND 25	1:03.52	
JOHN TOWNSEND 28	1:05.15	
THOMAS BRADLEY 25	1:09.32	
KIP JERGER 29*	1:11.12	
50 YARD BREASTSTROKE		
CLAY EVANS 28	29.67	
CRAIG DOUGHERTY 25*	31.01	
MICHAEL BLATT 26	31.36	
TOM DEVANE 26	31.59	
MARK ELLIOT 28	31.93	
100 YARD BREASTSTROKE		
MICHAEL BLATT 26	1:09.62	
MARK ELLIOT 28	1:11.19	
MICHAEL HEATHER 27	1:11.73	
STEVE SCHMIDT 25	1:14.90	
MIKE SUTTLE 28	1:17.40	
50 YARD BUTTERFLY		
CLAY EVANS 28	23.73	
CRAIG DOUGHERTY 25*	25.00	
JERRY WALSH 25	25.86	
MARK ELLIOT 28	26.28	
TERENCE HEARST 26	26.59	
KEVIN RONEY 27*	26.69	
MIKE SUTTLE 28	28.11	
JOHN B. QUINTANA 29*	28.27	
KIP JERGER 29*	29.18	
WILLIAM P. BURNS 27	29.52	
STEVE SCHMIDT 25	30.39	
200 YARD BUTTERFLY		
JOHN CLEVELAND 25	2:10.38	
MICHAEL HEATHER 27	2:12.58	
JOHN TOWNSEND 28	2:31.15	
THOMAS BRADLEY 25	2:33.31	
200 YARD INDIVIDUAL MEDLEY		
KEVIN RONEY 27*	2:13.60	
JOHN TOWNSEND 28	2:20.80	
THOMAS BRADLEY 25	2:24.40	
WILLIAM P. BURNS 27	2:31.32	
MATT STRONG 28*	2:36.98	
MEN 30-34		
50 YARD FREESTYLE		
JAN MEYER 34	22.65	
JIM MCCONICA 31	22.90	
BYRON REIDENBAUGH 30	23.33	
PETE PETERSON 34	23.89	
BRIAN J. (WV) MURPHY 30	24.09	
KENNETH HAINES 34	24.23	
TOM WHEELER 32	24.38	
JIM FARRELL 32	24.44	
CALVIN PATTON 30	24.60	
BRIAN (SM) MURPHY 33	24.81	

WINTER 1982 - BELMONT PLAZA
LONG BEACH, CA 7 MAR. 1982

WOMEN 25-29

50 YARD FREESTYLE		
TERRY S. CLARKE 26	25.96	
MARILYN SILVA 27*	26.03	
BARBARA HELD 28	26.57	
DIANE DAGOSTA 25	27.50	
RHIAN GULASSA 26	27.99	
JOAN MOUNTEER 27	29.10	
ALLISON JOLLY 26	29.68	
AILEEN SCHIER 25	31.17	
MARGARET WARNER 27	31.70	
LINDA KRENZEL 27*	32.10	
LORI HOCKER 26*	34.05	
MONICA FAY 28	35.26	
ANDREA L. AMRAM 26*	43.08	
100 YARD FREESTYLE		
KIMBERLY W MOGALIAN 25	54.46	
MARILYN SILVA 27*	56.11	
BARBARA HELD 28	56.63	
TERRY S. CLARKE 26	57.62	
DIANE DAGOSTA 25	58.23	
JOAN MOUNTEER 27	1:03.62	
ALLISON JOLLY 26	1:04.59	
AILEEN SCHIER 25	1:09.82	
LINDA KRENZEL 27*	1:11.87	
MONICA FAY 28	1:15.46	
LORI HOCKER 26*	1:17.44	
ANDREA L. AMRAM 26*	1:38.10	
100 YARD BACKSTROKE		
LORI SCOTT 25	1:08.57	
MARILYN SILVA 27*	1:09.50	
KIMBERLY W MOGALIAN 25	1:10.09	
LINDA KRENZEL 27*	1:24.82	
50 YARD BREASTSTROKE		
RHIAN GULASSA 26	35.26	
TERRY S. CLARKE 26	35.76	
JOAN MOUNTEER 27	39.48	
ALLISON JOLLY 26	41.81	
100 YARD BREASTSTROKE		
LORI SCOTT 25	1:12.59	
RHIAN GULASSA 26	1:15.58	
DIANE DAGOSTA 25	1:20.37	
JOAN MOUNTEER 27	1:26.97	
MONICA FAY 28	1:39.05	
50 YARD BUTTERFLY		
BARBARA HELD 28	28.33	
LORI SCOTT 25	28.41	
TERRY S. CLARKE 26	28.58	
KIMBERLY W MOGALIAN 25	28.78	
RHIAN GULASSA 26	30.65	
MARILYN SILVA 27*	30.84	
DIANE DAGOSTA 25	31.66	
PAMELA W. VAUGHN 26	33.64	
ALLISON JOLLY 26	35.87	
200 YARD BUTTERFLY		
BARBARA HELD 28	2:16.71	
KIMBERLY W MOGALIAN 25	2:19.80	
LORI SCOTT 25	2:29.17	
200 YARD INDIVIDUAL MEDLEY		
LORI SCOTT 25	2:19.38	
COLLEEN COGAN-JONES 26	2:49.90	
PAMELA W. VAUGHN 26	2:52.66	
MARGARET WARNER 27	2:54.71	
ALLISON JOLLY 26	3:02.47	
MONICA FAY 28	3:07.65	

WOMEN 35-39

50 YARD FREESTYLE		
LYNN W. BAYER 35*	33.53	
JO ANNE MILLER 36	38.25	
NANCY K. FINE 37*	38.27	
ANN HARRIS 36	39.16	
JAN KLEIN 38	40.64	
SARA EMMONS 39	41.32	
ANN KIRKPATRICK 36*	1:00.69	
100 YARD FREESTYLE		
LYNN W. BAYER 35*	1:15.02	
JO ANNE MILLER 36	1:23.95	
SARA EMMONS 39	1:30.44	
JAN KLEIN 38	1:30.75	
ANN HARRIS 36	1:34.12	
100 YARD BACKSTROKE		
JAN KLEIN 38	1:53.74	
50 YARD BREASTSTROKE		
JAN KLEIN 38	52.53	
NANCY K. FINE 37*	52.95	
JO ANNE MILLER 36	55.82	
SARA EMMONS 39	57.31	
ANN KIRKPATRICK 36*	DISQ	
100 YARD BREASTSTROKE		
SARA EMMONS 39	2:13.32	
50 YARD BUTTERFLY		
JO ANNE MILLER 36	47.93	
JAN KLEIN 38	57.18	
200 YARD INDIVIDUAL MEDLEY		
NANCY K. FINE 37*	3:37.36	

WOMEN 40-44

50 YARD FREESTYLE		
FRAN CONDON 40*	34.01	

STEVE NEALE 30	24.87	100 YARD BACKSTROKE	BUDD SYMES 47	34.12	50 YARD BUTTERFLY	
GLENN A. GRUBER 32	24.96	ROBERT S. SMITH 38	BUDDY G. BELSHE 47	35.88	RUBE WOLF JR. 55	30.49
PETER LUMSDEN 33	25.66	BOB BENNETT 38	DAVID W. NEWQUIST 46	38.01	DONALD HESTER 55	32.14
MICHAEL BURROW 30	25.80	DAVE FRANK 38	ED FARRELL 49	40.56	JACK BURGAN 59	38.93
EDWARD BREEDON 32	26.55	STEPHEN WASHBURN 35	PATRICK DONOHUGH 47	40.90	C. FRED SCHMIDT 55	39.18
STEWART MIMS 34	27.01	MIKE GREENBERG 35	STANLEY BROSMAN 47	42.13	200 YARD BUTTERFLY	
RON NASH 30*	27.41	50 YARD BREASTSTROKE	WALTER W. CHASE 45	42.26	DUANE L. DRAVES 56	3:00.77
ROBERT D. WASHBURN 33	28.90	SERAFIN VILLARETTE 35	ART WELCH 49	42.60	JACK BURGAN 59	3:38.90
AL PETERSEN 32*	31.79	ROBERT S. SMITH 38	100 YARD BREASTSTROKE		BRUCE SUMNER 57	4:02.56
100 YARD FREESTYLE		ALLEN K. MURRAY 37*	WILLIAM J. DAVIS 47	1:13.18	200 YARD INDIVIDUAL MEDLEY	
JIM MCCONICA 31	49.85	HARRY LINDEN 38	JERRY MCNAMEE 48	1:14.76	DUANE L. DRAVES 56	2:34.71
PETER WISNER 34	52.27	WILLIAM PRESCH 39	BUDD SYMES 47	1:17.84	RUBE WOLF JR. 55	2:40.35
CRAIG W. SMITH 30	52.27	100 YARD BREASTSTROKE	DAVID W. NEWQUIST 46	1:22.51	MARVIN LEVINE 57	3:09.04
BRIAN J. (WW) MURPHY 30	53.33	ROBERT S. SMITH 38	WILLIAM J. KENT 49	1:24.05	BRUCE SUMNER 57	3:29.11
JIM FARRELL 32	53.40	SERAFIN VILLARETTE 35	ED FARRELL 49	1:28.44	MEN 60-64	
TOM WHEELER 32	53.65	DAVE FRANK 38	STANLEY BROSMAN 47	1:32.16	50 YARD FREESTYLE	
PETE PETERSON 34	53.91	THOMAS THOMSON 37	PATRICK DONOHUGH 47	1:36.96	HERMAN BECKER 64	35.88
STEVE NEALE 30	54.36	HARRY LINDEN 38	50 YARD BUTTERFLY		100 YARD FREESTYLE	
CURTIS BLAMEY 31	55.12	STEPHEN WASHBURN 35	WILLIAM J. KENT 49	29.89	BOB MERRICK 61	1:04.14
GLENN A. GRUBER 32	55.40	WILLIAM PRESCH 39	DON RENNER 49	31.81	HERMAN BECKER 64	1:20.37
KENNETH HAINES 34	55.92	MIKE GREENBERG 35	ART WELCH 49	32.06	100 YARD BACKSTROKE	
KLAUS BARTH 33	56.48	50 YARD BUTTERFLY	PATRICK DONOHUGH 47	33.93	BOB MERRICK 61	1:19.49
JOSEPH BUSCH 33	58.94	STEPHEN WASHBURN 35	DAVID W. NEWQUIST 46	34.67	HERMAN BECKER 64	1:44.31
MICHAEL BURROW 30	59.58	SERAFIN VILLARETTE 35	WALTER W. CHASE 45	36.28	50 YARD BREASTSTROKE	
STEWART MIMS 34	59.79	HARRY LINDEN 38	200 YARD BUTTERFLY		TOM LIND 64	35.95
ALAN HARTLEY 34	1:00.02	BOB BRIZIUS 36	ART WELCH 49	2:39.18	HERMAN BECKER 64	49.22
EDWARD BREEDON 32	1:00.92	200 YARD INDIVIDUAL MEDLEY	JERRY MCNAMEE 48	2:51.69	RALPH P. HUESTIS 60	DISQ
DONALD E. DUNBAR 33*	1:02.60	BILL LEACH 35	200 YARD INDIVIDUAL MEDLEY		100 YARD BREASTSTROKE	
ROBERT D. WASHBURN 33	1:04.72	BOB BENNETT 38	DAVE DRUM 46*	2:29.20	TOM LIND 64	1:24.47
RON NASH 30*	1:07.54	SERAFIN VILLARETTE 35	BUDDY G. BELSHE 47	2:33.39	RALPH P. HUESTIS 60	1:37.84
100 YARD BACKSTROKE		THOMAS THOMSON 37	ART WELCH 49	2:40.91	HERMAN BECKER 64	1:53.18
BYRON REIDENBAUGH 30	59.43	ROBERT WARMINGTON 39	MEN 50-54		50 YARD BUTTERFLY	
JIM MCCONICA 31	1:01.42	RICHARD MICHAELS 36	50 YARD FREESTYLE		TOM LIND 64	33.68
CALVIN PATTON 30	1:10.18	STEPHEN WASHBURN 35	KEN KIMBALL 51*	26.87	BOB MERRICK 61	33.91
STEWART MIMS 34	1:14.58	MIKE GREENBERG 35	WALTER BUNGE 53	28.74	200 YARD BUTTERFLY	
RON NASH 30*	1:23.74	MEN 40-44	W.J. (BILL) HEBERT 51	29.74	BOB MERRICK 61	3:11.84
50 YARD BREASTSTROKE		50 YARD FREESTYLE	ALFONSO TORRES 52	31.18	MEN 65-69	
JAN MEYER 34	30.19	TEGZE (TEX) HARASZTI 40	PETE LOVE 52*	32.92	50 YARD FREESTYLE	
STEVE NEALE 30	30.42	SCOTTY ROBERTS 42	AKIVA D. HARRIS 50	40.80	WOODY BOWERSOCK 68	29.26
BRIAN J. (WW) MURPHY 30	31.56	JIM STEWART 40	100 YARD FREESTYLE		JACK GARNAUS 65	30.16
JIM FARRELL 32	32.63	JACK MIYAGAWA 42	FRANK E. REYNOLDS 50	58.09	PHILIP J. BRODERSON 65*	33.23
BRIAN (SM) MURPHY 33	32.70	JAN E. TAVARES 42	KEN KIMBALL 51*	1:02.03	KARL E. WELLMAN 66	36.38
ALAN HARTLEY 34	33.02	ROBERT BERGSTROM 41	STEVEN SCHOFIELD 50	1:05.56	PAUL SEIDEL 68	39.27
MICHAEL BURROW 30	34.09	100 YARD FREESTYLE	WALTER BUNGE 53	1:06.86	ED LITTLE 69	48.13
TOM WHEELER 32	35.86	TEGZE (TEX) HARASZTI 40	PETE LOVE 52*	1:12.63	100 YARD FREESTYLE	
AL PETERSEN 32*	37.04	SCOTTY ROBERTS 42	AKIVA D. HARRIS 50	1:25.23	WOODY BOWERSOCK 68	1:06.10
100 YARD BREASTSTROKE		JIM STEWART 40	100 YARD BACKSTROKE		JACK GARNAUS 65	1:09.23
STEVE NEALE 30	1:05.94	ROBERT BERGSTROM 41	STAN MCCONNELL 50	1:11.64	JOHN STINSON 69	1:18.11
BROOK CROSS 31*	1:10.40	JAN E. TAVARES 42	W.J. (BILL) HEBERT 51	1:22.09	P. J. BRODERSON 65*	1:20.43
B. J. (WW) MURPHY 30	1:11.14	JACK MIYAGAWA 42	HERB NAKAMA 51	1:23.70	KARL E. WELLMAN 66	1:25.34
LEONARD A. ZILZ 31*	1:11.46	DAVID SWENSON 43	50 YARD BREASTSTROKE		100 YARD BACKSTROKE	
BRIAN (SM) MURPHY 33	1:11.98	100 YARD BACKSTROKE	WALTER BUNGE 53	37.15	WOODY BOWERSOCK 68	1:32.52
ALAN HARTLEY 34	1:12.35	T. (TEX) HARASZTI 40	STEVEN SCHOFIELD 50	39.31	JOHN STINSON 69	1:40.30
A. JOHN WESLING 31*	1:17.15	ROBERT BERGSTROM 41	PETE LOVE 52*	43.32	50 YARD BREASTSTROKE	
RON NASH 30*	1:17.93	JIM STEWART 40	AKIVA D. HARRIS 50	48.19	PAUL SEIDEL 68	46.14
50 YARD BUTTERFLY		50 YARD BREASTSTROKE	100 YARD BREASTSTROKE		KARL E. WELLMAN 66	1:09.08
PETER LUMSDEN 33	25.71	TEGZE (TEX) HARASZTI 40	FRANK E. REYNOLDS 50	1:20.93	ED LITTLE 69	1:23.50
JIM MCCONICA 31	25.99	SCOTTY ROBERTS 42	WALTER BUNGE 53	1:22.47	100 YARD BREASTSTROKE	
CALVIN PATTON 30	26.07	JAN E. TAVARES 42	STEVEN SCHOFIELD 50	1:26.84	JOHN STINSON 69	1:41.35
TOM COURTNEY 31	26.50	DAVID SWENSON 43	PETE LOVE 52*	1:34.91	50 YARD BUTTERFLY	
CURTIS BLAMEY 31	27.19	JACK MIYAGAWA 42	AKIVA D. HARRIS 50	1:52.86	WOODY BOWERSOCK 68	39.87
JIM FARRELL 32	27.27	100 YARD BREASTSTROKE	50 YARD BUTTERFLY		JOHN STINSON 69	47.96
BRIAN (SM) MURPHY 33	28.19	SCOTTY ROBERTS 42	STAN MCCONNELL 50	30.66	200 YARD INDIVIDUAL MEDLEY	
STEVE NEALE 30	28.21	JAN E. TAVARES 42	STEVEN SCHOFIELD 50	31.09	JOHN STINSON 69	3:28.71
EDWARD BREEDON 32	29.47	DAVID SWENSON 43	HERB NAKAMA 51	33.27	MEN 70-74	
200 YARD BUTTERFLY		50 YARD BUTTERFLY	W.J. (BILL) HEBERT 51	35.29	50 YARD FREESTYLE	
TOM COURTNEY 31	2:14.46	JIM STEWART 40	200 YARD BUTTERFLY		BILL SHOTT SR. 72	29.80
JOSEPH BUSCH 33	2:15.43	JAN E. TAVARES 42	HERB NAKAMA 51	2:52.92	REG RICHARDSON 70	30.65
CURTIS BLAMEY 31	2:27.07	JACK MIYAGAWA 42	STAN MCCONELL 50	3:03.72	LEONARD A. CHAPIN 73	36.90
EDWARD BREEDON 32	3:03.14	DAVID SWENSON 43	STEVEN SCHOFIELD 50	3:15.60	100 YARD FREESTYLE	
200 YARD INDIVIDUAL MEDLEY		200 YARD BUTTERFLY	200 YARD INDIVIDUAL MEDLEY		BILL SHOTT SR. 72	1:10.07
BYRON REIDENBAUGH 30	2:06.56	LANCE LARSON 41	STAN MCCONELL 50	2:38.50	100 YARD BACKSTROKE	
JIM MCCONICA 31	2:12.94	200 YARD INDIVIDUAL MEDLEY	W.J. (BILL) HEBERT 51	3:01.15	REG RICHARDSON 70	1:29.63
PETER WISNER 34	2:14.96	LANCE LARSON 41	MEN 55-59		50 YARD BREASTSTROKE	
JAN MEYER 34	2:15.06	T. (TEX) HARASZTI 40	50 YARD FREESTYLE		REG RICHARDSON 70	40.59
BROOK CROSS 31*	2:15.97	JIM STEWART 40	RUBE WOLF JR. 55	26.16	BILL SHOTT SR. 72	42.01
JOSEPH BUSCH 33	2:18.45	DAVID SWENSON 43	NORM BUVICK 57	28.60	ERNIE HALE 71	45.03
TOM COURTNEY 31	2:19.22	MEN 45-49	C. FRED SCHMIDT 55	30.57	LEONARD A. CHAPIN 73	1:04.21
BRIAN (SM) MURPHY 33	2:19.56	50 YARD FREESTYLE	MARVIN LEVINE 57	31.01	50 YARD BUTTERFLY	
LEONARD A. ZILZ 31*	2:24.26	DAVE DRUM 46*	GIL BROWN 55	31.31	BILL SHOTT SR. 72	38.90
CALVIN PATTON 30	2:24.28	WILLIAM J. KENT 49	OSCAR C. OJEDA 56	55.50	ERNIE HALE 71	47.52
PETE PETERSON 34	2:28.56	GARY BAGLEY 48	100 YARD FREESTYLE		LEONARD A. CHAPIN 73	49.72
STEWART MIMS 34	2:44.02	BUDDY G. BELSHE 47	JIM MARCUS 57	1:05.06	200 YARD BUTTERFLY	
MEN 35-39		DAVID W. NEWQUIST 46	C. FRED SCHMIDT 55	1:11.05	ALFRED GUTH 73	4:21.49
50 YARD FREESTYLE		JAMES D. BAKER 48	GIL BROWN 55	1:13.09	ERNIE HALE 71	4:37.19
ROBERT WARMINGTON 39	24.28	ALEX ROGIC 45	100 YARD BACKSTROKE		200 YARD INDIVIDUAL MEDLEY	
CARL NEUMAN 38*	24.48	PATRICK DONOHUGH 47	DUANE L. DRAVES 56	1:10.63	REG RICHARDSON 70	3:23.56
DENIS HATTEMER 36	26.13	DON RENNER 49	RUBE WOLF JR. 55	1:12.02	ALFRED GUTH 73	3:39.94
HARRY LINDEN 38	26.21	ED FARRELL 49	BRUCE SUMNER 57	1:30.81	ERNIE HALE 71	4:10.43
STEPHEN WASHBURN 35	26.50	WALTER W. CHASE 45	GIL BROWN 55	1:40.14	MEN 75-79	
THOMAS THOMSON 37	27.32	STANLEY BROSMAN 47	OSCAR C. OJEDA 56	2:11.15	50 YARD FREESTYLE	
BOB BRIZIUS 36	27.59	RONALD CLARK 45	50 YARD BREASTSTROKE		SHELDON WHITE 77	40.01
ALLEN K. MURRAY 37*	27.91	100 YARD FREESTYLE	DONALD HESTER 55	34.73	100 YARD FREESTYLE	
WILLIAM PRESCH 39	29.94	DAVE DRUM 46*	NORM BUVICK 57	36.23	SHELDON WHITE 77	1:34.31
MIKE GREENBERG 35	30.87	JERRY MCNAMEE 48	RUBE WOLF JR. 55	37.56	100 YARD BACKSTROKE	
100 YARD FREESTYLE		WILLIAM J. KENT 49	PETER LEE 58	39.23	SHELDON WHITE 77	2:13.30
ROBERT S. SMITH 38	51.87	BUDDY G. BELSHE 47	MARVIN LEVINE 57	39.30	50 YARD BREASTSTROKE	
DAVE FRANK 38	53.28	ALEX ROGIC 45	C. FRED SCHMIDT 55	40.00	ANTHONY LIUDZIUS 76	1:01.14
BOB BENNETT 38	54.17	PATRICK DONOHUGH 47	JACK BURGAN 59	40.38	100 YARD BREASTSTROKE	
BILL LEACH 35	54.23	DON RENNER 49	OSCAR C. OJEDA 56	57.72	ANTHONY LIUDZIUS 76	2:28.30
CARL NEUMAN 38*	55.35	100 YARD BACKSTROKE	100 YARD BREASTSTROKE		MEN 80-84	
RICHARD HART 37	56.59	JAMES D. BAKER 48	DONALD HESTER 55	1:18.09	50 YARD FREESTYLE	
DENIS HATTEMER 36	59.37	ART WELCH 49	NORM BUVICK 57	1:20.80	JACK BLUMBERG 84	53.39
HARRY LINDEN 38	1:01.31	WILLIAM J. KENT 49	PETER LEE 58	1:26.47	100 YARD FREESTYLE	
ALLEN K. MURRAY 37*	1:02.49	STANLEY BROSMAN 47	JACK BURGAN 59	1:29.34	JACK BLUMBERG 84	2:05.62
BOB BRIZIUS 36	1:04.58	50 YARD BREASTSTROKE	C. FRED SCHMIDT 55	1:29.42	100 YARD BACKSTROKE	
MIKE GREENBERG 35	1:10.76	WILLIAM K. DAVIS 47			JACK BLUMBERG 84	2:36.17

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1982 NATIONAL SHORT COURSE CHAMPIONSHIP PICTURES

Row 1 Down: Ted Haartz 54 NEM & Lance Larson 41 TRO; Jayne Bruner 48 YPT & Anne McGuire 47 GCM; Marian McKechnie 77 SPRD & Julia Dolce 72 SPRD; from England, Vivienne Cherriman 74 & Willy van Rysel 65; Lloyd Osborne 73 HUM & Joan Osborne 65 HUM. Row 2 Down: Purdue Gals, Carol Taylor 53 STL, June Krauser 55 GCM, Anne McGuire 47 GCM & Beth Whittall 45 ET0; Graham Johnston 51 LON, Don Hill 50 TOC & Bob Heritier 53 MIC; Ransom J. Arthur Award Winner Harry Rawstrom 65 MAM & USMS President Mike Laux; Clara Walker 55 NEM & Florence Carr 56 RIN; Scott Guthrie 37 NFM & Fred Schlicher 33 NEM. Row 3 Down: Chester Miltenberger 30 NFM; Paul Hutinger 57 IM; Jim Welch 64 HUM; Tim Garton 39 RMM; Manuel Sanguily 49 MMS. Row 4 Down: Therese Walsh 26 MAM; Jim Montgomery 27 LON; Mike Laux 40, CT; Christine Ruppert 31 DCM; Clarence Ross 82 JER; Meet Director Tom Boak 38 Lonestar.

Four ways to avoid injury

Such injuries as "tennis elbow," "runner's knee," and "swimmer's shoulder" can be depressing. They're called wear-and-tear injuries, and they're depressing because in every case, the first step in treatment is to stop whatever is causing the problem, and many of you will become depressed when you can't exercise. In most cases you will be on the sidelines for a few weeks—longer if your doctor's instructions are not followed.

Such injuries have not been done to you, you have done them to yourself. You may have overtrained and failed to stop when you felt a warning pain. You may have a physical abnormality and persisted in your sport in spite of warning pains. You may have neglected to prepare the involved muscles for the sport you want to pursue.

The injury can be cured with specific exercises, which will also prevent the problem from recurring—but only if the exercise regimen is followed religiously. Even if the rehabilitation period seems drawn out, it is necessary, and it does not preclude your maintaining your physical condition and returning to your sport.

Here are a few simple suggestions to help you accomplish your double goal: rehabilitation of your injured muscle, ligament, or joint; and prevention of a second injury.

1 Don't overtrain

Don't perform the same heavy workout every day. This approach doesn't improve conditioning; it promotes injury.

Instead, follow the professional athlete's practice: Follow a hard workout day with an easy one. A hard workout causes some minor damage to the muscles, which takes about 48 hours to heal. You may feel good at the end of a session, but wake up sore the next morning. Wear-and-tear injury results when you attempt another hard workout while the muscles are still sore. Give them a chance to heal while you do something less demanding.

Mark Cameron, America's top weight-lifter, plays Ping-Pong on his easy days.

2 Heed warning signs

1. A one-spot pain—in your elbow, calf, wrist, shoulder, wherever—is nature's way of telling you to stop the workout immediately. Damage is almost inevitable if you ignore the warning.

2. If your muscles feel heavy and tired at the start of a workout, don't follow through as scheduled. Substitute an easier workout, and return to the heavy one the following day.

3. Prepare carefully for a change in your routine. Increase muscle-strengthening and tendon-lengthening exercises before adding mileage to your run, for example. Or before moving on to heavier weights. This rule applies to all sports.

3 Loosen inflexible muscles

Vigorous exercise causes slight muscle injury, as noted. As the muscles heal, they shorten, leaving them more susceptible to wear-and-tear injury. The muscles must be stretched between workouts, using exercises directed to the muscles affected.

1. For example, if you are a bicyclist, your quadriceps (muscles above the knee) and calf muscles must be stretched.

2. If your sport requires running, you need to stretch your calf, hamstring (back of the upper leg), and inner thigh muscles, and lower back.

3. Swimmers must stretch the biceps, triceps, and supraspinatus muscles (upper arm and shoulder).

4. And weight-lifters must condition all muscle groups, especially the biceps and triceps.

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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XI - No 5

JUNE 1982

JUN	12-13	LC - Venice - Bill Podewitz, 3036 Wood St., Sarasota, FL 33577
	19-20	LC - Betty McMillian, 12 Miramonte Rd., Walnut Creek, CA 94596
	19-20	LC - Dianne Brummel, 7123 Horner Av. #C, St. Louis, MO 63117
	26-27	SKWIM, Great Valley, NY 14741
	20-26	SKWIM Masters Development Program '82, Great Valley, NY 13731
	27	SC - James Wiebler, c/o WMSC, 4020 Holliday Dr., Laramie, WY 82070
	27	LC - Helena Machado, 5055 S. Chesterfield Rd. #401, Arlington, VA 22206
JUL	10-11	LC - Jim Garges, Municipal Building, Delaware, OH 43015
	10-11	LC - Nick Berenyi, 103 Wicker Ct., Charleston Hts., SC 29405
	16-18	LC - PMS Champ. - Nancy Ridout, P.O. Box 1117, Novato, CA 94948
	17	2 mi swim - Mike Stott, 3717 Titan Dr., Richmond, VA 23225
	17-18	LC - FAST Masters, P.O. Box 12507, University Station, Gainesville, FL 32604
	18	LC - Dr. Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45230
	18	1500 - DCM - David Diehl, 12511 Littleton St., Silver Spring, MD 20906
	23-25	LC - Concepts Co., Dick Guido, 8 Shell Dr., Glen Cove, NY 11542
	24	LC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	24-25	LC - John Ziegler, 2468 Ellis Ct., Snellville, GA 30278
	25	LC - DCM - Frank Miller, 2105 Virginia Ve., McLean, VA 22101
	31	LC - Curt Lasher, Box 2112, Redding, CA 96099
31-AUG	1	LC - NEM - J.K. Edwards, 2 Thayer St., Providence, RI 02906
AUG	6-8	LC - Region II - Don Anderson, 205 A Victor Pkwy., Annapolis, MD 21403
	8-14	SKWIM Masters Development Program '82, Great Valley, NY 14741
	12-15	NATIONAL MASTERS SPORTS FESTIVAL - The Penn Mutual Life Ins. Co., 530 Walnut St., Philadelphia, PA 19172
	14	Quarter Iron-Man Triathlon, Rick Alderfer, 126 Newport Dr., Oak Ridge, TN 37830
	15	LC - Vickie Good, 2168 Calder Place, Fairfield, CA 94533
	26-29	USMS NATIONAL LC CHAMP - Barbara Frid, Swim Cellar, 10230 SW Pky., Portland, OR
SEP	18-19	SC - Naples YMCA, Naples, FL
	19	SC - Barbara Gadke, 1186 East 337 St., Eastlake, OH 44094
OCT	2	SC - Betty McMillian, 12 Miramonte Rd., Walnut Creek, CA 94596
	16-17	SC - Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451
	23	SC - Chris Carriere, 410 Castro Court, Campbell, CA 95008
NOV	7	Pentathlon - Dot Werry, 2855 58th St., Sacramento, CA 95817
	13-14	GCM Fall Swim Meet - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
DEC	4	SC - Sally Peterson, Box 1880, Truckee, CA 95134
MINNESOTA	- Jun 12, Jul 10, Aug 14	- Roger Bosveld, 357 Snail Lake Rd. W., St. Paul, MN 55112
CORONADO	- Aug 1, Oct 17, Dec 5	- Alicia Horst, 24 The Point, Coronado, CA 92118
OREGON	- Jun 26-27, Jul 30-31, Aug 1	- Earl Walter, 3904 SW 57 Ave., Portland, OR 97221
KENTUCKY	- Aug 21-22, Oct 23-24	- Joanne Tingley, 2107 Eastview Ave., Louisville, KY

*****Send 2 copies of meet results to Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162*****