



## Countrywide – U.S.S.R.

The Soviet Union is the largest country in the world. It's territory stretches from cold arctic seas to the warm Black Sea; and the plains of Mongolia, from the Cappathiou Mountains; and the Baltic Sea to the Pacific Ocean. The total area of the Soviet Union is 22,400,000sq.km (1/6th of the World's surface).

There are 15 equal in right's sovereign soviet socialist republics in the Soviet Union. The Soviet Union is a multi national socialist state. It has united in its vast territory more than 100 nations and nationalities who formally were at different levels of historic development. Into this vast nation recently came the phenomenon we call Masters Swimming.

Following is an article by Igor Zaseda, President of USSR Masters. Igor was born in 1932 and was a participant in the 200m breaststroke final at the 1956 Melbourne Olympics. Igor is a journalist, and was the first journalist into Chernobyl after the disaster.

There has already been some exchanges between swimmers from Great Britain and Europe and the USSR, and the visitors are enthusiastic about the wonderful people they have met. They have two words of advice for visitors to the USSR – be prepared for the toilet facilities, and be prepared to exchange your t-shirt, track suit, swimsuit etc.

### USSR Association of Sport Swimming Veterans

We were born by perestroika because even a few years ago the appearance of such independent social organisation would be simply impossible.

USSR MS was born on 29th July 1989, in Kiev during the 1st USSR Championship for Veterans (Masters). The Charter was approved and one of its main provisions was the requirement "continue active training and take part in the competitions". Dozens and even hundreds of former "stars" of Soviet swimming – champions and record holders of the country, of Europe, of the World and of the Olympic Games made up the "golden fund" of the Association. However, it was not a closed organisation of former professional swimmers, but the union of people who love swimming. We acknowledged the rules and regulations adopted by MSI and began to carry out competitions for the same age categories which is, as we believe, the right principle of selection. We also develop and recommend principles of sanitation swimming.

USSR MS is the first organisation who HQ is located not in the capital of the USSR, but in the capital of the Ukrainian SSR, Kiev, a city with the population of 3 million and a history of 1,500

years. This ancient city situated on the third in its value river, Dnieper, is famous for the hospitality of its people, for wonderful climate, close to that in mid-Europe, for abundance of historic masterpieces and sport bases. But it was not all this that made our decision. Here, in Kiev appeared the idea of creating USSR MS whose founders became Igor Zaseda and Sergei Fesenko, Olympic champion of 1980. Kiev saw the creation of the first Soviet Club of Swimming "Masters".

Today, in the USSR there are 10 clubs uniting more than 400 active members. The clubs hold their competitions in 50m and 25m swimming pools. Besides, in many cities of the USSR and in the Republics (we have 15 of them) the clubs are being organised; we have also individual swimmers participating in the competitions. We cannot boast so far of a large number of our members, but 600-700 are active members organising all amateurs of swimming. Annual membership fee is 10 roubles. However, the basis of our financial independence create sponsors, including the largest in the USSR scientific-production association "Elex", Moscow, dealing with computers and software, co-operative "Sport symbolics", Kiev, Kiev Peace Committee and others. The State doesn't render us any financial support. The Association has a Presidium consisting of 17 members, but only two persons, the Secretary in charge and the deputy president receive salaries.

The 2nd USSR Open Championship for Veterans took place on 23rd-24th June, 1990, in Kiev. Among the participants there were 430 sportsmen including those from England, Austria, Sweden, Czechoslovakia, Israel, Norway. 97 national records, 5 records of Europe and one record of the world were set. The representative of MSI in Europe, Mr Viteslav Svozil from Czechoslovakia highly appraised the organisation of the Championship. All the sportsmen lived in a nice hotel, had three meals per day, were provided with transport and cultural program. The Association paid all the expenses.

Besides, the Second traditional Peace Swim Dnieper-90 (1 mile), dedicated to the 45th anniversary of termination of World War II was held. War veterans took part in it.

The Association expands its international contacts, but so far on a current-free basis, by way of equivalent exchange of delegations. Soviet swimmers from various clubs of Kiev, Moscow, Lipetsk, Kharkov, etc, took part in the Europe Championship of 1989 and in open championships of Sweden, Finland, Hungary, Czechoslovakia, Poland, Norway. We hope that publication of this article will help us to expand the circle of our acquaintances and our sport contacts. Using this occasion I'd like to inform you that next year we'll have the Third Open Championship of the USSR in Moscow (end of May-beginning of June) and also the Cup of Dnieper in Kiev at the end of June. We are ready to discuss the problem of receiving foreign participants.

We are also engaged in studying the problem of organising in Kiev the Europe-93 Open Championship.

1990 USMS NATIONAL TOP 10 RELAYS  
SHORT COURSE METERS

RELAYS: WOMEN 200 M. FREE	PNA	2:10.05	TYMS-A	2:22.33	OJAI	3:32.50	DAH	6:12.55	EMT	6:57.48	SAN DIEGO SWIM	12:44.99
*****	CLAIRE GORDON	34	MARLO KIPE	23	MITINE DUGUE	35	BETTY DUGAN	49	SYLVIA T. BRESNIK	50	GINI BURNS	39
*****	JULIE CORMAN	41	SUE LAMB	27	JAN K. RADIS	56	ROSITA D. NORRIS	47	DEBORAH A. LYON	39	BARBARA G DUNBAR	41
76 +	CAROL BROWN	36	LESLIE MANN	24	MALCHIA S. OLSHAN	59	LEE ANN BAILEY	36	TERRI M. KING	36	ADRIENNE PIPES	56
R:UNIV HOUSTON 88	JUNAITA CORREA	53	ALICE HORN	25	RUTH G. FARMHAM	60	MARY B. HORTON	47	BONNIE J. NOLAN	50	DIANA SILVA	68
PEGGY PLOUGH	MISSION BAY	2:13.91	100+	INLAND EMPIRE	4:16.94	MSM	7:15.35	DAH	7:06.62	INLAND EMPIRE	18:09.16	
STACY JONES	SHELLY C-SELLAWI	27	R:SAN DIEGO 86	MARGARET TORNEY	60	CECILY C. MCNEIL	45	BETTY DUGAN	49	MARGARET TORNEY	60	
JANE HALLENBECK	B. EDELMATER	44	CATHY NEVILLE	MAUREEN SCHNAHL	68	BARBARA THOMPSON	44	LEE ANN BAILEY	36	MAUREEN SCHNAHL	68	
SANDY JOHNSON	FLORENCE CARR	65	DANN CARLSON	ANN APP	40	CHRISTINE BIBY	43	MARY B. HORTON	47	ANN APP	40	
NO RELAY TEAMS	JAMIE MERRINGTON	24	BARBARA DUNBAR	ELIN ZANDER	35	KAREN FRONGELLO	40	GAYLE BONDURANT	43	ELIN ZANDER	35	
100+	PNA	2:14.40	DIANA EVANS	240+	200+	200+	200+	200+	240+	240+	240+	
R:SANMILL 89	TERRI HIGHLAND	43	DIANA EVANS	R:SAN DIEGO 90	R:SAN DIEGO 90	R:SAN DIEGO 90	R:SAN DIEGO 90	R:SAN DIEGO 90	R:SAN DIEGO 90	R:SAN DIEGO 90	R:SAN DIEGO 90	
JEANNE GRIEN	LAURA HAWLEY	32	OHIO MASTERS	BOBBI TURCOTTE	ADRIENNE PIPES	SUSAN RITTENHOUSE	SUSAN RITTENHOUSE	SUSAN RITTENHOUSE	SUSAN RITTENHOUSE	SUSAN RITTENHOUSE	SUSAN RITTENHOUSE	
ROBIN KALMAN	JOY ROSS	56	JUDI NORTON	ALICIA COLEMAN	LAURA MELDRUM	ADRIENNE PIPES	ADRIENNE PIPES	ADRIENNE PIPES	ADRIENNE PIPES	ADRIENNE PIPES	ADRIENNE PIPES	
ANNE O'KEEFE	BETH BRENNER	36	PATRICIA BONDITCH	BARBARA DUNBAR	SUSAN RITTENHOUSE	BARBARA DUNBAR	BARBARA DUNBAR	BARBARA DUNBAR	BARBARA DUNBAR	BARBARA DUNBAR	BARBARA DUNBAR	
MAUREEN CANTWELL	PNA	2:13.50	JANE MOLINA	VIOLA THOMPSON	JANET LANOTT	JANET LANOTT	JANET LANOTT	JANET LANOTT	JANET LANOTT	JANET LANOTT	JANET LANOTT	
BERKELEY AQ C M	PINKY WALKER	47	JENNIFER UEBELE	SDSM	SDSM	SDSM	SDSM	SDSM	SDSM	SDSM	SDSM	
BETH HINSHAW	DORA COFFELY	35	AGT-A	BOBBI TURCOTTE	ADRIENNE S. PIPES	ADRIENNE S. PIPES	ADRIENNE S. PIPES	ADRIENNE S. PIPES	ADRIENNE S. PIPES	ADRIENNE S. PIPES	ADRIENNE S. PIPES	
KATHY LYNCH	D. DRABOVICH	36	KIM DAVIS	ALICIA COLEMAN	LAURA MELDRUM	LAURA MELDRUM	LAURA MELDRUM	LAURA MELDRUM	LAURA MELDRUM	LAURA MELDRUM	LAURA MELDRUM	
JANE MOORE	V. ANDERSON	25	STEPHANIE CHILDS	BARBARA G. DUNBAR	SUSAN RITTENHOUSE	SUSAN RITTENHOUSE	SUSAN RITTENHOUSE	SUSAN RITTENHOUSE	SUSAN RITTENHOUSE	SUSAN RITTENHOUSE	SUSAN RITTENHOUSE	
KATHLEEN CLARK	EMT	2:14.12	REBECCA PYLE	VIOLA THOMPSON	JANET H. LANOTT	JANET H. LANOTT	JANET H. LANOTT	JANET H. LANOTT	JANET H. LANOTT	JANET H. LANOTT	JANET H. LANOTT	
OHIO MASTERS	TERRI M. KING	36	CHRISTA DIECKMANN	SPACE COAST	AUST-A	AUST-A	AUST-A	AUST-A	AUST-A	AUST-A	AUST-A	
JUDI NORTON	BONNIE J. NOLAN	50	TRIAID MASTERS	BUNNY CEDERLUND	KAREN ENOS	KAREN ENOS	KAREN ENOS	KAREN ENOS	KAREN ENOS	KAREN ENOS	KAREN ENOS	
PATRICIA BONDITCH	SYLVIA T. BRESNIK	50	KAREN BUNCH	JEAN BEERS	MOLLY DOUGHERTY	MOLLY DOUGHERTY	MOLLY DOUGHERTY	MOLLY DOUGHERTY	MOLLY DOUGHERTY	MOLLY DOUGHERTY	MOLLY DOUGHERTY	
JENNIFER UEBELE	DEBORAH A. LYON	39	JILL STEPHENSON	ANGIE SINACORE	IRENE SANDAHL	IRENE SANDAHL	IRENE SANDAHL	IRENE SANDAHL	IRENE SANDAHL	IRENE SANDAHL	IRENE SANDAHL	
JANE MOLINA	MSM	2:15.05	JENNIFER WYNN	SUE WOSAGHEY	LILLIE THOMPSON	LILLIE THOMPSON	LILLIE THOMPSON	LILLIE THOMPSON	LILLIE THOMPSON	LILLIE THOMPSON	LILLIE THOMPSON	
AGT-A	CHRISTINE BIBY	43	KANDEE SPAIN	SDSC	HEARTLAND S A M	HEARTLAND S A M	HEARTLAND S A M	HEARTLAND S A M	HEARTLAND S A M	HEARTLAND S A M	HEARTLAND S A M	
KIM DAVIS	CECILY C. MCNEIL	45	MASTERS OF BRAZ	GAY C. COLLINS	DOROTHY WARD	DOROTHY WARD	DOROTHY WARD	DOROTHY WARD	DOROTHY WARD	DOROTHY WARD	DOROTHY WARD	
STEPHANIE CHILDS	KAREN FRONGELLO	40	BONNIE COFFMAN	GRACE ALTUS	JUDY TILARO	JUDY TILARO	JUDY TILARO	JUDY TILARO	JUDY TILARO	JUDY TILARO	JUDY TILARO	
JENNIFER THOMPSON	A BERKSTRESSER	34	KIMBERLY WELLS	SHIRLEY ERICKSON	CADOL SING	CADOL SING	CADOL SING	CADOL SING	CADOL SING	CADOL SING	CADOL SING	
CHRISTA DIECKMANN	200+	2:12.04	C. SZABUNIEWICZ	RUTH H. BAAR	SHERYL DACSO	SHERYL DACSO	SHERYL DACSO	SHERYL DACSO	SHERYL DACSO	SHERYL DACSO	SHERYL DACSO	
TRIAID MASTERS	R:SANMILL 89	2:11.64	STEPHANIE WELLS	PNA	4:14.84	4:14.84	4:14.84	4:14.84	4:14.84	4:14.84	4:14.84	
JENNIFER WYNN	ANGELA KONIG	23	120+	MAXINE CARLSON	70	70	70	70	70	70	70	
JILL STEPHENSON	LAVERNE ADAMS	27	R:ST LOUIS 89	MARYAN BURKE	64	64	64	64	64	64	64	
KAREN BUNCH	SHERY RADENMAKER	33	CATHERINE KORN	CAROLYN BALDWIN	55	55	55	55	55	55	55	
KANDEE SPAIN	NANCY RIDOUT	27	JEANNE HANISCH	LEE HOLM	75	75	75	75	75	75	75	
120+	SDSM	2:23.31	SUSAN RICHMOND	BOLT	4:35.21	4:35.21	4:35.21	4:35.21	4:35.21	4:35.21	4:35.21	
R:ST LOUIS 89	JANET H. LANOTT	55	LESLIE COOPER	BARBARA BOWER	52	52	52	52	52	52	52	
SUSAN RICHMOND	ADRIENNE S. PIPES	56	HEARTLAND S A M	BETTY RUSSO	59	59	59	59	59	59	59	
CATHERINE KOHN	SUSAN RITTENHOUSE	53	KATHY CONNELL	ROSEMARY KARIKER	71	71	71	71	71	71	71	
LESLIE COOPER	BARBARA G. DUNBAR	41	A. BERKSTRESSER	JOYCE CONSTANCE	58	58	58	58	58	58	58	
JEANNE HANISCH	INLAND EMPIRE	2:27.57	DIANE MENDOZA	280+	280+	280+	280+	280+	280+	280+	280+	
NOVA	CAROLYN KENT	45	LISA BASYE	R:WALNUT CREEK 89	3:45.54	3:45.54	3:45.54	3:45.54	3:45.54	3:45.54	3:45.54	
JANIS M. WIKANDER	DONNA MESSENGER	48	INLAND EMPIRE	JEAN DURSTON	SALLY JOY	SALLY JOY	SALLY JOY	SALLY JOY	SALLY JOY	SALLY JOY	SALLY JOY	
MARY A. HAMILTON	EVELYN HAYES	68	WHITNEY PARSON	MARGARET HAIR	35	35	35	35	35	35	35	
SHERI F. HORNITZ	AURORA HOLLAND	72	MARGARET HAIR	CAROLYN KENT	45	45	45	45	45	45	45	
VALERIE HADOPLAN	BOLT	3:55.45	MAIDY KRESS	JAE HOWELL	MARY JANE REEVES	MARY JANE REEVES	MARY JANE REEVES	MARY JANE REEVES	MARY JANE REEVES	MARY JANE REEVES	MARY JANE REEVES	
NOVA	ROSEMARY KARIKER	71	SYLVANIA	HOLMES LUMBER J	4:31.22	4:31.22	4:31.22	4:31.22	4:31.22	4:31.22	4:31.22	
LYNN V. KUBASEK	BETTY RUSSO	59	NITA EICHSTAEDT	MARJORIE NEWMAN	67	67	67	67	67	67	67	
SHARON SALAS	JOYCE CONSTANCE	58	SUE GEORGETTI	GERTRUD ZINT	73	73	73	73	73	73	73	
LIBBY ROBERTS	KATHY VANNIE	44	MARY ZAWORSKI	RACHEL ERWIN	70	70	70	70	70	70	70	
DEBORAH L. JOB	240+	2:48.58	MILLIE HUFF	MILLIE HUFF	75	75	75	75	75	75	75	
BOLT	R:SANITA BARBARA 90	2:48.58	MAC MASTERS	RELAYS: WOMEN 400 M. FREE	*****	*****	*****	*****	*****	*****	*****	
VICKI BUCCINO	SHIRLEY ERICKSON	67	LORLAINE WATT	76 +	R:LONGHORN 90	4:45.47	4:45.47	4:45.47	4:45.47	4:45.47	4:45.47	
B. BREISACHER	GRACE ALTUS	66	ELVIE ASLESON	LESLIE MANN	ALICE HORN	ALICE HORN	ALICE HORN	ALICE HORN	ALICE HORN	ALICE HORN	ALICE HORN	
SHARON KELLER	RUTH BAAR	31	LINDA SPITZ	SUE LAMB	SUE LAMB	SUE LAMB	SUE LAMB	SUE LAMB	SUE LAMB	SUE LAMB	SUE LAMB	
MARY BETH CORONA	GAY COLLINS	31	TERESA MCVEA	MARLO KIPE	23	23	23	23	23	23	23	
TRIAID MASTERS	SDSC	2:48.58	160+	TYMS-A	4:45.47	4:45.47	4:45.47	4:45.47	4:45.47	4:45.47	4:45.47	
LISA LAMBERT	SHIRLEY ERICKSON	67	R:D. C. MASTERS 89	LESLIE MANN	24	24	24	24	24	24	24	
PEGGY WYNN	GRACE ALTUS	66	SUSAN SKIFF	ALICE HORN	25	25	25	25	25	25	25	
MARY DOMLEN	RUTH H. BAAR	67	JOANN LEILICH	SUE LAMB	27	27	27	27	27	27	27	
MARY BOLSTAD	GAY C. COLLINS	60	JAYNE BRUNER	MARLO KIPE	23	23	23	23	23	23	23	
LYVAL AQUATIC	SDSM	3:07.11	JACKI HIRSTY	TYMS-A	2:42.16	2:42.16	2:42.16	2:42.16	2:42.16	2:42.16	2:42.16	
JOVANN MCCRANELS	VIOLA THOMPSON	72	CAROL FITZSIMMONS	GAROL FITZSIMMONS	36	36	36	36	36	36	36	
JANET HATFIELD	BOBBI TURCOTTE	63	M. MARCANTONIO	JAMIE STEWART	42	42	42	42	42	42	42	
M. KATE FERGLISON	ALICIA COLEMAN	65	GAYANNE DE VRY	GAVANNE DE VRY	44	44	44	44	44	44	44	
GLORIA NEMET	DIANA SILVA	68	INLAND EMPIRE	INLAND EMPIRE	3:12.71	3:12.71	3:12.71	3:12.71	3:12.71	3:12.71	3:12.71	
NO VALLEY	SPACE COAST	3:16.94	SUSAN PURDY	SUSAN PURDY	35	35	35	35	35	35	35	
SANDY DRIMMEL	JEAN BEERS	68	SANDY MCCOY	KELLY BURKE	47	47	47	47	47	47	47	
LAURA CALMELL	SUE WOSAGHEY	68	MAIDY KRESS	NO RELAY TEAMS	*****	*****	*****	*****	*****	*****	*****	
CINDY VANGANT	ANGIE SINACORE	60	NOVA	RELAYS: WOMEN 200 M. MEDLEY	*****	*****	*****	*****	*****	*****	*****	
CYNTHIA BAKER	BUNNY CEDERLUND	68	200+	*****	*****	*****	*****	*****	*****	*****	*****	
TULSA	PNA	3:55.78	R:ST. LOUIS 87	DIANA SILVA	68	68	68	68	68	68	68	
LYNNE TERRELL	MAXINE CARLSON	70	R:ST. LOUIS 87	ADRIENNE S. PIPES	56	56	56	56	56	56	56	
LESLIE HENSHAW	MARYAN BURKE	64	R:ESCONDIDO 90	SUSAN RITTENHOUSE	53	53	53	53	53	53	53	
BARBARA FLANNAGAN	MARYAN BURKE	64	ELLEN HILL	JANET H. LANOTT	55	55	55	55	55	55	55	
CINDY DENARCO	CAROLYN BALDWIN	55	JAMIE STEWART	ELAINE BROWNHICH	57	57	57	57	57	57	57	
OREBON	LEE HOLM	35	THMS-A	JAYNE LAMBKE	47	47	47	47	47	47	47	
L. HOLLINGSWORTH	280+	3:16.06	R:WALNUT CREEK 89	SANDY STEER	51	51	51	51	51	51	51	
GAIL KIMBERLING	R:WALNUT CREEK 89	3:16.06	JULLIE CORMAN	MARY BOAZ	51	51	51	51	51	51	51	
LISSA PARKER	SALLY JOY	39	BETH BRENNER	ST. PETE	2:59.92	2:59.92	2:59.92	2:59.92	2:59.92	2:59.92	2:59.92	
KRISTEN MELTON	JEAN DURSTON	36	STEFANI FERSCHE	ELAINE BROWNHICH	57	57	57	57	57	57	57	
INLAND EMPIRE	SHERY RIDOUT	36	CAROL BROWN	JAYNE LAMBKE	47	47	47	47	47	47	47	
SHERRY MILLER	JAE HOWELL	39	NOVA	SANDY STEER	51	51	51	51	51	51	51	
MAIDY KRESS	NO RELAY TEAMS	*****	RELAYS: WOMEN 200 M. FREE	*****	*****	*****	*****	*****	*****	*****	*****	
WHITNEY PARSON	*****	*****	R:PACIFIC NW 90	*****	*****	*****	*****	*****	*****	*****	*****	
MARGARET HAIR	*****	*****	JULIE CORMAN	*****	*****	*****	*****	*****	*****	*****	*****	
HEARTLAND S A M	*****	*****	BETH BRENNER	*****	*****	*****	*****	*****	*****	*****	*****	
A. BERKSTRESSER	*****	*****	STEFANI FERSCHE	*****	*****	*****	*****	*****	*****	*****	*****	
KAREN FRONGELLO	*****	*****	CAROL BROWN	*****	*****	*****	*****	*****	*****	*****	*****	
LISA BASYE	*****	*****	NOVA	*****	*****	*****	*****	*****	*****	*****	*****	
KATHY CONNELL	*****	*****	RELAYS: WOMEN 200 M. FREE	*****	*****	*****	*****	*****	*****	*****	*****	
160+	*****	*****	NOVA	*****	*****	*****	*****	*****	*****	*****	*****	
R:DC MASTERS 89	*****	*****	RELAYS: M E N 200 M. FREE	*****	*****	*****	*****	*****	*****	*****	*****	
SUSAN SKIFF	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	
BARBARA ZARENSKI	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	
JAYNE BRUNER	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	
JACKI HIRSTY	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	*****	

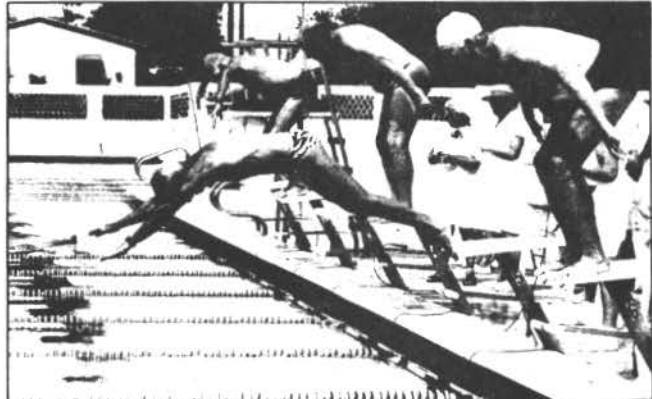
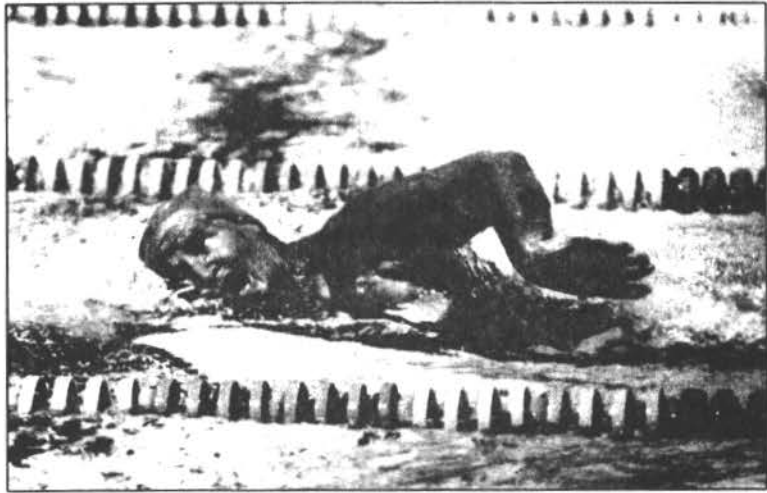
MICHIGAN	1:48.54	JOHN RICHARDS	DC AQUATICS	2:04.19	SCOTT THOMPSON	40	280+	HEARTLAND S A M	4:29.35	200+	R:CONNECTICUT	90	5:13.06
BRENT SWEITZER	37	DICK THOMAS	GERALD FISSETTE	34	FRANK HAMILTON	51	R:OREGON	DOUGLAS SELBY	44	R:CONNECTICUT	90	5:13.06	
KURT GERHARDT	40	INDIAN RIVER	JOSE CUNNINGHAM	33	BRISTOL Y	2:20.32	EARL WALTER	RON CATTON	45	ARNIE GREEN			
WILLIAM REID	40	JEFF HEIMBACK	TIMOTHY MCCORMICK	24	ANDY STILL	52	FORBES MACK	RON WILLIAMS	51	BOB KANE			
ROBERT LYONS	37	ROBERT STOLP	JOSEPH SCHEPER	27	DIRK CRAWDELL	32	ANDREW HOLDEN	LARRY HELLAND	40	MIKE LAUX			
MIYAJI	1:49.91	GIL SPEAR	CRAM	2:04.45	CHARLIE HENSLEE	43	GERALD HUESTIS			WAYNE SHADBOLT			
RICK LAUDON	32	SCOTT MCILLLEN	DEAN PRZYMUS	30	BRIAN LEADCOX	36	OREGON	2:36.92	200+	CONNECTICUT		5:13.06	
CHRIS PRATOR	30	SDSM	MICHAEL MASON	28	PNA	2:20.95	EARL WALTER	R:CONNECTICUT	89	4:42.19	ARNIE GREEN	58	
ROBERT HUGHES	37	KENNETH KIMBALL	SCOTT BABALAIS	32	MIKE HOKINLAY	46	FORBES MACK	ARNOLD GREEN	72	BOB KANE	33		
WILLIAM PHILLIPS	28	WILLIAM PHILLIPS	JOEY LEE	22	JACK AKAMINE	57	ANDREW HOLDEN	PETER CRUMBINE	71	MIKE LAUX	49		
DAVID HINYUP	27	BILL EARLEY	INLAND EMPIRE	2:23.08	CHRIS REESE	39	GERALD HUESTIS	WAYNE SHADBOLT	70	WAYNE SHADBOLT	66		
DC AQUATICS	1:51.81	WILLIE WACHOB	MICHAEL LITTLE	34	JEFF GROSS	38	COLONIALS 1776	LOU FABRIZIO	2:41.00	SDSM		5:13.91	
JOSEPH SCHEPER	27	SDSM	STEVE HINES	28	OXY	2:21.91	ROGER FRANKS	SDSM	5:10.18	BILL EARLEY	54		
DAVID CORAY	27	LLOYD SKRAMSTAD	RICHARD BRESHEARS	23	JOHN R. ERIKSON	39	NORM GARSDE	KENNETH KIMBALL	60	PETER RIDGLE	52		
JOSE CUNNINGHAM	33	GORDON H. GILLIN	GORDON H. GILLIN	19	GARY H. IZUMI	40	CAL SCHAEFFER	GORDON H. GILLIN	60	JEFFREY KRONGAARD	36		
GERALD FISSETTE	34	DAVID W. LANDOTT	DC AQUATICS	2:27.89	RICHARD G. OLSON	45	FRANK BELLAIRE	WILLIAM PHILLIPS	62	WILLIAM PHILLIPS	62		
MICO	1:55.34	JEFFREY KRONGAARD	JAMES LAFFEY	26	REID RIMMENSBERGER	43	HOLMES LUMBER J	BILL EARLEY	54	SDSM		6:05.21	
ROBERT J. YOUNG	33	R:SAN DIEGO	ALLEN STAFFORD	29	OJAI	2:22.72	FRANK TILLOTSON	R:5 CALIF AQ	89	4:51.11	LLOYD SKRAMSTAD	56	
JON F. BAUER	38	ANDREW HOLDEN	JEFFREY MASON	35	RICHARD PACKARD	38	BILL UHRICH	240+		DAVID W. LANDOTT	55		
LUIS R. SALAZAR	23	FRED WAGSWORTH	JEFFREY BUSH	26	STEVEN C. BUTTER	38	HARWELL ROSELEY	R:5 CALIF AQ	89	4:51.11	GORDON H. GILLIN	60	
MARK W. SPRATT	35	GORDON H. GILLIN	120+		ROBERT W. SMITH	47	W J CAMPBELL	DON WILSON	68	BOB HERRICK			
PNA	1:56.68	WILLIAM PHILLIPS	R:GOMP	89	JAMES E. BARRETT	42	LEB	BOB HERRICK	3:13.40	GEORGE BRINTON			
GEORGE UNRUH	31	BRIAN GOODSELL	BRIAN GOODSELL	46	JIM DRAGON	46	ED S. ALLEN JR.	GEORGE BRINTON	75	RICHARD ROUSE			
ROB WALLACE	31	SCOTT BECKER	SCOTT BECKER	33	MIKE OLESAK	45	MOODY BOMERSOCK	RICHARD ROUSE	77	NO RELAY TEAMS			
MIKE KRATTLI	39	JAY HEKSEY	JAY HEKSEY	36	TIM EBERSOLE	36	WILLIAM DENASTUS	NO RELAY TEAMS	65				
BOB BUSH	35	LYLE WALLI	LYLE WALLI	42	RICH WALLACE	42	MISSION BAY	4:19.48	280+	R:SAN MATED	90	6:38.01	
FT LAUDERDALE	1:56.82	ELMER FROST	AFAM	2:04.38	ES	2:24.07	ABC SOKOL	R:SAN MATED	90	6:38.01	FRED TAITOLI		
RICHARD SHANNICK	24	BOB WIESAND	PETER J. DOUGLASS	26	JOHNNY BONCK	40	RALPH ROGERS	FRED TAITOLI	67	JOE KAUFMAN			
FRED MAYER	34	RICHARD DANIEL	ROBERT B. CANINO	30	MICHAEL OFFNER	46	GEORGE HUBBEL	JOE KAUFMAN	71	ROBERT SCHLITZ			
FRANK MUSICO	47	N HERRICK	ALAN W. ARATA	29	TIM MCCUNE	40	RICHARD KANE	RAY TAFT	79	NO RELAY TEAMS			
ORIG ROBERTS	40	NSM	PETE HULSMELD	39	VERNON COY	42	RELAYS: M E N 400 M. FREE	NO RELAY TEAMS					
BERKELEY AQ C M	1:56.82	ALFRED BETANCOURT	CHARLESTON MAST	2:05.01	200+		RELAYS: M E N 400 M. FREE	NO RELAY TEAMS					
ROB COPELAND	34	AUTLEY NEWTON	HUGH WILDER	43	R:LOS ALTOS	89	76 +	RELAYS: M E N 400 M. FREE					
MARK KUHN	36	H.HERLEIKSON	GARY EATON	33	DICK THOMAS	89	R:DAVIS	90	3:53.01	MIKE HURD			
DAVE SIDNOLFI	39	FRANK CASTJOHN	DAVID PARLER	34	THOMAS BOV	35	VINCENT LANE	76 +		ROBERT PROEBSTING			
LARRY VAN HORN	36	INLAND EMPIRE	JEFF LENZ	37	JOHN RICHARDS	38	SCOTT ERBA	DAN BURGER	3:53.01	OREGON	2:04.86		
NOVA	1:57.34	DICK LERSCH	DAVID PARLER	34	ROBERT SMITH	46	TOOD BAILY	GABI REVIVO	3:53.01	ROBERT SMITH	46		
ERIC W. MOORE	33	RALPH THAYER	JEFF LENZ	35	ALLEN STARK	41	DAM	FRED RAMSING	3:53.01	VINCENT K. LANE	20		
DONALD D. MURPHY	30	KAY DUCHON	MICHIGAN	2:05.27	BERT PETERSEN	51	DAM	VINCENT LANE	4:56.13	MICHAEL L. HEARD	22		
MICHAEL D. JOB	31	CURT GIFFORD	BRENT SWEITZER	37	HUGH RICHARDS	69	DAN M. BURGER	GABI A. REVIVO	25	SCOTT J. ERBA	21		
JEFF L. DYE	30	MISSION BAY	BARRON CLEMENS	38	HOLMES LUMBER J	2:23.20	GABI A. REVIVO	FRED J. RAMSING	21	TOOD R. BAILY	20		
160+		GEORGE HUBBEL	KURT GERHARDT	40	VIRGIL DANIELS	37	FRED J. RAMSING	VINCENT K. LANE	20	R:SPACE COAST	87	11:48.18	
R:ROCKY MT	89	RALPH ROGERS	ROGER LYONS	37	JAMES TAYLOR	57	DAM	NO RELAY TEAMS		DON RAY			
CHUCK WOLFF	52	BERNIE BERGMAN	BOB REIMERS	47	BURWELL JONES	58	DAM	RELAYS: M E N 800 M. FREE		SCOTT MAYNES			
BOB PATTEN	37	ABC SOKOL	CHRIS CASPER	19	ANDY SEARS	59	DAM	RELAYS: M E N 800 M. FREE		SCOTT BELMEYER			
ROBERT BALL	37	INLAND EMPIRE	TIM HALE	35	BILL EARLEY	54	DAN M. BURGER	76 +		SCOTT BELL			
RIC COOLEY	36	E. BREITENBACH	DEREK BEITZEL	23	LLOYD SKRAMSTAD	56	GABI A. REVIVO	R:SPACE COAST	87	11:48.18			
DHD MASTERS	1:49.91	SID ROSEN	INLAND EMPIRE	2:09.69	LLYD SKRAMSTAD	56	FRED J. RAMSING	DON RAY		SCOTT MAYNES			
RICHARD BAUSCHARD	46	BILL HESSENER	JOE TERHARR	34	GORDON H. GILLIN	60	VINCENT K. LANE	SCOTT BELMEYER		SCOTT BELL			
LOU HORWITZ	37	C. J. HAMILTON	CHASE COPELAND	35	KENNETH KIMBALL	60	MIKE LAUX	DENNIS LOHMEYER		NO RELAY TEAMS			
HARRY GREENFIELD	46	280+	SCOTT THOMPSON	39	ANDERS RASMUSSEN	27	MIKE LAUX	NO RELAY TEAMS					
PAT SAVAGE	39	R:OREGON	JOHN KAFENTZIS	36	MARK STORER	44	JIM LAUGHLIN	RELAYS: M E N 800 M. FREE					
NOVA	2:00.07	EARL WALTER	PNA	2:12.73	ANDERS RASMUSSEN	27	TOMAS-A	RELAYS: M E N 800 M. FREE					
A. DUFFIE FRYLING	52	FORBES MACK	MIKE KRATTLI	39	SCOTT ERBA	46	CARL DUFFY	76 +					
PATRICK L. SCHLUP	50	GERALD HUESTIS	GEORGE UNRUH	39	TOOD R. BAILY	20	MICHAEL GIRONO	DAM	4:56.13				
TIM L. ALGIER	37	ANDREW HOLDEN	BOB BUSH	35	MARK STORER	28	MARK STORER	DAN M. BURGER	25				
ERIC J. CARLSON	23	OREGON	ROB WALLACE	31	ANDERS RASMUSSEN	27	PAUL A. SCHROEDER	GABI A. REVIVO	21				
JERSEY MAST S T	2:02.09	EARL WALTER	TRIAID MASTERS	2:13.22	ANDERS RASMUSSEN	27	PAUL A. SCHROEDER	FRED J. RAMSING	21				
RICH WALLACE	42	FORBES MACK	DONALD EVANS	28	MARK STORER	44	PAUL A. SCHROEDER	VINCENT K. LANE	20				
TIM EBERSOLE	36	GERALD HUESTIS	JIM WYNN	35	PETER J. DOUGLASS	26	PAUL A. SCHROEDER	NO RELAY TEAMS					
MIKE OLESAK	45	ANDREW HOLDEN	MARUUS ENZ	33	ROBERT B. CANINO	30	PAUL A. SCHROEDER	NO RELAY TEAMS					
JIM DRAGON	46	LEB	MICHAEL WYNN	26	DAVE A. LAZERSON	27	PAUL A. SCHROEDER	NO RELAY TEAMS					
OJAI	2:02.89	ED S. ALLEN JR.	MVN	2:14.59	JOHN L. MCCORMICK	33	SHAWN O'GORMAN	NO RELAY TEAMS					
ALAN R. TEMPLEMAN	48	ERNEST VAN HORN	HUGH N. BATTEN	44	J. GOSPODNETICH	45	JEFF KRONGAARD	NO RELAY TEAMS					
STEVEN C. BUTTER	38	MOODY BOMERSOCK	GREG MONTGOMERY	77	ED BREITENBACH	49	MARK MONTGOMERY	NO RELAY TEAMS					
SAH SMALL	37	EMILE W. ACHEE	MICHAEL KETCHUM	31	INDIAN RIVER	2:41.44	JIM OMEN	NO RELAY TEAMS					
JAMES E. BARRETT	42	RELAYS: M E N 200 M. MEDLEY	MATTHEW ALVERSON	33	SCOTT MCILLLEN	37	SHAWN O'GORMAN	NO RELAY TEAMS					
HSAM	2:04.68	RELAYS: M E N 200 M. MEDLEY	DC AQUATICS	2:16.42	GIL SPEAR	76	JEFFREY KRONGAARD	NO RELAY TEAMS					
TERRY A. THOMPSON	44	76 +	DREW FITZHARRIS	30	JEFF HEIMBACK	24	MARK MONTGOMERY	NO RELAY TEAMS					
DOUGLAS SELBY	45	R:PACIFIC NW	JACK HARVEY	37	ROBERT STOLP	71	JIM OMEN	NO RELAY TEAMS					
DAVID SZUCH	47	90	DAVID CORAY	27	NSM	3:04.79	JIM OMEN	NO RELAY TEAMS					
DAVID L. BUTLER	43	FRANK WARNER	KEN BEIER	40	H.HERLEIKSON	67	JIM OMEN	NO RELAY TEAMS					
PNA	2:05.15	GREG HARRISON	MIKO	2:17.49	FRANK CASTJOHN	51	JIM OMEN	NO RELAY TEAMS					
JEFF GROSS	38	STEVE FREEBORN	LUIS R. SALAZAR	23	JOHN FELDER	50	JIM OMEN	NO RELAY TEAMS					
CHRIS REESE	39	STEVE SCHMIDT	JON F. BAUER	38	ALFRED BETANCOURT	69	JIM OMEN	NO RELAY TEAMS					
JACK AKAMINE	57	PNA	MARK W. SPRATT	35	240+		JIM OMEN	NO RELAY TEAMS					
MIKE HOKINLAY	46	FRANK WARNER	ROBERT J. YOUNG	33	R:GREATER INDIANAP	2:21.09	JIM OMEN	NO RELAY TEAMS					
ES	2:07.86	GREG HARRISON	LEE MENCH	38	JOHN DILLEY	40	JIM OMEN	NO RELAY TEAMS					
MICHAEL OFFNER	46	STEVE FREEBORN	STEVE SOLOMON	34	DOUGLAS SCOTT	76	JIM OMEN	NO RELAY TEAMS					
VERNON COY	42	STEVE SCHMIDT	DOUGLAS SELBY	45	PAUL A. SCHROEDER	28	JIM OMEN	NO RELAY TEAMS					
JOHNNY BONCK	40	MIYAJI	JERRY O'MARA	43	PAUL A. SCHROEDER	28	JIM OMEN	NO RELAY TEAMS					
TIM MCCUNE	40	LEON HEBERT	WILL DOUGLAS	26	MEL BOLDSTEIN	44	JIM OMEN	NO RELAY TEAMS					
BOLT	2:08.82	C. POWERS	JERALD DUNLAP	22	DIX MEBBER	73	JIM OMEN	NO RELAY TEAMS					
AL ALEXANDER	37	ROBERT CAMBIAS	HSAM	2:07.91	DEXTER WOODFORD	76	JIM OMEN	NO RELAY TEAMS					
BOB REIMERS	52	MICHAEL BRADY	LEE MENCH	38	PAUL KRUP	73	JIM OMEN	NO RELAY TEAMS					
JOHN CASPER	52	100+	STEVE SOLOMON	34	HARRY GREENFIELD	46	JIM OMEN	NO RELAY TEAMS					
CHARLES METZLER	28	R:ROSENBERG	DOUGLAS SELBY	45	DANIEL PER-LEE	47	JIM OMEN	NO RELAY TEAMS					
GEORGIA MASTERS	2:10.20	CLIFFORD SPENCER	JERRY O'MARA	43	BOLT	3:02.50	JIM OMEN	NO RELAY TEAMS					
BILL BLACK	35	JOSEPH GREENWELL	MIC MASTERS	2:10.84	ROBERT WIESAND	68	JIM OMEN	NO RELAY TEAMS					
BOB KOHMSCHER	43	JOHN ANDARY	MIKE HEINEN	35	MIKE OFFNER	76	JIM OMEN	NO RELAY TEAMS					
HERB MAULEY	68	MICHAEL DUSMALT	JOHN KORTHEUER	59	RICHARD DANIEL	64	JIM OMEN	NO RELAY TEAMS					
NONS	2:13.55	MVN	MILTON GEE	53	ELMER FROST	67	JIM OMEN	NO RELAY TEAMS					
N. BAECHEKOOT	37	RICHARD M. HAYDON	JEFF MELLER	30	WISCONSIN	3:15.80	JIM OMEN	NO RELAY TEAMS					
LAWRENCE THOMPSON	59	MICHAEL GILLESPIE	BOLT	2:12.27	RANDY KILTZNE	62	JIM OMEN	NO RELAY TEAMS					
THOMAS MOYER	42	JAMES M. DAVIDSON	JOHN CASPER	52	HENRY GRITZBACH	60	JIM OMEN	NO RELAY TEAMS					
DONALD KROEGER	46	PATRICK DUGGAN	AL ALEXANDER	37	JOHN BRUNN	60	JIM OMEN	NO RELAY TEAMS					
200+		BERKELEY AQ C M	DICK BOMER	60	HARLAN DRAKE	62	JIM OMEN	NO RELAY TEAMS					
R:LOS ALTOS	89	ETHAN CANCELL	TONY HILL	35	INLAND EMPIRE	3:24.95	JIM OMEN	NO RELAY TEAMS					
ROBERT PROEBSTING		RICH CALLAGHAN	INLAND EMPIRE	2:18.51	C. J. HAMILTON	77	JIM OMEN	NO RELAY TEAMS					
EDWARD CAZALET		DOUG SMITH	JERRY SCHEIDNER	38	GARY HARN	55	JIM OMEN	NO RELAY TEAMS					



ROSE	9:46.70	120+		DIY	2:37.73	BOLT	4:24.23	DAVID BONNAVEL	29	BETTY BENNETT	76 +
GARY LANGENDOEN	45	R:TEXAS	89 1:46.60	PATTI L. PUTH	35	LOUISE OFFNER	72	GRACIELA FRAGA	27	WILLIAM MULLIKEN	R:SPACE COAST 87 5:03.81
STEPHEN L. SAYLOR	48	LESLIE OSBORNE		TOM KATER	59	ROSEMARY KARIKER	71	NOVA	2:19.37	IRENE DAVID	SCOTT MAYNES
BOB COALE	50	LARRY WOOD		S.K. LEONG	42	MIKE OFFNER	76	ERIC W. MOORE	33	PAUL HUTINGER	SUE WATSONER
PAUL F. LOFTHOUSE	43	GAIL HEAKING		JOANNE F. JUSTUS	46	ELMER FROST	67	JANIS M. WIKANDER	38	OREGON	BON RAY
NOPS	11:00.54	MEL NASH		MAC MASTERS	2:43.74			PIERRE DELISLE	27	ROBERT SMITH	2:15.87
TOM NOYER	42	NEW ENGLAND	1:58.92	CHUCK SPELL	24	320+		MARY A. HARTLTON	36	GINGER PIERSON	46
ROBERT SCHODDAN	41	PENNY NOYES		TERESA MOYEA	31	R:INDIAN RIVER	90 4:28.67	HSAN	2:20.43	BERT PETERSEN	43
DON KROEBER	46	KEVIN FISHER		LINDA SPITZ	42	ANNE WILDER		SUZANNE TOLMAN	29	PETEY SMITH	45
BEN STORER	34	HELEN CHERVITZ		WESTER BOONE	65	PETER JURCZYK		DIANE P. MENDOZA	29	NEW ENGLAND	2:38.03
INLAND EMPIRE	14:37.00	RON BOUCHER		200+		HARRY HOTINE		RANDALL EICHHOFF	25	ISABEL LYNDON	51
DAVID WEEKS	41	BERKELEY AQ C M	1:59.67	R:LINCOLN	89 1:57.25	MEREDITH SCANLON		DAVID L. BUTLER	43	BARR CLAYSON	55
MICHAEL LITTLE	34	BILL REICHL		PAUL HUTINGER		INDIAN RIVER	4:28.67	TRIAN MASTERS	2:22.00	SUSAN BLAKE	52
LYLE RAFFETY	55	JOAN PFINGRAFF		IRENE DAVID		ANNE WILDER	77	LISA LAMBERT	31	DON READ	56
PAGE FREDRIKSEN	61	LINDA BROWN		COLLEEN MALMEN		PETER JURCZYK	85	KANDEE SPAIN	27	MAC MASTERS	2:39.77
		MARTY PFINGRAFF		RAY PADOVANI		HARRY HOTINE	83	MARVUS ENZ	33	ELVIE ASLESON	38
200+		AQUATEX A	2:00.72	NEW ENGLAND	2:19.81	MEREDITH SCANLON	80	DON EVANS	33	JOHN KORTHEUER	59
R:SO. CALIF AM	87 10:48.48	TOMMY BIRRELL		DON READ	56	*****		LYTAL AQUATIC	2:22.42	SANDRA CATHEY	41
FRANK REYNOLDS		STEVE COLLIER		CHRISTA DIECKHANN	47	RELAYS: MIXED 200 M. MEDLEY		ALLEN DEMEUSE	42	VESTER BOONE	65
STEVEN SCHOFIELD		JOHN GROVES		CAROL JACOBSEN	24	*****		M.KATE FERGUSON	31	HSAN	2:56.59
BILL HEBERT		SUSAN BLAKE		TRIAN MASTERS	2:01.41	76 +		KEVIN OCONNOR	27	CAROL SING	49
ART WELCH		MARIAN COWLEY		KAREN BUNCH	33	R:IVERSIDE AQU	89 2:06.31	BLORIA NEMET	26	TERRY A. THOMPSON	44
SAN DIEGO SWIM	11:38.17	MISSION BAY	2:26.04	DONALD EVANS	28	DANIEL RUBANO		NEW ENGLAND	2:22.56	RONALD WILLIAMSON	52
GORDON GILLIN	59	ANITA ALLEN		WAYNE GARDNER	62	HEIDI PLATNER		JOHN NIXON	35	JUDY TILARO	55
DON BAKER	59	MARION GARDNER		FLORENCE CARR	65	MONICA WARD		RON BOUCHER	36	BOLT	3:23.20
LLOYD SKRANSTAD	56	CARL HOUSE		JOEY LEE	22	STEVEN BEHRENS		SUE TENDY	41	BETTY RUSSO	58
BILL EARLEY	53	HSAN	2:29.32	LEAH PACE	37	PNA	2:21.10	HELEN CHERVITZ	33	JOHN CASPER	52
INLAND EMPIRE	13:20.38	RONALD WILLIAMSON		LARRY R. SMITH	44	KAREN JOST	28	CORPUS CHRISTI	2:24.07	GEDGE GAYLE	51
GARRY HAN	54	JUDY TILARO		MICHAEL NASON	28	KATHRINE CASEY	41	CAROL LENHART	35	ELLEN HALL	39
ED BREITENBACH	49	CAROL SING		MIYAN	2:03.27	HUGH MOORE	35	RICK PRO	29	240+	
J. BOSPODNITCH	45	ANDY SEARS		HOWES LUMBER JA	2:31.76	BRIAN LANGLAIS	44	KATHLEEN MCNEILL	27	R:OHIO	89 2:41.87
DAVID DABOLL	53	RACHEL ERWIN		IRVING DANIELS	43	INLAND EMPIRE	2:30.53	MIKE POTTER	33	BETTY RUSS	
		NEW ENGLAND	2:32.51	JULIE GINDEN	28	MARGARET HAIR	34	MISCONSIN	2:24.30	PAUL KRUP	160+
240+		DAVID BONNAVEL		ANDY SEARS	59	STACI ELDER	23	CYNTHIA HALTRY	35	GLORIA BRITTON	
R:HOLMES	89 12:18.65	GRACIELA FRAGA		RACHEL ERWIN	71	STARC ELDER	23	KEN CANDEE	44	GEORGE RAFTER	
JACK BEATTIE		B. BREISACHER		NEW ENGLAND	2:32.51	DANN DARAKEY	19	K.VANVENHOVEN	31	NEW ENGLAND	2:47.33
LORING HOLMES		TIM HALE		JEAN MCENZIE	26	PNA	2:38.20	CLARENCE MOORE	40	CLARA WALKER	64
JIM TAYLOR		MISSION BAY	2:04.92	JIM BROWN	27	JEAN MCENZIE	26	DADS CLUB	2:25.69	MILTON BRIER	62
HARMELL MOSLEY		JIM MURPHY		SCOTT LEWIS	39	JIM BROWN	27	JEFF THIBODEAUX	33	WIN WILSON	63
NO RELAY TEAMS		B. EDELWATER		M. MCCLANNEY	32	SCOTT LEWIS	39	DANIELLE OGIER	37	BILLIE BURRILL	69
		MARY RUCKSTUHL		JEANINE OLSON	51	M. MCCLANNEY	32	CHARLIE CHILD	31	LAW ERIE	3:28.09
280+		CHRIS SIXES		UJAI	2:40.08	100+		CAROL THIBODEAUX	32	DARLENE FERGUSON	62
R:SPACE COAST	87 18:54.13	PNA	2:05.24	ROBERT D. MAY	56	R:ULTRA SWIM	89 2:04.29	DEXTER WOODFORD	76	BETTY RUSS	62
SUS SPORN		M. MCCLANNEY		MALDIA S. OLSHAN	59	C. HARTZELL		PAUL KRUP	73	PAUL KRUP	73
ERNIE OGLIVIE		NEW ENGLAND	2:40.87	JACK SPRACKLIN	60	DAVID BRIGGS		BETTY JANE RUSS	63	BOLT	3:44.53
WALTER CROSSLEY		NEW ENGLAND	2:40.87	RUTH S. FARNHAM	60	TOM YOUNGER		CLAIRE ROACH	62	MIKE OFFNER	76
RICHARD FLETCHER		NEW ENGLAND	2:40.87	NEW ENGLAND	2:40.87	DIANE GREEN		MIKE OFFNER	76	TONY HILL	35
NO RELAY TEAMS		DOUGLAS FLETCHER		DOUGLAS FLETCHER	57	FAIRFAX COUNTY	2:09.80	ROSEMARY KARIKER	71	SPACE COAST	3:52.21
*****		JEAN MCENZIE		KATHY DIXON	63	MARK LARON	29	PHIL WHITTEN	47	ERNEIE OGLIVIE	86
RELAYS: MIXED 200 M. FREE		STEVE SCHMIDT		LOUISE T. JOHNSON	72	ALISON FISCHER	24	DAN ROSACKI	43	ANIE SINACORE	60
*****		WISCONSIN	2:06.70	DENNIS SKUPINSKI	34	JEFFREY MAJOR	34	JACKI HIRSTY	38	AL ROGERSON	65
76 +		CYNTHIA HALTRY		BOLT	2:43.25	KATHY HOLLIDAY	26	OHIO MASTERS	2:17.71	RONNY CEDERLUND	68
R:METAIRIE	89 2:03.73	ARTHUR SANCHEZ		DICK BOMER	60	BERKELEY AQ C M	2:16.38	JOANNE BOWSER	36	INLAND EMPIRE	4:09.74
MICHAEL BRADY		COLLEEN SANDOE		BARBARA BOMER	52	LINDA BROWN	31	DANIEL PER-LEE	47	RUTH WILLIAMS	64
SHELLY DUBZIC		ROD SCHRAUFNAGEL		BETTY RUSSO	59	BETH HINSHAM	23	RICHARD BAUSCHARD	46	MARILYN SISCO	56
ANDREA MILNER				TOM LAWSON	52	TOM LAWSON	30	JUDI NORTON	33	WILLIAM BRESKO	62
LEON HEBERT				MARTY PFINGRAFF	35	MARTY PFINGRAFF	35	EMPIRE ST MAST	2:23.11	CLAUDE WILLIAMS	65
PNA	2:05.82			AQUATEX A	2:20.56	AFAM	2:20.57	BOB KOLOWONSKI	42	BOLT	4:20.69
KAREN JOST	28	R:GREATER INDIANAP	1:50.55	CAROL JACOBSEN	24	KELLY A. LAZERSON	29	ANN JOHNSON	54	JOYCE CONSTANCE	58
STEVE FREEBORN	34	BILL VICKERY		SHERIDAN JONES	63	DAVE A. LAZERSON	27	GEORGE CODY	33	BETTY RUSSO	59
HUGH MOORE	35	SHARON WISE		JENNIFER THOMPSON	32	KIMBERLY D. ARATA	30	SUZANNE RAGUE	40	RICHARD DANIEL	64
JANE MOORE	39	SALLY HASBROOK		TOMMY BIRRELL	28	JOHN L. MCCORMICK	33	NOA	2:29.68	ELMER FROST	67
		BILL WOOD		AFAM	2:20.57	WISCONSIN	2:23.24	Y. FRISCHWERTZ	73	INLAND EMPIRE	6:24.36
100+		NEW ENGLAND	1:51.52	KELLY A. LAZERSON	29	RENEE SEVERSON	25	S.MCINTYRE-WOODS	26	MARGARET TORNEY	60
R:ALASKA	89 1:47.91	DAN ROSACKI		DAVE A. LAZERSON	27	DOUG WINTER	29	ANDY GRENDER	28	FRANK TERSHAAR	66
L. HASSELQUIST		SUE TENDY		CHARLES METZLER	28	SCOTT PAULSEN	27	JON KUHLA	42	HAUREEN SCHMHL	69
BRUCE JONES		JACKI HIRSTY		240+		DONNA NESS	20	WISCONSIN	2:37.89	DAVID CONNELLY	79
JANE PARIS		HOMER LANE		R:SAN DIEGO	89 2:33.33	JOHNNY BONCK	40	EDITH JACOBSEN	43	290+	
TOM ROTH		CHARLESTON MAST	1:58.97	KEN KIMBALL		PATRICIA MULLER	26	ARTHUR SANCHEZ	46	R:CONN	87 3:19.26
AFAM	1:50.53	HUGH WILDER		ALICIA COLEMAN		GLEN HANSEN	25	RICHARD PITMAN	46	NANCY PHILLIPS	
ALAN M. ARATA	29	JUDY REEDER		ROBERTA TURCOTTE		LAURA BUSH	23	S. HASSELBADER	64	ROBERT CHAMBERLAIN	
ROBERT B. CANINO	30	PAT WILSON		WILLIAM PHILLIPS		CRAM	2:27.86	GEORGIA MASTERS	2:45.45	DOT DONNELLY	
KIMBERLY D. ARATA	30	ERNIE OGLIVIE		SPACE COAST	3:13.90	JOHNNY BONCK	40	LISA L. WATSON	36	GUS LANGNER	
JUDY HUFF	26	THOMAS FERREL		JEAN BEERS	68	PATRICIA MULLER	26	HERB MCALEY	68	LEM	3:36.47
HSAN	1:55.06	SUE MCGAUGHEY		ERNIE OGLIVIE	76	GLEN HANSEN	25	JOHN ZEIGLER	44	BRIAN WINSHIP	72
RANDALL EICHHOFF	25	AL ROGERSON		AL ROGERSON	65	LAURA BUSH	23	KAREN TORSHLE	40	ERNEST VAN HORN	74
CHARLES B. HARTJE	31			290+		JOHNNY BONCK	40	NO VALLEY	2:46.23	MAXINE O. MERLINO	78
VICKY M. DAVIDSON	26			R:CONNECTICUT	88 2:38.80	PATRICIA MULLER	26	CINDY VANGANT	33	MARLINE KORNFIELD	68
DIANE P. MENDOZA	29			JERRY JAFFROD		GLEN HANSEN	25	GREG CLEVELAND	37	BOLT	4:28.04
NEW ENGLAND	1:57.61			DOROTHY DONNELLY		LAURA BUSH	23	MIKE CALMELL	50	LOUISE OFFNER	72
ERIC MORSE	26			RUTH BILLARD		CRAM	2:27.86	HSAN	2:50.63	MIKE OFFNER	76
NIKI GASPERONI	21			GUS LANGNER		WANNETTE BRIDGES	34	RONALD E. CATTON	46	ROSEMARY KARIKER	71
LYNNE PEDERSEN	21			NEW ENGLAND	3:01.08	LEAH PACE	33	LARRY R. SMITH	44	ROBERT WIESAND	68
DAVE LANGMORTHY	24			CLARA WALKER	64	JOEY LEE	22	LISA M. BASTY	35	320+	
BOLT	2:00.23			LEONARD BRISCO	78	MICHAEL NASON	28	GAYL A. S. BROWN	40	R:INDIAN RIVER	90 5:21.37
TIM HALE	35			WILLIAM MCCARTHY	73	NAT CAPT YNCA	2:28.29	PNA	2:53.61	PETER JURCZYK	31
B. BREISACHER	32			JERSEY MAST S T	3:02.28	KAREN DRESSEN	22	LINDA MARIZ	41	HEREDITH SCANLON	40
MARY BETH CORONA	23			MAXWELL VOGT	85	CARLA SALISBURY	25	TERRI REICHDAT	31	ANNE WILDER	65
CHRIS CASPER	19			JULIA DOLCE	80	ADAM HUTCHINSON	27	IAN THOMPSON	40	HARRY HOTINE	2:57.85
JOHNSON CITY	2:09.03			EVA MULLER	77	JEFF CUSTER	29	ROY INGRAM	65	INDIAN RIVER	5:21.37
LEAH KENNEDY	24			HOLMES LUMBER J	3:13.11	WANNETTE BRIDGES	34	BOLT	2:57.85	PETER JURCZYK	85
LYNELLE ZETTLER	24			GERTRUD ZINT	73	LEAH PACE	33	BOB REINERS	47	HEREDITH SCANLON	80
TUNG DANG	24			FRANK TILLOTSON	75	JOEY LEE	22	ERNEST THOMAS	50	ANNE WILDER	77
JAMES KNOOP	23			MARJORIE NEWMAN	67	MICHAEL HIGGS	80	VICKI BUCCINO	44	HARRY HOTINE	83
NAT CAPT YNCA	2:09.19					MELINDA SCHMITT	40	LINDA BARONI	45	RELAYS: MIXED 400 M. FREE	
CARLA SALISBURY	25					BERKELEY AQ C M	2:11.87			*****	
KAREN DRESSEN	22					JOAN PFINGRAFF	36			76 +	
ADAM HUTCHINSON	27					JOHN PFINGRAFF	36			R:INLAND EMPIRE	87 5:26.32
JEFF CUSTER	29					DAVE SIDONOLFI	36			SUSAN WANDCOX	
ES	2:11.26					MARK KUHN	36			BON STORY	
GLEN HANSEN	25					KATHY LYNCH	25			LOUISE WALLS	
LAURA BUSH	23					BOLT	2:18.40			NO RELAY TEAMS	
PATRICIA MULLER	26					TIM HALE	35			100+	
TIM MCCLANE	40					B. BREISACHER	32			R:AIR FORCE AQU	90 4:46.01

AFM	4:48.01	160+	R:INDUSTRY HILLS 87	5:41.39	240+	R:SAN DIEGO	89	6:37.62	HSAM	9:50.85	160+	R:HEARTLAND	90	11:39.70	240+	R:LAKE ERIE	90	13:56.05
JUDY HUPP	26	LELAND ARTH			KEN KIRBALL				RANDALL EICKHOFF	25	DAVID SZUCH				DEXTER WOODFORD			
ROBERT B. DANINO	30	JERRY RICHARDS			ALICIA COLEMAN				STEVE GOLDMAN	34	MICHAEL PHILLIPS				PAUL KRUP			
KIMBERLY D. ARATA	30	JAMIE EGGLETON			ROBERTA TURCOTTE				SUZANNE TOLMAN	29	A. BERKSTRESSER				DARLENE FERGUSON			
JOHN L. MCCORMICK	33	JANET ROYER			DONALD BAKER				DIANE P. MENDOZA	29	LISA BASYE				BETTY RUSS			
HSAM	4:58.26	CRUZ		5:45.41	NO RELAY TEAMS				AFM	10:58.06	HSAM	11:39.70			LAKE ERIE		13:56.05	
SUZANNE TOLMAN	29	MARGERY MEYER		68	290+	R:CONNECTICUT	88	7:42.99	PETER J. DOUGLASS	26	DAVID SZUCH		47		DEXTER WOODFORD		76	
DIANE P. MENDOZA	29	S CHRISTENSEN		34	NANCY PHILLIPS				JUDY HUPP	26	MICHAEL PHILLIPS		48		PAUL KRUP		73	
RANDALL EICKHOFF	25	MARGUERITE MEYER		31	GUS LANGNER				KELLY A. LAZERSON	29	A BERKSTRESSER		34		DARLENE FERGUSON		62	
PATRICK A. BRUCE	32	JAMES E. DENING		31	ROGER CHAMBERLAIN				DAVE A. LAZERSON	27	LISA M. BASYE		35		BETTY JANE RUSS		63	
120+		HSAM		6:10.94	DOROTHY DONNELLY				INLAND EMPIRE	13:07.76	INLAND EMPIRE		12:36.75					
R:TEXAS SWIMMERS88	4:56.95	RONALD E. CATTON		46	NO RELAY TEAMS				SHERRY MILLER	36	H.CARLING-SMITH		40					
CATHY PHILLIPS		A BERKSTRESSER		34	RELAYS: MIXED 800 M. FREE				WHITNEY PARSON	24	FRANK HAMILTON		50					
RICH ENRIGHT		MICHAEL PHILLIPS		48	*****				RICHARD BRESHEARS	24	BOB HENAGER		40					
LARRY WOOD		LISA M. BASYE		35	RELAYS: MIXED 800 M. FREE				MICHAEL LITTLE	34	Laurie Nelson		35					
AMY HUBER		HSAM		6:36.78	*****						BOB HENAGER		40					
NOVA	5:37.84	CHRISTINE BIBY		43	76 +				120+		INLAND EMPIRE		13:18.60					
JANIS M. WIKANDER	38	DOUGLAS SELBY		45	R:INLAND EMPIRE	87	10:38.79		R:SAN DIEGO	89	CAROLYN KENT		45					
LYNN V. KUBASEK	32	DAVID L. BUTLER		43	MICHAEL YACINICH				JENNIFER CAINE		DONNA MESSENGER		48					
PIERRE DELISLE	27	KAREN FRONZELLO		40	LENA LINHARI				MARILYN FINK		GARY HARN		55					
TIM L. ALGIER	37	200+			LINDA FOISY				MICHAEL LYLE		ROGER BUERSTEIN		46					
NOVA	5:50.97	R:LINCOLN		89	ERIC RIDGWAY				JEFFERY MILTON		200+							
SARAJANE TUREX	22	BETTY BENNETT			NO RELAY TEAMS						R:SAN DIEGO		89	10:40.03				
JUDY S. BORCHARDT	33	WILLIAM MULLIKEN			100+				NOVA	10:55.75	WILLIAM EARLEY							
FREDERICK MILES	33	IRENE DAVID			R:SOUTH BAY WAVES89	9:19.97			ERIC M. MOORE	33	WILLIAM PHILLIPS							
ANTHONY MORRIS	52	PAUL HUTINGER			ROGER BARTELS				JANIS M. WIKANDER	38	BETSY JORDAN							
CAC	5:55.55	HSAM		6:55.07	ROBERT EBERLINE				LYNN V. KUBASEK	32	BARBARA DUNBAR							
MADLINE LYNN	34	CAROL SING		49	SUSAN STOKER				TIM L. ALGIER	37	HSAM		13:01.13					
NANCY STUMP	25	TERRY A. THOMPSON		44	ANN FINLEY				INLAND EMPIRE	12:06.39	RONALD E. CATTON		46					
E CARL DRAKE	39	RONALD WILLIAMSON		52					MARGARET HAIR	35	RONALD WILLIAMSON		52					
RANDY BETZ	39	JUDY TILARD		55					MALDY KRESS	39	CAROL SING		49					
									JOHN GAHLIN	39	JUDY TILARD		55					
									DAVID WEEKS	42								

## Senior swimmers



Top right: Ann Schebler of Boca Raton shows good form in the 100-yard freestyle event during Senior Olympics at Aqua Crest Pool Saturday, sponsored by the City of Delray Beach. June Krauser, the chairman of the U.S. Masters Swimming for Florida Gold Coast, was the winner in 1:23.42.  
 Right: Local swimmers start the men's 100-yard freestyle. Sherwin Drobner won in 1:05.78.  
 Above: Ralph Rogers of Boca Raton kicks and turns for his last lap in the 500-meter freestyle.  
 Staff photos by TED MASE

# STROKE AND TURN JUDGE

## ROLE

Stroke and turn judges must know the rules of U.S. Swimming and be able to apply them uniformly. They should observe swimmers to verify conformity with the rules and call disqualifications when the rules are broken. Stroke and turn judges ensure fair and equitable competition for all swimmers.

## RESPONSABILITIES

Although the rule book distinguishes stroke judges from turn judges, at most local meets these two positions are combined.

1. Stroke judge - ensures that the rules relating to the stroke are observed after the start.
2. Turn judge - ensures that the turn and finish rules for the stroke are observed.
3. Stroke and turn judge - before the meet begins, the referee determines each judge's respective area of stroke and turn responsibility and jurisdiction.

## POSITION

Usually, strokes are best judged from the side of the pool, as the judge walks abreast of, or slightly behind, the swimmers.

Turns and finishes are best judged from the ends of the pool, as the judge stands slightly to the side of the oncoming swimmer. Backstroke turns should be judged from a position directly over the lane.

## PROCEDURES

Stroke and turn judges should be protective of the swimmers who obey the rules. The intent is to ensure fairness. Swimmers are entitled to the benefit of the doubt. A rule is either broken or it is not. It does not matter if there was no advantage gained by the violation.

Stroke and turn judges should use the same procedures for all swimmers. When watching more than one swimmer, they should give equal attention to each one, judging each from the same relative position. This implies standardized enforcement of the rules, being in the correct position for each swimmer, giving the same attention to Heat 6 as to Heat 1, and so on. Swimmers have the right to have a disqualification explained so that they understand the rule violation.

## DISQUALIFICATION PROCEDURES

When a disqualification is observed, the judge should signal it by raising his hand. (Exception: Relay take-off judges as outlined in 102.16.7B). While continuing to observe the race, the judge should record the lane, event, heat and a brief description of the violation.

At the conclusion of the race, the disqualification slip should be given to the referee and an explanation of the violation should be given to the swimmer. The disqualification should be discussed with only the referee and the swimmer. All protests or questions should be directed to the referee.

The stroke and turn judge should not be afraid to overrule his original decision.

## GUIDELINES FOR JUDGING THE STROKES FREESTYLE

- The forward start shall be used.
- Any stroke may be used.
- Any part of the swimmer's body must touch the solid end of the pool or the touch pad at the turns and finish.
- If any stroke other than the "crawl" is used, it does not have to conform to the rules for that stroke. Any stroke or combination of strokes may be used.

## BACKSTROKE

- This event must be swum on the back.
- During the turn the shoulders may be turned over the vertical to the breast but the swimmer must have returned to a position on the back upon leaving the wall. When executing the turn there must be a touch of the wall with some part of the swimmer's body.

- The swimmer must be on his back until the finish touch. Any part of the swimmer's body may touch the solid end of the pool or the touch pad at the finish.

## BUTTERFLY

- The swimmer may use only one underwater pull at the start, then his arms must be recovered over the water. One or more kicks are allowed at the start.

- The arm pull must be simultaneous, with a non-alternating stroke, and the body must be kept on the breast with the shoulders horizontal.

- All up and down movement of the legs and feet must be simultaneous in the kick. The position of the legs and feet shall not alternate in relation to each other.

- At the turn or finish, the swimmer's hands must touch the wall simultaneously. The shoulder *may not* be dipped and the hands *must* touch simultaneously, but they may be at different levels.

## BREASTSTROKE

- During the first cycle after the start and each turn, the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged.

- The swimmer's body must be kept on the breast with both shoulders horizontal to the water. The swimmer's arms must move simultaneously. Some part of the swimmer's head must break the water surface during each cycle of the stroke, except for the initial cycle after the start and each turn.

- The swimmer's feet must move simultaneously in the kick and his toes must point out as the legs move backward.

- At each turn and at the finish, the swimmer's hands must touch simultaneously at, above, or below the water surface although they may be at different levels. After the turn, one kick and one arm pull completely back to the legs is allowed while the head is underwater. The head may be underwater after the last arm pull provided it breaks the surface of the water at some point during any of the last complete or incomplete stroke cycle preceding the touch.

## INDIVIDUAL MEDLEY

- The individual medley must occur in the following order: butterfly, backstroke, breaststroke and freestyle.

- Each stroke must conform to the rules for that stroke.

- The freestyle leg may not be the backstroke, the butterfly or the breaststroke.

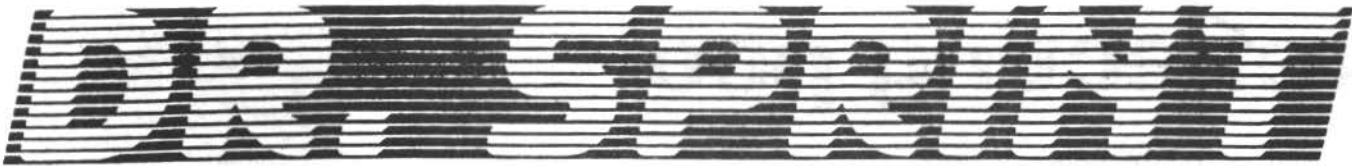
## MEDLEY RELAY

- The medley relay must occur in the following order: backstroke, breaststroke, butterfly and freestyle.

- Each stroke must conform to the rules for that stroke.

- The freestyle leg may not be the backstroke, the butterfly or the breaststroke.





## LESSONS FROM LAVELLE

"I didn't think it would ever happen to me." Lavelle Stoinoff

Whenever you exercise there is a risk of injury. The harder you strive to be the best, the greater the chance for a setback. The road to the top is strewn with bodies of injured athletes. As an athlete ages the chances of injury increase. Muscle soreness, tiredness, and wierd aches and pains are the downside towards higher health and an overall better life. Sore tired muscles are ok but let's examine a situation that isn't.

If you haven't heard of Lavelle Stoinoff by now, you've been living under a rock. Lavelle is the best female long distance master swimmer in the world. Lavelle now holds most of the National and World records at distances greater than 400 yards for 50+ year olds. She is primarily a freestyler but she also holds the 400 IM record. In short, no one beats her in events requiring more than 6 minutes of effort!

I was always most impressed by the 9,000 yard per day workouts this 57 year old woman logged over the years. To me, she redefined the amount of swimming a 50+ year old human could accomplish. At 5'2" and 113 pounds, she was masters swimming answer to Janet Evans.

She hasn't swam in the last three months since her operation. She had two bone spurs removed from her right shoulder. The spurs were causing "shooting pains" around her shouldér often while not even swimming.

The problems started over 4 years ago with the pain getting progressively worse as time passed. For example, she couldn't do pushups at all, due to the intense shoulder pain. Over the years she consulted several doctors, some x-rayed, most just gave her anti-inflammatory drugs. The correct diagnosis came from a MRI exam which showed that the bone spurs were damaging her shoulder rotator cuff area.

The consulted doctors were reluctant to operate until they examined her. Most 57 year old women have a brittle shoulder. Lavelle's rotator cuff was very pliable and in excellent condition. One doctor commented that her tissues looked like a "35 year old woman".

For 6 weeks after the operation her right arm was completely useless. Now, after 3 months, she can dress herself and the 5 inch scar is rapidly disappearing. She is recovering at an unprecedented rate. Two or three times each day she does therapeutic exercises. Each session takes over 1 hour. She is as motivated about her therapy as she was about her swimming.

It was a joy talking with her and feeling the huge ball of energy she exudes. With her strong positive attitude, her belief in taking one step at a time, and not looking too far ahead, she is harnessing her championship qualities into her comeback.

### MY VERY STRONG OPINION

According to Lavelle, a precise cause of her bone spurs is unknown. There is little doubt that swimming overusage contributed. Age and genetics probably also played a role.

I have strong opinions about swimming injuries. I've seen too many good and great swimmers fall victim and have to quit. Most problems involve the arms and shoulders. Swimming speed largely depends upon strong and enduring arm power. But even when we swung in trees our arms were not in high continuous use. Lavelle had to train enormous yardage to set her impressive world records in races lasting 20 minutes. The competition demanded it. But she may have broken down because she finally exceeded a million years of genetic evolution.

One reason Lavelle could accomplish her high yardage is size. It simply takes less work to move a 113 pound body around. Nevertheless, she now promises to do much less yardage.

Why just her right arm? Lavelle is primarily a left side breather. It's my opinion that swimming shoulder problems occur more often on the opposite side of breathing. The reason being the shoulder stress is higher while the head is turned to breath on the other side. This condition is worse with less flexibility. We lose flexibility as we age. Lavelle now promises in the future to breath equally on both sides. I think every swimmer should learn equal side breathing so well that they do not have a "favorite side".

Much of Lavelle's long yardage was using swim paddles. Yes, arm power is very important. But there are many studies that implicate paddle work with swimming shoulder problems. Lavelle will use a smaller paddle or one with holes in it. In my opinion, paddles should not be used at all especially with pull buoys. I gave up "pull only swimming" 10 years ago, it's just too risky.

Every master swimmer experiences sore muscles. Probably every National record holder has had more serious shoulder problems. Listen to your body.

# My reflecting pool

■ Problems are confronted, friends are remembered, newspaper columns take form — all in thoughts while swimming laps at the Y.

Every morning my routine is the same: As soon as I get my children out the door for school I either hop on my bike or get into my car and head to the local Y for a half hour in the pool. There are days I'm behind in my work, days I'm sad or upset, days I just feel lazy and the temptation to stay home and pour myself a third cup of coffee is strong. But I always push myself out the door.

The water may feel chilly as I lower myself into the pool, but by my second or third lap I've got my rhythm going. And I remember why I do this.

One of my reasons is to keep in shape, of course, but that's only part of the story. My arms and shoulders have become a lot stronger and more muscular since I started my daily swims a year ago. And my endurance is better. But what I like even more is that swimming gives me a precious half hour for reflection.

The phone never rings for me in the pool. Children never call out to me. Sometimes, as I swim, I hear the muffled voices of the lifeguard and other swimmers as they enter or leave the pool. But I'm in another world underwater.

Alone with myself.

I have no idea how many laps I swim, because rather than occupy my mind with counting I choose to think about whatever seems to need my attention that morning. Not the bills. Not what I'm going to cook for dinner or the schedule of my children's after-school activities. I try to save my time in the pool to contemplate larger joys and sorrows.

I may work through a problem or simply replay a memory in my head. I may take five minutes to simply conjure up a friend I haven't thought about in years or an event from the day before or from another era in my life. I may tackle a nagging problem — a point of contention in my divorce, a tricky decision having to do with my children.

I don't always resolve these problems. But there is something about swimming the crawl that tends to help me identify issues and sometimes even find answers.

You can cry in a pool. You can also smile. You can be transported to another time, another place. In the Y pool I have relived the births of my children, the deaths of my parents, a night of skating on a frozen pond under the full moon a dozen years ago. I have also, on occasion, cleared my head of all thought and focused on nothing but my muscles and my breathing. That feels good too.

Because I swim at the same time every day, I have made pool friendships, as well as locker-room friendships. Some of my pool friendships are with people whose names I don't even know, people I might not even recognize if we passed each other on the street, because we know each other in our bathing suits and goggles. And wet.

For months I followed the first pregnancy of the woman who often swam in the lane beside me. I watched her growing belly and later, in the locker



DOMESTIC AFFAIRS

**JOYCE  
MAYNARD**

room, I shared her anxieties about becoming a mother for the first time at 39. Her son was born last month. Last week she returned to her old lane for the first time, while her baby dozed in his infant seat.

Traversing the pool, I feel the rhythms of life — not just the rhythm of my kicks and breaths, my arms in and out of the water, but the passage of life too. When I first started swimming at the Y it was warm enough to ride my bike to get there. This morning I had to shovel the snow off my car before heading out to the pool. Soon it will be spring.

The man who sometimes serves as lifeguard during morning lap-swimming hours is a tall, lean swimmer in his 70s who has been coming to this pool for a quarter of a century. His wife swims here too, and looking at the two of them together, holding hands as they walk into the Y, I find myself hoping I will still be swimming laps when I'm their age. I like it that at 37 — an age when many people cut back on physical activity, do less and sit more.

I always loved to swim. But for years I could never swim a proper crawl stroke — despite my father's dedicated efforts to teach me. I didn't like putting my face in the water. Never got the rhythm of the breathing right. I was a sidestroker then.

Eight years ago, when my father died and I flew out West to his memorial service, one of the wonderful eulogies delivered about him included an old friend's reenactment of my father's graceful, rhythmic crawl stroke. There was something in the way he swam that said a lot about the person he was. Watching my father's friend, I almost felt I saw my father again. And so I vowed to make that set of motions mine, as a way of keeping him with me.

That's when I bought my first pair of goggles. And I have been swimming the crawl ever since. I think of my crawl stroke as part of my father's legacy to me. I've gotten better over the years too. I think he would be proud of me now. I swim a lot like him.

I must have logged a few hundred miles of swims since then. And a few hundred hours of good thinking.

Of course, I love to swim in lakes and ponds, love to float on the waves in the summer, love to snorkel in coral reefs. But I also love the familiar tile pattern at the bottom of my Y pool, the distant pounding of the basketball players overhead. I don't even mind the smell of chlorine on my skin, because it reminds me, throughout the rest of my busy, frequently stressful day, of the calm place where I began it.

Sometimes people ask me how I write this column and where. I type the words on my computer, I tell them. But I put them together in the pool. You may tell me I'm all wet. But the truth is, I like it that way.

■ Joyce Maynard is a writer in New Hampshire. Her column on domestic affairs appears Sunday in the *Floridian*.

Questions or comments should be addressed to Joyce Maynard, care of the St. Petersburg Times, *Floridian* section, P.O. Box 419, St. Petersburg, Fla. 33731-0419. ■



The Ransom J. Arthur Award is presented annually to the person who, in the opinion of the Award Committee, has made the most significant contribution on the national level within the past year to the promotion of the goals and objectives of the USMS Program. The 1990 Award goes to Tom Boak, Past President of USMS. Tom has devoted twelve years of his time and effort to the development of an internationally acclaimed Masters Swimming Program for adults aged 25 and over. Tom is as involved in the administrative side of the Masters Program as he is in the competitive aspect.



*'I've always liked competition, and I've always liked swimming. . . . The number of older participants increases each year, so these young bucks are coming up and breaking my old records, but that's fine. . . . If you can't beat 'em, outlive 'em.'*

— Tom Lane



AUTHOR NEEDS HELP ON SWIMMERS' BODY FAT!

Longtime Masters swimmer and author, Phil Whitten, is writing a book on swimming and health to be published next year. In the chapter on diet he would like to include some information on percent body fat in Masters swimmers, as compared to the general population. In order to do this, he is asking Masters swimmers to help him by sending him the following (anonymous) information:

- WOMEN: Age; Hips (at widest point); Waist (at belly button); and Height (without shoes).  
MEN: Age; Weight; Waist (at belly button); and Wrist.

Please send this info to: Phil Whitten; P.O. Box 624; Marblehead, MA 01945. Thanks!

*Man does not cease to play because he grows old;  
 man grows old because he ceases to play.*

**George Bernard Shaw**

FROM THE EDITOR

Remember, SWIM-MASTER will be retired at the end of this year! (Unless someone decides to continue it). Just in case you wish the remaining issues, the following price list is made available.

<u>CODE #</u>	<u>USA</u>	<u>FOREIGN</u>
591	\$ 4	\$ 7.50
691	\$ 3	\$ 6.00
791	\$ 2	\$ 4.00
891	\$ 1	\$ 2.00

SHORT COURSE NATIONALS

There were 1529 swimmers attending the 1991 USMS National Short Course Championships held in Nashville, TN. The hospitality was great and the social was one of the best! Great food! There were many good swims and it will be great to get the results and see how everyone did. The Headquarters Hotel was within walking distance as were many fine restaurants. The Opryland Hotel was an amazing place to visit.

## Hold the Lettuce! These Other Greens Are Healthier

*Many of us eat very few nutritious dark green vegetables.*

**P**resident Bush may be America's best-known broccoli basher, but he's hardly alone. As a whole, we the people don't like green stuff, at least the edible kind.

In a 1985 survey, the U.S. Department of Agriculture found that on a given day, only 9.3 percent of women and 4.4 percent of men eat dark green vegetables in any form.

Green veggies contain fiber and substantial amounts of vitamins A and C, which are important for the functioning of our immune system, eyesight and skin health. However, the nutritional value among green vegetables varies widely.

The top five green vegetables for vitamin and fiber value are spinach, collard greens, kale, broccoli and asparagus, according to dietitian Brenda Waber. Also high on the list are romaine lettuce and peas.

What about iceberg lettuce? It's relatively low in nutrients. Cucumbers, and their derivative, pickles, are even lower.

Cookbooks can help make greens agreeable. For example, Rombauer and Becker's *Joy of Cooking* contains more than 100 recipes for green vegetables, enough choices to please even fussy palates.



**NUTRIENTS IN GREEN VEGETABLES** (Listed in order of Vitamin A content)

Raw vegetable nutrients are given as 1-cup amounts, cooked vegetables as ½ cup because of their greater density

<u>VEGETABLE</u>	<u>FIBER</u>	<u>VIT. A</u>	<u>VIT. C</u>	<u>POTAS-SIUM</u>	<u>CAL-CIUM</u>
Spinach, cooked	2.3g	7980 IU	12mg.	305mg.	150mg.
Kale, cooked	1.3g	4810 IU	27mg.	148mg.	47mg.
Spinach, raw	1.7g	3760 IU	16mg.	312mg.	56mg.
Collard Greens, cooked	1.1g	2109 IU	27mg.	138mg.	74mg.
Watercress, raw	.4g	1598 IU	15mg.	n/a	40mg.
Romaine Lettuce, raw	.7g	1456 IU	13mg.	n/a	20mg.
Broccoli, raw	1.2g	1356 IU	82mg.	286mg.	42mg.
Broccoli, cooked	3.2g	1099 IU	49mg.	127mg.	60mg.
Leaf Lettuce, raw	.8g	1064 IU	10mg.	148mg.	38mg.
Asparagus, cooked	1.1g	746 IU	18mg.	279mg.	22mg.
Green Peas, cooked	3.0g	534 IU	8mg.	134mg.	19mg.
Iceberg Lettuce	1.6g	446 IU	5mg.	213mg.	25mg.
Green Beans, cooked	1.1g	413 IU	6mg.	185mg.	72mg.
Green Pepper, raw	1g	392 IU	95mg.	144mg.	24mg.
Zucchini, cooked	1.2g	216 IU	4mg.	228mg.	60mg.
Lima Beans, cooked	n/a	150 IU	5mg.	370mg.	25mg.
Celery, stalks	.8g	102 IU	5mg.	228mg.	24mg.
Cucumber, raw	1.5g	46 IU	5mg.	156mg.	14mg.

# SWIM-MASTER



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

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## SWIM CALENDAR

JUNE 1991

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- JUN 15 LCM - Alan Burkett, 1315 M.L. King Way #2, Berkeley, CA (415) 337-0979  
15 LCM - West Hills, CA 91304 (818) 992-1820  
15-16 LCM - Kaneohe, HI (808) 247-6909  
22-23 LCM - Chapel Hill, NC (919) 787-8324  
22-23 LCM - Judy Bonning, 12441 Royal Palm Blvd., Coral Springs, FL 33065  
22-23 LCM - Leslie Ronacher, 7622 Alcomita, Houston, TX 77083  
23 1500 M - Dave Diehl, 12411 Littleton St., Silver Springs, MD 20906  
29-28 LCM - Deb Walker, 3671 Beneva Oaks Dr., Sarasota, FL 34328  
29 LCM - Pat Whitaker, 319 Sequoya Trail, Norman, OK 73072  
30 LCM - Leslie Payne, 2625 Court House Cir, Flowood, MI 32819  
28-JUL 3 LCM - US NATIONAL SENIOR SPORTS CLASSIC III - Syracuse, NY
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- JUL 6-7 LCM - No Charleston, SC (803) 225-6447  
7 Greenwich Point One Mile Swim-SASE Peter Crumbine, 3 Copper Bch Rd, Greenwich, CT 06830  
13 2-Mile - Abbie McGee, 1160 Warner Hall Drive, Virginia Beach, VA 23454  
13-14 LCM - State Games of Oregon  
14 LCM - SDI, 1135 Garnet-K, San Diego, CA 92109  
14 LCM - Henry Steingass, 1832 Kilbourne Place, NW, Washington, DC 20010  
19-21 LCM - John Bishop - 4717 Overlook Drive N.E. - St. Petersburg, FL 33703  
19-21 LCM - Nashville, TN - Maryland Farms (615) 353-1632  
20 SCY - Animal Meet - (503) 282-9347  
21 LCM - Bobby Sonnelly Meet at Storrs, CT  
27 LCM - Eugene, OR - Senior Masters Sports Festival  
27 LCM - Bobby Patton, 3707 Gaston, Ste. 200, Dallas, TX 75246  
27-28 LCM - Atlanta, GA - Emory University (404) 497-1901  
27-28 SCM - Sheffield, AL - Doug Call (205) 386-0222
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- AUG 3-4 LCM - Southern Championships - Scott Rabalais (504) 928-5596  
3-4 LCM - John Jewell, 4478 Raleigh Ave. #202, Alexandria, VA 22304  
4 2 MI Cable Championship - All Sports Office, 1135 Garnet-K, San Diego, CA 92109  
10 Manhattan Island Marathon Swim - 438 W 37 St, Suite 5H, New York, NY 10018  
10-11 LCM - Region 12, Federal Way, WA Goodwill Games Pool  
10-11 SCM - Cindy Szabuniewicz, 1000 Krenek Tap Road, College Station, TX 77840  
15-18 USMS LC NATIONALS - Elizabethtown Masters, POB 2294, Elizabethtown, KY 42701  
25 LCM - SDI, 1135 Garnet-K, San Diego, CA 92109
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- SEP 7-8 LCM - Henersonville, NC - Susan Blattner (704) 692-5774  
8 10K - Golden Gate Swimmers, 6 Blacktohorn Rd., Lafayette, CA 94549  
16 Open Water - Craig Tribuzzi, 2302 Saharah Dr., Garland, TX 75044  
18-22 USMS NATIONAL CONVENTION - Louisville, KY  
27-28 The Inaugural Irish Open, Nick Emerson, Lee Lodge, Ballinrea, Carrigaline, Co. Cork