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ATROPHY OF DISUSE -- ENEMY OF THE AGED

NATIONAL ASSOCIATION FOR HUMAN DEVELOPMENT

A Fitness Program for Senior Citizens

THEODORE G. KLUMPP, M. D.

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

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

they represent steps in the right direction.

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

My interest in the process of aging began long before I joined the ranks of senior citizens, indeed when I was still a young man, a third-year medical student, beginning to see my first patients in the hospitals of Boston. From the very beginning I noted that the minds and bodies of some patients were worn out and decrepit at 65 and others were bright, vigorous and in splendid condition at the same age. The first temptation was to accept what had been taught me, namely that this was a matter of heredity. But that really explained nothin g and offered no hope, no solution to the problem. Yes, perhaps heredity has something to do with it, but heredity does its work through chemical, hormonal and biophysical mechanisms. Now in that context perhaps we could do something about it. That is, if we knew what these chemical, hormonal and biophysical mechanisms were, perhaps we could do something to change them and thus influence the process of aging so that more people would live to 65 and beyond in good condition and able to continue to do more of the things that contribute to the joy of living -- in other words, to add years of living to life.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I have referred to a few examples of people who have

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

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

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

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

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1952 Olympian back in swim

By DAVE MOORMANN St. Petersburg Times Staff Writer

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

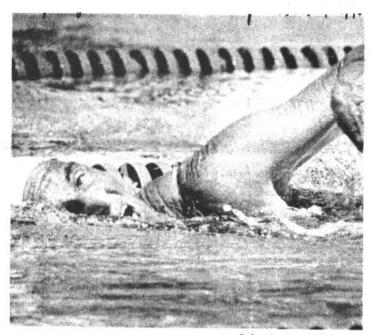
Even Buster Crabbe, a 1932 Olympic gold medal winner has met defeat. "It may be the highlight of their life," Jones said of Crabbe's conquerors — at the same time referring to every Masters Swimmer.

. . . These Were In Races

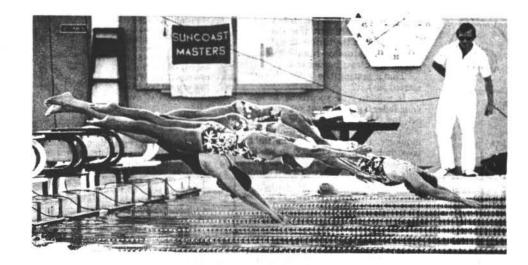


Staff Photo by FRASER HALI

A staggered backstroke start.



Fort Lauderdale's Sis Fogle shows style at 72.





Where Old Swimmers Live Forever



Sports Medicine

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

Last issue we discussed fluid intake during sports activities.

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

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

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

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

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

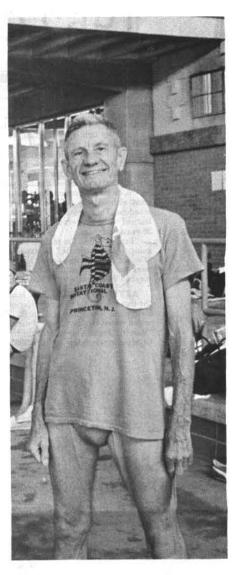
Thorough cleansing of all wax by your physician is essential for rapid healing to take place. I've found that most swimmers treated in this manner can continue their usual aquatic activities.

Sunburns









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

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

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

APRIL 1976

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

INT	ERM	EDIA	TES
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1,000 yards - 30-35 minutes Swim 500 free - Rest 2 min.

1 X 200 choice - Rest 2 min.

2 X 100 choice on 3:30 min.

2 X 50 choice on 2:00 min.

1,000 yards - 30-35 minutes

1 X 200 Free - Rest 2 min.

2 X 100 IM on 3:00

1 X 100 kicking IM)

1 X 100 pulling IM)on 3:00

1 X 100 swim IM)

4 X 25 choice on :45

2 X 100 Free on 3:00

1,000 yards - 30-35 min.

1 X 500 Free - Rest 2:00

5 X 100 choice on 3:00

4 X 50 Free Kick on 1:15

4 X 50 Free pull on 1:05 2 X 50 Free on 1:00 (Do these next 5 workouts consecutively for a week)

1,450 yards

1 X 500 Free

2 X 200 Choice on 5:00

4 X 50 Free pull on 1:15

3 X 50 Free kick on 1:15

4 X 50 Free on 1:10

1,575 yards

1 X 600 Free

3 X 175 Choice on 5:00

5 X 50 Free 1:15

1 X 100 Choice kick

1 X 100 Choice

1,600 yards

1 X 500 Free

4 X 150 Choice on 4:00

4 X 50 Free pull on 1:30

3 X 50 Choice kick on 1:15

1 X 150 Free

1,575 yards 1 X 600 Free

5 X 125 Choice on 4:00

4 X 50 Choice kick on 1:15

3 X 50 Free on 1:05

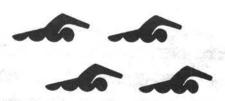
1,450 yards

1 X 400 Free

6 X 100 Choice on 3:00

4 X 50 Free kick on 1:15

5 X 50 Free on 1:10



trainer's corner

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

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

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

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

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

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

Several years ago during a regular football season we studied the effect of a liquid pregame meal and found that athletes experienced no nausea, vomiting, or stomach cramps, and that their stamina was not adversely affected.³ This regimen is still used by many schools and it certainly has merit. Many good athletes have no desire to cat, and we agree that the pregame meal is not essential. In fact, we have observed over many years that some of the truly great athletes are absolutely nothing before competition.

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

In a study testing three different pregame meals (steak and eggs, pancakes, and oatmeal and eggs), no significant difference was found in the athletes' performances in the two-mile run. A questionnaire completed by the participants suggested that the psychological factors surrounding the pregame meal may be more significant than the food.⁵

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

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

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 - 5. Fair JD: Effects of Three Pre-Competition Meals Up on Subsequent Performance in a Two-Mile Run. MS Thesis. U North Dakota, 1974



FOR THE RECORD	MEN OF OO	SO W. Barbaraha		100 Yd. Freestyle
BERKELEY RECREATION CENTER BERKELEY HEIGHTS, NJ December 13, 1975	MEN 35-39 50 YARDS FREESTYLE Amar Lath 39 Bob Walden 36 500 YARDS FREESTYLE Jon Loft 37 6:51.5	50 Yd. Backstroke J. Stewart, 27 C. Merryfield, 25 J. May, 27 S. Austin, 26 33.45 34.01 39.92 43.52	50 Yd, Breaststroke S. Lynch, 30 B. Humphrey, 33 M. Mauldin, 30 C. Rojas, 30 L. McEschern, 34 49-73	H. Buss, 40 1:05.86 P. Byrd, 40 1:24.58 J. Moeller, 41 1:27.58 B. Stiles, 41 1:31.54
Jane Cooper 28 41.2 500 YARDS FREESTYLE	50 YARDS BACKSTROKE Amar Lathl 39 32.0 200 YARDS BREASTSTROKE Lou Abel 39 3:52.7 100 YARDS INDIVIDUAL MEDLEY Amar Lathl 39 1:09.0	J. Stewart, 27 1:13.26 P. Brady, 27 1:15.98 D. Martin, 25 1:32.14 S. Austin, 26 1:37.63	100 Yd, Breaststroke S. Lynch, 30 1:23.19 D. Humphrey, 33 1:36.41 M. Mauldin, 30 1:40.11	200 Yd. Freestyle H. Buss, 40 2:20.45 P. Kepner, 43 2:47.75 500 Yd. Freestyle
50 YARDS MACKSTROKS Jan Hamilton 29 46.8 100 YARDS SUTTERFLY Cathy Maloney 25 1:30.0 100 YARDS INDIVIDUAL MEDLEY	50 YARDS PREESTYLE Fred Maguire 42 26.6 Guyla Horveth 32.4	L. Riedel, 27 1:37.93 200 Yd. Backstroke P. Brady, 27 2:46.79 J. May, 27 2:58.38 S. Austin, 26 3:38.27	L. McEachern, 34 1:48.74 200 Yd. Breaststroke S. Lynch, 30 3:09.35 D. Humphrey, 33 3:35.13 L. McEachern, 34 3:53.06	H. Buss, 40 6:13.81 P. Kepner, 43 7:47.32 1650 Yd. Freestyle H. Buss, 40 * 21:25.46
WOMEN 30-34 500 YARDS PREESTYLE Valeria Pecce 32 Patric Mills 7:14.4	Bob Miller 42 34.3 500 YARDS FREESTYLE George Brunstad 41 6:33.9 Bob Miller 42 8:58.3 200 YARDS BREASTSTROKE George Brunstad 41 3:04.6	50 Yd. Breaststroke C. Merryfield, 25 37.67 J. May, 27 40.87 C. Poste, 29 42.00	50 Yd. Butterfly I. David, 32 29.60 M. Harlow, 32 32.97 S. Lynch, 30 33.39	P. Kepner, 43 26:45.27 50 Yd. Backstroke P. Puckett, 44 44.35 J. Moeller, 41 46.41
Liz Atwood-Metz 32 2:57.8 Jane Katz 32 2:59.0 Jane Murphy 31 3:05.6 Lynn Joesten 34 3:06.8 100 YARDS BUTTERPLY	100 YARDS INDIVIDUAL MEDLEY George Brunstad 41 1:14.4 Fred Maguire 42 1:18.2 Bob Miller 42 1:35.2	L. Carleson, 26 44.34 S. Austin, 26 1:00.68 100 Yd. Breaststroke J. May, 27 1:28.47 S. O'Brien, 25 1:28.53	S. Brougher, 34 34.07 K. Zentgraf, 34 38.70 M. Mauldin, 30 40.84 C. Rojas, 30 42.31	100 Yd. Backstroke P. Kepner, 43 1:30.37 P. Puckett, 44 1:35.61 B. Stiles, 41 1:58.40
Lynn Joesten 34 1:13.5 Liz Atwood-Metz 32 1:18.3	50 YARDS PREESTYLE	C. Poste, 29 1:32.93 L. Carleson, 26 1:35.78 200 Yd. Breaststroke J. May, 27 3:10.21 C. Poste, 29 3:21.90	I. David, 32 1:10.89 M. Harlow, 32 1:17.22 K. Zentgraf, 34 1:42.66 100 Yd. Individual Medley I. David, 32 1:16.89	200 Yd. Backstroke P. Kepner, 43 3:10.70 P. Puckett, 44 3:21.19 P. Hutinger, 4:26.60 50 Yd. Breaststroke
WOMEN 35-39	50 YARDS BACKSTROKE Ken Dawson 37.2 100 YARDS INDIVIDUAL MEDLEY Ken Dawson 1:21.6 Dan Sullivan 48 1:21.8 MEN 50-54	L. Carleson, 26 3:39.54 50 Yd. Butterfly J. Stewart, 27 29.46 V. Williams, 29 30.68	I. David, 32 1:16.89 M. Harlow, 32 1:17.05 L. Lynch, 30 1:22.90 M. Mauldin, 30 1:26.53 K. Zentgraf, 34 1:26.88 200 Yd. Individual Medley	J. Moeller, 41 44.54 P. Puckett, 44 46.96 P. Byrd, 40 48.03 B. Stiles, 41 50.80
Phyllis Cinco 36. June Seidle 59. 50 YARDS BACKSTROKE Phyllis Cinco 42.0	50 YARDS BACKSTROKE Dick Sanborn 52 33.7 100 YARDS BUTTERFLY Henry Lentzsch 50 1:31.0	P. Brady, 27 33.24 100 Yd. Butterfly J. Stewart, 27 1:06.28 P. Brady, 27 1:17.79	I. David, 32 S. Lynch, 30 2:59.46 Women 35-39 50 Yd. Freestyle	J. Moeller, 41 1:37.79 P. Puckett, 44 1:40.59 P. Byrd, 40 1:40.81 B. Stiles, 41 1:50.50
200 YARDS BREASTSTROKE June Seidle 5:18.' 100 YARDS BUTTERFLY Jan Moeller 40 1:42.4	MEN 60-64	100 Yd. Individual Medley J. Stewart, 27 1:09.64 P. Brady, 27 1:13.00 W. Williams, 29 1:16.28 J. May, 27 1:20.59	B. Zaremski, 38 29.97 G. Gillmore, 37 35.26 S. Bennett, 37 39.43 T. Beniaris, 36 45.03 J. Allen, 35 51.73	200 Yd. Breaststroke P. Kepner, 43 3122.78 P. Puckett, 44 3135.42 J. Moeller, 41 3:41.77 P. Byrd, 40 3:48.34
50 YARDS PREESTYLE Carolyn Derr 47 37.4 Ruth Koss 48 49.4 500 YARDS PREESTYLE Carolyn Derr 47 8:47. Ruth Koss 48 12:20.2	Bob Coyle 62 39.7 500 YARDS PREESTYLE Austin Newman 60 6:46.77 Bob Coyle 62 8:46.2	D. Martin, 25 1:33.71 200 Yd. Individual Medley P. Brady, 27 2:39.51 Women 30-34	100 Yd. Freestyle B. Zaremski, 38 1:08.28 G. Gillmore, 37 1:22.20 S. Bennett, 37 1:28.14	50 Yd. Butterfly H. Buss, 40 34.48 P. Byrd, 40 43.10 J. Moeller, 41 43.76
Lisa Bogatko 46 3,24.	Fred Stickel 60 44.9 100 YARDS INDIVIDUAL MEDLEY Austin Newman 60 1:29.1	50 Yd. Freestyle I. David, 32 28.15 S. Lynch, 30 29.50 D. Humphrey, 33 33.89	200 Yd. Freestyle B. Zaremski, 38 2:31.64 1650 Yd. Freestyle B. Zaremski, 38 24:21.89	100 Yd. Butterfly H. Buss, 40 1:18.30 J. Moeller, 41 1:46.29 P. Byrd, 40 1:51.82 100 Yd. Individual Medley
100 YARDS INDIVIDUAL MEDLE Lisa Bogatko 46 1:31.1 WOMEN 50-54 200 YARDS BREASTSTROKE Charlotte Costello52 3:22.0 100 YARDS BUTTERFLY Charlotte Costello 1:32.1	Sidney Silbert 67 49.4	K. Zentgraf, 34 34.74 C. Rojas, 30 36.81 L. McEachern, 34 41.22	50 Yd. Backstroke G. Gillmore, 37 44.42 J. Allen, 35 50.73 S. Bennett, 37 51.41 T. Beniaris, 36 99.44	H. Buss, 40 1:18.11 P. Kepner, 43 1:26.74 P. Byrd, 40 1:36.88 P. Puckett, 44 1:39.99 B. Stiles, 41 1:45.25
100 YARDS INDIVIDUAL MEDLE Charlotte Costello 1:26. WOMEN 60-64 50 YARDS FREESTYLE	100 YARDS INDIVIDUAL MEDLEY OBCAR SIgrist 67 1.29.5	M. Harlow, 32 1:02.77 I. David, 32 1:02.79 D. Humphrey, 33 1:16.59 L. McEachern, 34 1:33.05 B. Campbell, 31 1:37.36 J. Kennerly, 30 1:42.98	100 Yd. Backstroke G. Gillmore, 37 1:41.14 S. Bennett, 37 1:48.90	200 Yd. Individual Medley P. Kepner, 43 3:06.90 P. Byrd, 40 3:31.46 Women 45-49
Susan Haywood 61 38.6 500 YARDS FREESTYLE Susan Haywood 61 9120.		M. Harlow, 32 2:20.21 I. David, 32 2:27.06 K. Zentgraf, 34 3106.13 J. Kennerly, 30 3:57.51	200 Yd. Backstroke S. Bennett, 37 4:06.74 50 Yd. Breaststroke B. Zaremski, 38 43.79 N. Wakefield, 37 52.56	50 Yd. Freestyle J. Anderson, 45 L. Mann, 48 J. Bogatko, 46 M. Shorney, 45 J. Bogon, 49 J. J
Chuck Belinsky 26. Wilfredo Santiago 26. Michael Victor 34. 500 YARDS PREESTYLE Charles Mcentee 6:21. Chuck Belinski 6:22.	V. Williams, 29 29.06 D. Martin, 25 34.11 C. Poste, 29 34.51 S. Austin, 26 41.50	M. Harlow, 32 6:25.33 S. Brougher, 34 7:05.73 D. Humphrey, 33 7:59.61 J. Kennerly, 30 10.38.64	J. Allen, 35 59.53 T. Beniaris, 36 1:15.94 100 Yd. Breaststroke J. Allen, 35 2:05.85 T. Beniaris, 36 3:05.74	L. Boucher, 46 48.37 R. Koss, 48 49.27 100 Yd. Freestyle J. Anderson, 45 1:13.87
50 YARDS BACKSTROKE Adolfo Santiago Michael Victor 100 YARDS INDIVIDUAL MEDLE: Charles McEntee 1105.: 40176 Santiago 105.:	J. Stewart, 27 1:00.13 V. Williams, 29 1:05.37 C. Poste, 29 1:21.97	M. Harlow, 32 21:44.29 I. David, 32 24:15.07 D. Humphrey, 33 27:51.07 M. Mauldin, 30 29:55.80	200 Yd. Breaststroke S. Bennett, 37 4:07.65 50 Yd. Butterfly	L. Bogatko, 46 1:21.45 R. Lier, 46 1:25.80 E. Brown, 49 1:29.69 L. Mann, 48 1:29.93 R. Koss, 48 2:00.98
Chuck Selinsky 1:08.6 MEN 30-34 50 YARDS PREESTYLE Jack Likins 31 Harry Hamilton 34 27.0	3 200 Yd. Freestyle J. Stewart, 27 2:13.30 V. Williams, 29 2:25.61 L. Riedel, 27 2:50.26 S. Austin, 26 3:22.41	B. Yurtis, 30 33:56.36 J. Kennerly, 30 36:11.28 50 Yd. Backstroke K. Zentgraf, 34 40.01 M. Mauldin, 30 40.21	B. Zaremski, 38 38.40 T. Beniaris, 36 54.10 100 Yd. Individual Medley B. Zaremski, 38 1:21.21 S. Bennett, 37 1:47.98	J. Anderson, 45 2:40.50 R. Lier, 46 3:06.45 J. Amato, 47 3:21.73 L. Mann, 48 3:22.68 E. Brown, 49 3:23.91 R. Koss, 48 4:30.52
Joel Brotman 32 27.5 500 YARDS FREESTYLE Fhilip Goode 32 5.32. Harry Hamilton 34 5.33. Jack Likins 31 5.43. Joel Brotman 32 7.40.7 200 YARDS BREASTSTROKE	500 Yd. Freestyle J. May, 27 6:51.13 V. Williams, 29 6:56.23 P. Brady, 27 7:20.99 L. Riedel, 27 7:47.18	L. McEachern, 34 48.43 100 Yd. Backstroke N. Crockett, 32 1:18.65 M. Harlow, 32 1:21.87 K. Zentgraf, 34 1:29.94	T. Beniaris, 36 2:12.39 200 Yd. Individual Medley B. Zaremski, 38 2:58.10 Women 40-44	500 Yd. Freestyle J. Anderson, 45 7:31.11 R. Lier, 46 8:19.52 J. Amato, 47 9:22.93 E. Brown, 49 9:27.74
Simon Schutzer 31 3:12/6 100 YARDS BUTTERFLY Fhlip Goode 32 1:00.0 100 YARDS INDIVIDUAL MEDLEY Jack Likins 31 1:06.2 Joel Brotman 32 1:18.2	S. Austin, 26 9:28.44 1650 Yd. Freestyle V. Williams, 29 24:11.21 J. May, 27 24:14.87	200 Yd. Backstroke N. Crockett, 32 2:52.94 K. Zentgraf, 34 3:16.81	50 Yd. Freestyle H. Buss, 40 J. Moeller, 41 B. Stiles, 41 38.29 B. Stiles, 41	1650 Yd. Freestyle J. Anderson, 45 R. Lier, 46 J. Amato, 47 29:19.14 J. Amato, 47 31:39.50
Simon Schutzer 31 1:20.5	L. Riedel, 27 26:26.79			

50 Yd. Backstroke	Women 55-59	50 Yd. Breaststroke	Men 30-34	500 Yd. Freestyle
L. Mann, 48 M. Shorney, 45 .48.	38 50 Vd F	W. Hughes, 75 * 1:26.04	50 Yd. Freestyle	A. Snider, 38 6:28.30 J. Jackson, 39 7:49.12
L. Boucher, 46 53. R. Koss, 48 1:00.	50 R. Schiffler, 55 44.39 40 P. Townsend, 58 48.71	Men 25-29 50 Yd. Freestyle	David Schmidt, 30 23.96 D. Hicks, 31 24.49	C. Allen, 36 8:04.92 R. Geckle, 39 8:50.50
C. Millican, 45 1:09.	M. Harper, 55 50.45	P. Tietze, 25 22.91 M. Moffitt, 26 24.37 K. Murphy, 25 24.53	C. Weeks, 34 25.43 K. Willcox, 32 26.29 M. O'Hara, 34 27.49	1650 Yd. Freestyle
Ruth Lier, 46 1:37.	54 100 Yd. Freestyle 61 P. Townsend, 58 1:56.84	L. Weiss, 27 25.55 R. Scovill, 25 25.59	B. Spears, 33 32.67	A. Snider, 38 23:15.46 R. Geckle, 39 31:45.56
L. Mann, 48 1:46. M. Shorney, 45 1:53.	70 200 Yd. Freestyle	W. Baker, 28 26.41 G. Puckett, 25 26.50 T. Weirich, 28 26.81	D. Schmidt, 30 58.22	50 Yd. Backstroke A. Coxon, 39 29.16
R. Koss, 48 2:08.		D. Simpson, 25 27.72 J. Brimer, 28 27.19	<pre>K. Willcox, 32 58.63 M. O'Hara, 34 1:04.21 C. Miller, 34 1:04.86</pre>	N. McCallum, 37 32.16 C. Allen, 36 34.03
J. Amato, 47 3:29. R. Lier, 46 3:32.		100 Yd. Freestyle	T. Campbell, 34 1:24.10	J. Jackson, 39 36.21 R. Geckle, 39 44.51
L. Mann, 48 3:50. M. Shorney, 45 4:12.	73	P. Tietze, 25 50.28 K. Murphy, 25 52.70 M. Moffitt, 26 53.99	200 Yd. Freestyle C. Miller, 34 2:27.00	100 Yd. Backstroke
R. Koss, 48 4:41. 50 Yd. Breaststroke	M. Harper, 55 54.80	M. Moffitt, 26 53.99 A. Knapp, 29 59.85 D. Simpson, 25 1:01.19	M. O'Hara, 34 2:27.34 500 Yd. Freestyle	A. Coxon, 39 1:05.78 N. McCallum, 37 1:12.71 A. Snider, 38 1:14.53
L. Bogatko, 46 42. J. Anderson, 45 43.	P. Townsend, 58 1:02.76	T. Weirich, 28 1:03.88 J. Brimer, 28 1:05.75	C. Miller, 34 6:37.00 M. O'Hara, 34 7:18.76	C. Allen, 36 1:18.15 J. Jackson, 39 1:26.37
L. Mann, 48 52. M. Shorney, 45 52.	72 M. Harper. 55 1:58.05	200 Yd. Freestyle P. Tietze, 25 1:57.80	1650 Yd. Freestyle	R. Geckle, 39 1:50.23 200 Yd. Backstroke
C. Millican, 45 58.	59 L. Peterson, 57 2:07.24 P. Townsend, 58 2:18.77	P. Tietze, 25 1:57.80 T. Gibson, 26 2:14.58	C. Miller, 34 22:47.17	J. Jackson, 39 3:19.69 R. Geckle, 39 3:58.38
L. Bogatko, 46 1:33. M. Shorney, 45 1:55.	23 200 Yd. Backstroke M. Harper, 55 4:15.50	500 Yd. Freestyle M. Moffitt, 26 6:04.76	D. Hicks, 31 28.09	50 Yd. Breaststroke
C. Millican, 45 2:10. L. Boucher, 46 2:10.	20 L. Peterson, 57 4:21.35	1650 Yd. Freestyle	C. Weeks, 34 29.97 D. Schmidt, 30 30.32 M. O'Hara, 34 36.58	R. Ebrey, 39 L. Humphrey, 37 J. Jackson, 39 46.96
200 Yd. Breaststroke Lisa Bogatko, 46 3:32,	83 50 Yd. Breaststroke	C. Schober, 29 23:02.08 50 Yd. Backstroke	M. O'Hara, 34 36.58 B. Spears, 33 39.86 100 Yd. Backstroke	100 Yd. Breaststroke
50 Yd. Butterfly	R. Schiffler, 55 48.44 L. Peterson, 57 1:07.62	K. Murphy. 25 27.30	D. Hicks, 31 1:03.30 C. Weeks, 34 1:07.16	M. Riggs, Jr., 35 1:16.12 L. Humphrey, 37 1:37.37
L. Bogatko, 46 40. J. Anderson, 45 41.		L. Weiss, 27 29.84 P. Tietze, 25 29.85	D. Schmidt, 30 1:09.93 C. Miller, 34 1:21.73	200 Yd. Breaststroke
100 Yd. Butterfly	L. Peterson, 57 2:21.11	R. Scovill, 25 30.10 T. Weirich, 28 32.52 W. Baker, 28 33.34	200 Yd. Backstroke	C. Allen, 36 3:21.06 L. Humphrey, 37 3:43.66
J. Amato, 47 1:46. L. Bogatko, 46 1:54.		J. Brimer, 28 33.34	D. Hicks, 31 2:19.23 C. Miller, 34 3:01.21	50 Yd. Butterfly W. Claerhout, 36 27.20
J. Anderson, 45 1:27.	G. McCarthy, 63 37.40	100 Yd. Backstroke K. Murphy, 25 59.57	50 Yd. Breaststroke D. Schmidt, 30 33.18	A. Coxon, 39 27.32 C. Restrepo, 35 30.10
J. Amato, 47 1:40. L. Mann, 48 1:44.	14 100 Yd. Freestyle	C. Schober, 29 1:00.64 M. Moffitt, 26 1:07.04 R. Scovill, 25 1:07.90	C. Weeks, 34 33.33 N. Biles, 33 36.74	R. Geckle, 39 48.21 100 Yd. Butterfly
C. Millican, 45 2:14.	J. Meservey,61 1:49.47	R. Scovill, 25 1:07.90 T. Weirich, 28 1:10.87 T. Gibson, 26 1:13.45	100 Yd. Breaststroke C. Weeks, 34 1:16.64	W. Claerhout, 36 1:01.22 A. Coxon, 39 1:06.92
L. Bogatko, 46 3:23. J. Amato, 47 3:30.	13 G. McCartny, 63 3:52.74	200 Yd. Backstroke	W. Gonser, 30 1:17.68 N. Biles, 33 1:19.69	C. Restrepo, 35 1:18.79
Women 50-54	J. Meservey,61 4:00.97 500 Yd. Freestyle	K. Murphy, 25 2:09.47 R. Scovill, 25 2:31.79 T. Weirich, 28 2:47.60	200 Yd. Breaststroke	A. Coxon, 39 1:05.17
50 Yd. Freestyle P. Pickens, 54 40.	M. Anderson, 61 11:10.35	50 Yd. Breaststroke	N. Biles, 33 2:56.92 50 Yd. Butterfly	W. Claerhout, 36 1:06.25 A. Snider, 38 1:08.63 C. Restrepo, 35 1:10.60
F. Karet, 53 45. K. Worley, 52 49.	01 J. Meservey, 61 36:52.71	L. Weiss, 27 31.19 G. Puckett, 25 31.98 R. Scovill, 25 32.42	D. Hicks, 31 27.00 D. Schmidt, 30 27.67	M. Brody, 37 1:23.27 J. Jackson, 39 1:24.97 R. Geckle, 39 1:46.40
B. Dallman, 51 54. U. McGill, 52 59.	50 Yd. Backstroke	M. Moffitt, 26 32.85 P. Tietze, 25 33.75	C. Weeks, 34 28.23 K. Willcox, 32 29.47	200 Yd. Individual Medley
100 Yd. Freestyle P. Pickens, 54 1:29.	G. McCarthy, 63 50.54 61 100 Yd. Backstroke	W. Baker, 28 35.08 100 Yd. Breaststroke	100 Yd. Butterfly D. Hicks, 31 1:02.11	J. Jackson, 39 3:14.47 Men 40-44
F. Karet, 53 1:49. K. Worley, 52 1:56.	21 G. McCarthy,63 1:49.74 17 J. Meservey, 61 2:03.34	I. Weiss 27 1:08 05	K. Willcox, 32 1:15.84 C. Miller, 34 1:26.45	50 Yd. Freestyle
B. Dallman, 51 2:14. U. McGill, 52 2:17.	36 200 Yd. Backstroke	R. Scovill, 25 1:13.73 A. Knapp, 29 1:24.73	100 Yd. Individual Medley	B. Jones, 42 24.87 J. O'Reilly, 41 25.03 H. Zentgraf, 41 25.58
P. Pickens, 54 3:18.	 G. McCarthy, 63 4:07.86 50 Yd. Breaststroke 	200 Yd. Breaststroke L. Weiss, 27 2:38.87	D. Hicks, 31 1:03.19 D. Schmidt, 30 1:04.07 C. Weeks, 34 1:05.52	J. Neal, 40 25.89 L. Meiring, 42 27.93
K. Worley, 52 4:31.	M. Anderson, 61 51.31 G. McCarthy, 63 54.58	R. Scovill, 25 2:55.66 T. Gibson, 26 2:58.29	K. Willcox, 32 1:10.87 C. Miller, 34 1:16.60	J. George, 40 28.18 E. Schelonka, 43 28.87 R. McEachern, 40 29.44
500 Yd. Freestyle P. Pickens, 54 8:51. K. Worley, 52 12:53.	14 100 Yd. Breaststroke	50 Yd. Butterfly M. McKinney, 25 25.56	200 Yd. Individual Medley	A. Mayer, 44 26.90 H. Headrick, 41 31.50
50 Yd. Backstroke	M. Anderson, 61 1:53.94 J. Meservey, 61 1:56.50	P. Tietze, 25 25.97 M. Moffitt, 26 26.46	D. Hicks, 31 2:20.16 C. Weeks, 34 2:32.16 W. Gonser, 30 2:36.15	J. Green, 44 35.39 J. Miller, Jr., 42 36.57
F. Karet, 53 1:00. B. Dallman, 51 1:10.	78 M Anderson 61 1-10 10	L. Weiss, 27 27.23 G. Puckett, 25 27.95 W. Baker, 28 29.97	D. Schmidt, 30 2:38.84 K. Willcox, 32 2:40.78	100 Yd. Freestyle B. Jones, 42 54.42
U. McGill, 52 1:10. 100 Yd. Backstroke	J. Meservey, 61 4:14.71		Men 35-39	J. O'Reilly, 41 56.29 H. Zentgraf, 41 58.00 J. Neal, 40 59.53
P. Pickens, 54 1:42. U. McGill, 52 2:27.	50 Yd. Butterfly M. Anderson, 61 52.80	100 Yd. Butterfly	W. Claerhout, 36 24.64	J. George, 40 1:05.41 A. Mayer, 44 1:06.26
B. Dallman, 51 2:32. 200 Yd. Backstroke	100 Yd. Butterfly	K. Murphy, 25 1:00.26 C. Schober, 29 1:00.99 P. Tietze, 25 1:03.33	A. Snider, 38 25.60 A. Coxon, 39 25.74 B. Carter, 36 27.62	E. Schelonka, 43 1:07.37 H. Headrick, 41 1:09.39 J. Bennett, 41 1:12.77
U. McGill, 52 5:18.	M. Anderson, 61 2:11.68	T. Gibson, 26 1:10.03 100 Yd. Individual Medley	C. Restrepo, 35 28.13 J. Jackson, 39 29.69	J. Miller, 42 1:23.07
50 Yd. Breaststroke F. Karet, 53 57.	G. McCarthy, 63 1:50.90 M. Anderson, 61 2:01.38	K. Murphy, 25 1:00.26	R. Ebrey, 39 30.54 L. Humphrey, 37 36.19 R. Geckle, 39 36.77	B. Jones, 42 2:00.11 G. Johnston, 44 2:03.85
B. Dallman, 51 1:08.	27 200 Yd. Individual Medley	L. Weiss, 27 1:01.73 M. Moffitt, 26 1:02.55	100 Yd. Freestyle	J. O'Reilly, 41 2:08.50 W. Barber, 40 2:23.41
100 Yd. Breaststroke F. Karet, 53 2:10. B. Dallman, 51 2:41.		T. Weirich, 28 1:07.75 G. Puckett, 25 1:07.79	W. Claerhout, 36 53.76 A. Snider, 38 56.73 A. Coxon, 39 57.18	J. Neal, 40 2:24.09 H. Zentgraf, 41 2:44.85 H. Headrick, 41 2:45.30
50 Yd. Butterfly	women /5-/9	W. Baker, 28 1:12.97 200 Yd. Individual Medley	P. Brougher, 36 57.71 C. Restrepo, 35 1:02.13	R. McEachern, 40 2:46.59 J. Green, 44 3:07.72
P. Pickens, 54 48.8	W. Hughes, 75 1:25.28		M. Riggs, Jr., 35 1:07.39 200 Yd. Freestyle	J. Miller, 42 3:16.56 500 Yd. Freestyle
P. Pickens, 54 2:09.00	100 Yd. Freestyle W. Hughes, 75 3:16.51	L. Weiss, 27 2:21.44 T. Gibson, 28 2:34.13	W. Claerhout, 36 2:05.88 A. Snider, 38 2:09.93 A. Coxon, 39 2:12.88	B. Jones, 42 5:37.98 J. O'Reilly, 41 5:58.57
P. Pickens, 54 1:47.58	ey 50 Vd Backstroke	· · · · · · · · · · · · · · · · · · ·	P. Brougher, 36 2:24.85	D. O'Brien, 40 6:43.64 T. Hetzel, 40 7:07.91 H. Headrick, 41 7:31.33
	W. Hughes, 75 1:35.76	8		

J. George, 40 7:32.45 J. Green, 44 8:28.53 J. Miller, 42 9:35.77 1650 Yd. Freestyle J. O'Reilly, 41 20:22.56 G. Johnston, 44 2:111.99 D. O'Brien, 40 21:26.73 W. Barber, 40 21:43.59 T. Hetzel, 40 21:43.59 T. Hetzel, 40 21:43.59 T. Hetzel, 40 30:15.37 50 Yd. Backstroke L. Meiring, 42 31.62 H. Zentgraf, 41 31.76 A. Mayer, 44 32.22 J. George, 40 33.29 G. Kreye, 40 33.33 J. Neal, 40 40.65 J. Green, 44 44.30 B. Davis, 41 44.95 100 Yd. Backstroke B. Jones, 42 1:04.15 L. Meiring, 42 1:09.43 G. Johnston, 44 1:10.16 A. Mayer, 44 1:10.16 A. Mayer, 44 1:10.16 A. Mayer, 40 1:17.53 J. Read, 40 1:17.53 J. Read, 40 1:19.32 J. Read, 40 1:19.32 J. Neal, 40 1:19.45 R. McEachern, 40 1:31.86 T. Hetzel, 40 1:41.43 J. Green, 44 1:42.37 200 Yd. Backstroke G. Johnston, 44 2:43.27 A. Mayer, 44 1:42.37 200 Yd. Backstroke G. Johnston, 41 2:32.16 L. Meiring, 42 2:43.27 A. Mayer, 41 3:15.60 J. Green, 40 3:14.63 J. Green, 41 3:15.60 J. Green, 42 3:31.23 50 Yd. Breaststroke J. Dyason, 41 32.72 J. George, 40 3:00.14 H. Zentgraf, 41 3:15.60 J. Green, 44 3:31.23 50 Yd. Breaststroke J. Dyason, 41 32.72 J. O'Brien, 40 3:4.45 H. Zentgraf, 41 3:5.60 J. Green, 44 45.53 100 Yd. Breaststroke J. Dyason, 41 1:5.36 G. Johnston, 44 1:6.41 D. O'Brien, 40 3:4.45 H. Zentgraf, 41 3:5.30 D. Trinka, 44 35.31 B. Davis, 41 1:28.36 D. Trinka, 41 32.75 G. Kreye, 40 2:45.22 J. George, 40 3:0.22 M. Barber, 40 3:0.22 M. Barber, 40 3:0.22 M. Barber, 40 3:0.22 M. Barber, 40 3:0.25 M. Barber, 40 3:0.22 M. Barber, 40 3:0.26 D. Schelonka, 43 1:1.75 B. Davis, 41 1:29.36 B. Davis, 41 1:29.	W. Barber, 40 2:44.36 E. Schelonka, 43 2:56.42 T. Hetsel, 40 3:02.82 H. Headrick, 41 3:09.60 D. Trinka, 44 3:17.32 B. Davis, 41 3:24.36 Men 45-49 50 Yd. Freestyle N. Schueckler, 48 27.65 H. Martin, 46 35.00 C. Marshall, 45 35.05 W. Harper, 46 35.96 100 Yd. Freestyle N. Schueckler, 48 59.46 J. Puckett, 46 1:17.54 C. Marshall, 45 1:22.04 E. Rose, 46 1:27.04 200 Yd. Freestyle N. Schueckler, 48 2:17.70 C. Marshall, 45 3:06.10 M. Harper, 46 1:0.11 E. Rose, 46 3:18.21 J. Puckett, 46 3:18.21 J. Puckett, 46 3:18.21 J. Puckett, 46 3:19.81 500 Yd. Freestyle N. Schueckler, 48 6:27.78 W. Harper, 46 3:10.11 E. Rose, 46 9:05.17 E. Rose, 46 9:05.17 E. Rose, 46 9:05.17 E. Rose, 46 9:05.27 50 Yd. Backstroke H. Martin, 46 1:11.56 N. Schueckler, 48 1:22.79 200 Yd. Backstroke H. Martin, 46 1:11.56 N. Schueckler, 48 1:22.79 200 Yd. Backstroke H. Martin, 46 2:38.41 50 Yd. Breaststroke W. Harper, 46 45.19 200 Yd. Breaststroke W. Harper, 46 3:57.79 100 Yd. Breaststroke W. Harper, 46 2:38.41 50 Yd. Breaststroke N. Schueckler, 48 1:14.37 H. Martin, 46 1:16.52 200 Yd. Individual Medley N. Schueckler, 48 1:14.37 H. Martin, 46 1:16.52 200 Yd. Individual Medley N. Schueckler, 48 2:44.94 Men 50-54 50 Yd. Freestyle S. Mann, 50 25.91 P. Hutinger, 51 26.36 R. Sanborn, 52 27.56 D. Upsail, 51 27.86 F. Donald, 51 27.86 F. Donald, 51 27.86 F. Donald, 51 27.86 F. Donald, 52 28.71 J. Riley, 52 28.81 H. Wallower, 54 28.91 A. Hellman, 50 29.90 D. Brown, 51 30.09 H. Scott, 50 31.82 S. Flanagan, 51 27.86 F. Donald, 52 22.75 B. Sonborn, 52 22.75 B. Mann, 50 26.75 B. Mann, 50 26.75 B. Mann, 50 26.75 B. Mann, 50 26.75 B. Mann, 50	G. Jones, 50 8:07.86 W. Worley, 54 9:02.17 L. Valle, 52 1:05.54 1650 Yd. Freestyle S. Mann, 50 23:20.10 G. Jones, 50 28:28.84 L. Valle, 52 36:58.07 J. Huska, 54 45:28.48 50 Yd. Backstroke P. Hutinger, 51 30.82 R. Sanborn, 52 33.29 A. Hellman, 54 33.76 D. Brown, 51 38.31 F. Donald, 54 38.51 H. Scott, 50 39.07 D. Mitchell, 50 40.94 W. Worley, 54 44.14 G. Jones, 50 46.44 J. Huska, 54 46.83 V. Dallman, 50 42.27 R. McDermott, 54 50.42 L. Valle, 52 100.59 100 Yd. Backstroke P. Hutinger, 51 106.95 R. Sanborn, 52 113.26 D. Upsall, 51 1:16.26 A. Hellman, 54 1:16.83 F. Donald, 54 1:24.49 H. Scott, 50 1:27.81 D. Brown, 51 1:28.36 G. Jones, 50 1:42.54 W. Worley, 54 1:44.59 R. McDermott, 54 1:46.43 L. Valle, 52 1:52.80 200 Yd. Backstroke P. Hutinger, 51 2:29.12 A. Hellman, 54 1:52.80 200 Yd. Backstroke P. Hutinger, 51 2:29.12 A. Hellman, 54 1:52.80 200 Yd. Backstroke P. Hutinger, 51 2:29.12 A. Hellman, 54 1:46.43 L. Valle, 52 1:52.10 J. Huska, 54 1:254.51 F. Donald, 54 3:12.09 G. Jones, 50 3:33.60 R. McDermott, 54 3:14.60 John Huska, 54 3:12.09 G. Jones, 50 3:33.60 R. McDermott, 54 3:14.70 W. Worley, 54 3:14.81 L. Valle, 52 4:11.60 John Huska, 54 4:23.75 50 Yd. Breaststroke H. Lentzsch, 50 36.70 D. Powers, 52 3:17.70 H. Wallower, 54 3:23.53 H. Wallower, 54 1:27.62 D. Powers, 52 3:25.76 G. Jones, 50 3:13.71 D. Powers, 52 3:25.76 G. Jones, 50 3:10.71 A. Hellman, 50 4:21.07 V. Dallman, 50 50.58 LOO Yd. Breaststroke H. Lentzsch, 50 1:23.53 H. Helman, 54 1:27.62 D. Powers, 52 3:25.76 G. Jones, 50 3:10.71 A. Hellman, 54 1:27.62 D. Powers, 52 3:25.76 G. Jones, 50 3:45.31 F. Donald, 54 1:20.55 H. Wallower, 54 1:20.56 H. Lentzsch, 50 1:23.59 H. Lentzsch, 50 1:20.39 H. Lentzsch	J. Carrett, 57 H. Rowlinson, 57 C. McGill, 57 J. 100 Yd. Freestyle J. Crews, 56 C. Clemens, 58 L. 103.79 B. Dallman, 56 A. Harper, 59 H. Rowlinson, 57 L. 115.62 H. Rowlinson, 57 L. 115.62 H. Rowlinson, 57 L. 120.68 C. McGill, 57 L. Crews, 56 C. Lemens, 58 C. McGill, 57 L. Crews, 56 C. Lemens, 58 L. 2:16.98 C. Clemens, 58 L. 2:32.92 D. Miles, 55 A. Harper, 59 L. 2:35.65 A. Harper, 59 L. 2:36.40 H. Rowlinson, 57 L. Crews, 56 A. Harper, 59 L. Crews, 56 A. G. Clemens, 58 A. L. Crews, 56 A. G. Clemens, 58 A. L. Crews, 56 A. G. Clemens, 58 A. L. Crews, 56 A. G. Crews, 56 A. G. Crews, 56 A. G. Crews, 56 A. G. Crews, 56 A. Harper, 59 A. L. Crews, 56 A. La Crews, 56 A. Crews, 56	100 Yd. Breaststroke H. Weeks, 63 1:26.33 200 Yd. Breaststroke H. Weeks, 63 3:23.58 H. Anderson, 61 3:50.58 50 Yd. Butterfly W. Grant, 62 34.27 100 Yd. Butterfly W. Grant, 62 1:31.25 100 Yd. Individual Medley W. Grant, 62 1:19.60 H. Weeks, 63 1:30.00 H. Anderson, 61 1:33.30 200 Yd. Individual Medley W. Grant, 62 3:16.41 Men 65-69 50 Yd. Freestyle W. McCulley, 66 31.87 W. Stinson, 66 34.03 G. Steinken, 67 35.02 E. George, 67 38.05 W. McAlister, 65 38.20 H. Davis, 68 42.90 C. Brown, 69 49.60 100 Yd. Freestyle W. McCulley, 66 1:18.72 W. Stinson, 66 1:21.24 E. George, 67 1:31.70 H. Davis, 68 1:35.48 W. McAlister, 65 1:36.48 C. Brown, 69 2:10.54 200 Yd. Freestyle G. Steinken, 67 2:54.23 W. McCulley, 66 3:10.11 H. Davis, 68 3:32.37 E. George, 67 3:36.91 500 Yd. Freestyle G. Steinken, 67 8:09.91 M. McCulley, 66 9:15.99 H. Davis, 68 9:28.51 C. Brown, 69 9 58:21.37 50 Yd. Breaststroke G. Steinken, 67 29:32.05 H. Davis, 68 33:05.63 C. Brown, 69 58:21.37 50 Yd. Backstroke O. Sigrist, 67 43.73 W. Stinson, 66 46.74 M. McAlister, 65 54.17 C. Brown, 69 59.24 100 Yd. Breaststroke O. Sigrist, 67 1:32.85 M. Stinson, 66 46.74 M. McAlister, 65 54.17 C. Brown, 69 5:52.00 50 Yd. Breaststroke O. Sigrist, 67 1:32.35 100 Yd. Breaststroke O. Sigrist, 67 1:32.35 O. Yd. Breaststroke O. Sigrist, 67 3:52.00 M. McAlister, 65 5.15 O. Yd. Breaststroke O. Sigrist, 67 3:52.00 M. McAlister, 65 1:50.31 H. Davis, 68 5:12 O. Yd. Breaststroke O. Sigrist, 67 3:52.86 D. O. Yd. Breaststroke O. Sigrist, 67 3:52.86 O. Brown, 69 5:52.00 M. McAlister, 65 1:50.31 M. Davis, 68 5:12 O. Yd. Breaststroke O. Sigrist, 67 3:52.86 O. G. Brown, 69 5:52.00 M. McAlister, 65 5:52.
D. O'Brien, 40 2:36.69	J. Kiley, 52 7:40.75	B. Dallman, 56 28.89		

		200 VARD BACKSTROKE		AND TIDE DEPENDENTS		1001 000 000			
SECOND METRO MASTERS INVIT 2-8-76 LONG BEACH, NEW		Pete Santiago 25	2:24.2	Jim Johnson 40	2:20.6	50 YARD PRESTILE		(Costello, Quinn, Kats,	2:32-7
WOMEN 25-29	7.	50 YARD BREASTSTROKE Don Campo 27	32.6	Tom Moylett LO George Brunstad LI	2:27.3	Edward Cromin 55 100 YARD FREESTYLE	29.2	Marcklinger) Conn. Masters	2:50.4
50 YARD FREESTYLE	32.6	Pete Schwenker 27 Alan Laster 28	34-4	John Pasquals hi Bob Miller h0	3:00.1 3:06.8	Dick Guido 59 William Varsa 55	1:14.8	(Offenhauser, Offenhaus Olmsted, Donnelly)	er,
Fran Kassler 29	34.8	Jeff Sharfstein 26 100 YARD BREASTSTROKE	35.5	50 TARB BACKSTROKE Kenneth Rooney 43	34.6	200 YARD FREESTYLE Dick Unide 59	2:47.9	New York A.C.	2:03.5
100 YARD FREESTYLE Maureen Marcklinker 26 1:		Alan Laster 28 Pete Schwenker 27	1:19.8	Richard Ellis h3 Larry Raisfeld 40	35-4 35-7	William Varze 55 50 YARD BACKSTROKE	3:19.3	(Rooney, Gallagher, Zwi	
200 YARD FRESTYLE		50 YARD BUTTERFLY Walter Lee 27		100 YARD BACKSTROKE Kenneth Rooney 43	1:20.8	Dick Guido 59 100 TARD BACESTROKE	38.1	Metro Masters NY (Brenman, Herbst, Rice,	2:32.1
Fran Kassler 29 2:	:53.5	Jeff Sharfstein 26	27 • 4 27 • 7	Richard Killis 13	1:36.8	Dick Guido 59	1:25.7	McWilliams)	
Nancy Offenhauser 27 3: 50 YARD BACKSTROKE	:03.1	Don Campo 27 200 YARD BUITERFLY	28.2	200 YARD BACKSTROKE Larry Raisfeld 40	2:57.8	200 YARD BACKSTROKE Dick Guido 59	3:08.5	MEN 45 YEARS AND UP Metro Masters NY	2:14.7
	42.5	Verney Hintlian 26	2:20.9	Kenneth Rooney 43 50 YARD BREASTSTROKE	3:07.1	50 YARD BREASTSTROKE Edward Cronin 55	37.0	(Young, Dawson, Forbes Persons)	
	13.6	Don Campo 27 Varney Hintlian 26	1:02.5	John Jurkowski 40 Len Silverstein 41	* 31.9 36.4	John Sole 57 100 TARD BREASTSTROKE	37-9	Conn. Masters	2:54.9
Nancy Offenhauser 27	40.5	Charles McEntee 27 Pete Schwenker 27	1:04.5	Bob Miller 40 100 YARD BREASTSTROKE	52.1	John Sole 57 50 YARD BUTTERFLY	1:26.9	(Schofield, Pudell, Va.	
100 YARD IND. MEDLEY	141.5	200 TARD IND. MEDLEY Varney Hintlian 26	2:19.3	John Jurkowski 40 Richard Ellis 43	1:53.1	Edward Cronin 55	33.4 36.0	MEN 55 YEARS AND UP Metro Masters NY	2:27.6
200 YARD IND. MEDLEY	:32.8	Charles McEntee 27	2:25.9	200 YARD BREASTSTROKE Harry Farber 40	3:00.7	John Sole 57 William Varsa 55	45.2	(Guido, Sole, Cronin,	Barr)
WOMEN 30-34	:39.4	MEN 30-3L 50 YARD FREESTYLE		George Brunstad 41 50 YARD BUTTERFLY	3:03.0	100 TARD BUTTERFLY Edward Cronin 55	1:17.9	MASTERS DEVELOPMENT	AL MEET
50 YARD FREESTYLE	42.5	Douglas Buchan 32 John Weick 33	25.2	Jerry Zwirn 12	28+4	John Sole 57	1:23.2	2/14/76 Phoen	nix, Az.
200 YARD PREESTYLE	:19.6	Ron Masters 33 Simon Schutzer 31	30.4 31.2	Jim Johnsen 40 Pickett Simpson 40	31.0	William Varsa 55 200 YARD IND. MEDLEY	1:41-2	50 YARD FREESTYLE	
	:45.0	100 YARD FREESTYLE Ron Masters 33	1:09.8	Hen Silverstein 41 Bob Miller 40	34+3 44+6	John Sole 57	3:23.7	Karen Hastings 26 100 YARD FREESTYLE	35.8
Jane Kats 32	35.0	200 YARD FREESTYLE		100 YARD BUTTERFLY Pickett Simpson 40	1:23.0	William Varea 55 MEN 60-61 50 YARD PRESTYLE	3-23-2	Karen Hastings 26 50 YARD BREASTSTROKE	1:23.7
	:22.5	Ron Masters 33 Robert Carrano 30	2:46.5	200 YARD BUTTERFLY Jerry Zwirn 42	3:25.4	Jack Binder 63	49.2	Karen Hastings 26 WOMEN 44-49	45.8
200 YARD BACKSTROKE Jane Murphy 31 2:	:53.8	John Weick 33	30.4	100 YARD IND. MEDLEY		Jack Binder 63	2:51-4	50 YARD FREESTYLE	11.00
50 YARD BREASTSTROKE	39.9	Douglas Buchan 32 100 YARD BACKSTROKE	33+7	Jerry Zwirn 12 Jim Johnsen 10	1:07.9	Jack Binder 63	4:26.7	Mary Marenda 43 Jean Clester 44	40.6 51.0
200 YARD BREASTSTROKE	:59.3	John Weick 33 50 YARD BREASTSTROKE	1:09.0	George Erunstad 41 Pickett Simpson 40	1:15.1	50 YARD BACKSTROKE Stanley Pudell 60	41.5	Jean Clester 44	1:50.0
50 YARD BUTTERFLY		50 YARD BREASTSTROKE Steven Semryck 30 Paul Winters 31	31.3	Larry Raisfeld 40 Bob Willer 40	1:38.0	100 YARD BACKSTROKE Stanley Pudell 60	1:29.1	200 YARD FREESTYLE Mary Marenda 43	3:33.5
100 YARD BUTTERFLY	31.5	James Becker 30	34.2	Jim Johnsen 40	2:36.9	50 YARD BREASTSTROKE		50 YARD BREASTSTBOKE Jean Clester 44	54.5
Jane Katz 32 1:	:10.7	Simon Schutzer 31 100 YARD BREASTSTROKE	37+3	Jerry Zwirn 42	2:42.3	Stanley Pudell 60 100 YARD BREASTSTROKE	39.0	Mary Marenda 43	1:02.2
50 YARD FREESTYLE	կի.0	Paul Winters 31 James Becker 30	1:15.8	Len Silverstein 41 MEN 45-49	3:02-1	Stanley Pudell 60 MEN 65-69	1:34.7	Jean Clester 44	2:03.0
200 YARD FREESTYLE		James Becker 30	2:48.1	50 YARD PREESTYLE Bill Irwin 48	27.9	50 TARD FREESTFAR Fill Warner 65	37.2	50 YARD BUTTERFLY Mary Marenda 43	49.2
Barbara Stanley 43 3:	:42.5	50 YARD BUTTERFLY Douglas Buchan 32	29.2	Dill Young 46 Dan Sullivan 49	28 • 9 29 • 9	Farry Barr 66 Charles Wood 67	37.6 37.7	WOMEN 45-49 50 YARD FREESTYLE	
	:33.9	Simon Schutzer 31	34.6	Ralph Heimman 45 Fill Fersons 47	30.8	100 YARD FREESTYLE		Edith Gruender 47 100 YARD FREESTYLE	34.9
Adeline Quinn 40 3:	:20.0	MEN 35-39 50 TARD FRESSTYLE	2011767	100 YARD FREESTYLE Ken Dawson 45	1:09.4	Charles Wood 67 Fill Warner 65	1:25.3	Edith Gruender 47 Maya Feldhuhn 46	1:19.2
Adeline Quinn 40 3	:46.9	John Bender 37 Ben Simon 38	24.5	Pill Persons L7	1:09.6	Charles Wood 67	3:16.3	200 YARD FREESTYLE	1134.9
100 YARD IND. MEDLEY	:33.6	Jim Rice 39 Steve Sheppard 39	29.9 30.4	Robert McWilliams 47 200 YARD FREESTYLE	1:15.9	Fill Warner 65 50 YARD BREASTSTROKE	3:38.0	Edith Gruender 47 50 YARD BREASTSTROKE	21 56.3
SO YARD FREESTILE	int As	John Bender 37	56.5	Dan Sullivan 1,9 Pill Irwin 1,8	2:33+0 2:34+8	Harry Barr 66 100 YARD BREASTSTROKE	luls=7	Maya Feldhuhn 46 100 YARD BREASTSTROKE	49.8
	32.1	Jim Rice 39 Steve Sheppard 39	1:09.9	Ken Dawson 45 Fill Persons 47	2:35.6	Herry Barr 65 200 YARD BREASTSTROKE	1:49.2	Maya Feldhuhn 46 50 YARD BUTTERFLY	2:01.2
100 YARD FREESTYLE	:13.8	200 YARD PREESTYLE		50 YARD BACKSTROKE Ken Dawson 45	36.lı	Harry Barr 66	4:03.6	Edith Gruender 47	39.3
50 YARD BACKSTROKE	42.7	Drury Gallagher 37 John Bender 37	2:09.8	Pen Sullivan 19 Ralph Heineman 15	37:3	50 YARD FREESTYLE		50 YARD FREESTYLE	
100 YARD BACKSTROKE		Michael Bushell 36 Ben Simon 38	2:22.1	100 YARD BACKSTROKE		August Danielsson 73 100 YARD FREESTYLE	49-4	Rose Steward 58 100 YARD FREESTYLE	55.1
200 YARD BACKSTROKE	:31.8	Jim Rice 39	2:41.4	Ken Dawson 45 Dan Sullivan 49	1:19.7	August Danielsson 73 50 YARD BHEASTSTROKE	1:57.3	Rose Steward 58 200 YARD FREESTYLE	2:25.6
Dot Donmelly 54 3:	:19.7	Steve Sheppard 39 50 TARD BACKSTROKE		Pill Persons 47 200 YARD BACKSTROKE	1:31.0	August Danielsson 73	49.2	Rose Steward 58 100 YARD BREASTSTROKE	5:05.3
50 YARD BREASTSTROKE Charlotte Costello 53 * 100 YARD BREASTSTROKE	41.6	Richard Meyer 35 Ben Simon 38	29.1 34.6	Ken Dawson 45 Pill Fersons 47	2:56.3	August Danielsson 73	1:59.2	Rose Steward 58 50 YARD BUTTERFLY	3:05.8
	:32.3	100 YARD BACKSTROKE Richard Meyer 35	1:08.0	50 YARD BREASTSTROKE Ralph Heineman 45	40.1	August Danielsson 73 MEN 75-79	4:32.0	Rose Steward 58 MEN 25-29	1:22.5
Charlotte Costello 53 3	:24.0	50 YARD BREASTSTROKE Stephen Burtin 36	32.4	Daniel Herbst 17 100 YARD BREASTSTROKE	44.2	50 YARD FREESTILE		50 YARD FREESTYLE Niki Grigoriev 26	26.3
50 YARD BUTTERFLY Charlotte Costello 53	38.7	Lou Abel 39 100 YARD BREASTSTROKE	33.2	Robert McWilliams 47	1:36.4 1:38.0	Earl Igon 75 100 YARD FREESTYLE	50.5	100 YARD FREESTYLE	
WOMEN 60-54 50 YARD FREESTYLE Susan Haywood 61	G SPICE	Drury Gallagher 37 Lou Abel 39	1:15.2	Daniel Herbet 47 200 YAND BREASTSTROKE		Earl Lyon 75 50 YARD BACKSTROKE	2:03.8	Niki Grigoriev 26 200 YARD FREESTYLE	1:00,7
100 YARD FREESTYLE	38.9	200 YARD BREASTSTROKE		Robert McWilliams 47 Daniel Herbet 47	3:38-4 3:41-4	Earl Lyon 75 100 YARD BACKSTROKE	1:02.7	Niki Grigoriev 26 50 YARD BREASTSTROKE	2:42.2
	:36.6	Lou Abel 39 Stephen Kurtin 36	2:57.5 3:09.8	50 YAHD BUTTERFLY Bill Young 46	32.9	Earl Lyon 75	2:23+3	Jak Keyser 28 100 YARD BREASTSTROKE	31.8
Susan Haywood 61 3	3:13.0	50 YARD BUTTERFLY Stephen Kurtin 36	28.4 .	A) Stein L7	1:12.0	50 YARD BREASTSTROKE Earl Lyon 75 200 YARD FREESTYLE REL	1:11.9	Jak Keyser 28	1:12.8
200 YARD BACKSTROKE	3:59.7	John Bender 37 Jim Rice 39	28.9 32.3	MEN 50-54 50 TAHD FRESTYLE		200 YARD FREISTYLE REL MEN 35 YEARS AND UP New York A.C.		Jak Keyser 28	29.6
200 YARD BREASTSTROKE	5:29.2	100 YARD BUTTERFLY Michael Bushell 36	1:09.6	Mike Priano 52 100 YARD FREESTYLE	26.7	(Gallagher, Ellis, Ro	1:50.3 oney,	Niki Grigoriev 26 MEN 30-34 50 YARD FREESTYLE	30.0
100 YARD IND. MEDLEY		Lou Abel 39 200 YARD BUTTERFLY	1:30.0	Elliott Schofield 53	1:10.2	Zwirn) Metro Masters NY	2:18.7	Jeff Westlake 30	.26.6
WOLLEN 65-69	2:03.9	Drury Gallagher 37 Michael Bushell 36	2:38.7	Fill Brennan 53 200 TARD FREESTYLE		(Rice, Herbst, McWill Kurtin)	isms,	100 YARD FREESTYLE Jeff Westlake 30	57.1
50 YARD FREESTYLE Evelyn Somers 68	59.3	100 YARD IND. MEDLEY	1:05-4	Gene Rogers 51 Flliott Schofield 53	2:34.5	MEN 45 YEARS AND UP	2:01.1	200 YARD FREESTYLE Jeff westlake 30	2:38.7
50 YARD BACKSTROKE	1:13.4	Drury Gallagher 37 Richard Meyer 35	1:10.7	Bill Frennan 53 SC YARD BACKSTROKE	2144.8	(Young, Forbes, Dawson		MEN 45-49 50 YARD FREESTYLE	
50 YARD BREASTSTROKE	1:08.6	Drury Gallagher 37	2:28.6	Mike Priano 52 Cene Rogers 51	33.3	Persons) Conn. Masters	2:39.8	Charles Thomas 48	26.4
50 YARD BUTTERFLY	1:16.6	John Bender 37 Lou Able 39	2:38.9	Elliott Schofield 53 Herman Tepper 50	39.3 45.6	(Varza, Lyon, Pudell, Schofield)		Daniel Gruender 46 Dale Marenda 48	31.6
200 YARD IND. MEDLEY		MEN LO-LA 50 YARD FREESTYLE		100 TAHD BACKSTROKE Elliott Schofield 53	1:35.5	MIXED 25 YEARS AND UP Metro Masters NY "A"	2:02.1	Charles Thomas 48	1:02.5
MEN 25-29	5:05.5	Ton Moylett 40 Richard Ellis 43	27.6	Herman Tepper 50 200 YARD BACKSTHOKE	1:44.1	(VanDolson, Kassler, Masters, Santiago)		Daniel Gruender 46 200 YARD FREESTYLE	1112,2
50 YARD FREESTYLE Walter Lee 27	25.0	John Pasquale Li Len Silverstein Li	28 • 9 29 • 6	Gene Rogers 51	3:00.4	Metro Masters NY "B" (Katz, Grossman, Schw	2:12.9 enker.	Dale Marenda 48 50 YARD BREASTSTROKE	3:00.0
100 YARD FREESTYLE Varney Hintlian 26	54.0	Pickett Simpson 40	30.0 30.8	Herman Tepper 50 50 YARD BREASTSTROKE	4:05.3	Sharfstein) MIXED 35 TEARS AND UP		Daniel Gruender 46 Dale marenda 48	35.1 42.4
Walter Lee 27	56.9 1:12.5	Robert Shulman 42 Andy Isnarella 41	32.0	Jim Forbes 50 100 YAHD BREASTSTROKE	34-4	Metro Masters NY	2:10.6	50 YARD BACKSTROKE Dale Marenda 48	41.8
200 YARD PREESTYLE	2:00.3	Bob Miller 40 100 YARD FREESTYLE	35.6	Jim Forbes 50 Bill Prennan 53	1:36.0	(Costello, McWilliams Quinn, Kurtin)	,	Daniel Gruender 46	42.0
50 YARD BACKSTROKE Walter Lee 27	29.8	Jim Johnsen 40 Richard Ellis 43	1:00.8	Jim Forben 50	3:03.5	MIXED 45 TEARS AND UP	2:25.0	50 YARD BUTTERFLY Dale Marenda 48	43.6
Jeff Sharfstein 26 100 YARD BACKSTROKE	31.2	John Pasquale 41 George Brunstad 41	1:07.7	50 YARD BUTTERFLY Mike Priano 52	30.5	(Schofield, Varza, Do Offenhauser)			
Pete Santiago 25	1:06.5	Pickett Simpson 40 Robert Shulman 42	1:09.5	100 YARD IND. MEDLEY Bill Brennan 53	1:23-4	WOMEN 25 YEARS AND UP			
	1:07.3	len Silverstein 41 Andy Isnarella 41	1:13-4	Elliott Schofield 53	1:30.0				
		The same of the sa		10					

		1650 YD FREESTYLE		100				12 N 242-500 (2572-1270)	
RESULTS Wauwatosa, Wiscon	ein		23:45.00	100 YD BACKSTROKE Frank Havlicek 57	1:22.31	500 YARD FREESTYLE Anne McGuire	7:03.8	Cullen Bullock John Mello	2:52.2
2/14/76 and 3/20		50 YD BREASTSTROKE		200 YD BUTTERFLY		Anne McGuire		50 YARD BUTTERFLY	
25 YD Pool Sancti	on #75-69	John Goetz 33 100 YD BREASTSTROKE	:34.58	Frank Havlicek 57 100 YD IM	3:06.00	50 YARD BREASTSTROKE	24:36.2	Gerry DeLong K.C. Dawson	26.5
WOMEN 19-24		John Goetz 33	1:15.16		1:12.56	Anne McGuire	37.8	John Zeigler	29.8
50 YD FREESTYLE		200 YD BREASTSTROKE	5 40 40	MEN 60-64		Anne McGuire	1:23.8	Robert Clein 100 YARD BUTTERFLY	30.0
Pattie Seitz 22	:30.84	John Goetz 33	2:48.68	200 YD PREESTYLE		200 YARD BREASTSTROKE		Gerry DeLong	58.8
100 YD, FREESTYLE Pattie Seitz 22	1 12 02	50 YD BUTTERFLY Lew Brumm 33	:28.00	Chuck Wilson 60 Herbert Howe 63	2:30.43	Anne McQuire 50 YARD BUTTERFLY	3:07.1	K.C. Dawson 100 YARD IND, MEDLEY	1:00.6
Betsy Kahn 19	1:25.01	100 YD BUTTERFLY	:28.00	500 YD FREESTYLE	2:30.79	Anne McGuire	35.6	Gerry DeLong	1:02.6
500 YD FREESTYLE	2123101	Lew Brumm 33	1:01.38	Herbert Howe 63	6:58.60	Anne McGuire	1:19.5	K.C. Dawson John Zeigler	1:05.3
Betsy Kahn 19	8:29.08	200 YD BUTTERFLY		Chuck Wilson 60	7:31.26	200 YARD IND, MEDLEY	1,19.9	John Mello	1:12.2
50 YD BACKSTROKE Pattie Sietz 22	:39.64	Lew Brumm 33 MEN 35-39	2:26.83	50 YD BREASTSTROKE	:35.29	Anne McGuire	2:56.5	Gerry DeLong	2:20.9
50 YD BREASTSTROKE	155.04	100 YD FREESTYLE	140	George Trawicki 60	133.23	WOMEN 45-49		John Zeigler	2:23.2
Pattie Seitz 22	:41.11	Ken Nordin 38	1:19.94	George Trawicki 60	1:19.24	50 YARD FREESTYLE Vicki Yambrick	62.2	John Mello	2:59.4
100 YD BREASTSTROKE Pattie Seitz 22	1.20.04	200 YD FREESTYLE Ken Nordin 38	3-04-60	200 YD IM	2.40 56	200 YARD FREESTYLE	53.3	MEN 35-39	
50 YD BUTTERFLY	1:30.94	500 YD FREESTYLE	3:04.60	Chuck Wilson 60 Herbert Howe 63	2:49.56	Vicki Yambrick	4:09.0		20. 2
Betsy Kahn 20	:44.74	Brian Steinke 38	6:50.19	MEN 65-69		500 YARD FREESTYLE June Krauser	7:02.9		34.0
WOMEN 25-29		Ken Nordin 38	8:43.06	100 YD FREESTYLE		Vicki Yambrick	11:22.5	Harry Miller	1:20.3
Cheryl Kantor 29	1.22 49	Jim Ketzler 38	:37.42	Clif Brown 69	2:52.51	June Krauser	24:05.4	Jerry Mershon 200 YARD FREESTYLE	1:29.2
500 YD FREESTYLE	1:22.40	100 YD BREASTSTROKE	137.42	500 YD FREESTYLE Clif Brown 69	16:42.44	Vicki Yambrick	40:22.0	Harry Miller	3:21.5
Nancy Stupka 29	7:46.87	Jim Ketzler 38	1:25,65	1650 YD FREESTYLE		50 YARD BACKSTROKE Vicki Yambrick	1:01.4	1650 YARD FREESTYLE Harry Miller	32:30.5
50 YD BACKSTROKE		200 YD BUTTERFLY Jim Ketzler 38	2 05 00	Clif Brown 69	63:32.67	LOO YARD BACKSTROKE	1.01.4	200 YARD BACKSTROKE	36.30.)
Nancy Stupka 29 100 YD BACKSTROKE	:38.28	100 YD IM	3:05.00	Clif Brown 69	:57.05	June Krauser	1:34.0	Harry Miller MEN 40-44	4:01.3
Nancy Stupka 29	1:25.28	Jim Ketzler 38	1:21.82	100 YD BACKSTROKE	1511113	Vicki Yambrick 200 YARD BACKSTROKE	2:12.6	50 YARD FREESTYLE	
Cheryl Kantor 29	1:37.26	MEN 40-44		Clif Brown 69	2:20.97	June Krauser	3:11.8	Gaither Rosser	25.3
100 YD IM Cheryl Kantor 29	1:40.29	50 YD FREESTYLE David Vear 44	:27.42	200 YD BACKSTROKE	6:17.12	50 YARD BREASTSTROKE Vicki Yambrick	1:09.1	Sheldon Monsein Charles Kohnken	26.4
WOMEN 35-39	1:40.29	Wayne Leengran 44	:27.42	Clif Brown 69 50 YD BREASTSTROKE	0:1/.12	100 YARD BREASTSTROKE		Bob Minahan	31.1
50 YD FREESTYLE		100 YD FREESTYLE	455155	Clif Brown 69	1:35.06	June Krauser 200 YARD BREASTSTROKE	1:35.9	100 YARD FREESTYLE	
Kay Juechter 39	:38.04	David Vear 44	1:06.39	200 YD FREESTYLE REI		June Krauser	3:24.0	Gaither Rosser Bob Minahan	56.1
Barb Russell 36	:38.92	1650 YD FREESTYLE Wayne Leengran 44	21.11 12	Illinois Masters (Ba		50 YARD BUTTERFLY	36 li	200 YARD FREESTYLE	
100 YD FREESTYLE Kay Juechter 39	1:26.63		24:17.30	Havlicek-Roblish-Sch 45+	midt) 1:56.41	June Krauser Vicki Yambrick	36.4	Gaither Rosser Charles Kohnken	2:10.2
200 YD FREESTYLE		MEN 45-49		~~~~~	~~~	100 YARD BUTTERFLY		Bob Minahan	2:44.9
Jeanette Fischer 36	3:23.35	50 YD FREESTYLE		SHEELER-WINTON 1ST	ANNUAL	June Krauser 100 YARD IND MEDLEY	1:22.4	500 YARD FREESTYLE Burwell Jones	5:44.0
Jeanette Fischer 36	:49.73	Paul Girdes 48 100 YD FREESTYLE	:26.57	GEORGE WASHINGTON'S	HOLIDAY	June Krauser	1:26.1	Gaither Rosser	6:07.0
50 YD BREASTSTROKE	149.73	Bob White 48	:58.44	MASTERS SWIM M Miami, Fla. Feb. 14-		Vicki Yambrick 200 YARD IND. MEDLEY	2:31.8	Sheldon Monsein	6:48.5
Barb Russell 36	:41.86	Paul Girdes 48	1:00.91	7114011, 714. Peb. 14-		June Krauser	3:01.3	Charles Kohnken Bob Minahan	7:04.0
100 YD BREASTSTROKE	1 24 02	200 YD FREESTYLE Paul Girdes 48	2 22 56	50 YARD FREESTYLE		DATE AT MENOU		1650 YARD PREESTYLE	
Barb Russell 36 200 YD BREASTSTROKE	1:34.07	Henry Kleppek 45	2:23.56 3:11.38	Cathy Engelhardt	29.8	50 YARD FREESTYLE		Burwell Jones Gaither Rosser	19:37.1 21:34.5
Barb Russell 36	3:24.29	500 YD FREESTYLE	-	100 YARD FREESTYLE	1.09 0	Rose Caplane	58.6	Charles Kohnken	25:00.6
100 YD IM		John Bauman 45	6:31.63	Sharon Socol 200 YARD FREESTYLE	1:28.2	50 YARD BACKSTROKE Rose Caplane	1:02.3	Bob Minahan 50 YARD BACKSTROKE	26:56.0
Jeanette Fischer 36	1:49.65	Paul Girdes 48 Henry Kleppek 45	6:48.29	Joanne Menard	2:32.5	100 YARD BACKSTROKE	Down named	Burwell Jones	28.8
WOMEN 65-69 500 YD FREESTYLE		1650 YD FREESTYLE	8:45.02	500 YARD FREESTYLE Cathy Engelhardt	6:28.6	Rose Caplane 200 YARD BACKSTROKE	2:26.7	Sheldon Monsein	29.2
Elizabeth John 65	11:41.32	John Bauman 45	22:46.36	Joanne Menard	6:54.6	Rose Caplane	5:19.0	Bob Minahan 100 YARD BACKSTROKE	47.8
50 YD BACKSTROKE		Henry Kleppek 45	30:31.80	1650 YARD FREESTYLE Cathy Engelhardt	21:55.7	50 YARD BREASTSTROKE Rose Caplane	1:05.1	Burwell Jones	1:04.0
Elizabeth John 65	:56.70	100 YD BACKSTROKE Bob White 48	1:12.62	Joanne Menard	24:13.0	100 YARD BREASTSTROKE		Sheldon Monsein Gaither Rosser	1:05.4
50 YD BREASTSTROKE	:55.13	100 YD BREASTSTROKE	1112.02	50 YARD BACKSTROKE Cathy Engelhardt	38.4	Rose Caplane	2:20.8	200 YARD BACKSTROKE	
Elizabeth John 65 100 YD BREASTSTROKE		Robert Kueny 45	1:14.49	Sharon Socol	44.8	Rose Caplane	5:07.7	Burwell Jones Sheldon Monsein	2:22.8
Elizabeth John 65	2:04.30	Henry Kleppek 45	1:32.19	100 YARD BACKSTROKE		The state of the s	2	Herb Kern	2:45.0
MEN 19-24		200 YD BREASTSTROKE Robert Kueny 45	2:42.07	Cathy Engelhardt Joanne Menard	1:19.5	50 YARD FREESTYLE		50 YARD BREASTSTROKE Burwell Jones	33.5
1650 YD FREESTYLE Paul Milner 22	21:45.34	Henry Kleppek 45	3:22.56	200 YARD BACKSTROKE		Chuck Menard	33.9		42.2
100 YD BACKSTROKE	*******	50 YD BUTTERFLY		Cathy Engelhardt Joanne Menard	2:53.7	David Silva 100 YARD FREESTYLE	34.4	Charles Kohnken	44.5
Paul Milner 22	1:08.20	Robert Kueny 45		100 YARD BREASTSTROK	E	Billy May	52.1	Burwell Jones	1:15.4
200 YD BACKSTROKE	3 30 00	Paul Girdes 48 100 YD BUTTERFLY	:34.12	Cathy Engelhardt 50YARD BUTTERFLY	1:29.1	100 YARD BACKSTROKE Chuck Menard	2:51.6	Robert Minahan	1:39.0
Paul Milner 22 MEN 25-29	2:28.90	John Bauman 45	1:18.66	Joanne Menard	35.0	1650 YARD FREESTYLE		200 YARD BREASTSTROKE Burwell Jones	2:39.0
50 YD FREESTYLE		200 YD BUTTERFLY		100 YARD BUTTERFLY	1.10 2	David Silva	30:55.2	50 YARD BUTTERFLY	
Mark Prange 28		John Bauman 45	2:54.51	Cathy Engelhardt Joanne Menard	1:12.3	MEN 30-34 50 YARD FREESTYLE		Gaither Rosser Burwell Jones	28.1
Robert Becker 26	:27.15	John Bauman 45	2:52 14	100 YARD IND, MEDLEY		John Mello	26.5	Sheldon Monsein	30.9
100 YD FREESTYLE Mark Prange 28	:54.76	400 YD IM		Cathy Engelhardt 200 YARD IND. MEDLEY	1:17.1	Cullen Bullock 100 YARD FREESTYLE	26.5	100 YARD BUTTERFLY Gaither Rosser	1:05.5
Tom Ertel 28		Robert Kueny 45		Cathy Engelhardt	2:45.9	Gerry DeLong	56.5	100 YARD IND. MEDLEY Burwell Jones	
500 YD FREESTYLE	6.40 10	MEN 50-5 50 YD FREESTYLE	2	WOMEN 30-34		John Mello	59.9	Burwell Jones Gaither Rosser	1:02.5
Ron Krier 29 Phil Jelinek 29	7:16.82	Jurgen Schmidt 53	:26.52	Sandy Mersham		K.C. Dawson 200 YARD FREESTYLE		Sheldon Monsein	1:09.9
1650 YD FREESTYLE		Art Koblish 52	:27.62	100 YARD PREESTYLE	40.0	Gerry DeLong	2:09.1	Bob Minahan 200 YARD IND, MEDLEY	1:30,8
Jim Kervin 25	20:33.29	Jurgan Schmidt 53	1:00.38	Pam Segar	1:41.2	K.C. Dawson John Mello		Herb Kern	2:36.5
100 YD BACKSTROKE Tom Ertel 28	1.01 94	Jurgen Schmidt 53 Art Koblish 51		500 YARD PREESTYLE Sandy Mershon		500 YARD FREESTYLE			
Jim Kervin 25	1:04.54	William Baugher 54	1:08.50	1650 YARD FREESTYLE		Gerry DeLong K.C. Dawson	5:54.2	MEN 45-49 50 YARD FREESTYLE	
Robert Becker 25		200 YD FREESTYLE		Sandy Mershon	38:53.8	1650 YARD FREESTYLE		Dan Malone	26.0
200 YD BACKSTROKE	3 31 0	Art Koblish 51 Jurgen Schmidt 53	2:17.05	Pam Segar	53.8		22:15.7	William Adams 100 YARD FREESTYLE	28.5
Tom Ertel 28 100 YD BREASTSTROKE	2:21.96	William Baugher 54		Sandy Mershon 100 YARD BREASTSTROK	58.9	K.C. Dawson		Dan Malone	58.0
Robert Becker 26		500 YD FREESTYLE		Pam Segar	£ :2:06.9	50 YARD BACKSTROKE K.C. Dawson		William Adams 200 YARD FREESTYLE	1:04.1
Ron Prater 29		Art Koblish 51	6:26.78			John Zeigler	34.1	Dan Malone	2:10.3
Jim Kervin 25	1.04 21	Jurgen Schmidt 53 William Baugher 54		50 YARD FREESTYLE		Robert Clain	34.9	Williams Adams 500 YARD FREESTYLE	2:30.9
Phil Jelinek 29		1650 YD PREESTYLE		Ann Colvin	49.3	John Mello 100 YARD BACKSTROKE		Dan Malone	6:29.4
100 YD IM		Art Koblish 52	22:25.37	Ann Colvin	4:18.9	Gerry DeLong		William Adams	7:11.8
Ron Krier 29		Jurgen Schmidt 53 MEN 55-5	23:10.78	50 YARD BACKSTROKE		John Zeigler Robert Clein	1:19.3		22:07.6
Tom Ertel 28 Ron Prater 29	1:05.09	50 YD FREESTYLE		Ann Colvin 50 YARD BREASTSTROKE	51.2	200 YARD BACKSTROKE		Bill Adams	25:41.5
Robert Becker 25		Lynn Surles 58	:28.53	Ann Colvin	53.4	John Zeigler 50 YARD BREASTSTROKE		50 YARD BACKSTROKE Bev Shives	1:02.9
200 YD IM	2 20	100 YD FREESTYLE	1.22 57	Ann Colvin	55.0	Gerry DeLong	31.6	100 YARD BACKSTROKE	
Ron Prater 29 Phil Jelinek 29		Norman Folker 57 200 YD FREESTYLE	1:22.57	100 YARD IND, MEDLEY		John Zeigler Cullen Bullock		William Adams Robert Beach	1:19.0
Robert Becker 25	2:53.95	Lynn Surles 58	3:00.76	Ann Colvin	2:03.8	John Mello	34.9	50 YARD BREASTSTROKE	0.0000000
MEN 30-34		500 YD FREESTYLE	9.12.20	WOMEN 40-44		Robert Clein 100 YARD BREASTSTROKE		Dan Malone Bill Adams	37.8 42.6
500 YD FREESTYLE Lew Brumm 33	7.09 50	Norman Folker 57 1650 YD, FREESTYLE	8:12.30	50 YARD FREESTYLE Anne McGuire	32.3	John Zeigler	1:13.1	50 YARD BUTTERFLY	
MAN DEGINI 23		Lynn Surles 58		200 YARD FREESTYLE		John Mello 200 YARD BREASTSTROKE	1:17.3	Bill Adams 100 YARD IND. MEDLEY	33.5
		Norman Folker 57	27:59.00	Anne McGuire	2:37.6	John Zeigler	2:37.9	Bill Adams	1:14.6
				11				Dan Malone	1:14.9

			MIDLAND MASTERS		50 YARD BUTTERFLY	22/20/20/20
Sig Languer 44:52.8 Boots Stockt	on 50.4	MINNESOTA ASSOCIATION Monday, February 23, 1976	March 14, 1976 Midl. WOMEN 25-29	and, Mich.	Gary LaPrise Ray Martin	26.84
50 YARD BACKSTROKE 100 yard Ind Peter Jurczyk 55.2 Marcy Harlow	1117.4	WOMEN 25-29 100 YARDS FREESTYLE	50 YARD FREESTYLE Lynne Allsup	26.35	200 YARD BUTTERFLY Ray Martin	2:50.22
Harold Languer 1:06.2 Patsy Roose Fritz Babendererde 1:14.1 Boots Stockt		Mary Mordaunt 25 1:15.5 50 YARDS BACKSTROKE	Jan Okopny 100 YARD PREESTYLE	30.88	AND YARD IND. MEDLEY Ray Martin	5:41.50
Peter Jurczyk 2:14.6 50 yard free		Loretta Chinn 29 47.0 50 YARDS BREASTSTROKE	Lynne Allsup Jan Hartsoe	1:00.39	Bob Pierce MEN 40-44	6:43.01
Sig Languer 3:06.2 Jo Yabe 50 YARD BREASTSTROKE 100 yard bac		Loretta Chinn 29 45.3 100 YARDS BREASTSTROKE	Jan Hartsoe	6:43.73	50 YARD PREESTYLE Ed Campbell	30.41
Peter Jurczyk 1:05.9 200 yard bre	sstroke 148.4	Mary Mordaunt 25 1:34.3 Loretta Chinn 29 1:41.4	Betsy King 50 YARD BACKSTROKE	7:41.58	Ken Cook Ed Birkhimer	34.27
Sig Langner 1:06.2 Jo Yabe 100 YARD BREASTSTROKE 100 yard Ind	. Med. 3152.0	100 YARDS INDIVIDUAL MEDIFY Mary Mordaunt 25 1:29.8	Jan Okopny Marge Ulrey	35.98 50.41	100 YARD PREESTYLE Tom Koenig	1:02.31
	-44 1:43.8	MOMEN 30-34 100 YARDS BACKSTROKE	50 YARD BREASTROKE	39.18	G. W. White 500 YARD PREESTYLE	1:10.19
Fritz Babendererde 5:33.5 50 yard free 50 YARD BUTTERFLY Feggy Kepner		Barbara Wheeler 34 1:21.7 100 YARDS BREASTSTROKE	Marge Ulrey 100 YARD BREASTROKE	44.20	Ed Campbell 50 YARD BACKSTROKE	8:02.99
Harold Languer 1:13.6 Dorothy Klein 50 yard butt	st 44 49.8	Barbara Wheeler 34 1:27.7	Jan Okopny 50 YARD BUTTERFLY	1:27.81	Wally Dobler Jerry Garbus	30.73 33.41
50 YARD FREESTYLE Feggy Kepner	43 41.5	Barbara Wheeler 34 1:23.4 WOMEN 40-44	Lynne Allsup Jan Hartsoe	30.27	Tom Koenig 100 YARD BACKSTROKE	34.89
100 YARD FREESTYLE POPOLING Klass	43 1127.8	100 YARDS FRESTYLE Nancy Crist 42 1:44.7	WOMEN 30-34	30.35	Wally Dobler Jerry Garbus	1:10.17
200 YARD FREESTYLE 50 yard free	45-49	50 YARDS BREASTSTROKE Nancy Crist 42 43.3	50 YARD FREESTYLE Alice Crow	39.25	G. W. White 50 YARD BREASTROKE	1:26.70
500 YARD FREESTYLE	48 35.8	WOMEN 50-54 50 FRESTYLE	100 YARD FREESTYLE Alice Crow	1:28.21	Tom Koenig Wally Dobler	33.72 33.86
Reed Ringel 6:40.7 Louise Mann 1650 YARD FREESTYLE	48 3129.6	Niquie Spranger 53 46.7	500 YARD PREESTYLE Alice Crow	8:41.37	Ken Cook Ed Campbell	39.88
Reed Ringel 23:20.5 Joyce Amato	47 1:37.5	50 YARDS FREESTIE Mamie J. Brown 71 1:20.7	50 YARD BACKSTROKE		100 YARD BREASTROKE Tom Keonig	40.78
Reed Ringel 1:22.8 50 yard butt	erfly	MEN 25-29 50 YARDS FREESTYLE	Pat Madden	54.12	Ken Cook G. W. White	1:14.71
Reed Ringel 37.7 100 yard but	terfly	Jan Peterson 25 25.5	50 YARD BREASTROKE Pat Madden	51.74	Ed Birkhimer	1:37.16
Reed Ringel 3:11.6 100 yard Ind	Med.	Terry Gustafson 27 31.5 100 YARDS PRESTYLE	100 YARD BREASTROKE Pat Madden	2:02.68	Wally Dobler	27.67
Reed Ringel 34.3	-54	Robin Kleffman 28 57.8 Bob Baker 28 59.1	50 YARD FREESTYLE		400 YARD IND. MEDLEY Tom koenig	5:44.30
Reed Ringel 2:59.7 Frances Kare	53 43.0	Tom Hodgson 26 . 27.7	Bari Birkhimer 100 YARD FREESTYLE	48.39	MEN 45-49 50 YARD PREESTYLE	
MEN 55-59 50 YARD BACKSTROKE 100 Yard back Frances Kare	53 2:05.0	Terry Gustafson 27 34.0 Jan Peterson 25 34.5	Jean Garbus 50 YARD BACKSTROKE	1:33.40	Arne Lagerkuist Allyn McCormic	28.17 28.58
Stanwood Fisher 45.9 20	-29	Bill Earley 28 1:06.9	Bari Birkhimer 100 YARD BACKSTROKE	57.88	Bart Bremmer Herb Scogg	28.71
MEN 50-64 G. Achey 50 YARD PRESTYLE 50 YARD butte	26.9	Bill Farley 28 2:30.6	Jean Garbus 100 YARD BREASTROKE	1:34.30	Hank Hoover 100 YARD FREESTYLE	30.05
Joe Kapit 38.6 G. Achey	35.1	Marc Hamren 25 30.5	Jean Garbus	1:31.90	Bob Heritier Charles Moss	57.35 58.62
JOE Kapit 41.5 G. Acney	1111.3	Marc Hamren 25 1:06.9	50 YARD FREESTYLE		Allyn McCormic Bart Bremmer	1:04.14
200 YARD BREASTSTROKE 50 vard frees	tyle	Tom Hodgson 26 1:09.3 200 YARDS BREASTSTROKE	Pat Gentry 100 YARD PREESTYLE	36.62	Herb Scogg Hank Hoover	1:09.90
OU IARD BUILDRELI John Tohin	34 27.1 3 28.4	Merc Hamren 25 2:29.4 Bob Baker 28 2:40.5	Fat Gentry 50 YARD BACKSTROKE	1:27.97	500 YARD PREESTYLE Charles Moss	6:30.67
Clifford Straus 40.0 Goodwin 100 YARD IND, MEDLEY Mike Chessnos	29.9	Jan Peterson 25 27.8	Pat Gentry 100 YARD BACKSTROKE	44.38	Bart Bremmer Allyn McCormic	7:10.84 7:29.16
Joe Kapit 1:43.6 200 yard free John Tobin 3	style	Robin Kleffman 28 1:01.2	Pat Gentry MEN 25-29	1:46.30	50 YARD BACKSTROKE Herb Scogg	33.45
200 YARD BREASTSTROKE 100 yard back	34 3107.6	Tom Hodgson 26 1:00,1	50 YARD PREESTYLE Gary Carter	23.76	Hank Hoover John Roundhouse	40.83 41.30
Bill Share 3:34.3 John Tobin 3 Goodwin	3 1117.6	MEN 30-34 50 YARDS FREESTYLE	Greg Boerner Jim Makarauskas	23.79	100 YARD BACKSTROKE Charles Moss	1:12.41
50 YARD FREESTYLE 200 yard brea	34 1:42.0	Daniel Crocker 34 23.7 100 YARDS FREISTYLE	Bubba Phillips Rick Melick	26.69	50 YARD BREASTROKE Arne Lagerkuist	36.06
Sig Languer 38.9 Goodwin	2:55 0	Daniel Crocker 34 54.1 Bruce Koci 33 1:02.1	100 YARD FREESTYLE Jim Makarauskas	52.17	Bart Bremmer John Roundhouse	38.76
Peter Jurczyk Fritz Babendererde 100 YARD PREESTYLE February 41.0 50 yard butte 50.8 John Tobin 3	3 30.5 34 32.2	50 YARDS BREASTSTRCKE Bill Arland 31 32.2	Greg Boerner Gary Carter	52.51 52.97	100 YARD BREASTROKE	43.62
Harold Languer 1:25.0 Goodwin Sig Languer 1:41.0 100 yard Ind.	32.9	100 YARDS BRFASTSTROKE Buz Scott 31 1:27.5	500 YARD FREESTYLE Jim Makarauskas	5:52.16	Arne Lagerkuist Bart Bremmer 50 YARD BUTTERFLY	1:26.45
Peter Jurczyk 1:41.2 raul Cooper Fritz Babendererde 2:03.5 Goodwin	34 1:13.0 1:14.2	50 YAPDS BUTTERFLY Bill Arland 31 27.4	Rick Melick 50 YARD BREASTROKE	6:05.51	Charles Moss	29.99
Harold Languer 3:03.2 50 yard frees	44	100 YARDS INDIVIDUAL MEDLEY Bill Arland 31 1:04.2	Bubba Phillips 100 YARD BREASTROKE	31.96	MEN 50-54 50 YARD FREESTYLE	
Sig Languer 3:49.5 George Kenry Peter Jurczyk 3:58.5 100 yard back	40 28.8	Daniel Crocker 34 1:06.7 Bruce Koci 33 1:12.8	Bubba Phillips 50 YARD BUTTERFLY	1:12.46	Alan Ford Mal Chamberlain	26.16
Harold Languer 8:08.8100 yard Ind.	40 4.00 0	Bus Scott 31 1:21.1 200 YARDS INDIVIDUAL MEDIEY	Greg Boerner Gary Carter	26.01	100 YARD FREESTYLE Mal Chamberlain	1:05.94
Sig Languer 11:18.9George Kenry Peter Jurczyk 11:39.0	40 1:23.4	Bruce Kodi 33 2:46.1 MEN 35-39	Jim Makarauskas	26.99 28.38	500 YARD FREESTYLE Mal Chamberlain	8:07.43
50 yard free		100 YARDS HREASTSTROKE Bill Kansas 39 1:16.3	50 YARD FREESTYLE		50 YARD BACKSTROKE Bill Gentry	46.14
anglewood nigh school warren Kleie	t 54 27.3	200 YARDS BREASTSTROKE Bill Kansas 39 2:51.0	Dan Cox Richard Flading	26.36 28.62	Doug Hooper 100 YARD BACKSTROKE	46.21
poolFeb. 16, 1976 Herb Wallows	t 26.8 r 53 29.4	50 YARDS BUTTERFLY Bill Miller 36 28.7	100 YARD FREESTYLE Tom Spear	1:00.74	Doug Hooper 50 YARD BREASTROKE	1:47.17
25-29 Herb Wallowe	estyle r 53 2:45.0	Pat Lyden 38 34.5 Al Dawson 36 36.7	500 YARD FREESTYLE Tom Dudley	6:10.14	Doug Hooper Bill Gentry	46.63 50.15
ram Brady 27 29.4 Warren Kleis	t 54 1:21.0	100 YARDS INDIVIDUAL MEDIEY Bill Miller 36 1:07.5	Tom Spear Richard Flading	6:21.20 6:53.79	100 YARD BREASTROKE Doug Hooper	1:55.47
oner Austin 26 39.0 John Van Nes 200 yard freestyle 200 yard bac	t 1:21.9 kstroke	Al Dawson 36 1:29.5 200 YARDS INDIVIDUAL MEDIEY	50 YARD BACKSTROKE Tom Spear	33.58	50 YARD BUTTERFLY Doug Hooper	52.89
bher Austin 26 3:27.2 200 yard bre	t 3:03.5	Bill Miller 36 2:35.8 Pat Lyden 38 3:11.0	100 YARD BACKSTROKE Tom Dudley	1:16.00	MEN 55-59 50 YARD PREESTYLE	
ram Brady 27 1:18.2 50 yard butt	2:55.6 erfly	100 YARDS FREESTYLE	50 YARD BREASTROKE George Runciman	30.87	M. H. Chetrick 50 YARD BACKSTROKE	33.10
Marsha Helnig 29 1:20.7 John Wan Nes oner Austin 26 1:40.6 100 yard Ind	t 35.9	Victor Berthene 44 1:10.0	Dan Cox 100 YARD BREASTROKE	33.11	M. H. Chetrick 100 YARD BACKSTROKE	42.80
ram Brady 27 33.5 Warren Kleis	1 11.11.5 t 54 1114.8	50 YARDS BACKSTROKE Victor Berthene 44 39.0	George Runciman Dan Cox	1:10.96 1:14.76		1:35.74
Marsha heinig 29 38.9 Herb wallowe	53 1124.2 59	100 YARDS BACKSTROKE Victor berthene 44 1:31.1	Tom Spear Richard Flading	1:28.40	M. H. Chetrick 50 YARD BUTTERFLY	55.55
Maraha helnis 49 1122.0 Tack farmer	31.7	Dan Schneeman 43 1:16.1	50 YARD BUTTERFLY Tom Spear	29.03	M. H. Chetrick	37.03
Fam Brady 27 3:00.2 Jack Warren	1:37.4	50 YARDS FREETYLE	Tom Dudley 200 YARD BUTTERPLY	32.12	50 YARD FREESTYLE	E 300 ME
50 yard freestyle Jack Warren	orfly 33.5	Ray Hakomaki 55 25.2 100 YARDS PRESTYLE	Tom Spear 400 YARD IND. MEDLEY	2:30.23	Art Berg Edmund Brown	30.20
Marcy Harlow 32 27.6 100 yard Ind		Ray Hakomaki 55 59.8 200 YARDS INDIVIDUAL MCDLFY		5:23.42	100 YARD FREESTYLE Art Berg	1:09.42
Marcy Harlow 2:26.7 50 yard free	tyle	Ray Hakomakd 55 2:51.3 MEN 65-69	Gary LaPrise	23.98		1:14.89
Boots Stockton 3:10.4 Louis Rinns	42.2	50 YARDS FREESTYLE Joseph Fechter 67 38.8	Pete Palmer 100 YARD FREESTYLE	26.46	Art Berg 50 YARD BACKSTROKE	8:03.07
Marcy Harlow 32 1:22.2 Louis Rinna	1:45.1	50 YARDS BACKSTROKF Joseph Fechter 67 1:07.0	Gary LaPrise 500 YARD FREESTYLE	53.75	Art Berg Edmund Brown	40.05
ratay Roose 1:28.5			Gary LaPrise Ray Martin	6:14.44 6:17.02	100 YARD BACKSTROKE Art Berg	1:28.15
Marcy Harlow 3: 33.7			Bob Pierce 50 YARD BACKSTROKE	7:46.69	50 YARD BREASTROKE Ray Kaye	41.81
		12	Pete Palmer	33.80	100 YARD BREASTROKE Ray Kaye	1:33.98

MASTERS NOTES

COMEBACK TRAIL - Harry Hurwitz says he is about to be discovered. His breakthrough will hinge on the distribution of his movie, a black comedy he calls "The Comeback Trail". It is a movie about two unscrupulous movie producers who hire an aging cowboy star for a return screen appearance. The producers quickly decide, however, that their only hope of making a buck lies in killing the star, thereby collecting the \$2-million for which they have insured his life. Starring as aging matinee idol Duke Montana is Buster Crabbe....... INVENTOR OF SWIM FINS - "Almost everyone knows that Ben Franklin experimented a lot with electricity and invented the lightning rod. He also invented the Franklin Stove, bifocals, new kinds of printing presses. BUT-SWIM FINS! Ben was a great swimmer and he make little paddles he could wear on his hands and feet to make himself go faster. He could have become rich by selling his inventions, but he said that ideas should belong to everyone. That's the kind of person he was. Benjamin Franklin was the only person to sign four of America's greatest documents-The Constitution of the United States of America; The Declaration of Independence; the Peace Treaty with England; and the Treaty with France for aid."..... "SWIM FOR HEALTH...HAPPINESS...AND WELL-BE-ING!" - That's the theme of the new 80-slide carousel "Swim Today" Speakers Bureau program unveiled at the National Swimming Pool Institute's Champter Presidents and Staff recent meeting in Florida. The program is designed for NSPI members' use before local service, garden and fraternal groups and carefully combines two principal messages -swimming as the Nation's Number One health resource for adults...and a home swimming pool as the Nation's Number One health facility.......... STUDY GROUP - Senility results from lack of oxygen to the brain caused by smoking, poor diet, and definitely a lack of exercise. Masters helps those concerned about physical fitness and the results from lack of same. Fun and the social aspect are secondary and the competitive aspect is last in importance. I am studying the results of lack of proper fitness which probably brings about arthritis, asthma, birth defects, cancer, heart disease, diabetes, hemophilia, mental illness and re-

tardation to a greater or lesser degree relative to fitness. We already know that fitness brings 11 more productive years to the life span. Physiology of aging above the chronological age has brought intensely interesting facts to light when viewed from the fitness condition. Send your senility problems for study and research by my group. Funds have already been given for further study in this vital area. 0*H*I*O MASTERS has been most instrumental in bringing about this interesting study group. For further info, contact me as the director: Thomas B. Cloyes, 1642 Cleveland NW, Canton, Ohio 44703. Gifts are tax-deductible to OHIO SWIMMING FOUNDATION..... SUCCESSFUL MEET - Connie Wilson writes that the most successful meet yet for the whole of Region 12 was just held at the Multnomah Athletic Club, the long time home of so many good swimmers over the years. Most noteworthy among the 104 entrants was Collister Wheeler who at 82 broke National records for his age group by wide margins. Bounding around the pool all day was really inspiring. Three TV stations covered the meet. Mr. Wheeler swims 1300 to 1500 yards per day and runs, does push-ups and other exercises. Connie has acquired a supply of really nice special Masters pins and patches that she will sell singlely or in quantities:

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

.......... YALE'S RETIRING SWIM COACH - At a recent meet held at the Yale Pool with over 160 entrants, Phil Moriarity came to the pool in the morning to check on the electric timing, and ended up spending the day on the deck! He met so, many of his former swimmers and former college rivals that he was greatly impressed. He was astounded with the times and the shape his former team members are in. He event went so far as to say that he may get out his trunks and join the program...... RELAY SYSTEM - Jane Hardy writes that they are trying a new relay system. Relay teams are due with entries (minus individual names) but we don't charge for the event--nor do we give out ribbons for the various places. It's much easier on the teams entering and a God-send to the women on the desk. No one seems to mind not getting relay ribbons...... OKLAHOMA'S IST MASTERS MEET - Martin Brody writes, "It seemed like the only 2 swimmers in the country not entered were Mark Spitz and Gerald Ford! It was a definite learning experience and I promise that any and every facet of this meet that wasn't right this time, WILL be right next time!!".....



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

FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL V - No 4

1976 SWIM CALENDAR

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