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Short Course Swim Championships

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Erlandson Is An Exception To The Rule

By GARY BURNS

Athletes, by nature, seem to reach the end of their careers around the age of 40 and in some cases even earlier. Gymnasts, for example, peak around the age of 19 and are washed up at 25. Most swimmers are over the hill when they reach their early 20s.

However, there are inexplicable exceptions. Gene Sarazan was playing golf in his 80s and Sam Snead, at his age at 67. But what about a man who doesn't even begin his career until he is 60, peaking at the age of 66. Such a man is Roy Erlandson of Marinwood.

Erlandson, an eight-year resident of Marinwood, is an accomplished competitive swimmer. Last month in a masters meet in Fairfield he captured two firsts and three seconds.

This from a man who only began competitive swimming six years ago at the age of 60. Even more remarkable was his four first place finishes in the state meet at Davis earlier this year.

At Davis, Roy won the 100 and 200 breaststrokes and the 100 and 200 backstroke, in the masters category, at the age of 66.

Come August 29, Roy will compete in his third National Masters meet to be held in Santa Clara. At the meet, Erlandson will try and better his marks for his very first National meet in 1974, when he took fourth place in the 100 and 200 breaststroke and the 50 freestyle. → 1/4/80

But what compels this man to swim competitively while others his age are content to work in the garden, or paint or whatever?

"I started swimming because I was having trouble with my back," Erlandson explained. "The doctor asked me if there was any physical exercise I liked. I told him I like to swim and he suggested I start swimming to strengthen my back. So I started swimming with the Marin Aquatic Club and before long my back began to feel much better," he said.

On top of Erlandson's back problems he also has asthma and slight emphysema. But, here again, the swimming seems to be helping him to recover.

That explains why he swims but, not why he does so competitively. Erlandson explains: "When I was swimming with the Marin Aquatic Club, the coach, Don Schwartz, suggested that I start competing," he said. "Don thought that I could do well, especially in the breaststroke events, so I decided to give it a try."

Erlandson wasn't too excited about the idea of swimming competitively at first, but he decided to try it, figuring it was a good way to meet people and to keep pushing himself.

With that little push from Schwartz, Erlandson captured those three fourth place

finishes at the National meet in 1974. Since then he has won so many ribbons and medals that he hasn't had a chance to mount them all. Erlandson currently swims about 60 laps every day and goes to meets once a month.

His physical problems and his swimming background pretty much dictate what events he swims in.

"If I didn't have the breathing problems, I would probably try the longer distances," he



News-Pointer Photo/Barbara Thompson
Roy Erlandson

said. "I usually do well in the breaststroke events because that is the stroke Europeans are taught when they are learning to swim."

Despite his success, he has very little sign of his swimming prowess in his home, other than a few plaques in appreciation for participation in swimming marathons to raise money for the Marin Aquatic Club, which he

treasures as much if not more than his individual medals and ribbons.

"The swimathons were to make money for the club, so it could pay for the trips to the meets," Erlandson said. "The masters always pay their own way, but the younger kids need our help and I was happy to participate. That's what it's all about, isn't it? Helping the kids so they have a chance."

He attributes the success he has had to a genuine love for the water.

While growing up in the Swedish sea port town of Oskershamm, Roy insists that he used to swim in the Baltic Sea before the ice had completely melted.

"They had to drag me out of the water," he said. "I've always felt very relaxed in the water. I think that's why I do so well."

Another key to his success is that he cheats. That is, he copies other swimmers' style and patterns his stroke after the good ones.

"I used to watch Rick Demont when he was with the Marin Aquatic Club and try to copy his stroke; I'll do that with any good swimmer I see. The way I see it, he must be doing something right if he is that good," he stated.

Despite his love for the water, Erlandson did not swim competitively as a youth. Instead he channeled his love of water into another direction; he joined the Merchant Marines.

"I had someone forge my father's name because I knew he wouldn't let me go and run away from home to join the Merchant Marines, when I was 17," he admits. "It was hard work and I don't think many kids today could do it, but I got to see a lot of the world."

He was in the Merchant Marines for 23 years before he decided to get out and get married and eventually settle in the United States after World War II.

"I sailed under eight different flags and saw many countries and the United States was the best," said Roy. "The freedom here was really amazing. My wife was even more amazed at the freedom since she came from Germany."

Roy and his wife settled in the United States after the war and have lived here since and in Marinwood for the past eight years.

Roy began swimming with the now disbanded Marin Aquatic Club. When the club folded due to political problems, he joined the Tam Masters, but is currently swimming unattached.

Regardless of who Roy Erlandson affiliates himself with, he will continue to swim. What began as an exercise for physical problems has turned into a new and successful career in swimming.

1981 UNITED STATES NATIONAL MASTERS SHORT COURSE SWIMMING CHAMPIONSHIPS

A record number of competitors entered the meet held at Irvine, CA - 1203! The California weather proved to be ideal. The officiating was excellent - once enough timers could be found. Curt Mosso had the meet programmed well but found that it was difficult to keep up with two courses at one time - putting the results into the computer. He will have the results out soon and they will appear in the next issue. Many good swims were made and a standing ovation was given to Murray Rose and Lance Larson after Lance outtouched Murray in the 200 yd Freestyle.

PICTURES ON FRONT PAGE:

- 1 Ted Haartz, President of US Masters Swimming, Inc.
- 2 James Councilman, Coach of Indiana University

- 3 Reg Richardson, Treasurer of US Masters Swimming, Inc.
- 4 Paul Hutinger, 1977 Ransom J. Arthur Award Winner
- 5 Dr. Ransom J. Arthur, founder of Masters Swimming
- 6 Bill Yorzyk, Olympian Butterflyer
- 7 Anita Hazen of Sacramento and Bill Lee of Speedo Suits
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- 9 Jon Buzzard, Administrator of AAU Masters Sports
- 10 Ed Emes of DC and Florence Carr of Rinconada
- 11 Hamilton Anderson, Historian for Masters Swimming
- 12 Adrienne Pipes, Registration Chairman for Masters Swimming
- 13 Terry Boyes of the York City Baths Club - England
- 14 Peter Daland, Coach at Southern California
- 15 Murray Rose and Lance Larson - after the 200 Freestyle
- 16 Pat Graham, Chairman of USS Officials Committee and Keith Hanssen, Administrative Vice-President of USS
- 17 Ransom Arthur, Ted Haartz and June Krauser

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 2 08.18.15 NANCY PHILLIPS 59F CONN
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 4 10.52.47 DOROTHY CRAVEN 55F NEM
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 1 32.20.45 BARBARA COBURN 58F CONN
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 1 00.39.75 RUTH BILLARD 57F CONN
 2 00.42.51 NANCY PHILLIPS 59F CONN
 3 00.43.43 DOROTHY DONNELLY 59F CONN
 4 00.49.08 JEAN WILLIAMS STORCH 56F CONN
 5 00.55.30 BARBARA COBURN 58F CONN
 6 01.01.94 DOROTHY CRAVEN 55F NEM
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 1 01.25.09 RUTH BILLARD (N.R.) 57F CONN
 2 01.34.12 NANCY PHILLIPS 59F CONN
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 3 03.46.72 JEAN WILLIAMS STORCH 56F CONN
 4 03.58.15 ELINOR WRIGHT (TR) 57F NEM
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 1 00.41.37 CHARLOTTE COSTELLO 58F CONN
 2 00.51.46 ELINOR WRIGHT 57F NEM
 3 00.54.42 BARBARA COBURN 58F CONN
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 1 01.29.72 CHARLOTTE COSTELLO 58F MNMY
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 1 00.37.55 CHARLOTTE COSTELLO 58F MNMY
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 2 01.35.94 NANCY PHILLIPS 59F CONN
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 WOMEN 60 TO 64!!!!!!!!!!!!!!!!!!!!!!!!!!!!
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 1 01.47.59 JEAN C BAKER 60F NEM
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 1 03.19.39 MARDIE BROWN 64F NEM
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 1 09.51.34 VIOLET MACDONALD 62F NEM
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 1 38.17.86 LOIS MULLIKEN 63F NEM
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 1 01.34.24 MARDIE BROWN (TR) 64F NEM
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 1 00.54.59 VIOLET MACDONALD 62F NEM
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 1 01.50.49 MARDIE BROWN 64F NEM
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 1 04.32.17 JEAN C BAKER 60F NEM
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 1 00.59.36 JEAN BAKER 60F NEM
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 1 01.48.66 VIOLET MACDONALD 62F NEM
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 1 07.49.82 MARDIE BROWN 64F NEM
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 1 01.36.11 HELEN OFFENHAUSER 68F CONN
 2 01.57.28 MARY WENTWORTH (TR) 65F NEM
 500 YARDS FREESTYLE-----
 1 09.19.84 HELEN OFFENHAUSER 68F CONN
 2 11.04.39 MARY WENTWORTH (TR) 65F NEM
 1650 YARDS FREESTYLE-----
 1 31.02.83 HELEN OFFENHAUSER 68F CONN
 100 YARDS BACKSTROKE-----
 1 02.00.49 MARY WENTWORTH (TR) 65F NEM
 200 YARDS BACKSTROKE-----
 1 04.15.71 HELEN OFFENHAUSER 68F CONN
 NN 100 YARDS BREASTSTROKE-----
 1 02.00.01 MARY WENTWORTH (TR) 65F NEM
 200 YARDS BREASTSTROKE-----
 1 04.11.75 MARY WENTWORTH (TR) 65F NEM

100 YARDS BUTTERFLY-----
 1 02.14.78 MARY WENTWORTH (TR) 65F NEM
 2 02.19.51 HELEN OFFENHAUSER 68F CONN
 200 YARDS BUTTERFLY-----
 1 04.46.50 MARY WENTWORTH (TR) 65F NEM
 100 YARDS INDIVIDUAL MEDLEY-----
 1 02.01.74 HELEN OFFENHAUSER 68F CONN
 200 YARDS INDIVIDUAL MEDLEY-----
 1 04.22.06 HELEN OFFENHAUSER 68F CONN
 400 YARDS INDIVIDUAL MEDLEY-----
 1 09.10.22 MARY WENTWORTH (TR) 65F NEM
 RELAY NAMES ARE ON FILE
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 1 01.54.67 NEM-A 45+
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 50 YARDS FREESTYLE-----
 1 00.23.28 PETER CAMPBELL 25M NEM
 2 00.23.96 DWIGHT DAVIS 28M NEM
 3 00.24.00 JOHN DAVIS 29M NEM
 4 00.24.26 MARTIN DONZE 27M NEM
 5 00.24.54 ALAN M. JOHNSTON 28M NEM
 6 00.25.40 AL GERMAIN 29M NEM
 7 00.26.52 DAN TRAINOR 26M UNAT
 8 00.28.00 H.PARIS BURSTYN 29M NEM
 9 00.28.05 RICK FONTAINE 28M NEM
 10 00.30.89 DAN EARLY 26M UNAT
 11 00.33.30 NICHOLAS FAZZANO 29M NEM
 100 YARDS FREESTYLE-----
 1 00.50.69 PETER CAMPBELL 25M NEM
 2 00.53.14 DWIGHT DAVIS 28M NEM
 3 00.53.65 ALAN M. JOHNSTON 28M NEM
 4 00.54.20 JOHN DAVIS 29M NEM
 5 00.54.22 ROBERT JOHNSTON 29M NEM
 6 00.55.88 AL GERMAIN 29M NEM
 7 00.56.88 JIM SNYDER 28M NEM
 8 00.59.23 JOHN PARR 29M NEM
 9 01.04.88 RICK FONTAINE 28M NEM
 10 01.05.58 H.PARIS BURSTYN 29M NEM
 11 01.06.09 JERRY MORELLE 28M NEM
 12 01.10.04 DAN EARLY 26M UNAT
 13 01.10.67 DOUGLAS STRONG 28M UNAT
 14 01.16.77 NICHOLAS FAZZANO 29M NEM
 200 YARDS FREESTYLE-----
 1 01.54.29 PETER CAMPBELL 25M NEM
 2 01.56.10 ROBERT JOHNSTON 29M NEM
 3 01.57.33 THOMAS NOSAL 25M CONN
 4 02.00.59 AL GERMAIN 29M NEM
 5 02.07.99 JIM SNYDER 28M NEM
 6 02.27.28 RICK FONTAINE 28M NEM
 7 02.53.82 NICHOLAS FAZZANO 29M NEM

500 YARDS FREESTYLE-----
 1 05.18.53 THOMAS NOSAL 25M CONN
 2 05.23.85 ROBERT JOHNSTON 29M NEM
 3 05.32.32 ALAN M. JOHNSTON 28M NEM
 4 05.47.73 AL GERMAIN 29M NEM
 5 06.07.10 DAVID OFER 25M UNAT
 6 06.42.44 JOSEPH P. LODIE 26M NEM
 7 06.48.72 RICK FONTAINE 28M NEM
 8 07.16.26 DAN EARLY 26M UNAT
 1650 YARDS FREESTYLE-----
 1 18.32.48 THOMAS NOSAL 25M CONN
 2 19.20.93 ROBERT JOHNSTON 29M NEM
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 6 26.59.14 DOUGLAS STRONG 28M NEM
 7 28.03.28 NICHOLAS FAZZANO 29M NEM
 100 YARDS BACKSTROKE-----
 1 01.03.39 DWIGHT DAVIS 28M NEM
 2 01.06.85 ALAN M. JOHNSTON 28M NEM
 3 01.11.12 EARL MCALLISTER 27M NEM
 4 01.17.58 JOE G. LODIE 26M NEM
 200 YARDS BACKSTROKE-----
 1 02.17.34 DWIGHT DAVIS 28M NEM
 50 YARDS BREASTSTROKE-----
 1 00.34.47 DAN TRAINOR 26M UNAT
 2 00.37.42 JOE G. LODIE 26M NEM
 3 00.40.65 NICHOLAS FAZZANO 29M NEM
 100 YARDS BREASTSTROKE-----
 1 01.19.00 DAN TRAINOR 26M UNAT
 100 YARDS BREASTSTROKE-----
 1 01.19.00 DAN TRAINOR 26M UNAT
 2 01.29.33 DOUGLAS STRONG 28M UNAT
 3 01.33.00 NICHOLAS FAZZANO 29M NEM
 200 YARDS BREASTSTROKE-----
 1 02.38.46 THOMAS NOSAL 25M CONN
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 1 00.26.69 JAMEW MACDONALD 25M NEM
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 4 00.33.95 DOUGLAS STRONG 29M UNAT
 5 00.34.44 JOE G. LODIE 26M NEM
 6 00.37.49 DAN EARLY 26M UNAT
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 1 00.58.85 ROGER JOHNSTON 29M NEM
 2 01.00.72 JAMES MACDONALD 25M NEM
 3 01.03.02 RICK BATTISTINI 27M UNAT
 4 01.07.25 EARL MCALLISTER 27M NEM
 5 01.11.31 AL GERMAIN 29M NEM
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 1 02.22.81 ROBERT JOHNSTON 29M NEM
 100 YARDS INDIVIDUAL MEDLEY-----
 1 01.02.92 DWIGHT DAVIS 28M NEM
 2 01.03.27 RICK BATTISTINI 27M UNAT
 3 01.23.73 DAN EARLY 26M UNAT
 4 01.27.29 PHILIP S.AUBREY 29M NEM
 5 01.28.11 NICHOLAS FAZZANO 29M NEM
 200 YARDS INDIVIDUAL MEDLEY-----
 1 02.56.88 DOUGLAS STRONG 28M NEM
 400 YARDS INDIVIDUAL MEDLEY-----
 1 04.52.76 ROBERT JOHNSTON 29M NEM
 2 05.01.87 ALAN M. JOHNSTON 28M NEM
 3 05.16.54 JOHN DAVIS 29M NEM
 4 06.33.43 DOUGLAS STRONG 28M NEM
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 1 00.23.01 LAWRENCE SHULMAN (TR) 31M NEM
 2 00.24.42 SCOTT PETERSON 34M NEM
 3 00.24.84 WILLIAM RASTETTER 33M NEM
 4 00.25.75 GARY HOBBS 30M UNAT
 5 00.26.68 BRACKETT DENNISTON 30M NEM
 6 00.26.95 FRED DALBY 31M NEM
 7 00.28.00 MARTIN STEIN 33M NEM
 8 00.28.57 PHIL PRATHER 33M NEM
 9 00.30.36 MICHAEL SHERMAN 30M UNAT
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 1 00.49.48 FRED SCHLICHER 32M NEM
 2 00.49.77 BRUCE HAFFNER 30M CONN
 3 00.52.77 LAWRENCE SHULMAN 31M NEM
 4 00.54.75 SCOTT PETERSON 34M NEM
 5 00.55.79 WILLIAM RASTETTER 33M NEM
 6 00.58.41 ROGER ANDREWS 33M NEM
 7 00.59.23 MIKE MORAN 31M NEM
 8 01.01.07 BRACKETT DENNISTON 30M NEM
 9 01.03.22 MARTIN STEIN 33M NEM
 10 01.03.23 PHIL PRATHER 33M NEM

200 YARDS FREESTYLE-----
 1 01.53.97 STEVE BROKER 34M CONN
 2 02.03.25 SCOTT PETERSON 34M NEM
 3 02.06.42 LAWRENCE SHULMAN 31M NEM
 4 02.06.92 JOHN S. LAPIDES 31M NYAC
 5 02.08.61 MIKE MORAN 31M NEM
 6 02.10.52 GARY HOBBS 30M UNAT
 7 02.11.05 ROGER ANDREWS 33M NEM
 8 02.24.59 BRACKETT DENNISTON 30M NEM
 9 02.25.16 MARTIN S. STEIN 33M NEM
 500 YARDS FREESTYLE-----
 1 04.59.56 FRED SCHLICHER 32M NEM
 2 05.12.52 TODD BRYAN 30M NEM
 3 05.27.48 STEPHEN BROKER 34M CONN
 4 05.28.85 WILLIAM RASTETTER 33M NEM
 5 05.58.43 GARY HOBBS 30M UNAT
 6 06.00.54 CHRIS HAFFERTY 31M UNAT
 7 06.02.00 ROGER ANDREWS 33M NEM
 8 06.58.50 PHIL PRATHER 33M NEM
 1650 YARDS FREESTYLE-----
 1 18.04.10 TODD BRYAN 30M NEM
 2 21.47.21 ROGER ANDREWS 33M NEM
 3 23.76.54 EARL MCEVOY 33M NEM
 4 28.51.19 TIM HOWELLS 30M NEM
 50 YARDS BACKSTROKE-----
 1 00.26.43 FRED SCHLICHER (TR) 32M NEM
 2 00.28.90 ROBERT ASQUITH 34M NEM
 3 00.31.86 CHRIS HAFFERTY 31M UNAT
 100 YARDS BACKSTROKE-----
 1 01.03.41 STEPHEN BROKER 34M CONN
 2 01.03.82 BRUCE HAFFNER 30M CONN
 3 01.09.50 CHRIS HAFFERTY 31M UNAT
 200 YARDS BACKSTROKE-----
 1 02.21.04 ROBERT ASQUITH 34M NEM
 2 02.26.68 CHRIS HAFFERTY 31M UNAT
 3 02.47.62 BRUCE JONES 34M NEM
 4 02.56.64 PETER G. MARKOS 31M NEM
 50 YARDS BREASTSTROKE-----
 1 00.31.81 DOUGLAS BROWN 31M NEM
 2 00.32.71 KRAIG STROMBERG 31M NEM
 3 00.33.23 CHRIS HAFFERTY 31M UNAT
 4 00.35.06 PETER G. MARKOS 31M NEM
 5 00.36.14 BRACKETT DENNISTON 30M NEM
 100 YARDS BREASTSTROKE-----
 1 01.07.99 BRUCE HAFFNER 30M CONN
 2 01.10.43 DOUGLAS BROWN 31M NEM
 3 01.13.13 CHRIS HAFFERTY 31M UNAT
 4 01.14.89 KRAIG STROMBERG 31M NEM
 5 01.18.80 PETER MARKOS 31M NEM
 6 01.20.35 BRACKETT DENNISTON 30M NEM
 200 YARDS BREASTSTROKE-----
 1 02.36.40 CHRIS HAFFERTY 31M UNAT
 2 02.56.50 KRAIG STROMBERG 31M NEM
 50 YARDS BUTTERFLY-----
 1 00.30.01 FRED DALBY 31M NEM
 2 00.30.67 MARTIN STEIN 33M NEM
 100 YARDS BUTTERFLY-----
 1 01.04.07 ROBERT ASQUITH 34M NEM
 2 01.08.76 FRED DALBY 31M NEM
 200 YARDS BUTTERFLY-----
 1 01.59.11 FRED SCHLICHER (N.R.) 32M NEM
 2 03.00.77 PETER G. MARKOS 31M NEM
 100 YARDS INDIVIDUAL MEDLEY-----
 1 00.57.17 FRED J. SCHLICHER 32M NEM
 2 00.58.54 BRUCE HAFFNER 30M CONN
 3 01.04.38 DOUGLAS BROWN 31M NEM
 4 01.04.89 CHRIS HAFFERTY 31M UNAT
 5 01.07.28 LAWRENCE SHULMAN 31M NEM
 6 01.10.03 JED DANNENBAUM 33M PSHY
 7 01.11.32 FRED DALBY 31M NEM
 8 01.13.06 MARTIN STEIN 33M NEM
 9 01.14.38 BRUCE JONES 34M NEM
 200 YARDS INDIVIDUAL MEDLEY-----
 1 02.06.60 FRED SCHLICHER 32M NEM
 2 02.11.33 STEPHEN BROKER 34M CONN
 3 02.12.04 BRUCE HAFFNER 30M CONN
 4 02.41.07 FRED DALBY 31M NEM
 400 YARDS INDIVIDUAL MEDLEY-----
 1 05.09.98 ROBERT ASQUITH 34M NEM
 2 06.00.36 PETER G. MARKOS 31M NEM
 MEN 35 TO 39!!!!!!!!!!!!!!!!!!!!!!!!!!!!
 50 YARDS FREESTYLE-----
 1 00.23.00 TONY JARVIS 35M ETOB
 2 00.23.73 PETER WORTHEN 36M NEM
 3 00.24.09 DAVIS ROBERTS 38M NEM
 4 00.24.37 JOHN CLONINGER 37M NEM
 5 00.24.48 TED BEARS 36M NEM

200 YARDS BREASTSTROKE		
1 03.03.67 RICHARD KNEER	55M UNAT	
2 03.39.08 ERNEST KASSNER	57M NEM	
3 03.43.48 HUGH FLOMENHOFT	56M NEM	
4 03.53.83 HERBERT W. CANTOR	57M NEM	
50 YARDS BUTTERFLY		
1 00.32.26 IRVING KATZ	57M NEM	
2 00.37.57 HUGH FLOMENHOFT	56M NEM	
100 YARDS BUTTERFLY		
1 01.19.19 IRVING KATZ	57M NEM	
100 YARDS INDIVIDUAL MEDLEY		
1 01.13.30 IRVING KATZ (TR)	57M NEM	
2 01.39.45 ERNEST KASSNER	57M NEM	
200 YARDS INDIVIDUAL MEDLEY		
1 03.49.46 ERNEST KASSNER	57M NEM	
400 YARDS INDIVIDUAL MEDLEY		
1 06.07.60 IRVING KATZ (TR)	57M NEM	
MEN 60 TO 64		
50 YARDS FREESTYLE		
1 00.31.24 RAYMOND WALKER	61M NEM	
2 00.40.78 WILLIAM MCCARTHY	63M NEM	
100 YARDS FREESTYLE		
1 01.08.99 BUD ERICH	62M MNMY	
2 01.12.23 RICHARD GUIDO	63M MNMY	
3 01.13.20 RAYMOND WALKER	61M NEM	
4 01.15.71 ROBERT WRIGHT	60M NEM	
5 01.17.24 DAVID ESKIN	60M NEM	
6 01.17.29 LOUIS ANTONELLIS	62M NEM	
7 01.31.35 WILLIAM MCCARTHY	63M NEM	
200 YARDS FREESTYLE		
1 02.30.48 BUD ERICH	62M CONN	
2 02.41.98 RICHARD GUIDO	63M MNMY	
3 02.46.31 LOUIS ANTONELLIS	62M NEM	
4 02.58.26 DAVID ESKIN	60M NEM	
5 03.28.88 WILLIAM MCCARTHY	63M NEM	
500 YARDS FREESTYLE		
1 07.26.47 RICHARD GUIDO	63M MNMY	
2 07.39.78 LOUIS ANTONELLIS	62M NEM	
3 07.46.51 JOHN MERRILL	64M CONN	
4 08.12.52 DAVID ESKIN	60M NEM	
5 09.43.14 WILLIAM MCCARTHY	63M NEM	
1650 YARDS FREESTYLE		
1 24.03.78 BUD ERICH	63M CONN	
2 25.38.60 RICHARD GUIDO	63M MNMY	
3 28.32.26 RAYMOND WALKER	61M NEM	
4 33.41.75 WILLIAM MCCARTHY	63M NEM	
5 42.51.55 CLINTON MCGUIRE	60M NEM	
50 YARDS BACKSTROKE		
1 00.36.19 JOHN MERRILL	64M CONN	
2 00.37.91 WILLIAM UHRICH	60M NEM	
43 00.44.50 DAVID ESKIN	60M NEM	
4 00.45.00 ROBERT WRIGHT	60M NEM	
100 YARDS BACKSTROKE		
1 01.21.70 JOHN MERRILL	64M CONN	
2 01.28.72 RICHARD GUIDO	63M MNMY	
200 YARDS BACKSTROKE		
1 02.56.70 JOHN MERRILL	64M CONN	
2 03.03.78 RICHARD GUIDO	63M MNMY	
3 03.10.18 WILLIAM UHRICH	60M NEM	
4 03.21.22 DAVID ESKIN	60M NEM	
50 YARDS BREASTSTROKE		
1 00.34.87 EDWARD C. CRONIN	60M MNMY	
2 00.38.44 WILLIAM UHRICH (TR)	60M NEM	
3 00.42.08 DAVID ESKIN	60M NEM	
100 YARDS BREASTSTROKE		
1 01.29.03 WILLIAM UHRICH	60M NEM	
2 01.36.54 DAVID ESKIN	60M NEM	
200 YARDS BREASTSTROKE		
1 03.24.32 ROGER CHAMBERLAIN	63M CONN	
2 03.29.11 RAYMOND WALKER	61M NEM	
50 YARDS BUTTERFLY		
81 00.32.45 WILLIAM UHRICH	60M NEM	
100 YARDS BUTTERFLY		
1 01.33.57 RICHARD GUIDO	63M MNMY	
200 YARDS BUTTERFLY		
1 03.45.99 LOUIS ANTONELLIS	62M NEM	
100 YARDS INDIVIDUAL MEDLEY		
1 01.16.80 WILLIAM UHRICH (TR)	60M NEM	
2 01.21.63 ROGER CHAMBERLAIN	63M CONN	
3 01.25.43 ROBERT WRIGHT	60M NEM	
4 01.29.50 RAYMOND WALKER	61M NEM	
200 YARDS INDIVIDUAL MEDLEY		
1 02.57.52 WILLIAM UHRICH (TR)	60M NEM	
2 03.15.51 ROBERT WRIGHT	60M NEM	
400 YARDS INDIVIDUAL MEDLEY		
1 06.57.16 LOUIS ANTONELLIS (TR)	62M NEM	

MEN 65 TO 69		
50 YARDS BREASTSTROKE		
1 00.39.42 DONALD ERION	67M NEM	
100 YARDS BREASTSTROKE		
1 01.32.48 DONALD ERION	67M NEM	
200 YARDS BREASTSTROKE		
1 03.37.42 DONALD ERION	67M NEM	
100 YARDS INDIVIDUAL MEDLEY		
1 01.35.16 DONALD ERION	67M NEM	
400 YARDS INDIVIDUAL MEDLEY		
1 08.08.04 DONALD ERION (TR)	67M NEM	
MEN 70 TO 74		
50 YARDS FREESTYLE		
1 00.32.99 JOE ROGERS	74M NEM	
100 YARDS FREESTYLE		
1 01.22.79 JOE ROGERS	74M NEM	
2 01.45.03 JOHN BRINES	72M NEM	
200 YARDS FREESTYLE		
1 04.12.55 JOHN BRINES	72M NEM	
MEN 75 TO 79		
100 YARDS FREESTYLE		
1 01.28.74 G. HAROLD LANGNER	77M CONN	
500 YARDS FREESTYLE		
1 08.33.15 G. HAROLD LANGNER	77M CONN	
1650 YARDS FREESTYLE		
1 28.59.05 G. HAROLD LANGNER	77M CONN	
50 YARDS BREASTSTROKE		
1 00.55.12 G. HAROLD LANGNER	77M CONN	
100 YARDS BREASTSTROKE		
1 01.59.57 G. HAROLD LANGNER	77M CONN	
100 YARDS BUTTERFLY		
1 02.44.64 G. HAROLD LANGNER	77M NEM	
200 YARDS INDIVIDUAL MEDLEY		
1 04.26.70 G. HAROLD LANGNER	77M CONN	

I.U. Masters Annual Short Course
April 17-18, 1981, Bloomington, Ind.

Women 25-29		
50 Yards Freestyle		
Janie Gerrity 26	:27.83	
Marilyn Edmunds 29	:29.80	
Laura Rutter 28	:31.49	
100 Yards Freestyle		
Janie Gerrity 26	1:00.56	
Marilyn Edmunds 29	1:07.31	
Laura Rutter 28	1:07.43	
Debbie Allinger 29	1:22.04	
200 Yards Freestyle		
Sue Medwid 28	2:33.06	
Marilyn Edmunds 29	2:40.30	
Janice Fountain 27	2:44.31	
Debbie Allinger 29	2:51.92	
500 Yards Freestyle		
Janice Fountain 27	7:17.17	
1650 Yards Freestyle		
Cindy Wills 29	24:02.05	
Debbie Allinger 29	26:14.90	
100 Yards Backstroke		
Laura Ritter 28	1:20.23	
100 Yards Breaststroke		
Janie Gerrity 26	1:20.28	
200 Yards Breaststroke		
Janice Fountain 27	3:20.66	
100 Yards Butterfly		
Laura Rutter 28	1:15.59	
200 Yards Individual Medley		
Janie Gerrity 26	2:36.96	
Laura Rutter 28	2:46.40	
Women 30-34		
50 Yards Free		
Trudi Patterson 31	:30.31	
Ronnie Philbin 31	:30.75	
Starr Howlett 33	:35.51	
100 Yards Free		
Trudi Patterson 31	1:06.84	
Joan Diercks 33	1:09.87	
200 Yards Free		
Trudi Patterson 31	2:25.89	
Joan Diercks 33	2:31.89	
500 Yards Free		
Trudi Patterson 31	6:37.87	
Starr Howlett 33	7:31.91	
1650 Yards Free		
Trudi Patterson 31	22:20.58	
Jane Maines 30	27:28.67	

100 Yard Back		
Ronnie Philbin 31	1:22.03	
100 Yards Breast		
Ronnie Philbin 31	1:34.07	
50 Yards Butterfly		
Starr Howlett 33	:44.90	
200 Yards Ind. Medley		
Starr Howlett 33	3:15.86	
Women 40-44		
100 Yards Back		
Emmalee Tarry 42	1:29.67	
50 Yards Breast		
Peg Wirt 44	:42.69	
100 Yards Breast		
Peg Wirt 44	1:33.18	
200 Yards Breast		
Peg Wirt 44	3:28.00	
Women 45-49		
50 Yards Free		
Ann Champ 45	:33.11	
200 Yards Back		
Ann Champ 45	3:04.55	
200 Yards Breast		
Ann Champ 45	3:17.66	
400 Yards Ind. Medley		
Ann Champ 45	6:32.10	
Women 50-54		
50 Yards Free		
Barbara Carter 54	:39.94	
100 Yards Free		
Barbara Carter 54	1:33.33	
500 Yards Free		
Carol Peffley 50	8:31.82	
Barbara Carter 54	9:06.29	
1650 Yards Free		
Carol Peffley 50	29:01.10	
100 Yards Breast		
Carol Peffley 50	1:44.70	
200 Yards Breast		
Carol Peffley 50	3:43.70	
Men 25-29		
50 Yards Free		
John Ford 29	:23.96	
John Mihalik 25	:32.14	
100 Yards Free		
Steve Hatlem 27	:53.30	
John Ford 29	:53.37	
John Mihalik 25	1:13.25	
200 Yards Free		
Steve Hatlem 27	1:59.73	
Grey Wilson 27	2:05.43	
500 Yards Free		
Grey Wilson 27	5:53.77	
50 Yards Breast		
Phillip Bly 28	:32.50	
100 Yards Breast		
Phillip Bly 28	1:07.17	
200 Yards Breast		
Phillip Bly 28	2:30.93	
50 Yards Butterfly		
John Ford 29	:27.19	
100 Yards Butterfly		
John Ford 29	1:00.34	
Steve Hatlem 27	1:00.45	
Men 30-34		
50 Yards Free		
Greg Kampenga 30	:28.29	
Wayne Winston 31	:30.15	
100 Yards Free		
John Diercks 32	1:00.83	
Greg Kampenga 30	1:02.34	
Wayne Winston 31	1:06.46	
200 Yards Free		
John Diercks 32	2:13.37	
Greg Kampenga 30	2:23.37	
500 Yards Free		
David Tanner 31	5:14.99	
John Diercks 32	6:12.27	
1650 Yards Free		
David Tanner 31	17:59.99	
Mark Barnes 34	21:14.40	
Wayne Winston 31	23:12.33	
Robert Bringle 34	26:14.38	
50 Yards Breast		
Clay Kolar 32	:30.82	

100 Yards Breast		
Clay Kolar 32	1:05.10	
200 Yards Breast		
Clay Kolar 32	2:23.86	
50 Yards Butterfly		
David Tanner 31	:25.54	
John Diercks 32	:33.12	
100 Yards Butterfly		
David Tanner 31	:55.99	
200 Yards Butterfly		
David Tanner 31	2:04.11	
200 Yards Ind. Medley		
John Diercks 32	2:37.74	
Greg Kampenga 30	2:54.48	
400 Yards Ind. Medley		
Clay Kolar 32	5:06.31	
Men 35-39		
50 Yards Free		
John Penn 38	25.70	
Rich Reed 37	28.53	
Ken Heuck 36	31.41	
200 Yards Free		
Robert Larson 35	1:59.13	
1650 Yards Free		
Robert Larson 35	18:23.80	
Al Brannan 37	28:20.17	
Ken Heuck 36	29:15.70	
100 Yards Back		
John Penn 38	1:14.76	
200 Yards Back		
John Penn 38	2:57.40	
Ken Heuck 36	3:36.01	
50 Yards Breast		
Ken Heuck 36	:39.92	
100 Yards Breast		
Ken Heuck 36	1:27.08	
200 Yards Breast		
Ken Heuck 36	3:16.04	
Men 45-49		
200 Yards Free		
Russell Salmon 47	2:23.84	
500 Yards Free		
Russell Salmon 47	6:52.58	
1650 Yards Free		
Richard Dever 46	24:33.34	
Men 50-54		
50 Yards Free		
Eric Woodings 50	:31.91	
100 Yards Free		
Eric Woodings 50	1:08.37	
200 Yards Free		
Tom Rillo 53	3:05.91	
500 Yards Free		
Eric Woodings 50	7:51.20	
Tom Rillo 53	8:21.27	
1650 Yards Free		
Jerry Mintz 51	28:26.66	
Tom Rillo 53	29:42.17	
Men 55-59		
50 Yards Free		
John Woods 57	:26.85	
100 Yards Free		
John Woods 57	1:01.24	
1650 Yards Free		
John Woods 57	23:38.44	
100 Yards Back		
John Woods 57	1:13.87	
200 Yards Breast		
Douglas Strong 56	3:32.26	
200 Yards Butterfly		
Douglas Strong 56	3:37.75	
200 Yards Ind. Medley		
John Woods 57	2:44.14	
Douglas Strong 56	3:17.69	
400 Yards Ind. Medley		
Douglas Strong 56	7:12.74	
Men 65-69		
50 Yards Free		
Bill Grant 67	:29.97	
200 Yards Free		
Bill Grant 67	2:42.83	
500 Yards Free		
Dave Malbrough 68	8:36.66	

1650 Yards Free
Bill Grant 67 28:27.49
Dave Malbrough 68 29:32.88
100 Yards Back
Dave Malbrough 68 1:31.23
200 Yards Back
Bill Grant 67 3:27.37
Dave Malbrough 68 3:28.56
100 Yards Butterfly
Bill Grant 67 1:34.33

FIRST ANNUAL TRIAD CLASSIC
March 27 and 28, 1981
GREENSBORO, NORTH CAROLINA
(25 Yard Pool)
Sponsored by
TARHEEL MASTERS, GREENSBORO YMCA
GREENSBORO SWIM ASSOCIATION

Women 25-29
50 Yard Freestyle
Dottie Davis 26 29.572
Beverly Osborn 26 29.678
Cathy Smith 25 30.704
Janette Ridge 25 31.318
Debra Dellinger 25 36.471

100 Yard Freestyle
Beverly Osborn 26 1:00.705
Jane Harper 27 1:03.623
Dottie Davis 26 1:06.235
Cathy Smith 25 1:07.981
Debra Dellinger 25 1:21.242

200 Yard Freestyle
Debbie Robinson 27 2:20.752
Peggy Butler 27 2:27.242
Debra Dellinger 25 3:10.529

500 Yard Freestyle
Debbie Robinson 27 6:08.6
Peggy Butler 27 6:50.379

1650 Yard Freestyle
Debbie Robinson 27 21:24.215
Beverly Osborn 26 21:39.849
Peggy Butler 27 23:36.904
Donna Murphy 27 31:21.115

50 Yard Backstroke
Patty Penstermaker 26 33.082
Jane Harper 27 33.363
Janette Ridge 25 35.005

100 Yard Backstroke
Patty Penstermaker 26 1:12.124
Beverly Osborn 26 1:13.282
Janette Ridge 25 1:17.472

200 Yard Backstroke
Janette Ridge 25 2:53.380

50 Yard Breaststroke
Jane Harper 27 35.555
Donna Murphy 27 44.422

100 Yard Breaststroke
Jane Harper 27 1:35.060

Beverly Osborn 26 3:21.571
Cathy Smith 25 32.965
Peggy Butler 27 34.649
Donna Murphy 27 39.766

100 Individual Medley
Patty Penstermaker 26 1:11.984
Beverly Osborn 26 1:13.421
Cathy Smith 25 1:15.436
Dottie Davis 26 1:15.911

200 Yard Individual Medley
Debbie Robinson 27 2:39.459
Cathy Smith 25 2:54.672

100 Yard Individual Medley
Judy Hampton 38 1:42.90

200 Yard Individual Medley
Judy Decker 38 3:04.47
Bonnie Mossbrook 36 3:14.60

Women 40-44
50 Yard Freestyle
Penny Farrish 41 37.33
Lety Magdanz 42 51.44

50 Yard Backstroke
Penny Farrish 41 43.51
Lety Magdanz 42 58.04

100 Yard Backstroke
Lety Magdanz 42 2:09.10

50 Yard Breaststroke
Penny Farrish 41 45.18
Lety Magdanz 42 1:17.45

100 Yard Breaststroke
Penny Farrish 41 1:41.50
Lety Magdanz 42 2:48.44

200 Yard Individual Medley
Penny Farrish 41 1:35.89

Women 50-54
50 Yard Backstroke
Donna Ballenger 51 46.13

100 Yard Backstroke
Donna Ballenger 51 1:46.07

Women 55-59
50 Yard Freestyle
Dorothy Ressegule 59 33.09

200 Yard Freestyle
Dorothy Ressegule 59 2:46.05

100 Yard Individual Medley
Dorothy Ressegule 59 1:27.92

Women 65-69
50 Yard Freestyle
Nancy Clark 66 38.21

100 Yard Freestyle
Nancy Clark 66 1:24.07

200 Yard Freestyle
Nancy Clark 66 3:13.02

100 Yard Backstroke
James Pope 38 1:15.56

50 Yard Breaststroke
James Pope 38 36.80

100 Yard Freestyle
Robert Mossbrook 44 1:05.27

200 Yard Freestyle
Robert Mossbrook 44 2:56.22

400 Yard Breaststroke
Robert Mossbrook 44 3:17.26

50 Yard Butterfly
Robert Mossbrook 44 41.60

200 Yard Individual Medley
Robert Mossbrook 44 3:16.58

Men 45-49
50 Yard Freestyle
Carl Russ 45 29.37

100 Yard Freestyle
Robert Patten 48 1:05.27

200 Yard Freestyle
Carl Russ 45 2:25.66

400 Yard Freestyle
Carl Russ 45 6:44.94

1650 Yard Freestyle
Carl Russ 45 23:31.01

100 Yard Backstroke
Carl Russ 45 1:27.73

200 Yard Backstroke
Carl Russ 45 2:43.70

400 Yard Backstroke
Carl Russ 45 6:52.77

1650 Yard Backstroke
Carl Russ 45 24:31.70

SOUTH BROWARD HIGH SCHOOL
Hollywood, FL 3 - 7 - 81
25 yd Course
WOMEN 25-29
LAURIE EMERSON 25
200 yd Freestyle 2:08.62
100 yd Butterfly 1:07.06
200 yd I.M. 2:28.37

WOMEN 30-34
BARBARA WEST 33
50 yd Backstroke 37.89
50 yd Breaststroke 38.87
50 yd Butterfly 32.63
100 yd I.M. 1:14.81
200 yd I.M. 2:37.96

WOMEN 40-44
SANDY JACKSON 40
200 yd Freestyle 2:50.31
100 yd I.M. 1:34.06
200 yd I.M. 3:19.92

WOMEN 50-54
JUNE KRAUSER, 54
200 yd Freestyle 2:50.37
50 yd Butterfly 39.29
100 yd Butterfly 1:27.91
100 yd I.M. 1:30.75
200 yd I.M. 3:12.17

WOMEN 60-64
VIRGINIA ZYLSTRA 62
50 yd Freestyle 50.22
200 yd Free style 4:20.06
50 yd Backstroke 1:11.60
50 yd Butterfly 1:08.41
100 yd I.M. 2:15.88

WOMEN 70-74
SALLY SCOTT 73
50 yd Breaststroke 1:25.00
50 yd Butterfly 1:44.00
100 yd Butterfly 4:00.20
100 yd I.M. 3:09.50
200 yd I.M. 6:47.80

MEN 30-34
JIM MANCHSTER 34
50 yd Freestyle 24.44
100 yd Freestyle 56.64
50 yd Butterfly 26.27

MEN 35-39
50 YD FREESTYLE
Cal Winn 39 24.35
Doug Buchan 37 24.94
John McCarthy 36 25.59

MEN 40-44
ERNIE LESKOVITZ 44
100 yd Freestyle 1:01.19
200 yd Freestyle 2:12.40
500 yd Freestyle 6:36.76
50 yd Butterfly 28.92
100 yd Butterfly 1:05.00

MEN 45-49
GEORGE BUSSE 48
50 yd Freestyle 31.00
100 yd Freestyle 1:11.89
200 yd Freestyle 2:45.11
500 yd Freestyle 7:43.96
50 yd Backstroke 41.06

MEN 50-54
DAN MALONE 50
50 yd Freestyle 27.83
200 yd Freestyle 2:08.97
500 yd Freestyle 6:24.63
50 yd Butterfly 32.85

MEN 60-64
ED TWARDOMSKI 64
50 yd Freestyle 35.73
50 yd Breaststroke 46.02

MEN 65-69
DAN ANTHONY 68
50 yd Freestyle 41.85
100 yd Backstroke 2:00.87
50 yd Breaststroke 56.57



EVENING HERALD
SANDY JACKSON, FLA
1981
Looking like a senior Mark Spitz, 38-year-old Orlandoan John Sorman radiates gold after he chalked up six victories in Golden Age Games swimming competitions Thursday. Winning times in his contests were: 36-yard breaststroke: 29.3; 100-yard free style: 1:13.15; 50-yard backstroke: 40.13; 200-yard freestyle: 2:45.11; 50-yard free style: 32.36; and in individual medley: 39.36.

Executive Fitness

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Newsletter[®]

ALL ABOUT YOUR BAD BACK

If it seems like just about everybody you talk to has a bad back, it's because just about everybody does. "Anyone who lives an average life span without suffering from backache belongs to a privileged minority," contends back expert Hamilton Hall, M.D., author of *The Back Doctor* (McGraw-Hill, 1980.) Indeed, an estimated two-thirds of all adults suffer from back pain at some point during their lives.

Why are our backs so weak? Because we were a little hasty in getting up off all fours. About four million years ago, someone's brain said, "I think I could get more done if I didn't have to use my hands as feet." And so up that person stood. And the rest of us followed. And our backs have been trying to catch up ever since.

Not that our backs are so archaic that we should be ashamed of them. The human spine is a wonderfully intricate structure. It's just that we are now asking it to function vertically when its basic design is still more suited for life on the horizontal. Indeed, virtually all common back problems are a result of downward pressure causing wear and tear on the bones of the spine (vertebrae) and the pads (disks) that separate them. Backache is a discouragingly "normal" development, Dr. Hall says.

So what do we do with these backs of ours that can lock up on us at the drop of a hat? We learn to live with them, Dr. Hall says. We learn to sit, stand, bend, lift, sleep, brush our teeth, bowl, have sex, work and give piggyback rides with them. Because in time, most back problems will cure themselves. Studies show, in fact, that backache is more of a middle-age than old-age problem. By the time we turn 60 or so, our backs usually have made do with the imperfections that can cripple us in our 30's.

With that in mind, surgery, Dr. Hall says, should be avoided at all costs. "Fewer than five percent of all people with back pain are likely to benefit from surgery," he reports. "At least 19 out of 20, including serious cases, are better off with some combination of physiotherapy, medication, exercise and what we refer to as proper ADL - activities of daily living."

We'll explain those activities in a minute. But first we've got to determine what kind of back problem you have. Dr. Hall says all common backaches are due to either: 1) a worn facet joint (which he calls Type One); 2) a protruding disk (Type Two); 3) a pinched nerve (Type Three); or 4) unfortunately, a combination of two of these, or even all three. How can you tell which is you?

Type One back pain hurts most "when you arch your back, as you would when you lean back to look up at the ceiling," Dr. Hall says. The pain you feel is mainly at the top of your buttocks, and you find that bending slightly forward tends to relieve it. "Your trouble begins with a minor incident of routine exertion, such as picking up a garden

hoe or retrieving a golf ball," and it usually subsides, if you rest it, within four to 14 days. If you're Type One, you probably experience such attacks two or three times a year.

Type Two shares many of the symptoms of Type One, but it also has these distinguishing differences, Dr. Hall says: "A Type Two attack may begin with the same sort of incident as Type One, but the onset of pain is likely to be less sharp and immediate; more often it will build up slowly, over a couple of days, from mild discomfort to severe pain. The pain will recede noticeably in a week or two but, unlike Type One pain, it won't disappear. Instead, it will linger on as a nagging backache or, in some cases, as an intense and constant pain." Unlike Type One, though, Type Two isn't aggravated more when you bend back; it's bending forward that intensifies the pain. "Like Type One, Type Two pain is felt mainly in the back, although it may radiate into the buttocks and legs," Dr. Hall explains, "just as Type One does."

Type Three pain might be thought of as Type Two Plus, Dr. Hall says, because it involves a disk that has protruded to the point of pressing on a nerve. Hence, it has many of the symptoms of Type Two pain, but also some of its own: Pain can extend not just into the thighs, but lower, sometimes even to the feet and toes. Type Three pain usually comes on over a day or two, builds, and stays for weeks. It is made distinctly worse by bending forward, and it is potentially the most serious of the three types because prolonged pressure can damage nerve function. It is also the least common, however, and is responsible for only about 10 percent of all back woes.

What causes these three types of back pain? In the case of Type One pain, it's usually a disk that has flattened to the point of allowing the bones of a facet joint to rub against one another. Disks can flatten because of a gradual drying-out process (a natural consequence of aging), and that process can be hastened by a life of hard physical labor and heavy lifting. It can also be aggravated by bad posture, pregnancy or a potbelly, because anything that causes you to arch your back causes facet joints (located at the rear of the spine) to press together.

Type Two back pain is the result of a disk doing more bulging than collapsing, because disks are not "dead" tissue. They contain nerve fibers, and they hurt when they get pushed out of shape.

Type Three back pain is the result of a disk bulging to the point of pressing on a spinal nerve. And if things really get tight, a disk can rupture - one of the few cases in which surgery may be required for repair.

Maybe now you can see why bed rest is so often recommended as the first order of business following a back attack. My lying down, you relieve pressure on disks, which in turn relieves pressure on spinal nerves, which should, in turn, erase the reason for the muscles of your back going into painful - but protective - spasm. Muscle spasms are your body's way of encouraging the very immobilization you need in

order to heal. And not until those spasms relax is it time to think about doing some corrective exercises - exercises, as strange as it may sound, that concentrate not on the back, but rather the stomach.

Why the stomach? Because strong stomach muscles can provide a weak back with the additional support it needs. When stomach muscles are weak, greater pressure gets passed on to the disks that it's so important to spare.

Abdominal exercises, however, are not the entire answer to getting along with a bad back. As we mentioned earlier, there are those all-important ADL's - activities of daily living - as Dr. Hall calls them. The idea is to make life as easy on your back as possible in as many situations as possible.

How to Sleep...If you sleep on your back, roll a couple of pillows into a bolster to raise up your knees. Or if you prefer sleeping on your stomach, "try sleeping with a pillow under the front of your pelvis to reduce the sag in your low back," Dr. Hall says. Sidesleepers should curl into a ball and place a pillow between their knees. The purpose of all of these positions is to reduce pressure on spinal disks.

How to Sit...Not for very long, is the first rule of thumb. Because sitting can create a greater load on spinal disks than standing. You can reduce that load by making sure to support yourself with your elbows if you must lean forward to work at your desk. In other more recreational sitting situations, try to keep your feet raised - on either a stepstool or a stack of books - and place a small pillow between the back of your chair and the area just above your buttocks.

How to Stand...Never stand flatfooted if you can put one foot up on a stool or a low shelf - the posture drinkers assume at a stand-up bar. Saloonkeepers discovered the comfort of this position long before doctors developed the theory behind it," Dr. Hall says.

How to lift...With the back as straight as possible. Squat, in other words, but don't bend over. The more work you can pass on to the legs, the better. "The most hazardous lifts are the ones for which you are unprepared," Dr. Hall says. And the most difficult - even when you are prepared - are the ones where you must hoist something over a barrier at arm's length, i.e., a 40-pound nephew out of a high-sided crib. Make it a habit to think before you attempt a lift. If even the thought of it hurts, chances are it will.

How to Have Sex...There are a number of pain-free ways: face-to-face, with both partners on their sides; or face-to-back, in what is sometimes called the "spoon" position, with the female nestled against the male's lap. There are, of course, many other possible positions, and the key to avoiding strain "is to make sure you do not arch your back or your neck" in all of them, says Dr. Hall.

How to Keep Fit...All sports involve some wear and tear on the spine. But that's no reason to sit on the sidelines, Dr. Hall says. "Apart from the trauma of an accident - which, after all, can happen anywhere to anybody - even the most vigorous sports activities won't harm your back; they may simply make it hurt for a few days." But "hurt is not the same as harm," Dr. Hall assures us, "and the tradeoff may be worth it to you, in immediate pleasure and in feeling like a normal person instead of a semi-invalid. "Three forms of

Continued on next page

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strain may be imposed upon your spine" by your fitness efforts, Dr. Hall says; "Weightloading, rotation and arching." Weight-loading (which happens during weight lifting and jogging) tends to compress disks and cause facet joints to settle even more tightly together. Rotation (a common maneuver in squash, racquetball, tennis and golf) can strain disks by tugging at the fibers of their outer shells. And arching (a common occurrence during hockey, basketball, baseball, rowing, canoeing, skiing, archery and certain forms of swimming - especially the breaststroke) tends - like weight-loading sports - to create friction between facet joints.

Whatever you do for exercise, though, don't feel bad for learning to "cheat" in ways that minimize your discomforts. Hurt may not be harm. But it's not much fun, either.

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Swimming News

DC's DR. CHEN REPORTS - So many people have reported this phenomenon that there must be some truth to it: when starting to get a cold or a touch of the flu, some people report that a good hard workout seems to clear everything up. The conventional wisdom says to rest and await the inevitable, but many of us find that just the opposite seems to prevent illness. Maybe it is the high body temperature that is generated; some viruses are very temperature-sensitive. This is thought to be the rationale for fever - when animals' bodies were evolving, those ani-

mals which developed fevers survived viral illnesses and won out over those which did not. Or, one could speculate that exercise is a nonspecific stimulator of metabolic processes, including those which defend against microorganisms. The race between multiplication of the virus and development of defenses such as the production of interferon or antibodies might be tipped in the body's favor.....

PEARLS OF WISDOM FROM "THE AEROBICS WAY", APPLYING THEM TO MASTERS SWIMMING (from DC Masters Wave Maker) - Dr. Ken Cooper's book, "The Aerobics Way" has some easy-to-remember numbers for people interested in exercise, calories, and weight control. If you eat the same number of calories that you burn up, your weight stays the same. How many calories does the average person burn up a day? Just multiply your weight times 15 and you get the answer. Example: you weigh 140 lbs., so your maintenance diet should contain $140 \times 15 = 2100$ calories per day. If you exercise violently, like all masters swimmers, you must eat more to maintain your weight. If you run, you burn up about 100 calories per mile. Dr. Cooper has a point system, where points are awarded for exercises depending on their intensity and duration, and a person burns up about 20 calories per point. Swimming 500 yards in less than 8:30 is worth about 7 points (140 calories), and a moderately fast 1650 is about 26 points (520 calories). If you want to burn off one pound of body fat, you need to burn up 3500 calories. This could be done by swimming 7 1650's. In fact, a daily workout of 1750 to 2000 yds. would probably have the same caloric value as a straight 1650. If you work out regularly, you should burn off 15,000 calories a month in your swimming. Most swimmers maintain their weight because they eat more than the average person, but with the knowledge that we have just imparted, it is easy to establish regimens for weight loss, as follows: MEDIUM FAST WEIGHT LOSS. Assume you weight 160. You will burn up 2400 calories a day plus whatever is burned up swimming. If you limited your diet to 2400 calories a day and also swam 2000 yds. workout daily your caloric deficit would be about 500 calories a day. You would lose 1/7 lb a day, or 4 lbs. a month. CRASH WEIGHT LOSS REGIMEN. Instead of eating 2400 calories a day, suppose you ate only 1150 calories. This is not uncommon in weight loss diets. Your deficit would be 1750 calories a day, and you would lose 1/2 lb of fat daily. Keep this up and you would lose 3-1/2 lbs. a wk., 15 lbs. a month and 182 lbs. a year. The main problem with this regimen is that you get very hungry and weak trying to maintain 2000 yds. a day on only 1150 calories.....

RENEWAL SUBSCRIPTIONS - Please check your label. The three numbers indicate - your last issue of the year. 581 means this is your last issue....

SWIM-MASTER

June Krauser, Editor
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SWIM CALENDAR

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JUNE 1981

JUN 13-14	LC - Bill Podewitz, 3036 Wood Street, Sarasota, FL 33577
20	LC - Dave Holzhauser, Walter Schroeder A.C., 9250 N. Green Bay Rd., Brown Deer, WI
20-21	LC - Walnut Creek - Winnie McKenzie, 1445 Civic Dr., Walnut Creek, CA 94596
20-21	LC - Earl Walter, 3904 SW 57 Ave., Portland, OR 97221
JUL 11-12	LC - Nancy Ridout, 580 Sunset Pky., Novato, CA 94947
11-12	LC - Nick Berenyi, 103 Wicker Ct., Charleston Hts., SC 29405
11-12	LC Region 9 - Lou Mantron, 9345 Heatherdale, Dallas, TX 75243
12	LC 1500 Mtr - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
12	LC - Earl Walter, 3904 SW 57 Ave., Portland, OR 97221
18	LC - M.E. Lyons YmCA - Jan C. Huneke, O.D., 1158 Asbury Rd., Cincinnati, OH 45230
18-19	LC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
18-19	LC - Alfonso P. Allen, 9812 Muirfield Dr., Upper Marlboro, MD 20870
24-26	LC Region 12 - Fred Wiggin, 16741 15 Ave. N.W., Seattle, WA 98177
AUG	SKWIM MASTERS CAMP - John Skehan, Skwim Swimming '81, Great Valley, NY 14741
1-2	LC Region 2 - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
1-2	NEM LC - J.K. Edwards, 2 Thayer St., Providence, RI 02906
1-2	LC - Ralph Kendrick, 2840 Summerdays Ct., San Jose, CA 95132
1-2	Dixie Regional - John Zeigler, 2468 Ellis Ct., Snellville, GA 30278
13-16	US MASTERS NATIONAL LC - Darlene Ferguson, P.O. Box 8513, Canton, OH 44711
16	LC - Vickie Good, 667 Asbury Lane, Fairfield, CA 94533
SEP 3-6	PAN PACIFIC MASTERS INTERNATIONAL - A.U.S.S.I., 299 Bexley Rd., Bexley North, 2207 Australia
6	Triathlon - James M. Green 3820 Hemlock Park Dr., Kingsport, TN 37663
19	Pentathlon - Barbara Sanders, 8312 Hillgrove St., Roseville, CA 95678
20	SC - YMCA - Virginia Hildebrandt, 5167 Robinhood Dr., Willoughby, OH 44094
OCT 3	SC - Walnut Creek - Winnie McKenzie, 1445 Civic Dr., Walnut Creek, CA 94596
3-4	SC - Betsy Durrant, 211 66th St., Virginia Beach, VA 23451
10	Triathlon - Verne Scott, 646 Elmwood Dr., David, CA 95616
NOV 14-15	SC - GCM Fall Swim Meet - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL
DEC 5	SC - Sally Peterson, P.O. Box 1880, Truckee, CA 95734
CORONADO MASTERS - Alicia Horst, 24 The Point, Coronado, CA 92118 Aug 2, Oct 18, Dec 6	

1981 UNITED STATES AQUATIC SPORTS CONVENTION - Snowbird, Utah - Sept. 29 - Oct. 3

1982 US MASTERS NATIONAL SC - WOODLANDS, TX - May 21-24

1982 US MASTERS NATIONAL LC - PORTLAND, OR - Aug. 26-29

*****Mail 3 copies of meet results to: Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162*****

Notice from Enid: Top Ten Local Chairman are NOTE TO INCLUDE SHORT COURSE CHAMPIONSHIP MEET RESULTS. Also, send swimmers' registration # when sending in a record verification time.