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HOW I TRAIN IN MASTERS SWIMMING

by

Burwell (Bumpy) Jones, M.D.

About a dozen years ago, June Krauser, the editor of Swim-Master, asked me to write an article on my training methods since she had received a letter of interest from a masters swimmer (honestly, not a relative). At that time I declined because I really didn't know much about training for masters competition, nor did anyone else. Masters competition didn't start until 1971 and even those of us who have been involved since the beginning, used training methods from our coaches of younger years or invented methods suited to our ages and our life-styles. Now that masters swimming has a 15 year history, it is possible to collect some ideas which may be helpful to other masters swimmers, especially those who may be starting their masters careers.

All of us who are masters swimmers are influenced by the teachings of coaches and swimmers that preceeded us. I have been involved in competitive swimming since the age of four and now at the age of 52 am still learning bits of knowledge that someone knew years ago and that I may have known but have forgotten. Everything that I know about swim training must first relate to my coaches. However, no one has a greater experience than 15 years for masters training and year-round programs for adults may create several problems, physical and social.

I am basically a middle distance swimmer and an individual medley swimmer so, therefore, my training ideas reflect these goals. Because of my compulsive nature, I have kept accurate records of my entire masters career starting in 1971. I have kept a log of work-outs so that I have daily, monthly, and yearly total yardages swum. (I have been accused by my long suffering wife, Rita-al, of being toilet trained too early- perhaps true.) I keep records of good sets in work-outs, meet times and a daily record of my weight. I am quite compulsive about daily swims and on my yearly wall calendar, where I record the daily distance swum. I dread the occasional zero (0) day. In 1978, there were no zero days and in 1979, one zero day. (Actually, on that day, June 6th, I had gone to Florida's east coast for a golf tournament and drove around for

an hour in a rainstorm looking for a pool, before I gave up.) It has been five months since my last zero day.

TRAINING IDEAS: #1 I swim daily, if at all possible. Even a few yards keeps my "feel" of the water and keeps my flexibility intact. #2 I keep a daily log of distances, important sets in work-outs and other information which can be used in the future. I calculate my distance averages weekly, monthly and yearly. For many years I have been hearing stories of masters swimmers who "average" 8000 to 10,000 yards a day. I suspect that many of these people failed arithmetic 101 and their "averages" are for the days they work-out (three to four days a week) and for only the few weeks before the national championships. If one takes a true average, then simple arithmetic can demonstrate that 8000 yards a day in four days is 32,000 yards for the seven day week, which is an average of 4571 yards per day. This is still a good average if carried for a longer period of time but has no where near the bragging rights of the stated 8000 yards a day. (In the calculation of averages, I don't forget the rest days, tapering days and meet days, all of which drastically lower my averages. Even a five event meet with warm-up and warm-down may be well less than 2000 yards.)

In the years that I have done well in masters competition, my averages have been high, especially in the months preceeding the national meets. This appears to be the most important factor in my training. If I can carry a high daily average of training for a prolonged period of time, I can nearly always expect good results in competition. In 1972, I averaged 2305 yrds a day (for 365 days). In 1974, I averaged 3697 yards a day with both May and August over 5000 yards a day. (I consider 1974 my best year in masters swimming with my best times and my best averages). In 1976 and 1977, I averaged 3230 yards a day and then my averages dropped to about 2100 yards a day in 1979 and 1980. I did not compete in any meets from the summer of 1980 until the fall of 1984 and during those years averaged only 800 yards a day.

In this year of 1984-85, I have been training for slightly over six months and have maintained

an average of over 5000 yards a day. This has been a maximum effort for me in masters training and, in fact, for my swimming at any age. (Note that this average requires some days of over 10,000 yards to cover the light distance days.)

#3 My quality of swimming in work-outs has always been best by working out with a coach and a team. In 1974, I swam and trained with a high school team. I competed in some open meets with them and benefited by swimming against faster swimmers. Currently, I train with a masters team, (Suncoast Masters) and we have an age-group coach (Robin White) who works with us three nights a week.

Quality of work-outs is difficult to discuss in a short article. Basically, every work-out of mine will have at least one set which is physically draining and "hurts". When training hard, I may have two or three hard sets or a distance of 2500 to 3000 yards of maximum effort. I believe that it takes about three months of good training for me to be able to tolerate a good work-out, recover and be able to return the next day for another work-out. Since I have four strokes in which to train and must also train for middle distance swimming, I have acquired and devised a vast number of ways to vary work-outs. These variations are more important from a psychological factor than any other reason.

Within our masters group, we usually set our time intervals in the repeat sets for the fastest swimmers and then vary the distances or the times for the slower swimmers. For example, the fast lane can do 10- two hundreds on the 2:30 with the slower lanes doing 10 on 2:45, 3:00 etc. If all swimmers are to be kept on the same interval, the fast lane can do 200's at 2:30 with the other lanes doing 150 yards or 100 yards on the same interval.

When working out alone, I frequently use the "fartlek" (slow-fast) type of training since it is a fast way to get in yardage and I am often pressed for time. This slow-fast type of swimming forces me to racing speed and the variables help to eliminate boredom. I usually do a brief work-out at noon during the week of 1200-1800 yards and then my major work-out at six p.m. of 3000 to 5000 yards. My major distance work-outs are usually Wednesday afternoons and week-ends. A frequent noon fartlek is a 600 yard swim, a 600 yard slow-fast by 25's, and then 600 yards slow-fast by 50's. I usually do kicking and pulling on a fartlek system.

#4 Weight training is essential for swimming. It is done by all world-class swimmers but for some reason is omitted by many masters swimmers. I have to use the weight training carefully since heavy loads seem to give me joint discomfort, especially in the shoulders. I have used Nauti-

lus training equipment since early in my masters career and I believe that it is good equipment for a swimmer. I also use some free weights but I must admit that I am not fond of weight training and am more comfortable in the water when I'm not using weights. I try to use weights three times a week, but I miss occasional days. I taper the weight work for seven to ten days before the meets.

#5 I am quite concerned about maintaining proper nutrition. I do not believe that the nutritional needs of masters swimmers are any different than the rest of society, but much of the nutrition of society is terrible. I do not believe in food supplements and other concoctions that are promoted by faddists and am, frankly, offended by many self-proclaimed nutritional experts. Since I have a family history of early coronary vascular disease and like to eat, I have changed my dietary habits greatly in the past 20 years. My normal diet is low in cholesterol, low in fat and high in fiber. I take a daily multiple capsule as a form of "super-nutrition", although I doubt that it is of any value. Since I am frequently asking my body for maximum performance, I think this extra seems reasonable. My alcohol intake is occasional light beer or wine. I do not smoke and have no tolerance for those that do.

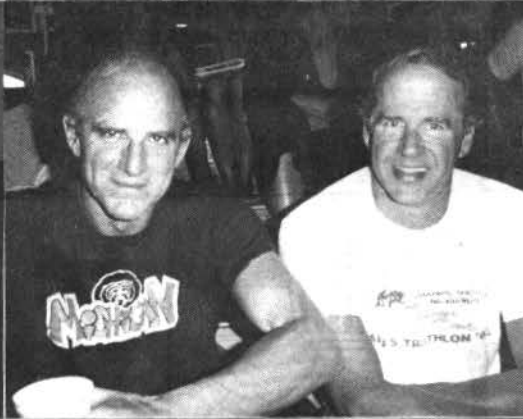
#6 Psychologic factors are important in masters swimming. One of the reasons I did not compete between 1980 and 1985 is that I lost much of my desire to compete. Thus, with the lack of competition, I progressively lost my training desire as well. This again emphasized, for me, the purpose of masters competition.

I truly do not know how to stimulate myself with the perpetual desire to compete and I note my fluctuations of the past 15 years so that I must expect some fluctuations of desire in the future.

The purpose of masters swimming for me is good sport, good health and good fellowship. I don't believe that there is any good evidence that swimming will prolong my life, but it certainly has improved my life. The training of masters swimmers must be somewhat different than for age group or collegiate swimmers and perhaps some of these ideas can assist other masters swimmers in their training.



BURWELL JONES, M.D.



MASTERS SWIMMING NATIONAL SHORT COURSE CHAMPIONSHIPS

ROW 1: Mike Laux and Jeff Farrell - Mike, President of USMS, is the 1984 recipient of the Capt. Ransom J. Arthur, M.D. Award. Congratulations, Mike!
Gail Dummer, Diane and Leo Letrende - Gail is USMS Zone Chairman, Diane & Leo officers in Ozark LHSC.
Jane Murphy-Sherman and Dorothy Donnelly - Dorothy is our able USMS Secretary.

ROW 2: Tom Boak and Bill Tingley - Tom is USMS Championship Chairman while Bill is Heartland Zone Chairman.
Donald Hill and Edward Hinshaw - Powerful swimmers!
Lynn Morrison-Casey and Millie Larsen - Fast swimmers!

ROW 3: Jeannette Eppley - Breaking butterfly records again!
Ross Lambert - Registration chairman for Central LHSC.
Paul Hutinger - One of the original founders and promoters of Masters Swimming.
Sperry Rademaker - Also an Olympic Kayaker.

ROW 4: Edie Grunder and Lisa Botago - Arizona Masters.
David Daboll - Only swimmer I know that lives in Idaho.
Ted Haartz, Bob Heritier and Wally Dobler - Are they comparing times?



Thinking of going on another diet? Looking for another gimmick to shed a few quick pounds? Convinced that a "new special diet" in a can is really worth all that money? Certain that an expensive diet won't harm your body? Willing to pop another pill that (they claim) allows you to eat as much as you want?

YOU CAN'T BE SERIOUS.

What is it that causes these re-occurring diet-diseases that hit people like seasonal colds? What can we do to cure these diet-diseases? Is it really true that people are willing to try almost any quick-scheme dietary gimmick instead of using common sense?

Examining the details and usage of many available diets, I'm almost convinced this is true. I get the feeling that the bigger the dietary ignorance in a new diet, the better it sells. In my opinion, the Beverly Hills Diet, the Cambridge Diet, starch blockers and others belong under this heading. Most diets should really be labeled "dietary deficiencies" or "dietary rip-offs" because the ingredients could be purchased in the local supermarket for just a fraction of the cost, or because they give you highly incomplete nutrition.

Are you susceptible to such gimmicks?

Let's try a new approach. First we'll outline the nutritional requirements for an exercising body. Next we'll take a look at the latest diet-fads and determine how nutritious each one is.

ESSENTIAL REQUIREMENTS FOR A HEALTHY BODY

At the outset we must understand one thing: nothing is 100% established. However, we can evaluate all the scientific information, sort it out, and come up with some minimum requirements for achieving the best possible state of health. These essential requirements were discussed at length in my book "Dr. Kugler's Seven Keys to a Longer Life."

The two most important requirements are exercise and nutrition, which are strongly connected and must always be considered together.

What are the minimum exercise and nutrition requirements for optimum health?

EXERCISE: Here we can look at heart disease statistics (J. N. Morris, England), reversal of atherosclerosis (N. Pritikin, Santa Monica), treatment of depression (J. Greist, University of Wisconsin), and the very successful treatment of diabetes (J. Anderson, VA-hospital, Lexington, Kentucky), and they will all agree on the following minimum amount of exercise; it should be done at least three times per week, at least 45 minutes without interruptions, and it should be vigorous. "Vigorous" is defined as achieving the correct pulse rate during the exercise sessions; 70 to 80% of (220 minus age). Example: a 40 year old person would achieve the best effect by exercising at a pulse rate of 126 to 144 (70 to 80% of 220-40).

NUTRITION: In order to maintain a normal weight, the caloric intake must equal the caloric output. If we want to shed some weight, the caloric intake must be less than the output. 3500 calories, expressed as food or exercise calories, are equivalent to one pound of excess body fat.

About 20% of all calories in our diet should come from protein, 25 to 35% from fat, and the difference should come mainly from high-quality carbohydrates like fruits, vegetables, and whole grain products. Even though small amounts of refined carbohydrates don't represent a major risk, we want to avoid excessive amounts because they wind up in the blood stream rapidly, changing blood sugar levels up and down. An ever-increasing number of researchers feel that adult-onset diabetes is caused by exhausting the body's insulin mechanism with repeated and frequent insults of excessive amounts of sugar and sweets.

The metabolism of carbohydrates and fats in our body involves many steps. The end-products of carbohydrate metabolism combine

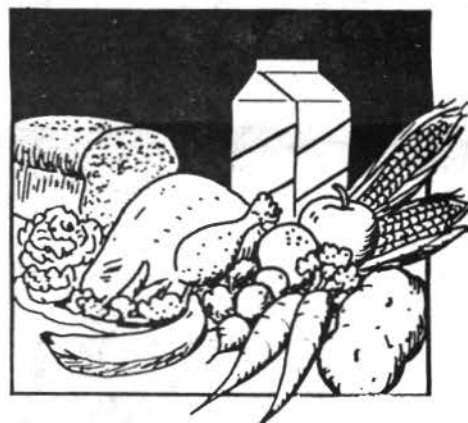
must be low in fat (now supplied by the body's fat reserves) and it must include high-quality carbohydrates. Only this way can the metabolic end-products of the fats combine with the end-products of the carbohydrates, so everything runs off smoothly.

DIET IGNORANCE

Over the past years we have run every possible diet through our computers and checked nutritional minimum requirements versus what you get from a specific diet. The results were obvious and consisted of two major findings: 1) With different gimmicks and much hullah-ballooh, most diets supplied much fewer calories than what the average person would



≠
(DOES NOT EQUAL)



ON DIETARY IGNORANCE

by Hans J. Kugler, Ph.D.

with the end-products of fat metabolism and everything runs off normally. If we do not consume any carbohydrates, our body metabolizes only fats, and we go into "ketosis." During ketosis we can smell ketone bodies on our breath, the urine has a quite distinct smell, we have the urge to urinate more often, the pH in our body changes and enzyme systems are affected. These are the typical signs of diabetes and we definitely don't want to induce them with the wrong diet.

Our meal schedule should include a good breakfast, a reasonable lunch, and a small dinner during the early part of the evening. The biggest problem with weight-control is usually a large dinner consumed late at night.

The daily caloric requirement to maintain your present body weight or your ideal body weight can be computed by multiplying your ideal body weight by 15 calories per pound per day. Adjustments should be made for age; 1 calorie less per pound per day for each 10 year period over 30 years of age. For details and sample calculations see p. 2 of the Nutritional Guidance Booklet by Dr. Paul Ward. In order to shed pounds, we must dip below the daily caloric maintenance level, but not below 1200 calories per day. Proper nutrition cannot be maintained in diets of fewer than 1200 calories per day. To avoid ketosis, a weight-loss diet

consume. So, naturally, you shed some weight, but you could have achieved the same results by just reducing the overall food intake of whatever you were eating. 2) Most diets induced some nutritional deficiencies along with the reduction in calories. This is dangerous! Either they induced the symptoms of diabetes by cutting out all carbohydrates, or roughage was very low (roughage is important to prevent cancer of the digestive tract); protein intake was either too low or far too high; they induced serious imbalances between the minerals calcium and phosphorus (can induce secondary hyperparathyroidism); or they dipped so far below minimum caloric levels that only few of the minimum nutritional requirements were obtained.

It is really quite important to find out if your diet supplies all the required nutrients. Many doctors are using computerized programs that include health practices education and an evaluation of disease risks. If your doctor doesn't use one of these programs, or if you just can't find one, send us a self-addressed and stamped envelope and I'll see that you get some free information about health practices and how to evaluate your nutrition with a computer program. (International Academy of Holistic Health & Medicine, IAHHM, att. Dr. Kugler, 218 Ave. B, Redondo Beach, California 90277.)

TWO RECENT DIET FADS

THE CAMBRIDGE DIET

It consists of a powder that supplies 330 calories per day and contains protein, some carbohydrates, vitamins and minerals.

You will recognize immediately that the 330 calories are far below the minimum caloric intake of 1,200 calories explained earlier. Even though the Cambridge Plan provides the recommended vitamin and mineral requirement, the plan is still unsafe because it does not provide enough calories to operate the body systems. Consequently, large volume of lean mass (muscle) are lost because the body converts the muscle mass into required carbohydrate. Consequently, very little fat is lost. The end result is that one loses weight, but most of the loss is muscle mass and water, while reducing one's potential to perform optimally physically and mentally. In order to recognize the dangers of this diet, one must evaluate the entire Cambridge plan.

The Cambridge plan talks about exercise, but in reality it recommends only a very limited number of stretching and bending exercises. This amount of exercise is again far below the minimum requirements outlined earlier. Hopefully you are doing the minimum amount of exercise, or more, and therefore the 330 calories per day are totally insufficient for you. The chances that you will induce ketosis in your body is almost 100%.

People who do a good amount of exercise and follow the Cambridge diet keep telling me that they always feel terribly hungry, they often feel faint, they perspire easily, and that they are looking forward to eating normally again.

The Cambridge diet also costs a lot of money. It contains nothing that you couldn't get for a fraction of the cost in your local supermarket. What you find in a one-day supply of the Cambridge diet can, for example, be obtained from 1 glass of non-fat milk, a few ounces of broiled fish, some steamed vegetables and a good vitamin and mineral tablet.

The use of the Cambridge diet would make some sense if people would eat a normal breakfast, smaller lunch and just replace the dinner with the Cambridge drink. People would probably save at least 900 calories per day. But then you could achieve the same results by eating only half of a healthy sandwich instead of the Cambridge drink and you'd save more money. Now you go for a long walk every day instead of drinking two beers, and the total caloric savings amount to about 2 pounds per week.

STARCH BLOCKERS

First, let's review a few facts about digestion and general nutrition.

Ingested foods are hydrolyzed (taken apart) in the digestive tract into their basic building blocks. Proteins give amino acids, fats give glycerol and free fatty acids, and carbohydrates give simple sugars like glucose.

There is one major difference between refined (mainly sugars and products made with

sugar and white flour) and complex (vegetables, whole grains, fruits) carbohydrates: This is the rate, or speed, at which they are hydrolyzed and wind up in the blood as glucose. For refined carbohydrates this rate is very fast, causing blood sugar ups and downs. This we don't want! Complex carbohydrates (mainly starch-based foods) hydrolyze slowly, feeding glucose into the blood stream at approximately the rate the body can burn and store it. That's what we want.

The typical (bad) American junk food diet contains lots of fat, some protein, and lots of refined carbohydrates.

Starch blockers affect only the rate of hydrolysis of starch-based foods. If the starches are not hydrolyzed, they are not absorbed as glucose, and therefore they are eliminated and the calories don't count. Sounds good? Well, it really isn't!

Assume you use starch blockers on a reasonable diet that contains fats, proteins, vegetables, and some refined carbohydrates. The vegetables are not hydrolyzed and what winds up in the blood are essentially the components of the typical junk food diet.

Using starch blockers makes a little bit more sense if the food intake consists of lots of starches, very little fat, sufficient protein, and little or no sugars. Using only a small amount of starch blockers will now prevent the hydrolysis of some of the starches, and since there are only small amounts of sugars or refined carbohydrates, glucose is fed into the blood at the desired slow speed. But many people will probably over-do it as usual, thinking that if one tablet of starch blockers is good, two or three must be better. We must also recognize that the vitamin and mineral contents of complex carbohydrates that are not hydrolyzed are also not utilized by the body.

Users of starch blockers also often complain about excessive amount of gas. Is this just a side-reaction that we should ignore? Is it caused by mis-use of the starch blocker? Does this signal a serious problem in the digestion and absorption of foods?

A WORD OF ADVICE

Instead of spending much money on a new diet, and risking your health, rather learn about good nutrition and practice it. Nutrition is very easy. Your nutrition should consist of unadulterated foods, grown fresh, low in animal fats and refined carbohydrates (sugar and white flour), high in complex carbohydrates (vegetables, whole grain products, fruits), and sufficient (rather on the high side) in low-fat protein. A good vitamin and mineral supplement will make it perfect.

A CASE HISTORY

A man who was over-weight all his life, and who had practiced literally every new diet, learned that far up in the mountains there lived a guru who had all the answers. So he traveled for days, climbed the mountain, and when he finally found the guru he asked: "Master, what is the secret of good health and maintaining a normal weight?" And the guru answered, "Good nutrition and exercise!"

CONCLUSION:

There is no easy way to lose fat. The best approach is to prevent fat from accumulating. This means exercise and control of caloric intake. Once the fat has accumulated, one must exercise vigorously and consistently while sensibly controlling caloric intake. (Never drop below 1200 calories with a balanced nutritional program.) Refer to the Nutritional Guidance Book for more information.

The use of extremely low calorie diets may result in harming one's health. Extreme dietary plans should not be practiced. A sensible combination of exercise and nutrition programs must become a part of one's daily pattern of living and should be followed consistently throughout life.

EDITOR'S NOTE: RESEARCH UPDATE

Seventeen deaths within a six-month period in late 1977 most probably resulted from extremely low calorie (300-400 calories per day) diets—fifteen of them liquid and/or high protein diets—according to a recent report from the Center for Disease Control and the Food and Drug Administration. This was a period when liquid protein diets were popular.

In all cases, the cause of death was intractable ventricular arrhythmias (sudden irregular heartbeats). Each person had been adhering strictly to the diet for a prolonged period of time (two to eight months), and as a result had lost large amounts of weight in a very short time.

All the deaths occurred in people who were relatively young, with the median age of thirty-five. The two people who had not used liquid or high protein diets had been using powdered products containing carbohydrates.

THE REPORT RECOMMENDED THAT ALL VERY LOW-CALORIE WEIGHT LOSS PROGRAMS BE TAKEN OFF THE MARKET UNTIL FURTHER RESEARCH IS DONE.

(The American Journal of Clinical Nutrition, 35:453-461, April, 1981.)

COMMENT FROM DR. WARD:

Don't fool with Mother Nature. Regardless of one's beliefs and philosophy, truth (science) prevails. It seems to me that most people would rather believe the lie than the truth. Don't chase after the "Golden Fleece." There are no easy ways or secrets.

The recent Cambridge diet program is another potentially dangerous dietary plan, without medical supervision. In a pilot project conducted by me involving one male subject, the following was observed after a 22 day application of the Cambridge plan:

1. Body Weight Loss 12.75 lbs.
2. % Fat Loss .73 %
(less than 1% loss)
3. Pounds of Fat Lost 3.89 lbs.
(30% of Total Weight Lost)
4. Lean Body Mass Lost 8.86 lbs.
(70% of Total Weight Lost)
5. The subject regained much of the lost weight in 1 month.

FOR THE RECORD

1985 EL SEGUNDO LONG EVENT
EL SEGUNDO, CA 3 MAR. 1985

WOMEN 25-29

500 YARD FREESTYLE
Lori P. Belshe 29 7:09.60
J. S. McAllister 26 7:26.41
L. C. Barrington 27 8:02.31
Lynne McGinnis 29 8:12.75

1650 YARD FREESTYLE

Ingrid M. Tice 29 24:01.40
Lori P. Belshe 29 24:25.61
J. S. McAllister 26 25:22.92
Mary P. Lansberg 26 26:49.25
Lynne McGinnis 29 27:31.99
Patricia Hathaway 29 28:34.70

400 YARD INDIVIDUAL MEDLEY

J. S. McAllister 26 6:40.65

WOMEN 30-34

500 YARD FREESTYLE

Mary-Christ Kay 31 7:31.12
Kris Shockley 31 22:18.64
Margaret Cohn 30 24:02.77
K Ott-Warner 31 25:29.77
Mary-Christ Kay 31 26:01.28

1650 YARD FREESTYLE

Lucy Johnson 37 20:59.63

400 YARD INDIVIDUAL MEDLEY

Katherine Watson 37 6:55.62

WOMEN 40-44

500 YARD FREESTYLE

Ann M. Carlyle 44 30:27.11

WOMEN 45-49

500 YARD FREESTYLE

Joanne Little 47 6:56.57

WOMEN 50-54

500 YARD FREESTYLE

Malchia S. Olshan 53 8:21.66

1650 YARD FREESTYLE

Malchia S. Olshan 53 28:02.67

400 YARD INDIVIDUAL MEDLEY

Malchia S. Olshan 53 7:44.33
Joyce Perry 54 10:13.29

WOMEN 60-64

500 YARD FREESTYLE

Grace Altus 61 8:23.02

1650 YARD FREESTYLE

Shirley Erickson 61 27:05.39
400 YARD INDIVIDUAL MEDLEY
Shirley Erickson 61 7:10.45

WOMEN 65-69

400 YARD INDIVIDUAL MEDLEY

Rita Siamont 66 7:40.92

WOMEN 70-74

1650 YARD FREESTYLE

Ruth Bideanor 70 39:54.36

WOMEN 75-79

500 YARD FREESTYLE

Carl H. Gooch 26 6:07.73
M. P. Thomassen 28 7:40.55

1650 YARD FREESTYLE

Brian Cohn 26 20:06.91
David Orlovski 27 23:32.35
David W. Sundius 26 26:23.00
400 YARD INDIVIDUAL MEDLEY
Brian Cohn 26 5:06.03
David W. Sundius 26 5:22.19
Michael J. Fusco 25 6:03.26

1650 YARD FREESTYLE

Peter B. O'Keefe 34 18:46.77

WOMEN 35-39

500 YARD FREESTYLE

Denis Hattener 39 6:05.31

1650 YARD FREESTYLE

Richard Michaels 39 20:20.55
Denis Hattener 39 21:10.39
Mike Greenberg 38 24:16.88

400 YARD INDIVIDUAL MEDLEY

Mike Greenberg 38 6:29.41

WOMEN 45-49

500 YARD FREESTYLE

C. S. Wiederaa 49 8:04.21

1650 YARD FREESTYLE

R Harvey Ott 48 28:29.60

WOMEN 50-54

500 YARD FREESTYLE

Buddy G. Belsae 50 6:09.84
Art Welch 52 6:25.51
Steven Schofield 53 6:50.60

1650 YARD FREESTYLE

B Startevant 51 20:02.08
Art Welch 52 22:11.95
Steven Schofield 53 23:16.82

400 YARD INDIVIDUAL MEDLEY

Art Welch 52 6:02.24
Steven Schofield 53 6:36.42

WOMEN 55-59

1650 YARD FREESTYLE

Ronald Watson 57 27:02.70

WOMEN 60-64

500 YARD FREESTYLE

Jurgen B. Schmidt 62 6:55.39
Bob Herrick 64 6:58.21

1650 YARD FREESTYLE

Frank Plesner 60 23:22.23
Bob Herrick 64 24:53.26

400 YARD INDIVIDUAL MEDLEY

Bob Herrick 64 6:23.46

WOMEN 65-69

1650 YARD FREESTYLE

Ed Allen Jr. 69 30:05.99
Norman Fitzgerald 68 31:34.05

WOMEN 75-79

500 YARD FREESTYLE

Bill Shott 75 8:16.25

* Denotes non SPMA swimmer

Programmed by Curt Rosso

1985 CAL TECH PENTATHLON
PASADENA, CA 17 MAR. 1985

WOMEN 25-29

50 YARD FREESTYLE
Noreen Doyas 25 26.12
Kay E. Weston 26 26.88
Laurie Anne Simon 25 28.09
Nancy E. Arnold 25 28.15
Sarah Redfield 27 29.72
Teresa Sheppard 26 29.77
Jeanne S. McAllister 36 30.61
Elizabeth Jane Buck 28 30.95
Tere Wachob 25 31.17
Mary P. Lansberg 26 33.06
Shelley Smith 26 33.29
Laurie C. Barrington 27 33.45
Liz M. Beranek 26 34.04
Lisa M. Shaffer 25 36.62
Lynne McGinnis 29 40.49
Patricia Hathaway 29 40.91

50 YARD BACKSTROKE

Kay E. Weston 26 30.83
Noreen Doyas 25 30.86
Teresa Sheppard 26 33.43
Nancy E. Arnold 25 33.81
Elizabeth Jane Buck 28 35.60
Laurie Anne Simon 25 36.14
Tere Wachob 25 38.27
Shelley Smith 26 39.95
Jeanne S. McAllister 36 40.97
Mary P. Lansberg 26 41.56
Liz M. Beranek 26 42.72
Patricia Hathaway 29 44.92
Lynne McGinnis 29 53.69

50 YARD BREASTSTROKE

Kay E. Weston 26 36.50
Noreen Doyas 25 37.00
Nancy E. Arnold 25 37.53
Teresa Sheppard 26 39.33
Tere Wachob 25 39.95
Elizabeth Jane Buck 28 40.37
Mary P. Lansberg 26 40.77
Laurie Anne Simon 25 40.83
Jeanne S. McAllister 36 43.69
Shelley Smith 26 45.73
Patricia Hathaway 29 46.70
Liz M. Beranek 26 47.51
Lynne McGinnis 29 51.69

50 YARD BUTTERFLY

Noreen Doyas 25 27.92
Nancy E. Arnold 25 31.11
Kay E. Weston 26 31.15
Sarah Redfield 27 31.50
Teresa Sheppard 26 33.04
Elizabeth Jane Buck 28 33.42
Tere Wachob 25 34.37
Laurie Anne Simon 25 34.59
Mary P. Lansberg 26 35.36
Jeanne S. McAllister 36 36.09
Shelley Smith 26 37.49
Liz M. Beranek 26 38.26
Patricia Hathaway 29 46.99
Lynne McGinnis 29 50.34

100 YARD INDIVIDUAL MEDLEY

Noreen Doyas 25 1:04.89
Kay E. Weston 26 1:08.22
Nancy E. Arnold 25 1:10.95
Teresa Sheppard 26 1:13.15
Laurie Anne Simon 25 1:16.88
Elizabeth Jane Buck 28 1:17.01
Sarah Redfield 27 1:17.15
Tere Wachob 25 1:17.64
J. S. McAllister 36 1:20.39
Shelley Smith 26 1:25.29
Liz M. Beranek 26 1:27.35
Mary P. Lansberg 26 1:28.80
Patricia Hathaway 29 1:38.30
Lynne McGinnis 29 1:44.34

PENTATHLON SCORE

Noreen Doyas 25 3:06.79
Kay E. Weston 26 3:13.58
Nancy E. Arnold 25 3:21.55
Teresa Sheppard 26 3:28.72
Laurie Anne Simon 25 3:36.53
Elizabeth Jane Buck 28 3:37.35
Tere Wachob 25 3:41.40
J. S. McAllister 36 3:51.75
Mary P. Lansberg 26 3:59.55
Shelley Smith 26 4:01.75
Liz M. Beranek 26 4:09.88
Patricia Hathaway 29 4:37.82
Lynne McGinnis 29 5:00.55

WOMEN 30-34

50 YARD FREESTYLE

Janice A. Hagen 31 26.86
Susan V. Lee 30 28.50
Pat A. Reeve 31 30.56
Marta Zaharson 31 30.66
Alison Asher Esses 30 30.67
Mary-Christ Kay 31 31.06
Linda J. Chan 34 31.37
Ellen Voelckers 32 31.91
Judy Bates 34 35.88

50 YARD BACKSTROKE

Susan V. Lee 30 32.88
Pat A. Reeve 31 33.25
Janice A. Hagen 31 33.44
Alison Asher Esses 30 37.23
Marta Zaharson 31 40.26
Mary-Christ Kay 31 43.09
Linda J. Chan 34 43.55
Judy Bates 34 43.95

50 YARD BREASTSTROKE

Janice A. Hagen 31 35.51
Susan V. Lee 30 37.70
Alison Asher Esses 30 39.53
Susan V. Lee 30 40.56
Mary-Christ Kay 31 40.94
Linda J. Chan 34 42.97
Marta Zaharson 31 43.08
Judy Bates 34 45.36
Ellen Voelckers 32 49.33

50 YARD BUTTERFLY

Janice A. Hagen 31 29.27
Susan V. Lee 30 32.52
Alison Asher Esses 30 33.59
Marta Zaharson 31 34.06
Pat A. Reeve 31 34.08
Mary-Christ Kay 31 35.43
Linda J. Chan 34 37.25
Judy Bates 34 45.63

100 YARD INDIVIDUAL MEDLEY

Janice A. Hagen 31 1:08.36
Susan V. Lee 30 1:13.67
Pat A. Reeve 31 1:16.21
Alison Asher Esses 30 1:16.23
Mary-Christ Kay 31 1:21.83
Marta Zaharson 31 1:21.89
Linda J. Chan 34 1:26.17
Judy Bates 34 1:32.70

PENTATHLON SCORE

Janice A. Hagen 31 3:13.44
Susan V. Lee 30 3:28.13
Pat A. Reeve 31 3:31.80
Alison Asher Esses 30 3:37.25
Marta Zaharson 31 3:49.95
Mary-Christ Kay 31 3:52.35
Linda J. Chan 34 4:01.31
Judy Bates 34 4:23.52

WOMEN 35-39

50 YARD FREESTYLE

Linda J. Tepe 38 31.34
Lois Goodman 38 33.47
Kathy A. Kanter 38 34.44
Katherine Watson 37 35.56
Sandy Young 37 35.59
Ann Harris 39 40.11

50 YARD BACKSTROKE

Linda J. Tepe 38 37.28
Katherine Watson 37 40.00
Kathy A. Kanter 38 42.53
Lois Goodman 38 42.58
Sandy Young 37 46.72
Ann Harris 39 47.97

50 YARD BREASTSTROKE

Linda J. Tepe 38 42.57
Sandy Young 37 45.39
Kathy A. Kanter 38 45.53
Katherine Watson 37 48.72
Lois Goodman 38 50.89
Ann Harris 39 1:08.45

50 YARD BUTTERFLY

Linda J. Tepe 38 36.59
Sandy Young 37 39.08
Kathy A. Kanter 38 45.24
Lois Goodman 38 45.42
Katherine Watson 37 47.44
Ann Harris 39 1:00.09

100 YARD INDIVIDUAL MEDLEY

Linda J. Tepe 38 1:22.72
Katherine Watson 37 1:29.40
Sandy Young 37 1:32.80
Kathy A. Kanter 38 1:33.36
Lois Goodman 38 1:34.34
Ann Harris 39 1:40.11

PENTATHLON SCORE

Linda J. Tepe 38 3:50.60
Sandy Young 37 4:19.58
Kathy A. Kanter 38 4:21.10
Katherine Watson 37 4:21.12
Lois Goodman 38 4:26.70

WOMEN 40-44

50 YARD FREESTYLE

Diana F. Todd 41 26.63
Janet E. Royer 43 31.31
Mary M. Martin 40 31.34
Ellen K. Shockro 42 33.56
Bonnie Brady 43 37.44
Barbara Stephenson 42 1:08.83

50 YARD BACKSTROKE

Mary M. Martin 40 35.61
Diana F. Todd 41 38.31
Bonnie Brady 43 43.91
Janet E. Royer 43 44.66
Ellen K. Shockro 42 48.41
Barbara Stephenson 42 1:29.86

50 YARD BREASTSTROKE

Diana F. Todd 41 36.89
Janet E. Royer 43 41.39
Mary M. Martin 40 43.52
Ellen K. Shockro 42 48.09
Bonnie Brady 43 49.20
Barbara Stephenson 42 1:15.95

50 YARD BUTTERFLY

Diana F. Todd 41 30.55
Janet E. Royer 43 34.48
Mary M. Martin 40 36.00
Ellen K. Shockro 42 38.34
Bonnie Brady 43 49.36
Barbara Stephenson 42 1:18.29

100 YARD INDIVIDUAL MEDLEY

Diana F. Todd 41 1:11.58
Janet E. Royer 43 1:21.11
Mary M. Martin 40 1:21.91
Bonnie Brady 43 1:36.45
Barbara Stephenson 42 2:48.15

PENTATHLON SCORE

Diana F. Todd 41 3:23.96
Mary M. Martin 40 3:48.38
Janet E. Royer 43 3:52.95
Bonnie Brady 43 4:36.36
Barbara Stephenson 42 8:01.08

WOMEN 45-49

50 YARD FREESTYLE

Joan Jeter 45 30.75
Jeanne Little 47 33.04
Sylvia J. Glenn 47 34.67
Helen Geoffron 46 34.72

50 YARD BACKSTROKE

Joan Jeter 45 43.80
Helen Geoffron 46 45.67
Sylvia J. Glenn 47 47.22
Jeanne Little 47 DISQ

50 YARD BREASTSTROKE

Joan Jeter 45 40.71
Helen Geoffron 46 42.42
Sylvia J. Glenn 47 46.99
Jeanne Little 47 51.78

50 YARD BUTTERFLY

Joan Jeter 45 36.09
Helen Geoffron 46 38.34
Joan Jeter 45 38.45
Sylvia J. Glenn 47 46.72
100 YARD INDIVIDUAL MEDLEY
Joan Jeter 45 1:22.73
Helen Geoffron 46 1:27.81
Jeanne Little 47 1:31.30
Sylvia J. Glenn 47 1:34.64

PENTATHLON SCORE

Joan Jeter 45 3:56.44
Helen Geoffron 46 4:08.96
Sylvia J. Glenn 47 4:30.24

WOMEN 50-54

50 YARD FREESTYLE

Diane Stowell 50* 30.17
Joyce Perry 54 41.45

50 YARD BACKSTROKE

Diane Stowell 50* 38.79
Joyce Perry 54 53.61

50 YARD BREASTSTROKE

Diane Stowell 50* 40.53
Joyce Perry 54 DISQ

50 YARD BUTTERFLY

Diane Stowell 50* 35.91
Joyce Perry 54 55.56

100 YARD INDIVIDUAL MEDLEY

Diane Stowell 50* 1:18.58
Joyce Perry 54 DISQ

PENTATHLON SCORE

Diane Stowell 50* 3:43.98

WOMEN 55-59

50 YARD FREESTYLE

Janet Wolver 56 35.47
Kathy Dixon 57 40.66
Gloria Harienthal 59 46.78

50 YARD BACKSTROKE

Janet Wolver 56 39.95
Kathy Dixon 57 45.69
Gloria Harienthal 59 54.91

50 YARD BREASTSTROKE

Janet Wolver 56 47.12
Kathy Dixon 57 48.84
Gloria Harienthal 59 59.06

50 YARD BUTTERFLY

Janet Wolver 56 35.94
Kathy Dixon 57 4

PENTATHLON SCORE					
Barton Gawby 27	2:45.55	Gary Springer 37	31.55	William Slaughter 44	3:23.53
Scott K. Spruth 28	2:47.48	Glenn A. Gruber 35	31.99	Brock Fraser 42	3:26.06
Patrick W. Herrera 25	2:47.88	Jim Vernon 35	32.13	James S. Pyle 41	3:30.60
James M. Robinson 25	2:47.90	Paul Shane 38	32.80	Willard L. Maxwell 42	3:35.90
Geoff W. Brewer 26	2:51.37	Ken Ziskin 37	32.96	Toby Hussman 44	3:46.64
Michael Giles 25	2:51.92	Edward H. Shaiman 36	33.19		
Andy E. Zirkelbach 25	2:52.73	Michael Stefanko 37	35.10		
Daniel A. Feany 27	2:54.99	Ken Zittner 35	35.92		
Brad Hart 26	2:59.75				
Dennis Skupanski 29	3:01.95	50 YARD BREASTSTROKE			
Wayne P. Rogers 25	3:02.50	Peter Wisner 37	29.57		
Steven J. Nelson 29	3:04.49	Ken Ziskin 37	29.84		
Thomas T. Burger 28	3:06.10	Jim Vernon 35	31.86		
Duncan McClane 29	3:07.10	Michael Stefanko 37	32.03		
Brian Cohn 26	3:07.94	Paul Shane 38	32.64		
Matthew J. Truxav 25	3:08.62	Boo Gallas 37	32.99		
John G. Daffron 25	3:09.25	Glenn A. Gruber 35	34.11		
Michael J. Funco 25	3:09.40	Gary Springer 37	34.72		
Ross J. Caulta 26	3:11.73	Kirk Miller 39	36.03		
Gary M. Montesayer 28	3:18.79	Chris D. Kaufman 39	36.86		
George J. Bubs 27	3:21.96	Edward H. Shaiman 36	37.22		
Carl H. Gooch 26	3:23.54	Ken Zittner 35	37.92		
Daniel Anzoni 28	3:28.65				
Paul T. Tsutsui 26	3:30.21	50 YARD BUTTERFLY			
Elliott Marshall 29	3:35.20	Boo Gallas 37	25.77		
Sarc Eric Tomchew 25	3:35.86	Peter Wisner 37	26.74		
		Jim Vernon 35	26.80		
		Gary Springer 37	27.26		
		Ken Ziskin 37	27.55		
		Chris D. Kaufman 39	27.99		
		Paul Shane 38	28.33		
		Glenn A. Gruber 35	28.50		
		Michael Stefanko 37	29.28		
		Kirk Miller 39	29.88		
		Edward H. Shaiman 36	31.04		
		Ken Zittner 35	31.23		
		100 YARD INDIVIDUAL MEDLEY			
		Peter Wisner 37	59.91		
		Jim Vernon 35	1:01.58		
		Boo Gallas 37	1:01.80		
		Ken Ziskin 37	1:03.27		
		Gary Springer 37	1:04.00		
		Glenn A. Gruber 35	1:05.66		
		Chris D. Kaufman 39	1:05.69		
		Paul Shane 38	1:07.22		
		Kirk Miller 39	1:07.97		
		Michael Stefanko 37	1:08.70		
		Ken Zittner 35	1:11.72		
		Edward H. Shaiman 36	1:14.19		
		PENTATHLON SCORE			
		Peter Wisner 37	2:50.06		
		Boo Gallas 37	2:53.54		
		Jim Vernon 35	2:56.14		
		Ken Ziskin 37	2:57.87		
		Gary Springer 37	3:01.95		
		Glenn A. Gruber 35	3:05.81		
		Chris D. Kaufman 39	3:07.08		
		Paul Shane 38	3:09.23		
		Michael Stefanko 37	3:11.28		
		Kirk Miller 39	3:12.07		
		Ken Zittner 35	3:23.94		
		Edward H. Shaiman 36	3:24.47		
		50 YARD FREESTYLE			
		Dave Frank 41	28.35		
		Larry Raffaelli 42	28.45		
		Peter Ronay 42	28.48		
		Lawrence Nordell 44	28.58		
		Peter J. Beer 42	27.20		
		Allen K. Murray 40	27.38		
		William Slaughter 44	27.38		
		Gib Lentz 44	27.53		
		Brock Fraser 42	28.33		
		James S. Pyle 41	28.58		
		Toby Hussman 44	29.91		
		Willard L. Maxwell 42	30.36		
		Gary McDowell 42	30.39		
		50 YARD BACKSTROKE			
		Larry Raffaelli 42	29.61		
		Dave Frank 41	29.83		
		Peter J. Beer 42	32.15		
		William Slaughter 44	32.86		
		Peter Ronay 42	33.08		
		Allen K. Murray 40	35.44		
		Willard L. Maxwell 42	36.84		
		Brock Fraser 42	36.89		
		Lawrence Nordell 44	36.89		
		James S. Pyle 41	37.89		
		Toby Hussman 44	38.97		
		Gary McDowell 42	45.46		
		50 YARD BUTTERFLY			
		Dave Frank 41	31.80		
		Allen K. Murray 40	32.89		
		Larry Raffaelli 42	34.13		
		Brock Fraser 42	36.34		
		Peter Ronay 42	36.90		
		James S. Pyle 41	36.99		
		Lawrence Nordell 44	37.06		
		William Slaughter 44	37.44		
		Gib Lentz 44	38.97		
		Peter J. Beer 42	39.45		
		Willard L. Maxwell 42	40.56		
		Toby Hussman 44	42.12		
		50 YARD FREESTYLE			
		Lawrence Nordell 44	26.84		
		Larry Raffaelli 42	26.90		
		Dave Frank 41	26.91		
		Peter J. Beer 42	30.03		
		Allen K. Murray 40	30.35		
		Brock Fraser 42	31.31		
		James S. Pyle 41	31.88		
		Willard L. Maxwell 42	31.91		
		William Slaughter 44	33.20		
		Toby Hussman 44	35.53		
		100 YARD INDIVIDUAL MEDLEY			
		Dave Frank 41	1:02.19		
		Larry Raffaelli 42	1:05.29		
		Peter Ronay 42	1:06.81		
		Allen K. Murray 40	1:08.75		
		Peter J. Beer 42	1:11.09		
		William Slaughter 44	1:12.69		
		Brock Fraser 42	1:13.19		
		James S. Pyle 41	1:15.26		
		Willard L. Maxwell 42	1:16.23		
		Toby Hussman 44	1:20.11		
		Lawrence Nordell 44	DISQ		
		PENTATHLON SCORE			
		Dave Frank 41	2:55.08		
		Larry Raffaelli 42	3:00.38		
		Allen K. Murray 40	3:04.68		
		Peter J. Beer 42	3:19.92		
		50 YARD FREESTYLE			
		Frank Pienne 60	25.95		
		Bob Herrick 64	29.03		
		Peter Lee 61	31.44		
		W. Jason Walker 60	33.96		
		Harvia Levine 61	DISQ		
		Frank Pienne 60	34.66		
		Bob Herrick 64	35.91		
		Peter Lee 61	40.47		
		Harvia Levine 61	40.59		
		W. Jason Walker 60	49.04		
		50 YARD BACKSTROKE			
		Frank Pienne 60	35.61		
		Bob Herrick 64	36.91		
		Peter Lee 61	40.47		
		Harvia Levine 61	40.59		
		W. Jason Walker 60	49.04		
		50 YARD BUTTERFLY			
		Frank Pienne 60	34.84		
		Bob Herrick 64	37.99		
		Peter Lee 61	39.69		
		Harvia Levine 61	39.86		
		W. Jason Walker 60	47.73		
		100 YARD INDIVIDUAL MEDLEY			
		Frank Pienne 60	29.12		
		Bob Herrick 64	33.59		
		Harvia Levine 61	37.72		
		Peter Lee 61	43.48		
		W. Jason Walker 60	48.97		
		50 YARD FREESTYLE			
		Judy Gillies 37	31.55		
		Gretchen Sheppard 35	39.60		
		100 YARD INDIVIDUAL MEDLEY			
		Judy Gillies 37	1:08.56		
		Linda Riedel 36	1:15.77		
		Gretchen Sheppard 35	1:31.12		
		50 YD FREESTYLE			
		Linda Riedel 36	2:49.73		
		500 yd Free			
		Linda Riedel 36	7:25.86		
		Diane Brumbaugh 38	8:27.21		
		Gretchen Sheppard 35	9:13.82		
		50 YD BREASTSTROKE			
		Judy Gillies 37	43.09		
		Robert D. Smith 69	46.25		
		Ed Allen Jr. 69	48.20		
		50 YARD BUTTERFLY			
		Norman Fitzgerald 68	44.35		
		Robert D. Smith 69	44.94		
		Ed Allen Jr. 69	1:01.23		
		100 YARD INDIVIDUAL MEDLEY			
		Norman Fitzgerald 68	1:32.28		
		Robert D. Smith 69	1:36.03		
		Ed Allen Jr. 69	1:48.83		
		PENTATHLON SCORE			
		Norman Fitzgerald 68	4:18.42		
		Robert D. Smith 69	4:31.65		
		Ed Allen Jr. 69	5:00.03		
		50 YD FREESTYLE			
		Reg Richardson 73	33.73		
		Kurt Nyford 70	44.56		
		Ed Little 72	51.00		
		50 YARD BACKSTROKE			
		Reg Richardson 73	41.28		
		50 YARD BUTTERFLY			
		Reg Richardson 73	43.61		
		Kurt Nyford 70	44.55		
		Ed Little 72	1:12.08		
		100 YARD INDIVIDUAL MEDLEY			
		Reg Richardson 73	44.06		
		100 YARD INDIVIDUAL MEDLEY			
		Reg Richardson 73	1:31.55		
		PENTATHLON SCORE			
		Reg Richardson 73	4:14.23		
		50 YD FREESTYLE			
		Bill Shott 75	30.59		
		50 YARD BACKSTROKE			
		Bill Shott 75	43.55		
		50 YARD BUTTERFLY			
		Bill Shott 75	39.70		
		100 YARD INDIVIDUAL MEDLEY			
		Bill Shott 75	37.84		

100 yd. I.M.	
Marty Wolfe, 57	1:25.1
200 yd. I.M.	
Art Tebbens, 55	3:00.0
Charlie White, 53	3:09.9
400 yd. I.M.	
Art Tebbens, 55	6:26.4
MEN 60-64	
50 yd. free	
Wayne Shadbolt, 60	29.53
Elliott Scofield, 62	32.61
100 yd. free	
Wayne Shadbolt, 60	1:05.4
Elliott Scofield, 62	1:12.2
200 yd. free	
Wayne Shadbolt, 60	2:23.3
Elliott Scofield, 62	2:46.2
50 yd. back	
Wayne Shadbolt, 60	39.29
Elliott Scofield, 62	39.54
Frank Wilson, 60	43.99
Val Duchakof, 61	45.28
100 yd. back	
Jerry Jarrod, 63	1:19.2
Elliott Scofield, 62	1:30.8
Val Duchakof, 61	1:42.76
200 yd. back	
Jerry Jarrod, 63	2:59.5
Val Duchakof, 61	3:39.2
100 yd. breast	
Jerry Jarrod, 63	1:21.5
Val Duchakof, 61	1:49.6
200 yd. breast	
Jerry Jarrod, 63	3:01.2
Val Duchakof, 61	3:56.6
50 yd. fly	
Jerry Jarrod, 63	32.09
Wayne Shadbolt, 60	35.81
William Varza, 64	39.21
100 yd. I.M.	
William Varza, 64	1:36.9

St Patrick's Day Invitational
Georgia: 455-S01
March 9-10, 1985
25 yd. pool

WOMEN 25-29	
50 yd free	
Whitley Greene(GM) 25	27.69
Nancy Goeken(KYSY) 26	28.13
Ivette Rogers(GM) 26	28.22
Krista Marr(DAQ) 26	28.88
Kathleen Rehbein(GM) 28	30.26
Robin Miller(MPHS) 28	30.57
Angela Osborne(GM) 25	31.67
Ruthanne Marcus(GM) 28	34.25
Nancy Anastasiades(GM) 28	34.37
Tedi Dickerson(SST) 28	36.35
100 yd free	
Whitley Greene(GM) 25	1:00.78
Nancy Goeken(KYSY) 26	1:01.55
Kathleen Rehbein(GM) 28	1:05.21
Angela Osborne(GM) 28	1:12.48
200 yd free	
Nancy Goeken(KYSY) 26	2:17.24
Robin Miller(MPHS) 28	2:20.44
Kathleen Rehbein(GM) 28	2:23.69
Jennifer Carey(GM) 26	2:28.04
Nancy Anastasiades(GM) 28	2:31.49
500 yd free	
Nancy Anastasiades(GM) 28	6:43.49
Jennifer Carey(GM) 26	6:45.64
Ellen Yates(GM) 28	6:47.82
1650 yd free	
Jennifer Carey(GM) 26	23:22.08
Krista Marr(DAQ) 26	23:22.94
Yvette Rogers(GM) 26	23:29.91
50 yd back	
Robin Miller(MPHS) 28	32.30
Whitley Greene(GM) 25	32.38
Nancy Goeken(KYSY) 26	33.53
Tamere Thompson(SST) 26	35.27
Kathleen Rehbein(GM) 28	36.28
Tedi Dickerson(SST) 28	38.54
Angela Osborne(GM) 25	39.05
100 yd back	
Whitley Greene(GM) 25	1:09.40
Robin Miller(MPHS) 28	1:10.61
Nancy Goeken(KYSY) 26	1:12.87
Kathleen Rehbein(GM) 28	1:17.70
Tamere Thompson(SST) 26	1:19.84

200 yd back	
Robin Miller(MPHS) 28	2:32.50
Tamere Thompson(SST) 26	2:57.99
50 yd breast	
Tamere Thompson(SST) 26	38.04
Angela Osborne(GM) 25	40.61
Wendy Koplow(GM) 29	43.84
50 yd fly	
Whitley Greene(GM) 25	30.18
Tamere Thompson(SST) 26	31.25
Yvette Rogers(GM) 26	32.18
Nancy Goeken(KYSY) 26	32.46
Robin Miller(MPHS) 28	36.05
Angela Osborne(GM) 25	42.30
100 yd fly	
Nancy Goeken(KYSY) 26	1:14.18
100 yd IM	
Nancy Goeken(KYSY) 26	1:12.49
Robin Miller(MPHS) 28	1:12.66
Tamere Thompson(SST) 26	1:13.69
Kathleen Rehbein(GM) 28	1:14.61
Jennifer Carey(GM) 26	1:15.20
Krista Marr(DAQ) 26	1:15.31
Ellen Yates(GM) 28	1:15.49
Angela Osborne(GM) 25	1:23.31
200 yd IM	
Robin Miller(MPHS) 28	2:35.96
Nancy Goeken(KYSY) 26	2:39.51
Tamere Thompson(SST) 26	2:45.18
400 yd IM	
Krista Marr(DAQ) 26	5:55.17
WOMEN 30-34	
50 yd free	
Stephanie Diaz(GM) 30	27.68
Katie McNamara(GM) 30	28.97
Sandra Baxter(SST) 30	29.05
Ann Simms(MM) 33	30.43
Colleen Miller(SST) 33	30.74
Catherine Edmondson(GM) 33	32.31
Trudy Jo Kerlin(MAC) 33	33.17
Cynthia Cope(AM) 33	34.70
100 yd free	
Susanne Chandler(ORM) 34	1:00.60
Stephanie Diaz(GM) 30	1:01.74
Katie McNamara(GM) 30	1:03.08
Cheryl Jersey(GM) 30	1:03.56
Sandra Baxter(SST) 30	1:05.54
Ann Simms(MM) 33	1:05.69
Kate Parrar(GM) 34	1:06.09
Catherine Edmondson(GM) 33	1:12.67
Cynthia Cope(AM) 33	1:17.87
200 yd free	
Susanne Chandler(ORM) 34	2:10.00
Ann Simms(MM) 33	2:22.09
Catherine Edmondson(GM) 33	2:37.22
Trudy Jo Kerlin(MAC) 33	2:48.98
500 yd free	
Patricia Mattson(GM) 31	5:40.79
Carol Hess(GM) 30	6:23.33
Kate Parrar(GM) 34	6:42.74
Lisa Watson(GM) 30	6:44.21
Catherine Edmondson(GM) 33	7:22.39
1650 yd free	
Patricia Mattson(GM) 31	19:29.24
Carol Hess(GM) 30	21:46.19
Lisa Watson(GM) 30	22:55.33
Trudy Jo Kerlin(MAC) 33	26:12.49
50 yd back	
Cheryl Jersey(GM) 30	33.35
Ann Simms(MM) 33	37.33
Colleen Miller(SST) 33	37.44
Catherine Edmondson(GM) 33	37.57
Susan St. Maxens(ORM) 30	37.60
Sandra Baxter(SST) 30	38.76
100 yd back	
Lisa Watson(GM) 30	1:18.65
Susan St. Maxens(ORM) 30	1:22.36
Catherine Edmondson(GM) 33	1:22.44
Sandra Baxter(SST) 30	1:23.78
200 yd back	
Lisa Watson(GM) 30	2:44.85
Susan St. Maxens(ORM) 30	3:06.65
50 yd breast	
Patricia Mattson(GM) 31	34.52
Stephanie Diaz(GM) 30	34.83
Katie McNamara(GM) 30	36.19
Ann Simms(MM) 33	38.83
Colleen Miller(SST) 33	39.39
Sandra Baxter(SST) 30	40.04
Cynthia Cope(AM) 33	42.76
Trudy Jo Kerlin(MAC) 33	45.14
100 yd breast	
Patricia Mattson(GM) 31	1:15.06
Susanne Chandler(ORM) 34	1:17.13
Katie McNamara(GM) 30	1:17.20
Stephanie Diaz(GM) 30	1:18.47
Ann Simms(MM) 33	1:22.76
Cynthia Cope(AM) 33	1:32.13
200 yd breast	
Patricia Mattson(GM) 31	2:44.07
Susanne Chandler(ORM) 34	2:45.13
Ann Simms(MM) 33	2:55.96
Cynthia Cope(AM) 33	3:20.45
200 yd fly	
Susanne Chandler(ORM) 34	29.22
Katie McNamara(GM) 30	32.95
Colleen Miller(SST) 33	36.15
Susan St. Maxens(ORM) 30	36.46
Trudy Jo Kerlin(MAC) 33	39.91
100 yd fly	
Susanne Chandler(ORM) 34	1:04.68
Susan St. Maxens(ORM) 30	1:38.22
200 yd fly	
Susanne Chandler(ORM) 34	2:19.29
100 yd IM	
Susanne Chandler(ORM) 34	1:07.09
Katie McNamara(GM) 30	1:10.46
Ann Simms(MM) 33	1:13.70
Cheryl Jersey(GM) 30	1:15.12
Sandra Baxter(SST) 30	1:16.33
Colleen Miller(SST) 33	1:19.12
Lisa Watson(GM) 30	1:23.82
200 yd IM	
Susanne Chandler(ORM) 34	2:26.37
400 yd IM	
Susanne Chandler(ORM) 34	5:11.49
Lisa Watson(GM) 30	6:18.37
WOMEN 35-39	
50 yd free	
Charlotte Iannacone(GM) 37	27.44
Winnifred Prall(GM) 37	30.20
Judie Herron(ORM) 35	34.02
Victoria Falten(GM) 35	34.60
Linda Whitney(GM) 35	35.14

100 yd free	
Charlotte Iannacone(GM) 37	59.55
Winnifred Prall(GM) 37	1:07.79
200 yd free	
Charlotte Iannacone(GM) 37	2:08.83
Winnifred Prall(GM) 37	2:38.60
Miriam Gaitskill(GM) 39	3:02.96
Gabriella Cahaley(GM) 38	3:03.32
Susanne Wahlquist(GM) 39	3:21.77
500 yd free	
Charlotte Iannacone(GM) 37	5:47.40
Susan Westledge(DSC) 39	6:38.60
Winnifred Prall(GM) 37	6:48.84
Condit Lots(GM) 37	7:40.58
Gabriella Cahaley(GM) 38	8:08.44
Susanne Wahlquist(GM) 39	8:59.63
1650 yd free	
Condit Lots(GM) 37	25:32.11
Gabriella Cahaley(GM) 38	27:56.84
Miriam Gaitskill(GM) 39	28:10.90
50 yd back	
Charlotte Iannacone(GM) 37	35.11
Sandra Cathey(MAC) 35	41.12
100 yd back	
Charlotte Iannacone(GM) 37	1:14.80
Sandra Cathey(MAC) 35	1:30.06
Gabriella Cahaley(GM) 38	1:35.87
Susanne Wahlquist(GM) 39	1:46.25
200 yd back	
Sandra Cathey(MAC) 35	3:15.17
Miriam Gaitskill(GM) 39	3:28.82
Susanne Wahlquist(GM) 39	3:46.13
50 yd breast	
Charlotte Iannacone(GM) 37	37.94
Linda Whitney(GM) 35	40.41
Sandra Cathey(MAC) 35	41.93
Judie Herron(ORM) 35	43.85
100 yd breast	
Susan Westledge(DSC) 39	1:27.95
Sandra Cathey(MAC) 35	1:30.50
Linda Whitney(GM) 35	1:31.59
Judie Herron(ORM) 35	1:37.09
Gabriella Cahaley(GM) 38	1:46.01
Susanne Wahlquist(GM) 39	1:47.00
200 yd breast	
Sandra Cathey(MAC) 35	3:16.77
Judie Herron(ORM) 35	3:27.45
Susanne Wahlquist(GM) 39	3:45.96
50 yd fly	
Charlotte Iannacone(GM) 37	31.17
Winnifred Prall(GM) 37	36.60
100 yd fly	
Winnifred Prall(GM) 37	1:26.80
Miriam Gaitskill(GM) 39	1:41.23
Susanne Wahlquist(GM) 39	1:57.38
200 yd fly	
Winnifred Prall(GM) 37	3:11.81
Susanne Wahlquist(GM) 39	3:55.21
100 yd IM	
Charlotte Iannacone(GM) 37	1:10.04
Winnifred Prall(GM) 37	1:18.33
Susan Westledge(DSC) 39	1:20.63
Sandra Cathey(MAC) 35	1:24.25
Linda Whitney(GM) 35	1:25.91
Miriam Gaitskill(GM) 39	1:32.82
200 yd IM	
Charlotte Iannacone(GM) 37	2:34.17
Winnifred Prall(GM) 37	3:02.78
Miriam Gaitskill(GM) 39	3:23.33
Susanne Wahlquist(GM) 39	3:27.45
400 yd IM	
Winnifred Prall(GM) 37	6:18.85
Sandra Cathey(MAC) 35	6:25.64
Miriam Gaitskill(GM) 39	7:22.87
Susanne Wahlquist(GM) 39	8:19.87
WOMEN 40-44	
50 yd free	
Janet Dean(DSC) 42	33.48
Bentley Marane(GM) 41	36.31
Anne Powell(GM) 42	37.78
Sarah Whitfield(GM) 40	42.80
100 yd free	
Anne Powell(GM) 42	1:20.90
Bentley Marane(GM) 41	1:20.95
Janet Dean(DSC) 42	1:21.78
Sarah Whitfield(GM) 40	1:34.34
200 yd free	
Anne Powell(GM) 42	3:01.23
Bentley Marane(GM) 41	3:04.69
Janet Dean(DSC) 42	3:20.37
Sarah Whitfield(GM) 40	3:45.30
Carol Faulk(GM) 44	3:57.44
500 yd free	
Anne Powell(GM) 42	7:57.58
Bentley Marane(GM) 41	8:16.56
Sarah Whitfield(GM) 40	9:58.59
Carol Faulk(GM) 44	10:21.38
1650 yd free	
Bentley Marane(GM) 41	27:50.13
Anne Powell(GM) 42	28:22.23
50 yd back	
Janet Dean(DSC) 42	43.82
Bentley Marane(GM) 41	46.88
Carol Faulk(GM) 44	57.20
100 yd back	
Janet Dean(DSC) 42	1:39.69
Carol Faulk(GM) 44	1:59.62
200 yd back	
Carol Faulk(GM) 44	4:47.03
50 yd breast	
Janet Dean(DSC) 42	47.01
100 yd breast	
Janet Dean(DSC) 42	1:44.67
50 yd fly	
Janet Dean(DSC) 42	41.52
Anne Powell(GM) 42	46.22
100 yd fly	
Janet Dean(DSC) 42	1:40.49
Anne Powell(GM) 42	1:44.99
100 yd IM	
Janet Dean(DSC) 42	1:33.79
MEN 25-29	
50 yd free	
John Fields(SST) 28	21.77
Owen Fritz(SST) 26	22.70
Tom Younger(MAC) 28	22.73
Paul Erlenbach(MAR) 25	22.83
Dirk Grandell(ORM) 27	23.00
Thomas McCardle(GM) 29	23.15
Ric Johnson(GM) 29	22.23
Christopher Atwater(GM) 27	23.30
Andy Satterfield(SST) 25	23.43
Steve Justice(GM) 27	24.18
William Luehring(GM) 27	24.18

John Nrosek(GM) 27	24.29
Edward Opalach(GM) 27	24.53
Michael French(GM) 28	24.77
John Brookes(GM) 25	24.81
Larry Shields(SST) 28	24.84
Leo Murphy(GM) 25	24.94
David Manley(GM) 29	25.21
100 yd free	
John Fields(SST) 28	48.06
Owen Fritz(SST) 26	50.01
Andy Satterfield(SST) 25	50.73
Tom Younger(MAC) 28	51.33
Ric Johnson(GM) 29	51.49
Stewart Tedford(AM) 29	52.11
Christopher Atwater(GM) 27	52.93
Edward Opalach(GM) 27	53.92
Leo Murphy(GM) 25	53.96
William Luehring(GM) 27	55.46
David Manley(GM) 29	57.07
200 yd free	
Andy Satterfield(SST) 25	1:49.22
John Fields(SST) 28	1:53.26
Owen Fritz(SST) 26	1:54.92
Christopher Atwater(GM) 27	1:56.44
Michael French(GM) 28	1:57.45
Peter Smith(GM) 27	1:58.24
Ric Johnson(GM) 29	1:58.99
John Nrosek(GM) 27	2:00.02
Edward Opalach(GM) 27	2:00.34
Leo Murphy(GM) 25	2:06.45
Stephen Kamin(SST) 29	2:06.81
Tim Hamilton(AM) 27	2:10.92
Perry McGuire(DSC) 25	2:26.50
500 yd free	
Andy Satterfield(SST) 25	5:04.25
Michael French(GM) 28	5:20.41
Edward Opalach(GM) 27	5:30.85
John Nrosek(GM) 27	5:31.24
Peter Smith(GM) 27	5:31.49
John Brookes(GM) 25	5:33.31
Jeff Boyd(DAQ) 26	5:55.46
David Parler(OR) 29	6:06.20
Stephen Kamin(SST) 29	6:06.60
Dino Anastasiades(GM) 28	7:34.36
1650 yd free	
Michael French(GM) 28	18:45.10
Andy Satterfield(SST) 25	19:49.05
Jeff Boyd(DAQ) 26	20:06.45
Thomas McCardle(GM) 29	21:40.09
Dino Anastasiades(GM) 28	27:34.17
50 yd back	
Christopher Atwater(GM) 27	26.78
Tom Younger(MAC) 28	27.44
Steve Justice(GM) 27	29.96
David Parler(OR) 29	29.98
Thomas McCardle(GM) 29	31.54
100 yd back	
Christopher Atwater(GM) 27	58.34
Tom Younger(MAC) 28	58.84
Paul Erlenbach(MAR) 25	58.87
Stewart Tedford(AM) 29	1:02.01
David Parler(OR) 29	1:05.65
Steve Justice(GM) 27	1:06.84
200 yd back	
Christopher Atwater(GM) 27	2:14.12
Robert Seagraves(GM) 28	2:14.71
Tim Hamilton(AM) 27	2:20.62
David Parler(OR) 29	2:20.96
50 yd breast	
Dirk Grandell(ORM) 27	28.33
Thomas McCardle(GM) 29	28.93
Tom Younger(MAC) 28	29.51
John Fields(SST) 28	30.65
Stewart Tedford(AM) 29	30.68
David Parler(OR) 29	31.03
Stephen Kamin(SST) 29	31.32
Christopher Atwater(GM)	

Tom Younger(MAC) 29	56.09	200 vd fly	2:13.14	Kenneth Church(KYSY) 36	6:34.65	50 vd back	Jack Mitchell(GM) 58	41.09	100 vd free
Leo Johnson(GM) 29	58.33	Thomas McEvoy(GM) 31		56.80	50 vd free	William Marshall(ORM) 59	44.77	John Crews(ORM) 65	1:06.56
Robert Seagraves(GM) 28	58.47	100 vd IM		58.53	William Whorley(DSC) 44	27.76	100 vd back	Harry Andersen(UR) 65	1:31.40
Christopher Atwater(GM) 27	58.71	Casey Clafflin(GM) 31		59.07	Roy Garrett(MAR) 44	29.24	Jack Mitchell(GM) 58	1:34.43	John Crews(ORM) 65
Stewart Bedford(AM) 29	58.92	Chip Newman(GM) 32		59.19	Paul Ward(AM) 42	29.97	Al Tyson(GM) 56	1:34.53	John Crews(ORM) 65
Dirk Brandell(ORM) 27	1:00.13	Glenn Crooks(AM) 32		1:01.35	James Moon(ORM) 42	30.87	William Marshall(ORM) 59	1:37.81	Harry Andersen(UR) 65
Thomas McCardale(GM) 29	1:01.21	Herb Stevens(AM) 32		1:01.61	Roy Garrett(MAR) 44	1:10.09	Al Tyson(GM) 56	3:42.75	John Crews(ORM) 65
Garry Shields(SSS) 28	1:02.47	Reed Farris(GM) 30		1:04.17	Steve Wycoff(AM) 40	1:10.39	Al Tyson(GM) 56	38.75	1650 vd free
Serve Justice(GM) 27	1:03.06	Thomas McEvoy(GM) 31		1:08.61	James Moon(ORM) 42	1:11.51	Jack Mitchell(GM) 58	41.13	John Crews(ORM) 65
Tim Hamilton(GM) 27	1:04.08	Tom Palmgren(MAC) 31		1:08.69	Paul Ward(AM) 42	1:11.51	William Marshall(ORM) 59	45.01	Harry Andersen(UR) 65
Leo Murphy(GM) 25	1:04.26	David Briggs(SSS) 32		1:11.07	Steve Wycoff(AM) 40	2:11.80	Elmer Schnitzer(GM) 56	43.57	Bud Richardson(GM) 65
John Brooks(GM) 25	1:04.35	Mark Burich(AM) 31		1:14.09	Douglas Koop(SSS) 43	2:29.47	Al Tyson(GM) 56	50 vd free	
William Luehring(GM) 27	1:04.45	Irwin Lebron(GM) 30		1:18.25	Steve Wycoff(AM) 40	2:38.20	Al Tyson(GM) 56	1:27.48	John Crews(ORM) 65
David Hanley(GM) 29	1:07.54	Robert Ramsey(GM) 34		1:22.61	Roy Garrett(MAR) 44	2:44.96	Jack Mitchell(GM) 58	1:34.23	John Crews(ORM) 65
200 vd IM		Patrick York(ORM) 31		2:21.14	Paul Ward(AM) 42	2:44.96	Elmer Schnitzer(GM) 56	1:35.37	John Crews(ORM) 65
Robert Seagraves(ORM) 28	2:09.32	Bruce Tomkins(ORM) 33		2:24.14	Roy Garrett(MAR) 44	7:09.69	Al Tyson(GM) 56	3:16.11	Preston Holtzendorff(JY) 65
Peter Smith(GM) 27	2:11.09	200 vd IM		2:28.78	Steve Wycoff(AM) 40	7:11.51	50 vd free	3:16.11	John Crews(ORM) 65
John Sitter(GM) 27	2:17.28	Tom Palmgren(MAC) 31		4:40.79	Paul Ward(AM) 42	7:50.63	100 vd back	34.50	John Crews(ORM) 65
David Parler(GM) 29	2:17.59	Thomas McEvoy(GM) 31		4:52.78	Thomas McEvoy(GM) 31	25:18.88	Harold Wahlquist(GM) 45	36.25	100 vd IM
Tim Hamilton(AM) 27	2:20.99	Reed Farris(GM) 30					100 vd back		John Crews(ORM) 65
Leo Murphy(GM) 25	2:22.45	Robert Ramsey(GM) 34					100 vd free		John Crews(ORM) 65
Stephen Kamin(SAT) 29	2:29.08	400 vd IM					100 vd free		John Crews(ORM) 65
Jeff Boyd(DAG) 26	2:38.74	Tom Palmgren(MAC) 31					100 vd free		John Crews(ORM) 65
200 vd IM		Thomas McEvoy(GM) 31					100 vd free		John Crews(ORM) 65
Christopher Murphy(GM) 29	4:42.60	50 vd free					100 vd free		John Crews(ORM) 65
Robert Seagraves(GM) 28	4:45.80	Dirk VanHoesen(ORM) 35					100 vd free		John Crews(ORM) 65
Peter Smith(GM) 27	4:45.80	David Gibson(ORM) 39					100 vd free		John Crews(ORM) 65
David Parler(GM) 29	5:03.10	Chuck Gantner(GM) 39					100 vd free		John Crews(ORM) 65
Tim Hamilton(AM) 27	5:04.12	Edward Miller(SSS) 35					100 vd free		John Crews(ORM) 65
Jeff Boyd(DAG) 26	5:37.15	Wayne Stevenson(ORM) 39					100 vd free		John Crews(ORM) 65
50 vd free		James Smith(MAC) 38					100 vd free		John Crews(ORM) 65
Glenn Crooks(GM) 32	23.02	Edwin Bridges(GM) 39					100 vd free		John Crews(ORM) 65
Herb Stevens(AM) 32	23.15	Gene Meece(GM) 35					100 vd free		John Crews(ORM) 65
Kim Douglas(GM) 31	23.58	Jack Addams(GM) 38					100 vd free		John Crews(ORM) 65
Bill Armstrong(GM) 32	24.05	Paul Patton(GM) 36					100 vd free		John Crews(ORM) 65
David Briggs(SSS) 32	24.45	John McClure(AM) 35					100 vd free		John Crews(ORM) 65
Thomas Lange(GM) 30	25.11	David Vogel(KYSY) 38					100 vd free		John Crews(ORM) 65
Mark Burich(AM) 31	25.98	100 vd free					100 vd free		John Crews(ORM) 65
Robert Ramsey(GM) 34	26.07	Dirk VanHoesen(ORM) 35					100 vd free		John Crews(ORM) 65
Yarc Eason(GM) 32	26.36	David Gibson(ORM) 39					100 vd free		John Crews(ORM) 65
Patrick York(ORM) 31	27.58	Edward Miller(SSS) 35					100 vd free		John Crews(ORM) 65
Gregory Mattson(GM) 33	27.71	James Smith(MAC) 38					100 vd free		John Crews(ORM) 65
John Melton(AM) 33	29.00	Gene Meece(GM) 35					100 vd free		John Crews(ORM) 65
Ryan Griffin(MAR) 32	29.31	Jack Addams(GM) 38					100 vd free		John Crews(ORM) 65
100 vd free		Kenneth Church(KYSY) 36					100 vd free		John Crews(ORM) 65
Casey Clafflin(GM) 31	48.98	John McClure(AM) 35					100 vd free		John Crews(ORM) 65
Glenn Crooks(GM) 32	49.95	200 vd free					100 vd free		John Crews(ORM) 65
Heitzoo(GM) 34	56.91	David Gibson(ORM) 39					100 vd free		John Crews(ORM) 65
Robert Ramsey(GM) 34	1:00.27	James Smith(MAC) 38					100 vd free		John Crews(ORM) 65
Patrick York(ORM) 31	1:00.83	Edward Miller(SSS) 35					100 vd free		John Crews(ORM) 65
John Melton(AM) 33	1:04.59	Gene Meece(GM) 35					100 vd free		John Crews(ORM) 65
Bruce Tomkins(ORM) 33	1:21.79	Edwin Bridges(GM) 39					100 vd free		John Crews(ORM) 65
200 vd free		Kenneth Church(KYSY) 36					100 vd free		John Crews(ORM) 65
Casey Clafflin(GM) 31	1:49.93	John McClure(AM) 35					100 vd free		John Crews(ORM) 65
Richard Bober(MAC) 34	1:56.71	500 vd free					100 vd free		John Crews(ORM) 65
Reed Farris(GM) 30	2:10.38	William Lutz(GM) 35					100 vd free		John Crews(ORM) 65
Robert Ramsey(GM) 34	2:19.19	Leo French(UN) 37					100 vd free		John Crews(ORM) 65
John Melton(AM) 33	2:26.01	John Zeigler(GM) 39					100 vd free		John Crews(ORM) 65
Patrick York(ORM) 31	2:27.22	Charles Dunaway(GM) 35					100 vd free		John Crews(ORM) 65
John Kline(AM) 33	2:24.50	James Smith(MAC) 38					100 vd free		John Crews(ORM) 65
200 vd free		Gene Meece(GM) 35					100 vd free		John Crews(ORM) 65
Richard Bober(MAC) 34	5:20.27	Kenneth Church(KYSY) 36					100 vd free		John Crews(ORM) 65
Heitzoo(GM) 34	5:58.07	1650 vd free					100 vd free		John Crews(ORM) 65
Robert Ramsey(GM) 34	6:27.39	Chuck Gantner(GM) 39					100 vd free		John Crews(ORM) 65
John Melton(AM) 33	6:48.81	Leo French(UN) 37					100 vd free		John Crews(ORM) 65
John Kline(AM) 33	9:23.02	William Lutz(GM) 35					100 vd free		John Crews(ORM) 65
550 vd free		John Zeigler(GM) 39					100 vd free		John Crews(ORM) 65
Casey Clafflin(GM) 31	19:27.05	Gene Meece(GM) 35					100 vd free		John Crews(ORM) 65
Richard Bober(MAC) 34	19:45.73	Charles Dunaway(GM) 35					100 vd free		John Crews(ORM) 65
Heitzoo(GM) 34	21:05.73	James Smith(MAC) 38					100 vd free		John Crews(ORM) 65
Ronald Wohl(GM) 31	25:08.85	Kenneth Church(KYSY) 36					100 vd free		John Crews(ORM) 65
50 vd back		50 vd back					100 vd free		John Crews(ORM) 65
Casey Clafflin(GM) 31	25.67	Chuck Gantner(GM) 39					100 vd free		John Crews(ORM) 65
Herb Stevens(AM) 32	27.86	Jack Addams(GM) 38					100 vd free		John Crews(ORM) 65
Glenn Crooks(GM) 32	27.88	Glenn Crooks(GM) 32					100 vd free		John Crews(ORM) 65
Richard Bober(MAC) 34	28.02	John McClure(AM) 35					100 vd free		John Crews(ORM) 65
Mark Burich(AM) 31	30.35	100 vd back					100 vd free		John Crews(ORM) 65
Irwin Lebron(GM) 30	31.95	Chuck Gantner(GM) 39					100 vd free		John Crews(ORM) 65
John Melton(AM) 33	35.29	Edwin Bridges(GM) 39					100 vd free		John Crews(ORM) 65
Gregory Mattson(GM) 33	35.39	Charles Dunaway(GM) 35					100 vd free		John Crews(ORM) 65
Bruce Tomkins(ORM) 33	40.44	Skip Hildebrand(MAC) 35					100 vd free		John Crews(ORM) 65
Ryan Griffin(MAR) 32	40.56	Jack Addams(GM) 38					100 vd free		John Crews(ORM) 65
100 vd back		John McClure(AM) 35					100 vd free		John Crews(ORM) 65
Casey Clafflin(GM) 31	56.27	200 vd back					100 vd free		John Crews(ORM) 65
Richard Bober(MAC) 34	59.34	John Zeigler(GM) 39					100 vd free		John Crews(ORM) 65
Herb Stevens(AM) 32	1:00.97	50 vd breast					100 vd free		John Crews(ORM) 65
Glenn Crooks(GM) 32	1:01.66	Dirk VanHoesen(ORM) 35					100 vd free		John Crews(ORM) 65
Mark Burich(AM) 31	1:08.77	Skip Hildebrand(MAC) 35					100 vd free		John Crews(ORM) 65
Irwin Lebron(GM) 30	1:11.14	Edward Miller(SSS) 35					100 vd free		John Crews(ORM) 65
Mark Eason(GM) 32	1:13.80	James Smith(MAC) 38					100 vd free		John Crews(ORM) 65
John Melton(AM) 33	1:19.36	John Zeigler(GM) 39					100 vd free		John Crews(ORM) 65
Bruce Tomkins(ORM) 33	1:29.90	Wayne Stevenson(ORM) 39					100 vd free		John Crews(ORM) 65
Ryan Griffin(MAR) 32	1:30.03	David Vogel(KYSY) 38					100 vd free		John Crews(ORM) 65
200 vd back		100 vd back					100 vd free		John Crews(ORM) 65
Casey Clafflin(GM) 31	2:06.75	Dirk VanHoesen(ORM) 35					100 vd free		John Crews(ORM) 65
Mark Burich(AM) 31	2:33.38	Skip Hildebrand(MAC) 35					100 vd free		John Crews(ORM) 65
50 vd breast		John Zeigler(GM) 39					100 vd free		John Crews(ORM) 65
Herb Stevens(AM) 32	30.22	James Smith(MAC) 38					100 vd free		John Crews(ORM) 65
Thomas Lange(GM) 30	30.40	Edward Miller(SSS) 35					100 vd free		John Crews(ORM) 65
Kim Douglas(GM) 31	30.65	200 vd breast					100 vd free		John Crews(ORM) 65
David Briggs(SSS) 32	30.69	Skip Hildebrand(MAC) 35					100 vd free		John Crews(ORM) 65
Tom Palmgren(MAC) 31	31.72	David Vogel(KYSY) 38					100 vd free		John Crews(ORM) 65
Robert Ramsey(GM) 34	33.35	50 vd fly					100 vd free		John Crews(ORM) 65
Jim Martinez(GM) 31	35.27	David Gibson(ORM) 39					100 vd free		John Crews(ORM) 65
Patrick York(ORM) 31	37.36	Chuck Gantner(GM) 39					100 vd free		John Crews(ORM) 65
Bruce Tomkins(ORM) 33	39.61	Edward Miller(SSS) 35					100 vd free		John Crews(ORM) 65
100 vd breast		Charles Dunaway(GM) 35					100 vd free		John Crews(ORM) 65
Herb Stevens(AM) 32	1:08.73	Edwin Bridges(GM) 39					100 vd free		John Crews(ORM) 65
Tom Palmgren(MAC) 31	1:09.22	Wayne Stevenson(ORM) 39					100 vd free		John Crews(ORM) 65
David Briggs(SSS) 32	1:09.90	Kenneth Church(KYSY) 36					100 vd free		John Crews(ORM) 65
Robert Ramsey(GM) 34	1:14.48	David Vogel(KYSY) 38					100 vd free		John Crews(ORM) 65
Bruce Tomkins(ORM) 33	1:31.91	100 vd breast					100 vd free		John Crews(ORM) 65
200 vd breast		Charles Dunaway(GM) 35					100 vd free		John Crews(ORM) 65
Thomas Lange(GM) 30	2:26.53	David Gibson(ORM) 39					100 vd free		John Crews(ORM) 65
Tom Palmgren(MAC) 31	2:27.53	John Zeigler(GM) 39					100 vd free		John Crews(ORM) 65
David Briggs(SSS) 32	2:37.05	James Smith(MAC) 38					100 vd free		John Crews(ORM) 65
Robert Ramsey(GM) 34	2:45.72	Kenneth Church(KYSY) 36					100 vd free		John Crews(ORM) 65
Bruce Tomkins(ORM) 33	3:31.72	Charles Dunaway(GM) 35					100 vd free		John Crews(ORM) 65
50 vd fly		John Zeigler(GM) 39					100 vd free		John Crews(ORM) 65

SWIM-MASTER

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Swimming News

USMS NATIONAL SHORT COURSE CHAMPIONSHIPS - 1985 -

650 men and 370 women entered the SC Championships held at the Walter Schroeder Aquatic Center in Brown Deer, WI, just north of Milwaukee. It was a very nice pool and a well run meet. Thanks to all those officials that worked so hard. The final results are not yet available. There were many records broken and many good swims. i.e., in the men's 50 free, Kevin DeForest (25-29) did 20.51; Jim Montgomery (30-34) did 21.15; Jeff Farrell (45-49) did 23.88; and Don Hill (55-59) did 23.47.....

A READER'S COMMENT - If Masters swim meets are getting too large, maybe start age of masters swimming at 30, instead of 25.....

WEIGHT LOSS RECORD - Petie Maguire of St. Pete Masters set what is believed to be a new Masters Swimming one day weight loss record -- 28 pounds! Husband John Maguire wants credit for an assist - he is awaiting a decision from the rules committee. Petie gave birth to Lacy Maguire (8 lbs) on Wed., April 17, 1985.....

RYALL WINS SWIM CHAMPIONSHIP - Amassing 2134 pts, the Ryall Masters Swim Team beat out 34 Illinois and other Midwest teams to win the first place trophy at the Central Masters Short Course Championships conducted at the College of DuPage pool in Glen Ellyn, IL. Ryall also won the LC championship last Aug. More than 400 men and women competed for the medals and ribbons given to the top eight in each event. Other team tro-

phies were won by Evanston Masters (1802, Chicago Illinois Masters (1047), Illinois Masters (956), Shabbona Sharks (735), Indian Boundary Y (429), Lattof Masters (382), and Naperville Y (254).....

NOTE TO LMSC CHAIRMEN - Please check with your Registration Chairman and if they have a surplus of Registration Cards, please send them back to Gene Donner, 717 South Rd., East Aurora, NY 14052.

GUESS WHO CAME TO SWIM? - by Dick Collins - "Doc" Councilman, renown swimming coach and English Channel swimmer, participated with the Kansas City Blazers in the regular Saturday workout last Oct. Doc was among the first into the pool and the last one out for the rigorous schedule of sets prescribed by Blazer Coach Dan LeVasseur. Councilman is as dedicated out of the pool as he is in. He exchanged reminiscences about swimmers as readily as offering tips for better swimming. "Coaching is fun, not work," said Doc, adding that he looked forward to continuing as a coach for another 10 years. "It's amazing how the body can attain a high degree of conditioning at any age," he said. He tests his own conditioning in long distance swimming. Among his swimming tips, Doc offered the following: 1) Swimmers over 60 should forget their age! and 2) Flip turns help to relieve back spasms and pain experienced by distance swimmers.....

NOTES ON SWIMMING FROM AEROBICS EXPERT DR. KENNETH COOPER

- If you have ready access to a pool, swimming is an ideal way to get your aerobic exercise. Running might be more popular, but swimming is better for several reasons, says Dr. Cooper. Swimmers get maximum cardiovascular benefits without setting themselves up for muscular or skeletal injuries. Swimming laps also gives the whole body--back, arms, legs, and lungs--a good workout. Before you dive in, be sure to protect yourself from swimmers' ailments. Wear goggles to shield eyes from burning chlorine, the chemical used to purify pools. After swimming, place a drop of alcohol in each ear to help ward off ear infections. If you swim in an indoor pool, be sure your pool is cleaned regularly. Indoor pools--especially pools protected by a "bubble" during winter months--provide the moist, warm environments in which algae thrives. Also, make sure that the pool of your choice isn't too small for daily exercise. A 30-ft pool might cut your laps short and dampen your exercise enthusiasm by requiring you to make too many turns. It's possible to work up to burning off 20 calories a minute or 1200 calories an hour while swimming. The best runners never burn off more than 900 to 1000 calories an hour, Cooper says.....

REMINDER TO ALL MEET DIRECTORS - Please remember to inform your Zone representative of the dates, locations, and contact persons for your meet. Zone Representatives are responsible for compiling meet schedules for their areas and forwarding them to LMSC chairmen. Also, the person sanctioning meets in the LMSC should send the information of sanctioned events to the Zone rep.

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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XIV - No 5

JUNE 1985

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- JUN 8 LC - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA 93105
14-15 LC - Robert Smith, 18476 Timbergrove Ct., Lake Oswego, OR 97034 (at Portland, OR)
15 Ida Hlavacek, POB 31, Mountain Home, AR 72653
15-16 LC - Jim Donnelly, 5239 Box Turtle Circle, Sarasota, FL 33582 (at Venice, FL)
15-16 LC - Kerry O'Brien, 5517 Nebraska, Concord, CA 94521
16 to AUG 20 - SKWIM Masters Dev. Camp - SKWIM SWIMMING '85, Great Valley, NY 14741
21-23 LC - Tom Fay, Maryland Farms R & CC, 5101 Maryland Way, Brentwood, TN
22 LC - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA 93105
22-23 LC - Ken Anson, % The Doughtery Press, BOB 2261, Univ. Sta., Enid, OK 73702
28-30 LC - Nancy Polisky, POB 1477, Midlothian, VA 23113-3777
29 LC - Hugh Dunseath, 204 Lauden Rd., Saratoga Springs, NY 12866
29 LC 1500 - Barry Dayton, 221 N. Washington, Park Ridge, IL 60068
29 SC - Bret DeForest, 2234 Siskiyou Blvd. #F54, Ashland, OR 97520
29 LC 1500 - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
29 Sooner State Games, 4545 N. Lincoln Blvd., Okla. City, OK 73105
29-30 LC - Sally Peterson, POB 9122, Truckee, CA 95737
30 LC - Gary M. Austin, 117 Knapp Ave., Rochester, NY 14609
30 LC - Rose Steward, 3031 S. Rural Rd., Unit 35, Tempe, AZ 85282
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- JUL 6-7 LC - T. K. Cellar, 1076 Penry Rd., Delaware, OH 43015
12-13 LC - Harold Ferris, 1116 44th Ave. NE, St. Petersburg, FL 33703
13 LC - Cynthia Porter, POB 3026, San Jose, CA 95156-3026
13 ONE MILE LONG DISTANCE - Patrick Mills, 4 Hilltop Ave., Bordentown, NJ
13 TWO MILES LONG DISTANCE - Mike Stoff, 3717 Titan Dr., Richmond, VA
13 LC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
13 LC - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA 93105
13-14 LC - Charleston Masters SC, POB 1604, Charleston, SC 29402
14 OPEN WATER 3.5 MI - Perry Watson, 1635 Catalina, Seal Beach, CA 90704
14 MARATHON OPEN WATER 10 MI - same as above
20-21 PNA LC Regionals - Dick Hannula, 1021 Westley Dr., Tacoma, WA 98465
20-21 LC - Dorothy Donnelly, Five Piggott Lane, Avon, CT 06001
20-21 LC - Karen Barnes, 12317 Teakwood Rd., Edmond, OK 73034
26-28 LC - PMS Champ - Mick Jessup, 1000 Webster, Fairfield, CA 94533
27 LC - Dave Duncan, 102 Ivy St., Route 3, Freeport, TX 77541
27-28 LC - Bud Dallmann, 435 Kerlick, New Braunfels, TX 78130
28 LC - Dr. Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45230
-
- AUG 2-4 LC- SPMA - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA 93105
3 2 MILE - Steve Kaiser, POB 8205, Sacramento, CA 95818
3-4 LC - Colin Light, 1920 Webster, Plano, TX 75075
3-4 LC - DC Masters
4 LC - Alicia Coleman, 24 The Point, Coronado, CA 92118
8-14 Masters Games, Ruby Richmond, Box 1985 Postal Station P, Toronto, Canada
9-11 Empire State Games, Lou Schmitt, 520 Capon Hall, SUNY Buffalo at Amherst, Buffalo, NY
17 1.5 Mi Open Water - Donn Livoni, POB 9122, Truckee, CA 95737
17-20 USMS NATIONAL LC CHAMPIONSHIPS - Brown University, Providence, RI
Anne Page, 399 Summer Ave., Reading, MA 01867
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