



SWIM-MASTER

SWIMMING NEWS

FEDERATION INTERNATIONALE DE NATATION AMATEUR Legislation was passed providing for a Masters Swimming category in the FINA at their meeting in Montreal. Dr. Henning, Past President of FINA, writes, "Along with other items of legislation which were passed, it will take awhile to study the tapes to make sure just as to what we can do, but I do feel that it is a step forward..." Another item of legislation passed regarding the use of the word "World" as it relates to swimming competition. Following are the items as they appeared in the FINA legislation:

Rule 49-A Masters Swimming as Rule 70 or 70A

A National Federations may organize, administer and control a program of competition in Swimming, Diving, Water Polo, or Synchronized Swimming, in accordance with the following regulations:

1. **Compsition** - A National Federation may establish a special category, membership with a minimum age limit of 25 years. Members of this group may include amateurs who are no longer engaged in competitive training, or amateur competition and professionals.
2. **Registration** - The National Federation may register such persons in a special category and for a Membership Fee determined by the National Federations.
3. **Competitions** -
 - a) shall be closed to any amateur or professional 24 years of age or younger
 - b) the type of events and the format of the competition shall be determined by the National Federation
 - c) competitions will be limited to local, provincial or national involvement
 - d) international competitions will not be permitted
4. **Restrictions** -
 - a) Any amateur 25 years or younger who competes in such competitions shall forfeit his amateur status.
 - b) F.I.N.A. rules regarding the receiving of payment for competition or for advertising, etc., shall be strictly observed.
5. **Allowances** - Amateur administrators and officials 25 years and over may register in this group and participate in competitions without forfeiting their amateur status.

F.I.N.A. reserves the rights to the use of the word World, in connection with any competitions or meetings related to Swimming, Diving Water Polo and Synchronized Swimming.

Hopefully, these rules can be interpreted so as to allow any Masters Swimmer from any country to participate in the National Championships of any country if the country so allows.

MISSION VIEJO NATIONAL CHAMPIONSHIP RESULTS Just like the rest of you, I have been waiting for the meet results! I ran into Guy Barnicoat at the Senior LC Nationals in Philadelphia and he informed me that the meet results were on the way. When I returned home I waited patiently for them. They arrived but to my dismay they were not quite in the order that I am use to seeing meet results! They were done on a computer, back to back, and with all age groups listed under each event. What to do? I did not wish to type them all over, and so I cut them all up and pasted them up in the correct way. They are not as neat as I would like but it is the best I could do under the circumstances.....

NATIONAL SENIOR LC NATIONALS - These were held at Kelly Pool in Philadelphia and I kept the Team Scores. Saw quite a few

of our Masters Swimmers - Dick Mesirov, Cease Brown, Tink Bolster, Luis Valle, Ken Pettigrew, Al McKee and of course Jack Kelly. It was a very nice meet.....

TWO DROWN NEAR SANTA CRUZ - One man drowned when his boat capsized and the other mishap was swept off a rock by a breaker. Two helicopters, one from the Army and one from the Coast Guard, and one fixed-wing aircraft from the Coast Guard, had been searching for the body, but it was a swimmer who finally found it. The swimmer was a resident of the area, Arthur Hargrave, who from his vantage point on his front porch thought he saw the body about a quarter of a mile offshore. Hargrave, 69, is the holder of several swimming records so he had little trouble swimming out to the body and bringing it back to shore.....

QUESTION - I know Buster Crabbe played "Flash Gordon", but did he really play Tarzan in films? **ANSWER** - Buster Crabbe starred in a serial title "Ape Man", and as Tarzan in one movie. Buster Crabbe has recently written a book about keeping fit through middle-age. It is titled "Engergists" and if the regimen prescribed in the book promises you'll look half as good as the author, who is 68 years old and looks about 50, it's worth buying.....

CONNIE WILSON OR OREGON REPORTS - Collister Wheeler, our 83 year old whiz, has added something else to his list of records and accomplishments. He recently competed in the National Masters Track & Field Championships held here and set a new world record in the 200 m run. He also won the discus and the 100 m run. He has always been a swimmer but this was his first effort at track. I also gave it a go in the 100 m run and the shot put. Second in the 100 and first in the shot. Masters track has traditionally been a men only thing but a few gals are trying to change that. Their rules now provide for womens competition and they have a womens chairman. It's too bad they didn't get the same kink of start that we have in swimming. They are envious of our program. Even with the growing pains and other problems we have, we really do have a program to be envied.

MSAC'S MASTERS SWIMMING CLASS REAPS BENEFITS Since Coach Ken Krueger started his Masters Swimming for Fitness and Conditioning Class, there has been tremendous growth. The class members have improved tremendously. When starting, some were barely able to swim one lap without stopping. Now they swim a complete workout. They are all becoming more fit and enjoying it. Some are interested in, not only fitness, but competition. Two who just started the program and competition this year, did an outstanding job at the National SC Championships.....

CANADIAN MASTERS SWIMMING - Masters Swimming is getting started in Canada. They are starting a Newsletter and hope that it becomes a National Newsletter like Swim-Master. We have some Canadians competing in our National Championships and in other meets throughout our country. Since last September there have been four meets held in Ontario.

There have been two meets in British Columbia. The first Ontario Provincial Masters Championships will be held in November. No decision has yet been made as to whether it will be an open or closed meet. If there is enough interest, they hope to hold a Masters Nationals in 1977. Anyone wishing further information write to Bernard McGrath, National Chairman C.A.S.A. Masters Swimming, 1366 Hixon St., Oakville, Ontario L6L 1R7 Tel: (416) 827-0433.....

MASTERS AND GRAND MASTERS SYNCHRONIZED SWIMMING RULES

Space does not permit me to print the newly formed rules for the Masters Synchronized Swimming program. However, you may obtain a copy by writing to Audrey Holmberg at 31400 John R. Apt. #206, Madison Heights, MI 48071.....

1 By NANCY MILLER

Women's Editor

Watching the current Olympic swimming competition in Montreal holds special meaning for aquatic star Anne McGuire of Delray Beach, who missed the 1952 Olympics by one place.

In the 1952 Olympic team tryouts at Indianapolis, Anne placed fourth in the butterfly, just missing the games in Helsinki, Finland, as the first three winners were picked.

For Anne, every day is filled with opportunities to excel in any number of endeavors, whether it be swimming, tennis, teaching all types of sports, or in her roles as busy wife, homemaker and mother.

"Competition gives you a goal," she says. "It keeps you going. It's an excitement that's irresistible."

"I like the workouts better than the meets as it feels so good to be in shape," she admits. "All of us in the program are swimming at least as fast as we did when we were younger, and most of us swim better. There are a lot of ex-Olympic and other champions among our group. Today's times are a lot faster, though, than they were for us."

Anne practices once a day for about an hour, swimming at least two miles.

"I never skip a day," she says. "That's the secret."

"I got hooked on jogging," smiles Anne. "Once you start you don't like to stop. Half an hour a day is enough to keep you fit."

Anne is a believer in lifetime sports like golf, swimming and tennis which is reflected in her job as physical education instructor at Trinity Lutheran School in Delray.

"At our school we try to encourage children to learn lifetime sports at a young age so they'll develop skills that'll enable them to keep on in high school," she explains. "Then they won't be afraid to try them when they get older."

Anne considers "an understanding husband" to be a necessity for her athletic lifestyle, noting, "I can go swimming while Jim enjoys his opera."

For Anne, a born athlete, swimming is the best, overall sport.

"Swimming helps all parts of the body, including the heart, lungs and circulation," she notes. "There is no pressure on the body. If a person has a bad back or weak knees there's no problem. People with all sorts of handicaps can enjoy the water. And a lot of doctors swim."

On an optimistic note for those who may need it, Anne stresses, "It's never too late to learn to swim or to get back into shape."

2 By NICK BORGERT
Times Staff Writer

Her competitive drive has slowed, but Mrs. R. Bruce (Sis) Fogle's 50 meter backstroke is as determined as ever.

Mrs. Fogle, 72, of Fort Lauderdale won the backstroke and four other events at the master's swim meet over the weekend at Lake Lytal pool. She admits the victories come easily.

"I seldom have anyone in my age group to swim against so I compete against the clock and for the exercise," she said. "There aren't many people wacky enough to still be swimming at my age."

Mrs. Fogle returned to competitive swimming two years ago after a more than 50-year absence.

"I swam in meets in high school but after that no programs were available and I raised a family and encouraged them to swim," she said. "I returned to competition at the suggestion of my daughters after the master's program was started."

Sis Fogle now spends her weekends travelling with her daughter to meets all over south Florida where she enjoys the exercise and people she meets.

Although she holds numerous national records and is eligible to compete in the national competition later this summer, Mrs. Fogle says she'll skip the St. Louis trip.

"At this point in my life, exercise is more important than records," she said. "Besides the trip would cost \$500."

Her 10-yard pool at home gives her little chance to practice anything more than her turns. Though she likes water sports, she enjoys other sports more.

"Swimming is kind of a side event for me," she explained. "I used to bowl often and I play golf three or four times a week."

Her sports activities have enabled her to maintain her 117-pound weight she had on her wedding day 53 years ago.

"I don't believe in being fat and I've watched what I eat since I was 16," Mrs. Fogle said. "I was dieting long before it became vogue."

Mrs. Fogle says she'll continue swimming as long as she's able. At age 72, finishing a race is more important than recording a fast time, she said.

"Once in a while we'll find somebody who's slower than I am," she joked, "but that doesn't happen often and I'm not worried about it."

3

The three day short course AAU Masters National Championships, held at Mission Viejo Marguerite Recreation Center, May 14, 15, and 16, attracted more than fifty former national and Olympic swimmers, as well as many others. In Masters swimming programs, the contestants compete in five year age group categories, beginning with 25 to 29, and ending with 80 and over. Among formerly well-known swimmers at the event were, from left, Ray Hakomaki, Mary Jane Sears Parks and Burwell Jones. Hakomaki, swimming in the 55 to 59 age group, graduated from the University of Minnesota in 1943, where he represented the University in the NCAA Championships. He is presently the Masters record holder in the 50 and 100 yard freestyle in his age bracket. Mrs. Parks, a 1956 Olympic bronze medalist, defended two events in the Masters. She swims in the 35 to 39 year old group. Jones represented the USA in the 1952 Olympics. In the 40 to 44 age group he holds 27 National Masters records.

5

GROWING INTEREST — Oregon AAU Masters Swim chairman Connie Wilson says there is a great gain in interest in the program in 1976. Connie won two gold medals at national meets at Ft. Lauderdale, Fla. and Knoxville, Tenn. earlier, and is now a member of the All American AAU Masters Swim Team.

4 Big feat in offing

You might say Jamee Woolsey Stewart came along a few years too early to get in on the Women's Lib movement in swimming. But the former King High School student is making up for lost time.

Within a few days she'll be attempting to accomplish a feat that many have tried and failed — swim the English Channel.

Jamee, thus, will be joining another Corpus Christian, Tom Hetzel, in attempting the English Channel swim this summer. Hetzel is a veteran in English Channel swim circles, negotiating the 26-mile course a record six times and gunning for No. 7 within the next two weeks.

Mrs. Stewart will attempt the swim the week of July 18-25. What day depends on the weather and tide conditions.

Jamee got the idea to swim the Channel from her mother, who went to school with Florence Chadwick, one of the first women to make the 26-mile swim.

"I had an interest when I was young, but never thought I'd be capable of doing it," Jamee said.

Although she still enjoys swimming sprints, she says that distance swimming is a new dimension.

"It's marvelous. It's a personal thing — a kind of therapy for me. I can think about everything and really get in tune with the water and my body."

REMEMBERING 6

Dr. Collister Wheeler, left, in his 80s, has many a tale to tell Hazel (Mrs. Y. Carl) Bressie and Roy Webster about early swim events in the Willamette River. All are AAU Masters Swim members.

MEET PROMOTER 7

Karl von Tagen, aquatic director at Portland Community College, was behind first Northwest AAU Masters meet in 1972. Vietnam injuries resulting in back problems spur him to swim every day for fitness. He recalls swimming in Marine Corps with Capt. Ransum Arthur, physician who launched Masters program.

8

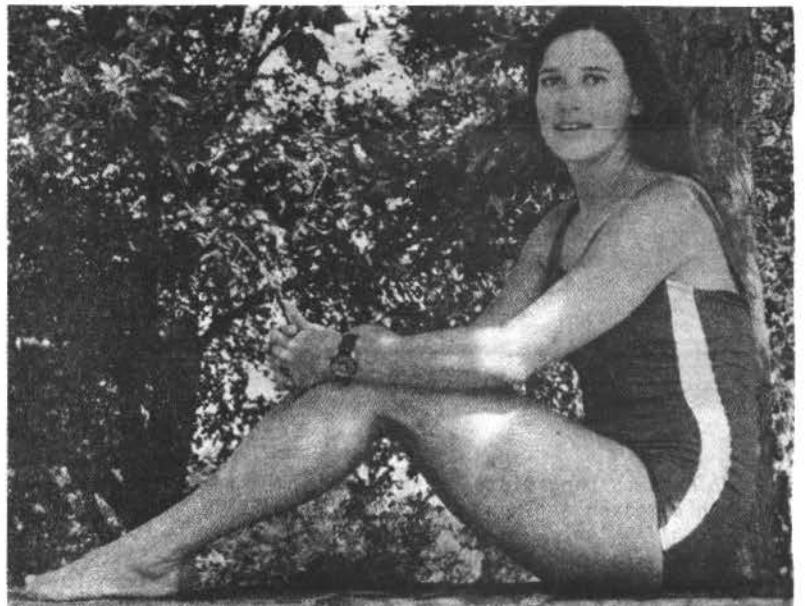
KEEPING FIT — Clare (Mrs. E.G.) Carey, foreground, and Virginia (Mrs. Derrill) Joselin both swim and teach at the YWCA. They participate in Masters Swimmers, where swimming at one's own pace is encouraged. Competitive meets add extra incentive.

PICTURES ON
PAGE 3



Swimmer logs laurels as athlete, homemaker

Living Today



James Woolsey Stewart primed for English Channel swim attempt



MRS. R. BRUCE (SIS) FOGLE

72-year-old still competes in Masters swim meets





- 1 1976 Masters Long Distance Women's Championships. Twelve women competed at Trput Lake, Menomonee Falls Wis.
- 2 1976 Masters Long Distance Men's Championships. Sixty-one men competed and with the twelve women they came from 16 states. The weather was great and Clarence Ross, 76 years old from the Jersey Masters Swim Team swam a beautifully times two mile race.
- 3 Mildred Anderson receiving Gulf AAU Master Outstanding Award at the Awards dinner from Gail Stolzenberg, Gulf AAU President and Graham Johnston receiving the Master Outstanding Award for men.
- 4 The winning Men's 45 & Older 200 yard freestyle relay at Mission Viejo. Left to right: Charley Moss (47), Alan Ford (52), Bob Heritier (47) and Bill Prew (56), all swimming for the Michigan Masters Swim Club.
- 5 Connecticut Masters Helen Offenhauser, Jean Pieratti, Dot Donnelly, Christie Slimak (back row) and in the front, John Sautter, Len Goldstone, Gus Langnor and George Brunstead.
- 6 A group of Conn. Masters in the whirlpool during one of their meets held in the evening during the week to help encourage new members. When Naugatuck YMCA allowed them to use the whirlpool when the meet was over, it was a unanimous decision that these baths should become an integral part of Masters training. The relaxation for tired muscles and the "fellowship" are just terrific!!!



7 There wasn't a ripple in the water off the coast of Dover, England, on a day in August, almost 101 years ago. A heavy haze hugged the horizon, but that really didn't matter because 27-year-old Matthew Webb couldn't see his destination anyway. It was 22 miles off. Webb was the first human to swim the English Channel. Graham Johnston of Houston, TX, went to England to try his luck at swimming across the Channel. "It's something I've wanted to do since I was 25" Johnston explained. But bad luck caught up with Graham after he had completed 13 miles - over half way. He swam into a bad storm, with 7 to 10 ft waves. He was beat around so bad that he became ill, passed out and had to be pulled from the water. His card from England said, "I came, I saw, and was conquered..."

MAY 14,15 AND 16

1976 NATIONAL AAU MASTERS SHORT COURSE CHAMPIONSHIPS

MISSION VIEJO, CALIFORNIA

WOMEN 25-29

50 FREE

Table of swimmer names and club abbreviations for the 50 Free race in the Women 25-29 age group.

100 FREE

Table of swimmer names and club abbreviations for the 100 Free race in the Women 25-29 age group.

200 FREE

Table of swimmer names and club abbreviations for the 200 Free race in the Women 25-29 age group.

500 FREE

Table of swimmer names and club abbreviations for the 500 Free race in the Women 25-29 age group.

1650 FREE

Table of swimmer names and club abbreviations for the 1650 Free race in the Women 25-29 age group.

23.48.83 JOANNE MAY

Table of swimmer names and club abbreviations for the 23.48.83 race in the Women 25-29 age group.

100 BACK

Table of swimmer names and club abbreviations for the 100 Back race in the Women 25-29 age group.

200 BACK

Table of swimmer names and club abbreviations for the 200 Back race in the Women 25-29 age group.

100 BREAST

Table of swimmer names and club abbreviations for the 100 Breaststroke race in the Women 25-29 age group.

200 BREAST

Table of swimmer names and club abbreviations for the 200 Breaststroke race in the Women 25-29 age group.

1.08.81 CHRIS ZAMANIGAN

Table of swimmer names and club abbreviations for the 1.08.81 race in the Women 25-29 age group.

200 I.M.

Table of swimmer names and club abbreviations for the 200 IM race in the Women 25-29 age group.

WOMEN 30-34

50 FREE

Table of swimmer names and club abbreviations for the 50 Free race in the Women 30-34 age group.

100 FREE

Table of swimmer names and club abbreviations for the 100 Free race in the Women 30-34 age group.

200 FREE

Table of swimmer names and club abbreviations for the 200 Free race in the Women 30-34 age group.

500 FREE

Table of swimmer names and club abbreviations for the 500 Free race in the Women 30-34 age group.

1650 FREE

Table of swimmer names and club abbreviations for the 1650 Free race in the Women 30-34 age group.

100 BACK

Table of swimmer names and club abbreviations for the 100 Back race in the Women 30-34 age group.

200 BACK

Table of swimmer names and club abbreviations for the 200 Back race in the Women 30-34 age group.

100 BREAST

Table of swimmer names and club abbreviations for the 100 Breaststroke race in the Women 30-34 age group.

200 BREAST

Table of swimmer names and club abbreviations for the 200 Breaststroke race in the Women 30-34 age group.

50 FLY

Table of swimmer names and club abbreviations for the 50 Fly race in the Women 30-34 age group.

WOMEN 45-49		50 Yd. Backstroke		1500 Mtr Freestyle		200 m Freestyle		200 m I.M.		
	Edith Gruender 47	35.1	Bill Stinson 67	43.4	Alfred Guth 67	30:42.99	Shirley Lehman 41	3:34.90	Dee Reins 25	3:09.20
	Maya Feldhuhn 46	40.8	50 Yd. Breaststroke				50 m Backstroke		Doug Crichton 29	3:20.70
	Edith Gruender 47	44.5	Bill Stinson 67	43.9			Connie Wilson 41	1:43.50	400 m I.M.	
	Maya Feldhuhn 46	57.9	50 Yd. Butterfly				Shirley Lehman 41	1:57.60	David Levinson 26	5:47.70
	Edith Gruender 47	48.0	Bill Stinson 67	41.1			100 m Backstroke		Kim Lintner 26	6:20.70
	Maya Feldhuhn 46	51.0	200 Yd. Ind. Medley	3:38.6			Connie Wilson 41	1:36.50		
	Edith Gruender 47	39.7	Bill Stinson 67				50 m Breaststroke			
	Maya Feldhuhn 46	47.8	Bill Stinson 67				Connie Wilson 41	1:59.50		
	Edith Gruender 47	31.21	Bill Stinson 67				50 m Butterfly			
	Maya Feldhuhn 46	57.5	Bill Stinson 67				Shirley Lehman 41	1:50.80		
	Edith Gruender 47	23.5	Bill Stinson 67							
	Maya Feldhuhn 46	23.6	Bill Stinson 67							
	Edith Gruender 47	24.8	Bill Stinson 67							
	Maya Feldhuhn 46	28.8	Bill Stinson 67							
	Edith Gruender 47	32.5	Bill Stinson 67							
	Maya Feldhuhn 46	39.7	Bill Stinson 67							
	Edith Gruender 47	42.8	Bill Stinson 67							
	Maya Feldhuhn 46	29.3	Bill Stinson 67							
	Edith Gruender 47	30.1	Bill Stinson 67							
	Maya Feldhuhn 46	31.1	Bill Stinson 67							
	Edith Gruender 47	37.4	Bill Stinson 67							
	Maya Feldhuhn 46	42.8	Bill Stinson 67							
	Edith Gruender 47	30.7	Bill Stinson 67							
	Maya Feldhuhn 46	31.6	Bill Stinson 67							
	Edith Gruender 47	34.6	Bill Stinson 67							
	Maya Feldhuhn 46	35.2	Bill Stinson 67							
	Edith Gruender 47	36.7	Bill Stinson 67							
	Maya Feldhuhn 46	26.3	Bill Stinson 67							
	Edith Gruender 47	26.3	Bill Stinson 67							
	Maya Feldhuhn 46	28.1	Bill Stinson 67							
	Edith Gruender 47	28.8	Bill Stinson 67							
	Maya Feldhuhn 46	31.0	Bill Stinson 67							
	Edith Gruender 47	2:21.8	Bill Stinson 67							
	Maya Feldhuhn 46	2:21.9	Bill Stinson 67							
	Edith Gruender 47	2:29.2	Bill Stinson 67							
	Maya Feldhuhn 46	2:43.2	Bill Stinson 67							
	Edith Gruender 47	25.1	Bill Stinson 67							
	Maya Feldhuhn 46	25.8	Bill Stinson 67							
	Edith Gruender 47	26.6	Bill Stinson 67							
	Maya Feldhuhn 46	30.7	Bill Stinson 67							
	Edith Gruender 47	32.0	Bill Stinson 67							
	Maya Feldhuhn 46	32.0	Bill Stinson 67							
	Edith Gruender 47	37.1	Bill Stinson 67							
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	Maya Feldhuhn 46	34.8	Bill Stinson 67							
	Edith Gruender 47	2:33.3	Bill Stinson 67							
	Maya Feldhuhn 46	2:33.4	Bill Stinson 67							
	Edith Gruender 47	2:59.6	Bill Stinson 67							
	Maya Feldhuhn 46	3:04.3	Bill Stinson 67							
	Edith Gruender 47	33.2	Bill Stinson 67							
	Maya Feldhuhn 46	41.7	Bill Stinson 67							
	Edith Gruender 47	42.2	Bill Stinson 67							
	Maya Feldhuhn 46	41.0	Bill Stinson 67							
	Edith Gruender 47	3:47.8	Bill Stinson 67							
	Maya Feldhuhn 46	31.3	Bill Stinson 67							
	Edith Gruender 47	31.6	Bill Stinson 67							
	Maya Feldhuhn 46	39.5	Bill Stinson 67							
	Edith Gruender 47	40.7	Bill Stinson 67							
	Maya Feldhuhn 46	35.1	Bill Stinson 67							
	Edith Gruender 47	39.5	Bill Stinson 67							
	Maya Feldhuhn 46	34.6	Bill Stinson 67							
	Edith Gruender 47	42.0	Bill Stinson 67							
	Maya Feldhuhn 46	3:00.7	Bill Stinson 67							
	Edith Gruender 47	3:15.2	Bill Stinson 67							
	Maya Feldhuhn 46	29.8	Bill Stinson 67							
	Edith Gruender 47	38.3	Bill Stinson 67							
	Maya Feldhuhn 46	56.2	Bill Stinson 67							
	Edith Gruender 47	36.0	Bill Stinson 67							
	Maya Feldhuhn 46	3:54.0	Bill Stinson 67							
	Edith Gruender 47	7:37.39	Bill Stinson 67							
	Maya Feldhuhn 46	7:48.61	Bill Stinson 67							
	Edith Gruender 47	9:30.98	Bill Stinson 67							

SWIM-MAST

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THIRD CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL V - No. 7

1976 SWIM CALENDAR

Pacific Association - Dore Schwab, Gray Oaks, Box 772, Ross, CA 94957

SEP 11-12, OCT 9-10, NOV 20-21, DEC 4/5

Rough Water (ocean) Swims - California - Betty Talbot, 8328 Stewart Ave., Los Angeles, CA
SEP 12 La Jolla; SEP 18 Sr. Olympics Ocean Aquatics at Zuma Beach; SEP 19 San Diego Swim-Run-Swim

SEP 3-5 MASTERS SUMMER DIVING CHAMPIONSHIPS - Ed Craren, Diving Coach, University of Nebraska, Lincoln, NE 68501

4 Lanai - Maui Channel Relay - Robert Rocheleau, 6229 Kawaihae Pl, Honolulu, HI

5 Hawaii - Richard Merritt, 4326 Aukai Ave., Honolulu, HI 96816

6 Waikiki Rough Water Swim - Aquatics Coordinator, Dept. of Pks & Rec, 650 S. King St., Honolulu, HI 96813

11-12 MASTERS AND GRAND MASTERS SYNCHRONIZED SWIMMING CHAMPIONSHIPS - Reading YMCA John Spannuth, USSF, Reed & Washington Streets, Reading, PA 19601

12 Suncoast Masters - Scottie Holliday, 4638 Gleason Ave., Sarasota, FL 33581

13-14 Fayette, SC - Dot Ressigue, Box 7, Tar Heel, NC 28392

26 YMCA - Virginia Hildebrant, 5167 Robinhood Dr., Welloughby, OH 44094

OCT 2-3 Greater Kansas City - Herb Martin, 606 W. Red Bridge Rd., Kansas City, MO 64114

10 Palomar College - Jerry Siefert, 5619 Sandburg Ave., San Diego, CA 92122

NOV 6-7 Southeastern - John P. Crews M.D., 101 Doctors' Building, Oak Ridge, TN 37830

7 SPA Diving - Brud Cleaveland, 1520 Bay St., Santa Monica, CA

21 Blue Hen Pentathlon - Harry Rawstrom, Carpenter Sports Bldg., University of Delaware, Newark, DE 19711



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Ohio Man Fails At Swim Record

A 63-MILE swim across Lake Erie proved to be too much for Bob Elfers, a 41-year-old father of five from Elyria, Ohio, who had dreams of smashing the distance record for swimming in open water. Elfers made it a little over half way across the lake, the U.S. Coast Guard in Fairport Harbor, Ohio, said Sunday, before he gave up the attempt. He had been in the water for about 31 hours and abandoned the swim because he was just plain tired, a Coast Guard spokesman said. He was taken to a Painesville, Ohio, hospital, given a physical examination, found to be in good condition, and left for his home. The Coast Guard said Elfers told friends on an accompanying boat that he was exhausted and could not continue. He was taken aboard the craft at 12:15 a.m. Sunday.