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NATIONAL AAU MASTERS SWIMMING CHAMPIONSHIPS



Chet Hall comments

Swimming said better than jogging

By DAVID GEORGETTE
Spokane-Review sports writer

With over 550 participants in this weekend's AAU Long Course Swimming Championships at Witter Pool, maybe there's something special about the water.

There is.

For the youngest swimmers age 25, the spirit of racing might still be in their blood. But for most the swimmers, some of whom are in their 80s, the water offers something that makes winning take a back seat.

"It's a fitness-awareness thing," said Chet Hall, the University of Idaho swim coach who is swimming in some of the Men's 40-44 events. "The older age groups have to keep the inches off the waistlines somehow."

The enjoyment of swimming and the physical benefits it offers are the reasons behind Masters swimming. And swimming has its advantages over running to stay healthy.

"Swimming doesn't put the wear and tear on joints that

jogging does," said Hall.

Many of the swimmers, like Hall, were once competitive swimmers who gave up the water for a few years after they had passed their aquatic prime. Others took to the water to stay in shape without having had organized swimming experiences.

The lure of hitting the water for a few laps has caught on in the Inland Empire. "It's growing all the time," said Hall, adding that Masters swimming clubs have recently formed in Walla Walla and Pullman-Moscow.

The opportunities for meets between the clubs are limited, however. "As you get older," said Hall, "you get more responsibilities. You just can't take off a few days to go to a meet."

The atmosphere at the meets is one of "friendly competition," said Hall. "There's no animosity between the swimmers."

Without the necessity of winning, Masters swimming seldom brings about the exhaustion seen in many competitive swimmers at the end of a race.

"Most of the swimmers know their own pace," said

Hall. "Because of the emphasis, the only people in the program are those who want to do it. There's no one getting after you with a cat o' nine tails."

Swimming a few hundred meters, though, can still get you tired, no matter what pace is maintained. But with good health the goal, Hall said. "Most of the swimmers have convinced themselves that it's for their own good."



CHET HALL
Idaho swim coach



**Not everything
is for youth. . .**

National Masters Swimming Championships here prove sporting lives don't end in the 20s. S-R photographer Chris Anderson caught these scenes at Witter Pool: Top, Wisconsin's John Bauman, replete with goggles and noseplug, ready for men's 45-49 breaststroke; left, Hawaii's Jamie Cameron, 77, and Hazel Montgomery, 70, a bit chilly; above, Palo Alto's Bobbie Callison, with jacket-ful of pins.

Big Swim Field

A contingent of 29 seniors from Hawaii are among the more than 500 participants expected in the upcoming National AAU Masters Longcourse Swim Meet at Witter Pool starting tomorrow.

Jack Zappone, meet director, said that these are the older national caliber swimmers, ages 25 to 80. All qualified through state and regional meets and entrants are coming from 43 states and 4 countries, including England, Australia, New Zealand and Canada.

Last year the national event was

held in St. Louis, Mo. Spokane bid and was awarded the meet over San Diego and Milwaukee this year at the national AAU convention in Phoenix.

The Spokane Park Department is co-sponsoring the meet and it will be open to the public with no admission charge.

The event starts at 9:30 a.m. and runs through 5 p.m. Monday.

The field has reached a record 552 entries from 85 clubs. Many former Olympians are included in the field.

Masters swimming

Hargrave sets two marks

Arthur Hargrave started making good on his record promise Friday in the second day of the National AAU Masters Long Course Swimming Championships at Spokane's chilly Witter Pool.

Hargrave, from Aptos, Calif., and representing the Montclair Hills Masters Swim Club in the Bay Area, came to Spokane already in possession of five masters' world records — and promising Meet Director Jack Zappone "three, four or five more."

Friday, he got two of those. Hargrave, 70, took 36 seconds off the age 70-74 mark in the 200-meter backstroke, going 3:39.18. And in the 50 freestyle, just to demonstrate some versatility, he hit another record, 39.95.

Maxine Merlino of the Long Beach, Calif., Masters, collected another record with 4:13.9 in the women's 55-69 200 backstroke.

Two California clubs and the Pacific Northwest Masters had control of the two team races after the first two days, and 12 events, of the four-day competition at Mission Park.

Rinconada Masters of Palo Alto led the women's team standings with 214 points with the San Mateo Marlins second at 180, just three ahead of PNM. Among the men, San Mateo was the leader at 210 with PNM second and Rinconada well back in third.

Locals do well

The "home" Inland Empire Masters ranked in the top 10 in both divisions and crowned their first champions as Mary Beth Phelan won the women's 25-29 200 breaststroke in 3:06.10 and Armin Arndt took the men's 35-39 200 breaststroke in 2:51.0 and Gail Gladwell the women's 45-49 200 breaststroke in 4:12.0.

Other I.E. high places came from Susan Tandy, with her second third place, in 20-25 50 freestyle; Maureen Schmah, fourth in the 55-59 200 breaststroke; Jim Davis, fifth in the men's 35-39 200 backstroke, and Charles Sheldon, fifth in the 45-49 200 backstroke.

Not far from old time

"I feel better now than when I was in college," says Lou Silverstein of his "new" competitive swimming career.

"My time in the 1,500 meters last year was less than a minute off my college time," Silverstein told an Associated Press reporter. "I feel great."

Silverstein, 51, is the owner of a Prescott, Ariz., radio station and one of the more than 500 competitors in the National AAU Masters Long Course Swimming Championships currently in session at Spokane's Witter Pool.

He's swimming in five events here, took seventh in his age bracket in Thursday's 1,500 meters but was unplaced in the 200 breaststroke and backstroke Friday.

Silverstein has been swimming competitively since he was 13 and seems to be enjoying it more these days.

He began swimming for the Tucson AAU team, won several distance titles in state competition in his teens and kept at it until he was 32.

"At that time everyone was in the same division — there was no masters program," Silverstein said. "At 32 I was getting beaten so badly I didn't want to swim any more in competition." But when the masters program began in 1971, he was back in action and has been in the top 10 distance swimmers in his group in five of the past six years.

"My main goal is health," he said. "If I could win a national championship it would show that I'm in much better health than the normal person. But I would be happy if I equaled my last year's times."

The national meet continues through Sunday at the Mission Park facility.

Masters chalk up more swim marks

Maxine Merlino and Arthur Hargrave embellished already impressive record collections Sunday as the National AAU Masters Long Course Swimming Championships wound up at Witter Pool.

Nearly 80 national records were broken or tied in the pool and cold weather marks may have been set out of it as the four-day event had just about everything but sunshine.

Merlino, of Long Beach, Calif., set two more marks Sunday in the 65-69 age division, going 1:56.39 in the 100 backstroke and 2:10.75 in the 100 butterfly.

Hargrave, of Aptos, Calif., came to the meet in possession of five age 70-74 world records, mostly in yards, and collected four more metric marks including 1:43.15 in the 100 backstroke Sunday. In addition, his Mountain Hills Masters club, from the Bay Area, picked up two relay records.

A solid performance by its women delivered the overall team title to the San Mateo, Calif., Masters, by less than 15 points over the Pacific Northwest Masters.

San Mateo won the women's competition with 596 to 573 for Rinconada of Palo Alto, Calif., and 567 for PNM. PNM led the men with 492.5 to SMM's 478 and Rinconada's 345. Overall, it was San Mateo 1,074, PNM 1,069.5, Rinconada 918.

The field of more than 500 ranged in age from 25, the youngest eligible, all the way to 74-year-old Collier Wheeler of Portland, who finished the competition with two national records including a 1:52.97 — good for a 55-second victory — in the 100 freestyle. Amazingly, second place also broke the record, which had been 2:49.03.

The host Inland Empire Masters' only individual medalist Sunday was Nadine Whitehall, third in the women's 40-44 200 freestyle, at

well as fourth in the 100 butterfly. The women's 25-29 medley relay team also placed third and Susan Tandy, a consistent performer all week, had a fourth and a fifth in 25-29 events.

The opening ceremonies had featured Spokane's Roy Fait, a 72-year-old former diving and breaststroke champion who performed a back dive, a swan and forward one and one-half. "It was darn cold," said Fait.

Pacific Northwest sendouts included recent Seattle Olympians Lynn Colella Bell and brother Rick Colella, both of whom won events Sunday.

And Willy van Rysel, the 61-year-old English marathon swimmer who was shut out of gold medals in her first U.S. masters venture last winter, finished the meet with three gold and one silver medal, crowned by victory in the 100 backstroke Sunday. She set two records on Friday.

Masters Long Course meet has champs of past

If your idea of competitive swimming is teeny-boppers with teddy bears, preparing to retire at age 18, drop by Witter Pool this weekend.

Perhaps the Olympics are out of reach for most American swimmers by the mid-20s but there's a whole new world of competition waiting then, as the National AAU Long Course Masters Championships will demonstrate.

The four-day meet, starting Thursday morning in the Mission Park facility, will have competitors ranging from age 25 — just eligible — all the way to the 80s, such as Portland's 84-year-old Collier Wheeler and San Diego's 83-year-old Tom Lane.

The field has reached a record 552 entrants from four countries, representing some 86 clubs, and they'll swim virtually the entire Olympic program, including the 1,500-meter freestyle which will take up all of Thursday's schedule.

Probably others Included are past Olympians, as far back as at least 1936, and probably more than the Spokane Swim Team sponsors realize.

"We asked for personal and record information from everybody, but a lot of people didn't send things back," said Ted Olson, SST publicist.

"We know, for instance, Lynn and Rick Colella of Seattle, very recent Olympians, are coming — although they didn't return their publicity forms.

"And I'm sure there are more Olympians and even world record-holders we'll be discovering as the week goes along."

Meet Director Jack Zappone pointed out, "For one thing, most of the women swimmers were famous under maiden names — now have different names.

"Lynn Colella, for instance, is Lynn Bell now. And I just stumbled on Barbara Jensen Reeve — Barbara Jensen in the 1948 Olympics."

Not all of the stars are "past" big names. Many have blossomed, even waited to start their competitive careers, as masters. And at least one, a 61-year-old Englishwoman of Dutch descent, Willy van Rysel, remains a long-distance star in "open" competition.

Miss van Rysel — she competes under her maiden name although married to a Bournemouth eye surgeon — is the current British Long Distance Swimming Association "Swimmer of the Year." Last spring, she entered her first U.S. Masters, the short-course meet in Fort Lauderdale, and won five silver medals.

Van Rysel has collected a number of British distance titles and records, and many of them since passing 50.

Another prolific masters record-breaker is Arthur Hargrave of Aptos, Calif., a standout University of California and San Francisco Olympic Club swimmer in the late 1920s and 1930s, just turned 70. He holds five world 70-74 age group records, and told Zappone, "On the basis of recent times, I should, with good luck, be able to set three or four or five new national records in Spokane."

The marks he already holds are 200-yard freestyle (2:48.4), 50-yard back (36.3), 100-yard back (1:19.5), 200-yard back (3:03.4) and 200-meter back (3:33.9). Since the Witter Pool event will be conducted at metric distances, he'll have a chance to "double up" on four of the records he already holds for yards.

In addition to the Colellas and Barbara Jensen Reeve, a partial listing of former Olympians and (pre-masters) national or collegiate champions:

Wanda Wener Cavanaugh, 1955 Pan-American Games 200 free champion, former world record-holder;

Michael Garibaldi, 1964 Olympic water polo team; John H. Higgins, 1936 Olympic team, 12-time AAU national champion, 1940 NCAA breaststroke champion (Ohio State);

Donald Hill, 1963 NCAA 50-yard champion (Michigan) and on three collegiate champion relay teams;

Burwell (Bumpy) Jones, 1952 Olympic team, 1961 Pan-American Games, winner of seven national AAU and five NCAA titles (Michigan) in individual medley and relay — where he was Hill teammate on 1952-53-54 title teams;

June Fogle Krauser, 1943 national AAU 220 breaststroke champion;

Carol Tait Macpherson, bronze medalist in 1955 Pan-American Games, four-time national AAU champ;

Thomas Mann, 1964 Olympic team and medley relay gold medalist, former backstroke world record-holder, double AAU champ in 1965;

Clarence A. Ross, collegiate 220 champion 1919-1923 (pre-NCAA), national AAU distance champion 1924-26;

William Van Horn, member Ohio State's 1938 national champion 400 free relay team.

There will be no admission charge to the four days of competition, all of the action scheduled for daytime.

OLD STERNWHEELER'S

DO IT YOURSELF STROKE HINTS: Dry Land Exercises - One of the problems of competition at our advanced ages is the loss of strength and muscle tone. Our workouts are primarily designed for cardio-respiratory fitness, and in order to develop strength, we must work against a resistance greater than the 10 - 15 pounds felt when pulling hand through water. Swimming fast requires both stamina and strength, so here are ways you can develop muscle tone and rediscover some of the power which you left behind as you fled from your youth. The Apparatus - You will need about a six to seven foot length of elastic shock cord or surgical tubing. Use the Yellow Pages, 'cause I don't know where the best places are for finding the stuff. Ask for 3/8 to 1/2" dia. tubing. After locating a length, fashion a handle by tying the ends around a six inch long piece of broomstick handle. Then loop the cord over a firmly set hook in the wall or a ceiling joist. Bike hooks are very chic. Jump around, swing your arms, run in place awhile to warm up, and you're ready to get started.

Exercise #1. Pull down on the handle keeping the elbows high, pressing on the hands. Pull down past the hips until the elbows are extended fully. Hold the shoulders and elbows high. Raise the handles back just as you pulled them, and you're ready to pull again. Always pull both hands together.



Exercise #2. This exercise can also be done kneeling. It stretches the tubing out more, making for more resistance, and also puts a bit more strain on your tummy.



Exercise #3.

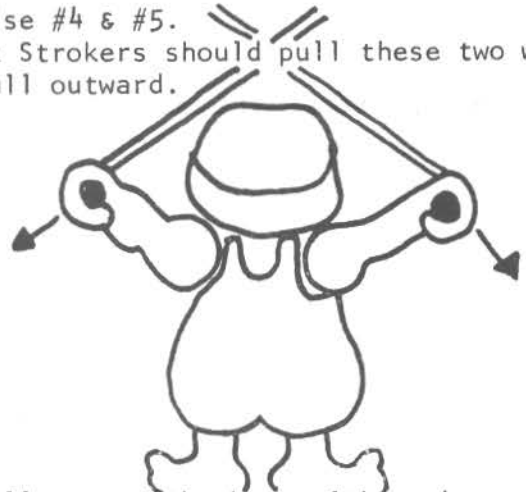
Backstrokers can lie down and pull like this to strengthen that pull. The same rules apply: elbows up, and simulate the underwater motion of the hand.



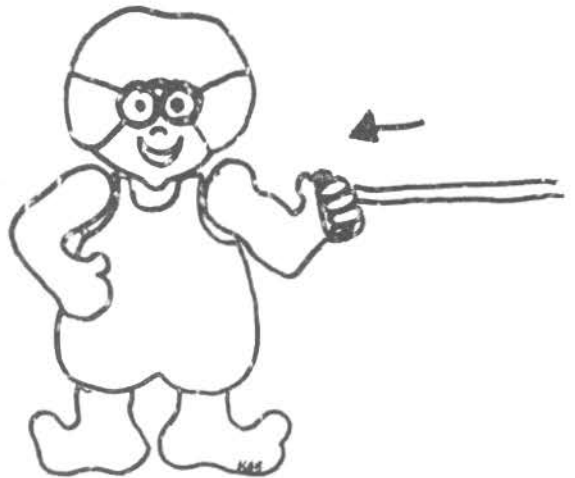
Exercise #4 & #5.

Breast Stokers should pull these two ways.

1. Pull outward.



2. Pull across the body with each arm. (tie the tubing to a doorknob or such)



The cord may be doubled over for more resistance, and working against heavy resistance gives greater power. Judge for yourself how hard it is.

For single strand sets: 1 set of 50, each exercise
(or) 2 sets of 30 each exercise

For double strand sets: 2 sets of 10, #'s 2,3,4
Do single strand sets daily, double strand sets only every other day. As you get stronger, increase the number of repetitions.

Three Masters Swimmers Head For Nationals

After a successful showing at the Short Course Nationals in Fort Lauderdale recently, three local members of National Masters Swimming Champions will be heading soon for Spokane, Wash. for the Long Course championship.

Dave Rowan, 63, of Drexel Hill; Jeanne Merryman, 54, of Berwyn and Anne Farrell, 58, of Meadowbrook rd., King of Prussia, are all members of the Masters swim program for men and women over 25. According to Mrs. Farrell, the program is growing in popularity, with many swimmers in their sixties and seventies now participating.

The combined efforts of these three swimmers resulted in capturing 18 medals at the Short course meet. They have also placed in the top 10 in the nation in their respective age groups for 1976.

The three work out this summer at the Swim Club on Valley Forge rd. under the coaching of Sue Clayton of the Upper Main Line YMCA. This November they will compete in the first International meet in Puerto Rico.

During the winter they swim at the Upper Main Line Y in Berwyn.

For more information about this group, call the Y at 664-3130.



MASTER CHAMPIONS Anne Farrell, Dave Rowan and Jeanne Merryman pose with their coach Sue Clayton (second from left) of the Upper Main Line YMCA at The Swim Club. (Smith photo)

Boca lifeguard takes national titles

By RICK WUEST

BOCA RATON — They call him the "old man of the sea" as he sits in the shade of his lifeguard station scanning the ocean before him. From a distance Boca lifeguard Jack Calhoun looks very much like his younger counterparts, but at age 52 there is a difference.

As you approach his perch you begin to notice the gray hairs protruding from under his floppy white hat and his weathered face hidden behind rose-tinted sunglasses. But his age is not the only factor that sets him apart from younger comrades.

Stashed in his weatherbeaten duffel bag are two new additions to the numerous patches and mementos of past and present aquatic accomplishments. Both are gold medals, the result of big wins at the recent 1977 National Amateur Athletic Union (NAAU) Masters Outdoor Diving Championship in the one- and five-meter springboard competitions for 50 to 59 year olds.

The two events, held in Houston, Texas, July 30 and 31, required Calhoun to score an average of seven points for his 14 dives. Calhoun, who practices at Meadow Park Pool and the Swimming Hall of Fame Pool in Fort Lauderdale, scored between six and one half to eight points per dive based on a scoring of one through 10 which earned him the shimmering awards.

"The Meadows Park pool is only 14 feet deep and it seems that I hit the bottom every time I dive," said Calhoun who pointed out the danger of being knocked unconscious while performing dives in shallow pools.

Calhoun, a South Florida native has a prestigious list of diving and swimming achievements dating back to 1947 when he became a member of the NCAA All-American Diving Team. He held a position on the team till he graduated in 1950 from Ohio State University.

Interspersed with his diving career, Calhoun served two hitchhikes in the Navy during World War II and Korea. "The reason I didn't stay in the service was that I was always getting seasick," said Calhoun with a wry smile, never taking his eyes off the surf.

In 1948 Calhoun was selected to represent the United States in the Olympics to be held in London as an alternate diver. It was not in 1952 in Helsinki that he actually participated in the Olympics representing the U.S. in the 10 meter springboard competition.

Calhoun, who has been a city lifeguard since 1964 also did a stint as a professional and comedy diver for the "Water Follies" in 1955 and '56. By winning two national championships, the bronze skinned Pompano Beach resident, automatically becomes a member of the 1977 All American Masters NAAU Diving Team, a position that he had held a year earlier. "I like to keep a low profile," said Calhoun as he shuffled his feet through

the sugar sand. "It seems every time I get into a spotlight something negative happens," he said.

The muscular, 168 pound, 5'8" swimmer says he likes his job, especially the exercise. He runs on an average of 10 to 15 miles a week and swims about five miles to keep in shape. "A lot of my contemporaries have a weight problem or worry about heart attacks. I guess I am a good enough example of what exercise can do for you," he remarks with just a touch of pride in evidence.

"Participating in swimming and diving events is so closely related to my job that at times I psych myself into thinking that my job is on the line when I'm competing," said Calhoun who is married and has one daughter.

"I am emotionally drained by this last meet. You would not believe the amount of tension one must endure to compete in these meets," he said. "I prepared for months prior to the meet. I would practice during my lunch break and after work and the pressure was ever increasing," said Calhoun.

Grandmother Turns 70; Swims Lake's Width

LAKE GEORGE, N.Y., Aug. 8 (UPI) — Grandmother Jodi Durkee celebrated her 70th birthday today by swimming the width of Lake George. Durkee, of Glens Falls, N.Y., said she made the 1/4 mile swim to prove "that old people shouldn't be put on the shelf."

It took an hour and 20 minutes for the aquatic director of the Glens Falls YMCA to cross the lake.

Shortly after arriving at the opposite shore, Durkee said the time was "just about what I thought."

She used the elementary backstroke, with some regular backstroke. Her training consisted of swimming laps for three weeks at the YMCA pool.



SWIMMING ADMINISTRATOR DUANE DRAVES
—Staff Photo

Mayfair High official still maintains a Master stroke

By Hal Lowe
Staff Writer

Duane Draves, assistant principal at Mayfair High School in Lakewood, is staying in the mainstream of sports.

The former three-time All-American at the University of Iowa has in his home on the Rivo Alto Canal in Long Beach a wall of medals and ribbons attesting that he has been a busy man in the water.

Draves is active in the Masters Swimming competition, which is a nationwide program that keeps former school swimmers competing even past the age of 80. The Master Swimmers compete in age categories broken down in five-year segments.

Draves holds 11 national records in the 50-to-55 age group, swimming the backstroke and freestyle.

"I keep in shape swimming thirteen miles a day," Draves said. He trains in the pool at Long Beach City College, Belmont Plaza and even in the ocean in front of his home.

The school where he works does not even have a pool, although it does have a girl's swim team. The team uses nearby park and school pools for practice.

Draves said his family always had been swimmers in Iowa, where he was raised, but that the swimming there

was in ponds and rivers. His older brother was a competitive diver for many years.

Draves came to California as a teen-ager. While on the Hollywood High School swim team, he earned all-CIF and All-City honors. The Hollywood High team was undefeated in the two years while Duane was there.

At the University of Iowa, Duane majored in physical education and education, and swam on the college team, making All-American.

While in the U.S. Navy, he swam for the Bainbridge Navy Swim Team, then coached the team at Treasure Island in San Francisco.

He was hired as swim coach at Bellflower High School, but at the time there was a bit of problem. The school had no pool, so he coached gymnastics and some basketball and football.

Duane moved to Mayfair High School in 1958, where he helped form the girls' swim team in addition to his other duties.

Currently, Duane swims for the Kramer Swim Club of Palos Verdes. In recent competition with that team, he added seven medals to his wall.

Many of the students at Mayfair do not know about his record-setting swimming activities. As he tells it, after his early morning workouts, he never shows up for work even slightly damp.

PEOPLE IN SPORTS



—Associated Press

WHAT'S MY LINE? No, this is not Mark Spitz cutting through the water — this swimmer is even more famous. He has a notorious reputation connected to a large street in a large city in the eastern U.S. You can't kick about the way he plays his game; he once predicted an important upset victory then produced it — and called what he had done Super. He is now connected with a team in a large city in the western U.S.; that should Ram home the point. He is swimming because it is good therapy for a recurring injury he suffers. You might knead another clue, but taketh it to heart because his nameth will not be giveneth. If you don't know by now, ask for your two quarters back.



MIDLAND MASTERS WIN MICHIGAN CHAMPIONSHIP

Members of the Michigan state Masters Champion team, left to right -- front row: Charles Moss, Tom Mulcihy, Tim Maxson, Pat Madden, Ed Birkhimer, Middle row: Dianne Maxson, Tova Orbeck, Marsha Kerr, Judy Phillips, Bari Birkhimer, Pat Gentry, Howard Braden. Top row: Richard Olson, Malcolm Chamberlain, Steve Clark, Bob Pierce, Andy Rapp.



Commander William L. Earley, an AAU champion swimmer at age 40, proves in this underwater shot of him and his four month old son Morgan, that even small children can hold their breath under water. Wife, Jacqueline L. (Knutson) Earley took this shot. (OFFICIAL U.S. NAVY PHOTO)



MILDRED ANDERSON, pictured with SUZANNA BONNUM, one of the hundreds of babies, that she has taught how to swim over the years, since 1939. She started her teaching career during her last year in Senior High School. Mildred has taught over 20,000 individuals how to swim through private teaching, coaching, Red Cross, YWCA, Boy and Girl Scouts, Campfire Girls, including beginners, intermediates, advanced swimming, diving, Synchronized Swimming, Junior and Senior Life Saving. She has taught ages starting at 10 month old babies through 70 year-olds. Mildred was one of the early pioneers to teach swimming to handicapped children.



EDWARD L. EMES, JR. (45-49) WASHINGTON D.C. MASTERS - A STUDY IN PHYSIQUE

NATIONAL CHAMPIONSHIPS – DIVING



- 1 Group picture of participants
- 2 Senior Grand Masters (45 & Over)
1-Jerry Anderson, 2-Ed Craren, 3-Lyle Felderman, 4-Jack Harbourne, 5-Bill McAllister, 6-Dal Stauffer, 7-John Calhoun
- 3 Men 50-59 1-John Calhoun, 2-Lyle Felderman, 3-Ted Kersting, 4-Charles Nichol
- 4 Women 25-29 1-Marsha Lutz, 2-Vicki Caine
- 5 Women 45-49 1-Ida Wilson, 2-Irene Jenkins

50 meter backstroke Richard Bober 26 30.5 Walter Woo 27 39.2	200 meter freestyle Dave Herzhay 36 2:17.7 Chuck Bechtel 39 2:29.0 Carl Christensen 39 2:40.7	400 meter individual medley Dale Petranoch 42 6:47.5 Nick Berenyi 44 6:53.3 Ray Chen 43 6:58.2	100 meter freestyle Ernie Graves 58 1:14.8 Harry Dodge 55 1:16.4 G. S. Wiley 56 1:19.2	100 meter breaststroke T. W. Johnson 72 2:02.5 Stan Craigie 70 2:02.8
100 meter backstroke Richard Bober 26 1:07.2 Fred Porahay 28 1:13.2	400 meter freestyle Dave Herzhay 36 4:58.5 John Swivel 37 6:22.0	MEN 45-49 50 meter freestyle Ed Emen 48 29.2 Art Mayer 45 34.7	200 meter freestyle Ernie Graves 58 2:57.7 Harry Dodge 55 2:58.8 G. S. Wiley 56 3:24.7	200 meter breaststroke T. W. Johnson 72 4:43.0
200 meter backstroke Richard Bober 26 2:29.5	50 meter backstroke Dave Herzhay 36 31.8 Art Smith 38 33.7 Chuck Bechtel 39 34.5	100 meter freestyle Ed Emen 48 1:07.5	50 meter backstroke Harry Dodge 55 42.3 G. S. Wiley 56 43.4	200 meter individual medley Stan Craigie 70 4:03.4
50 meter breaststroke Walter Woo 27 38.2 Richard Garfield 28 47.3	100 meter backstroke Dave Herzhay 36 1:09.4 Art Smith 38 1:22.3	200 meter freestyle Ed Emen 48 2:43.2 Art Mayer 45 2:48.7 Charlie Moyer 47 3:31.9	100 meter backstroke Harry Dodge 55 1:34.6 G. S. Wiley 56 1:48.0	400 meter individual medley Stan Craigie 70 9:14.8
100 meter breaststroke Walter Woo 27 1:26.5	200 meter backstroke Dave Herzhay 36 2:30.0 Art Smith 38 2:53.2 Chuck Bechtel 39 3:04.4	400 meter freestyle Art Mayer 45 6:22.3 Mark Coughlin 49 6:58.3 Charlie Moyer 47 7:18.3	200 meter backstroke Harry Dodge 55 3:25.2	LOS ANGELES MASTERS INV. Aug. 13 & 14, 1977 Van Nuys, Calif. - 50 Mtr Pool
200 meter breaststroke Walter Woo 27 3:17.8	50 meter butterfly Louis Diamond 38 37.7 Art Smith 38 40.1	50 meter backstroke Art Mayer 45 36.6 Mark Coughlin 49 41.1	50 meter butterfly Ernie Graves 58 40.0 G. S. Wiley 56 51.1	WOMEN 25-29
50 meter butterfly Fred Porahay 28 1:07.6 Lawrence Bernard 29 1:09.6	100 meter breaststroke Louis Diamond 38 1:27.2 Art Smith 38 1:32.8	100 meter backstroke Art Mayer 45 1:23.4 Mark Coughlin 49 1:28.3	100 meter breaststroke Bako Hallilla 56 1:53.1 G. S. Wiley 56 2:06.6	50 Mtr FREESTYLE Lynn Skrifvars 26* 29.80 Barbara Dunbar 28* 30.04 Barbara Hougard 25 37.23 Freda Wasserman 28 41.30
200 meter butterfly Lawrence Bernard 29 2:57.4	50 meter butterfly Chuck Bechtel 39 30.6 Carl Christensen 39 37.8	200 meter backstroke Art Mayer 45 3:08.1 Mark Coughlin 49 3:09.5 Charlie Moyer 47 4:53.5	50 meter butterfly Ernie Graves 58 40.0 G. S. Wiley 56 51.1	100 Mtr FREESTYLE Lynn Skrifvars 26* 1:05.41 Barbara Dunbar 28* 1:06.88 Barbara Hougard 25 1:29.09
200 meter individual medley Walter Woo 27 2:50.9 Lawrence Bernard 29 2:52.0 Art Young 26 2:59.5 Richard Garfield 28 3:46.9	100 meter butterfly Hugh Roddin 35 1:09.5 Chuck Bechtel 39 1:26.1	50 meter backstroke Mark Coughlin 49 41.3 Ed Emen 48 42.5	200 Mtr FREESTYLE Debra Blair 25 2:32.49 400 Mtr FREESTYLE Lynn Skrifvars 26* 5:05.57 Debra Blair 25 5:28.78	1500 Mtr FREESTYLE Barbara Dunbar 28* 20:39.98 Pam Rosenberg 27 26:09.65
400 meter individual medley Lawrence Bernard 29 6:20.3 Art Young 26 6:48.7	200 meter butterfly Hugh Roddin 35 2:38.0	100 meter breaststroke Mark Coughlin 49 1:31.4 Al Allen 47 1:42.6 Charlie Moyer 47 2:06.2	50 Mtr BACKSTROKE Lynn Skrifvars 26* 33.91 100 Mtr BACKSTROKE Lynn Skrifvars 26* 1:13.40 200 Mtr BACKSTROKE Lynn Skrifvars 26* 2:44.77 Debra Blair 25 3:02.66	50 Mtr BREASTSTROKE Barbara Dunbar 28* 39.74 Barbara Hougard 25 52.40 Freda Wasserman 28 56.66
MEN 30-34	400 meter individual medley Hugh Roddin 35 5:42.4	200 meter breaststroke Elmer Smith 47 3:11.4 Mark Coughlin 49 3:20.8 Charlie Moyer 47 4:37.4	200 Mtr BREASTSTROKE Barbara Hougard 25 1:53.90 50 Mtr BUTTERFLY Barbara Dunbar 28* 32.65 100 Mtr BUTTERFLY Barbara Dunbar 28* 1:12.69 200 Mtr INDIVIDUAL MEDLEY Debra Blair 25 2:55.41 400 Mtr INDIVIDUAL MEDLEY Debra Blair 25 6:06.89	WOMEN 30-34
50 meter freestyle Joe Sanders 30 26.9 Tom Calomeris 34 27.3 James Geary 34 27.7 Tom Anderson 30 29.5 Craig Singer 34 34.0 Tom Levickas 32 37.0	50 meter freestyle Sandy Gidense 43 27.5 Peter Taft 41 28.6 T. W. Adams 43 30.9	50 meter butterfly Ed Emen 48 29.5 Al Allen 47 33.3 Elmer Smith 47 33.9	400 Mtr BUTTERFLY John Higgins 61 6:12.2 Harry Rawstrom 60 8:57.5	50 Mtr FREESTYLE Sally Ann Peterson 30 31.00 100 Mtr FREESTYLE Sally Ann Peterson 30 1:07.61 Jackie MacFarlane 34* 1:15.48 200 Mtr FREESTYLE Kathie Duncan 30 2:33.89 Sally Ann Peterson 30 2:33.99 Jackie MacFarlane 34* 2:43.59
100 meter freestyle Joe Sanders 30 59.1 Craig Singer 34 1:15.4 Tom Levickas 32 1:21.2	100 meter freestyle Peter Taft 41 1:06.0 Dale Petranoch 42 1:19.2	100 meter butterfly Elmer Smith 47 1:20.0 Al Allen 47 1:33.0 Charlie Moyer 47 2:20.0	100 Mtr FREESTYLE John Higgins 61 1:35.1	400 Mtr FREESTYLE Kathie Duncan 30 5:34.17 Jackie MacFarlane 34* 5:49.33 1500 Mtr FREESTYLE Mial Hayes Frank 30 22:33.89 Jackie MacFarlane 34* 22:50.99 Sally Ann Peterson 30 23:00.37
200 meter freestyle Joe Sanders 30 2:11.1 John Flanagan 31 2:12.5 Steve Highley 30 2:26.1 Craig Singer 34 2:44.1 Tom Levickas 32 3:12.1	200 meter freestyle Sandy Gidense 43 2:25.6 Peter Taft 41 2:46.4 Dale Petranoch 42 2:47.4 Nick Berenyi 44 3:02.8	200 meter individual medley Al Allen 47 3:21.4 Charlie Moyer 47 4:29.1	50 Mtr BACKSTROKE John Higgins 61 42.2	50 Mtr FREESTYLE Sally Ann Peterson 30 2:33.89 Jackie MacFarlane 34* 2:43.59
400 meter freestyle Joe Sanders 30 4:40.4 Steve Highley 30 5:17.7 Craig Singer 34 5:59.2 Tom Levickas 32 6:55.3	400 meter freestyle Sandy Gidense 43 5:27.5 Dale Petranoch 42 5:59.9 Nick Berenyi 44 6:24.7	400 meter individual medley Roland Runholm 47 7:21.1 Al Allen 47 7:24.5 Charlie Moyer 47 9:49.2	100 Mtr BACKSTROKE John Higgins 61 1:31.9 David Volk 60 1:31.9 Les Pinnegan 63 1:59.2	200 Mtr FREESTYLE Jackie MacFarlane 34* 1:37.60 200 Mtr BREASTSTROKE Sally Ann Peterson 30 3:24.86 Jackie MacFarlane 34* 3:31.27 50 Mtr BUTTERFLY Lucy Johnson 30 33.83 Kathie Duncan 30 35.27 Irene Desmond 30 45.39
50 meter backstroke Tom Calomeris 34 32.5 Tom Coraki 30 37.2	50 meter backstroke Sandy Gidense 43 34.5 Bob Goodwin 40 36.0 Ray Chen 43 40.6	50 meter butterfly Matt Flanagan 51 31.5 John Woods 53 31.5 Richard Avery 54 32.9 Nick Lilly 52 36.0 John Magnottl 53 55.2	50 Mtr BACKSTROKE John Higgins 61 42.5	100 Mtr BACKSTROKE Mial Hayes Frank 30 1:22.77 Reda Grossman 31 1:49.95
100 meter backstroke Steve Highley 30 1:18.5 Tom Coraki 30 1:21.5	100 meter backstroke Bob Goodwin 40 1:26.4 Ray Chen 43 1:28.5	100 meter freestyle Nick Lilly 52 1:23.7 Guy Vissing 53 1:30.4	100 Mtr BACKSTROKE David Volk 60 3:24.0 Les Pinnegan 63 4:18.5	200 Mtr BACKSTROKE Jackie MacFarlane 34* 3:25.36
200 meter backstroke Steve Highley 30 2:50.7 Tom Coraki 30 2:54.3	200 meter backstroke Ray Chen 43 3:14.5 Bob Goodwin 40 3:22.6	200 meter freestyle John Woods 53 2:36.9 Nick Lilly 52 3:28.6 Guy Vissing 53 3:37.4	50 Mtr FREESTYLE Ray Thompson 66 1:24.3 Dave McAffee 67 1:24.4	50 Mtr BREASTSTROKE Cindy Lane 30* 41.15 Sally Ann Peterson 30 41.42 Irene Desmond 30 54.04
50 meter breaststroke Tom Anderson 30 34.8 Tom Coraki 30 35.7 Ron Greger 32 36.8 Perry Pendley 32 38.6	50 meter breaststroke Ray Chen 43 41.7 Fred Davis 40 41.7 T. W. Adams 43 43.0 Bob Goodwin 40 43.7 Monroe Howell 42 44.3 Tom O'Keefe 41 45.7	400 meter freestyle John Woods 53 5:44.0 Guy Vissing 53 7:52.4	200 Mtr FREESTYLE Ray Thompson 66 3:22.4 Dave McAffee 67 3:24.1	100 Mtr BREASTSTROKE Cindy Lane 30 1:29.38 Sally Ann Peterson 30 1:32.50 Jackie MacFarlane 34* 1:37.60
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200 meter breaststroke Bob Hussion 32 2:57.1 Tom Coraki 30 3:00.8	200 meter breaststroke Nick Berenyi 44 3:11.7 Fred Davis 40 3:26.5 Ray Chen 43 3:30.0 Tom O'Keefe 41 3:51.0	100 meter backstroke John Woods 53 1:26.4 Richard Avery 54 1:37.1	50 Mtr BACKSTROKE Dave McAffee 67 51.5	50 Mtr BUTTERFLY Kathie Duncan 30 41.42
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200 meter individual medley John Flanagan 31 2:34.3	100 meter butterfly Dale Petranoch 42 1:37.0 Bob Goodwin 40 1:43.7	100 meter breaststroke Matt Flanagan 51 1:32.5 Guy Vissing 53 2:06.3	100 Mtr BACKSTROKE Al Abraham 67 56.3	WOMEN 35-39
400 meter individual medley John Flanagan 31 5:34.7	200 meter butterfly Dale Petranoch 42 3:34.7 Bob Goodwin 40 3:57.9	50 meter freestyle G. S. Wiley 56 32.5 Ernie Graves 58 32.7 Harry Dodge 55 34.3 Bako Hallilla 56 34.6	100 Mtr BACKSTROKE Al Abraham 67 2:20.0	50 Mtr FREESTYLE Janet Royer 36 33.90 Sallie Humberger 35 34.06 Christine Martin 35 40.19
MEN 35-39	50 meter freestyle Chuck Bechtel 39 27.7 Carl Christensen 39 29.9	WOMEN 55-59	200 Mtr BACKSTROKE T. W. Johnson 72 4:56.0	100 Mtr FREESTYLE Janet Royer 36 1:15.35 Sallie Humberger 35 1:19.15 Janice Gray 39 1:20.37
100 meter freestyle Charles Bechtel 39 1:05.6 Carl Christensen 39 1:08.1 John Swivel 37 1:20.2	100 meter individual medley Ray Chen 43 3:07.6 Dale Petranoch 42 3:19.8	50 meter freestyle G. S. Wiley 56 32.5 Ernie Graves 58 32.7 Harry Dodge 55 34.3 Bako Hallilla 56 34.6	50 Mtr FREESTYLE T. W. Johnson 72 56.1	200 Mtr FREESTYLE Janet Royer 36 2:47.96 Sallie Humberger 35 3:05.55 Christine Martin 35 3:16.16

400 Mtr FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like Neal Palmer, Gordon Gillin, Bud Schumacher, and lists various events like 1500 Mtr FREESTYLE, 50 Mtr BACKSTROKE, etc.

MEN 55-59

Table with 2 columns: Name and Time. Includes swimmers like Bob Merrick, Robert Cowan, and lists various events like 50 Mtr FREESTYLE, 100 Mtr BUTTERFLY, etc.

50 Mtr BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Reg Richardson, Ernie Hale, and lists various events like 100 Mtr BUTTERFLY, 200 Mtr BUTTERFLY, etc.

WOMEN 30-34

Table with 2 columns: Name and Time. Includes swimmers like A. Grams, L. Woodman, and lists various events like 50 Mtr FREESTYLE, 100 Mtr BACKSTROKE, etc.

400 Mtr FREESTYLE

Table with 2 columns: Name and Time. Includes swimmers like J. Krauser, G. Knepp, and lists various events like 50 Mtr BACKSTROKE, 100 Mtr BUTTERFLY, etc.

MASTERS SWIMMING NOTES

LONG COURSE NATIONALS - 552 people entered the meet held in Spokane, WA. Many thanks for a well run meet to Jack Zappone, Ken Clauson, Jim Davis and Harry Lewis. The meet was computerized - that is all of the entries were put into a computer which seeded the meet. However, it seems that problems occur when we want to combine heats and age groups. Also, the meet results come out for each event, all age groups instead of age groups, all events. I brought home the results, cut them all apart but found two events missing and so I will have to wait for the next issue when I get a complete copy of the results. When you seed by hand, you can combine two or three age groups in an event so as to use all the lanes. This saves time in running the meet. Another way to avoid so many scratches is to allow only 5 entries per person. Spokane had many good eating places, the hotel was excellent, the bus service to the pool was great, the banquet was nice and after a hot summer the weather was cool.....

1978 NATIONAL CHAMPIONSHIPS - Both Washington DC and Brown University are considering bidding for the LC meet to be held next August. So far we have not heard from anyone interested in bidding for the SC meet for May. Lots of rumors but no one has asked for a bid application. Zone II (SC meet) is composed of the following AAU Associations: North Dakota, South Dakota, Midwestern, Missouri Valley, Oklahoma, West Texas, South Texas, Southwestern, Gulf, Southern, Arkansas, Ozark, Central, Wisconsin, Minnesota and Iowa. Perhaps someone down there in Texas would be interested?..

WORLD CHAMPIONSHIPS - It is a little late for Puerto Rico to get any information out and I guess they just got bogged down in committee! However, the July 1977 Masters Swimming Newsletter of the Canadian Amateur Swimming Association states that it is GREEN FOR GO for the 1978 International Invitational.

TIME - last two weeks in August 1978

PLACE - Etobicoke Olympium Complex near Toronto

PROGRAMME - Diving, Swimming, Syn. Swim., and Water Polo

We hope to schedule our LC meet not to clash with the International Invitational. If any of you have any overseas swimming contact which may be of help to Baron Drobig and his committee write to him, c/o C.A.S.A., Ontario Section, 559 Jarvis St., Toronto, Ontario Canada M4Y 2J1.....

NEWS FROM THE WHITE HOUSE - Les Finnegan received the following letter from Jim Purks, Special Assistant Media Liaison. "Thank you for your May 27th letter regarding President Carter's fondness for swimming and his general commitment to physical fitness. In response to your questions, yes, the President does put the White House swimming pool to use. He swims two or three times a week and almost always swims with his daughter Amy or other members of the family. We have no information on the approximate distance he swims each time as it is largely recreational swimming with the family. He did not swim competitively, but always has enjoyed swimming since childhood and during his Annapolis and Navy days. The President's White House physician was asked about this and said 'I am sure he enjoys swimming for its sheer pleasure and the sense of relaxation and refreshing feeling of well being that it can produce.' About a year ago, the President said: 'I've always felt that physical health is vital to mental health.'

SCANDINAVIAN MASTERS SWIMMING JUNKET - Report by Doris Hogan (excerpts) All 16 members of the US Masters Int'l Swim Tour met in Copenhagen - 3 Easterners, 11 Calif., and a young couple from Toronto. The water was cold. Pat Matthiesen 61, Don Rankin 61, and Art Welch 46 entered a two-mile race in the lake at Stockholm. The water was under 60-degrees and the rest followed in the press boat. 40,000 people on the banks witnessed a tie between two 18-yr-olds. All were young except for the Americans. There was a handicap meet in Stockholm and another swim during family time. The boat ride from Stockholm to Turku, Finland, was beautiful. All three hotels where we stayed in Finland had swimming pools but we saw not more than two people swimming. The usual procedure was a visit to the sauna, a jump into the pool with water under 70° and repeat. We may have stimulated some interest in swimming. In Helsinki I would be an "old crone" but here as a member of the New England Masters Swim Club I have genuine friendships all within a social climate that is ageless.....



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SWIM CALENDAR

VOL VI - No 7

NEW ENGLAND ASSOCIATION - Judy Puleston, 95 Mathewson Rd., Barrington, RI 02806
OCT 23, DEC 4, JAN 29, APR 22-23

OZARK ASSOCIATION - David McIntyre, 517 Elizabeth Dr., St. Louis, MO 63119
OCT 29-30, DEC 3-4, FEB 11-12, MAR 11-12

SEP 10-11 Fayetteville Y - Jean Smith, 2717 Ft. Bragg Rd., Fayetteville, NC 28303
SEP 10-11 LC - Linda Hagler, 217 Florida Dr., Topeka, KS 66606
SEP 24 Swim-Run-Swim - Tug's A.C., 4650 Mission Blvd., San Diego, CA 92109
SEP 24 North-South - Sally Peterson, 2107 San Vicente, Long Beach, CA 90815
SEP 24 Amberjax - John J. Mello, 539 Nightingale Rd., Jacksonville FL 32216
SEP 24-25 MUTS SC - John & Deedee Owens, 3501 Sheffield, Arlington, TX 76013
SEP 25 Willoughby Y - Virginia Hildebrant, 5167 Robinhood Dr., Willoughby, OH 44094

OCT 9 U of VA - Karin Stronach, 134 Brinkman Dr., Hampton, VA 23666
OCT 9 Leatherstocking - Jane Johngren, c/o A.C.C. Gym, Cooperstown, NY 13326
OCT 14-15 Glastonbury - Bob Gerstung, P. . Box 261, Glastonbury, CT 06033
OCT 16 CALTECH - Curt Mosso, Box 14603 U.C.S.B., Santa Barbara, CA 93107
OCT 22 Otter SC - Masters Tournament, Torre House, Rug Hill, Aldermaston, Reading ENGLAND RG7 4NX
OCT 22-23 Southeastern - Elleen Schappel, 932 W. Outer Dr., Oak Ridge, TN 37830
OCT 23 Coronado - Alice Horst, 571 Marina Ave., Coronado, CA 92118
OCT 29-30 York Dutch Masters - Cal Schaeffer, 47 E. Philadelphia St., York, PA 17401
OCT 30 St. Charles - Meredith Scanlon, 71 McKinley St., St. Charles, IL 60174
OCT 31 Buffalo Y - Ken Blaser, 32 Glendhu Pl., Buffalo, NY 14210

NOV 20 Pentathlon - Harry Rawstrom, Swim Coach, U of Delaware, Newark DE 19711
NOV 26-27 GCM-SHOF - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
MAR 12 St. Charles - Meredith Scanlon, 71 McKinley St., St. Charles, IL 60174

DIVING CALENDAR

SEP 10 Lyle Draves, 5732 Geyser Ave., Tarzana, CA 91356
OCT 8 Fred Fox, 30162 Branding Iron Rd., San Juan Capistrano, CA 92675
NOV 6 Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011

OCEAN SWIMS - Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045 (213) 670-3251
SEP 11, La Jolla: SEP 17, Malibu;